

No inputs of threat to Rahul Gandhi-led Bharat Jodo Yatra in J&K: DGP Dilbag Singh

SRINAGAR: *Jammu and Kashmir DGP Dilbag Singh on Tuesday said there are no inputs of a possible threat to Rahul Gandhi-led 'Bharat Jodo Yatra' and that adequate security will be provided to the march when it reaches the Union territory.*

"The Yatra will enter Jammu from Punjab in a day or two. For a few days, the march will be in different districts of Jammu and then it will enter the Kashmir Valley. "The Yatra will be in Kashmir for three to four days. We have discussed that (in the

security review meeting). We have discussed the arrangements at the range-level and the district-level. Whatever security measures need to be taken, they will be taken," Singh told reporters here. The march, which started from Kanyakumari in Tamil Nadu on September 7, will conclude with Gandhi hoisting the national flag in Srinagar. It has so far covered Tamil Nadu, Kerala, Karnataka, Andhra Pradesh, Telangana, Maharashtra, Madhya Pradesh, Rajasthan, Delhi, Uttar Pradesh, Haryana and Punjab. Asked if there was any

threat input about the Yatra, the top cop said, "There is no such input."



put." To a question on whether the Yatra will be allowed on foot, he replied that it will be regulated in such a manner that people do not face any inconvenience. "These things will be regulated because there is traffic and other

as using vehicles. "Our endeavour will be to take forward the march with vehicles wherever there is a single road, and in rest of the places, the participants may be advised to walk on foot where the roads allow," Singh said. He asserted that the Yatra can be "guided from the security point of view as well wherever it is needed".

AICC J-K in-charge Rajni Patil, earlier in the day, said the Jammu and Kashmir administration has granted permission for a mega rally to mark the culmination of the Bharat Jodo Yatra at Srinagar's Sher-e-Kashmir

Stadium on January 30. She said the Yatra will enter Lakhanpur (in Jammu and Kashmir) from Punjab Thursday evening. "After halting for the night, Gandhi will lead the yatra from Hatli Morh in Kathua from 7 am the next morning (January 20)," Patil said, adding that the rally will reach Jammu on January 23. She added that Gandhi will leave the Union territory on January 24, crossing Udhampur and Ramban towns.

DGP Singh also said that measures will be put in place for smooth celebration of the Republic day.

Republic Day-2023 arrangements finalized at Budgam

DC B'gam stresses on smooth conduct of function across district

BUDGAM: *The Deputy Commissioner (DC) Budgam, S F Hamid today chaired a meeting of District Officers and various security agencies to finalise arrangements for Republic Day-2023 celebrations in the district.*

It was given out that the main function of the Day shall be held at Sports Stadium Budgam while similar functions would be held at sub-division and Tehsil levels also.

The meeting was informed that contingents of JKP, IRP, CRPF, NCC, students of various government and private schools will participate in the march past parade.

Besides various cultural programmes would also be part of the celebrations and a felicitation ceremony would also be held.

On the occasion, various committees like invitation cards committee, hospitality committee, stage management committee, selection committee which were formed already were directed to complete formalities for the smooth conduct of the celebrations.

Different departments' viz. Education, PHE, R&B, Information, Health, Sports, Traffic, Motor Vehicles, Police, Floriculture, PDD, Municipality and Paramilitary Forces were

earmarked for looking deployment of fire after their respective tenders, transportation



assignments.

The decoration of the main venue ground, seating arrangements, uninterrupted power supply, drinking water/tanker service, barricading of venue, medical aid camp, availability of ambulance,

facilities, adequate and separate vehicle parking, refreshment, invitations, PAS system, brochures, cleanliness and sanitation measures were discussed threadbare in the meeting while as special emphasis was laid on refreshments, transportation, mobile

toilets and change room facilities for participating students.

Security agencies were instructed to ensure fool-proof security arrangements at all venues where functions in this regard will be held across the district.

Heads of departments were also instructed to install banners for showcasing their activities for the general public.

Among others, the meeting was attended by ADDC Budgam, Dr. Akhramullah Tak; ADC Budgam, Dr. Nasir; CPO, CEO Doodhpathri, CEO Yousmarg, CEO, CMO, ACD, SDMs, District officers, Tehsildars, heads of security agencies and other concerned.

Key to Success

"ROME wasn't built in a day" is an adage attesting to the need for time to create great things. It is the usual English translation of a medieval French phrase.

And its true it takes time sometimes years to master a skill, craft, or habit. And while its good to keep perspective on your dreams. I think it's better to remember the other side of this story.

You can start small. You can focus on improving 1% each day. You can simply put in another rep.

You don't have to build everything you want today, but you do have to find a way to lay another brick. Actually Rome is just the result, the bricks are the system. The system is greater than the goal.

Focusing on your habits is more important than worrying about your outcomes.

Hardwork, determination and sheer will power one can achieve any thing and gain any success to the topmost level.

If you're working on a project or you are trying to turn your life around for some reason or perhaps a relationship and you seem impatient and upset that is not going quicker. It took time, patience but little by little you will got success.

Any wonderful thing or success or any achievement is result of long time efforts. Sometimes after many unsuccessful attempts one get success so to create something great perseverance, patience, hardwork and sincerity is needed.

So its usually Said Laying Bricks every hour is the outcome of Rome. So great goals are achieved by great patience and continuous steps rightly towards goals.

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The Mizoram way to bettering democracy

RAGHAVENDRA P TIWARI

PERHAPS the most influential statement about democracy in modern times was made by former US President Abraham Lincoln on November 19, 1863, when he said democracy is a 'Government of the people, by the people and for the people'.

A robust, zero-error, all-encompassing electoral mechanism is mandatory for electing a Government competent and committed to practising this very essence of democracy in a true sense. Lincoln's statement also implies that any citizen from any socio-economic spectrum, "having skills and mindset", has the right to become a public representative.

Unfortunately, this is unthinkable today. In fact, the existing political ecosystem demotivates and eventually debars a common man from becoming people's representative. Two contributing factors to this situation that retrograde democracy are the soaring cost of elections and the yardsticks used for candidate selection.

These days, it is beyond the reach of common man to think of contesting even panchayat or municipal elections on ever-soaring cost considerations. Additionally, the selection of candidates is purely on the basis of caste and community considerations which demean and devalue the essence of democracy.

A very dangerous trend has emerged where only a leader from a particular community is believed to articulate and represent the aspirations of that community and is perceived bona fide to become the leader of that community.

In contrast, democracy demands, especially in a diverse demographic setup like ours, that any sincere person skilled enough to represent people from across communities and faiths can become their leader. The current situation, instead of aggregating, is polarising communities and is contrary to the civilisation traits of an enlightened society. Moreover, such practices create caste- and community-based leadership (politicians) rather than statesmen.

Of course, democracy should facilitate leadership from all communities, but they should be the leader 'of' and 'for' all communities.

The existing trend is detrimental to the survival of a healthy democracy because politicians think only for the next election, whereas statesmen think for the next generation. Thus, there is an urgent need to democratise the prevailing practices of democracy.

The initiatives made by the people of Mizoram, a tiny State in the North-east sandwiched between Myanmar and Bangladesh, in this context are exemplary, laudable and of far-reaching consequences.

The Mizo is a close-knit, casteless tribal society having immense fellow-feeling and cooperation. Let us not wonder as to how a small State with nearly 14 lakh population can offer a solution to this cause since our civilisational discourse teaches us 'Let wisdom come from anywhere'.

In fact, Mizoram was the first State in the

country to practice an even-and-odd number cab system in the 1990s, which was copied by the Delhi Government much later.

Worried about the unhealthy and corrupt practices prevailing in the political landscape of the State during electioneering, the churches of Mizoram and NGOs, namely the Young Mizo Association (YMA), Mizo Hmeichhia Insuihkhawm Pawl (MHIP, an association of women) and Mizo Upa Pawl (MUP, an association of senior citizens) entered into a dialogue in 2005 and, after several rounds of threadbare discussions, resolved to reform and make it more democratic.

It gave birth to the Mizoram People's Forum (MPF) in 2006 for conceptualising and implementing public-driven electoral reforms.

The key features of these reforms are that the MPF members accompany candidates and party workers door to door to prevent the purchase of votes and distribution of largesse. Only about 4-10 people are allowed during the door-to-door campaign, and candidates and parties are not allowed to organise feasts during elections to lure voters.

The MPF provides a common platform in all localities to all candidates for sharing their manifesto, and the local public listens to them and can even question them during open sessions. Volunteers of the MPF fix posters and flexes of the candidates and parties, about four big ones and 20 small ones, in each locality to avoid excessive use of election material.

The MPF volunteers, and not party workers, help voters to locate their rolls in the voter list to avoid campaigns in the neighbourhood of polling booths and to ensure peaceful elections by avoiding altercations. The MPF volunteers take rounds of the localities, especially at night during elections, to ensure that candidates and parties strictly adhere to these norms.

The names of candidates and political parties found wanting in respect of these norms are made public through the common announcement system owned by the YMA with a view to defaming them and damaging their electoral prospects. Even written complaints are launched with the State Election Commission against the defaulters. These measures keep a tab on the expenditure and keep elections within the reach of common man. This system has been religiously practised since 2006 during all parliamentary, Assembly and local body elections. Kudos to MPF volunteers for extending selfless service to strengthen democratic practices in the State.

Can this experiment be replicated, scaled up and strengthened by NGOs and social organisations in other parts of the country for practising healthy democratic norms? After all, democracy is an organic system that can only evolve and prosper by reinventing it time and again.

(The author is the Vice-Chancellor of the Central University of Punjab, Bathinda. The views expressed are personal.)

DC Rajouri Flags off Students' Rally to spread awareness about Road Safety

RAJOURI: Deputy Commissioner Rajouri, Vikas Kundal, on Tuesday flagged off a Students' Awareness Rally in Rajouri to create awareness about road safety and the importance of following road etiquette. The event was organized as part of the Road Safety Week-2023 celebrations.

The rally, with the participation from private and public schools, as well as from various colleges and intuitions from across the district, was flagged off from the New Bus stand Rajouri.

The rally passed through various market places and residential areas of the city and culminated at PWD Dak Bungalow.

The Deputy Commissioner expressed his pleasure over the enthusiasm of the students for the noble cause.

He hoped that the demonstration by the students and their creative slogans would help spread the message and bring a positive change in the behavior of the people on the roads.

He urged everyone to be more aware and responsible while on the roads, so as to avoid accidents and save precious lives.

He also mentioned various traffic rules and laws important for the safety of all.

He appealed to the public to be responsible and thoughtful when driving, as it benefits everyone to be safe on the road.

The rally was well received by the general public with many of them joining in and showing their support for the cause.

Arrangements for R-day celebrations finalised in Reasi

REASI: To finalize the arrangements for the celebration of Republic Day-2023, a meeting of Officers was held at mini-secretariat here under the chairpersonship of Deputy Commissioner (DC) Reasi, Babila Rakwal.

During the meeting, the DC reviewed arrangements to be made by different departments including security, seating, car parking, transportation, illumination of buildings, refreshments, road clearance etc.

The DC Reasi exhorted all the departments to put in place elaborate arrangements for smooth conduct of the National event.

It was finalized that the main function will be held at Zorawar Singh Sports Stadium, where the National Flag will be unfurled by the chief guest followed by the

parade comprising contingents of JKP, CRPF, NCC and collages/school children.

The celebrations of the national day event will start with the playing of 'Shehnai Vadan' at Zorawar Singh Sports Stadium by District Information Centre Reasi.

A detailed discussion was also held on seating arrangements, barricading, security, traffic regulation, drinking water and power supply, sanitation, first-aid, PAS, fire-tenders, among others. The DC directed the concerned Executive Engineers to ensure adequate arrangements of barricading, seating and drinking water supply besides uninterrupted power supply on the day of function.

ADDC, ADC, CPO, ACR, ACD, CEO and other concerned officers attend the meeting.

MSME DFO Jammu organizes webinar on ZED sustainable scheme

JAMMU: MSME DFO J&K Ministry of MSME Government of India, Jammu today organised one day webinar on MSME ZED Sustainable Scheme. The objective of the Webinar was to enhance the competitiveness and quality of MSME sector in the global market.

The webinar was inaugurated by G. Velladurai,

Joint Director MSME-DFO Jammu and attended by about 52 unit holders.

In his inaugural address, he informed the participants about the importance of ZED in context of Jammu & Kashmir & appealed all the MSME participants to make use of the programme for getting required information

on ZED & implement ZED in their units for producing products with Zero defect & Zero effect on environment. Guest faculty Sonal Saggi, ZED consultant New Delhi, discussed ZED sustainable scheme through a power point presentation.

The webinar was beneficial for the existing unit holders, who were explained by the Guest Fac-

ulty about Zero effect Zero defect (ZED) and its utility in production of different products, and also in service sector.

Earlier, the Welcome Address was presented by Vinu Jee Koul, Programme coordinator MSME DFO Jammu.

Vote of thanks was presented by Rajesh Kumar, Asstt Director MSME DFO Jammu.

5-Day Community awareness campaign on Solid Waste Management begins in Palli

DC bats for one Har Ghar Champion

SAMBA: District Administration Samba, in collaboration with Save the Children NGO and Nokia Smartpur project today inaugurated a 5 day community based awareness campaign on Solid Waste Management here in Palli Panchayat, Bari Brahmana.

Deputy Commissioner, Anuradha Gupta, after inaugurating the awareness campaign called upon local communities to participate enthusiastically in the awareness programme and contribute towards a sustainable and eco-friendly environment.

On the occasion, Deputy Commissioner Samba mentioned that the Nokia Smartpur project holds importance as it was on the personal initiative of

Lieutenant Governor, J&K, Manoj Sinha that the project was launched on the occasion of Na-

tion should nurture a champion under Har Ghar Champion campaign and spread the message of dis-



tional Panchayati Raj Day on 24th April 2022, the day on which Prime Minister Narendra Modi visited the Panchayat.

The DC emphasized that Palli Panchayat being a model panchayat is setting precedent of being zero littering and 100% solid waste management Panchayat of the district. She said each household

posing waste scientifically. She also exhorted young children present on the occasion to embark upon the journey of converting waste into monetary value through Swachta Bank.

A mobile vehicle was also launched in Palli Panchayat for door to door waste collection.

The 05 Day awareness

includes, training on Solid Liquid Waste Management, Participatory Training, Community Based Training on disposal of hazardous waste, concept of reduce, reuse and recycle, besides other host of activities. Save the children along with the officers also organised a rally to create awareness among locals.

The Save the Children resource person Mahindra Upadya gave a detailed power point presentation on wet waste and dry waste management.

Among others Sarpanch Randhir Sharma; Assistant Commissioner Development, Sidarth Diman; District Information Officer Ajay Sharma, BDO Bari Brahmana, CDPO Vijaypur, besides panches of village Palli and students of GHS Palli were present here.

Road Safety Week concludes

MVD Ramban conducts enforcement drive, bike rally

RAMBAN: "Road Safety Week 2023" concluded today in the district Ramban with conduct of enforcement drive and a bike rally organised by Motor Vehicle Department (MVD)..

Implementing the directions issued by the Lieutenant Governor, Manoj Sinha, on last day of the National Road Safety Week, ARTO,

along with joint enforcement team removed the illegally parked vehicles

The Motor Vehicle Department, Ramban in coordination with other de-



from road sides in Ramban town, besides organizing a bike rally.

partments, members of Transport Union, Drivers, Conductors, local public, and staff members organized various activities during "Road Safety Week 2023" and 'Swachhata Pakhwada' to sensitise the youth, drivers, and local population about the road safety norms and rules and the importance of personal hygiene and cleanliness.

Assistant Regional Transport Officer, Samrinder Singh and all the stakeholder departments, including Traffic and District Police, highlighted the different aspects of road safety and the importance of wearing seat

belts and helmets in saving the precious life of an individual.

They stressed the need for strict adherence to the traffic norms and appreciated cooperation provided by the District Administration for disseminating awareness about road safety rules and regulations.

They also highlighted the responsibilities of the general public in implementing the traffic rules.

ARTO informed that during the ongoing road safety week, the MVD Ramban has organized various informative activities including health checkup camps, rallies, and awareness programmes apart from checking vehicles across the district. He informed that the Swachhta campaign was conducted as a part of "Road Safety Week 2023", under which the department in coordination with other stakeholders.

State Handloom Expo 2023 hosted by Handicrafts & Handloom Directorate concludes at Jammu Haat

JAMMU: To provide a vibrant platform to the Weavers and co-operatives of Jammu Division to exhibit and sell their handmade products, the Directorate of Handicrafts & Handloom, Jammu, under the guidance of Prashant Goyal, Principal Secretary to the Government, Industries & Commerce Department, J&K, organised a 15 Day State Handloom Expo 2023 sponsored by the Development Commissioner for Handlooms, Ministry of Textiles, Government of India.

Valedictory function on the successful conclusion of the State Handloom Expo 2023 was held at Jammu Haat.

Anoo Malhotra, Direc-

tor General Industries & Commerce, Jammu was the chief guest at the event.

Dr. Vikas Gupta, Director Handicrafts & Handloom, Jammu; Atul Sharma Managing Director J&K Handicrafts & Handloom Corporation and Joint Director MSME; Tilak Raj, Joint Director Handicrafts, Jammu; Pardeep Singh, Joint Director Handloom, Jammu, Development Officers, Deputy Directors, Assistant Directors and Deputy Registrar Industries of the Directorate, were also present.

Speaking on the occasion, Dr. Vikas Gupta, Director Handicrafts & Handloom, Jammu apprised the guests about the functioning of the directorate. He affirmed the resolve of the directorate

to work in the interests of the weaver community. He also apprised that the Department is making great efforts for the welfare of artisan and the weaver community. The department not only provides skill training to unemployed youth of the region in various crafts through its training centres but also provides for handholding of these trained weavers and artisans by getting themselves registered with the department for availing various benefits being provided by the Government through different schemes.

Besides organizing District and State Handloom Expos, the directorate also provides artisans and weavers of Jammu division with the opportunity for participation in vari-

ous UT/National and even international level exhibitions where they can display and sell their products.

Anoo Malhotra appreciated the efforts made by the directorate in organizing the State Handloom Expo and providing a platform to the weaver community for selling their handmade products. She appealed to people to support the local weavers and artisans by purchasing local handmade products.

More than 60 cooperatives/weavers from all over the UT participated in the said event and a sale of Rs. 1.25 Crore (approx.) has been realized during the said event. These kinds of events not only provide a platform for sale of handmade products to the weaver community

but also provide them with the opportunity to showcase their beautifully handmade products and to interact with the buyers directly to understand contemporary demand for making changes in their products accordingly. A special Cultural Programme was also the part of the valedictory function. All the weavers/co-operatives who participated in the event, appreciated and thanked the directorate for organizing the expo.

They also expressed the hope that the directorate will continue to support the weaver community of the Jammu division by organizing such kind of expos in the future.

The Directorate is also working hard to get products of Jammu division like Basohli Pashmina

Shawls, Chikri wood products and Basohli Paintings, G.I registered. Registration and tagging of these products would help the artisans and weavers of Jammu region to earn good price for their produce and at the same time provide the customers with the satisfaction of the authenticity of the product. This will also consolidate the position of artisans and weavers of Jammu region at export front and would ultimately improve the socio-economic status of the artisan and weaver community.

This would also help in checking the entry of fake products in the market being sold under the name of Basohli Pashmina, Basohli Paintings and Rajouri Chikri wood of Jammu region.

DC Kathua inaugurates CBC's 3-day Multimedia Exhibition

Aware youth is a must for a stronger nation: D.C

KATHUA

Deputy Commissioner Kathua Sh. Rahul Pandey (I.A.S) today inaugurated a 3-day Multimedia Exhibition on "Azadi Ka Amrit Mahotsav" and other Centrally Sponsored Schemes organized by the Central Bureau of Communication (C.B.C), Ministry of Information and Broadcasting, Government of India, Field Office Kathua. The Multimedia Media Exhibition at Govt Degree College (Boys) Kathua is part of various outreach activities being organised by C.B.C in UTs of J&K and Ladakh.

The 3 day long exhibition showcases the freedom struggle of India through a series of photo exhibitions as well as audio-visual media. Apart from this, special section in the exhibition has been dedicated to G20 Summit India. Separate corner for Azadi Quest-recently launched online educational video game and Sawaraj, a 75 episode mega serial of Doordarshan portraying stories of unsung heroes of India's freedom struggle is also part of the exhibition dis-

play.

In his address Deputy Commissioner Kathua appreciated the efforts of the CBC Kathua in organising the multimedia exhibition and urged people to visit dedicated corners for "Azadi Quest" and Swaraj and download the

audiences about various outreach activities that will be organised during the event. Sh. Abass said that these programmes are being organised so that people get benefits of various public welfare schemes of the government.

Later Additional Director



video game for an insight into the freedom struggle of India. Regarding the G20 Summit India he highlighted various aspects of infrastructure as an asset class, promoting quality infrastructure investment and identifying innovative instruments for mobilizing financial resources for infrastructure investment.

Joint Director C.B.C Jammu Ghulam Abass gave a detailed overview of the functioning structure and working of C.B.C in the twin U.Ts of Jammu and Kashmir and Ladakh. He also briefed the

General Sh. Rajinder Choudhary visited the exhibition venue and took stock of arrangements. He praised the efforts of CBC Kathua for making the arrangement so well.

Expert lectures from the representatives of KVIB Kathua, Employment department, higher education department and health department delivered detailed lectures on the various centrally sponsored schemes being implemented by their respective departments.

Dr Samoon lays foundation stone of workshop block at ITI Zainakote

SRINAGAR: Principal Secretary Skill Development Department, Dr Asgar Hassan Samoon today laid the foundation stone for the construction of two storeyed workshop block and development of parking area and play field at I.T.I Zainakot.

Deputy Commissioner Srinagar, Director Skill Development Department, Principal ITI Zainakote, Principals of other skill institutes, officers from R&B and others were present on the occasion.

The cost of the project is 242.25 lacs and is expected to be completed by December 2024. Principal Secretary emphasised upon the concerned agency to work in tandem so that the project is completed well within the timeline.

Principal Secretary said that government is fully committed for enhancing the skill set of students and all efforts are being made in this regard.

He said that there is no lack of opportunities in life, but we need to develop an

understanding of how to use these opportunities for success.

Dr Samoon directed the concerned officers to increase the intake capacity of the students at ITI Zainakote with a corresponding increase in the number of trades. He said that relevant trades should be introduced in the ITIs keeping in mind the requirements of the industrial needs.

He also directed the concerned authorities to maintain fencing of the land at the campus so as to prevent any encroachment.

Principal Secretary also inspected other works at the campus which include levelling and landscaping of ground, laying and fitting of pipe network.

Later, Principal Secretary also interacted with the faculty and impressed upon to impart quality training to the students.

Director Skill Development Department also spoke on the occasion and said that the department is taking every step in developing the skill ecosystem in Jammu and Kashmir for the benefit of student community.

Modi Govt's Governance reforms provide enabling environment for working women: Dr Jitendra

NEW DELHI: Union Minister Narendra Modi provide enabling environment for working women. Dr Jitendra Singh said, DoPT has taken concerted efforts to increase the representation of women in Central Government jobs and to provide them a balance between professional as well as family life.



Briefing about several measures undertaken by the Ministry of Personnel,

Lt Governor hands over appointment letter to martyr civilian Puran Krishan Bhat's wife

JAMMU: Lieutenant Governor Manoj Sinha today handed over appointment letter to Smt.



Sweetie Bhat, wife of martyr Sh Puran Krishan Bhat, who was killed by terrorists in Shopian.

"We stand with the family of late Puran Krishan Ji and committed for their well-being in the future," observed the Lt Governor.

The family members of Sh Puran Krishan Bhat were also present at the Raj Bhawan.

SEC extends period of filling of claims, objections for updation of Panchayat Electoral Roll by two days

JAMMU: The State Election Commission (SEC) has extended the period of filling of claims and objections for Addition/ Deletion/Correction/Transposition by two days upto 20th January, 2023;

The extension in the dates from January 18th to January 20th has been done to facilitate all the eligible persons for getting themselves registered as voters in the Panchayat Electoral Roll. It is pertinent to mention that a comprehensive revision of Panchayat Electoral Roll with 01.01.2023, as qualifying date has been taken up in all Panchayat Halqas of Union Territory of Jammu and Kashmir.

Further, the Commission has informed that the dates regarding final disposal of claims which is January 30, 2023 and the final publication of Electoral Roll which is February 10, 2023 shall remain unchanged.

which is the nodal Ministry for personnel management, Dr Jitendra Singh said, DoPT has taken concerted efforts to increase the representation of women in Central Government jobs and to provide them a balance between professional as well as family life.

The Minister cited the example of Child Care Leave (CCL) and said, in continuation of grant of 730 days CCL, some new measures have also been taken and those are like an employee on Child Care Leave may be permitted to leave headquarters with the prior approval of appropriate competent authority, the Leave Travel Concession (LTC) may be availed, while an employee is on CCL and can also proceed on foreign travel provided clearances from appropriate competent authorities are taken in advance. Moreover, minimum period for Child Care Leave reduced from 15 to 5 days and the limit of 22 years in case of disabled child for the purpose of a Government servant availing Child Care Leave under the provisions of Rule 43-C of the CCS (Leave) Rules, 1972 has been removed.

DC Jammu attends Health-cum-Eye Check up Camp organized for drivers

JAMMU Deputy Commissioner, Jammu Avny Lavasa today attended the Health-cum- Eye Check up camp organized by the Motor Vehicles Department, Jammu under the overall supervision of Regional Transport Officer, Jammu, Pankaj Bhagotra, here at Warehouse, Bikram Chowk.

Transport Commissioner, J&K Rahul Sharma; Chairman, All J&K Transport Welfare Association, S. Ajit Singh; Chief Medical Of-

ficer, Jammu Dr. S. Harbaksh Singh; ARTO, Board of Inspection (P) Esha Chib; ARTO (HQ), Mohd. Saleem; ARTO, Board of Inspection (G) Pawan Sharma were also present on the occasion.

Speaking on the occasion, the DC said that one of the simple measures for dealing with the growing traffic problems in cities is following traffic regulation and management.

As many road accidents are caused by the improper management of the traffic, the need of the hour is to provide

proper education and awareness on road traffic management rules and regulations to the drivers, she added.

Stating that road accidents are one of the leading causes of death in the country, she urged the drivers to follow traffic rules and take all safety measures before driving the vehicle on road. She further asked the drivers and conductors to avail full benefits of the Health-cum-Eye check up camp and directed the department to organize more such camps for the well being of the drivers.

Synergising for Biotechnology Research – IIM Jammu, AIIMS Jammu & IIT Delhi join hands

JAMMU: Indian Institute of Management (IIM) Jammu and All India Institute of Medical Sciences (AIIMS), Jammu collectively explored the possibilities to undertake research and facilitate innovative products/processes in the field of Biotechnology in J&K, on the occasion of this Start-up day, here today.

IIM Jammu and IIT Delhi co-hosted a session on Biotechnology Ignition Grant (BIG) by BIRAC at IIM Jammu, Canal Road campus.

The initiative was carried out by IIM Jammu Founda-

tion for Entrepreneurship, Innovation, & Skill Development, the business incubator of IIM Jammu, under the leadership of Prof. B. S. Sahay, Director IIM Jammu.

The program was attended by students & faculty members of IIM Jammu as well as doctors of AIIMS, Jammu. Prior to the main session, a canvassing regarding the Grant was done at AIIMS Jammu in the morning, for the benefit of all the doctors of the institute.

The session at AIIMS Jammu was organized by Dr. Pranay Mahajan, Hospital Administrator, AIIMS Jammu and chaired by Lt.

Gen Sunil Kant, SM VSM (Retd.), Medical Superintendent and Dean (Research), AIIMS Jammu.

The first speaker on the occasion included, Dr. Saket Chattopadhyay from FITT, the industry interface arm of IIT Delhi who deliberated on the entrepreneurial process, previously successful cases, and the BIRAC's BIG funding application process.

The second session was taken by the son of soil Mr. Arjun Gupta, Director of Genetico, the grantee of the BIG grant (2019 chapter). His project was based on data analytics of hereditary diseases.

DLTFC Doda approves 13 self-employment cases under JKREGP

DODA: District Level Task Force Committee (DLTFC) today approved 13 self-employment cases under Jammu and Kashmir Rural Employment Generation Programme (JKREGP) at its meeting chaired by Deputy Commissioner Doda Vishesh Paul Mahajan,

The committee interacted with aspiring entrepreneurs and asked them about prospects, scope of the setup proposed by each applicant and oper-

ation strategy of their ventures.



The DC advised the ben-

eficiary entrepreneurs to work hard, prove their po-

of employment for not only themselves but also for others.

He stressed on providing adequate hand-holding to beneficiaries and the timely disbursement of the approved cases.

The meeting was attended by Dy Director Employment, CPO, Lead Bank Manager, Superintendent ITI, Cluster Head J&K Bank Doda, District Coordinator KVIB, representatives from DIC and other departments.

‘Awaam ki Awaaz’

Lt Governor pays tributes to civilians martyred in Rajouri terror attack

Perpetrators will have to pay heavy price for their heinous action: LG

JAMMU: *Lieutenant Governor, Manoj Sinha in this month's 'Awaam Ki Awaaz' programme, paid tributes to the civilians martyred in the Rajouri terror attack.*

"My tributes to civilians martyred in the terror attack in Rajouri. Perpetrators will have to pay a heavy price for their heinous action. Concrete measures are being taken to ensure families of martyrs live a life of dignity. The whole nation stands united in its fight against terror", said the Lt Governor.

We have entered in a New Year united in step and united in resolve. We have triumphed over several challenges & achieved new milestones in several sectors of the economy in 2022. The new initiatives have helped fulfill the aspirations of the common man, the Lt Governor said.

"Today, the goal before us is clear. With active public participation, we are treading the path of rapid, inclusive, equitable and sustainable development of Jammu Kashmir. People's Participation needed for effective implementation of projects on the ground," added the Lt Governor.

Sharing inspiring stories

of the citizens selflessly serving the humanity, the Lt Governor said that the enlightened citizens like Dr. Udes Pal Sharma & Jaspreet Singh from Poonch have given enviable strength and self-confidence to the society. They are earning the trust and goodwill of people through their hard work, he added. The Lt Governor made special mention of women change-makers who are driving socio-economic change in the society.

Women are key drivers of social transformation. Smt Jagmohan Kaur, Sarpanch of Rajouri's Sangpur Panchayat, is inspiring people of her area with her incredible work and quest for social change on the ground, the Lt Governor noted. We also must draw inspiration from Smt Jamruda and Smt Zeenat of Kupwara who are shining examples of Nari Shakti and empowering others economically and socially, added the Lt Governor.

While highlighting the important role being played by the youth of Jammu & Kashmir for social transformation, the Lt Governor appreciated the work of Budgam's Zahid Hussain and Aqib Baba for establishing a library for the underprivi-

leged students and shaping the future of the young generation.

Compassion is the key for social development. More enlightened people in the society must come forward

ing farmer communities of adjoining areas to aim high', he added.

Referring to the suggestion received from Pooja Raina and Mohammad Sadiq Poswal from Jammu regard-

priate action.

Responding to the suggestion of starting a campaign for Agro and Social Forestry by Majeed Naikoo from Anantnag, the Lt Governor highlighted various endeavours of the government which have been successful in protecting the natural resources and making tree plantation a mass movement.

The Lt Governor further shared the suggestions received from Rashid Chowdhary from Poonch & Basheer Ahmed from Srinagar; Jammu's Rajeshwar Singh Jamwal and Srinagar's Ghulam Mohiuddin pertaining to rejuvenation and treatment of water bodies and urban drains, smart citizens for making city smarter and an integrated plan for promoting the poultry sector and directed the concerned departments to take appropriate action on the valuable inputs by the citizens.

The Lt Governor also extended Republic Day greetings in advance and urged all to introspect on the duties & responsibilities towards the nation, fulfill the resolve of equality & social justice and make Jammu Kashmir and India better, prosperous and safer.



and strengthen the efforts of the administration towards public welfare, the Lt Governor said.

Reiterating the government's commitment to strengthen the rural economy and encouraging progressive farmers and agripreneurs to usher in a new era of new age agriculture in the UT, the Lt Governor mentioned about Arun Sharma from Kothri village, Ramban.

'He is a symbol of true grit, through his experiment in farming, Arun is motivat-

ing an Integrated policy to mitigate problem of water logging in urban areas, the Lt Governor said, the administration has worked out seven action plans for all the cities of Jammu & Kashmir for addressing road and sewer related problems.

He also requested the citizens to report any issues related to encroachment on roads creating obstructions in water flow and sewer connectivity or water logging in their locality to the respective helpline number for appro-

Retd Income Tax Commissioner SK Sharma joins BJP

JAMMU: *SK Sharma, Retired Income Tax Commissioner along with his supporters joined BJP and expressed his faith in the firm and decisive leadership of Prime Minister Narendra Modi.*

Former Dy. CM Kavinder Gupta and J&K BJP General Secretary (Org.) Ashok Koul welcomed him into the party fold at party headquarter, Trikuta Nagar, Jammu.

"Only Bharatiya Janata Party serves the Nation and the society without any self interest and as such I decided to dedicate his time for the welfare of the society while working as a loyal cadre of BJP", said Sharma.

J&K BJP Office Secretary Tilak Raj Gupta, Media Secretary Dr. Pardeep

Mahotra, District Seh-Prabhari Jammu North Vinay Gupta, District Vice-

support BJP which is evident from the large joining of prominent political workers

well who is contributing to the society in numerous ways after his retirement. The



President Narinder Gupta, Neeraj Lucky Puri, Neeraj Anand and other party leaders were also present on the occasion.

"The people of Jammu and Kashmir have decided to

and social activists from across the region", said Kavinder Gupta.

Kavinder Gupta while welcoming the new entrants said that SK Sharma is a prominent social activist as

party appreciates his endeavours and puts faith in him that he will further his good works for the welfare of the people and the extension of party activities, he said.

"Due to Pro people poli-

cies of Bharatiya Janata Party, the people from all sections of society and walks of life are joining BJP to transform Jammu and Kashmir as envisioned by Prime Minister Narendra Modi", said Ashok Koul.

Ashok Koul further said that BJP has taken every possible step to ensure development of every community and every region for unprecedented development with the target of "Antodaya". He added that such clear vision for development in every sector and development of every section has attracted every single individual to support BJP.

He wished all good luck to the new entrant along with his supporters in his new endeavour.

JKESL SUBMITS MEMORANDUM TO HON'BLE LT GOVERNOR

JAMMU: A delegation of Jammu & Kashmir Ex-Services League (JKESL) called on Sh Manoj Sinha, Hon'ble Lt Governor of J&K on 07 Jan 2023 and presented a Memorandum regarding issues for welfare of Ex-Servicemen & Veer Naris of Jammu & Kashmir. Lt Gen RK Sharma, AVSM, SM (Retd), President JKESL presented the memorandum along with Col KS Jamwal, VSM (Retd), Jt Chairman; Col SA Qureshi (Retd), Asst Chairman and Lt Col Qshnak Chouhan (Retd), Secretary JKESL.

During the meeting major issues affecting Ex-Servicemen in general and JKESL in particular were projected & explained to the Hon'ble Lt Governor. Hon'ble Lt Governor was conveyed 'Jai Hind & Salutations' from all Ex-Servicemen & Veer Naris of J&K. He was apprised that for last 75 years, the Soldiers, ESM & Veer Naris of J&K have been ignored, neglected & discriminated as compared to rest of India probably due to typical Political

Dispensations of the past who did not like 'Faujis'. A glaring and unjust discrimination exists for all awards, concessions to the soldiers, war widows and their wards.

Govt in 1999 with approx 30 Cr paid are still awaiting handing over of land for last 20 years. Sainik Vanaspati Coop started in 1993 which ran in profit till 1998 had to

Issues needing immediate amelioration included

(a) Increase in Reservation to Ex-Servicemen in Govt Jobs

Cooperatives.

(d) Increase in Cash Award, Annuity & Lump sum grant to Award Winners at par with Punjab/HP.

(e) Renewal of Arms Licences of Ex-Servicemen.

(f) VDCs to have minimum 50% Ex-Servicemen.

(g) Creation of Zorawar Force of ESM directly under control of Army, local units for area domination & patrolling of Jammu Region where peace has been distributed due to recent happenings.

(h) Creation of Ex-Servicemen Belt along LOC.

(i) Control of Madrasses to curb Rededication

(j) Creation of J&K Heritage Monument and comparing existing Balidan Stambh.

(k) Integrated Drug Abuse Drive by JKESL with Police, Social Organizations and Education Deptt.

Hon'ble LG gave a positive hearing and assured of maximum amelioration of issues projected. The Delegation thanked the LG for his patient hearing & positive approach.



A war widow in J&K is paid only 10% while war decorated/gallantry awardees are paid just 40-50% of what is paid to their counterparts South of J&K by Punjab, Himachal, Rajasthan etc. reservation for ESM for Govt jobs in J&K is only 6% whereas it is 13% in Punjab & 15% in HP. Sainik Colonies sanctioned to JKESL by J&K

be shut down due to Govt apathy in levying additional 4% tax ad velorum. He thanked Lt Governor for increasing the Ex-gratia from 5 lakhs to 25 lakhs which is the first leading step. He apprised the Hon'ble LG that on numerous occasions these demands have been projected to the Govt but no action has been taken.

from 6% to 13% akin to Punjab.

(b) Earliest foundation of Sainik Colonies being made by JKESL (Rajinder Vihar & Kargil Vihar) by appointment of Nodal Officer.

(c) Revival, diversification & Modernization of Sainik Vanaspati Coop by directions to Secretary

Member Parliament meets Lt Governor

JAMMU: Sh Gulam Ali Khatana, Member Parliament, Rajya Sabha, met Lieutenant Governor Manoj Sinha at the Raj Bhavan here today.

The MP and the Lt Governor discussed several matters of public importance pertaining to security, water supply, promotion of local languages, and welfare issues of OBC communities and seasonal teachers.

The Lt Governor assured the Member Parliament of due consideration of his suggestions and redressal of issues put forth by him.

Srinagar Municipal Corporation

SRINAGAR: The Sanitation and cleanliness Drive Sunday for Srinagar under "Azadi ka Amrut Mahotsav" was held in Zone East ward No. 2 Sher i



Kashmir Cricket Stadium and Zone North Ward 11 Leprosy Hospital Baghwanpora Bala.

The drive was held under the supervision of Chief Sanitation Officer and Zonal Sanitation Officers and other Officers were present.

All the unwanted grass was removed and lifting of garbage was done during the drive.. Public Relation Officer

Progressing J&K

J&K Govt. establishing strong grassroot institutions for poor through UMEED

JKRLM emerging as ray of hope for rural women

SRINAGAR: Jammu and Kashmir Government is building strong grass-roots institutions for the poor, engaging them into gainful livelihood interventions and ensuring appreciable improvement in their income on sustainable basis through UMEED scheme of J&K Rural Livelihood Mission (JKRLM).

JKRLM's mandate is to reach out to 66% rural population across the 125 blocks of Jammu and Kashmir and to provide them sustainable livelihood opportunities and nurture them so that they come out of poverty and appreciate a honourable quality of life. The core values which guide all the activities under JKRLM are inclusion of the poor and substantial role of the poorest in all the process, transparency and accountability of all processes and institutions, proprietorship and key role of the poor and their institutions in all the stages – planning, implementation and monitoring and lastly community self-reliance and self-dependence.

JKRLM is emerging as the ray of hope for rural women as the programme has brought self sufficiency among them.

The women have not only come out of poverty but their status has also been raised within their own families by this mission. The mission is extensively based on capacity building and strengthening of community based institutions by empowering rural women at different levels.

Several girls from Kulgam district of South Kashmir forayed into mushroom cultivation under the RLM scheme in collaboration with the agriculture department.

Tahira Bashir, an entrepreneur and beneficiary of JKRLM from Kulgam expresses gratitude to the department due to which she started Mushroom unit. "Officials guided us, which is why our unit is on the track. We had to deposit Rs. 15,000 which was refunded later. The profit from selling mushrooms entirely belongs to us", said Tahira with satisfaction. Saima Jan, another entrepreneur from Kulgam appeals other women to start their own units with the help of UMEED and become self-sufficient as well as job providers.

Notably, CLF (Bhaderwah, Doda) was awarded as best performing SHG Federation during the 'National Conference on three

Decades of SHG Bank Linkage Program and SHG Federation Awards Presentation' organised by APMAS, Hyderabad.

Meanwhile, JKRLM and Meesho, India's fastest-growing internet commerce company signed a Memorandum of Understanding (MoU) to support the growth of 1,800 Self-Help Groups (SHGs) by providing them an online platform to launch and grow their business and empower the rural women entrepreneurs.

In Pulwama district, 23-year old Khairun Nissa became part of women self help group under UMEED and started milk collection business. A gaining experience she started a dairy unit which she has been running successfully.

Afterwards, Nissa set up a fodder shop and high-tech poly house for growing various exotic vegetables. Nowadays, she is doing fairly well. All her family members have been engaged in the business in one way or the other.

Her business is also creating job opportunities for others. "I hire many labourers at my business units on a wage basis," Nissa said. With her hard work and dedication, Nisa has become an inspiration for many in the area.

Lt Governor inaugurates renovated Ambedkar Basic Primary Pathshala, Zamania, Ghazipur

LG calls upon the teachers and students to make education a driving force for the economy of the future

JAMMU/GHAZIPUR : **Lieutenant Governor Manoj Sinha inaugurated renovated Ambedkar Basic Primary Pathshala, Zamania, Ghazipur virtually today.**

The project was sanctioned in 2018 under AAI's Corporate Social Responsibility.

Speaking on the occasion via virtual mode, the Lt Governor called upon the teachers and students to make education a driving force for the economy of the future. "It is our collective responsibility to ensure that the NEP-2020 is implemented in letter and spirit. The historical reform through NEP has the potential to transform the country into an equitable knowledge society", said the Lt Governor.

The Lt Governor observed under the leadership of Honorable Prime Minister Shri Narendra Modi Ji, the country has successfully created an equitable society ensuring that Dalits, Tribals do not feel economically deprived and they receive full benefits of growing economy.

"India has achieved great success in the fields of trade, economy, education, science, technology, art, culture and sports. Even the poorest of the poor has

developed this self-confidence that he can not only dream but can also make it come true", the Lt Governor noted.

The Lt Governor said, the welfare society that has been created under the leadership of Hon'ble PM is unparalleled and it captures people's heightened self-confidence, rooted in our impressive achievements in many fields. He highlighted the achievements of Har Ghar Nal Se Jal, Swachh Abhiyan, Saubhagya, Ujjwala, PMAY which have benefitted a large section of society.

Under Stand-Up India, Rs 5300 crore has been given directly to the accounts of the deprived sections to make them self-reliant, the Lt Governor added further.

The Lt Governor said women empowerment and farmer welfare has been going on for decades but only the Hon'ble Prime Minister has truly empowered them and brought them to the center of the financial system. Jan Dhan accounts of more than 45 crore people have been opened, 29 crore people have been covered under Pradhan Mantri Suraksha Bima Yojana and 10 crore households have been given LPG gas connections under Ujjwala Yojana.

The Lt Governor also

highlighted the massive work done for the welfare of small and marginal farmers under PM Fasal Bima Yojana, PM Kisan and for the

Yojana, 18 crore beneficiaries are from the deprived sections of the society, added the Lt Governor. The Lt Governor said, this is

The Lt Governor also highlighted that in J&K projects pending for decades are now being completed.

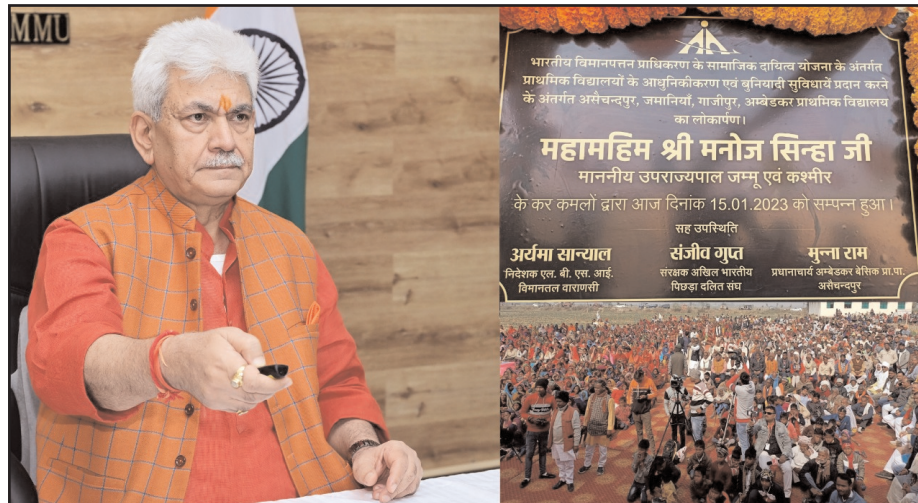
While only 3500

largest economy of the world leaving behind England, the Lt Governor said, in the Amrit Kaal Khand, we must aspire and put combined efforts for becoming the third largest economy of the World.

We are third in Startups globally and many unicorns are emerging from India now.

Under the guidance of Hon'ble PM, we are moving towards becoming a global power restoring our age-old glory and pride in the world, said the Lt Governor.

Sh. Prabhunath Singh Chauhan, Vice Chairman of the State Backward Commission; Dr. Sangeeta Balwant, Former Minister, Government of Uttar Pradesh; Sh. Bhanu Pratap Singh, District President, Bharatiya Janata Party, Ghazipur; Smt. Alka Rai, Former MLA; Smt. Aryama Sanyal, Director, Lal Bahadur Shastri International Airport, Varanasi; Sh. Sanjeev Gupta, Patron, All India Backward Dalit Association; Sh. Munna Ram, Principal, Ambedkar Basic Primary Pathshala and large number of people were present on the occasion.



deprived sections of the society under PMAY, Scholarships for backward, dalit, tribal sections. Under PM Fasal Bima Yojana, 70% of those small and marginal farmers have been covered who come from the deprived sections of the society. Preserving the basic spirit of social equality, under PM Kisan, 63% of such farmers are being helped who belongs to the deprived sections of the society, he said.

Under Pradhan Mantri Awas Yojana, 60% houses have been given to the deprived sections of the society, 60% scholarship is being given to backward, dalit, tribal sections and out of 35 crore beneficiaries of Mudra

the best example of balanced development with sensitivity. Till date India had not seen a bigger example of social justice and social equality, as it is being done under dynamic leadership of Hon'ble PM.

The Lt Governor also observed that in the last eight years, under the guidance of the Hon'ble Prime Minister, the development journey of Purvanchal is giving new strength to India's progress. Be it highway construction, rural roads, new trains, new flyovers, new hospitals, Purvanchal is now competing with other parts of the country in terms of development, he added.

MW of electricity was generated in 72 years, we are setting up projects to double the capacity in just 5 years. In Jammu and Kashmir earlier 8000-9000 projects were completed.

However, more than 50,000 projects were completed last year, he added.

It is the priority of the government to empower those who are lagging behind in development. It is our biggest duty to think unitedly as to how India will achieve the status of global leader while fulfilling the aspirations of the people, the Lt Governor said.

Underlining that we have become the fifth

BJP Minority Morcha Holds First State Executive, Office Bearers Meeting

JAMMU: The Jammu and Kashmir UT BJP Minority Morcha held its first meeting cum interaction with its State Executive and office bearers at BJP headquarters Trikuta Nagar Jammu on Sunday.

"It was a historic moment for the Bhartiya Janata Party (BJP) Minority Morcha in the state when the organisation held its first ever State Executive and office bearers meeting after appointing newly BJP Minority Morcha president Ranjodh Singh Nalwa on January 15th, 2023 in Jammu," a press statement in this regard said. The meeting, which was attended by over a hundred members of the BJP's minority wing, marked a defining moment in the organisation's history and is seen by many

observers as a key moment in the party's effort to reach out to the minority communities in the UT, it further added.



The meeting was chaired by BJP Minority Morcha President Ranjodh Singh Nalwa while General Secretary for Kashmir Imtiaz Butt and Santokh Singh General Secretary Jammu province beside spokesman Minority Morcha Farid Ahmed Fani were present on

this occasion. It was organised to discuss the needs of the minority communities in JKUT, as well as their poten-

tial for playing an important role in state politics. Nalwa while addressing the gathering, thanked the delegates for attending and emphasising the importance of the occasion. He stated that the meeting was convened to strengthen the organisation's outreach to the minority

communities and to ensure that their voice is heard in JKUT, he added.

The meeting held interaction with several prominent state level minority leaders, including former members of Legislative Assembly.

Elaborating on numerous programs and schemes of the union govt led by BJP for betterment of minorities of the country, Farid Ahmed Fani (Spokes person Minority Morcha) and other prominent leaders also highlighted various issues facing respective communities, highlighting their respective socio-economic concerns while expressing the need for better representation and political engagement on the ground.

In addition to the speech-

es and presentations, the meeting conducted several sessions discussing a range of key issues in the UT, including reservation and SC, ST, Pahari rights, the need for increasing and improving access to health and education as well as creating better economic opportunities for minority communities.

Moreover, the first State Executive and office bearers meeting is seen as a major milestone for the party as it seeks to deepen its ties with the minority communities in the region, statement said and added that such meetings will become a regular event in the coming years, leading to stronger engagement and better outcomes for the communities that are so important to the social and political future of the state and the nation.

Rahul Gandhi Creating Chaos and Confusion Among Common Masses: Vibodh

Vibodh Calls Upon Party Workers to be Ready for Elections Any time

NOWSHERA: BJP State General Secretary and former MLC Vibodh Gupta accompanied by BJP senior leaders today organised a party workers meeting at Dakbunglow Nowshera. In the meeting detailed deliberations were held on present security situation in the area. Party workers also threw light on various upcoming party activities and programmes. Detailed discussions were also held on mobilizing booth level workers Mandal team and morcha presidents for reaching out to common masses in a mission mode keeping the upcoming elections in mind.

Speaking on the occasion, Vibodh said that presently we have to remain cautious and alert as our enemy is very cunning and adopts every measure to derail the massive development initiatives

started by the Government. He called upon everyone to keep working hard and leave no stone unturned in

as elections can be held in J&K anytime now.

While coming down heavily on Rahul Gandhi, Vibodh

masses instead of uniting them. He also asked everyone to expose the misdeeds of Congress, NC and PDP

this.

Smt. Neena Sharma district president in her address threw light on the PM Modi's vision of Sab Ka Saath, Sab Ka Vikas and Sab Ka Paryas. The meeting was also addressed by Sukhdev Choudhary Gen Sec who gave a detailed account of party's ongoing programmes in Nowshera and gave a strategy to ensure victory for the BJP as people of J&K are now questioning other parties who have ruled J&K for past many decades. Prominent among others who were present on the occasion included Sardar Bupinder Singh, Prithvi Raj Khokhar, Anil Kumar, Mool Raj Sharma, Ajay Choudhary, Harjit Singh, Preeti Gupta, Chotu Ram, Bharat Kumar, Vishal Gupta, Anita Khokhar, Anuradha Choudhary, Mamta Pagwal, Kamaljeet Singh and Sanjeev Dutta Shubam Sharma Ravinder Sharma.



addressing the local issues of the common masses. This he said is the only way to connect more and more people with the party and to ensure party's victory in the upcoming elections. Therefore he called upon the party workers to be ready for elections

said that he is a person without any clarity and vision and presently he is trying to create chaos and confusion among the common masses. He further advised the BJP local leaders and workers to expose the lies of parties who want to divide the common

among common masses as these parties have ruled us for so many decades. But these parties have always misused the common masses for their gains and people in the border villages specially in Rajouri and Poonch have always suffered because of

BJP is home to every social worker, patriotic person: Ashok Koul

Namo-Namo Morcha Bharat merges with BJP

JAMMU: BJP is home to every social worker and patriotic person who is willing to devote and dedicate his or her life for the welfare of others, stated Ashok Koul while welcoming new entrants into the party fold.

Whole Jammu unit of "Namo-Namo Bharat Morcha" today merged with Bharatiya Janata Party (BJP) Jammu & Kashmir in presence of J&K BJP General Secretary (Org.) Ashok Koul at party headquarter, Trikuta Nagar, Jammu. Morcha President Raj Rattan Raina, announced the full merger of its Jammu unit, while he also said that sooner the whole Kashmir unit will also merge with the BJP. More than hundred Morcha activists joined BJP on the occasion. Morcha President Raj Rattan Raina, Vice-President Raveena Mahant, Women Wing President Anju Bhan Koul, General Secretary Vijay Kumar, Subhash Chander, Secretary Sunny Matoo, Youth District President Ashmeet Dogra, Secretary Sanjay Dhar, Brij Lal Dogra, District President Kathua Subhash Chander, Kuldeep Raj, district

President Ramnagar Sanjay Kumar, Akhil Gandotra, Kapil Gupta, Vijay Gupta,

joining the Bharatiya Janata Party. He said that the party is getting full support of

Namo Morcha Bharat is one such organization, which has deep-rooted love for the

tion while serving the society from the core of their heart.

Speaking on the occasion,



Mohan Sharma, Ashwani, Suresh Kumar and others were amongst the prominent to join on the occasion.

Ashok Koul, while welcoming the Morcha activists said that common people, prominent social and political personalities are daily

every such organization which yearns to serve the society and the Nation. He said only a good social worker and patriotic person could be a BJP worker and there is no place for anti nationals and self-centered persons in BJP. He said that Namon-

Nation and follows the ideology of Dr. Shyama Prasad Mukherjee, and it is heartwarming to witness their merger with the BJP.

Koul further expressed hope that the new entrants will work together for strengthening the organiza-

Raj Rattan Raina, said that they were fully convinced about the pragmatic policies and nationalism of BJP. They vowed to strengthen the party base at the ground level and pledged to act as a bridge between masses and the party.

Switch over to election mode, General Secretary(Org.) Ashok Koul tells workers

Work relentlessly on ground keeping in mind 'Nation First & Self Last': Arun Prabhat

JAMMU: Ashok Koul General Secretary Organization, Jammu and Kashmir Bharatiya Janata Party (BJP) has asked the Bharatiya Janata Yuva Morcha (BJYM) leaders, workers and activists to gear up for the upcoming Assembly elections in Jammu and Kashmir and ensure maximum participation of youth by bringing them into party fold right from the grass roots level.

He stated this in his address while presiding over the BJYM's introductory meeting with Jammu and Kashmir State office bearers and district presidents held at the party headquarters at Trikuta Nagar here today.

Prominent among others present in the meeting were State President BJYM Arun Prabhat, All Morcha Prabhari Munish Sharma.

The meeting commenced with the welcome address by State President Arun Prabhat

followed by the introduction of the BJYM cadre with the senior leaders of Bharatiya Janata Party. Ashok Koul explained in detail the orga-

of the society, irrespective of their religion, caste and creed and its Karyakartas form its backbone. However the BJYM Karyakartas are the

workers full opportunity to move forward, the BJYM workers are expected to proactively carry forward the legacy of the party keeping

youth into the party fold before the elections are held for the J&K Assembly. Emphasizing that BJYM cadre has a vital role to play in the strengthening of party, he said it is a testing time for them with elections on the threshold now.

While addressing the meeting, Arun Prabhat briefed the party workers and activists about their responsibilities and duties as foot soldiers of the world's largest political party. He also detailed them about the upcoming programmes of the party especially in the context of impending Assembly elections. He said that the workers and activists will have to work relentlessly on ground keeping in mind the 'Nation First & Self Last'.

Morcha Prabhari Munish Sharma in his address asked the BJYM workers to focus on highlighting the Central Govt schemes tailored specially for the people of every category and ensure that even the last tail ender gets the benefit of these schemes.



nizational structure and functioning to the BJYM office bearers and workers. He said that BJP is a party of principles, working for the upliftment of all the sections

greatest of the party as they are the ones who are in continuous contact of the people in general and youth in particular at the grass roots level. While the BJP gives its

public service devoid of any discrimination at the core of their functioning policy. He asked the BJYM activists to further intensify the efforts to motivate more and more

BJP OBC Morcha Jammu Kashmir Celebrate Lohri festival in Jammu

JAMMU: Bharatiya Sat Sharma (former Minister), Pramodh Kapahi (District President Jammu), Sunil Prajapati (State President BJP OBC

Secretary obc Morcha) , Ashok Kumar Verma (State Secretary obc Morcha) ,Raman chalotra State Secretary obc morcha) Bal Krishan (Social media incharge obc Morcha) ,

said Lohri is a popular winter Punjabi folk festival celebrated primarily in Northern India.

It is believed by many that the festival marks the passing of the winter .

As a part of Lohri celebrations, children go around homes singing the traditional folk songs of Lohri with "Dulla Bhatti" name included.

Lohri also marks the beginning of the harvest season and sunny days.

Sat Sharma said Lohri, which takes place on the night before Makar

Sankranti, is a traditional winter folk festival from northern India. Farmers from all around the country attend this annual harvest festival. As part of the harvest ritual, foods such as til (black sesame seeds), gur (jaggery), gajak, popcorn, and peanuts are offered to the fire. Lohri is also associated with the shortest day and longest night of the year, known as the 'Winter Solstice.' It actually signifies the end of winter and the arrival of spring.

Subash Anand (Cashier OBC Morcha) ,Varinder Verma (Secretary Kisaan Morcha),

Naveen Sharma (District Media Secretary Jammu), Atul Bakshi (Mandal President Bakshi Nagar), Suresh Verm (District Jammu vice president obc Morcha) , Praveen Badyal (district Secretary Jammu obc morcha), Madan Verma (district Secretary obc morcha), Omkar Verma Mandal President obc morcha Talab tillo). In the Program District President Pramodh Kapahi



Morcha Jammu Kashmir) were Present main in the Program.

The Program was organised by Raj Kumar Babbar - (State vice President OBC Morcha) and Ashok Salgotra (district President obc Morcha Jammu) .

Suresh Salgotra (Vice President obc morcha) , Ravi Mehra (Vice President obc Morcha), Kewal Verma (State Secretary obc morcha), Shamsher Prajapati (StateSecretary obc morcha), Anil Balogotra (State

National Youth Day: Mayor JMC Rajinder Sharma flags off marathon 'Young India Run'

Youth should dedicate themselves to build a self-reliant, prosperous & capable India: Arun Prabhat

JAMMU: Mayor JMC Rajinder Sharma today flagged off marathon 'Young India Run' in connection with the birth anniversary of Swami Vivekananda ji, which is being celebrated as National Youth Day, at Mubarak Mandi complex Jammu.

Talking to media persons, Mayor JMC Rajinder Sharma, while terming the Swami Vivekananda as maker of modern India, said that in order to inspire youths of country towards philosophy of Swami Vivekananda, his birthday is commemorated as National Youth Day. Swami Vivekananda was a great person who always believed in youth power to nourish culture of country and carry advancement required by country to be developed. He said that PM Modi has termed Swami ji as his ideal for numerous schemes he has launched for welfare of youth like Skill India and emphasized that youth of Nation should be empowered so that in place of looking jobs they must provide job to others as successful entrepreneurs.

Sharma said that Swami Vivekananda was a Hindu Monk and one of the India's greatest leaders who believed in empowering youth. He highlighted the contribution of the great leader Swami Vivekananda and suggested students to follow the path of peace and truth.

He further said that the PM Modi is working on the vision of Swami Vivekananda to make India as Vishav Guru. He prompted all the youths to pledge for working sincerely towards the betterment of the society and the Nation. Youths are the most important part of the country who leads the country ahead, that's why youths are selected to be inspired first by the ideas and ideals of the Swami Vivekananda to shape their future in positive way, he added.

State President BJYM Arun Prabhat said that every year BJYM activists celebrate the National youth Day with great enthusiasm as it is the great way to wake up the eternal energy of the youths as well as their big efforts to make the country developed. Philosophies, teachings and ideas of the Swami Vivekananda are the great cultural and traditional assets of India and the youth need to follow their footsteps into the everyday life for the greater goal of life, he said.

Arun Prabhat recalled how Swami Vivekananda, in his short life span, with his universal spirituality, practical wisdom and magnetic personality, galvanized the youth of the country with a sense of self-respect and a sense of destiny for Bharat as the world leader. He appealed to the youth of Jammu Kashmir to re-dedicate themselves on National Youth Day to build a self-reliant, prosperous and capable India.



Politics is for servicing the people, for the welfare of people: BJP

Sham Sharma, Devinder Rana listen to public grievances

JAMMU: Politics is for servicing the people and for the welfare of people according to their aspirations and the needs, said senior BJP leaders Sham Lal Sharma and Devender Singh Rana.

J&K BJP Vice-President & former Minister Sham Lal Sharma and former MLA Devender Singh Rana, listened to the grievances of a large number of people belonging to different areas of Jammu & Kashmir at party headquarter, Trikuta Nagar, Jammu.

BJP Office Secretary Tilak Raj Gupta and Library Incharge Prof. Kulbhushan Mohtra were also present on

the occasion. Individuals

and They narrated their woes and sought kind intervention of

the people, which were taken up with the concerned offi-

that BJP serves the nation, society and common people with a clear heart and soul, which has led to the ever increasing love and faith of people for the party.

He said that through the medium of these camps, people are now more connected to the party as their long pending issues are getting resolved.

Devender Rana said that people have been immensely benefitted through these camps. He said that the party has been continuously highlighting the genuine problems of the masses raised in these camps and hence the people are reaching the party office in large numbers.



Deputations of people from various areas of Jammu & Kashmir had reached Trikuta Nagar office to meet these leaders with their grievances.

the party leaders to get their problems solved.

Sham Lal Sharma and Devender Rana gave patient hearings to the problems of

cials of the departments stressing for early resolution so that the people are not made to suffer.

Sham Lal Sharma said

J&K BJP celebrates Lohri, extends message for Universal peace

JAMMU: Bharatiya Janata Party (BJP), Jammu & Kashmir, extended the message of universal peace and love while it celebrated Lohri at party headquarter, Trikuta Nagar, Jammu.

Former Dy. CM Kavinder

praying for the good fortune, bumper harvests and peace in the Universe. They also offered traditional nuts and sweets to all those assembled on the occasion.

Kavinder Gupta, while extending the greetings of the Lohri festival to every-

indicating the finish of cruel winter, he added and extended the message of Universal Peace and Love to all.

Ashok Koul said that it is always pleasurable to celebrate the "Lohri" as this gives the indication of brotherhood among us with the love-



Gupta, BJP State General Secretary (Org.) Ashok Koul, former MP Shamsher Singh Manhas, former Minister Sat Sharma, BJP Vice President Yudhvir Sethi, General Secretary Dr. Devinder Manyal, BJP NEM Priya Sethi, former MLC Vikram Randhawa and other BJP leaders were present on the occasion.

BJP senior leaders extended Lohri greetings to the whole mankind while

body especially to the residents of J&K, prayed for the prosperity of Jammu & Kashmir. He said that the festival depicts a profound love of nature, plentiful reap and the humans and also marks the realm of activeness among all living creatures.

He said that the auspicious event of Lohri corresponds with the beginning of 'Magh' month, which initiates only a day after Lohri

ly change in weather in anticipation of good fortune for the whole world.

He greeted people, said that "Lohri" depicts of our cultural ethos for time immemorial, and exhorted them to celebrate such occasions together with all their near and dear ones.

He also prayed for the peace in Jammu & Kashmir denouncing the acts of terrorism and violence in the region.

Rajouri is land of heroes and never allowed nefarious plans of neighboring nation to succeed: Lt Gen Upendra Dwivedi

RAJOURI: 'Rajouri' is the land of heroes and brave, and has never allowed conspiracies and nefarious plans of the neighbouring nation to succeed, Lt Gen Upendra Dwivedi GOC-in-C Northern Command said on Saturday.

Lt Gen Upendra Dwivedi GOC-in-C Northern Command was addressing a rally in Rajouri on Veterans Day. He said that the security agencies have effectively controlled the violence and a befitting reply is being given to those who are trying to fulfil their political goals with the help of this proxy war. "Rajouri is the land of heroes and brave and has never allowed the conspiracies and nefarious plans of the neighbouring nation to succeed. The security agencies have effectively controlled the violence and a befitting reply is being given to those who are trying to fulfil their political goals with the help of this proxy war. In this resolution of ours, the Village Defence Committees are being further strengthened and trained with the participation of ex-servicemen," Lt Gen Upendra Dwivedi said. Lt Gen Upendra Dwivedi during his address said that the main objective of this rally is to find out the problems of ex-servicemen living in J&K Union Territory and to solve all their problems as soon as possible with the help of the administration.

India's youngsters leveraging power of science to make planet better: PM Modi

NEW DELHI: India is brimming with enthusiasm in the science and technology sectors and its youngsters are leveraging the power of science to make the planet better, Prime Minister Narendra Modi said on Saturday.

Prime Minister Modi said this after meeting academic and entrepreneur Vivek Wadhwa here.

"Had amazing meeting with most brilliant of world leaders: @narendramodi @PMOIndia. Blown away with his dedication to the people of India and the world and understanding of science and technology," Wadhwa said on Twitter after meeting Modi.

The academic said that in his meeting with Modi he discussed how India will lead the world in curing cancer and transform agriculture.

Tagging Wadhwa's tweet, Modi said on Twitter, "Happy to meet you and discuss fascinating innovations in science and technology." "India, as you know, is brimming with enthusiasm in these sectors.

Our youngsters are leveraging the power of science to make our planet better," the prime minister said.

Study shows how high cardiovascular diseases are linked to stress-related disorders

STRESS-RELATED disorders which arise out of trauma are associated with a high risk of cardiovascular disease, finds a new study. The study was published in the Journal 'The BMJ'. Cardiovascular mishaps like cardiac arrest or an attack were high in the first six months after stress-related disorders were diagnosed.

Researchers used the Swedish population and health registers to explore the role of clinically diagnosed PTSD, acute stress reaction, adjustment disorder, and other stress reactions in the development of CVD.

They controlled for family background, medical history, and underlying psychiatric conditions.

The researchers matched 136,637 people from an "exposed cohort" who were diagnosed with a stress-related disorder between January 1987 and December 2013 with 171,314 full siblings who were free of stress-related disorders and CVD.

Severe stress reactions to significant life events or trauma were linked to a heightened risk of several types of CVD, especially during the first year after diagnosis, with a 64% higher risk among people with a stress-related disorder compared to their unaffected sibling.

Out of all studied CVDs, the excess risk during the first year was strongest for heart failure and for major blood clots (embolism and thrombosis) after one year.

"These findings call for enhanced clinical awareness and, if verified, monitoring or early intervention among patients with recently diagnosed stress-related disorders," authors concluded.

Study finds cancer-fighting gene to prevent birth defects

A new research has revealed how p53 gene plays a pivotal role in healthy neural tube development. The p53 is a tumour subdue famous throughout scientific literature and history for its role in protecting humans from cancer. The neural tube is a vital element required for the proper formation of the brain and spinal cord. The study was published in the journal 'Cell Reports.' The findings explain p53's involvement in a molecular process specific to females called 'X chromosome inactivation'. The new findings helped to clarify why more females are born with neural tube birth defects such as Spina Bifida than males. One of the researchers said that the study showed how p53 influenced the function of genes required for fostering the production of healthy neural tube cells in the female embryo.

"Healthy development is a very precise and precariously balanced process. p53 helps with this balancing act in the female embryo by producing normal levels of Xist RNA, part of an intricate molecular process important for X chromosome inactivation. This, in turn, leads to healthy neural tube development. Simply put, healthy neural tube development in the female embryo requires the help of p53," said the researcher.

Another researcher states that the study confirmed a long-standing theory that females had an additional risk factor for neural tube defects and that a breakdown in the associated X chromosome inactivation process could help to explain why females were more likely than males to have neural tube-related birth defects.

"Females have two copies of the 'X' sex chromosome, while males only have one copy. In order to maintain health in females, one of these X chromosomes must be inactivated in cells early on during development. If this inactivation does not occur efficiently, the neural tube will not form properly. Previous research indicated that p53 plays a role in normal neural tube development, but it had never been shown exactly how this worked until now," opines the researcher.

Use of marijuana during pregnancy can adversely affect offspring's brain

A new study has revealed that the use of marijuana by pregnant women to relieve morning sickness can affect the developing babies' brains. The study was presented at the meeting 'Experimental Biology 2019'. Earlier researches have shown children born to mothers who took marijuana when pregnant, are likely to develop behavioral problems as well as learning and memory impairments.

This study brings further confirmation on previous findings and points to how the drug alters the intricate connections in nerves in the hippocampus.

"The findings from this study will serve as an excellent premise for future interventions to restore memory in children exposed to cannabis during pregnancy, and for the first time, identify a specific mechanism by which learning and memory impairment occurs and how this impairment can be ameliorated," said Priyanka Das Pinky. The study was done on mice where some of the female rats were exposed to a synthetic chemical that activates the same pro-

teins as cannabis during their pregnancy.

Next, they examined the brains of baby rats and found that the nerves in the hippocampus were reduced in those exposed to synthetic cannabis. Researchers found that

teract marijuana's effects by increasing the NCAM, though more research is needed to understand the mechanisms involved and determine whether the findings from studies in animals would translate



the root cause was a reduction in neural cell adhesion molecules (NCAM), a protein necessary to maintain proper neural connection and synaptic strength.

Pinky said, "Based on our research and the previous existing findings in the field, it can be said that using marijuana during pregnancy would not be a wise choice."

The finding suggests it may be possible to coun-

to human babies. "It is still very early to come up with a conclusion about the possible safe use of marijuana during pregnancy," Pinky noted. Pinky concluded by saying, "However, it is also notable that the observed effect in the offspring can vary according to their age and according to the trimester during which they were exposed to the drug as well as dose and route of administration of the drug."

Is vaccination safe for breastfeeding women?

A recent study has claimed that there is no harm in administering routine vaccinations to breastfeeding mothers. However, the study published in the journal Breastfeeding Medicine said that only smallpox vaccine and, in some circumstances yellow fever vaccine, are the vaccines having potential to cause harm to infants. In the article, 'Maternal Vaccination and Breastfeeding', Philip Anderson, reviewed all of the most common types of vaccines, including inactivated and live attenuated types for the unsubstantiated concern that they would cause harm to a nursing infant or interfere with the infant's response to early childhood vaccinations.

Included in the scope of Dr Anderson's review are routine vaccines such as influenza, diphtheria, pertussis and tetanus (DPT), varicella and measles, mumps, and rubella (MMR). The article also focuses on vaccines related to exposure or special risk factors, such as hepatitis A or hepatitis B, and speciality vaccines including cholera, yellow fever, smallpox, rabies, and typhoid.

"As Dr Anderson concludes in his timely and important article, there are no risks associated with giving breastfeeding mothers routine and most other standard vaccinations, including measles, and, in fact, there are benefits for both the mothers and infants," says Arthur

I. Eidelman, Editor-in-Chief of Breastfeeding Medicine. These benefits include the transfer to the infant of maternal antibodies and enhanced antibody response and less vaccine-related fever following infant vaccination, as Dr Eidelman explained in the accompanying editorial entitled 'Guidelines for Vaccinating Breastfeeding Mothers'.

Dr Eidelman further noted that "not only is there no harm in administering routine vaccinations to breastfeeding mothers, but one can and should include nursing mothers in any emergency measles immunisation campaign, such as the recent emergency declared by the New York City Health Department."

How foods with low glycemic index help maintain weight and control diabetes

DID you know that eating foods with low glycemic index can keep your blood sugar levels in-check and help your body metabolise fat more effectively? Glycemic Index or GI measures the effect of a specific food on your blood glucose levels after you eat it. Pure glucose, with a GI rating of 100, is used as a standard against which all the foods are measured on the GI Index.

All other foods are measured on a scale of 0 to 100 depending on their effects on blood glucose levels in the body. A low glycemic food ideally has a GI of 50 or less. Wholegrain chapattis or bread, legumes, barley, beans, non-starchy vegetables, apples, pears, citrus fruits, meat, fish and eggs have low GI index.

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

Health benefits

Low GI foods do not cause blood glucose levels to rise rapidly. Since they do not raise blood sugar levels, less insulin is required to eliminate sugar from the blood. This in turn lowers the risk of developing type 2 diabetes and cardiovascular diseases. They also contain fibre that helps reduce cholesterol levels. Because low GI foods offer a high amount

of bulk in the form of wholegrains, legumes and vegetables, they fill you up in fewer calories and help you maintain healthy weight. They may also be helpful in preventing colon cancer and breast cancer.

Tips to eat low GI foods

Eat whole grains and wholegrain flour instead of refined flour like maida. Foods such as rolls and ready-to-eat cereals tend to have high GI value. Avoid packaged and processed breakfast cereals like cornflakes or those with added sugar. You can beat diabetes with a wheat, flour and rice-free diet.

Eat whole fruits instead of having fruit juices. For example, orange has a GI rating of 42 which is low GI while its juice has a rating of 52 which can be considered as moderate GI.

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



Drink ginger tea to relieve a migraine naturally

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

What makes ginger effective against a migraine?

Ginger contains anti-inflammatory compounds that play a key role in combating various symptoms of migraine. These compounds inhibit the synthesis of prostaglandins that cause inflammation and pain thereby relieving a headache. Apart from these, ginger acts as a traditional home remedy to



stimulate digestion and prevent vomiting, commonly seen in people suffering migraine attacks.

How to use this natural aid?

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

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

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

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

Are you coming in the way of your weight loss?

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

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

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

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

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

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

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

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

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

Do it right: Allot a cheat day every week or simply save the "bites" for the special foods you can't live without.

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

Do it right: A piece of advice would be to not trust machines too blindly. Technology isn't that advanced yet. This does not in anyway mean that if you run on the treadmill for 30 minutes and it says you burned 300 calories, you can go eating 300 calories worth of extra food.

5. Temptation: If you're one of those who give in to temptation easily, this advice is for you. You probably keep your favorite food stocked up. Food like chips, popcorn, etc. But are they good for you? You know the answer better than anyone. NO. Guilty are we? Simple. Stop buying them.

Do it right: Surround yourself with healthy foods. Those that you will actually consume. Don't buy those food items that you know will end up in your stomach and ultimately send you on a guilt trip.

6. Water intake: This is one of the most common reasons of not being able to reach that desired weight loss goal. You're probably not drinking enough water. Were you aware that most of the times you feel 'hungry' is because you're actually thirsty? Confused? Don't be. Next time, just try drinking a glass or two of water when you feel 'hungry'. It will probably be just the thirst calling out to you.

Do it right: Keep a water bottle handy wherever you go. If you don't like refilling constantly, buy a gallon and make it your goal to finish all or most of it by the end of the day.

7. Not sleeping tight enough: Yes, lack of sleep is another major reason that may be keeping you from reaching your goal. Fatigue and tiredness can lead to poor food choices, so ensure that you get sufficient sleep, which is 6 to 8 hours.

Do it right: Fix a proper bedtime for yourself. Make sure that you sleep at the same time everyday and wake up at a fixed time as well. This way, your body clock remains balanced.

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



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

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

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

get! For that, we bring out a few foot hacks for you for good, healthy feet!

1. For hurting feet: Most people have a shoe fetish. No S, M, L, XL or XXL business there, because foot size doesn't really matter, does it? But the pain of a shoe bite from a new shoe is something everyone likes to avoid. To do just that, the best thing to do is apply a deodorant all over the feet. This works like magic and lets the freshness last for up to a good 12 hours. 2. Smelly feet: Surely, no one wants people to stand 50 feet away from them when they're barefoot. To avoid that embarrassing situation and get rid of the repelling odor from your shoe, simply throw a teaspoonful of baking soda

along with some talcum powder inside the shoe for a night and throw it out the next day. This will protect your feet from fungus and odor.

3. Pain from high heel strain: Getting ready for a night of partying, are we? Wearing your favourite pair of stilettos?

Then you probably want to avoid a possible nerve damage. This may sound strange, but a medical tape wrapped around the third and fourth toe of your feet can reduce the strain on the nerve between these two toes to a considerable level, thereby preventing pain in the foot's ball.

4. The squeaking game: So, you're walking around confidently when your shoes emit a mighty 'squeak'! Familiar with the embarrassing situation? But, it's not your feet making the sound. The noise is because of shoe parts rubbing against each other. In this case, bring out the baby powder and sprinkle some of it under the inner sole of the shoe.

Try these simple hacks at home and keep your feet happy all the way!

'Salaam Venky' is a celebration of life: Kajol

FEAR should not override the spirit of celebrating life, says Kajol about her upcoming feature "Salaam Venky", a film she initially was unsure about becoming a part of.

Helmed by actor-director Revathy, the movie is inspired by the true story of the young chess player Kolavennu Venkatesh, who had Duchenne muscular dystrophy (DMD). He died in 2004.

Kajol, who is a mother of two, said working on "Salaam Venky" drew so much out of her that she shot the majority of the scenes without glycerine.

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Kajol, who is a mother of two, said working on "Salaam Venky" drew so much out of her that she shot the majority of the scenes without glycerine.

"It's not the kind of film that you can ever do without feeling. I wasn't sure whether I wanted to do the film because it's a subject that is everyone's nightmare. It was difficult for me to say yes to it.

"The great thing about Revathy is she made it easy as we were in the same situation

day in and day out and it takes that fear away, besides 'Salaam Venky' is written so beautifully. It is a celebration of life and the film teaches you that life should be a celebration," the 48-year-old actor told PTI in an interview here.

DMD is a genetic disorder which causes skeletal and heart muscle weakness that gets worse with time. Venkatesh's death sparked a debate about euthanasia, commonly known as mercy killing, in India.

Asked about her views on euthanasia, Kajol responded with a dialogue from "Salaam Venky": "One has the right to live and die with dignity." "I am in two minds over it not because of anything else, but because we know humanity and there are a lot of people who would take advantage of a law like that. It's a questionable thing for sure," she said.

The actor further said many people realised the importance of living life to the fullest during the COVID-19 pandemic, which hit India in March 2020.

From wearing pyjamas to enjoying a car ride in the city whenever she stepped out, she has found joy in the simplest of things.

"We were all in the same frame of mind and right now. We are in a Venky frame of mind: we want to live large here and now. We want to enjoy every moment," she added.

Like her character, Kajol said she too has fears in real life but believes in overcoming them.

"Your deepest fears usually are not related to anything that's actually going to happen... I hope and pray that whatever happens, I still love myself at the end of the day.

"That my children still respect me, whatever my decisions may be. I'm pretty sure about everything else but I take responsibility

for things. Whatever happens will happen and I will cross the bridge when I come to it." To prepare for the role of Venky's mother Sujata, the actor also met the real K Sujatha, whose simplicity and resolve touched her deeply. "The character is not only your interpretation. You're not playing a fictional character, you have to validate that person. Some of the things that she did were unbelievable.

"There is bravery in saying that I've seen the odds in front of me and I'm still going to go ahead. The belief that whatever happens, I will succeed," she said.

Calling herself an actor who can switch on and switch off between emotions, Kajol said it wasn't difficult to play an intense part like Sujata.

"I act in films and not in life. I am connected and grounded to my own reality. But there were parts of the film that were cathartic, that took everything out of me and cleansed me in a way." "Salaam Venky" is set for a December 9 release in theatres.

Asked about the box office pressure, Kajol said there is no formula for a hit film.

It is important to bring people to theatres, she said, which is possible only with good content.

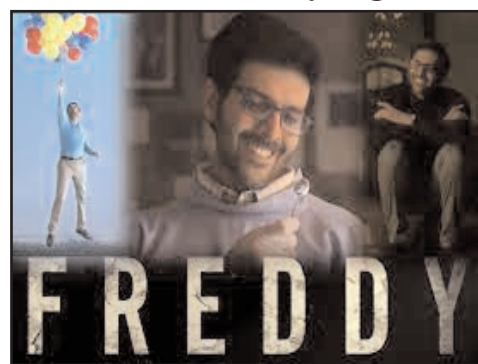
"The biggest filmmakers don't have the idea of what is the perfect formula or what the audience will definitely like to go to theatres for. We should take our level up. And as far as production is concerned, we all need to make good films because we have to realise that the audience is watching high-quality things from different countries," she added.

"Salaam Venky" is produced by Suuraj Sinng, Shraddha Agrawal, and Varsha Kukreja under the banner of BLIVE Productions and RTAKE Studios.

Kartik Aaryan: Freddy gave me goosebumps

PLAYING the dark sociopathic character in Shashanka Ghosh's Freddy is the biggest challenge Kartik Aaryan has faced so far.

Says Kartik, "Freddy is a dark thriller and it's one of a kind. Working on any project which is a first for me with its genre, is always a huge challenge." Kartik really enjoyed shooting



for Freddy. "Every day it was a new scene, a new shot and there was so much to learn around it." The Bhool Bhulaiyaa 2 superstar says Freddy

was not a horror or thriller for him. "When one becomes so immersed in the character one plays and understands why and how the character is reacting to a certain situation, then the film is not a thriller or a horror for the actor. Then it is only about the character's journey." This has been Kartik's most immersive character so far. "Freddy as a character gave me goosebumps and acting it was equally thrilling. I can't speak more, but I am sure that the teaser or the glimpses of the film are truly a tease to this amazing thriller."



No : FCD/J/7170-95
Dated :-17-01-2023

**UNION TERRITORY OF JAMMU AND KASHMIR,
JAL SHAKTI (IRRIGATION AND FLOOD CONTROL DEPARTMENT)
OFFICE OF THE EXECUTIVE ENGINEER, FLOOD CONTROL DIVISION, JAMMU.**
e-mail : xenfciammu@gmail.com

Short Term Fresh e-Notice Inviting Tender No: - 27 - Of 2022-23

For and on behalf of the President of India tenders are invited through e-tendering by the Executive Engineer, Flood Control Division Jammu in two cover system (Cover-Ist contain CDR/FDR & prequalification and Cover-II contain Price Bid). The tender is invited on the prescribed format from approved/eligible contractors having upto date valid registration certificate for the below mentioned works:-

S. No	Name of work	Amount of Work (Rs. in lacs)	Earnest Money	Cost of Tender documents	Class of contractor	Time of completion
1	Construction of concrete Retaining wall for protection of Agricultural Land Belonging to Sh. Faquir Singh at W.No. 02, Village and Panchayat Aitham Jammu (5 th Call)	3.00	6000.00	200.00	A/B/C/D	30 days

Position of AAA : Accorded
Position of Funds : Partly available

- Note :- (i)** Contractors who have got contractor Cards issued from Kashmir Province, it is mandatory for them to upload the verification certificate from Crime Branch along with other qualifying documents failing which their tender will be declared non-responsive
- (ii)** Contractors are advised to read carefully all Terms and conditions (Special/ General) before submission of bid.

- The Bidding documents consisting of specifications, eligibility criteria and other details can be seen/downloaded from the website www.jktenders.gov.in as per the schedule given below
 - Date of Publishing of Tender Notice : 18-01-2023 (1000 hrs)
 - Date of downloading Tender documents start : 18-01-2023 (1000 hrs)
 - Bid submission start date : 18-01-2023 (1000 hrs)
 - Bid submission end date : 24-01-2023 (1600 hrs)
 - Date and time of Bid opening : 25-01-2023 (1200hrs)
 - The complete bidding process will be on line.
 - In light of Government Notification issued by Finance department Civil Secretariat vide no. A/24(2017)-651 dated:-07-06-2018, the bidder must upload the copy of Challan/Receipt on account of cost of tender documents remitted in the treasury concerned for that the bidders must write an application to be addressed to treasury officer concerned requesting therein for remittance of amount as cost of tender documents towards M.H 0702/Revenue (others) for the work. The issue date of such challan must be after the date of issuance of said NIT.
 - lowest Bidder i.e L1 shall be intimated automatically by e-tendering process and to deposit the original copy of required earnest money in the shape of CDR/FDR, Tender documents fee in shape of Treasury Challan / Receipt and hard copies of all other relevant documents as mentioned in clause of general instructions to the Bidders within 03 days from the date of opening of Financial Bids.
 - Performance Security:** The lowest bidder is required to deposit Performance Security **Within 03** (Three) days after the date of issue of letter to the lowest/successful bidder in the form of valid CDR/FDR pledge to Executive Engineer FCD Jammu from any Nationalized/ Scheduled Bank for an amount equivalent to **3% of value of contract as per Circular of Financial Commissioner Finance Department Civil Secretariat Jammu vide No. FD-Codes/233/2021-02-27 dated 10-02-2022.** If the successful bidder fails to deposit Performance Security within the timeframe mentioned above, the EMD of the said bidder shall be forfeited and bidder shall not be allowed to participate in the future tender in the division.
 - At the time of tendering, all bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of CDR/FDR/BG pledged to the tender receiving authority, i.e. Executive Engineer FCD Jammu. Besides that, the successful bidder will have to provide Performance Security @ 3% at the time of contract award, strictly in accordance with the Government's circular instructions from time to time. The earnest money/bid security of 2% will be released to the successful bidder only after the submission of a Performance Security of 3% of the contract amount, which will be released after successful completion.
 - The bids for the work shall remain open for acceptance for a period of 90 days from the date of opening of bids. The Date and time of Opening of financial bids will be notified on website www.jktenders.gov.in and conveyed to the bidders automatically by e-tendering website to their registered e-mail or by SMS on their registered Mobile Number. The financial bids of Responsive bidders shall be opened online in the office of the Executive Engineer Flood Control Division, Jammu
 - The tender opening authority reserves the right to accept or reject any or all the tenders in part or in full without assigning any reason thereof.
 - The Tenderers/ Bidders who have the following Qualification Certificates are eligible for the works.
 - The firm should have a valid Registration certificate from competent Authority valid for the year 2022-23.
 - G.S.T Registration/ GST Registration No. / Latest GSTR Form-3B from competent authority
 - PAN Card and other .
 Further detail of General/Special Conditions for the work can be seen in the office of the under signed during working hours/ down load from website www.jktenders.gov.in
- All the documents relating to the bid shall be in the English Language.**
- Bidders are advised to use "My Documents" area to upload their e-tendering portal to store such documents as are required.
 - The tender/ bid is liable to rejection if it does not fulfill requirements as laid down in NIT.
 - All other terms and conditions are as per PWD form 25 (Double agreement form).
 - Security deposit/Retention Money: - 10% shall be deducted from each running of the successful contractor. The deducted security deposit/ retention money shall be released to the contractor after the expiry of DLP.

No: FCD/J/7170-95
Dated:-17-01-2023

sd/-
Executive Engineer,
Flood Control Division
Jammu

No: DIP/J-14342/22
Date: Jan 18/2023

J&K team wins 10th National Pencak Silat Championship

JAMMU: The winning streak of J&K athletes continues and this time around, it is the 10th Sub Junior, Junior, and Pre-Teen National Pencak Silat Championships where the players of J&K have emerged as overall winners of the championship.

The championship was held at the Indoor Sports Complex, Swami Ramanand Teerth University, Nanded in Maharashtra.

The 2022 edition of the Sub Junior and Junior Pencak Silat Nationals was held from January 13th to 16th with participation from 34 States and Union Territories comprising both girls and boy's teams from as many regions.

More than 1400 players took part in the tournament and those doing well shall be called for Indian national camps for the forthcoming Junior Asian Championship to be held at Tashkent Uzbekistan and Junior World and Commonwealth Championship 2023 likely to be held in Singapore.

Secretary J&K Sports Council, Nuzhat Gull congratulated the J&K team which emerged overall champions with 29 Gold, 38 Silver, and 35 bronze medals while Maharashtra emerged as the runners-up overall in the championship, and Haryana was placed at the 3rd spot in the total medal tally.

Assuring the winning team of all the support, Secretary Sports Council said more training centers in different games shall be made operational in some time so that the holistic development of sport that we are aiming at is achieved.

Muhammad Iqbal team coach and Irfan Aziz Botta Treasurer of Indian Pencak Silat Federation was accompanying the team.

The Championship was organized by Maharashtra Pencak Silat Association under the aegis of the Indian Pencak Silat Federation and under the banner of the Ministry of Youth Affairs and Sports, Govt of India and Sports Authority of India.

PIB Jammu organises Rural Media Workshop (Vartalap) at Kathua

Media should make use of PIB Fact Check to check the genuineness of information and to counter rumours and false information - ADG PIB

KATHUA

To build a direct interface between PIB Jammu and the journalists working at district and sub-district levels across Jammu



division, Press Information Bureau, Jammu, Ministry of Information & Broadcasting, Government of India today organised Rural Media Workshop (Vartalap) at district Kathua. The workshop was inaugurated jointly by Additional Director General, Northern Region, Sh. Rajinder Chaudhry and Deputy Commissioner, Kathua, Sh. Rahul Pandey in presence of Ms. Ayushi Puri, Assistant Director & Sh. Sheikh Mudasir Amin, Media & Communications Officer, PIB, Jammu.

In his address during the workshop, Additional Director General, Northern Region, Sh. Rajinder Chaudhary said that as this year is being celebrated as International Year of Millets, media has a great responsibility to spread awareness throughout the country regarding daily use of millets, their advantages, value addition, nutritional benefits, recipe development etc. so that mass awareness is generated across India.

During his address, Sh. Chaudhry emphasized that media should follow Information & Broadcasting Ministry's various Twitter handles and use PIB Fact-check to counter false information and rumours that sometimes confuse public when some false information is viral on different

social media platforms.

In his inaugural address, Deputy Commissioner, Kathua, Sh. Rahul Pandey appreciated the efforts of Press Information Bureau, Jammu for organizing

this media workshop which is the best platform for a dialogue between media and government. He further said that media being the fourth pillar of democracy plays a great role in awareness generation as it is only through media that the information reaches the last man in the queue in the remotest corners of an area. He further said that media has always played a pivotal role in information dissemination especially during disaster like situations.

District Information Officer, Kathua, Sh. Neeraj Bhargav in his address said that media must follow the ethics while reporting in letter and spirit in

order to preserve and promote public trust, maintain their own credibility. He said, when constitution has article 19 (1) (a), there are reasonable restrictions also to be followed while reporting. District Social Welfare Officer, Kathua, Ab. Raheem said that the social welfare department has now shifted totally from offline to online mode and now public has been able to avail the benefits of all the social welfare schemes in shortest possible time. He highlighted various integrated social welfare schemes and their implementation in district Kathua like different pension schemes like the transgender community pension scheme, schemes for Divyangs, minority scholarships, development schemes etc. and emphasized that media must disseminate important information related to these schemes before public so that people may be able to take benefits out of these schemes especially those who are living in the far-flung areas, border areas of district Kathua.

District Statistical and Evaluation Officer,

Kathua, Ranjeet Thakur provided detailed information regarding completed and ongoing development projects in district Kathua. LDM, Kathua, Amul Bhatia in his address on financial inclusion said that the people living in the remotest corners of the country are now enjoying every kind of banking facilities which had been earlier the prerogative of only those living in the cities and towns. He stressed on media that the schemes like PMEGP, PM

Suanidhi, StartUp India, JJBY, APY etc. must be brought to the public so that they will be able to take best benefits out of them. Assistant Director, Press Information Bureau, Miss Ayushi Puri in her concluding remarks emphasised on the importance of 'Rural Media Workshop' "Vartalap" which is a platform for journalists working at district level to gain some insights about their role in development Journalism & responsible reporting.

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