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Lok Sabha Elections 2024 Phase V

Baramulla Lok Sabha seat creates history, records 59 per cent polling

J1 NEWS SERVICE
BARAMULLA, MAY 20

The fifth phase of voting for General Elections to 18th Lok Sabha concluded peacefully here today with around 59% voting in the districts of Baramulla, Kupwara, Bandipora and Budgam districts partly.

“Fractional correction is expected in the percentage figure, as at some of the Polling Stations voting continued



even after 6.00 pm and many polling parties are yet to reach Reception

Center. This remarkable participation marks a new era of peace and

civic engagement in these districts”, read a communique issued here today by the office of J&K Chief Electoral Officer, Pandurang K Pole.

This year’s elections were conducted without any boycott calls or intimidation, showcasing the voters’ unwavering belief in power of the ballot. Not a single polling station reported zero votes, which is a testament to the widespread enthusiasm and commit-

ment to the democratic process. Corresponding percentage for last Lok Sabha election in 2019 was 37.41%.

The highest ever poll percentage in Baramulla Parliamentary Constituency, since the eruption of terrorism in Kashmir was recorded in year 1996 with 46.65% and in the history of Baramulla PC, highest poll percentage was (approx.) 61.09% in year 1984.

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Restoration of J&K statehood is “solemn promise” we have made, will stand by it: PM Modi

AGENCIES

BHUWANESWAR, MAY 20:

Prime Minister Narendra Modi has said his Government has made a “solemn promise” for restoration of Jammu and Kashmir’s Statehood and will stand by it, adding the Centre was working very hard to create the right conditions.

Noting that the record voter turnout in Srinagar is one of the “most gratifying things” he has seen in his tenure, Modi



said people of Jammu and Kashmir have seen the NDA government’s commitment to democracy enhancement in the region, “even at the cost

of us sacrificing power for ourselves”.

“The restoration of statehood is a solemn promise we have

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ADGP Jammu reviews security situation in Doda aftermath of Basantgarh encounter

J1 NEWS SERVICE
JAMMU, MAY 20

Additional Director General of Police Jammu Zone, Anand Jain today reviewed the security situation in Doda district.

He was accompanied by DIG DKR Range Shridhar Patil.

In a statement issued to the news agency the ADGP reviewed operational preparedness, area domination and enhanced surveillance being carried out in the district in the aftermath of terror attack in Basantgarh area of District Udhampur.

Interacting with the Special operation Group, the ADGP Jammu Zone complimented them for their hard work and assured them of providing all support for strengthening the security Grid.

While reviewing the

Crime position, the ADGP Jammu Zone stressed upon the officers to ensure quality investigation of under investigation cases, inquest proceedings, besides arrest of absconders, tracing out of missing persons and minimize the pendency including disposal of backlog cases. The ADGP directed the officers to make special efforts to collect the electronic and other circumstantial evidence in UAPA and NDPS cases and dispose of the cases against sufficient evidence to ensure conviction.

It was emphasized upon the officers to launch a special drive against traffic violation to avoid overloading, over speeding which is the main cause of the road accident in hilly terrain of District Doda.

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Baramulla LS polls

Militant commanders’ families cast vote, appeal their sons to shun violence, join mainstream

J1 NEWS SERVICE
BARAMULLA, MAY 20

Amidst the ongoing polling for the fifth phase of Lok Sabha elections in Baramulla parliamentary constituency, families of militant commanders cast their votes, appealing to their sons to surrender.

Speaking to the news agency after casting his vote, Abdul Qayoom Lone, father of Lashkar-e-Toiba militant commander Abid Qayoom, a resident of Ussan Pattan, said that



he and his family cast their votes for change and development.

“Voting is an individual’s right and everyone must

exercise his right. It paves the way for regional stability and development,” Lone said.

He added that his son

had joined the wrong path and must shun it and join the mainstream. “My son joined the ranks, which is wrong, and he must surrender and join the mainstream,” he said in an appealing tone.

Lone, meanwhile, urged everyone, especially youth, to cast their votes and asked them not to indulge in wrong activities that lead nowhere.

In Ussan Pattan, Rouf Ahmed, brother of Omar, who is said to be a

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Cong didn’t revoke Article 370 for appeasement’s sake: Amit Shah

AGENCIES

KARNAL, MAY 20

Union Home Minister Amit Shah on Monday attacked the Congress, saying the party did not revoke Article 370, which allowed special status to Jammu and Kashmir, for the sake of appeasement politics.

Addressing an election rally here, Shah reiterated that Pakistan-occupied Kashmir (PoK) belongs to India and “we will take it back”.



The senior BJP leader also attacked the Congress on the Ram temple issue, saying its top leaders such as Mallikarjun Kharge, Rahul Gandhi and Sonia Gandhi did not take

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LG congratulates people, stakeholders on high voter turnout in Bla PC

J1 NEWS SERVICE
SRINAGAR, MAY 20

Lieutenant Governor Manoj Sinha congratulated the people and all the stakeholders on the high voter turnout in Baramulla Parliamentary Constitu-

ency. In a tweet, the Lt Governor said: “High voter turnout, over 58% in Baramulla Parliamentary Constituency, is very encouraging and shows the people’s determination and unwavering faith in democracy.

I congratulate and thank the people of Baramulla for joining the Maha Kumbh of our democracy in large numbers.”

“I appreciate the hard work of all the stakeholders to ensure

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Iran President Death | Govt announces one-day state mourning on May 21

AGENCIES

NEW DELHI, MAY 20

A one-day state mourning will be observed across India on Tuesday as a mark of respect for Iranian President Ebra-



him Raisi, who died in a helicopter crash, the Union Home Ministry has announced.

The national flag will be flown at half-mast on all buildings where it is regularly flown across

India and there will be no official entertainment during the period of state mourning.

The Iranian president, the country’s foreign minister and several

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Jammu records season’s hottest day as mercury hits 42.2°C

J1 NEWS SERVICE
JAMMU, MAY 20

Jammu on Monday recorded the season’s hottest day, with the maximum temperature hitting 42.2 degrees Celsius, an official said, as authorities changed the school timing in view of the “extreme hot weather conditions” to provide relief to the students.

The maximum temperature in Jammu and Kashmir’s winter capital was 3.9 notches above the season’s average, a Met office spokesperson said.

The minimum temperature also moved a



degree above normal to settle at 25.1 degrees Celsius, he added.

Jammu has been reeling from heatwave conditions over the past week, especially after the city’s day temperature crossed the 40 degrees Celsius mark for the first time

this season on May 16. The upward trend in temperatures prompted local residents to seek early summer vacation in schools.

The Directorate of School Education, Jammu, ordered a change in the school timing in

the division’s summer zones due to the extreme heat.

The new timing – 8 am to noon – came into effect from Monday in all government and private (recognised) schools up to the higher secondary level.

The official said Katra, the base camp for pilgrims visiting the Mata Vaishno Devi shrine, recorded a high of 37.6 degrees Celsius and a low of 24 degrees.

Kashmir, on the other hand, continued to enjoy pleasant weather with a fresh spell of rain in wide parts of the

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Fire engulfs forest area in Udhampur

J1 NEWS SERVICE
JAMMU, MAY 20

A fire broke out in the forest belt of Jammu and Kashmir’s Udhampur district on Monday, prompting the authorities and local volunteers to swing into action, officials said.

The blaze erupted in the Gangra forest area and rapidly spread over a large expanse of land, they said.

The Forest department and the Jammu and Kashmir Fire and Emergency Services, alongside local volunteers, have

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Chief Secretary reviews overall security scenario

J1 NEWS SERVICE
SRINAGAR, MAY 20

Chief Secretary, Atal Dulloo, Monday chaired a high level meeting of Civil and Police administration to review the security scenario prevailing in J&K in the wake of ensuing tourist season and ongoing election process in the Union Territory.

The meeting deliberated on taking further steps in strengthening the security grid in view of the ongoing tourist season.

The meeting besides DG, Police and Principal Secretary, Home was attended by ADGP, L&O, BGS 15 Corps, ADGP, CID, ADGP, Jammu, Divisional Commissioner, Kashmir/Jammu, Commissioner Secretary, Tourism, IGP, Kashmir, Director Tour-



ism, Jammu/Kashmir and other concerned officers.

The Chief Secretary observed that the dividends of peace prevailing in the UT from the past 4-5 years have been substantial and encouraging for all. He maintained that the bumper tourist arrivals and significant voter turnout in the ongoing parliamentary elections are visible indicators of peace and harmony witnessed

here during this period. He further stated that any effort to derail the visible conducive environment would be dealt with strictly.

Dulloo remarked that this notable improvement in the security scenario has benefitted one and all and needs to be preserved at every cost. He impressed upon the law and order maintaining agencies to be vigilant against the

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LADAKH VOTES

Cold desert witnesses first parliamentary polls as UT, records 67 per cent voting

AGENCIES

LEIH, MAY 20

Ladakh witnessed its first parliamentary election as a Union Territory on Monday, May 20, marking a significant milestone since the abrogation of Article 370 in 2019. With the transition from a



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One Day Teachers Training Workshop held at GGHSS Bholderwah

JNEWS SERVICE
DODA, MAY 20

One Day Teachers Training Workshop was today organised at Government Girls Higher Secondary School Bholderwah in collaboration with Vishwagram Educational Trust.

Over 30 teachers from different education institutions i.e. Primary, Middle, Secondary and Higher Secondary schools of Zone Bholderwah participated in the training programme.

The training was imparted to teachers by Dankesh Oza (Ex. Joint Secretary of Gujarat) and Bharti Oza (Ex. Deputy Director, Department of Industries, Gujarat).

The Educational Training Event took place in presence of Shafayat Ahmed (Principal Girls



Bholderwah).

The programme was coordinated by Dr. San-

jeev Kumar Koul (Zonal Counselling/Cultural Incharge) and assisted

P.L. Thapa (Chief Education Officer Doda).

by Teacher Manjeet Singh (UPS Bhouda) and Teacher Ramjee Kak (PS Sarna).

The visiting team members shared their valuable knowledge and elaborated the Gandhian concept of Education which can be used to evolve a better teaching learning process in the classrooms.

The programme was organised under the supervision of Harvinder Singh (District Development Commissioner and guidance of

Power shutdown

JNEWS SERVICE
JAMMU, MAY 20

Chief Engineer (Distribution) JPDCL, Jammu has informed that the power supply to Ramssoo, Neel, Ukhral, Khari and adjoining areas will remain affected on May 21, 22, 23 and 24 from 9 am to 5 pm. Similarly, the power supply to Shakti Nagar, Patel Nagar, Kailash Nagar, Gurha Bakshi Nagar, Canal Road, Rajpura, Shiv Nagar, Polytechnic College, CID Office, Mohinder Nagar, Palm Island, Pawan Ice Cream and adjoining areas will remain affected on May 22 from 8 am to 12 noon. Likewise, the power supply to Company Bagh, Chand Nagar, Ware House, Krishna Nagar, Jewel and adjoining areas will remain affected on May 22 from 9 am to 12 noon. Similarly, the power supply to Manjakote, Gambhir, Dassal, Tandwal, Katarmal, Patrara, Gambhir Mughlan, Premnagar, Thatri, Dhara, Gundoh, Bhatyas, Changa and adjoining areas will remain affected on May 23 from 8 am to 2 pm.

Commissioner SMC reviews Infrastructure Projects of Srinagar Municipal Corporation

JNEWS SERVICE
SRINAGAR, MAY 20

The Commissioner, Srinagar Municipal Corporation (SMC), Dr. Owais Ahmed today conducted a review of infrastructure projects with a focus on enhancing public services and facilities.

The review centered on the project advancements of the De-watering Station in Shalteng, the Corporate Hall within the SMC Central Office, and the ongoing remodeling efforts at the central office premises of SMC.

During the meeting, the Commissioner stressed upon the vital role of these projects to elevate infra-



structure and the services offered by the Srinagar Municipal Corporation. The construction of the De-watering Station at Shalteng is a crucial step towards tackling storm water drainage issues in the area and to minimize the risk of accumulation during the rainy season.

Moreover, the devel-

opment of the Corporate Hall within the SMC Central Office is anticipated to provide a dedicated space for the Corporators of the Municipal Corporation.

The remodeling of the central office premises aims to establish a more modern and functional workspace for SMC staff, enhancing their ability to efficiently serve the residents of Srinagar.

While expressing contentment with the progress achieved so far on these projects, the Commissioner directed for timely completion of these projects in order to ensure the prompt service delivery mechanism to the citizens of Srinagar City.

Lok Sabha Elections 2024 Phase V

ECI establishes 187 special polling stations in Baramulla PC: CEO

JNEWS SERVICE
SRINAGAR, MAY 20

With an aim to attract maximum number of voters and make the electoral process pleasant and enriching, the Election Commission of India (ECI) has established 187 special polling stations of different categories for voters in Baramulla Parliamentary Constituency (PC) which went for polling today in the fifth phase of General Elections to Lok Sabha 2024. These innovative polling stations viz; women manned, youth

manned, PwD manned, Green Polling Stations, Border Polling Stations, Model Polling Stations and Unique Polling Stations were designed to cater specifically to women, youth, Persons with Disabilities (PwDs), promote eco-friendly practices and cater to needs of voters of different kind in the region. The polling stations were established under specific themes in all the four districts of Baramulla Parliamentary Constituency.

In Baramulla district, six women manned, seven PwD manned, seven youth manned, eight green, fifteen border, three unique and twenty one model polling stations were established. Similarly, six women manned, six PwD manned, six youth



teen border, four unique and twelve model polling stations were established for ease of voters in Kupwara district.

Likewise, in Bandipora district, three women manned, three PwD manned, two youth manned, four green, thirty one border, Two unique and fifteen model polling stations were established.

In Budgam district (27 and 28 Assembly segments), three women manned, one PwD manned, one youth manned, one unique and one Model polling station was established.

The newly established polling stations aim to revolutionize the electoral process by ensuring accessibility and representation for all segments of society. With a special focus on women, youth, and PwD, these stations had been equipped with amenities tailored to meet their unique needs, fostering an

environment conducive to active participation in the democratic process.

Furthermore, the ECI's commitment towards environmental sustainability has been vividly demonstrated through implementation of green practices at these polling stations. Every aspect has been meticulously designed to minimise environmental impact and promote a greener future.

Speaking on this milestone initiative, Chief Electoral Officer (CEO), J&K, Pandurang K Pole, said that establishment of these unique polling stations underscores our unwavering dedication towards fostering inclusivity and sustainability in the electoral process. He added that the ECI believes that every citizen should have equal access to exercise their democratic right, and these polling stations represent a significant step towards achieving that goal.

GPC Ramban organises industrial visit for Electrical Engineering Students



JNEWS SERVICE
RAMBAN, MAY 20

Government Polytechnic Chanderkote, Ramban organized an industrial visit for the 4th semester students of the Electrical Engineering Department here to the Grid Station Maitra. The visit was flagged off by Er. Pawan Kumar, Head of the Electronics and Communication Engineering Department at the institution.

A total of 33 students, accompanied by faculty members, participated in the visit. The students expressed their excitement upon arriving at the Grid Station Maitra. This industrial visit aimed to provide young minds with firsthand experience and insights into the practical aspects of technology, thus fostering their interest in engineering sub-

jects. These experiences are invaluable in linking theoretical knowledge with real-world applications. During the visit, Rajinder Singh and Milap Singh guided the students around the grid station, explaining the operational mechanism of the equipment used there. The students actively engaged by asking various questions, all of which were satisfactorily addressed by the experts. The students reported a high level of satisfaction with the insights gained from the visit.

The visit was organized under the overall supervision and guidance of the Principal of the institution, Er. Vivek Mahajan. The coordination of the visit was managed by Er. Aabid Hussain, Demonstrator of the Electrical Engineering Department.

KVK Samba organises One Day Workshop on Bamboo Cultivation



JNEWS SERVICE
SAMBA, MAY 20

Krishi Vigyan Samba organized one day workshop on "Bamboo Cultivation and its utilization" at its campus here today. The programme was attended by Twenty one officers of Department of Agriculture from different Panchayats of District Samba.

Prof Sanjay Khajuria, Chief Scientist and Head KVK Samba coordinated the program held under the leadership of Professor Prof. B.N. Tripathi, Vice Chancellor, Sher-e-Kashmir University of Agricultural Sciences and Technology, Jammu and under the guidance of Dr. Amrisha Vaid, Director Extension.

The main objective of organizing this workshop was to promote Bamboo Cultivation in the Kandi belt of Samba for the livelihood security of the farmers. During the workshop,

Dr. Khajuria explained in detail the importance of Bamboo, its cultivation, utilization as well as promotion in Samba District. He suggested to adopt Bamboo based agro forestry for sustainable development of waste lands.

Initially, Dr. Khajuria gave a brief outline of utilization of waste lands through Bamboo based agro-forestry Interventions and utilization of waste lands in Samba shivaliks for the upliftment of the rural farmers. He stressed upon the field functionaries to chalk-out a comprehensive plan for the Bamboo based agro-forestry Interventions in kandi zones of Samba for benefit of the farmers as well as to save the soil from erosion, over grazing, deforestation etc, because bamboo can grow on otherwise marginal land, bamboo can be profitably cultivated in many degraded lands.

Moreover, because of the rapid growth, bamboo is an effective climate change mitigation and carbon sequestration crop, absorbing between 100 and 400 tonnes of carbon per hectare. It is pertinent to mention here that KVK Samba is keenly involved in promotion of Bamboo cultivation in District Samba from last few years.

Bamboo is harvested from both cultivated and wild stands, and utilized in making baskets, hand-fans, and other purposes in District Samba. Bamboo is typically harvested as a source material for construction, food, crafts and other manufactured goods also.

The workshop was also witnessed by Dr. A.K. Sinha, Dr. Vijay Kumar Sharma, Dr. Shalini and Dr. Amit Mahajan. At the end, vote of thanks was delivered by Dr. Abhay Kumar Sinha.

DDC inspects progress of work on Domail-Katra Section of DAK Expressway

JNEWS SERVICE
REASI, MAY 20

District Development Commissioner Reasi Vishesh Mahajan today inspected the pace of work being executed on the Domail-Katra section of the Delhi-Amritsar-Katra (DAK) Expressway.

The Project Director, NHAI Udhampur, Anuj Kumar Singh, gave a detailed overview of the works in execution in all the chainages of the project failing in the jurisdiction of District Reasi.

The DDC Reasi was informed that the project is being executed strictly in accordance with the Code of the specifications and standards of Expressway.

The DDC Mahajan also reviewed land acquisition and disbursement of compensation. He instructed the concerned officers



to resolve pending land issues, bottlenecks, if any, on priority for smooth execution of work on prestigious road projects. It was also informed that most of the land issues have been resolved, while the DDC instructed NHAI officers to stay in regular touch with concerned officers for resolving minor pending issues.

The NHAI Officers were asked to expedite the pace of work on Delhi-Katra

expressway for its time bound completion.

During the inspection, DDC Mahajan laid emphasis on the use of quality material in infrastructure projects of National Highways Authority of India (NHAI). ACR Anshumali Sharma, SDM Katra Piyush Dhotra, Dy. Manager NHAI Udhampur Nitish Dhanraj, Tehsildar Katra Jatinder Singh and other officers were present.

Illegal mining & transportation of minerals Police arrest 06 persons, seized 06 vehicles in Kulgam

JNEWS SERVICE
KULGAM, MAY 20

To curb the menace of illegal mining, Police in Kulgam have seized 06 vehicles (03 Tippers, 02 Tractors & a Dumper) & arrested 06 persons involved in extraction & transportation of minerals from river Vaishow and other Nallahs. Accordingly, cases under relevant sections of law have been registered at Police Station Qaimoh and Police Station Devsar and investigations have been initiated.

People are requested to come forward or Dial-112 regarding any information about illegal extraction of minerals. Police warns stringent action as per law against those whosoever found involved in such activities.

Chairman DLSA Kathua visits District Jail to review condition of Prison, facilities for inmates

JNEWS SERVICE
KATHUA, MAY 20

Chairman, District Legal Services Authority Kathua, Ashok Kumar Shavan, (Principal District & Sessions Judge Kathua), today visited District Jail Kathua to review the condition of Prison besides enquiring about the facilities available for the inmates.

This Jail visit was conducted in accordance with the directions of NALSA and J&K Legal Services Authority (JKLSA). The Chairman, District Legal Services Authority Kathua was accompanied by Secretary District Legal Services Authority Kathua Rekha Kapoor Nischal, LADCS Officers as well as Chief Administrative Officer, Administrative officer & Section officer of Principal District & Sessions Court Kathua. During the visit, the Chairman, DLSA Kathua inspected the jail premises and the facilities available for inmates lodged therein. The Chairperson interacted with the



inmates placed in different barracks and inquired about their health, quality of food & water being provided to them by Jail Authorities in addition to access to Legal representation. He also inspected the facilities available at Video Conference Hall, Medical Clinic/Room, Legal Aid Clinic, Cooking Area and washrooms in the jail.

The Chairperson also enquired about the condition of Jail inmates whose trials are pending outside the District Kathua. He directed the officers of LADCS to record the grievances of jail inmates on spot so that the same can be timely redressed.

The Chairperson also gave directions to Superintendent District Jail Kathua to maintain proper Hygiene in the Jail by ensuring regular fumigation & spray in coordination with Municipal committee Kathua.

NOTICE

I, Mohd Yasif, S/o Mohd Farooq, a resident of Bajalta, Jammu declare that my mother's name, Sharifa Bi, has been wrongly written as Shareefan Bibi in my Class 8th marks card issued by DIET Jammu. Her correct name is Sharifa Bi. I am applying for correction of the same in Class 8th marks card. Objections, if any, may be conveyed to the concerned.

Step motherly treatment to farmers by LG & Electricity Deptt, says Tony

JINNEWS SERVICE
RS PURA, MAY 20

Taranjit Singh Tony, General Secretary of J&K Pradesh Congress Committee and DDC Member Suceetgarh today led a protest against the severe power shortages and steep electricity bill hikes that have been burdening farmers in the region.

The protestors gathered in front of the office of the Sub-Divisional Magistrate (SDM) in RS Pura to mark their resentment against the unscheduled power cuts amidst ongoing hot-test days but the SDM was not present on her seat. The protest today reflects the growing frustration among the farming community, who feel neglected and unfairly treated by the present administration.

During the protest, Ex Sarpanch Rajesh Khanna, Ex Sarpanch Sarabjit, Ex Sarpanch Tilak Raj Bhagat, Ex Sarpanch Fateh Chand Bhagat, Ex Sarpanch Shashi Bhagat, Ex Sarpanch Pappu Choudhary, Ex Sarpanch Kala, Choudhary Bihari Lal and Ex Sarpanch Balkar Nagar were present.

Speaking to media persons here, Tony expressed frustration over the unscheduled power cuts that have further disrupt-



ed the lives and livelihoods of farmers as well as general public in the border villages. "Unscheduled power cuts have added to the misery of common masses and farmers, affecting their productivity and worsening their economic situation," he said.

He strongly condemned the indifferent attitude of the authorities towards the plight of farmers. He highlighted that amidst the financial distress faced by farmers, the Electricity Department has unexpectedly raised electricity bills at a flat rate. "Earlier, farmers used to receive electricity bills between Rs 300 to Rs 500, but now,

without any prior notice, the bills have surged by 200%, which is unbearable," Tony stated.

Adding to the farmers' woes, Tony pointed out that any delay in paying these inflated power bills results in the department imposing a flat rate interest, further exacerbating the financial burden on poor farmers. He criticized the Commissioner of the Power Department for their apparent lack of concern regarding the severe impact of these policies on the farming community.

Tony vehemently opposed the current approach of the Modi government, labeling their policies as anti-farmer. "This is not the way to double the income of farmers. Instead, these wrong policies are pushing them deeper into distress," he asserted. While acknowledging the necessity of regularizing electricity connections, Tony argued that the timing is inappropriate. He suggested that such efforts should be postponed until after the paddy season. "The department should wait until the paddy season is over and then proceed with the regularization of connections on a village-by-village basis. This would allow farmers to manage their resources and schedules more effectively," Tony proposed.

"This is not the way to double the income of farmers. Instead, these wrong policies are pushing them deeper into distress," he asserted.

While acknowledging the necessity of regularizing electricity connections, Tony argued that the timing is inappropriate. He suggested that such efforts should be postponed until after the paddy season. "The department should wait until the paddy season is over and then proceed with the regularization of connections on a village-by-village basis. This would allow farmers to manage their resources and schedules more effectively," Tony proposed.

Col Vinod PMG Jammu discusses Post Office Schemes with DC Rajouri

JINNEWS SERVICE
JAMMU, MAY 20

Col Vinod PMG Jammu today on 20-05-2024 met with on Deputy Commissioner Rajouri, Shri Om Parkash Bhagat during a special meeting at DC Office Rajouri. The duo discussed various flagship schemes of the central government being offered by the Department of Posts to the residents of this border district.

Col Vinod informed the DC about the various steps being taken by the Postal Department to provide the best possible services like Passport Seva, Aadhar, Insurance, Small Savings, Mail, Parcel, India post Payments Bank and Speed Post services. He informed the DC that the Department has augmented its logistic infrastructure to align it at par with the rest of the country ensuring



speedy delivery of mail.

Col Vinod laid special emphasis on the Sukanya Samridhi Yojana under the brand ambit of "Beti Bachao, Beti Padhao".

The DC was requested to lend his support to further popularize this scheme amongst the

public of Rajouri district especially in c/w Kissan Samman Nidhi and other DBT disbursement. He also explained about providing insurance cover to the people of Rajouri by rural postal life insurance and PLI. He also apprised the services of

RTN through which the article booked in Delhi reached to Srinagar next day positively.

The Deputy Commissioner appreciated the role of India Post for its dedication and excellent services being offered in district Rajouri and assured of all possible help to further promote the various people-friendly schemes of the Postal Department in the public.

On this occasion, Col Vinod apprised the DC of the various activities organized by the Department of Posts during three days at Rajouri. Col Vinod presented a customised "My Stamp" to the Deputy Commissioner Rajouri on this occasion. Chandan Sharma ASPOs Rajouri, Sh. Santosh Kumar, ASPO's Jammu Division and Shri Ram Lal and Shri Sanjay also attended the meeting.

BJP all set to create new benchmark in LS Polls in Punjab: Kavinder

JINNEWS SERVICE
GURDASPUR (PB), MAY 20

Kavinder Gupta, senior BJP leader and former deputy Chief Minister has confidently said that the Bharatiya Janata Party (BJP) is poised to set new benchmarks in the Punjab Lok Sabha elections. He emphasized the Party's commitment to delivering transformative policies and development initiatives tailored to the needs of Punjab's citizens.

The former deputy Chief Minister was speaking while addressing a meeting of party workers in connection with ongoing Lok Sabha poll in Gurdaspur district of Punjab state. During the meeting, senior BJP leaders Shiv Rajan Singh Dist President Gurdaspur, Bhagel Singh Mandal President, Rakesh Pant, Rajinder Bitta, S Varinder Jeet Singh, Sunil Prajapati, Rajinder Singh, Rajiv Charak, Mahinder Gupta, Jeet Angral, Sheel Magotra and Gopal Mahajan were present.

Kavinder said that BJP is dedicated to ushering



in a new era of progress and prosperity in Punjab. "Our Party's vision for the state focuses on inclusive growth, infrastructural development, and ensuring the welfare of every Punjabi."

He also outlined the Party's strategic plans, which include robust campaigning, grassroots engagement, and addressing key issues such as agriculture, employment, and healthcare. "The people of Punjab deserve a government that is responsive, accountable, and works tirelessly for their betterment," he added.

Kavinder asked the

party cadre to strengthen the party base at booth level to ensure resounding victory in all the ensuing political battles in the Union Territory. He asked them to strengthen the organization from the booth-level, and reach out to prospective voters from all segments and age-groups. He laid stress on strengthening organizational setup to the hilt so that the party's triumph at the progressing Lok Sabha polls. He asked the booth level workers to disseminate information about Modi government's flagship schemes among the common masses so

that doubts if any can be warded off timely leaving no scope for the opposition parties to take undue benefits by swaying people by misleading them.

Kavinder said that it is important to bring the voter to the polling booth and efforts should be made by the party workers to meet this challenge with utmost ease through strong resolve and conviction. He said that ground level workers are the real ambassadors of the party as their efforts can prove to be the game changer especially to get favourable results in elections.

'Phenom India' Health PI-CHeCK Camp inaugurated at CSIR-IIIM

JINNEWS SERVICE
SRINAGAR, MAY 20

The CSIR-Indian Institute of Integrative Medicine, Jammu at its branch at Srinagar today launched a health check-up camp under 'Phenom India CSIR Health Cohort Knowledge Base (PI-CHeCK)' for their staff, pensioners, and their spouses. The initiative is part of CSIR's broader mission to ensure "Swasth Bharat, Viksit Bharat" (Healthy India, Developed India) through comprehensive health and wellness assessments. The camp was inaugurated by Dr. Zabeer Ahmed, Director, CSIR-IIIM, in presence of Dr. Fayaz A Malik (Coordinator), Dr. A S Shawl (Ex, Head IIIM-Branch Srinagar); Dr. Hemant Gautam and Dr. Vamsi Yenamandra, scientists from IGIB New Delhi.

While interacting with the scientists, staff and the visiting pensioners, Dr Zabeer Ahmed, Director, CSIR-IIIM stated that CSIR being one of India's larg-



est research and development organizations, with a network of 37 laboratories across the country has launched a unique initiative of PI-CHeCK that aims to integrate state-of-the-art AI and ML models with extensive health data to establish precision medicine frameworks with personalized disease risk scores tailored to the Indian population. He emphasized that PI-CHeCK is a Pan-India program, being implemented at various CSIR national laboratories and

centres. The data generated will be instrumental in developing diagnostic and prognostic biomarkers for various health conditions prevalent in the Indian demography. These assessments include gut microbiome analysis, liver health evaluations via transient elastography/fibroscan, heart health monitoring with electrocardiograms, lung function assessments through spirometry and oscillometry, skin barrier testing, and full blood

Liver Function Test (LFT), Kidney Function Test (KFT), Complete Blood Count (CBC), Lipid Profile besides other routine biochemistry tests.

Later in the event Dr. Zabeer Ahmed visited all testing stations, evaluating the preparedness for the three-day sampling program. He interacted with the PI-CHeCK team and encouraged volunteers to participate actively. The program expects around 75 voluntary participants from CSIR-IIIM, Srinagar.

"World Hypertension Day" celebrated

JINNEWS SERVICE
JAMMU, MAY 20

World Hypertension Day was celebrated by Vichar Kranti Manch International and Indian Yoga Association at Municipal Park Sector 2, Chhanni Himmat, opposite Gurudwara. The celebration comprises of 4 sessions, 1st was of Yogasans useful for Management of High Blood Pressure, the Yogasans included : Vajrasan, Shashankasan, pashchimotanasan, Pawanmuktasan, Shithilasan (Right Side), Suptvajrasan, shavasana, Second session was of Pranayamas : It included, Shirlee, Shitkaree, Kapalhati, Ujjai, Chanderbhedi, Bhrumri, besides Long and Deep Breathing, 3rd session was of treatment through



Homemade and Ayurvedic Medicines, presented by Dr Shreyansh Kumar Jain, State Yoga Commissioner, State Chairman Indian Yoga Association & President Vichar Kranti Manch International and 4th session was of Meditation, which was conducted by the Preceptors of Brahma-

kumaris Mission, Bhai Kulddeepji in a very simple and effective way, which was appreciated by one and all. The demonstrations of Yogasans and Pranayama was done by a very senior and experienced yoga teacher of 91 years of age Sh PN Jalla. Yogasans were practiced by S/Sh

KS Samyal & Dr Jain. Mrs Monika Khajuria, a Nutrist and Yoga teachers gave an advisory about dietary habits to live a healthy life. Sh P N Jalla recited a Spiritual Bhajan on Shree Ram, chanting of Om and vedic Prayer. Chander Mohan Sharma, Gen Secy VKMI presented vote of Thanks.

ASCOMS & Hospital, JKOA organize 2nd Indian Orthopaedic Rheumatology Spine Conclave

JINNEWS SERVICE
JAMMU, MAY 20

2nd Indian Orthopaedic Rheumatology Spine Conclave (IORA) was organized by the Department of Orthopaedics ASCOMS & Hospital, Sidhra in association with Post graduate Department of Orthopaedics, Govt. Medical College, Jammu and Jammu & Kashmir Orthopaedics Association (JKOA). A national event of IORA was held in the City of Temples Jammu which was inaugurated by the Chief Guest Dr. Ashutosh Gupta, Principal/Dean, Govt. Medical College, Jammu. Dr. Rajesh Kumar Gupta Organizing Chairman of the conclave and President IORA in his welcome address laid stress upon importance of Rheumatology and its association with Spine Disorders. He thanked all the Faculty who participated in this event especially the outstation Faculty who have taken time from their busy schedule to come all the way to attend the Scientific deliberations of 2nd



IORA Spine Conclave.

The Guest of Honour Dr. Pavan Malhotra, Director Principal, ASCOMS & Hospital while speaking on the occasion congratulated Dr. Rajesh Kumar Gupta and team for organizing a wonderful Scientific event and assured him all the support from ASCOMS & Hospital in the future academic ventures as well. The Chief Guest Dr. Ashutosh Gupta appreciated the efforts of Dr. Rajesh Kumar Gupta, his team, all the participants and Faculty for making this event a grand success. In this one day Scientific event

approximately 127 participants were registered. The national Faculty from the field notably were Dr. Ram Chadha, President Indian Orthopaedic Association (IOA), Dr. SS Jha, Patron (IORA), Dr. Manish Khanna founder and advisor (IORA), Dr. Amitabh Mukherjee, President elect (IORA), Dr. Chinmoy Das, Secretary General (IORA), Dr. Kingsuk Mondal, Dr. PS Sarkar, Dr. Rakesh Rajput from Kolkata, Dr. Sanjay Dhar, Dr. Agnivesh Tikoo from Mumbai, Dr. Saheel Maajid from Srinagar and Dr. MA Basit from Himachal Pradesh. The local

Faculty who took part in this Scientific deliberation were Dr. Sanjeev Gupta, Prof. & Head, Ortho GMC Jammu, Dr. Abdul Gani, Dr. Mohd. Farooq Bhat, Dr. Bias Dev, Dr. Farid Hussain and Dr. Tarsem Motan. Dr. Farid Hussain, organizing Secretary while presenting the vote of thanks appreciated the efforts of one and all for making this Scientific event fruitful. He also thanked all the Sponsors and the team of Junior Doctors who had put all efforts day in and day out for making the event a grand success.

FROM THE FRONT PAGE...

Baramulla Lok Sabha...

This year's poll percentage is definitely second highest in democratic history of Baramulla PC and may likely to be highest, as final figures are yet to reach from remote areas and also two assembly segments- Budgam and Beerwah have been added in recent de-limitation, we can say it is highest for the Baramulla PC in today's size.

The CEO has attributed this substantially increased record polling percentage to improved security - law and order environment in last 4-5 years, mobilization by 22 candidates and Political parties, election awareness done by Deputy Commissioners and CEO office through SVEEP activities and more importantly voters strong belief that it is the ballot which can lead to sustainable development (Aman, Tarraki aur Khush-hali).

The communique stated that the Polling took place in 2,103 polling stations across the Baramulla Parliamentary constituency with live webcasting at all the polling stations. Voting started at 7 a.m. across the PC with long queues of enthusiastic voters waiting to cast their votes. Demonstrating the spirit of democracy, the voters of Baramulla, Kupwara, Bandipora and Budgam showed up in record numbers to cast their votes in a significant show of faith in the Election Process. Since beginning of the poll at 7.00 AM, voters were seen standing in long queues at many polling stations across the all 4 districts. Elderlies, ladies, youths were seen enthusiastically exercising their right to vote in a peaceful environment.

Chief Electoral Officer, Jammu and Kashmir, Pandurang. K. Pole monitored the progress of voting in Phase -V across the Parliamentary Constituency from the Union Territory-level Command and Control Center established at ICCC- HMT, Bemina and CEO Office, Srinagar.

It is pertinent to mention here that the Command and Control center has been working 24 x 7 at Srinagar as well as Jammu since 16 March to ensure free, fair, and indubitable free elections. Actual Poll started at 7.00 AM and after two hours of polling, 7.70%(it was without Sopore Assembly segment, as the AERO couldn't upload it in time, however it was included in next two hourly reporting time at 11.00 am) polling was recorded in the constituency at 09:00 am; at 11.00 AM 21.56% of voting, at 01:00PM 35.08% voting; at 3:00 PM 45.22 % voting was recorded. By 5:00 pm 54.57% polling was recorded in the constituency. Assembly segment wise highest poll percentage was observed in Handwara with around 72.00 % and lowest in Guru with 40.82%.

These figures against each Assembly Segment are tentative as postal votes polled during home voting, through EDC, Postal ballot, ETPBs and Migrant votes polled at special polling stations are not added. Around 17,37,865 lakh electors were enrolled for casting their vote. More than 8,000 polling staff performed poll duty. Actual Poll continued till 6.00 pm and at few polling stations of Trehgam, till voting by last voter standing in queue.

At every polling station, basic minimum facilities of water, electricity, toilet, ramp, verandah/ waiting room etc were made. Even wheelchairs and volunteers were provided as and when required. Effort was made to give better experience to voter. In many polling station premises, it was seen that even small kids were accompanying their parents and playing in the premises. Polling stations were full of festivity.

During his visit to Jammu and Kashmir on 12- 13 March, Chief Election Commissioner Sh. Rajiv Kumar, had stressed to ensure inclusive election and effort was made ensure the same. Youths, especially first time voter, women, elderlies and specially abled persons were seen in large numbers at all PS and required basic facilities were provided at all polling stations. Additionally, in order to ensure inclusive voting, 18 number of polling booths managed by women (also called as pink polling stations),17 number of polling booths managed by specially abled persons and 18 number of polling stations managed by youths were established. Also to spread the message about environmental concerns, 18 green polling stations were set up.

To facilitate voter identification, apart from EPIC card, other documents such as Adhar card, Bank Passbooks, Driving License, PAN Card, Govt employee ID card etc documents were also allowed. Media facilitation was done through special passes for more than 600 journalists. The democratic spirit has won over any kind of apprehension in the mind of the average Kashmiri voter. Despite terror incidence of Pahalgam and Shopian, which happened just two days ago, voters seen coming in large numbers to vote. Anti-national elements failed to deter voters from exercising their constitutional rights. Meticulous planning and execution of SVEEP activities was done and it ultimately has resulted in a significant increase in the voter turnout. SMS Blast on mobile through telecom companies, hoarding, flex, nukkadnatak, street play, painting competition, various sports competitions, rally etc has translated into an increase overall voter turnout.

The spirit of democracy has triumphed and not even a single incident of stone pelting or any kind of violence has been reported on poll day. The enthusiasm among the political parties, who are an important stakeholder in the democratic process can be gauged from the fact that a record number of applications regarding various permissions have been received on the Suvidha portal and they were facilitated to hold public meetings/ rallies etc in all nook and corner of the constituency.

The campaigning in Baramulla PC have been violence free and has witnessed historic participation from the voters. There were around 21,000 Kashmiri migrants electors in PC- Baramulla who opted for voting at 26 Special Polling Stations established at Jammu (21), Udhampur (01) and Delhi (04). At these 26 special polling stations, there was voter turnout of 32 % at Jammu and around 50 % at Udhampur and Delhi. It is also for the first time that the migrant community has turned for vote in such a large numbers.

The Chief Electoral Officer Jammu and Kashmir, in his message, congratulated all the voters and expressed gratitude towards all those voters who came in large numbers to cast their votes. He also appreciated work done by all the Polling personnel, including security personnel deployed in the election process, Police officers, ARO, RO and District Election Officers for their service in making the ongoing elections successful.

Restoration of J&K...

made and we stand by it. We are working very hard to create the right conditions so that it can be done expeditiously," he told PTI in an exclusive interview here Sunday

night.

The Modi government had abrogated Article 370 of the Constitution, which gave special status to Jammu and Kashmir, in August 2019 and the erstwhile state was bifurcated into two Union Territories - Jammu and Kashmir and Ladakh.

"Through the abrogation of Article 370, we today have witnessed not just the dreams and aspirations of the people of Jammu and Kashmir coming into fruition but also their enthusiasm for participating in one of the biggest festivals in any democracy -elections," Modi said.

He said the voting percentage in Srinagar, once a hotbed for all kinds of radical elements, witnessed the highest voter turnout in decades. Srinagar recorded a 36.7 per cent turnout-the highest since 1996-in the fourth phase of Lok Sabha elections on May 13.

The world witnessed the growth and enthusiasm of the people in J and K when they welcomed the delegates from across the world during the G20 events, he added.

"The progress that Jammu and Kashmir has made in the last five years gives me immense hope that we are on the right path to restore statehood. We want to institutionalise the positive changes that have taken place and make the gains irreversible so that the people of the region have to never ever witness the torrid years that generations had to bear.

"We want to create a Jammu and Kashmir where violence is history, prosperity is destiny. This is our long term strategy for Kashmir. Our aspiration is that Jammu and Kashmir regains its stature as the hub of culture, knowledge and tourism along with becoming a centre of futuristic technologies like AI (Artificial intelligence)," Modi said.

On holding assembly elections in J and K, the Prime Minister said the Supreme Court has set a date for assembly polls in the region and the Election Commission is mandated to follow the directions of the highest court and it is the best organisation to assess as to when and how it will conduct assembly elections.

In December 2023, the Apex Court had directed the Election Commission to conduct elections in J and K by September 30, 2024.

Asked for his assessment on the high turnout in the ongoing Lok Sabha polls in J and K after the abrogation of Article 370, Modi said Parliament had put its seal of approval on scrapping this provision in August 2019 and the people had given their implicit approval in 2019 itself and beyond by defying all doomsday predictions and helping maintain peace in the region.

Then in December 2023, he said, the Supreme Court imprinted the judicial seal on the abrogation with an unanimous verdict by a constitution bench.

"What the elections in Jammu and Kashmir have done in 2024 is to put a seal of explicit democratic approval as well - the final seal in the trinity of according approval to our historic decision," Modi said.

Modi said the BJP is perhaps the only party in the country which walked out of a government so that more power could be devolved to the people.

"And we fulfilled our commitment by conducting peaceful local body and Panchayat elections in Jammu and Kashmir in December 2018."

In June 2018, the BJP, which was part of a coalition government in J and K with the People Democratic Party (PDP), pulled out of the alliance, leading to the fall of the then Mehbooba Mufti government and imposition of central rule. The saffron party then alleged that it became untenable for it to continue its alliance government as "terrorism, violence and radicalisation have risen and fundamental rights of the citizens are under danger in the Valley".

Modi said people of the region have seen his government's honest intentions, the consistent efforts it has made to integrate them into the mainstream of India's democracy and they have now proactively endorsed the steps taken through this peaceful, high voter turnout.

"I have no doubt in my mind that Jammu and Kashmir has a very bright future and the region will serve as a beacon of democratic empowerment and aspirations."

Asked how the recent situation in J and K aligns with the government's long-term strategy for the region, the prime minister said Jammu and Kashmir, since 1947, has been a victim of conflict economy, where the stakeholders were a few politicians, many who were working for their own personal agendas or those of outside forces.

"For almost seven decades, the people of Jammu and Kashmir were denied the right to development, progress, and prosperity because a few families, in India and their masters outside, wanted to use the people to peddle their own separatist agenda. This was an irreversible loss for generations of innocent families who were pulled into a conflict. We want to ensure that now there is an irreversible dividend of peace for future generations to come."

Modi said ever since his government came into office in 2014, its agenda has been quite clear - development for all, opportunities for all, prosperity for all.

He said for 70 years, there was a conflict, but for 70 years, not all regions were accessible via all-weather roads, or with all the basic necessities.

"Think about the struggles of the tribal population in the mountains, or the youth in region who could not get any aspirational jobs like the youth in the rest of the country. We have managed to reverse this trend, especially post 2019," he added.

The prime minister said from tourism to education, from sports to agriculture, from manufacturing to FPOs (Farmer Producer Organisations), and from SHGs (Self Help groups) to entrepreneurship, the government wants to create an ecosystem for everything within the region itself.

"Our strategy is already proving to be successful. You look at some of the events that routinely happen at Dal Lake. I was amazed to see that a Formula-4 event drew such massive crowds. When we replace fear with hope, we convert hopelessness into aspiration.

"That is what we have done and the ripple effect this transformation will have will not just positively transform the region but entire India. This peace and optimism among the people has rattled the terrorists and their sponsors in our neighbouring country," he said.

Militant commanders'...

top commander of Lashkar-e-Toiba, appealed to his brother to surrender. "Let my brother join the mainstream and avoid the path he chose," he said. He asked youth to come and vote for their rights and for change for them-

selves and their families.

Earlier, a month ago, Omar's family appealed to their kin to surrender for the family's well-being. His aged mother could be heard appealing to her son in an emotional tone.

Similarly, the families of Bilal Ahmed Mir and Mohammed Omar, who are said to be active militants of Brath Sopore, cast their votes in their allocated polling booth at Brath. "It's our democratic right and a way for development. Casting votes is necessary, and it's going to change the scenario besides individuals at their own level," said Omar's father, Ghulam Hassan Mir.

"I urge my brother to shun the path of militancy as it is leading to nowhere. We came here to cast our votes, and we are hopeful it will change our lives," said Dawood Ahmed Mir, brother of active militant Bilal Mir.

It is pertinent to mention that the militants have been active for a long time and are involved in many militancy-related activities. KNO

Cong didn't revoke...

part in the temple's consecration ceremony to please the party's minority vote bank.

Targeting the Congress on Kashmir, he said "For appeasement politics, they did not revoke Article 370."

The Congress did not revoke the article despite a rise in terrorism in Jammu and Kashmir, he said.

"You all made Narendra Modi ji the Prime Minister for the second time, and on August 5, 2019, he scrapped Article 370. And now our tricolour proudly flutters in Kashmir," he said.

Chief Minister Nayab Singh Saini, who is contesting the Karnal assembly bypoll and former chief minister Manohar Lal Khattar, who is in fray for the Karnal Lok Sabha seat, were also present in the rally.

Voting for 10 Lok Sabha seats in Haryana and the by-election will take place on May 25.

Addressing the gathering in Karnal, Shah told the crowd, "Tell me, is Kashmir ours or not? Say it loudly, your voice should reach Kharge."

"Kharge sahab, you are 80-year-old but you do not understand the country. Haryana's youth can give their life for Kashmir," Shah said hitting out at the AICC president.

Shah was alluding to the AICC president's recent remark on why the prime minister spoke about the abrogation of Article 370 during a rally in Rajasthan and not the issues plaguing the state.

The home minister also slammed Congress leader Mani Shankar Aiyar's atom bomb remark that has sparked a political row.

"I want to tell Rahul (Gandhi) baba from this land of Karnal, listen with open ears, this is the BJP government, PoK belongs to India, will remain ours and we will take it back," he said.

In a purported video clip that has gone viral on social media, Aiyar is heard saying India should give respect to Pakistan as it is a sovereign nation and engage with it as it also possesses the atom bomb. He indicated in the video that if a "mad person" comes to power there and uses the atomic bomb, it will have its effect in India too.

Shah also asked the Congress and particularly, its party leader B S Hooda why they let the Ram Temple issue linger for 70 years.

He highlighted that all the major developments regarding the temple took place in Modi's second term - the 'bhoomi puja' of the temple land, the victory of the Hindu side in the Ram Janmabhoomi case, and the idol consecration on January 22.

The BJP leader also pointed fingers at the Congress leadership, particularly Kharge, Rahul Gandhi and Sonia Gandhi for not taking part in the "Ram Utsav (consecration) which was happening after 500 years as they feared about their minority vote bank".

"They just spoke about the poor, but did nothing for the poor," the Union minister said slamming the Congress.

He praised Modi on the occasion for making India prosperous and bringing the country's economy from the 11th to fifth spot.

In Modi's third term, the nation's economy will reach the third spot, he added.

Asserting that the BJP will retain power in the Lok Sabha polls and Modi will become the prime minister for the third time, the BJP leader asked who was the prime ministerial candidate of the INDIA bloc.

"...Is there any name? Can Sharad Pawar become (the PM), can Mamata Banerjee become, can Stalin become, can Arvind Kejriwal become, can Uddhav Thackeray become? Can Rahul Baba become,? Why did you laugh, he is a big leader of the Congress. Can they become (the PM)? These people neither have any leader nor policy," he told the gathering. The home minister claimed the INDI Alliance has said they will have five different prime ministers on a rotational basis.

But Rahul Gandhi does not understand this is not a grocery shop, this is a country of 130 crore people. India nation needs a strong prime minister who can give a befitting reply to Pakistan and take back PoK, one who can keep the country safe during a pandemic like the Covid, who can bring the Uniform Civil Code and end naxalism, he added.

Everybody knows that only Modi can keep the country safe and make it self-reliant, prosperous, and technologically advanced, said the union minister.

Comparing the Modi government's initiatives for the farming sector with that the previous Congress regime, Shah said earlier, the agriculture budget used to be around Rs 22,000 crore, which the BJP government has raised to Rs 1.25 lakh crore.

The present government broke all records of paddy purchase. Paddy is now procured from 1.22 crore farmers, against the previous procurement from 76 lakh farmers, he said.

The minister also mentioned several developmental projects undertaken in Haryana during the previous Khattar regime. (Agencies)

ADGP Jammu reviews...

Later, ADGP Jammu Zone took part in the prize distribution function of the grand finale of Range Level Martyr Tournament organised at Doda. The final match was played between Victory Cricket Club Banihal Vs Royal Cricket Club Bhalessa (Gandoh) and the team Victory Cricket Club Banihal won the tournament by defeating Youth Cricket Club Baderwah team in stipulated 20

overs.

The ADGP Jammu Zone while addressing at the closing ceremony of cricket tournament advised the youth to channelize their energy to physical activities. KNO

LG congratulates...

free, fair, accessible, inclusive & peaceful conduct of voting. Happy to see young voters expressing and celebrating their unshakable faith in democratic values. Hope this positive trend will continue in the next phase". KNO

Chief Secretary...

inimical forces and ensure concerted coordination for absolute safety of tourists, political workers and other civilians in J&K.

DG, Police, RR Swain, said that the law enforcement agencies are taking both on-field and off-field measures to ensure safety of the citizens here. He also noted that the participation of people in large numbers in the ongoing elections has unnerved certain elements who would never be allowed to succeed in their designs by the security forces.

He favoured devising of Standard Operating Procedures (SOPs) to be adhered to by the different stakeholders to minimize the chances of any terror incident by terrorists. He called for initiating certain prophylactic measures to ensure least disturbances in day to day business and routine of our citizens. He revealed that necessary steps would be taken to root out chances of happening of such incidents in future.

Principal Secretary, Home, Chandraker Bharti, in his comments stated that the law maintaining agencies have an added responsibility to consolidate the gains they had made over past few years. He stressed on devising renewed strategy to safeguard both political workers and tourists alike. He called for sensitization of all the vulnerable sections especially the migrant labourers, minorities and tourist stakeholders about the safety measures to be observed under all circumstances. He also suggested for devising Do's and Don'ts for the various tour operators, hotels/lodges, local guides, home-stays to achieve the same.

Other participants including the Divisional Commissioners and ADGP Jammu and IGP Kashmir gave their suggestions for safeguarding the lives of vulnerable sections including the tourists and political workers in J&K. It was informed that the security establishments are fully capable to tackle the challenges posed by the terror elements. The law enforcement agencies are in total grip of the situation and proper strategy would be put in place to prevent happening of any terror strike in future and all efforts shall be made for complete elimination of terror from our soil.

The meeting also decided to constitute a Committee consisting of both senior Police and Civil officers to devise Standard Operating Procedures (SOPs) for the safety of all the susceptible groups in J&K. The SOP will chalk out duties and responsibilities of all the stakeholders, viz the government, general public, tourists, political workers and the hospitality industry-(KNO)

Jammu records...

Valley, including Srinagar, late on Sunday attracting tourists in large numbers.

The summer capital Srinagar recorded a day temperature of 28.5 degrees Celsius and a night temperature of 12.4 degrees, the official said and added that the city's maximum and minimum temperatures were 3.3 and 1.0 notches above normal, respectively.

Fire engulfs forest...

launched an extensive firefighting operation.

There are no reports of any casualty or injury, officials said and added that the operation to douse the blaze is still underway.

Cold desert witnesses...

part of Jammu and Kashmir to a Union Territory, this election held immense importance for the region.

The election, as per news agency was conducted across 577 polling stations in the districts of Leh and Kargil, making it India's largest parliamentary constituency by area. Notable new arrangements were made, including a tent-built polling station at an altitude of 15,000 feet and a specially constructed polling station for a nuclear family in the remote village of Warshi.

Chief Electoral Officer Yatindra M. Maralkar emphasized the Election Commission's commitment to inclusivity and ensuring voting access for all, including elderly and disabled voters. "We made special provisions to ensure that even the most remote voters could easily participate in the voting process," he said.

The Ladakh constituency has 182,571 registered voters and recorded a commendable 76.4% voter turnout in the 2019 elections.

Three candidates contested for the Ladakh seat. The BJP fielded Tashi Gyalson, while the Congress nominated Tsering Namgyal. The contest was triangular, with independent candidate Haji Hanifa Jaan also in the fray. Hanifa, contesting from Kargil, received support from the National Conference (NC), Congress, and Kargil Democratic Alliance (KDA) supporters.

The voting process concluded smoothly, with a high turnout of 67.15 percent. KNO

Iran President Death | Govt...

other officials were found dead on Monday, hours after their helicopter crashed in a foggy, mountainous region of the country's northwest, Iran state media reported.

A home ministry spokesperson said Seyyed Ebrahim Raisi, president of the Islamic Republic of Iran, and Hossein Amir-Abdollahian, the country's foreign minister, passed away in a helicopter crash.

"As a mark of respect to the departed dignitaries, the government of India has decided that there will be one day's state mourning on May 21 (Tuesday) throughout India," the spokesperson said.

"On the day of mourning, the national flag will be flown at half-mast throughout India on all buildings where the national flag is flown regularly and there will be no official entertainment on the day," the official added.

Shri Narsingh Jayanti to be celebrated on Tuesday, May 21: Rohit Shastri

JNEWS SERVICE
JAMMU, MAY 20: SHRI

Narsingh/ Narasimha Jayanti is celebrated on the fourteenth day of the Shukla Paksha of the month of Vaishakh. This year, the auspicious time for the worship of Lord Narasimha on May 21st is from 5:24 PM to 8:10 PM, giving devotees a period of 2 hours and 46 minutes for the puja. If you are in good health, you may also observe a fast. The time for breaking the fast (Vrat Parana) on Narasimha Jayanti is after sunrise on Wednesday, May 22nd, and must be done before 12:20 PM on that day. Lord Narasimha is considered the fourth avatar of Lord Vishnu. As always, Lord Vishnu assumed this avatar for the welfare of his devotee. On this day, Lord Narasimha emerged from a pillar to protect his devotee Prahlad. Hence, this day is celebrated as his Jayanti. He had the head of a lion and the body of a human, thus named Narasimha, meaning "Man-

tish avim Vedic sansthan Trust, explained that Lord Vishnu incarnated as Narasimha to slay the demon king Hiranyakashipu. This year, the auspicious time for the worship of Lord Narasimha on May 21st is from 5:24 PM to 8:10 PM, giving devotees a period of 2 hours and 46 minutes for the puja. If you are in good health, you may also observe a fast. The time for breaking the fast (Vrat Parana) on Narasimha Jayanti is after sunrise on Wednesday, May 22nd, and must be done before 12:20 PM on that day. Lord Narasimha is considered the fourth avatar of Lord Vishnu. As always, Lord Vishnu assumed this avatar for the welfare of his devotee. On this day, Lord Narasimha emerged from a pillar to protect his devotee Prahlad. Hence, this day is celebrated as his Jayanti. He had the head of a lion and the body of a human, thus named Narasimha, meaning "Man-



Lion." Along with his lion head, his claws were also those of a lion. On Narasimha Jayanti, any devotee who fasts and listens to or reads the story of Narasimha will have all their sins absolved. All sorrows are alleviated, and all wishes are fulfilled.

How to Perform Shri Narasimha Puja
Ensure both physical and mental purity. On this

day, after bathing in the morning, set up a clean platform in a pure place in the house or the prayer room. Place a yellow cloth on it and establish the idol or picture of Lord Ganesha and Lord Narasimha. Purify the entire room and platform with Ganga water or cow urine. Set up a Kalash (pitcher) filled with water, placing a coconut on it, and invoke the presence of the deities, Navagrahas, pilgrimages, Yoginis, and city deities. Take a vow for the puja and worship all the deities established on the platform with sixteen traditional offerings (Shodashopachara), including invocation, offering a seat, washing feet, offering water, bathing, clothing, sacred thread, sandalwood, vermilion, turmeric, sindoor, Durva grass, Bilva leaves, jewelry, flower garlands, fragrant substances, incense,

lamps, food offerings, fruits, betel leaves, donations, aarti, circumambulation, and offering of flowers. After this, distribute the prasad and complete the puja.

Chant these Mantras for Relief from All Sorrows and to Gain Lord Narasimha's Blessings:

"Om Ugram Veeram Mahavishnum Jwalantham Sarvato Mukham |

Narasimham Bhishanam Bhadram Mrityu Mritum Namamyaham ||"

"Om Nrum Nrum Nrum Nara Simhaya Namah."

"Om Shri Lakshmi Nrsimhaya Namah."

Lord Narasimha appeared during sunset, hence, perform the immersion (Visarjan) puja in the evening and the following morning. After the Visarjan puja and giving donations, the fast should be broken the next day. On this day, ensure to donate something to the needy around your home as per your capacity.

SMVDU Alumnus from Institute for Plasma Research, Gujarat interacts with Students



JNEWS SERVICE
JAMMU, MAY 20

SMVDU conducted an interactive session with Mr. Deepak Sharma (Class of 2006 Mechanical Engineering SMVDU) who is currently working as Scientific Officer (E) at Institute for Plasma Research, Gujarat. The session was coordinated by the office of the Dean International and Alumni Affairs and was attended by students and scholars of SMVDU. The speaker discussed various research initiatives being taken up by the Insti-

tute for Plasma Research, Gujarat. He also spoke about heat transfer applications, cooling channels and advanced materials for nuclear applications. Further, he motivated the students to undergo internships in institutes like IPR and extended his support for mentoring the current students of SMVDU. The event ended with a Q&A session. The alumnus was also accompanied by Mrs. Saifali Sharma (Scientific Officer (E) at the Institute for Plasma Research, Gujarat). The alumnus also visited various labs of

the school of Mechanical Engineering and also interacted with faculty and staff members of the school. Dr. Yugal Khajuria (Dean International and Alumni Affairs), Dr. Yatheshth Anand (Head, School of Mechanical Engineering) and Dr. Mir Irfan Ul Haq (Associate Dean International and Alumni Affairs) were also present and conveyed their best wishes to the alumni. The coordinators thanked Prof. Pragati Kumar (Vice Chancellor SMVDU) and SMVDU administration for his support.

Indian Army organised a Computer Training at Dharmari, Reasi



JNEWS SERVICE
REASI, MAY 20

In an unwavering pursuit to enhance the skills of the youth in remote villages, the Indian Army has launched 'Computer Training' program at Dharmari, Reasi District. This initiative, spanning from 18 May 2024 to 01 Jun 2024, is designed to impart fundamental computer skills to the youth, fostering economic independence and societal contribution. The program has successfully engaged nearly '25 enthusiastic youths' from Dharmari and its vicinity. The participants have shown an overwhelming response, demonstrating keen interest in acquiring new skills that promise a brighter future. A

participant confidently stated, "The Computer Training imparted has come as a great boon for us to acquire fundamental knowledge of computers'. Upon the successful completion of the program, the Indian Army will provided guidance and encouragement to the participants, inspiring them to embark on their own ventures. The local Sarpanches have expressed their gratitude towards the Indian Army's efforts to empower the youth and have advocated for the continuation of such skill development initiatives. The Indian Army remains committed to the empowerment of youth and the upliftment of remote communities through education and skill development.

Indian Army organised Sarpanch Sammelan at Mangat, Ramban

JNEWS SERVICE
KISHTWAR, MAY 20

The Indian Army organised a Sarpanch Sammelan at remote location of Mohubal in Ramban district of J&K. The attendees were briefed on the prevailing security situation & the growing threat of use of drugs/narco amongst the youth of the region. The event saw the participation of over twenty (20) members including the Sarpanch, Panch and Maulvis who engaged in discussions on topics such as Healthcare, Social Media Awareness, Drug Awareness, recently launched government policies on rural development such

as NRLM (National Rural Livelihood Mission). The event also spread awareness upon various initiatives taken by the Indian Army for the welfare of the rural community. The Indian Army officials also sought suggestion & feedback to enhance the welfare of local populace & alleviate issues concerning them. The AWAM appreciated the initiative taken by the Indian Army and expressed their gratitude for providing them with a platform to voice their concerns and seek solutions. They also praised the Army's efforts in rural development and expressed their willingness to work closely with the Army in the future.

Red Ribbon Club of GDC R. S. Pura Commemorates World AIDS Vaccine Day

JNEWS SERVICE
JAMMU, MAY 20

World AIDS Vaccine Day, also known as HIV Vaccine Awareness Day, is observed on May 18 every year to celebrate the progress made toward developing a vaccine for HIV/AIDS. There are two main goals of this day. The first and primary aim is to honour those medical professionals, scientists, and volunteers who have devoted themselves to the development of safe AIDS vaccines. The second aim is to emphasize the necessity of vaccination that will refrain people from getting this infection thus saving their life. To commemorate the day, the Red Ribbon Club of GDC R. S. Pura organising a Poster Making competition under the patronage of Prof.(Dr.) Rajni Bhagat, Principal of the college and guidance of Prof Neelam Kumari,



Convener RRC. In her introductory speech Prof. Neelam Kumari addressed her concern over the fact that even among the educated masses, there is ignorance about HIV as the disease is incurable and its impact can be minimized by awareness only and there is still no vaccine available that will prevent HIV infection or treat those who have it. This day aims at creating awareness about the importance of HIV vaccination in preventing HIV infection and AIDS.

The College Principal Prof. (Dr.) Rajni Bhagat exhorted that World AIDS

Vaccine Day is a day for the whole world to come together in the fight against H.I.V. and AIDS. It's a day to think about the progress we've made, appreciate the people working hard for research and awareness and stress the importance of everyone working together to get rid of this global health problem. The event was coordinated by Prof. Neelam Kumari, Convener RRC. The esteemed faculty members who's presence make the event successful were Prof. Geetika Goswami, Dr. Sunil Kumar Mangoch and Dr. Rekha Rani.

Civil Defence Jammu holds 05 Days CD Training Programme

JNEWS SERVICE
JAMMU, MAY 20

On the directions of Directorate of HG, CD and SDRF J&K, 05 days Civil Defence basic training programme was started at Govt. Hr. Sec. School Domana, Jammu under the supervision of Deputy Controller Civil Defence, Jammu. In the training camp 110 Students/ Staff of the School are attending the basic training. The said training will be given by the Civil Defence Experts on the knowledge of First Aid, prevention, management and control of Fire Fighting, Snake bite, Choking and other basic life saving technique and preventive measures during the natural/ man-



made disaster. On the occasion DY. Chief Warden Sh. R. Vijay Magotra briefed the students about the Civil Defence training which is very important in our daily life. Sh. Mohinder, Principal of the Hr. Sec.

School appreciated and thanked the Civil Defence team for organizing such training programme. Romesh, Post Warden Civil Defence, Jammu and other staff of the School also present on the occasion.

LG Electronics India launches next generation of AI TVs, setting new benchmark with its LGOLEDEVO AI Tv & LGQNED AI TVs

JNEWS SERVICE
JAMMU, MAY 20

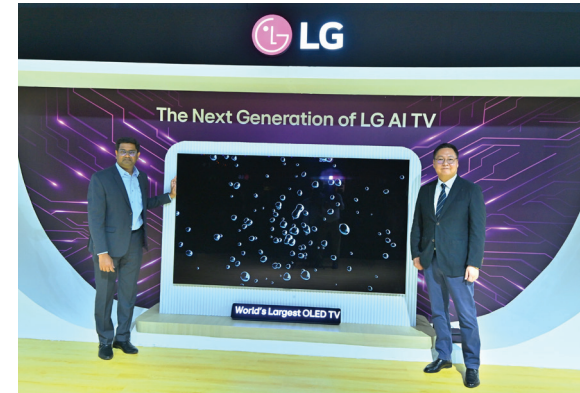
LG Electronics (LG), a pioneer in OLED technology for over a decade, is proud to unveil its latest innovation in home entertainment: the Next Generation of AI TVs available in sizes starting from 108cms (43-inches) to 246cms (97-inches). The 2024 lineup features the most advanced range of LG OLED evo AI and LG QNED AI TVs including the LG OLED 97G4 - the world's largest OLED TV which boasts of power packed artificial intelligence (AI) performance that takes every aspect of the viewing experience i.e., picture quality, audio quality and personalization, to new heights. With 55 new models introduced to cater to diverse viewing preferences, this launch reaffirms LG Electronics commitment to pushing the boundaries of visual excellence and personalization in the television industry

Commenting on the same, Mr. Hong Ju Jeon- MD LG Electronics India, said, "We are proud to introduce the Next Generation of AI TV's, showcasing the forefront of innovation in both OLED and premium LED technologies. The LG 2024 LG OLED evo AI and LG QNED AI TVs lineup takes

the viewing experience to a new level with an advanced processor that enables outstanding audio-visual experiences across various screen sizes, while also providing a personalized user experience tailored to each individual's unique lifestyle and preferences. There is a growing demand for large screen TV's in India and we are constantly enhancing our portfolio with products like World's largest 97-inches(246.38 CM) TV with vibrant picture quality, advanced AI-powered processing technologies. Apart from this WEBOS renew program With this new line up we aim to further enhance our market leadership in Flat Panel TV in India."

AI-Powered Experience

With enhanced AI up scaling capabilities, LG's latest OLED AI TV's enrich and sharpen objects and backgrounds with precise pixel-level image analysis for improved picture quality. Through the power of AI, LG OLED AI TV's create a clearer, more vibrant viewing experience and offer real-time up scaling while watching sub-4K OTT content too. The advanced AI processor also refines color to capture the original mood and color tone as envisaged by the director.



In addition to remarkable pictures, AI Sound Pro enriches audio by leveraging the virtual 11.1.2 surround sound from the TV's built-in speakers, further elevating the sense of immersion and realism. This feature also separates vocals from background noise effectively to ensure crystal-clear dialogue.

LG's latest OLED evo G4 series impresses viewers by leveraging the company's Brightness Booster Max technology to achieve peak brightness that is 150 percent brighter than conventional OLED TV's.

The ultimate Game play

LG OLED TV's reputation as the ultimate gaming TV is secure with the latest models featuring several gaming advantages including an impressive Dolby vision Gaming 4K at 144Hz refresh rate. These are also

NVIDIA G-SYNC® certified and are compatible with AMD FreeSync that eliminates tearing and stuttering for the most dynamic, true-to-life gaming experience. These advanced TVs also come with Game Optimizer to let gamers easily switch between display presets designed for different gaming genres.

LG's 2024 QNED AI TV are the next generation of LCD technology that delivers bright and most vibrant colors on the screen. The thing that sets LG QNED apart is the combination of two color technologies - Quantum Dot & NanoCell. Through local dimming technology it creates sharp contrast and exceptional brightness.

The QNED line-up is further elevated with QNED MiniLED TV that is the next best thing after OLED. MiniLEDs, that are 1/40th the

size of regular LEDs, when combined with Precision Dimming, improves gradations and accurately control backlight for brighter colors and deeper blacks. Additionally, the LG QNED Mini LED AI TV features Million Grey Scale to differentiate between shades of gray and show gradation with a 20-bit accuracy, resulting in immensely vibrant contrast.

The AI capability of LG QNED AI TV refines picture quality and also boasts richer, fuller audio with virtual 9.1.2 surround sound creating a dome of sound around you for incredible immersion.

In 2024, LG is celebrating its decade-long journey with webOS by continuing to enhance the smart TV platform's versatility, giving users an even more personalized and convenient home entertainment experience. It allows users to create up to 10 individual profiles as a way of tailoring the experience to their tastes and preferences. Based on their profiles, users can customize the Home screen and set personalized settings with minimal effort. This permits easy access to their favorite content and services and access to the personalized picture wizard, a service that lets them adjust image quality to their liking. For

the purpose of privacy, each profile can be password protected.

LG's master stroke is the WebOS Re:New program, which promises operating system upgrades for the next five years. Each update will completely revamp the UI, giving a feel of a new TV to the customers, every year for next 5 years.

For an enriched home entertainment experience with heightened immersion, LG OLED AI TVs and QNED AI TVs continue to support the image and audio-enhancing capabilities of Dolby Vision™ and Dolby Atmos™. FILMMAKER MODE allows users to see films just as the director intended right in their own homes.

The Home Cinema experience completes with addition of TV matching Soundbars. TVs pairs wirelessly with Soundbars through WOWCAST Built-in. WOW Orchestra creates highly immersive three-dimensional audio, while the TV's built-in speakers and soundbar work together as a unified audio system to supply the superior sound. What's more, LG's AI Sound Algorithms analyze each speaker's performance and further optimize audio output for a more refined sound, enriching viewing pleasure.

EDITORIAL

Unified action needed to revive Dal Lake

The National Green Tribunal's (NGT) recent intervention to address the deteriorating condition of Dal Lake in Kashmir is a much-needed reminder of the urgency required to preserve one of the region's most iconic natural assets. Dal Lake, once celebrated for its pristine beauty and serene waters, has now become a symbol of the adverse effects of unchecked urbanisation, pollution, and governmental neglect. The most affected by this degradation are the Hanji people, whose traditional lifestyle and livelihoods on the houseboats that dot the lake have been severely impacted by the environmental decline. The plight of Dal Lake is not a new issue but rather a culmination of decades of unsustainable practices. The waters, once clear and vibrant, are now clogged with plastic debris and contaminated with sewage. This pollution not only endangers the ecosystem but also makes the water unsafe for consumption and basic hygiene. The degradation is a stark reminder of the severe consequences of ignoring environmental stewardship in the face of urban expansion and tourism growth. Despite the significant funds allocated over the years—amounting to thousands of crores—there has been little to no improvement in the condition of Dal Lake. This raises serious concerns about the effectiveness and accountability of the Union Territory's departments responsible for its protection. The NGT's intervention, therefore, comes at a critical juncture, offering an opportunity to reassess and realign efforts towards genuine restoration. Addressing the challenges facing Dal Lake requires immediate and multifaceted action. Key among these is the implementation of robust sewage treatment systems to prevent untreated waste from entering the lake. Additionally, stringent regulations on waste disposal must be enforced to curb the influx of plastic and other pollutants. Urban planning should also integrate sustainable practices that mitigate environmental impact while accommodating growth. A crucial component of the restoration strategy should be the relocation and support of the Hanji community. Providing alternative livelihoods, possibly through eco-friendly tourism initiatives, can help mitigate the socio-economic impact on these resilient communities. Empowering local populations to take part in conservation efforts ensures that the solutions are sustainable and culturally sensitive. The NGT's intervention is a valuable catalyst for mobilising collective action. It underscores the need for a coordinated approach involving government bodies, local communities, and environmental organisations. By fostering collaboration and pooling resources, it is possible to restore Dal Lake to its former glory. However, this requires not only immediate action but also a long-term commitment to sustainable practices and vigilant oversight. The revival of Dal Lake is not just an environmental necessity but also a cultural and economic imperative. For the people of Kashmir, the lake is more than a body of water; it is a symbol of their heritage and a cornerstone of their identity. Restoring Dal Lake, therefore, is about preserving a way of life and ensuring that future generations can experience its beauty and bounty. The NGT's proactive stance should serve as a rallying cry for all stakeholders to intensify their efforts in saving Dal Lake. The time for complacency has long passed; it is now time for concerted, decisive action. By embracing sustainable practices and prioritising ecological balance, we can hope to reclaim the pristine splendor of Dal Lake and secure its future for the generations to come.

Complex challenges necessitate consciousness and policy shift

ACHARYA PRASHANT

India faces multitudes of challenges arising from different quarters. It is tempting to think of these problems as belonging to society, polity, economics etc. But essentially all problems have their roots in the mind of the human being and arise from a lack of adequate understanding of the self. The solutions therefore have to be both in the external and the internal domain. Let us look at the five major conflicts and challenges plaguing India. A vision for the future would involve constructively responding to these problems.

1. Climate Change

It is well-established that climate change is an anthropogenic phenomenon. Ladakh is already agitating about the palpable changes that climate change is inflicting on the region's ecology. Five years is too long a time if India does not immediately take corrective steps. There is a terrifying lack of public awareness on this issue

leading to political inaction. How are we planning to deal with swathes of terrible heat waves that are going to engulf the country? What will diminishing crop yields and extreme weather events do to the poor? Do we not know the origins of the toxic air that we are consuming or the water distress we are facing? We continue to wreck the Himalayas with deforestation and the construction of massive carbon-emitting infrastructure, despite knowing that this is causing erratic rain patterns, melting of the glaciers and eventual destruction of life as we know it.

Blind lust for consumption comes from the blind belief that consumption is an indicator of the fulfilment or success of one's life. The sheer size of our population coupled with this notion of consumerism is a recipe for self-destruction.

In the next 5 years, we need education and mass-awareness programs on this biggest threat that mankind faces and also

genuine efforts towards correcting the consumption-based flawed philosophy of life, through programs on self-awareness.

2. Animal Rights

The same lust that threatens to destroy the planet also co-opts the rights of all living creatures on Earth. The problems of animal rights violations, ecology loss and biodiversity extinction - all arise from the same source. When we talk of animal rights, it is today unfortunately a struggle for the basic right to survive. Close to 50% of all living species on the planet have gone extinct in the last 50 years. Most of it is because of violent human action. 100-1000 species go extinct every day. Also, this is 100 to 1000 times faster than the natural extinction rate.

As Indians and as humans, we can survive either physically or spiritually with the kind of carpet 'speciecide' we have launched against the entire planet. In its scale and brutality, it exceeds

any act of violence the Earth has ever seen.

It is especially lamentable to see that India, with its Ahimsa, is among the worst perpetrators of atrocities towards life-forms. Be it meat exports, the expansion of the dairy industry, or the organised destruction of animal habitats through so-called developmental activities, it only augurs doom for all.

In the next 5 years, I wish to see direct and strong action on this front, which can only result from an arousal of public consciousness.

3. Education

Public statistics on the State of India's education portray the deep waters that the country is in. There are startling revelations on the basic quantitative and linguistic abilities of school students, not to mention the unemployment of college passouts. Compared to the developed world and the mass of developing countries, this highlights the utter lack of importance that Indian society places on

education.

The problems of today can have only spiritual solutions and we have kept the young population oblivious of spirituality. Our education has become very dangerously anti-life. A human being is alive only if he can reflect and understand. There is a need to urgently ramp up the basic education infrastructure of the country and also to prioritize the integration of life education into the modern education system.

In the next 5 years, we need to see an education system that places deep emphasis on both Vidya (knowledge of the self) and Avidya (knowledge of the world).

4. Protection of rights of the marginalised communities

More than half of the world's wealth resides in the hands of less than 1% of individuals. The situation in India is no different. When national resources are commanded by just a few individuals, the outcome is that much of the world is plagued by pov-

erty, even starvation. The glamorization of wealth and the promise of pleasure has made the middle classes disconnected and indifferent to the stark realities of the world.

In the next few years, the rights of the vulnerable sections must be defended in all ways - through education, legal frameworks and socio-religious reform.

5. Creative and dignified employment for the youth

Work is not something that you can choose as per the prevailing norms in your academic institution family or community. I would want to see, in the next 5 years, the creation of an academic, social and economic environment that brings creative vocation to the youth, not just as a means of livelihood but as the fulfilment of life itself.

(The author is a Vedanta teacher, author and the founder of Prashant Advait Foundation; views are personal)

Economic crisis takes a backseat in elections

SHIVAJI SARKAR

In this dance of democracy, scarce resources are seemingly rambling up the election tempo. The religious slant on employment and sillier issues like the mangal sutra raised are for diverting from the core issue that has as yet to be answered by the pre-poll slogan of "we are the fifth largest economy".

Aren't we that large? Some stats say that but the country has tougher stats to counter like the difficult balance of payments and still grim, Manipur the embattled State, for the failure of the provincial Government has over 67000 people displaced during the last year because of the ethnic conflict. There are also reports that farmers plough into the Punjab BJP poll campaign and express similar wrath in Haryana as well. They tell a political party to be people-friendly as also kisans are not born for doles. And Agniveers on their death are not being given a salute is a national cry.

Jobs not being there is the reality. Urban joblessness has risen to 6.7 per cent from 6.5 per cent in March 2024. The men's unemployment has jumped to 6.3 per cent from 5.8 per cent. Period-

ic labour survey data is a pointer to difficult job scenarios. This is reflected in the elections by the Bihar caste survey that indicates more difficult situations for marginal castes, a detestable reality. Caste denotes empowerment as well as deprivation.

Would a Congress manifesto professing over 50 per cent reservation serve the issue? The BJP contests it. It is accused of wanting to rob reservations. It is repeatedly denied by RSS chief Mohan Bhagvat.

No party has answered if jobs are not there, how would a reservation help? National Commission for Backward Classes has warned West Bengal and Punjab Governments for not "fully using the space available under the 50 percent ceiling for reservations for scheduled castes, tribes and backward classes and OBCs". It asked Bengal to increase it by 5 per cent and Punjab by 13 per cent. It finds that Bengal filled up 45 per cent of the quota and Punjab only 37 per cent.

The worst may be Arunachal Pradesh. Yet another sex racket is busted with eight Government officials among 21 arrested.

The International Labour Organisation finds

28 million men women and children are in forced labour due to a cycle of poverty. Of these 63 per cent are in the private sector. Forced labour generates \$236 billion in illegal profits globally every year.

"We now know that the situation has only got worse. The international community must urgently come together to take action to end this injustice," said the ILO Director General.

The report, titled 'Profits and poverty: The economics of forced labour', also estimates that traffickers and criminals are generating close to \$10,000 per victim, up from \$8,269 (adjusted for inflation) a decade ago. The survey also said that forced commercial sexual exploitation contributes to more than two-thirds (73 per cent) of overall illicit profits, despite accounting for only 27 per cent of all victims in privately imposed work. "Total annual illegal profits from forced labour are highest in Europe and Central Asia (\$84 billion), followed by Asia, including India and the Pacific (\$62 billion), the Americas (\$52 billion), Africa (\$20 billion) and the Arab States (\$18 billion)," the report said.

The ILO cautions India. It also worked on condi-

tions of Indian labour in the Arab countries.

In a scenario, where people compromise with their dignity, the ILO doubts the figures on India's galloping progress. The supposed \$3 trillion economy, highly burdened with debt, has an annual repayment of over Rs 10.4 lakh crore.

Economic issues remain at the forefront of the voters. Globally shrinking jobs, particularly in IT, has rattled many Indians. Political parties offering sops of reservations or apprenticeships of Rs 1 lakh a year (approx. Rs 8000 plus a month) sells well among the burgeoning numbers of jobless, who are already hit by one of the highest inflation of 55 per cent in ten years. It is not easy for them to manage it amid farmers' distress and the trade deficit widening to a four-month high at \$19.1 billion. Exports rise by one per cent to \$35 billion and imports by over 10 per cent to \$54.1 billion. This upsets the Government's calculations on the impending forex reserves.

How would the country improve the job scenario? The age-old move to wean the workers away from the farms has failed. Still, agriculture employs over 54 per cent of the Indian

workers. The Nehruvian economy created robust public sector organisations. In 1994-2000, PSUs employed 19.4 million (about 2 crores) people or 69 per cent of the total employed. The other 31 per cent were employed in the central and State Governments. Some 3.4 million jobs were added to nonfarm payrolls and unemployment at 5.6 per cent had fallen from 6.6 per cent.

In sharp contrast, in 2021-22, PSU employment reduced to 8.61 lakh. And it is gradually reducing. According to official statistics, employment in the organized sector is now a mere 8.34 per cent, of which the public sector accounts for 5.77 per cent and the private sector only 2.58 per cent in the total employment generated.

The Government's massive infra investment of Rs 11 lakh crore this fiscal may have added some jobs in the construction sector but these short-term jobs are not considered quality work. Apart from infra investments are subject to erosion in many ways, right from excess cost estimation to longer gestation.

So the promise of reservation is a dream. According to CMIE, employment in India increased by a

mere 5.8 million till March 2023. An additional 119 million people were not added to the potential labour force during the same. The estimates show that self-employment has been the chief driver of the Indian job market, which was hit hard by demonetisation crushing a parallel self-sustained economy.

Poll promises apart, the country is in the grip of a severe economic crisis. Ideally, more PSUs are required to stop labour exploitation in the private sector as well as their disinclination to create jobs. The Mahanavratna and Navratna industries were doing well when most of these were axed or sabotaged like Air India and HMT to facilitate the growth of the private sector, which earned huge profits but did not create jobs.

Reversing it would require revival and reforming the Planning Commission and reshaping the economy in the public sector where the private sector would have to compete on equal terms. Reservations to benefit the deprived castes then only would yield results. Would a revamp be possible?

(The author is a senior journalist; views are personal)

Connecting the mind and body

RAVI VALLURI

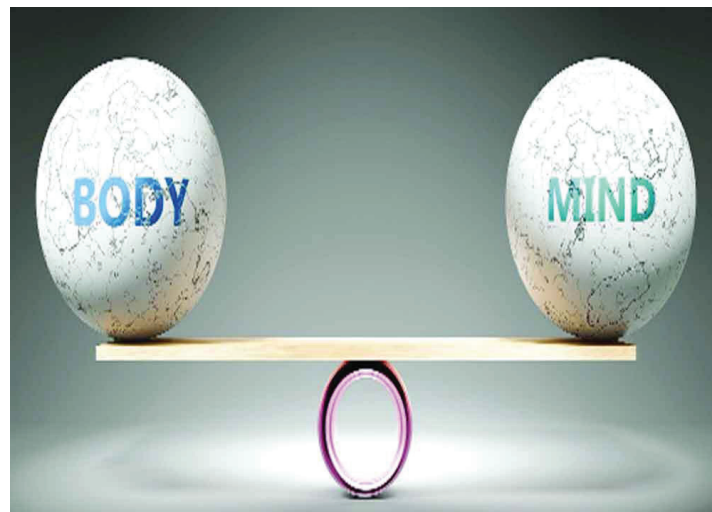
What is the difference between PK and PIKU? Two letters, 'P' and 'U'; I is us and U are them (an extra-terrestrial Aamir Khan). Their CPU is cerebral and our CPU is at the level of the abdomen. Or say for vast multitudes the focus is on the abdomen. It would be quite captivating to watch the main protagonists PK (of the eponymous movie) and Bhaskor (of Piku fame) sharing their thoughts and respective metabolisms in a spaceship. Food has a tremendous impact on our system, which we do not quite comprehend. Improper diet first takes a toll on the metabolism and then attacks other organs of the body. Simply put, the intake of toxic foods generates repugnant thoughts and results in a weak mind and body.

The human mind is an

enigma and a reservoir of potential. But the moot question is how do we tap this potential? The mind is a movie theatre where we script and enact innumerable movies and soap operas. Technology alone cannot be a substitute for the enormous potential of the mind. It needs to be cultured, harnessed and harmonized with needs and wants.

We need to distinguish the brain from the mind. The brain is an organ that serves as the centre of the nervous system in all vertebrate and most invertebrate animals. Only a few invertebrates such as sponges, do not have a brain, diffuse or localized nerve nets are present instead.

Mind on the other hand, is the faculty of consciousness and thoughts. It is an



individual's intellect or memory of his attention span or will.

Sri Sri Ravi Shankar has captured it very succinctly. He says the mind is like the sky and thoughts are like clouds. Your thoughts make or mar the progress and development of the mind.

To be happy in life humans need to calm the obdurate and recal-

the mind is not at peace or in the present moment and thus remains unhappy.

Incidentally, there is a deep connection between the stomach and the mind. That is why it is called the gut feeling or the sixth sense. Our solar plexus keeps sending us signals. It depends as to whether we are conscious and wakeful enough to grasp those signals.

Humans can truly celebrate only if we can silence our minds. There are techniques to do it and develop a relaxation room or space in our minds and harness the energy so that it does not get enervated. By practising Suryanamaskars and Padmasadhana as crafted by Gurudev we can enhance our Prana, (chi) or energy levels substan-

tially. This energy can be channelled in innumerable ways. There may be some who may practice meditation, breathing techniques or simply observe silence to quieten the mind. The path is chosen based on our personality type. Several others through unflinching prayers and reading inspirational literature can silence the mind. But the aim is to be in the present and lead a happy life. Let our minds not be judgmental and complain and cling to negativities. Willy-nilly we provide the hook to hang the coat of negativity.

"Life gives you plenty of time to do whatever you want to do if you stay in the present moment," writes Deepak Chopra.

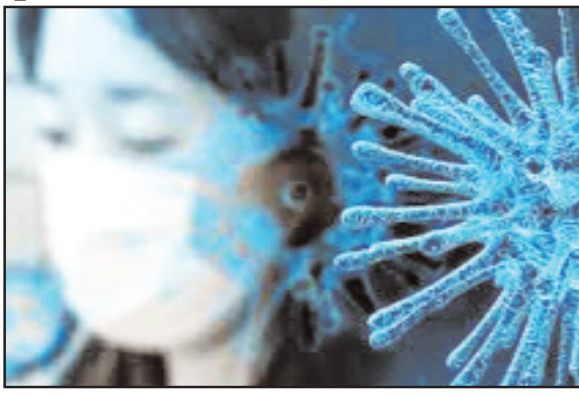
(The writer is the CEO of Chhattisgarh East Railway Ltd. and Chhattisgarh East West Railway Ltd. He is a faculty of the Art of Living; views are personal)

Increased hand hygiene at airports can reduce spread of Coronavirus: Study

WITH the outbreak of deadly Coronavirus in China and other parts of the world, a recent study has suggested that implementing disease mitigation strategies like proper hand hygiene at airports across the globe can be effective in preventing the infection.

A study published in the journal - Risk Analysis - has analysed the impact of implementing disease mitigation strategies at airports in different parts of the world. The study has found out that increasing traveler engagement with proper hand-hygiene at all airports has the potential to reduce the risk of a potential pandemic by 24-69 percent. The researchers also identified ten critical airports, central to the global air-transportation network, and if hand-washing mitigation strategies are implemented in just these ten locations, the pandemic risk can drop by up to 37 percent.

"Hand-hygiene mitigation strategies against global disease spreading



through the air transportation network," read an excerpt from the study. The study also suggests that if increased hand-washing practices were instituted in ten key airports there would be a significant impact on decreasing the spread of viruses.

These ten airports are not just locations that see large volumes of passengers, they also connect travelers with destinations in all parts of the world. The airports include, London Heathrow, Los Angeles International, John

F.Kennedy, Charles de Gaulle, Dubai International, Frankfurt, Hong Kong International, Beijing Capital, San Francisco, & Amsterdam Schiphol. "Airports, and airplanes, are highly infectious because they are close, confined areas with large, mobile populations," said the lead researcher Christos Nicolaides.

"Viruses are spread through bodily fluids, so keeping hands clean at major transport hubs is central to control spread," he added.

Airports also contain numerous highly contami-

nated surfaces that are frequently touched by travelers, including self-service check-in screens, gate bench armrests, water fountain buttons, door handles, seats and tray tables. In addition to increasing the frequency at which public areas are cleaned and sanitized, using proper coughing etiquette, wearing face masks and proper hand hygiene practices are the most common actions that can be adopted by air travelers.

Currently, analyses show that, at most, one in five people have clean hands at any given moment. If hand cleanliness at all airports increased from 20 percent to 30 percent, by increasing the capacity and/or awareness of hand-washing, the impact of a potential infectious disease would have a global impact that is 24 percent smaller. A cost-effective measure would be to adopt these practices at the top 10 influential airports, reducing the impact of the disease spreading to just 37 percent.

Diet makes a difference in fighting against hospital-acquired infection: Study

IN contrast with the popular opinion that low carb and high protein diets help in maintaining the waistline, a new study suggests that the same may lead to alleviation of hospital-acquired infections. The study surrounding the hospital-acquired infection Clostridioides difficile was published in the journal mSystems. In the study, scientists found that an interaction between antibiotic use and a high-fat/high-protein diet exacerbate C. diff infections in mice. Conversely, they found that a high-carbohydrate diet - which was correspondingly low in fat and protein - nearly eliminated symptoms.

C. diff, an intestinal infection designated as an urgent threat by the U.S. Centers for Disease Control and Prevention,

is often acquired when antibiotics have wiped out the "good" bacteria in the gut. Hundreds of thousands of people are diagnosed with C. diff infections each year and more than 10,000 die.

"Every day, we are learning more about the human microbiome and its importance in human health. The gut microbiome is strongly affected by diet, but the C. diff research community hasn't come to a consensus yet on the effects of diet on its risk or severity," said the lead microbiologist Brian Hedlund.

"Our study helps address this by testing several diets with very different macronutrient content. That is, the balance of dietary carbohydrate, protein, and fat were very different," added Hedlund. Though studies suggest dietary protein exacerbates C.

diff, there's little or no existing research exploring the interaction of a high-fat/high-protein diet with the infection.

Hedlund and the co-author of the study, Ernesto Abel-Santos, a UNLV biochemist, caution that the study was conducted using an animal model, and more work is underway to begin to establish a link between these diets and infections in people.

"Extreme diets are becoming very popular but we do not know the long-term effects on human health and specifically on the health of the human gut flora. We have to look at humans to see if it correlates," said Abel-Santos. Recent studies suggest that because antibiotics kill bacterial species indiscriminately, the medications decimate populations of organisms

that compete for amino acids, leaving C. diff free to propagate.

"It's clear that it's not just a numbers game," said Hedlund. The new work suggests that diet may promote microbial groups that can be protective, even after antibiotics. For an infection to flourish, Hedlund said, "you might need this combination of wiping out C. diff competitors with antibiotics and then a diet that promotes overgrowth and disease."

"Lots of papers say that a lower microbial diversity is always a bad thing, but in this case, it had the best disease outcome," said Abel-Santos. However, he cautions that a high-carb diet could lead to animals becoming asymptomatic carriers that can disseminate the infection to susceptible subjects.

Children miss more school when their mothers experience physical violence: Study

CHILDREN of mothers who experience physical violence tend to miss more school, suggests a study. The study was conducted by researchers of George Mason University and was published in the Maternal and Child Health Journal. The study found that 23.3% of women who experienced intimate partner violence (IPV) reported their child's school attendance was disrupted.

The study used baseline data from a sub-sample of 659 women in Mexico City who recently experienced IPV and reported having a child under age 18. Researchers identified four distinct classes of IPV experiences: Low Physical and Sexual Violence; Low Physical and High Sexual Violence; High Physical and Low Sexual Violence; and High Physical and Sexual Violence and Injuries. The study found that women in both the High Physical and Sexual Violence and Injuries class and the High Physical and Low Sexual Violence and Injuries class were at greater risk of IPV disrupting children's school attendance than the women in the Low Physical and Sexual Violence class.

"Our analysis (LCA) allows us to identify patterns of IPV experience, such as those who experience more physical violence and injuries, and determine how these different patterns of IPV affect disruptions in school attendance," said the lead researcher, Anna M. Scolese.

"Our results show that children of women who experience High Physical Violence and Injuries - with or without Sexual Violence - are at greater risk of school disruption. In short, if a mother experiences high physical violence and injuries from intimate partner violence, this is more likely to affect a child's school attendance," Scolese added.

Other study authors are from Warrant Alpert School of Medicine at Brown University, International Rescue Committee, Harvard TH Chan School of Public Health, and the National Autonomous University of Mexico, Mexico City, Mexico.



Scientists use AI to accurately measure blood flow in heart patients

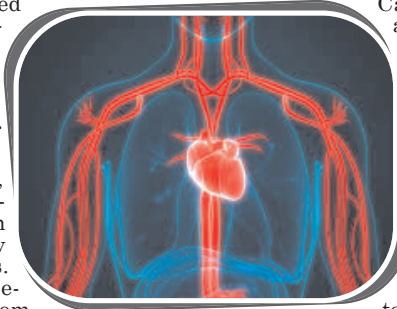
A study has used artificial intelligence (AI) for the first time to instantly and accurately measure blood flow in heart patients and its results were found to be able to predict chances of death, heart attack and stroke.

This technique developed by researchers from UCL and Barts Health NHS Trust can be used by doctors to help recommend treatments which could improve a patient's blood flow. Heart disease is the leading global cause of death and illness. Reduced blood flow, which is often treatable, is a common symptom of many heart conditions. International guidelines, therefore, recommend a number of assessments to measure a patient's blood flow, but many are invasive and carry risk. Non-invasive blood flow assessments are available, including Cardiovascular Magnetic Resonance (CMR) imaging, but up until now, the scan images have been incredibly difficult to analyse in a manner precise enough to deliver a prognosis or recommend treatment.

In the largest study of its kind, funded by British Heart Foundation and published in the journal Circulation, researchers took routine CMR scans from more than 1,000 patients attending St Bartholomew's Hospital and the Royal Free

Hospital and used a new automated artificial intelligence technique to analyse the images. By doing this, the teams were able to precisely and instantaneously quantify the blood flow to the heart muscle and deliver the measurements to the medical teams treating the patients.

By comparing the



AI-generated blood flow results with the health outcomes of each patient, the team found that the patients with reduced blood flow were more likely to have adverse health outcomes including death, heart attack, stroke and heart failure. The AI technique was therefore shown for the first time to be able to predict which patients might die or suffer major adverse events, better than a doctor could on their own with traditional approaches.

Professor James Moon (UCL Institute of Cardiovascular Science and Barts Health NHS Trust) said: "Artificial intelligence is moving out of the computer labs and into the real world of

healthcare, carrying out some tasks better than doctors could do alone. We have tried to measure blood flow manually before, but it is tedious and time-consuming, taking doctors away from where they are needed most, with their patients."

Dr Kristopher Knott (UCL Institute of Cardiovascular Science and Barts Health NHS Trust) added: "The predictive power and reliability of the AI was impressive and easy to implement within a patient's routine care. The calculations were happening as the patients were being scanned, and the results were immediately delivered to doctors. As poor blood flow is treatable, these better predictions ultimately lead to better patient care, as well as giving us new insights into how the heart works."

Dr Peter Kellman from the National Institutes of Health (NIH) in the US, who working with Dr Hui Xue at the NIH, developed the automated AI techniques to analyse the images that were used in the study, said: "This study demonstrates the growing potential of artificial intelligence-assisted imaging technology to improve the detection of heart disease and may move clinicians closer to a precision medicine approach to optimize patient care. We hope that this imaging approach can save lives in the future."

Green tea extract combined with exercise may reduce fatty liver: Study

IN A recent study, researchers have come up with a potential health strategy to combat fatty liver disease. They have found that a combination of green tea extract and exercise reduced the severity of the obesity-related disease by 75 percent in mice fed a high-fat diet. The outcome is important, explained Joshua Lambert, associate professor of food science, because nonalcoholic fatty liver disease is a significant global health problem that is expected to worsen.

Because of the high prevalence of risk factors such as obesity and type 2 diabetes, fatty liver disease is forecast to afflict more than 100 million people by 2030. And there are currently no validated therapies for the disease. The study was published in the Journal of Nutritional Biochemistry. In the study, mice fed a high-fat diet for 16 weeks that consumed green tea extract and exercised regularly by running on a wheel were found to have just a quarter of the lipid deposits in their livers compared to those seen in the livers of a control group of mice. Mice that were treated with green tea extract alone or exercise alone had roughly half as much fat in their livers as the control group. In addition to analyzing the liver tis-

sues of mice in the study, researchers also measured the protein and fat content in their faeces. They found that the mice that consumed green tea extract and exercised had higher faecal lipid & protein levels.

"By examining the livers of these mice after the study concluded and by screening their faeces during the research, we saw that the

ing out in its faeces."

It may be significant, Lambert explained, that mice treated with both green tea extract and exercised had higher expression of genes related to the formation of new mitochondria. That gene expression is important, he said, because it provides markers that will help researchers understand the mechanism by which green tea polyphenols and exercise might work together to mitigate fatty liver deposits.

"We measured the expression of genes that we know are related to energy metabolism and play an important role in energy utilization," Lambert said.

"In the mice that had the combination treatment, we saw an increase in the expression

of genes that weren't there before they consumed green tea extract and exercised." In previous related research, Lambert and colleagues demonstrated that green tea extract and exercise together sharply reduced body mass and improved cardiovascular health of high-fat-fed mice. But because no human trials assessing the health benefits and risks of green tea combined with exercise have been conducted, he urges caution for people who decide to experiment with the health strategy on their own.

"So, if a mouse doesn't digest the fat in its diet, that fat and the calories associated with it pass through the mouse's digestive system, and a certain amount of it ends up com-



Fake news can make disease outbreaks worse, research shows

IT has come to notice that the spread of misinformation, harmful advice, fake news about diseases could be making its outbreaks worse, according to new research from the University of East Anglia (UEA).

Researchers say their findings could also be useful for dealing with the COVID-19 Coronavirus outbreak. The researchers' team is on the take that a bid to combat people sharing misinformation on social media could save lives.

Many harmful effects are known around the spread of misinformation, but less known is the possibility that misinformation spread could harm human health, especially during the outbreak of an infectious disease.

Prof Paul Hunter and Dr Julii Brainard, COVID-19 experts, both from UEA's Norwich Medical School, set out to test the effect of sharing dangerously wrong information on human health during a disease outbreak.

Prof Hunter said: "Worryingly, research has shown that nearly 40 per cent of the British public believe at least one conspiracy theory, and even more in the US and other countries. Misinformation means that bad advice can circulate very quickly - and



it can change human behaviour to take greater risks."

"People in West Africa affected by the Ebola outbreak were more likely to practice unsafe burial practices if they believed misinformation. And here in the UK, 14 per cent of parents have reported sending their child to school with symptoms of contagious chickenpox - violating school policies and official quarantine advice." "Examples of risky behaviour during infectious disease outbreaks include not washing hands, sharing food with ill people, not disinfecting potentially contaminated surfaces, and failing to self-isolate," he added. The researchers created theoretical simulations which took into account studies of real behaviour, how different

diseases are spread, incubation periods and recovery times, and the speed and frequency of social media posting and real-life information sharing. Dr Julii Brainard said: "We found that misinformation during epidemics of infectious disease could make those outbreaks more severe. "We tested strategies to reduce misinformation. In our first study, focusing on the flu, monkeypox and norovirus, we found that reducing the amount of harmful advice being circulated by just 10 per cent - from 50 per cent to 40 per cent - mitigated the influence of bad advice on the outcomes of a disease outbreak." Brainard and team tired 20 per cent of the population not to share belief harmful advice, which saw positive result later.

Desktop plant can help combat workplace stress, study reveals

NEED a solution to calm your mind amid hectic workplace stress? Surprisingly, a potted plant placed right by your desk might help to remedy your daily sufferings, at least to some extent.

According to CNN Health, a group of researchers from Japan carried out an experiment to study the stress-relieving effects that plants can potentially have on employees at a busy workplace. The experts conducted their study on the employees of a Japanese electric company to figure out the variations in their stress levels, before and after a 3-minute long involvement with a plant. The study which got published in the journal Hort Technology revealed a slight drop in the anxiety score of employees with anxiety and a considerable drop in the resting heart rates of the other 27 per cent.

The previous research on this subject was mostly carried out in controlled settings involving indirect plant interaction. This study is unique in the sense that it not only analyzed the stress-busting effects of gazing at a plant in an actual office environment, but also the effects emanating from actively taking care of the plants.

A positive trend was observed in the mental wellbeing of the employees when they were encouraged to take "nature breaks" lasting for three minutes, told Dr. Masahiro Toyoda, lead author of the study and professor at the University of Hyogo, told CNN Health.

According to Dr Charles Hall, Ellison Chair of International Floriculture at Texas A&M University this research is the "latest of those that continue to point out that plants are beneficial to humans."

the time when they felt stressed and then once again after staring for three minutes at the computer screen instead of a plant.

Before the commencement of the control phase,



workers were taught about how to care for a plant and were asked to choose their favourite one. During the following two weeks, the subjects first measured their pulse under stressful conditions but the second reading was taken after gazing for three minutes at the plant kept on their desk.

A slight drop in STAI scores was observed during the two weeks, however, a drop in pulse rate was quite apparent in more than one-fourth of the workers. A drop in resting heart rate indicates the suppression of the body's fight

or flight mechanism that sets in when an individual is faced with a stressful situation. The researchers pointed to a few reasons that might have contributed to the aforementioned outcomes.

From the point of view of the attention restoration theory, a positive correlation is seen between concentration levels and looking at nature. Furthermore, the affection involved in caring for the plant might have also played an instrumental role. However, it was noted that this approach didn't suit everyone and in some cases, led to a further increase in anxiety.

Hall explained to CNN Health: "I think the anxiety among those in the study where their anxiety increased, it was because of that particular phenomenon that all of a sudden they're responsible for taking care of a plant and then all of a sudden the plant's not doing well and they have some anxieties from that."

While on the other hand, there were people who gradually got accustomed to the presence of plants and stopped responding to their stress-reducing effects. The study took 63 employees under its ambit who were aged between 24 and 60 and spent an average of 40 working hours in the office.

Amid the rising cases of work pressure-induced mental disorders, the authors stated that "the adoption of greenery into the office environment is becoming widespread as the need for improving mental health becomes greater."

GDC R. S. Pura hosts Awareness Lecture on Health and Hygiene

J I NEWS SERVICE
JAMMU, MAY 20

NSS unit of Government Degree College R. S. Pura organized an educational lecture on Public Health and Hygiene today, drawing enthusiastic participation from college students. The event featured presentations and interactive sessions led by Dr. Hari Singh, Assistant Professor in zoology. The experts covered a range of topics, including nutrition, hygiene practices, disease prevention, and the importance of regular medical check-ups. Students were encouraged to engage actively during the interactive sessions, asking questions and discussing health-related concerns with the



resource person.

The lecture aimed to instill practical health tips and habits in the students, emphasizing the importance of maintaining good health. According to the organizers, the event was highly successful, fostering a greater understanding of health and hygiene among the participants.

The lecture, coordinated under the Patronage of Dr. Rajni Bhagat, Principal of the college and leadership of Dr. Chanchal Angral, NSS PO, which was a significant initiative

towards promoting health education. While speaking on the occasion Dr. Rajni Bhagat, College Principal exhorted that the initiative by NSS unit of GDC R. S. Pura marks a positive step towards educating young individuals on vital health issues and promoting a healthier lifestyle among the youth. The formal vote of thanks was presented by Dr. Sunil Kumar Mangoch, H. O. D Dogri. Dr. Nitti Chibber and Prof. Renu Sharma from the department of Botany also attended the program.

BSG organizes Seeds of Hope & Action Exhibition at Tiny Tots HSS, Jammu

J I NEWS SERVICE
JAMMU, MAY 20

Tiny Tots Hr Sec School in collaboration with Bharat Soka Gakkai organised an exhibition titled Seeds of Hope & Action : Making the SDGs a Reality (SOHA). The exhibition comprising 25 different panels depicted on the "Power of One" and how individual actions are important to create a more sustainable world. More than 200 students witnessed the exhibition.

Sadia Khateeb an alumni of Tiny Tots and Former Head Girl of the School, a budding actress and Mrs Veena Handa were the Chief Guests for the day.

The exhibition was inaugurated with lighting of the Lamp. A short movie on Sustainable Development Goals was



displayed for the students for better understanding. This was followed by a detailed description of each panel which was carried out by the students of Tiny Tots.

Sadia Khateeb suggested to the students that they must take care of the environment and plant trees and at the same time look after the animals to maintain a balanced life on this planet. She praised the students for the efforts that they had put while

describing the panels.

Dr Vikram Handa, Principal of Tiny Tots highlighted the need for every individual to put in a little effort in moving towards the sustainable development goals. He noted that these little efforts of individuals become a collective whole and would make the world a better place. He congratulated BSG and the students of the school for putting up such a beautiful exhibition.

GPCJ organizes Technical Visit to Gladni Grid Station, Jammu

J I NEWS SERVICE
JAMMU, MAY 20

Government Polytechnic College Jammu today organized Technical Visit for the Students of 6th Semester Electrical Engineering Department under the guidance of Er. Arun Bangotra Principal Government Polytechnic College Jammu and Er. Manjeet Singh H.O.D Electrical Engineering Department.

In the morning visit was flagged off by Er. Arun Bangotra Principal Government Polytechnic. Er Raj Kumar H.O.D Mechanical Engineering Department, Ar. Tahir Wani H.O.D Architecture Department, Er. Devika Bhardwaj, Er. Himanshu Bakshi, Er. Itika Sharma, Er. Vicky Sharma, Mr. Rakesh Khullar and students of 6th semester of Electrical Engg department were also present during flag off.

During this Visit stu-



dents came to know about total capacity of the Grid station is 710 MVA, different Electrical equipment's installed and used in the grid station for Transmission and Protection. The students explored the grid station and its working under the guidance of Er. Sumeet Gupta AEE, JKPTCL, TLMD-II and Er. Bandana Manhas AE, JKPTCL, TLMD-II Gladni grid Jammu.

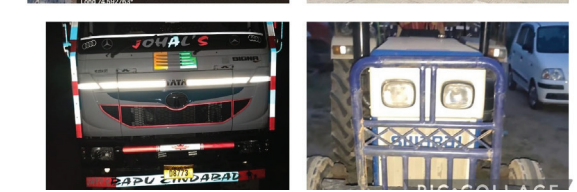
Students were acquainted with Working Principle and applications of each. During this Technical

Visit, students learnt that how electrical Power is received at 220 KV Voltage and the Voltage is step down with the help of step down Transformer in various stages and further distributed to consumers with the help of Sub Transmission System. Er. Bandana Manhas also explained SCADA (Supervisory control and Acquisition Data) and Control & Relay Panel. Er. Vicky Sharma faculty Electrical Engineering Department was Present with Students during the Technical Visit.

Crackdown on Illegal Mining, 05 vehicles seized by JKP in Rural Zone of Jammu

J I NEWS SERVICE
JAMMU, MAY 20

In a drive against illegal mining and to tighten noose against the violators, Jammu Police has initiated strict action against the criminals involved in illegal mining & minting money out of the public resources. In a surprise operation which was carried out at different locations in Rural zone of District Jammu. PS Nagrota detained Two vehicles, one Dumper bearing registration no JK02BD-8773 and one tractor trolley bearing chassis no MBNAN48AB-JTN50582, Engine No. 39.1359/SZM14530, both loaded with Sand without form A. BPP Gajansoo detained One Dumper bearing Reg. No. JK08M/7376 loaded with Bajri and without any valid permission. After detaining of these vehicles District Mining Officer was informed for necessary



legal actions. While giving the details SP Rural Jammu, conveyed that Jammu Police is committed for protecting the public property and to eradicate the menace illegal mining in the area.

JKPCC Working President visits various Panchayats of Samba

J I NEWS SERVICE
SAMBA, MAY 20

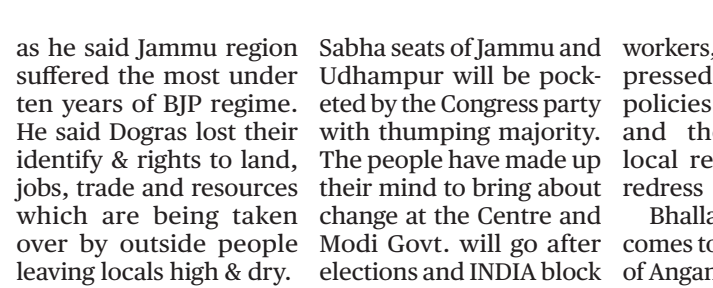
JKPCC Working President and Congress contesting candidate from Jammu-Reasi Parliamentary seat Raman Bhalla today claimed that BJP government has lost ground and in several states BJP's seats are declining. In the entire country, the situation is turning against them. No where there is an increase in their seats. This was stated by former Minister during his visit to various places of District Samba including Panchayats Nandpur, Jarda, Dugh, Ramghar, Phakri, Saunara and Vijaypur. Prominent among those present on the occasion include Ex Minister Yashpal Kundal, District Samba President Sanjeev Sharma, Vijay Choudhary, Tirath Bhagat, Jagdish Bhatti, Mohan Singh Batti, Himmat Singh Bhatti, Santokh Singh, Tanveer Singh, Dr Mohan Lal, Makhan Singh Ram Singh, Mandeep Choudhary, Subash Singh Charak, Bhagwan Dass, Ved Raj Sharma, Rakesh Sambhal and others.

Speaking on the occasion, Bhalla exhorted the public to throw the BJP-led alliance from power, and with it, Modi's 'dictatorship.' "History is witness, whenever there has been a revolution in the country, it has started from the brave land of J&K. The campaign to end the dictatorship from this coun-

try should begin from J&K," he said, adding, he was sure of a clean sweep in J&K and ultimate victory of the I.N.D.I.A. bloc. Referring to the BJP manifesto, Bhalla said all of Modi's 'guarantees' are fake. "Earlier, a guarantee was given by them that Rs 15 lakh will be deposited in every person's account, also of giving two crore jobs every year but they never came good on those guarantees," he said and asked the public to repose their faith in 'Congress Guarantee.

Commenting on the tenure of the BJP govt in J&K, Bhalla said instead of asking for votes, the party should seek forgiveness of the public. "Instead of making empty speeches, the govt should look at the statistics that show the BJP turned the most prosperous state in the country, before 2014, to backward state in J&K. He criticized J&K government for increasing poverty, unemployment, and debt. He questioned the government's performance and impact on the public, demanding accountability and justifications for the state's issues.

Bhalla criticizes BJP for wanting to alter the Constitution and limit people's rights. He condemned the use of religion in politics and emphasizes the importance of traditions. He lashed out at BJP for the sufferings of the people



as he said Jammu region suffered the most under ten years of BJP regime. He said Dogras lost their identify & rights to land, jobs, trade and resources which are being taken over by outside people leaving locals high & dry. Urging people to measure the loss to the coming generations who shall face very difficult times and identity crisis besides going out in search of jobs & bread and butter, Bhalla asked people to vote out BJP from centre to reverse the trend. He appealed to the people to vote for change and uproot the dictatorial regime of BJP. The peoples participation in large numbers shows the mood of the people and claimed that both Lok

Sabha seats of Jammu and Udhampur will be pocketed by the Congress party with thumping majority. The people have made up their mind to bring about change at the Centre and Modi Govt. will go after elections and INDIA block will form the Govt.

Bhalla said that BJP stands exposed before the people on various fronts as the people have awakened against the divisive policies of the BJP. The Congress party has taken a lead to fight against the tyrannical regime of BJP which has amassed huge wealth through electoral bond scheme while the entire opposition is being targeted by the Modi Govt. He said that Prime Minister Modi and BJP know

they are getting defeated, so indulging in such tactics but people will teach them a lesson. Bhalla hit out at the BJP for the betrayal of the people of Jammu region in every sphere as a result there has been tremendous response to Congress in both seats. He said that every section of Jammu be it youth, farmers, traders, workers, women, are hard pressed and against the policies of the BJP Govt and the failures of the local representatives to redress their grievances.

Bhalla said if Congress comes to power the salary of Anganwadi, Asha Workers to be doubled besides educated youth poor women will get one lakh per year. He said that UPA Govt had launched various policies and welfare programmes for the upliftment of poor and down trodden sections of the society and strengthened the nation by establishing peace, progress and prosperity as a result the India emerged as a strong nation. He criticized the divisive politics of BJP and certain other forces

which are against pluralistic factor of this nation and said that secularism alone can maintain the unity and integrity of the Country and the Jammu and Kashmir.

Bhalla said that BJP had come to power on the promise of providing two crore jobs annually to the youth of the country besides bringing 'good days' for the common people by checking price rise and inflation etc. apart from other such things like bringing black money and depositing into their accounts. Contrary to that Modi government brought lot many miseries for the common people through huge taxations amidst unprecedented price hike and record unemployment, coupled with series of recruitment scams which have frustrated the unemployed youth.

He said that BJP Govt at the Centre had burdened the common man by way of huge taxations and record breaking unemployment and unprecedented price rise. After experiencing over 10 years full of miseries due to wrong economic policies of the BJP government, the people are so fed up, that, now, they have made up their mind to defeat BJP and bring back Congress and olden days, which were free from such economic oppressions.

Dr Darakhshan visits educational institutions, meets public delegations & BJP leaders at Poonch



J I NEWS SERVICE
POONCH, MAY 20

Continuing her Pirpanjal valley visit, Chairperson of J&K Waqf Board Dr Syed Darakhshan Andrabi today visited Takiya Baba Ghulam Shah Darul Uloom Badshah Lassana in Surankote, Poonch & Hazrat Fatima-Tuz-Zahra (RA) Girls Educational Institute at Raza Nagar in Tehsil Haveli, District Poonch and interacted with the students there. Dr Andrabi took meetings with the staff and management of both educational institutions. She emphasized on the need of updating the syllabus and adding other capacity building initiatives into the curriculum at these institutions. "We

need to impart scientific education to the children simultaneously in addition to the religious education. Our children have to be good human beings, morally strong citizens of the proud country with a universal outlook so that they are able to become future global leaders in their respective friends of careers," said Dr Andrabi. She expressed her happiness and satisfaction about the facilities being provided to the children at these institutions. Dr Darakhshan met many public delegations in Poonch & Surankote and discussed current political & social issues with them. She also visited Bhartiya Janata Party district office at Poonch and held a meeting with the party leaders.

Indian Army organised lecture on AIDS at Nali Patnazi Furoan Academy, Kishtwar



J I NEWS SERVICE
KISHTWAR, MAY 20

Well-being of the AWAM, continues to spearhead programs aimed at enhancing healthcare in the region by Indian Army in line with this steadfast spirit, conducted a crucial awareness lecture on the topic of 'Acquired Immune Deficiency Syndrome (AIDS)' to commemorate 'World AIDS Vaccine Day'. The lecture resonated within the hallowed halls of 'Nali Village (Patnazi)'

and the esteemed 'Furqan Academy, Kishtwar'. The gathering included '30 residents' from Nali Village and an attentive audience of 200 students from Furqan Academy. The Indian Army's unwavering commitment to community health was palpable throughout the lecture. Both residents and student appreciated the Indian Army's tireless efforts in organising these impartial awareness programs and conveyed their gratitude for this effort.

Neeraj Kundan appointed as AICC Campaign Incharge for Gurdaspur Lok Sabha, Punjab

J I NEWS SERVICE
JAMMU, MAY 20

The All India Congress Committee (AICC) has announced the appointment of Neeraj Kundan as the AICC Campaign Incharge for the Gurdaspur Lok Sabha.

Recently he also worked in Raebareilly.

With his vast experience as the former President of NSUI (National Students' Union of India), Neeraj Kundan brings a fresh perspective and tremendous energy to this role. His appointment reflects the party's commitment to empowering young leaders and infusing dynamism into the political

Neeraj Kundan, said, "I am honored to be given



this responsibility by the AICC and Expressed gratitude and Thanks to entire leadership of AICC for entrusting him such responsibility and further said that he is committed to working tirelessly to uphold the values and principles of the Congress party and secure a successful outcome in Gurdaspur.

Anantnag-Rajouri LS Polls: Police creating sense of terror in South Kashmir: PDP

Former Legislator writes to DGP, ECI; seeks level playing field

JINNEWS SERVICE
SRINAGAR, MAY 20

Jammu and Kashmir Peoples Democratic Party Monday said that police has created a sense of terror in South Kashmir, restricting movement of political personnel, ahead of general elections on Anantnag-Rajouri parliamentary constituency.

In a letter addressed to Director General of Police, RR Swain and copied to Election Commission of India and other officials of election department, former legislator and member of party's Political Affairs Committee Firdous Tak alleged that his party leaders are not being allowed to campaign and instead harassed by the police officials in South Kashmir.

"Over the past few days, I have been in Anantnag district, South Kashmir, for campaigning process for the People's Democratic Party

(PDP). However, I am writing to you with great displeasure and grief that the police department has been exerting tremendous pressure on our campaign, resorting to harassment and creating significant obstacles", Tak said.

He claimed that while certain political organizations, which claim close ties to the ruling dispensation in New Delhi, are being given a free hand, leaders in PDP are being denied permission to campaign, denied free movement and even subjected to harassment and threats.

"Elections should be a celebration of democracy, encouraging active participation from the populace. Contrary to this ideal, there is a pervasive sense of terror and insecurity, seemingly propagated by your department. Our workers and supporters are not only being harassed but those of us assigned by the party to campaign are subjected to humiliation,

restrictions, and further harassment. The actions of the police administration seem focused on denying a level playing field to the PDP rather than maintaining security", the letter reads.

The former legislator said that while the Union government has repeatedly claimed that Jammu and Kashmir is experiencing a peaceful and terror-free situation "situation was starkly contradictory on the ground".

"In light of these issues, I urge you to intervene and direct the police administration in this parliamentary constituency to ensure that all political parties, including the PDP, are allowed to reach out to voters without undue hindrance."

He said that it was crucial that security and stability are maintained, and all candidates are given equal opportunities to campaign freely and fairly before the polling day.

People of Pir Panjal assured massive victory of Mian Altaf Ahmed: Rattan Lal

JINNEWS SERVICE
JAMMU MAY 20

Rattan Lal Gupta, Provincial President National Conference on Monday said that widespread turnout at party's election rallies especially that of NC President, Dr Farooq Abdullah and Mian Altaf Ahmed is testament to its enduring influence and resonant appeal among the masses of the region.

Speaking after concluding week-long tour of Rajouri and Poonch districts in connection with election campaign of India alliance Candidate Anantnag-Rajouri Mian Altaf Ahmed, the NC Senior leader said that the recent surge in massive public rallies at Surankote, Poonch, Mendhar, Rajouri and Nowshera across Poonch and Rajouri Districts has underscored the significant backing for the NC



Candidate. He said that these large gatherings, characterized by enthusiastic participation, reflect the deep-rooted support for the party among different hamlets situated both at the mountainous regions and in the plains of the aforesaid districts. He said that these successful rallies highlight the party's ability to mobilize and galvanize the public, reinforcing its position as a formidable force in J&K's political arena.

Rattan Lal Gupta said that there is no competition for party in Anantnag-Rajouri seat as there is a

huge NC wave and people are wholeheartedly supporting party candidate Mian Altaf.

Taking a jibe, he said that BJP, which claims to be the world's largest political party failed to field its candidates in Kashmir Valley. He said that BJP with no candidates in field is supporting its proxy candidate having no credibility or relevance in political landscape. He said that BJP's failed policies in J&K during the last ten years of its misrule had led to a situation where there are no takers for safe front party.

Rattan Lal accused BJP of becoming a factor for revival of terrorism in Rajouri and Poonch districts, rising unemployment, high inflation and rampant corruption. He also condemned the stabbing of youth during the rally and demanded thorough probe into the incident.

The Provincial President appealed to the people of Rajouri and Poonch districts to ensure maximum participation in the polling on May 25 and ensure victory of NC candidate Mian Altaf Ahmed to get rid of misrule of BJP.

NC facilitates smooth voting of Kashmiri Pandit migrants at Udhampur: Sunil Verma

JINNEWS SERVICE
UDHAMPUR, MAY 20

The Jammu and Kashmir National Conference (JKNC) District Unit, headed by Sunil Verma, District President of Udhampur, facilitated the smooth voting of Kashmiri Pandit migrants at the Government Girls Higher Secondary School Udhampur for 5th phase of Lok Sabha polls.

Pertinent to mention here that Omar Abdullah, Party's Vice President and NC Candidate is contesting from Baramulla Lok Sabha constituency.

Rakesh Kumar and Mohd Sadeeq were appointed as Polling Agents. Ch Mohd Rashid, Distt Secretary, Akash Verma Senior youth leader, Om Parkash Block President, Pir Gulam Hussain City Block President and Vice President



Udhampur, Prominent Kashmiri Pandit leader and NC leader Sanjay Pandita were also present.

Speaking on the occasion, Sunil Verma raised serious concern over problems being faced by the people under the present administration, highlighting the lack of adequate

infrastructure, economic opportunities and social development initiatives, which have disproportionately impacted the lives of the residents. He stressed the urgent need for responsive governance and proactive measures to alleviate the hardships endured by the commu-

nity.

Verma reiterated that the people have high hopes from the National Conference, affirming that only the NC possesses the capability to comprehensively address the aspirations of the people of Jammu and Kashmir. He emphasized the party's legacy of inclusive governance, commitment to democratic principles, and dedication to serving the interests of all communities within the region.

Sunil Verma underscored the importance of grassroots engagement and community outreach in fostering inclusive representation and addressing the concerns of marginalized groups. It exemplified the party's unwavering dedication to building a more equitable and prosperous future for all residents of Jammu and Kashmir.

Congress, NC, PDP deliberately deprived Rajouri-Poonch people from developments: Khatana

JINNEWS SERVICE
POONCH, MAY 20

People of Khanetar in Surankote and other areas of the twin border districts of Rajouri and Poonch have been deliberately deprived of developments under a well hatched conspiracy by the Congress and its offshoots like National Conference (NC) and Peoples Democratic Party (PDP).

This was stated by senior BJP leader and Member of Parliament (Rajya Sabha), Gulam Ali Khatana while addressing a public rally at Kalsain Khanatar area of Poonch.

About 500 people were present in the rally most of which were poor tribal Gujjars and Bakerwals. Khatana said that Congress, NC and PDP paid no heed to the miseries of tribal population of Rajouri and Poonch and



treated these innocent people as their vote banks only.

"They created fear in the minds of Muslims and used them for political reasons and never thought for welfare of these poor people," the BJP leader maintained adding: "Now that the innocent tribals have seen the developments and progress in the last 10 years of rule under the leadership of PM Modi, they will no more be fooled by the Congress, NC and PDP."

He said that better living conditions with proper education, health

care facilities, good roads, proper water and power supply, better transportation facilities, job avenues, peaceful atmosphere to live has been provided by the BJP government but the third term to PM Modi will add more developments and progress to the lives of the people.

"PM Modi has special place in his heart for the people of Jammu and Kashmir Union Territory wherein the tribal Gujjars and Bakerwals are always close to his heart," Khatana continued.

He said that the target of BJP to score 400 plus

in the ongoing Lok Sabha elections will be achieved soon which will usher an era of extraordinary developments in the country making our nation the third largest economy in the world.

"Maintain the traditional brotherhood and peace and strengthen the hands of PM Modi and take the benefits of pro-poor schemes of the government to lead a better life," the MP said.

He further said that the people will teach a befitting lesson to the discriminatory policies of NC, Congress and PDP in the ongoing elections by electing an honest and upright candidate.

"Voting in favour of NC or PDP will mean endorsing the era of bloodshed and uncertainty," Gulam Ali Khatana said adding that no sensible voter will ever do that in his life.

Elect Zafar Manhas to defeat divisive forces in Rajouri - Anantnag PC: Bukhari

JINNEWS SERVICE
RAJOURI, MAY 20

Asking people to defeat the divisive agenda that is being promoted by the two dynastic political parties, the Apni Party President, Syed Mohammed Altaf Bukhari on Monday said that the politics of hate has promoted regional bias, detention of youth, underdevelopment, and unemployment in the Pir Panjal region for the last seven decades.

Speaking at a public rally that was organized in Rajouri, Altaf Bukhari sought vote and support in favour of the Party candidate contesting from Rajouri - Anantnag parliamentary seat, Zafar Iqbal Manhas.

While campaigning in favour of his Party's candidate, he said that the National Conference and Peoples Democratic Parties have promoted the dynastic regime in Jammu and Kashmir whereas the common man continues to suffer with the lack of basic amenities, underdevelopment, and growing unemployment.

"These parties exploited the people by creating a wedge between them in the name of region or religion. However, it did not benefit the people. The time has come when the people should come forward and elect Zafar

Iqbal Manhas sahib to the Rajouri - Anantnag Parliament seat for their bright future," he stated, amid applause of the party leaders, and workers in the public rally.

He said that the Party is committed to provide equal opportunity to all the people irrespective of caste, creed, region, or religion.

"It's not about electing a Member of Parliament, but it would be a step towards ending the underdevelopment and bringing prosperity for the future generation," he said, assuring the people that he would ensure that the people of Rajouri get its due share in development. While criticizing the National Conference as well as the Peoples' Democratic Party, he said that they have restored to their old tactics to create division among the people on the name of region and caste to gain votes. However, the people have become aware, and it would not be easy for them to get any kind of benefit from the people.

Questioning the silence of the National Conference on the eviction and harassment of the tribal community in Jammu's plain areas, he said that the NC used the Gujjars as their vote banks but did not utter a word against the harassment and eviction

of the tribals from their land in Samba in Jammu Province.

He also grilled the National Conference for not providing protection to the tribal community and other dwellers under Forest Rights Act when they were in rule in the last many years in J&K.

"Trusting their hollow promises, the Gujjars support the NC, but they hardly protect their rights. However, the situation has changed nowadays because the tribals do not trust the NC-PDP anymore," he added.

While explaining the policy of the party, he said that they believe in the unity and equality of the people from all the regions. They want to give a bright future to the young generation.

Accusing the regional parties (NC-PDP) for promoting mayhem in Jammu and Kashmir, he said that these parties had put the youth behind the bars whenever they ruled Jammu and Kashmir.

"These parties are responsible for instability in Jammu and Kashmir that resulted into the uncertain future," he said, while asserting that Jammu and Kashmir's future is with India.

Meanwhile, he raised his concern about the misuse of powers to detain youths and elders under



Public Safety Act (PSA), unfair FIRs, and initiation of verifications.

"We want to end the harassment of the common masses and release of the detained youth," he added.

In his address, he also raised a question mark on the breakup in the PAGD because of a clash of interest between the NC and PDP.

"These parties have forgotten their divisive agenda because NC does not speak about autonomy

and the PDP also avoids speaking about self-rule," he added.

Referring to the foundation of the Apni Party, he said that the Party came to the forefront to represent the people of Jammu and Kashmir when they were in distress, and these dynastic parties were not ready to represent them.

"..... we went to Delhi and got protection of jobs and land for the residents of Jammu and Kashmir," he said, while responding to the critics and said that

the Party would continue to work for the welfare of the common masses.

Meanwhile, he assured that the issue of two tunnel construct at Peer Ki Gali and Dera Ke Gali on historic Mughal Road would be take-up forcefully by the Party candidate, if he gets elected to the Lok Sabha from the Rajouri - Anantnag seat and the Party would stand firm to fulfill the promises made with the people regarding promotion of tourism, border tourism, exploring

possibility of generating employment at the local level.

Referring to the Statehood restoration, he sought support of the people to ensure that the lost honor of Jammu and Kashmir is restored.

While speaking in the public meeting, Vice President of the Party, Choudhary Zulfkar Ali said that the Pir Panjal Region is facing injustice with no industrial unit, no railway line, no tourism promotion, or development for the last seven decades.

"Those who were elected to the Lok Sabha by the people of this region ignored Rajouri-Poonch," he said, while asking the people to vote and support the Party's candidate for Rajouri - Anantnag parliamentary seat, Zafar Iqbal Manhas sahib.

Besides, the Party's candidate from the Rajouri - Anantnag Parliamentary seat, Zafar Iqbal Manhas also spoke on the occasion, and expressed his commitment to represent the people of Rajouri-Poonch equally without any kind of discrimination and would ensure that the aspirations of the people could be fulfilled.

He said that if he gets elected to the Parliament, he will leave no stone unturned to get a separate Parliamentary seat for Rajouri - Poonch and Hill

Development Council on the pattern of Ladakh for overall development of the Region.

Assuring to develop tourism on the European pattern, the contesting candidate of the party said that the dynastic regimes in Jammu and Kashmir have failed to do justice with the region.

In his address, Provincial Senior Vice President, Jammu, Ex-MLA Choudhary Qamar Ali sought restoration of statehood and holding of assembly elections and highlighted the concerns of the unemployed youth among the educated youth, and growing drug addictions.

He spoke about the feeling of nationalism among the people along the Line of Control who fight against the anti-national elements and face the Pakistani shelling bravely and sacrifice their lives. He also sought release of the innocent youth detained under PSA. The public meeting was also attended by Provincial President, Kashmir, Mohammed Ashraf Mir (Srinagar Parliamentary seat candidate), Provincial President, Jammu, S. Manjit Singh, Provincial Vice President, Jammu, Ex-MLA Prem Lal, District President, Rajouri, Syed Manzoor Hussain Shah, and others.

Bharat Sevashram monk Kartik Maharaj sends defamation notice to Mamata

AGENCIES
KOLKATA, MAY 20

Bharat Sevashram monk Maharaj Swami Pradipta Nanda, popularly known as Kartik Maharaj, on Monday sent defamation notice to West Bengal Chief Minister Mamata

Banerjee for her recent alleged remark, which he said, has defamed his organisation and him in the eyes of people.

The monk is the secretary of Bharat Sevashram Sangha, attached at Aurangabad in Murshidabad district.

Banerjee in an electioneering on Saturday accused the monk of driving away the TMC agents from a polling booth in the locality, for which the election for Lok Sabha held in the 3rd phase.

"She has accused me of giving calls to drive away Trinamool Congress agents from the polling booths. I have never said such things. I am a monk.

I am not associated with any political party. The Chief Minister will never be able to prove her accusations," Kartik Maharaj told reporters.

"My client denies all the allegations and imputations that have been levelled against him by you vide the said statements and my client puts you to strict proof of all such allegations, innuendos and imputations.

Needless to state that my client has no connection with politics and has not stated anything pertaining to which you have made false accusations against him...It is stated that you have made misleading and malicious statements which has no basis whatsoever and also attempted to paint a picture of my client being involved in politics, which is far from reality," the legal notice of Maharaj's advocate Anish Kumar Mukherjee said.

The notice demanded



an 'unconditional apology' from Banerjee within 48 hours for the "innuendo/insinuations and imputation" remarks against the monk.

"I therefore, call upon you to forthwith address the press and issue an unconditional apology and retract your virulent and main fide statement as aforesaid within 48 hours from receipt of the instant notice and cease and desist from making further similar statements against my client, be it on any website, newsprint or television channel defam-

ing and maligning my client.

Such withdrawal and apology should be in terms to be approved by me on my client's behalf and I call upon you to give your assurance and undertaking in writing that you will not publish similar allegations concerning my client or his organization i.e. Bharat Sevashram Sangha," the notice said.

It further added that if the TMC chief failed to reply to the notice within 4 days, Kartik Maharaj "fully reserves his right" to take further appropriate action including initiation of criminal cases against her. Prime Minister Narendra Modi on Sunday slammed the TMC supremo for attacking the ISKCON, Ramakrishna Mission and Bharat Sevashram Sangha and alleged the TMC's outburst happened following pressure from the hardcore "Muslim Kattarpanthi", to appease her vote banks.

Phil Simmons joins Papua New Guinea coaching setup for T20 World Cup

AGENCIES
PORT MORESBY, MAY 20

Former West Indies all-rounder and highly-respected coach Phil Simmons has joined the Papua New Guinea coaching setup for next month's ICC Men's T20 World Cup.

The former all-rounder and experienced international coach will try and pass on some valuable experience to the PNG side.

Simmons joins the Oceania side in the role of specialist coach, providing head coach and former Zimbabwe international Tatenda Taibu with some added experience in Caribbean conditions for the ninth edition of the T20 World Cup.

While Simmons featured in more than 160 matches for the West Indies, he is perhaps even more well known for his exploits following his playing career as an international coach and for leading the West Indies to their second T20 World Cup title in India in 2016.

Simmons was in charge of Zimbabwe's men's team for much of 2004 and 2005 and has more recently had stints



in charge of Ireland and Afghanistan and was head coach of the West Indies during their disappointing T20 World Cup campaign at the most recent edition of the tournament in Australia in 2022.

Simmons is hoping to use his knowledge of the conditions in the Caribbean and pass it on to Papua New Guinea's players during their second appearance at the T20 World Cup.

"My role here is as a consultant coach and how I put across my experience, not just playing in World Cups but playing in the Caribbean and the things that we should be looking at to make sure we do it right in the Caribbean and especially the venues that we play at,"

he said. "As a player internationally, for fourteen years and then as an international coach for eighteen years it's been a long time in the game. It's always brilliant to come home, always brilliant to come back to any part of the West Indies you know how beautiful it is here," Simmons said.

"I'm looking forward to getting home, home which is Trinidad. Having people come here, me getting back here, it's always a great thing, it's always something to look forward to," he added.

Simmons has already joined up with the PNG playing group in the Caribbean island of St Kitts and the 61-year-old has been impressed by what he has

seen.

"Their energy is unbelievable!" Simmons exclaimed. "Their warm-ups alone yesterday, got me tired. The guys look like they have settled in really well," he said.

"Yesterday in training we started to get out in the middle of their game so they started on some of the things they have to do here in the Caribbean and it's nice to see the energy that's among this squad," Simmons said.

"I've known the head coach (Taibu) for a long time and he's always energetic, there is always a lot of energy but the players seem to be pushing him where that is not so and I like that atmosphere in the team, I like the liveliness in the team," he said.

Papua New Guinea's first match at the T20 World Cup comes against Simmons' former side the West Indies in Guyana on June 2.

Papua New Guinea squad: Assadollah Vala (c), Alei Nao, Chad Soper, CJ Amini, Hila Vare, Hiri Hiri, Jack Gardner, John Kariko, Kabua Vagi Morea, Kipling Doriga, Lega Siaka, Norman Vanua, Sema Kamea, Sese Bau, Tony Ura.

DPS Kathua hosts Inter-School Zone Level Cricket, Football Tournament

J1 NEWS SERVICE
JAMMU, MAY 20

Under the banner of District Youth Services and Sports Kathua, Delhi Public School Kathua hosted the Inter-School Zone Level Tournament (Marheen Zone) for cricket and football today. This prestigious event features boys and girls competing in the Under-19 category, fostering a spirit of healthy competition and athletic excellence among young athletes in the district.

The tournament commenced with an official kick-off by Mr. Vivek Arora, the esteemed Principal of DPS Kathua. Mr. Arora's participation in the opening ceremony set a tone of enthusiasm and sportsmanship for the event. Addressing the students, Principal Arora extended his best wishes, encouraging all participants to exhibit true sportsman spirit and to strive for



excellence in their respective sports.

In his address, Principal Arora also extended a warm welcome and expressed his appreciation for the selection and supervision team from the office of the Physical Education Officer Marheen. The team members include:

- Mr. Mohinder Paul, I.C ZPEO Marheen
- Mr. Vijay Kumar (PEM), Football Game Incharge
- Mr. Mohan Lal Dub, Cricket Game Incharge
- Assistant Incharges: Mr. Sham Lal, Mr. Rakesh (PET) Football, and Mr. Vivek Kumar (REK) Football

Special acknowledgment was given to Mr. Jagmohan, PGT PHE, and Mr. Amandeep Sharma, PGT PHE from DPS Kathua, for providing essential ground-level support. Their contributions were highly appreciated by the representatives from the office of the Zonal Physical Education Officer Marheen.

The tournament aims to foster healthy competition, teamwork, and physical fitness among young athletes in the district. It provides a platform for students to showcase their talents and gain valuable experience in competitive sports. Numerous schools

from within the tehsil Marheen are participating in the event, promising exciting matches and a display of remarkable skills. The organizers have ensured all necessary arrangements for a smooth and enjoyable tournament, highlighting their commitment to promoting sports and physical education in the region.

Mr. Vikram Singh Slathia, Social Media Incharge and School Coordinator for CBSE, also extended his gratitude to the office of the Zonal Physical Education Officer Marheen for their invaluable support and coordination.

Indian Junior Women's Hockey Team set to start Europe tour on Tuesday

AGENCIES
NEW DELHI, MAY 20

The Indian Junior Women's Hockey Team is all set to start their tour of Europe on Tuesday, ahead of the upcoming international season.

With matches lined up on May 21, 22, 24, 26, 27 and 29, the team will play six matches across three nations: Belgium, Germany, and the Netherlands, including club teams Bredase Hockey Vereniging Push and Oranje Rood.

The exciting squad will be Captained by defender Jyoti Singh, with midfielder Sakshi Rana appointed as Vice-Captain. Aditi Maheshwari and Nidhi will be tasked with goal-keeping duties, while the defense will consist of Jyoti Singh, Lalthantluangi, Anjali Barwa, Puja Sahoo, Mamita Oram, and



Nirru Kullu. The midfield lineup comprises Kshetri-mayum Sonia Devi, Rajani Kerketta, Priyanka Yadav, Khaidem Shileima Chanu, Sakshi Rana, Anisha Sahu, and Supriya Kujur. Meanwhile, the forwards in the squad are Binima Dhan, Hina Bano, Lal-rinpui, Ishika, Sanjana Horo, Sonam, and Kanika Siwach.

The Indian Junior Women's Hockey Team will commence their campaign against Bredase Hockey

Vereniging Push on May 21, followed by a match against Belgium on May 22 in Breda.

The team will then head to Antwerp to play Belgium on May 24 before returning to Breda to face Germany on May 26. They will travel to Dusseldorf for a second match against Germany on May 27, and conclude their tour with a game against Oranje Rood on May 29 in Breda.

Following the preparatory national camp in

Bengaluru, the tour will serve as a vital opportunity for the team to hone and assess their skills in an international environment. Speaking ahead of the tournament, Captain Jyoti Singh opined, "The entire team is really looking forward to the opportunity. We have had a very good phase of preparation and the Europe tour will allow us to test our skills in match conditions."

Echoing these sentiments, Vice-Captain, Sakshi Rana further added, "Playing for our country is an immense honour and a source of great pride. We are committed to giving our best in every match and making India proud."

The Indian Junior Women's team will play their first match against Bredase Hockey Vereniging Push on May 21 at 2200hrs IST.

Bollywood stars queue up with fans to cast votes in Mumbai

AGENCIES
MUMBAI, MAY 20

Bollywood celebrities along with their families stepped out of their homes early Monday to vote in the Lok Sabha elections. Polling has been underway at 13 Lok Sabha constituencies of Maharashtra, including six in Mumbai.

Poet-filmmaker and Oscar laureate Gulzar and other celebs including Sonali Bendre, Tabu, Farhan Akhtar, Anil Kapoor, Zoya Akhtar, Suniel Shetty, Dharmendra, Hema Malini, Esha Deol, Govind Ahuja, Paresh Raval, Shubha Khote, Akshay Kumar, Jahnuvi Kapoor, Shabana Azmi and others cast their votes at different polling stations in Mumbai and its suburban areas.

Bollywood's 'Khiladi' Akshay Kumar stepped out early to cast his vote in the Lok Sabha elections in Mumbai. This is the first time for Akshay after he returned his Canadian citizenship.

The 56-year-old, who was a Canadian national (2011-2023), acquired his Indian citizenship last year. He made it a point to proudly point up his inked finger and appealed to the masses



to come out and vote in large numbers.

Leading by example, Shiv Sena (UBT) President and former CM Uddhav Thackeray along with wife Rashmi, sons Tejas and Aditya came out to vote at a polling station in Bandra east.

For the first time, Balasaheb Thackeray's son is understood to have voted for a Maha Vikas Aghadi (MVA) ally and Congress candidate Prof. Varsha Gaikwad, who is pitted against Bharatiya Janata Party's Ujjwal Nikam in Mumbai North Central seat.

"People are fed up with all the 'jumla-baazi' and are voting for a change... We are confident of getting more than 40 of the 48 seats in Maharashtra," asserted Thackeray in a brief encounter with mediapersons, while

son Aditya said that he voted in the interest of the country.

Estranged cousin and Maharashtra Navnirman Sena (MNS) President Raj Thackeray, with his wife Sharmila and family went to a polling station in Dadar and cast his vote, also did former Union Minister Ram Naik with family in Goregaon, and Kapil Patil voted in Borivali.

The candidates of the various major parties like Congress' Prof. Varsha Gaikwad and Bhushan Patil, Shiv Sena (UBT)'s Arvind Sawant, Anil Y. Desai, Sanjay Dina Patil, Amol G. Kirtikar, BJP's Ujjwal Nikam, Piyush Goyal, Mihir Kotecha, Shiv Sena's Ravindra Waikar, Yamini Y. Jadhav, Rahul Shewale, and other nominees of different parties or Independents cast their votes.

IMD issues yellow alert for heatwave in next 5 days

AGENCIES
SHIMLA, MAY 20

The State Disaster Management Authority (SDMA) of Himachal Pradesh, in collaboration with the Indian Meteorological Centre in Shimla, sounded a yellow alert, cautioning people to protect themselves from the extreme heat wave expected in the mid- and foothills from May 20 to 24.

Issuing a two-page advisory, SDMA stated that among the most affected districts are Chamba, Shimla, Kangra, Mandi, Sirmour, Solan, Hamirpur, Bilaspur, and Una.

The severe heat conditions necessitate immediate precautions to prevent heat-related illnesses such as heat stroke.

By taking precautionary measures to prevent heat stroke, people should stay in shady and cool areas. Avoid exposure to direct sunlight as much as possible.

Use curtains, shutters, and shades to keep your home cool. Open windows at night to allow cooler air to circulate.

Spend time in air-con-

ditioned buildings if available, such as shopping malls, libraries, or community centres.

Drink plenty of fluids, even if you do not feel thirsty. Water, lemon water, or a salt-sugar solution can help maintain hydration.

Avoid alcohol, tea, coffee, sugary drinks, and carbonated beverages, as they can dehydrate you.

People should protect themselves from the outdoors. One must go outside during the cooler parts of the day, such as early in the morning or late in the evening.

Wear light-coloured, loose-fitting cotton clothing, sunglasses, and a hat or scarf to protect your head.

Always carry water with you when travelling. If someone shows signs of heat stroke (such as high body temperature, dry skin, confusion, or unconsciousness), move them to a shaded or cool place immediately.

One should lay the person down with their legs slightly elevated and use a fan to increase air circulation.

Agniveers are not just soldiers but also defenders of nation's sovereignty: CDS

AGENCIES
BELAGAVI, MAY 20

Chief of Defence Staff (CDS) General Anil Chauhan on Monday visited the Maratha Light Infantry Regimental Centre here to address Agniveers, a group of young individuals dedicated to the values of service and citizenship as they embark on their military careers.

General Chauhan's speech, marked by wisdom, conviction, and foresight, resonated deeply with the Agniveers, setting the stage for their transformative journey ahead.

He emphasised the noble purpose of military service and its crucial role within the military framework, highlighting that 'Agniveers are not just soldiers but also leaders, innovators, and defenders of the nation's sovereignty'.

Discussing the evolving nature of warfare, the CDS underscored the complexity and unpredictability of future conflicts, including cyber warfare, artificial intelligence, and asymmetric threats, which are now integral to the battlefield.



He spoke about the importance of technology integration and continuous learning, stressing the need for an innovative approach to combat alongside stay updated with the latest advancements.

Expressing his gratitude for the Agniveers' commitment to the Armed Forces, General Chauhan acknowledged the personal challenges faced by soldiers and their families and the hardships endured while operating in challenging environments. He assured that despite these challenges, the Agniveers would find their journey immensely rewarding, leading to personal growth and a deep sense of pride in serving the nation.

Furthermore, the CDS

lauded the Regimental Centre and the team of instructors for creating a conducive training environment and ensuring the best training is imparted to the Agniveers. He emphasised the critical role of professional instructors in shaping the future of the Armed Forces and stated that the quality of training directly impacts operational readiness, urging honesty and dedication in their efforts.

In his closing remarks, General Chauhan extended his best wishes to the Agniveers for their future endeavors. He encouraged them to strive for excellence, uphold the values of integrity and honor, and serve as role models for their peers.

Lady murdered, accused husband arrested from Chak Chua, Bishnah

J I NEWS SERVICE
JAMMU, MAY 20

As per reliable sources one person namely Mohd Rashid who is a resident of Chua Chak Bishnah, murdered his own wife today on 20.05.2024. The deceased lady has been identified as Shamshad Begum W/o Mohd Rashid R/o Chak Chua.

It is to noteworthy to mention that, the police acted swiftly and succeeded in apprehending the accused husband immediately after the incident, who also tried to harm himself, just after committing this gruesome murder, but was later overpowered by the police and apprehended.

The Scene of Crime was properly preserved & Crime Photography team and FSL team were summoned on the spot, to pick up the vital evidences so that the accused could be connected with the offence.

The dead body of the deceased has been further taken to Sub District Hospital Bishnah, where the post-mortem of the deceased is currently underway, by a board of doctors.

Further investigation of the case is going on.

Altaf Bukhari expresses shock over tragic demise of Iranian President

J I NEWS SERVICE
RAJOURI, MAY 20

Apni Party President, Syed Mohammed Altaf Bukhari on Monday expressed deep shock over the tragic demise of Iranian President, Ebrahim Raisi in a helicopter crash near Iran - Azerbaijan border.

The President of Iran, Ebrahim Raisi, Foreign Minister, Hossein Amir - Abdollahian, among other officials were returning to Iran in a chopper after concluding their official visit to Azerbaijan. However, the helicopter, carrying the Iranian President, Foreign Minister, and other officials of Iran, crashed due to alleged bad weather near the border, as per reports.

"I extend my deepest condolences at the sudden and untimely demise of the President of Iran, Ebrahim Raisi and other officials of Iran in an unfortunate incident that needs a proper investigation," said Altaf Bukhari in his condolence message.

He prayed for the maghfirat of the departed souls, and courage to the people of Iran to bear this irreparable loss. He also prayed for the highest place of the departed noble souls in Jannah.

"Raisi was among the highly respected spiritual as well as political leaders in Iran. However, his loss has created a void that would be difficult to fill," he said, while expressing solidarity with the people of Iran.

Meanwhile, all the leaders of the Apni Party have also expressed sympathy with the Iranian people at the time of grief and sorrow.

Cyber cell of J&K police in Jammu solved cyber online financial fraud amounting to Rs. 11,12,000

J I NEWS SERVICE
JAMMU, 20.05.2024

In a major crackdown on fraudsters, Cyber Cell DPO Jammu & Kashmir Police solved online cyber crime complaint. A complaint was received regarding financial fraud huge amount of Rs.11,12,000/.The complainant joined a what's app group for review on restaurants & hotels and complainant invested an amount of Rs.11,12,000 in several transactions. After investment of total amount of Rs.11,12,000/- fraudsters blocked victim phone number from whatsapp group.

During the investigation, the Cyber Cell DPO Jammu, acted swiftly and exhibited hectic efforts which ultimately led to put on hold an amount of Rs 6,50,472/- out of 11,12,000/- in online cyber crime complaint. More defrauded amount is likely to be put on hold out of huge amount of Rs. 11,12,000. Further investigation is underway.

15 dead as pickup vehicle overturns in Chhattisgarh

AGENCIES
KAWARDHA (CHHATTISGARH), MAY 20

At least 15 people were killed after a pickup vehicle overturned in Chhattisgarh's Kawardha area on Monday, police said.

All the workers had gone to the forest to pluck tendu leaves, and while returning from there, the pickup vehicle overturned uncontrollably and fell into a deep ditch. In this accident, 15 people died and seven laborers were injured.

The accident took place near Bahpali village, under Kukdoor police station. Kabirdham Superintendent of Police, Dr. Abhishek Pallava, confirmed the incident. He said that as soon as the accident was reported, a police team was rushed to the spot.

Gujarat ATS arrests 4 terrorists from Ahmedabad airport

AGENCIES
AHMEDABAD, MAY 20

The Gujarat ATS (Anti-Terrorist Squad) arrested four ISIS terrorists at Sardar Vallabhbhai Patel International Airport in Ahmedabad here on Monday.

The arrests were made ahead of the arrival of three IPL teams at the Ahmedabad airport for the qualifier and eliminator match in Narendra Modi Stadium. The eliminator match is scheduled on May 22. It is being told that the four arrested are Islamic State terrorists and Sri Lankan citizens.

The arrested people are being questioned in detail.

Vibodh, Patel urge voters to defeat dynastic parties

J I NEWS SERVICE
RAJOURI, MAY 20

J&K BJP General Secretary and former MLC Vibodh Gupta while addressing a public gathering in Khawas, Rajouri on Monday stated that the BJP cadre in the Anantnag-Rajouri Lok Sabha seat will support a candidate that is aligned with Prime Minister Shri Narendra Modi's vision for a New J&K. Vibodh criticised political parties like PDP and NC for their dynastic politics, alleging they neglected the people, fostered corruption, and encouraged youth towards separatism. He emphasized the importance of defeating the such elements to pave

the way for peace and prosperity in Jammu and Kashmir. He maintained that people's popular support is with Apni Party's candidate Zaffar Manhas as voters have pledged to end the manipulative politics of NC and PDP leaders. "In this context, we will extend our support to Apni Party's candidate Zaffar Manhas to defeat politics of corruption, dynastic politics and with the support of BJP, nothing can stop the bat (Apni Party Election Symbol) from winning," he added. Narendra Shivaji Patel, MoS for Public Health and Family Welfare, Madhya Pradesh, who is on tour to Jammu and Kashmir for election campaign in the Anantnag-Rajouri Parlia-



mentary seat, stated that people are highly satisfied with Prime Minister Narendra Modi's policies and vision. He strongly asserted that people have vowed to vote against political parties like the National Conference and PDP to empower the BJP-led NDA at the centre. Patel also appealed to the people to ensure the victo-

ry of nationalist forces in the Anantnag-Rajouri Lok Sabha seat, while admonishing those who have supported anti-nationalist and separatist activities, which threaten the future of the youth in Jammu and Kashmir. Addressing the gathering, former Minister Abdul Ghani Kholi also asserted support for BJP like-minded political

party and candidate over those of the National Conference and PDP in Anantnag-Rajouri Parliamentary seat. He accused these parties of perpetrating criminal injustice against the Gujjar-Bakerwals by not granting them their due when in power and framing policies which halted their progress and development. Speaking

on the occasion, senior BJP leader Dev Raj Sharma highlighted the various achievements of the Modi government that have benefited and empowered people in the twin border districts of Rajouri-Poonch, while urging the people to support the Apni Party. District President of Jammu, Parmodh Kaphai, also spoke on the occasion, appealing to people to reject the candidates of the National Conference and PDP to strengthen peace and prosperity in the Union Territory. Retired ADDC and Senior BJP leader Subash Sharma, along with Gurudev Singh Thakur, also addressed the gathering and conducted stage proceedings.

Will restore jobs, land rights of J&K taken away by current govt: Azad

J I NEWS SERVICE
SRINAGAR MAY 20

Chairman of the Democratic Progressive Azad Party (DPAP), Ghulam Nabi Azad, today made a significant promise to the people of Anantnag East, assuring them that he will work tirelessly to restore the jobs and land that have been taken away by the current government. Addressing a large gathering during his road show, Azad emphasised the growing discontent among the people due to these critical issues. Azad pointed out the severe impact of job loss on the community, highlighting that many families are struggling to secure a stable future for their chil-

dren. "Today, if a father takes a loan to ensure proper education for his child, he finds himself without a job. And even if he manages to get one, he has to compete with candidates from other states. This situation is fueling the rise in unemployment, and it's concerning that no one is addressing this issue," said Azad. The DPAP Chairman's comments resonated strongly with the people, many of whom expressed their frustration over the current economic and social challenges. Azad assured them that under his leadership, the DPAP would prioritise job creation and the restoration of land rights, aiming to bring stability



and prosperity back to the region. Azad further stated that his primary focus is on development, contrasting the DPAP's goals with the actions of other parties. "Other parties have only fooled people with false promises. They didn't speak up in parliament when the current govern-

ment revoked Article 370 and statehood. Their MPs were silent, and today they haven't repeated those MPs because they know they couldn't represent the people's interests in parliament," Azad said. He expressed deep concern over the rising drug problem among the youth,

criticising regional parties for their exploitation. He assured that his party is committed to ending unemployment and reinstating the Roshni Scheme, which primarily benefited the poor. Azad emphasised that the mountains and land of Jammu & Kashmir belong to its people, affirming their inherent right to these resources. He reminded the public that when the current government attempted to evict residents through a land eviction order, it was his party that took a stand and successfully halted the process. He highlighted that no other party opposed the order, showcasing his party's dedication to protecting

the rights of the people of Jammu & Kashmir. Azad further stated that those who accused his party of being backed by the ruling party have now been exposed. "Now everyone has seen the reality of who is with them and who was with them," he said. He pointed out that first it was the NC and then the PDP who enjoyed power with the ruling party. "I am Azad and I will remain Azad," he affirmed. Among others who were present on the occasion were Adv Saleem Parry candidate, Salman Nizami Chief Spokesperson, Mir Altaf Provincial Gen Secretary, Distt President Ganderbal Jin Kaiser, LS candidate Sgr Amir Bhatt and others.

Air reverberates with "Modi" slogan as PM begins road show in Puri

AGENCIES
PURI, MAY 20

The air on the Grand road in this pilgrim town reverberated with "Modi Modi" when Prime Minister Narendra Modi appeared from the Sri Jagannath temple after offering prayers to the Trinity and walked about a hundred metres to Marichikot square to hold his road show on Monday.

Modi stood on a decorated vehicle along with the state unit president Manamohan Samal and Puri Lok Sabha candidate Sambit Patra besides Puri MLA candidate Jayant Sharrangi.

The Prime Minister waved hands to the public who were standing in large numbers behind the barricades on both sides of about 1.7 km stretch between Marichikot chhak to Hospital square on Grand Road, popularly known as Bada Danda.

Over three dozen pandals were erected at various places on both sides of the barricades where groups of artists had performed Odissi dance and other cultural activities as a welcome gesture for Prime Minister Narendra Modi.

As per the schedule Prime Minister Narendra



Modi arrived at the Talabania helipad at about 7 AM and proceeded to the Sri Jagannath temple.

At the Simhadwar, the main gate of the temple, he was received by his family priest who conducted him inside the temple.

The Prime Minister after offering prayers to Lord Jagannath, his elder Balabhadra and devi Subhadra, also visited Mahalaxmi and Vimala temples inside the temple premises.

He too paid respects to the pundits at the Mukti mandap and sought their blessing.

After about half an hour the Prime Minister came out and held the road show. At about 9.30 he left for Angul by helicopter to address an election rally in support of her party candidates.

The Sri Jagannath temple gates were opened

Monday.

Patra had lost to BJD nominee Pinaki Mishra by a narrow margin in the 2019 elections. BJP is putting all efforts to demolish this BJD bastion which it has successfully retained since 1998.

Hundreds of BJP workers and candidates from six assembly constituencies have come to participate in the road show. They are jubilant and hopeful to win the elections. One Sidhant Bajpei, a devotee family from MP who came to witness the Mangala arati of the deities said he is fortunate to see the Prime minister so close from the barricades and his children were also happy to wave hands to the Prime Minister.

This is the second visit of Narendra Modi as Prime Minister. His last visit to Puri was in 2016. Earlier he too visited once in 2013 as the chief minister of Gujarat. About 63 platoons of police force besides the SPG were deployed for the security of the Prime Minister.

Over one km long multilayer barricades were raised along the Badadanda and security arrangements were made as per the blue book, Puri SP Pinak Mishra said.

Light to moderate rain

SMVDU delegation visits IUST



J I NEWS SERVICE
AWANTIPORA, MAY 20

Islamic University of Science and Technology (IUST) today hosted a delegation from Shri Mata Vaishno Devi University (SMVDU) who interacted with IUST's DYOD (Design Your Own Degree) team.

The ten-member delegation of senior faculty members from different departments of SMVDU was led by Dr. Sharada M. Potukuchi and Dr. Sumeet Gupta. The delegation was received by Prof. A.H. Moon, Dean of Academic Affairs, along with Prof. Waseem Bari, Registrar IUST, Dr. Shahkar Nehvi, Coordinator of the DYOD program, and other faculty members. The interaction centered on the innovative DYOD program, which allows students to tailor their educational paths to better suit their career aspirations.

Prof. Moon highlighted the importance of institutional collaboration in enhancing academic offer-

ings and fostering a culture of innovation and excellence in higher education. Prof. Bari emphasized the need for robust support at various levels to ensure the successful implementation of programs like DYOD. He reiterated the commitment of IUST to provide the necessary resources and support to both students and faculty for achieving academic excellence.

During the visit, the delegation interacted with DYOD students and commended their potential, and academic engagements. They praised the creativity and rigor demonstrated by the students, noting the program's effectiveness in nurturing critical thinking and practical skills.

The delegation lauded the DYOD initiative for its flexibility and student-centric approach. They expressed interest in adopting similar frameworks at SMVDU and exploring collaborative opportunities that could benefit both institutions.

Cyclonic Circulation now lies over South Coastal TN & neighbourhood: Met

AGENCIES
AMARAVATI (ANDHRA PRADESH), MAY 20

The cyclonic circulation over south interior Tamil Nadu & neighbourhood now lies over south coastal Tamil Nadu & neighbourhood and extends upto 3.1 km above mean sea level

tilting southwestwards with height, Meteorological Centre said on Monday.

In a daily weather report here, it said that a trough runs from above cyclonic circulation over south coastal Tamil Nadu to North Interior Karnataka across South Interior Karnataka at 0.9 km above

mean sea level.

A low pressure area is likely to form over South west Bay of Bengal around Wednesday. It is likely to move initially northeastwards and concentrate into a Depression over central parts of the Bay of Bengal by the morning of May 24. Thunder-

storm accompanied with lightning and strong gusty winds (speed ranging from 30- 40 Kmph) is likely to occur at isolated places in North Coastal Andhra Pradesh & Yanam, South Coastal Andhra Pradesh and Rayalaseema during the next seven days. Heavy rain occurred at Amarapuram in Sri Sathiyasai district during the last 24 hours.

Light to moderate rain or thundershowers is likely to occur at one or two places in North Coastal Andhra Pradesh & Yanam, South Coastal Andhra Pradesh and Rayalaseema during the next seven days. Heavy rain occurred at Amarapuram in Sri Sathiyasai district during the last 24 hours.

Rain occurred at few places in Coastal Andhra Pradesh, Rayalaseema and dry weather prevailed in Yanam during the same period.

The highest maximum temperature of 38.8 degree celsius was recorded at Cuddapah in Rayalaseema, the report added.

Sports Council organises T-20 cricket tournament for employees

JNEWS SERVICE
SRINAGAR, MAY 20

With an aim to infuse energy, by way of breaking the mundane, the J&K Sports Council is organising the T-20 Cricket Tournament in Srinagar's TRC Cricket Ground exclusively for the government employees of the J&K in which thirteen departments are taking part in the first phase.

Considered to be one of the golden opportunities for the employees to showcase their talent and passion for the game, besides earning recognition, the Secretary Sports Council remarked that the main aim of conducting this event is to emphasize the importance of sports and relieve the professionals of stress, related to their job profiles.

The first of the tournament was played between the J&K Finance Cricket Legends and Secretary Sports Council-XI which

was won by the former convincingly riding on the match winning performance of Nadeem who scored quick fire half century and claimed four wickets in his economic spell.

The second match of the fixture was played between the team of Information Department and Secretariat Titans which turned out to be a drab squib with the former after winning toss and electing to bat first were bundled out for 77 runs only. While chasing, Secretariat Titans completed the target in just 7 overs, hitting the ball all over the park.

The tournament is being organized under the banner of "Har Din Khel Har Ek Ke Liye Khel" and shall be played on holidays only.

Meanwhile, the recent Hockey workshop for toddlers, jointly organized by the Jammu and Kashmir Sports Council and the



Badal Hockey Club, witnessed an extraordinary turnout by the young children who were also accompanied by their parents. The workshop aimed to introduce the participants to the basics of field hockey and foster a love for the sport from

an early age.

The naysayers under the guidance of senior players from the Badal Hockey Club were taught the nuances of the game, especially skills like dribbling, passing, and teamwork. The workshop emphasized the impor-

ance of physical activity, discipline, and sportsmanship.

Parents and guardians actively supported the initiative, recognizing the value of sports in holistic child development.

"The overwhelming response to this workshop underscores the growing interest in hockey among the youth of Jammu and Kashmir" said, Secretary Sports Council, Nuzhat Gull, adding that the collaboration between Sports

Council and the Badal Hockey Club promises a bright future for the sport in the region. Gull also said that, as toddlers take their first steps on the hockey field, they become part of a legacy that celebrates teamwork, resilience, and passion.

Rates fixed for service providers during SANJY-2024 via Baltal

JNEWS SERVICE
GANDERBAL, MAY 20

To ensure the smooth conduct of Shri Amarnathji Yatra (SANJY) 2024 via the Baltal route, the Deputy Commissioner (DC) Ganderbal, Shyambir today held a joint meeting with concerned officers and representatives of various service providers to fix rates for services at Sonamarg.

This initiative aims to prevent overcharging and enhance the quality of services for pilgrims.

During the meeting, a detailed discussion was held regarding the services provided by ponywalas, pithuwalas, palkiwalas, laborers and other service providers. The stakeholders shared their valuable suggestions and assured the DC of their cooperation to ensure a successful and smooth yatra.

After thorough delib-



eration, the committee, in consultation with the service provider's representatives, fixed the rates for various services including ponies, pithus, dandies, palkies, and laborers for SANJY-2024.

The DC emphasized the importance of adhering to these fixed rates to maintain fairness and quality of service.

The meeting was attended by ADDC Ganderbal, Mushtaq Ahmad Simnani, CEO SDA, Farooq Ahmad Baba, ASP, SDM Kangan, CPO, CAHO, Assistant Labour Commissioner, ARTO, and other district and sectoral officers.

Following the meeting,

the DC, along with other officers, visited Baltal to inspect the ongoing preparations for the yatra.

He stressed the timely completion of essential services such as the repair of damaged water pipelines, power cabling, toilet facilities, repair of huts, fencing of the pony stand, development of the pony track, parking areas, railing along the yatra track, and snow clearance. The DC issued necessary instructions to ensure that all preparations are completed within the fixed timelines, guaranteeing the provision of the best possible services to the pilgrims.

World Bee Day

Agriculture Department Jammu organises awareness events themed "Bee Engaged with Youth"

JNEWS SERVICE
JAMMU, MAY 20

The Department of Agriculture Jammu on Monday organized a series of awareness events across the Jammu Division to mark celebration of World Bee Day and highlight the vital role of bees and other pollinators in preservation of ecosystem and food security.

The main event took place in the Conference Hall, Krishi Bhawan, Directorate of Agriculture Jammu, focusing on this year's theme "Bee Engaged with Youth."

The celebration was presided over by Sanjay Verma, Joint Director Agriculture Inputs Jammu in presence of Satish Sharma, Joint Director Agriculture Extension Jammu and Dr. Ashwani Sharma, Deputy Director (Central)/ Liaison



son Officer Apiculture and Mushroom Development, Jammu. The event commenced with a welcome address by Rajesh Verma, Assistant Entomologist, who elaborated on the significance and history of World Bee Day.

A special message from Arvinder Singh Reen, Director Agriculture Jammu, was also shared during the programme. He emphasized this year's campaign to raise awareness among youth and other stakeholders about the indispensable role of bees and other pollinators

in agriculture, ecological balance, and biodiversity preservation. World Bee Day, celebrated annually since 2018 on May 20th to coincide with the birthday of Anton Janša, a pioneer of modern beekeeping, focuses on engaging youth in beekeeping and pollinator conservation.

Key speakers included Satish Sharma, Joint Director Agriculture Extension, Dr. Ashwani Sharma, Deputy Director Central/Liaison Officer Apiculture and Mushroom Development Jammu, Assistant Entomologist Rajesh

Verma, and Dr. Adil Rashid. They were joined by enthusiastic beekeepers and farmers from the Jammu District. Progressive farmers and beekeepers such as Vinod Kumar from village Palli and Tilak Raj Choudhary shared their invaluable experiences, enriching the event with practical insights into beekeeping.

The event featured a string of activities aimed at supporting local beekeepers and spreading awareness about the critical role bees play in maintaining a healthy environment. Veena Wazir hosted the programme, ensuring a smooth and engaging event for all attendees. Farmers, beekeepers, section officers, sectoral heads, and other staff members of the agriculture department also attended the programme.

Agriculture Department Kashmir celebrates 'World Bee Day'

JNEWS SERVICE
SRINAGAR, MAY 20

Agriculture Department Kashmir today celebrated 'World Bee Day' by organising an event at Bee Gardens Lalmandi Srinagar.

This year the 'World Bee Day' is observed under the theme 'Bee Engaged with Youth.'

The celebrations commenced with the address by the Director Agriculture Kashmir, Chowdhury Mohammad Iqbal during which he appreciated the painstaking efforts put in by the Bee Keepers, apiarists, technical experts and other stakeholders who continuously strive for the development of this sector.

He said that the region offers huge scope for the development of beekeeping as a vibrant agriculture cottage industry and means of additional income for the financial



security of the farming community. He said that under HADP a special project for the development of apiculture is being implemented by the department. Speaking during the technical session, Director Agriculture who is also the Nodal Officer National Beekeeping Honey Mission (NBHM) for Jammu and Kashmir said that the world Bee day aims to raise awareness about the

importance of pollinators and their contribution to sustainable development.

Technical sessions on production technology, research, scientific beekeeping, marketing challenges and solutions were held and addressed by chief agriculture officer Srinagar, Apiculture development officer Srinagar, ADO Srinagar, Assistant Entomologist and other speakers.

LMD Kashmir organizes Seminar at GGHS Nawakadal to commemorate 'World Metrology Day'

JNEWS SERVICE
SRINAGAR, MAY 20

On the eve of 'World Metrology Day-2024' celebrated annually on 20th May across the world, a seminar was today organized by Legal Metrology Department (LMD) Kashmir at Government Girls Higher Secondary School (GGHS) Nawakadal Srinagar to commemorate the day.

The theme for this year is 'Sustainability in Measurement.' The accuracy of measurements plays a vital role in our day to day activities. During the seminar, students were educated about the essence of the accurate measurements vis-a-vis weights and measures which are used in trade, commerce and for protection of human health.

Div Com reviews tourism development initiatives at major Tourist Destinations of Jammu Region



JNEWS SERVICE
JAMMU, MAY 20

Divisional Commissioner Jammu, Ramesh Kumar, today reviewed the Tourism development initiatives at major tourist destinations of Jammu Region.

The meeting, attended by Regional Wildlife Warden, Jammu, Deputy Commissioners of districts (via VC), Director Archives, Archaeology and Museums, Executive Director MMJHS, Joint Director Tourism and CEOs of different Development Authorities discussed the initiatives and efforts for developing the tourism infrastructure, activities and attracting maximum tourists to the tourist des-

tinations of Jammu region.

Threadbare discussion was held on developing facilities, infrastructure and public amenities at Gharana Wetland, Suchetgarh Octroi post, Jhajjar Kotli, Ambaran, Ranjit Sagar Dam, Basohli, Surinsar-Mansar, Katra, Purmandal-Uttarbehni, Shivkohri in Reasi, tourist sites in Bhaderwah, Paddar and other major Tourist destinations of the region.

The Div Com directed the tourism department to further enhance the aesthetic ambience and public facilities and launch a wide publicity campaign to project all the major tourist spots. He asked for installing Display boards

at the Airport and Railway stations providing detailed information to the tourists coming from different parts of the country. He also suggested publishing creative brochures and pamphlets containing information and pictures of unique and beautiful tourist places of Jammu region.

It was informed that a 500 feet National flag is proposed to be installed at Suchetgarh. Directions were issued for facilitating bird lovers and tourists at Gharana wetland.

The Div Com further directed for development Jhajjar Kotli and organizing picnics for school students and promoting water sports at Ranjit Sagar Dam.

He directed for publicizing the online booking for the jet ski facility at Basohli and also promoting it as a pre wedding shoot destination.

The Div Com directed the Sunisar- Mansar Development Authority to extend the best facilities to tourists and publicize the view points for the public.

Detailed discussion was also held for development of tourist facilities and promotion of tourist sites in Reasi, Rajouri, Poonch, Doda and Kishtwar.

Tourism department was directed to prepare an activity calendar for festivals and tourist activities and to promote publicity materials as soft copy also.

J&K wins 11 medals in India Skill Competitions 2024

JNEWS SERVICE
SRINAGAR, MAY 20

The India Skill Competitions 2024, nation's largest skill competition, has officially concluded yesterday at Yashobhoomi, Dwarka, Delhi which brought together over 900 students from more than 30 states and Union Territories. The skilled youth competed in 61 categories, spanning both traditional crafts and cutting-edge technologies. J&K showcased extraordinary performance and participated in 20 skill categories, marking a significant milestone in the region's commitment towards skill development. The Jammu and Kashmir contingent excelled in 20 skills with 22 participants, bringing home three Gold Medals, two Bronze Medals, and six Medallions of Excellence. Standout performers included Gowher Bilal from Government Polytechnic Anantnag, who won Gold in Plastering and Dry Wall Systems, and Mohsin Nasir and Mustafa Suhaib from DPS Srinagar, who both clinched Gold in Autonomous Mobile Robotics.

Other notable achievements included Faheem Javid's Bronze in Graphic Design, Joo Murtaza's



Bronze in Web Technologies, and Umar Akbar's Bronze in Drone Film Making. Medallions of Excellence were awarded to Mayank Salaria for Cyber Security, Asif Ahmed Tandoli for Carpentry, Sunil Singh for Plumbing and Heating, Mohammad Hammad for Cloud Computing, Mir Sharayar for Electrical Installations, and Gowhar Nazir for Electronics.

Secretary Skill Development, Rajiv Ranjan, congratulated the winners and said "The outstanding achievements of our young talents in the India Skill Competitions 2024

are a testament to their dedication, hard work and the unwavering support from our educators and mentors.

These successes not only highlight the potential within Jammu and Kashmir but also inspire a brighter future where skill, innovation, and excellence drive our progress. Let this be a motivating force for all our youth to pursue their passions with determination and to believe in their ability to make a significant impact."

Director Skill Development, Sudershan Kumar, appreciated the efforts of mentors and their commit-

ment towards fostering talent and equipping our youth with the skills needed for a dynamic future. "Their achievements are not just individual triumphs but a beacon of inspiration for all aspiring professionals. Together, we are building a foundation of excellence that will propel our region to new heights." asserted Kumar.

The India Skill Competitions serve as a premier platform for young professionals to exhibit their skills, creativity and innovation, contributing significantly towards nation's workforce development. The remarkable performance of Jammu and Kashmir participants underscores the region's dedication towards empowering youth with practical expertise.

The contingent was accompanied by Leena Padma, Mission Director, Zia ul Haq, Tabasum Geelani (OSD), and Hilal Ahmed from the J&K Skill Development Mission.