

# JINDRAH IMAGES

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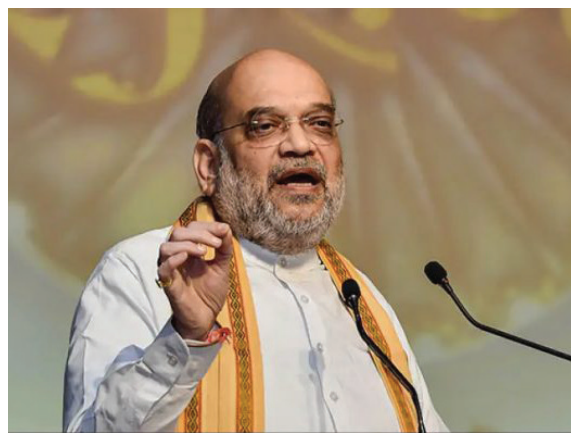
## Lok Sabha poll contest between vote for development and 'vote for Jihad': Amit Shah

**AGENCIES**  
HYDERABAD, MAY 9

Union Home Minister Amit Shah on Thursday said the 2024 election is Rahul Gandhi vs Narendra Modi and that it is a contest between vote for development and "vote for jihad".

Addressing an election rally in Bhongir Lok Sabha constituency of Telangana, he said the election is between Prime Minister Narendra Modi's "Bharatiya guarantee" against Congress leader Rahul Gandhi's "Chinese guarantee".

Describing the Congress, BRS and AIMIM as a triangle of appeasement, he said the parties don't let Ram Navami procession to take place and that they also oppose CAA. "These people don't



allow the celebration of 'Hyderabad Liberation Day' (September 17). These people oppose CAA. These people want to run Telangana on the basis of Sharia and Quran," he said. BJP would secure nearly 200 seats in the three phases of Lok Sabha elections held so far and Telangana needs to vote to help the

party cross the target of 400 seats, Shah said.

Observing that BJP had won four of the 17 Lok Sabha seats in Telangana in 2019, he asked Chief Minister A Revanth Reddy to realise that BJP would win more than 10 seats in the present elections.

The double digit score in Telangana would make PM Modi cross 400 seats,

he predicted. Referring to Congress' allegation that BJP would change the Constitution and abolish reservations, he said Congress wants to fight elections by telling lies.

Congress says Modi would scrap quotas but he has not done so despite being in power for the last 10 years with full majority, he said. But, Congress in Telangana robbed the reservations of SC, ST and OBCs by providing four percent reservation to Muslims, he alleged. Shah said BJP would end Muslim reservation and increase SC, ST and OBC quotas, if they came to power.

"Modi ji does what he says. The guarantees of Rahul baba (Gandhi) don't last even till sunset," he said. At the time of Telangana assem-

bly polls, Rahul Gandhi had promised Rs two lakh farm loan waiver, Rs 15,000 every year for farmers, Rs 12,000 annually for agriculture workers, Rs 500 bonus on MSP for paddy farmers, Rs five lakh loan to students without guarantee, 'scooty' to college going girls and international schools in every tehsil, but they have not been implemented, Shah said.

Congress withheld the construction of Ram temple for 70 years, but Modi, in just five years, won the case, performed 'bhumi puja' and later participated in the consecration, he said.

AICC president Mallikarjun Kharge said that though people from Rajasthan and Telangana don't have anything

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## NIA attaches 4 more terror-linked properties in Kashmir

**AGENCIES**  
NEW DELHI, MAY 9

Continuing with its massive crackdown on the terror network in the country, the National Investigation Agency (NIA) on Thursday attached four properties, owned by members of Hizb-ul-Mujahideen (HM) in Kupwara district.

A spokesperson said that the action comes a day after NIA attached six immovable properties of a top militant of the banned Jaish-e-Mohammed (JeM) terrorist outfit in J&K, as part of its drive to dismantle the terrorist infrastructure in Kashmir and other parts of India.

The statement reads that the four properties attached today were found to be proceeds of terrorism, as per NIA investigations. "The properties, which were used to hatch terror conspiracies and carry out terrorist attacks, belonged to accused



Mohammad Alam Bhat, Mohammad Yousuf Khawaja, Shabir Ahmed Gakhad, Zakir Hussain Mir, all associated with Pakistan-based handlers / operatives / commanders of HM."

It reads that the NIA investigations have revealed that the four men were involved in illegal supply of weapons, arms, ammunitions and narcotics. "They were actively engaged in spreading and strengthening militancy in Kashmir."

It added that the four properties attached today under UA(P) Act include two immovable

properties, including a house each belonging to Alam Bhat and Mohammad Yousaf Khawaja in Karnah and two movable properties, in the form of Tata Sumo vehicles, have also been attached.

"According to investigations by NIA, the houses of Alam Bhat & Mohammad Yousaf Khawaja were used as shelter/warehouse for storage and concealment of arms and ammunition, and also for harbouring of terrorists. The two vehicles were used as a safe mode for transporting arms and ammunitions."

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## BJP slams Farooq Abdullah, accuses him of being Pakistan's spokesman

**JJ NEWS SERVICE**  
JAMMU, MAY 9

BJP's National General Secretary, Tarun Chugh, has accused prominent families like Gandhi-Nehru and Abdullah-Mufti of perpetuating a system of plunder rather than democracy in Jammu and Kashmir.

According to the news agency correspondent, speaking during a tour of Poonch, Chugh didn't hold back as he lambasted these influential families, describing them as a curse on democracy. He drew parallels between their dynastic rule and a hereditary monarchy, denouncing their grip on power as detrimental to the democratic process.

Accompanied by notable figures such as former Deputy Chief Minister Dr. Nirmal Singh and State President Ravinder Raina, Chugh convened a significant meeting at the BJP district office. As per the party spokesman, the gathering aimed to strat-



egize and galvanize party functionaries and booth heads in preparation for the impending elections.

During the meeting, Chugh took aim at Farooq Abdullah, urging him to desist from assuming the role of Pakistan's spokesman. He rebuked Abdullah for recent statements regarding Pakistan's nuclear capabilities, asserting India's sovereignty over every inch of territory, particularly in Pakistan-occupied Jammu and Kashmir (PoJK).

Chugh also criticized the tendency of certain politicians, including Mehbooba Mufti and Farooq Abdullah, to praise Pakistan and China.

Emphasizing India's strength under the leadership of Prime Minister Narendra Modi, Chugh reiterated the nation's commitment to safeguarding its citizens and interests. His remarks underscored the BJP's firm stance on national security and its readiness to confront external challenges.

## LG greets people on Bhagwan Parshuram Jayanti, Akshaya Tritiya

**JJ NEWS SERVICE**  
SRINAGAR, MAY 9

Lieutenant Governor Shri Manoj Sinha has extended his heartiest greetings to the people on the eve of Bhagwan Parshuram Jayanti and Akshaya Tritiya.

In a message, the Lt Governor said: "On the auspicious occasion of Bhagwan Parshuram Jayanti and Akshaya Tritiya, I convey my hearty greetings and good wishes to all.

Bhagwan Parshuram is the embodiment of righteousness, courage and compassion. His life and profound teachings would continue to guide humanity for all times to come.

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## Police books three criminals under PSA

**JJ NEWS SERVICE**  
JAMMU, MAY 9

In order to curb the criminal activities in the Samba district, J&K Police has detained and lodged in jail three notorious criminals under the Jammu and Kashmir Public Safety Act (PSA).

The accused were identified as Narayan Sharma alias Shuna, son of Brita Lal Sharma R/o Thalori Brahmana tehsil Vijaypur district Samba, Rohan Kumar alias Gorav, son of Bobby Kumar R/o Teli Basti, Bari Brahmana district Samba and Sumit Slathia alias Bhanu Partap Singh, son of Jagdish Singh, a resident of Gurha Slathia tehsil Vijaypur district Samba.

In a statement to news agency, police spokesman said that they have been involved in multiple criminal cases, posing a serious threat to public

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## JK Govt asks departments to share geospatial data with Survey of India

**JJ NEWS SERVICE**  
SRINAGAR, MAY 9

The Jammu and Kashmir Government has asked its various departments to collaborate with Survey of India (SoI) to meet their geospatial data requirements, such as land records updation/modernization, forest boundaries survey, disaster management, irrigation, transportation, and water resources.

As per the official documents in possession with the Government of India announced the implementation of the National Geospatial Policy (NGP) in December 2022. Under this policy, the Survey of India (SoI) has been designated as the central agency responsible for managing geospatial data. SoI has been

tasked with maintaining various datasets including the National Geodetic Reference Frame (NGRF), Orthoimagery, Digital Elevation Model (DEM), Functional Areas (Administrative Boundaries), and Geographic Names (Toponymy). Additionally, SoI will develop and operate the Unified Geospatial Interface (UGI) and the National Geospatial Data Registry (NGDR) to provide user-oriented products, applications, services, and solutions using geospatial data.

Reports inform that SoI has a dedicated online maps portal where topographical maps and data are freely available for download and use by government agencies. Recently, SoI has operationalized Continuously Operating Reference Sta-

tions (CORS) across the country, providing precise positioning services for surveying and mapping activities. The CORS services are available online and free of cost.

Furthermore, SoI has collaborated with various state and central government ministries/departments for large-scale mapping projects and capacity building in geospatial technology and sciences. Memorandums of Understanding (MoUs) have been signed with several state governments and central government ministries to facilitate surveying, mapping, and parcel mapping requirements. Notably, SoI has also entered into an MoU with the Ministry of Panchayati Raj (MoPR) for the implementation of the SVAMITVA scheme.

## Off To Mecca, Madina: 1st batch of 644 Hajj pilgrims leaves for Saudi Arabia from Srinagar Airport

**JJ NEWS SERVICE**  
SRINAGAR, MAY 9

Amidst the emotions and joys, the first batch of Hajj pilgrims from Jammu and Kashmir left for Saudi Arabia on Thursday to perform the pilgrimage this year.

Executive Officer (EO), J&K Hajj Committee, Dr. Shujhat Qureshi told the news agency that on the first day of their journey, a total of two flights left from Srinagar International Airport to Saudi Arabia, with each flight carrying 322 pilgrims.

"A total of 7008 pilgrims will be performing Hajj for this year from Jammu and Kashmir. Today two flights are scheduled and, in each flight, there will be 322 pilgrims. We have already published the flight sched-



ule for 9 and 10 May for pilgrims," he said.

He said that the Hajj pilgrims on their flight schedule day have to reach Bemina Hajj house in Srinagar before five hours to complete the required formalities, adding that 644 pilgrims who left from Srinagar international airport to Madina Airport in Saudi Arabia for Hajj on first day, 330 were males and 314

females.

He said that that at Hajj house in Bemina, Joint Secretary MOMA in presence of Divisional Commissioner Kashmir, DCs of Srinagar and Budgam flagged off Hajjis and at Srinagar International Airport.

He also said that for the movement facilitation of pilgrims from Hajj house to Srinagar international

airport, they have made the adequate arrangements as they have kept the buses available from Jammu and Kashmir Road Transport Corporation (JKRTC).

Relatives and friends were seen accompanying the Hajjis to the Hajj house, where emotional scenes were witnessed as they bid farewell to their near and dear ones with moist eyes.

On the occasion, personal from police and home guard volunteers were also seen deployed in sufficient numbers to load and unload the baggage carried by the pilgrims.

Earlier, Dr. Shujhat Qureshi reiterated the committee's dedication to ensuring a seamless experience for the

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## GMC Doda on the ventilator; Deficiency of faculty taking toll on the smooth functioning

**JJ NEWS SERVICE**  
JAMMU, MAY 9

The health of Government Medical College (GMC) Doda seems to be on the ventilator as it is facing acute shortage of permanent faculty members including professors, associate professors and assistant professors.

Even the most important medicine department is being run by medical officers on deputation from the health department as there is no permanent faculty available.

According to the news agency, the college is facing an acute shortage of faculty members which is taking a toll on the overall education system and functioning of the institution.

Highly placed sources in the GMC Doda said that

the medical education department hasn't done enough to address the issues concerning the college which is evident from the fact that higher officials haven't taken a single review meeting regarding the college separately.

To put the facts straight, KNO has learned that GMC Doda is facing a deficiency of over 85 percent of Professors and there is over 60 percent deficiency of Associate professors. "Besides professors and Associate professors, which are important pillars to run different departments, there is over 50 percent deficiency of assistant professors as well and the college is being run by senior resident and junior resident doctors," a source said.

Giving further details, the source revealed,

"There is no permanent faculty in the departments of Medicine, Anatomy and Community Medicine whereas in the departments of Anesthesia and Radiology the situation is worse as there are either single faculty member or no faculty available."

The departments like Medicines, Ophthalmology, ENT and Gynecology, medical officers of health department, who are on deputation to GMC Doda, are running these departments. "The radiology department is being run by one faculty member (Assistant professor) with the help of SRs, department of Forensic sciences have only one assistant professor available and has to look after the college as well as mortuary and other related things and psychiatry depart-

ment has one assistant professor and that too on adhoc basis," KNO learned.

With the recent issue of transfer of Principal Dr. Puja Vimesh, the college is being run without a principal. Making things worse, there is no permanent Administrative Officer (AO) and in the past few KAS officers, working as block development officers in rural development, were given the additional charge of AO and they haven't been able to give attention towards GMC Doda.

The GMC Doda was established after the union government in 2014 announced the setting up of five new medical colleges in Jammu and Kashmir and Doda was one among them.

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# GCOE organises Annual College Road Race for Men/Women

J1 NEWS SERVICE  
SRINAGAR, MAY 9

The Sports Board of Government College of Education (GCOE) under the leadership of Principal, Prof. Seema Naz organised annual college road race for men and women from Nehru Park to Nishat garden and SKICC to Nishat garden here today.

The race for men was flagged off by Convenor College Sports Board, Dr. Mohammad Yasin Pir. Around 31 athletes from the College participated in the race.

During the race, Muhammad Kaif (UG 2nd Semester student), from the start took the lead by sprinting ahead of rest of competitors and finished first with a comfortable lead. He covered the distance in 40:25 minutes followed by Gowhar Ahmad (UG 4th Semester student), who covered it in 41:00 minutes while as Showkat Ahmad (UG 2nd Semester student) finished third with the timing of 42:45 minutes.

Similarly, the race for women run was flagged off by Staff Secretary, Dr. Mohammad Ashraf Wagi in which around 25 athletes from the college participated.



Muskan Bilal (B.Ed 1st Semester student), from the start took lead by sprinting ahead of rest of competitors and finished first with a comfortable lead. She covered the distance in 50:25 minutes followed by Syed Souleeh (B.Ed 1st Semester student) who covered distance in 55:00 minutes while as Sehla Jan (UG 2nd Semester student) finished third with the timing of 57:45 minutes.

The prize distribution ceremony of both the race events was held at Naseem Bagh, University of Kashmir here, in which trophies were awarded to first three position holders while medals were awarded to rest of the athletes by the college Principal Prof. Seema Naz and College Sport Board members.

On the occasion, the Principal of the college in her brief speech congratulated the winners and complimented the participants of the event.

She impressed upon the girl students to take part in the sports activities. She briefed the students about the importance of sports and urged them to participate in more and more events to be organized by the sports board.

Dr. Naz also congratulated the efforts of Physical Education department for successful conduct of the event and appreciated their efforts in conducting various events in a very conducive and efficient manner.

The General Observer for O2-Srinagar Parliamentary Constituency (PC), Mukul Kumar today visited Kangan Sub-division to have a firsthand appraisal of arrangements being put in place at polling stations for upcoming Lok Sabha Elections 2024.

The General Observer, accompanied by CEO SDA, Farooq Ahmad Baba; SDM Kangan, Nuzhat K Qurashi, Executive Engineers from R&B Sub Division Kangan and Ganderbal, meticulously assessed required facilities in polling stations, accessibility for voters and the overall atmosphere within the polling stations.

Emphasizing the importance of upholding democratic principles, the General Observer diligently scrutinized several polling stations including Pink Polling Station Kangan to ensure that all arrangements were conducted in accordance with the ECI guidelines.

# Lok Sabha Elections-2024 General Observer conducts inspection of Polling Stations in Kangan Subdivision



J1 NEWS SERVICE  
GANDERBAL, MAY 9

The General Observer, accompanied by CEO SDA, Farooq Ahmad Baba; SDM Kangan, Nuzhat K Qurashi, Executive Engineers from R&B Sub Division Kangan and Ganderbal, meticulously assessed required facilities in polling stations, accessibility for voters and the overall atmosphere within the polling stations.

Emphasizing the importance of upholding democratic principles, the General Observer diligently scrutinized several polling stations including Pink Polling Station Kangan to ensure that all arrangements were conducted in accordance with the ECI guidelines.

The General Observer was satisfied with the required arrangements being put in place especially at Pink Polling Station Kangan.

Furthermore, the General Observer reaffirmed the commitment to impartiality and neutrality in overseeing the electoral process. By maintaining rigorous scrutiny and vigilance, the General Observer aims to instill confidence among voters and stakeholders in the integrity of the electoral process in the district.

The District Administration Kupwara today served a notice to one political party 'JK People's Conference' for violation of model code of conduct at Vilgam Area of Handwara.

Nodal Officer, Model Code of Conduct, (MCC), Additional District Magistrate, Kupwara on Wednesday issued a show-cause-notice to 'Jammu and Kashmir Peoples Conference' District President Kupwara, after a vehicle mounted with party flag transporting GI pipes was spotted at Vilgam area of Handwara. The said vehicle was immediately intercepted and seized.

# Lok Sabha Elections-2024 Distt. Admin. Kupwara takes cognizance of 'MCC violation' at Vilgam

J1 NEWS SERVICE  
KUPWARA, MAY 9

Nodal Officer, Model Code of Conduct, (MCC), Additional District Magistrate, Kupwara on Wednesday issued a show-cause-notice to 'Jammu and Kashmir Peoples Conference' District President Kupwara, after a vehicle mounted with party flag transporting GI pipes was spotted at Vilgam area of Handwara. The said vehicle was immediately intercepted and seized.

It was given out that during the enforcement of Model Code of Conduct, display of any flag, sticker etc. on commercial vehicles is not permissible unless such vehicle is a vehicle being validly used for election campaign after obtaining the requisite permit from the District Election Officer/Returning Officer and the said permit is displayed, in original, on the wind-screen of the vehicle.

The notice issued read, "a report was received that a commercial vehicle mounted with a JKPC party flag, bearing no: JK09-5257 carrying 89 GI pipes was spotted at Kukroosa, Tehsil Vilgam, raising concerns regarding adherence to the prescribed guidelines/instructions issued by the Election Commission of India". The Nodal Officer said that it is imperative for all political parties to adhere to the prescribed guidelines/ instructions during the election period to maintain the integrity of the electoral process, as any deviation to these norms undermines the principles of fair and democratic elections.

He said the spotting of the vehicle with the party flag is tantamount to the clear violation of Model Code of Conduct and relevant instructions issued in this regard.

# Lok Sabha Elections-2024: PBV for Essential Service Employees concludes at Ganderbal

J1 NEWS SERVICE  
GANDERBAL, MAY 9

Postal Ballot Voting (PBV) concluded today in Ganderbal segments under the Srinagar Parliamentary Constituency, a pivotal initiative aimed at facilitating the participation of employees engaged in essential services during the Lok Sabha Elections, 2024.

The District Election Officer (DEO), Shyambir along with Deputy DEO inspected the voting process at the Facilitation Centre established within the Conference Hall of Mini Secretariat Ganderbal, ensuring that the voting process is both efficient and accessible.

Speaking on the occasion, the DEO underscored the district administration's commitment to uphold a free and fair electoral process, adding that the Facilitation Centre



was established to provide a streamlined voting procedure, allowing those who will be on duty during the general election day to cast their votes without any hindrance.

Meanwhile, the DEO extended a heartfelt appeal to all eligible voters to exercise their fundamental democratic right by casting their votes on May 13, 2024.

A significant number of employees from various essential service departments participated enthusiastically, exercising their

democratic right with ease and convenience.

The Election Commission of India's guidelines have been meticulously followed by the District Administration to ensure every eligible voter has the opportunity to participate in the electoral process.

The District Administration Ganderbal remains dedicated to ensuring that every voter has a voice and encourages all eligible personnel to use the postal ballot facility to cast their vote.

# Lok Sabha Elections 2024: Mega awareness rally organised at Koteranka by District SVEEP team Rajouri

J1 NEWS SERVICE  
RAJOURI, MAY 9

The District SVEEP Team Rajouri, under the supervision of District Election Officer, Om Prakash Bhagat today organized a mega awareness rally here at Koteranka.

The event aimed to enhance voter awareness and participation in the electoral process.

The District Election Officer, Additional Dy. Commissioner Koteranka, the College Principal, Principal GHSS Koteranka, Tehsildar Koteranka, Zonal Education Officer Koteranka were present at the event.

Dr. Anwar Shah, Principal of the college, extended a warm welcome to the attendees and expressed gratitude to the District SVEEP team for organizing such a significant event in the area.

SVEEP team member,



Mohammad Ayaz Raina, lecturer, administered the voters' pledge, which was solemnly undertaken by all attendees.

District Election Officer Om Prakash Bhagat emphasized the pivotal role of voters in a democratic framework, urging all participants to propagate the message of SVEEP to every household to achieve the target of 75% voter turnout set by the Election Commission. He

appreciated all the members of District SVEEP team for their active involvement in carrying SVEEP related activities across the District.

Prof. Mohammad Iqbal Raina thanked all attendees and their heads for their mass participation in the programme.

The main programme, held at Government Degree College Koteranka, saw active participation from all. SVEEP

team members including Prof. Manzoor Dar, Dr. Shajjad Mir, lecturer and Aftab Shawl master provided logistic support during the event.

Subsequently, a rally themed on SVEEP was inaugurated by District Election Officer Rajouri, witnessing enthusiastic participation from students, staff of the college and HSS Koteranka, Asha workers, and prominent citizens. Participants displayed placards with various messages advocating the public's right to vote and the importance of voting.

The rally commenced from Degree College Koteranka and culminated at the main chowk Koteranka.

# Judicial Academy organises pre-appointment training for newly selected Civil Judges

J1 NEWS SERVICE  
JAMMU, MAY 9

Under the patronage of Chief Justice, High Court of J&K and Ladakh, Justice N Kotiswar Singh and guidance of Chairman Governing Committee, Justice Sanjeev Kumar and other members of Governing Committee for Academy, J&K Judicial Academy organised a pre-appointment training programme for the newly selected Civil Judges (Junior Division) at J&K Judicial Academy, Srinagar.

N. Kotiswar Singh, Chief Justice, High Court of J&K and Ladakh and Patron-in-Chief, J&K Judicial Academy defined the tone and texture of the programme into motion in presence of Justice Tashi Rabstan.

Justice Sanjeev Kumar, Justice Sindhu Sharma, Justice Javed Iqbal Wani, Justice Puneet Gupta, Justice Moksha Khajuria Kazmi, Justice M. Y. Wani and all the Judges from Jammu wing joined the

programme virtually.

The Chief Justice, in his inaugural address, said that the concept of 'Justice' can be regarded as a prodigious view imbibed in our Constitution which owes its genesis to the soil of India. The notion of justice is most commonly associated with an underlying assumption that justice equates to the concept of equal rights and equal opportunity to have access and fair treatment in the legal system.

The Chief Justice delineated that source of judicial power in the law, in reality, is the effective exercise of judicial powers which originate from two sources. He added that the judges have to honour the judicial office which they hold as repositories of public trust.

He emphasised that every action and every word whether spoken or written, must show and reflect correctly that you hold the office of public trust and they should be



determined to strive hard continuously to enhance and maintain people's confidence in the judicial system. He also shared some real-life incidents with the trainees and encouraged them to deliver justice efficiently as first-line warriors.

Justice Sanjeev Kumar, Chairman, Governing Committee for J&K Judicial Academy, gave an overview of Pre-appointment Training Programme

module prepared by the Academy. He underlined that primary objective of the Induction Course is to build a strong foundation for the grooming of raw talent into as finest Judicial Officers. He highlighted that prime focus of the Induction Course, is on inculcation of Judicial Ethics, Development of Judicial Skills and Aptitude and Sensitization to Social Issues.

Justice Kumar further

emphasized that institutional training at J&K Judicial Academy shall train and equip the Judicial Officer to effectively discharge their judicial functions. Its purpose would be to bridge the gap between the level of knowledge and its applicability in the actual discharge of duties, he added. He deliberated that the judicial education and training provides the means for the judiciary as an institution to consoli-

date, develop and perform this crucial, yet fragile, role in society.

Justice Javed Iqbal Wani, Member, Governing Committee for J&K Judicial Academy in his formal welcome address, observed that Judiciary, which is an integral part of the society, plays pivotal role in keeping the society ever dynamic. He added that the judiciary is the repository of confidence of the people and Indian judiciary has enjoyed immense public confidence and has stood the test of time. He said that the common man considers the judiciary as the ultimate guardian of his rights and liberties and therefore, every member of this institution owes a duty to maintain that confidence of the common man in the judiciary.

Justice Moksha Khajuria Kazmi, Member, Governing Committee for J&K Judicial Academy, presented vote of thanks. She emphasised that pre-appointment Induction

Training is a progressive step in the right direction to tune young minds to take over the new assignment with confidence.

Director, J&K Judicial Academy, Y.P. Bourne, conducted the proceedings of the inaugural programme. He congratulated the young trainees for having come out with flying colours and made to the merit list. He also gave introduction to the Induction Training Course in the first session.

The second session was conducted by Justice Bashir Ahmad Kirmani, Former Justice, High Court of J&K, who discussed the Judicial Ethics and Code of Conduct for Judicial Officers. The learned resource person highlighted that Judge should be courteous and fair in whatever he says and does. He added that the judges should take care to be punctual, to be dressed decently, to talk discretely and behave in a dignified and graceful manner befitting the high

office he holds.

The third session was chaired by Justice Sanjeev Kumar, Chairman, Governing Committee for J&K Judicial Academy. He discussed that Judges are not employees and as members of the judiciary, they exercise the sovereign judicial power of the State. He stated that Judges, at whatever level they may be, represent the State and its authority unlike the administrative executive or other members of the services since latter cannot be placed at par with the members of the judiciary, either constitutionally or functionally.

All the sessions remained very interactive during which all the trainee judges actively participated and shared their experiences, difficulties and also discussed various aspects of the subject topics. They also raised a number of queries which were answered satisfactorily by the resource persons.

## Lok Sabha Elections-2024: SVEEP DLSA Sgr organizes Awareness programme on constitutional rights to franchise at LLC of GGHSS Chanapora

**J1 NEWS SERVICE**  
SRINAGAR, MAY 9

As part of the series of events being organized to raise awareness regarding exercising franchise during General Election to Lok Sabha 2024 under SVEEP campaign, the District Legal Services Authority (DLSA) Srinagar today organized awareness programme on constitutional rights to franchise at Legal Literacy Club (LLC) of Government Girls Higher Secondary School (GGHSS), Chanapora. The said awareness programme was held under the guidance of Jawad Ahmed, Chairman DLSA Srinagar.

The programme, aimed at educating citizens about the importance of exercising their right to vote witnessed the participation of Dr Samina Wani, Principal of Government Girls Higher Secondary School, Panel Lawyers, DLSA Srinagar, Staff Members, Students of GGHSS, Chanapora, Srinagar and Para Legal Volunteers of DLSA Srinagar.



Advocate Syed Shabana, Panel Lawyer DLSA Srinagar, addressing the gathering, emphasized that voting is the fundamental right of every citizen and urged the students to exercise their franchise responsibly. She highlighted the significance of participating in the democratic process and making informed decisions at the polls.

Advocate Laila Khalid, Panel Lawyer DLSA Srinagar reiterated the importance of constitutional rights and the power of voting. She encouraged the participants to take an active role in the electoral process and make their voices heard.

The awareness programme was well-received by the students, who showed keen interest in understanding their rights and responsibilities as citizens.

## Div Com Kmr, IGP Kashmir review departure arrangements for first batch of Hajj pilgrims at Srinagar airport



**J1 NEWS SERVICE**  
BUDGAM, MAY 9

As departure of Hajj pilgrims, 2024 commenced from Srinagar international airport today, the Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Biduri along with IGP Kashmir, V K Birdi today reviewed the departure arrangements for the first batch of Haj pilgrims 2024 of Union Territory of Jammu Kashmir from Srinagar International Airport.

Deputy Commissioner Budgam, Akshay Labroo; SSP Budgam, Nikhal Borkar; Director

International AirPort and other concerned officers were also present. On the occasion, Div Com interacted with the pilgrims and conveyed his greetings and best wishes to them.

During the visit, the Div Com also took first-hand appraisal of facilities including availability of clean drinking water, medical facilities, refreshment, volunteer services and traffic management in and outside of airport premises besides immigration check facilities and baggage carrying facilities. He directed concerned authorities to ensure

hassle free departure of all the pilgrims till the conclusion of departure schedule.

Meanwhile, the first group of 642 pilgrims, in two flights i.e., 322 each took-off from Srinagar international airport today for this year's Hajj, starting the pilgrimage's transforming journey full of fervor and optimism. A total of 7008 hajj pilgrims from UT of J&K will be embarking on a holy pilgrimage this year. The pilgrims gathered at the airport in Srinagar wearing modest white attire as they bid farewell to their loved ones.

## Lok Sabha Elections-2024: Mega Awareness programme under SVEEP held at Shopian



**J1 NEWS SERVICE**  
SHOPIAN, MAY 9

A mega awareness programme cum rally was today organized at Government Boys Higher Secondary School Shopian under Systematic Voters Education and Electoral Participation (SVEEP).

The Deputy Commissioner Shopian, Faz Lul Haseeb, who is also District Election Officer (DEO), was the chief guest on the occasion.

Speaking at the event, the DEO stressed upon the students to aware their parents as well as masses about the importance of participation in the election process. He appealed all to motivate them to exercise the franchise on 13th of May, for Srinagar PC and on 25 May for Anantnag - Rajouri PC.

Students of various educational institutions, who participated in the event, were sensitized about their role in motivating community members and parents for registering their right of franchise in the upcoming elections in the district.

Later, DEO flagged-off an awareness rally at Government Boys Higher Secondary School Shopian which passed through the Shopian town to Batapora Shopian. The students carried placards highlighting the various facets of the electoral process and impressed upon all for ensuring their participation in the LS elections.

Chief Education Officer (CEO) Nodal officer SVEEP, representatives from District Legal Authority Shopian, several officers and teachers were present, while a huge number of students from various schools participated in the programme.

## Lok Sabha Elections-2024: DEO Budgam chairs pre-poll preparedness meeting

**J1 NEWS SERVICE**  
BUDGAM, MAY 9

The District Election Officer (DEO) Budgam, Akshay Labroo today chaired a pre-poll arrangements review meeting to take detailed assessment of preparations in Khanshab, Charar-i-Sharief and Chadoora assembly segments of Srinagar Parliamentary Constituency going to the polls on May 13.



facility, uninterrupted electricity supply, availability of wheelchairs and other assured minimum facilities at all polling stations on the poll day.

Directions were given for seamless facilitation of boarding and logistic support, hassle-free distribution of food kits and refreshment, availability of toiletries to the polling parties at all polling booths.

The DEO reviewed distribution of voter slips, EPIC cards in all areas, webcasting and signage installation at all polling stations, deployment of requisite staff and medical teams in advance as per the Election Commission of India guidelines.

Instructions for sensitization of polling staff regarding strict implementation of Model Code of

Conduct were also given to all the nodal officers.

DEO directed that all teams shall work in coordinated manner as per the guidelines of ECI.

Implementation of a seamless transportation plan and commissioning of EVMs and dispatch were also reviewed during the meeting.

He directed that all deficiencies be promptly sorted out and cautioned that there is no room for any lacunae.

He said that all arrangements be put in place well in advance for conduct of free, fearless and smooth elections in the district.

Among others the meeting was attended by the ADC, AROs, CPO, Deputy District Election Officer, all Nodal Officers, Tehsildars, all other district officers of the district.

## One week awareness cum Skill Development Workshop concludes at GDC Hiranagar



**J1 NEWS SERVICE**  
KATHUA, MAY 9

Girdhari Lal Dogra Memorial Government Degree College Hiranagar organised a grand valedictory session to mark the end of One Week Awareness cum Skill Development Workshop on Translation of Languages conducted under the ambit of Research Project on 'National Language Translation Mission' at Government College for Women Parade Ground Jammu.

About 50 students actively participated in the valedictory session. Other faculty members of the college also graced the occasion.

After the formal welcome address by Head

Department of Dogri Dr. Ganga Sharma, the session proceeded with the timeline of the events during the last seven days of the Awareness program. The Resource Person Dr Preeti Dubey and the Research Project Prpl Investigator discussed the ongoing AI based Automatic Speech Recognition (ASR) Pilot project with the students where many of the students contributed with their recordings in Dogri language.

Dr Rakesh Sharma, Dr Rajni Bala, Prof Ganga Sharma were the coordinators of the program.

Principal of the College Dr Pragya Khanna distributed the certificates to the participants and coordinators.

## DLSA discusses modalities for expansion of Jail projects in Kathua district

**J1 NEWS SERVICE**  
KATHUA, MAY 9

As per the directions of Hon'ble Supreme Court of India in WP (C) No. 406 of 2013 titled 'Re-inhuman Condition in 1382 prisons Vs Union of India and Ors' and also under the able guidance of Chairman, District Legal Services Authority Kathua (Principal District & Sessions Judge Kathua), Ashok Kumar Shavan, District Monitoring Committee Kathua met today at Conference Hall, ADR Centre here today. The meeting was chaired by Chairman District Legal Services Authority Kathua (also Principal District and Sessions Judge Kathua). The main objective of the meeting was to examine the requirement of expanding the existing Jails and acquiring land to set up new Jails within District Kathua, depending on the current capacity, occupancy and future demands and come up with firm proposal, to update on the status of all the ongoing projects/proposals that are pending in the District Kathua.

## DIPR Cultural Unit organises Symposium on Nasha Muk Bharat in GGHSS Reasi



**J1 NEWS SERVICE**  
REASI, MAY 9

Cultural Unit, Department of Information and Public Relations Jammu on Thursday organised a Symposium on the topic "Nasha Muk Bharat" here in the Government Higher Secondary School Girls to educate the young generation regarding catastrophic consequences of Drug abuse on Individuals and the Society.

The students expressed their views, while sharing valuable information on the topic. A colorful Cultural programme by the students added to the importance of the event.

Students were judged on parameters of Pronunciation, Modulation of Voice, Factual Representation, confidence etc by a panel of jury comprising Vishawjeet Singh, Surinder Sharma & Rita

Rani. Aani teacher of the school hosted the event. A total number of 10 students participated in the competition.

First position went to Muskan Bhagat, second position was secured by Ayushi Sharma and third position was bagged by Akansha Sharma,

Speaking on the occasion, Principal of the School, Sushma Mawa educated the students about the Campaign against Drug addiction and appreciated the Department of Information & Public Relations for organising such a meaningful event in the school.

Among others Staff members of the school and a large number of students witnessed the programme. The programme was conducted under the supervision of Cultural Officer Nasir Ahmed Khan.

## DHS Jammu evaluates healthcare scenario in Doda District

**J1 NEWS SERVICE**  
DODA, MAY 9

The healthcare scenario in Doda district was today reviewed by Director Health Services Jammu Dr Rakesh Magotra here at a meeting of Health department officers.

The DHS Jammu was on his maiden visit to Doda. The meeting served as a platform to assess the progress and effectiveness of various healthcare schemes and to strategise the way forward to enhance healthcare in the district.

At the outset, Chief Medical Officer Dr Om Kumar gave a detailed presentation regarding the activities of the health department.

The Director Health Services reviewed all the activities of the health department and enjoined upon the staff to work cordially in making all GOI schemes successful on the ground, so that better



and accessible health care facilities were provided to the people at their door steps.

Discussions were also held on vaccination given to the Pregnant Women, newly born children in the District. The Director asked to ensure that each pregnant woman

and newborn be given all the necessary vaccination and services at the time of birth on priority basis.

Regarding the increase in institutional deliveries at block level, the Director asked the BMOs to put in their best to utilize the services of ASHAs to motivate the pregnant ladies to

go for institutional & safe delivery. Emphasis was also laid on immunization, antenatal check up and wide awareness about family planning methods.

The participants were also directed to hold regular awareness camps at panchayat levels to educate the masses regarding various health sector schemes.

The blocks with low performance were directed to review their work done and overcome shortfalls for proper implementation of centrally sponsored schemes. Moreover, the DHS Jammu directed the Chief Medical Officer and BMOs to put in extra efforts to achieve targets laid down under each programme. The DHS urged upon health functionaries to come up to the expectations of the

patients and focus on quality, assured, accessible, affordable health care in the district.

Further, he said that punctuality of staff as well as maintaining hygienic conditions in health facilities is indispensable, and lackadaisical approach in this regard will not be tolerated.

Earlier the DHS Jammu Dr Rakesh Magotra on reaching Doda was accorded a warm and rousing reception by the staff and students of ANMT Doda.

Those present in the meeting were MS GMC Doda Dr Tanveer Husain, BMO Bhaderwah Dr Mohd Ashraf, BMO Gandoh Dr Ghansham Singh, BMO Ghat Dr Abdul Gafoor, I/c BMO Assar Dr Anil Kumar besides Incharge Schemes (All), DPMU and BPMUs NHM & other officials of the department.

| NORTHERN RAILWAY  |                        |   |                      |
|---|------------------------|---|----------------------|
| E-Tender Notice   |                        |   |                      |
| Sr. DEN-III/FZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on <a href="http://www.ireps.gov.in">www.ireps.gov.in</a> with closing date-30.05.2024 up to 15:00 Hrs. Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against these tenders, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through only payment modes available on <a href="http://www.ireps.gov.in">www.ireps.gov.in</a> portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker Cheque, Deposit receipts, FDR etc. are not allowed. For more information login to <a href="http://www.ireps.gov.in">www.ireps.gov.in</a> . |                        |   |                      |
| Tender Type   | Tendering Section      | Bidding System  |                      |
| Open  | Works                  | Single Bid System   |                      |
| Date of Uploading Tenders   | Bid Starting Date      | Bid Closing Date/Time   |                      |
| 08.05.2024  | 16.05.2024             | 30.05.2024/15:00 Hrs  |                      |
| S.No.   | Tender No.             | Details of Tender   |                      |
| 1.  | 37-2024-25-ADEN-I-ASR  | Replacement of roof sheets and flooring of Bogie shop, Wagon shop, Milwright shop, HMS, LMS and DSL/ Crane shop surrounding area in the section of SSE/WWS/ASR at Northern Railway Mechanical Workshop Amritsar under ADEN-I/ASR. |                      |
|   |                        | Advertised Value (Rs.)  | Earnest Money        |
|   |                        | 1,26,51,477.33/-  | 2,13,300/-           |
|   |                        | Validity of Offer   | Period of Completion |
|   |                        | 60 Days   | 06 Months            |
|   |                        | Similar nature of work :- "Any civil work other than track work".   |                      |
| 2.  | 38-2024-25-ADEN-II-ASR | Upgradation/Improvement of Goods shed at Jandiiala on JUC-ASR section under ADEN-II/ASR.  |                      |
|   |                        | Advertised Value (Rs.)  | Earnest Money        |
|   |                        | 6,80,34,083.77/-  | 4,90,200/-           |
|   |                        | Validity of Offer   | Period of Completion |
|   |                        | 60 Days   | 08 Months            |
|   |                        | Similar nature of work :- "Any civil work other than track work".   |                      |
| 3.  | 39-2024-25-ADEN-II-ASR | Upgradation/Improvement of Goods shed at Butari on JUC-ASR section under ADEN-II/ASR.   |                      |
|   |                        | Advertised Value (Rs.)  | Earnest Money        |
|   |                        | 2,76,68,943.47/-  | 2,48,400/-           |
|   |                        | Validity of Offer   | Period of Completion |
|   |                        | 60 Days   | 06 Months            |
|   |                        | Similar nature of work :- "Any civil work other than track work".   |                      |
| Note 1:- Before bidding, bidders to check for any corrigendum issued against tender. No:- 37-2024-25-ADEN-I-ASR & 38 & 39-2024-25-ADEN-II-ASR Date: 09.05.2024  |                        |   |                      |
| 1405/2024   |                        |   |                      |
| SERVING CUSTOMERS WITH A SMILE  |                        |   |                      |

## Prof Uppal stresses importance of improving Quality of Publications, Research Paper Writing Skills

JJ NEWS SERVICE  
JAMMU, MAY 9



Poornima College of Engineering, Jaipur, Research and Development Cell, PCE, and Math Tech Thinking Foundation Fazilka jointly organized a five-day faculty development program. Dr. Shilpi Jain, Professor at Poornima College of Engineering, Jaipur, introduced the Five Days Faculty Development Program, which was attended by 300 research scholars and teachers from India and abroad. The principal of the college highlighted the importance of such programs, while Dr. B.P. Garg, Controller of Examinations, Central University of Punjab, Bathinda expressed his appreciation for the theme of the Five Days Faculty Development Program. A vote of thanks was presented by Dr. Mehar Chand, president of Math Tech Thinking Foundation, who said we are getting a lot of teachers from across the world and India.

Prof. Uppal shared his research experiences with the faculty members on how to write a quality research paper and publish it in peer-reviewed journals. In his speech, Dr. Uppal stressed that quality research is a necessity of the hour and that research should begin in schools. Quality research will transform

India, he said. As part of the presentation, Prof. R.K. Uppal, Principal of Baba Farid College of Management Technology, Bathinda, Punjab, shared his insights. Dr. Uppal said AI tools can enhance the productivity of quality research. Research papers and research proposals are often rejected due to the pressure of publishing in high-profile journals, inadequate research methodologies, inadequate statistical knowledge, and grammatical and language errors, according to Dr. Uppal. Various funding agencies in India distribute grants to projects of major significance, seminars, conferences, workshops, or non-governmental organizations supporting scientific research in sectors such as Science and Technology, Social Sciences, Agriculture, and Management Sciences, among others. To promote Indian research in the Science and Medical stream, Management, and other fields, these agencies conduct research under different schemes and provide research grants.

## Training for Poll Staff held at Bandipora to ensure smooth Home voting experience

JJ NEWS SERVICE  
BANDIPORA, MAY 9

In preparation for the upcoming home voting process to be held on 14th, 15th and 16th of May in District Bandipora as notified by RO 1- Baramulla PC, a comprehensive training session was today conducted for poll staff at mini Secretariat Bandipora. The training programme aimed to equip poll staff with the necessary knowledge and skills to facilitate seamless home voting procedures was presided over by ARO Assembly Segment 15-Bandipora (ACR) Shabir Ahmad wani.

Nodal officer Home Voting and Postal Voting Counter (Sales Tax Officer) Mehraj Wani deliberated on a range of topics including election procedures, ballot handling, communication strategies and other necessary tools used to facilitate Home Voting.

Wani emphasized strategies for providing assistance and ensuring accessibility to guarantee that every eligible voter can participate in the home voting process.

ARO 15-Bandipora, Shabir Ahmad Wani, emphasized to safeguard the integrity of the voting process and protect sensitive voter information.

He stressed on Home Voting Poll Staff to uphold ethical standards and impartiality throughout the voting process, maintaining the trust and confidence of voters.

## HDFC Bank Parivartan supports social sector start-ups with Rs 19.6 cr grants

JJ NEWS SERVICE  
JAMMU, MAY 9, 2024

HDFC Bank, India's leading private sector bank, today announced the winners of its Parivartan Start-up Grants programme for FY2024. This year, 41 incubators and accelerators in the field of social impact entrepreneurship will receive grants totaling Rs 19.6 crore to support 170 start-ups working across specific focus areas.

This year's programme is undertaken in partnership with Atal Innovation Mission, a Government of India initiative under NITI Aayog. The focus areas for the 2024 grants include Climate Innovation, Financial Inclusion, Agriculture and Sustainable Rural Economy, Accessible and Affordable Healthcare, Education and Livelihood

Enhancement, Gender Diversity and Inclusion.

The start-ups that have received grants come from various states across the including Uttar Pradesh, Tamil Nadu, Karnataka, Rajasthan, Delhi, and Haryana, with the largest number originating from Maharashtra. Over a half of the 170 start-ups hail from over 60 tier II/III cities.

Ms. Nusrat Pathan, Head CSR, HDFC Bank said "Our Parivartan Start-up Grants programme reaffirms our steadfast commitment to fostering social innovation and driving positive change in our communities. Innovation is the key to addressing the development needs of society. Through strategic collaborations and targeted investments, we aim to nurture and amplify the impact of

innovative social start-ups across key sectors, ultimately contributing to a more sustainable and inclusive future for all."

The grants were awarded to leading and emerging incubators such as HTIC at IIT Madras, Awadh at IIT Ropar, T-Hub (Hyderabad), FITT - IIT Delhi, RISE Foundation at IISER (Kolkata), VJTI (Mumbai), Forge Forward (Coimbatore), NTIBIF at NIFTEM (Kindli). Some of this year's high-impact tracks were developed in association with nodal agencies - RBI-H, MoFPI, NSDC and Goa Start-up Mission. Through these incubators, the recipients of the grants include innovative start-ups demonstrating social and environmental impact while creating significant economic value addition to the economy.

Mr. Arup Rakshit, Group Head, Treasury, HDFC Bank said, "We are proud to support social start-ups that are driving positive change in our communities. By also supporting incubators and accelerators we are committed to developing and strengthening the entire start-up ecosystem in India. Through the HDFC Bank Parivartan Start-up Grants, we aim to empower these innovative ventures to make a meaningful impact and create a better future for all." Now in its seventh year, the Parivartan Start-up Grants represent HDFC Bank's unwavering dedication to social responsibility. Since its inception in 2017, the initiative has been a significant support for over 400 start-ups, hand-picked from 120+ incubators nationwide.

## DYSS Reasi organises Inter-School Football Competition for Girls and boys

JJ NEWS SERVICE  
REASI, MAY 9

Department of Youth Services & Sports Reasi organized a district level inter-school football competition for both girls and boys. The event was graced by the presence of District Development Commissioner Vishesh Mahajan, as the chief guest.

Interacting with the girl players, DDC Mahajan assured that the district administration will provide every type of assistance to encourage more girls to join sports. He said this event is a significant step towards promoting sports, especially football, among the girls in the district.

District Officer of Youth Services & Sports Tarsem Singh informed that this is the first time the girls teams from District Reasi will participate in the Divisional-level competition. Trials for U14 and U17 boys were also organized during the event.

The matches were officiated by Rahul Bakshi and Arpita Sharma. Other officials present on the occasion were Dalbir Mehta (Manager, Sports Stadium Reasi), Ashoka Kumar, Jagdev Singh, Arun Dev, Mohd. Raiz, Neha Sharma, Madhu Rani, Ankush Sharma, and Anoop Kumar.

## Such ecosystem will shape future of our student community: VC

JJ NEWS SERVICE  
SRINAGAR, MAY 9

In a significant development towards advancing Artificial Intelligence (AI) and digital readiness under the initiative 'AI for Future Workforce' programme, the University of Kashmir (KU) and Intel India, signed and formalised a memorandum of understanding (MoU) to train human resource and also to introduce courses based on the 'AI for Future Workforce' programme.

KU Registrar, Prof Naseer Iqbal signed the MoU at India Habitat Centre, New Delhi on Wednesday.

Secretary, Department of Higher Education, GoI, K Sanjay Murthy; Deputy Secretary, Department of Higher Education, Devendra Kumar Sharma; President, Intel India, Gokul V Subramaniam; Vice President, Client Computing Group and General Manager, Client Platform, Veerappan Swaminathan; Founder Director Sustainable Living Labs, Singapore Systems, Intel besides vice chancellors of different universities were present on the occasion, an official statement issued here read.

"The MoU emphasises the commitment of the varsity to equip the students and the faculty for the AI landscape and enhancing their employ-



ability in the digital age," an official spokesperson said in a statement issued here. KU Registrar, Prof Naseer Iqbal and other policymakers present during the event emphasised that any digital transformation first requires capacity building of public sector leaders or the current workforce working on policy development and implementation.

"Therefore, it is important for governments and the universities to upskill their policy leaders including human resource so that they become resilient with the use of intelligent technologies such as AI, that can act as the facilitator of innovation and sustainability," the statement read. To further drive AI skilling on a broader scale, University of Kashmir and Intel India are devising strategies for programme scalability.

"The objective is to bring together all stakeholders to seek ways for

leveraging AI to improve employability, encourage innovation and support the development of a skilled workforce on a large scale," read the statement.

During the event, a panel discussion which sought to explore the evolving relationship between Artificial Intelligence (AI), education and skilling was held by senior government officials, vice chancellors of reputed universities, industry leaders and eminent experts. The panellists pitched insights into the transformative impact of AI in shaping the future of work.

KU Vice Chancellor, Prof Nilofer Khan, congratulated the entire team for signing the MoU with Intel India for the overall benefit of the youth especially, university students.

"Such an ecosystem will shape the future of our student community in the AI landscape," she reiterated.

## President of India presents 2 Padma Vibhushan, 9 Padma Bhushan, 56 Padma Shri Awards for year 2024

JJ NEWS SERVICE  
new delhi, may 9

The President of India, Smt. Droupadi Murmu presented 2 Padma Vibhushan, 9 Padma Bhushan and 56 Padma Shri Awards for the year 2024 at the Civil Investiture Ceremony-II held with grandeur in Darbar Hall of the Rashtrapati Bhawan today. The Vice President of India, Shri Jagdeep Dhanekar, Prime Minister Shri Narendra Modi, Union Home Minister and Minister of Cooperation, Shri Amit Shah, many Ministers of the Union and other dignitaries were present on the occasion. After the Investiture Ceremony, Union Home Minister and Minister of Cooperation, Shri Amit Shah and other Union Ministers interacted with the Padma Awardees at a dinner hosted by the Home Minister at his residence in New Delhi. The Padma Awardees will pay homage at the National War Memorial tomorrow morning (May 10, 2024). They will also visit Rashtrapati Bhawan and Pradhanmantri Sangrahalaya.

## DC Kulgam chairs monthly NCORD meeting



JJ NEWS SERVICE  
KULGAM, MAY 9

The Deputy Commissioner (DC) Kulgam, Athar Aamir Khan today chaired a meeting of the District Level Committee under the Narco Coordination Centre (NCORD) to discuss various measures aimed to curb the drug abuse and narcotic trade in the district, and review the implementation of decisions and directions passed in previous meeting.

During the meeting, a threadbare discussion was held on various issues pertaining to incidence of drug addiction, areas of concern and hotspots of drug use besides action taken by the concerned departments with regard to curbing the menace of drugs.

The chair was informed that 11 Panchayats have been declared drug free in the district. It was also shared that 16 Drug Peddlers were arrested and 15 FIRs were registered during the current month.

The DC instructed concerned to convene meetings of Tehsil and Gram panchayat level committees regularly.

Moreover, stringent measures were directed towards ensuring zero cultivation of illicit crops in the district.

Social Welfare Department was tasked with formulating a comprehensive plan for impactful awareness programs and imparting necessary training to Panchayat Level Committees already constituted and directed for devising a training schedule Tehsil Wise.

Assistant Drug Controller reported on the recent inspections of pharmacies, with 102 conducted during the current month. The chair directed for achieving 100% target in installation of CCTV cameras and CBS by the end of this month.

Assistant Drug Controller was further instructed to intensify the inspections of Pharmacies and Cancel the licenses of those who are not adhering to guidelines.

The meeting was attended by ADC, Viqar Ahmed Giri; ACD, Syed Naseer; ACR, Mushtaq Ahmad; SDM Noorabad, Bashir Ul Hassan; ACP, Nazia Hassan and other officers from civil and police administration.

## SVEEP: DLSA Budgam raises awareness on Voter Education & Right to Vote

JJ NEWS SERVICE  
BUDGAM, MAY 9

In order to promote, encourage voter literacy and participation in the electoral process, the District Legal Services Authority (DLSA) Budgam under the Aegis of JKLSA organized door to door and street campaign under SVEEP across length and breadth of district Budgam.

The campaign was held under the guidance of Khalil Ahmad Choudhary, Chairman DLSA (Pr.Distt. and Session Judge) Budgam, and under the supervision of Jehangir Ahmad Bakshi, Secretary DLSA Budgam.

On the occasion, PLVs educated the people about the right to vote through door to door awareness, which was followed by a rally that commenced from Khansahib Budgam in collaboration with Govt Higher Secondary School Khansahib and Municipality Khansahib.

The rally went through the streets of Town Khansahib and various hamlets of Tehsil Khansahib to promote the slogan "No Voter to be Left behind".

The campaigners also raised awareness among the general public about the importance of voting in choosing their representative in the democratic setup.

The aim of the campaign was also that the maximum number of people shall take part in the electoral process by educating voters, and spread awareness amongst the masses in general and for the first time voters in particular.

## FROM THE FRONT PAGE...

### Lok Sabha poll contest...

to do with Kashmir, the people of Bhongir would be ready to sacrifice their life for the sake of Kashmir, he said.

Highlighting the abolition of Article 370, Shah also said Modi has ended terrorism, Naxalism and made the country secure. He alleged that AIMIM president Asaduddin Owaisi, BRS and Congress are "ABC of appeasement".

Modi removed triple talaq, but Congress, BRS and AIMIM want to bring it back, he said, adding that the parties also boycotted the consecration of the Ram temple.

He also alleged that Revanth Reddy made Telangana the "ATM" of Congress. Shah highlighted the various development works undertaken by the Modi Government in the Bhongir LS constituency, including establishment of AIIMS. (Agencies)

### NIA attaches 4 more...

The statement reads that the NIA registered this case in February 2019 against HM members for the supply of weapons, arms, ammunitions and narcotics from PoK to India, while further investigations is goin on.

### LG greets people on...

May this auspicious day usher in peace, prosperity and happiness for all".

### Police books three...

peace and tranquillity.

"Following their repeated engagement in criminal activities, detention orders were issued by the District Magistrate Samba based on detailed dossiers prepared by SSP Samba. Police teams of Police Station Vijaypur and Police Station Samba successfully executed these warrants, leading to the incarceration of the said accused in District Jail Kathua," he said-(KNO)

### Off To Mecca, Madina: 1st...

pilgrims, affirming the exhaustive arrangements to facilitate the holy journey for pilgrims.

He said that a total of 7008 Hajj pilgrims intending holy pilgrimage to Mecca and Madina, around 6800 were going through Srinagar embarkation and over 500 through Delhi embarkation.

He also said that the pilgrims can check their flight status on website of Hajj committee of India under enquiry section by entering their cover number.

Dr. Quershi, also informed that 37 female pilgrims were also undertaking the sacred journey without a Mahram, with the majority embarking from Srinagar, and that the boarding passes to custom clearance, meticulous coordination will be in place to ensure a hassle-free experience for the pilgrims and their families.

He said that the Haj House will serve as a focal point for all formalities, streamlining the process for the pilgrims' convenience.

Dr. Quershi said that collaborative efforts across

various departments, including health, security, and emergency services, will be in place and that the training sessions have also been conducted twice to equip pilgrims with essential information and guidance for their pilgrimage.

He revealed that this year's pilgrimage will commence with a visit to Madina, with all pilgrims accommodated in Markaziya. He said enhancements have been made in Minha, with tents now strategically positioned in zones 2, 3, and 4, elevating the overall experience for the pilgrims.

Notably, in a recent review meeting, chaired by Divisional Commissioner Kashmir, Vijay Kumar Bidhuri, he stressed upon the officers to ensure a smooth and efficient pilgrimage experience.

Directives were issued to concerned authorities to deploy adequate staff, install necessary machinery, and provide transportation services, aimed at facilitating the pilgrims' journey with utmost care and convenience.

### GMC Doda on...

After hectic efforts the first batch of GMC Doda was started in the year 2019, one year late as compared to other four medical colleges established alongside it. The first batch of MBBS students will complete their fourth year in 2024 whereas the first batch in other colleges will graduate this year.

## NSS organizes awareness program on Nasha Mukht Bharat Abhiyan at NIT Srinagar

**JI NEWS SERVICE**  
SRINAGAR, MAY 9

The NSS unit of National Institute of Technology (NIT) on Thursday organised a mega awareness program on Nasha Mukht Bharat Abhiyan in which students, faculty and other staff members participated.

The "Nasha Mukht Bharat Abhiyan" is an initiative of Govt. of India which reiterates India's fight against the menace of drugs. The event was organized under the close supervision of Registrar NIT Srinagar, Prof. Atikur Rahman.

The anti-smoking pledge ceremony was conducted near the fountain park and was administered in both Hindi and English by student coordinators. Among the attendees were Dr. Abdullah Ahmad, Dr. Jitendra Gurjar, who served as coordinators for the program. Dr. Mohd Zubair Ansari and Dr Sabzar Ahmad Battoo (Rajbhasha Cell) were present on the occasion.

Following the pledge ceremony, students embarked on a large rally around the campus, culminating in an awareness rally at Hi-tech 5.

The second session was presided over by Registrar NIT Srinagar, Prof. Atikur Rahman and Dr Rabia Naseem Mughal, (Lecturer Higher Education Department Kashmir) was the Guest of honor on the occasion.

She said that tobacco smoking is one of the world's largest health problems. Millions of people live in poor health because of it. Researchers estimate that every year



around 8 million people die an early death due to smoking.

Dr. Rabia said that it has been a major health problem for many decades. For the entire 20th century, it is estimated that around 100 million people died prematurely because of smoking, most of them in rich countries.

"The share of smokers among the world population is falling, and because smoking is such a large health problem today, this is one of the most positive developments in global health. It makes it possible for millions of people to live a longer and healthier life," she added.

Dr. Rabia said that each year, 8 million new people are added to this lot and most of them are the

youngsters who fall into this trap.

On the occasion, Institute's Registrar, Prof. Atikur Rahman said drug addiction is emerging to be a serious concern in the country, especially in the younger generation leading to dangerous consequences not just for the person using drugs, but on the family and society at large.

"Drug abuse has resulted in an increase in crime rate and had an overall detrimental impact on society. Prevention has proven to be the most effective strategy to counter this problem," he said.

Prof. Rahman also explained that smoking doesn't just harm health, but it can also affect how well students do in their

studies. NIT Srinagar is committed to keeping its campus smoke-free, he added.

Dr. Jitendra Gurjar, Coordinator of NSS NIT Srinagar, delivered a formal vote of thanks. He expressed appreciation to Dr. Rabia Naseem Mughal and the administration of NIT Srinagar for their steadfast support in organizing such impactful events on campus.

He also emphasized NSS's commitment to organizing future awareness campaigns, ensuring that students remain informed about the dangers of drug abuse and smoking.

Dr. Gurjar said that in future, NSS will continue to host similar awareness initiatives on campus.

## Omar Abdullah writes to ECI

**JI NEWS SERVICE**  
SRINAGAR, MAY 9

Jammu and Kashmir National Conference president and party candidate from Baramulla Lok Sabha seat Omar Abdullah has written an "urgent Memorandum to the Chief Election Commissioner of India" after the party was asked to reschedule its campaign from May 9 to May 18 in north Kashmir.

Omar accused the Jammu and Kashmir administration of deliberately scuttling the NC campaign ahead of the polls in Baramulla Lok Sabha seat that goes to polls on May 20.

In a letter to the ECI, Omar submitted that the JKNC had requested for permission to conduct various political rallies, in Baramulla which were duly approved.

"These were however rejected by the S P Sopore demanding the party reschedule the same to other dates. It is imperative to note that the order is devoid and silent of any reason as to why campaigning rallies and meetings should be rescheduled. This denial of permissions is aimed at

derailing the political campaign of the party," Omar said.

"From a brief perusal of the Order it is worth making note of the fact that permission was sought to conduct political activities up to the date of 18.05.24, which is also the last day of campaigning for the Baramulla Constituency seat. It is submitted to this Commission that the decision to cancel these permissions is not only arbitrary but also a blatant and egregious attempt to surreptitiously disadvantage the JKNC as compared to other political parties. This discriminatory action is a direct assault on democracy and the principles of fair competition in the electoral arena. It is unconscionable that while some political parties enjoy unfettered access and support from the administration, JKNC is subjected to constant obstruction and harassment," the letter read.

"It is submitted that as per the Model Code of Conduct and other election laws currently in effect which mandates that political parties inform the police of the political events for the purpose that

the security agencies make necessary arrangements for the same. It is submitted that after prior permission for these events have been sought and approved the police has no power whatsoever to deny permission for the said events and demand rescheduling after the period of campaigning has lapsed, especially through an order which is unreasoned," it added.

Omar requested Commission to take immediate cognisance of the said matter and issue necessary directions to the S.P Sopore directing that the given campaign schedule within the order be permitted to be carried out.

The failure to address the said matter promptly and swiftly will only serve to undermine the credibility of the electoral process and erode public trust in the institution created to uphold the values of democracy, he added.

Omar while sharing the letter on X said that his opponents have been unnerved by the tremendous response his campaign is receiving throughout North Kashmir.

Peoples Conference chairman Sajad Lone,

who is contesting against Omar Abdullah said that his party has also been asked to reschedule programmes.

Lone reacted sharply to Omar's accusations.

"Can we stop this TARBAAZI (telling lies). We have now stooped to TARBAAZI (liar)- Pro. And seems we will need to create a special section to counter lies manufactured by you on an hourly basis. We have also been instructed to reschedule our programmes. In fact both PC and NC have been intimidated in the same order, which I have attached for your reference. In wonderment why you couldn't read the whole order. Stop being a cry baby. And tell your cronies to come up with lies which have a longer shelf life. I was accosted out of a village just two hours back. Ohh God this entitlement of yours is sickening. A humble advice. For your opponents to get unnerved you have to have crowds. Don't expect us to get unnerved with non-existent crowds. Introspect on non-existent crowds. And youngsters chasing you away," Lone posted on X.

## KT Lions and Jaguars Cricket Club to Clash in Ashok Sodhi Memorial T20 Cricket Tournament Final

**JI NEWS SERVICE**  
JAMMU, 9 MAY:

The stage is set for a thrilling finale in the Ashok Sodhi Memorial T20 Cricket Tournament, organized by Press Club of Jammu in the memory of veteran Photo Journalist Ashok Sodhi, as KT Lions Cricket Club (KTCC) and Jaguars Cricket Club (JCC) emerged victorious in their respective semifinal matches on Thursday at the Parade Ground, Jammu.

KT Lions CC won a nail-biting contest against Game Changers Cricket Club by just one run, while Jaguars Cricket Club defeated Panther Cricket Club by five wickets in the final over of the second semifinal match. The final match between KT Lions and Jaguars Cricket Club will be played on Saturday at the MA Stadium, Jammu, Under lights.

Senior journalist Vinod Kumar, who was present at the venue, congratulated all the teams on their per-



formance and encouraged the players to give their best in the final match. He also inaugurated the semifinal match by performing the ceremonial toss.

In the first match, KT Lions batted first and scored 167 runs, with Sahil Kumar contributing 32 runs and Varun scoring 31 runs. Varun also took two wickets in the second innings. Game Changers Cricket Club tried to chase down the target but fell short by just one run, scoring 166 runs. Gourav Manhas was the top scorer with 58 runs, while Shankar and Gourav took two wickets each. Varun was

declared the Man of the Match for his all-round performance.

In the second match, Panthal Cricket Club batted first and scored 154 runs in 20 overs, with Shiv Kumar scoring 36 runs and Ajeet taking two wickets. Ayub also took one wicket. Jaguars Cricket Club chased down the target, winning by five wickets in the last over of the match. Chamkor was the top scorer with 48 runs, while Robin contributed 40 runs. Tabu was the star of the show, taking five wickets and earning the Player of the Match award.

## 75 delegates from 23 countries witness poll process first-hand in 6 States as part of IEVP

**JI NEWS SERVICE**  
NEW DELHI, MAY 9

International delegates have expressed their happiness at having witnessed the polling process first-hand in General Election 2024. While some of the delegates appreciated transparency others termed ECI's initiatives such as Green Polling Stations as inspirational. Delegates also appreciated the use of technology at scale in the elections including during randomization of EVM-VVPATs. Some of

the delegates also said that they were particularly struck by the unwavering faith and commitment of Indian voters towards strengthening democratic ideals. Overall, there was unanimity among the visiting members of the Election Management Bodies of these countries that the election process in India was a peaceful, inclusive and accessible and takes place in a festive mood.

These reactions came after largest ever contingent of international delegates experienced

India's General Elections first-hand in the recently concluded third phase of the elections as part of the International Election Visitors' Programme (IEVP).

Polling was held in 93 Constituencies across 11 States/UTs in the third phase and the delegates watched the polling in 6 States/UTs including the preparatory work that goes into making what is arguably the largest logistical exercise involving movement of men and machinery in the world.

## Voter awareness crucial for healthy democracy: CUKashmir VC



**JI NEWS SERVICE**  
GANDERBAL, MAY 9

Continuing with its efforts to sensitise and promote the electoral literacy among the faculty members, students and staff, the NSS unit and Directorate of Students Welfare (DSW), Central University of Kashmir (CUKashmir) organised voter awareness campaigns at varsity's Green Campus, Science Campus Nunar and Arts Campus.

Addressing the students at Green Campus, Vice-Chancellor, Prof. A Ravin-

der Nath, said, "democracy flourishes when citizens are informed, engaged, and empowered, and the objective of the sustained campaign is to cultivate a sense of civic duty among students and inspire them to exercise their right to vote." He further said, voter awareness is crucial for a healthy democracy, as informed and engaged citizens are more likely to participate in elections and make informed choices.

Dean Academic Affairs, Prof. Shahid Rasool, said that as knowledge hubs,

universities play a pivotal role in shaping the leaders and citizens of tomorrow and CUKashmir has embarked on a campaign to equip students with the tools and knowledge necessary to become informed and engaged voters.

Dr. Irfan Aalam- Dean DSW, Dr. Shabir Ahmad Ahanger-NSS Programme Coordinator, faculty members of respective campuses, students, teaching and administrative staff also participated in the campaigns.

## CUKashmir's Maths deptt holds workshop on IPR

**JI NEWS SERVICE**  
GANDERBAL, MAY 9

The Department of Mathematics, Central University of Kashmir (CUKashmir) in association with the Rajiv Gandhi National Institute for Intellectual Property Management, Nagpur (RGNIIPM), under the "National Intellectual Property Awareness Mission (NIPAM)" jointly organised an online workshop on "Intellectual Property Rights (IPR) and Patents & Design filing" on Wednesday.

Vice-Chancellor, Prof. A. Ravinder Nath, emphasised the relevance of Intellectual Property Rights (IPR) in promoting innovation and start-ups. He said start-ups may benefit greatly from the protection of intellectual property rights. "Robust portfolios of Intellectual Property (IP) may be beneficial for attracting investments, promoting brands, safeguarding inventions, upholding legal rights, obtaining licensing agreements, and expanding globally."

Speaker, Shri. Kumar Raju, Assistant Controller of Patents and Design, RGNIIPM, deliberated upon the necessity of patenting, censorship, and intellectual property rights. He began by outlining the differences between a finding and an invention, emphasising that a discovery cannot be copyrighted. With insights into the patenting process in India and its progression throughout time, he led the participants through the historical evolution of patenting.

Prof. Mohammad Yousof, Dean School of Physical and Chemical Sciences, emphasised the significance of intellectual property rights (IPRs) in empowering staff and students to pursue unparalleled academic careers and in elevating the university's profile globally.

In his welcome remarks, Dr. H. R. Bhabkar, Head Department of Mathematics and workshop Coordinator, explained about the Affordable Excellence to achieve massive success for the welfare of the society.

As many as 300 students, research scholars, and faculty members participated in the online workshop. Dr. G. M. Sofi, Assistant Prof. proposed the vote of thanks.

## Police affixed GPS tracker on bailed out UAPA accused in Handwara

**JI NEWS SERVICE**  
HANDWARA, MAY 9

In order to combat the menace of drugs, Police in Handwara deploys GPS enabled ankle on bailed out UAPA accused person for better surveillance to track his movement. In compliance to an order received from Hon'ble Court, Police in Handwara today affixed a GPS tracking device on a bailed out accused person in UAPA case of Police Station Handwara. The accused was arrested in a UAPA case and has been bailed out recently. The GPS ankle will be used to monitor the movement of the accused and ensure that he doesn't violate the bail conditions.

## Maruti Suzuki launches Epic New Swift with all-new Z-Series engine

**JI NEWS SERVICE**  
SRINAGAR / JAMMU, MAY 9

Redefining the hatchback segment, Maruti Suzuki India Limited (MSIL), India's largest passenger vehicle maker, proudly presents the Epic New Swift. Designed for the youthful and spirited, the Epic New Swift is poised to create new benchmarks and

build on its revered legacy, much like its predecessors. Speaking on this momentous occasion, Mr. Hisashi Takeuchi, Managing Director & CEO, Maruti Suzuki India Limited, said, "Since its launch in 2005, the Swift brand has been a symbol of excellence in the Indian automotive landscape. It pioneered the dynamism

in the premium hatchback segment and captured the hearts of millions of customers. Our vision for the Epic New Swift is to build on its strong legacy by redefining the Joy of Mobility for Swift lovers and driving enthusiasts alike. The all-new Z-Series engine is a futuristic powertrain that brings about a new dimension of perfor-

mance and sustainability, making it the most efficient hatchback in its segment. We are committed to meet and exceed our customers' aspirations and will continue to steer the transformation of the Indian automobile industry by introducing advanced technologies for delivering superior performance."

Commenting on the

launch of the Epic New Swift, Mr. Partho Banerjee, Senior Executive Officer, Marketing & Sales, Maruti Suzuki India Limited, said, "With over 29 lakh customers in India, the Swift brand name holds a special place in the hearts of customers. Each generation of this premium hatchback has been ahead of its time, anticipating and addressing

evolving customer aspirations. With the introduction of the Epic New Swift, we are building on the rich legacy and raising the benchmark. The revolutionary Z-Series engine offers the best of both the worlds by combining performance with higher fuel-efficiency and lower emissions. Armed with a host of safety features such

as 6 airbags, 3-point seatbelts for all seats, ESP, ABS with EBD, Hill Hold Assist, the Epic New Swift underscores our commitment to constantly offer enhanced occupant safety. These, in addition to a feature-rich cabin, make the Epic New Swift the most compelling driver-oriented product in its segment."

## EDITORIAL

## Rising tide of cancer in Jammu

The recent revelation of escalating cancer cases in Jammu province is not just a statistic; it's a stark wake-up call for urgent action and comprehensive reforms in healthcare delivery and public awareness. The data unveiled by the Hospital-Based Cancer Registry (HBCR) of GMC Jammu paints a grim picture of a region grappling with the burden of cancer, with implications reaching far beyond medical facilities. From 2018 to 2022, a staggering 9,630 cancer patients were registered in GMC Jammu alone, with the highest incidence concentrated in Jammu district. Alarmingly, the year 2023 witnessed a dramatic surge, with 2,030 new cases reported, signifying a distressing trend of increasing cancer prevalence. These figures should not be perceived merely as numbers, but as individuals and families enduring immense suffering and hardship. Among the myriad of challenges highlighted by this data, one glaring issue stands out: the alarming prevalence of carcinoma lung, emerging as the most common cancer among patients. This revelation demands focused attention on preventive measures, early detection initiatives, and targeted interventions to mitigate the risk factors contributing to lung cancer incidence. While lung cancer predominates among males, breast and cervical cancers constitute the primary burden for females. These gender disparities necessitate gender-sensitive healthcare approaches, encompassing screening programmes, education campaigns, and accessibility to specialised care. The demographic profile of cancer patients, predominantly comprising individuals aged 60-80 years, underscores the pressing need for geriatric oncology services and age-specific healthcare interventions. The underlying causes contributing to delayed diagnosis and treatment initiation are multifaceted, ranging from socio-economic constraints to inadequate healthcare infrastructure and prevalent healthcare misconceptions. Addressing the burgeoning cancer crisis demands a multifaceted approach encompassing policy reforms, healthcare infrastructure augmentation, community engagement, and proactive public health initiatives. The establishment of the HBCR by GMC Jammu signifies a commendable step towards evidence-based cancer control strategies and informed policy-making. The fight against cancer demands collective action, unwavering commitment, and relentless advocacy to ensure a healthier and brighter future for the communities of Jammu and beyond. Modern lifestyles, characterized by poor dietary habits, sedentary routines, and a rise in tobacco and alcohol consumption, have become a breeding ground for cancer. The nexus between lifestyle choices and cancer risk is undeniable, and public health campaigns must intensify efforts to promote healthier living. Education and awareness about the repercussions of unhealthy habits are critical components of any comprehensive strategy. The omnipresent impact of environmental pollutants cannot be understated in the context of rising cancer cases. Industrial emissions, air and water pollution, and exposure to carcinogenic substances contribute significantly to the development of various cancers. A concerted effort is needed to regulate and mitigate these environmental factors, safeguarding communities from preventable cancer risks. While lifestyle and environmental factors play a substantial role, genetic predispositions also contribute to the increasing cancer burden. Addressing the surge in cancer cases demands a comprehensive and collaborative approach. Governments, healthcare providers, researchers, and communities must unite to develop and implement effective strategies. The rise in cancer cases is a wake-up call for authorities at the helm of affairs in Jammu and Kashmir. It necessitates a collective commitment to understanding the complexities of this pervasive disease and implementing proactive measures. Only through concerted action can we stem the tide of cancer and ensure a healthier future for generations to come.

## Akash Anand's abrupt demotion extinguishes sliver of hope for BSP

MAHENDRA KUMAR SINGH

Bahujan Samaj Party (BSP) chief Mayawati made a surprising announcement on May 7, after the conclusion of the polling for the third phase of the 2024 Lok Sabha elections. With polling completed on 26 of the 80 seats in Uttar Pradesh, and 54 seats to go, the removal of her nephew Akash Anand from the post of the BSP national coordinator and as her 'political successor' barely five months after she anointed him, has left everyone surprised.

Politicians are known to do strange things and make surprising decisions, but this decision by Behenji, as Mayawati is referred to by her followers, surpasses political wisdom. Generally, political outfits change 'Padadhikaris' (officer-bearer), but the BSP chief has removed her 'Uttaradhikari' (successor).

What was not at all surprising was that she sacked her nephew and broke the news on social media site X only after the polling for the third phase was over, saying that Anand was "politically immature". The 26 seats which have gone to the polls are in western UP, the stronghold of BSP's Jatav politics.

Since his coronation, Anand got a lot of attention, especially in UP and mainly among young Dalit voters who attended his meetings and rallies. It was largely felt that under a young, suave, tech-savvy MBA graduate the BSP could regain its lost momentum. That said, his aggressive and controversial statements caused a lot of discomfort to Mayawati. While Anand has not spared the Congress or the Samajwadi Party (SP) in his speeches, he reserved his sharpest criticism for the ruling Bharatiya Janata Party (BJP) — a departure from Mayawati

who has mostly targeted the Congress and the SP in recent years. Both aunt and nephew addressed 13 rallies each across UP till May 6, a day before Anand was abruptly sacked.

Anand, after this anointment in December 2023, took an aggressive tone to revive the party and regain its presence among the Dalits. This may have influenced Mayawati's May 7 announcement. It is to be seen how this announcement will affect the full-throttle campaign which till now was led by the two leaders. The May 7 announcement will add credence to the Opposition's accusations of the BSP being the BJP's 'B Team'.

The last-minute change of BSP candidates in Jaunpur and Basti reinforces the impression that Mayawati is under 'pressure' after the campaign by the aunt-nephew duo was creating an impact and had the potential to upset poll

equations in the polls to the remaining 54 seats in the state.

In Uttar Pradesh, the Dalits account for 21 per cent of the population, of whom 54 per cent are the Jatavs. While the Jatavs are considered to be the BSP's core base, a section of non-Jatav Dalits is known to have shifted loyalty to the BJP, considering the saffron outfits' three-pronged electoral strategy of Hindutva, ground-level social management, and beneficiary politics.

Historically, the BSP enjoyed support from a diverse coalition of backward castes, including the Kurmis, the Koeris, the Rajbhars, and the Nishads, along with lower-caste Muslims. These communities, disillusioned with the traditional power structures dominated by upper castes, gravitated towards the BSP's promise of social equality and representation, and Anand was trying to arrest the BSP's elector-

al decline by firmly dealing with organisational weaknesses, internal strife, filling up leadership vacuum, and by strongly outlining an ideological vision for the 'bahujan'.

The projection of Anand was also seen as a counter to Bhim Army founder and Aazad Samaj Party (Kanshi Ram) chief Chandra Shekhar Azad Ravan, who is contesting from the Nagina seat, projecting him as a political alternative to the BSP among the Dalit voters.

While Mayawati's formidable leadership once served as the linchpin of the BSP's identity politics and electoral strategy, the outfit which has struggled to replicate her charisma and political acumen was looking at Anand as a future leader. But his unceremonious demotion and labelling him as 'politically immature' has again put the Dalits and the Bahujans in a dilemma. This is taking

place at a time when the SP is wooing the backward communities with its Picchde (backward classes or OBCs), Dalits and Alpsankhyak (minorities) (PDA) plank, and in a significant departure from the Congress' earlier strategy, Rahul Gandhi has almost owned the social politics with his 'social X-ray' remarks.

Uttar Pradesh has four more phases of polls, and the fate of the BSP hangs in the balance. Anand's abrupt demotion could dent the BSP's political prospects. Once a dominant force championing the cause of social justice and empowerment, the BSP — after a glimmer of revival — now yet again finds itself grappling with existential challenges that threaten its very survival.

(Mahendra Kumar Singh is a political commentator and teaches Political Science at DDU Gorakhpur University, Uttar Pradesh. X: @MKSinghGkp.)

## Rationalise regulations for e-commerce

UTTAM GUPTA

Way back in 2019, Delhi Vyapar Mahasangh (DVM) an organisation of retail traders in the national capital had lodged a complaint with the Competition Commission of India (CCI) alleging anti-competitive behaviour by Amazon Seller Services (ASS) and Flipkart Internet Private Limited (FIPL).

The CCI is an authority established under the Competition Act, of 2002. The Act prohibits anti-competitive agreements and abuse of dominant position by enterprises and regulates mergers, amalgamations acquisitions etc to ensure that there is no adverse effect on competition. Amazon and Flipkart are global giants operating e-commerce marketplaces in India through their subsidiaries, the ASS and the FIPL.

DVM argued that ASS and FIPL had entered into exclusive sales agreements with smartphone makers to sell certain phones through a small number of preferred sellers. It also alleged that they had given preferential treatment to certain sellers by giving them higher search rankings and offering to pay for part of the discount that such sellers would offer during key sales periods such as Flipkart's Big Billion Days and Amazon's Prime Day.

On January 13, 2020, the CCI initiated an investiga-

tion under Section 26(1) of the Competition Act, 2002. Prima facie, the CCI agreed with DVM's contention and ordered a probe by the Director General (DG) - Investigation. ASS and FIPL approached the Karnataka High Court (KHC) with a plea to quash the CCI order. The KHC refused to quash it. The duo challenged the order in the Supreme Court (SC). In August 2021, the SC too dismissed their applications and ordered that "the CCI - DG will complete the probe.

Now, the CCI-DG has come up with its findings.

The investigation has charged Amazon and Flipkart with violation of antitrust laws. Leveraging their substantial financial resources, they have indulged in 'predatory pricing' and forged exclusive partnerships with selective sellers. Predatory pricing is the illegal business practice of setting prices extremely low albeit by offering heavy discounts to consumers in an attempt to eliminate the competition and establish a monopoly. This has resulted in the shutdown of thousands of small and medium enterprises (SMEs).

It has specifically targeted Amazon for certain practices, especially with Cloudtail India Pvt Ltd (a firm set up by a JV namely Prione Business Services (PBS) established by Amazon, in collaboration with an Indian entity owned by Narayan Murthy of Infosys) a "preferred" seller

on Amazon's marketplace and other in-house sellers. Similarly, Flipkart has been investigated for its links to platform sellers, which contravenes new e-commerce regulations.

**What has led to the violations?**

This can't be attributed solely to the use of financial muscle by these companies as alluded to by the CCI - DG. This has a lot to do with the rules introduced in early 2016, through which the Government allowed 100 per cent foreign direct investment (FDI) under the so-called e-commerce marketplace model.

The marketplace is a platform where vendors sell their products directly to consumers even as its owner (read: Amazon/Flipkart) merely acts as a facilitator by providing services such as booking orders, raising invoices, arranging delivery, accepting rejections etc. She can't hold inventory or undertake direct selling. The policy intent was abundantly clear. The foreign investor in the marketplace wasn't supposed to invest in the inventory model.

However, the intent wasn't reflected in the Press Note (PN) issued by the Department for Promotion of Industry and Internal Trade (DPIIT) in the Ministry of Commerce and Industries. While drafting the fine print, a clever bureaucrat blurred the demarcation

between the marketplace where 100 per cent FDI was allowed and the inventory model where it wasn't. The PN (2016) prescribed two conditions. First, the foreign entity owning marketplace cannot permit more than 25 per cent of total sales on the marketplace from one vendor or its group companies. Two, it cannot directly or indirectly influence the sale price.

In the absence of specifying who that vendor should be, it made way for a company linked to the owner of the marketplace to get in. The latter could set up four companies (call them subsidiaries or JVs) and control 25 per cent of each of the total sales on the platform. Contrary to the policy intent, which prohibited foreign investors from direct selling, the fine print did just the opposite.

Having allowed its entities to control almost all of the sales made on the marketplace, it would be naïve to expect that an anti-competition situation won't emerge. With such rules in place, it was a foregone conclusion that Amazon et al would have exclusive partnerships with selective sellers who - acting in concert with the former - would indulge in predatory pricing and give heavy discounts leading to the annihilation of thousands of SMEs. Following a complaint from the SMEs, on December 26, 2018, the DPIIT clarified that "the owner of the marketplace or

its subsidiary or its joint venture (JV) with an Indian company can't have ownership of the seller." Further, "a seller on the platform can't source more than 25 per cent of its inventory from a firm connected with the latter."

Foreign investors can circumvent the first rider by having less than 50 per cent shareholding in the seller firm and arguing that they have no control (majority) over the latter. The marketplace owner can also sell his 'own' product - albeit through its wholesale arm - on the platform. All that the wholesale arm needs to ensure is to restrict supplies to the seller within the 25 per cent threshold.

The clarification/modification in the conditions through December 26, 2018, hasn't helped much in improving the situation.

A few sellers, some of them still maintaining connection with the marketplace owner continue to dominate the e-commerce platform. For instance, only three dozen firms out of the 400,000 sellers on the ASS platform account for 67 per cent of sales on it. Meanwhile, in 2020, the Department of Consumer Affairs (DCA), in the Ministry of Consumer Affairs, Food and Public Distribution, issued the Consumer Protection (e-commerce) Rules, under Section 101 of the Consumer Protection Act, 2019. The rules bar affiliated entities from selling on e-commerce

platforms, restrict 'flash sales,' and disallow sellers from using the name or brand associated with the marketplace e-commerce entities for the promotion of goods. In 2021, DCA made amendments to restrict business-to-business, or B2B, sales in e-commerce and a provision to prevent an 'abuse of dominant position' by e-commerce firms. The Government is also working on a comprehensive policy on FDI in e-commerce that will give primacy to the above rules. If it goes ahead with such a policy, it will be tantamount to a retrospective change of policy and send a wrong signal to foreign investors.

The present mess owes it to the very idea of the marketplace which is flawed. When, the Government expects foreign companies to do almost everything that a retailer does viz. booking orders, raising the invoices, arranging the delivery, accepting rejections and so on, how can the former deny the latter right to sell?

The way forward is to shun this idea; instead, allow 100 per cent FDI in retail. The bureaucrats had already done it but in a 'subtle' way. The Government should make it obvious and straight-forward. Moreover, 100 per cent FDI should be permitted to all retailers, online or offline, big or small for a level playing field.

(The writer is a policy analyst; views are personal)

## Profound Influence of Habits

SAKSHI SETHI

In the words of F.M Alexander, 'People don't decide their futures. They decide their habits and their habits decide their futures.' From the moment we wake up to the moment we retire to bed, habits silently guide individual behaviours, often without even realising it. They can either propel us towards success or lead us down a path of mediocrity or failure. Habits have a profound impact on an individual's personal development and well-being. They are the fabric of daily existence, weaving through routines and decisions and ultimately, shaping the course of an individual's life. By establishing a consistent routine, an individual creates a framework within which they can operate efficiently and effectively.

The individual becomes disciplined and learns

self-control and perseverance... the qualities that are essential for achieving long-term goals and overcoming obstacles. Habits play a crucial role in the social sphere, shaping relationships and interactions with others. They are the invisible architects of every individual's life, decisions and ultimately, destiny. Shared habits, such as participating in team sports or volunteering in the community, foster a sense of camaraderie and belonging. Whether consciously or unconsciously, it is the habits that dictate what an individual eats, how the free time is to be spent and even which people to surround with. By understanding and intentionally cultivating positive habits, one can steer oneself towards choices that align with their goals and values. Undoubtedly, habits are the silent architects of one's actions,



often operating beneath the conscious awareness yet exerting a profound influence on thoughts.

By establishing a consistent routine, one can create a framework within which they can operate efficiently and effectively. Habits indeed hold far more significance in everyone's life than one can often realise. From the moment an individual

wakes up until they retire to bed, habits silently guide behaviours, often influencing outcomes far more than one can acknowledge. One of the most powerful aspects of habits is their ability to create momentum. Once a habit is established, it becomes easier to maintain and even expand upon. This momentum propels the individual to

move forward, making it easier to achieve their goals and aspirations. By starting with small, achievable habits and gradually building upon them, one can harness this momentum to make positive changes in their life.

There is no denying the fact that good habits lie behind many of the positive changes while conversely, negative habits, such as procrastination, excessive screen time and unhealthy habits, hinder progress and undermine an individual's potential. Human connection is fundamental to happiness and fulfilment and this shows how habits play a crucial role in shaping one's daily experiences, behaviours and outcomes across various domains of life. It is the habits that contribute to a sense of belonging, support networks and emotional fulfilment. They encompass a wide range of actions, from simple

everyday tasks to complex behaviours and thus play a significant role in shaping lives. They are not mere trivialities but powerful forces that permeate every aspect of our lives. By intentionally cultivating positive habits and breaking free from detrimental ones, one can create a life that is aligned with our values, goals and aspirations. Whether they are positive or negative, habits are and will always be an integral part of one's life. They form a crucial part of the everyday conceptual scheme used to explain normal human activity. Remember, an individual only becomes what they think they can. One cannot change the habits one does daily. The secret of an individual's success is found in their daily routine as rightly said there are no overnight transformations.

(The writer is an educator; views are personal)

# HDL CHOLESTEROL – BOOST YOUR ‘GOOD’ CHOLESTEROL LEVELS

PARUL DUBE

Blood contains cholesterol, which can be either fatty or waxy. Although high cholesterol is generally considered bad for your health, it is not entirely harmful. It is because the body needs cholesterol in the right amounts to function.

High-Density Lipoprotein (HDL) -the good cholesterol, flushes out the bad cholesterol - LDL (Low-Density Lipoprotein), which builds up in the inner walls of the arteries, blocking blood flow. Conversely, low-density lipoprotein is “bad cholesterol” because it can build up on the arterial wall, causing blockages.

Your risk for heart disease increases when you have poor HDL cholesterol levels, which often result from unhealthy lifestyle habits, such as poor eating patterns and lack of exercise. You can learn your HDL and LDL cholesterol levels to understand your heart disease risk better.

The Issue with Hypercholesterolemia (High Levels of Bad Cholesterol)

The leading causes of hypercholesterolemia are consuming fatty foods, not enough exercise, being overweight, smoking, and consuming alcohol. Genes may also have a role. However, a healthy diet and adequate to improved exercise levels can help you reduce bad cholesterol levels. Additionally, a person's glucose levels significantly impact their cholesterol levels directly and indirectly. For instance, if a diabetic person fails to control their blood glucose levels, this worsens their cholesterol levels.

Decreased HDL cholesterol levels and increased triglycerides and LDL cholesterol levels characterise diabetic dyslipidemia. There is also a clear connection between cholesterol levels and glucose metabolism.

Studies show that elevated glucose/sugar levels in the blood pose a risk of higher cholesterol. Therefore, monitoring glucose levels is good for cholesterol management, particularly among diabetic patients.

Different people are affected by foods and activities in different ways. A BIOS device with CGM support displays the correlation between food intake, exercise levels, blood sugar levels, and insulin sensitivity.

Therefore, one with metabolic disease or at risk of any metabolic disorder could subscribe to HealthifyPro to assess their metabolic parameters better. Even the initial sign, typically being overweight, indicates that one's metabolism is not functioning at its best. So it's essential to take control of your metabolic health first to boost HDL cholesterol levels.

## Understanding HDL

HDL cholesterol is often referred to as good cholesterol because it contains less fat and more protein than other types of cholesterol. HDL cholesterol is very dense, which is why it is called high-density lipoprotein.

Lipoproteins are small particles made up of fat and protein that function as vehicles for cholesterol to travel around the body. HDL cholesterol carries about a quarter of the body's cholesterol and is one of the five main lipoproteins.

HDL cholesterol has a protective role since it removes excess cholesterol from the blood vessels, lowers macrophage buildup, and helps protect the arterial walls against LDL cholesterol. Therefore, the higher your HDL cholesterol, the lower your risk for heart attacks and strokes.

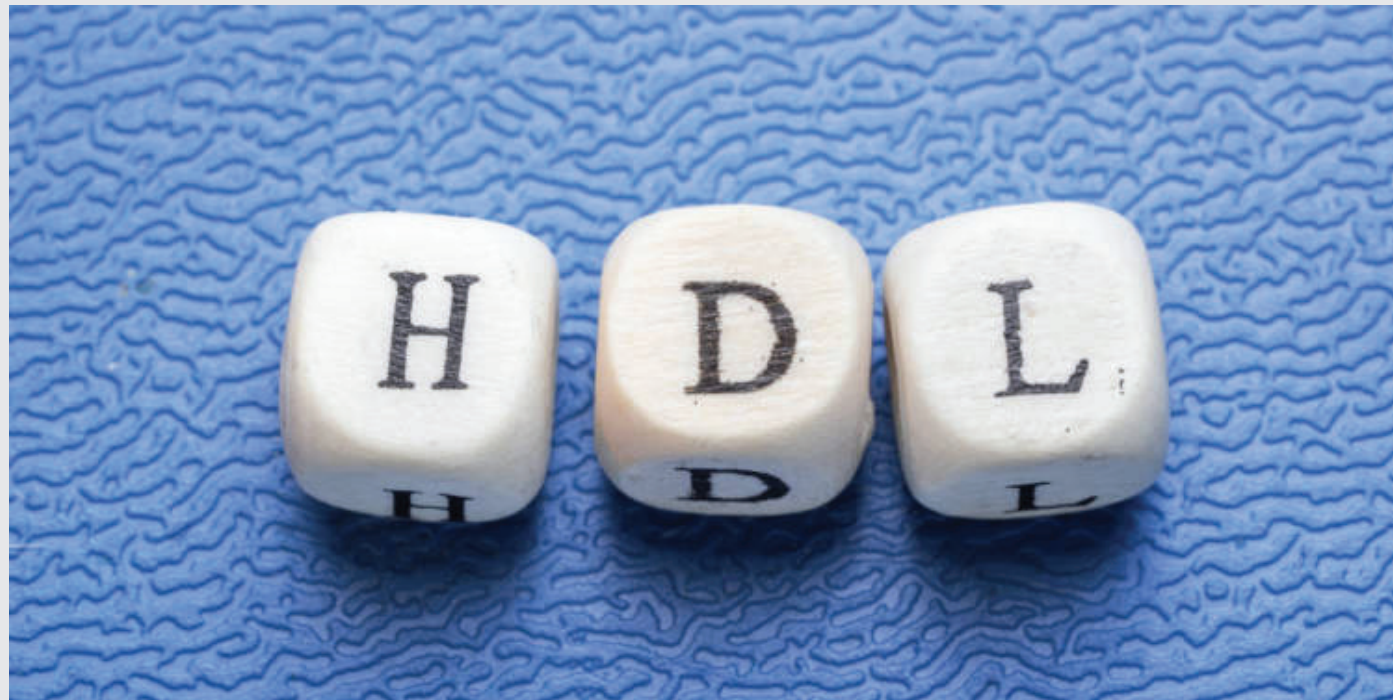
## HDL Cholesterol Levels

A healthy level of HDL cholesterol can protect against heart attack and stroke since it sweeps LDL cholesterol from the arteries and returns it to the liver for removal.

A blood test called a lipid panel is used to detect your cholesterol levels. It would help if you had this test performed occasionally or as required, depending on your age, gender, risk factors, and family history.

Healthy HDL levels are different for men and women. Young girls and boys have similar HDL levels, but after puberty, HDL levels fall in boys and remain lower throughout their lives.

Normal HDL cholesterol levels in mil-



ligrams per deciliter (mg/dl) as per age and gender are as follows:

A value above 60 mg/dL is high, and a value below 40 mg/dL is low. Heart specialists believe that HDL is most protective at around 40 to 59 mg/dL, and higher levels might not offer any extra protection.

Very high HDL could raise the risk of heart attack or stroke in some cases. Children are less likely to have high cholesterol, but anyone aged 20 or over should check their cholesterol levels every five years.

## Ways to Increase Your HDL Cholesterol Level

### Physical Exercise and Keeping a Healthy Weight

Your HDL level can rise with weight loss. Regular exercise can also increase HDL levels while decreasing LDL. Therefore, give 30 to 60 minutes daily for vigorous to moderate exercise. However, people aged 65 years and over should not overexert and focus on 30 minutes of moderate physical activity. If you haven't been exercising much lately, you can gradually build up to the recommended amount.

HealthifyMe is a tried and tested fitness app which recommends easy home-based workouts based on your current fitness level. Subscribing to a HealthifyPro can enable you to access personalised workout plans with realistic goals

| At risk                 | Desirable                       |                                |
|-------------------------|---------------------------------|--------------------------------|
| Anyone (19 or younger)  | More than 45 mg/dl              |                                |
| Men (aged 20 or over)   | Less than 40 mg/dL (1.0 mmol/L) | 60 mg/dL (1.6 mmol/L) or above |
| Women (aged 20 or over) | Less than 50 mg/dL (1.3 mmol/L) | 60 mg/dL (1.6 mmol/L) or above |

based on your inputs and preferences.

Users get a customised exercise regimen, and the interactive AI called RIA provides detailed insights and reports and suggests ways to improve their performance.

### Quit Tobacco Consumption

Smoking lowers HDL levels and raises LDL levels. Make an effort to avoid passive smoking as well. According to research, smoking is a cholesterol-dependent risk factor with a pathogenic component, and it interacts with other risk factors to cause coronary heart disease. Therefore, hypercholesterolemia and cigarette use are strongly related.

### Right Dietary Choices

Right dietary choices can lower your LDL levels and increase your HDL cholesterol. Limit saturated fats and keep trans fats (found in some baked goods and fried foods) to a minimum.

### Foods should consume for increase HDL cholesterol:

Bran  
Brown rice  
Almonds  
Kidney beans  
Brussels sprouts  
Pears  
Apples  
Oats  
Avocados

### Consume Plant Sterols

Plant sterols are compounds that occur naturally in plants, fruits, vegetables, nuts and grains, which can lower LDL cholesterol. In addition, some cereals, low-fat yoghurt, table spreads, and low-fat milk contain added plant sterols.

Consuming 2 to 3 grams of plant sterol-enriched foods can lower LDL cholesterol by around 10% and improve your HDL range. However, pregnant or breastfeeding women should consult their doctor before consuming them.

### Reduce Alcohol Consumption

Higher LDL cholesterol and triglyceride levels often arise due to heavy alcohol consumption. It raises the risk of heart disease and stroke, obesity, and blood pressure. Additionally, drinking too much can result in cardiomyopathy, arrhythmia, and stroke.

It eventually leads to congestive heart failure, causing the heart to be too weak to pump efficiently. But consuming wine in moderation, especially red wine, considerably lowers LDL cholesterol and raises HDL cholesterol.

### Note

You can increase your HDL cholesterol levels by making lifestyle changes, such as quitting smoking, eating a balanced diet, and exercising regularly. Some people only need to improve their diet to boost their HDL to an ideal level. Others may need to take medicines as well. If you are obese or overweight, losing weight can help increase your HDL cholesterol levels.

### Foods That Increase HDL Cholesterol

For a cholesterol-friendly diet, there is a vast menu of food items across different cuisines for you to choose from. In addition, the AI-generated and nutritionist-supervised diet plan offered by HealthifyPro makes a note of your preferred dishes and favourite cuisines to

suggest a customised diet plan that will benefit your cholesterol level without compromising on taste. Therefore, you can have a nutritious yet satisfying diet while working towards your cholesterol goal.

## Here are some foods to add to your diet:

### Nuts and Seeds

Various studies show that nuts (pistachio, cashew, walnuts, almonds, brazil nuts, etc.) significantly increase high-density lipoprotein. Fenugreek or methi seeds can lower LDL cholesterol levels.

Supplementing with sesame seeds helped patients with hyperlipidemia lower their triglycerides and LDL cholesterol and boost their antioxidant status. Basil, sunflower, flax, chia, and pumpkin seeds positively affect HDL cholesterol levels.

### Garlic

Allicin, a bioactive component found in garlic, lowers triglycerides and stops the spread of plaque. As a result, including it in your regular diet will help to reduce dangerous cholesterol levels.

### Berries

Increased fibre consumption is an excellent way to lower cholesterol, and berries are among the fruits with the highest fibre content. In addition, due to their high antioxidant content, berries like blueberries, strawberries, blackcurrants, and raspberries aid in controlling LDL cholesterol and boosting HDL.

### Oatmeal

Oatmeal offers soluble fibre, which can help reduce the absorption of bad cholesterol into your bloodstream. One soluble fibre in oats is beta-glucan, a fibre tied to boosting HDL cholesterol. Getting 3 grams of beta-glucan daily can improve heart health and HDL-LDL ratio.

### Avocado

Avocados include monounsaturated fatty acids and folate. The risk of heart disease is reduced mainly by this type of good fat, which also helps maintain HDL levels.

According to research, those who are overweight or obese can increase their HDL cholesterol levels by adding one avocado per day to a heart-healthy diet.

### Fatty fish

Research has shown that consuming fatty fish such as salmon and mackerel boosts high-density lipoproteins. It is high in omega-3 fatty acids, essential for maintaining healthy cholesterol levels.

### Consume Healthy Fats

Fats and oils like peanuts, sesame, walnut, mustard, ghee, etc., help raise HDL cholesterol. In addition, because they include a lot of monounsaturated Omega-3, these fats improve lipid profiles and support a healthy heart.

### Green tea

The catechins in green tea help get your HDL-to-LDL ratio in a healthier place. Catechins are a family of antioxidants that improve your overall cholesterol concentration.

### Note

A cholesterol-friendly diet limits your intake of unhealthy fats, such as saturated and trans fats. In addition, fruits, leafy greens, nuts, oats, fatty fish, and olive oil help improve your HDL-to-LDL ratio. The key is to eat foods rich in heart-healthy monounsaturated fats, fibre, and antioxidants.

### Medications for Cholesterol

In the case of medicines, the advantages differ from one another, just as the disadvantages do. For example, some medications may help decrease LDL cholesterol while others may increase HDL slightly.

Because each person is unique, how a particular drug will affect your body will vary. To treat your condition, your doctor may recommend one or a combination of cholesterol medications. Therefore, speaking to your doctor before taking any medicine is vital.

Your doctor will consider all your risk factors before suggesting medication, not just your HDL cholesterol and lipid results. Statins can help by slowing the production of cholesterol in your liver.

As a result, your liver uses the cholesterol in your blood to compensate for the deficit. As a result, it lowers the LDL cholesterol level in your blood. However, you may need additional medicines when statins do not reduce cholesterol.

### When to Visit a Doctor

For men aged 45 to 66 and women aged 55 to 65, it is vital to check your cholesterol levels every one to two years. People over 65 should get their cholesterol checked every year.

Your doctor could advise taking more frequent readings if your test results are outside of acceptable parameters. Your doctor might suggest monthly testing if you have a genetic history of high cholesterol, heart disease, or other risk factors like diabetes or high blood pressure.

### Conclusion

The ideal HDL level can vary from one person to another, depending on factors like age, gender, genetics, and medical history. HDL cholesterol is essential for good health, but it can sometimes be too low or too high, leading to heart problems. Taking steps to reach or maintain normal HDL levels earlier in life may prevent your cholesterol from becoming dangerously high over time.

Eating the right foods, limiting your saturated and trans fat intake, quitting smoking, and regularly exercising can help improve your overall ratio of HDL to LDL.

You may use HealthifyPro, and its innovative tech-enabled health intervention known as BIOS to track real-time glucose levels after every meal. It is a sensor fastened to your arm and continuously monitors your blood sugar levels. In addition, it keeps track of how well your body reacts to various foods since the amount consumed, the time and the particular impact of the food on a person's glucose levels all play crucial roles. Therefore, CGM can assist you in choosing the right kind and amount of healthy food for you by monitoring the effect of the food on your glucose levels and metabolism. The Smart Plans and Pro Coaches provided by HealthifyMe will help you find ways to improve HDL through personalised diet plans and exercise routines. In addition, the much-celebrated tailored workout plan from HealthifyMe guides you to reach your goals in a realistic timeframe by constantly monitoring, analysing, and sharing real-time insights for areas of improvement.

SOURCE: HEALTHIFYME

# What Foods to Eat For Weight Loss: A Basic Guide

PRAGYA SHARMA

Numerous factors, including genetic, physiological, and behavioural ones, affect your body weight. Inappropriate nutritional intake, however, is a significant contributor to the increase in body weight.

Therefore, monitoring your dietary consumption can aid in effective weight loss. Read on to discover which foods are most effective for weight loss and improved weight management!

Nutrition: A Crucial Weight Loss Tool

Changing your diet is one of the finest weight loss therapies. According to studies, increasing the intake of fruits, vegetables and low-fat dairy products. Furthermore, it is beneficial to swap refined carbohydrates with complex carbohydrates and trans fat and saturated fats with healthy fats like MUFAs and PUFAs.

Increasing protein intake, a calorie deficit are all connected with healthy weight reduction and maintenance. It goes without saying that controlling your calorie consumption is important, but what you eat matters more. Your source of nutrients can aid your short-term goals of weight loss and have long-

term health implications.

## The Best Weight Loss Foods

It's not required to restrict calories significantly; instead, eating enough unprocessed, high-quality foods is the most secure and long-lasting weight loss method. Some of the best foods for a healthy decrease in weight are those listed below.

### Fresh Fruits

Fruits are the perfect addition to your weight loss program because they have little to no fat. They include significant amounts of fibre, vitamins, and minerals.

Bananas, apples, avocados, berries, melons, papaya, kiwis, and other readily available fruits are excellent for shedding pounds. Berries are a rich source of dietary fibre, antioxidants, and vitamin C. They help improve weight maintenance and neuroprotection and reduce the risk of cardiovascular disease and type 2 diabetes. In addition, fruits make a healthy alternative to junk food for snacks, which can help you lose weight efficiently.

### Omega-3 Fatty Acid- Rich Foods

Your body burns more calories if



your metabolic rate is high. You can speed up your metabolism by taking omega-3-rich foods.

Research shows that these foods act as anti-inflammatory agents, decrease insulin resistance, and prevent obesity. As a result, eating foods like fish and nuts high in omega-3 fatty acids will help you with steady weight loss.

### Whole Grains

Whole grains are excellent foods for weight loss since they are high in fibre

and contain other nutrients such as vitamin B complex, manganese, zinc, iron, etc.

Due to their high dietary fibre content, you are likely to eat less and still achieve greater satiety. You may also sustain a calorie deficit while benefiting from the goodness of several essential nutrients from these whole grains. Therefore, whole grains like barley, brown rice, ragi, oats, quinoa, and lentils should be a regular part of your diet.

### Foods Rich in Dietary Fibre and Lean Protein

The easiest way to feel fuller for longer and lose weight is to include dietary fibre and lean protein in your meals. According to research, fibre helps you lose weight because it makes you feel fuller for longer.

Similarly, lean proteins, such as those found in poultry, beans, lentils, oats, low-fat yoghurt, and eggs, fill you up and encourage you to consume fewer calories, besides providing your body with the fuel it needs for growth and development.

### Fresh Vegetables

Leafy vegetables like spinach, drumstick leaves, fenugreek, and mustard

leaves promote weight loss. These vegetables give you a feeling of fullness since they are low in calories and high in fibre.

They are rich in essential nutrients and antioxidants that are long-term healthful. The combination of protein, fibre, and low-calorie cruciferous vegetables, including broccoli, cabbage, brussels sprouts, and cauliflower, makes them an excellent food for weight loss.

### The HealthifyMe Note

There is no one perfect food plan for losing weight. Additionally, consuming a diet full of the nutrients and food types the body needs to function correctly will aid in weight loss. Concentrate on a balanced diet that includes lean meats, whole grains, nuts, fruits, vegetables, and legumes high in fibre. In addition, eating wholesome fats, such as those in fish and nuts, will aid in shedding extra pounds.

### Diet and Weight Loss: Tips

While eating these foods can be the best way to lose weight, how you consume them, when, and at what time matters. Make sure to eat your meals on time and consistently consume healthy

food. Eating healthy on one day, followed by junk for the next few “cheat” days, will not help you lose weight. The optimal way to consume these foods is as follows:

**Breakfast:** Pair traditional breakfast foods with sides like fruits (apples or bananas), nuts such as almonds and lean protein like eggs.

**Wholesome Meals:** Leafy or cruciferous vegetables paired with lean meat (chicken or fish) and whole grains like brown rice or quinoa

**Evening Snacks:** Nuts and seeds with fresh fruits like berries or vegetables like carrot or cucumber sticks paired with healthy, protein-rich hummus

**Conclusion**  
It might be challenging to inspire ourselves to maintain health and adhere to a balanced diet in today's fast-paced world. Making wise decisions, however, can have a significant impact on your body's overall health.

You only need to eat a balanced diet that includes these nutritious foods for weight loss. You don't necessarily need to give up your regular eating habits or drastically alter your diet, but just make smart, healthy swaps that you can incorporate for life.

## DIC Samba organises Grievance Redressal Workshop on NCSS

J1 NEWS SERVICE  
SAMBA, MAY 9

The General Manager District Industries Centre (DIC) Samba, in collaboration with the Project Implementation Unit (PIU) Jammu, organized a significant Grievance Redressal Workshop aimed at streamlining the claim filing process under the New Central Sponsored Scheme (NCSS) for Industrial Development of Jammu and Kashmir.

The workshop, held in the conference hall of office of the Estates Manager, Industrial Growth centre, SIDCO, Samba, witnessed active participation from 20 investors hailing from the Samba region. The primary objective of this workshop was to address the existing information gaps and resolve grievances



encountered by investors in navigating the NCSS framework.

During the interactive session, industry stakeholders were provided with detailed insights into the claim filing procedures under NCSS. Key aspects such as eligibility criteria, documentation requirements, and timelines for claims were thoroughly discussed, ensuring a comprehensive understanding among participants.

The workshop also served as a platform for

investors to voice their concerns and seek clarifications directly from the DIC Samba and PIU Jammu officials. This proactive approach towards grievance redressal not only promotes transparency but also fosters a conducive ecosystem for industrial development in Jammu and Kashmir.

This workshop reflects a broader commitment to ensuring efficient implementation and uptake of the NCSS for Industrial Development of JK, aligning with the government's vision of promoting sustainable economic growth and employment generation in the region.

The collaborative efforts of DIC Samba and PIU Jammu underscore their commitment to facilitating a conducive ecosystem for industrial development in Jammu and Kashmir.

This workshop reflects a broader commitment to ensuring efficient implementation and uptake of the NCSS for Industrial Development of JK, aligning with the government's vision of promoting sustainable economic growth and employment generation in the region.

## SoE&C conducts Two Day Workshop on VHDL and FPGA Hands on Training

J1 NEWS SERVICE  
JAMMU, MAY 9

The School of Electronics and Communication (ECE) at Shri Mata Vaishno Devi University, recently organized a well-received two-day workshop on VHDL and FPGA Hands on training. This industry-focused program aimed to equip students with practical knowledge and skills in a field with growing demand. The Workshop, held over a weekend, attracted a total of 30 students from across various engineering departments. Led by industry expert Mr. Kumar Divya, Application Engineer-ASIC/FPGA at CoreEL Technologies, the sessions covered a comprehensive range of topics. Students delved into the world of FPGAs, exploring diverse families, ZYNQ and ZYNQ MPSoC architecture, and the design flow using Vivado. The work-



shop also covered PYNQ Python Productivity and delved into the integration of custom IPs with Vivado. Embedded System Design using VITIS rounded out the program, providing students with a holistic understanding of FPGAs in the embedded systems domain. These interactive sessions, facilitated by Mr. Divya, fostered a rich learning environment.

Students gained valuable insights into the latest trends and applications of FPGAs, while discussions and clarification of doubts ensured a deep understanding of the material. The organizers expressed gratitude to Dr. Anil Bhardwaj, HoD ECE, for this initiative in organizing this successful workshop, Dr. Vikram Singh for his valuable insights and guidance

throughout the sessions and to Mr. Gaurav Kumar for providing technical and lab support. Tarang coordinators Sonu, Yashwant, and volunteers Ashutosh, Anubhav, and Ashish owe thanks for their commendable support in coordinating the workshop. This workshop on FPGAs served as an excellent platform for students to bridge the gap between theoretical knowledge and practical applications in the field of embedded systems. The department looks forward to hosting more such industry-oriented programs in the future. Dr. Anil Bhardwaj, HoD ECE, is thankful to Honorable Vice Chancellor who is very supportive in this event, without whom it is not possible to organize this enriching event. Head School of ECE is also thankful to Registrar, Shri Ajay Kumar Sharma (KAS) and all the administrative staff.

## NC alone can steer J&K out of present morass: Sajjad Shaheen



J1 NEWS SERVICE  
BANIHAL, MAY 9

Envisioning crucial role for National Conference in steering J&K out from the present morass, National Conference leader and District President, Ramban Mr Sajjad Shaheen today said the people feel dejected and let down by the failure due to misgovernance of the present dispensation adding that the "People have understood the significance of a stable popular government, especially in a state like Jammu and Kashmir which is confronted with problems of varied

nature", Mr Shaheen said while welcoming dozens of youth workers previously associated with various political parties into National Conference fold at his residence today.

He said that the communal forces were destined to get decimated in the ongoing Lok Sabha elections and later in the forthcoming assembly elections when ever they are held in the erstwhile state of Jammu and Kashmir saying that "there was no alternative to National Conference as the party has strived for ensuring peace and undertaking development during most

testing times.

He described National Conference as a deep rooted public movement, which, he said, believes in single entity of the State and has been striving for assuaging the politico-developmental aspirations of all segments of people. He referred to the historic role of National Conference in generating political awakening and making the people masters of their own destiny. He also referred to the historic role played by National Conference in strengthening democracy and forging the bonds of amity

between various sections of the people.

Shaheen congratulated the new entrants and hoped this will further strengthen National Conference at grass roots levels.

Party block president Khari Mohammad Ashraf Naik, Vice president Mohd Anwar Naik, block secretary Farooq Ahmed Goth, besides Gulam Hassan Naik, youth president Shabir Ahmed Naik, youth Provincial secretary Tariq Ahmed Dar, office secretary Abdul Gani Wani were also present in the function.

## GDC Udhampur celebrated Red Cross Day

J1 NEWS SERVICE  
JAMMU, MAY

World Red Cross and Red Crescent Day was celebrated on Wednesday, May 8, that recognize the Red Cross volunteers for their contribution regarding lifesaving support provided to people in need across the world - in war zones, remote villages and here at home. The Red Cross Club in collaboration with NCORD Committee observed the World Red Cross Day in Govt. Degree College Udhampur today. The event was observed with enthusiasm in order to pay tribute to the millions of volunteers and staff working alongside people in need. In opening remarks convener of Red Cross Club, Dr. Firdous Ahmad Itoo, explained at length the contribution of volunteers they provide during tough times who need protection, assistance, healthcare, social



aid, and solidarity at that time. In the welcome address the worthy Principal, Prof. (Dr.) Romesh Kumar Gupta, explained the overall scenario that runs behind the Red Cross across the globe. He explained that we observe every year on the 8th of May to honour the humanitarian work and principles of the International Red Cross and Red Crescent Movement. Worthy Principal in his speech explained that why Henry Dunant, the

pioneering Swiss volunteer, founded the International Red Cross and Red Crescent Movement about 160 years ago. He enlightened the volunteers about the movement which has a global humanitarian network of 80 million people who aid those facing disaster, conflict, health, and social problems. The Volunteers, namely Mr. Mohit Singh - 6th semester also provide insight of the theme of this year's World Red Cross and Red Crescent Day - Keeping

Humanity Alive - He said that it is a call to celebrate those who give their time, and sometimes their lives, to ease the suffering of others and protect their inherent human dignity. The NCORD Committee Convener Prof Shobhna Sambyal also in her speech told to the gathering of volunteers that they have another challenging role in front of them and that is drug addiction menace that is engulfing the society especially youth at large level. She said that during such unprecedented crises which is not less than a calamity we all need to work together and hence it is our collective obligation to ensure that a life-saving mission is carried out against such nuisance too. The vote of thanks was delivered by Prof. Varinder Singh, Department of English and he thanked all the volunteers and to the principal for their presence and kind support.

## Only I spoke against revocation of Article 370 in Parliament: Azad

J1 NEWS SERVICE  
SRINAGAR MAY 9

Chairman DPAP, Ghulam Nabi Azad today lambasted Kashmir based parties for deceiving the public regarding Article 370. Addressing the crowd at a public meeting & road show in Mujgund, Shalteng and Eid gah Srinagar. Azad said, that he was the sole voice advocating for its preservation while others remained conspicuously silent, with some even abstaining from voting against its abrogation. He urged the public to verify his claims by accessing the parliamentary speeches and vote records. He emphasized his commitment to the cause by recalling his symbolic protest of sitting on the parliament floor, leading to the government's concession to restore statehood. However, he stressed that the fight is far from over, citing the need to reclaim land and job rights. Azad underscored that the upcoming election is not solely about reinstating rights, but also about addressing pressing public concerns such as escalating electricity tariffs, unemployment, and various other issues affecting the people. He



said, "During my tenure in Parliament, I was the sole advocate for Article 370, 35A and statehood while MPs from NC and PDP remained silent. Few of them even abstained from voting against it. If these elected representatives, chosen by the public, have failed to voice their concerns in Parliament, why haven't they acknowledged their shortcomings? Why didn't their parties field the same candidates in the parliamentary elections? Now, what can we expect from new candidates when the most senior leaders, elected last time, failed to deliver in Parliament?" Meanwhile, Azad expressed disappointment over the long-standing exploitation of the people under the guise of autonomy and self-rule. Despite their previous fervor for these ideals, they now remain

conspicuously silent on the matter, instead diverting attention with alternative slogans in an attempt to deceive the populace. The glaring absence of discourse on development is particularly troubling. He said, Native laborers and contractors find themselves sidelined as lucrative contracts are handed over to outsiders, exacerbating the economic woes of the local workforce. The exorbitant electricity fees further compound the burdens of the common folk, rendering basic amenities unaffordable. The absence of accountability only amplifies the frustrations of the people, who increasingly clamor for transparent governance and the restoration of democratic processes through government and assembly elections. He further said, "If these regional parties were genuinely concerned

about public issues, they would have joined us in protesting against the land eviction order, which saved the livelihoods of thousands dependent on state land. I've pledged to reinstate the Roshni Scheme and enact laws to protect land and jobs through the assembly. Our candidate, Amir Bhatt, embodies youth and integrity. I've opted not to favor my children in MP elections, instead, I've entrusted young leaders like Amir to represent the people and tackle their concerns. I'm confident he will uphold justice and prioritize addressing public issues. Among others who were present on the occasion were TajMohiuddin treasurer, Salman Nizami Chief Spokesperson, Arif Maqbool Provincial Secretary, Ghulam Nabi Palpuri, Shafiq Shabnam, Sujada Bashir and others.

## GJP inks MOU with Manjushree Technopack Limited, Punjab

J1 NEWS SERVICE  
JAMMU, MAY 9

In a significant step towards fostering collaboration between academia and industry, Government Polytechnic College, Bikram Chowk Jammu and Center for Invention, Innovation, Incubation and Training (CIIT) Jammu today signed a Memorandum of Understanding (MoU) with Manjushree Technopack Limited, a prominent Amritsar-Punjab based company. This agreement, sets the stage for a dynamic partnership aimed at narrowing the gap between theoretical knowledge acquired in academic settings and the practical skills demanded by the evolving industries. The MoU was signed between Er. Arun Bangotra Principal, Government Polytechnic Jammu and Center for Invention, Innovation, Incubation and Training (CIIT) Jammu and Sh. Rajinder Kumar Senior Manager, Manjushree Technopack Limited, Amritsar-Punjab represented by Sh. Sumesh Kumar HR, Manjushree Technopack Limited, Amritsar-Punjab shared his optimism that bridging the gap between academia and industry, we can collectively contribute to the growth and development of the workforce. Manjushree Technopack Limited will train the students and faculty by organizing the hands-on training workshops on latest tech-



nologies and shall also conduct various programmes in the institute to promote the start-ups and entrepreneurship ecosystem in J&K and will provide the placement to the final year and passout students. This collaboration aligns with commitment of CIIT Jammu in fostering innovation and supporting the next generation of professionals. The MoU signifies a collective effort to create a symbiotic relationship between education and industry, laying the foundation for a brighter and more aligned future. Other present on the occasion were Smt. Neena Dullo, TPO, Sh. Rajesh Khajuria TPO (DLTP Cell), Sh. Rahul Gautam, Manager, Sh. Pardeep Singh, HR, Manjushree Technopack Limited Amritsar Punjab, Sh. Sukhdeep Singh HOD Civil Engg., Sh. Sanjay Koul HOD Computer Engg., Sh. Ajay Thapa Incharge TP Cell, Lecturer-I Mechanical Engg., faculty and students of this institution.

ensuring our students to be equipped with the latest skills and knowledge demanded by the industries. He further informed that Government Polytechnic Jammu has established a Center for Invention, Innovation, incubation & Training (CIIT) to impart training in latest trends of Manufacturing Technology, Automobile Engineering conforming to Industry 4.0 with the help of Tata Technologies Ltd Pune. Sh. Rajinder Kumar Senior Manager, Manjushree Technopack Limited, Amritsar-Punjab represented by Sh. Sumesh Kumar HR, Manjushree Technopack Limited, Amritsar-Punjab shared his optimism that bridging the gap between academia and industry, we can collectively contribute to the growth and development of the workforce. Manjushree Technopack Limited will train the students and faculty by organizing the hands-on training workshops on latest tech-

## 358 missing persons traced out and re-united with their legal heirs

J1 NEWS SERVICE  
JAMMU, 09.05.2024

Jammu & Kashmir Police in the Jammu District during current year upto 30.04.2024 have taken arduous efforts trace out to re-unite the missing persons to their aggrieved family members and accordingly traced out 358 missing persons including 145 male and 193 females whose missing reports were already lodged in different Police Stations and Public Posts of District Jammu. All the traced persons were reunited to their family members after completing the legal formalities. Besides this SSP Jammu has issued necessary directions to the subordinate units including all zonal SsP, SDPOs, SHOs, IC PPs to make sincere efforts to trace out all the missing persons pending on the role of Police Stations in order to re-unite them with their family members.

General public of the district have highly appreciated the steps taken by Jammu Police in this context.



## 27th Annual Jagran organizes at Maa Vaishno Devi Mandir, Bhagwati Nagar

**JINNEWS SERVICE**  
JAMMU, MAY 9

The 27th Annual Jagran of Maa Bhagwati, a significant religious and cultural event, organized by the Mandir Maa Vaishno Devi Committee at the Maa Vaishno Devi Mandir in Bhagwati Nagar.

Lucky Baba, the Mahant of the Maa Vaishno Devi Mandir, oversaw the organization of the Jagran.

The event commenced with special Pooja and Hawan, followed by the Bhandara, which saw the participation of a large number of devotees. In the evening, the Jagran of Maa Bhagwati took place, during which devotees sang hymns praising the religious significance of Maa Bhagwati.

Devotees in a large number participated in the lighting of the Holy lit of Maa Bhagwati to inaugurate the Annual Jagran.



The atmosphere during the Jagran was filled with devotion, and devotees offered special prayers for the peace and harmony of the state.

Mahant Lucky Baba contributed to the spiritual atmosphere by reciting Bhajans of Vaishno Mata. In his statement to the media, Lucky Baba emphasized that the annual Jagran of Maa Bhagwati is organized

with the aim of promoting peace, communal harmony, brotherhood, unity, and tranquility.

He highlighted the importance of the Jagran for the well-being of humanity and fostering mutual coexistence among communities.

Overall, the event served as a platform for spiritual enrichment, community bonding, and the promotion of peace and harmony, he said.

## Fully confident INDIA alliance will form govt at Centre: Congress J&K Chief

**JINNEWS SERVICE**  
SRINAGAR, MAY 9

J&K Congress President Vikar Rasool on Thursday said he was fully confident that the INDIA alliance would form the government at the Centre.

He said soon after the formation of their government, the statehood would be restored to Jammu and Kashmir.

"I am telling you with confidence that Congress and INDIA alliance will form the government on June 4 at the centre," the J&K PCC Chief said during a press conference in Srinagar.

"I am sure that with the formation of the gov-

ernment at the centre, the statehood would be restored to Jammu and Kashmir? The demand of unemployment, development, harassment to employees, issues of fruit growers, farmers loan will be redressed," e said.

Vikar said Congress will stick to all the promises made during the campaign.

"The protection of jobs, land and culture of all communities as was in the era of then Maharaja who had issued state subjects for all these things, lost after the abrogation of the Article 370, Congress will work on all of them," he said.

He claimed that the INDIA alliance will win all

the five seats in Jammu and Kashmir.

The Congress leader alleged that the Prime Minister is frustrated and raising issues on religious ground.

"The frustration of Prime Minister is visible as he is raking the issues of Hindu-Muslim and Mangal-sutra and even yesterday an uneven incident took place, those who were supporting to Prime Minister Narendra Modi and whose lone amounting to Rs 15 lakh crores was waved off and to whom all the major contracts of the country were given, said that they have paid money to Congress party in a tempo," Vikar said.

"Very unfortunate, that the BJP seized the accounts of the Congress party worth Rs 2500 crores which were collected through donations and the same BJP today claiming that money was sent to Congress in Tempo ... is a shameful talk," he added.

"Today it is evident that BJP will not cross even 150 numbers in the parliament elections at the centre," he claimed.

Vikar announced that youth candidate Zameer Ahmad a resident of Pattan area who had submitted his nomination papers from Baramulla parliamentary constituency, had joined the Congress party alongwith his supporters.

## House searches continue in Greater Kailash murder case

**JINNEWS SERVICE**  
JAMMU 09.05.2024

Continuing in its resolve to get to the roots of crime, Jammu Police today on 09.05.2024 conducted simultaneous raids at three locations of the accused and their known associates in the Greater Kailash Murder Case. These three searches were conducted on court orders in the houses of Sheikh Mehmood at Channi, Purushottam Singh at Bishnah and at the house of the driver of Ravinder Gupta at Gangyal. In the raids being conducted so far, more than 60 documents related to land deals and sale along with several digital devices have been seized for further analysis. It is also important to note that the driver of Ravinder Gupta has been closely associated with him for the last several years, allegedly becoming a conduit for ill-gotten gains.

## Police bust Narco-module in Uri Baramulla

**JINNEWS SERVICE**  
BARAMULLA, MAY 9

Police has busted a Narco-module in Uri Baramulla and arrested three narco smugglers besides, recovered contraband substances worth 50 crores & cash on their disclosure.

On 08.05.2024, Police Station Uri received specific information that one person namely Mehmood Ahmad Najar son of Mohd Hassan Najar resident of Churunda and Sajad Ahmad Malik son of Mohd Amin Malik resident of Dhanisedan are involved in narcotics smuggling.

On this information, a case FIR No. 35/2024 under section 8/21, 29 NDPS ACT was registered and investigation was set into motion. During investigation, both the suspects were detained and during questioning they disclosed that they have concealed contraband substance and cash at Churunda.

On receiving this information, Police Party with assistance of Army & accompanied by Magistrate, searched the spot and recovered the contraband substance and cash, on the disclosure of the accused persons. During further investigation, they also revealed that one more person namely Fayaz Ahmad Hajam son of Mohd Rafi Hajam resident of Danisedan has managed to smuggle contraband from Pakistan. Accordingly, he was detained and during questioning, he also disclosed that he has concealed some contraband, which was subsequently recovered by Police and Magistrate. Furthermore, on the disclosure of Fayaz, some cash was also recovered from his house.

Sofar, Police has recovered contraband weighing 7.800 Kgms (valuing Rs. 50 Crore approximately) and cash worth Rs. 12,63,500/- from this module which has links with Pakistan based handlers. Further investigation is going on in the matter.

## Dr Andrabi pays obeisance at Sain Baba Miran Sahib Shrine in Poonch, attends other events



**JINNEWS SERVICE**  
JAMMU, MAY 9

Chairperson of J&K Waqf Board Dr Syed Darakhshan Andrabi today met many public delegations, visited Sufi Shrine of Sain Baba Miran Sahib in Poonch district today. Dr Andrabi was accorded a warm welcome by the local population acknowledging her contribution in transforming Waqf Board into a dynamic and transparent organization. Dr Andrabi visited the campus and took stock of the facilities for the devotees there. She assessed the infrastructural requirements too. Dr Andrabi was accompanied by Waqf Board CEO Dr Amir Hussain and

other officers. Andrabi convened a meeting with Board officers and took many decisions for improving the facilities in the campus. Waqf Chairperson met many public delegations and discussed important issues with them. She also attended and chaired a the meeting with religious preachers at Poonch. Eminent religious scholars like Mufti Farooq Misbahi Khateeb Jamia Masjid Poonch, Hafiz Abdul Majeed Madani, Maulana Syed Fida Hussain, Maulana Manzoor Qadiri, Maulana Fareed Ashrafi, Maulana Shakeel Ahmed, Maulana Farooq Rizvi, Maulana Qasim Raza and others participated in the meeting.

Speaking to media

Dr Darakhshan said that fortunately law and order situation in J&K has improved a lot and it was pleasing to see PirPanjal region thriving with development activities. After decades of violence, we are living in Peaceful J&K now and we all have the responsibility of sustaining this era of peace so that we are able to grant a peaceful and progressive future to our youth', said Dr Darakhshan. She thanked the people for supporting Waqf Board's mission of development and assured them that in the days to come, this momentum of the Board will further strengthen infrastructure at our Sufi spiritual shrines.

## SSP Jammu recommends strong action against vehicles continuously indulging in bovine smuggling

**JINNEWS SERVICE**  
JAMMU, 09.05.2024

Continuing its drive to eradicate the menace of bovine smuggling under operation Kamdhenu, the Jammu & Kashmir Police took strong action against vehicles continuously indulging in bovine smuggling.

In this regard SSP Jammu Dr. Vinod Kumar-IPS wrote to the Transport Commissioner J&K to take appropriate action against vehicles used for bovine smuggling in three or more than three cases.

20 vehicles were identified, involved in several bovine smuggling cases & multiple FIR's have been registered against them under relevant sections of law in various Police Stations of Jammu District. Bovine smuggling is an alarming threat for disturbance of peace / tranquility as it has tendency to flare up communal tensions & many times due to this menace, situation turns unpleasant.

Therefore, it important to curb such menace and to take administrative action against the vehicles by blacklisting such vehicles which are being repeatedly involved for such illegal transportation. The Police Station wise list of vehicles and cases registered against such transportation has been shared with the office of Transport Commissioner J&K for further course of action.

It is pertinent to mention here that J&K Police is very particular regarding curbing menace of bovine smuggling on all the fronts. In Jammu District from 01.01.24 to 30.04.25, five smugglers involved in repeated offences of bovine smuggling have been booked under PSA (Public Safety Act) so far.

## DPS Kathua Middle Wing Students Shine in English Extempore Activity

**JINNEWS SERVICE**  
JAMMU, MAY 9

The Middle Wing students of Delhi Public School, Kathua, demonstrated their exceptional language skills during the English Extempore Activity, showcasing their ability to think on their feet and communicate effectively. The event, held recently, witnessed a fierce yet friendly competition, with Saanvi, Priyanshi, and Vivaan emerging as the top three winners.

Samraj Singh received special appreciation for his excellent anchoring skills, adding an extra layer of energy and enthusiasm to the event.

Mr. Vivek Arora, Principal of DPS Kathua, commended the participants for their exemplary per-



formances, emphasizing the significance of such activities in nurturing students' communication abilities and confidence.

Mrs. Kanta Andotra, Chairperson of the school, praised the students and encouraged them to actively engage in literary activities to further enhance their language proficiency and overall development.

The event was also lauded by Mrs. Tajinder, Senior Coordinator HOD

English, and Mrs. Menu, TGT Coordinator, who expressed their appreciation on behalf of the school management and principal for the students' dedication and achievements. The English Extempore Activity served as a platform for the students to showcase their linguistic talents and creative thinking, reflecting DPS Kathua's commitment to providing holistic education and fostering a culture of excellence.

## Lok Sabha Elections promotes Inclusivity & Accessibility with Innovative Polling Stations at Pulwama

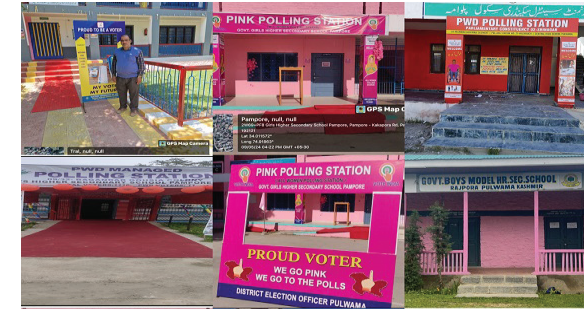
**JINNEWS SERVICE**  
PULWAMA, MAY 9

In an initiative aligned to the guidelines of ECI and to promote inclusivity and accessibility in the General Election to Lok Sabha 2024, a special effort is being made to establish Pink Polling Stations managed by women in each Assembly Segment. Additionally, one polling station in each Assembly Segment will be managed by Persons with Disabilities (PwD) and youth, equipped with all necessary facilities in District Pulwama.

The aim of establishing these special polling stations is to create a welcoming and inclusive environment that inspires more women and youth to participate in the electoral process.

District Election Officer (DEO) Pulwama, Dr. Basharat Qayoom emphasised the importance of creating an election process that caters to the diverse needs of all citizens. "It is crucial that we create a supportive and accessible environment for all individuals to exercise their right to vote. By establishing Pink Polling Stations, all women managed, and dedicated polling stations for Persons with Disabilities and Youth, we are taking a significant step towards ensuring that no one is left behind in the electoral process," said Dr. Basharat.

The introduction of



pink polling stations aims to empower women to actively participate in the electoral process by providing a safe and welcoming space where their voices can be heard. These stations will be managed entirely by women, creating a supportive and inclusive atmosphere that encourages more female voters, which constitute 50% of total electorate, to engage in the democratic process and exercise their right to vote across the district.

Furthermore, the provision of dedicated polling stations for Persons with Disabilities reflects a commitment to accessibility and inclusivity in the electoral process. These stations will be equipped with all necessary facilities to ensure that voters with disabilities can cast their votes comfortably and independently. It is worth mentioning that all polling stations in the district are equipped with assured minimum facilities (AMF) that include Ramps, wheel chairs, water supply, power supply, toilets and other basic facilities including Braille facilities on Ballot units catering to

visually impaired voters. By removing barriers to voting, the General Lok Sabha Election 2024 seeks to promote the full participation of all citizens in shaping the future of the nation.

In addition to the specially designed polling stations, efforts are being made to create youth-attractive polling stations that appeal to the younger generation. These stations will feature engaging and innovative elements to capture the interest of young voters and inspire their active involvement in the electoral process. This aims to engage young, especially first time voters, to exercise their right to vote with enthusiasm.

The General Lok Sabha Election 2024 is committed to promoting gender equality, accessibility, and youth engagement in the electoral process. Through initiatives such as pink polling stations, dedicated polling stations for Persons with Disabilities, and youth-attractive polling stations, the Election Commission is striving to create a more inclusive and participatory democracy.

## Professor M K Soni visits School of ECE, SMVDU

**JINNEWS SERVICE**  
JAMMU, MAY 9

School of ECE, SMVDU hosted Professor MK Soni who is a Retired Professor, NIT Kurukshetra, Former Director DCRUST Murthal, Pro-Chancellor Lingaya's Vidayapeeth Nachauli. He held several positions during his career. His area of interest is microprocessor based control systems and digital system design. He has more than 100 research papers in the International and National Journals to his credit. He visited labs and interacted with Staff, faculty, and students. His interaction provided valuable insights to staff, students and faculty. This interaction is also important as he provides suggestions regarding cur-



riculum development, lab development and how to upgrade the teaching learning methodology in the present era. The visit includes interaction with Dr. Vikram Kumar in Machine lab, Mr. Sanjeev Wadhwan, Xilinx lab. The interactions were attended by all faculty members of the School including Dr. Purnima Hazra, Dr. Vikram

Singh and Dr. Kamaldeep. They discussed the modernization of the labs and infrastructure. Dr. Anil Kumar Bhardwaj, Head, School of ECE was also present during the interaction. The SoECE is thankful to Professor Pragati Kumar, Vice Chancellor SMVDU for providing this opportunity of interaction with such a great personality.



## Industrial sector of J&K is in worst condition due to wrong policies of BJP: Ratan Lal

**JI NEWS SERVICE**  
JAMMU, MAY 9

Rattan Lal Gupta, Provincial President, J&K National Conference said that government's efforts to catalyze transformative changes in the industrial sector of Jammu and Kashmir since 2014 have remained notably insufficient and total failure as could be gauged from the health of this sector which is in worst shape with no sincere efforts visible on ground by those helming the affairs of the region.

In a statement issued to media here today, the senior NC leader questioned the BJP Govt at the Centre on its tall claims of industrialization, asking it to spell out the number of medium, small and large scale industries were established in Jammu Province and how much employment has been provided to industrial workers as per the commitment

made by Shri Amit Shah Honble Home Minister of India on the floor of the Parliament on August 5, 2019. He said that the reality is that BJP's anti-industrial policy and burden of GST has led to the closure of multiple industrial units and substantial number of industries on the verge of closure today. Not only this, even thousands of youth have lost their jobs due to the aforesaid closure.

Rattan Lal Gupta said that except rhetoric the government has nothing for the people of J&K as record of setting up new industry in the last nearly ten years remained dismal whereas the party in power has changed scenario of industries in the states ruled by it like Gujarat, Uttar Pradesh, Uttarakhand, etc. He said as far as the dispensation here is concerned, it has expertise in only signing the MoUs and making



colossal promises but on ground the situation is dwindling with industry either running on crutches or ventilators as no one from the ruling side seems to be serious about bringing a meaningful change on ground.

"The incentives and GST handling are also pathetic because the stakeholders are craving for refunds but no one is there to listen to their plight. The industrial ecosystem demands a nuanced and strategic approach, which is missing here to address the unique challenges faced by the region. Inadequate

connectivity, power shortages, and suboptimal logistical support continue to hinder the functioning of businesses", he maintained, adding that bureaucratic red tape and regulatory complexities have persisted as formidable obstacles further deteriorating the situation.

He said that National Conference being the party of aboriginals from J&K can bring the industrial revolution and build up desired industrial ecosystem that can change today's lamentable scenario into a vibrant one with industry not only flourishing but also tackling unemployment efficiently, boosting the local economy and bringing prosperity and good fortune for whosoever gets associated with this sector having seamless scope. He said that no other party knows J&K like the NC and therefore only this party could realize the desired devel-

opment of the region.

The Provincial President appealed to the industrialists and traders of Jammu and Kashmir to strengthen the hands of Dr. Farooq Abdullah and Omar Abdullah by supporting and voting all three dynamic, young and visionary candidates of the National Conference from the Kashmir valley: Omar Abdullah from Baramulla Parliamentary Constituency; Aga Syed Rahullah from Srinagar Parliamentary Constituency, and Mian Altaf Ahmed from Anantnag - Rajouri Parliamentary Constituency in the ensuing Lok Sabha polls in Kashmir.

He reiterated the National Conference's unwavering commitment to safeguarding the interests of Jammu and Kashmir's industrial community and advocating for policies that foster growth, innovation, and prosperity.

## Reform, perform, transform is BJP's identity: Chandan

**JI NEWS SERVICE**  
JAMMU, MAY 9

Bharatiya Janata Party (BJP) District Secretary and Media Prabhari Jammu South Rohiin Chandan said that the three-phase voting has confirmed that the Bharatiya Janata Party, led by Prime Minister Modi, will form the next government. The BJP has had a complete majority in the past ten years. Rohiin Chandan elaborates that PM Modi has dominated Indian politics since he helped the BJP win the 2014 election by a landslide victory. He remains popular and has been the party's star campaigner for the past decade. "India needs a stable government under PM Modi's leadership. Rohiin expressed that "reform, perform, and transform is the BJP's identity" and plays a key role in the upliftment of all segments of society.

Rohiin Chandan said that the Modi-led government also vowed to expand welfare programs, including bringing all Indians above the age of 70 under an existing free health insurance program and pushing piped cooking gas connections to all houses to follow up on a subsidized cooking gas cylinder program launched in



2016. The BJP has decided to bring the transgender community under the ambit of the Ayushman Bharat scheme. Rohiin emphasized that, as per its website, currently, over 34 crore citizens are getting free health insurance of Rs 5 lakh under the Ayushman Bharat scheme. He added that the Ayushman Bharat scheme provides a health insurance cover of Rs 5 lakh to over 80 crore people all over India. Rohiin said that the magical scheme was originally launched by the late Finance Minister of India, Arun Jaitley Ji, during the FY19 Union Budget announcement.

Rohiin Chandan claims that the BJP's manifesto, under the banner of Narendra Modi, talks about implementing the "one nation, one election" initiative, preparing common electoral rolls, abolishing waiting lists for train travel, expanding 5G networks, and organizing Ramayana festivals the world over. He asserted

that our BJP party said it would turn India into a global manufacturing hub and work on making India's cities more livable. He said the manifesto also stated that the BJP government would continue to focus on a path of low inflation and fiscal prudence to achieve high economic growth. "The ambition of the 1.4 billion people in the country is Modi's mission," Rohiin said. "BJP is placing this manifesto before the people to seek their blessings.

The BJP manifesto is focused on creating jobs in sectors like infrastructure, aviation, railways, electric vehicles, green energy, semiconductors, and pharmaceuticals, among others, in an effort to address discontent at unemployment rates that are rising despite robust economic growth, according to Rohiin Chandan, who notes that the party is focused on the dignity of life of the common masses and creating new jobs through investment. He said that with only ten years of effective and successful government, India's youth would not have been able to fathom the number of opportunities that would be available to them.

## Police arrests 03 drug peddlers in Sopore; Psychotropic substances recovered

**JI NEWS SERVICE**  
JAMMU, MAY 9

Continuing its efforts to eradicate the menace of drugs from the society, Police have arrested 03 drug peddlers and recovered psychotropic substances from their possession.



A police party of Police Station Tarzoo headed by SHO Police Station Tarzoo under the supervision of SDPO Sopore, at a check-point established at Railway Crossing Bypass Road Amargrah, apprehended three suspicious persons carrying handbags. During search, the police party was able to recover 696 capsules of Spasmo Proxyvon and 24 bottles of Codeine Phosphate from their possession. They have been identified as Ashiq Hussain Lone son of Ghulam Hassan Lone resident of Hadipora Rafiabad, Mohammad Imran son of Mehfooz Ali Choudhary resident of Mohan Garden

Uttam Nagar West Delhi and Imran Ali son of Sirajud-Din Idras resident of Doshpur Kunwan Kheda Wazir Alam Ajmatpur Uttar Pradesh A/P Mojan Garden New Delhi.

Accordingly, a case vide FIR No. 32/2024 under relevant sections of law has been registered at Police Station Tarzoo & investigation has been initiated. General Public is requested to cooperate with police in curbing the menace of drugs from the society. We reassure the community members that police will act tough against the criminals as per the law.

## Sahil Mahajan, others launch "Majboori" Song

**JI NEWS SERVICE**  
JAMMU, MAY 9

The highly anticipated release of the "Majboori" song saw Eminent BJP Jk Ut Co-Convenor Sanskriti Art Culture Cell Sahil Mahajan joining hands with Journalist and Social Activity Jenab Sohail Kazmi, Keshav Chopra, Chairman of Samvedna Society, to unveil the promising track. The song has been officially launched under the label of Khwaish Gupta Production on their YouTube channel.

Featuring a talented ensemble, the song boasts versatile contributors, including the soulful singer Dhrij Music, music production by Psycho Brothers, and production overseen by Shivdeep Gupta, S. Dr. Priya, and director Sodhi. The narrative is brought to life by the captivating perfor-



mances of the female lead Khwaish Gupta and male lead Ketan Raj Sharma, with lyrics penned by Anku Manghal. The visual team, comprising Bloodline Creation for DOP, editing by Sodhi and Dhrij Music, and colorists The Creative Gabro, ensures a visually captivating experience. Notable star casts such as Ritu Thappa, Om Thappa, Meenakshi Sharma, Davik, Devansh, Mushtaq Ahmed, Vikrant, Sagar, Seema Khajuria, Divyanshi, Pankaj Khajuria, and Saddam deliver powerful performances

that enrich the storytelling. Equally important are the contributions from the behind-the-scenes team, including makeup partners DeDios.in VFX and Sync Shot Cameo Films. Special appreciation is extended to Shriyansh, Kailash Production, Rekha Rajput, and Hungry Point Janipur for their valuable support in bringing this project to fruition.

For a harmonious blend of melody, visuals, and narrative depth, "Majboori" promises to be a compelling addition to the music landscape.

## EAC-PM Report's findings on fall of Hindu population exposed Cong regimes' prejudice towards majority community: Kavinder



**JI NEWS SERVICE**  
JAMMU, MAY 9

Making a scathing attack on Congress leadership which ruled the country for decades together, senior BJP leader and former Deputy Chief Minister, Kavinder Gupta said that findings of Economic Advisory Council to the Prime Minister (EAC-PM) report have exposed the bigotry of old grand party towards the majority community in the country.

It is pertinent to mention that as per the EAC-PM report, the share of the Hindu population had decreased by 7.82 per cent between 1950 and 2015 in India, while that of Muslims increased by 43.15 per cent.

In a statement issued here today, the BJP stalwart also cited that as per

the report, the share of the majority religious denomination has increased and minority populations have shrunk alarmingly across countries in India's neighbourhood like Bangladesh, Pakistan, Sri Lanka, Bhutan and Afghanistan hinting at Congress' ploy against the people of the majority community in this part of the world as between 1950 and 2015, this party ruled for the significant time.

Kavinder said that it was the result of wrong, weak and appeasement policies of successive regimes headed by the Congress that the majority community suffered in this manner which has come to fore in the fact sheet of the aforesaid report also. He said that time is rife for the people to understand the damage which Con-

gress has incurred to the country and also to decide how this anti-Hindu party should be kept away from the power corridors to save India and restore its pristine glory.

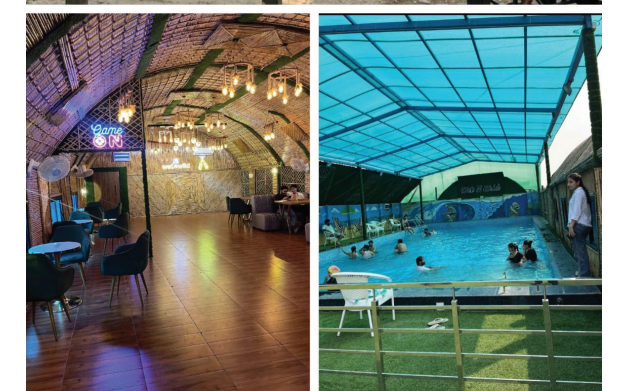
Kavinder accused Congress leadership of deliberately providing a conducive environment to Bangladeshis and Rohingyas from Myanmar to thrive in different parts of the country for meager political gains, which has also led to significant increase in the population of Muslims in the country.

"It won't be an exaggeration that by bringing illegal immigrants and settling them in India was a part of ploy of Congress to increase its vote bank share without giving a thought on the detrimental effects of this misdemeanor as already the impact has been felt by the people in the form of terrorism, and other illegal activities perpetrated by these unauthorized entrants", he said, adding that people of the country should teach Congress a lesson by not supporting the party in the polls.

**JI NEWS SERVICE**  
MIRAN SAHIB, MAY 9

In a resounding testament to the vitality of local tourism, Miran Sahib (Indira Nagar ) welcomes a new destination for leisure and culinary delight: AP Wet and Wild Swimming Pool & Restaurant. Nestled near the esteemed NITS Polytechnic College and a mere stone's throw from the iconic Bagh-e-Bhour Floriculture Garden, this exquisite establishment promises an unparalleled experience for locals and visitors alike.

Boasting a prime location just 100 meters from the renowned Bagh-e-Bhour, AP Wet and Wild offers a sanctuary from the summer heat, coupled with an array of amenities to ensure a memorable visit. With features including secure lockers, separate washrooms for both genders, and a meticulously designed air-conditioned restaurant serving delectable vegetarian and non-vegetarian fare, AP Wet and Wild sets the standard for leisurely indulgence. "I am thoroughly impressed with the culinary offerings at AP Wet and Wild. The cheese wrap and chilly chicken, paired with a refreshing fresh lime soda, left me speechless," exclaimed a delighted visitor, reflecting the sentiments of many who have already experienced the



venue's culinary mastery. In addition to its culinary prowess, AP Wet and Wild also offers the opportunity to hone one's swimming skills, with a dedicated swimming coach available for enthusiasts of all ages. Families, in particular, have found solace in the facility, using it as a haven for quality bonding time amidst the hustle and bustle of daily life. The grand opening ceremony witnessed a tremendous turnout, with scores of locals, along with esteemed sarpanches and panches from neighboring areas, converging to celebrate

this landmark occasion. "It's a fantastic addition to our community and a testament to the flourishing rural tourism in our region," remarked one of the sarpanches, echoing the sentiments of communal pride and enthusiasm that permeated the event. As Miran Sahib's newest gem, AP Wet and Wild Swimming Pool & Restaurant stands poised to redefine leisure and hospitality in the region, beckoning visitors to immerse themselves in an unparalleled experience of relaxation, culinary delight, and familial camaraderie.

## Second day of 'VET FEST 2K24' showcases cultural extravaganza

**JI NEWS SERVICE**  
JAMMU, MAY 9

On the second day of VET FEST 2K24 veterinary students showcased their talents in cultural extravaganza 'RangRez' hosted by the Faculty of Veterinary Sciences and Animal Husbandry at SKUAST-Jammu, R S Pura.

Dr. Rajesh Katoch, Dean, F.V.Sc & A.H. graced the occasion and inaugurated the event alongside other Faculty members.



Students showcased their talents in cultural events like Dhanak, the Dance competition (Solo, Duet and Group folk dance); Suriley the singing com-

petition (Solo, Duet and Group); Kehkashan, the fashion show, Express, the skit and drama. The VET FEST 2K24 is being organized under the guidance of Dr. B.N Tripathi, Hon'ble Vice-Chancellor, SKUAST-Jammu. The event is being conducted in collaboration with IDP-NAHEP, SKUAST-Jammu.

## BJP facing its worst defeat in 3 phases of LS elections: Mehbooba Mufti

**JI NEWS SERVICE**  
SRINAGAR, MAY 9

Peoples Democratic Party (PDP) President Mehbooba Mufti on Thursday claimed that in the first three phases of Parliament elections that were held, Bharatiya Janata Party is facing its worst defeat.

"BJP is facing its worst defeat in the three phases of the Parliament elections that were held so far", the former Jammu and Kashmir Chief Minister who is contesting Lok Sabha election from Anantnag-Rajouri seat told media persons at Khonmoh area of Pulwama district on Thursday.

BJP is running a campaign on religious issues and talking about the Mangal sutra, and Hindu-Muslim communal tension as they sense a loss in the initial election phases, she claimed

"The people are aware of the BJP's religious rhetoric and they have realized that the party won't do anything for their welfare that is why they

(BJP) are bent on spreading communal clashes between Hindus and Muslims to grab votes. People believe in the Congress manifesto which promises to provide 30 lakh jobs, 50 percent reservation for the women folk and to provide gas cylinder at Rs 450", Mehbooba said.

She said she was sure that people had now awakened.

"If BJP came to power again they will finish the constitution of India and nobody will have the right to talk or to seek reservations".

Asked that the Police have issued a notice to the National Conference asking them to reschedule the poll campaign in Sopore township of Baramulla district due to security reasons, Mehbooba said "I feel it is very wrong. Police and administration should remain neutral".

She said, "I was also supposed to visit the Tral area in the Pulwama district the other day but was not allowed for reasons not known".

## Painted in different colours, Special Polling Stations to add festivity to electioneering across Srinagar

JINNEWS SERVICE  
SRINAGAR, MAY 9

In order to celebrate the festival of democracy in O2-Srinagar Parliamentary constituency with mass participation of voters, the District Election Office Srinagar has made Polling Stations colourfully vibrant with specially with Polling Stations conveying special message regarding women, Persons with Disabilities, (PwD) and Youth besides environmentally viable and sustainable Polling Stations.

The District Election Authority Srinagar has enhanced the essence of Polling Stations through different colours with multifarious messages to facilitate the voters on the Poll day and welcome them to experience a festive-like environment, besides promoting participatory and inclusive voting in Srinagar.

Speaking about the initiative, the District Election Officer (DEO), Srinagar, Dr. Bilal Mohi-Ud-Din Bhat, who is also the Returning Officer (RO), O2-Srinagar Parliamentary Constituency said that the District Election Office Srinagar has established eight (8) Pink Polling Stations specially for Women in different areas of Srinagar from Hazratbal Anchar to Central Sheltang which were painted in Pink colour, denoting Nari Shakti. He said these Polling Station would be managed by all Women staff comprising BLOs, Presiding & Polling Officers, Police and security forces manning the



polling stations.

The DEO said that the idea behind setting up these special Polling Stations is to convey a message to half of the population about their role and responsibility in this democratic exercise besides driving home the point that women are capable of discharging duties in any sphere of life.

The DEO further added that, eight Red Polling Stations have been set up for persons with disabilities which will be staffed by differently abled persons thus bringing out inclusivity.

These Polling Stations equipped with Wheelchairs, Ramps, Braille script and other features also infuse confidence into differently abled to make voting process a smooth activity for them. "Again the idea is to instil confidence among the section and encourage them to vote wherever they are

among them. "To foster the cause of environmental sustainability, eight Polling Stations have been coloured green while plantation activity shall be carried out on the polling day by the first voter", the DEO said and added, "These Polling stations shall also be plastic free".

Pertinently, in all the general Polling Stations, facilities for public convenience including drinking water, toilets, electricity, wheelchairs and ramps besides a help desk have been put up for smooth and successful voting across Srinagar as per ECI guidelines on Assured Minimum Facilities.

It is also worth mentioning that about 17.50 lakh electorates are going to decide the fate of the 24 candidates in the fray for the Lok Sabha polls in O2-Srinagar Lok Sabha seat. On May 13, 2024. Among these over 2 lakh are the first-time voters, who are in the age group of 18-20 and will be exercising their franchise for the first time on the poll day in O2-Srinagar Parliamentary Constituency.

The O2-Srinagar Parliamentary Constituency has 2135 Polling Stations in all 18 Assembly Segments comprising 17-Kangan and 18-Ganderbal, 19-Hazratbal, 20-Khanyar, 21-Habakadal, 22-LalChowk, 23-Chanapora, 24-Zadibal, 25-Eidgah 26-Central Shalteng, 29-Khansahib, 30-Char-i-Sharief, 31-Chadoora, 32-Pampore, 33-Tral, 34-Pulwama, 35-Rajpora and 37-Shopian.

besides increasing sensitization about their issues," said the District Election Officer.

The DEO also said that additionally, individuals with disability of more than 40 percent have already been given the opportunity to cast vote under ECI's initiative of Vote from Home. The three-day campaign for Home Voting which was flagged on May 07, 2024 by the District Election Officer concluded today in the District.

To focus on the importance of youth, the DEO said, eight Polling Stations have been painted in Blue across Srinagar District.

The DEO observed that while democracy will be triumphing through active participation of people, the environmental sustainability would be put to focus by creating awareness among the people and instilling a sense of responsibility

## DDC Reasi assesses implementation of Healthcare Schemes, programs

JINNEWS SERVICE  
REASI, MAY 9

District Development Commissioner Reasi Vishesh Mahajan today reviewed implementation of NTCP, NTEP, RBSK, besides general healthcare scenario in the District.

At the outset, Chief Medical Officer, Dr. Ravinder, welcomed the attendees and provided an overview of the achievements recorded under different schemes/programs in the district.

District TB Officer for Reasi/Udhampur, Shweta Raina, Divisional Coordinator, Directorate of Health Services gave a detailed presentation on the NTEP program, complete with a PowerPoint presentation and discussion of key performance indicators. Later, DNO RBSK/School Health also gave a presentation on RBSK.

The meeting discussed various issues, including the need for presumptive TB testing, increasing TB notifications through more tests, enhancing diagnostic testing capabilities in Reasi district by engaging new TrueNAT Mobile Medical Unit, 100% screening of IPD, RTI must be conducted and placing a strong emphasis on drug susceptibility testing for all TB patients. Additionally, bi-directional screening of patients with HIV, diabetes, tobacco use, smoking history, as well as individuals visiting counseling centers for de-



addiction and workers in hotels, restaurants, and dhabhas was emphasized by DDC.

The meeting stressed the involvement of all District Officers in becoming "Ni-kshay mitra" and engaging public representatives and the education department in creating awareness to achieve TB-free villages and panchayats. DDC Mahajan urged the stakeholders to develop an action plan, enlisting cooperation from various sectors.

The meeting reiterated the commitment to make Reasi district TB-free by 2025, aligning with the National plan for a TB-free India, ahead of the global target of 2030.

The DDC Reasi directed Medical Fraternity to adopt a mission mode approach to meet the target under RBSK & rationalization of staff with special focus on block Mahore.

Besides, he stressed on screening adolescent girls/boys/ PW in line with

the Anemia Mukh Bharat campaign and holding of special camps in far flung areas.

Furthermore, the chair also directed to cover the left out beneficiaries under PMJAY/SEHAT scheme & directed to devise a plan for the same.

The meeting decided to hold Special camps at DDC Office/SDM office Katra, Mahore, Dharmari & Tehsil office Pouni to benefit people.

The meeting further underscored the crucial role of the Social Welfare Department in the health sector, emphasizing broadening the provision of nutrition support to pregnant women.

The Meeting was attended by ADDC Sukhdev Singh Samyal, PO ICDS Mohd. Anwar Bandey, CEO, DSWO Sachin Sharma, MS DH, DHO, DTO Udhampur/Reasi & his staff, Nodal Officer RBSK, BMOs, DNO (Ayush), DPM, DAM, DMEO, DISM, DEIC Manager.

## DC Jammu urges PWD to prioritise public needs, ensure quality Works

JINNEWS SERVICE  
JAMMU, MAY 9

Deputy Commissioner Jammu, Sachin Kumar Vaishya chaired a meeting with senior officers of the Public Works Department to review status of road projects across different divisions.

The DC urged officers to strategise and prioritise works to ensure maximum efficiency and to meet public requirements effectively. He emphasised the importance of maintaining quality in all aspects of project execution and directed officers to prioritise works in a manner that addresses major public demands early in the project timeline.

Furthermore, Sachin Kumar stressed the need to address any hurdles or intentional hindrances swiftly and firmly, ensuring that targets are met and contractors are motivated to complete projects on time.

The DC further directed Sub-Divisional Magistrates to ensure quality maintenance and personally inspect a significant portion of the road length under their jurisdiction.

The status of Road projects in blocks including Nagrota, Suchetgarh, Akhnoor, Khour, Marh and city roads were reviewed on priority, along with other sector roads such as NABARD and CRF.

## Kishtwar Idol Season 2.0 Quarter Final Audition concludes at Kishtwar

JINNEWS SERVICE  
KISHTWAR, MAY 9

The Kishtwar Idol Season 2.0, a brain child of Deputy Commissioner Dr. Devansh Yadav, continues its journey towards musical excellence for the second consecutive year with enthusiastic participation of aspiring singers from across the district.

Today marked a significant milestone as the quarter final round of theatrical auditions concluded at the Auditorium of Govt Degree College Kishtwar. With 67 contestants vying for a coveted spot in the Seminal final round, the competition was fierce yet melodious.

Out of the talented pool of contestants, 10 participants each under the Senior (above 18 years) and Junior (below 18 years) categories were selected to advance to the next round by the esteemed panel of judges, comprising Musical Maestros Mool Raj Misher, Suresh Chauhan, Bhavna Dubey, Sanjeev Sharma, Dy SP Sajjad Khan and Ashok Kumar (flute master).



Each performance was a testament to the aspirants' dedication and passion for music, as they showcased their talent and capabilities with dreams of reaching the grand finale of Kishtwar Idol 2.0.

Under the discerning gaze of the jury members, every note reverberated with emotion and finesse, ensuring that only the most deserving candidates progressed to the next

stage of the competition. The relentless efforts of the Kishtwar Idol team, guided by the sagacious leadership of District Information Officer Dr. Kuldeep Kumar JKAS, alongside the anchor/Incharge Cultural Cell CEO office Kishtwar Awani Sen, played a pivotal role in orchestrating a successful quarter final audition.

Kishtwar Idol continues to be a platform provided

by the district administration to nurture and promote local talent, giving wings to the aspirations of young and budding singers.

The journey of Kishtwar Idol 2.0 now moves forward to the Seminal round, which will take place at TRC Kishtwar. Stay tuned as the stage is set for another exhilarating chapter in the musical odyssey of Kishtwar.

## CS condoles demise of Ex-Chief Secretary, Moosa Raza

JINNEWS SERVICE  
SRINAGAR, MAY 9

Chief Secretary, Atal Dulloo today condoled the demise of former Chief Secretary of J&K, Moosa Raza who breathed his last recently at the age of 87 at Chennai.

In his condolence message, Dulloo remembered Moosa as a very erudite officer who has guided many towards making a mark in administration. He eulogized his role for steering J&K proficiently during most trying times.

He called him a very upright officer who chiseled the career of many young officers during those times. He called his departure a great loss felt personally by him.

A condolence meeting

was also chaired by Additional Chief Secretary, Shaleen Kabra and was attended by Administrative Secretaries from both Srinagar and Jammu. He took this occasion to offer heartfelt condolences to the bereaved family on behalf of the government.

The gathering observed 2 minutes silence and pray for the eternal peace of the departed soul.

Moosa Raza, an IAS officer of 1960 batch of Gujarat cadre, was a veteran bureaucrat who held various important positions in the State as well as Center. He remained Chief Secretary of Jammu & Kashmir with effect from 9th May, 1988 to 23rd January, 1990 and also as Secretary to the Government of India in the Cabinet Secretariat

and Ministry of Steel. He also served as an advisor to the Governor of Uttar Pradesh.

Raza also remained active during his post retirement life. He authored many books like "Kashmir: Land of regrets", "Of Nawabs and Nightangles" and "Of Giants and windmills- An Autobiography". He remained as Chairman of Southern Indian Education Trust and played a key role in the construction of the India Islamic Cultural Center at New Delhi. Shri Moosa Raza worked extensively on education and learning. Recognizing his contribution in diverse fields, he was awarded Padma Bhushan in 2010 by the Govt. of India.

## Deputy Commissioner reviews MGNREGA, other RDD Works in Doda District

JINNEWS SERVICE  
DODA MAY 9

Deputy Commissioner Doda Harvinder Singh, who is also District Programme Coordinator for MGNREGA, chaired a meeting to review the physical progress achieved under 2023-2024 plan.

The ACD presented a comprehensive report detailing all ongoing and completed works, while DC stressed the importance of timely disbursement of wages to job cardholders, emphasizing that all pending payments should be cleared within the stipulated time frame.

DC Singh issued clear instructions to the Village Level Workers (VWLs) operating in Bharderwah not to take up any work without the permission from the Chairman of BOKA. Additionally, the DC directed the VWLs to ensure that all Panchayats maintain cleanliness and hygiene.

The meeting also reviewed the status of Pradhan Mantri Awas Yojana (PMAY) cases and



discussed the Geo-tagging of houses under the scheme.

During the meeting, it was noted that approximately 91,000 job cards had been issued, with around 87,000 job card holders actively working. The total number of works completed under MGNREGA in the year 2023-2024 was reported as 5,740, against a total of 20,869 works started during the same period. DC Singh instructed the ACD to organize gram sabhas to review the status of job cardholders, ensuring that the names of those who had not shown demand were deleted after proper verification.

The meeting concluded with a thorough review of

the financial and physical progress across various works under RDD. The DC underlined the need for a proper assessment of material procurement to avoid delays. He also urged Block Development Officers (BDOs) to accelerate the execution of works and emphasized the importance of Aadhaar card seeding in resolving PMAY scheme cases. The meeting was attended by several key officials, including ADDC Pran Singh, ACD Manoj Kumar, ACP Doda, District Program Officer for the Poshan project, S. Parmjeet Singh, BDOs from various blocks, VWLs, GRSS, technical assistants, and representatives from relevant departments.

## Doctor Aapke Dwar: Free Medical Camp hosted at NTPHC Sohal Paddar

JINNEWS SERVICE  
KISHTWAR, MAY 9

To alleviate the burden of healthcare expenses on the marginalized sections of society and contribute towards the overall well-being and health outcomes of the community, a free medical camp was organized by Block Medical Officer Paddar at NTPHC Sohal Paddar.

The medical camp witnessed the participation of senior consultants from District Hospital Kishtwar, including Dr. Javed Giri, Consultant Pediatrics, and Dr. Shabnam Laila, Consultant Gynecology, along with other doctors specialized in surgery, medicine, dentistry, and ophthalmology.

The medical team examined and screened 150 patients for various ailments, ensuring timely intervention and care.

To address the growing concern of non-communicable diseases (NCDs), a separate counter was set up at the venue to screen patients for diabetes and hypertension, providing essential preventive healthcare services to the community.

In addition to consultations, several laboratory tests were conducted onsite to facilitate prompt diagnosis and treatment. Furthermore, sputum samples were collected for tuberculosis screening, emphasizing the camp's comprehensive approach towards public health.

The successful organization of this free medical camp underscores the commitment of the district administration and healthcare professionals towards providing accessible and quality healthcare services to the residents of Paddar and surrounding areas.