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Lok Sabha Elections 2024 Phase VI **Over 18.36 lakh voters to decide fate of 20** candidates in Anantnag-Rajouri PC

Anantnag- Rajouri

JI NEWS SERVICE SRINAGAR, MAY 23

The fate of 20 candidates 9,02,902 female will be decided by over voters and 27 18.36 lakh voters of 03 third gender Anantnag- Rajouri Lok voters. Around Sabha seat in the last 17,967 phase of Lok Sabha elec- with disability and tions for the Union Territo- 540 persons above ry of Jammu and Kashmir the age of 100 years to be held on May 25. According to the figures lots in the PC.

provided by the office of the Chief Electoral Officer, Commission of India Poonch, Shopian (36-Zain- mentary Constituency.

anpora) and Rajouri of the PC, which included

9,33,647 male and persons will cast their bal-

The Election there are 18, 36,576 voters (ECI) has set up 2,338 enrolled in 5 districts polling stations across the of Kulgam, Anantnag, Anantnag-Rajouri Parliabe stationed in every polling station. In total, more than 9,000 polling staff, including reserve will be deployed on duty. There are 19 Border Polling Stations in the districts of Rajouri and Poonch.

The polling will be held from 7.00 am to 6.00 pm and before that there shall be a mock poll in presence of polling agents. Voting will continue even after 6.00

Four election staff, includ- pm, if the voters queue ing Presiding Officer will is still there in the Polling Station premises.

MAY 23 Every polling station will be provided with Assured Minimum Facili-Prime Minister Narendra Modi on Thursday claimed ties (AMF) like Drinking Water, Electricity, Toilet, that if the Congress has its way, it will arrest everyone Ramp, Furniture, Veranwho says "Ram Ram", and dah/Shed etc. Wheelchairs shall also be provided. accused the party of divid-The Ballot Units will also ing India and creating two have a list of contesting Muslim nations to appease candidates in brail script. its vote bank. Wherever required, there shall be separate queues

paigning for the sixth for the senior citizens and specially abled persons CONTINUED ON → PAGE 4

AGENCIES

MAHENDRAGARH (HARYANA),

Hours before cam-



If Congress has its way,

those who say 'Ram Ram'

round of the seven-phase Haryana's Mahendragarh having five PMs over the Lok Sabha polls came to also claimed that the next five years. an end, Modi at a rally in INDIA bloc is talking about CONTINUED ON >> PAGE 4

Elaborate security arrangements in place in Rajouri, Poonch ahead of polling

JI NEWS SERVICE JAMMU, MAY 23

Multi-layer security has been put in place in the twin border districts of Rajouri and Poonch, particularly along the Line of Control (LoC), part of the Anantnag Lok Sabha constituency that goes to polls on May 25.

These measures include increased deployment of security personnel, panies of security person- on alert along the LoC, area dominations in hill nel have been deployed, and security and continregions, additional check- reinforcing a security gency plans have been put points and round-the- setup managed by Army, in place for all border pollclock monitoring in the police, Central Reserve ing stations. region and at vital instal- Police Force (CRPF) and Thursday.



Several additional com-Troops have been put Top civilian and secu-

lations, officials said on Border Security Force rity officials, including Director General of Police

(DGP) R R Swain, General Officer Commanding of 16 Corps, Additional DGPs, and Divisional Commissioner Ramesh Kumar recently visited the twin border districts to review the security measures.

Polling in Anantnag was earlier scheduled for May 7 but was deferred to May 25 due to adverse weather conditions following requests from several parties, including BJP, Apni Party and Democratic Progressive Azad Party (DPAP).

The Anantnag-Rajouri constituency was reconfigured by the CONTINUED ON → PAGE 4

Annual Shri Machail Mata Yatra in Kishtwar likely from July 25

JI NEWS SERVICE JAMMU, MAY 23

An annual pilgrimage to Shri Machail Mata situated in the hills of Kishtwar district of Jammu and Kashmir is likely to begin from July 25.

The yatra of Shri Machail Mata, according to official sources, is expected to start from July 25 and conclude in the first week of September.

"Though official announcement for the pilgrimage is yet to be made by the administration but the pilgrims have started visiting the temple to pay obeisance," they said.



The sources also said Divisional Commissioner, that the administration Ramesh Kumar had also have started making all reviewed the arrangethe arrangements and ments for Shri Machail preparations for the yatra. Meanwhile Jammu

Mata Yatra. CONTINUED ON → PAGE 4

Father-Son duo crushed to death by truck in Kathua **JI NEWS SERVICE**

KATHUA/JAMMU, MAY 23

A man and his son were killed when a truck hit them in here on Thursday, officials said.

Residents of the Korepunnu village blocked the border road and held a protest against the duo's death.

The duo were on their way to their house at the Nagari village, when a fast-driven truck crushed them to death, they said. The villagers demanded strict action against the erring driver.

CONTINUED ON → PAGE 4

Education **Dept advises** schools to avoid BJP has already crossed 310-mark, **Congress struggling to get 40: Amit Shah**

Widening work on Thathri-Kishtwar stretch of NHW going on at snail's pace

assemblies in afternoon **JI NEWS SERVIC**

JAMMU, MAY 23

The Jammu and Kashmir School Education Department has advised educational institutes to avoid assemblies in the afternoon to prevent heat related illnesses.

The department in a guideline to prevent heat-related illness (HRI) asked the schools to avoid assembling in the afternoon.

"Ensure adequate availability of drinking water and water

CONTINUED ON → PAGE 4

AGENCIES SIDDHARTHNAGAR/SANT KABIR NAGAR (UP), MAY 23

Union Home Minister Amit Shah on Thursday claimed that in the first five rounds of polling, "BIP has crossed 310" and that the Congress is "not even getting 40 seats" this time. "INDI alliance has been

(BSF), they said.

wiped out in the first five phases. I am telling you, this time Congress is not even getting 40 seats and ambika Pal. Akhilesh Yadav will not

even get four seats," said sior channel on WhatsApp Shah, addressing a poll in support of Domariya- several leaders from the Thackeray wants to make



ganj BJP candidate Jagdopposition parties and accused them of nepo-Follow the Daily Exceltism

"Lalu Prasad Yadav In another rally in Sant wants to make his son the meeting in Siddharthnagar Kabir Nagar, Shah named chief minister, Uddhav

JI NEWS SERVICE

his son the chief minis-JAMMU, MAY 23 (KNO)

ter, Sharad Pawar wants to make his daughter the chief minister, Stalin wants to make his son the chief minister, Mamata Banerjee wants to make her nephew the chief minister and Sonia Gandhi wants to make her son Rahul Gandhi the prime minister," he said, adding, someone who works for his family is not going to work for a constituency.

Shah asserted that the PoK (Pakistan-occupied Kashmir) is a part of India and the BJP will take it back

CONTINUED ON → PAGE 4

Commuting on Thathri to Kishtwar national highway

debris.

from Khellani in Doda dis- people. trict to Kishtwar stretch of

Batote-Kishtwar national elling towards Kishtwar to highway is under prog- organize a competition in ress and commuters have a higher secondary school been facing a tough time and when we crossed the Kishtwar stretch of Batote- to complete their journey. Kandni area, our vehicle

has become a nightmare the hanging stones, fre- vehicles were stopped by as the widening work is quent landslides and the construction agency going at snail's pace and rough surface while trav- around 10.45 am. One construction agencies elling on this highway but earth moving machinery don't have much machin- the construction agency with a breaker was breakery to speed up the work. hasn't sped up the work ing stone on the hill side. It People are kept wait- to make it easy for the took the machine around ing in heat for hours commuters. The absence 20 to 25 minutes to break together on the highway of proper machinery to the stone and after that in the name of clearing the clear the debris from clearing the debris with the ground and clear the the same machine without According to the news traffic without wasting having proper equipment agency, for the past three much time of people have took around an hour. years, the widening work added to the misery of the People were made to wait

People have to dodge along with dozens of other for more than 90

"On Tuesday I was trav-CONTINUED ON → PAGE 4

Women stop Vande Bharat train in Publishing polling booth-wise data will "vitiate" electoral space, create "chaos": EC Jammu to protest against water crisis

AGENCIES

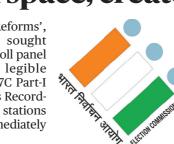
NEW DELHI, MAY 23

demand to upload polling ed) of all polling stations station-wise voter turnout be uploaded immediately data on its website within after the polls. 48 hours of the conclusion contending it will "vitiate" the electoral space and cause "chaos" in the poll didate or his agent. machinery in the midst of the general elections.

for Democratic Reforms', which has also sought

The Election Commis-sion has opposed in the Court an NGO's (Account of Votes Record-Userling stations

In its counter affidavit, of polling for each phase the poll panel said there vitiation of the entire elecof the Lok Sabha elections, is no legal mandate to toral space as it increases



provide Form 17C to any the possibility of the person other than the can- images being morphed. "The Petitioner is trying

It said that public post- to create an entitlement ing of Form 17C - which when none exists in the A vacation bench of Jus- gives the number of votes law by way of filing an tices Dipankar Datta and polled in a polling station application in the middle is scheduled to hear the statutory framework and is respectfully reiterated allegation that there plea of NGO 'Association could lead to mischief and that for credible multiple

practical reasons, the result as per the statutory mandate, is declared on the basis of the data contained in Form 17C at the time as prescribed under the statutory rule regime in existence," it said.

It further said that "indiscriminate disclosure" of polling stationwise voter turnout data and posting it on a website will cause chaos in the election machinery which is already in motion for the ongoing Lok Sabha elections

The EC also dismissed Satish Chandra Sharma - is not provided in the of the election period. It as false and misleading the CONTINUED ON >> PAGE 4

JI NEWS SERVICE JAMMU, MAY 23

Women stopped the Vande Bharat train on Thursday by staging a protest at a railway station here against water crisis compounded by heatwave conditions.

threatened to block all incoming and outgoing trains if the water crisis in their colony was not

and some children from the Jammu East Colony





tion's alleged failure to brief period before the police and railway authorities intervened.

The protesters, some marched to the Jammu of them carrying buckets, regular water supply to soon," a police official told railway station to protest stopped the Vande Bharat our colony for the past them. against the administra- train at the station for a four months. We have

approached the authorities, but nothing has been done. We have to fetch water from long distances even for cooking and drinking," said Sakshi, a protester.

Another protester claimed that life has become "unbearable" in the hot weather conditions.

Police and authorities assured the protesters they would address the water supply issue in their colony. "We will ensure that your demand for "There has been no water supply is addressed

CONTINUED ON >> PAGE 4

addressed urgently. Scores of women ensure a regular water supply.

JINDRAH IMAGES JAMMU, MAY 24, 2024 FRIDAY

Group of 14 **Pilgrims leave** for Hajj from Udhampur JI NEWS SERVICE UDHAMPUR, MAY 23

Additional Deputy Commissioner, Udhampur Joginder Singh Jasrotia today flagged off a group of 14 Haj pilgrims here from DC Office Complex.

While interacting with the pilgrims, the ADC congratulated them for getting the opportunity to per-form holy Hajj. He also wished them safe and secure pilgrimage and appealed to them to pray for peace and prosperity of the UT as well as District Udhampur.

The group of pilgrims left in one Bus to Srinagar from where they will take an international flight to Saudi Arabia.

Deputy Commissioner Kishtwar conducts surprise inspection of Schools in Dool Cluster of Zone Nagseni

JI NEWS SERVICE KISHTWAR, MAY 23

To ensure the smooth functioning and punctuality of educational institutions, Deputy Commissioner Kishtwar, Dr. Devansh Yadav conducted an unannounced inspection of schools in the Clus-

ter Dool of Zone Nagseni, here the other day. Middle School (MS) Malik-

pora Dool. Deputy Chief Education dance. Officer, Masood Hussain Qazi, and other officials from the Chief Education Office, the Deputy Commissioner's visit aimed to assess both the functional aspects and the punctuality of the educational staff.

Additionally, the DC also reviewed the educa- functioning of the STEM note of poor sanitation directives to the Heads of ment of students.



tional infrastructure in Labs at GHSS Dool. He these institutions.

During the visit, Dr. of utilizing these labs The inspection includ- Devansh Yadav highed visits to Government lighted the importance of science students, enhanc-Higher Secondary School the biometric attendance ing their knowledge and (GHSS) Dool and the system, specifically the scientific aptitude besides JK Attendance system, to ensure accuracy and reli-Accompanied by ability in tracking atten-

He issued explicit reviewed the infrastrucinstructions to teachers ture and PM POSHAN iniregarding the significance tiatives, emphasizing the cational gaps and ensure of punctuality and deliv- need for cleanliness and the smooth implementaering quality education by maintaining a conducive learning environment. The Deputy Commis-

stressed the importance judiciously to empower focusing on strengthening the profound utilisation of the Library by students . dents.

Additionally, he sheds where the mid-day and spirit. meals are prepared.

and hygiene in the school Institutions (HOIs) regardand the use of infrastruc- ing the ongoing education-

Show cause notice was the sustainable improvetill pending enquiry. HOI of MS Malikpora

was directed to operationavailable for classes in efficient manner.

The Deputy Commissioner emphasized the critical need to adhere to sanitation protocols in schools to safeguard the health and hygiene of stu-He also impressed upon

the staff to make concerted efforts to bridge edu-

sioner also inspected the MS Malikpora, the DC took Yadav provided insightful for the overall develop-

ture was unsatisfactory. al session. He focused on

served to erring staff and ment of education indicathe concerned DDO was tors to achieve excellence. asked to stop the salary Dr. Yadav stressed the need for an extracurricu-

lar activities calendar for the ongoing session, highalise toilets and use space lighting its importance for holistic student development.

> DC Kishtwar also emphasized the significance of regular Parent-Teacher Meetings (PTMs), BaLA (Building as Learning Aid) paintings, and the strengthening of School Management Committees (SMCs) as per the guidelines of the National Education Policy (NEP) 2020.

He reiterated the hygiene in the kitchen tion of NEP 2020 in letter importance of holistic education, which encom-In his interaction with passes both academic and During the inspection at the staff, Dr. Devansh extracurricular activities,

Indian Army and Flag foundation of India unveils new iconic Flag Mast at Kaman Post



and tourists.

The flag mast, standing

JI NEWS SERVICE KAMAN POST/URI, MAY 23

tall at 108 ft, is a testament The Indian Army and to India's rich heritage and Flag Foundation of India the enduring spirit of its proudly dedicate a 108ft people. This new addition High Mast National Flag to the impressive KAMAN to the citizens of Uri, POST not only enhances symbolising national the aesthetic appeal of pride and unity at the the area but also is a testi-Line of Control. This mony to sacrosanct values momentous event took and ideals that the Indian place on 23 May 2024, at tricolour represents. Kaman Post, Uri, and was

The overwhelming pargraced by officials from ticipation by citizens rein-Indian Army, Civil admin- forces the positive propaistration, members of the gation and actualisation Foundation, community of ethos vital for nationleaders, school children building.

Lok Sabha Elections-2024: DEO Rajouri reviews preparations for Polling Day



JI NEWS SERVICE RAJOURI, MAY 23

mentary Constituency.

The meeting empha- voting process. sized the importance of

at facilitating a seam- the integrity of the elec-District Election Offi- less voting process. The toral process and ensure cer Rajouri Om Prakash responsibilities include the democratic rights of Bhagat today chaired a conducting frequent citizens are safeguarded. meeting with Zonal and inspections of polling He emphasized the criti-Sector Officers to discuss stations, monitoring cal role of each officer in and strategize the prepa- the presence of security fostering a conducive envirations for the Lok Sabha forces, supervising the ronment for free and fair Election-2024 Polling activities of polling agents scheduled on May 25 in and promptly addressing Rajouri- Anantnag Parlia- any issues or complaints randomization of pollthat may arise during the ing parties was done by

Additionally, officers of General Observer this ensuring a smooth, fair were entrusted with the morning. and transparent elec- responsibility of overseetoral process. The sector ing the proper handling Commandants of IR and zonal officers were and sealing of Electronic and Armed Police, ASP acquainted with their Voting Machines (EVMs) at Musadiq Majid Basu; ACR, role and responsibilities the conclusion of polling. Mohammad Jhangir Khan;

tasked with executing a with utmost dedication myriad of duties aimed and diligence to uphold

elections.

Meanwhile, the final DEO Rajouri in presence

Among the others,

GDC Thannamandi celebrates International Day for Biological diversity as part of World's First Species Congress

JI NEWS SERVICE THANNAMANDI, MAY 23

The Department of Botany in collaboration with Department of Zoology and Environmental Sciences under the aegis of IQAC of GDC Thannamandi celebrated International Day for Biological Diversity (IDB) on this year's theme "Be part of the Plan" as third and concluding satellite event of World's First Species Congress under Viksit Bharat@47 Sankalp here on Wednesday.

On this occasion a web conference on the theme "Be part of the plan" organized under the patronage of Prof. (Dr.) Farooq Ahmed, Principal of College wherein Prof. Mammo sor, Tshwane University of ments, indigenous peoples Technology, South Africa and local communities, ing to biodiversity consertechnical support. was Chief Guest whereas non-governmental organi- vation. Mehtab Khan, a Centre, Berlin, Germany showcase their efforts in presentation on local flora first Species Congress, a conducted the proceed-Regional Vice Chair, East tation of the Biodiversity conservation. and Southern Asia- IUCN Plan. Its matter of honour CEESP (International for us that GDC Thanna-Union for Conservation mandi became part of of Nature-Commission on the plan by co-hosting Environmental, Econom- First World Species Conic and Social Policy) were gress primarily hosted by Guest of Honour and Spe- Reverse the Red and supcial Guest respectively. Dr. ported by IUCN, he said. Ashaq Malik, IQAC Coordi-



Head, Department of Envi- IUCN CEESP Regional Vice level. They answered the ronmental Sciences of College were organizing secretaries of the conference.

In his comprehensive welcome address, Prof. Faroog Ahmed underlined Plan" of IDB that calls on Muchie, Research Profes- all stakeholders - govern-

Asia, Dr. Christian Bartolf, President, Gandhi Inforon various aspects pertain-

Chair East and Southern queries raised by young researchers and activists in biodiversity conservamation Centre, Berlin, tion. Dr. Abdul Hague, Dr. Germany and Taslima Gohar Iqbal, Prof. Fatima Sheikh, Citizen Science Parveen, Dr. Ather Aziz theme "Be Part of the Expert Inspire Founda- Raina, Prof. Rumy Dar and tion Trust, Lucknow, India Dr. Nagina Kousser were of series in the form of an delivered plenary lectures rapporteurs whereas Prof. online national webinar on Supriya Gupta provided

It is pertinent to men-Dr. Christian Bartolf, Presi- zations, lawmakers, busi- student of B.Sc 4th Semes- tion GDC Thannamandi introduced the audience dent, Gandhi Information nesses, and individuals to ter in College also gave a has co-hosted World's about the programme and

in Jammu & Kashmir and only educational institution in the UT. The College shared a live stream of World Species Congress among staff and students and on social media as its first session. The College also took pledge to reverse the risk of extinction of 6 endangered species of Jammu and Kashmir viz. Markhor (Capra falconeri), Western Tragopan (Tragopan melanocephalus), Cheer Pheasant (Catreus wallichii), Atis (Aconitum heterophyllum), Himalayan Yew (Taxus walichiana) and ban-kakri (Podophylum hexandrum) by 2030. On May 17 which is observed as World Endangered Species Day, the College hosted the 2nd event the theme celebrate saving species. Earlier, Dr. Ashaq Malik,

during pre polling, poll-

sectoral officers were performing these duties ing.

District Election Officer Dy DEO, Shakeel Mir and ing day and after polling. Om Prakash Bhagat reit- other sectoral and zonal On the day of polling, erated the importance of officers attended the meet-

DC Kishtwar launches initiatives to boost education, healthcare, tourism, economy

JI NEWS SERVICE

DODA, MAY 23

In an interview with Local News Agency, Deputy Commissioner of Kishtwar, Dr. Devansh Yadav (IAS), detailed several groundbreaking initiatives aimed at enhancing education, healthcare, tourism, and the overall economy of Kishtwar.

Dr. Yadav introduced "Hello Kishtwar," a new initiative designed to listen to and address the grievances of Kishtwar's are being extended to the engagement and physi residents. This platform remotest parts of Kishtswiftly addressed.

efforts in education, necessary healthcare. particularly the "Back to system to receive quality businesses. education, significantly prospects.

Healthcare services

munication between the Apke Gaun" initiative. administration and the This program aims to tainment and cultural public, ensuring that provide essential medicommunity concerns are cal services to far-flung ing the "Kishtwar Idol" areas, ensuring that all singing talent hunt com-The administration's residents have access to petition, modeled after

School" initiative aimed the administration is established where enthuat reintegrating dropout organizing the Warwan siasts can learn and pracstudents, has earned and Sinthantop festivals. tice music, fostering local Dr. Yadav the presti- In a move to boost the talent. gious SKOCH Award. local economy, tenders This program ensures for these festivals will initiatives by Dr. Devansh that students who had now be awarded to local Yadav and the Kishtwar left school are brought contractors, generating administration mark a back into the education jobs and supporting local significant leap towards

improving their future ture improvements, Dr. a brighter future for its

Kishtwar residents now benefit from 18 hours of electricity daily. This significant development enhances the quality of life and supports economic activities in the region. Kishtwar is making strides in sports with the

also focusing on enter-

development by launch-

construction of a new stadium and a state-ofthe-art futsal court with international standards at GDC Kishtwar. These facilities aim to nurture

local talent and provide venues for community cal fitness. The administration is

aims to foster direct com- war through the "Doctor

Indian Idol. Additionally, To stimulate tourism, a musical club is being These comprehensive

the holistic development Highlighting infrastruc- of the region, promising Yadav announced that residents.

Prof. Mammu Muchie

Nature Conservation Sci-Pant, Head Centre for Bio-

and Dr. Ritu Dhingra, supporting the implemen- of region and need for its fully 24-hour fully virtual ings whereas Dr. Shiraz event hosted by Reverse Ahmed presented the The plenary session the Red and Supported by formal vote of thanks. The followed by panel discus- IUCN between May 15-16 in other organizing commitsion chaired by Dr. Chris- more than 9,700 attendees tee members include Dr. tian Bartolf in Which Dr. from over 190 countries Nazakat Hussain, Prof. Asif Pankaj Chandan, Senior and various organizations Aijaz Lone, Rakesh Puri, collectively pledged to Dr. Nazal Ul Islam Wani, entist and Dr. Shreekar help reverse declines of Prof. Altaf Hussain, Dr. over 3,750 species includ- Gulshan Bhat, Anuj Bali, diversity Studies, BGSB ing 6 species of Jammu and Prof. Rizwana, Dr. Sarfaraz nator and Head, Depart- chaired the plenary ses- University Rajouri and Kashmir by GDC Thanna- Mirza, Dr. Arshad Khan, ment of Botany, was con- sion wherein Dr. Om other panelists deliber- mandi by 2030. Some Dr. Salim Javaid, Dr. Nisar vener/moderator whereas Katel, College of Natural ated upon the awareness 90 satellite events across Bhat, Dr. Mohd Javaid, Dr. Dr. Shiraz Ahmed, Head, Resources, Royal Univer- and action components globe including 9 in India Nusrat Farooq, Dr. Wahid Department of Zoology sity of Bhutan, Thimphu, of biodiversity conserva- and GDC Thannamandi Ahmed Qazi and Farid and Dr. Junaid Ahmed, Bhutan, Dr. Ritu Dhingra, tion especially at local hosted one of two events Ahmed.

Creative activities organised at Govt High School Kahara Bhalessa

JI NEWS SERVICE DODA, MAY 23

Gujarat based trust Vishwagram volunteers reached Government High School Kahara and organised creative activities, the other day.

were welcomed by Headmaster Safder Ali and other Staff members. The team was accompanied by ZICC, Nighat Naz.

The members of Vishwagram Trust made the day fruitful and meaningful by engaging students in different activities, especially in the skill of Art and Craft. School students participated with a warm heart and got the chance to learn different Policy, 2020.

The Trust Volunteers

skills, touching the man- benefited Teaching staff, oriented learning.

The workshop also engage class for result thanked the team mem- Harvinder Singh and derful workshop.

date of New Education acquainting them with At the end, Headmas- Trust, District Develop- Parkash Lal Thapa for how to warm up and ter of the Institution ment Commissioner organising such a won-

bers of Vishwagram Chief Education Officer





Varied educational activities held at LHS Bhalla in collaboration with Vishwagram Club

JI NEWS SERVICE DODA, MAY 23

Different educational Activities were today conducted at LHS Bhalla (Zone Bhalla) in collaboration with "Vishwagram Trust Gujarat" under the guidance of District Development Commissioner Harvinder Singh and Chief Education Officer Parkash Lal Thapa.

Eight team members of Vishwagram Trust visited the said institution. The volunteers of Vishwagram trust Miss Mansi Jagdish Ahir, Jagdish N Ahir, Noval Bhavasar, Ilyas Mansuri, Khatoon Bhen Mansori, Akshayia Ramakrishnan, Hardik Prajapati and Jyoti were part of the team.

The activities like origami, card making, painting art, singing, Charkha, games and some science activities were conducted for the benefit of students.

More than one hundred twenty students particiand showed keen interest of the event. during the activities.

JI NEWS SERVICE

GULMARG, MAY 23

dori and Afarwat.



sharma (ZICC Bhalla) and Ankita Kotwal (Cultural incharge GHSS Dradhu).

Bhalla provided all possible pated in today's program. support and cooperation tant for the overall devel-

Mega Cleanliness Drive conducted at

coordinated by Vinkal trict Development Commissioner Doda and Chief Education Officer Doda for providing such opportuni-The HOI and staff of LHS ties. As they believe such programs are very impor-

The students were excited for successful completion opment of the child. It will help them enhance their All students and staff of critical thinking, creativity,

The said program was LHS Bhalla thanked Dis- cognitive skills etc.

International Tourist Destination Gulmarg

Indian Army and Dr. Bukhari's **Cocoon Artistry Initiative Collaborate** to Empower Youth in Rajouri District



JI NEWS SERVICE RAJOURI, MAY 23

In a significant endeavor to empower the youth of Rajouri District, the Indian Army joined hands with Dr. Rubia Bukhari's Cocoon Artistry Initiative to organize a transformative workshop on sericulture and cocoon artistry. The event took place on 18 May 2024, at village Chamba in Rajouri district, marking a pivotal moment in the efforts to uplift communities through skill development and entrepreneurship.

The workshop, spearheaded by Gambhir Battalion in collaboration

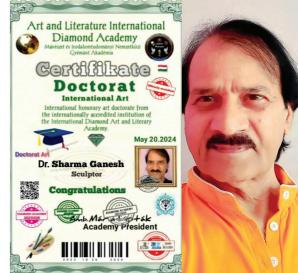
a Cocoon Artist and Lec- ties and interactive sesturer at the Department sions, attendees gained of Sericulture, Poonch Campus, University of Jammu, aimed to educate, inspire, and empower the youth of the region. By introducing them to the art and science of sericulture and cocoon craft, the initiative seeks to encourage them to explore these fields as potential career paths.

A diverse group of participants, including 60 males, 2 females, and 70 students, enthusiastically engaged in the workshop, showcasing the comand skill development.

valuable insights into the intricacies of sericulture and cocoon artistry, laying the foundation for potential future endeavors in these fields. The workshop culminated with heartfelt expressions of gratitude from the participants, underscoring the impact and significance

of such initiatives in fostering economic empowerment and self-reliance within communities. The collaborative efforts of the Indian Army and Dr. Rubia Bukhari's Cocoon Artmunity's interest and istry Initiative exemplify commitment to learning a shared commitment to youth empowerment and with Dr. Rubia Bukhari, Through hands-on activi- community development.

Son of soil. Ganesh Sharma conferred "Intl. Honorary Art Doctorate" by ALIDA Hungary



JI NEWS SERVICE JAMMU, MAY 23

Eminent Sculptor Ganesh Kumar Sharma, son of the soil has been Conferred "International Honorary culture and unify the arts Art Doctorate Certificate" by the Internationally his International art exhibi-Accredited Institution of tions and activities. the Art and Literature International Diamond than four decades.

tually and congratulated to Ganesh Sharma for his success and hope that Ganesh's art journey will continue to serve communities and spread art and and world peace through

Ganesh Sharma recipient of so many States, Academy, Hungary. Ganesh National and International Kumar Sharma selected for awards and honours from this International honour so many art organizations, by the International Acad- has held 25 solo shows of emy for his spreading art his art works in different culture and peace, sophis- parts of the country and tication and good taste abroad. His Sculptures, in the society and in the art works are in permanent entire world from more collections in so many galleries in India and abroad. The Academy President He has participated in

Ambassador Maria Lipták thousands art exhibitions presents the Honorary and art events throughout Doctorate Certificate vir- the world.

Crackdown on illegal mining, 4 vehicles seized

JI NEWS SERVICE JAMMU, MAY 23

In a drive against illegal the criminals involved in 48.5002SBG11725 found illegal mining & minting loaded with Sand without money out of the public Form-A. resources.

detained 02 Tractor Trollies bearing Chassis no WVTK31419113676 Engine

of GDA, the initiative focused on ensuring a green, clean and plastic/ polythene-free Gulmarg. Raja emphasized the GDA's commitment to such cleanliness drives, affirming that these efforts will be sustained for the continuous upkeep of Gulmarg. Tourists and locals alike expressed their gratitude for the efforts of GDA and JKCC. Many highlighted the importance of maintaining cleanliness in these pristine environments and commended the authorities for their

awareness on 'Nasha Mukt Bharat'-Drug at Kalal, Rajouri Chief Executive Officer



JI NEWS SERVICE RAJOURI, MAY 23

Higher Secondary School,

Indian Army organised

A special lecture at Govt peers can severely impact one's life and family. The Sheri was organized by Army also discussed Indian Army to raise the harmful effects of awareness of the dangers tobacco, which can lead of drug abuse. With youth to oral cancer. Residents

facing issues like mental expressed their gratitude

lighted how even trying

drugs once to cope up

from stress or fit in with

A. Police station Nagrota mining and to tighten No 38.1354/EK006949A noose against the viola- and Tractor Trolley beartors, Jammu Police has ini- ing chassis no MBNBF52Atiated strict action against CLCG95900 Engine No

Police post Pounichak In a surprise opera- detained one tractor trolly tion which was carried bearing registration No. out at different locations JK02CJ/3187 found loaded

In a significant initiative to preserve the natural beauty and cleanliness of international tourist destination Gulmarg, a mega cleanliness drive was today conducted at the scenic locations of Kang-

This effort was a collaborative endeavour by the Gulmarg Development Authority and the J&K Cable Car Corporation. The drive commenced at Kangdori and extended

to Afarwat, drawing significant participation from both organizations.

Under the coordina-

tion of Waseem Raja,



'Depression and Suicidal Tendencies': Need for comprehensive, multi-layered strategy to prevent suicide: Experts

JI NEWS SERVICE

SRINAGAR, MAY 23

To address issues affecting women through research, education and advocacy with a special emphasis on depression and suicidal tendencies among young females, the Centre for Women's Studies and Research (CWSR), University of Kashmir (KU), in collaboration with the Indian Council of Social Science Research (ICSSR), New Delhi, organised a need for workshops, emphasised that women two-day workshop here. training sessions, panel are more prone to suicid-

Srinagar, described sui- care. cide as "a complex, multipublic health concern.

"There is an urgent the importance of sup- behavioural modification



es and the public," Prof health concern with long-Arshad said. lasting effects on individu-

He also outlined the als and communities. She Titled, 'Depression discussions with experts al ideation and attempts and Suicidal Tendencies and awareness campaigns than men.

Among Young Female to mitigate the issues Population in Kashmir' related to mental health. stand the importance the workshop concluded Head, Department of Psy- of prioritising mental release issued here read. Mohammad Maqbool, stigma associated with it, In his keynote, Prof emphasised the impor- and also to advocate for Arshad Hussain, Depart- tance of suicide preven- tangible efforts at mulment of Psychiatry, GMC tion and mental health tiple levels in achieving

are. a healthy society," Prof "We need to under- Khan reiterated, while dimensional phenom- stand the physical and urging the participants enon" and a significant psychological warning to utilise the workshop to signs of suicide and also learn stress management,

need for a comprehen- porting peers who may skills and values such as gy involving diverse stake- riencing self-sufficiency Prof Naseer Iqbal, in his holders, including suicide issues," he said. In her special address, during prevention experts, poli- message, KU Vice Chan- the inaugural session, Professor Tabassum cymakers, government cellor, Prof Nilofer Khan, noted that the rising sui- Firdous and Prof Touofficials, media, individu- underscored the serious- cide rates in Kashmir are seef Rizvi, the statement als with lived experienc- ness of suicide as a public influenced by various added.

socioeconomic, political and cultural factors.

"Unemployment, social isolation, family issues, examination failures, relationship failures and modernisation are the notable contributors to the issue," he added. In her welcome address during the inaugural session, Coordinator, CWSR, Dr Roshan Ara, highlighted the critical role of the department in addressing sensitive issues affecting young women.

"A comprehensive approach involving gender sensitisation "We need to underprogrammes, expanded counselling services, women's helplines and on Wednesday, an official chiatry, GMC Srinagar, Dr health and dispel the systemic efforts are the need of the hour to promote education, financial independence and social liberty for women," Dr Roshan said, while stressing the need for collective efforts from family members, health planners, policymakers and NGOs to prevent suicides.

The workshop includsive, multi-layered strate- be feeling low or expe- empathy. KU Registrar, ed contributions from experts such as Prof Hussain, Prof Humaira Azim,

health problems, perfor- to the Indian Army for mance pressure and the addressing such imporinfluence of social media, tant social issues and they are becoming more appreciated the efforts to vulnerable to drugs and educate the community alcohol. The lecture high- on these dangers.

Bagless' Wednesday observed in Government Schools of Doda

JI NEWS SERVICE DODA MAY 23

To reduce pressure on school children and make teaching and learning more interesting, 'Bagless day 2024 was observed in all the government schools of District Doda.

The activities like yoga, exercise, sports and culised in the schools. The new step aims to infuse fresh enthusiasm among children and keep them connected with the school. Children will find tive as well as entertaining.

Chief Education Officer Parkash Lal Thapa, Principal DIET Purshotam Das Gouria along with DEPO Dr Anis Ahmed graced the occasion of Bagless program at PM SHRI GHSS Trown.

While welcoming the guests, the Principal of the institution said that the main objective behind the program aims to physical, mental and intellectual from studies and engaged displayed on the school tition" he added.

in Rural zone of District with Bajeri without Form Jammu. Border police -A. post Sandwan detained one tractor without reg-vehicles District Mining

After detaining of these istration number loaded Officer was informed for with sand, without Form necessary legal actions.

> 3 bovine smuggling bids foiled,10 bovines rescued, 2 vehicle seized

JI NEWS SERVICE JAMMU, MAY 12

Jammu police tightening noose against bovine smugglers under operation Kamdhenu Police team of Police Station Nagrota foiled 02 bovine smuggling bids in which 08 bovines were rescued and 02 vehicle Tata Mobile bearing registration No.JK11C/0590 being driven by driver namely Sahil Ahmed Chechi s/o Mohd Ashraf Chechi Caste Bakarwal R/o Qazikund Manzmooh Tehsil Dooru District Anantnag was arrested on spot and Vehicle Tata Mobile bearing registration No.JK14E/4672 seized from Naka Ban Toll Plaza driver of the vehicle fled away from the spot taking



notice panel. The Schools in extracurricular activities every Wednesday.

have been asked to organ-In his address, the ise story-telling sessions, CEO said the Principals debate competition, eloand Headmasters of cution competition, questhe schools have been tion forum and group instructed to pre-plan discussion, essay, poetry, development of students, activities for one Saturday story, dialogue writing, they will be given a day-off in a month and it will be and chart making compe-

advantage of darkness. One more bovine smuggling bid foiled by PP Manwal when two bovines were rescued from the clutches of bovine smuggler,who was taking them on foot without DM permission and run from the spot by taking advantage of darkness

tural events were organschool education informa-



FROM THE FRONT PAGE...

Over 18.36 lakh voters...

so that they are facilitated in every polling station. Additionally, there shall be a voter help desk, manned by the concerned Booth Level Officer (BLO) to extend necessary help whenever required.

There will be 17 polling booths managed by women (called as pink polling stations), 15 polling booths her Smartphone. manned by specially abled persons and 8 Polling Booths stations.

The purpose behind these special polling stations is viz. women, specially abled, first time young voters and to motivate them to come forward and exercise their right to vote.

In order to facilitate the voters and also to increase voter turnout ratios, all voters have been provided with voter information slips with information like Polling Station name, date & time of poll, serial number of voter in the list, his full name, QR code but not the photograph of the voter. Hence, Voter Information Slips will not be allowed as proof of the identity of voters. Proof of identity will be any documents out of 12 documents, including EPIC. The BLO concerned has distributed 100% voter information slips.

The citizens can also view details of the Polling Station, Parliamentary Constituency, and get the contact details of the Booth Level Officer, Electoral Registration App (VHA). This mobile app is available on the Google of largest democracy of the world." Play store and Apple App Store

The documents which can be used for voter's identification in addition to Electoral Photo Identity Card (EPIC), included Aadhaar Card, MGNREGA Job Card, Passbooks with photograph issued by Bank/Post Office, Health Insurance Smart Card issued under the scheme of the Ministry of Labour, Driving License, (vi) PAN Card, Smart Card issued by RGI under NPR, Indian Passport, Pension document with photograph, Service Identity Cards with photograph issued to employees by Central/State Govt./PSUs/Public Limited Companies, Official identity cards issued to MPs/MLAs/MLCs, Unique Disability ID (UDID) Card, issued by M/o Social Justice & Empowerment, Government of India.

It is pertinent to mention here that EPIC card is NOT mandatory for voting. If some voter has misplaced his/ her EPIC card, any of the above mentioned documents can be used by him at the Polling Station.

With the aim of spreading awareness among the voters, Systematic Voters' Education and Electoral Participation (SVEEP) emerged as a comprehensive programme aimed at reinforcing voter education and promoting active participation in democratic process. The need for SVEEP arises from the Election Commission of India's unwavering commitment to ensuring the participation of every voter in this monumental celebration of democracy.

During the last few months, through various modes, SVEEP activities were undertaken in very nook and corner. Various activities like appeal messages in print, electronic and social media, through hoardings, banners, radio jingles etc carried out. Street plays, use of social media influencers and icons was also done. Because of all these, the voter turnout is expected to be higher than the last Lok Sabha election.

Home voting for above 85 age and those with disall those who have applied for the same.

More than 600 journalist and cameraman of print, electronic and social media platforms have been provided with pass to cover the polling without compromising secrecy of vote and without having any inconvenience targeting the INDIA bloc. to poll process.

time and others are under resolution. For filing Model Code of Conduct Violation cases by Citizen, C-VIGIL app provides time-stamped evidentiary proof of the Model Code of Conduct/ Expenditure Violation by empowering every citizen to click a photo or video using his or

To monitor various election-related activities and managed by youths. Also in order to spread message also check Model Code of Conduct compliance, a Comabout the environment, there will be 15 green polling mand and Control Room has been established at the CEO office in Jammu and Srinagar. Similar mini-control rooms have also been established in every DEO office to spread awareness among certain sections of society which are functioning 24 x 7. All electronic media channels, social media platforms are monitored here, any violation so detected, is reported and the concerned RO/ ARO issues notice. Apart from looking for MCC violations, the Control room also has live feed of all 100% Polling Stations and GPS vehicle tracking of all vehicles being used for poll parties.

As per the latest instructions of Election Commission of India, Special Polling Stations have been established for Migrant Voters of Kashmir Division.

A total of 26 Special Polling Stations have been established with 21 polling stations in Jammu, 4 in Delhi, and 1 in Udhampur District respectively. Special Polling Station-wise extract voter list will be with BLOs.

"The Election Commission of India is committed to provide basic facilities in all the polling stations and give better experience to voters. Voters are requested to Officer among other services, through Voter Helpline participate in maximum number in the biggest festival

If Congress has...

"The fight over 'ghee' has broken out in the alliance, even before the cow has given milk," he said.

Targeting West Bengal Chief Minister Mamata Banerjee, whose TMC like the Congress is part of the INDIA bloc, Modi said though the Calcutta High Court has cancelled the OBC certificates given to Muslims in the last 10-to-12 years, she is not ready to accept the verdict.

"Till I am alive, no one can snatch the reservation for Dalits and tribals," Prime Minister Modi asserted while campaigning for Dharambir Singh, the BJP's candidate from the Bhiwani-Mahendragarh Lok Sabha seat that goes to polls along with the nine other constituencies in the state on May 25.

The INDIA bloc is "extremely communal, casteist and nepotist", he said while alleging that when the Congress was in power, it did not allow the construction of the Ram temple in Ayodhya.

"In Haryana, everybody says 'Ram Ram'. People say 'Ram Ram' after every 10 steps," Modi told the gathering at his third rally in the state.

"But if the Congress has its way, it will arrest those who say 'Ram Ram'," he said.

Till the time the Congress was in power, it did not allow the Ram temple to be built, Modi alleged while slamming it for rejecting the invitation for the consecration ceremony of the temple in Ayodhya.

The prime minister alleged that an "advisor" of the shehzada' – a reference to Congress leader Rahul Gandhi – has revealed that if the Congress comes to power, it would want to put a lock on the Ram temple. The Congress has "insulted our 'astha' (devotion)", he said.

In this election, "you will not only choose the counability more than 40% would be held at door steps for try's PM but also decide the country's future," Modi told the rally in which Haryana CM Nayab Singh Saini was also present.

"On one hand is your tried and tested 'sewak' Modi. Who is on the other side, one does not know," he said,

Voter Turnout App will be used to display estimated years, with a PM for each year. Can a country be run time we are expecting some more visitors from all over 17C, a general disclosure of the nature as sought by the provisional voter turnout details of each Parliamentary like this," Modi asked and added that at 'chaupals' in the country," said an official. Constituency entered by the RO. The media can also use Haryana, people will come up with "5,000 jokes" of

ex-servicemen by depriving them of OROP for many uted its construction to Modi. decades. The Congress is full of hatred for the army and soldiers, he charged.

Modi said it was his government which implemented Bhakts," he said. OROP with an involved outlay of Rs 1.25 lakh crore. (PTI)

Elaborate security...

Delimitation Commission in 2022, excluding Pulwama and parts of Shopian, while incorporating most of Rajouri and Poonch districts.

Anantnag has witnessed four terror attacks in the past 30 days.

In 2023, Rajouri, Poonch and the neighbouring Reasi district witnessed a series of encounters, resulting in 54 deaths, including those of 19 security personnel and 28 terrorists.

On May 4 this year, an Indian Air Force (IAF) soldier was killed and five were injured in a terrorist attack in Poonch.

There are over 18.30 lakh eligible voters, including 8.99 lakh women and over 81,000 first-time voters, in the Anantnag constituency. They will decide the fate of 20 candidates in the fray.

Among the candidates are former Chief Minister and PDP President Mehbooba Mufti, National Conference's Mian Altaf and Apni Party's Zafar Iqbal Khan Manhas, who is being backed by the BJP. DPAP leader Mohamad Saleem Parray and 10 independents are also in the fray.

The Anantnag Lok Sabha seat comprises 18 assembly segments - seven in Anantnag district, four in Rajouri, three each in Kulgam and Poonch, and one in Shopian.

vice president Omar Abdullah, Mehbooba Mufti and her daughter Ilitija Mufti, BJP national general secretary Tarun Chugh and Jammu and Kashmir BJP chief Ravinder Raina, DPAP chairman Ghulam Nabi Azad and Apni Party president Altaf Bukhari campaigned extensively in the constituency to garner support for their parties. (Agencies)

Annual Shri Machail...

to take advance measures to maintain road connectiv- is allowed, it will not only be in teeth of the aforesaid ity and Yatra tracks for hassle free movement of the legal position but will also cause chaos in the election pilgrimage, make provision of Heli Services, amenities along the Yatra route, Langar arrangements, mobile connectivity, Traffic management, Security, Power, drinking water and medical facilities.

Kumar further stressed on laying special focus on sanitation and cleanliness of the ecologically sensitive region.

He asked the Deputy Commissioner to ensure functioning of Yatri Niwas with all necessary facilities for Yatris and directed for strengthening of structures adjacent to the holy temple and timely completion of the ongoing works.

The Jammu Power Distribution Corporation Limited (JPDCL) has also been asked to install a new Transformer for ensuring uninterrupted power supply during the holv Yatra.

The Tourism Department was tasked with launching a comprehensive publicity campaign to promote Shri Machail Mata Yatra via Audio, Print and Digital Media platforms and installing flexes at key locations raising suspicion and doubt in every possible manner besides directions for keeping in place teams of SDRF, Fire Tenders.

the abode of Himalayan range of Padder Valley in the missal of the NGO's plea. Kishtwar district of Jammu and Kashmir.

"The revered pilgrimage of Goddess Machail Mata

CVIGIL app and more than 60% have been resolved in (OROP) issue, Modi alleged that the party had deceived struction of Ram Temple for over 70 years and attrib-

"This election is between the one who constructed Ram Temple and those who opened fire on Ram

On the abolition of Article 370 in the erstwhile state of Jammu and Kashmir, he said, "Article 370 which was protected by the Congress and Samajwadi Party was removed by Narendra Modi in 2019 and Kashmir was made a part of India forever. No one dares to explode bombs there."

Shah alleged that in the erstwhile SP government "goonda raj" was rampant in Uttar Pradesh, and it was Yogi Adityanath, the current CM, who set all goons right.

Polling in Domariyaganj and Sant Kabir Nagar will be held in the sixth phase of ongoing Lok Sabha polls on Saturday. (Agencies)

Widening work on...

minutes in scorching heat," said Aijaz Ahmed, a resident of Doda.

Since the start of the work, widening on Pul Doda to Prem Nagar stretch has been almost completed whereas few patches from Prem Nagar to Thathri are still under construction. From Thathri to Kishtwar only few patches have been completed whereas most of the work is still under construction.

The widening work is going on under the supervision of National Highway Infrastructure Development Corporation Limited (NHIDCL).

When contacted Kishtwar based General Manager National Conference president Farooq Abdullah and of NHIDCL, he said he will look into the matter. KNO

Publishing polling...

was "5-6" per cent difference between the voter turnout data released on the day of the polling for the first two phases of the Lok Sabha elections and the press releases issued subsequently. The NGO claimed the final voter turnout data jumped sharply from the initial figures released by the poll panel.

The Election Commission's 225-page affidavit said, "It He issued directions to the respective departments is submitted that if the reliefs sought by the petitioner machinery which is already in motion for the ongoing General Elections to the Lok Sabha, 2024." It said the petitioner NGO 'Association of Democratic Reforms' has failed to mention a single instance where candidates or voters had filed an election petition on the basis of the allegations raised by the petitioner with respect to the Lok Sabha election in 2019.

"This indicates that the allegation of discrepancies in voter turnout data made by the petitioner in the main petition as well as the present application is misleading, false and based on mere suspicion," it said.

The poll panel said there are certain elements and vested interests who keep on throwing baseless and false allegations, creating an unwarranted atmosphere of suspicion in the close proximity of time of conduct of every election by the Election Commission of India, to somehow discredit the same.

"It is most humbly submitted that there is a consistent malafide campaign/ design/efforts to keep on and by misleading assertions and baseless allegations regarding the conduct of elections by the Election Com-The annual pilgrimage of Machail Mata nestled is in mission of India," the poll panel said, as it sought dis-

The EC added that the legal regime with regard to Form 17C is peculiar in that while it authorises the poll-"The alliance is talking about having five PMs in five is vigorously being promoted throughout India as this ing agent at the close of the poll to get a copy of Form petitioner is not provided in the statutory framework.

the same application to capture estimated voter turnout the INDIA bloc's "five PM project". data. Approximate voter turnout data of each phase of the elections will be displayed through this app.

There will be two hourly reporting of voting percentage from 9.00 am to the end of poll. The concerned ARO and RO will share the data with media accordingly. The updated figures shall also be placed in voter turnout app. These figures are always subject to, normally upward correction as the final confirmed figures are collected after receiving the statutory forms from all Polling Stations. So till these final figures are known, figures on Voter Turnout App are to be always tentative.

All the polling stations in Anantnag-Rajouri will have CCTV type cameras for live webcasting to control rooms established at District and CEO office. The cameras will be positioned in such a way so that they don't violate the secrecy of vote. There are few polling stations which falls in communication shadow areas. Suitable alternate arrangements in the communication shadow areas by providing Satellite Phones, Wireless sets, and Special Runners etc have been put in place. Candidates/ Political parties need to obtain prior permission for campaigning purposes, they seek online permission on Suvidha app and Portal. Till date, election officers have accorded permission for 1920 applications and rejected 303.

In the entire Union Territory, from the date of announcement of Elections, material/ cash of around Rs. 94.797 crore has been seized. Cash, liquor, drugs and departments. Major department-wise seizures included seizures by Police Department valuing Rs 90.831 crore, Income Tax Department 42 lakh, Excise Department 1.01 crore and Narcotics Control Bureau has seized drugs worth 2.32 crore respectively.

The public campaigning in areas of the Anantnag-Rajouri Parliamentary Constituency shall conclude at the elections, (closing poll hour) also known as the silence period or pre-election silence, is when all campaign-related activity is supposed to be halted, and no one, including persons like citizens, journalists, politicians, are allowed to partake in any such public activity.

Holding public meetings, conference, interviews etc. is also to be stopped. This is done to give the voters a peaceful break from being influenced by campaigns so that they may make a considered decision while voting. Political Advertisements in print media can only be done only after Media Certification and Monitoring Committee's (MCMC) prior clearance. Sale of liquor, even from licensed shops, is also banned.

Till date, 143 grievances have been received on

He said the entire country knows the Congress' truth. The Congress and the INDI alliance have their vote bank in the country," Modi said.

For its vote bank, it divided the country and two Muslim nations were carved out, he said attacking the sacred hot and cold water springs that are miracles of Congress and referring to the Partition.

"Now INDI alliance people are saying, Muslims have the first right over the remaining part of India," Modi said as he accused it of indulging in appeasement politics

SCs, STs and OBCs have been given reservation by the Constitution but "they want to snatch it and give it to those who do vote jihad", he said.

"You must have seen in newspapers and on TV and social media... the high court of West Bengal has given its judgement. In Bengal also, INDI alliance, their conspiracy and anti-reservation mentality against reservation for SCs, STs, OBCs has been busted," Modi said.

"What did they do in Bengal? They gave OBC certificates to Muslims overnight in Bengal," he said.

The reservation which should have been given to OBCs was being given to Muslims and that to too 'ghuspathaiyes' (infiltrators), Prime Minister Modi alleged.

He said that the high court has cancelled OBC certificates given to Muslims in the last 10-to-12 years. "Had there not been the court, then what would have hap pened. What could our downtrodden, Dalit and adivasi brothers and sisters do? You look at the mentality of the other freebees have been seized by various enforcing INDI alliance. The Bengal CM has announced that she would not accept the HC verdict. She would give OBC reservation to Muslims," Modi said.

"The Congress, the TMC, and the IND alliance and all its outfits strongly stand by their vote bank," he said.

The Calcutta High Court, in its verdict on Wednesday, struck down the OBC status granted to "77 classes" in West Bengal and noted that "religion indeed appears 6.00 PM on the evening of 23rd of May, 48 hours before to have been the sole criterion" for declaring these classes as OBCs

After the first three phases of polling for the Lok Sabha elections, Modi said, the INDIA bloc started making grounds for whom to blame for their defeat. It has targeted the Election Commission on electoral data and electronic voting machines (EVMs), he said.

"Their (INDIA bloc) government is not going to come for 'saat janam' and every vote given to the Congress is going to waste," Modi said.

He also slammed the Congress on the issue of Article 370 and said it was the party that kept Kashmir separate from India. "Today, they are saying that they will bring back Article 370, if they come to power," Modi said.

On the Congress raising the One Rank One Pension

Notably, last year, official website www.shrimachailthe convenience by providing a one stop solution to all electoral space. the needs of the pilgrims pertaining to yatra.

The Machail Yatris trek about 33 km from Gulabgarh, passing through scenic nature, including the most nature and the shrine of Machail Mata lies in the landscape of unblemished beauty with hills, glaciers, and tributaries of the Chenab river.

Father-Son duo...

Former sarpanch Vinay Kumar, who was leading the dharna, demanded the night time be fixed to run the loaded dumpers (trucks).

BJP has already...

"Leaders of Pakistan say that PoK is theirs. Congress leaders also say that they (Pakistan) have an atom bomb. BIP people are not scared of atom bombs. PoK is and will remain part of India and we will take it back," he said

He said the opposition was attempting to end reservation for SC/ST and OBC in order to appease their vote bank.

"Rahul Baba and Akhilesh Yadav you have been blinded by vote banks politics. We will finish reservation on the basis of religion and give it back to the ST/ST and OBCs," he said.

He also pointed out that the INDIA bloc did not have any prime minister face and claimed that the alliance, if it comes to power, will have five PMs. "Can the country run like this?'

Shah alleged that Rahul Gandhi and Akhilesh Yadav have tickets booked for a vacation abroad once results of the Lok Sabha polls are announced, unlike Narendra Modi who works tirelessly for the nation.

'On the one hand, there is Rahul Gandhi who leaves for Italy, Thailand and Bangkok and on the other hand, there is Narendra Modi who has not taken any leave for will be intensified if our demand is not met," another 23 years and even spends his Diwali with soldiers on the protester Sonia said. border," he said.

Shah said the BJP ensured OROP (One Rank-One Pension) scheme for the retired army personnel and asserted that India will become the third largest economy in the third term of Prime Minister Narendra Modi.

Shah on Thursday also addressed a poll rally in Khali-Nishad, who is contesting on a NISHAD party ticket, a is not possible without care. (KNO) partner of NDA.

There, he accused the opposition of stalling the con-

"It is submitted that a wholesome disclosure of Form matayatra.com was also launched to further facilitate 17C is amenable to mischief and vitiation of the entire

> "At the moment, the original Form 17C is only available in the Strong Room and a copy only with the polling agents whose signature it bears. Therefore, there is a one-to-one relationship between each Form 17C and its possessor," it said.

> The poll panel added that "indiscriminate disclosure" and public posting on the website increases the possibility of the images being morphed, including the counting results which then can create widespread public discomfort and mistrust in the entire electoral process.

> The poll panel said, "Further, it is submitted that the Petitioner has specifically relied on the voter turnout data published by the answering respondent with respect to the first two phases of the ongoing General Elections to the Lok Sabha, 2024 and has alleged that there was an increase of 5-6% in the voter turnout data released on the day of polling and in the subsequent press releases for each of the two phases.

> "In this regard, it is submitted that the aforesaid allegation is misleading and is unsubstantiated." It added that the Rules do not permit the giving of a copy of Form 17C to any other entity.

On May 17, the top court had sought within a week a response from the Election Commission on the NGO's plea seeking a direction to upload polling station-wise voter turnout data on its website within 48 hours of the conclusion of polling for each phase of the Lok Sabha elections.

The ADR has filed an interim application in its 2019 PIL seeking directions to the poll panel that "scanned legible copies of Form 17C Part-I (Account of Votes Recorded)" of all polling stations be uploaded immediately after the polls. (PTI)

Women stop Vande Bharat...

However, the agitators warned of further protests if their grievances remained unaddressed. "This agitation

Education Dept advises...

breaks. Also sensitise students to cover their heads," reads the guideline.

The department also directed the concerned to labad of Sant Kabir Nagar in support of Praveen Kumar report any cases related to HRI, stating that education

Dogra Degree College celebrates Int'l Day for biological diversity



JI NEWS SERVICE SAMBA, MAY 23

calls on governments, indigenous peoples and governmental organiza-Eco Warriors Club). Bio-

livestock - and the variety of ecosystems (lakes,

forest, deserts, agricul-Dogra Degree College, tural landscapes) that host Bari Brahmana, Samba multiple kind of interaccelebrated 'International tions among their mem-Day for Biological Diver- bers (humans, plants, sity' while covering the animals). The focus of theme of this year i.e. "Be this day was to increase Part of the Plan" on 23rd understanding and awareof May, 2024. This theme ness of biodiversity issues. Biodiversity is the living fabric of our planet. It local communities, non- underpins human wellbeing in the present and tions, lawmakers, busi- in the future, and its rapid nesses, and individuals to decline threatens nature showcase their efforts in and people alike. The supporting the implemen- main global drivers of biotation of the Biodiversity diversity loss are climate Plan. This year students change, invasive species, and faculty members of over-exploitation of natu-Dogra Degree College cel- ral resources, pollution ebrated this day by click- and urbanization. To halt ing selfies with the native or reverse this decline it is plant species of India vital to transform people's under the supervision of roles, actions and relation-Ms.Palak Gupta (Convener ships with biodiversity.

Dr. Samar Dev Singh logical diversity is often Charak, Secretary, Dogra understood in terms of Educational Trust apprethe wide variety of plants, ciated the initiative taken animals and microorgan- by Dr. Bela Thakur, Prinisms, but it also includes cipal, Dogra Degree Colgenetic differences within lege for conducting such each species – for exam- an event to make students ple, between varieties aware about the native of crops and breeds of plant species of India.

Sant Nirankari mission hosts massive open Satsang Program



Police launches drive against illegal cultivation of poppy in Pulwama & Budgam

JI NEWS SERVICE JAMMU, MAY 23

As a part of its persistent efforts to curb the menace of drugs in the society, police launched a special drive against illegal cultivation of poppy alongwith the teams of revenue & excise officials in Pulwama & Budgam districts.

The intensive drive against poppy cultivation, carried out by the joint teams led to the destruction of poppy cultivation spread over a vast area of land at two different places, Arihal and Tahab, in Pulwama and Gariend Kalan area in Budgam.

Accordingly, a case FIR No 174/2024 under rel-

evant section of law has Station Pulwama against Zahoor Ah Dar son of action of the police and been registered at Police 15 accused persons. The Gh Mohidin, Gh Mohi-Station Budgam and in accused persons have been din Ganie son of Qadoos, drive in nearby areas as Pulwama case FIR Nos identified as Rafiq Ahmad Fayaz Ah Sheikh son of Gh well. Police appeals the 94/2024 & 95/2024 under Sheikh son of Assadullah Qadir Sheikh, Gh Mohd relevant section of law has Sheikh, Ali Mohd Sheikh Sheikh son of Wali Mohd their cooperation in this been registered at Police son of Gh Mohd Sheikh, Sheikh, Bilal Ah Ganie son drive against drug abuse.

Ab Hameed Dar son of Gh Mohd Dar, all residents of Arihal Pulwama. Further investigation has been set into motion. The general public of these areas have appreciated the has urged to continue this

of Sulla Ganie, Yaseen

Ah Ganie son of Sulla

Mohd Maqbool Raina,

Manzoor Ah Raina son

of Ab Kabir Raina and

general public to extend

DGP extends warm greetings to Police Pariwar, people of J&K on **Buddha Purnima**

JI NEWS SERVICE SRINAGAR, MAY 23

Ganie, all residents of Tahab Pulwama and On the auspicious occasion Nazir Ah Bhat son of Mohd Shaban Bhat, Mohd Abdullah Parry son of Gh Mohd Parry, Nazir Ah Ganie son of Gh Mohd Ganie son ed police Pariwar, families of nel, DGP added. of Mushtaq Ah Ganie martyrs and the community son of Gh Mohd Ganie, the J&K Police serve. Zahoor Ah Raina son of

that this day serves as a

to genuinely contribute to the well-being and prosperity of the society. Buddha's of Buddha Purnima, the teachings guide us towards Director General of Police, a state of balance, resilience, J&K Shri R.R. Swain has and selflessness, which are extended heartfelt greetings crucial in fulfilling our duties and warm wishes to dedicat- as law enforcement person-

path, and may we all strive

In the spirit of Lord Buddha's teachings, "I sincerely DGP in his message said emphasise upon all our police personnel to lead their reminder to all of us to lives with a strong sense of embrace the timeless prin- responsibility, integrity, and ciples of peace, love, and self-discipline, and strive to self-awareness. Let the noble serve the community with principles of Lord Buddha dedication and humility, continue to illuminate our DGP further added.

Sadguru Shri Madhu Paramhans enthralls Sangat with his sermons on occasion of Purnima

JI NEWS SERVICE JAMMU, MAY 23

Sadguru Shri Madhuparamhans Ji Maharaj of Sahib Bandgi, while enthralling the Sangat with his satsang in Ran- ing. Mental begging is that ji asked Sahib about the initiation.

a Sanyasi. The house- not take any kind of alms. holder should not be a He moves only by Akashguru. Because he himself vritti i.e. whatever comes is trapped in illusion, so on its own. what will he do for your welfare? Second - it should means that whatever be free from restrictions. money comes to him,

Ashish Rai, Chief Busi-

ness Officer - Decoratives

jadi today on the occa- wish from the heart that sion of Purnima, said so and so should give me that nowadays there are something. The one who many Gurus in the path of wants something from devotion. Because money you cannot give you anyis easily available. That's thing. The second alms why Sahib has also told is Rajas. Some say that the characteristics of the we have opened a cow-Guru. When Dharamdas shed, give money. This is rajasic alms. Persuadcharacteristics of a Guru, ing someone to donate is Sahib said that first test rajasic alms. The third is the Guru and then take tamasic alms. I will do this work for you, give me the First-Guru should be money. A true Guru does

Being unrestricted Sahib is saying that if one he should not give it to finds a true Guru then all anyone in his family. If the quarrels end. There he is taking the money of is nothing left to attain the poor and investing it salvation. Third: Guru in his family, then Sahib should be comprehensive. said that he will go to hell Eat from your earnings. along with his generation. Fourth - Be a supplicant. Will not go alone. Because Don't take alms. There this is a big sin. The only are three types of alms. person worthy of dona-Manas, Rajas and Tamas. tion is the Guru. But the Nowadays there is loot- teacher must be truthful.

Elect honest, upright candidate in ongoing LS elections: Khatana to Rajouri-Poonch people

JI NEWS SERVICE RAJOURI, MAY 23

Appealing to the people of twin border districts of Rajouri and Poonch to elect an honest and upright candidate in the ongoing Lok Sabha elections, senior BJP leader and Member of Parliament (Rajya Sabha), Gulam Ali Khatana on Thursday said that voting in favour of dynasts will again sabotage the developmental spree which has changed the lives of the people in these developments apart the mountainous region.

Addressing a public meeting in Meharie Gujjran area of Rajouri which under the leadership of was organised by District PM Modi," he said while BJP Secretary and Sar- addressing the mammoth true solution for the issues panch, Sazia Choudhary, gathering in the public of public." MP Khatana said that the meeting. The senior BJP people should vote for leader also said that third opment.



tion, there is a Medical Bakerwals will be com-College in Rajouri itself, pletely transformed. two tunnels are under-

"Congress, National construction on Jammu-Conference (NC) and Rajouri highway and are Peoples Democratic Party expected to be made func-(PDP) have a proven track tional within months-all record of bloodshed, uncertainty, mis-goverfrom many in pipeline nance, divisive politics and were possible only in the pushing Jammu and Kashlast 10 years of BJP rule mir to terrorism," Khatana maintained adding: "Only BJP has honest and the

The MP said that Gujjpeace, progress and devel term for PM Modi will Muslims were used by panch, Karan Saryal; Vice usher more developments Congress, NC and PDP as President, Zaman, Captain "Today your children in the J&K and life of tribal vote banks only and these Bola Sharma, Malar Kazmi are getting good educa- community of Gujjars and political parties never did and others.

anything for the welfare of these communities.

District BJP Secretary and Sarpanch, Sazia Choudhary while addressing on this occasion said that BJP along with its allies will hit the target of over 400 marks in the Lok Sabha elections and PM Modi will get the third

largest democracy. She said that for the first time in the history of our country remarkable developments have taken place and same are expected to continue further.

Prominent among those present on the occasion were Kapil Saryal, District BJP Vice President; Prabhari, Jugal Kishote; Mahila Morcha Vice President, Neelam Raina; Councilllor, ars, Bakerwals and other Sudershana Saryal; Sar-

term to helm the world's



JI NEWS SERVICE JAMMU, MAY 23

the Mission's commit- Oneness." ment to spiritual enlightscends religious bound- tual resolve. aries, fostering harmony diverse communities.

omizes the success of our the program.

collective efforts towards fostering a spiritual environment that encourages

The Sant Nirankari Mis- selfless love and unity, sion's Branch Panjgarain stated Revered Ajit Singh. Akhnoor, Jammu, suc- "The overwhelming turncessfully hosted a massive out signifies the deepopen Satsang program rooted devotion and faith today, drawing an impres- of our followers, which sive gathering of devotees. empowers us to continue The event underscored spreading the message of

The Satsang program enment and unity among featured soulful hymns, people of all ages and enlightening discourses, walks of life. Revered Ajit and shared prayers, cre-Singh, the esteemed Zonal ating an atmosphere Incharge of the Jammu filled with devotion and region, graced the occa- spiritual energy. Devosion, delivering an impact- tees, both local and from ful discourse on behalf of neighboring regions, the Sant Nirankari Mis- participated enthusiastision. In his address, he cally, underscoring their highlighted the Mission's unwavering faith in the noble cause of promoting Mission's divine teachings. peace, love, and human The event also provided brotherhood across the a platform for followers globe. He emphasized the to engage in meaning-Mission's core philosophy ful interactions, further that true spirituality tran-strengthening their spiri-

Shri Babu Ram Mukhi and understanding among Panjgarain, expressed heartfelt gratitude to all "Today's gathering epit- devotees who attended

Manjit holds series of meetings in Nowshera in support Zafar Manhas



JI NEWS SERVIC RAJOURI, MAY 23

Apni Party Provincial President, Jammu, S. Manjit Singh has continin favour of the Party's candidate for Rajouri -Anantnag Parliamentary seat, Zafar Iqbal Manhas.

Former Minister, S. Manjit Singh accompanied by chaired several meetings Zafar Iqbal Manhas sahab. During these meetings,

the people extended their candidate.

Expressing his gratitude to the people, S. by the Party candidate, if addressed the meetings.

JSW Paints posts its first Operating Profits within 5 years of business launch

SW PAINTS

JI NEWS SERVICE JAMMU, MAY 23

ISW Paints, India's lead-

of the US\$ 24 billion JSW Group, posted its first full year operating profits at an EBITDA margin of more than 3% (approx. Rs 67 crores) for the fiscal year ended March 31, 2024. This makes JSW Paints the first and youngest Indian paints company to post operating profits in the shortest span of 5

years from its business launch. The company's gross revenues crossed the targeted Rs 2,000 crore milestone registering more than 10x industry growth rate. The scaleup in gross revenues was supported by a significant ramp-up in both Decorative Paints and Industrial

Coatings businesses.

The current growth rate puts JSW Paints firmly on track to pursue its target of achieving Rs 5,000 crore within the next two years (i.e. by FY26). This will be supported by sigthe decorative paints segment. The company has tive paints business." appointed Mr Ashish Rai

ing environment-friendly in its Decorative Paints and dynamic team in the paints company and part Business. With over two industry with an average decades of experience in working age of 29 years. global organizations like According to Mr. Sundar-Unilever where he led esan AS, Joint Managing Distributive Trade Trans- Director & CEO of JSW leading the Decorative team and aspire to do Paints Business at JSW things never done before. Paints to continuously We are delighted that in Indian paints market. deliver profitable top line the difference we seek growth.

According to Parth fueling our fast-paced of JSW Paints, "It has been continue bringing world offerings. an exciting and eventful class products and servicfive years for JSW Paints es to the doorstep of our to achieve our guidance consumers and make their of being the youngest homes truly beautiful." paints company to turn profitable in the shortest span of time. We are now at JSW Paints said, "I am

towards purposeful living growth momentum. The the only non-smelly paint and environment-friendly products. As we navigate is closely tied to the joy in our manufacturing and marketing investments, nificant business trans- Ashish Rai to transform business is supported by finishes. In Industrial coatformation initiatives in and lead the next phase strong tailwinds of digital ings JSW Paints is leader of growth in our decora-

as Chief Business Officer committed to building its exceed the ordinary by tective, pipe, windmill, - Decorative to lead the business with the young- offering innovative and floor and general industransformation & growth est, most gender diverse, environment-friendly trial coatings.

products that will delight our consumers."

The rapid topline growth recorded by JSW Paints has been driven through thoughtful disruptions and innovations it has offered to its consumers across India.

JSW Paints remains the formation, Ashish will be Paints, "We are a young only company in India which offers the unique "Any Colour One Price"

The luxury interior to make is well received, emulsion Halo is the Best Paint of India as has been Jindal, Managing Director growth. We promise to tested against comparable

JSW Paints waterproofing range iBlok is the surest way to waterproof homes. The company is scaling marketing support with a new advertising campaign it recently determined to capitalize thrilled to join JSW Paints launched across the counon the new opportuni- at a pivotal juncture where try. Aquaglo - the waterties as Indian consumers the business is clearly based enamel - continues evolve their preferences ready to accelerate its to delight consumers as Decorative Paints category for wood & metal at home. JSW Paints has the next phase of growth Indian consumers feel in launched Opera range of transforming their homes. luxury wood finishes that The next phase of growth are Made in India to take I am happy to welcome in our decorative paints on imported Italian wood advancements, elevated in Coil Coatings and is consumer aspirations and expanding its offering to JSW Paints remains our own commitment to other segments like pro-

he gets elected to the Parliament. He said that the Party

has prepared a framework to undertake developmental activities and improve ued the election campaign road infrastructure. He said that the railway line projects need to be completed as early as possible. For this purpose, he

In this regard, the expressed the commitment of the Party that they would raise the issue other leaders of the Party with the Railway Ministry to get sanction of timely in Nowshera in support of completion of the railway line from Jammu to Poonch.

He also assured that support to the Apni Party the Party would also work on addressing the

increasing unemployment issue. Meanwhile, Bodh Manjit Singh said that the Bhagat, Vishal Narina, issues of development that Vicky Sudan, Adv Lovely remained unsolved for Mangol, Mangat Ram, decades will be addressed and other leaders also



EDH

EDITORIAL

Protected Monuments need immediate attention

revelations were made about encroachments and neglect Lof State Protected Monuments in various parts of the Jammu region which were deeply concerning. These heritage sites, which are integral to our cultural and historical identity, are facing threats of damage and degradation due to illegal constructions, lack of maintenance, and bureaucratic hurdles. The Directorate of Archives, Archaeology, and Museums has repeatedly raised alarms about the precarious state of these monuments, including the Shahi Mughal Masjid in Nowshera, Poonch Fort, Dhanidhar Fort, Temple Samadhi Chadai Muttal, Bahu Fort, Jaganoo Fort, Samba Fort, ancient Buddhist site Godha Gali, and Thein Fort. These sites, declared as State Protected Monuments, are supposed to be safeguarded under the provisions of the Ancient Monuments Preservation and Conservation Act, 1920 AD, and its subsequent amendments. Under the Act, no person can fiddle with the structures of State Protected Monuments. Even Deputy Commissioners are empowered to take action in case of violation of the Act. The fact that illegal constructions continue to go unchecked inside these monuments, and in some cases, they are being used for purposes like operating schools, is a clear violation of the law and a betrayal of our cultural heritage. The delays in obtaining forest clearances for restoration work further exacerbate the situation, leaving these monuments vulnerable to irreversible damage. The responsibility to protect and preserve our heritage rests not only with the Directorate of Archives, Archaeology, and Museums but also with the concerned district authorities, security forces, and other relevant agencies. Neglect and lack of maintenance also pose significant threats to these monuments. Without regular upkeep and conservation efforts, they are susceptible to decay, weathering, and vandalism. Preservation of State Protected Monuments requires sustained investment in restoration, maintenance, and awareness initiatives to ensure their long-term survival. It is imperative that they work together cohesively to address these pressing issues and take immediate corrective measures. The upcoming review meeting of the Culture Department, chaired by Chief Secretary Atal Dulloo on March 28, presents a crucial opportunity to address these challenges comprehensively. It is essential that all stakeholders come together to devise a strategic plan for the restoration, maintenance, and protection of these State Protected Monuments. Moreover, transparency and accountability must be upheld throughout this process. Public awareness campaigns, community involvement, and regular monitoring mechanisms should be put in place to ensure that the efforts to preserve our heritage are sustained and effective. The Director of the Directorate of Archives, Archaeology, and Museums' commitment to raising these issues at the highest level is commendable. However, what is needed now is swift and decisive action backed by political will and administrative support to prevent further damage to these invaluable treasures of our cultural legacy. Preserving our heritage is not just a legal obligation; it is a moral imperative that we owe to future generations. As custodians of these cultural treasures, we must prioritize their preservation to ensure that they continue to inspire, educate, and enrich future generations. The time to act is now, for the legacy of our past is the legacy we leave for the future.

Defence sector challenges before the new government

PRAKASH CHANDRA programmes.

ment takes office.

states.

One of the immediate Lections are often focus areas for the new barometers indi- government is the restruccating the shape of turing of the tri-services things to come in a coun- commands in the armed try's national security forces: the centrepiece of domain as a new govern- defence reforms. Almost three years after an exclu-In the Indian context, sive Department of Milithe new government has tary Affairs was set up in its task cut out on national 2021, the establishment security as the prioriof integrated theatre commands (ITCs) for jointness ties of defence planners have seldom been clearin operations is nowhere er: changing geopolitical near completion. The prorealities such as an asserposed force structure will tive China's arms build-up, have the Chief of Defence political and economic Staff (CDS) presiding over instability in neighbouring the ITCs whose commandcountries, and the insurers report directly to the CDS, which is the pracgencies in some restive tice in advanced militar-

The military being a key ies like that of the United instrument in addressing States. This is to ensure these challenges, the new that financial, materiel, government is expected to and operational capability recalibrate India's defence resources are shared optiposture by reviewing these mally by the ITCs, unlike challenges vis-à-vis the the current practice of the armed forces. Given the armed forces achieving blurred lines separating joint operations only at the tactical level. India's internal and exter-

nal security situations, That there has been no with the military often substantial movement on called upon for internal the establishment of ITCs so far has a lot to do with conflict resolution, it is an enormous drain on the stiff resistance from defence resources. This the Indian Air Force (IAF) makes it challenging which is loath to share for the armed forces to its aircraft with disparate maintain combat capa- theatres, especially those bilities while simultane- commanded by non-IAF ously pressing ahead with officers. It would be interthe Ministry of Defence esting to see how the gov-(MoD)'s two-pronged ernment tackles this key requirement for the mili-

mony, and speed up the- undoubtedly seek to build tion effort, the Indian Navv aterisation.

Another factor blocking the ITCs is the conspicuous absence of a National Security Strategy (NSS) to spell out India's security objectives and strategies. Proposed more than 20 years ago, it is unfortunate that the NSS remains a work in progress. Defence planners must address this urgently because without an NSS the strategic calculus is opaque to the military, which is technically in the dark as far as its exact mission beyond defending the country and its island territories is concerned.

Creating a procurement system based on an indigenous production capability is another critical reform and modernisation issue of inter-service har- tary. The government will

in India' programme as it the army and the IAF, with uses 'atmanirbharta' (selfreliance) in defence manufacturing to guide future acquisitions. An indicator of this is the regularity with which advanced indigenously developed missile systems are rolling before China's rapidly off the Defence Research and Development Organisation (DRDO)'s drawing boards. Nevertheless, these are very early days for achieving self-reliance in arms manufacture, and ing supercarriers and sub-India still needs to shop for marines, by 2035. Asymkey weapon platforms in metries to a lesser extent the international market, exist in the land and air be it fifth-generation fighter jets, combat drones and eastern neighbour. anti-drone systems, air defence systems, or artillery guns.

on the success of the 'Make

In the military's indige- defence budget is barely nously-based modernisa- 28 per cent of China's -

and play the numbers game, it could turn to adroit policymaking to meet these challenges. For instance, the IN could augment its sea-denial capabilities with theaterised resources using landbased air power to counter PLAN's attempts to dominate the seaways near, say, the Maldives or the Straits of Malacca.

Defence planners must learn to juggle a modest budget with personnel costs, weapons acquisition, and upgrades in the three services, besides ensuring wider industry participation in defence procurement. The next five years offer the government a unique opportunity to tap the immense potential of India's civilian scientific base to develop of having a 175-ship fleet frontier technologies, and innovative capabilities for the armed forces. This will help realise a robust military-industrial ecosystem in the subcontinent that is so essential to meet the technological challenges on the 21st-century battlefield

(This article is the second in a series of articles on the challenges and opportunities before the next Union government.) (Prakash Chandra is former editor of the Indian

Defence Review. He writes on aerospace and strategic affairs.)

Is AI a game changer or a disruptor in the communication landscape?

CHAITANYA K PRASAD

a push factor for change, innovation and disruption in the borderbodies, agencies and insti-

he growing tentacles content, data analysis of AI have become and the conflict between human minds and datadriven mindsets. We are in a situation perhaps less world that we live in where we over-depend on today. AI tools, processes machines, their learning and its vast architecture tools & predictability leadhave been billed as game ing to an ecosystem that changers, influencing a is technology savvy, the vast range of stakeholders behaviour of stakeholdincluding policymakers, ers being driven by data Governments, multilateral metrics and accompanying models and influenced tutions, which are respon- by the power of predicsible for carving out the tion. The impact of AI has inclusive. Its tools are reroad ahead. The debate been profound in several engineered to reflect the tic commands the means and human mind. Tech- ance between perception, today hovers around areas, as the search for spirit of "Oneness", and to create a positive per- nological advancement is tools and trust i.e. posiwhether AI has become the unknown has grown

addressing issues, analysing data for data-driven narratives and stakeholder engagement and changing equations in the context of the client-agency relationship. There is a need to balance human competence with tech tools and the fear of the unknown in the future. For AI to succeed its performance indicators must be based on open, transparent and

communication strategies. The data processing of behaviour. There is an urgent need

seamless operation of both ties of human behaviour success of communicaverticals. AI being futuris- and integrate the machine tion depends on the bal-"The World is One Family" ception of the AI architec- only possible if the gap is tioned across different

layers of dilemma, a tug- suring the effectiveness of feel of audience preferenc- It is also critical that in the to be in sync with human of-war related to ideas, campaigns, the growth of es and behaviours leading era of change, the con-abilities and the irreplacecustomised solutions for to focused and targeted tinuity of technology is able human trait that charweaved with access that is acterises outreach.. To open and democratic. The ensure a sustainable prothe medium also leads to benefits of positive change cess, AI needs to follow the a better and more compre- must be beneficial to all five mantras of outreach hensive understanding of through the principle of communication: Being stakeholder demograph- open sourcing: tools, proics, dynamics, strategy cesses, opportunities and Responsible and Reciproprotocols and audience community participation. cal and Reconcile to the There must be standard needs and requirements of operating procedures and an ecosystem that believes to integrate the commu-processes that ensure the in equity, equal participanication matrix with the standardisation of algo- tion, mutual recognition broad themes to ensure a rithms, address the frail- and collaboration. The

(IN) is steaming ahead of

shipyards currently build-

ing more than 40 vessels of

different types. However,

it cannot be denied that

even the IN's declared goal

in the next 10 years pales

expanding People's Liber-

ation Army Navy (PLAN).

The rate at which PLAN

is growing, it will have

expanded to a mammoth

fleet of 435 ships, includ-

forces too vis-à-vis India's

While New Delhi cannot

match Beijing's colossal

defence spends - India's

Receptive, Responsive,

a disruptor or a transfor- bigger. A report on India's and the social and eco- ture. Some of the themes bridged between the haves platforms and sectors. A mative catalyst leading to media and entertainment nomic impact is studied to be discussed are AI and have-nots. AI as a tool model of this nature will a new normal, which is sector published by EY unpredictable, tech-driven #Reinventin 2024 menand bereft of the necessary tions that AI can provide human connection. It has an Rs 450 billion boost to disrupted the new normal the Indian M&E sector by driving the communica-2027. The report also mention engagement matrix tions AI and especially Gen to a terrain that at times is AI - gives it the tools the daunting, unpredictable, sector has always dreamed spontaneous and instant. of and can result in a 10 pr In the given context, it is cent revenue growth and important to understand 15 per cent cost efficiency. ence insights which pro- critical for both policy- grows across different ter-

and analysed.

concerned, the need is to balance the technology push that characterises AI outlining its operational efficiency and the creative such as health, environquotient of human beings. As a tool for outreach AI with data-focused audithat AI has truly created AI is now used for mea-vide practitioners with a makers and practitioners. rains, the evolution has

ment and education.

In all such discussions, supplements outreach the process of communicating the theme will be

and Machine Learning in for policy formulation and certainly ensure a perfect As far as outreach is communication networks, information dissemina- symphony between AI and AI-powered communica- tion should be based on the communication landtion networks: Shaping a the strong foundations of scape bringing forth an greener digital future and adaptability, cohesiveness, effective and lasting comincluding other sectors inclusivity, access and a proper understanding of the complex and diverse social ecosystem of which we are its key constituents.

As the impact of AI

munication process.

(The writer is a former civil servant. Views are Personal. **Inputs by Vaishnavie** Srinivasan and Zoya Ahmad)

Deleterious effects of workplace gaslighting

SAKSHI SETHI

al culture and well-being -Gaslighting, a form of psyundermine another person's perceptions, beliefs or reality often done regvictim.

themselves, their teams

involved. When talked n the network of about the workplace, the modern workplaces, term Gaslight can mani-Lemerges a shadowy fest in myriad forms, often spectre, threatening the subtle and insidious. It very fabric of organisation- may begin with seemingly innoxious comments undermining an indichological manipulation in vidual's contributions or which one person seeks to abilities and may gradually lead to dealing with small instances of manipulation that escalate over time. ularly or subtly making Gaslighting tactics often the victim doubt their target an individual's sense perception, memories or of self-worth, competence sanity by shifting blame and confidence resulting or responsibility onto the in significant emotional distress, including feelings

Gaslighting can create of anxiety, depression and a hostile work environ- confusion. It even isolates ment where employees victims from their support feel anxious and confused networks by undermining and at times even question their relationships with their competence causing coworkers, friends and a detrimental effect on even family members.

It is often believed that and organisational cul- toxic workplace gaslightture. It is a form of psycho- ing can stem from varilogical manipulation that ous causes that are often can have serious conse- rooted in systemic issues, quences for the well-being interpersonal dynamics



such as power imbalances, insecure leadership, lack of accountability, interpersonal conflicts and many more. When communication breaks down, tensions escalate, egos clash and employees/individuals start resorting to gaslighting as a means of gaining leverage or inflicting harm. Addressing the toxic workplace gaslighting

approach that involves raising awareness, fostering a culture of respect and accountability and ing transparency, accountability and psychological safety in organisations is gaslighting behaviour effectively.

Undoubtedly, work-

place gaslighting culture of accountability thrives on power and transparency within imbalances and organisations empowers psychological employees to speak out against gaslighting tactics manipulation. Victims of gaslighting without fear of reprisal.

suffer immense Remember, when perstress, anxiety and sonal gain takes precede identity erosion. over ethical conduct, Prolonged expogaslighting may become sure leads to physia tempting strategy. The cal health issues only way that may benlike headaches, GI efit the victims of gaslightproblems and sleep ing is by seeking support disturbances, weak- from trusted colleagues, ening immunity and mentors or mental health increasing illness professionals. By creat-

risks.

or individual motivations requires a comprehensive cial for the victims to first munication, respect and recognise and validate accountability can the their experiences, refus- organisation help preing to internalise the gas- vent gaslighting and other lighter's manipulations. forms of manipulation providing support for The use of assertive com- from taking hold as left those impacted. Promot- munication techniques, unchecked, it can inflict such as "I" Statements lasting psychological and boundary-setting, can harm, exacerbating issues help individuals confront of mental health and wellcrucial to recognise toxic gaslighting behaviour being in the workplace. while preserving their self-esteem and dignity.

views are personal) Additionally, fostering a

ing a workplace culture It becomes cru- that promotes open com-(The writer is an educator;

Night workouts aren't always detrimental to health

NSOMNIAC since his college days, Ronit hits the gym midnight and past sweats it out for about two hours after a light meal. He says, "There are lesser chances of skipping exercise if you choose to do it in the night. There is peace in the gym and trainers can give you exclusive attention.

Nilendra Kelgane, a call centre employee, has no choice but to pump iron at 3 am after his work. "We lead a very unhealthy lifestyle, with irregular sleep pat-tern and intake of food. So, working out is a must. Though I am aware that scientifical-ly, 7 am and 4 pm are best for working out, I can't help but gym in the night. Given a choice, I would exercise in the morning," he adds. Like Ronit and

Nilendra, there are hundreds of professionals airline crews, advertising and media executives, editors, actors, models who are midnight fitness freaks. While for most of these professionals, exercising during the day is a prob-lem due to their work schedule, many prefer night workout simply because they are night owls. And with 24-hour gyms gradually mushrooming in the city, it perfectly suits their rou-

tine. But, are late night work outs healthy, given that exercising gets your heart racing and activates hormones that aren't exactly sleep

inducing? Well, yes and no, as the opinion seems to be divided on this. Leena Mogre, who runs a 24-hour gym, says, "Fitness is a lifestyle. Just like you brush your teeth, any time is a good time for working out. For instance, many of the call centre employees finish

work at around 3 am,

have a snack and go to a

gym where they work

relieves them from stress and removes tox-

health practitioner Mickey Mehta believes

that any form of intense work out after 7.30 pm

is not so good. "Yoga

postures, stretches, long

walk are fine late evening or night, but

even the best of intense

work out is poisonous

during those hours and

a disservice to wellness and health," he points

However,

and then

out

ins.

breakfast.

have

Exercise

holistic

them from

out. "Working in shifts is itself detrimental to health. It affects the circadian rhythm of our body. It might serve the purpose of losing weight and increasing flexibility, but exercising is not just about body and muscles; it is also about endocrine

system which secretes

gland and juices, lym-

phatic and nervous sys-

tem, and it is connected

to all your organs like

liver and kidney. High

intense workout in the night disturbs and dis-

impeding rejuvenating

and revitalising process

of the body. After work-ing throughout the night, you fatigue your-

self by exercising imme-

diately and thus, you

compromise on your immunity." He adds that

6 am to 9 am is the gold-

Fitness traine. Fitness traine. Fitness traine. Fitness traine. Fitness traine.

en period for work out.

Yasmin Karachiwala says, "When you exer-

rupts

those cycles,

cise. vou should keep in mind your lifestyle and the time of the day when you feel the most energetic. You get optimum results if you have the energy. You must have the fuel for the work which happens out, when you eat through-

out the day and you haven't had long hetween lapses meals. If there is no compulsion and you are not a night person, then working out during the day is advisable."

Most Bollywood elebrities usually exercise during the day except when they have a long schedule. But Anita actress Hassanandani says, "These 24hour gyms are a blessing and super convenient. For actors doing daily TV shows, we have to stay in shape. Working

out, no matter what time of the night, rejuvenates me. At times, I don't feel sleepy after a work out session as I am all fresh and charged up, and I don't mind compromising on my sleep."

But the night owls whether due to compul-sion or choice, have decided to have it their way. Actor Amit Sadh, who is active in outdoor sports like cycling, swimming and running on the beach and which he does as per his convenience, says "Actually, there are dangers of not working out. If you can have food, alcohol and sex at 2 am, then why can't you exercise in the night?"

Power up your **benchpress**

T'S easy to stay with the routine you are comfortable with. But ask yourself this question: "Am I really training out of my comfort zone?



Most people are not. Yes, they train hard but they're not pushing themselves as hard as they are capable of. So switch your capable of. So switch your workout up, vary the intensity. Vary the rest between sets. Do super sets. Additionally, start thinking about "less is more". The quality of your reps, sets and exercises is more important than how many you do. Stick to training your chest once

or twice a week. Getting a good night's sleep cannot be stressed upon more. It is part of the basics of building muscle. Your muscles repair and grow while you're sleeping and resting, so getting enough rest and sleep is essential for muscle growth. Get at least eight hours sleep and plenty of rest between workouts. Also, pay attention to

form and the 'negative' part of each exercise. If you don't know what a negative is, it's the lowering phase of an exercise. In the case of the bench press, it's when you lower the weight to your chest. Negative training is highly underestimated and can have a dramatic effect on your upper body

strength. Lastly, eat well. Each meal should contain a good serving a protein (in various forms) and complex carbohydrates.

Teatox is the latest fad online

ITH celebs posting photos of them sipping health teas on social media, the tea detox movement is catching on.

Instead of groggily reaching for your mug of coffee every morning, opt for a

steaming cup of natural tea. Teatox (short for tea detox) has become a craze online with health-conscious young women posting their teatox young experiment snaps on photo-sharing sites. Incidentally, it's a hit with celebs abroad. Model Kendall Jenner drinks a dozen cups of herbal tea to keep herself fresh during fashion week. Joining her in the fad is sister Kylie, singers Ciara and Nicki Minaj, and actresses Lindsay Lohan and Sarah Hyland. Unlike fad

diets that promise quick weight loss, a teatox is more holistic in its approach and

doesn't guarantee a sudden transforma tion. Progress is slow but steady. How it works:

Try sipping on green tea, herbal tea, chamomile tea and jasmine tea every morning. You could also opt for teatox blends available at health shops which have ingredients like peppermint, alfalfa and net-

tle leaf in it. Advantages of a teatox: Most teas in the detox category have an ingredient that acts as an appetite suppressant.

These teas give an energy boost to get your metabolism started. They curb the tendency to snack on junk during the day

Unlike a juice cleanse, you're not cutting on any actual meals. The teas help flush out your system and aid in digestion.

Load up on fish oil pills: It can boost heart health in older adults

AKING omega-3 fish oil supplements dany can improve cardio-vascular health in older adults, scientists have oil supplements daily found. The risk of cardiovascular disease increases with age because the arteries become stiffer. Arterial stiffness affects how blood travels through them and ultimately how strongly the heart needs to pump it.

The most commonly used measures of arterial stiffness are pulse wave velocity (PWV) and aug-mentation index. When the heart ejects blood into the blood vessels, pressure increases, creating a bulge in the vessel. PWV is the speed at which the bulge ripples through the arter-

When the pressure pulse hits a fork in the arteries, part of the pressure pulse bounces back towards the heart and combines with the new pulse coming out of the



index.

heart. How much the reflected pulse enhances the new one is called augmentation index. High PWV and high augmentation index values reflect stiffer arteries.

Researchers

University College

effects of ageing on the

blood vessels in healthy

older adults and reduce

PWV and augmentation

Pennsylvania

Medicine

weeks. Each capsule contained 1,000 mg of omega-3. The researchers meas-ured PWV, augmentation index and blood pressure at State before and after the 12of examined week regimen. whether omega-3 supplements could reverse the

The results were com-pared to young healthy subjects, aged 21 to 35, who also followed the same omega-3 schedule. supplement

Healthy subjects aged

60 to 80 took two omega-3 capsules twice daily for 12

5 food myths every Here's how sitting harms your body parents should know!

ERE'S what really happens to your body after sitting through а sit-com marathon. 1) ON YOUR SPINE

The problem: Sitting for long hours curve your spine into a C-shape, and keeping it that way for too long can cause cramped and aching muscles.

The solution: Consider a recliner or tucking a pil-low behind your chair. It'll keep your back straight and comfortable, and help you maintain proper posture

2) ON YOUR QUADS The problem: According



(and 14 per cent more likeemits, inhibits the release of melatonin, a hormone ly to develop diabetes). Avoid ion.

ERE are some com-**H**ERE are some common food miscon-ceptions that parents should know about ... Myth 1: Sugary foods

make kids hyperactive Various studies have concluded that there is no relationship between sugar and hyperactivity. Experts believe that children may behave in an uncontrollable manner not because of sugar rush but due to other factors like lack of sleep, poor diet with inadequate iron or lesser activity. Try giv ysical



Eating egg, fish, meat may promote memory loss

HILE you may love to gorge on eggs, meat and fish, researchers have revealed an amino acid w h i c h

causes memory loss and is most abundant such foods University of Louisville researchers investigated the effects of a diet rich in methionine, an amino and found acid, that it promoted



memory loss through increased methylation of netrin, a protein



to a recent research, people who say they watch television frequently are 40 per cent less likely to exercise than non-TV watchers. Sitting for long hours also puts pressure on those inflexible quads. The solution: Use the

sitcoms you watch as motivation. Watching someone fit onscreen (sometimes, on a daily basis) makes you more likely to want your body to look like the characters vou admire

3) ON YOUR GUT

The problem: Piling on extra kilos. Every two hours of TV you watch a day, you're 23 per cent

food shows. It makes you crave unhealthy food that you wouldn't generally have access to in your kitchen

4) ON YOUR BRAIN

The problem: After a long TV marathon, you may start resembling a zombie. Researchers at Brigham and Women's Hospital recently found that a typical binge in front of fluorescent light (about four hours) before going to bed makes it harder to fall asleep, reduces REM sleep, and makes one groggy the next day, even after clock-

ing eight hours of sleep. The reason is that the blue

The solution: Limit ing your kids energy and your viewing to two hours after work . If you can, nutrients through healthy snacks like whole wheat avoid it on an daily basis. biscuits, etc. Daytime bingeing won't are fussier eaters than

affect your sleep cycle. But why would you choose to vegetate in front of the TV on bright summer afternoons 5) ON YOUR LUNGS The problem: Among the many health hazards

young children to try new foods than older kids. Mostly, children learn new it causes, sitting for long hours can also shrink food preferences through repetitions, so don't give up on your kid if he/she doesn't like a particular your lung capacity by a third, so you get less oxy-gen, which causes a dish when he/she tries it decrease in mental focus for the first time. the second you sit on the couch.

Myth 3: Oatmeal is the

Myth 2: Young children

This is a misconception

because studies show that

it is easier to encourage

older ones

best for toddlers

regards to your child's While oatmeal is said allergies. Myth 5: Since children have different tastes from to be nutritious for adults, it may not be so good for adults, they require kid-

type food

taste for that.

Instead,

Until the age of six, kids are developing prefer-ences for certain foods. If

you only offer your child sweet or bland food, he/she

is likely to grow up with a

introduce

your toddler. Says clinical nutritionist Dr Nupur Krishnan, "Oats contain high amounts of fibre which may harm your child's digestive system."

Myth 4: A pre-schooler will grow out of his/her food allergy According to experts,

your child to different tastes early on. Once your child starts going to pre-school, introduce your kid most young children do outgrow many common food allergies by the age of three but they may not outgrow peanuts or other to different dishes by nut allergies. It is best to consult a pediatrician with packing them in his/her lunch box.

important for maintaining the brain.

Dr Anuradha Kalani conducted an experiment along with other researchers, where mice were fed with a diet containing high amounts of methionine and low amounts of folate and vitamins B6 and B12.

They measured the mice's memory capability along with netrin and methylation levels in the mice's brains and found that the longer the mice were on the diet, the less netrin was expressed and the more the netrin gene was methylated.

The researchers noted that the data confirmed that high-methionine diet induced learning and memory defects.

The researchers said that the studies had shown that a healthy diet can boost memory. However, their findings suggested that an excess methionine diet caused memory impairment and hyper-methylation that affected netrin expression, which was a protein important in maintaining synaptic plasticity and involved in axonal guidance and neurogenesis.

12 ways to start cleaning up your diet **Hepatitis C increases** cancer risk mins, minerals and phyto nutri-

PEOPLE infected with hepatitis C virus (HCV) may be at increased risk of various forms of cancers, including renal, prostate as well as liver can cer, warns a new research. The researchers found that cancer rates in patients

with the hepatitis C virus (HCV) were more than double compared to those without HCV.

"The results suggest that cancer rates are increased in the cohort of hepatitis C patients ver-sus the non-hepatitis C patients, both including and excluding liver can-cers," said senior author of the study Lisa Nyberg from the Kaiser Permanente, Southern California.

"These findings cer-

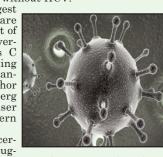
tainly point to the sug-gestion that hepatitis C may be associated with an increased risk of cancer," Nyberg noted. The researchers suggest an extrahepatic manifesta-

tion of HCV may be an increased risk of cancer.

The retrospective study was conducted at Kaiser Permanente, Southern California. The study authors recorded all cancer diagnoses in patients over 18 years of age with or without HCV during 2008-2012.

In the HCV cohort there were 2,213 cancer diagnoses (1,524/100,000) during the five-year period and 1,654 cancer diagnoses when liver cancer was excluded (1, 139/100, 000).

In the non-HCV cohort there were 84,419 cancer diagnoses (605/100,000) during the same five-year peri-od and 83,795 (601/100,000) when liver cancer was excluded



ROM diet books and recipes to our Instagram feed, the "clean eating" trend seems to be everywhere lately. As daunt-ing as it may sound, 'clean eating' just about getting back to basics. It is not a diet, it's a happy and healthy lifestyle. At its simplest, clean eating is

At its simplest, clean eating its about eating whole foods, or "real" foods. "Clean eating means incor-porating real, fresh, whole foods into your diet - foods that are free of odditions are greater and the second seco whole grain toast of additives, preservatives and ingredients you can't pronounce," and peanut butsays Peggy Kotsopoulos, holistic nutritionist. It's about choosing foods that have not been ter, or omelette vegetables are all processed or, if so, minimally processed, refined and handled, making them as close to their nathealthy choices for the first meal of the day. FRUIT IS ural form. The benefits are pretty YOUR impressive: improved health, bet-ter weight management and FRIEND increased energy, says Kotsopoulos. Read on to find out what it's all about and if it's real-

It's for a reason that fruit has been n i c k n a m e d y worth trying. Our advice? Try "nature's candy". It is naturally sweet and delicious. They these 12 ideas to get you started you'll like it. WASH UP FIRST are also rich Fruits and veggies need to be cleaned first, even if you're going potassium, which can help keep blood and vitamin C, which is impor-tant for a healthy immune sys-

to peel them. This is especially true for oranges or watermelons, from the markets they go straight onto our platter without being washed. EAT А

BREAKFAST

tem. And that's why it is an important step to increase your fruit intake. Fresh fruits are NUTRITIOUS whole, unprocessed foods. In

"It's best to eat within 15 to 20 minutes of getting up in the morning," says Rosie Schwartz, a dietitian. "If you go longer, your blood sugar may spike when you finally eat, and more insulin may be required to bring it down to normal. High insulin readings go hand in hand with more difficult weight management and other health issues." A bowl of oats+fruits, plain Greek yogurt and fresh fruit,

an with

order to get the added healthy heart and weight-loss benefits of fiber, choose whole fruits over fruit juice. GO FOR WHOLE

Whole tomatoes, for instance, are best because their nutritional sum is greater than their parts. For instance, if you take off the peel, you're losing a lot of the lycopene, the red pigment that offers antiox-

PLAN AHEAD

haven't been peeled or whole tomatoes with the peel, says nutrition expert.

If you want your clean-eating plan to go smooth, you need to plan ahead. Because you are less likely to fall back on your old 'not-so-healthy' habits (opting for takeouts) if you make a meal schedule for the

THE

little

week. So go ahead. LOVE THE LENTILS

guys are loaded with fibre and

protein, making them a fantastic food for control-

ling blood sugar

and helping you

manage your waistline (they

also reduce your cholesterol). You find them either

unprocessed, it's

your choice. If

you'd prefer to

processed

once, store in a can and pop them in the freezer. Thaw and add them

to stews and soups, or bake with

them. FYI: lentil cookies are yum.

Green vegetables are full of vita-

Do we need to say more!

GO GREEN

These

ents and are packed with energy boosting chlorophyll, which helps increase red blood cells necessary for transporting oxygen to cells. Do try the watercress veggie, recently named as the most nutri-ent-rich vegetable in a study published in the journal Preventing Chronic Disease. Try watercress in salads or soups. THINK BEFORE YOU

CHEW

It's one of the weirdest suggestion but jotting down what you're about to eat before you eat is surpris-ingly helpful. It will give you some time to help you reconsider if the food you're about to take is the right choice for you. It's a good strategy if you're trying to change your eating habits or maintain a new one. PASS ON THE SALT

"Instead of heavily processed table salt, add olives to your dish (if the taste fits) or blend naturally salty celery into soups and salad dressings," says Kotsopoulos. SNACK ON BUT SMARTLY

Snack foods are notoriously full of refined ingredients, so make sure to read the labels when buy-ing bars, crackers or other snacks. Try to go for something with as few ingredients as possible and look for whole grains. Kotsopoulos, like any other nutrition expert recommends fresh fruit, nuts (with skin). cheese and dried fruit as healthy snack options.

idant benefits. And if you remove the seeds, you lose the anti-clotting benefits from the gel-like substance around the seeds. Canned tomatoes can be just as good as fresh, as long as you choose wisely. Go for diced tomatoes that





an inspiration for Dr BR

Ambedkar for writing the

G A Mir, Mian Altaf jointly address election rally

JI NEWS SERVICE ANANTNAG MAY 23

Seeking votes for INDIA Alliance Candidate for Anantnag-Rajouri Lok Sabha Segment, All India Congress Committee (AICC) General Secretary & Former JKPCC President Ghulam Ahmad Mir today reiterated that the ongoing General Elections is the best opportunity to get rid of misrule, coercion and anti-people policies living in the country.

South Kashmir where said. he made a passionate



unleashed by the BJP, tory in the ongoing Lok aware about BJP's falsewhile reaffirming Con- Sabha Elections, which hood, communal politics gress Party's commit- is set to happen on June and have decided to vote ment to ensure Nayay 4. There will be next INDIA Alliance to power. (justice) to every section Govt of INDIA Alliance at the Centre which will leagues attempted to Mir was addressing a ensure respite to people create a communal atmolargely attended election from BJP's anti-people sphere for the votes, but rally at Omoh Verinag in and wrong policies, he it was rejected by all

appeal to electorates of anti-minority election country to safeguard the Anantnag-Rajouri to sup- speeches by BJP Lead- Constitution, which happort INDIA Alliance Can- ers especially by the pens to the next target of didate Mian Altaf Ahmad PM himself, Mir termed NDA, Mir added and said Larvi whole-heartedly such a mindset as the Congress Party will fulfill and ensure his victory reflection of BJP desper- all the promises made to with a thumping major- ation and defeat, which the people and will put ity. On this occasion, Mir they realized after the an end to the discrimina- nag Rajouri Lok Sabha slammed the fake narra- third phase of the elec- tion, hatred, open loot of tives and propaganda tions. The anti-minority public money and vari- whelming majority as unleashed by the NDA outburst shall neither ous other anti-people that it is the INDIA Alliagainst INDIA Alliance change the reality nor it measures on the part of ance which will address and said it will not deter can change the mood of NDA Govt. us from securing vic- the people, who are well

tion of Statehood & democratic rights in J&K are among the top priorities of Congress Party, Mir assured that the next INDIA Alliance Govt at the Centre will immediately fulfill these urgent demands.

Addressing the gathering Mian Altaf Ahmad Larvi said that INDIA Alliance in the country is fighting for the rights of the people which are under assault since the NDA assumed power at Centre the ongoing Lok Sabha Elections has provided public an opportunity to though it (NDA) out of power for failing them on all fronts.

He further said that the NDA Govt at Centre snatched our democrat-Indian unequivocally, ic rights, our jobs, and Referring to the who want change in the land by forcibly enacting different laws after the reorganization of the full-fledged princely State. He appealed to the people to support INDIA Alliance by ensuring his victory from Anantsegment with an overall the issues concerning Stating that restora- the Country.

JI NEWS SERVICE JAMMU, MAY 23

All India Confederation of SC/ST/OBC & Minority Organisations J&K observed Buddha Purnima today at MIRANSA-HIB Jammu. People from all walks of life joined to pay their homage to Lord Buddha showering flowers.

RK Kalsotra , State President Confederation,

extended his heartiest greeted to the masses on the eve of Buddha Purnima and said that Dr BR Ambedkar was a pioneer when it comes to revival of Buddhism in India. Dr. B.R. Ambedkar saw Buddhism as a means of empowerment and annihilation of the caste system, which had oppressed the depressed and backward sects for centuries. He thought of transforming the social fabric of Indian society from Bahiskrit Bharat to Prabuddha Bharat. His tireless efforts towards creating a society that is and prejudice through the notion of a welfare state as principles of state policies within the Indian Constitution continue to inspire President R S Pura said said that Buddha became many others.



us all. Kalsotra further said this year let us honour Buddha's philosophy was Lord Buddha's legacy and

"Don't accept some- take a pledge by embracthing just because it is ing the morals and values accepted, don't accept it of the scientific and theotraditional and believed the Tathagata, which has been said that way by marga, and mindfulness. many, don't accept it just because Do not accept the these values should be incorporated by all. fact that some scripture inculcated in one's daily inspired by a sage has been life through "Atta deepo dhism is one such religion presented in proof of this, bhava" meaning 'be a that promotes prosperity just because it is in accor- light unto yourself. This and progressiveness. It dance with our opinion is the righteous path to also focus on the imporand nature, do not accept move on and look ahead tance of self and mind it just because the person for a brighter tomorrow and not on rituals that saying it is our Guru and for being and becoming promote hierarchy in the is revered. Know and test a Vishwaguru. The influyourself from your own ence of Buddhism can be of 'apna depak Khud Bano' experience that this thing seen in Babasaheb Dr. B.R. free from discrimination is logical, and at the same Ambedkar's drafting of in today's time. time it is beneficial for the the Indian Constitution to whole world, only then enable social justice for all. present included Ramesh envisioned in the directive accept it, and live your life accordingly."

Constitution of India and many such ideals were included in it like equality, brotherhood, among other virtues. He also added that Lord Buddha highlighted the importance of peace in the world and considering how things are in turmoil, such issues should be addressed through the teachings of Lord Buddha. Bahadur Lal Ex Sarpanch added that there

are increasing cases of violence today, be it on just because it has been logical temperament of the basic of caste, creed, gender or religion. Lord for generations, don't emphasise the importance Buddha taught us that accept it just because it of compassion, madhyam non-violence should be the way of life and thus, He also added that such teachings should be

Tilak Raj said that Budsociety. Thus, the message becomes an important one

Others prominent who De Sameer Ch President Chander, Baba Ram Pandit National SC ST OBC Stu- Mohan Lal, Ashwani Darshan Banmotra Teh dents & Youth Front(NSYF) Kumar, Naresh Kanth and

No innocent person will be picked up by police, security forces in my govt: Azad

PM and his other col-

JI NEWS SERVICE SRINAGAR MAY 23 Chairman DPAP, Ghulam Nabi Azad, addressed the public on the concluding day of the campaign in Dooru, Anantnag. He asserted that during his tenure as CM, there were almost no fake encounters. He recounted an



incident where a deputa- to move freely. Today I parliament, showcasing a tion claimed that individu- received many complaints troubling pattern of inacals presented as militants that police are picking up tion. "They are deceivwere actually innocent innocent civilians; this ing the people," Azad laborers. Azad immediate- must stop. You are fur- declared. "They remained ly ordered an inquiry, con- ther alienating them. In silent even on the land firmed their innocence, my government, youth eviction order when the NC and other parties. He Azad promised, reaffirmand had the responsible will be given the full free-government attempted to officers jailed. He criticised dom to live their lives. This bulldoze houses and seize the current trend of youth drug menace has harmed land. It was our intervenbeing unjustly detained, our society, and we will tion that halted the gov- initiated significant proj- and prosperity in Jammu vowing that under his ensure better education ernment's actions." Azad ects and reforms. "They and Kashmir. Azad urged leadership, no civilian and jobs." Azad further also accused NC leaders did no development, but the electorate to support will face false allegations criticised the National of using religion and caste only exploited people Adv Saleem Parray in the or charges. He promised Conference (NC) and to divide the population. with slogans of self-rule upcoming Lok Sabha electo protect daughters, sis- Peoples Democratic Party "At the national level, a and autonomy, which tions, citing his credentials ters, and young boys from (PDP) for their silence on party tried to split Hindus they eventually forgot. as a promising, educated, harassment. He stated, critical issues such as Arti- and Muslims. Now, these They did no justice to the and mature candidate. He "In my government, I cle 370 during parliamen- parties are attempting poor. Where are the jobs? expressed confidence that ensured justice to people, tary sessions. He said that to divide Pahari, Kash- Where are the schools, Parray would champion irrespective of caste or the three MPs from these miri, and Gujjars. How colleges, districts, and the concerns of the people religion. Our youth, espe- parties failed to speak can an MP do justice to cially girls, should be able up when he protested in other communities when

of J&K. We must unite and focus should be on bringcreating divisions." Azad development during the periods when the govern-

they campaign and speak stated emphatically. Azad against each other?" He assured the public that if warned of the dangers he returns to power, he of such divisive politics, will focus on eradicating stressing the importance poverty and unemployof unity in Jammu and ment. He recounted his Kashmir. "This style of previous achievements, politics is harmful and including the rapid comdamaging for the people pletion of key projects, the sanctioning of hospitals, work for everyone. Our colleges, and universities, and the provision of jobs. ing people together, not Notably, he mentioned the completion of the Hajj pointed out the lack of House and Yatri Niwas in just six months. "We will bring back that era of progment was primarily run by ress and development," emphasised that he had ing his commitment. He only two and a half years reiterated his commitin power, during which he ment to fostering peace

Womenfolk largest takers of PM Modi's VBV, vow to support BJP at all levels: Kavinder

JI NEWS SERVICE GURDASPUR, MAY 23

Senior BJP leader and former deputy chief minister Kavinder Gupta on Thursday said that womenfolk are the largest takers of PM Narendra Modi's vision for Viksit Bharat (Developed have shown undaunted India's position at the India), and this the reason behind this section sup- ment and are united in has many components, porting BJP wholeheart- supporting BJP in the from economic growth to edly.

was speaking during a opportunity to the Saf- cal innovation", he said, meeting with prominent from party to fulfill the adding that people should citizens of Gurdaspur Par- unaccomplished tasks in help BJP to get maximum liamentary seat.

done by the Modi Govern- new heights of progress. than PM Modi to make ment in the last ten years He said that Viksit Bharat, the country part of the to empower the women or Developed India, is the elite group of developed



changes, technical innovations, and economic reforms, Prime Minister Modi hopes to raise faith in the BJP Govern- global level. This vision upcoming Lok Sabha all-inclusive development

India during

its Amrit Kaal.

With a combi-

nation of social

The BJP stalwart leader polls giving another and imbibing technologithe constituency besides seats to realize this dream He said that the work steering the country to envisaged by none other

tehsils? What did they with the same fervor and achieve? Nothing," Azad dedication as himself.

Zafar, Vibodh hold massive road show

in Rajouri's Jawhar Nagar

society that there is no resents a complete blueother party which can print for the country's accomplish things which prosperity. the Modi Government has accomplished.

Kavinder said that especially the women will Gurmeet Kour, Bindiva womenfolk in the region be a guiding principle for and Sujata Gupta.

in the country has con- vision of Prime Minister nations all across the vinced this section of Narendra Modi and rep- globe.

The prominent citizens

present in the meeting include Mohit Mahajan, "This vision having Raghav Mahajan, Neelam the support of all Indians Mahant, Rakesh Pant,

CMO Doda visits PHC Bharath, SC Bhelli; inspect facilities

JI NEWS SERVICE

DODA, MAY 23RD

To evaluate the healthcare services and facilities provided to the community, the Chief Medical Officer

the healthcare standard and effectively. across the District and the delivery system.

all the sections of the hos- able to provide effective of the PHC were working areas. in close coordination with each other.



Doda Dr Om Kumar on issued strict instructions several issues. CMO gave 22-05-2024 visited PHC to them to maintain punc- them a patient hearing Bharath and AAM- Sub tuality and to keep up to and assured to take up the Centre Bhelli in Medical date data of all records. issue with the concerned Block Ghat District Doda. He directed the BMO authorities for early The visit was a part of concerned to regularly redressal. On the demand the ongoing efforts by conduct surprise visits to of locals, the CMO directthe health department health centres to ensure ed the BMO Ghat to make to monitor and improve their clock work efficiency old PHC building functional for the locals on a rota-

Later CMO visited

The CMO was accompa-

BMEO NHM Ghat Mr Mash-

Maintaining that patient tional basis where Routine purpose of the visit was to care should be top prior- Immunization and other gain firsthand knowledge ity, the CMO directed the first aid services shall be about the hospital's infra- concerned to make opti- given in the interest of structure, patient care mum use of the resources better patient care. and the overall healthcare available for the better

patient care. He under- AAM- Sub Centre Bhelli During his visit to the lined that the goal is to and took a detailed stock newly constructed PHC ensure that the health of health facilities, check Bharath, the CMO Doda facilities meet the high-record and attendance of took a detailed round of est standards and we are the staff. pital and were pleased to healthcare services to the nied by Block Medical Offiobserve that all sections patients living in far flung cer Ghat Dr Abdul Gafoor,

During the visit, a hood Latif besides officials public delegation of from Dy CMO Office Doda While interacting with Bharath called on CMO, viz Mr Ravinder Singh and the staff on duty, the CMO wherein they put forth Mr Pawan Kumar.

JI NEWS SERVICE RAJOURI, MAY 23

Apni Party's candidate for Anantnag-Rajouri Lok Sabha Seat Zafar Iqbal Manhas along with BJP J&K General Secretary and Incharge for Anantnag-Rajouri Parliamentary seat Vibodh Gupta held an impressive roadshow in Jawhar Nagar, Rajouri on thursday. The roadshow, saw enthusiastic supporters moving in support of the Apni Party's candidate. and deprived sections of National Conference and PDP have no ideology and simply want to gain power and engages in the politics of appeasement. This is the case with PDP also. They only know how to in corrupt practices; they



leader Zafar Iqbal Manhas inclusive and comprehen-Sahab and strengthen sive development of my Modi Ji's vision of Viksit people ensuring better marked by a large turnout, Bharat. He strongly roads, rail connectivity, asserted that under his leadership, marginalised education." Manhas said Addressing the gathering the society will be fur-politics was based on Vibodh Gupta said that the ther empowered with the caste, religion, region, and mantra of "Sabka Saath, nepotism, but under the Sabka Vikas, Sabka Vish- leadership of Prime Minwas and Sabkav Prayas". ister Shri Narendra Modi by any means. "INDI alli- He stated that voters Ji, politics in the country is ance is dynastic, corrupt, should align themselves now guided by good goverwith nationalist forces and nance. He maintained that contribute to the progress delivery of ST status to of the nation.

charismatic Apni Party dedicate myself to the all- them for decades.

accessible health care and that there was a time when Paharis and political res-

Speaking on the occa- ervation and Forest rights engage in the politics of sion Zafar Iqbal Manhas to Gujjar-Bakerwals have appeasement and engage expressed gratitude to empowered both these the the people of Rajouri- tribes and the people of have no concern for the Poonch-Anantnag for these tribes will definitely people", he added. Vibod showering overwhelm- vote Apni Party in retort urged people to vote and ing love and blessings on to NC-PDP leaders who support dynamic and him and asserted, "I will misguided and exploited



Indian Army organised 'Swasth Bharat' - Yoga Day at Keri, Rajouri

JI NEWS SERVICE RAJOURI, MAY 23

led the session, engaging participants and sparking Yoga, an ancient art coninterest in yoga. A brief necting mind and body, talk highlighted yoga's was the focus of a spe- benefits, namely enhanccial session by the Indian ing focus, reducing stress Army for residents and and improving overall students of Tender Feet well-being. This session School at Keri, Doongi was part of a broader com-Block Office. The event munity outreach program emphasized physical fit- promoting health, wellness, mental well-being ness and positive values and discipline. Experi- amongst the youth.

enced Army personnel

Sham Gupta lauds historic turnout in Baramulla LS elections

JI NEWS SERVICE JAMMU, MAY 23

commended the his- cratic rights." toric 59 percent voter turnout in the recent Baramulla Lok Sabha to the visionary leaderelections. This record participation is seen as Narendra Modi, under a significant indicator of whose administration the citizens' strong sup- the region has seen port for democracy in substantial progress and the Kashmir Valley.

the democratic process. He noted that this high mir. level of engagement strikes.

the people's unwavering ment. This historic voter commitment to democ- turnout reflects the con- ronment and the suc-

racy," said Gupta. "It signifies a new era in Kashmir's political land-Sham Lal Gupta, Chair- scape, where citizens man of the Anti Crime are now enthusiastically Bureau (ACB) NGO, has exercising their demo-

Gupta credited this positive transformation ship of Prime Minister stability. He highlighted

Expressing his pride, that PM Modi's initia-Gupta lauded the people tives and policies have of Baramulla for their been crucial in reshap- have in PM Modi's leadactive involvement in ing the socio-political ership," Gupta added. environment of Kash-

from the past, when leadership, we've wit-Baramulla showcases for peace and develop- prosperity.



fidence and trust that the people of Kashmir Gupta also discussed the socio-economic ben-

"Under Prime Min- efits of the newfound marks a dramatic shift ister Narendra Modi's stability, particularly its positive impact on the region was often nessed a significant tourism. He noted that marred by election boy- reduction in violence Kashmir is now expericotts, stone-pelting, and and disruption. The encing an influx of tourera of boycotts, stone- ists, which is boosting "The impressive voter pelting, and strikes has the local economy and turnout of 59 percent in ended, paving the way enhancing the region's "The peaceful envi-

of J&K Ancient Monu-

ment Preservation Act

1920. However, so far, no

action has bene initiated

and police has been failed

to identify the violator

who raised the structure.

Charak further said that

earlier also the temple

management tempred

with the protected monu-

ment and raise dvarious

constructions but com-

plaints and representa-

tions by people stillbiting

He urged Lieutenant

cessful elections have for economic growth," said Gupta.

development, Gupta

called on all stakeholders to continue supefforts to ensure the sustained progress of Jammu & Kashmir.

and peaceful coexistence.

"The significant voter made Kashmir a popu- turnout in Baramulla is lar destination for tour- a beacon of hope and ists once again. This progress. It demonresurgence in tourism strates that the people is a clear sign of the of Kashmir are ready to region's return to nor- move forward, embracmalcy and its potential ing peace and democracy. The BJP remains dedicated to the region's Emphasizing the development and will importance of ongoing continue working democratic participa- towards a bright future tion for the region's for all its residents,"

Gupta concluded. Sham Lal Gupta's commendation highporting the democratic lights the transformative process. He stressed impact of effective govthe need for collective ernance and sustained democratic engagement in Kashmir. The successful elections and result-Gupta reaffirmed ing voter turnout signal the BJP's commitment a renewed sense of hope to the region's safety, and stability, paving the security, and prosper- way for further socioity. He urged citizens economic development and leaders to maintain and prosperity. This this positive momentum milestone underscores and foster a culture of the potential for positive democratic engagement change through collective effort and visionary leadership.

BJP OBC Morcha, JKUT condemns religion based reservation by West Bengal govt

JI NEWS SERVICE JAMMU, MAY 23

Sunil Prajapati President BJP OBC Morcha held a press conference and condemned the West Bengal Govt decision of of religion to the Minority tion.

the reservation granted Category people. to 118 castes of Muslim out of OBC quota as ille-



2011 regarding grant of TMC Govt had granted India illegally and settled reservation on the basis reservation to the Minor- in the West Bengal, who ity community people otherwise not entitled to community diluting OBC unconstitutionally as the Reservation. The West quota, which is against the OBC reservation is meant Bengal Govt has very spirit of Article 15(4) and for the Socially and Educa- cunningly has attracted 16(4) of the Constitution tionally Backward Classes Muslim vote Bank deceivas well as the Recommen- as recommended by the ing the real contender of dations of Mandal Com- Mandal Commission and the OBC Reservation. But mission and the Supreme not on the religion based. the West Bengal Govt vio-Court Judgement of 1992 It was a great conspiracy lated all the constitutional regarding OBC Reserva- to attract the Muslim vote provision and provided bank under appease- reservation to Muslims The High Court of West ment politics as well as on the basis of Religion to Bengal, Calcutta, in its to snatched the constitu- attract Muslim Bank in a judgment has considered tional rights of the OBC view to remain in power

Sunil expressed great concern Country will never accept. gal and unconstitutional that 5 Lakhs OBC certifi- It is matter of great conand accordingly ordered cates were issued illegally cern the Calcutta High to cancel all OBC certifi- to the Muslims including Court has order to cancel cates issued during 2010 Rohingyas and Bangla- 5 Lakh OBC certificate due onwards. The West Bengal deshies who entered into to illegality.

> are pending in treasuries , urging a special meeting

with the Secretary Finance

Department to address

this issue. It also called for

for modern facilities in new

industrial estates, a review

managed by J&K SIDCO

Sahai

were advocated .

Mr. Rahul

through unconstitutional Prajapati reservation, which the

BFDC demands action against miscreants tampering with archaeological protected structure of Bawe Wali Mata, Bahu Fort

JI NEWS SERVICE JAMMU, MAY 23 :

Bahu Fort Development Committee (BFDC) has condemned the attempt of tampering with archaeological protected ancient structure of Bahu Fort, which housed Jammu's deity Maa Bawe Wali by unknown miscreants and unobvious silence of the gets, nobody knows that administration on the criminal act.

Speaking to media, in broad day light. Rajeev Charak President BFDC said that some miscreants tried to installed tion tried to save offender, Governor Manoj Sinha to fabricated structure in which is again a criminal protected monument, laws which remained under para military forces.



about so called miscreants who raised constructions

dust in deputy commis-He alleged that police sioner's office. and district administra-

constitute a committee fortified archaeological offence as per laid down and investigate the matter.

Charak Further said He said after BFDC that since 1997 to till now. tight security of Jammu raised the issue, the direc- BFDC held protests, camand Kashmir police and torate of archeology and paigns and press meets museums, Jammu and demanding constitution Charak surprised to Kashmir writes to district of Shrine Board for Bawe know that despite being administration to take Wali Mata temple, but our protected by men and action against violators demand has been put on technology driven gad- under relevant sections back burner.

Rahul Sahai submits comprehensive representation to Director Industries, Jammu

JI NEWS SERVICE JAMMU, MAY 23

The PHD Chamber of Commerce & Industry (PHDCCI), Iammu Chapter, under the leadership of Chairman Mr. Rahul Sahai, has submitted a comprehensive representation to Shri Arun Manhas, Director of Industries & Commerce, Jammu, Government of Jammu & Kashmir. Mr Sahai expressed gratitude towards Sh Manoj Sinha Hon'ble Lieutenant Governor of J&K and Sh Vikramjit Singh Principal Secretary I&C for deciding to hold this consultation meeting every month so could be solved.

outlines critical suggestions, recommendations, and issues affecting both points include the urgent taking 113 days and only 131 this GST department has able actions to enhance the need for full commission- days are left for the sub- cleared the cases but these industrial sector in Jammu.



ing of the promised 320 MW power in Ghati/Samba, ensuring uninterrupted power supply by keeping industrial Power feeders separate from residential and commercial connections, and extending the NCSS Package and application deadline beyond September 30, 2024, with an that problems of Industries increased budget. PHDCCI also emphasized the neces-The representation sity for expedited departmental permissions for setting up new industries and apprized the house that 8 of 2023 and working capi- tunity to present these upcoming and existing departments involved in tal of units are blocked and pressing matters and anticiindustries in Jammu. Key permissions etc which are choked the industry, in pates prompt and favour-

a stable 24-hour power cial establishments. Other supply to avoid produc- concerns include the need tion losses due to frequent power cuts in existing industrial areas of Gangyal of residential quarter poli-, Bari brahmna , Birpur etc cies in old industrial estates . Additionally, the representation highlighted the significant delays in CGST reimbursement which is expressed gratitude to Shri pending since 2nd quarter Arun Manhas for the oppor-

MeT forecasts 'heat wave' over J&K's plains for next six days

JI NEWS SERVICE SRINAGAR MAY 23

With people in the valley already under the scorching temperature, the Meteorological Centre Srinagar has forecasted the "heat wave" over the plains of J&K during the next six days.

As per the news agency CNS, an official from the MeT Centre Srinagar said that there would be "hot and dry" weather over hilly districts of the UT during the next six days besides heat waves over the plains of J&K during the same period.

While giving out the weather forecast from 23-28 May, the official said that generally dry weather would be observed, with the possibility of a thundershower not to be ruled out.

expedited land allotment to local entrepreneurs, alternate sites for unsuitable industrial estates like Meencharakan, promotion mission of the application of tiny, micro, and small for NCSS package, equal industries, and awareness benefits for existing units programs for solar power generation benefits to under the NCSS 2021 package should be there, and industries and commer-

Apri Party takes out impressive roadshow in Mendhar

JI NEWS SERVICE

MENDHAR (POONCH), MAY 23

Manhas.

started from Children to stay vigilant from such Park, and it concluded elements. at the Bus Stand, Mendleaders.

As a show of strength, Pakistan since 1947. the rally of people passed Manhas sahab.

candidate, Zafar Iqbal in J&K respectively. Manhas cautioned to the who are bent upon to dis- ing from Rajouri to long struggle. turb brotherhood, and Karnah, a border area

"These microscopic people in the region are Apni Party on Thursday trying to create misuntook out an impressive derstanding by sowing roadshow across Mendhar the seeds of discord in Town with the participa- the society as they don't tion of hundreds of people believe in Live and Let with their vehicles and Live. However, we will motorbikes in support of fight them at any cost the Party's candidate for to defend the mutual Rajouri - Anantnag Parlia- respect, and brotherhood mentary seat, Zafar Iqbal of Gujjar - Paharis in the region," said Manhas,

The mega roadshow while urging the people

He recalled how Nationhar in Poonch District of al Conference and its alli-Jammu and Kashmir in ance partner, Congress which Former Dy Chief Party deliberately divided Minister, Dr Nirmal Singh, Pir Panjal Region (Pahari Yudhvir Sethi, Mumtaz areas) and created a Line Ahmad Khan and other of Control by dividing the leaders also participated Region in two parts i.e., along with the Apni Party one part of it is presently under the occupation of

and chowks expressing the strategically impor-Expressing his grati- didate said, while blaming neglected tribes) to get tude to the people of Pir the National Conference, the recognition, and res-

He said that they were that has now grown into



These two parties of the people of the undi- future generation. Major- parts of the region. through various roads, joined hands to divide vided State of Maharaja.

Remembering the their support to the Party tant border belt of Pahari struggle of more than 45 with each other since cen- will not allow such elecandidate, Zafar Iqbal speaking people into two years of Pahari tribe (one turies in the Region. Howparts, the Apni Party can- of most backward and ever, we will not allow ful atmosphere in the

Panjal, who have shown and its alliance Congress ervation; Manhas said that Pahari Tribe, neither we that if he gets elected to tional in all the weather their affection and sup- Party as both were in some of the vested inter- shall allow them to harm the Parliament, he will port to him, the Party's power both in Centre and ests, tried more than once to crush Pahari movement hood" he stated.

in the region for centu-sufferings of both parts of compromise with the areas of Jammu and other and exploration of new Gani Manhas, and others.

ity of Gujjars-Pahari live in destructive plans of a few against the reservation to our centuries old brother-

people of Pir Panjal from responsible for making a fully grown tree with its ized microscopic minor- employment and boost Khan, Wajid Bashir Tikoo, the microscopic elements, the whole region stretch- large trunk following its ity is creating misun- the local economy. derstanding among the

"We will expose them peace, and brotherhood when the time comes and ments to hurt the peaceregion," he warned again.

Meanwhile, he assured revamp the development

"I warn these self- Gujjars - Paharis tribes potential that needs to Khan, Nazakat Shah, Tariq mutual coexistence of the that opened the door of interest individuals that for their vested interest, be explored for the sus- Khan, Shakeel Khan, Rt. Gujjars and Pahari tribes unending miseries and we will not allow any kind who have settled in urban tainable development, SP Razaq Khan, Abdul

avenues of employment opportunity.

He also referred to his commitment that he would leave no stone unturned to fight for get a separate Parliamentary seat for Rajouri - Poonch so that the people get their own representative to the Parliament.

He also pitched for Hill Development Council, and funds on the pattern of Ladakh. He also brought the attention of the people towards the plight of the families whose youth have been detained under different charges and assured that the Party would try to get them released from the custody.

"We want to provide an opportunity to the detained youth to return to normal mainstream life," he added, while reiterating the assurance to get a sanction for the construction of two important tunnels on historic Mughal Road i.e., Dera Ki Gali, and Peer Ki Gali to keep the highway opera-

conditions. Prominent among those who parand tourism in the region ticipated in the roadshow He said that the urban- which would generate include Raqeeq Ahmed Zulfkar Mumtaz, Aftab The region has huge Tabi, Ajaz Khan, Kafeel

mir.

Rajinder Parshad Sharma conducts tour of several Pyts in Nowshera



JI NEWS SERVICE NOWSHERA, MAY 23

On the last day of campaign, Rajinder Parshad but practically they did Sharma, Senior Congress nothing even after 10 Leader today conducted a years of power in Centre long day tour at gross root and their real face stood level of panchayats including Lam, Laroka, Jhanger, Sarya & Bhawani of Now- people, Rajinder asked shera Assembly and asked the voters to cast their workers to vote and sup- votes on the merit of the port INDIA Alliance Can- candidates without getdidate Janab Mian Altaf ting mislead by propagan-Sahib.

to come out in large mistake of 2014 and 2019; numbers for voting and he said, assuring that the make Mian Altaf Sab win INDIA Alliance will fulfil this seat with a historic its promises. margin.

the educated unemployed the society", he added. youth of Jammu and Kash-

that BJP has always Bhawani.

exploited the sentiments of youth by making false promises every time particularly during elections exposed.

While addressing the da, slogans and promises. Sharma asked people We should not repeat the

"We will work for the He alleged that BJP upliftment of poor and leadership has betrayed downtrodden sections of

Sharma also paid his obeisance at historic Congress leader said Mangla Mata Temple in



Declare summer vacation in schools in view of scorching heat-wave: Kesri

JI NEWS SERVICE JAMMU, MAY 23

In the midst of a blistering heat wave in Jammu, Shiv Sena Hindustan J&K President Pt Rajesh Kesri today demanded that summer vacation be declared in educational institutions up to the higher secondary level as Jammu is experiencing searing heat, with beyond 43 degrees Celsius. He said that the children days, accompanied by



temperatures climbing the rising temperature, we returning home," he said. appeal to the authorities in Kesri demanded that the Addressing media persons the Education Department School Education Departin Jammu during a press to close schools for at least ment accept their request conference, Kesri said the two week so that students and proclaim two-week excessive heat is causing can get some relief from summer holidays for challenges for children the heat," said Kesri. The schools, which might be attending school, particu- daytime temperature has extended based on the temlarly those in lower grades. risen sharply in recent perature in Jammu."The department should not were experiencing hassles heavy humidity, making postpone the decision in classrooms as the tem- it difficult for the students because prompt action peratures rose with each to go to school. Given the can benefit students," he passing day and at the same increase in everyday temsaid."We have been seeing time educational institu- peratures, Kesri said stu- for so many days that chiltions and transportation dents in the school are find- dren are getting sick due were not completely out- ing it difficult to stand the to the ever-increasing heat fitted with necessary pro- heat, which can be harmful and the attendance rate in visions to tackle the heat to their health."Students schools is falling continuwave prevalent in Jammu. these days get deadly ously. Therefore, in this He said that students in exhausted in the early view the schools should be primary schools were the hours in schools and later closed immediately withhardest affected by the complain of headaches out delay and holidays are extreme heat wave."With and other ailments while to be declared," he said.

GHSS Halaran, Doda, is being run by two lecturers, exposes tall claims of govt: AAP

JI NEWS SERVICE JAMMU, MAY 23

Kuldeep Kumar Rao, Senior AAP leader, in a press statement issued here said that at present out of 14 sanctioned post of lecturers in Hr. Secondary School Halaran, only two posts are filled & out

of sanctioned 3 posts of master's, all are vacant & out of sanctioned 7 posts of teachers only 2 posts 0f of young generations, Mr. teachers & one RET teacher, are filled, in Government Higher Secondary School Halaran, up-graded to Higher Secondary School in the year 2008. It is unfortunate that at of Lecturers in Higher present only two lecturers Sec. School Halaran in each of Chemistry & Math- particular & other sancematics is there in this tioned posts of 10+2 lec-Higher Secondary School & functioning without any in General and also urged Principal. It has always the LG administration to staff right from its establishment. There are no Schools of Chenab Region faculty members of impor-Physics, Botany, Zoology,



cal Education etc, making the system a complete joke & detrimental to the future Rao said and appealed the Lt. Governor, of J&K-UT, Sh. Manoj Sinha & the Education authorities to immediately fill up all sanctioned 10+2 posts turers of Chenab Region teachers in Middle & High without any further delay. that the wards of the four

abrogation of Art. 370 youths with every pass-Science, History & Physi- like environmental Sci- responsible for the pres- and colour.

ence, History & Physical ent mess who, without any Education in 11th & 12th planning & application of as these subjects are not mind, adjusted the youths sanctioned in Hr. Second- simply to create vote ary School Halaran & also banks & appease their kith many other Hr. Secondary & kins, has put thousands Schools of Chenab Region. of youths in great dilem-Rao further said that ma & worst confusion, he the promise of providing claimed & maintained that 2 crore jobs annually to Educational Institutions the youths of the country were opened with politiin 2014 and 50,000 jobs cal considerations without to the youths of J&K after proper infrastructure in place, Health Institutions still haunts the minds of sanctioned without availyoung people here, which ability of staff & Buildings. never saw the light of the He appealed the Lt. Goverday. Adding fuel to the nor to immediately create fire, several thousands the posts of lecturers of all of youths engaged on streams in Higher Secondcontractual basis, ad-hoc ary Schools & colleges in basis, daily wagers or rural area of J&K UT withneed based arrangements out any further delay & fill in all departments be it all the vacant posts in all Home guard, Education, Educational Institutions PDD, PHE, Health, Food in rural area of J&K UT, & civil supplies & so on for justice to the poor stuso forth has compounded dents of rural areas & also been without teaching fill up all vacant posts of the miseries of frustrated to the ignored poor highly educated & trained uneming day as scores of them ployed youths of J&K UT, are crossing age limit or so that whole lot of highly tant subjects like English, It is pertinent to mention nearing the same with- educated trained and out any hope of ACHHE frustrated lot, is adjusted Computer Science, Politi- Panchyats, i.e Joura Kalan, DIN, he maintained and and a sense of confidence cal Science, Hindi, Eco- Joura Khurd, Halaran & Jia said that previous lead- building is created in their nomics, Sociology, Islamic of Sub-Division Thathriare ers of successive state minds purely on merit studies, Environmental unable to choose subjects governments are squarely basis without caste, creed

Govt should make concrete arrangements for safety of Amarnath pilgrims: Kapoor

JI NEWS SERVICE JAMMU, MAY 23

State President of Hindustan Shiv Sena, Vikrant Kapoor has demanded from the government that strict arrangements should be made for the security of the pilgrims coming for the holy Shri Amarnath Yatra which will continue from June 29 to August 19. He also strongly condemned the incident of killing of a former Sarpanch by terrorists in Shopian district. He said that to scare the pilgrims, pro-Pak terrorists are also targeting tourists and carrying out targeted killings. He said that terrorists will never succeed in their nefarious plans. Hindustan Shiv Sena

State President Vikrant Kapoor said this in a press conference in Jammu.Vikrant Kapoor said that the process should be simplified for those setting up langar for the holy Shri Amarnath Yatra 2024.

Voters ready to make Kashmir Mukt from NC, PDP, Cong: Pathania

JI NEWS SERVICE ANANTNAG, MAY 23

While winding up election campaign in Anantnag-Rajouri-Poonch Lok Sabha and addressing a series of meetings at Nowgam, VeeriNag, Gohan, Gur Dramman, Kokernag, Pahalgam, and Anantnag, BJP Spokesperson, while addressing sector incharges, booth presidents and



Mr. Ranbir Singh Pathania, false and deceptive narra- and contribute positively tives have been exposed. to the development and NC, PDP, and Congress are progress of Jammu and seen as the villains behind Kashmir. Mr. Pathania senior leaders of BJP said the rigged elections of reiterated the BJP's comthat people across the 1987, the mass exodus of mitment to the region's valley have virtually made Kashmiri Pandits, and development and integraup their minds to wipe out numerous failures and tion with the rest of the NC, Congress, and PDP missed opportunities. country. BJP is committed from the political profile Now, the people of Kash- to the principles of nationof Kashmir - lock, stock, mir are ready to move alism, democracy, and and barrel. These political beyond the era of blood- inclusive development. parties have consistently shed, unemployment, With a strong presence betrayed the aspirations dynasty politics, and the across the nation, the BJP and hopes of the Kash- politics of populism and works tirelessly to uphold miri people, delivering a rhetoric. They seek a the interests of all citi-



New Delhi, May 23: Hailing the Indian Constitution for reflecting the country's age-old ideology and thinking, former Congress president Rahul Gandhi on Thursday said he will never allow the BJP and RSS to destroy the Constitution by ending reservations for they never had any role in framing it.

The Congress leader addressed two back to back election rallies in Dilshad Garden and Mangolpuri in the national capital, from where party candidates Kanhaiya Kumar and Udit Raj are contesting from North East Delhi and North West Delhi Lok Sabha seats respectively.

Rahul Gandhi said, "The impossible to eliminate remarks, Gandhi said, of the poor or farmers of



"They should under- allow such misadventure

stand that the Constitu- to happen. tion has given the right Addressing the rally to reservation to the poor Minister Narendra Modi ports, PSUs to Adani. But women will be credited in Dilshad Garden here, and it is not difficult but for his "divine power" he cannot waive off loans with Rs 8,500.

government is formed on Ambani residence. June 4th will be to tear

With our "peheli naukri them. guarantee' we will fill all

tion and end reservation. as the Congress will not Gandhi said, "The Prime gress has come up with Taking a jibe at Prime such as railways, ports, air- account of the eligible

stand of fulfilling its mani- interviews of the Prime festo promises, he said, Minister and showing "The first work after our functions taking place at

Later addressing the and throw the Agniveer Mahila Vichaar-Vimarsh Scheme into the dustbin. in Mangolpuri here, Rahul "From July 5th crores Gandhi said that unlike of women will become BJP, Congress has never lakhpati as they will get Rs considered women as 8,500 into their account "second-class citizen" and every month through the assured that 50 per cent Mahalakshmi scheme. jobs will be reserved for

He said that until a the 30 lakh government woman is made financially post that are lying vacant". strong, her family cannot Accusing Modi of work- become strong and that ing for just 22 people, was the reason the Con-Minister has openly given the Mahalakshmi Scheme, all the country's assets wherein every month, the

He said the Congress

lighted that the people can achieve lofty goals. have resolved to teach a substantial results. Their on constructive politics

slew of failures, resulting future based on employ- zens and promote India's in unemployment, blood- ment, development, tour- growth and prosperity. We shed, and terrorism in the ism promotion, and a new will stand by and support region. Mr. Pathania high- realm where Kashmiris such forces. The meetings

It is high time for Haji Mohd Yusuf Majnu, lesson to these opportu- these parties to move on Mohd Yusuf, -Imran nistic political parties, and stop misleading the Rasool, Parveena Begum, which have misled the public."He urged the lead- Muneera; Ch Basharat and public but failed to deliver ers of NC and PDP to focus a galaxy of local leaders.

were also addressed by

BJP and RSS had never reservation. accepted the Constitution The Wayanad MP

or the National flag. Now advised the BJP to stop they are saying that when daydreaming and said they will come to power that they will never be suc- lace of the country". they will tear the Constitu- cessful in their intentions

"The person who has been the country".

sent by the god is only ignoring the poor popu-

working for 22 people and also accused the media farmers and labourers. of ignoring issues related The party will be sincereto public but were busy ly working for them and Reiterating his party's making a beeline to take results will be visible soon.

manifesto was meant for The Congress leader the poor, women, youth,

Modi introduced culture of equitable delivery, minorities equally benefited: Dr Jitendra

Burgulary case solved, stolen items recovered by PS Miran Sahib, Jammu



JI NEWS SERVICE JAMMU, 23.5.24

On 21-05-2024 one person with the help of techninamely Arvind Razak S/o cal assistance including Munish Razak R/o A/P CCTV Camera and human Khour Deonian reported intelligence one person at Police Station Miran namely Navjot Singh @ Sahib that someone has Shitu S/o Vikram Singh stolen his household R/o Khour Deonian, Miran Khour Deonian, Miran ed and enquires were have been recovered. Sahib.

Miran Sahib and investi- person have committed IC BPP Kullian.

gation started.

this theft.

On his disclosure all the During the course of the investigation and stolen items i.e

1.Three gas cylinders 2. One Inverter Battery 3. One LED TV and One Stabilizer total Cost about Rs 52000/ got recovered. The arrest of one person is pending, howitems from his house at Sahib, Jammu was arrest- ever all the stolen items

made regarding the theft. The arrest and recovery On this report a Case During the sustained was made by a Police team FIR No. 51/2024 U/S enquiry he confessed his of PS Miran Sahib led by 454/380 IPC was regis- crime and disclosed that SDPO RS Pura assisted by tered at Police Station he along with another SHO PS Miran Sahib and

AGENCIES

NEW DELHI, MAY 23

Union Minister Dr Jitendra Singh said here today that quite in contrast to the appeasement driven practice followed during the Congress or UPA rule, Prime Minister Narendra Modi had introduced a culture of equitable delivery wherein minorities were equally benefited.

Modi had successfully raised the standards of public delivery above vote consideration, based on the principle of justice for all, he said.

In an exclusive interview to a monthly magazine, Dr Jitendra Singh gress and its allied governsaid, Modi will always be ments wherein vote bank credited for having introduced a new work culture the selective rolling out of in India wherein each of State benefits. the pro-poor and public so as to reach the most like PM Awas Yojna, Ujj-

vote consideration. ment was not met in the for in the last election. This



This, he said, was quite a departure from the past practice followed by Con-

politics pre-determined

needy or the last man in awala Yojna, Sochalaya, Dr Jitendra Singh said, lacking and the authorities

past and to deliver jus- new work culture, he said, tice wherever justice had will become a new norm been denied in the past. in Indian politics and the masses will expect every political party to follow the same.

Dr Jitendra Singh said that due to game changer schemes like Gareeb Kalyan Anna Yojana, Jan Dhan, Ujjawala, Saucha-Citing an example, the laya, PM Aawas, Har Ghar

welfare schemes were Union Minister said, the Jal, Har Ghar Bijli and designed in such a manner citizen-centric schemes Ayushman, the people of the country have reposed faith in Modi Government the last queue, regardless etc., reached every such time and again both at the of cast, creed, religion or household where these Centre and in most of the amenities were found States. He said, people are getting the benefits of welpurely objective param- never asked as to which fare schemes without any eters were followed to religion or caste the family discrimination, unlike in meet the requirement, belongs to, or which politi- the past, when appeasewherever the require- cal party they had voted ment policy was rampant.

NS Bhau seeks blessings at Dev Sathaan on Buddha Purnima



JI NEWS SERVICE JAMMU, MAY 23

Renowned community teachings of Buddha to leader Narinder Singh Bhau graced the Raj Man- inner peace. He quoted dlik Dev Sathaan Panchy- the principles of non-vioat Dager in Gaur Dagari lence and truth, as taught temple with his presence by Sanatan, urging everyon the auspicious occa- one to fill their spirits with sion of Buddha Purnima. these virtues. "Let us join Surrounded by esteemed our hearts and minds in personalities including prayer for peace and har-Kharah Balli Mandal Pard- mony for the betterment han, Bawa Naryan Dass, of all humankind," he Booth Pardhan Ashwani remarked. Kumar, Naresh Kumar, Banwari Dass, Cpt Raj Singh Bhau to the Raj Singh, Kewal Manhas, Mandlik Dev Sathaan Harshvardhan, and Panchyat Dager marks others, Narinder Singh a significant moment of Bhau sought blessings reflection and unity, as and offered prayers for the community comes peace and harmony.

The visit of Narinder together to celebrate Expressing his the timeless wisdom of thoughts on this sacred Buddha.

day, Narinder Singh Bhau emphasized the impor-

tance of following the

attain enlightenment and

Narine the 'missing puzzle', could bring joy to WI with retirement reversal one last time: Russell

NEW DELHI:

Andre Russell holds the opinion that Sunil Narine's presence in the West Indies team is crucial, despite the latter's decision to retire from international cricket. Russell considers Narine to be the "missing puzzle" in the West Indies squad.

Although Narine, now 35, announced his retirement in 2023 and last represented the West Indies in a T20I match in 2019, he has been in spectacular form in the IPL, showcasing his prowess with both bat and ball.

Russell believes that if Narine were to reconsider his retirement decision and make a comeback, it would bring immense joy to the entire nation.

"I'm so happy for Sunil to be honest. I think getting close to 500 runs is no joke,

is going to look to bowl four overs and has 16 wickets under his belt in this season

SHORT NEWS

Frustrated Virat Kohli smashes bottle on ground during RCB's Eliminator loss **NEW DELHI:**

Royal Challengers Bengaluru's loss in the Eliminator clash on Wednesday against Rajasthan Royals ended their dream second half run as they crashed out of IPL 2024. Unable to defend a par 172, the defeat in the knockout game halted RCB's six-match winning streak. Although RCB did claw back in game for a brief period when scratchy Royals lost quick wickets mid-way in chase but a composed Riyan Parag and later Rovman Powell ensured that their side crossed the finish line with an over to spare. And with the game slipping away from RCB's grasp towards the end, team's star Virat Kohli was visibly angry as he was seen mumbling and smashing bottle while fielding at the fence. In a viral video, Kohli's frustrated avatar came to the fore when Yash Daval was hit for consecutive boundaries in the 17th over of Rovals' chase. In the video, Kohli can be seen complaining to fellow RCB player and support staff as Dayal leaked boundaries. Royals ended RCB's roller coaster run with a scrappy four-wicket win in the Eliminator. After their bowlers had done their part well to keep RCB to 172 for 8, RR batters stuttered in the middle overs to allow RCB back into the contest which remained hung in balance for the majority of the second half, but the 2008 winners eventually got home with an over to spare. Chasing 173, Rajasthan ended with 174 for 6 as Powell (16 not out) provided the finishing touches in a tense finish

Sri Lanka T20 league set to go ahead despite arrest of franchise owner on suspicion of match-fixing

NEW DELHI:

+

The Lanka Premier League (LPL) in Sri Lanka has pledged to continue as planned in July, despite the recent arrest of Tamim Rahman, the British owner of the Dambulla Thunders team, on suspicion of involvement in match-fixing. Rahman was apprehended at Colombo's airport on Wednesday, preventing him from boarding a flight to Dubai. He has been remanded in custody by a Colombo court until May 31. The arrest took place just one day after the team spent \$450,000 to acquire 24 players at auction. IPG Group, the rights holder for the LPL, announced in a statement that new owners will take over the Dambulla franchise. "The Dambulla franchise, despite the recent changes, will participate under new ownership," the statement read. 'We are in the final stages of confirming the new ownership, ensuring a seamless transition and uninterrupted participation of the team in the tournament." The arrest, carried out by a specialized police unit focused on corruption in sports, marks the first time an LPL official has been detained since the tournament's inception four years ago. Police informed the court that Rahman, who has significant business connections in Bangladesh, was under investigation for alleged offences related to match-fixing and organized betting. Under the sports act, those found guilty face substantial fines of up to 100 million rupees (\$333,300) and prison sentences of up to 10 years



as well, that just goes to being a premier bowler that show the true all-rounder-

final appearance. They now await the winner of Qualifier 2 between SRH and Rajasthan Royals, scheduled for Friday Narine has earlier made it clear that he has "made

The left-hander has scored

482 runs, providing Kolkata

Knight Riders with explo-

sive starts in the powerplay.

Additionally, he has taken

16 wickets with an impres-

sive economy rate of 6.90,

playing a crucial role in

defeated Sunrisers Hyder-

abad in the first IPL Quali-

fier to secure their fourth

The two-time champions

their journey to the final.

peace with that decision" and the "door is now closed" for coming out of the international retirement for the T20 World Cup next month in the Caribbean and the USA.

But Russell made one final plea.

ship in him," Russell said on Star Sports Cricket Live. spare. World No. 5 tennis star Jessica Pegula withdraws from French Open 2024

NEW DELHI: February due to a neck problem.

American tennis In a post on Instaplayer Jessica Pegula, gram, she stated, "Uncurrently ranked fifth in fortunately pulling out the world, has withof Roland Garros this drawn from the upcomyear. I'm just about back ing French Open to prito practicing normal oritize her recovery haven't had any issues from recent injuries for weeks... If I had an-The 30-year-old had exother 5-7 days I would pressed uncertainty have been there 100%." Despite her with-drawal from the French about her participation in the tournament earlier this month, follow-Open, Pegula remains ing a disrupted clay optimistic about her

future plans, adding, "So court season. Pegula's last competi-I will definitely be back tive appearance was in for a full grass season and the rest of the the Billie Jean King Cup summer and grinding out the rest of the year. in April, having missed the Middle East swing in

'He's so good': Bret Lee lauds Jake Fraser-McGurk following his selection in T20 World Cup

NEW DELHI:

Former Australian speedster Brett Lee on Thursday praised Jake Fraser-McGurk for his outstanding performance in the Indian Premier League 2024 which earned him a spot as a reserve player in the T20 World Cup 2024 squad. Fraser-McGurk, who represented the Delhi Capitals was on-song throughout the tournament. In nine matches, he amassed an impressive 330 runs at a remarkable strike rate of 234.04

Further, the 47-year-old Lee spoke about the pitches in the West Indies where the T20 World Cup will be taking place next month in June. He said that the pitches in the

Rafael Nadal to face Alexander Zverev in opening match of farewell French Open

rench Open title

Geneva

formances

United States.

been suffering from in-

juries which forced them to

kip the Rome event.

finals.

fier.

2015

NEW DELHI:

"Yeah, I definitely think Rafael Nadal is set to so, I was trying to get in his head before the squad ancommence his final French Open campaign with a nounced for like two weeks straight. (Sherfane) Rutherhighly anticipated clash against world number four ford and I tried to talk to him and say just for this World Cup, then you can retire do whatever you

"Though he's the missing

puzzle, I think he made his decision and I respect his decision as well, as a big man and as a player that do well. I think if he could change that decision the whole West Indies would be happy," the Jamaican bighitter said.

want to do.

The last time, KKR travelled to Chepauk they suffered a batting collapse against the Chennai Super Kings and were restricted for a below-par 137/9. CSK won the match by seven wickets with 14 balls to

Gotta get that match

count up." The specific

nature of her latest

closed, but it has also

forced her to miss tour-

Stuttgart, and Madrid

her consistency on the

WTA Tour last year,

claimed the Montreal

title in the lead-up to the

U.S. Open, where she

reached the round of 16.

French Open is set to

commence on Sunday,

with Pegula's absence

leaving a void in the

tournament's lineup.

The first round of the

in

Pegula, known for

was not dis-

Rome,

injury

naments

this season.

Alexander Zverev. The draw has pitted these two formidable players against each other in the opening round. Despite his incredible record of 14 titles at Roland

Garros, Nadal enters the tournament unseeded due to a recent injury that caused his ranking to plummet to 276.

This marks a significant change from his usual status as a top contender.

Nadal and Zverev have a notable history at the French Open, having faced each other in the semifinals of the 2022 edition. In that match, Zverev was forced to retire after sustaining a severe ankle injury, cutting their en-counter short.

As Nadal approaches his 38th birthday next week, he has announced that this season will be his last on the professional tennis tour. With 22 Grand Slam titles to his name, the Spaniard's legacy in the sport is unparalleled, and his farewell at the French Open is sure to be an emotional and memorable occasion for fans worldwide. Zverev, 27, arrives in Paris on the back of lifting the Rome Open title last weekend

"I'm going to play the French Open thinking that I can give my all, 100 per cent," said Nadal after a second round exit in Rome last week

As well as 14 titles in Paris, Nadal can boast a record of 112 wins and just ans. three losses, two of which came against Diokovic who will be chasing a fourth

ing victory over the high-

scoring Sunrisers Hyder-

abad in Qualifier 1 on Tues-

day. "I think KKR are going

a 13-9 edge

Djokovic turned 37 on Three of those clashes Wednesday and marked the have come at Roland occasion by winning the Garros with Murray win-1,100th match of his career ning in the semi-finals in 2016 while the Swiss came The Serb has yet to win a out on top in the last-four in

title in 2024 with runs to the 2017 and first round in 2020. semi-finals at the Aus-In the women's draw, top tralian Open and Monte seed and world number one Carlo Masters his best per-Swiatek will take on a qualifier with Osaka facing Lucia Bronzetti of Italy in their openers before a po-Following Thursday's draw, Djokovic is seeded to

tential second round clash. Swiatek is bidding to face Zverev in the semi-World number two win a fifth major and fourth Jannik Sinner, who took

French Open title. Djokovic's Australian Open "It feels like home here. title in January, faces said Swiatek who arrives at Christopher Eubanks of the the tournament with claycourt titles in Madrid and

Third-seeded Wimble-Rome under her belt. don champion Carlos Al-Former world number caraz, a semi-finalist in one Osaka, now ranked 134 Paris in 2023, plays a qualihas never got past the third round in Paris. Bronzetti, Sinner and Alcaraz are the world number 48, has yet to win a main draw in seeded to meet in the semifinals but both men have two visits.

Osaka, 26, has endured a bittersweet relationship with the French Open.

Andy Murray, the 2016 In 2021, she was fined for runner-up, is also competopting out of mandatory media commitments before withdrawing from the competition after just one match insisting she was

champion Wawrinka, 39, in a battle of grizzled Grand Slam veterhealth.

edition due to being pregnant before giving birth to a baby girl in July

I think KKR are going to be favourites to win the IPL this year: Graeme Swann

NEW DELHI:

Former England spinner Graeme Swann has thrown his support behind the Kolkata Knight Riders to claim their third Indian Premier League trophy, citing their impressive performances in the ongoing season. The Knight Riders have been soaring in this edition



enal. So any team has got to 🚦 bring their A-game to beat KKR at the moment, Swann backed KKR to win

while speaking to ANI. Sunil Narine has been instrumental for KKR both as an opener and with the ball. Leading the charge, he stands as the top-scorer for the franchise this season. boasting 482 runs at an im-

ing at the tournament for the final time. The 37-year-old tackles Stan protecting her mental Osaka missed the 2023 The pair have met 22 times in a two-decade rivalry with Murray boasting

Kerala Blasters appoint Mikael Stahre as head coach

KOCHI:

Kerala Blasters FC has named Mikael Stahre, a 48vear-old Swedish coach, as their new head coach on a two-year contract that will keep him with the team until 2026. Stahre will replace Ivan Vukomanovic, who departed after three seasons as head coach. The new coach is set to join the team at the beginning of the pre-season. Stahre managed over 400 matches with notable teams across various countries, including Sweden, Greece, China, USA, Norway, and Thailand. His most significant achievements include leading AIK to the Swedish Allsvenskan title, Svenska Cupen, and Supercupen, as well as guiding IFK Göteborg to the Svenska Cupen. "After some inspiring & positive discussions with the management, I'm delighted to be joining Kerala Blasters. It is a fantastic privilege. I am very proud to be able to continue my coaching career in Asia, and to explore my third country on this beautiful continent. I look forward to coming to India soon and meeting everyone. Let's do some great things together," said Stahre. "Mikael is an excellent candidate, full of hunger and motivation, who ticked all the boxes of what we were looking for in our coach. He possesses immense experience and strong leadership. I'm happy to have Mikael on board and I look forward to working together," said Blasters' sporting director Karolis Skinkys. Stahre's coaching career began with Vasby United before he took charge of AIK in 2008, leading them to a Swedish League Title and Swedish Cup double in 2009. He then had stints with Panionos in Greece, IFK Göteborg in Sweden, Dalian Yifeng in China, BK Hacken in Sweden, San Jose Earthquakes in the USA, Sarpsborg 08 in Norway, and Uthai Thani in Thailand.

West Indies are slow and spin will be a big option there.

"There's a bit of conjecture around pace and spin, but I know in the West Indies the ball does traditionally spin. You know, they're low slow wickets, so spin will be a big option over there," the former Australian cricketer added.

Australia open their T20 World Cup campaign against Oman in Barbados on June 5, before Group B fixtures against England, Namibia and Scotland.

Earlier in May, Australia named their squad for the upcoming T20 World Cup.

'India taking four spinners to T20 World Cup is absolutely the way to go in the Caribbean'



NEW DELHI:

Former England spinner has backed India's strategic move to include four spinners in their squad for the upcoming T20 World Cup, which will be hosted by the USA and the Caribbean. The selection of four spinners in India's 15-man squad for the cricketing, commencing on June 1, caught many fans and experts by surprise. During the press conference earlier this month, India skipper Rohit Sharma revealed that he wanted four spinners in the squad for the highly-anticipated tournament. Some sections of fans and former cricketers have questioned India's decision to take four spinners for the tournament. But Swann believes that India made the right call of picking four spinners in their 15player squad. "I think taking four spinners is absolutely the way to go in the Caribbean, and I think you should never question that," Swann told. Former India spinner Harbhajan Singh had questioned India's decision as he feels that four spinners are a "bit too much". "I think selecting four spinners is a bit too much. Three would have been enough. I do not think we will ever play four spinners in a game. Ravindra Jadeja will play. Maybe Kuldeep Yadav and Yuzvendra Chahal will play with him.

of the cash-rich league, de livering clinical displays on the field. Making history, they topped the group stage for the first time ever. amassing 20 points in 14 matches to secure the top spot on the table.

to be favourites to win the Their path to the final IPL this year, just the way was paved with a convincthey have played. The only



NEW DELHI:

Chennai Super Kings CEO Kasi Viswanathan has stated that the franchise has consistently held the choices made by the iconic MS Dhoni in high regard. The decision regarding his future with the team has been entrusted to Dhoni himself, and they anticipate that he will make an announcement at the appropriate juncture.

The 42-year-old Dhoni's future as a player for CSK has been a subject of intense speculation following the team's failure to qualify for the IPL 2024 playoffs.

CSK suffered a 27-run defeat against Royal Challengers Bengaluru in their crucial final league match, resulting in a fifth-place finish in the points table. "I do not know. It is a

question only MS (Dhoni) can answer. We have always respected the decisions taken by MS. We have left it to him and as all of you know he has always taken his decisions and announced them at the appropriate time," the CSK boss said. "We do expect that we will get a decision as and when he decides. But we are very hopeful he'll be available for CSK next year. That is the view and



months in a year. That's my

feeling. I have not dis-

cussed anything more with

2024 season, Dhoni handed

over the leadership duties

to opener Ruturaj Gaik-

wad, surprising many on-

lookers. Viswanathan re-

vealed how the CSK man-

agement had discussed the

leadership handover from

with the team management

before a couple of years ago

when Ruturaj came into

the CSK and started per-

forming well, we felt that

he would be a good choice

to captain the side. Both

Flem (Fleming) and MS

(Dhoni) had long discus-

sions with him, they had

plans to make him as a

'The discussions we had

Dhoni to Gaikwad

Just ahead of the IPL

him," he added.

expectation of the fans and mine," said Viswanathan in a video posted by the franchise on YouTube.

He also felt CSK's longserving head coach, former New Zealand skipper Stephen Fleming, won't apply for the India men's head coach job, whose deadline for applications is May 27. "Actually I got a lot of calls from the Indian journalists inquiring whether he is interested in taking a job with the Indian

team." "So I jokingly asked him, 'Have you applied for the Indian coaching assignment?' And Stephen just laughed and said, 'Do you want me to?' I know that it's not going to be his cup of tea because he doesn't like to be involved for nine to 10 future captain.'

"His performances, and also the way he approached the game, and his thoughts whenever he spoke with MS as well as Fleming... both of them felt that he'll be a good captain at CSK. And we were not disap pointed; he led the side comfortably. The seniors also helped him. It has not affected his performance with the bat. He has continued to be a very consistent performer," he noted.

Viswanathan observed that Gaikwad wasn't affected by leadership duties and expressed gratitude to CSK fans for accepting the change in the side's leader

ship. "The pressure of captaincy has not affected him. We look forward to his contribution to CSK in the future. The pressure is too high because he's following the footsteps of MS Dhoni.

"Nobody can match him, but MS had the confidence that Rutu (Gaikwad) has it in him to do a very good job. The acceptance from the crowd really helped him for sure, that is for sure. Because if there is pressure from the crowd. vou can imagine what happened to other captains," he said.

pressive average of 37.08 and a striking rate of 179.85 in 13 matches

loss was to Rajasthan who Narine showcased his were flying in the league. prowess further by notch-But then they have caught ing his maiden T20 century them up quietly and then this season, showcasing a got past them so easily. The stunning 109-run blitz the Rajasthan way they played against against the Sunrisers was phenom-Royals.





Lok Sabha Elections 2024

Poonch District gears up for polling; DEO holds meeting to finalise Electoral Preparedness

JI NEWS SERVICE POONCH, MAY 23

District Election Officer (DEO), Yasin M. Choudhary today chaired a meeting to finalize the preparedness for Polling scheduled to be held in the district on May 25 under the phase 6 of the Lok Sabha Elections 2024.

The meeting, held in the conference hall of Dal Bungalow Poonch, was attended by a host of officials, including the Senior Superintendent of Police, Yougal Manhas; Additional Deputy Commissioner, Tahir Mustafa Malik; ARO's from Haveli, Mendhar, and Surankote, all Zonal Magistrates, Sectoral Magistrates, Nodal Officers, Micro Observers, Zonal Police officers, Sectoral Police Officers, Polling Staff, and Booth Level Officers (BLOs).

The meeting laid focus on the importance of fair and transparent electoral process. The sector and zonal officers were briefed



bilities during the pre-poll, activity. on their role and responsi- poll day, and post-poll

operational issues were Various logistical and discussed in detail, includ-

ing lighting arrangements at polling stations, security measures, lunch arrangements, and the timely dispatch of polling parties along with Electronic Voting Machines (EVMs). Sectoral officers were instructed to verify the deployment of security forces and provide timely reports to the control room.

On the day of polling, sectoral officers will be tasked with conducting inspection of polling stations, monitoring the presence of security forces, supervising the activities of polling agents and promptly addressing any issues or complaints that may arise. They will also oversee the proper handling and sealing of Voter Verified Paper Audit Trail (VVPATs) at the conclusion of the polling.

District Election Officer Yasin M. Choudhary emphasized the critical role of each officer in fostering a conducive environment for free and fair elections

DIC Srinagar hosts Workshop at IE Khunmoh to promote NCSS



JI NEWS SERVICE SRINAGAR, MAY 23

In a continued effort to bolster the industrial landscape of Jammu and Kashmir, the District Industries Centre (DIC) Srinagar held a Workshop cum Awareness Program at Industrial Estate Khunmoh.

The event witnessed addressed the scheme significant participation related queries like eligifrom unit holders, including the President of the Industrial Association.

During the workshop, incentives available for General Manager (GM) unit holders. DIC Srinagar engaged with participants in a dynamic informed about the incen- aiming to provide further question-and-answer sestives under NCSS-2021 sion. The General Manager which include a 30/50% underscored the urgency Capital Investment Incenof leveraging the New Cen- tive (CII), a 6% Capital

tral Sector Scheme (NCSS- Interest Subvention (CIS) 2021) before the registra- on term loans for seven tion deadline, promising years, a 100% GST Linked to highlight the issues Incentive (GSTLI) for ten raised by unit holders at years, and a 5% Working the highest administrative Capital Interest Subvenlevels.

The unit holders were

tion (WCIS) for five years. The DIC officials and The program concluded resource persons from with expressions of grati-Ernst & Young LLP (DPIIT tude, and eligible units were facilitated in apply-PIU team Kashmir) ing for NCSS registration on the spot. bility, document require-Looking ahead, the Genments, application pro-

eral Manager announced cedure and quantum of that another Workshop cum Awareness Program is set to be held on June 4, 2024, at DIC Srinagar, support and information to unit holders about the benefits of the scheme.

Department of Botany at GDC Ramban Celebrates International Biodiversity Day

JI NEWS SERVICE JAMMU, MAY 23

On May 22, 2024, Department of Botany, Government Degree College Ramban, in collaboration with the Innovation and Incubation Cell, GDC Ramban, came together to commemorate International Biodiversity Day under the patornship of Principal, Prof. Archana Kaul. The event aimed to raise awareness about the importance of biodiversity conservation and promote action towards its preservation. This year's celebration centered around the theme "Be part of the Plan," which calls for collective action to halt and Botany Department, who diversity conservation. reverse the loss of biodi- shed light on the signifiservation efforts.



District level Model making competition held at GHSS Battal Ballian

JI NEWS SERVICE UDHAMPUR, MAY 23

A District Level Model Making competition was held at Udhampur in which 19 schools having Agaaz Astrophysics Lab participated.

The competition was hosted by the Principal of Government Higher Secondary School Battal-Ballian Kushal Kishore with elaborate arrangements made in the School for all the participants, escort teachers and Judges. Chief Education Officer

Geetu Bangotra, Vandana HOD DIET Kud and Ashwani Kumar Master acted which were highly appre- ed model has to compete as judges of the Model ciated and acknowledged at Divisional level & UT Making competition. Dy by the Judges. CEO Dr. Kalpana Jasrotia & competition was organ- theme such as Solar competition. ised to provide students a system, Constellation, platform to showcase their Space technology, teletalent and foster their scopes, Galaxies etc. imagination and creativity in the field of science and egory by class 10th to 12th. ship, Presentation skills, Kanpur in this regard.



The theme of the Model etc. On the basis of their Making competition was performance, Models of "Kabaad se Jugaad/Waste Government Higher Secto Wonder." The students ondary School Sewna from participating Schools were adjudged best in presented captivating, both Junior and Senior unique Working Models categories at District level. with innovative ideas The district level selectPolice books a terrorist associate under PSA & 04 notorious drug smugglers under **PIT-NDPS Act**

JI NEWS SERVICE SRINAGAR, MAY 23

After receiving formal detention orders from the competent authority, Police booked a terrorist associate linked with proscribed terror outift LeT under PSA & four notorious drug smugglers under PIT-NDPS Act in Sopore & Handwara.

The terrorist associate namely Ahsan Ul Haq Khanday son of Nazir Ahmad Khanday resident of Nowpora Kalan Sopore has been

versity by supporting the cance of the Biodiversity of commitment to envi- and ensure a sustainable implementation of the Plan and urged students to ronmental stewardship, Kunming-Montreal Global actively participate in con- Principal of GDC Ramban, Biodiversity Framework, servation initiatives. Fol- Prof. Archana Kaul, plantalso known as the Biodi- lowing the lecture, a field ed a rare plant species versity Plan. The theme visit to the Kundi Village collected from the Kundi emphasizes the role of Ramban was organized, Village Ramban during governments, indigenous providing students with the field visit in the colpeoples, local communi- practical insights into local lege campus and also ties, non-governmental biodiversity. Accompanied stated that, the celebraorganizations, businesses, by Prof. Ajay Kumar, HOD tion of International Bioand individuals in contrib- EVS, Dr. Kiran Parasher, diversity Day underscores reflecting a collective uting to biodiversity con- and Dr. Arif Majid, the stu- our shared responsibility dents explored the diverse to protect and preserve The event began with a flora and fauna of the vil- the Earth's rich biodiverlecture delivered by Prof. lage ecosystem, deepening sity. Through education,

Jawaid Sarver, Head of the their understanding of bio- awareness, and commu-

nologies, post harvest man-

nity engagement, we can As a symbolic gesture inspire positive change future for generations to come. Additionally, the participation of Prof Satish Kumar, Prof. Raj Kumar Gupta, Prof. Sanjay Kumar Katal, Prof. Chankya, Dr Romesh Chander, Prof Aditya Sharma and Dr Shiwali Gupta, added to the event's significance, effort towards promoting biodiversity awareness and conservation at GDC Ramban.

Students showcased

DRG Rakesh Singh and SO Gita Kumari were also their creativity through Rajesh Kumar on behalf of present. Model making working models as per AGAAZ coordinated the

level competition.

It is pertinent to mention here that there are 22 Educational institutions which was made through having AGAAZ Astro-Wastes material. Marks physics Labs which have astronomy. From each were assigned to the received various Science school, two models were models in an impartial Astronomical equipment presented, one each in manner by the judges on at their Institution and the junior category repre- the basis of judging crite- Directorate of SAMAGRA sented by students of class ria which includes Creativ- SHIKSHA Jammu Kashmir 6th to 9th and senior cat- ity & Novelty, Craftsman- has signed a MOU with IIT

booked under PSA while as three notorious drug smugglers namely Barkat Ahmad Dar son of Abdul Ahad Dar resident of Shair Colony Sopore, Umar Bashir Zargar son of Bashir Ahmad Zargar resident of Behrampora Rafiabad and Musaib Bashir Lone son of Bashir Ahmad Lone resident of Wadoora Payeen Sopore have been booked under PIT-NDPS Act in Sopore. The booked persons have been detained and subsequently lodged in Central Jail Kot-Balwal, Jammu.

Meanwhile, Police in Handwara booked a notorious drug peddler Aijaz Ahamd Bhat @Tanveer son of Mohd Ramzan Bhat resident of Kralgund Qaziabad under PIT NDPS Act after obtaining formal detention order from the competent authority. The booked drug peddler has been detained and subsequently lodged in jail.

Pertinent to mention here that many cases are registered against the said drug peddlers and they were involved in promoting drug abuse trade by supplying drugs to the local youth. Despite their involvement in many FIRs, they did not mend his activities.

Director Agriculture visits Potato SMFs of Kalnag & **Rampora and Floriculture Farm Sirhama Anantnag**

JI NEWS SERVICE SRINAGAR, MAY 23

The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today visited Potato Seed Multiplication Farm (SMF) Kalnag, SMF Rampora and Floriculture Farm Sirhama Anantnag, inspected different blocks of these farms and interacted with the concerned technical experts regarding various latest interventions adopted by the farms.

Speaking on the occa- technologies. sion, Director Agriculture said that the departmen- farms are focusing on multal farms are in a process tiplication of high yield-



He said Departmental agement and production of good quality seed. Director Agriculture becoming centers of excel- ing varieties of agriculture assured the concerned lence vis a vis different crop crops, appropriate produc- officers of every possible production, protection tion and protection tech- support from the depart- regard.

ment for strengthening the departmental farms on modern scientific lines.

He said that from the last two years the department is diversifying the departmental farms in terms of crops and other agriculture activities. We have achieved good results over the quality of planting material but still there is a great scope for improvement, he added.

Earlier, Farm Manager Potato SMF Kalnag briefed Director Agriculture regarding various interventions introduced by the department for the development in the said farm on modern scientific lines. He gave a detailed presentation to the visiting director in this

JI NEWS SERVICE

RAMBAN, MAY 23 Assistant Commissioner Development (ACD) Ramban Srinath Suman

today visited Batote and chaired a meeting to under the RDD schemes within the block.

Haq Chaudhary, has noti- creation of assets which

scheme wise review, laid

Notably, the Rural RDD official to achieve added. The meeting Development Department, the full target of gener- among others was attendon the direction of Deputy ating man-days given to ed by BDO, JE, TA, Pyt Commissioner Baseer -Ul- each Panchayat, besides Secy's/GRSs and others.

fied a schedule for holding would benefit the maxispecial review meetings in mum number of people. each block to assess the "The main motive of

progress of developmental such block wise review works and resolve issues, if meetings is to resolve any. The ACD, while taking the issues hampering the work execution on spot. stress on completion of Emphasis should be on review the status of devel- works within the stipulat- creation of infrastructure opment works taken up ed time, especially MGN- to enhance the living stan-REGA works and PMAY dard of the general masses houses. He exhorted the in each Panchayat," he

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ACD reviews implementation of MGNREGA,

other RDD scheme in Batote Block