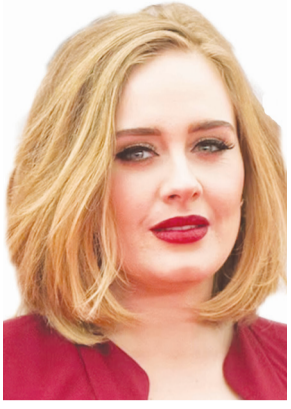


TOP NEWS OF J&K

JAMMU, THURSDAY, AUGUST 17, 2023

Daily Evening Newspaper



ENTERTAINMENT

| 6

Adele tears up as she helps couple announce their baby's gender on-stage



NATIONAL

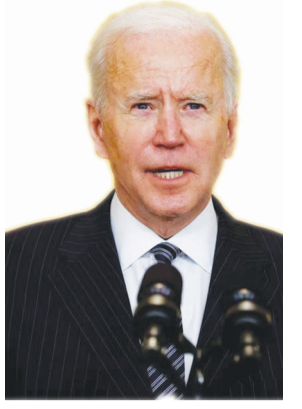
| 7

Ahead of critical third meeting of INDIA alliance, speculation abounds regarding key constituents

INTERNATIONAL

| 8

US President Joe Biden to visit Hawaii as first wildfire victims named



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BRIEFLY

Mild intensity earthquake hits Rajouri; No damage reported

JAMMU, Aug 17 (Agencies): An earthquake of 3.6 magnitude struck Jammu and Kashmir's Rajouri district on Thursday, but there was no report of any damage, officials said.

The epicentre of the tremor, which occurred at 3.49 am, was the mountainous areas of Rajouri, according to the National Centre for Seismology (NCS).

The depth of the earthquake was 10 kilometers below the surface, at a latitude of 33.33 degrees north and a longitude of 74.20 degrees, it said.

Have engaged best Lawyers in SC to challenge Article 370 revocation: Omar Abdullah

SRINAGAR, Aug 17 (Agencies): The National Conference has engaged the best lawyers in the Supreme Court to challenge the revocation of Article 370, said party leader Omar Abdullah on Thursday and expressed hope the judges will be convinced by their arguments. "We are fighting and we are there with a hope for justice. We have not left any stone unturned, we engaged the best lawyers and their performance was appreciated by all. The hearings are on and we hope the judges will be convinced by our arguments. It will go on and we are waiting," he told reporters here.

Addressing his party workers earlier at the National Conference (NC) headquarters Nawa-i-Subah, Abdullah said the party could not have done better than hiring Kapil Sibal and Gopal Subramaniam to fight the case in the Supreme Court.

"We hired the best lawyers. Kapil Sibal and Gopal Subramaniam are two of the top five lawyers in the country ... Win or loss is in the hands of God. A human being can only try and we did not leave any stone unturned. Now, we should pray to God to give us success," said the NC vice-president.

Asked about the Jammu and Kashmir administration

Turn to page 9

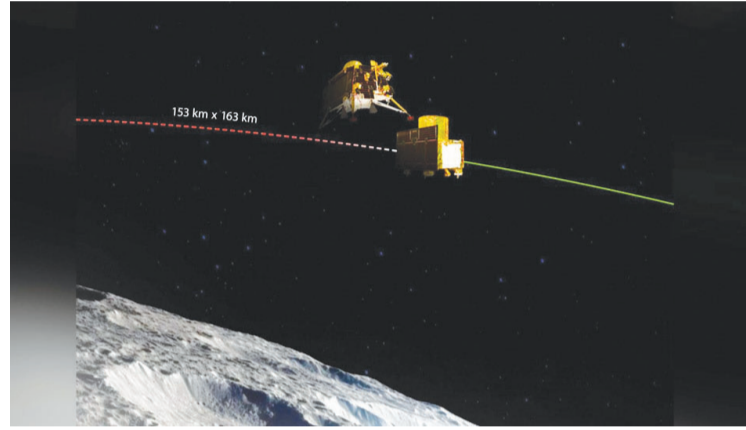
Chandrayaan-3 marks giant leap, lander successfully separates from propulsion module

NEW DELHI, Aug 17 (Agencies): India's Chandrayaan-3 mission marked another giant leap in its lunar quest as the 'Vikram' lander module of the spacecraft successfully separated from the propulsion module on Thursday.

The Chandrayaan-3 mission's lander is named after Vikram Sarabhai (1919-1971), who is widely regarded as the father of the Indian space programme.

On Wednesday, the spacecraft carried out the final lunar-bound orbit reduction manoeuvre of the Chandrayaan-3 spacecraft, a week ahead of its scheduled landing on the south pole of the moon on August 23.

A GSLV Mark 3 (LVM 3) heavy-lift launch vehicle was used for the launch of the spacecraft that was placed in the lunar orbit on August 5 and since then it has been through a series of orbit-



al manoeuvres been lowered closer to the moon's surface.

It has been a month and two days since the Indian Space Research Organisation launched the Chandrayaan-3 mission on July 14. The spacecraft was launched from the Satish Dhawan Space Centre in Andhra Pradesh's Sriharikota.

ISRO is bidding to make a

successful soft landing on the moon, which will make India the fourth country in the world to achieve the feat after the United States, Russia and China.

Chandrayaan-3 components include various electronic and mechanical subsystems intended to ensure a safe and soft landing such as navigation sensors, propulsion systems, guid-

ance and control, among others. The stated objectives of Chandrayaan-3, India's third lunar mission, are safe and soft landing, rover roving on the moon's surface, and in-situ scientific experiments.

The approved cost of Chandrayaan-3 is Rs 250 crores (excluding launch vehicle cost). Chandrayaan-3's development phase commenced in January 2020 with the launch planned sometime in 2021. However, the Covid-19 pandemic brought an unforeseen delay to the mission's progress.

Chandrayaan-3 is the ISRO's follow-up attempt after the Chandrayaan-2 mission faced challenges during its soft landing on the lunar surface in 2019 and was eventually deemed to have failed its core mission objectives.

Turn to page 9

IPS Officer suspended for 'Misbehaving' with woman in Goa night club

NEW DELHI, Aug 17 (Agencies): The Union home ministry has suspended an Indian Police Service (IPS) officer posted in Goa after allegations surfaced against him of misbehaving with a woman at a night club in the state last week, official sources said Thursday.

A Koan, a 2009-batch IPS officer of the AGMUT cadre, has been placed under suspension with "immediate effect" as departmental proceedings against him are contemplated, the order issued on Wednesday said.

The Ministry of Home Affairs (MHA) is the cadre controlling authority for IPS officers and

sources said the order was issued after the ministry received a preliminary investigation report from the Goa government.

It said the officer will be attached at the state police headquarters and "shall not leave the headquarters without obtaining the prior permission of the competent authority", till the suspension order was in force.

The deputy inspector general (DIG) rank officer was earlier relieved of his charge by the Goa government and asked to report to the state Director General of Police (DGP).

Chief Minister Pramod

Turn to page 9

Rahul Gandhi likely to leave for 2-day visit to Ladakh today

NEW DELHI, Aug 17 (Agencies): Congress leader Rahul Gandhi is likely to embark on a two-day visit to Ladakh starting from Thursday, according to the party sources.

The sources said that Rahul Gandhi will be on a two-day visit to Ladakh on Thursday and Friday.

Earlier, Rahul Gandhi had visited Jammu and Kashmir's Srinagar and Jammu twice, but he could not visit Ladakh.

The party source, however, did not reveal any other plans.

In January this year, Rahul had visited Jammu and Srinagar during his Bharat Jodo Yatra.

He once again visited Jammu and Kashmir on



a personal visit in February this year, but could not visit Ladakh.

The Congress leader is also likely to embark on a Europe tour, covering three countries namely Belgium, Norway, and France from the second week of September, sources said on Friday.

According to sources, the Congress MP will visit Europe in the second week of Sep-

tember, where he will be meeting European Union Parliamentarians, the Indian diaspora, and university students.

He will be visiting Belgium, Norway and France, they added.

This foreign trip comes after his 10-day US tour, which began in May, this year.

The Congress leader covered three cities namely San Francisco,

Washington DC, and New York during his previous tour, where he interacted with the Indian diaspora, venture capitalists, and lawmakers, among others.

Rahul Gandhi's foreign visits are under fire since his speech at Cambridge University in London earlier this year, in which he said that Indian democracy is under pressure and under attack.

In a lecture at Cambridge University, UK, Rahul Gandhi said, "Everybody knows and it's been in the news a lot that Indian democracy is under pressure and under attack. I am an Opposition leader in India. We are navigating that (Opposition) space."

Turn to page 9

West Bengal man arrested with stolen pistol in Srinagar



SRINAGAR, Aug 17 (Agencies): A man from West Bengal was arrested on Thursday with a pistol that he had stolen from a house here, police said.

Lokesh Kumar, a native of West Bengal's Alipurduar, who is currently living in Elahi Bagh Soura area was arrested at a joint naka

at Regal Chowk in the early hours of the day, Srinagar police said on X, formerly Twitter. According to a police source, Kumar had stolen the licensed pistol earlier in the night from a house in Srinagar.

An FIR has been registered at Kothibagh police station, they added.

13 injured as minibus overturns in Udhampur

UDHAMPUR, Aug 17 (Agencies): Thirteen pilgrims, including 10 women, were injured when their minibus overturned on the Jammu-Srinagar National Highway in Udhampur district, officials said on Thursday.

The accident took place at Batal Ballian area of the district on Wednesday night.

The minibus was carrying pilgrims of Machail Mata yatra to Jammu from Paddar belt of Kishtwar district, they said.

The injured were admitted to the district hospital in Udhampur, they said.

Two of them have been shifted to GMC hospital in Jammu.

Charri Mubarak taken to 'Sharika Bhawani' temple in Srinagar to pay obeisance



SRINAGAR, Aug 17 (Agencies): Charri Mubarak, the silver mace, of Swami Amarnath on Thursday was taken to Ancient 'Sharika-Bhawani' Temple in Srinagar to pay obeisance on the occasion of 'Shravan Shukla Paksha Pratipada'.

Led by Mahant Deependra

Giri ji, the custodian of Charri Mubarak, was taken to Hari Parvat, temple to pay obeisance to the Goddess on the occasion of 'Shravan Shukla Paksha Pratipada', as per the age-old traditions.

A sizable number of Sadhus and devotees participated in the

'Puja' that lasted for more than 90 minutes.

Goddess 'Sharika-Bhawani' popularly known as 'Tripursundari', amongst the mystics, is believed to be 'Isht Devi' (Presiding Deity) of the Srinagar city who manifested herself in a figure of

Turn to page 9

J&K govt freezes boundaries of administrative units till completion of Census 2021

SRINAGAR, Aug 17 (Agencies): The Government of Jammu and Kashmir has frozen the boundaries of Districts, Tehsils, Municipalities, Towns, Revenue Villages and other Administrative units till completion of Census 2021.

A notification issued by Planning, Development and Monitoring department in this regard reads, "In exercise of the powers conferred by clause (iv) of rule 8 of the Census Rules, 1990 and in supersession of earlier notifications issued on the subject, the Government of Jammu and Kashmir hereby freezes the

Turn to page 9

New Covid-19 variant eris no cause for concern: DAK

Top News Report

SRINAGAR, Aug 17: Doctors Association Kashmir (DAK) on Thursday said the new variant of Covid-19 Eris is not a cause of concern and there is no need to worry about it.

Amid reported cases of new Covid-19 variant Eris in some states in India, Dak President Dr Nisar ul Hassan said, "there is no evidence to suggest that the new variant causes more severe illness."

Dr Hassan said the EG.5, dubbed as Eris, is a sub-variant of the Omicron variant of Covid-19. It is rapidly spreading across the UK and US and has also

been reported in China, Europe and Japan.

"The new variant was first detected in India in May 2023 and the fact is that there has been no significant increase in the incidence of the new strain since its detection 3 months ago shows that it is not something to be bothered about," he said.

The DAK President the new variant is basically a sub-lineage of omicron which most of us have gone through and our population has enough immunity against omicron and its sub-variants.

"With high vaccination rates and natural immunity, the possibility of a

Turn to page 9

EDITORIAL

DRUG
MENACE

Abrogation of Article 370 leads government to wage an all-out war against Drug Addiction. The drug menace has been a cause of concern for the entire Jammu and Kashmir region; the addiction to drugs has increased tremendously with the onset of violence in Jammu and Kashmir, and the worst impacted is the Valley of Kashmir.

The abuse of several drugs is a matter of concern for both the public and the Government of Jammu and Kashmir.

It has been dubbed as the killer of the present and future of the youth. Kashmir is among the hotspots of drug addiction in the world.

The sources of drug addiction and also the Narco terror had remained almost untouched in the previous Governments of the erstwhile state of Jammu and Kashmir.

Neither drug addiction sources were being touched nor the chain of drug peddlers destroying the future of our youth.

On 5 August 2019 with the abrogation of article 370 the new system of government and complete integration of Jammu and Kashmir with the rest of the country took place, with its new advent and fresh approach to crushing the drug menace.

The government of Jammu and Kashmir with the full force of its dynamic law enforcement is going after the circuit of drug peddling now.

From Srinagar in Central Kashmir to North Kashmir to South Kashmir on daily basis, we are hearing arrest of drug peddlers. The narco terror from across the border is also crushed with the full force of law.

The masses of Jammu and Kashmir are delighted over the series of actions taken by the Union Territory Government of Jammu and Kashmir in its war against the drug addiction menace.

The Jammu and Kashmir Government throughout the length and breadth of Jammu and Kashmir is organizing awareness programs like seminars, debates, and symposiums in the educational institutions to aware the youth especially the vast student community over the menace of drug addiction in Jammu and Kashmir. To aware, the public at large rallies and marathons are conducted on the large scale to keep the masses aware of the hydra headed monster of drug addiction.

Scores of notorious drug peddlers have been arrested in successful operations of the Jammu and Kashmir Police.

Similarly, a war against drug peddlers is on against the drug peddlers in all districts of Jammu and Kashmir. The society elders and the Government have made it clear that overall introspection at the level of society is also needed to crush the drug menace. Even female drug peddlers are being arrested which is a shame for us as a society.

One major fact although a big worry for both the Government and the masses is that survey conducted by the Union Territory administration has brought to fore sensational revelations about rampant drug abuse in the Kashmir Valley, where over 25.2 percent of unemployed youth are found involved in substance abuse. The facts although still worrying related to drug addiction but the war of Jammu and the Kashmir Government against the sources of drug addiction is being lauded, with masses saying they are ready to help in every regard to the Government of Jammu and Kashmir.

Skin Pigmentation and its Home Remedies: Shahnaz Husain

It is commonly believed that moisture in rainy weather will protect the skin, but that's not true. Our skin often pays the price for the moisture-laden environment. The increased humidity, dampness, and fluctuating temperatures during the monsoon can lead to various skin issues.

Hyperpigmentation is a common problem in monsoons, which causes the darkening of an area of the skin. Hyperpigmentation is a condition that can be caused due to an abnormally high concentration of melanocytes due to the sun exposure.

Skin pigmentation is a common issue faced by most of us in form of sun spots, age spots, freckles, sun damage, or melisma making skin look dull, lifeless uneven and ruins its texture completely. It also starts drying out the skin making it darker and patchy.

It is caused by overproduction of melanin, the pigment that gives you your natural skin tone. When this pigment forms a deposit in the skin, it causes brown or tan spots on the skin which is called pigmentation.

In nut shell any discoloration of the skin is known as pigmentation which is completely harmless and faced by both men and women. Pigmentation can occur to anyone on face, hands or any other body part regardless of one's gender, race, age or geographical locations.

In order to get rid of those stubborn pigmentation spots, we often resort to various BB

creams, concealers and many other artificial creams. However, these chemical-based creams can do more harm than good to your skin.

While such skin isn't easy to be repaired to a point where it starts glowing in a short span of time, when dealt with on your own. But experts opinion actually work wonders for such skin types. It is always better to go for natural ways while treating such skin conditions.

The first aspect of the treatment is protection from the sun. Actually, as part of the treatment, one should try to avoid sun-exposure as far as possible. Physical protection is the only answer by applying a sunscreen before going out in the sun. Select a sunscreen with SPF of at least 20. The sunscreen should be applied 20 minutes before sun-exposure, to allow it time to be absorbed by the skin. It should be reapplied if you are in the sun for longer than an hour. The effects of the sun increase near water bodies and snow, as they reflect the sun's radiation. Therefore, it becomes all the more important to protect the skin and re-apply the sun screen after 20 to 30 minutes.

If the skin is dry, it should be kept moisturized at all times. At night, after cleansing, apply a nourishing cream and massage it on the skin with a few drops of water. This helps to improve the skin's ability to retain moisture.

The use of scrubs and masks also help to remove dead skin cells and their contained pigment. This helps the dark

patches to gradually become lighter. External care, itself, can remove pigmentation permanently, provided protective care is followed afterwards. Even when the pigmented patches disappear, one should continue to use a sunscreen. In fact, the use of a sunscreen has become an important part of modern cosmetic-care, to protect the skin from problems and premature ageing.

Give the skin some nourishment. As a home remedy, you can try applying a little sesame seed (til) oil and pat the skin with a hot moist towel. Or, apply a little milk, with a few drops of honey, leave it on for 10 to 15 minutes and wash off with water. If you wish to make a cleanser at home, add 5 drops of oil to one tablespoon cold milk. Mix it well. Using cotton wool, use this mixture to wipe the skin. You will find that milk is very soothing to dry skin.

Here are some home remedies for pigmentation (dark patches):

Mix one part honey with two parts lemon juice and apply. Wash off after 20 minutes.

Mix ground almonds with curd and apply. Rub the mixture gently over the skin. Leave on for 5-10 minutes and wash off with water.

Mix rose water and lemon juice in equal quantities and apply on the dark areas. Wash off after 10 minutes, or once it dries.

Mix besan (gram flour) and curd, with a little turmeric and apply on the dark areas.

Take some rice flour, add a little curd and use it as a scrub

on pigmented skin

Scrub: Mix 3 tablespoons almond meal (ground almonds) with half cup yogurt (curd). Apply on the face and neck. Rub gently, especially on the dark patches and wash off. It also helps to remove tan. Scrubs should not be applied on dry or sensitive skin.

For dry skin, add half teaspoon til oil to a little milk and apply on the face. Wipe off with moist cotton wool after 15 minutes.

For sunburn: Actually, cold milk applied daily, using cotton wool, not only helps to soothe the skin, but also keeps it soft. It also makes the skin colour lighter over a period of time, if used daily.

For dark patches: Mix together a big pinch of coarse salt with a cream. Apply only on the areas with the dark patches or spots and rub gently. Wash off. Then apply cold milk and wash off after 15 minutes. Do this twice a week.

For dark spots: Add a pinch of turmeric (haldi) to curd and apply daily on the entire face. Wash it off after 20 to 30 minutes.

Mask: Mix 3 teaspoons oatmeal with ripe papaya pulp and one teaspoon curd into a thick paste. Apply and wash off after 20 minutes. This mask suits both dry and oily skin.

(The author is an international fame beauty expert and is called the herbal queen of India)

Unshackling or rebranding India's basic criminal laws?

By: Sanjeev Ahluwalia

The Union home minister has said he wants to unshackle India from its colonial legacy by proposing to repeal three long-standing laws and to substitute them with three bills that were tabled in Parliament last week. Lest the general public be misled into believing that this is just old wine in new bottles, he hastened to assure Parliament that this is a paradigm shift, which would put citizens at the centre of governance.

The three existing laws are the Indian Penal Code 1860 (IPC), the Criminal Procedure Code 1973 (CrPC) and the Evidence Act 1872 (IEA). One of these, the CrPC, has already acquired an Indian hue, five decades ago in 1973, when it substituted the old CrPC 1898. At the time, the substitution was driven by three factors.

First, to implement a recommendation of the First Law Commission 1959 about separating the judiciary from the executive fully to align with the constitutional framework of the separation of powers. Second, it incorporated a range of procedural changes to enhance speedy justice. Third, it signalled a major shift toward equitable justice by incorporating the provision of legal aid to an indigent person and a shift towards human rights sensitivity, by allowing representation against a proposed punishment before it is imposed. It has since been amended seventeen times -- the most recently in 2018 to enhance its workability and efficiency.

The proposed substitute to the existing CrPC 1973 will be the Bharatiya Nagrik Suraksha Sanhita. The new title in Hindi -- an Indian language -- is welcome but it fails to convey the intent of the bill, which is to codify the procedure to be followed in bringing

criminals to book. It is the IPC which provides "suraksha", or security to citizens, by laying down a series of "deterrent" outcomes (punishments) for criminal behaviour, and thereby theoretically induces socially compliant behaviour. A more appropriate name would have been Bharatiya Dandiniya Nyay Prakriya Sanhita -- loosely translated as "Indian Code of Criminal Law Procedure".

The Indian Penal Code lists and defines the prohibited actions (offences) which attract penal outcomes like fines, incarceration in prison or execution (death sentence). These are classified under twenty-one heads. The major ones are -- offences against the State; offences against the public tranquillity; contempt of the lawful authority of public servants; offences against public justice like false evidence; offences against the human body; offences against property; offences against religion; criminal breach of contract; relating to marriage; against defamation; criminal intimidation, abetment to commit offences and criminal conspiracy. For each offence a punishment is prescribed.

This exhaustive code has been amended forty times since its inception prior to Independence in 1947 and thirty-five times after Independence, the latest amendment being in 2018. It is now proposed to be renamed as Bharatiya Nyay Sanhita. The renaming in an Indian language is par for the course but the choice of title smacks of ambiguity and imprecision. "Nyay" is possibly used to convey a sense of justice. But isn't that the generic aim of the entire judicial system, which is why the scales of justice are often associated with it? The IPC is just one part of the justice system and not its entirety. There are three other branches of law which also deliver "nyay"

-- civil law, administrative law, and constitutional law. Given this nuance, a better new name for the IPC would have been Bharatiya "Dandaniya" Nyay Sanhita, loosely translated as the Code of Indian Penal Law.

The offence of "sedition", classified as one of the offences against the State, is now proposed to be deleted to show the law as becoming more citizen friendly. It is unreal that a modern State should not need laws to deal with the very real possibility of forces working to undermine it, possibly in consort with international actors. The good news is that India now has a range of alternative offences, embedded in special acts, which reflect the many manifestations of sedition, such as secession, armed insurgency, subversive activities, separatism, challenging the unity, sovereignty and integrity of India. These will now be incorporated into the new IPC, reducing the shine around rebranding government as being citizen friendly, but also imparting a welcome touch of pragmatism.

The Indian Evidence Act is being renamed as the Bharatiya Saksha Adhiniyam, which is unambiguously correct. This law has been amended eleven times before Independence and eleven times after, the most recent being in 2018. The IEA codifies how facts relevant to any case are to be determined, which facts need to be proven in court, the manner in which oral evidence and documents are to be proved, which party bears the burden of proof, the nature and extent to which admissible witnesses can be used to prove facts and how witnesses may be examined.

A useful new provision expands the definition of documents to include electronic or digital records, emails, server logs, computers, smartphones, laptops, SMS, websites, locational evi-

dence, mails, messages on devices.

Similarly, in the other two laws, new provisions promote positive change -- digitising the process chain from FIR, case diary, chargesheet, through to judgment; making videography compulsory during search and seizure; enhancing forensic analysis capacity and new duties for the police to support communities -- the police to personally inform the family of the person they have arrested and give feedback of action taken on a complainant, within ninety days and then every fifteen days.

However, none of these new provisions, including the name change, appear to necessitate new laws. They could all have been accommodated via limited amendments. There is a reason why laws should not be trifled with. Every change in the law imposes significant costs on all those who have to implement it, the Bar and the Bench and finally on complainants and the accused. Apart from the need to read up on the new laws, every new insertion will be dissected and judicially defined over time within case law. Only once this happens and a common understanding matures will the uncertainty and anxiety about the case's outcomes abate, along with the financial costs thereof.

The laws themselves have rarely been a problem, it is how they are implemented that must change. Adopting a 90 percent conviction rate as a performance metric, unless accompanied by metrics for unbiased investigation, and third-party oversight over the initiation of charges, could generate unwanted perverse effects, like efficiently prosecuting the innocent and the poor. More pertinently, once the CrPC changes, will the existing parallel procedural legislation -- the Civil Procedure Code -- be next?

Corporator Pritam initiates lane drain, tiles renovation work at Ward 55

TOP NEWS REPORT

JAMMU, Aug 17: Corporator Pritam Singh of Jammu Municipal Corporation (JMC) inaugurated the revitalization of lane and drain tiles in New Shanti Nagar, Ward-55, at an investment of Rs 15 lakh. These essential infrastructures have long been in a state of disrepair, causing inconvenience to the local populace, particularly the elderly.

The deteriorated condition of the lanes and drains had been a persistent concern, with residents, especially senior citizens, facing difficulties while navigating through these bustling pathways.

During a media address, Corporator Pritam Singh urged the



community to actively participate and collaborate with Jammu Municipal Corporation in its ongoing developmental initiatives within the city. He appealed to the public to refrain from using single-use plastics and polythene in their daily activities, while also advocating against the disposal of

waste, debris, and other contaminants in public drains, lanes, and waterways.

Pritam instructed the designated engineers and contractors to execute the renovation within the prescribed timeframe, utilizing top-grade construction materials to ensure longevity and the satisfac-

tion of local residents.

Pritam Singh emphasized the importance of segregating dry and wet waste at the individual level, highlighting that such practices would contribute to the realization of Jammu's vision as a tidy, pristine, environmentally-conscious, and aesthetically pleasing city.

Army organizes grand Urs celebration at Syed Peer Karmulla Ziharat Peer Baba

TOP NEWS REPORT

BONIYAR, Aug 17: In a display of unity and goodwill, the Indian Army stationed in Boniyar Tehsil orchestrated a remarkable Urs celebration at the revered Syed Peer Karmulla Ziharat Peer Baba, located in close proximity to the Line of Control. This event garnered an exceptional turnout, with approximately 1000 enthusiastic civilians participating, marking an unprecedented assembly at Peer Baba in Boniyar Tehsil.

The auspicious occasion was graced by the presence of esteemed dignitaries, including the Retired Block Medical Officer (BMO), Mr. Sheikh Farooq, and the Tehsil Supply Officer, Mr. Mohd Yousuf Bhat. Their attendance underscores



the harmonious rapport shared between the local community and the armed forces, portraying a heartening display of unity and cooperation.

The Urs celebration not only upholds a cherished tradition but also signifies the strong bond between the civilian populace and the soldiers stationed in the region. The convergence of civilians and military personnel in this jubilant event exemplifies the

shared commitment to fostering peaceful coexistence and amicable relations.

As a gracious gesture of hospitality, all attendees, including civilian participants, were treated to a sumptuous lunch at the ziarat. This thoughtful act reinforces the sense of camaraderie and goodwill between the community members and the Indian Army.

The resounding suc-

cess of the event, coupled with the overwhelming attendance, underscores the mutual respect, collaboration, and mutual understanding prevalent between the residents of Boniyar Tehsil and the soldiers stationed there. Initiatives of this nature not only nurture a sense of togetherness but also exemplify earnest efforts to cultivate peace and collaboration at the grassroots level.

DIET organizes training programme for lecturers, masters, teachers



TOP NEWS REPORT

JAMMU, Aug 17, 2023: In a joint effort between DIET Jammu and Mission Director NHM, UT of Jammu and Kashmir, a three-day training program was organized for Lecturers, Masters, and Teachers aimed at implementing the School Health Programme (Ayushman Bharat) in District Jammu. The event, held from August 17th to August 19th, 2023, took place at GGHS Bakshi Nagar Jammu.

The workshop was formally inaugurated by Prof. Dr. Sudhir Singh, Director Academics and UT Project Director, JKBOSE Jammu. Dr. Yasir Hamid Sirwal, Deputy Director Academics, JKBOSE Jammu, Dr. Hitesh Bhargav from

the CMO office Jammu, Sh. Nand Kishor, Principal DIET Jammu, and Ms. Ravinder Kour, Principal GHSS Bakshi Nagar Jammu, were also present during the inauguration.

Prof. Dr. Sudhir Singh and Dr. Yasir Hamid Sirwal addressed the participants, providing valuable insights into the implementation of these programs within the school system. The workshop saw the participation of 105 Lecturers, Masters, and Teachers from Zones Arnia, Miran Sahib, RS Pura, and Satwari.

The primary objective of the workshop was to equip the participants with the knowledge and skills to become advocates for the implementation of the Adolescent Health Program for School Health and Wellness, as part of

the Ayushman Bharat Mission.

Coordinated by Viney Kumar, Senior Lecturer at DIET Jammu, and assisted by Dr. Simia Tabassum, Senior Lecturer, who acted as Associate Coordinator, the training encompassed various sessions. Dr. Romesh Kumar Sharma, a distinguished Resource Person, conducted the initial session focusing on "Emotional Well-Being and Mental Health."

Nand Kishor, Principal DIET Jammu, extended the vote of thanks, expressing gratitude to Prof. Dr. Sudhir Singh and Dr. Yasir Hamid Sirwal for their significant contributions and commitment in inaugurating the workshop, despite their busy schedules.

Braham Jyot flags off Langar Sewa trucks for Machail Mata Yatra

TOP NEWS REPORT

JAMMU, Aug 17: Braham Jyot Satti, Senior Leader and Incharge of BJP OBC Morcha Jammu Kashmir, along with Dinesh Gupta, Councillor of Ward 18, ceremoniously flagged off Langar Sewa Trucks for the Machail Mata Yatra in Jammu. The event was organized by Vishal Sharma of Aap Shakti Sewa Committee, in collaboration with Rakesh Pandey, Mandal President of BJP OBC Morcha, and other distinguished attendees.

This marks the 5th annual Bhandara organized by Vishal Sharma, who, with the collective contributions of his friends, arranges this benevolent offering for Machail Mata devotees at Machail.

The event commenced with the dignitaries conducting the kanjak poojan, a sacred ritual, invoking blessings for the nation's peace and harmony.



Following this, the Langar Sewa Trucks were ceremoniously flagged off. The speakers lauded the commendable efforts of Vishal Sharma and the Aap Shakti Sewa Committee.

Addressing the gathering, Braham Jyot extended his warm greetings and expressed admiration for the exemplary work of the Aap Shakti Sewa Committee on this auspicious occasion. He emphasized that Mata Machail's blessings would bring health and prosperity to all.

Highlighting the significance of Machail Mata Temple, Braham Jyot described it as a revered Goddess Durga shrine situated in the village of Machail, Sub Division Paddar, Kishtwar District of Jammu region, in the Union Territory of Jammu and Kashmir.

He underscored that thousands of pilgrims from the Jammu region visit the Machail Mata shrine annually, with the pilgrimage occurring exclusively in August. The temple's unique

attributes include the idols and pindi form of Chandika, known for their spontaneous movement of jewelry and flickering closed eyes. Pilgrims frequently share their experiences of supernatural occurrences.

Braham Jyot further affirmed that the BJP is dedicated to humanitarian service, considering it an act of devotion, and commended the relentless efforts of BJP OBC Morcha workers in extending assistance to those in need.

He detailed the captivating landscape of Machail Mata Sthan, adorned with hills, glaciers, and tributaries of the Chenab River. The shrine has a rich history of miraculous events that unfold each year.

Braham Jyot emphasized that the BJP remains steadfastly committed to grassroots efforts for the betterment of the public. The team is available round the clock to extend assistance and address concerns promptly.

Army distributes books, stationary among 61 deserving students

TOP NEWS REPORT

BARAMULLA, Aug 17: Himmat Bn orchestrated a heartwarming initiative near the LC area by distributing books and stationary to 61 deserving students from nearby schools of chorkut and asha.

The event, characterized by its thoughtful organization, saw the participation of Capt Sachin sharma, two Junior Commissioned Officers (JCOs), and ten Other Ranks (ORs).

The involvement of 18 RR reflected a commitment to community engagement beyond

their military duties. Their presence not only highlighted their dedication to serving the nation but also showcased their compassion for the local populace.

This initiative aimed to bridge the educational gap and provide much-needed support to students, fostering a positive relationship between the army and the civilian community.

The distribution of books and stationary underscored the significance of education in shaping young minds. It symbolized a collaborative effort to empower the youth, offering them the

tools necessary for their academic growth. By extending this helping hand, the army unit contributed to the broader goal of enhancing literacy and education in the region.

The event's impact was undoubtedly profound, as it not only directly benefited the students but also sent a powerful message about the military's dedication to societal welfare. The participation of officers, JCOs, and ORs exemplified a harmonious teamwork that transcended ranks and positions, emphasizing a shared commit-

ment to a brighter future for the children in the area.

In a world often characterized by challenges and divisions, this initiative served as a heartening reminder of the positive influence that institutions like the army can have on the communities they serve. The distribution of books and stationary to the 61 students near LC by 18 RR Bn showcased the potential for unity and positive change, leaving a lasting impression on both the young recipients and the observers of this admirable endeavor.

State Motor Garages commemorates 77th I-Day with grandeur

TOP NEWS REPORT

JAMMU, Aug 17: The 77th Independence Day was celebrated with immense fervor and enthusiasm at the premises of State Motor Garages. The event was marked by the unfurling of the tricolour national flag by Sh. Shakeel Ahmed Khan, Deputy Director of State Motor Garages, Jammu Province. Accompanying him were P K Bhat (AO), Mr. Qazi Naveed (Works Manager), Davinder Singh & Anju Sharma (SO Adm.), Peter Gill (SO Transport), as well as Darshan Kumar, Shishu Pal, Jagpreet Singh, and others. Together, they harmoniously rendered the melodious strains of the National Anthem, infusing the atmosphere



with a patriotic zeal. During his address to the august gathering, Deputy Director Sh. Shakeel Ahmed Khan emphasized the profound significance of the day, which unites the entire nation in its rich diversity. He reiterated our moral responsibility to safeguard the peace

and integrity of the nation at any cost. The celebrations of this auspicious day commenced with the utmost majesty, evoking deep respect and fervent enthusiasm.

Adding to the grandeur of the occasion, Abdul Qadir Kundria, a former Employee of State Motor Garages, Jammu, and a

distinguished Urdu and Dogri writer, graced the event with his presence. The spirit of this significant occasion reverberated across all the sub-offices of State Motor Garages throughout Jammu Province, as they joined in celebrating with unparalleled zeal and fervency.

77th Independence Day celebrated at Ward 20 with Zeal & Unity

TOP NEWS REPORT

JAMMU, Aug 17: Councillor Rahul Kumar, representing Ward 20, marked the 77th Independence Day with unwavering enthusiasm and patriotic fervor.

The celebrations took place at Park No. 03 and Valmiki Colony, where a significant gathering of community members and distinguished guests united to honor the spirit of freedom and national pride.

Amidst a vibrant atmosphere, Councillor Rahul Kumar hoisted the National Flag at both Park No. 03 and Valmiki Colony. The event was graced by the esteemed presence of Mandal General Secretary Rachit Khosla, Ward President Satbir Singh Ji, Vijay Verma Ji,



Sandeepan Gupta, and other notable community figures.

During his impactful address, Councillor Rahul Kumar reflected on the indomitable spirit of India's freedom fighters who made unparalleled sacrifices in their tireless struggle against the oppressive colonial rule of the British. He eloquently highlighted the enduring legacy of their

courage and determination, which continues to inspire generations and fortify the nation's unity.

Councillor Rahul Kumar also praised the visionary leadership of Prime Minister Narendra Modi, underscoring the remarkable transformation that India is undergoing under his guidance. He emphasized that the country's relentless march towards

progress and development is a testament to Prime Minister Modi's sagacity and dedication.

The event was attended by other prominent individuals including Rakesh Gupta Ji, Jungbahadur, Viney, Karan, and Atul Gupta, who shared in the celebration of the nation's freedom and expressed their commitment to furthering its prosperity.

9 Years of Seva, Sushasan, Garib Kalyan: CBC organises outreach program in Nubra valley

TOP NEWS REPORT

NUBRA, Aug 17: The Central Bureau of Communication (CBC), Ministry of Information and Broadcasting, Government of India on Thursday organised a one day outreach program at Govt Higher Secondary School, Diskit in Nubra valley.

The program was organised on the theme of 9 Years: Seva, Sushasan aur Garib Kalyan by CBC's Field Office, Leh to showcase India's matchless achievements in different fields during the last nine years. Information about various public welfare schemes of the government especially those launched for the upliftment of the tribal and other vulnerable sections of population was shared with the people through informative standees, expert lectures and printed



awareness material. Tsering Angchuk, Deputy Chairman, Ladakh Autonomous Hill Development Council (LAHDC), Leh was the chief guest on the occasion. In his presidential Sh. Angchuk appreciated the CBC for taking the message of development to remote areas such as Nubra. Addressing a gathering of officers from sub divisional administration, teachers

and students, he said that welfare schemes like PMGKAY, PM Ujjwala Yojana, Jal Jeevan Mission, Mudra Yojana and Ayushman Bharat have changed the lives of people across India including Ladakh. He said that awareness about these public welfare schemes is of key importance for upliftment of poor and marginalised communities. Sh. Angchuk also

highlighted the achievements of the government of India as well as LAHDC, Leh during the last nine years of the governance of Seva, Sushasan and Garib Kalyan. Shahid Mohammad Lone, Field Publicity Officer, CBC in his welcome address gave a detailed overview about the mandate and activities of CBC and briefed the audience about the

programme. He said that mass awareness about various welfare schemes is important to ensure their successful implementation. He thanked the sub-divisional administration Nubra and district administration Leh for the support and coordination in organising the program.

Earlier an open quiz competition was organised for the students of Government Degree College, Nubra and Government Higher Secondary School, Diskit.

Others who addressed the gathering included Sh. Tashi Jorgais, Tehsildar, Diskit, Sh. Sonam Stobdan, Zonal Education Officer, Nubra and Sh. Sonam Rinchen vice-principal GHSS Diskit. The one day programme was also attended by the teaching staff and students of GDC Nubra.

Bhartiya Shikshan Mandal conducts Bharat Mata Pujan at CUJ



TOP NEWS REPORT

JAMMU, Aug 17: Bhartiya Shikshan Mandal (BSM), Jammu-Kashmir & Ladakh Prant, orchestrated a revered Bharat Mata Pujan at the Department of English, Central University of Jammu (CUJ), with the gracious endorsement of Prof. Sanjeev Jain, the esteemed Vice Chancellor. The event was masterfully coordinated by Prof. Vandana Sharma and Dr. Ketan Bhatt, resonating with the spirit of reverence and patriotism.

The ceremony witnessed spirited participation from more than 50 attendees, encompassing faculty members, research scholars, and students, united in their devotion to Bharat Mata. The occasion commenced with the ceremonial lighting of lamps and the tender offering of flowers at the image of Bharat Mata.

Dr. Ketan Bhatt delivered an enlight-

ening introduction to both the concept of Bharat Mata Pujan and the Bhartiya Shikshan Mandal, providing valuable context to the audience. Following this, Prof. Vandana Sharma delivered an inspiring address, encouraging the participants to remain unwavering in their loyalty to the nation and to infuse the ethos of "nation first" into every facet of their lives.

In his concluding remarks, Prof. Deepak Pathania expressed his heartfelt commendation to Bhartiya Shikshan Mandal for orchestrating a profoundly impactful event that resonates deeply with the principles of nation-building. He urged everyone to channel their efforts towards contributing significantly to the holistic progress of the nation.

The event, marked by devotion, unity, and inspiration, culminated with a collective spirit of dedication towards the betterment of the nation.

Three-day MOOCs workshop begins at Central Sanskrit University



TOP NEWS REPORT

JAMMU, Aug 17: Central Sanskrit University, Sri Ranveer Campus and SWAYAM-MOOCs, under the joint aegis of the Internal Quality Assurance Cell of the University, organizes a three day workshop on Massive Open Online Courses (MOOCs) for its faculty members from August 17-19. The main objective of the workshop is to guide the participants about MOOCs and provide them with the necessary skills to design and develop e-content in their respective knowledge areas and other similar platforms.

Sharing the vision behind the workshop, Dr. Madan Kumar Jha, Coordinator, Sri Ranbir Campus MOOCs SWAYAM, explained that higher education in India needs to be dynamic through continuous training and development of its workforce to account for advances in technology and the changing educational landscape. He said that the faculties in HEIs should keep continuously upgrading their teaching quality and incorporating technology into their academic framework.

The workshop on "Design and Development of Digital Content" is in line with the three key principles of the National Educational Policy (NEP) 2020 - Access, Equity and Quality as all these three can be achieved through the use of digital platforms.

Eminent resource persons viz., Prof.

Amita Pandey Bhardwaj Shri Lal Bahadur Shastri National Sanskrit University, New Delhi; Prof. Ramesh Chandra Sharma, New Delhi; Prof. RG Muralikrishna, New Delhi; Dr. Basant Agarwal; Dr. Priyanka Harjule, Jaipur; Dr. Amitash Ojha, IIT Jammu; Dr. Yash Pal Sharma, Kerala; Dr. Ashish Kumar, IGNOU, New Delhi; Dr. Abhishek Kumar, Baroda will express valuable information adding to the knowledge of the participants. During the three days workshop, participants will be trained in designing MOOCs based on the four quadrant approach, building and operating in flipped classroom settings; effective content delivery mechanisms; assessment and certification of OERs; and MOOC courses. Hands-on training will be provided to the participants for developing the Expression of Interest (EOI).

The Chief Guest in the inauguration ceremony, Vice-Chancellor of the University, Prof. Sriniwasa Varkhedi said in his video message that there is a need of online courses in the field of Sanskrit today.

The Guest of Honour, Prof. Amita Pandey Bhardwaj who is an expert in developing e-content and e-lectures exhorted the faculty members to access more information through e-learning platforms and share video lectures so that students can clear their doubts after class. Prof. Banmali Biswal, Dean, Academic Affairs

and Student Welfare, Saraswat Guest of the University, said that the education system in India is currently undergoing revolutionary changes. Access to education has improved phenomenally with the use of information and technology. He further said that during the past one century, huge progress has been made in the fields of medicine, communication, transportation, etc., but the method of classroom has teaching remained largely untouched. However, with the advent of information technology in the last few years, many amazing changes are taking place in the teaching and learning process as well.

Prof. RG Muralikrishna, Director, Central Schemes, Saraswatiithi Vishwavidyalaya, spoke about the ways and means of promoting MOOCs and guided the participants on how to design MOOCs courses.

Prof. Madan Mohan Jha, Director of the University Campus, informed that the workshop is being organized to train the University's MOOCs Coordinator, MOOCs Course Coordinator and Technical Assistant about MOOCs.

Dr. Amrita Kaur, Coordinator of MOOCs of the University, gave a detailed introduction to the participants about MOOCs and its online platform SWAYAM. She said that it is important to introduce MOOCs for university level students so that more and more students can get benefit from it. Dr. Yogendra Dixit, Co-coordinator of the workshop, thanked all the participants. He also expressed his sincere gratitude to the Vice Chancellor of the University for choosing Sri Ranbir Campus, Jammu for conducting this workshop.

Shiv Sena urges Govt for immediate focus on women's rights, empowerment in J&K

TOP NEWS REPORT

JAMMU, Aug 17: The Shiv Sena (UBT) Jammu and Kashmir Unit has called upon the central and state governments to demonstrate a serious commitment towards the rights, security, and empowerment of half the population by urgently addressing the matter.

Addressing a press conference at Party's State Office in Jammu today, Manish Sahni State President stated that slogans like "Bahut Hua Nari Par War" have proved to be a jumla regarding the safety and empowerment of women in Jammu and Kashmir.

After abrogation of Article 370, the reinstatement of women's equal property rights was celebrated superficially, as concrete



measures for women's rights, security, and empowerment have not been taken in Jammu and Kashmir over the past four years. Highlighting the alarming number of over 10,000 missing women from the region since 2019, Sahni underscored the prevalent domestic violence, mental anguish, and insecurity faced by women, reflecting the

dire need for immediate attention.

Sahni said that on February 8, 2022, the reconstitution of the defunct Jammu and Kashmir State Commission for Women was announced, despite the passage of 18 months, the State Women's Commission remains non-operational at the ground level. He also highlighted that out

of the total population of more than a 1.25 crore residing across 20 districts in Jammu and Kashmir, women's police stations are present in only four districts. The participation of women in police forces stands at a mere 3-4 percent.

Sahni revealed that the Jammu and Kashmir Government, despite its claims of women's

empowerment, is compromising women's rights by only allocating a 15 percent quota for women in the police forces, whereas other states and union territories have quotas up to 33 percent.

Appealing to both the central and Jammu and Kashmir governments to prioritize women's security and empowerment, Sahni called for an increase in the reservation of women in police forces, the establishment of active Women's Commissions, the creation of district-level women's police stations, and ensuring the presence of women's desks at every police station.

Among those who were present in the press conference include Meenakshi Chibber and Sukhwinder Kour.

Army launches Grand Plantation Drive in Chowah Village, Akhnoor as Part of 5-Day Green initiative

TOP NEWS REPORT

AKHNOOR, Aug 17: In a remarkable effort to promote environmental conservation and commemorate the spirit of Azaadi ka Amrit Mahotsav, the Indian Army has undertaken a momentous 5-day Plantation Drive from August 17th to 21st. The drive was launched with great enthusiasm at Chowah Village, Akhnoor, with the aim of planting approximately 5000 fruit-bearing trees.

As a testament to the commitment of the Indian Army towards the nation's sustainable future, this initiative falls under the overarching theme of "Mera Maati Meri Desh," symbolizing the intrinsic bond between the land and its people. The "Go Green" initiative underscores the imperative need to safe-



guard and rejuvenate our environment for future generations.

The Plantation Drive is not only a profound step towards ecological preservation but also a heartfelt tribute to the ongoing Azaadi ka Amrit Mahotsav, celebrating 77 years of India's independence. It serves as a living embodiment of the nation's collective aspirations, as citizens

and armed forces come together to sow the seeds of progress and prosperity.

The inauguration ceremony witnessed the presence of esteemed dignitaries, local sarpanch Naseem Fatima, Mrs Sushma Kumari from education dept, and community members, all of whom came together to herald this impactful endeavor. The

event was marked by fervent speeches, spirited performances, and a shared sense of responsibility towards a greener and more sustainable tomorrow.

The event was attended by more than 150 school students of Govt girls middle school grand, Bhalwal.

The Plantation Drive is anticipated to foster an enduring legacy,

enriching the local ecosystem, providing livelihood opportunities, and imparting invaluable lessons of environmental consciousness to the younger generations. The Indian Army remains steadfast in its commitment to fortify the bond between the citizens and the environment, embodying the true essence of unity, duty, and patriotism.