

**DENGUE WARNING SIGNS**

Many people with dengue can be cared for at home with adequate rest and hydration. But, if you experience any warning signs, go immediately to the nearest medical center.

**Watch out for dengue warning signs!**

A drop in body temperature accompanied by any of the following symptoms:

- Severe and continuous headache
- Joint and muscle pain
- Diarrhea
- Present vomiting
- A skin rash
- Disorientation
- Bleeding from gums or nose, blood in stool, urine or vomit
- Redness

If you have any of these symptoms, go to the nearest medical center IMMEDIATELY

# JINDRAH IMAGES

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## Kohli hundred pushes Pakistan closer to exit

**J1 NEWS SERVICE**  
NEW DELHI, FEB 23

Pakistan were left to comprehend the very real possibility of eviction from their own party as India clinically dispatched them off in the Champions Trophy 2025 clash at the Dubai International Cricket Stadium. Every Indian bowler played his part as the defending champions were restricted to a sub-par score of 241, which was then overhauled comfortably as Virat Kohli led the way with a masterful unbeaten hundred - his 51th in the format.

India-Pakistan contests - without factoring in for the tournament context - often

tend to be a contest as much of mental fortitude as of cricketing skills. For a good part of the last decade and a half, India have been superior on both counts and so it proved to be as the two teams began reading from a very familiar script. Pakistan did win what seemed an important toss given the expected nature of the Dubai pitch - slow and low - but their batters veered the extremes between trying too hard or not trying hard enough and imploded to waste what was a much better PowerPlay than the one they'd produced four nights ago in Karachi.

India on the other hand, did what they do well in



these contests - do the small things well and let the opposition work themselves into a frenzy. They were there to accept every opportunity that Pakistan presented and by the end, the gulf between the sides in a contest of this length was very apparent.

Interestingly, it was India that made the more nervous start as Mohammed Shami bowled a 11-ball first over that featured as many as five wides, one of them nearly a regulation take for first slip. The new ball swung for India and in their quest to harness the movement, India pushed their lengths up, even if it meant playing into the hands of the under-fire Babar Azam, who got going with a

couple of breezy boundaries. But even without Jasprit Bumrah as well as a not fully fit Shami - who had to briefly head back to the pavilion with some knee discomfort after his third over - India's bowlers had the wherewithal to re-calibrate their lengths for this wicket.

Here, they had the luxury of calling on Hardik Pandya, who offered a breakthrough on demand by drawing Babar into a false drive to a ball that wasn't full enough to be driven. The end of the 41-run opening stand forced Pakistan into another unforced error as the reinstated Imam-ul-Haq went searching for a

**CONTINUED ON ► PAGE 4**

**Engage constructively, focus on matters of welfare of J&K people: Jitendra to BJP MLAs**

**J1 NEWS SERVICE**  
JAMMU, FEB 23

Ahead of the crucial upcoming Budget session of the Jammu and Kashmir Assembly, Union Minister Dr Jitendra Singh on Sunday urged BJP MLAs to engage constructively in the House and present a united front on matters concerning the welfare of the people of the Union Territory.

**CONTINUED ON ► PAGE 4**

**Safeguard the rights of members, not to act as a censor: Mehbooba**

**J1 NEWS SERVICE**  
SRINAGAR, FEB 23

Peoples Democratic Party (PDP) President Mehbooba Mufti on Sunday said that the primary role of

**CONTINUED ON ► PAGE 4**

**Several members of J&K handicapped association detained after their protest march against govt**

**J1 NEWS SERVICE**  
SRINAGAR, FEB 23

Police on Sunday detained several members of Jammu and Kashmir Handicapped Association (JKHA) after they took out a protest march here against

**CONTINUED ON ► PAGE 4**

## Lieutenant Governor pays homage to great leaders & valiant freedom fighters from Arunachal Pradesh and Mizoram

**J1 NEWS SERVICE**  
JAMMU, FEBRUARY 23

Jammu Kashmir Raj Bhawan today hosted the citizens of Arunachal Pradesh and Mizoram.

The gathering observed the significance of the foundation day of the two states which was celebrated on 20th February.

In his address, the Lieutenant Governor Shri Manoj Sinha paid homage to great leaders and valiant freedom fighters from Arunachal Pradesh and Mizoram.

"Such occasions provide us an opportunity to remember that we need to discharge our duties towards the society and the country with complete dedication. I have no doubt that each one of you will act responsibly for progress and



prosperity of this great nation.

It has been my wish that growth and prosperity reaches every individual and every household of the country and no one should be left behind

as the nation moves forward. Our integrated efforts should aim to improve the economic status and empowerment of every section of society", the Lieutenant Governor said.

The Lieutenant Governor also spoke on the development journey of Arunachal Pradesh and Mizoram, under the leadership of Hon'ble Prime

**CONTINUED ON ► PAGE 4**

## Govt in talks with private investors to boost skiing infra at Gulmarg: CM



**J1 NEWS SERVICE**  
SRINAGAR, FEB 23

Jammu and Kashmir Chief Minister Omar Abdullah Sunday said the government is in talks with some private investors to enhance the infrastructure at the famous skiing destination of Gulmarg.

The chief minister also said a helicopter would be available throughout the year in Gulmarg for heli-skiing and safari.

"We are in talks with some

private investors who are ready to create more skiing infrastructure in Gulmarg. Talks are on and if there is a good proposal which would create new infrastructure, we will work on it," Abdullah told reporters at the hill station in north Kashmir's Baramulla district.

He said some other plans were underway by the Jammu and Kashmir Cable Car Corporation to develop new cable car projects.

**CONTINUED ON ► PAGE 4**

## First novel reflects inner life of author: Karan Singh

**AGENCIES**  
NEW DELHI, FEB 23

The protagonist of "The Temple of Shiva" is "sort of an alter ego", says veteran Congress leader Karan Singh, noting that an author's first novel reflected their inner life.

Singh made the remarks while talking about his book "The Temple of Shiva" at an event. As he engaged in a con-



versation with a journalist, the event offered profound insights into literature,

**CONTINUED ON ► PAGE 4**

## Those with slave mentality mock India's religious beliefs with foreign backing: Modi

**AGENCIES**  
CHATTARPUR (MP), FEB 23

Prime Minister Narendra Modi on Sunday slammed a section of leaders over their critical remarks on Maha Kumbh, saying those with "slave mentality" keep attacking the country's religious and cultural traditions with the backing of foreign powers.

Modi termed the ongoing Maha Kumbh in Prayagraj as



the "Maha Kumbh of Unity" after laying the foundation stone for Shree Bageshwar Medical Sciences And Research Institute, which will include a cancer hospital, at Chhatarpur in Madhya Pradesh.

Bageshwar Dham is a prominent religious site associated with Lord Hanuman frequented by thousands of people.

"These days we see that there is a group of leaders

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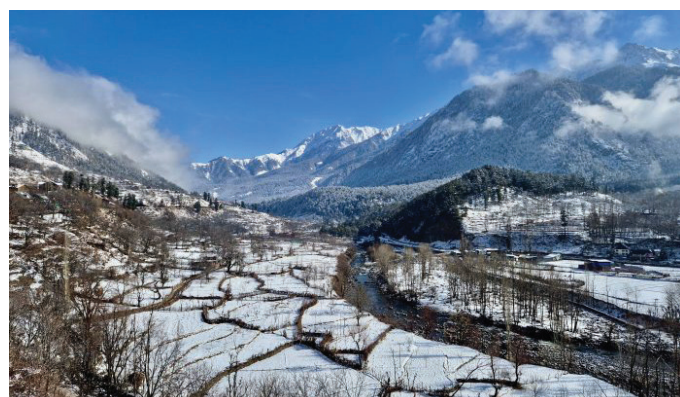
## MeT predicts 4-day wet weather with rain, snow over Jammu & Kashmir from February 25

**J1 NEWS SERVICE**  
SRINAGAR, FEB 23

The Meteorological Department Srinagar has predicted four-day wet weather with light to moderate rain and snow at most places from February 25 over Jammu and Kashmir.

The weather will generally remain dry till February 24, the MeT office said.

It said the weather will remain generally cloudy with light to moderate rain and snow at most places with isolated heavy rain and snow over both Kashmir and Jammu divisions from February 25 till end



of the month. The weather office has also issued an advisory stating that there is possibility of temporary disruption of Surface

transportation mainly over Sadhna pass, Razdan Pass, Sonamarg-Zojilla-Gumri axis, Mughal Road, Sinthan pass & other major roads of hilly dis-

tricts. "Tourists/travellers/Transporters are advised to plan their trips accordingly and follow Admin/Traffic advisory", the advisory said.

It has also advised Farmers to suspend irrigation and other farm operations during the period.

The night temperature slightly improved but stayed below freezing point at most weather stations of the Kashmir valley.

The minimum temperature recorded during the intervening night of Saturday and Sunday was recorded at

**CONTINUED ON ► PAGE 4**

## DIG CKR, CRPF reviews joint operational meeting to enhance synergy among the forces in Ganderbal

**J1 NEWS SERVICE**  
SRINAGAR, FEB 23

Deputy Inspector General (DIG) Central Kashmir Rajiv Pandey and DIG Central Reserve Police force (CRPF) Operations North Range Srinagar Sudhir Kumar reviewed the joint operational meeting to enhance security and operational synergy among the forces.

In a significant move to enhance security and operational synergy, the DIG Central Kashmir, Pandey and DIG



CRPF Kumar reviewed the joint operational competence of SOG Ganderbal and CRPF on Saturday.

The Senior Superintendent of Police (SSP) Ganderbal Ragav S, and other senior

**CONTINUED ON ► PAGE 4**

## "Miss World Undeclared" Staged at Natrang Studio: A Powerful Message on Inner Beauty and Racial Bias

JINNEWS SERVICE  
JAMMU, FEB 23

'Miss World Undeclared', a play in Hindi, written by Satyendra Shrivastava and directed by Neeraj Kant, was staged here today at Natrang's Studio Theatre Kachi Chawni in its Weekly Theatre Series, Sunday Theatre.

The play 'Miss World Undeclared' presented at Natrang Studio unfolds the sad saga of all the those people, particularly Asians who reside in the developed European Countries and are subject to racial discrimination and hatred from the natives as they think their resources are shared and reduced by them. This was showed from the



point of view of a school going girl, 'Noorie' who was regularly bullied by her classmates who have fair complexion. They tease her for not being as beautiful as them to the extent that she decides to discontinue her education. But her mother, a very wise lady makes her realize that the criteria

for being beautiful is not being fair or having external beauty, the real beauty is internal beauty and anyone with good heart and calm mind is much more beautiful than those people who are just externally good looking. Motivated by her mother, she goes to the school and comes back very happy as

on that day the result of Miss World pageant gets declared and the winner was an Indian girl. The play ends with a positive and inspirational note that "it does not matter how we look but it really matters what we are" and that is the key to real and eternal happiness.

Natrang's young artists who presented a remarkable performance included Kananpreet Kaur, Mehak Chib, Priyash Ashok Gupta and Lalita Sharma. Lights of the play were operated by Brijesh Avtar Sharma whereas the music was scored by Kartik Kumar. The show was coordinated by Mohd. Yaseen and the presentations were done by Aryan Sharma.

## Serving the Nation Beyond Borders: Army Hosts Medical Camp in Bandipora

JINNEWS SERVICE  
PANAR, FEB 23

In a commendable effort to provide healthcare to remote areas, the Indian Army, in collaboration with the 4015 Field Hospital and 26 Assam Rifles under the Manasbal Sector, organized a medical camp in Panar, Bandipora district. The initiative aimed to offer essential medical services to the underprivileged, ensuring they receive proper healthcare and guidance.

The camp provided free health check-ups and medicines, while patients requiring specialized treatment were referred to advanced medical facilities. A total of 295 individuals benefitted from the



camp. Alongside medical aid, an awareness program was conducted to educate locals on disease

prevention, hygiene, and sanitation, emphasizing their importance in maintaining overall health.

The people of Bandipora hailed the efforts of the Army, expressing their gratitude for the initiative and hoping for more such camps in the future. Many acknowledged the Army's continuous commitment to improving the well-being of citizens in remote areas. The initiative not only addressed immediate healthcare needs but also reinforced the bond between the Army and the local community. The successful conduct of the medical camp highlights the Army's dedication to social welfare, ensuring that even the most isolated regions receive the necessary medical attention and awareness for a healthier future.

## Rising Cardiac Ailments in Defence Forces - A Growing Concern and Call for Timely Intervention: Dr Sushil

JINNEWS SERVICE  
JAMMU, FEB 23

Understanding the pressing need for cardiac health awareness Head Department of cardiology GMCH Jammu Dr. Sushil Sharma held a day long cardiac awareness cum health check up Camp at 7BN SSB Jammu for defence personnel. The camp aimed to assess the heart health of soldiers, identify risk factors, and offer medical advice for prevention and treatment.

While delivering the lecture Dr Sushil stated that the defence forces are often perceived as the epitome of physical fitness and endurance. However, recent trends indicate a disturbing rise in cardiac ailments among military personnel. Despite their rigorous training and active lifestyle, soldiers are increasingly falling victim to heart diseases. This growing concern demands attention, as it not only affects the health of the personnel but also impacts Family life. Defence personnel operate under extreme pressure, whether in combat, high-altitude areas, or prolonged deployments. The stress of maintaining vigilance, coupled with the burden of responsibilities, contributes significantly to heart-related issues. Soldiers often face erratic schedules, leading



to irregular sleep patterns and disrupted biological rhythms. Chronic sleep deprivation increases the risk of hypertension and other cardiovascular problems.

He elaborated that military rations are designed for sustenance, they may not always provide heart healthy nutrition. Additionally, long-term reliance on preserved or high-sodium foods can contribute to high blood pressure and heart disease. Defence personnel frequently operate in extreme weather conditions, such as freezing temperatures in high-altitude regions or scorching heat in deserts. These harsh environments can strain the cardiovascular system, increasing the risk of heart attacks and strokes. Active-duty personnel maintain high fitness levels, many veterans experience a decline in physical activity upon retirement. A sedentary lifestyle, coupled with post-service stress, can lead to obesity, diabetes, and heart disease. Routine cardiovascular check-ups can help in the

early detection of heart diseases. Implementing annual screenings as part of military medical protocols can ensure timely intervention.

He added that Providing psychological support and stress management training can help reduce the mental burden on soldiers. Mindfulness, yoga, and counseling services should be integrated into military wellness programs. The defence forces should focus on providing nutritionally balanced meals with fresh fruits, vegetables, and heart-healthy fats. Reducing processed food consumption can significantly lower cardiac risk. Ensuring soldiers get sufficient sleep, even in demanding conditions, can improve cardiovascular health. Policies promoting rest and recovery should be prioritized. Veterans should have easy access to cardiac wellness programs, including fitness routines, dietary guidance, and regular medical check-ups. Encouraging an active lifestyle after service, He Said

In his concluding remarks Dr Sushil Sharma emphasized on the fact that the rise of cardiac ailments in defence forces is a pressing issue that demands immediate attention. While soldiers are trained to endure physical and mental hardships, their health must not be overlooked. By implementing preventive healthcare measures, promoting stress management, and ensuring proper nutrition, the defence forces can safeguard the well-being of their personnel. A healthy soldier is not only an asset to the nation but also a testament to the strength and resilience of the armed forces.

Vikas Singh 2 IC (Offg. Commandant), Sumit Nani 2 IC ( Deputy Commandant) and SHQ SSB Jammu Satish Kumar ( Deputy Commandant) appreciated the efforts of Dr Sushil and his team for conducting cardiac Awareness cum health check up camp in their premises and shows their heartfelt gratitude.

Others who were part of this camp included Dr Venkatesh Yellupu and Dr Dhaneshwar Kapoor. Paramedics and volunteers include Kamal Sharma, Ranjeet Singh, Rajkumar, Annish Dutta, Rajinder Singh, Vikas Kumar, Makhan Sharma, Mukesh Kumar, Rohit Nayyar, Gourav Sharma, Shubham Sharma and Nirvair Singh Bali.

## Panjvaktra Mahadev Mandir to Host Grand Three-Day Maha Shivratri Mahotsav 2025

JINNEWS SERVICE  
JAMMU, FEB 23

The historic Panjvaktra Mahadev Mandir, one of the oldest Shiva temples in Jammu, is set to host the grand Maha Shivratri Mahotsav 2025 from February 24 to 26, 2025. Organized in collaboration with Directorate of Tourism, Jammu, and J&K Academy of Art, Culture & Languages, the three-day festival will bring together an array of spiritual and cultural programs.

Announcing the festival details in a press conference, Sh. Suresh Kumar Sharma, Retd. Sessions Judge & Receiver Panjvaktra Mahadev Mandir, along with Sh. Deepak Kumar eminent theatre personality, Yogesh Sharma, Anil Gupta, Pankaj Pradhan and Sanjiv Nirdosh, trade association representatives, and other prominent artists, highlighted the rich blend of tradition, devotion, and artistry that defines this Mahotsav.

Speaking on the occasion, Sh. Suresh Kumar Sharma said, "Maha Shivratri Mahotsav at Panjvaktra Mahadev Mandir is a deeply spiritual and culturally enriching experience. This sacred temple, with its ancient heritage and divine aura, has long been a beacon of faith and devotion for the people of



Jammu. Through this festival, we strive to celebrate our rich traditions and provide devotees with a profound opportunity to connect with the divine presence of Lord Shiva."

We extend our heartfelt invitation to all devotees, artists, and cultural enthusiasts to be a part of this sacred Mahotsav. We also urge the media and community leaders to help spread the word so that maximum devotees can participate in this grand celebration of faith, devotion and heritage. Let us come together to make Maha Shivratri Mahotsav 2025 a truly memorable and divine experience.

The festival will feature ritualistic Mahadev Abhishek, soulful bhajans, classical dance performances and traditional processions, offering devotees and visitors a deeply immersive experience.

The Mahotsav will commence with a Chetna Yatra of Bawa Kalibeer and local deities, starting from Panjvaktra Mahadev Mandir and covering prominent city locations before returning to the temple. The revered Dogra Band by Mohan Lal & Party and Karan by Natha Ram & Party will accompany the procession, adding a divine & musical charm to the sacred event.

Each evening, the temple will host bhajan performances by renowned artists such as Sh. Pankaj Pradhan, Dr. Rishi Shaminotra, Dr. Jasmeet Kour, and Dr. Rakesh Kalotra, accompanied by eminent instrumentalists on flute, rhythm, and violin. The festival will also celebrate India's rich classical dance heritage, with Bharatanatyam performances by Neetika Aggarwal and Pallabi Dass

Ghosh, and Kathak performances by Nrityanjali under Dr. Priya Dutta.

A significant highlight of the Mahotsav will be the symbolic Shiv Vivah, performed by Jangams, marking the celestial union of Lord Shiva and Goddess Parvati. The festival will conclude on February 26 with traditional devotional music by Veer Bhan & Party and light bhajans by Milan Cultural Society, ensuring a blissful and divine culmination of the celebrations.

Known as the "Rupaiye Wala Mandir," Panjvaktra Mahadev Mandir holds immense spiritual significance, being home to a self-manifest Shiva Lingam (Aap Shambhu). The name "Panjvaktra" translates to "five-faced," signifying the five forms of Lord Shiva - Rudra, Aghora, Vamdeva, Tat Purusha, and Ishana. These five aspects also represent the five Mahabhootas or elements. Legends associate the temple with visits from Adi Shankaracharya and Sri Guru Nanak Dev Ji, further elevating its sacred status.

As one of Jammu's most revered festivals, Shivratri Mahotsav 2025 promises an unforgettable blend of spirituality, tradition, and cultural expression, inviting devotees from across the region to participate in this divine celebration.

## Women's empowerment BJP's first priority: Pradeep Kanojia

JINNEWS SERVICE  
NEW DELHI, FEB 23

Pradeep Kanojia, National Office Incharge of BJP Scheduled Caste Front, said that women empowerment has happened on a very large scale under the BJP rule.

No one can have a bigger thinking than BJP for women empowerment. BJP has always worked to increase the respect of women in every field. He said that by making Haryana's daughter Rekha Gupta the Chief Minister of Delhi, the respect of Haryana as well as the country has increased.

Sharing the policies and development works of the Bharatiya Janata Party, Pradeep Kanojia said that the central and state governments under the leadership of Prime Minister Narendra Modi and Chief Minister Yogi Adityanath have done the work of providing every

facility to the last person of the country.

By starting many development schemes, all-round development of every sector has been done. People of the country are being given homes through the Pradhan Mantri Awas Yojana. Ujjwala Yojana has brought a big change in the lives of women.

"Be it Lakhpati Didi or Drone Didi. By bringing forward the women who spend their lives in the kitchen in this way, their respect in the society has increased. They have got good employment," he said, adding that the poor have benefited through Jan Dhan Yojana. Through Ayushman Bharat Yojana, better health facilities have been provided to the last person in the society.

By providing loans to the poorest of the poor through Mudra Yojana, their standard of living has been improved.

## NSS SMVDU celebrated International Mother Language Day



JINNEWS SERVICE  
JAMMU, FEB 23

NSS SMVDU volunteers celebrated International Mother Language Day with mesmerizing performances by volunteers in their local languages. Poetry by Rahul Yadav, Suhani Sharma, singing by Santosh, Kriti Mahajan, Abhikash, Iqtdia, Abhishek Yadav, Mridul Salaria and Parvalli anchored the event. The event started with the welcome address by the NSS Programme Coordinator, Dr. Rajiv Kumar. He emphasized the importance of promoting mother language in academics and research. Language is the soul of a culture, vessel of knowledge and a bridge

between generations. The cultural events include poetry singing and dancing performances by volunteers in their local languages. Poetry by Rahul Yadav, Suhani Sharma, singing by Santosh, Kriti Mahajan, Abhikash, Iqtdia, Abhishek Yadav, Mridul Salaria and Parvalli anchored the event. The event started with the welcome address by the NSS Programme Coordinator, Dr. Rajiv Kumar. He emphasized the importance of promoting mother language in academics and research. Language is the soul of a culture, vessel of knowledge and a bridge

## Police arrests 02 drug peddlers in Budgam; Contraband substances recovered

JINNEWS SERVICE  
BUDGAM, FEB 23

Continuing its efforts to eradicate the menace of drugs from the society, Police in Budgam have arrested two drug peddlers and recovered contraband substances from their possession.

A Police party of Police Station Khanshab, at a checkpoint established at Kremshora near Graveyard intercepted a suspicious person who tried to flee from the spot, but was tactfully apprehended by police party. He has been identified as Imtiyaz Ahmad Sofi son of Mohamad Maqbool Sofi resident of Chodribagh Kremshora.



During search, 03 sticks of Charas like substance wrapped in corn husk weighing about 69.28 grams was recovered from his possession. Subsequently, he was arrested.

During questioning, the accused person disclosed that he has procured the contraband substance from one person namely Mohamad Wahid Thoker son of Mohamad Sadiq Thokar resident of Chodribagh Kremshora who has concealed the additional contraband substances at his residential house. Acting swiftly upon this information Police party conducted raid to the house in presence of 1st Class Executive Magistrate Khanshab and

during search of the house Charas like substance in a powder form weighing about 550 grams was recovered and he was also arrested. Accordingly, a case vide FIR No. 26/2025 under relevant section of law has been registered at Police Station Khanshab and investigation has been initiated.

J&K Police with the support of the general public is committed to combat drug trafficking and dismantling the narcotics network in the region. We urge the common masses that if you witness drug peddling or any other crime anywhere near you, feel free to contact nearest police establishment or dial 112.

## MLA Yudhvir Sethi inaugurates Jammu & Kashmir's 1st Sports Festival 2025 "Arm of Steel 3.0"

**JNEWS SERVICE**  
JAMMU, FEB 23

In a momentous step towards promoting fitness and wellness, BJP leader and MLA Jammu East Constituency, Yudhvir Sethi, today inaugurated Jammu & Kashmir's first Sports Festival 2025 "Arm of Steel 3.0". The event witnessed an enthusiastic participation of over 200 athletes from various districts of the region.

The sports festival featured six exciting disciplines: Powerlifting, Aesthetic Physique, Arm Wrestling, Yoga, Calisthenics, and Strict Curl. Each event was a showcase of raw strength, determination, and passion, reflecting the growing fitness culture in the region.

This pioneering initiative was conceptualized and organized by Sahil Anand, the founder of Gymkhana. Sahil's vision is not only to provide athletes with a platform to showcase their skills but also to promote the message of a drug-free India. The fes-



tival is part of a broader campaign to inspire the youth to embrace fitness and lead healthier, more active lives.

The inauguration ceremony saw a strong show of support from prominent figures, including Mandal President Swati Sharma, Ex-Corporator Suneet Raina, Adv. Nidhi Magotra, Raman Sharma, Karan Sharma, and a large gathering of local supporters.

Addressing the enthusiastic gathering, MLA Yudhvir Sethi emphasized the

importance of fitness, not only for building physical strength but also for fostering mental resilience. He remarked that a healthy mind and body are key to overcoming challenges in life, and sports play an essential role in shaping the future of the youth.

Sethi lauded the tireless efforts of Sahil Anand and his dedicated team in bringing the Arm of Steel 3.0 Sports Festival to Jammu & Kashmir, acknowledging that this event provides a unique

platform for athletes to showcase their talents. He reaffirmed the BJP's commitment to empowering the youth of the region through such initiatives, which inspire them to pursue their passion for fitness and contribute positively to society.

Sethi also shared his excitement over the event, praising the efforts to inspire young people to adopt fitness as part of their lifestyle.

The MLA further highlighted the significant role that sports can play in addressing pressing societal issues, such as drug abuse, and urged the youth to channel their energy into positive activities like sports to build a brighter future for themselves and the community.

Sahil Anand said "Arm of Steel 3.0" is not just a sports competition; it's a movement aimed at motivating the new generation to prioritize health, fitness, and well-being, marking a significant step in Jammu and Kashmir's journey towards a healthier future.

## Whether Statehood was another "Jumla" of Modi Government, Karra asks BJP

**JNEWS SERVICE**  
JAMMU, FEB 23

JKPCC Chief Tariq Hameed Karra today asked BJP to explain whether the commitment to restore statehood was another Jumla of Modi government.

Addressing a largely attended workers convention of District Jammu rural at Muthi today Karra questioned the local BJP for its stand over the continued neglect of the most popular demand of people of entire Jammu & Kashmir by the centre government and was it like several other jumlas of Modi government, which were never fulfilled.

Asserting that Congress would not rest till the centre government fulfills the commitment of statehood, made on the floor of parliament, before the supreme Court and the people of J&K, during recent assembly elections also. Most surprising is the total silence of local BJP unit and party's MLAs after getting huge mandate from people. Is it not a continued deceit of the centre over the most fundamental demand of general public and the right of people.

He said people are suffering in the absence of powers with the elected government and various sections like unemployed youth, daily wagers, contractual, adhoc, consolidated temporary & NHM employees, anganwadi workers, asha workers, spos etc are awaiting justice from the government.

He said Dogras are worst hit & most hurt by the loss of identity, status, dignity and the rights to



protect their land, jobs and natural resources, which are being looted and taken over by influential outsiders besides invasion on their dogra culture, language and peaceful co-existence.

The convention was organised by DCC Rural under the leadership of Th Hari Singh Chib and attended by working Presidents Tara Chand, Raman Bhalla, Ch Lal Singh, AICC Secretary Neeraj Kundan, IYC President Uday Bhanu Chib, Mula Ram, Balwan Singh, Ravinder Sharma, Yogesh Sawhney, Ved Mahajan, Dr Manohar Lal Sharma, MLA, Iftikhar Ahmed, Rajnish Sharma Mian, Shashi Sharma, T S Tony, Gurdarshan Singh, Balbir Singh IYC General Secretary Man Singh, Suresh Dogra, Narinder Sharma, Vijay Sharma, Bhushan Dogra, Ashok Bhagat, Ajay Lakhotra, Sanjeev Panda, Neeraj Gupta, Madan Lal Chalotra, Rajiv Saraf Kapil Singh, Rajni Bala, Rajinder Happy, Jatinder Bhagat, Tamanna Heer, Parveen Akhtar, Anuradha Sharma, Jang Bhadur, Vijyant Pathania & Ricky Dalotra,

Karra said that Congress has a history of sacrifices before and after independence as it's two

prime ministers sacrifice lives while BJP has a legacy of "Mafinama" Party and today seeks certificate of nationalism from Congress. Our ideology and nation's constitution is based on unity in diversity while BJP believes in division and communalism for vote bank politics.

Addressing the gathering Tara Chand talked of the role of Congress in uniting people and uplifting the downtrodden as a result the dalits occupied prime positions in the government and services due to reservation in the constitution while urging to safeguard the constitution.

He also expressed over rising crime in Jammu and incidents of loot, dacoity and other criminal activity besides drugs mafia, seeking check.

Raman Bhalla in his address referred to large scale development during the ten years of UPA rule and coalition government in the state but our identity and rights were snatched arbitrarily by the Modi government and now hoodwinking the people of Jammu Kashmir.

He said that Congress will continue to fight for this but our chief minister and NC should also vigorously take up the popular

demand for early restoration of statehood.

Former MP Ch Lal Singh targetted centre for snatching Dogra identity and special status for protection of our land, jobs & culture, initially granted by Maharaja Hari Singh ji. The BJP MLAs have gone into hibernation after getting huge mandate from Jammu and betraying the faith of people.

He regretted that our land resources are being looted and jobs being taken away besides destroying our culture, agriculture land and peace of mind.

AICC secretary Neeraj Kundan, All India Youth President Uday Chib, MLA Rajouri Iftikhar Ahmed Mula Ram, Balwan Singh, Dr Manohar Lal Sharma, T S Tony, Bhushan Dogra, Bhushan Dogra, Ashok Bhagat and block Presidents who participated are S/Shri Surinder Kumar, S. Mandeep Singh, Jatinder Singh, Som Nath Sharma, Parshotam Singh, Romal Singh, Jagtar Singh, Madan Singh, Kamal Singh, Gian Chand, Smt Parveen Akhtar, Shahbaz Ahmad, Om Parkash, Smt. Gurmeet Kour, Dr. Gopal Sharma, Ram Pal, Pradeep Ji, Kaka Ram, Gama, Fakir Chand, Ganesh Ji, Raj Kumar and others.

## BJP Media Incharge Kashmir Sajid Yousuf Shah Presides Over "Budget Pe Charcha" 2025-26 at Town Hall Kupwara

**JNEWS SERVICE**  
KUPWARA, FEB 23

BJP Media Incharge Kashmir, Adv Sajid Yousuf Shah, presided over a "Budget Pe Charcha" event at Town Hall Kupwara to discuss the Union Budget 2025-26 with key stakeholders. The event brought together leaders from the Trade Body Kupwara, NGOs, Civil Society, and Transport Associations, Fruit and Hawkers association for an insightful discussion.

Kupwara witnessed an engaging and interactive session as Adv. Sajid Yousuf Shah engaged with stakeholders from various sectors. The event provided a platform for business leaders, industry representatives, and community members to voice their concerns and expectations regarding the recently announced budget.

A diverse group of



stakeholders actively participated in the discussion, including representatives from the trade sector, civil society, hoteliers, and other industries.

Shah welcomed various opinions and assured the participants that their feedback would be conveyed to the relevant authorities for review. He highlighted the government's commitment to regional development and stressed the importance of public-private collabo-

ration in driving economic progress.

Acknowledging the crucial role of tourism and handicrafts in Jammu and Kashmir's economy, Shah assured that the government would explore policy measures to further support these sectors. The discussion also focused on increasing financial assistance for saffron and apple growers, improving market access for fruit producers, and boosting the industrial sector

to enhance employment opportunities.

Additionally, Shah emphasized the importance of sustainable tourism in the district, particularly in Bungus, Lolab, and Drangyari, while advocating for environmental conservation, wetland preservation, and houseboat rehabilitation. He reiterated the government's commitment to promoting eco-friendly tourism policies while ensuring that the livelihoods of local communities remain secure.

The event was attended by several party cadres, including Nazir Bhat, Adv. Sajad Ganie, Sheikh Mohammad Iqbal, Hafizullah Bakshi, Malik Gulzar, Choudhary Fareed, Lone Zahoor, Mir Basharat, Syed Basharat, Shah Iqbal, Fayaz Ahmad Bhat, constituency presidents, Other morchas and other Senior party leaders.

## BJP J&K President Sat Sharma Listens to 119th Mann Ki Baat at Kunjwani Mandal

**JNEWS SERVICE**  
JAMMU, FEB 23

BJP Jammu and Kashmir President Shri Sat Sharma listened to Mann Ki Baat program at booth III in Kunjwani Mandal:- Today 119th Episode of world famous program Mann Ki Baat by Prime Minister of India Sh Narendra Modi jee was organised at Booth no III at Gangyal in Kunjwani Mandal, in which BJP Jammu Kashmir President Sh Sat Sharma jee, Former Deputy Mayor Sh Baldev Billawaria, Dist Jammu South President Naresh Jasrotia, Mandal President Ajay Pratap Singh remained present along with Booth III President Suresh Mishra. Huge number of local residents of booth gathered at Ram Leela Hall to listen



Mann Ki Baat . In 119th episode of Mann Ki Baat PM Modi expressed his views on various issues. PM Modi mentioned everything from Champions Trophy, Space Sector, National Science Day to Women's Day and 'Pariksha Pe Charcha' In his address BJP Jammu Kashmir President Sh Sat Sharma jee stressed upon

the simple approach of our PM Sh Narendra Modi JEE for connecting to public of India and conveying the most important messages in an effective manner. Former Deputy Mayor Sh Baldev Singh Billawaria expressed that our nation is going through so many challenges, however our PM Sh Modi jee encourages us in

a very simple way to overcome the challenges.. like he stressed upon reducing the 10 percent oil consumption to fight the challenge of obesity in India. Mandal President Ajay Pratap Singh thanked Pradesh President Sh Sat Sharma jee for sparing his time to listen Mann Ki Baat Program among the general public of booth III of Kunjwani Mandal. Distt Jammu South Naresh Jasrotia expressed his gratitude to Booth President and and general public for taking time to get together to listen the 119th episode of Mann Ki Baat. During the program former Mandal president Ranjeet Singh, Rajinder Singh, Ajmer Singh, Satya Devi, Vishal Dugotra, Surinder Singh, Mulkh Raj, Punjab Singh remain present along with others.

## Tarigami criticizes Jammu Power Dept for advocating FIR against locals protesting smart meter installation

**JNEWS SERVICE**  
SRINAGAR, FEBRUARY 23:

CPI(M) leader and MLA Kulgam, Mohammad Yousuf Tarigami, on Sunday criticized Jammu Power Development Corporation Limited (JPDCL) for advocating registration of a First Information Report (FIR) against locals protesting the installation of smart meters.

Reports suggest that JPDCL has stressed for an FIR against 10 locals in a Kishtwar village for opposing and halting the installation of smart meters in their area.

Tarigami condemned the move, calling it an attempt to criminalize dis-



sent, which he described as highly unfortunate and unacceptable in a democratic country.

"People have every right to express their dissent, and registering an FIR against locals for merely protesting is an extremely harsh action by the authorities," he said.

The CPI(M) leader urged the authorities to withdraw the FIR, listen to the people's concerns, and address their grievances.

## Farooq, Omar conveyed condolences

**JNEWS SERVICE**  
JAMMU, FEB 23

National Conference President Dr Farooq Abdullah former Chief minister, Mr Omar Abdullah Honble Chief Minister and Vice President JKNC and Mr Surinder Choudhary Deputy Chief Minister expressed grief over the passing away of Smt Veena Sharma Wife of Mr Radhey Sham Sharma former Vice Chairman of Kissan Advisory Board and former MLA Nowshera and conveyed condolences to the bereaved family.

In their messages, Dr Farooq Abdullah, Mr Omar Abdullah and Mr Surinder Choudhary prayed to the departed soul rest in peace and expressed solidarity with other members of the family.

In the condolence message, General Secretary Haji Ali Mohammed Sagar, Dr Sheikh

Mustafa Kamaal, Mr Ajay Kumar Sadhotra Additional General Secretaries, Mr Rattan Lal Gupta Provincial President Jammu Province, Sheikh Bashir Ahmad Provincial Secretary Jammu, Mr Javed Ahmad Rana, Honble MLA Mendhar, Mr Ajaz Jan Honble MLA Poonch, Ch. Akram Honble MLA Surankote, Javed Iqbal Choudhary Honble MLA Budhal, Mr Muzaffar Iqbal Honble MLA Thanamandi, Ch. Naseem Liaqyet DDC Chairman Rajori, Th. Rameshwar Singh DDC Dangri, Mrs Anita Thakur DDC Kalakote, Vipran Pal Sharma, Ashok Kumar Sharma District President Rajouri Rural, Shafayat Ahmad Khan District President Rajouri Urban, Th. Yashvardhan Singh, Zeeshan Rana Additional Spokespersons Jammu have also expressed grief and prayed for peace to the departed soul.

## DIG CKR & DIG CRPF Ops reviews joint operational exercises in Ganderbal

**JNEWS SERVICE**  
GANDERBAL, FEB 23

In a significant move to enhance security and operational synergy, Deputy Inspector General (DIG) Central Kashmir, Shri Rajiv Pandey-IPS and DIG CRPF Ops North Range Srinagar Shri Sudhir Kumar reviewed the joint operational competence of SOG Ganderbal and CRPF. SSP Ganderbal Shri Ragav S and other senior officers of Police and CRPF were also present on the said occa-



sion. The jawans of SOG Ganderbal and CRPF had undergone rigorous training and simulations to enhance their operational abilities and synergy and their over-

all competence was reviewed during this visit.

Initially, SSP Ganderbal, provided a detailed presentation on the present security scenario of the district along with the joint operations that have been undertaken by JKP and CRPF.

DIG CKR, while briefing the joint team of JKP and CRPF, provided a detailed account of the recent security developments in J&K

and underscored the importance of effective strategies to tackle them and guided the officers in this regard. DIG CRPF Ops North Range Srinagar underscored the need of effective synergy and operational awareness to combat terrorists.

Following this, a demonstration of the weapons and new gadgets used by the joint teams, was held. The visit concluded with a strong affirmation and commitment towards coordinated efforts to tackle the adversaries.

## J&K Forest Department Targets 1.5 cr Plantation upto March 2025: PCCF

JJ NEWS SERVICE  
SRINAGAR, FEBRUARY 23

The Jammu and Kashmir Forest Department has unveiled an ambitious plan to plant 1.5 crore saplings upto March end this financial year, aiming to improve the region's green cover and mitigate climate change.

Principal Chief Conservator of Forests (PCCF/HoFF) S.K. Gupta, announced the initiative during a plantation drive at Ompora city forest.

Addressing recent concerns over increased forest fires, PCCF attributed the incidents to a prolonged dry spell. He said that swift action



by forest officials had prevented significant damage.

The department is also taking steps to strengthen its workforce by referring vacancies to the SSRB for recruitment, he stated.

In a move to support local farmers and expand

tree cover outside designated forest areas, the Social Forestry Department distributed male poplar clones.

PCCF highlighted the importance of integrating modern techniques into nursery management, releasing a pamphlet pre-

pared by DFO Budgam to guide best practices. He also inspected the Forest nursery in Budgam, stressing the need for raising tall conifer plants.

While underlining that community involvement is crucial to protect and expand our forests, PCCF urged residents to participate in the plantation drives.

The event saw the participation of civil society members, NGOs, and senior forest officials, including Chief Conservator of Forests Kashmir Irfan Rasool, Regional Wildlife Warden Kashmir Tawheed Deva and Regional Director Social Forestry Zahid Moghul.



Sh Nazir Ahmed Khan, Chairman, District Development Council Budgam called on Lieutenant Governor Shri Manoj Sinha today.

He submitted a memorandum of demands to the Lieutenant Governor pertaining to various issues of public importance including extension of Power Amnesty scheme, uninterrupted power supply during the holy month of Ramzan, upgradation of Hospital building at Soibug Budgam, establishment of Mini Secretariat in Budgam, etc.

The Lieutenant Governor assured Sh Nazir Ahmed that appropriate action will be taken to address the genuine issues projected by him.



Shri Mohammad Iqbal Ahangar, Chairman, OBC Welfare Association J&K UT called on Lieutenant Governor Shri Manoj Sinha, today.

He apprised the Lieutenant Governor of various development issues of Dooru and Verinag including establishment of Maternity and Child Care Hospital Dooru and upgradation of PHC Verinag.

A delegation of Shopkeepers of multi-tier parking General Bus Stand Jammu led by its President Sh Vishal Mahajan also called on the Lieutenant Governor.

### FROM THE PAGE 1...

#### Kohli hundred...

non-existent single and was caught short at the non-striker's end by an Axar Patel direct hit.

Pakistan still had 52 runs in the PowerPlay but India's changed lengths soon brought scoring to a near-screaming halt. The next 10 overs saw Mohammad Rizwan and Saud Shakeel manage just 27 runs as the two batters kept finding the fielders in the ring while trying to force the pace against off-paced deliveries. The dot balls-count piled up to 95 by the 25th over before the pair finally attempted to break free. The attack eventually came when India had two spinners - Kuldeep Yadav and Ravindra Jadeja - operating in tandem. Rizwan swept Jadeja for a four before Shakeel swept and reverse-swept Kuldeep in the following over for boundaries.

Slowly but steadily, the partnership swelled past the 100-run mark and Shakeel completed a solid, 63-ball half-century. But just when it was time to press on the accelerator, Pakistan were set back by the dismissal of both the set batters. Rizwan survived when Harshit Rana put down a tight chance off Hardik, but India's drought with middle-overs wickets ended in the very next over as the Pakistan captain charged at Axar and yoked himself to get bowled. Axar could have had Shakeel too in the same over but Kuldeep put down a tough chance running in from long-on. But even that miss didn't cost India much as Hardik dismissed the half-century with a short ball in the very next over.

Like in the 2023 World Cup clash between these two, Pakistan squandered a very similar position of strength. From 151/2, they lost 3 for 14 as Jadeja spun one past Tayyab Tahir's defences. Khushdil Shah and Salman Ali Agha appeared to stem the rot with a busy 35-run partnership but again, having reached 200, when Pakistan were ready to kick on, Kuldeep produced a double-wicket 43rd over against batters who were finding it hard to read him off the hand.

First, Agha fell trying to swipe across the line but managed only a leading edge to point. Off the very next ball, Kuldeep trapped Shaheen Afridi in front of the stumps with a googly. Khushdil struck two sixes off Shami in his 38 off 39 before he was the last man dismissed with two balls still left in the innings.

Where India made quick adjustments with the ball, Pakistan were guilty of not doing so when it was their turn under the lights. Shaheen Afridi, in particular, bowled too full, even though one such ball - a sensational inswinging yorker - uprooted Rohit Sharma's middle-stump. The Indian captain had raced away to 20 off 15 before his dismissal but Shubman Gill ensured there was no dip in the momentum by taking on Shaheen, unafraid to step out and drive the left-arm seamer in the 'v'.

At the end of the PowerPlay, India had 64 runs shaved off the target, allowing Kohli to play in a tempo he's mastered over his glittering 17-year ODI career. He got going with a couple of check-driven fours off Haris Rauf, one of which took him past 14000 ODI runs - the fastest to the landmark. Once the spinners came on, he went about building his innings through strike rotation. His 69-run stand with Gill was ended when Abrar Ahmed ripped a ball past the Indian vice-captain and castled him, four short of another half-century. It followed a sedate period of scoring with Shreyas Iyer taking his time to get going.

By then, India were so far ahead in the game that they weren't going to be pushed into panic. Kohli also ensured that he took down Shaheen and Naseem for boundaries early in their overs as soon as they returned to the attacks. Eventually, Iyer, who was on 17 off 34 at that point, caught up with the scoring by sweeping and reverse-sweeping Khushdil for fours and was reprieved on the way when Saud Shakeel put down a touch chance at mid-wicket.

From there on, it was a cruise to the finish even as India lost Iyer (56 off 67) and Hardik. The only narrative left to uncover was if Kohli would get to his hundred. He got there by slapping his 111th ball for a four with two runs left for the win. It was all too easy for him and India, who are now on the cusp of another semifinal in an ICC white-ball event.

Brief scores: Pakistan 241 in 49.4 overs (Saud Shakeel 62, Mohammad Rizwan 46; Kuldeep Yadav 3-40, Hardik Pandya 2-31) lost to India 244/4 in 42.3 overs (Virat Kohli 100\*, Shreyas Iyer 56; Shaheen Afridi 2-74) by six wickets.

#### Lieutenant Governor pays...

Minister Shri Narendra Modi.

He conveyed his best wishes to the people of Arunachal Pradesh and Mizoram and prayed for the

rapid development of the two states.

#### Govt in talks with...

"This year, we have not had much snow. But, still, skiers are enjoying here and from today, heli-skiing will start. They can also have a tour of the scenic beauty in a helicopter. This time, the helicopter will be available throughout the year and people can now enjoy the helicopter safari in Gulmarg as well," he said.

On the conduct of the Khelo India Games which were postponed due to lack of snowfall, Abdullah said the government was not in a position to make an announcement on them yet.

The Khelo India Games were scheduled to be held from February 22.

"There is a hope of fresh snowfall over three days from February 26. After that, experts of the Ski Federation will visit, they will examine the slopes and if they feel there is much snow to hold the games, then we will announce the dates.

"I would want the games to be held in the first week of March then, because otherwise, the temperature will rise and it will be difficult to hold them this year then," he added.

To another question about the upcoming Muslims' fasting month, the chief minister said he would soon take a meeting to review the preparations for the Ramadan.

#### First novel reflects...

philosophy and storytelling. Published by Parchment Publications, "The Temple of Shiva" intricately blends history, mythology and devotion, creating a rich narrative around faith and self-discovery, according to a statement.

During the discussion, Singh shared a fascinating insight into his protagonist, Ashok, describing him as an alter ego - what he might have been had he not been born into his current circumstances.

"Your first novel," he said, "always reflects the inner life of the author." Parchment Publications hosted the discussion at Kunzum Bookstore.

Shubhi Arya, the founder of Parchment Publications, said, "Publishing 'The Temple of Shiva' is a privilege and a deeply personal honour. Dr Karan Singh's wisdom, depth and storytelling deserve to reach younger generations, inspiring them to explore India's rich spiritual and cultural heritage."

#### Those with slave...

who mock and ridicule our religion. They are bent upon breaking the unit and are engaged in dividing people.

"Many times, foreign powers too are seen trying to weaken the country and religion by supporting these people," Modi said.

Modi's remarks come amid a row over West Bengal CM Mamata Banerjee dubbing Maha Kumbh as "Mrityu Kumbh" citing mismanagement and incidents of stampede. She had also accused the authorities of suppressing the death toll.

Modi said the haters of Hindu faith have been living in different disguises for centuries.

"These people with slave mentality attack our beliefs, temples, saints, culture and traditions. These people abuse our festivals, traditions, and beliefs," he said.

Modi further said the agenda of this section was to break the society and unity of the country.

"They have the audacity of throwing slush at our religion and culture which is intrinsically progressive," he added.

Modi underlined the religious significance of Maha Kumbh in Prayagraj which is taking place after 144 years.

He praised 'safai karmis' (sanitation workers) and police personnel for doing a great job in making the Maha Kumbh a successful event.

"This is the great Kumbh of unity where thousands of doctors and volunteers work with dedication and the spirit of service. People visiting the great Kumbh of unity appreciate these efforts," he said.

Modi also praised services rendered by ophthalmologists to the needy people at the mega religious congregation attended by crores.

Highlighting efforts made by his government in fighting cancer, Modi said cancer day care centres will be opened in all districts of the country in the next three years.

He pointed to Budgetary announcements aimed at fighting cancer and the decision to make cancer

medicines cheaper.

The cancer hospital, to be set up under Shree Bageshwar Medical Sciences And Research Institute, is the brainchild of self-styled godman Dhirendra Shastri, the Peethadhishwar of Bageshwar Dham.

Modi said the 100-bed cancer hospital will come up on 10 acres in the first phase over the next two years, with a cost of Rs 218 crore. (AGENCIES)

#### MeT predicts 4-day...

Srinagar 0.0°C, ski resort of Gulmarg -5.6°C, tourist resort of Pahalgam -4.3°C and Qazigund -0.6°C.

In Kashmir Division, the maximum temperature also witnessed an increase by 2 to 4°C on Saturday with highest recorded at Srinagar 15.2°C, Pahalgam 11.0°C and Kupwara 15.2°C.

In Jammu division the night temperature also witnessed a slight drop with Bhandarwal at 1.2°C, Banihal 3.2°C, Jammu 9.2°C and Batote 5.1°C overnight.

Similarly the day temperature recorded the previous day in Jammu 23.5°C, Kathua 22.8°C, Batote 15.4°C and Katra 21.6°C respectively, the MeT office said.

#### DIG CKR, CRPF...

officers of Police and CRPF were also present on the occasion.

The Jawans of SOG Ganderbal and CRPF had undergone rigorous training and simulations to enhance their operational abilities and synergy and their overall competence was reviewed during this visit.

SSP Ganderbal, IPS provided a detailed presentation on the present security scenario of the district along with the joint operations that have been undertaken by JKP and CRPF.

DIG Pandey while briefing the joint team of JKP and CRPF, provided a detailed account of the recent security developments in J&K and underscored the importance of effective strategies to tackle them and guided the officers in this regard.

DIG Kumar underscored the need of effective synergy and operational awareness to combat terrorists.

Following this, a demonstration of the weapons and new gadgets used by the joint teams, was held. The visit concluded with a strong affirmation and commitment towards coordinated efforts to tackle the adversaries.

#### Engage constructively...

Chairing a luncheon meeting of BJP MLAs here at his residence, Dr Singh underscored the party's commitment to follow the nationalistic line, raising public-centric issues and bring pressure on the government to ensure that the governance is transparent and accountable.

The meeting focused on key public issues, legislative strategy and the legislative party's approach in the Assembly, setting the tone for an active and engaged participation in the upcoming Budget session of J&K Assembly.

The discussion revolved around pressing current concerns such as drug addiction, land encroachments and illegal mining, which have been affecting people across the Union Territory.

Several MLAs voiced the grievances of their respective constituencies, highlighting the challenges faced by the public and stressing the need for strong legislative action.

The MLAs also deliberated on how to effectively counter the ruling party and hold it accountable for what some members described as unfulfilled promises from the ruling party's manifesto.

"Personally, in my parliamentary career, I have always followed the dictum of focussing on 'issues' rather than 'individuals' and over the years it has proved to be quite a successful approach," said Dr Jitendra Singh and urged upon the legislators to come prepared and confront the ruling party with well studied, evidence-based interventions in the Assembly, instead of indulging in inconsequential personal attacks.

Dr Singh further said BJP has won the recent Assembly election with a vote share higher than even the ruling party and the people of Jammu region have overwhelmingly reposed faith in the national leadership of Prime Minister Narendra Modi, with a strong urge to have a "double engine" government in J&K, as is the case in several other States.

"It is therefore imperative upon us to prove ourselves worthy of the people's confidence and register the aspirations of the people on the floor of the House," he said.

The meeting was moderated by the Leader of Opposition (LoP) Sunil Sharma, who laid out the plan for BJP's participation in the legislative proceedings.

He said such coordination meetings with the UT and central leadership of the party will be a regular phenomenon and briefed the legislators about the calendar of interactions during the next few days.

He emphasized the significance of legislative party meetings that would take place before and during the session to fine-tune the party's strategy on a daily basis.

The meeting concluded with remarks from BJP J&K President Sat Sharma, who reinforced the importance of coordination among party members and their responsibility in voicing the concerns of the people effectively in the legislature.

With the budget session set to begin soon, BJP's legislative wing is poised to play a proactive role in the Assembly, ensuring that public issues remain at the forefront of the debate, he said.

Sat Sharma urged the legislators to carefully draw their strategy for the upcoming Assembly session to play the role of an effective Opposition.

#### Safeguard the rights...

the Speaker of Assembly is to safeguard the rights of members not to act as a "censor".

Mehbooba, the former Jammu and Kashmir Chief Minister, was reacting to the displeasure expressed by the Speaker of the House Abdul Rahim Rather against some MLAs giving publicity to notices submitted by them in the Legislative Assembly regarding business to be taken up during the upcoming budget session.

"While Rathar Sahab may be concerned with preserving the sanctity of legislative proceedings, as Speaker, his primary role is to safeguard the rights of members, not to act as a censor", Mehbooba posted on X on Sunday.

"Transparency and public awareness of legislative activities should not be seen as an infringement on parliamentary practices", she said and added "On the contrary, informing the public about notices, questions, and resolutions in advance promotes accountability".

The PDP president said many significant parliamentary bills, such as the recent Waqf Bill, are debated publicly for months.

"Regrettably, it appears that Rathar Sahab, a seasoned politician, is imposing a form of martial law while occupying a constitutional position", She said.

A communique issued yesterday had said that the speaker Rather has observed that "according to Parliamentary Practice, usage and established convention and prevalent Rules of this house, it is improper to give unwarranted publicity to the Notices of Questions, Bills, Resolutions and other similar matters connected with Business of the House".

The Speaker has expressed displeasure against the members responsible for such publicity which tantamount to breach of privilege as per the prescribed rules and directed the members to desist from the practice in future.

#### Several members of...

the government's "failure" to improve the lives of the disabled, officials said.

Dozens of members of the JKHA assembled near the Press Enclave here holding banners and raising slogans, and called for an immediate government action for the welfare of the disabled community in Jammu and Kashmir, the officials said.

The protestors alleged successive governments have failed to improve the lives of the community.

They demanded launching of a special recruitment drive for qualified disabled persons, and enhancement in the monthly pension from Rs 1000 to Rs 5000.

They also demanded low-interest loans covered in subsidy and vertical reservation in jobs.

The demands also included four per cent reservation in MGNREGA work as well as in assemblies, municipalities, and panchayats.

The protestors also demanded setting up of an advisory board for their socio-economic development, and opening of separate counters for them in government offices and banks.

They tried to take out the march on the main road outside the Press Enclave, but were stopped by police, and several of them were detained, the officials said.

They were later released, the officials added. (Agencies)

## ANTF Kashmir organises drug de-addiction awareness programme in Srinagar



**JI NEWS SERVICE**  
SRINAGAR, FEB 23

Continuing its efforts to eradicate drug menace in Kashmir Valley, ANTF Kashmir a Specialized Unit to check the rising menace of drug abuse, in collaboration with (Salfaya E-Ricksha Stand Mominabad Batamalo, DLSA Srinagar, KSRE, Surgical World, Essess EV Automobiles, Drug De Addiction Kashmir), organized an Awareness Programme at Momin Abad Batamalo Srinagar and raised aware-

ness among the General Masses especially youth and school going children. The event was attended by approximately 400 persons including youth and students.

The programme aimed at educating general masses especially students and youth about the harmful effects of drug abuse and equipping them with essential knowledge on prevention strategies. The awareness program highlighted the physical and social consequences of drug abuse, emphasizing the necessity

of a drug-free society. The speakers delivered perceptive speech, sharing their expertise on various aspects of drug addiction, its causes and urged the gathering to remain extra vigilant and play a meaningful role in spreading awareness about the menace of drug abuse within their communities.

ANTF J&K remains committed to its mission of eradicating drug addiction and safeguarding the future of the young generation by conducting continuous awareness campaigns.

## Motivational Session Conducted for Students of Jawahar Navodaya Vidyalaya at Reasi

**JI NEWS SERVICE**  
REASI, FEB 23

The Indian Army conducted a motivational session at Jawahar Navodaya Vidyalaya, Reasi District, to inspire students to join the armed forces and serve the nation. The session was attended by 52 students and 10 teachers, who actively participated in the interactive event. During the session, Indian Army officials provided valuable insights into the career opportunities in the Indian Army, eligibility criteria and the rigorous training process.

They highlighted the honor, discipline and commitment required to serve in the armed forces. Students were encouraged to pursue their dreams of joining the Indian Army and contribute to national security and development. The session also included real-life experiences



shared by Indian Army personnel, inspiring stories of valor, and a Question & Answer segment where students clarified their doubts regarding recruitment procedures and life in the Indian Army. The event aimed to instill a sense of patriotism, dedication and determination among the young minds.

The teachers and students expressed their gratitude to the Indian Army

for organizing the session and providing guidance on career prospects in the defence sector. The initiative was widely appreciated and is expected to motivate many students to consider a future in the armed forces. The Indian Army remains committed to engaging with the youth and guiding them towards meaningful careers that serve the nation with pride and honor.

## Carrom Board Competition Organized for Students at Cherji Cob, Kishtwar

**JI NEWS SERVICE**  
KISHTWAR, FEB 23

As part of its continued efforts to engage with youth to nurture their indoor games talent, Indian Army Dul organised a 'Carrom Board Competition' at Cherji, Dist-Kishtwar. The competition aimed to build a bond between new generation and the Indian Army while fostering a spirit of healthy competition.



enthusiastic participation from the students. A total of 25 students exhibited their skills in the competition. The competition culminated with felicitation of

the winners and all participants. All the participants thanked the Indian Army for organizing the event and expressed their heartfelt gratitude.

## Aryans Group signs MoU with Top 5 Hospitals of region

**JI NEWS SERVICE**  
SRINAGAR FEB 23RD

Memorandum of understanding (MOU) has been signed between Aryans Group of Colleges, Rajpura, Near Chandigarh & top 5 hospitals of the region.

The representatives 5 hospitals of Rajpura & Zirkapur region including Manju Sharma, Nursing Head & Poonam Vashisht, HR Head, Neelam Hospital; Dr. Satinder Paul Singh, Chairman, Guru Nanak Hospital, Dr. Sarabjeet Singh, Chairman, Simrita Hospital; Dr. Sunny Singla, MS Ortho & Chairman, Life care Hospital, Pallavi, HR Head, JP Hospital have signed this MoU with Aryans.

Mrs Nidhi Chopra, Principal, Aryans Institute of Nursing said the purpose of MoU is to provide better clinical exposure to our students of B. Sc. Nursing, Post Basic Nursing, GNM, ANM, Paramedical, Pharmacy, Physiotherapy etc with internship, Training and placement opportunities. The demand for



healthcare workers is growing, and WHO estimates a projected shortfall of 11 million health workers by 2030. Dr. Garima Thakur, Deputy Director, Aryans Group, Himanshi, Nursing Coordinator, Ishu Sharma, Coordinator, Aryans were present.

It is to be mention that Aryans Institute of Nursing is already running B. Sc. Nursing, GNM & ANM approved from Punjab Government & INC New Delhi affiliated to Baba Farid University of Health Sciences (BFUHS), Faridkot &

Punjab Nurses Registration Council (PNRC), Mohali, respectively. The Paramedical courses including Radiology, Cardiac Care, Operation Theatre, Anesthesia, Medical Life Sciences are under IKGPTU, Jalandhar. B. Pharma & Physiotherapy are affiliated to MRSPTU, Bathinda & PCI, New Delhi while D. Pharma approved by Punjab Govt. Certificate courses including Home Care Helper, Operation Theatre Attendant, Ambulance & Hospital Attendant are also available under Punjab Govt.

## Pir Panchal Kho Kho Tournament Concludes with a Thrilling Girls' Final

**JI NEWS SERVICE**  
POONCH, FEB 23

The Pir Panchal Kho Kho Tournament culminated in a spectacular showdown, as Team HSS Seri Khawaja junior triumphed in a thrilling final against Dream Club Kho Kho, Poonch. Kicking off on February 17, the tournament showcased high-intensity competition, with teams demonstrating exceptional agility, strategic prowess, and unwavering determination.

The grand finale was a remarkable display of speed, coordination, and resilience, with both teams delivering stellar performances. The electric atmosphere was further amplified by an enthusiastic crowd, passionately cheering for their favorite players. Despite a fierce challenge from Dream Club Kho



Kho, Poonch. Team HSS Seri Khawaja Junior held their nerve and clinched the championship title, exhibiting extraordinary skill, endurance, and sportsmanship.

The tournament concluded with a prestigious prize distribution ceremony, where the Champion Team, Runners-up, Best Player, and other outstanding performers were honored for their dedication and contributions to

the sport.

As an integral part of the Pir Panjal Winter Festival, the Kho Kho tournament embodied the spirit of youth and the Indian Army, serving as a platform that nurtures passion, discipline, and competitive excellence. The festival continues to reinforce the unifying power of sports, fostering teamwork, resilience, and camaraderie among aspiring athletes.

## Indian Army Conducts Awareness Lecture on Drug Abuse at Sial Sui Batsiyala, Poonch & Rajouri

**JI NEWS SERVICE**  
POONCH & RAJOURI, FEB 23

The Indian Army conducted an insightful lecture on the critical issue of drug abuse, aimed at educating the public, especially youth, about its detrimental effects at Sial Sul and Batsiyala. The event was conducted as part of the Indian Army's community outreach initiative to promote a healthy and disciplined lifestyle while raising awareness about the physical, psychological, and social harm caused by substance abuse.

The session began with an overview of drug abuse, highlighting the types of commonly abused substances such as alcohol, tobacco, cannabis and synthetic drugs. The students were explained the mechanisms by which these substances affect the brain and body, leading to addiction and long-term health complications. The lecture underscored the severe consequences of drug addiction, including



mental health issues like depression and anxiety, physical ailments such as liver damage and respiratory problems and the breakdown of personal relationships.

The event also discussed the ripple effect of drug abuse on society, including increased crime rates and economic losses. Special attention was given to the factors contributing to drug abuse, such as peer pressure, stress, lack of awareness, and easy availability of substances. The Indian Army highlighted the importance of addressing these root causes to curb the problem. The

lecture emphasized the significance of early intervention and preventive strategies, including Educating individuals about the dangers of drug use through schools, colleges, and community programs. Encouraging open communication within families and communities to identify and help vulnerable individuals.

The role of strict enforcement of anti-drug laws and regulations in reducing substance availability and the role of locals in helping the security forces to help catch the individuals involved in these activities. The Indian Army also high-

## Ex-Servicemen meet conducted at Batsiyala, Reasi



**JI NEWS SERVICE**  
REASI, FEB 23

The Indian Army successfully conducted an Ex-Servicemen Meet at a remote location in Batsiyala, District Reasi. The event aimed to strengthen ties with veterans and their families, providing a platform for addressing their concerns and ensuring their well-being. The meet was attended by a large number of ex-servicemen from across the region, alongside senior officers of the Indian Army who interacted with the veterans.

The event was an opportunity to address critical issues related to pensions, healthcare, and social security, among other concerns faced by ex-servicemen. A wide range of support and assistance initiatives

were discussed, including the establishment of more veteran welfare facilities in the region, as well as providing information about government schemes aimed at supporting former military personnel and their families.

The Indian Army expressed its ongoing commitment to ensuring that the needs and concerns of ex-servicemen continue to be a priority. The event was part of the Indian Army's larger initiative to engage with veterans, enhancing their quality of life and creating lasting bonds with those who have served the nation. The event concluded with a message of gratitude and recognition for the invaluable contributions of the ex-servicemen in safeguarding the nation's sovereignty.

## Indian Army Distributes Books and Stationery to Underprivileged Students in Songri, Rajouri

**JI NEWS SERVICE**  
RAJOURI, FEB 23

As part of its ongoing Sadbhavana project, the Indian Army distributed books and stationery to Below Poverty Line (BPL) students in Songri, Rajouri District. The event was attended by 03 teachers, 39 girls, 58 boys, and 06 villagers. The initiative aimed to invest in the education and future of underprivileged students from remote areas. By providing essential educational materials, the Indian Army seeks to enhance the students' awareness, improve their educational standards, and empower them to become active contributors to the nation's growth.

The students, teach-



ers, and local residents expressed their heartfelt gratitude to the Indian Army for this impactful initiative. The event reinforces the Indian Army's commitment to supporting education and community development in remote and underprivileged areas. By empowering young minds, the Indian Army is contributing to the creation of a brighter future for the nation.

## KTMF President M. Sadiq Baqal and Koker Bazar President Farooq Batqoo Bereaved

**JI NEWS SERVICE**  
SRINAGAR, FEB 23

Prominent businessman from Koker Bazar, Ghulam Qadir Mir, passed away late last night at SMHS Hospital, Srinagar, after suffering a major heart attack. He was approximately 75 years old.

Ghulam Qadir was the maternal uncle of veteran trade leader and KTMF President Mohammad Sadiq Baqal and Koker Bazar President Farooq Ahmad Batqoo. His funeral prayers were held earlier today, and he was laid to rest at his ancestral graveyard near Ziyarat Peer Dastageer Sahab (RA), Sarai Bala, Srinagar.

His demise has been widely condoled by the business community and social circles across the valley. Several trade leaders and prominent businessmen have expressed their grief, highlighting his contributions to the business sector and his legacy of integrity and dedication.

## EDITORIAL

## Deepening crisis in J&amp;K Congress

The Congress unit of Jammu and Kashmir appears to be caught in a relentless cycle of infighting, with no signs of resolution in sight. The ongoing discord within the party has created an atmosphere of disarray and confusion, exposing deep divisions among its leadership. Instead of presenting a united front to address the pressing issues confronting the region, the party remains entangled in internal power struggles, leaving it weakened and ineffective. The latest controversy revolves around former Jammu and Kashmir Pradesh Congress Committee (JKPCC) chief Vikar Rasool Wani, who may face potential disciplinary action for allegedly sabotaging a rally organized by the incumbent party president Tariq Hameed Karra in Ramban on February 17. The rally was part of the party's "Hamari Riyasat Hamara Haq" campaign, aimed at pressuring the Union Government to restore Jammu and Kashmir's statehood. However, Wani, a native of Ramban, conspicuously absented himself from the function. Not only did he boycott the event, but he also reportedly influenced several leaders from Banihal to do the same, further widening the rift within the party. This is not the first time that Wani has demonstrated open defiance. His discontent has been apparent ever since he was removed from the JKPCC president's post ahead of last year's assembly elections. His sidelining, coupled with Congress's poor performance in the polls, has only deepened his resentment, leading to his growing disengagement from party activities. The latest episode in Ramban has now compelled the party's high command to take notice, with reports suggesting that disciplinary action against him could be imminent. The implications of such internal divisions are far-reaching. At a time when the Congress should be strengthening its presence in Jammu and Kashmir by focusing on key political issues—such as the restoration of statehood, unemployment, and governance—the party instead finds itself embroiled in leadership tussles. This internal strife not only damages the party's credibility but also weakens its ability to effectively challenge the ruling Bharatiya Janata Party (BJP), which remains firm in its political narrative. Moreover, the timing of this discord is particularly unfortunate. The Congress had hoped to capitalize on public discontent against the BJP, especially regarding the revocation of Article 370 and the lingering uncertainty over statehood. However, internal strife has overshadowed its efforts, making it difficult for the party to mount a meaningful opposition. Instead of mobilizing public sentiment in its favor, the Congress appears more preoccupied with settling internal scores, an approach that could prove detrimental in the long run. The Congress high command must take urgent steps to address this crisis. Unity and cohesion are essential for the party's revival in Jammu and Kashmir, and decisive leadership is needed to bridge the existing gaps. Whether this means enforcing disciplinary action against dissenters or facilitating dialogue to reconcile differences, the party cannot afford to let factionalism dictate its future. If the Congress continues on its current trajectory, it risks losing further ground in Jammu and Kashmir's political landscape. A fractured party cannot inspire confidence among voters, nor can it effectively challenge its political rivals. The leadership must prioritize resolving internal disputes and refocusing its energies on the issues that matter most to the people. Failure to do so will only push the party deeper into irrelevance, allowing its adversaries to consolidate power unopposed.

## International Mother Tongue Day &amp; Maintaining Linguistic Diversity



O.N.KOUL

International Mother Language Day has been observed/celebrated worldwide including in India and JK UT on 21st February 2025 with dedication and fervor. The Day is annually observed throughout the globe on 21st February. It is observed to promote awareness of linguistic and cultural diversity and to promote multilingualism. It is necessary to promote and preserve linguistic diversity and love, respect all languages. Mother Language Day is part of a larger campaign "to promote the preservation and protection of all languages used by people around the world." as adopted by the UNGA on May 16, 2007, in a UN resolution that also declared 2008 the International Year of Languages. On this occasion world commemorates the deaths of four student activists from Bangladesh. Languages are the main medium of communication in the society and there are more than 8000 languages in the globe and all the languages are bridges of communication and have a pivotal place in the society and there should be no language antagonism and language chauvinism and one language enriches the other and so each and every language is essential bridge of communication, information and meaning. All languages need to be promoted, preserved and protected for the good of human society. The use of language cannot be dispensed with at any cost. Languages are essential to education and sustainable development, serving as the primary means

through which knowledge is transferred and cultures are preserved. With approximately 8,324 languages in the world today, many are at risk of disappearing due to globalization and societal changes. Education can better be ensured through the medium of mother tongue and so the education should be given primarily through mother language as this ensures better comprehension and understanding among children. Even in higher classes, education can best be given through mother tongue as this leads to better education and increases understanding quickly and easily. For improving learning outcome, it is advisable to impart education in local language. In fact students who are taught in a language they fully understand show better comprehension, engagement, and critical thinking skills. Multilingual education, particularly for minority and indigenous languages, not only helps learners but also fosters deeper connection between education and culture, contributing to more inclusive and equitable societies. For the transmitting, preserving and developing the culture and heritage, education in ones mother tongue is needed and desirable. For the development and transmitting of literature, education in mother tongue is required. This year we celebrate the 25th anniversary of international Mother Language Day or a quarter century to preserve linguistic diversity and promote mother tongues. This milestone emphasizes the importance of language preservation in safeguarding cultural heritage, improving education, and fostering more peaceful societies. The cultural identity of a group of people or a community is preserved through communication and education as well as preservation of the mother language. As said at the outset, International Mother Language Day, first proclaimed by UNESCO and later adopted by the UNGA

Observed globally on 21st February every year.

Promotes linguistic and cultural diversity and encourages multilingualism.

Commemorates the deaths of four student activists from Bangladesh in 1952 who fought for the recognition of their mother tongue, Bangla.

Declared by UNESCO in 1999 and adopted by the UNGA (United Nations General Assembly) in 2007.

The UN also declared 2008 as the International Year of Languages.

Essential for cultural preservation and promoting inclusive societies.

There are approximately 8,324 languages in the world, but many are endangered due to globalization.

underscores the role of languages in promoting inclusion and achieving sustainable development goals. Multilingual education not only promotes inclusive societies but also aids in preserving non-dominant, minority, and indigenous languages. It is cornerstone for achieving equitable access to education and lifelong learning opportunities for all individuals. Languages, with their complex implications for identity, communication, social integration, education and development, are of strate-

gic importance for people and planet. Yet due to globalization processes, they are increasingly under threat, or disappearing altogether. When languages fade, so does the world's rich tapestry of cultural diversity. Opportunities, traditions, memory, unique modes of thinking, and expression—valuable resources for ensuring a better future—are also lost. Every two weeks a language disappears taking with it an entire cultural and intellectual heritage. UNESCO estimates that there are 8,324 languages, spoken or signed. Out of these, around 7,000 languages are still in use. Only a few hundred are genuinely being given a place in education systems and public domain, and less than a hundred are used in the digital world. Multilingual and multicultural societies exist through their languages, which transmit and preserve traditional knowledge and cultures in a sustainable way. International Mother Language Day is observed every year to promote linguistic and cultural diversity and multilingualism. It was on 16th May 2007, the UNGA in its resolution A/RES/61/266 called upon Member States "to promote the preservation and protection of all languages used by peoples of the world." By the same resolution, the General Assembly proclaimed 2008 as the International Year of Languages, to promote unity in diversity and international understanding, through multilingualism and multiculturalism and named UNESCO to serve as the lead agency for the year. Today, there is growing awareness that languages play a vital and pivotal role in development, ensuring cultural diversity and intercultural dialogue, but also in strengthening cooperation and attaining quality education for all, in building inclusive knowledge societies and preserving cultural heritage, and in mobilizing political will for applying the benefits

of science and technology to sustainable development. This day is observed also in India to celebrate linguistic diversity and preserve mother tongue globally, with a special focus on multilingualism in India. India's linguistic diversity is highlighted with languages being more than just a means of communication but also reflecting the country's rich cultural heritage. The idea to celebrate International Mother Language Day was the initiative of Bangladesh. It was approved at 1999 UNESCO General Conference and has been observed throughout the globe since 2000. UNESCO believes in the importance of cultural and linguistic diversity for sustainable development and societies. Globally 40 percent of the population does not have access to an education in a language they speak or understand. UNESCO is calling on the international community as a whole to promote multilingualism, making the richness and diversity of linguistic heritage an instrument of lasting peace. In India our government, NGO's, political parties and the public at large should strive to preserve, promote and develop languages and preserve linguistic diversity amid the ambit of total diversity as India can remain in peace and tranquility through the promotion and preservation of its diverse languages. Let us give education to children in their mother language for good learner outcome and comprehension as well as understanding. We should not only observe 21st February as the International Mother Language Day as a formality but make sincere resolve to foster the idea and need of promoting, preserving and protecting all the languages of India so that linguistic diversity and cultural heritage is preserved and is transmitted through the means of the mother language.

The author is a columnist, social, KP activist & Freelancer

## The power to kill bacteria is hidden in ashes



VIJAY GARG

Consumed i.e. therapeutic properties of ash and scientists have got new recognition. There are many types of

ash used. Ash is used in revival of quarries, soil correction, cleaning utensils, making pesticides and soaps. The ash has the ability to soak up the powdered fluid present inside the body. Many types of skin diseases are also eliminated from the ash. Keeping ash in the house removes negative energy and communicates positive energy. Keeping ash in the house removes negative energy and com-

municates positive energy. Research from the Department of Physics at Chaudhary Charan Singh University, Meerut revealed that the alkaline nature of ash can prevent bacteria spreading infections in the stomach and bone such as Staphylococcus Arius and Ecoli. Professor Sanjeev Kumar Sharma and Shodharthi Abhishek Sharma have been published in South Korea's Advances in Nano Research and Indian

International Journal Nano Materials. Research has also got patents in both countries. This will open the path to control of waterborne diseases. Sugarcane lost ash is most effective: Research by Professor Sharma, who lived in South Korea and 25 PhD-Master Project in India, has reinforced that ashes made of agriculture or food waste such as rice husk, sugarcane lost and citrus fruit peels have

antibacterial properties. No chemical was used in research. The ashes of three kinds of substances have proved to be the ash of the most efficacious sugarcane lost. Keeping the ashes with the bacteria at normal man's body temperature i.e. 37 degrees made all bacteria inactive in six hours. According to scientific data 85 in preventing bacterial infections called Staphylococcus Arius from ash

and 78 percent success in preventing Ecoli bacteria. This may lead to a possible reduction in waterborne diseases. The ash contains 60 percent silica, 15 percent calcium oxides and 10 percent potassium. The bacteria can be prevented by using ash as nanometerial.

Vijay Garg Retired Principal Educational Columnist Gali Kaur Chand MHR MALOUL Punjab

## The paradox of "Why" - The Question Redefining History



BY SHAHID AHMED HAKLA POONCHI

From the moment we learn to speak, one question dominates our curiosity: "Why?" It is the driving force behind discovery, innovation, and change. This simple yet profound question shapes the way we think, solve problems, and navigate life. It is the foundation of scientific breakthroughs, philosophical debates, and even personal growth. By asking "why?", we challenge existing norms, uncover hidden truths, and propel ourselves toward progress. However, while questioning is essential, it is not without its drawbacks. Let's delve into the significance of "why?", the challenges it presents, and

real-life examples of its transformative power.

## PROS OF ASKING WHY:

**Fuels Intellectual Growth:** When we ask "why?", we don't just accept things as they are. It forces us to dig deeper, analyze, and question assumptions. Imagine if Isaac Newton had never asked why the apple fell from the tree. The laws of gravity might have remained undiscovered for years. This habit of inquiry ensures that we do not become passive consumers of information but instead develop a mindset of continuous learning and evaluation.

**Drives Innovation:** The greatest inventors and entrepreneurs are those who ask "why?" and seek better solutions. Steve Jobs questioned why computers couldn't be simpler and more user-friendly. That curiosity led to Apple, which revolutionized technology. Innovation is often a result of questioning

conventional norms and striving for improvement, which ultimately brings progress in every industry.

**Enhances Decision-Making:** Whether in business, relationships, or personal growth, asking "why?" helps us make better choices. For example, if someone offers you an investment opportunity, questioning "why is this beneficial?" can save you from scams. It enables individuals and organizations to weigh the pros and cons before taking crucial steps, ensuring more informed decisions.

**Provides Purpose:** Philosophers have spent centuries asking "why do we exist?" and "why do we do what we do?" Seeking answers to these questions helps us understand our purpose, values, and goals in life. Understanding our "why" fosters a sense of direction, motivates us, and strengthens our commitment to meaningful pursuits.

## CONS OF ASKING WHY:

**Overthinking:** Constantly questioning everything can sometimes be overwhelming. Overanalyzing situations may create unnecessary stress and confusion instead of clarity. While deep thinking is beneficial, excessive questioning without action can lead to mental exhaustion and indecisiveness.

**Disruption:** While questioning is crucial for growth, it can also create conflicts. History has seen countless rebels and revolutionaries punished simply for asking "why?"—Galileo was persecuted for questioning the church's view of the universe. While it is essential to challenge outdated beliefs, it can sometimes lead to friction in personal and professional relationships.

**Unanswered Questions:** Some "why?" questions don't have clear answers, which can be frustrating. For instance, asking "why does suffering exist?" may lead to philosophi-

cal or spiritual debates rather than concrete solutions. The lack of definitive answers can sometimes leave individuals feeling lost rather than enlightened.

**Annoyance:** Let's be honest—repeatedly asking "why?" can irritate people. Parents often experience this with children who constantly ask, "Why is the sky blue? Why do we have to sleep? Why can't I eat candy for dinner?" While curiosity is wonderful, excessive questioning can be tiring. Understanding when to stop questioning and start finding solutions is a skill in itself.

## HISTORY:

Science: Albert Einstein asked, "Why is the speed of light constant?" His curiosity led to the theory of relativity, changing the way we understand time and space. The scientific community thrives on asking "why?" to push the boundaries of what we know.

Society: Martin Luther King

Jr. asked, "Why should people be judged by their skin color?" This question became the foundation of the civil rights movement in the United States. Great societal shifts have occurred because individuals dared to ask "why?" and challenged discrimination and injustice.

**Self-Discovery:** Many people reach a turning point in life when they ask, "Why am I unhappy?" This single question has led individuals to change careers, leave toxic relationships, and pursue their passions. Self-reflection, driven by the question "why?", is the first step toward personal transformation and growth.

**Business:** Companies that thrive are those that constantly question their methods and improve upon them. Amazon's success is largely due to Jeff Bezos repeatedly asking, "Why can't online shopping be faster, more efficient, and more customer-friendly?" This relentless pursuit of improve-

ment has made Amazon a global leader in e-commerce. The power of "why?" lies in its ability to spark curiosity, inspire change, and drive progress. It has shaped history, transformed societies, and revolutionized industries. However, while it can be a force for enlightenment and improvement, it should be wielded wisely. Asking "why?" too often or in the wrong context can lead to confusion, conflict, or frustration.

Ultimately, "why?" is more than just a question—it is a mindset, a tool for discovery, and a catalyst for change. It has the potential to open doors to new possibilities and transform our perspectives on life. So, the next time you hesitate to ask a question, remember: the greatest innovations, movements, and personal breakthroughs all began with someone daring to ask, Why not?

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## Only 1 hour of daily screen use can up nearsightedness risk: Researchers

AGENCIES  
NEW DELHI

Here comes another warning for those who love to spend hours on digital screens. According to a new study, spending as little as one hour per day on tablets or smartphones could significantly increase the risk of myopia or nearsightedness.

In the systematic review and dose-response meta-analysis, a daily 1-hour increment in digital screen time was associated with 21 per cent higher odds of myopia (nearsightedness), according to the study published in JAMA Network Open.

The dose-response pattern exhibited a sigmoidal shape, indicating a potential safety threshold of less than 1 hour per day of exposure, with an increase in odds up to 4 hours.

"These findings can offer guidance to clinicians and researchers



regarding myopia risk," said researchers.

There has been a surge in nearsightedness cases largely driven by an increased use of digital screens.

The team reviewed data from 45 investigations that looked at the association between screen time and nearsightedness in more than 335,000 participants from toddlers to young adults.

The researchers said the risk increased signifi-

cantly from 1-4 hours of screen time and then went up more gradually.

However, no association was found with exposure under 1 hour, suggesting a potential safety threshold. The authors say these findings can offer guidance to clinicians addressing the "myopia pandemic."

Recently, industry experts in India discussed the role of technology and gadgets, which are some of the biggest dilemmas faced by students, parents

and teachers alike, especially during exams.

Long periods of screen time can affect the brain's cognitive functions. This is basically because of the decreased attention span and prolonged screen time, which often involves sitting in a difficult posture on the bed or couch.

This can cause various health-related problems, such as obesity, body aches, spine problems, and backaches too.

## Stay optimistic and remain healthy in diverse situations, say researchers

AGENCIES  
NEW DELHI

Developing optimism and learning how to flexibly cope can help maintain and improve mental health in diverse situations, according to a new study.

With social isolation, health concerns and economic uncertainty, fear and anxiety have become a daily reality for many, said the study published in the Journal of Research in Personality.

A team of researchers from Syracuse University and Michigan State University recently explored the personal characteristics that help people handle prolonged stressors, such as the pandemic.

Led by Jeewon Oh, assistant professor of psychology in Syracuse University's College of Arts and Sciences, the group delved into optimism and pessimism and how those mindsets influence well-being.



The group utilised data from the Health and Retirement Study, a large-scale panel study that gathers a nationally representative sample of Americans aged 50 and older.

The team used this data to explore how people's mindsets affected their psychological and physical well-being during challenging times.

Among their findings, they found that greater optimism promotes resilience and well-being when faced with stressors

like the pandemic, while lower pessimism is linked to safer health behaviours.

"The pandemic introduced many changes, and we wanted to know more about personality traits that can help people cope with enduring and uncontrollable stressors like the pandemic. We examined optimism, because it motivates action," said Oh.

Since optimists view stressful situations positively, they are more likely to directly address the issue or try to adapt when

things are uncontrollable.

Both optimism and pessimism had independent associations with psychological well-being. So, people who are more optimistic and less pessimistic worried less, were less stressed and lonely and were more resilient.

This was partly because these people engaged in more physical activity and perceived more social support and less strain from their relationships, Oh added.

In general, regular optimism/pessimism isn't about thinking they wouldn't get sick, or they will be more likely to get sick (compared to others), but about knowing the reality and still thinking that things will eventually work out.

This positive mindset helps people to problem-solve and cope.

"Our study found that optimists fared better even during new difficulties," the researchers noted.

## Scented candles can release potential toxic particles in indoor air: Study

AGENCIES  
NEW DELHI

Aroma compounds released from the scented wax melts can react with ozone in indoor air to form potentially toxic particles, researchers have warned.

The study challenges the perception that scented wax melts are a safer alternative to combustion-based candles.

Previous research has shown that scented wax melts emit more airborne scent compounds than traditional candles.

The direct heating of the wax maximises its surface area, thereby releasing more fragrance - such as volatile organic compounds (VOCs) made of hydrocarbons - into the air, according to the study published in the ACS' Environmental Science & Technology Letters.

Researchers know that these chemicals can react with other compounds in the air to form nanometer-wide particles, which



have been linked to negative health effects when inhaled.

However, the potential for nanoparticle formation during wax-melt use was unknown.

So, Nusrat Jung, Brandon Boor and colleagues from Purdue University in the US set out to investigate this process using wax melts in a full-scale house model that mimicked a typical residential house.

The researchers conducted experiments on 15 commercially available wax melts, both unscented and scented (lemon, papaya, tangerine and peppermint), in the model house.

They first established a baseline of indoor air pollutants and then switched on the wax warmer for about 2 hours.

During and after this period, the researchers continuously sampled the air a few yards (meters) away from the wax melts and found airborne nanoparticles, between 1 and 100 nanometers wide, at levels that were comparable to previously reported levels for traditional, combustion-based candles.

"These particles could pose an inhalation risk because they are small enough to pass through respiratory tissues and enter the bloodstream,"

say the researchers.

Additionally, using literature data, the team calculated that a person could inhale similar amounts of nanoparticles from wax melts as from traditional candles and gas stoves.

In the experiments, the main VOCs emitted from the wax melts were terpenes, such as monoterpenes and monoterpenoids. The researchers identified that the airborne terpenes reacted with ozone and formed sticky compounds, which aggregated into nanoscale particles.

However, after warming an unscented wax melt, the team observed no terpene emissions or nanoparticle formation, which suggests that these aroma compounds contribute to nanoparticle formation.

"More toxicology research is needed on the risks of breathing in nanoparticles formed from wax melts," said researchers.

## Study explores how Zika infects human placenta, causes foetal death

AGENCIES  
NEW DELHI

US researchers have identified how Zika virus covertly spreads in placental cells, causing disruptions in the immune system and leads to foetal death.

Infection with Zika virus, which is transmitted by mosquitoes, in pregnancy is known to cause neurological disorders, foetal abnormalities, and foetal death.

Until now, how the virus manages to cross the placenta, which nurtures the developing foetus and forms a strong barrier against microbes and chemicals that could harm the foetus, has not been clear.

Researchers at Baylor College of Medicine and Pennsylvania State University discovered that the Zika virus builds underground tunnels -- a series of tiny tubes called tunnelling nanotubes -- that facilitate



the transfer of viral particles to neighbouring uninfected cells.

The team found that a Zika protein called NS1 influences the formation of these tiny tunnels. "Exposure of placental cells to the NS1 protein of Zika virus triggers tunnel formation. As the tunnels develop and connect neighboring cells, a path opens for the virus to invade new cells," said Dr. Rafael T. Michita, postdoc-

toral research associate at Baylor lab.

"Zika is the only virus in its family, which includes dengue and West Nile viruses among others, whose NS1 protein triggers the formation of tunnels in multiple cell types.

"Other viruses unrelated to Zika, such as HIV, herpes, influenza A, and SARS-CoV-2, the virus that causes COVID-19, can also induce tiny tunnels in cells they infect and use the

tunnels to spread to uninfected cells. This is the first time that tunnelling has been shown by Zika virus infection in placental cells," Michita said.

The study, published in the journal Nature Communications, showed that the tiny conduits provided a means to transport not only viral particles but also RNA, proteins, and mitochondria, a cell's main source of energy, from infected to neighbouring cells.

Transporting mitochondria through the tunnels may not only provide an energetic boost to virus-infected cells but also potentially help the Zika virus to avoid antiviral defenses implemented by the placenta, the researcher said.

The findings offer vital insights that could be used to develop therapeutic strategies targeted against this stealth transmission mode.

## Newly discovered bat coronavirus can spread to humans like Covid-19: Experts

AGENCIES  
NEW DELHI

The newly discovered bat coronavirus -- HKU5-CoV-2 -- can spread to humans like Covid-19, said experts on Saturday, raising fresh health concerns.

HKU5-CoV-2 was identified by a team of Chinese virologists led by Shi Zhengli, a renowned scientist at the Wuhan Institute of Virology in China. She is also known as "Batwoman" for her extensive research on coronaviruses, particularly the SARS-CoV-2 virus -- responsible for the deadly pandemic that claimed millions of lives.

The discovery raises concerns about the possibility of another zoonotic spillover. HKU5-CoV-2 belongs to the merbecovirus subgenus, which includes the MERS-CoV virus that caused the Middle East Respiratory

Syndrome outbreak.

Zhengli's team had, a few years ago, discovered the HKU lineage of coronaviruses in bats from Hong Kong, but it lacked the ability to infect human cells.

On the other hand, "HKU5-CoV-2 is able to bind to human ACE-2 receptors and infect lab cell models of human lungs and intestines. It is also capable of binding to ACE-2 receptors in other mammals, which means it could theoretically spread from animals to man and vice versa," said Rajeev Jayadevan, Chairman of the Kerala State IMA Research Cell, told IANS.

The expert noted that Wuhan researchers have not provided a comparison between HKU5-CoV-2 and SARS-CoV-2 in their ability to infect human cells.

However, Gautam Menon, Dean, Research,

at Ashoka University said that the HKU5-CoV-2 does not have pandemic potential. "From what we know as of now, this is unlikely to be significant. HKU5-CoV-2 has interesting similarities to Covid-19 and to some other coronaviruses known to infect humans, but that isn't enough to infer that it will spread between humans in a way that could cause a pandemic," Menon said. He further noted that wide exposure to SARS-CoV-2 virus may provide immunity against the new bat coronavirus. "The fact that most people on the planet have been exposed to Covid-19 by now should also protect against viruses, such as HKU5-CoV-2," Menon said, while stressing the need to continue research in this area to prepare for any contingency.

Jayadevan that while research on viruses that naturally live in bats is important, studying these viruses in laboratories also carries inherent risks.

"If proper biosecurity measures are not followed, there is a potential for accidental spillover to humans. To mitigate these risks, many labs studying high-risk pathogens operate under stringent Biosafety Level 4 (BSL-4) protocols," he said.

He emphasised the need to decrease interactions between bats and humans. "Viruses are known to recombine with each other, creating new versions with greater abilities. This study is a reminder that viruses living naturally in other animals remain a threat for future pandemics in man, and reducing bat-human interactions is one way to lower the risk of spillovers," Jayadevan said.

Scientists have found specialized neurons in the brains of mice that order the animals to stop eating. Though many feeding circuits in the brain are known to play a role in monitoring food intake, scientists also believe that the neurons in those circuits do not make the final decision to cease eating a meal.

The neurons identified by the Columbia scientists, a new element of these circuits, are located in the brainstem, the oldest part of the vertebrate brain. Their discovery could lead to new treatments for obesity.

"These neurons are unlike any other neuron involved in regulating satiation," says Alexander Nectow, a physician-scientist at Columbia University Vagelos College of Physicians and Surgeons, who

## Researchers discover the brain cells that regulate eating

AGENCIES  
WASHINGTON DC [US]

led the research with Srikantha Chowdhury, an associate research scientist in the Nectow lab.

"Other neurons in the brain are usually restricted to sensing food put into our mouth, or how food fills the gut, or the nutrition obtained from food. The neurons we found are special in that they seem to integrate all these different pieces of information and more."

The decision to stop eating is a familiar phenomenon. "It happens every time we sit down to eat a meal: At a certain point while we're eating, we start to feel full, and then we get fuller, and then we get to a point where we think, okay, that's enough," Nectow says.

How does the brain know when the body has had enough -- and how does it act on that information to stop eating? Other researchers had previously tracked the decision-mak-

ing cells to the brainstem, but the leads ended there in previous research.

Nectow and Chowdhury deployed new single-cell techniques that make it possible to peer into a region of the brain and discern different types of cells that until now have been difficult to distinguish from one another.

"This technique -- spatially resolved molecular profiling -- allows you to see cells where they are in the brainstem and what their molecular composition looks like," Nectow says.

During their profiling of a brainstem region known for processing complex signals, the researchers spotted previously unrecognized cells that had similar characteristics to other neurons involved in regulating appetite. "We said, 'Oh, this is interesting. What do these neurons do?'"

To see how the neurons

influenced eating, the researchers engineered the neurons so they could be turned on and off, by the researcher, with light.

When the neurons were activated by the light, the mice ate much smaller meals. The intensity of the activation determined how quickly animals stopped eating. "Interestingly, these neurons don't just signal an immediate stop; they help the mice to slow down their eating gradually," Chowdhury says.

Nectow and Chowdhury also looked at how other eating circuits and hormones affected the neurons. The researchers found that the neurons were silenced by a hormone that increases appetite and activated by a GLP-1 agonist, a class of drugs now popular for treating obesity and diabetes. These experiments found that these inputs helped the neurons track each bite the mice took.

## BJP leaders, Akhnoor Residents listen to PM Modi's 119th 'Mann Ki Baat' broadcast

J I NEWS SERVICE  
AKHNOOR, FEB 23

Rakesh Mahajan, Incharge of All Cells, BJP J&K, along with prominent party leaders and local residents, convened today to listen to the 119th episode of Prime Minister Narendra Modi's 'Mann Ki Baat' at a community gathering in Akhnoor.

The program commenced with Ajay Kumar conducting the proceedings, setting a collaborative tone for the event. Kuldeep Raj Sharma, District President, delivered the welcome address, expressing gratitude to attendees and emphasizing the significance of collective engagement in national discourses.

The gathering was graced by esteemed personalities, including MLA Akhnoor Mohan Bhagat (SSP Retd); Vice Chairman DDC Jammu, Suraj Parkash; former MoS, Daljeet Singh Chib; and DDC members Jagdish Bhagat and Manmohan Singh. Their presence underscored the event's importance and the community's commitment to staying informed about national developments.

During the broadcast, Prime Minister Modi reflected on India's



remarkable journey in space exploration. He highlighted the nation's progress from humble beginnings to achieving significant milestones, such as the development of indigenous launch vehicles and successful missions like Chandrayaan, Mangalyaan, and Aditya L-1. The Prime Minister lauded the Indian Space Research Organisation (ISRO) for its accomplishment of deploying 104 satellites in a single mission and launching approximately 460 satellites in the past decade, many for international clients, showcasing India's prowess in space technology.

The Prime Minister also shared insights from a recent Artificial Intelligence (AI) conference in Paris, where global lead-

lective efforts to combat this growing health concern.

In his address, Rakesh Mahajan resonated with the Prime Minister's sentiments, urging the youth to engage with science and technology, fostering curiosity and innovation. He encouraged the community to participate actively in national initiatives and emphasized the importance of collective efforts in addressing societal challenges, such as health concerns like obesity.

MLA Akhnoor Mohan Lal Bhagat, in his remarks, echoed the Prime Minister's call for unity and progress. He highlighted the significance of community involvement in national development and urged the youth to take pride in India's rich cultural heritage while embracing modern advancements.

The MLA also emphasized the importance of maintaining social harmony and working collectively towards the nation's growth.

The event concluded with a renewed commitment from all attendees to contribute positively to the nation's development and uphold the values highlighted in the Prime Minister's address.

## Two-Day National Startup Festival organised by CSIR-IIIM concludes

J I NEWS SERVICE  
JAMMU, FEB 23

CSIR-Indian Institute of Integrative Medicine (IIIM) Jammu successfully concluded the National Startup Festival, showcasing remarkable success stories in startup promotion, innovation and entrepreneurial growth across Jammu & Kashmir. The two-day festival, which concluded today, was inaugurated yesterday by the Chief Guest, Dr. Jitendra Singh, Union Minister of State (Independent Charge) for Science & Technology and Earth Sciences; Minister of State in the Prime Minister's Office, Personnel, Public Grievances, Pensions, Department of Atomic Energy, and Department of Space; and Vice President of CSIR in presence of Satish Sharma, J&K UT Cabinet Minister for Food, Civil Supplies & Consumer Affairs, Transport, Science & Technology, Information Technology, Youth Services & Sports, and ARI & training departments, Padma Shri Prof. Vinod K. Singh, Chairperson, Recruitment & Assessment Board (RAB), CSIR and Institute Chair Professor of Chemistry at IIT Kanpur, Dr. Zabeer Ahmed, Director, CSIR-IIIM, Dr. Prabodh Kumar Trivedi, Director, CSIR-CIMAP, Lucknow, Dr. Ajit Kumar Shasany, Director CSIR-NBRI, Lucknow,



Dr. Sudesh Kumar Yadav, Director, CSIR-IHBT, Palampur, Dr. Jatinder Kumar, Managing Director, DBT-BIRAC and Dr. N. Zaheer Ahmed, Director General, CCRUM. Recognizing the innovative works of the startup they showcased during the event, Dr. Zabeer Ahmed, Director, CSIR-IIIM awarded the certificates to 45 startups.

The two days mega event held at Government Women College, Gandhi Nagar which on day 2 also attracted huge crowd of students drawn from various degree colleges and schools of Jammu region to provide a platform to the entrepreneurs, investors, industry leaders, scientists, researchers, bio-incubators, manufacturers, regulators and members of civil society to witness the technologies and innovation showcased during the festival.

In a press handout, it

was stated that an overwhelming response of visitors has been seen today as well, more than 800 visitors visited the exhibition and witnessed the demonstration of innovations driven ideas some startups and the products and technologies developed by few of them.

Dr. Zabeer Ahmed, Director, CSIR-IIIM who is spearheading the institute's resolute to nurture the startup ecosystem in the region, while addressing the startup and exhibitors during closing ceremony said that besides the institute's forte in the pre-clinical drug discovery, under the mentoring of Union Minister of S&T and Vice President, Dr. Jitendra Singh, IIIM has equally galvanised agri-entrepreneurship and set up two incubators for incubation support to the startup. To set up a new Incubator at Industrial Biotech Park, Ghatti,

Kathua, the Grant-in-aid Letter Agreement (GLA) was also signed yesterday by Director, CSIR-IIIM and MD, BIRAC in the presence of the Union Minister, Dr. Jitendra Singh, he added.

A spokesperson informed that a total of 45 StartUps participated from all over India. Students from various Government Degree Colleges of Jammu district also actively participated in the event.

Some of the prominent StartUps those took part in the Expo were- M/s Herbal Aura, M/s Gaurico, M/s One Veda, M/s Happpo, M/s Gleen Biotech, M/s Himalayan Essential Oils Producer Company Ltd., M/s JK Aroma Ltd. Samast Eco Alternatives Pvt. Ltd. M/s SRANAS POC Pvt Ltd M/s Chenab Valley Zaitoon Tel Ltd M/s Katyani Metal works and the farmers led by Dr. Hygina from Meghalaya. The stalls were also put by young innovators of Jammu district school. The event was organised under the overall supervision of Dr. Zabeer Ahmed, Director CSIR-IIIM, assisted by his team of HoDs and Scientists, including Er. Abdul Rahim, Dr. Asha Chaubey, Dr. Dhiraj Vyas, Dr. Shashank Singh, Dr. Sumit Gandhi, Dr. Naveed Qazi, Dr. Suphla Gupta, Dr. Saurabh Saran, Dr. Raj Kishore, Vikram Singh, Sr. COA, Ajay Kumar, CoFA, Dilip Gehlot, SPO and Rajesh Gupta, AO.

## BJP Holds Budget Sammelan in Akhnoor, Calls Modi Government's Budget the 'Roadmap to a Developed India'

J I NEWS SERVICE  
AKHNOOR, FEB 23

The Bharatiya Janata Party (BJP) organized a special budget conference at its district office in Akhnoor to discuss the Union Budget. Senior BJP leaders and office bearers deliberated on the budget's key highlights and urged party workers to communicate its benefits to the masses. The conference was addressed by BJP Akhnoor District President Kuldeep Banotra, MLA Mohan Lal, District Development Council (DDC) Vice Chairman Suraj Singh, DDC member Bhushan Baral, former District President Daljeet Singh, Jagdish Bhagat, and Manmohan Singh. The leaders hailed the budget as historic, emphasizing that the tax relief provisions would greatly benefit the middle class while steering the country towards robust economic growth.



The event featured Rakesh Mahajan, BJP's in-charge of all party cells and the Returning Officer for Jammu & Kashmir BJP organizational elections, as the keynote speaker. He described the Union Budget as the 'Roadmap to a Developed India 2047', highlighting the Modi government's commitment to laying a strong foundation for farmers, youth, and the middle class. Mahajan elaborated on key provisions, including the 'Dhan-Dhanya Yojana' to support farmers and the increase in credit limits. He also noted

the government's focus on fostering entrepreneurship, citing the allocation of a Rs 10,000 crore fund to promote startups. He asserted that these measures would accelerate India's journey to becoming the world's third-largest economy.

During a post-conference press briefing, Rakesh Mahajan reiterated that this budget is dedicated to the common citizen. He emphasized that the Modi government, now in its third term, is working at three times the pace and that this budget serves as a significant step towards

transforming India into a developed nation. He expressed confidence that the budget would infuse new energy into the economy and propel the country toward prosperity and progress.

The event was attended by prominent BJP leaders, including Ram Swaroop Sharma, Surinder Singh, Ajay Singh, Deepesh Singh, Neeraj Sharma, Pradeep Chaudhary, Rakesh Malhotra, Savita Jamwal, and Gaurav Singh, along with mandal presidents and other office bearers from the district.

## BJP Workers at Akhnoor Office Tune in to PM Modi's 'Mann Ki Baat'

J I NEWS SERVICE  
AKHNOOR, FEB 23

BJP workers at the Akhnoor district office gathered to listen to Prime Minister Narendra Modi's popular radio program, 'Mann Ki Baat'. The event was attended by BJP District President Kuldeep Banotra, MLA Mohan Lal, District Development Council Vice Chairman Suraj Singh, DDC member Bhushan Baral, former District President Daljeet Singh, Jagdish Bhagat, Manmohan Singh, and several other office bearers and party workers.

During his address, Prime Minister Modi spoke on key topics, including India's advancements in space exploration, the increasing role of Indians in artificial intelligence (AI), global recognition of India's achievements,



respect for daughters, and the growing issue of obesity. He expressed pride in India's remarkable progress in the space sector and highlighted the country's contributions to cutting-edge technologies like AI. The Prime Minister also emphasized how the world today acknowledges India's rich culture, rapid development, and innovation. Additionally, he

stressed the importance of respecting and empowering daughters, recognizing their invaluable contributions to the nation's progress. Addressing health concerns, he raised awareness about the rising problem of obesity and urged citizens to adopt a healthier lifestyle.

Speaking on the occasion, BJP District President Kuldeep Banotra said that

'Mann Ki Baat' is not just a platform for communicating government policies but also serves as a means to inspire and educate society. MLA Mohan Lal added that the program motivates citizens to actively participate in the nation's development while fostering national unity.

Following the broadcast, BJP workers pledged to embrace the Prime Minister's vision and disseminate government initiatives across all sections of society. The event was also attended by prominent BJP leaders, including Ram Swaroop Sharma, Surinder Singh, Ajay Singh, Deepesh Singh, Neeraj Sharma, Pradeep Chaudhary, Rakesh Malhotra, Savita Jamwal, Gaurav Singh, and other district and mandal-level office bearers.

## 1st Sikh Cricket Premier League: Kawal Preet sweeps awards as Dashmesh Club drubs VCC Tral to lift title

J I NEWS SERVICE  
JAMMU, FEB 23

Ace batting all-rounder Kawal Preet Singh swept almost all the special individual prizes as formidable Dashmesh Cricket Club defeated Veenu Cricket Club Tral by a big margin of 68 runs in the summit clash to lift the title trophy of the 1st Sikh Cricket Premier League, organised by Hari Singh Nalwa Cricket Club under the banner of All J&K Sikh Coordination Committee at Jammu University ground here.

Mahant Manjit Singh ji was the Chief Guest in the Closing Ceremony, while MLA Sh Vikramjeet Randhawa; MLA Dr Narinder

Singh; Divisional Commissioner Jammu Sh Ramesh Kumar; Sh Shakti Kumar Pathak-IPS; Sh Nitish Kumar-IPS; S. Vikramjeet Singh-IPS; Sh Bhim Sen Tutti, IGP Jammu; S. Kawaljeet Singh Bali-JKAS; Col S. Amreshwar Singh and SP South Sh Ajay Sharma were the guests of honour.

Earlier, winning the toss and batting first, Dashmesh Club after losing opener Chamkor Singh for nought sailed on a superb batting display by the duo of Amandeep Singh and Kawal Preet Singh to score a good total of 181 runs in the stipulated 20 overs, losing 5 wickets in the process. Amandeep top scored with 76 runs off 56



balls studded with 8 fours and 2 sixes, while dependable Kawal Preet contributed 47 runs off 32 balls with 3 fours and 3 sixes. Extras contributed 28 runs to the total.

For VCC Tral Satbeer Singh took 2 wickets while Sunny Singh and Jasvinder Singh claimed one wicket each.

In reply, VCC Tral bundled out for 113 runs, thus losing the match by 68

runs. Vishupal Singh (31), Sahil Singh (23) and Sumit (15) were the main scorers.

Chamkor Singh, Kulvinder Singh and Kawal Preet Singh bagged 2 wickets each for Dashmesh Club, while Panku, Gunny and Gurpreet claimed 2 wickets each.

For his superb all-round display, Kawal Preet Singh was declared as the player of the match, player of the tournament and best

batsman, while Gurpreet bagged the best bowler award.

The winners and the runners-up teams were presented trophies and cheques by the Chief Guest and other dignitaries on the occasion.

The tournament was organised under the overall supervision of Sdr Ajit Singh, Chairman All J&K Sikh Coordination Committee, while the matches were officiated by a panel of experts drawn from the Department of Youth Services and Sports including Suresh Singh, Jagtar Singh, Satpal Singh, Venus, Gurvinder Singh (all Umpires) and Rajesh Dhar (Match Referee).

## 200 take part in Healthmaxx Hospital walkathon

J I NEWS SERVICE  
MOHALI, FEB 23

Over 200 people took part in Healthmaxx Superspeciality Hospital, Kharar walkathon on Sunday. The walkathon was organized to educate people on good health. Amarinder Singh SHO Sadar Police Station, Kharar inaugurated the walkathons for 5 km and 10 km.

Abhishek won the 10 km walkathon, whereas Mukul Kumar and Himanshu remained second and third respectively.

In the 5 km category, Sandeep emerged the winner and Rishabh and Pankaj got second and third place respectively. The



winners were handed over prizes by Harpreet Singh Nibber, chairman of Pritika Industries. Dr Rishi Mangat, MD Healthmaxx Superspeciality Hospital, Kharar said that through the walkathon we wanted to make Kharar residents aware of the benefits of healthy life.

She further said that our hospital mission is to sustain high quality healthcare services by a highly skilled and trained team custom-

ized for patient targeting 100% satisfaction.

"The organization believes in the objective of providing world class ethical health care services at affordable price. We are associated with reputed specialists and super specialists and backed up with highly sophisticated health care equipment to provide excellent services and experience for our patients."

## Another golden step of Nirankari Mission towards purity of nature and upliftment of humanity

J1 NEWS SERVICE  
NOWSHERA 23 FEBRUARY

With the holy blessings of the most revered Satguru Mata Sudiksha Ji Maharaj and the respectable Nirankari Rajpita Ramit Ji, the golden morning of 23 February 2025 brought the message of a new awakening and divine light of service, under which the third phase of 'Clean Water, Clean Mind' of the 'Amrit Project' was organized all over the world and along with that, water sources were also cleaned in Nowshera. On this occasion, Additional Deputy Commissioner Nowshera Babu Ram Tandon, former ward councilor Rohit Koli, Jagdish Chandra Sahni Pradhan Sanatan Dharma Sabha Nowshera, and others were present. Speaking on this occasion, Additional Deputy Commissioner Nowshera Babu Ram Tandon said, I wish Satguru Baba the best to everyone. On the occasion of the birth anniversary of Baba Hardev Singh Ji Maharaj, Sant Nirankari Mission is doing a good job by cleaning water sources. On this occasion, Head of Sant Nirankari Mission Branch Nowshera Tara Chand, while giving information, said that water sources were cleaned in Nowshera, Rajouri, Nariya Lam, Jhangar, Chowki Hadan, Sunder bani and other branches by Sant Nirankari Mission. During the 'Amrit Project' project, all safety standards



were fully followed. Special participation of youth was the main basis of this campaign. He also informed that this campaign is not for just one day, but will continue every month for the cleanliness of various ghats and water sources. Inspired by the eternal teachings of Pujya Baba Hardev Singh Ji, this holy campaign was organized under the aegis of Sant Nirankari Charitable Foundation, the social wing of Sant Nirankari Mission. More than 10 lakh service-minded volunteers joined together to make this holy campaign a reality at more than 1650 locations in 27 states and union territories. This scene was not limited to just natural cleanliness, but became a beautiful symbol of a spiritual journey to cleanse and purify the inner soul. The dedicated presence of each devotee was proof that when there is a divine confluence of love, ser-

vice and harmony, nature also experiences new life. Highlighting the importance of water, Satguru Mata Ji explained that water is like Amrit, which nature has given us as the most important gift for life. Its cleanliness and conservation should not just be a responsibility, but should be our natural habit. We often inadvertently promote pollution by throwing waste and dirt into water sources or other places, causing harm to the environment. Inspired by this thought, a social initiative like 'Project Amrit' has been started, which is an important effort to spread awareness about water conservation and cleanliness. This punit seva abhiyaan dedicated to the birth anniversary of Baba Hardev Singh Ji gave every Sant an opportunity to contribute towards water conservation. This initiative not only focused on the cleanliness of ghats and water sources, but

also encouraged water saving through small habits at home so that water is respected and this precious resource is preserved for generations to come. Sant Nirankari Charitable Foundation (SNCF) was awarded the prestigious Water Conservation Initiative NGO of the Year 2025 Award by the Global Energy and Environment Foundation (GEEF) for playing a positive active role in water conservation under environmental protection. This proud honour symbolizes SNCF's relentless dedication towards Project Amrit - Clean Water, Clean Mind and its various water conservation and cleanliness initiatives. Undoubtedly, the excellent efforts made by SNCF in the purity and sustainable conservation of water resources are playing an important role in leading the society towards a clean, healthy and prosperous future.

## MLA Dr. Rameshwar vows to improve standard & infrastructure of education in Bani Constituency

J1 NEWS SERVICE  
BARMOTA (BANI), FEB 23

In a significant step towards improving the infrastructure of education in the region, Dr. Rameshwar Singh, MLA Bani, today inaugurated three newly constructed classrooms at the Government High School Barmota, Bani. The classrooms were built with the support of NHPC, as part of their ongoing contribution to the development of the local community.



The inauguration ceremony was attended by prominent figures, including the General Manager (GM) of NHPC, who played a key role in ensuring the timely completion of the project. Also present at the event were Smt. Reeta Devi, DDC Member Bani,

and Headmaster of the school, Khyail Chand, along with the school's dedicated staff and the public of Barmota.

During his address, Dr. Rameshwar Singh praised the collaborative efforts of NHPC in supporting the educational infrastructure of the region. He highlighted the importance of such

initiatives in empowering the youth and ensuring that they have access to quality education in a conducive learning environment.

The MLA emphasized that the role of NHPC has been crucial in the development of Bani, not only through infrastructure projects but also by contributing to the welfare of

local communities. Dr. Rameshwar also expressed his gratitude towards NHPC for their continuous support and reiterated his commitment to further enhancing educational facilities in Bani. He acknowledged the efforts of the local administration, the school staff, and the public in making this project a success.

Headmaster Khyail Chand, along with the staff and residents of Barmota, extended their heartfelt thanks to the NHPC and MLA Bani for their unwavering support in advancing education in the area. The newly inaugurated classrooms are expected to improve the learning experience for students and accommodate the growing number of enrollments at the school.

## A Captivating Evening of Literature: Dr. Karan Singh discusses his Novel 'The Temple of Shiva'

J1 NEWS SERVICE  
NEW DELHI, FEB 23

Parchment Publications hosted an engaging literary discussion at Kunzum Bookstore, featuring Dr. Karan Singh, statesman, scholar, and philosopher, as he delved into the themes and inspirations behind 'The Temple of Shiva', his first and only work of fiction.



In conversation with journalist and writer Sanjula Sharma, the evening offered profound insights into literature, philosophy, and storytelling. Published by Parchment Publications, 'The Temple

of Shiva intricately blends history, mythology, and devotion, creating a rich narrative around faith and self-discovery. During the discussion, Dr. Karan Singh shared

a fascinating insight into his protagonist, Ashok, describing him as an alter ego—what he might have been, had he not been born into his current circumstances. 'Your first novel,' he reflected, 'always reflects the inner life of the author.'

Speaking on the occasion, Shubhi Arya, Founder of Parchment Publications, expressed, "Publishing 'The Temple of Shiva' is a privilege and a deeply personal honour. Dr. Karan Singh's wisdom, depth, and storytelling deserve to reach younger generations, inspiring them to explore India's

rich spiritual and cultural heritage."

The event was made possible with the support of Ajay Jain, owner of Kunzum Bookstore, and Shivam, the Event Manager at Kunzum, whose contributions helped create a welcoming space for literary discussions.

Parchment Publications is committed to bringing thought-provoking literature to readers, and this event was yet another step in its journey of celebrating distinguished voices in writing.

'The Temple of Shiva' is available for purchase on Amazon.

## Safai Karamcharis deserve dignity, job security, welfare measures: Randhawa

J1 NEWS SERVICE  
JAMMU, FEB 23

Senior BJP leader and MLA Bahu Constituency, Vikram Randhawa today met with a delegation of the Akhil Bharatiya Safai Mazdoor Sangh, led by its State General Secretary Amar Mooman and listened to the long-pending grievances of Safai Karamcharis in Jammu and Kashmir.



The delegation submitted a memorandum detailing the key issues faced by sanitation workers and urged immediate intervention for their resolution.

During the meeting, Amar Mooman apprised the MLA of the challenges faced by Safai Karamcharis, particularly the demand for the regularization of Urban Local Bodies (ULB) employees who have completed seven years of service. He expressed concern over the increasing trend of outsourcing sanitation services, which has led to job insecurity and exploitation of contractual workers. He urged the administration to halt such outsourcing practices and instead provide stable employment to these

essential workers.

The delegation also highlighted serious concerns regarding the non-deposit of Employees' Provident Fund (EPF) and Employees' State Insurance (ESI) by contractors despite regular deductions from workers' salaries. They demanded stringent action against defaulters to ensure workers receive their rightful benefits. Another major demand raised was the implementation of the old pension scheme for all Safai Karamcharis in J&K, ensuring financial security post-retirement. The delegation insisted on the execution of the "Same Work, Same

Pay" policy for all workers, including daily wagers and contractual employees, as per Supreme Court guidelines and DPC of all Cadres. Additionally, the delegation pressed for the immediate clearance of pending cases under SRO 43 and the disbursement of pending salary arrears of JMC and SMC sanitation workers from 2005, 2008, and 2010.

Vikram Randhawa appreciated the invaluable role of sanitation workers in maintaining public health and hygiene, acknowledging their relentless efforts despite challenging working conditions. He emphasized that

Safai Karamcharis are the backbone of urban cleanliness and deserve dignity, job security, and proper welfare measures.

The senior BJP leader assured the delegation that their genuine demands, including regularization, financial security, and fair wages, would be strongly advocated at the highest levels. He reiterated BJP's commitment to ensuring better working conditions for sanitation workers and stressed the need for administrative reforms to address their long-pending grievances, recognizing their contributions as essential to society's well-being.

## 507th Kabir Nirvan Divas Commemorated at Shiromani Sant Kabir Bhawan, Chak Avtara, Bishnah

J1 NEWS SERVICE  
JAMMU, FEB 23

The 507th Kabir Nirvan Divas was solemnly commemorated today at Shiromani Sant Kabir Bhawan, Chak Avtara, Bishnah, with a large public gathering in attendance. Devotees and followers from the districts of Jammu, Samba, Kathua, and Reasi participated in the event in the thousands, reflecting their deep reverence for the teachings of Sant Kabir.

The event featured a spiritually enriching Sat-sang conducted by Mahant Bitta Dass Ji, who expounded on the bani (teachings) of Kabir Sahib, highlighting the eternal message of equality, love, and truth.

Sh. Faqir Chand Bhagat, Chairman of Shiromani Kabir Bhawan, addressed the gathering and emphasized Kabir Ji's philosophy of universal brotherhood and equality. He urged the



public to embrace Kabir Sahib's teachings of treating all humanity as one, transcending caste, creed, and social divisions.

Several prominent dignitaries graced the occasion and shared their views, including Sh. Jugal Kishore Ji, Hon'ble Member of Parliament; Sh. Ravinder Raina, Former State President BJP; Dr. D.K. Manyal, MLA Ramgarh; Dr. Rajib Bhagat, MLA Bishnah; Ashwani Sharma, Ex-MLA; Dharminder Kumar, DDC Bishnah; Sh. G.R. Bhagat, IAS; Harbhajan Pammi Ji, Choudhary Balkar Ji and Dr. Gurdass Bhagat, among others.

The commemoration served as a reminder of Sant Kabir's timeless message of human unity, moral integrity, and social harmony. The attendees expressed their commitment to following the path of truth and equality as propagated by Kabir Sahib.

## BSP chief Darshan Rana reached the exhibition based on the life of Baba Saheb Dr. Bhimrao Ambedkar

J1 NEWS SERVICE  
JAMMU, 23 FEB

With the aim of making people aware about the life of the Constitution architect Baba Saheb Dr. Bhimrao Ambedkar, in the exhibition organized by Dr. B.R Ambedkar Welfare Society Greater Kailash Jammu in village Ratnu Chaku Ward No. 68, Bahujan Samaj Party Jammu Kashmir President Darshan Rana reached

the exhibition site with his team and saw the exhibition based on the life of Babasaheb Dr. Bhimrao Ambedkar and the contribution made by him. On this occasion, while the BSP chief was welcomed by the members of Dr. Bhimrao Ambedkar Welfare Society, the BSP chief was also given detailed information about organizing the exhibition on the life of Baba Saheb Dr. Bhimrao Ambedkar. On this occasion, Bahujan Samaj Party



President Darshan Rana said that the exhibition based on the life of Constitution maker Baba Saheb Dr. Bhimrao Ambedkar will give our

young generation information about his life and especially there will be discussion on how Baba Saheb Dr. Bhimrao Ambedkar worked to give equal rights to people of every section of the country. He emphasized that such exhibitions should be organized in every area so that our young generation can get information about the life of Baba Saheb Dr. Bhimrao Ambedkar. He praised the members of Dr. B. R Ambedkar Welfare Soci-

ety for organizing such an exhibition and said that it is a great effort of theirs. He said that Baba Saheb Dr. Bhimrao Ambedkar was one of those great people who were honored with Bharat Ratna. He said that we need to take the ideas of Baba Saheb Dr. Bhimrao Ambedkar to the masses. On this occasion, other members of the party also expressed their views and threw light on the life of Baba Saheb Dr. Bhimrao Ambedkar.

## J&K Sports Council Urged to Expand Soft Tennis Competitions for Youth Development, Says Wani

J1 NEWS SERVICE  
SRINAGAR, FEB 23

The Jammu and Kashmir Amateur Soft Tennis Association excelled in hosting a soft tennis tournament in the picturesque region of Jammu and Kashmir on Feb 23, 2025. Under the banner of the Amateur Soft Tennis Federation of India and in collaboration with J&K Sports Council, the event successfully took place at the Gindun Sports Stadium in Rajbagh, Srinagar.

Chairman of the J&K Amateur Soft Tennis Association, Mr. Raja Ghulam Nabi Wani, highlighted the inclusive nature of the tournament, with players representing every district of Jammu and Kashmir participating with zeal and sportsmanship. Expressing his gratitude towards the participants, their parents,



and all those who graced the event with their presence, Mr. Wani emphasized the importance of such sporting competitions in fostering a spirit of camaraderie and healthy competition among the youth of the state.

In his address to the media, Mr. Wani also urged the J&K Sports Council to

consider scheduling similar competitions in the month of June next year, aligning with the school holidays and creating an optimal environment for maximum participation and engagement from aspiring young athletes.

During the event, Mr. Iqbal, the manager, graced the occasion as the "Guest

of Honor," inspiring and uplifting the players with his words of motivation while also offering his heartfelt congratulations to the dedicated organizers for their hard work in ensuring a successful tournament. In a touching display of respect and appreciation, the entire team came together to present Mr. Iqbal with an award, symbolizing their gratitude for his unwavering support.

"Through initiatives like these, we aim to promote sportsmanship, unity, and talent development among the youth of Jammu and Kashmir. The overwhelming response and enthusiasm displayed by the participants and spectators further underscore the significance of such events in nurturing a vibrant sports culture within our community," remarked Mr. Wani.

## Athrot Cultural Foundation organised "Dyar Daham Vatakh Raaze Event" at Sanjeevani Sharda Kendra

J1 NEWS SERVICE  
JAMMU, FEB 23

Athrot Cultural Foundation supported by KPV organised Dyar Daham Vatakh Raaze Event at Sanjeevani Sharda Kendra Bhoori Jammu today and Dr. Arvind Karvani Relief and Rehabilitation Commissioner (Migrants) was the chief guest on the occasion.

Sharda Stuti was sung while showering flowers at the lotus feet of Mata Sharda in the beginning followed by an elaborated talk by religious scholar Sanjay Raina Ji wherein he introduced the Vatakh Mandap to the gathering and elaborated the essence of Harratri and Triyodashi part and significance of Heyrat for Kashmiri Pandits Each and every aspect was deliberated upon with evidence and references. Sh Sanjay Raina was felici-



tated by Dr Arvind Karvani RRCM on this occasion accompanied by Vikram Koul KPV, Muktesh Yogi (Social Activist and Dr Rohit Koul (Director and CEO People's Hut Foundation). A Shawl, Kenzi Khoass and Mata Roop Bhawani Book was presented to Sanjay Raina ji for his commendable service, Kirti Dhar from Shine India News was also felicitated for her valuable contribution in the field of Journalism she was presented a shawl, khaos

and a Book. Pranav Pandita an upcoming singer who has versatile singing style was also felicitated with shawl and kenzi Khoass for his dedication and determination in the field of music. Kamal Bagati was also felicitated for valuable community Services. A devotional song "Naad Be Layea" with divine blessings and shots from Prayagraj was released by Dr Arvind Karvani during the event, The song has been written by Posht Motte and Sung by

Kanwal Peshin, Music has been beautifully composed by Rajesh Khar (Kongposh studio) supported by Sanjay Ganjoo Insurance Advisor LIC & Star Health. Pranav Pandita enthralled the thick audience with his melodious voice by singing "Halmav Halmav Golab Shankaras Poozi Lagayi". The program was conducted by Kanwal Peshin and the purpose of the event was to enlighten the youngsters through social media with the divine values of Harratri and Heyrach Truvah. Dr Karvani who was also felicitated with Shawl and Khoas appreciated the team for organizing such events for preservation and Promotion of festivals and rituals of Kashmiri pandit community including Art and culture. Vote of thanks was presented by Roshan Ji from KP Volunteers. Program concluded with light refreshment.

## SSH, Nirankari Mission organize cleanliness drive in Nowshera's Changar area

J1 NEWS SERVICE  
NOWSHERA, FEB 23

Shiv Sena Hindustan, in collaboration with Nirankari Mission today organized a cleanliness drive in Nowshera's Changar area in presence of Nirankari Mission Head of area Tirth Ram, Sarpanch Sumil Choudhary and Shiv Sena Hindustan J&K leadership including Vice President Balbir Kumar. Speaking on the occasion, Kesri said this initiative demonstrates the organization's commitment to promoting cleanliness and community service. Shiv Sena Hindustan has been involved in various social activities, including religious events and meetings. The cleanliness drive is likely part of their efforts to contribute to the well-being of the community and promote a cleaner environment, added Kesri.

Kesri further said that



Shiv Sena Hindustan and Nirankari Mission organized awareness program to highlight the significance of cleanliness. The event aimed to educate the local community about the importance of maintaining a clean environment, its impact on public health, and the role individuals can play in keeping their surroundings clean. The cleanliness drive also included interactive sessions, speeches, and demonstrations to engage the audience and convey the message effectively. By organizing such events, Shiv Sena Hindustan and Nirankari Mission hope to inspire a sense of

responsibility among the community members to maintain cleanliness and contribute to a healthier environment, added Kesri.

Kesri observed that clean and green surroundings have numerous benefits for individuals, communities, and the environment as a whole. Clean and green surroundings help conserve natural resources like water, air, and soil. Green spaces support local biodiversity, preserving ecosystems and protecting endangered species. Vegetation helps regulate the climate by absorbing carbon dioxide, producing oxygen, and moderating temperatures. Green sur-

roundings reduce air pollution, improving respiratory health and overall well-being. Spending time in nature has been shown to reduce stress levels, improve mood, and enhance mental health.

Kesri maintained that clean and green surroundings encourage outdoor activities, promoting physical health and fitness and foster a sense of community, promoting social connections and neighborhood cohesion. Well-maintained green spaces can increase property values, attract businesses, and boost local economies and enhance the visual appeal of an area, making it more attractive and inviting. By recognizing the significance of clean and green surroundings, individuals and communities can work together to create healthier, more sustainable, and more livable environments, said Kesri.

## SIBA organizes Multispeciality Medical Camp for Prakash Utsav of Guru Gobind Singh Ji

J1 NEWS SERVICE  
JAMMU, FEB 23

On the auspicious occasion of the Prakash Utsav of Shri Guru Gobind Singh Ji Maharaj, the Tenth Guru of Sikhs, a Multispeciality Medical Camp was successfully organized by SIBA Event Management and Innovations Cooperative Ltd., in collaboration with various esteemed healthcare associates. This event is celebrated by the Sikh Students Federation Jammu and marks an important occasion for the local community.

The event, which took place today, was aimed at providing essential health check-ups and medical services to the public, ensuring accessible healthcare for everyone, regardless of background. The camp saw participation from the following healthcare experts and organizations:



Path Square Labs Sharda puri Marketing Incharge - Offering diagnostic services and medical screen-ings. Centre for Sight Rahul Mandla senior marketing Executive, Harit Roshan optometrist, dheeraj kumar PCC - Providing eye care consultations and free vision screenings. Holistic Hues by Dr. Salman Ahmed Khan - Specialized in Physiother-

apy and holistic health solutions and wellness. Sarvaang Ayugrah by Dr. Nidhi Rajput - Offering Ayurvedic consultations for long-term health and healing and free medicines. Hear Clear Manas ji and Gulshan ji - Providing hearing aids and auditory health check-ups. Dental Team by Smile Avenue dr Satpal singh, Dr Babbar Ali Anis, muskan

Offering dental check-ups and treatments.

This camp was supported by JKDCF (Jammu and Kashmir Dairy Cooperative Federation).

The initiative received tremendous response from the local community, with hundreds of Sangat avail-ing of medical advice, consultations, and treatments. The event not only paid tribute to the teachings and legacy of Shri Guru Gobind Singh Ji Maharaj but also reflected the importance of community col-laboration in ensuring the well-being of citizens.

The organizers SIBA founders Sidharth Baljeet Singh, expressed their gratitude to all the associates, volunteers, and attendees for their contribution to the success of this event and reiterated their commitment to organizing such events for the betterment of society.

## LFO-BHF Organizes Free Medical Checkup Camp in Jammu

J1 NEWS SERVICE  
JAMMU, FEB 23

Live For Others - Being Helpful Foundation (LFO-BHF), in collaboration with Talla Jewellers and Ujala Cygnus, successfully conducted a Free Medical Checkup Camp at Ram Leela Club, Nai Basti, Jammu. Supported by ARR Diagnostics, Centre for Sight, Nai Basti Ram Leela Club members, Mr. Hitesh Dabgotra & Sh. Ashok Gupta ji the camp benefited around 400 patients with free consultations in Orthopaedics, General Medicine, Ophthalmology, and Dentistry, along with free medications.

The camp was inaugurated by Ms. Ansuya Jamwal (JKAS, Additional District Magistrate), with Mr. Ravinder Raina as the special guest. Ms. Ansuya Jamwal (JKAS, ADC, JAMMU) appreciated the effort of LFO-BHF team members for organising such medical camps and appealed the public of Nai Basti to participate in the camp and take the benefits



of the facilities. Sh. Ravinder Raina ji also congratulated the team members for organising such a successful free medical camp.

Mr. Vivek Parihar, Director & CEO of LFO-BHF, emphasized the organization's commitment to accessible healthcare, stating, "Our goal is to serve those in need and promote a healthier society."

Mr. Abhishek Raina, Secretary and Health Domain Co- Incharge Jammu Province, added, "This initiative reflects our

dedication to community welfare. We are grateful to all doctors, volunteers, and partners for making it a success." The medical team included Dr. Devit Sharma (Medical Officer) and Dr. Muskan Sarwar Khan (Medical Officer), whose expertise greatly contributed to the success of the camp. The dedicated members who participated in this initiative included Abhishek Gupta, Stuti, Rubina, Ashu, Kashish, Kangan, Samar, Dhruv, Radhika, Manvi, Babita and many more.

## Synergetic Green Warriors Foundation Conducts Cleanliness Drive at Jia Pota Ghat, Akhnoor

J1 NEWS SERVICE  
AKHNOOR, FEB 23

In a significant step towards environmental conservation, Synergetic Green Warriors Foundation (SGWF) organized a cleanliness drive at Jia Pota Ghat, Akhnoor, in collaboration with Shri Mandir Ghat Committee Akhnoor and Sant Nirankari Mission Akhnoor. The drive was conducted under Mission Amrit: Swachh Jal, Swachh Man, inspired by Dr. Sonia Verma, Director/CEO of SGWF.

The cleanliness drive witnessed enthusiastic participation from volunteers across Akhnoor, including MLA Akhnoor Mohan Lal Bhagat, local residents, and members of partner organizations. Volunteers actively engaged in removing waste, plastic, and other pollutants from the ghat, ensuring a cleaner and healthier environment for the community.

Addressing the gathering, MLA Mohan Lal



Bhagat emphasized the significance of cleanliness around water bodies, stating that pollutants drain into water sources are a major cause of various ailments. He urged people to take responsibility for keeping their surroundings clean and to prevent contamination of water bodies for the well-being of future generations.

Speaking on the occasion, Dr. Sonia Verma highlighted the importance of maintaining clean water bodies and surroundings, emphasizing that community-driven initiatives like

these play a vital role in fostering environmental responsibility. She urged citizens to actively participate in such initiatives and adopt sustainable practices to preserve natural resources.

SGWF remains committed to promoting ecological awareness and sustainability through various campaigns and drives. The foundation extends its gratitude to all participants for their dedication to the cause and urges more people to join hands in making Akhnoor cleaner and greener.

## JPDCL Samba organises solar panel project awareness with NAV USHA (NGO)



J1 NEWS SERVICE  
JAMMU, FEB 23

Under the direction of Assistant executive engineer Electrical Samba, a series of awareness programs were organised with the help of NAV USHA ngo in district Samba to spread awareness about solar panel project.

The drive is being run at each and every corner of the district to make the consumer aware of PM surya ghar muft bijili yojana among electric consumers in the area. The group performed so far in samba, Bari brahama, ramgarh & vijaypur area and performed 30 awareness programs wef 1st February 2025, till date .

Today two nukkad plays

& dogri songs at salam & sumb area, District Samba were performed where people attended in large numbers & took the message. The concerned authorities and people appreciated the performance. However People turned out in big way for registration for subsidized solar panel project.

On this occasion authority explained benefits, PM Surya Ghar/ Muft Bijli Yojana, the total cost of a solar project with a capacity of up to 3 kilowatts is around Rs 1.50 lakh, of which 60 percent, i.e. Rs 94,800 is being given under subsidy, adding that the consumer has to spend Rs 64,200 only.

## Managing Director SBM (U) inspects Material Recovery Facility at Doda town

**J I NEWS SERVICE**  
DODA, FEBRUARY 23

Managing Director Swachh Bharat Mission (Urban), Dr. Devansh Yadav today inspected the Material Recovery Facility (MRF) here in Doda Town. He was accompanied by Deputy Commissioner Harvinder Singh, besides functionaries from the local Municipal Council.

During the visit, Dr. Yadav conducted a detailed inspection of the facility, assessing its capacity, operational efficiency, and the quality of recovered materials. He also interacted with municipal staff and



sanitation workers, inquiring about their work conditions, challenges, and the implementation of waste management protocols.

Highlighting the significance of proper waste segregation and recycling,

Dr. Yadav emphasised the need for streamlining waste collection and segregation at source, processing, and disposal of legacy as well as fresh waste to enhance overall efficiency. He also checked the

functioning of machinery employed for biomining of legacy waste and urged the teams to adopt best practices for sustainable waste management.

The Deputy Commissioner stressed the importance of public participation in maintaining cleanliness and urged citizens to support efforts of the civic body by adhering to waste segregation guidelines. He further stressed on the Swachh Survekshan and the role of the public in ensuring improved sanitation conditions which could help the Municipal Body score good in the process.

## LMD Anantnag slaps fine of Rs 50,000 on Petrol Pump for deficit fuel delivery

**J I NEWS SERVICE**  
ANANTNAG, FEBRUARY 23

The Legal Metrology Department today slapped a fine of Rs 50,000 upon a petrol pump located on the National Highway Anantnag after it was observed that the Nozzle of a petrol pump was delivering deficient fuel to consumers by about 35 ml against every 5 litres.

The officials found that the display panel on the dispensing unit showing the delivery was not matching with the actual

quantity delivered to the customers.

The surprise inspection led to the seizure of an erratic nozzle of the petrol pump.

The offender pleaded for the compounding offence at departmental level following which a case was compounded in terms of Section 48 of Legal Metrology Act 2009, LMD Anantnag stated.

It is pertinent to mention that the action against the petrol pump is one among the series of actions which has been taken by

the department against the petrol pumps during the recent times.

LMD advised consumers to remain aware and defend their consumer rights while visiting a petrol pump.

Consumers can check the delivery of fuel on their own by using the verified 5 Litre conical measure which mandatorily needs to be kept with every petrol pump and it is a duty of every petrol pump management to facilitate the checking of fuel delivery to any consumer.

**JD Information**  
**Kashmir Syed**  
**Shahnawaz**  
**Bukhari condoles**  
**demise of**  
**senior journalist**  
**Naseer Ahmad**

**J I NEWS SERVICE**  
SRINAGAR FEBRUARY 23

Joint Director Information Kashmir, Syed Shahnawaz Bukhari today expressed profound grief over the sad demise of Bureau Chief of Kolkata TV, Naseer Ahmad, who passed away Saturday after a brief illness.

In his condolence message, the Joint Director said that the demise of Naseer Ahmad has left a deep void in the journalistic circles which will be impossible to fill for the years to come. He described him as a thorough professional, self-respecting and great human being.

While expressing sympathies with the bereaved family, Syed Shahnawaz Bukhari prayed for peace to the departed soul and much needed strength to the bereaved to bear the inconsolable loss. He added that Naseer's demise is a huge personal loss to most of us.

**JKCE-2024 Exam**  
**DC Doda visits**  
**designated**  
**centers**

**J I NEWS SERVICE**  
DODA, FEBRUARY 23

Deputy Commissioner Doda, Harvinder Singh today visited the examination centers designated for the J&K Combined Competitive (Preliminary) Examination-2024 to oversee the exam arrangements.

The examination was held here at Government Degree College Doda and Green Model Higher Secondary School. As many as 857 candidates appeared in the exam.

The Deputy Commissioner reviewed the arrangements, including security measures, seating arrangements, and other necessary facilities, ensuring a hassle-free examination process.

## RDD, IWMP organise Watershed Yatra Campaign-2025 at Reasi

**J I NEWS SERVICE**  
REASI, FEBRUARY 23

The Integrated Watershed Management Programme (IWMP), under the aegis of the Department of Rural Development & Panchayati Raj, J&K, successfully organized the Watershed Yatra Campaign-2025 at Government Higher Secondary School Tote, Block Bhomag, District Reasi.

The initiative, taken under overall Supervision of Deputy Commissioner Nidhi Malik aimed to promote sustainable water conservation techniques, watershed Development activities, water management and expedite implementation of Pradhan Mantri Krishi Sinchayee Yojana (PMKSY 2.0) to enhance irrigation efficiency and agricultural productivity in the district.

The campaign was



chaired by District Development Council (DDC) Chairman Saraf Singh Nag. He highlighted the significance of watershed management in improving rural livelihoods and ensuring long-term water sustainability.

ACD Pardeep Kumar and Experts from IWMP & Rural Development Department provided valuable insights into sci-

entific watershed planning, soil conservation measures, and rainwater harvesting techniques, particularly in water-scarce regions.

As part of the event, a series of activities were conducted, featuring taking of water resources conservation pledge, Bhumi Pujan, Paani Ki Patshala (Water Awareness Session), screening

of informative videos, plantation drives, cultural programs, and recitations emphasizing the importance of watershed conservation.

The campaign concluded with an interactive session where farmers and local representatives shared their experiences and sought expert guidance on effective watershed management strategies. Additionally, a plantation drive was undertaken to reinforce the commitment to environmental sustainability.

This initiative marks a significant step toward fostering awareness and action in watershed conservation, ensuring sustainable agricultural growth, and strengthening water security in rural areas. ACD Reasi Pardeep Kumar, BDO Bhomag Vinod and officials from RDD were present.

## Celebrating Linguistic Heritage

## GCW Gandhi Nagar hosts special program to mark Int'l Mother Language Day Week

**J I NEWS SERVICE**  
JAMMU, FEBRUARY 23

In a vibrant celebration of linguistic diversity and cultural pride, Government Women's College, Gandhinagar, Jammu, hosted a special program today as part of the International Mother Language Day-Week Celebrations.

The event, organized by the college's Language Club, brought together students, faculty, and esteemed guests to reflect on the profound significance of mother languages in shaping a conscious and living society.

The program was graced by the presence of three distinguished luminaries from the fields of linguistics, journalism, and cultural activism in Jammu and Kashmir. Ram Bahadur Shukla, Head of the Sanskrit Department at Jammu University, Dr. Javaid Rahi, Secretary of Kala-Kendra Jammu, and Surendra Jammu, and Surendra Sagar, Head of the Dogri Section of popular "The Straight Line" Web Portal, delivered thought-provoking speeches. Their words resonated deeply, emphasizing the vital role of mother languages in preserving cultural identity and fostering societal harmony.

Presiding over the event, the college Principal, Dr. S.P. Saraswat,



inspired the audience with his impassioned address. He urged students to take pride in their linguistic roots and embrace their mother tongues—be it Dogri, Gojri, Pahari, Kashmiri, Punjabi, or any other—without hesitation or shame. "Our languages are the soul of our heritage," he remarked, "and speaking them is a celebration of who we are."

The keynote address was eloquently delivered by Dr. Liaqat Jafri, HOD Urdu Department, who underscored the unifying power of language in a diverse society. Dr. Vijender Sharma, Head of the Sanskrit Department, skillfully orchestrated the proceedings, ensuring the event flowed seamlessly. The guests were warmly welcomed by the principal, while Professor Bindu Chhib, HOD Hindi Department, expressed gratitude with a heartfelt vote of thanks.

The program was a collaborative effort, with Dr.

Tarsem Lal, HOD Dogri Department, overseeing its meticulous organization. The audience, comprising students and faculty from all language departments, was further enriched by the presence of esteemed professors, including Professor Rupinder Kaur, Professor Paramjit Singh, Professor Amjad Bhatti, Professor Rohit Gupta, Professor Tahira Shah, Professor Poonam Rajput, Professor Balbir, Prof Aijaz, Professor Vipan and Professor Omar.

This gathering was not merely an academic exercise but a heartfelt tribute to the linguistic tapestry that binds communities together. It served as a reminder that every language carries within it the stories, wisdom, and dreams of its people. As the echoes of the event lingered, the message was clear: to honor one's mother tongue is to honor the very essence of humanity.

## SCERT, DIET Kishtwar conduct 5-Day Training on "Inclusive Education" under NISHTHA

**J I NEWS SERVICE**  
KISHTWAR, FEBRUARY 23

The State Council of Educational Research & Training (SCERT) Jammu Division, in collaboration with DIET Kishtwar, today concluded a five-day training programme on "Inclusive Education" aimed at strengthening inclusive educational practices in Jammu & Kashmir (JK) UT.

The programme, held here at the DIET Complex, catered to educational administrators and faculty members of secondary and senior secondary schools from all zones and Higher Secondary Schools (HSS) in the district.

The event was held under the overall supervision of Prof. Parikshat Singh Manhas, Director SCERT, Jammu Division, and the visionary leadership of Prof. Dr. Sindhu Kapoor, Joint Director JKSCERT Jammu Division. The programme was guided by Somesh Kumar, Principal DIET Kishtwar, who provided dynamic leadership throughout the training sessions.

The initiative was a direct response to the directives of the Hon'ble Supreme Court of India, emphasizing the importance of promoting "Inclusive Education." The goal was to equip educational leaders with the knowledge, strategies, and best practices essential



for creating an inclusive learning environment for all students, particularly those with disabilities, marginalized groups, and those with diverse learning needs, as outlined in the National Education Policy (NEP) 2020.

A total of 61 Senior Lecturers, Lecturers and Masters from Senior Secondary Schools from across Kishtwar participated in the training programme, surpassing the initial target of 86 participants. The programme employed a cascading training approach to ensure broad and effective coverage throughout February 2025.

Key topics of the programme included the crucial role of inclusive educa-

tion in ensuring equal educational opportunities for all learners. The sessions were led by distinguished resource persons, R.A. Batt, Sr. Lecturer DIET Kishtwar; F.A. Giri, Sr. Lecturer and Nodal Officer for Inclusive Education; Riaz Ahmed Giri, Sr. Lecturer; Dr. Nadeem Ul Hassan, Sr. Lecturer; Humaira Ayoub, Sr. Lecturer; Irfan Ahmed, Lecturer; Ramesh Kumar, Sr. Lecturer HSS Sarthal (Guest Resource Person); Shakti Devi, Guest Resource Person for Sign Language; and Mujeeb Ur Rehman, Guest KRP for DIET Kishtwar. The academic contributions of Bikram Singh, Academic Officer from JKSCERT, Jammu Division, were also

highly appreciated.

The programme culminated with a vibrant valedictory function, where participants shared their valuable feedback. Certificates of participation were awarded to all attendees in recognition of their efforts and commitment to promoting inclusive education.

The event was meticulously coordinated by Farooq Ahmed Giri, Sr. Lecturer DIET, under the supervision of Principal Somesh Kumar and In-Charge Principal R.A. Batt. The success of this initiative was made possible through the collective efforts of the dedicated faculty members of JKSCERT and DIET.

## Nasha Mukh Bharat Abhiyan

## SDH Baderwah beats SDH Gandoh in promotional cricket match

**J I NEWS SERVICE**  
GANDOH, FEBRUARY 23

As part of the ongoing Nasha Mukh Bharat Abhiyan and the anti-drug campaign, a friendly cricket match was played today between Sub District Hospital Gandoh and Sub District Hospital Baderwah here at Sports Ground Kilhotran.

The thrilling encounter saw SDH Baderwah emerging victorious by 26 runs.

Winning the toss, SDH Baderwah chose to bat first and set a competitive target of 171 runs for the loss of 4 wickets in the allotted 20 Overs. The standout performer was Dr. Yasir Riaz, who scored a brilliant 77 runs off 48 balls, supported by Dr.



Touseef Malik with a valuable 46 runs. From SDH Gandoh's bowling side, Dr. Farooq Saleem, Arif Rather, Jahangir Mehta and Arif Batt each claimed one wicket.

In response, SDH Gandoh put up a strong fight but fell short, managing only 145 runs for 5 wickets in 20 Overs. Dr Farooq Saleem scored highest 42

runs, while Arif Rather contributed 21 runs. For SDH Baderwah, bowlers Dr. Mohammad Ashraf, Kalwant Singh, Anzar Shah and Dr. Touseef Malik each took a wicket, effectively restricting the opposition's run chase.

Dr. Yasir Riaz was awarded Man of the Match for his outstanding batting, playing a pivotal role in

securing the win for SDH Baderwah.

During the closing ceremony, BMO Gandoh Dr Farooq Saleem, who hosted the event, congratulated both teams for their spirited participation. In his address, he emphasized the importance of engaging in sports activities alongside official duties, highlighting how such events promote physical fitness and contribute to mental well-being, aligning with the broader goals of the Nasha Mukh Bharat Abhiyan.

The event concluded with a message encouraging everyone to stay united in the fight against substance abuse while promoting a healthy and active lifestyle through sports.

## Fisheries sector possesses vast potential for employment, economy generation in JK: Javed Dar

J1NEWS SERVICE  
GANDERBAL, FEBRUARY 23

Minister for Agriculture Production Department and Rural Development Department, Javed Ahmad Dar, today underlined the need to tap vast employment potential in the fisheries sector in Jammu and Kashmir.

The Minister stated this during his visit to the Trout Fish Farm Mammer, conducted to review its functioning and assess developments in the fisheries sector.

The Minister was accompanied by MLA Kangan, Mian Mehar Ali besides others.

The Minister highlighted the huge potential of employment and economic generation in the Fisheries sector and urged the youth to take fish farming as sustainable economic activity.

Emphasizing the need for technical awareness among the private fish farmers, the Minister directed the officials to conduct frequent field



visits and educate the farmers on modern fish culture practices. He also encouraged the youth to engage in fish farming, highlighting its potential as a viable employment avenue under the Holistic Agriculture Development Programme (HADP).

Earlier, the Minister visited Khyber Aquaculture at Akhal, Kangan, where he reviewed the infrastructure developed by the private company for raising Rainbow Trout using the advanced Recirculatory Aquaculture System (RAS).

The Minister toured the facility, appreciating its eco-friendly practices and

state-of-the-art machinery aimed at sustainable trout farming.

Commending the efforts of private entrepreneurs, the Minister emphasized the crucial role of the private sector in boosting the economy of the Union Territory. He remarked that initiatives like Khyber Aquaculture will not only strengthen the regional economy but also create employment opportunities while promoting environmentally conscious aquaculture techniques.

During the visit, Director Fisheries, Abdul Majid Tak, Assistant Director Fisheries Ganderbal and

other officials from the Fisheries Department briefed the Minister on the farm's operations.

It was highlighted that the Trout Fish Farm Mammer recorded a production of 7 tons of trout fish and 1.5 lakh seed production during 2024-25. The expected seed production for the current year has been projected to reach 2 lakh.

The Minister was also informed about the private sector contributions, with trout fish production reaching 50 tons and carp production at 20 tons in district Ganderbal from 140 trout and carp ponds which are operational in the private sector within the district.

Additionally, it was informed that 200 angling permits have been issued this year, further promoting the recreational fishing.

The Director Fisheries informed that live feed seed from the farm is being supplied to other districts in Kashmir division, including the Union Territory of Ladakh.

## Sakeena Itoo inaugurates NTPHCs in Lammer, Chowgam villages of Kulgam

J1NEWS SERVICE  
KULGAM, FEBRUARY 23

Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, today visited Kulgam and inaugurated two newly constructed New Type Primary Health Center (NTPHC) buildings in Lammer and Chowgam villages of the district.

MLA Devsar, Peerzada Feroze Ahmad Shah; Director Health Services, Kashmir; Additional Deputy Commissioner (ADC); Assistant Commissioner Revenue (ACR); senior officers of health department and locals were present on the occasion.

While addressing the gathering on the occasion, the Minister reiterated Omar Abdullah led government's commitment towards strengthening the healthcare system across Jammu & Kashmir. "Our government



The Minister further underlined the importance of accessible healthcare services for all, particularly in remote villages. "These health centres will play major role in providing essential medical services to the people of these villages as well as adjacent areas. These centres will also ensure that no one is deprived of timely medical attention", the Minister maintained.

The Minister highlighted that the focus of present government is to ensure quality healthcare services for all. She added that the present government will ensure that essential medical facilities are more accessible and better equipped to cater to public needs.

Speaking on the occasion, MLA Devsar, Peerzada Feroze Ahmad, said that these health facilities will significantly improve healthcare services for the local population here.

is determined to bridge healthcare gaps in underserved areas and ensure quality medical services reach every doorstep, reducing dependency of people on far-off hospitals", Sakeena stated.

## Director Colleges reviews construction works of newly established Degree Colleges across North Kashmir

J1NEWS SERVICE  
SRINAGAR, FEBRUARY 23

Director Colleges, Dr. Sheikh Ajaz Bashir conducted a two day visit to newly established Degree Colleges (GDCs) of North Kashmir to review the overall functioning of these colleges and take stock of ongoing works.

He was accompanied by Executive Engineer R&B, AD Planning, officers of Housing Board, Revenue and SICOP.

At GDC Dangiawacha, Director colleges took note of delay in construction of main academic block of the college. He asked the Principal to expedite the acquisition of approach road so that the prefabricated huts constructed at the college site are put to immediate use by shifting the college there without further delay.

Director Colleges also interacted with Civil Society Dangiawacha and asked them for support in operationalizing the college.

While taking a stock of developmental works



at Govt. Degree College Hadipora, Director Colleges asked the Executive Engineer, Housing Board to expedite the works of ongoing projects and sort the issues raised by the Principal so that the funds are utilized in time.

At GDC Bommai, Director Colleges inspected the construction site and said that the slow pace of work on main building of the college is a major area of concern. Superintendent Engineer R&B assured

him that the construction work will be paced up to cover up for the delay.

At GDC Thindim, Kreeri, Housing Board representatives assured that the construction on phase-II of main building will start within a fortnight as the tender process has been finalized.

Director Colleges also visited GDC Sopore to have an on the spot assessment regarding long pending issue of incomplete work of Girls

Hostel. Executive Engineer R&B assured him that the Department will assess the construction work and suggest a way forward to ensure the resolution of this long pending issue.

Director Colleges also held interaction with faculty and students during the visits and asked the Principals to ensure that the colleges start functioning from pre-fab structures till the buildings are handed over.

## SMC Launches Sanitation Drive at Shankaracharya Temple, Saidapora Eidgah Srinagar

J1NEWS SERVICE  
SRINAGAR, FEBRUARY 23

Following the directions of SMC Dr. Owais Ahmed, the Srinagar Municipal Corporation (SMC), under the supervision of the Chief Sanitation Officer, has initiated a significant sanitation drive today at Shankaracharya Temple and Saidapora Eidgah in Srinagar. This initiative is part of the "Sunday for Srinagar" campaign, which aims to enhance cleanliness and hygiene throughout the city.

SMC officials conducted cleanliness in public areas and streets to ensure that the hygienic environment for both residents and visitors.

## Dy CM meets delegations; assesses their issues, concerns

J1NEWS SERVICE  
JAMMU, FEBRUARY 23

Deputy Chief Minister, Surinder Choudhary, today reiterated Government's commitment towards mitigating the issues and concerns of the people saying that an effective mechanism has been put in place on this account.

"Necessary instructions have already been issued to the concerned to ensure that the public grievances are redressed on priority and developmental initiatives are sped up. An effective mechanism is in place to monitor and expedite execution of all vital developmental works", maintained the Deputy Chief Minister.

The Deputy Chief Min-



ister was interacting with scores of deputations from Nowshera, Sunderbani and other parts of Rajouri district who called on him today to project issues related to their respective areas besides highlighting the service related issues.

Later, former Legislators, Sarpanchs, individ-

uals from different areas also called on the Deputy Chief Minister and projected development related and other issues of their respective constituencies and areas.

The Deputy Chief Minister assured the deputations that the issues projected by them would be redressed promptly.

## DSEK visits Sainik School Manasbal

J1NEWS SERVICE  
SRINAGAR, FEBRUARY 23

Director School Education Kashmir, (DSEK) Dr GN Itoo, today visited the Sainik School Manasbal where he inspected the Entrance Test center established for admissions to the classes of 6th, 9th and 11th.

During the visit, the Dir reviewed all the facilities and interacted with the students.

On the occasion, DESK maintained that discipline and transparency are essential for an examination and stated that every concerned officer & staff member must play a vital role for the fair conduct of examination.

GN Itoo informed that two centers, one at Sainik School Manasbal and one in Kargil, had been established for the test, in which 850 students appeared.

He added that students from all districts of



teaching staff will report back for the duties and make the celebration joyful with students.

Meanwhile, GN Itoo stated that from March 1st to March 15th, a special 'Enrollment Drive' will be conducted across the Kashmir province, with the participation of school heads, teachers, and students.

He stated that the department has set up a monitoring system to ensure the successful conduct of this campaign, ensuring that no child is left out of school.

GN Itoo appealed to the parents to enroll all their children who are not attending school, so that every child in the Kashmir division avails the benefits of free education facilitated by the government.

UT Ladakh and Kashmir province participated in this test.

Speaking regarding reopening of schools after winter vacation, the Director stated that schools will reopen on March 1st after

the winter break for which the department has made all necessary arrangements for the same.

Further, DSEK said that March 1st will be celebrated as 'Welcome Day' for students while all the

## PCCF reviews functioning of Forest Department in Kashmir Region

J1NEWS SERVICE  
SRINAGAR, FEBRUARY 23

The Principal Chief Conservator of Forests & HoFF, Suresh Kumar Gupta convened a meeting to review the functioning of the Forest Department in Kashmir at Forest Complex Sheikh Bagh, Srinagar.

At the outset, a detailed power point presentation on the department's activities and achievements in Kashmir was presented by the Chief Conservator of Forests, Kashmir, Irfan Rasool Wani.

The PCCF discussed various aspects of forest management, including conservation efforts, Ek Paed Maa kay Naam,



school at Sitharan Budgam. This initiative aims to provide students access to nature based books to promote environmental education among the younger generation.

Furthermore, the PCCF released annual environmental calendar 2025 prepared by DFO Planning and Publicity Division of the Forest Department. The calendar highlights the vital role forests play in nation development and human well-being. The meeting was attended by all the Conservators of Forests, Regional heads and Divisional Forest Officers of Kashmir Region.

Nagarvan and Eco-tourism initiatives, Survey & Demarcation, Protection measures, community engagement and Community Social Responsibility.

Moreover, PCCF also e-inaugurated "Nature and Knowledge Centre" a forest library established by the Pirpanjal Forest Division in a Government