

DAILY | JAMMU | VOL NO: 11 | ISSUE NO: 124 | PAGES: 12 | PRICE: Rs 2/- | RNI NO: JKENG/2013/49471 | POSTAL REGD. NO. JK-497/22-24 | dailyjindrahimages.com/Epaper.php | jindrahimages123@gmail.com

#### **ACB** arrests cashier for accepting bribe in Sopore

JI NEWS SERVICE SRINAGAR, MAY 27

Anti-Corruption Bureau (ACB) on Monday arrested a cashier while demanding and accepting a bribe in Sopore township of Jammu Kashmir's Baramulla district.

ACB in a statement said that it received a complaint against one Mohammad Shafi Bhat senior Assistant Cashier in the office of the Executive Engineer, Kashmir Power Development Corporation Limited (KPDCL), Sub Transmission Division Sopore, alleging therein the demand of bribe of Rs10,000 for release

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#### 2 women among three injured in **Mysterious Blast** in Samba

JI NEWS SERVICE SAMBA, MAY 27

Three people including two women sustained injuries after a mysterious blast took place in Khara Maidana area of Veerpur of Samba district on Monday.

SSP Samba Vinav Kumar Sharma said that there was mysterious blast in the area in which three persons including two ladies suffered inju-

They were shifted to nearby hospital, where from they were referred to GMC Jammu for advanced treatment, he said.

As per intial investigations, it seems that some old rusted shells were lying under muddy area which exploded and due to which there were some injuries. Further investigation in this incident is being ascertained, the officer added.

#### Court convicts 2 accused in bogus insurance claims case in Jammu

JI NEWS SERVICE JAMMU, MAY 27

The Special Judge for CBI cases Jammu today convicted two accused including an investigator on the panel of Oriental Insurance company (OIC) and a claimant in a case related to bogus insurance claims.

According to a statement, issued to the news agency, the case was registered by CBI in 2007 against the accused on the allegations that the persons hatched a conspiracy with one another, submitted bogus insurance claims for dwelling houses reported to be located in Srinagar and were reported to be gutted in fire during in 1997-98.

The statement reads that it was further alleged that the accused obtained undue claim to the tune of Rs 9,52,913 from the insurance company i.e. Oriental Insurance

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## No family member of terrorists, stone pelters will get govt job in J&K: Amit Shah

**AGENCIES** NEW DELHI, MAY 27

Sending a tough message, Union Home Minister Amit Shah has said that no family member of any terrorist nor close relatives of stone pelters will get Government jobs in Jammu and Kashmir.

Shah also said that the Narendra Modi Government has not only targeted terrorists but also tic fall in terror incidents in the country.

"In Kashmir, we have Government job," he told vailed. PTI in an interview over the weekend.



members will also not get a government job.

taken a decision that if rights activists went to the outfit. someone joins a terrorist Supreme Court against organisation, their family the decision but, at the given relief, he said. members will not get any end, the Government pre-

The Home Minister, however, said the Govern-Similarly, Shah said, ment will make an excep-

eliminated the terror eco- if someone indulges in tion in case someone from system, resulting in a dras- stone pelting, his family a family comes forward and informs the authorities that his or her close He said some human relative has joined a terror

sions used to be taken out terror ecosystem. in Kashmir after a terrorist was killed. Shah said.

"We have stopped this

trend. We have ensured that the terrorist is buried with all religious formalities but in an isolated place," he said.

The home minister said when a terrorist is surrounded by the security forces, he is first given a chance to surrender.

"We call family members like his mother or wife and ask them to make an appeal to the terrorist to surrender. If he (the terrorist) does not listen, he dies," Shah said.

The Home Minister said terror incidents have gone down significantly in Jammu and Kashmir as Such families will be the government has not only targeted the terror-Earlier, funeral procesists but also eliminated the

> "Through the NIA (National

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### Jammu reels under severe heat wave, mercury settles at 43°C

JI NEWS SERVICE

JAMMU, MAY 27

The mercury continued its upward trend in Jammu on Monday with the maximum temperature settling at 43 degrees Celsius, the MeT department said.

According to the news agency, as per the weathermen, the day's temperature in Jammu was recorded at 42.8 degrees Celsius while minimum temperature remained at 24.7 degrees Celsius.

condition remains from of the region. the past 10 days and the vacation in the schools of ing heat wave conditions

also intensified power and advised the general popu-The current weather water woes in many parts lation to stay hydrated,

Meanwhile, in view of carry drinking water, maximum temperature the prevailing weather use oral rehydration in the city crossed the forecast and the obser- solution, (ORS), fruit juice 40-degree Celsius mark vation of sustained high some added salt, stay covfor the first time this temperatures, the metrol- ered, wear loose clothes season on May 16. The ogy department issued an garments, cover their upward trend in the tem- advisory and urged people head, and traditional peratures has prompted to take necessary mea- headgear during exposure and seek early summer follow the "do's and don'ts to TV and follow newsto address the challenges papers for local weather their wards. The prevail- posed by the heat wave."

The weathermen



the local residents to stay sures and implement the to direct heat, stay indoors indoors during day time heat wave advisories and as much as possible, listen

updates.

drink sufficient water,

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### Blistering heat in north India pushes tourists to Bhaderwah Valley

JI NEWS SERVICE JAMMU, MAY 27

As the entire north India is under intense heat wave, tourists are making a beeline at Jammu two hilly destinations-- Bhaderwah

valley of Doda district.

The place is fast emerging as one of the best tourist destinations. During the month of May so far also known as "Chota ernment. Kashmir".

Ghulam Nabi Azad, when ferent locations whereas



Since then the infra- stay. According to the news structure started developmir by Peoples Democrat- it improved a lot. At presic Party-Congress coalition ent BDA offers 70 rooms at locals. government from 2002 to Teligarh, Gatha lake view 2008 and especially by resort, Jai valley and at dif-

more than 1.5 lakh tourhhe served as the Chief Min- 21 hotels have also come ists have visited the valley ister in the coalition gov- up in and around Bhaderwah town where tourists

agency, Bhaderwah was ing and when Bhaderwah as paying guests and offer whereas few tourists from brought on the tourism Development Authority them the best possible ser- Gujarat and other states map of Jammu and Kash- (BDA) came into existence, vice which has become a have also arrived," an offisource of income for the

cials of BDA, major tour- ture tourism and the ist attraction in Bhader-

JAMMU, MAY 27

wah are Guldanda, Padri, Chattergala, Nalthi, Gatha lake view, Jai valley, Khellani top, Thanthera and Teligarh which provide scenic view to the tourists coming from outside.

"Since the start of the month of May, more than 150,000 tourists have visited Bhaderwah and at present all the hotels and accommodations of BDA are booked. People from Jammu plains, neighbouring Punjab and national capital New Delhi are People also host tourists mostly visiting Bhaderwah

cial of BDA said. "Many foreign tourists According to the offi- also visit here for adven-

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#### **Expect relief** from heat wave after 3 **Days: IMD** JI NEWS SERVICE

NEW DELHI, MAY 27

Northwestern and

central parts of the country are likely to get some relief from scorching heat after three days due to a fresh western disturbance, the India Meteorological Department said on Monday. According to IMD

chief Mrutyunjay Mohapatra, Rajasthan and Gujarat saw nine to 12 heat wave days, with temperatures reaching 45-50 degrees Celsius.

"Expect relief from the heat wave CONTINUED ON → PAGE 4

New power curtailment schedule announced amid heat wave

### J&K Hajj 2024: Final batch departs, 273 pilgrims leaves for Saudi Arabia



JI NEWS SERVICE

SRINAGAR, MAY 27

Saudi Arabia is scheduled pilgrimage. for June 22, an official

A senior officer of the J&K Hajj Committee told The final batch of 273 Hajj the news agency that pilgrims from Jammu and today the last batch of 273 Kashmir departed from pilgrims left for the holy Srinagar International pilgrimage to Saudi Arabia Airport on Monday, mark- from Srinagar Internationing the conclusion of the al Airport, and that this Hajj departures for 2024. year over 7,000 pilgrims The first return flight from from J&K took up the holy

CONTINUED ON → PAGE 4

#### 2024 LS polls J&K records highest voter turnout in 35 years: ECI

JI NEWS SERVICE SRINAGAR, MAY 27

The Election Commission of India on Monday said that the voter turnout in Jammu & Kashmir in the ongoing Lok Sabha polls was the highest in a parliament election in the last 35 years. The poll-body today

said that overall voter highest poll participation ritory". in the last 35 years. The

agency. The Chief Election Com-



turnout for the entire missioner Rajiv Kumar Union Territory in the said "this active participaongoing Lok Sabha polls tion is a huge positive for stood at 58.46 percent. "In Assembly elections to be a massive stride for India's held soon so that the demelectoral polity, Jammu ocratic process continues and Kashmir witnessed its to thrive in the Union Ter-

"This achievement sits combined voter turnout on a credible weave of (VTR) at the polling sta- 25% increase in number tions for the entire Union of contesting candidates Territory (5 Lok Sabha since 2019, C-vigil comseats) was 58.46 % in the plaints showing enhanced general elections 2024. citizen involvement and This significant participa- Suvidha Portal showing tion is a testament to the 2455 requests for rallies robust democratic spirit etc., reflecting the steady and civic engagement of retaking of the election the people in the region," & campaign space away the ECI said, as per news from hesitation and to fuller participation.

CONTINUED ON → PAGE 4



As Jammu is grappling with extreme hot weather conditions for the past fortnight, the authorities on Monday announced a four-hour load-shedding in the urban areas and eighthour load-shedding in the rural areas on a daily basis.

The Jammu Power ule will be in three shifts Development Corpora- - morning, afternoon and tion Ltd (JPDCL) said the evening - across the divipower curtailment sched- sion.



The new schedule was issued on a day when month end. Jammu city recorded the hottest day at 42.8 degrees

temperature settled at 24.7 which is 3.4 and 2.8 notchto be the hottest recorded tively, the official said. place in the division, an official of the meteorological department said.

wave in the region till the

Katra, the base camp for the pilgrims visiting

Celsius, 3.7 notches above Mata Vaishno Devi shrine, normal during this part of also recorded a high of 39 degrees Celsius and a low Jammu, where the night of 24.4 degrees Celsius, degrees Celsius, continues es above normal, respec-

The JPDCL officials said the power curtailment was necessitated by the spike He predicted continu- in domestic requirement ation of the isolated heat of electricity due to soaring temperatures over the past fortnight, especially after May 16 when

CONTINUED ON → PAGE 4

### Duo briefly halt Shri Shakti Express Train in Jammu over lack of train travel info

JI NEWS SERVICE JAMMU, MAY 27

Two individuals, includrailway station here.

The protest was Monday, officials said. sparked by frustration over cancellation briefly at the entry to wrong step. of trains and a lack the station on track

about the train sched-

stopped the Shri Shakti tracks as the Shri Shakti said. Express train on Monday Express was arriving at

A young man and his resumed its journey fol-train cancellations. We let off later. The Jammu ing a woman, briefly female relative sat on the lowing a brief halt, they repeatedly asked the railway station remains

by staging a protest at a the Jammu railway statestors described their received no information for trains amidst ongotion from New Delhi on action to be a result of tion. With temperatures ing cancellations caused The train was stopped admitted that it was a Celsius amid extreme in Ambala which have

of timely information number one. The police ing Jammu and Kashmir officials said that a case detained the duo short- and have been strand- was registered against ly after and the train ed here for days due to the duo and they were A relative of the pro- on our journey, but of passengers waiting extreme frustration and exceeding 42 degrees by the farmers protests

railways for updates crowded with hundreds heatwave, we reached been disrupting services "We have been visit- a point," she said. The for nearly two weeks.

#### **Popularizing Gymnastics**

#### JKSC to hold series of camps, competitions in Kashmir Division

SRINAGAR, MAY 27

Jammu and Kashmir athletes from the Kashmir sport in the Kashmir much more" she added. region. At first, talent titions. Parents and kids at SKISC Srinagar. are responding reasonably well to the coaching camp that is being organized nastics have been made was chosen as a recogcurrently. Over the next possible by the Jammu nized Rhythmic Gymnascamps will be conducted cil. Thanks to the Govern- Authority of India (the Cups, and Commonwealth in both North and South ment of J&K for providing only Rhythmic Gymnastics Games.

tary JKSC Nuzhat Gul, the Stadium. center will feature world

class facilities for the athletes. "The aim is to attract the attention of aspiring Sports Council intends to region who want to pursue open a professional gym- gymnastics professionnastics academy center at ally and take advantage Gindun Rajbagh Srinagar, of the Sports Policy benfollowing the pattern of efits, which include finanthe gymnastics academy cial awards, admissions center in Jammu, with in professional colleges the objective of promot- under sports quotas, job ing gymnastics as a major prospects under SO12, and lies have increased yearly apparatuses and equip-

In an endeavor of this scouting and camps will kind, JKSC, with the assisbe organised to impart tance of Manish Gupta, a Council launched the national competitions gymnastics coaching in well-known gymnastics Gymnastics Academy in and win various awards the Kashmir division fol- coach, has organized a lowed by in-house compe-summer coaching camp nasts' achievements in the

state-of-the-art gymnastics Academy in India). According to Secre-facilities established at MA



nasts to perform better in

With the help of these

J&K gymnasts have rep-

resented the country in

petitions such as the Asian

Muskan Rana and Bav-

at both the national and ment, enabling J&K gyminternational levels.

In 2018, the J&K Sports both national and inter-Jammu. Based on J&K gym-Khelo India Games and Over the years, notable other national championaccomplishments in gym-ships, this training center

Gymnasts' medal tal- world class gymnastics J&K and the Best Gymnasts

of India titles in the Khelo India Games 2021 and 2022. The Junior National Team Championship was won by Muskan Rana, Manya, Vabhavi Sharma, and Jagriti Thakur. In both national and international competitions, such as the World and Asian Championships, J&K gymnasts have improved, won numerous medals, and displayed outstanding performance.

Since 2021, J&K has yielded incredibly successful results in gymnastics. Over the last three years, 13 gymnasts have comstate-of-the-art facilities, peted for their country in international competitions and have won almost 80 major international com- medals, including 25 Gold, 34 silver, and 21 bronze at few months, more such and Kashmir Sports Countics Academy by the Sports Championships, World national games and other major championships. These successes demonstrate the commitment Later in 2020, this acad-leen Kaur, both Academy of the athletes and their emy was outfitted with trainees, have won gold for coaches supported by

#### JI NEWS SERVICE SRINAGAR, MAY 27

Returning Officer (RO) 02-Srinagar Parliamentary Constituency (PC), on June 4, 2024. He also took stock of the security measures being made in

Riyaz Ahmad; Nodal

Lok Sabha Elections-2024: Returning Officer

Srinagar PC finalizes arrangements for

Counting of votes at SKICC-Centaur

Dr. Bilal Mohi-Ud-Din with the concerned rooms, CCTV links and Bhat today visited SKICC- Officer took a thorough training of manpower for Centaur to review the inspection of the arrange- upholding the sanctity arrangements put in ments with regard to the and integrity of the demoplace for Counting of preparations made in cratic ethos. Vote for Srinagar Lok and around the counting Sabha Seat scheduled centres for a smooth and the counting process well organized counting process

and around the counting surveillance and secu- observer and Returning Additional Deputy arrangements, trans- allowed to take mobile Commissioner, Srinagar, porting of EVMs and the phones inside the count-Khalid Hussain Malik; SP technical setup at the ingroom. East, Mubashir Bukhari; Counting Halls to ensure Additional SP Security, transparency, accuracy ly kept under three-layer Mohammad Saleem; and the timely announce-security cordon in strong Nodal Officer Trainings, ment of counting results. rooms at SKICC-Centaur,

uninterrupted power supply, adequate water supply, proper Internet facility, Media management, entry passes and other necessary measures to be put in place ahead of counting for 02-Srinagar Lok Sabha Seat.

While inter-Srinagar, Mir Imtiyaz ul acting with the Officers Aziz and other concerned at the venue, the RO were present on the occa- stressed on ensuring seamless arrangements During the visit, the and facilities in place for Returning Officer along counting centres, strong

The RO also said that will be done as per ECI guidelines under video The RO finalized the recording and except the rity measures, seating Officer, no one will be

The EVMs are present-He also passed direc- after the voting process Officer ETPBS, Mujtaba tions to the Officers of was completed on May 13, Ahmad Banday; Deputy different line Depart- 2024 for 02-Srinagar Par-District Election Officer ments for ensuring liamentary Constituency.

#### Comm **Secy HUDD** condoles sad demise of Shakeel **Ahmad Shah**

JI NEWS SERVICE SRINAGAR, MAY 27

Commissioner Secretary, Housing and Urban Development department (HUDD), Mandeep Kaur has expressed deep grief and sorrow over the sad demise of Executive officer Municipal Committee Uri, Shakeel Ahmad Shah.

In her condolence message, the Commissioner Secretary termed the death of the officer as unbelievable and shocking. She said that the officer was a dedicated official, who performed his duties with utmost sincerity.

The Commissioner Secretary expressed her deepest condolences to the bereaved family and said that our hearts goes out to his family, relatives and friends in this hour of grief, adding that his family is not alone during this difficult time and we are all here for them.

Meanwhile, Director Urban Local Bodies (ULB) Kashmir and other officials of ULB Kashmir also condoled the sad demise of Shakeel Ahmad.

#### JPDCL issues *'power* curtailment schedule' for Jammu division

JI NEWS SERVICE

JAMMU, MAY 27 Jammu Power Devel-

opment Corporation Ltd (JPDCL) on Monday issued new power curtailment schedule Summer-24 for Jammu division.

According to the schedule, there will be 4 hour power curtailment in urban areas and 8 hours in rural areas on daily basis.

It is stated that the curtailment will be in three shifts-morning, afternoon and evening.

### 84 Bn CRPF organises "Free Medical Camp" at GDC Karol Ramban

JI NEWS SERVICE RAMBAN, MAY 27

84 Bn CRPF, under the

aegis of Jammu Sector CRPF, organized a day long free medical camp at Government Degree College, Karol Ramban.

The Camp was inaugurated by Commandant 84 Bn N Ranbir Singh in the presence of Second in Command 84 Bn, Vikram Singh, Assistant Commandant 84 Bn Y Darpan Singh, Vice Principal of the College Prof Satish Kumar, prominent citizen Anita Devi, members of print and electronic media CRPF is entrusted with Raising in 1939, has and Team Hamdard

the country, with nearly NE. 250 Battalions. Since



the responsibilities of played an instrumental Speaking at the func- large and diverse coun- and safeguarding the tion, Commandant 84 try, India, it is deployed unity and integrity of Bn CRPF stated that across all the 03 major the nation. He also high- Dr Anu Gorke SMO/DC CRPF is the largest conflict theatres, viz, lighted the various social 84 Bn. The locals were Paramilitary Force in J&K, LWE region and outreach programs provided free medical

Anita Devi expressed her gratitude, on behalf of the people of Karol and adjoining villages, to 84 Bn CRPF, for organizing the free medical

establish better connec-

tion between the Force

Prominent Citizen,

and local populace.

camp in Karol area. The Vice Principal also thanked 84 Bn CRPF, for organizing the camp in their College as many needy college students could also avail the facilities provided.

The camp was attended by approximately 200 needy villagers, including elderly persons, women, children Internal Security of the role in Nation building and students of Host College. The participants were attended by undertaken by the CRPF treatment and medi-The CRPF, since its all over the country to cines during the camp.

participants

to gain hands-

on experience

and practical

The Sank-

alp Hub for

Empowerment

through Mis-

sion Shakti,

is committed

to promoting

gender equality

and empower-

through vari-

ous educational and skill

development

programs. This

digital literacy

workshop is a

testament to

their ongoing

efforts to create

ing

women

Women,

knowledge.

### **Empowering Girls: Self-defence** Training Camp held under BBBP

JI NEWS SERVICE

GANDERBAL, MAY 27

In a significant move towards empowering young girls, the Department of Youth Services and Sports (YSS), in collaboration with the Social Welfare Department Ganderbal today organized an impressive self-defence training camp for girl students at GHSS Ganderbal.

This initiative, held under the Beti Bachao Beti Padhao scheme, was inaugurated by the Principal of BHSS Ganderbal along with other dignitar-

The camp featured ping them with essential skills to boost their level of confidence.

The training sessions will continue tomorrow at the same venue, ensuring ample opportunity for skill development.

In a parallel event, Zone Tullamulla hosted ment officials. an inter-school zonal-level girls in the U17 and U19 age categories.



competition and Cricket and Tennis experienced Master Train- attracted 10 teams and Cricket at MS Benhama, training to the students of Educational Institute Dab BHSS Ganderbal, equip- Ganderbal emerged victotrophy by defeating BHSS Batwina.

> The winning teams keen participants. were honored with trophies in a ceremony officiated by senior depart-

sports events, including tives. Kho-Kho at MS Waskura,

ers who provided com- 85 student players. In with enthusiastic participrehensive self-defence the U17 category, Amashh pation from numerous students. Additionally, Zone rious over GHS Waliwar. Hariganiwan conducted

In the U19 category, BHSS an intramural Chess com-Kurhama clinched the petition at BHSS Kulan and MS Ramvari, drawing a significant number of

Overall, the day's activities were highly successful, showcasing the enthusiastic participation Zone Tullamulla also of youth in various sports Kabaddi competition for organized intramural and empowering initia-

### Sankalp Hub for Women Empowerment hosts 3-day Digital Literacy Workshop for Girls

KISHTWAR, MAY 27

In a significant move to promote digital literacy among young women, the Sankalp Hub for Empowerment of Women under Mission Shakti Kishtwar has initiated a week-long workshop on Digital Literacy and Basic Computer Skills. The workshop commenced today at Government Girls High School Sangrambhata here under the guidance of District Social Welfare Officer Tariq Parvez Qazi.

The initiative aims to equip participants with essential digital skills, empowering them to navigate the digital world effectively and improve their personal and professional prospects. The workshop focuses on foundational in today's technology-driven society.

students.











computer skills, internet build a strong foundation, usage, and understanding enabling girls to access digital tools that are vital broader educational and career opportunities.

The importance of digi-The opening session talization in the modern witnessed the presence of era was highlighted, showthe Mission Shakti team, casing how proficiency resource persons, and in digital skills can sigeager trainees. The par-nificantly impact various ticipants were sensitized aspects of life, from educato the critical importance tion to employment. The ment, particularly for girl the barriers of digital illit-The speakers empha- with the confidence and with each session designed at bridging the digital

a digitally evolving world. where girls can achieve The Speakers expressed their full potential.

their vision for the workshop, stating, "In today's world, digital literacy is not just an advantage but is designed to ensure that

sized how such skills competence to thrive in to be interactive, allowing divide.

an inclusive environment The administration

and faculty at Government Girls High School Sangrambhata expressed a necessity. This workshop gratitude to the Mission Shakti team and resource our girls are not left behind persons for organizing this in the digital revolution. crucial workshop. The We aim to empower them event promises to inspire with the skills required to and empower the young of computer skill develop- workshop intends to break succeed in various fields." participants, setting a The workshop will precedent for future edueracy and provide the girls cover a range of topics cational initiatives aimed

#### J&K Govt orders constitution of Empowered Committee to implement WHO Tobacco Control Policy in UT

SRINAGAR, MAY 27

World Health Organization FCTC) in the Union Territory.

This significant step underscores the govern- ing public health policies benchmark for tobacco ment's commitment to pro- from the vested interests control efforts in the tecting public health and advancing tobacco control measures in the region.

acknowledges the pivotal are free from the influence role played by Dr. Syed of the tobacco industry, Abid Rashid Shah, Secre-In a path-breaking initia- tary Health and Medical tive, the Government of Education, in bringing Jammu and Kashmir has this policy to fruition. Dr. Control Cell of Directorate ordered the constitution Shah's unwavering efforts of an empowered com- and dedication have been ing under the patronage mittee for the implemen- instrumental in this land- of Director Health Services tation of Article 5.3 of the mark development, dem- Kashmir, has expressed onstrating his commitment Framework Convention to safeguarding the health on Tobacco Control (WHO of the people of Jammu and Kashmir. Article 5.3 of the WHO

FCTC is critical in protect- approach have set a new of the tobacco industry. region. This initiative marks The empowered commit- a significant milestone in tees will be tasked with ongoing efforts to combat The National Tobacco ensuring that the formula- the tobacco epidemic and

thus promoting a healthier, tobacco-free environment. Meanwhile, Tobacco

of Health Services workits deepest appreciation for this initiative and the strategic leadership of Dr. Syed Abid Rashid Shah. His vision and proactive Control Cell, Kashmir, tion and implementation protect future generations lauds this initiative and of tobacco control policies from the harms of tobacco.

### Visit Patnitop Series Marathon 4.0 held to encourage Sustainable Tourism

JI NEWS SERVICE

UDHAMPUR, MAY 27

The fourth edition of Patnitop Marathon, held here on Sunday, saw an enthusiastic participation of 600 plus runners and fitness lovers from different parts of the country.

Touted as India's most beautiful hill race, Patnitop Marathon is an initiative of Iron Man Kapil Arora, an International chief guest, and Brigadier marathon en-route the Tri-Athlete, Ultramara- Shantanu Kashyap - Sena stretching Skyview Terthoner, Fit India ambas- Medal, a Kargil War vet- race to Nathatop, offered sador and founder of K.A eran currently serving at participants winding Sports and Events. He is the Northern Command, trails, scenic views, and supported by the Patnitop was the guest of honour, a cool morning breeze, appreciated the spirit Development Authority, along with Joginder Singh making the experience of the participants and Directorate of Tourism Jasrotia, ADC Udhampur, special for runners aged 18 Iammu. District Admin- Devender Singh Bhau, to 55+ years from 48 cities istration Udhampur, and CEO PDA, Sunaina Mehta, across 12 states. Skyview by Empyrean, Joint Director Tourism, Patnitop.

The Half Marathon



(21.1 kms) was flagged other categories, the 10 years), Vijay Sharma off at 6:00 AM by Saloni km and 5 km races, were (35-45 years), Hemanshu harmony with nature, Rai, Deputy Commis- flagged off at 6:30 AM and Prakash (45+ years), and sioner Udhampur, as the 7:00 AM respectively. The Ajay Gandotra (55+ years).

In the 21.1 km category, the fastest male runners Participants in the were Ritik Sharma (18-35

The fastest female runners were Rimpy Devi (18-35 years), Sunita Yadav (35-45 years), and Bhavana Salathia (45+ years).

In the 10 km category, the fastest male runners were Brij Bhushan (18-35 years), Abhishek Sharma (35-45 years), Mohd Yahya Khan (45+ years), and Anil Katoch (55+ years). The fastest female runners were Mandeep Kaur (18-35 years), Prerna Sharma (35-45 years), Manminder Kaur (45+ years), and Rekha Katoch (55+ years).

The DC Udhampur remarked, "Events like these emphasize the importance of fitness and celebrate the beauty of sports. They lead us towards a culture of healthy living that is in while promoting our tourism potential.

**District Level Committee meeting** on Prison Reforms held at Ganderbal JI NEWS SERVICE

GANDERBAL, MAY 27

A District Level Committee on Prison Reforms held its first meeting today in the office chamber of Chairman District Legal Services Authority (Pr. District & Sessions Judge) Ganderbal.

The meeting was chaired by Pr. District & Sessions Judge (Chairman DLSA), Ganderbal, Ritesh Kumar Dubey, and was attended by senior officers from the police and administration.

The Committee discussed measures for improving the conditions of prisons in the district, assessing the infrastructure and capacity of existing jails, and introducing modern technologies.

The need for expanding existing subsidiary jails and acquiring land for new district jails was also discussed.

#### **Weeklong Training Programme on LokOS** Transaction Application concludes in Srinagar

SRINAGAR, MAY 27

A weeklong training program on LokOS Transaction Application organized by the Jammu Kashmir Rural Livelihood Mission (JKRLM) for the officials of the Mission in the Kashmir division has successfully concluded at the Directorate office of JKRLM in Srinagar.

The training programme aimed to equip officials with the essential skills needed to effectively utilize the android based application, 'LokOS system', in capturing the transactions digitally of the community-based organizations (CBOs), with a focus on the end-to-end digitization of SHG transactions and online data. Conducted by a team of

of Rural Development, provided valuable insights their respective blocks, in into the LokOS Transac- a transparent manner. tion Application, emphasizing its ability to provide significance of digitizing focused approach to diverof records and decision all transaction details and status, he added. making by the rural SHG informed that LokOS, a of Business Development the activities under their Annual Action Plan.



Mission Director, JKRLM data for CBOs that current-Kashmir, Reyaz Ahmad ly rely on manual methods Beigh, expressed his satisfaction with the training programme and high- LokOS Mobile Application National Resource persons lighted the importance of will play a crucial role in from DAY-NRLM, Ministry online bookkeeping for achieving NRLM's vision CBOs to enhance knowl-Govt of India, the training edge among field staff in through digitization. It is

> He emphasized the digital records of SHGs, batches during this week.

of record-keeping.

He further said that that of empowering SHGs designed to track and facilitate the enhancement of household incomes, with a end-to-end, digitization of CBO transaction activities sifying livelihood activities data for Self-Help Groups through LokOS, enabling and elevating every SHG (SHGs) for perseverance transparent tracking of household to a Lakhpati

It is to mention that women, for developing system designed by the the similar training pro-Ministry of Rural Devel- gramme for officials of Plans and prioritizing opment, Government of JKRLM Jammu division is India, aims to maintain set to commence in two

#### IRCS J&K conducts series of health, humanitarian services

JI NEWS SERVICE JAMMU, MAY 27

Indian Red Cross Society J&K, in continuation of its humanitarian services and fostering community health and resilience, conducted a series of activities, here today.

In response to the ongoing heat wave affecting the division, IRCS, J&K has flagged-off a comprehensive Shabeel Seva initiative aimed at providing relief public." to students and the general public.

ensuring hydration and preventing heat-related Akhnoor. illnesses. Under this initiaplaces ensuring maximum reach and impact.

General Secretary IRCS extreme weather condi- inculcate leadership quali- and Disaster Management community service initiations. By providing easy ties among the students. access to safe drinking heat wave and support our their daily life. students and the general

Cross-First-Aid Awareness its impact on physical This timely interven- cum Drug De-Addiction and mental health, and tion addresses the acute Program was organized avenues for seeking help need for potable water, for the students and staff for rehabilitation of drug of Govt. Degree College addicts

portation hubs and public Medical Officer and Viron- a fruitful note. ica Marwah, Field Officer, IRCS, J&K.

Further, the students and Floods. water, we aim to mitigate were briefed about First

also made aware about the Similarly, a Youth Red dangers of drug abuse,

In the end, Dr Romilla The camp was inau- Malla Bhat, principal tive, IRCS J&K distributes gurated by the College thanked the team of Red water at multiple locations Principal Dr. Romilla Cross for organizing such including educational Malla Bhat (Prof.) in pres- a knowledgeable session. and core activities that wellness among working institutions, public trans- ence of Dr. Kavita Nijhon, The programme ended on underpin the Red Cross's professionals.

Likewise, Indian Red

the adverse effects of the aid and its usefulness in of handling bleeding organization's commit- and general health assesspatients, Fracture/acci- ment to alleviate human ments. Later, the students were dent victims, resuscitation suffering in times of emer-

Cardiac Arrest was also control of bleeding, practia special lecture on Drug De-addiction was also check-up of the partici-

In a demonstration of community engagement opted to become members and learning beyond the classroom, students from Mata Vaishno Devi College of Nursing, Katra and Acharya Shri Chander College of Medical Sciences, Batra visited Indian Red mission worldwide.

pants was also done.

during Earthquakes, Fires, tives. Through an interactive session, the students Emergency technique gained insights into the

of a patient of fainting and gency and distress.

The awareness was highlighted. Emphasis was imparted to students by laid on the Management of Dr. Kavita Nijhon and Dr. injuries, fracture, burns, Manpreet Kour Medical Officers, IRCS-J&K. The cal demonstrations of Car-students also learned diopulmonary Resuscita- about how they can get tion and Choking. Besides involved with the Red Cross, whether through volunteering, donating or organized and free eye simply spreading awareness about the organization's critical work. Further, the students also of the Red Cross.

Further, the IRCS organized a 3 day comprehensive Medical Check-up and First-Aid Awareness camp for the employees of different Hotels which. The Cross Society, J&K-UT to initiative is a part of the get the understanding of society's ongoing efforts the humanitarian efforts to promote health and

The camp was held During their visit, the at Red Cross Bhawan, Cross Society, J&K UT orga-students were given a Kachi Chawni, Jammu In the first half of the nized an eight day First- comprehensive overview which witnessed enthu-J&K Rohit Khajuria, while session, the staff and stu- Aid training programme of the Red Cross's pivotal siastic participation from emphasizing the impor- dents were apprised about for the Commercial Vehi- roles in disaster response, the hotel staff. A team of tance of this initiative said the benefits of the youth cle drivers and youth of health and safety ser- experienced doctors and "Our primary goal is to Red Cross. They were the society. During the vices, support for vulner- healthcare professionsafeguard the health and informed about different 8 day training, the par- able communities, pro- als from the Indian Red well-being of the com- programs and activities ticipants were acquainted motion of international Cross Society conducted munity, especially during which can be organised to with the rescue techniques humanitarian law, and health screening including blood pressure check, blood sugar testing, vision checks, HIV, HCV (hepatitis C), HBsAg (hepatitis B)

#### **Zonal level Inter-School competition** commences at GGHS School Bhaderwah

JI NEWS SERVICE

DODA, MAY 27

The zonal level interschool competition for Zone Bhaderwah commenced today here at Government Girls Higher Secondary School (GGHS) Bhaderwah. The event is part of the annual calendar of activities approved by the Directorate of Youth Services and Sports, J&K UT, for the year 2024-25.

students in the under-14 in the event. and under-17 age groups.

Shafayat Ali as the Chief team spirit throughout the teachers.

Guest. As many as 553 stu-competition.

dents drawn from Thirty The event was held under include Kabaddi, Kho- di, Higher Secondary

The inaugural matches The competition fea- private and government saw GMS Chakka winning tured participation of schools are participating against GMS Puneja by 2 points in Kho-Kho under The sports events the 14 age group. In Kabadthe supervision of Zonal Kho, Volleyball, Chess, School Chinta triumphed Physical Education Offi- Carrom, Wrestling, Athlet- over Green Model High cer (ZPEO) Bhaderwah ics, and Badminton. In his School Bhaderwah with Vijay Kotwal, and Activity address, the Chief Guest a score difference of 8-23 Incharge DYSSO Sanjay highlighted the impor- in the under-17 age group. tance of sports and games. The matches were offici-The competition was encouraging students to ated fairly by experienced officially inaugurated participate actively and to physical education masby the School Principal maintain discipline and ters, teachers, and REK

### IT department tightens noose on overchargers, cancels licenses of 6 CSCs

SRINAGAR, MAY 27

Tightening noose around the CSCs for overcharging, the inspection teams of Information Technology department have recommended cancellation of 6 licenses in both the divisions of Jammu and Kashmir during surprise check of the same.

under the supervision of Kathua) were inspected in 1 year (624 in 2023-24 and Commissioner Secretary, Jammu division while 28 40 in 2024-25). Prerna Puri, conducted CSCs of Budgam district surprise check of vari- were inspected in Kashmir President CSC-SPV J&K has lished, and 13081 CSCs ous CSCs in twin districts division. The inspection been directed to ensure of Samba and Jammu teams have recommended that the notified rates are of Jammu division and cancellation of licenses of 6 prominently displayed at Budgam in Kashmir divi- CSCs, 3 in Jammu division a conspicuous place in sion. The inspection was and 3 CSCs in Kashmir divieach CSC sensitizing all Vildone to cross check and sion. verify CSC's adherence to government notified rates. Department has notified rates.

were supervised by Aijaz services which envisage Rs. tary IT Department.

and Kathua districts (22 complaints of overcharg- directions to set up new



Pertinently, the IT The inspection teams rates to avail various online

CSCs of District Samba ing, 664 CSC licenses have

Meanwhile, the Vice lage Level Entrepreneurs (VLEs) regarding notified

Pertinently, aimed to achieve the goal of Digital Qaiser, Additional Secre- 50 per service for govern- India by providing seamment to citizen service and less online services to the rates in their respective During the surprise Rs. 75 for government to general public, Chief Secrechecks, 45 CSCs of Samba business services. Based on tary, Atal Dullo, had issued

touch points for CSCs in various government offices, Colleges and Universities. Besides, directions have also been issued to all Deputy Commissioners to allocate the spaces in all such offices for setting up of new touch points. Additional Deputy Commissioners (ADCs) of all districts have been nominated as nodal officers to facilitate The inspection teams, and 23 CSCs of District been cancelled in the past and accelerate the opening of new touch points.

> As on date, 446 new CSCs have been estabincluding 537 PACs and 2160 FPS are active and providing services on Digi-Seva Portal in the Union Territory of J&K.

> Deputy Commissioners, who are the Chairperson of District e-Governance Societies (DeGs) have also been asked to ensure strict enforcement of notified districts so that general public does not suffer on

# JI NEWS SERVICE

JAMMU, MAY 27

One year Orientation Program for the 2nd batch of the gardeners/ technicians of the department of Horticulture of Jammu Division concluded today at Mega Fruit Plant Nursery, Chakroi.

In this context, a valedic-

tory function was organised in the Mega Nursery. Director Horticulture Jammu C. L Sharma was the chief guest. The Director Horticulture gave ing Procedures, protocol gramme with the chair away certificates/ trophies to the trainees for successfully completing one year Jammu Ashwani Sharma, I/c MFPN Chakroi Vijay Angurana, Divisional Training Officer Pawan Thakur, Assistant Director Satish Kumar and other the trainees coming from Culture and Bio-control officers of the department were also present.



2nd batch of Gardeners complete one year

of raising nurseries in and thanked the departopen and protected struc- ment for equipping them tures; training/ pruning of technically which will help Orientation Programme. mother plants, basin prepthem in implementing the Chief Horticulture Officer aration, different methods schemes in field as well as of irrigation, hoe-weeding,

Later, the Director Horticulture Jammu had one ticulture is also establishto one interaction with all ing Virus Indexing, Tissue

in running departmental nurseries.

The department of Hortized on Standard Operat- about the training pro- Mega Fruit Plant Nursery of the farming community.

For running these laboratories, 20 trainees were also imparted training at SKUAST-J. The Director also felicitated the trainees of Tissue Culture and Virus Indexing laboratories and directed I/c Mega Fruit Plant Nursery to devise a mechanism for production of Strawberry runners under tissue culture techniques. The Director also inter-

acted with the trainees of the new batch 2024-25 comprising gardeners/ technicians from all the districts of Jammu division and stressed upon them to work with zeal to come up with Horticulture expertise in all relevant areas of scientific production of planting material for High Density plantation.

Further, the trainees were also sensitized about all the districts of Jammu laboratories under Holistic HADP schemes and impordivision. The trainees also Agriculture Development tance of its various com-The trainees were sensi- shared their experiences Programme (HADP) at ponents for the well being

## **NEWS**

### **JKAACL organizes Musical Evening** on Poetry of Ashok Angurana

JAMMU, MAY 27

The Jammu and Kashmir Academy of Art, Culture, and Languages (JKAACL) hosted a mesmerizing musical evening today at the Writers' Club, celebrating the evocative poetry of Sh. Ashok Angurana (IAS Retd.). This unique event seamlessly blended literature and music, providing a delightful experience for all attendees.

rana's poetry, beautifully heritage. composed by the eminent Mohan. The poetic verses writer, graced the occanated with the audience. found a new dimension sion as the Chief Guest. al officer, Gojri, JKAACL erature. welcomed the guests on



behalf of Sh. Bharat Singh, soulful performances by overall ambiance of the Secretary, JKAACL. The talented singers including evening.

program, orchestrated Sonali Dogra, Vanshika under Sh. Bharat Singh's Jaral, Simran Sharma, voices brought the poetic Sh. Yog Rahi Gupta, lines to life, adding a rich, music composer Sh. Brij a renowned freelance musical texture that reso-

Accomplished musiand soared on the melo- The function was presided cians Sunil Sharma dious wings crafted by Sh. over by Prof. Lalit Mago- (Synth), Rakesh Jaso-Mohan, captivating the tra, President of Dogri tra (Flute), Amit Anand audience with their depth Sanstha, Jammu, who is (Tabla), Vikas Nagar and harmony. Dr. Shahn- known for his significant (Guitar), and Khem awaz , Editor cum Cultur- contributions to Dogri lit- Kumar (Dholak) provided the perfect instrumental The evening featured backdrop, enhancing the

### India triumphs over Argentina in thrilling FIH Hockey Pro League match

ANTWERP, MAY 27

2023/24.

In a display of resilience and determination, the Indian Men's Hockey Team clinched a dramatic 5-4 victory against Argentina in their fourth match of the European leg of the

FIH Hockey Pro League

The match commenced with high energy, as Argentina's Federico Monja opened the scor-

The second quarter headed into halftime. saw India taking con-

sides. Despite several another penalty stroke

ing in the 3rd minute. the 18th minute, giving India responded swiftly, India a 2-1 lead. Howequalising through Arai- ever, Argentina's Nicolas jeet Singh Hundal's bril- Keenan leveled the score liant field goal in the 7th at 2-2 with a counterminute. Despite India attacking goal in the 24th earning a penalty corner minute. India's captain, in the final minute of the Harmanpreet Singh, first quarter, they could then converted a pennot capitalize, and the alty corner in the 29th quarter ended with a 1-1 minute, pushing India ahead 3-2 as the teams

trol with Gurjant Singh's marked by intense, fast- extending the lead to 4-2. ny at 1430 hours IST on impressive field goal in paced hockey from both Just two minutes later, June 1.

ing India's 3-2 lead.

ment. India dominated score to a nail-biting 5-4. early, earning a penalty Despite the late pressure, stroke that Captain Harmanpreet Singh convert-The third quarter was ed in the 50th minute,

opportunities, includ- allowed Harmanpreet ing a penalty corner for to score again, making India, both defenses held it 5-2. Argentina fought strong, and the quarter back valiantly, with ended goalless, maintain- Tadeo Marucci and Lucas Martinez scoring in the The fourth quarter 54th and 57th minutes, brought a surge of excite- respectively, bringing the

India will face Germa-

India held on to secure

#### **West Indies** finalise T20 World Cup squad

AGENCIES

ANTIGUA, MAY 27

West Indies have replaced the experienced Jason Holder with left-arm fast bowler Obed McCoy. Holder will miss the tournament due to an injury. The 32-year-old sustained his injury during the County Championship 2024 and will require a recovery period that has effectively ruled him out of the tournament. His replacement McCoy was the leading wicket-taker during the West Indies A's recent tour to Nepal, grabbing 8 wickets in five matches.

Squad: Rovman Powell (c), Alzarri Joseph (vc), Johnson Charles, Roston Chase, Shimron Hetmyer, Shai Hope, Akeal Hosein, Shamar Joseph, Brandon King, Obed McCoy, Gudakesh Motie, Nicholas Pooran, Andre Russell, Sherfane Rutherford, Romario Shepherd.

### NBA grants 3-year accreditation extension to two UG departments at NIT Srinagar

JI NEWS SERVICE

SRINAGAR, MAY 27

year accreditation exten- decided accreditation of members, especially Dr.

graduate courses including der Nath, congratulated the Ahanger, Coordinator Dr. UG courses in Electronics faculty, staff, and students Harveer Singh Pali along-& Communication Engi- on this achievement. neering and Mechanical Engineering have been standing tradition of excelaccredited up to June-2027, lence, and this milestone all stakeholders performed in accordance with the reaffirms our position as a their roles professionally," 'Accreditation of Tier I Engi- premier institution. We are he added. Institute's Regisneering Institutions under committed to fostering an trar, Prof. Atikur Rahman

programs on 13th April he added. 2024 to verify the data of

As per NBA, two under- NIT Srinagar, Prof. A. Ravin- NBA, Prof. Manzoor Ahmad "NIT Srinagar has a long-their exemplary work.

ducted evaluation of the in engineering education,"

Director NIT attributed National Board of Accredi- the programs. The compe- this achievement to the tation (NBA) granted three- tent authority in NBA has contributions of all faculty sion to two undergraduate two programs on the basis Gausia Qazi, Head of Elecengineering programs at of compliance reports for tronics & Communication National Institute of Tech- the academic years 2024- Engineering, Prof. Adnan nology Srinagar (NIT) Sri- 2025 to 2026-2027," it said. Qayaom, Head of Mechani-In his message, Director cal Engineering, Chairman

"It was a team effort, and "An expert team con- innovation and excellence tion serves as a hallmark of research purposes.

with their entire team, for

excellence, signifying that our institution upholds superior standards in both infrastructure and faculty

"It opens doors to a plethora of opportunities for our students and faculty alike, ensuring that they are wellprepared to excel in their chosen careers and contribute meaningfully to the advancement of knowledge in their respective fields," he said.

NBA Accreditation implies that the Higher Education Institution has highquality infrastructure and teachers. It provides better recognition from organizathe Washington Accord'. environment that nurtures said that NBA accreditations for employment and

#### **Boxing World Qualifiers**

### Ankushita Boro win opening round clash

**AGENCIES** 

BANGKOK, MAY 27

Former world youth champion Ankushita Boro prevailed over Namuun Monkhor of Mongolia in the 60kg category while Abhimanyu Loura went down against Ireland's Kelyn Cassidy in the second round of the 80kg weight category in the 2nd Boxing World qualifiers for Paris Olympics here in Thailand on Monday.

Boro, the first Indian woman in action in what is the final chance for the pugilist to book a Paris Olympic berth, began strong against her young Mongolian opponent. She outing to remember for 10-time national champi-

hor's speedy movements by tactically shifting gears list came into the secondto carve out a 4-1 win after round clash against twothree keenly-contested time Irish champion Cas-

effectively blunted Monk- Loura. The National championships bronze medalsidy, high on confidence

on Kristiyan Nikolov in a thrilling encounter.

But Cassidy was well prepared for the long reach of his opponent and went on to win 0-5 despite Loura giving his all in the final round.

On Tuesday, Sachin Siwach (57kg), Abhinash Jamwal (63.5kg) and Nishant Dev (71kg) will look to continue their march towards their quest for an Olympic quota.

Sachin will face Frederik Jensen of Denmark, Jamwal will take on Colombia's Jose Manuel Viafara Fory and Nishant Dev meets Otgonbaatar However, it was not an after beating Bulgaria's Byamba-Erdene of Mon-

#### FROM THE FRONT PAGE...

#### No family member...

against terror funding and ended it. We have taken a very tough stand on terror funding," he said.

In case of the banned Popular Front of India (PFI), Shah said the Government has imposed a ban on publication and spread of the terrorist ideology by it. Muslim radical group PFI, founded in Kerala, was

banned under provisions of the Unlawful Activities (Prevention) Act (UAPA) by the Centre in September 2022 over its alleged links with terror activities. In the case of Amritpal Singh, an alleged pro-Kha-

listani separatist, "we have put him in jail under the NSA (National Security Act)", he said.

Singh, the chief of radical Sikh separatist group 'Waris Punjab De', was arrested in April 2023 in Punjab under where he is lodged in Dibrugarh jail.

He recently filed nomination papers from the jail to contest the Lok Sabha election from Punjab's Khadoor

According to Union Home Ministry data, there were 228 terrorist initiated incidents in Jammu and Kashmir in 2018 and the number came down to around 50 in

There were 189 encounters between security forces and terrorists in 2018 and it came down to around 40

terror incidents in 2018. The number came down to around five in 2023.

In 2018, a total of 91 security personnel were killed in terror violence in Jammu and Kashmir, with the figure declining to around 15 in 2023.

#### Jammu reels under...

They advised additional attention for infants and young children, people working outdoors, pregnant women, and the physically ill, especially heart patients. are without Mahram", the senior officer said. They advised them to avoid heat exposure and stay

Farmers also advised to avoid working in the fields during day time and recommended irrigation during airport is on 22 June. evening time to save crops. KNO

#### Blistering heat in...

Bhaderwah-Chamba circuit provides ample opportunities for them," he added.

To ensure cleanliness at tourist places, BDA in col-

laboration with Bhaderwah Municipal Committee organizes weekly sanitation drives in Padri, Chattergala, Thanthera, Guldanda and Gatha Lake view resort.

Bhaderwah town is situated around 200 kilometers

Investigation Agency), we have taken strong action whereas the nearest railway station is at Udhampur, 500 through embarkation from other airports. some 135 kilometers away. The surface connectivity is travel on NH244 (Batote-Kishtwar) upto to Pul Doda. and emergency services, and that the training sessions Rs 15,560 remaining pending. From Pul Doda onwards, Bhaderwah is just 30 kilo-

For any medical emergency, the Government Medical College Doda is at the distance of 35 kilometers at Doda town whereas sub-district hospital Bhaderwah also provides emergency healthcare facility. KNO

#### Expect relief from...

in northwest and central parts of the country after three days due to a western disturbance and moisture incursion the stringent NSA and subsequently shifted to Assam from the Arabian Sea. There could be some thunderstorm activity in northwest India and rain in the western Himalayan region," Mohapatra said in a virtual press conference.

Delhi, south Harvana, southwest UP and Punjab recorded five to seven heat wave days, with maximum temperatures ranging from 44 degrees Celsius to 48 degrees Celsius, he said.

Assam also experienced a heat wave with record-breaking temperatures on May 25-26.

The IMD attributed the heat wave in northwest India and some parts of the central region in the second half of May to the lack of rainfall, stronger dry and warm winds As many as 55 civilians were killed due to various and an anti-cyclonic circulation over southwest Rajasthan and adjoining Gujarat.

> Mohapatra said only two of the five western disturbances that affected north India were active. (Agencies)

#### J&K Hajj 2024: Final batch...

"Today was the last flight of the Hajj schedule, and 273 pilgrims took up the journey to the holy city. Over 7000 pilgrims took up the holy journey, and 39 have embarked their journey from Mumbai airport while 37

The officer added that the core Hajj phase will start from 8 to 13 Zilhaj and that the first flight scheduled to return from Saudi Arabia to Srinagar Internationa

The Hajis from Jammu and Kashmir will start coming back from 22 June, with two flights scheduled on the first day. Each flight will be carrying 322 pilgrims," the officer added.

Notably, marking the beginning of the holy journey, the first flight departed from Srinagar International Airport on 9 May 2024 from Srinagar's Hajj house, witnessing emotional scenes.

According to the officials, over 7000 Hajj pilgrims from Jammu and Kashmir are undertaking the holy pilgrimage to Mecca and Madina, with approximately

were also conducted twice to equip pilgrims with essential information and guidance for their pilgrimage.

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

#### New power curtailment...

the day temperature for the first time crossed the 40 degree Celsius mark in Jammu.

The JPDCL recently announced purchase of 200 MWs of power to overcome the power crisis created due to extreme hot weather conditions and distress power

Various parts of Jammu and other districts witnessed protests by people fuming over unscheduled power curtailment and water scarcity over the past two weeks.

#### J&K records highest...

Compared this outcome of the layered depth of electoral mobilization and participation, as reminiscent of the fame and deft of the legendary Kashmiri artisanal weave. This active participation is a huge positive for Assembly elections to be held soon so that the democratic process continues to thrive in the Union Territory," he said.

The Commission said that the voter turnout of 50.86% from the three parliamentary constituencies in the Kashmir Valley echoes the faith of the people in the democratic process.

'The poll participation percentage witnessed 30 points jump from the last GE in 2019 where it was 19.16%," the poll-body said

The parliamentary segments of Srinagar, Baramulla and Anantnag-Rajouri recorded voter turnout of 38.49%, 59.1% and 54.84% respectively, which has been highest in last three decades.

The other two parliamentary constituencies namely Udhampur and Jammu recorded 68.27% and 72.22% voter turnout respectively. KNO

#### ACB arrests cashier...

of security amount to the tune of Rs15560. It was alleged by the complainant that he is running a Firm M/S Print Plus at Hazratbal Srinagar and in 202

from Jammu and the nearest airport is Jammu airport 6800 departing through Srinagar embarkation and over he had supplied stationary items and log books to the office of Executive Engineer, KPDCL, Sopore for which As per the officials, collaborative efforts were put the Bill payment against the supplied items was made from national highway 44 upto Nashri and one has to across various departments, including health, security, by the Department but the security deposit amount of

> The complainant further alleged that he approached the Department for the release of the security amount many times but the cashier Shafi kept delaying the same on one pretext or another and finally demanded Rs 10000 as a bribe for releasing the payment.

Under these circumstances, the complainant approached ACB with a written complaint requesting for legal action against the Cashier.

As the contents of the complaint prima facie disclose the commission of offence punishable under section 7 of the P.C Act 1988 (r/w its amendment Act 2018) by the accused public servant, accordingly a Case under section 7 of the P.C Act 1988 (r/w its amendment Act 2018) was registered at Police Station, ACB, Baramulla and investigations were initiated.

During investigations, the accused public servant was caught red-handed while demanding and accepting the bribe from the complainant by a specially constituted team of ACB.

He was immediately taken into custody after completing the legal formalities; the bribe amount was also recovered from his possession in presence of independent witnesses.

Further investigations in the case are going on, the statement added.

#### Court convicts 2...

Company Limited, though no fire incident took place during the relevant period as per the records of J&K Fire and Emergency Services Command, Srinagar.

"After completion of investigation, chargesheet was filed in 2009. The chargesheet in relation to false claim in respect of residential building of Satish Chander Wasoori, was filed in 2009 against the accused Subhash Saraf, Surveyor; Raj Nath Tickoo, investigator; Satish Chander Wasoori, claimant and Badri Nath Koul, Development Officer, Oriental Insurance Company.

It added that charges were framed in 2010 against all the accused. "The accused Subhash Saraf, surveyor and Badri Nath Koul, development officer expired during the trial, hence charges against them were abetted."

The statement reads that after trial, the court held accused RN Tickoo, investigator and Satish Chander Wasoori, claimant, guilty.

"CBI examined 32 witnesses and 97 documents in support of the charges which stood test of trial in the Court. Quantum of punishment will be pronounced tomorrow," it reads. KNO

# **Enrollment Camp at Shelter Home**

JI NEWS SERVICE JAMMU, MAY 27

Samvedna Society Chairman Keshav Chopra organized an Aadhaar enrollment Camp for the Childrens rescued by the Child Protection team during the drive launched by the District Task Force Jammu.The whole drive as conducted under the guidance of Deputy Commissioner Jammu.These in Begging and Child Labour, The Camp was

Mamta Rajput (JKAS). sion Mamta Rajput said Aadhaar Services related that the motive of orgabenefits to the rescued nizing Aadhaar camp is children at one Place. to ensure proper rehaies. To avail the benefits of of the Society and aim camp



Chopra for organizing Speaking on the Occa- the Camp and providing

Speaking on the Occa-

children's were involved govt sponsored schemes of organizing this camp Aadhaar card is manda- was to provide Aadhaar tory. She also appreciat- related services to these inaugurated by District ed the work of Chairman rescued Children's so that Child Protection officer Samvedna Society Keshav they can also get proper education and live a good

Yogita Thakur Superintendent of the shelter Home, Operational Manager Adhaar Sewa Kendra bilitation of these child- sion Keshav Chopra said Jammu Peer Mubashir rens, out of school child- that the mission of Sam- Shah, Operator Rahul rens shall be enrolled in vedna Society is to work Kumar and others were schools for further stud- for the needy sections also present during the

### Keshav Chopra organizes Aadhaar Ajaz Jan lauds people of Pir Panjal for enthusiastic participation in LS Polls

JI NEWS SERVICE

POONCH, MAY 27

Ajaz Jan, Former MLA Provincial President of JKNC Youth, today expressed his heartfelt gratitude to the people of the entire Pir Panjal for their overwhelming participation in the recently conducted Lok Sabha polls.

Addressing media persons here today, the senior NC leader highlighted the to the democratic spirit of the region.

Ajaz Jan particularly commended the first-time voters who turned out in and commitment to shaping the future of the nation. time voters is not just a sta-



is commendable and sets hard work in facilitating Assembly elections with a strong foundation for the such a well-organized elecvibrant democracy we all strive for," Jan stated.

In his address, Jan also significance of this par- lauded the efforts of the ticipation as a testament Election Commission of India (ECI) and the civil administration for conducting the elections smoothly and efficiently. He noted that their large numbers, demon- meticulous planning and strating their enthusiasm execution ensured that the voting process was fair, transparent, and acces-"The participation of first-sible to all eligible voters. "The Election Commis-

Their active involvement for their dedication and toral process. Their role was crucial in upholding the integrity of our demo- engaged with the people,

unwavering support and "As we move towards the efforts in facilitating a Assembly elections, it is He acknowledged the sig- to stay connected with in mobilizing voters, rais- their concerns, and work importance of voting, and issues. Our mission is ensuring that the elec- to serve the people, and tistic but a symbol of hope sion of India and our civil tion day was conducted this should reflect in our and a bright future for our administration deserve without any major hitch- actions every day," he condemocratic processes. our deepest appreciation es. "Our party cadre has cluded.

shown exceptional commitment and resilience. Their dedication to the democratic process and to our party's values has been inspiring," Jan remarked. Looking ahead, Jan

urged the party workers and supporters to prepare for the upcoming the same zeal and dedication. He emphasized the importance of remaining cratic exercise," he added. addressing their day-to-Furthermore, Ajaz Jan day issues, and continuing extended his gratitude to to build a strong connecthe party cadre for their tion with the community. smooth election process. crucial that we continue nificant role they played the people, understand ing awareness about the diligently to address their

#### 19 year junior under officer **Haroon Imtiaz** authors a book on Rashtriya Rifles

JI NEWS SERVICE JAMMU: 27 MAY 2024

Additional Director General, Jammu Kashmir & Ladakh Directorate, Maj Gen Rajesh Kumar Sachdeva reviewed the training of NCC camp being conducted by 5 J&K Bn NCC as well as released the Book "The Forgotten Face of the Guardians of the Valley: Rashtriya Rifles-Indian Army," authored by 19 year old Junior Under Officer Haroon Imtiaz at NCC Training Academy, Nagrota. The General officer also complimented and felicitated the young author who has demonstrated this literary prowess at such a young age.

Haroon Imtiaz, hailing from the village of Potha in District Poonch, embodies resilience forged in the crucible of adversity. Born amidst the turmoil of Jammu and Kashmir, he witnessed firsthand the harrowing loss of his infant brother to the merciless hands of militants-a tragedy that ignited within him an unwavering quest for truth. Educated within the nurturing walls of the Army Goodwill School Potha, Cadet Imtiaz stood witness to the divergent paths of inimical forces and the Indian Army, their agendas starkly contrasting.

Driven by an insatiable hunger for truth, Cadet Imtiaz channelled his fervour into literary pursuits, illuminating the narrative of sacrifice, human rights, and the relentless battle against propaganda. His seminal work, "The Forgotten Face of the Guardians of the Valley: Rashtriya Rifles-Indian Army," unveiled the valorous spirit, unyielding commitment, and unswerving dedication of the Rashtriya Rifles, a bastion of resilience within the Indian Army. This book, now gracing the virtual shelves of Amazon, stands testament to Cadet Imtiaz's dedication to truth.

Recognized by none other than the Corps Commander of the 16 Corps for his sincerity, commitment, and devotion, Cadet Imtiaz is a beacon of hope amidst the shadows of misinformation. With unrelenting resolve, he navigates the labyrinth of propaganda, striving to illuminate the path of truth for his fellow brethren. As he pens his forthcoming works on the Kunan-Poshpora incident and the valour of Havildar Abdul Majid, Kirti Chakra, JUO Imtiaz continues to carve a legacy of courage, enlightenment, and unwavering dedication to his homeland.

### PM Modi resolute in honouring commitments made to people: Kavinder

JI NEWS SERVICE

GURDASPUR, MAY 27

Senior BJP leader and former deputy chief minister, Kavinder Gupta on Monday asserted that PM Narendra Modi is resolute in honoring all the commitments made to the people of Jammu and Kashmir.

was addressing an election with J&K, Kavinder Gupta towards restoring the demrally garnering votes for the reiterated his party's unwav- ocratic fabric of the region. BJP candidate Dinesh Singh Babbu, for Gurdaspur Lok ing peace, development, that the so-called Kashmir-Sabha constituency.

Government has trans- Jammu and Kashmir. He formed J&K in its 10 years categorically said that the population just to satiate rule as peace, prosperity and Modi government is deditheir vested and dynastic progress are the buzz words cated to holding Assembly in the Union Territory unlike elections and restoring state-Congress and its ilk.

given by Union Home Min- conducive environment for "We have made significant we are working diligently ister, Amit Shah about BJP free and fair elections before strides in curbing terrorism towards achieving this goal



ering commitment to bring-

The BJP stalwart leader promises made in context will be a significant step He said it is unfortunate and democratic restoration centric parties misled the Kavinder said that Modi to the Union Territory of people of J&K for over 70 years and hoodwinked the agendas.

Quoting Home Minister anti-national slogans which hood to the region, fulfilling Amit Shah, Kavinder said ruled the roost in the past all promises made to the that Modi Government's BJP government is actively to ensure peace and stabil-Government fulfilling all September 30, 2024, which and creating a secure envi- as well", he maintained.

ronment for all citizens. The reduction in violence and the return of normalcy are testaments to our efforts. Under the leadership of Prime Minister Narendra Modi, we have launched numerous development initiatives aimed at transforming the socio-economic landscape of Jammu and Kashmir. From infrastructure projects to healthcare and education reforms, our government is committed to the holistic development of the region", he said, adding that the government at the Centre is fully committed to restoring the democratic process in Jammu and Kashmir. "The Assembly elections will be conducted sooner than later ensuring that the voices of the people during the weak regimes of people. He assured that the foremost priority has been are heard and represented. The restoration of statehood Citing the statement working towards creating a ity in Jammu and Kashmir. remains a top priority and

#### **DPS Kathua hosts exciting summer Pool** Party, Rain Dance for Kindergarten Wing

JI NEWS SERVICE

KATHUA, MAY 27

DPS Kathua organized a delightful Summer Pool Party and Rain Dance for the Kindergarten Wing, catering to students from Pre-Nursery to U.K.G. The event, held on the school campus, was a tremendous success, with 200 enthusiastic young students participating and enjoying a day filled with fun and excitement.

The activity, meticulously coordinated by In-charge Gurpreet Kaur, featured a variety of water games, pool activities, and a lively rain dance. The children were thrilled with the refreshing and enjoyable experience, making the day a memorable one for all.

Principal Mr. Vivek ers, the activity teachers, environment. I am deeply dents.

and particularly Gurpreet grateful to the teachers execution of the event. ensured the safety and Arora. enjoyment of all the students involved.

were fantastic initiatives, engaging extracurricular Arora extended his heart- offering our young stu- activities, fostering both felt appreciation to the dents a chance to relax, the physical and social Kindergarten Wing teach- play, and socialize in a safe development of its stu-

Kaur for their seamless and Ms. Gurpreet Kaur for their outstanding efforts He praised their dedica- in making this event a tion and teamwork, which memorable one," said Mr.

The event underscored DPS Kathua's commitment "The Summer Pool to providing a balanced Party and Rain Dance education that includes

### **CUJ organizes Interactive Session with Industry Expert**



JI NEWS SERVICE JAMMU, MAY 27

successfully organized an Mr. Verma's presentation industry needs." industry interaction with was followed by a Q&A nology Private Limited). eagerly asked questions itude to Mr. Parth Verma The event took place in about career paths, the and Enthu.ai for their the Seminar Hall, ISRO working environment at cooperation and support Building, and focused on Enthu.ai, and the appli- in making this event a discussing internship and cation process for intern-success. Such initiatives placement opportunities ships and placements. for the students.

responsibilities offered to cations of their studies faculty members.

interns and new gradu- and the dynamic nature of ates at their company.

Enthu.ai (Enthu Tech- session, where students of Jammu extends its grat-

Mr. Parth Verma, Co- Jha, Head, Department bridge the gap between Founder and Chief Tech- of Electronics & Com- academia and industry, nology Officer (CTO) of munication Engineer- ensuring that students are Enthu.ai, addressed the ing, emphasized the well-prepared for their gathering, sharing valu- importance of such future careers. able insights into the interactions in preparing

the technology sector," he The interaction pro- said. Mr. Verma's session The Department of Elec- vided a platform for stu- was incredibly informatronics & Communication dents to engage directly tive and inspiring. It has Engineering (DoECE), with industry profes- given us a clearer picture Central University of sionals, gaining firsthand of the career opportuni-Jammu under the patron- knowledge of the expec- ties in the tech industry age of Hon'ble Vice Chantations and demands of and how we can align our cellor Prof. Sanjeev Jain, the professional world. skills and aspirations with

> The Central University are part of the univer-Prof. Rakesh Kumar sity's ongoing efforts to

The event was also industry and the various students for successful attended by Dr. Sachin opportunities available at careers. "Engaging with Kumar Gupta , Dr. San-Enthu.ai. His talk covered industry leaders like Mr. jeev yadav, Dr. Sunil the latest trends in tech- Parth Verma provides our Dutt Sharma, Dr. Misbah nology, the skills required students with a unique Shafi, Dr. Rajiv Kumar, Dr. to excel in the field, and opportunity to under- Parvesh Pal, Dr. Priyank the specific roles and stand the real-world appli- Sharma and Haneet Kour

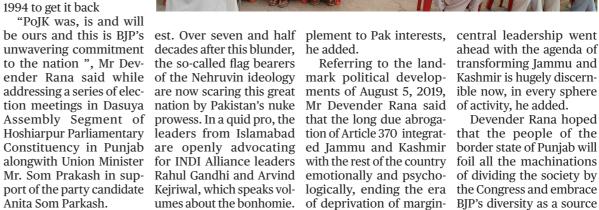
### PoJK, a Nehruvian-Congress blunder: Rana

JI NEWS SERVICE HOSHIARPUR MAY 27

Describing Pakistan occupied Jammu Kashmir (PoJK) a Nehrvian- Congress blunder, stemming out of strategic myopia, misplaced priority and appeasement in 1947, Senior BJP leader Mr Devender Singh Rana today said Parliament has made a firm resolve by adopting a unanimous Resolution in 1994 to get it back

"PoJK was, is and will be ours and this is BJP's unwavering commitment to the nation ", Mr Devtion meetings in Dasuya Assembly Segment of Constituency in Punjab alongwith Union Minister Mr. Som Prakash in support of the party candidate Anita Som Parkash.

Rana said the BJP has a clear stand and policy on Pakistan-Occupied Jammu the historical blunder com-



He added. He blamed those holding power for long for fueland Kashmir and believes ling the fire by advocating it as an integral part of talks with Pakistan and India. The compatriots opposing the historic iniacross the country have tiatives like abrogation of always been agitated over Article 370, terrorism, supporting separatist tendenmitted by the first Prime cies. Though the situation Minister as a consequence demanded all political parof his bonhomie with a ties to speak in one voice Kashmir based leader. He over important national referred to the illogical issues, especially to foil ceasefire about 75 years the Pak machinations, yet ago, saying the decision the Congress, Aam Aadmi was driven by emotions Party and others are play- Last". The determination India as global leader. and not the national inter- ing complement and sup- and resolve with which the

he added. mark political develop-

Mr Devender Rana said of activity, he added. that the long due abrogation of Article 370 integrat- that the people of the with the rest of the country emotionally and psychologically, ending the era the Congress and embrace of deprivation of margin- BJP's diversity as a source alized segments of society of strength and resilience besides discrimination of in spirit of Sabka Saath, various regions and sub- Sabka Vikas, Sabka Vishregions. The abrogation of was, Sabka Prayas that has special status bade farewell emerged as a huge factor to gender bias also. He said for taking the nation to the abrogation of Articles highest pinnacles of prog-370 and 35A demonstrated ress and development. . the firm will of the Prime Minister Narendra Modi ate appeal to the sagaand Home Minister Amit cious voters of Punjab to Shah to accomplish BJP's vote and support Prime mission of "One India and Minister Modi in the last Nation First", unlike the phase of elections, like the Congress, AAP and their ilk people across the country "Family First and Nation did in six phases to steer

central leadership went ahead with the agenda of Referring to the land- transforming Jammu and Kashmir is hugely discernments of August 5, 2019, ible now, in every sphere

Devender Rana hoped foil all the machinations of dividing the society by

Rana made a passion-

### **EDITORIAL**

### **BJP's strategic** rejuvenation

The BJP is gearing up for a crucial political contest in Jammu and Kashmir, as the Centre expresses its intent to hold the long-awaited Assembly elections before September 26. The BJP, known for its dynamic election strategies, has embarked on an ambitious plan to profile young, untainted candidates to counteract anti-incumbency and voter dissatisfaction. This move is poised to redefine the political landscape of the region, aiming to enhance the party's connection with the masses and strengthen its position. The BJP's strategy to field fresh faces in the upcoming elections is not merely a cosmetic change but a calculated move rooted in its broader electoral playbook. By seeking detailed profiles of young and new candidates across Jammu and Kashmir. the party aims to replace underperforming leaders who have failed to resonate with the electorate despite multiple opportunities. This approach has previously yielded success in various states across the Hindi heartland, mitigating anti-incumbency and rejuvenating the party's appeal among voters. Since the abrogation of Article 370, Jammu and Kashmir has experienced significant infrastructural development and a newfound sense of equality among its diverse communities. The BJP has been vocal about its achievements in delivering justice and fostering development, which it believes positions it favorably ahead of the elections. The party's optimism is reflected in its ambition to surpass the 25 seats it secured in the 2014 Assembly elections. Confidentiality surrounds the profiling of young leaders, ensuring that potential candidates are meticulously vetted for their integrity and impact. This pool of new faces includes professionals such as doctors, engineers, academicians, and elected members of the District Development Council (DDC) and Block Development Council (BDC). The emphasis on a clean image and grassroots influence is paramount, as the BJP seeks to build a robust cadre capable of addressing the aspirations of the populace. A notable aspect of this rejuvenation strategy is the anticipated exclusion of senior leaders with lackluster performance records, particularly those who served in the previous PDP-BJP coalition government. This decision underscores the BIP's commitment to accountability and its willingness to adapt for electoral success. By replacing these leaders with dynamic, young candidates, the party aims to inject new energy and ideas into its campaign. In the politically sensitive Kashmir Valley, the BJP's approach is even more nuanced. The party has consciously decided to field candidates with strong, clean reputations from various political backgrounds to enhance its organizational strength and electoral prospects. This strategic patience was evident in the recent Lok Sabha elections, where the BJP chose not to field candidates in the valley, focusing instead on strengthening its organizational base. As the BJP prepares for the electoral battle in Jammu and Kashmir, its strategy of profiling young and fresh faces reflects a broader vision of political rejuvenation and inclusivity. By prioritizing clean images and grassroots impact, the party aims to forge a deeper connection with the electorate, presenting itself as a force capable of ushering in sustained development and equitable governance. This election will not only test the BJP's electoral tactics but also its ability to navigate the complex socio-political dynamics of Jammu and Kashmir, a region at the heart of India's strategic and cultural identity.

### Key takeaways from ICMR's new dietary guidelines

WAJIHA MEHTAB

cal Research (ICMR) and the National Institute of Nutrition (NIN) jointly released a New Dietary Guideline for Indians on 7 May 2024. The comprehensive set of 17 dietary guidelines is aimed at reducing the burden of non-communicable diseases (NCDs) such as obesity, diabetes, stroke and coronary heart disease (CHD) in the Indian population. According to NIN, under total diseases in India are due to unhealthy dietary habits. They also Stated that having a healthy diet and physical activity can lower the risk of CHD, hypertension (high blood pressure) and type 2 diabetes mellitus by up to 80%. The burden of NCDs and resultant mortality is appropriate for age, is expected to increase gender, physiological unless massive efforts are made to prevent and conity level. At least 50% of

The dietary guidelines 'ndian Council of Medifor Indians (DGIs), developed by a team led by the director of NIN, Dr. Hemlata R, are evidence-based food and lifestyle-related recommendations. They are logical, sustainable, easy to follow by Indians and provide long-term solutions for fighting against malnutrition and having a healthy life. These guidelines are practical approaches for ensuring diet diversity to meet the requirements of essential the apex health research nutrients among people body, about 56.4% of the of all age groups across the country. Following are some of the important and key takeaways from the DGIs:

#### General lifestyle

To ensure a balanced diet, it is crucial to include foods from all food groups, selecting a variety that status and physical activ-

lets, which are minimally polished to provide adequate nutrients. However, cereals should account for no more than 45% of the total caloric intake. Pulses, eggs and meat should contribute 14-15% of the calories, supplying good quality proteins and essential amino acids through natural food combinations. Avoid protein supplements for muscle mass building, as they are unnecessary if a balanced diet is maintained. Fat intake should be limited to 30% of total calories, with essential fatty acids obtained from nuts, oilseeds, milk products and seafood, which should collectively provide 10% of daily caloric intake. Include non-starchy fresh vegetables, green leafy vegetables and at least 30 grams of fruits in every meal. Vegetarians should consume n-3 PUFA-rich foods like flax and chia seeds to meet their B12 and n-3 PUFA needs. High-fat, stick cookware. Acidic the nutritional needs of

30-45 minutes of physical activity daily, while children should aim for 60

lactation, maintaining healthy dietary habits and an active lifestyle is essential. Infants should be exclusively breastfed for the first six months, with no additional feeds, mothers should continue breastfeeding even if they have any disease unless advised otherwise by a medical professional. For cooking and food

storage, air-fryers and the risk of conditions like granite-coated utensils (without Teflon) are preferable. Earthen pots are the safest cookware as they are eco-friendly, require less oil and preserve nutrition. Avoid using non-stick pans practical, sustainable and at temperatures above 170 culturally appropriate recdegrees and discard any ommendations to ensure damaged or broken non- a diverse diet that meets

be whole grains and mil- (HFSS) foods should be in aluminium, iron, or recommendations include avoided. Adults should unlined brass/copper con-balancing food groups, prireactions that could contaminate the food.

The Indian Council of May 7, 2024, to combat also emphasise avoidhabits contributing to children. 56.4% of the country's and regular physical activity can significantly reduce coronary heart disease, hypertension and type 2

diabetes by up to 80%. The guidelines, crafted under the leadership of Dr Hemlata R, provide trol NCDs and their risk cereals consumed should high-sugar and high-salt foods should not be stored Indians of all ages. Key

engage in a minimum of tainers to avoid chemical oritising whole grains and millets, ensuring adequate protein intake through natural foods, limiting fats Medical Research (ICMR) to 30% of daily calories During pregnancy and and the National Institute and including a variety of Nutrition (NIN) unveiled of vegetables and fruits in new dietary guidelines on each meal. The guidelines the rising tide of non- ing high-fat, high-sugar communicable diseases and high-salt foods and (NCDs) in India. These promoting daily physical guidelines aim to address activity-30-45 minutes for not even water. Lactating the unhealthy dietary adults and 60 minutes for

> Special considerations disease burden. Evidence are given to pregnant and suggests that a healthy diet lactating women, advocating for exclusive breastfeeding for infants during the first six months. Additionally, safe cooking and food storage practices are recommended, such as using air-fryers, granitecoated utensils and earthen pots to preserve nutrition and avoid chemical contamination.

(The writer is a Consultant **Celiac Dietician at AIIMS** Delhi; views are personal)

### Biden is the best President that business can hope for

**MATTHEW YGLESIAS** 

To Democratic presi-Grover Cleveland in the late 19th century has business. But the bleak relationship between Ioe Biden and corporate financial market perfornative.

Yes, Donald Trump offers some of what business has always liked about Republicans – vows to lower corporate taxes and reduce regulation – but compared to pre-Trump lot of distasteful items on per cent tariff on all goods from elsewhere.

goods and compete with for years to come. firms in Europe and Asia.

Trump is also vowing the deportation of people ing without authorisation in the US.

the interests of thousands of US businesses that rely on all kinds of immident since at least grant labor - skilled and unskilled, legal and illegal.

The US unemployment been beloved by American rate is already very low, so the vacancies created by this policy wouldn't be filled by bringing people America is remarkable back into the labor force. given both the stellar The economy's productive capacity would contract, mance during his tenure risking higher inflation and the nature of the alter- or interest rates, which would make it harder for all businesses to invest.

Speaking of interest rates Business has always loved the Republican approach to tax policy, but 2025 is not going to be 2017 or 2003 in terms of Republicans, he's put a macroeconomic circumstances. A huge tax cut the menu. He wants a 60 that increases the deficit would put more upward imported from China and a pressure on inflation and 10 per cent tax on imports force even higher interest Quite apart from any Trump has floated clipping Khan at the FTC or Gary mob to try to overthrow Tim Geithner or Robert seems overly obsessed impact on consumer the Fed's independence Gensler at the SEC, or to the government. And it's Rubin was. He does not with preserving Biden's prices, this would crush to force rates down - a take issue with stray bits worth pointing out that really pay homage to the populist street cred as a US exporters who rely on disastrous idea that could of political rhetoric about the sky isn't falling under entrepreneurial spirit of way to neutralise Trump. foreign-made intermediate cripple the US economy price gouging. But corpo- Biden, either. Trump, American business or do But politicians frequently

And that's just the relatively normal policy cuts to legal immigration stuff. The long-tail risks of and a dramatic increase in bombing Mexico or ending NATO while cutting off aid already present and work- to Ukraine, for example, are gargantuan. And yet corporate America sees This kind of posturing is 2024 as a "no win" propogood campaign rhetoric, sition. Which raises the



been very good for the bottom line.The Biden years have been very good for the bottom line.

Part of the reason may be sheer pettiness. It's completely fair for indusrates. To deal with this, try to complain about Lina led an insurrectionary on Wall Street the way rate America is doing just meanwhile, has secured much to court the private win by playing against fine under Biden.

There is also an oddly asymmetrical assessment of the risks involved in the choice between Biden and Trump. Business can live with what Biden has done so far, but it is paranoid about what he might do in the future – such as taxing but in a practical sense question: Why doesn't unrealised capital gains.

won't follow through on his loopier promises.

I have no idea where by a Republican majority in the House, the Senate

best justification for this insufficiently appreciative expectations, he is more business coolness toward of the economy. They're business-friendly than Biden is just hurt feelings. not necessarily wrong. most Democrats. would be devastating to business like Biden more? Meanwhile, it is blithely And that raises the inverse But telling people that

The Biden years have confident that Trump of my earlier question: Why doesn't Biden like

business more? this confidence comes a business leader in his he's not a communist and from. It's true that Trump cabinet. Treasury Secreserved a full term and the tary Janet Yellen is an acasky didn't fall. But he also demic, not a friendly face much more control over sector. He should consid-type. Part of Trump's his party in Congress, er changing direction on schtick is being more popwhereas it's all but certain that, and find a bone or ulist, relative to voters' that Biden will be checked three to throw business on baseline expectations, the regulatory front.

Democrats are current-

they don't know how good they've got it is not a great message, politically speaking. By contrast, recruiting outside validators from the business world to talk about how healthy recent growth has been, and how risky a bet on Trump would be, could actually improve the "vibes."

Biden's former chief of staff, Ron Klain, told an audience of leftist intellectuals last month that the president spends too much time going to ribbon-cutting ceremonies and too little time talking about his vision for the country. Maybe. Or maybe Biden should spend a bit more time schmoosing with business leaders Biden does not have and reassuring them that doesn't see eye-to-eye with Elizabeth Warren on everything.

The White House often than most Republicans. Biden can appeal to voters ly obsessed with the idea by showing them that, As far as I can figure, the that the American public is relative to their baseline

### **Strategies for Inner Peace and Empowerment**

RAVI VALLURI

a chimaera? Or like A chimiaera: Or mac Rama and Lakshman are we running after a non-existent golden deer? Or like the Pandavas, (barring the righteous Yudhisthira) do we partake in water from a poisonous

our mind is fully aware of Sudarshan Kriya and that what we are attempt- Pranayama, overcame ing is incorrect and inchoate, yet we undertake that activity like a Kamikaze pilot. There are a couple of reasons for this harakiri or running after the

ful (not sleepy in a literal sense) as we are not focused or centred. We cannot differentiate and distinguish between choic-

B) Our mind and work in teams and practice thoughts (a human mind the art of delegation. on average receives 70k thoughts a day) cannon- all arduous tasks first.

ade us endlessly. Now the company we keep and the re we running after food we partake in has a significant impact on the human mind and body.

Negative company drains a person and toxic food and drink enervates and debilitates our system. I was a victim of alcoholism and realised the suffering one goes through. By In all such situations, adopting the techniques the disease. It was a weak mind which fell prey to Bacchus.

> C) Tools for Effective Time Management-

Try the POSEC METHOD That is to prioritise by A) We are not wake- organising, streamlining and economising time to be effective. "Undertake a SWOT

> analysis to emerge trium-"We should learn to

"As a routine, attempt



"Build flexibility in 'NO' and to utter 'YES' one's schedule or else one would suffer from psychosomatic disorders.

"Develop hobbies and read inspirational and selfhelp books.

Every morning and night while being grateful make an inventory of dos and don'ts and must-do lists. Let us learn to say

when an oxymoron kind of situation arises. A 'Yes mind' makes an individual take up responsibility. And taking up responsibility can only empower a person

Live life king-size and learn to celebrate. We can celebrate only if we can quieten our minds. These

in our mind. For that we can do the following:

out our problems, hug a declutter our minds. person (perhaps someone whom we do not like), to channel this energy. write down all our both- There may be some who erations, be in sync with may practice meditation, our breath and move- breathing techniques and ment, pursue a passion, observing silence to quibe a daredevil, get out of eten and silence the mind. our comfort zone, exercise There may be others who vigorously (positive endor- remain focused by playphins get released which ing a game of tennis and have a soothing effect on the mind and body), have cold water baths to conquer passion and carnal

Despite practising all cling to negativities. Willytechniques, we may not be able to find our place in the Sun.

So, what does one do? Just surrender to the immense power within ourselves and learn to

accept. Realise that "ham Brahmasmi"- "I am the

are some ways to quieten infinite reality", as writour mind and develop a ten in Brihadaranyaka relaxation room or space Upanishad. Our mind has that immense power. It needs to be harnessed and Go for long walks, talk realised. We just need to

There are several ways

sweating it out. We should feel blessed and feel abundance. Let your mind not be judgemental and complain and

nilly we provide the hook to hang the coat of nega-(The writer is the CEO of

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

# mental health

**TOW** often do you hear people around you complaining about work stress or emotional exhaustion? Mental health is often negated in front of physical health. But what many don't know is that by 2020, mental illness will be the second top cause of morbidity and mortality after heart disease. How is your mental well-being tested? Let's take a simple test. Do you find it tough to ward off negative thoughts? Do you find it tricky to deal with difficult situations? Sudden work assignment or unruly behavior by the boss pulls down your spirit? Do you find comfort in food when you are stressed?

If you have answered most of them in affirmation, you surely need to keep a check on your mental health. Mental well-being means you are able to function well in your dayto-day life and sudden challenges don't make you fall. We spoke to Dr Rajesh Goyal, consultant psychiatrist, Sir Ganga Ram Hospital, to bring you top six practical ways to maintain mental well being.

Maintain a regular routine

Try and create a daily routine, from waking up time to eating to sleeping. People who follow a regular routine are found to be healthier emotionally as well as physically.

Exercise 5 times a week

This stands true for every ailment. Make sure you exercise atleast 5 times a week if not all days. Staying physically active is a key reason for mental wellness as any form of workout releases happy hormones. Eat a well balanced meal that comprises of atleast 5 fruits and vegetables a day. Also, coconut water and bananas are rich in potassium and help in elevating the mood. Dark chocolate works equally well in mood elevation. You may not find 'me' time during the week due to work and personal commitments, but set aside half a day during the week to pursue something that you like. It could be something as simple as listening to music, reading books or even visiting a salon to pamper yourself. "We are so busy treating others that we forget to treat ourselves.'

#### Healthy diet for infants prevents obesity later

\*F you do not want your baby to grow up into an over-weight adult, make sure you feed him or her healthy diet from the very first year, a study suggests.

Babies who eat diets high in sugar, fat, protein and dairy products show faster gain in body mass index scores from ages six to 12 months, the findings showed. "Dietary patterns are harder to change later if you ignore the first year, a critical period for the development of taste preferences and the establishment of eating habits," said lead author Xiaozhong Wen, assistant professor at University at Buffalo in the US.

The researchers also found that babies whose diets consisted mainly of high fat/sugar/protein foods were associated with slower gain in length-for-age scores from six to 12 months. Some of the unhealthy "adult foods" consumed by six- and 12-month-old babies in the study included items inappropriate for infants, such as candy, ice cream, sweet drinks and French fries

"There is substantial research to suggest that if you consistently offer foods with a particular taste to infants, they will show a preference for these foods later in life," Wen pointed

# maintain weight and control diabetes

ID you know that eating foods with sugar levels in-check and help your body metabolise fat more effectively? Glycemic Index or GI measures the effect of a specific food on your blood glucose levels after you eat it. Pure glucose, with a GI rating of 100, is used as a stan-

all the foods are measured on the GI Index.
All other foods

are measured on a scale of 0 to 100 depending on their effects on blood glucose levels in the body. A low glycemic food ideal-

has a GI of 50 or less. Wholegrain chapattis or bread, legumes, barley, beans, non-starchy vegetables, apples, pears, citrus fruits, meat,

fish and eggs have low GI index. Nutritionist Prema Kodical lists the health benefits of low GI foods and tells us ways to modify our food choices to make it low in glycemic index.

Health benefits Low GI foods do not cause blood glu-cose levels to rise rapidly. Since they do not raise blood sugar levels, less insulin is required to eliminate sugar from the blood. This in turn lowers the risk of developing type 2 diabetes and cardiovascular diseases. They also contain fibre that helps reduce cholesterol levels. of bulk in the form of wholegrains. legumes and vegetables, they fill you up in fewer calories and help you maintain healthy weight. They may also be helpful in preventing colon cancer and breast can-

Tips to eat low GI foods Eat whole grains and wholegrain flour

instead of refined flour like maida. Foods such as rolls and ready-to-eat cereals tend to have high GI value. Avoid packaged and processed breakfast cereals like cornflakes or those with added sugar. You can beat diabetes

wheat, flour and rice-free diet. Eat whole fruits instead of having fruit juices. For example, orange has a GI rating of 42 which is low GI while its juice has a rating of 52 which can be considered

Starchy vegetables like sweet potatoes, corn and beetroot have medium to high GI levels. Therefore opt for non-starchy vegetables with low GI such as spinach, broccoli, peppers, onions and cabbage. Have blended vegetable soups instead of clear soups. Include legumes and nuts like dried beans, split peas and lentils. Soy beans have a very low GI value of 18. Other legumes like black beans, kidney beans and white beans also

### Keep your feet firmly on the ground with these simple hacks!

OUR feet are the most grounded (read: lowest) parts of your body and this is probably the reason why many don't give them a second thought, unless you have to get a pedicure of

However, foot health is as important as any part of your body, solely for the reason that you are totally dependent on them and they carry your around

Feet take the maximum ressure. It may sound funny, but think about it! You make them go through the pain of high heels, run around in them, play sports, subject them to things like pollution, dust, grime, etc., they have to bear it all! Your feet probably need all the attention they



a few foot hacks for you for good, healthy feet!
1. For hurting feet: Most

people have a shoe fetish. No S, M, L, XL or XXL business there, because foot size doesn't really matter, does it? But the pain of a shoe bite from a new shoe is something everyone likes to avoid. To do just that, the best thing to do is apply a deodorant all over the feet. This works like magic and lets the freshness last for up to a good 12 hours.

2. Smelly feet: Surely, no one wants people to stand 50

they're barefoot. To avoid that embarrassing situation and get rid of the repelling odor from your shoe, simply throw a teaspoonful of baking soda along with some talcum powder inside the shoe for a night and throw it out the next day. This will protect your feet

from fungus and odor.
3. Pain from high heel strain: Getting ready for a night of partying, are we? Wearing your favourite pair of stilettos? Then you probably want to avoid a possible nerve damage. This may sound strange, but a medical tape wrapped around the third and fourth toe of your feet can reduce the strain on the nerve between these two toes to a considerable level, thereby preventing pain in

### Tips to maintain your How foods with low glycemic index help Drink ginger tea to relieve a migraine naturally

acterized by severe headaches and in some cases, vomiting and nausea. Although these symptoms can be relieved with medication, there are natural remedies that can help beat the symptoms of a migraine. One such safe, easily available and efficient home remedy for quick relief from a migraine is

ginger. What makes ginger effective against migraine?

Ginger contains antiinflammatory compounds that play a key role in combating various symptoms of migraine. These compounds inhibit the synthesis

rostaglandins that cause inflammation and pain relieving a
. Apart from headache. these, ginger acts as a tra-ditional home remedy to



prevent vomiting, commonly seen in people suffering migraine attacks.

How to use this natural aid?

In order to harness the pain-killing powers of ginger and attain quick relief from a migraine and its symptoms, try drinking ginger tea. Here is how you can prepare it -

Take a medium piece ginger, wash and peel Now, grate ginger or chop it into few pieces.

Add these ginger pieces to a cup of boiling water and steep it for around 10 to 15 minutes.

Allow this mixture to cool a little, strain and drink. You can also add honey and lime juice (it's

### Are you coming in the way of your weight loss?

AVE you been concerned with your weight loss lately? Do you feel you're doing everything in your power to reach that particular kilogram, yet unable to? Yes, most of us do go through that plateau phase.

But, the question is, are you really doing everything right to reach your destined weight? No, the answer is not in your genetics and neither is it natural. However, vou may be, unintentionally of course. obstructing yourself from achieving your

But worry not! Because listed below are a few things you may be doing wrong, along with ways you can fix them!

1. Too much eating: Eat healthy, the doctor said. But nowhere did he mention eat a lot! Health food does not imply hog ging on it.

Excess of anything is bad and this statement holds true in the case of health food as well. If the amount of calories you're consuming is higher than the number of calories you're burning each day, it's only going to add to your waistline.

Do it right: Include more of protein-rich foods in your diet. Also keep track of the amount of food you're eating. Don't overeat and check your portion sizes. Ensure that you eat a balanced meal so that you con-

2. Not eating enough: Now, welcome to the other side! Yes, there are people who are probably not eating the right amount, which means lack of the right nutrients. This can also hamper your weight loss goals. Nutrients are fuel for the body and for that you need to eat but eat right. Neither to little nor too much.

Do it right: Eat at least 3 balanced meals per day and 2 snacks. You can also eat small portions every couple of hours. By doing this, you'll keep your metabolism running high and you'll ensure that you're getting enough food to support your activity for the day.

3. Nibbling your way out: Oh, how we love to cheat! Those little 'bites' you come across everyday – the plate of cookies on the table for the kids, a bite of a delicious snack from a friend when you're stuck with just a salad, the so-called "I need a break" snack at work, et al – all add up! You're simply raking in the calories this way.

Do it right: Allot a cheat day every

week or simply save the "bites" for the special foods you can't live without.

4. The lying fitness tracker: Ever found yourself thinking, "That can't be right!" after a workout session? Well, the bitter truth is that you're probably using it wrong or the most possible problem is that you trust your tracker too much.

### Sugar-free drinks are equally bad for teeth, warn dentists

Lyou've got rid of the problem. Even sugar-free drinks and foods

kick-off tooth decay, dentists have Researchers from University of Melbourne tested 23 different types of drinks, including soft

drinks and sports drinks, and found drinks that contain acidic additives and those with low pH levels cause measurable damage to dental

enamel, even if the drink is sugar-free, Daily Mail reported. The cocktail of chemicals and acids in sugar-free food and drinks can have the same impact, wearing away at the teeth, researchers from University of Melbourne said. "Many people are not aware that while

reducing your sugar intake doesn't reduce

your risk of dental decay. The chemical mix

of acids in some foods and drinks can cause

F you have switched to sugar-free drinks to avoid tooth decay, don't think that the equally damaging condition of dental erosion," lead researcher Eric Reynolds was quoted as saying.

Dental erosion occurs when acid dissolves the hard tissues of the tooth. In its early stages, erosion strips away the surface layers of tooth enamel. Researchers measured dental enamel softening and tooth surface loss following

exposure to a range of drinks. They found that the majority of soft drinks and sports drinks caused softening of dental enamel by 30 per cent to 50 per cent.

Both sugar-containing and sugar-free soft drinks (including flavoured mineral waters) produced measurable loss of the tooth surface, with no significant difference between the two groups of drinks, the study found. "We have even found sugar-free confectionery products that are labelled 'toothfriendly' and which when tested were found to be erosive," Reynolds said.

### **Post-workout binging: This** is how you can control it!

HAT adrenalin rush is exactly the drug that everyone who loves to workout needs. A rigorous couple of hours of sweating it out really gets

you going, doesn't it? Once done, you feel refreshed. But after some-

This is normally the cue for you to get up and make a trip to the kitchen. But, with your hunger overpowering you, you sometimes tend to overeat or eat something heavy, thereby, completely defeating the purpose of your workout

Although, isn't it better to conquer that hunger or the hungry feeling in a healthier way? Yes, there definitely is! Read on to



Recognize your limita-

People often assume that over-training would bring them quick results. This concept couldn't be more wrong. Losing weight and growing muscles only happens over an extended period of time. It's important to limit your training, or you might have cravings to binge on food after your workouts Less but frequent eat-

ing:
Eating only one or two consistent meals will make you gain weight. Eating breakfast is most essential, since it kicks up your metabolism. For lunch, you should eat light and nutri

tious food.

## cut stomach cancer risk

Cauliflower, potatoes, onions

**70U** may want to start eating large amounts of White vegetables as scientists have found that they keep stomach cancer risk at bay.

The study, undertaken by Chinese scientists at Zhejiang University, found eating cauliflower, potatoes and onions reduces the chance of contracting stomach cancer but that

beer, spirits, salt and preserved foods increased a person's risk of the cancer, The Independent reported. Former nurse weaves princess wigs for children undergoing chemotherapy Stomach cancer kills around

13 people every day in Britain and has just a 15 per cent 10 year survival rate.

Čabbage, kale and celery were also found to be preventives against the disease. All of the vegetables are thought to contain vitamin C, commonly found in potatoes, which acts as an antioxidant against cellular stress in the stomach. Eating around 50g of the vitamin every day brought the risk of developing the disease down by eight per cent. Scientists estimated for every 100g of fruit eaten daily the risk of cancer decreased by an average of

#### Cooking with tap water and salt? Your food could be toxic

TERE is one study that would force you to tweak your cooking routine in the kitchen. According to Tesearchers from the Hong Kong University of Science and Technology and Nanjing University in China, cooking with chloraminated tap water and iodised table salt could put potentially harmful toxins in your food. The team found several molecules that are almost

completely new to scientists created by cooking with chloraminated tap water and iodised table salt. They said that limiting cooking time and temperature, and cooking with table salt forti-fied with iodate instead of iodide, could be safest.

Our tap water is disinfected before we drink it or use it in cooking. This is done in several ways, including by adding chlorine or molecules called chloramines that are made using ammonia. These two processes -- chlorination and chloramination -- have an effect on the chemical make-up of the water. According to the researchers, chlorine or chloramines in tap water can react with the iodised table salt added to food, creating a kind of acid called hypoiodous acid. This in itself is not cause for concern, but the acid can then react with the food and other organic matter in the tap water to create cooking iodinated disinfection byproducts (I-DBPs) molecules that are almost

completely new to researchers. For this study, researchers identified some molecules and tested their toxicity. "I-DBPs formed during cooking with chloraminated or chlorinated tap water are something new to environmental chemists, toxicologists and engineers," said Xiangru Zhang, corresponding author of the paper and Associate Professor at the Hong Kong University of Science and Technology.

They are relevant not only to drinking water researchers and practitioners but also to the public," he added. The researchers analysed the I-DBPs formed during cooking with chlorinated and chloraminated tap water. They simulated cooking with different types of tap water at varying temperatures and time, and added wheat flour and iodised salt to see what I-DBPs would be

#### 8 Apricot benefits: The nutritional heavyweight among fruits system. And it breaks down fatty Any plant produce that con-

NE of the most versatile fruits, common knowledge claims that the apricot was originally cultivated in China, till the Persians discovered it. There's also dispute that it originated in Armenia since the fruit has been cultivated there since ancient times.

It was when the fruit found its way to the Mediterranean that its true popularity came to light. The Spanish explorers are given credit for introducing the fruit to the Americas, where today it thrives.

And there's another school of thought that claims that the apricot was growing in India way back in 3000BC. Disputes aside the benefits of this fruit are rarely denied by any. In fact, it's as popular raw as it is cooked. The dried version of this fruit is globally loved, and in fact forms an important part of Iran's global trade. Countries such as Turkey, Italy, Russia, Spain, Greece USA and France are considered to be the leading producers of

This yellowish-orange fleshy fruit is quite a curious little thing. The tiny hairs on the outer skin lend a soft furry texture, and can be eaten without having to be peeled. It's also one of the healthiest fruits in the world, with loads of benefits. It's said that 100 grams of fresh apricots gives you 12% of vitamin C, 12% of vitamin A, and 6% of potassium required by the body – all this under less than 50 calories. And here's why 'an apricot a day, can also keep the doctor away': 1. Good Source of Vitamin A:

Apricots are packed with Vitamin A, which is also known as retinol. It's fat soluble, and helps in the enhancement of vision, among other things. And it keeps the immune system in check, protecting your skin in the process. Retinol and Beta Carotene (also present in apricots) also reduces the chances of you developing a serious eye-relat-

ed disorder called Neovascular ARMD an age-related macular degeneration that causes loss of vision over the years.

2. Treasure Chest

of Antioxidants: Ripe apricots are natural sources of antioxidants. When consumed daily, it helps the body to get rid of toxins that we tend to collect over

time. Antioxidants in turn also kill free radicals that damage our cells 3. Rich in Fiber:

Whether you eat it dried, or fresh, apricots are a good source of dietary fiber. Given that the retinol in apricot is fat soluble, the fruit dissolves in the body easily, and the important nutrients are easily absorbed by the

acids fast, which means your digestion is in order. And not only that, the fruit protects you from gastrointestinal concerns by cleaning out the intestines regu-

Good for Your Heart Given that the fruit is high on fiber content, it helps to reduce the bad cholesterol content in the body, and that means your heart is protected. And at

the same time, it increas-

cholesterol. Plus the potassium content in the fruit balances the electrolyte levels in our system, keeping our heart muscles in order. All you have to do is eat one or two fresh health. apricots every day, or a handful

5. Good for Your Blood:

tains iron has non-heme iron, and that includes apricot. This type of iron takes its time to be absorbed by the body, and the longer it stays in the system, the better your chances in preventing anemia. It's recommended that you take some vitamin C along with it to ensure better absorption of the non-heme iron. 6. Good for the Skin:

The combination of Vitamin C, A, and phytonutrients ensures good skin. And did you know that the antioxidants in the apricot also slow the ageing process? So apart from a good skin care regime, don't forget to eat some apricots every

7. It's Diet Friendly:

the fruit improves your

The dietary fiber in

digestive system, which helps to increase your metabolism. And it's often recommended that you eat a few apricots as a snack when you're feeling peckish, especially if you're on a diet. It fills you up but doesn't add unnecessary calories. However, remember to rinse your mouth after you eat the dried version. Dried fruits contain more sugar, and you don't want that to affect your dental

It Strengthens Your

Calcium is much required in

the formation and development of bones, and apricot has lots of it. What's also interesting to note that without enough potassium in the body, the calcium is not absorbed and disposed of uniformly. And the good news is that the apricot has both of

How to Add Apricots to Your Diet

Like most tasty fruits, the apricot can be eaten in multiple ways. The dried and the fresh version are the easiest. But you could also chop apricots up and add them to your morning cereal. You can even make a blend of it with yoghurt and make a dip or a spread for bread (if you don't mind a sweetish sandwich that is). Apricots are also used liberally in jams and preserves, and if you can figure out a recipe that uses little or no sugar, you can eat it without feeling too guilty.

Apricot tarts, pies, and cakes are popular, but did you know you could also use apricot to add extra flavour (and health of course) to your salad? The fruit goes well with green leaves, feta, and almonds. And all you need to finish the salad is a little balsamic dressing!

Dried apricots are of course way easier to store, as long as you don't keep it under too much light, but fresh apricots need to be consumed quicker as the skin might get wrinkled, and the fruit will begin to lose its efficacy



JI NEWS SERVICE

JAMMU, MAY 27

this academic year, which ous academic activities. and ended on May 24, out event of the year, a ticipation from both stu-2024. It marks the end week-long festival that dents and faculty. Our volof another chapter filled brought together cultur- unteers worked tirelessly with growth, learning, and al showcases and sports to ensure that every event impactful contributions. competitions. It served was meticulously planned on the numerous achieve- students to express their meaningful experiences engaging workshops on strengthen community academic year, we extend tion.

environmental awareness

performances and tourna- all the first aid to conducting ments. This year, Vikalp Vikalp has successfully multiple computer labs, also introduced five vilconcluded its services for and participating in varilage contact programs, which received positive began on August 16, 2023, Karwaan 3.0 was a stand-feedback and active par-

As we wrap up, we reflect as a vibrant platform for and executed, offering to returning next year with ments and milestones creativity, demonstrate to everyone involved. As ing new opportunities for reached, from organizing athletic prowess, and we bid farewell to this learning and collabora-

#### topics such as Sanitation, bonds through a series of our heartfelt gratitude to

children, volunteers, alumni, faculties, staff members, and university management teams who have been part of our journey. Your enthusiasm and support have been the driving force behind our smooth functioning and success. We look forward renewed energy and excit-

#### Seminar on Entrepreneurship and Innovation held at GPW, Jammu



JI NEWS SERVICE JAMMU, MAY 27

on the Topic 'Entrepreneurship and Innovation' was held today at Govt. introduce the students Polytechnic for women, about various AICTE Iammu.

HOD Mechanical Enginocrats and asked them to neering of Govt. College of take maximum benefits of Engineering and Technol- the scheme. ogy and Principal Investigator EDC cell at GCET Electronics and Commuwas the guest speaker on nication Engineering. the occasion. He exhorted While introducing the upon the final semester speaker thanked Principal students to explore Entre- Er. Suket Gupta for orgapreneurship and Innova- nizing this seminar. The tion as their carrier goal seminar was attended by so as to become employ- the final year students, ers and not employees as faculty and the staff of the the competencies attained Institution.

at diploma level are sufficient to establish their Enterprises. He discussed An interaction seminar various success stories in the field in order to motivate the students. He also sponsored projects and Er. Sanjeev Gupta, scheme available for tech-

Er. Naresh Gupta, HOD,

#### **ABGRF** raises serious concern over surge in cow smuggling activities in J&K

JI NEWS SERVICE JAMMU, MAY 27

The Core Committee of government's practice of Akhil Bhartiya Gaushala Kashmir Union Territory today convened a significant meeting under the chairmanship of Advocate P.S Chandel, Incharge ABGRF, J&K UT. The meeting focused on critical issues such as Commissioner of Kathua cow smuggling, establishment of Gaushalas (cow shelters) in every district, and raising heinous crime of bovine awareness within the community.

Speaking at the meeting, Adv Chandel raised ments of Hindus, and serious concern over we demand concrete the recent surge in cow steps from the adminissmuggling activities. He tration." emphasized the necessity for decisive action members also discussed against this illegal trade. strategies to enhance "Cow smuggling has community awareness increased alarmingly in about the importance of recent times. As the cow cow protection and the is revered as a deity in establishment of Gausha-Hinduism, our organi- las in every district. "It is zation will not tolerate essential to foster a culsuch acts of smuggling. ture of respect and pro-We must protect Gauma- tection for cows within ta (Mother Cow) as it our society," added

significance," he said. State president vikas bhardwaj anguished the granting permissions of

Research Foundation shifting of cows without (ABGRF), Jammu and proper investigations. "The permissions being issued without thorough scrutiny are unacceptable. Our organization condemns this practice," he asserted.

He urged the Deputy to take stern action against the anti-national elements involved in the smuggling. The issue of Gaumata is deeply intertwined with the senti-

The core committee holds profound religious Chandel.

### Vikalp SMVDU concludes: A Year in Review Death Anniversary of Rama Bhai Ambedkar celebrated at Bahu Fort

JI NEWS SERVICE JAMMU, MAY 27

Death anniversary of Rama Bai Ambedkar was celebrated by Shelter Home (Home for urban homeless) at Boria Gorkh nagar Bahu fort Jammu alongwith inmates of Shelter Home.

While speaking on this occasion Sham Lal basson former corporator said that Baba Saheb Dr B R Ambedkar dedicated his book Thoughts on Pakistan to Rama Bai (Ramu). In the preface of book Baba Saheb Dr B R Ambedkar said that it is the only R Ambedkar. This is the



her four children at very she never surrendered. tender age.

Maharashtra. She was mar-

Lokinder Singh Ravi She sacrificed her all ADG GSI, Madam Veena comforts for the sake of bakshi manager Rehan downtrodden people. Basera Janak Raj Thapa Rama Bai was born to Retd ADG also addressed Bhikhu Dhatre and Ruk- the gathering and threw mani on 7th Feb 1898 in light on the life and mission of Mata Rama Bai Rama Bai Ambedkar who ried to Bhim Rao Ambed- Ambedkar. She stood like transformed Bhiva-Bhi- kar at Bycull market.She a rock along Baba Saheb ma to Baba Saheb Dr B also lost her mother and Dr B R Ambedkar and ed Rita devi Rekha Gupta, father in her early child- faced many hardship and Ratan Lal, Anita Gupta, great sacrification of Rama hood life. She faced many troubles during her life but Rajni Devi, Aditya, Rajat Bai Ambedkar who lost hardships and troubles but she never became discour- Kumar.

to Bhim Rao Ambedkar at the age of 9 years and Baba Saheb was 14years. Rama Bai encouraged Baba Saheb for higher studies and after receiving higher education Baba Saheb framed constitution of India and gave equal rights to women.

Baba Saheb always fought for the rights of women and downtrodden

Lokinder Singh Ravi, Janak Raj Thapa and Veena Bakshi also addressed the gathering and expressed views regarding life and struggle of revered Mata Rama Bai Ambedkar. Those paid tributes includ-

### **Parent Teacher Meeting** held at Govt Middle School, Sangli Katwalt



JI NEWS SERVICE JAMMU, MAY 27

Today on Monday 27th of May 2024 A Monthly parent teacher meeting (PTM) for the month of May 2024 held at Govt. Middle School Sangli under the Chairmanship of kuldeep Kumar Headmaster Govt.Middle School Sangli Zone kalwanta on the theme "\*Role of parents in prevention of Drug abuse among school going children" where teachers aware parents about their wards' progress in Formative assessment-1 and scorching heat\*. Students tr.,,Diksha Makhan Singh and Parents are also aware sheetal Devi, Rani Devi,

habits like getting dressed, brushing teeth, washing face, bathing, combing hair etc. Encouraging problem solving behaviour among children.

The meeting was attended by parents, staff and students. Main Who attends the

meeting are Romal singh panch, Hans Raj Panch, Gian Chand . Girdhari lal. Joginder Singh, Makhan Singh, Rinku Singh, Nisha, Kalasho Romesh, Gudo, Sham, Nishu, Ajay, Moti Ram, Rinku, Joginder Chanu Ram, Rekha Devi, Nisha Devi Geeta Devi,Baldev Singh Premu students also signed anti ,Sham lal,Billo,Mamta drug declaration forms.In Devi, Madhu Devi, Sushma today's event refreshing Devi, Ashu Devi, Bam, drinks were also served shonko, Premu, Rekha, to students and their Maina, Kamlesh, Archana parents as a relief from Jugnwal tr., Godavri Devi

#### **JKPCC** remembers Pt. Jawaharlal Nehru on his death anniversary

JI NEWS SERVICE

SRINAGAR MAY 27, 2024

The Jammu and Kashmir Pradesh Congress Committee (JKPCC) on Monday paid floral tributes to first Prime Minister of Independent India Pt.Jawaharlal Nehru on his death anniversary while highlighting his great contributions and selfless services in the Nation building.

In a function held at Srinagar Party office, Congress Leaders and Workers led by Senior Vice President Ghulam Nabi Monga (Ex.MLC) paid floral tributes to Pt.Jawaharlal Nehru on his 60th death anniversary and highlighted great contributions and the achievements of Pt. Ji made towards Nation building.

Senior Vice President Mohd Anwar Bhat, Vice Presidents, General Secretaries, DCC President and other senior leaders spoke on the occasion.

Monga highlighted the great contributions of Pt.Jawharlal Nehru and termed him a man of development and unity . He said Pt. Ji brought India at par with fast developing countries in the

The five-year reconstruction plan of the first Prime Minister after the Independence proved a milestone in the inclusive development of the Nation, which infused self confidence among the country men, who did realize that they would achieve what they desire due to the strenuous efforts and selfless services of Pt. Jawaharlal Nehru. Pt. Jawaharlal Nehru left no stone unturned to make all Indians self-reliant irrespective of their region and religion. Monga said. The best way to remember Pt.Jawaharlal Nehru on his death anniversary was to rise to the occasion to fight for safeguarding the democracy and the democratic institutions in the country, Monga added.

### Nehru was architect of modern India: Bhalla

JI NEWS SERVICE JAMMU, MAY 27

Jammu.

The 60th death anniversary of first Prime Minister of India Pt. Jawaharlal Nehru was observed here today in a function at Congress HQ. Shaheedi Chowk,

The function was pre-Wing and INTUC.

bachan Kumari Rana, Shri Sharma and others. Narinder Gupta General ing Presidents Jammu tect of modern India.



Mula Ram & Th. Balwan Ram Parkash Mago-times Singh, PCC Vice Presi- tra, Block Presidents

Urban), Parvez Ahmed secular and progressive 1947. Wani (Ramban), Sheikh nation, for which he is

sided over by PCC Presi- Kumar Sharma (President party and it's sister condent & Former Minister INTUC), Vijay Sharma ( cerns to distort the his-Shri Vikar Rasool Wani Chiarman Congress Seva torical facts about the role and attended by Working Dal), Ajay Lakhotra (Presiplayed by the great stal-President PCC Shri Raman dent NSUI), Jatin. K. Raina wart in the freedom strug-Bhalla, senior leaders of (Chairman Social Media), gle and in the building of PCC, DCC Urban, Mahila PCC Secretaries Bushan modern India especially Dogra, Rajveer Singh, Sahil his historical contribupresent include S/Shri hary, Vijay kumar Shastri and Kashmir ,into the Sr. Vice Presidents Shri ,Distt Sr.Vice President Indian fold at the crucial He lauded the visionary

dents Shri Vinod sharma, Latish Sharma, Ajay role played by Pt Nehru Shri Ved Mahajan, S Tirlok Kumar, Darshan Kumar in defeating the designs nation can't be forgotten country. Singh Bajwa, Smt. Gur- Rakesh Kumar, Latish of two nation theory by Paying floral tributes, It was his far- sightedness secretary (org), General Shri Vikar Rasool Wani and his great efforts which Secretaries Pawan Raina, recalled the great con-ultimately succeeded in Satish Sharma, Amrit Bali, tributions of Pt Jawahar lending the popular sup-Narinder Sharma, Suresh Lal Nehru in the freedom port in Jammu and Kash-Dogra, Balbir Singh, Distt. struggle and in laying the mir towards its accession Presidents Thakur Man- foundations of free India with India by Maharaja mohan Singh (Jammu as a strong democratic, Hari Şingh on 26th Oct, not only shaped the future state of J&K to the fold of

Mujeeb (Doda), Work- rightly known as the archi- in recent times Nehru's politics and was instru- to expose the distortions legacy has been under mental in the creation of of history being made by Rural Badri Nath Sharma Wani denounced attack from his detract third order in the world in certain forces for vested & Charanjeet Singh, Shiv attempts by the ruling tors, who are the ideo- the shape of NAM which political interests.

Non- participants in the block in the global politics. freedom struggle. It is time that the congressmen and President) said that the stood for.

and there is need to expose Mr. Jinnah over Kashmir. the distortions being made described Pt. Nehru as the by certain forces for vested tallest leader of all times, political interests. He also whose contribution in lamented those who try to the freedom struggle and belittle the contributions as first prime minister of Pt. Nehru as leader of can never be forgotten. freedom struggle and as He said that contribution leader of the nation, who of Pt. Nehru to bring the of India but played the Indian nation can't be for-PCC Chief said that very vital rule in the world gotten and there is need

logical descendants of the emerged as a powerful Shri Mula Ram (Sr. Vice

about practicing healthy Satyam kankal etc.

all those who are aware of building of a democratic, the great contributions of social and political system Pt. Nehru in the freedom was Pt. Nehru's princistruggle and as a leader of pal objectives. For him this nation, come together political democracy was to counter those forces, a means of solving social who are trying to distort problems. He laid the history, so that the genera- foundation of Panchayati tion to come are not mis- Raj and Community develinformed and misguided opment programmes regarding the core values because he believed that that he represented and first objective of the state was social welfare and Shri Raman Bhalla in empowerment of the his address described Pt. people. He started plan-Prominent leaders Sharma, Dwarka Choudtions, in bringing Jammu Nehru as the tallest lead-ning system paving way ers of Modern times after to growth of public sector Mahatma Gandhi. He said with massive investment that contribution of Pt. in basic and heavy indus-Nehru to bring the state of tries and resolved into J&K to the fold of Indian industrialization of the

Th. Balwan Singh

### **Additional Director General Reviews Training at NCC Training Academy**

JI NEWS SERVICE

NAGROTA: 27 MAY 2024

leadership, discipline, have interesting competi-present. and patriotism among tions to keep themselves the youth of Jammu & motivated. Kashmir. His presence

relate to their life easily. a better cook house. His On 27th May 2024, the ADG emphasised on the keen observations and NCC Training Academy in habbit building at home valuable insights will Nagrota had the honour as well as in the school undoubtedly contribute of hosting Maj Gen Rajesh to achieve success. The to further enhancing Kumar Sachdeva, ADG exceptional qualities of the training standards NCC Dte JK&L, for an character and compe- and effectiveness of the inspection, review, and tence through involve- NCC Training Academy motivational visit. This ment of Head and Heart Nagrota. visit coincided with the were also focused upon. ongoing Annual Training His inspiring words Camp of the 5 Jammu & Camp of the 5th Jammu served to instill a sense Kashmir NCC Battalion & Kashmir NCC Battalion of pride and determina- serves as a platform for of Jammu Group, where tion among the young honing the leadership 500 NCC cadets from cadets, reinforcing their skills, fostering camara-Poonch and Rajouri Dis- commitment to serving derie, character, discitrict are currently under- the nation with utmost pline and promoting the going rigorous training. dedication and integrity. spirit of service among Maj Gen Rajesh Kumar The General Officer, also the cadets. Maj Gen Sachdeva's visit carried interacted closely with Rajesh Kumar Sachdeva's immense significance, the participating cadets visit further enriched reflecting the commit- in IDSSC 2024. He guided this experience, leaving

provided an opportunity Gen Rajesh Kumar responsible and patriotic for the cadets to listen to Sachdeva conducted a citizens who will contribthe life lessons person-thorough inspection of ute meaningfully to the ally from the General the facilities, training progress and prosperity officer who elucidated infrastructure and fur- of the nation.

them with examples ther improvements in which the cadets could the upcoming years for

The Annual Training ment of the NCC Direc- them to be focused, select an indelible mark on the torate towards fostering goals/targets and must hearts and minds of all

> The visit reaffirmed the NCC's unwavering com-During the visit, Maj mitment to nurturing

### Six dead as Cyclone Remal ravages West Bengal

KOLKATA, MAY 27

people died, in the cyclon- yard. ic storm in West Bengal after Remal with a wind Banerjee has asked the speed of nearly 150 km per state chief secretary to hour left a trail of damages report to her the extent in neighbouring districts, of damages and ordered uprooting trees and elec- immediate relief operation tric poles and disrupting in the affected areas. power services as continuous rains waterlogged vast an aerial survey of the ravareas of this metropolis, aged areas on Tuesday to which largely affected life, take stock of the situation. official sources said.

of them died of electrocu- many mud houses were during past 06 hours and Maheshtala (woman), two at Memari, sources said.

One person died after of drinking waters. portion of concrete from a cornice of an old house fell tral Kolkata and a woman South 24 Parganas. at Mousumi Island in South

electrocuted with a live wire they came in contact with while cleaning fallen Two women, among six banana trees in their court-

Chief minister Mamata

Mamata will undertake

The Sundarbans area Among the dead, four was the worst affected as poles uprooted resulting

salt waters also damaged longitude 89.2°E about 65 on him at Entally in cen- the cultivated lands in km northwest of Mongla

24 Parganas died after a said, the "Cyclonic Storm ning (West Bengal), 110 km Father and son died at ing Coastal West Bengal of Khepupara (Bangladesh) Memari in Purba Bard- moved nearly northwards, and 150 km southwest of haman when they were with a speed of 08 kmph Dhaka (Bangladesh).



IST of today, the 27th May, in darkness and scarcity 2024 over Bangladesh and adjoining West Bengal, The swelling rivers and near latitude 23.0°N and (Bangladesh), 100 km

The system is likely to Police twitter said. tion, one each at Panihati, washed away and electric lay centered at 1130 hrs move north-northeast awards, and gradually weaken further into Deep Depression by evening of today, the 27th May 2024."

However, local weather office at Alipore predicted rains in the neighbour-An updated IMD bulletin north-northeast of Can- ing coastal districts South and North 24 Parganas, tree fell on her following "Remal" over Coastal northeast of Kolkata (West Howrah, Hooghly Purba Bangladesh and adjoin- Bengal), 150 km northwest and Pachim Medinipur, Murshidabad, Nadia in the next 24 hours with wind speed of about 40 kmph.

north Bengal districts

city have been hardhit by Cyclone Remal. Our Disaster Management Group personnel and personnel of different police stations have been making efforts all night to remove numerous trees uprooted in the storm to keep traffic moving," a Kolkata

Kolkata Municipal Cororation Mayor Firhad Hakim, who took over the KMC control room during the night, said efforts were on to dewatering by using water pumps at several places. He said efforts were on to replant those threes, which were not totally uprooted, and added the green Rabindra Sarobor public to replant trees in south Kolkata.

"It is unfortunate that also gave an orange the people are not aware alert for the entire of the bad effect of using plastic as the water logging at Park Street owing to jam-" Many areas of the ming of the manholes of those things, " he said.

He said a record 264 mm rainfall was measured in Ballygunge Circular Road." We need five hours to dewater the waterlogged streets once the rain stops and ends the current high tide, " the Mayor said.

Reports said waterlogged was seen from north to south of the city where traffic was also affected by the falling trees.

Full stretch Metro Railway services resumed at 1205 hours after dewatering at a place between Esplanade and Park Street underground station.

"Flight operations resumed at Netaji Subhas Chandra Bose International Airport, Kolkata at 0859 hours, after it was closed would be closed for the for flight operation yesterday in view of the REMAL, " Kolkata Airport said.

#### Cyclone Remal leaves 7 dead in Bangladesh

DHAKA, MAY 27

missing.

Strong winds and storm surged along the coasts and neighbouring West Ahsan, deputy director affected people. of the Cyclone Warning ment (BMD), told Xinhua.

The cyclone damaged

crops in about a dozen coastal districts. At least 800,000 people from Cyclone Remal that the 10 most vulnerable caused the death of at districts have already least one person in India, been evacuated to shelalso wreaked havoc in ters. Television stations parts of Bangladesh with Monday showed wideheavy rain and strong spread flooding in coastwinds killing at least al areas of Cox's Bazaar, Chattogram, Patuakhali The deaths were report- and other districts. Power ed from five southern and supply snapped in the southeastern Bangladeshi coastal areas in Banglacoastal districts after the desh after the fierce winds cyclone made landfall on uprooted electricity poles Sunday night. Two people and left wires tangled with have also been reported logs and twigs. It reportedly left 15 million people without electricity.

Bangladeshi State Minof southern Bangladesh ister for Disaster Management and Relief Md Bengal after the storm Mohibur Rahman said came ashore at 8 p.m. they have taken adequate local time, Md Shamim measures to support the

In a bulletin on Center at the Bangladesh Monday, BMD said Remal Meteorological Depart- has already weakened and was gradually reduced to a depression.

### Gaurav urges separatists to leave path of violence, embrace opportunities for devp, prosperity

JI NEWS SERVICE

JAMMU, MAY 27

Gaurav Gupta, former General Secretary of the Chamber of Commerce and Industry Jammu, has expressed strong support for the recent statement made by Union Home Minister Amit Shah regarding the stringent measures against terrorists and stone pelters in Jammu towards eradicating the cies, he added. and Kashmir.

In a statement issued here today, Gaurav lauded the Union Home Minister mainstream.

ment that no family and Kashmir. The decline fully booked for upto next member of a terrorist or in terrorist activities, three months. close relative of a stone encounters, and civilian

terror ecosystem that has plagued the region for

Amit Shah for giving a the Modi Government's Kashmir region, which clear-cut message to the commitment to target- previously witnessed harpeople of the Kashmir ing not just the terrorists tals, stone pelting, strike Valley that the time has but also the networks and culture, and bandhs. come to shun the path of support systems that sus- Today, Kashmir is flourdestruction and join the tain them is evident in the ishing with tourists, and as Amit Shah's announce- terror incidents in Jammu in the Kashmir region are

Gaurav stated that it is a fact that the policies of the Modi Government have Gaurav emphasized that transformed the entire significant reduction of per media reports, hotels

pelter will be eligible casualties is a testament drastic change highlights opportunities for growth for government jobs is a to the effectiveness of the the positive impact of the and prosperity offered by bold and necessary step Union Government's poli- government's policies, and the mainstream.

he questioned what more the people of Kashmir could want from the government given the current progress and stability.

Gaurav urged the government of J&K to revoke the voting rights and benefits of government welfare schemes for those supporting terrorism and stone-pelting in the Union Territory. He believes that such measures are necessary to reinforce the message that supporting or engaging in terrorism will not be tolerated under any circumstances.

Gaurav Gupta reiterated his support for Amit Shah's firm and resolute policies, which are essential for the continued peace and development of Jammu and Kashmir. He urged the people of Valley to abandon the path of He emphasized that this violence and embrace the

#### India stands in solidarity with Papua New Guinea in this difficult time: EAM on landslide deaths

**AGENCIES** 

NEW DELHI, MAY 27

External Affairs Minister S Jaishankar on Monday expressed sadness at the loss of lives in Papua New Guinea, following a massive landslide that has killed nearly 700 people in the South Pacific Ocean island nation.

In a post on X, EAM said that India stands with the government and people of Papua New Guinea in this

"Deeply saddened by the loss of lives in Papua New Guinea following the recent landslide.

"Our thoughts are with the Government and the nation, about 2,300km people. India stands in north of Australia, are solidarity with our friends at this difficult time."

According to the International Organization for Migration (IOM), would be found. The death had been 60 homes. toll from the landslide on

hours later the IOM said it constant increased presmay be more than double sure and ground water is that, with the full extent running, thus the area is Aid and rescue efforts

in the South Pacific island in a statement. being hindered by dangerous conditions on the

The chief of the IOM's mission to Papua New been killed in a massive calculations by local and and friends. landslide in Papua New provincial officials that

of destruction still unclear. posing an extreme risk for everyone," Aktoprak said

More than 250 houses near the stricken area of Yambali village in Enga province had been abandoned and about 1,250 people had been displaced, the agency said, more than 670 people Guinea, Serhan Aktoprak, with many taking tempoare believed to have said the toll was based on rary shelter with relatives

Meanwhile, a Papua Guinea, as emergency more than 150 homes had New Guinea government workers and relatives gave been buried by the land- official told the United up hope that any survivors slide. A previous estimate Nations over 2,000 people were believed to have been "Land is still sliding, buried alive by Friday's Friday had been estimated rocks are falling, ground landslide and has asked

### at more than 300, but 48 soil is cracking due to for international help. Vice President urges village panchayats to preserve medicinal plants

**AGENCIES** 

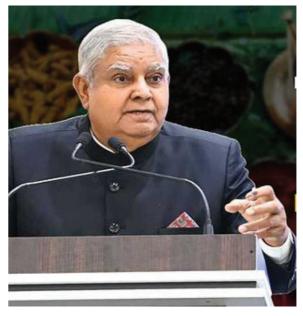
BELAGAVI, MAY 27

Vice President Jagdeep Dhankhar rallied for the conservation of India's biodiversity and traditional knowledge during his address at the 18th Foundation Day celebrations of the ICMR on Monday.

Dhankhar underscored the significance of preserving traditional medicinal practices, urging every village panchayat to join in promoting health awareness. He called for a concentrated effort on medicinal and herbal plants, highlighting their potential to offer crucial healthcare solutions.

In his speech at the NITM event, he stressed the importance of fitness culture and lifelong learning for India's advancement. The Vice President advocated for collective efforts to ensure every Indian's fitness and health, aligning with India's development goals by 2047.

Dhankhar commended researchers at the National Institute of Traditional



able solutions for modern vocation of the KLE Acadster research and innovation financially.

ies including Dr. Sudesh Dhankhar, Karnataka Governor Thaawarchand Gehlot, ICMR Secretary DHR and Director General Rajiv Bahl, along with

other esteemed guests. Medicine for their endeavevent, the Vice President ors in developing afford- addressed the 14th Con-

diseases, urging corporate emy of Higher Education and public leaders to bol- and Research (KAHER). Encouraging graduates to prioritize lifelong learn-The events saw the ing and national service, presence of dignitar- he urged them to contribute significantly to India's developmental journey.

Highlighting the importance of resilience in the face of failure, he envisioned a prosperous India by 2047, driven by the Following the NITM dedication and expertise

#### Petition filed in NHRC seeking declaration' of **Summer Vacations** in Schools of Jammu Region

JI NEWS SERVICE JAMMU, MAY 27

In light of the severe heat wave currently affecting the summer zones of Jammu and Kashmir, RTI activist Raman Sharma on Monday filed a petition with the National Human Rights Commission (NHRC).

Sharma's petition

dated 27 May 2024

urgently calls for the dec-

laration of summer vacations in schools across the region to safeguard the health and well-being of school-going children. Diary no. 8083/IN/2024 has also been assigned by the NHRC to the Plea of the RTI Activist. The RTI activist in request to the NHRC highlighted the distressing impact of the relentless high temperatures on school going. He pointed out that many Schools lack adequate cooling facilities, turning them into oppressive environments that pose significant health risks such as dehydration, heat exhaustion, and heat strokes. In his petition addressed to NHRC Chairman Justice Arun Kumar Mishra, Sharma emphasized the immediate need for intervention of the Commission to direct the Jammu and Kashmir Government and the Department of School Education to declare Summer Vacations at an earliest. He stressed that declaring summer vacations at the given time is a proactive measure necessary to protect children, parents, and educational staff from the hazardous weather conditions.

"The health and safety of our children should be of paramount importance," Sharma stated. "Immediate action is crucial to prevent further risk of heat-related illnesses and to ensure the overall well-being of the school community."

Sharma, urged the NHRC to recognize the urgency of the circumstances and to take swift action to address this pressing issue.

### **Record voter turnout in Kashmir** reflects people's resentment against BJP's misrule in J&K: NC

JI NEWS SERVICE JAMMU MAY 27

The record voter turnout in the recently conducted Lok Sabha polls in Kashmir Valley and Poonch-Rajouri is a clear indication of the people's dissatisfaction with the BJP's proxy government. The electorate's enthusiasm is a direct response to the BIP's failure to meet the aspirations of the people over the last one decade.

This was stated by Rattan Lal Gupta, Provincial President, JKNC, Jammu, in a statement issued here today.

The Provincial Presiturnout as a strong signal only fueled the people's of the public's anger and frustration towards the tion of true democracy. BJP's misrule in Jammu and Kashmir. He highlighted that the people's but the saffron party has voices heard.

"The people of Jammu Kashmir. and Kashmir have been Assembly elections, etc. democratic party, yet on

unresponsiveness and recently conducted Lok disconnect of the present administration," he said, dent asked BJP to wake adding that the governup from its deep slumber, ment's inability to address expressed confidence interpreting the high voter these critical issues has that the historic turnout

the people of Jammu and

demand for the restora-

facing severe issues due cised the BJP for its contra- of Jammu and Kashmir, to unemployment, highest dictory stance on democ- ensuring that their voices ever inflation, lack of basic racy. "On one hand, the are represented and heard amenities, non-holding of BJP claims to be the largest in the democratic process.

Their votes are a power- the other hand, it failed to ful statement against the field its candidates in the Sabha polls in the Kashmir Valley," he remarked.

The senior NC leader will yield a decisive result in favor of the India Bloc in the upcoming Lok He said people have Sabha polls. "The outgiven 10 years to the BJP, come of this remarkable voter engagement will be active participation in the miserably failed to meet evident on June 4, when elections is a testament to their aspirations, result- the India Bloc emerges victheir desire for change and ing in an overall decline torious," he said, adding their need to have their in the quality of life for that the National Conference remains committed to address the needs and Rattan Lal further critia spirations of the people

#### Karra remembers Pt. Jawaharlal Nehru on his death anniversary

JI NEWS SERVICE SRINAGAR MAY 27

Paying rich tributes to Independent India's first Prime Minister Pt. Jawaharlal Nehru on his 60th death anniversary, Senior Congress Leader and CWC Member Tariq Hameed Karra recalled his great contributions in Nation building.

CWC Member said the legacy of Jawaharlal Nehru as a forefront soldier for independence from Imperialist forces shall always be remembered. It was Nehru's far sightedness which led the Nation to inclusive development. We will never forget his legacy, which laid the foundation of democratic institutions guaranteeing equal treatment, justice and equal privileges to common people irrespective of their region or religion.

We should also not forget Nehru's idea of Nation building, which had principally a 'modernist' viewpoint and applied a rationalist thought in every sphere for development of the Nation. Most significantly, Pt.Ji gave dominance to an individual's positive approach on National polity rather than the

### Govt should stop irregular Power Cuts in scorching heat: Kapoor

JAMMU, MAY 27

State President of Hindustan Shiv Sena Vikrant Kapoor has slammed the government for irregular power cuts in the scorching heat and said that despite the installation of smart meters, the government has completely failed to provide 24x7 electricity to the people of Jammu. He said that while installing smart meters, the government had promised the people that after the instalpeople would be provided uninterrupted electricity ernment had also assured hollow.

Modi 3.0 means upliftment of poor,

power: Dhumal

SAMIRPUR(HP), MAY 27

**AGENCIES** 

Monday.

youth, and women

Poor, youth, food givers,

and women power

are the four castes of

this country for whose

upliftment Prime Min-

ister Narendra Modi is

working said senior BJP

leader and former Chief

Minister Professor Prem

Kumar Dhumal here on

The former Chief

Minister in a release

said Prime Minister Nar-

endra Modi thought the

road map to make India

a developed nation

by 2047. Under it, the

upliftment of these four

castes, which he has

named knowledge, their

prosperity, and empow-

serve poor families,

Prime Minister Modi has

said that for the next 5

years, free ration, pucca

house, toilet, gas con-

nection, and zero elec-

tricity bill will be pro-

vided through PM Surya

Ghar Yojana. Along with

this, Modi guarantees that middle-class families can get good houses at low prices, expan-

sion of health services for their families, and

new educational insti-

tutions, improving and strengthening the infra-

structure to make their

lives more convenient. Modi has a guarantee.

Along with this, he has

also said that he will

work for clean air, pure water, and clean envi-

ronment in cities and

The former Chief

Minister said in Modi's

government, lakhs of

youth have been given

employment due to the

system of transparent

examinations, a strict

law has been made on

paper leaks and now

this law will also be

implemented for the youth, infrastructure

investment, construc-

tion of high-level ser-

vices, startup tourism

and Modi guarantees

to create millions of

employment opportunities through sports. Not

only this, Prime Minister

Modi has talked about

giving new employment

opportunities to youth

through Mudra Swani-

dhi, Digital Credit.

villages.

Guaranteeing to

erment is certain.



places, in the name of bad children's education. weather, power cuts are areas are facing prob-

from the heat and in some is also adversely affecting

Vikrant Kapoor said that being imposed for hours. the electricity generated lation of smart meters, Apart from this, due to low in Jammu and Kashmir is voltage, people in many sold to outside states but the people of Jammu and 24 hours a day. The gov- lems and in some places, Kashmir are yearning for people are being given electricity. He said that that people's electricity huge electricity bills. He the people of Jammu and bills will not increase but said that the government Kashmir have the first right all these claims of the gov- had claimed that after on the electricity generernment have proved to be the installation of smart ated in the State and the meters, along with pro- electricity generated here Vikrant Kapoor said this viding 24 hours electric- should first be supplied to while expressing his views ity, the issue of high bills Jammu and Kashmir and during a press conference would also be resolved, only then sold to outside in Jammu. He said that in but all the claims of the states. He has demanded this summer season, due government have proved from the Central Governto power cuts of 6 to 7 to be hollow and people ment and Lieutenant Govhours, people are suffering are upset. He said that this ernor Manoj Sinha to take ence.

give priority to solving the problem of power cuts and other problems faced by the people of Jammu in this summer season. He said that at present the affairs of Jammu and Kashmir are being directly looked after by the Central Government, hence the Central Government should also take immediate steps towards solving this problem of the people so that they can get relief from this problem.

Vikrant Kapoor has warned that if this problem of the people is not solved immediately, then Hindustan Shiv Sena will protest strongly against it in the coming days and the government will be completely responsible for the situation arising out of this, Senior Hindustan Shiv Sena leaders Baba Ram Kaith, Rohan, Abhishek, Himanshu, Amit, women's wing leader Jyoti Devi and others were also present during the press confer-

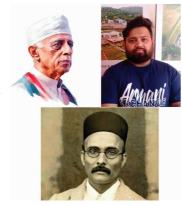
### Commemorating Jawaharlal Nehru, Veer Savarkar: A Reflection on Their Legacies

Observing the contrasts and commonalities between two influential leaders as Nation Honours them

BY ER SHUBHAM KOTWAL

As the nation pauses to remember the late Jawaharlal Nehru on his death anniversary and celebrate the birth anniversary of Veer Savarkar, a prominent figure in Indian history, a discussion naturally arises on the disparate yet intersecting paths of these two influential leaders.

Jawaharlal Nehru, India's first Prime Minister foundation for many of on the nation's history. the country's institutions and policies.



and a staunch advocate of ist ideology and played a Journalist Shubham secularism and socialism, pivotal role in India's fight Kotwal acknowledges stood as a towering figure for independence. His the complexities of their in the country's struggle staunch beliefs in Hindufor independence. His tva and his contributions impact they have had on vision for a modern, pro- to the freedom movement the nation. As we comgressive India laid the have left a lasting impact memorate these two lead-

diverged significantly, their contributions and In contrast, Veer both leaders shared a learn from the diverse per-Savarkar, a prominent common goal of seek- spectives they brought to freedom fighter, empha- ing freedom for India India's struggle for indesized a radical national- from colonial rule. Their pendence.

unwavering dedication to the nation and their resilience in the face of adversity mark them as stalwarts of Indian history, each contributing uniquely to the country's journey towards independence and progress.

In tribute to both Jawaharlal Nehru and Veer Savarkar, legacies and the enduring

ers on this significant day, While their ideologies it is essential to reflect on

### Modi government discriminating between Rich and Poor: Rahul

PALIGANJ, BIHAR MAY 27

Accusing the Modi government of discriminating between the rich and poor, Congress leader Rahul Gandhi alleged that Prime Minister Narendra Modi has adopted double standards for both classes and had separate policies for them under which the poorer.

Modi government were the poverty line. for the 22 rich people like

crores of people "lakh- can ever change it. pati" and would immedi-



and poor were becoming would be given Rs 1 lakh forms govt, the Agniveer While addressing a month. Terming it as a removed from the defence public meeting in favour revolutionary scheme, he of the RJD candidate in said the amount would Paliganj of the Patliputra be transferred directly to Lok Sabha constituency the bank account of the he also announced to wave on Monday, Gandhi said woman beneficiary till the off the loans of the farmers that all the policies of the poor family was lifted from

Blaming the Modi gov-Adani whose Rs 16 lakh ernment for contemplating that the country's econcrore loans were waved off changing the constitution whereas the poor section at the tune of the BJP RSS, of the society remained Gandhi said that the entire ignored during Modi's INDIA Alliance, poor, farmers, labourers and Gandhi said contrary to oppressed section here this the INDIA bloc if voted standing solidly behind the elaborated on his plan for to power would make constitution and no force this.

ately start the Mahalaxmi Agniveer scheme, Gandhi RJD candidate Misa Bharati scheme under which a list alleged that the Modi gov- contestant from Patliputra of poor families would be ernment had converted the Lok Sabha seat for their prepared and one woman soldiers into labourers. He better future.

rich were getting richer inmate of each family said when the INDIA bloc at the rate of Rs 8500 per scheme will be junked and services.

> Besides implementing a Minimum Support Price after coming to power at the centre.

> He further alleged omy shattered under the Modi government and announced to give a new lease to the Indian economy by introducing the chain of economy. He also

Gandhi appealed to the Speaking against the voters to vote in favour of

### Shri Bhagwan Parshuram Trust organizes Free Medical camp at LMP School, Shiv Nagar, Jammu

JI NEWS SERVICE

JAMMU, MAY 27

A free medical camp was organized at Lord Mahavira Playway School, Shiv Nagar Jammu by Nat Manch in association with Shri Bhagwan Parshuram Trust J&K .

During the camp, Dr. Zahid Mirza physician Specialist, Dr. Poonam Pandora MBBS, MD, Obs/Gynae.

Infertility & IVF Doctor, Dr. Shiv Kumar Sharma MBBS, MD(Urology), Androligist, Kidney transplant surgeon conducted medical examination of the local citizens and gave them information regarding prevention of serious diseases as well as changing lifestyle. Causes, symptoms and prevention of heart disease, diabetes, were explained to the visiting people. The medical

cines for various types of Parshuram Trust J&K has

diseases to about 150 citi- been organizing such zens as per requirement. medical camps from

Trust J&K informed that mentally healthy. health checkup of all the citizens has been done requirement.

team also provided medi- Manch and Shri Bhagwan on the occasion.

Speaking on the time to time as their aim occasion, Dr. Kuldeep is to ensure that the local sharma, President Shri citizens living in the area Bhagwan Parshuram remain physically and

Surinder Sharma. Tandav Sharma, Munish and desired medicines Arora, Pt. Prabh Dayal, have also been distrib- Priyanshu Gupta, Pt. uted to them as per Ashwani Sharma, Pt. R. C Sharma, Pt. Madan Lal Dr. Tarun Sharma, Sharma, Neeraj Sharma, the diseases caused due Actor & Director, Presi- Pt. Nitesh Trikha, Neha to diabetes, including dent Nat Manch, Youth Sharma, Ashwani Kumar, President Shri Bhagwan Dr. Parveen Nagar, Pt. migraine, fatty liver etc., Parshuram Trust J&K, Abhishek Sharma, Pt. Social, Sports and politi- Vickey Sharma and cal activist said that Nat others were also present Olympic Medalist Sushil Kumar, prime accused in Sagar Dhankar murder case prays for modification of interim bail

AGENCIES NEW DELHI, MAY 27

Olympic Medalist Wrestler Sushil Kumar one of the accused in the Sagar Dhankar murder case on Monday prayed for modifications of July 19, and August 1,2023 interim bail order in Rohini Court, Delhi.

Counsel for Kumar moved an application before the court and sought the modifications of the interim bail order of July 19 and August 1, 2023.

Additional Session Judge Sushil Kumar after hearing the prayer on behalf of Kumar said, " Perusal of the reply received from the office of the Jail Superintendent concerned shows that he had received total cost of interim bail charges of Rs.3,75,555/-, however, only a sum of Rs.80,000/was deposited on behalf of applicant/accused Sushil Kumar despite inti-

### Delhi Excise policy case: CM Kejriwal moves SC seeking extension of interim bail

**AGENCIES** 

NEW DELHI, MAY 27

Chief Minister Arvind Kejriwal on Monday moved an application before the Supreme Court seeking extension of his interim bail by seven more days in the Delhi excise policy case.

The top court had on May 10 granted interim bail to Kejriwal till June 1 to enable him to campaign for the ongoing Lok Sabha election.

declared on June 4.

A Bench comprising interim bail from June 1 to June 5.

May 10 granted interim connection with a case plea against his arrest by bail to the (then jailed) registered by the Cen- the ED.

to extend the interim bail Enforcement Directortill June 5 as the Lok Sabha ate (ED) and asked him election results were to be surrender before the jail authorities on June 2.

Justice Sanjiv Khanna and that the same be extended Justice Dipankar Datta by a week till June 8 so had refused to extend the that he can undergo some Scam. medical tests.

The Apex Court had on by the ED on March 21 in its judgment on Kejriwal's Delhi Chief Minister (CM) tral Bureau of Investiga-

Senior Advocate till June 1 in the money tion (CBI) in 2022 on a Abhishek Manu Singhvi laundering case regis- complaint made by Delhi had requested the Court tered against him by the Lieutenant Governor VK

> Allegations against Kejriwal are that he along with other AAP leaders Kejriwal has now prayed hatched a conspiracy and siphoned off money in the Delhi New Liquor Policy

The Supreme Court Kejriwal was arrested had, on May 17, reserved

#### **OFFICE OF THE EXECUTIVE ENGINEER, MECHANICAL & HOSPITAL, DIVISION JAMMU**

#### NOTICE INVITING TENDER (Short Term)

MHDJ/e-NIT 08 of 2024-25

24.05.2024

Dated: Due: 05.06.2024

On behalf of the President of India, e-tenders in two cover system on turnkey basis are invited from registered/reputed firms having sufficient relevant experience for the work

S. No		Project Authority	Estt	AAA/ TS	Earnest Money Deposit	Cost of tender document	Time of completion	Eligibility Criterion of Bidder
	REPAIR/SERVICING AND MAINTENANCE OF 33TR PACKAGED AIR CONDITIONING UNITS IN LABOUR ROOM STAGE-I OF GOVT. SMGS HOSPITAL, JAMMU	Principal GMC & Associated Hospital Jammu	IACS	ACCORDED	Rs 300.00 in the Shape of CDR/FDR/TDR valid for 12 months bledged to the Executive Engineer MH Division Jammu	Rs 200.00 in the shape of Challan through J&K Govt. Treasury indicating Treasury Voucher No. & date and also indicating the name of work duly credited to 0059-PWD (Revenue) and uploading a copy of treasury challan / receipt on e-tendering portal.  OR The bidder may deposit tender fee in the shape of e-Challan through Account no. 0097010100002163 in the name of Executive Engineer Mechanical & Hospital Division Jammu Name of Bank: J&K Bank Town Hall Jammu Branch Code:0097 IFSC code: JAKAOTHALL MICR CODE: 180051025	10 days	OEM/Authorized /Registered & Reputed firms having sufficient experience as per Annexure "C" Similar nature of work

THE NIT CONSISTING OF Qualifying INFORMATION, ELGIBILITY CRITERIA, BILL OF QUANTITIES (BOQ) SETS OF TERMS & CONDITIONS OF CONTRACT & OTHER DETAILS CAN BE VIEWED / DOWNLOADED FROM THE WEBSITE www.jktenders.gov.in.

Sd/-**Executive Engineer** Mechanical & Hospital Division

DIP/J-725/24 Date: 27-5-24

Planning meeting concluded in

**ABVP State Review and** 

Bhaderwah, Doda District

### Creative Workshop for School Children organized at Zone Bhatyas, Doda

DODA, MAY 27

the Gandhian philosophy cultural heritage of education and aiming to develop the skills and of Mahatma Gandhi's edu-their imagination and cognitive and motor skills. competencies of children cational philosophy, the practical skills, embodyby unlocking their inner workshop emphasized potential through engag- holistic learning that not approach. ing, hands-on activities.

activity-based learning. He highlighted that art-integration is a cross-curricu-In continuation of its ongolar pedagogical approach ing efforts, Vishwagram that incorporates various Trust Gujarat, in collabora- aspects of art and culture tion with the Zonal Educa- into the learning process, tion Office Bhatyas, Doda making education more organized a creative work- joyful and meaningful, this shop for school children approach aims to imbibe at PS Ahenger Mohalla Indian ethos through the Thanth zone Bhatyas. integration of Indian art This initiative is part of a and culture at every eduseries of ongoing activities cational level, thereby launched by the Trust in strengthening the linkage Doda District, focusing on between education and

only imparts academic Zonal Education Offi- knowledge but also nur- led by Geeta Darshan education is pivotal in cer Bhatyas Ch Salam Din tures moral and ethical and Ramesh Bhai Barot has expressed gratitude to values. The Gandhian from Vishwagram Trust, the trust for organising a model promotes self-reli- who guided the children series of events to exhibit ance and practical skill through various art and the talent of the students development, aiming to craft activities designed and teachers at large. create well-rounded and to foster creativity and rooms and instill a deep He has emphasized the self-sufficient individuals. hands-on learning. These appreciation for Indian age their creative developimportance of the Nation- The workshop provided activities were carefully culture and heritage ment. al Education Policy (NEP) children with opportunic crafted to help children among students. 2020, which focuses on ties to engage in creative explore their artistic tal-



Rooted in the principles activities that stimulate ents and enhance their ing the 'learning by doing'

The workshop was

The workshop high-

lighted the NEP's emphasis on experiential learning, where art-integrated classroom transactions. By embedding art and culture into teaching and learning processes, the initiative aims to create joyful class-

Vishwagram Trust, is significant milestone in and many others.

a not-for-profit charitable integrating practical, artorganization based in based learning into the Gujarat, has a rich history educational framework of of humanitarian efforts Doda District. By focusing in disaster-affected areas, including relief work principles and the NEP's during the Kashmir earth- guidelines, the workshop quake, the Indian Ocean demonstrated the value tsunami, and the Bihar of experiential and artflood crisis. The Trust's integrated education. ongoing projects also support railway children, providing them with access to education, security, and be made more enriching a promising future. The and impactful, fostering Trust's team of doctors, a generation of skilled, social workers, and children's program facilitators aware individuals. The continue to play a crucial Team leaders exhorted role in these efforts. The workshop also cel-

of local Teacher Mohd Rafi Ahangar, whose participation was greatly appreciated by the Trust. His active involvement highlighted the collaborative spirit necessary to nurture

on Gandhian educational Vishwagram Trust have set a commendable example of how education can competent, and culturally the children of this hilly terrain to ficus on the creebrated the contributions ative art and appreciated the enthusiasm of the children in making the series

of events successful. Nighat Naz, Zonal Incharge Culture (ZICC) Bhatyas, played a pivotal

role in organizing and young minds and encour- coordinating the series of activities. Others who took part include Imran The event marks a Majeed Malik, Yassir Arfat

will be done. In the third

ji was also present.

JI NEWS SERVICE

Akhil Bharatiya Vidyarthi

DODA, MAY 27

university membership Kashmir in the meeting.

During the discussion in the meeting, it was considered that in the present time, health has become Parishad State Review and an important aspect. After Planning meeting con- the Covid pandemic, cluded at Bhaderwah on taking care of health is the 24 may which began on priority for all of us. Keep-23 may 2024. In the meeting this in mind, Abvp ing ,all full-timers ,SWC decided that this year in members and all district the coming time, many Conveners of ABVP across health related campaigns the state participated and will be conducted in the reviewed the previous entire province and focus year's work and decided will be on women's health.

on the upcoming events State Secretary Akshi and prepared the road Billowria also shared map for the expansion of the information that the the Organisational work. National Executive Coun-North Organising Secre- cil meeting of ABVP is tary Shriman Vijay Pratap going to be held on 7 - 9 June 2024 in Surat, Guja-In the meeting, Abvp rat. ABVP representatives decided that this year the across the country are membership campaign going to participate in this would be conducted in NEC likewise, delegates three phases. In the first from Jammu Kashmir are phase, school member- also going to participate in ship will be run . In the the meeting and put forsecond phase, college and ward the issues of Jammu

In this Press conferphase, professional insti- ence NEC Member Chahat tute membership will be Anand, State Joint Secrerun and along with this, tary Sannak Shrivats and maximum membership Mahanagar Secretary day will also be declared Arman Khajuria were also during membership drive. present

#### DernierCri Mr, Miss & Mrs J&K 2024 concluded

JI NEWS SERVICE JAMMU, MAY 27

The much awaited title of DernierCri Mr, Miss and Mrs J&K 2024 in association with Moda by Mohit Kapoor were concluded here today.

The main event was held in Four A square Resort at Birpur road Samba.

The event was started in the evening in the august presence of participants, sponsors and guests. Kunwarani Dr. Ritu

Singh was invited as Chief guest & the event was supported by The Runway Dia- a platform to the young Miss Amar Chohan. ries & Hari Niwas Palace.

Tasneem Kouser.

show

director. Sharma, Founder and added. Director of DernierCri said," the main objective formed in the show & Nagotra were the 1st, 2nd fit, Gold Gym and NIFD.

talented youth of Jammu

was and boys have participat- and Mrs. Ruhi Sharma won directed by Mr. Mohit ed so enthusiastically in Mrs J&K 2024. Whereas Kapoor, Celebrity show the event." Whatever we the Ujiwal Rajput, Dev Devrishi Krishan pay back to the society, he runner up of Mr J&K 2024

of the event was to provide anchoring was done by runner up of Mrs J&K 2024

Mr. Anurag Langeh Guest of Honour was Kashmir at their home secured the title of Mr J&K Vanita Thakur and Mrs. place Jammu Kashmir UT." 2024, Miss Rahat Singh He further stated, "Girls won the Miss J&K 2024 have learned, we want to Kumar were the 1st, 2nd respectively. Miss Son-Miss Sonali Dogra per- akshi Sharma, Miss Varsha

title respectively and Mrs Madhavi Sharma, Mrs Sonam Gupta were the 1st and 2nd runner up respectively.

The event was sponsored by Mulk Raj Ashok Kumar Jewellers, powered by Hari Niwas, Co-powered by Crescent Public School & other Sponsored were ifix computers, cult,

#### **Indian Army organized Drawing** Competition At Sagra, Poonch



JI NEWS SERVICE POONCH, MAY 27

A vibrant drawing competition on 'Kargil Vijay expressed their dreams future'.

and aspirations, showcasing the beauty and resilience of their homeland. The event not only provided a platform for Diwas' for children at artistic expression but Model Academy, Sagra also promoted 'Harmony was organised to remem- and Camaraderie' among ber the brave men of participants. Amidst the Indian Army and foster- backdrop of scenic nature ing 'Creativity and Unity' and lush valleys, children in the region. Through unleashed their 'Creativcolourful strokes of imag- ity, painting a picture of ination, young artists hope and peace for the

### SSKT to hold series of programmes to celebrate Kabir Jayanti



JI NEWS SERVICE

mani Sant Kabir Maharaj, pate in the celebration. the Shiromani Sant Kabir

impressive Shobha Yatra Bhagat and Anju Bhagat. on June 3, 2024 at R.S.

R.S. Pura, Jammu on June 4, 2024," she said and invited wholeheartedly all To commemorate 626th devotees and the general Parkash Utsav of Shiro- public to actively partici-

The event is being orga-Trust (SSKT) is going to nized with the involveorganize a series of pro- ment of all trustees, grammes from June 3, including Chaman Lal Bhagat (Floria), Bhushan Inform the general Lal Dogra, Ex. MOS J&K public particularly the Government, Darshan Kabir followers about Bhagat, General Secrethe programmes during tary, Som Nath, Balak a press conference here Ram (Master), Jeet Raj, today, Dr Preeti Bhagat Adv. Natha Ram, Adv. said that the celebrations Nisha Bhagat, Charanjeet of Parkash Utsav of Kabir Bhagat, Ex. Sarpanch Maharaj will start with the Suraj Parkash (Gara), Surgarlanding of Sant Kabir's jeet Singh, Dr Ankush, statue followed by an Kartaro Devi, Sushma

open invitation to every-"Main event will take one to join in the festivities place at Sant Kabir Nagar, and honour the legacy of Village Kotli Gala Bana, Sant Kabir Ji Maharaja.

The trustees extend an

### IIM Jammu signs MoU with PD&MD J&K to establish, "Centre for Innovation & Transformation in Governance"

JAMMU, MAY 27

In a significant step able development, and towards fostering inno- enhance the well-being vation and driving gov- of the Union Territory of ernance transformation, Jammu and Kashmir. the Indian Institute of

practices through cutting- meet future challenges."

policymakers, and public servants to tackle complex challenges, drive sustain-The Centre for Innova-

Management (IIM) Jammu tion & Transformation in signed a Memorandum Governance (CITaG) will of Understanding (MoU) focus on several key areas, with the Planning, Devel- including Economic opment & Monitoring Transformation by devis-Department (PD&MD), ing strategies aligned with Government of Jammu India's vision of Viksit and Kashmir, to establish Bharat @2047, promot- happy to partner with the ects and fostering public-Atal Dulloo, IAS, Chief Secretary, J&K, expressed Jammu and Kashmir." Secretary, J&K, and Prof. his enthusiasm, stating, Jabir Ali, Dean Academics, "The establishment of the IAS, Administrative Sec-IIM Jammu, on 27th May Centre for Innovation & retary, Planning, Devel-2024 at the Committee Transformation in Gov- opment & Monitoring Room, Civil Secretariat, ernance (CITaG) marks a Department (PD&MD), The Centre for Inno- ernance of Jammu and IIM Jammu will bring a vation & Transformation Kashmir. This initiative wealth of knowledge and in Governance (CITaG) will drive innovation and expertise to our gover- several key dignitaries, the Nodal Agency, Knowlis envisioned to catalyze transform governance nance practices, ensuring ranging from Shri Shailen- edge Partner and implepositive change and foster practices, ensuring that a future-ready administra- dra Kumar, IAS, Principal



the Centre for Innova- ing Public-Private Partner- Govt. of Jammu and Kash- private partnerships." tion & Transformation in ships (PPP) to strengthen mir in this transformative Governance (CITaG). The the development process initiative. The Centre for Academics, IIM Jammu, MoU was signed by Prof. in the U.T of Jammu and Innovation & Transfor- added, "The Centre for B.S. Sahay, Director, IIM Kashmir, and advancing mation in Governance Innovation & Transfor-Jammu, and Mohammad Future Ready Governance (CITaG) will leverage our mation in Governance Aijaz, IAS, Administrative (FRG) through capacity expertise in management (CITaG) will serve as a Secretary of Planning, building, e-governance, and technology to foster Development & Monitor- and data-driven decision- innovation, economic innovation, providing the ing Department (PD&MD), making. Chief Guest Shri transformation, and sus-necessary support and in the presence of Shri Atal Dulloo, IAS, Chief tainable development in resources to tackle the

Shri Mohammad Aijaz, new chapter in the gov-remarked, "The MoU with innovation in governance we are well-prepared to tion in the U.T of Jammu Secretary to Government, initiative. and Kashmir. The Centre Agriculture Production &

Prof. Jabir Ali, Dean

hub for research and unique challenges faced by the U.T of Jammu and Kashmir. This partnership will create a conducive environment for the development and growth of Jammu and Kashmir."

The MoU signing ceremony was graced by

ment, Finance Depart- Transformation in Gov-Government, Industries & Commerce Department, resource development. Dr. Muqbil Burhan, Chairperson Srinagar Campus, IIM Jammu, and other key officials of the Govt. of

Jammu and Kashmir The Centre for Innovation & Transformation in Governance (CITaG) formation, NITI Aayog, Department of Economic Affairs, and Future Ready IIM Jammu will serve as

government institutions, mitment: "IIM Jammu is tal in executing key proj- Secretary to Govern- Centre for Innovation & in the region.

ment, Shri Alok Kumar ernance (CITaG) activi-(IRS), Principal Secretary ties and provide knowlto Government, Higher edge support to achieve Education Department, its vision, mission, and Ms. Mandeep Kaur, IAS, goals. The MoU outlines Commissioner/Secretary a two-phase implementato Government, Hous- tion plan where Phase I ing & Urban Develop- will focus on PPP projects, ment Department, Ms. agriculture and allied sec-Yasha Mudgal, IAS, Comtors, development of new missioner/Secretary to tourist destinations, job Government, Tourism creation, and strengthen-Department, Shri Vik- ing fiscal positions. Phase ramjit Singh, IPS, Com- II will address infrastrucmissioner/Secretary to ture development, social sectors, IT, and human The collaboration aims to bring Jammu and

Kashmir to the forefront of innovation and governance, setting a benchmark for other regions. The Centre for Innovation & Transformation has been conceptual- in Governance (CITaG) ized by integrating the is expected to drive eco-State Institute of Trans- nomic growth, improve governance, and enhance PPP Cell funded by the the quality of life for the people of Jammu and Kashmir. With this col-Governance, an initiative laboration, IIM Jammu of the J&K Government. and the Planning, Development & Monitoring Department (PD & MD) of the Govt. of Jammu and menting body to steer the Kashmir are poised to set new benchmarks in gov-As per the MoU, IIM ernance and innovation, edge research, education, Prof. B.S. Sahay, Director Innovation & Trans-Farmers Welfare Depart-Jammu will establish paving the way for a future and collaborative initia- tor, IIM Jammu, highlight- formation in Governance ment, Shri Santosh D. a Project Management of prosperity, growth, and tives. It aims to empower ed the institute's com- (CITaG) will be instrumen- Vaidya, IAS, Principal Unit (PMU) to coordinate sustainable development

#### **Inter Zone District Level Tournament Competitions held**

JI NEWS SERVICE

KATHUA, MAY 27

On 2nd Day of Inter Zone District Level Tournament Competitions for U17 years girls were conducted in the discipline of Kabaddi, kho-kho, Volleyball, Badminton, chess, TT, wrestling, football and cricket. The girl players showcased their talent zone Hiranagar won by in different discipline. 2-0 sets They (players) were full of enthusiasm and tried hard to win their respective matches.

Earlier District Youth and 4points.

Services and Sports officer Sunil Singh Sambyal interacted with players of cricket team and wished them good luck.

Today's Results U17 girls

Volleyball:

Kabaddi zone lakhanpur won from zone kathua by 9 points.

Kho-kho

Hiranagar V/s Sallan

Sallan V/s Lakhanpur Zone Lakhanpur won the match by an inning

### DSEJ reviews educational landscape in Kishtwar

#### Emphasises Key Reforms, Improvements; Inspects ongoing works

JI NEWS SERVICE

KISHTWAR, MAY 27

Director School Educa-Kishtwar today, chairing a crucial meeting with Principals and Heads of Instigaps and formulate strate- teacher ratio and strengthquality in the district.

The meeting was attended by Joint Direc- the need to intensify tor School Education enrolment drives, involv-Doda-Kishtwar-Ramban ing teachers, parents and Dharinder Sharma, Chief School Management Com-Education Officer (CEO) mittees (SMCs) to ensure Kishtwar R. K. Vesheshta, no student is left out of DIET Principal Kishtwar school, thus preventing Prehlad Bhagat, Deputy dropouts. Strategies for Zonal Education Officers, Heads of Clusters, and HOIs of high schools in the district.

and directed for improvements through proactive measures.

tion Jammu, Ashok Kumar gaps in key indicators and Sharma, conducted a com- deliverables and stressed prehensive visit to District the importance of bridging these gaps.

tutions (HOIs) to review for starting pre-primary the educational scenario classes in alignment with and discuss key issues. The NEP-2020 guidelines, meeting aimed to identify maintaining the studentgies for enhancing the edu- ening "AGHAAZ Labs" in all cational infrastructure and clusters to spark student interest in science.

The DSEJ underlined

Resource Rationalization, and District Capex. the Director emphasized After a detailed presen- on following a rational from district authorities, Ashok Kumar Sharma to achieve educational were urged to overcome actions against derelict implementation, remedial made certain observations excellence on par with hurdles in ongoing infra-

The Director observed

Emphasis was placed on mobilizing resources

also discussed.



district standards.

Emphasising the infratimely completion of proj-Focusing on the ects under SAMAGRA, UT

Collaborative efforts

structure projects.

mentation of biometric monitoring. He also rec-

Besides, the discussions The Director called for included promoting CAL/ CEO Masood Hussain Qazi, the saturation of the Back structure development, ensuring teachers/staff ICT Centres, strengthening along with all Principals, to School initiative were the Stress was laid on the punctuality and the implegirls' hostels for students from remote areas, and attendance for real-time ensuring the on time provisions of free textbooks and ommended forming of uniforms at the elementa-Attendance Monitoring ry level at the onset of the tation on the educational approach to utilize avail- the School Education Committees in each clus- current educational sesprofile of the district, able resources efficiently Department and SMCs ter and taking stringent sion. The need for e-Office Kishtwar, he interacted

ing workshops for HOIs, DDOs, and teachers was also underscored during the meeting.

CEO Kishtwar was directed to ensure the timely disposal of regularization cases for ReTs and RRTs and one-time exemption cases. Sharma assured redress of grievances and implementation of effective solutions promptly.

The meeting concluded with a focus on collaborative efforts to foster an efficient and effective education system, driven by the punctuality of teachers and proper monitoring by school heads.

Later, Director School Education Jammu also inspected the ongoing Construction work of Remodeling of GHSS Boys Kishtwar under UT Capex Budget and assessed the pace and progress of the work. He emphasised time bound completion of works by mobilising the men and resources.

During his visit at DIET with the staff and reviewed classes and capacity-build- its functioning.

#### PTM held in Govt schools across Doda District



JI NEWS SERVICE

DODA, MAY 27

The government schools in District Doda conducted monthly parentteacher meetings to get feedback and suggestions their children's education, here today.

Parkash Lal Thapa said the move is aimed at improvdents. The parent-teacher academic-related issues told. as well as mental health, and well-being of students are being deliberated upon" he said.

academic performance during adolescence.

gained by the students in the examination. The main focus is to gear up maximum enrollment in the schools during the academic year 2024.

Besides, the students were encouraged to sign from parents regarding and submit the Anti-Drug Declaration Form to the Head of Institutions con-Chief Education Officer cerned for onward submission.

Parents were also ing the education system made aware about variand the well-being of stu- ous aspects of life skills. "The role of parents and meetings have become a teachers has become very regular feature in govern- important for the lives of ment schools of Jammu students. The feedback by and Kashmir. "Every parents helps boost the month, schools conduct education in government the meetings, in which schools" the parents were

Some of the themes health and hygiene, and included 'Role of parents personal development during examinations', 'Role of parents in ensuring safety and security of school-going children', Schools of District 'Role of parents in devel-Doda conducted parent- oping life skills', 'Inculteacher meetings on the cating moral values in theme "Role of Parents in children', 'Role of parprevention of Drug Abuse ents in preventing drug among School going abuse among children', Students" along with 'Emotional wellbeing' routine academic activi- and 'Understanding adoties, enrollment drive, lescents and parenting

#### Comm Secy chairs JKTPO's 14th BoDs meeting

JI NEWS SERVICE SRINAGAR, MAY 27

Commissioner Secretary, Industries & Commerce, Vikramjit Singh, today chaired the 14th Board of Directors (BoDs) meeting of Jammu and Kashmir Trade Promotion Organization (JKTPO) here at Civil Secretariat.

The meeting was attended by Secretary, Rural Development Department, Dr. Shahid Iqbal Choudhary, who as one of the Directors of the organization, shared his valuable insights on various agenda items discussed in regarding previous board the meeting.

Khalid Jahangir, Man-Kashmir, Tej Krishan Bhat, year 2024-25 along with tion's working. Special Secretary, Agricult he action plan for the



decisions.

other directions and deci- merce, Sachin Dev Singh, sions were also conveyed The Board discussed by the Commissioner Secaging Director, JKTPO, and deliberated on vari-retary regarding various Mahmood Ahmad Shah, ous agenda items and activities being carried out Bharti, Additional Secre-Director, Handicrafts & approved the budget esti- by JKTPO, to bolster and tary, representative from Handlooms Department, mates for the financial strengthen the organiza- Higher Education Depart-

ture Production & Farm- activities to be undertak- appreciated the initiative from Handicrafts & Haners Welfare Association en by the JKTPO. It also taken by the JKTPO to gendlooms Department, and Rakesh Kumar, Addi- approved the calendar of erate revenue by charging Jammu, Vikas Goyal, tional Secretary, Finance events proposed by JKTPO participation fee from the CFO, representative from Department were among for the financial year. In exhibitors. He also advised Export Promotion Council the Directors who attend- addition, the meeting to further scale up meaapproved various activi- sures to increase the quan- tive from Carpet Export Khalid Jahangir, preties to promote the ODOP tum of revenue generation Promotion Council besides sented the agenda for products of Jammu and during the current finan- officers and officials from meeting and apprised the Kashmir, being a flagship cial year. It also commend- JKTPO also attended the board of the action taken initiative. Besides, some ed JKTPO for organizing meeting.

the maiden Jammu Trade Fair in February, 2024 wherein 104 exhibitors from various parts of Jammu and Kashmir and Rajasthan, Gujarat, Himachal Pradesh and Uttrakhand exhibited their products.

Samita Sethi, Secretary in Industries & Commerce Department, Rayaz Hussain, Director Finance, Industries & Commerce Department, Tarsaim Kumar, Director Planning, Industries & Com-

Additional Secretary, representative from Tourism Department, Dr. Ravi ment, Kulraj Singh, Joint The Board of Directors Director, representative of Handicraft, representa-

#### Div Com reviews status of Water, Electricity and Irrigation **Supply in Jammu Division**



JI NEWS SERVICE JAMMU, MAY 27

Divisional Commissioner Jammu Ramesh Kumar today chaired a meeting to review the status of Water, Electricity and Irrigation receive public complaints supply in Jammu Division amid the summer season.

The meeting was Chief Engineer Irrigation sible time. and Flood Control and other concerned.

to avoid inconvenience to needs of the people. the public amid scorching

ed the Chief Engineers tion canals and issued to keep their men and related directions.

machinery ready for timely repair of pipelines and replacement of PHE motors and damaged transformers. He further asked the

CEs to make Xen and JEs responsible and accountable for delivering the services. Directions were issued to set up a control room and appoint a nodal officer in each district to regarding power and water supply.

Deputy Commissionattended by Commission- ers were asked to closely er JMC, Deputy Commis- monitor the power and sioners of Jammu Division, water supply situation Chief Engineer, Jal Shakti, and resolve the issues, if Chief Engineer JPDCL, any, in the shortest pos-

Directions were also issued for maintaining The meeting discussed buffer stock of transformmeasures to augment ers and water tankers in water and power supply each district to meet the

The Div Com also reviewed the water supply The Div Com direct- to farmers via the irriga-

#### **Udhampur Admin hosts IEC on Eco-**Friendly waste management for students

JI NEWS SERVICE

UDHAMPUR, MAY 27

A one day Information Education Communica-School Sangoor Chowk.

(especially wet waste).

by District Subject Matter livelihood.

Specialist-DL Arun Samyal under the guidance of Chief Agriculture Officer Sanjay Anand.

While demonstrating tion (IEC) activity on Waste HDPE Vermibed, cow-Management was con-dung, earth worms (Eiseducted today at Common nia fetida} and chopped Public Higher Secondary waste vegetable material were used. All the com-The event was held ponents of the activity as part of an initiative were discussed in detail launched on the direction for overall understandof District Development ing of the concept of this Commissioner Saloni Rai composting method and -with the objective of pro- its scope and prospects moting waste management for its utility in converting in urban establishments the domestic waste into a useful manure which A Live Demonstra- can be utilized in production on vermicomposting tive farming and has the method was given to stu- potential of providing susdents and teaching staff tainable and eco-friendly

### Principal Secretary Culture reviews restoration, conservation of heritage sites in Jammu Division

JAMMU, MAY 27

Principal Secretary Culture and Tribal Affairs Suresh Kumar Gupta, in presence of Divisional Commissioner Jammu, Ramesh Kumar, on Monday reviewed the performance of Culture and Tribal Affairs Departments here at a high-level

ing discussed implemen- works. tation of the Scheme for



The meeting was was held on the District Fort; Bathing Ghat at Dera no new structure of any attended by Deputy Com- wise heritage sites and Baba Banda Singh Bahamissioners of Jammu the scope of work for the durr Shrine; Repair Reno-Division, Director Tribal revival of heritage in each vation of General Zorawar Affairs, Director Archives, district. The meeting was Singh Palace in Reasi; Archaeology and Muse- informed about the status Bamuchak Temple Samba ums, Executive Engineer, of physical work complet- Fort; Krimchi Fort; Jaganu MMJHS and other officers. ed and the interventions Fort; Ladden Kotli Fort in by 5th of month to Direc-At the outset, the meet- required for starting new Udhampur, besides other tor AAM.

revival, restoration, pres- tified or on which the ervation and maintenance restoration works are on Deputy Commissioners of architecture and heriincluded Sumah Temple to submit new proposals tage sites in Jammu and Akhnoor; Gurudwara through the respective for early completion of Kashmir introduced by the Sundar Singh Jammu; Thin District level Committees Hostels for tribal students.

heritage sites in other dis-

The heritage sites iden- tricts of Jammu Division.

headed by Deputy Commissioners. Directions were issued for submitting new proposals under Phase II of the Scheme with recommendation of DLC to be sent to Director, Archives, Archaeology and Museum by June 10,

It was decided that

department/organization shall be allowed in any heritage monument. ADDC (Nodal Officer) and XEN were asked to submit a monthly progress report

District-wise issues of the Tribal Affairs Depart-The Div Com asked the ment were also discussed with the concerned deputy Commissioners

## series sponsored by Union Ministry of Education

Govt GLDM Degree College organises impact lecture

JI NEWS SERVICE

KATHUA, MAY 27

IIC (Institutional Innovation Council) of Government Girdhari Lal Dogra Memorial Degree College Hiranagar organised Impact Lectures on Innovation - Entrepreneurship-Start-Up and Intellectual Property Rights (IPR), sponsored by Innovation Cell, union Ministry of Education. The Programme started with Lighting of the traditional lamp followed by Sarswati Vandana.

The resource persons for the programme were Prof. Dr. Ashutosh Vashishtha, Chairman (IIC) and CEO, TBIC School of Business, faculty of Manand Dr. Yatheshth Anand, Coordinator IMPV and

about the various schemes and initiatives taken by the Govt. of India in these

Mata Vaishno Devi Unino Devi University, Katra India like DPIIT, NIDHI, of the students. NSTEDB, ATM, TBIs etc.

In her inaugural Vaishno Devi University the resource persons also address, Principal of the also educated the audience cleared various doubts College, Dr. Pragya Khanna regarding IPR (Intellectual and queries raised by the welcomed the resource property rights). He gave students and faculty mempersons and highlighted detailed notes on patents, bers. Certificates were also the importance of start-up design, copyright, trade- distributed among the stuand Entrepreneurship in marks etc. He motivated dents by the dignitaries. the present Scenario. She the students to choose the also apprised the students path of start-up, Entrepre- Degree College, Hiranagar neurship so that they may

be able to get employment

in future. Dr. Bindu Sharma (Presi-In his talk, Prof. Dr. dent IIC) Govt. GLDM Ashutosh Vashishtha from Degree College, Hiranagar School of Business, fac- also spoke on the occasion ulty of Management, Shri and appreciated the initiative taken by the Instituversity, shared his views tion by inviting a galaxy of to rank higher education about Entrepreneurship as experts from time to time career opportunity, objecto deliver lectures on Innotive of IIC, various schemes vation/Entrepreneurship/ launched by Government Start-Up/IPR for academic ed by Dr. Rajni Bala and agement, Shri Mata Vaish- of India under start-up growth and for the welfare

Assistant Professor, Dr. ent semesters also particialso present on the occa-Head of School of Mechani- Yatheshth Anand from pated in the programme sion.

cal Engineering, SMVDU, Department of Mechani- with great interest. In the cal Engineering, Shri Mata interactive session, both

Pertinently, the GLDM is maiden institution from JK UT to get sponsorship due to its remarkable standing in National Institutional Ranking Framework (NIRF); a methodology adopted by the Ministry of Education (MoE) of the Government of India institutions in the country.

The Proceedings of the Programme were conduct-Prof. Shapia Shameem. The faculty members of Students from differ- various departments were