

TOP NEWS OF J&K

JAMMU, SATURDAY, DECEMBER 21, 2024

Daily Evening Newspaper



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Make meditation a part of life: PM Modi

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Sri Lanka president Anura Kumara Dissanayake to visit China



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BRIEFLY

Man found dead in South Kashmir

SRINAGAR, Dec 21 (Agencies): A 29-year-old man was found dead on Saturday in Sangam area of South Kashmir's Anantnag district.

Officials said that a man working at the Sangam petrol pump was found dead in his room at the Petrol pump. The deceased has been identified as Kifayatullah Khanday (29) son of Kasim Ali Khanday resident of Doda. His body was brought to SDH Bijhera for medico-legal formalities.

Meanwhile, police have registered a case in this regard and investigation has been taken up.

Srinagar records coldest Dec night in over three decades as Chillai-Kalan arrives in Kashmir

SRINAGAR, Dec 21 (Agencies): The summer capital of Jammu and Kashmir, recorded its coldest December night in 30 years as the mercury dipped to a bone-chilling -8.5°C.

As per an independent forecaster, this is the third lowest December temperature ever recorded in Srinagar in the last 133 years.

"At -8.5°C Srinagar Recorded the coldest night of the December since 1990. All time lowest temperature was -12.8°C which was recorded on 13 December 1934," he said, in a post on X.

Regarding other areas, he said that Shopian in South Kashmir recorded a low of minus 10.4 degrees Celsius while Anantnag recorded minus 10.5 degree Celsius, lowest in the valley.

The minimum temperature settled at minus 10.3 degree Celsius in Pulwama while in Kulgam it settled at minus 6.8 degree Celsius.

Chillai-Kalan is a 40-day harshest winter period that will be followed by Chilla-bacha or baby cold from Feb 20 to March 2.

Congress to take out nationwide protests against Amit Shah's remarks

NEW DELHI, Dec 19 (Agencies): Lok Sabha LoP Rahul Gandhi with India bloc MPs hold a protest march from Babasaheb Ambedkar statue at the Parliament

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LG Manoj Sinha congratulates Jammu University for achieving NAAC A++ grade

JAMMU, Dec 21 (Agencies): Jammu and Kashmir Lieutenant Governor Manoj Sinha on Saturday congratulated the University of Jammu on getting the A++ NAAC accreditation stating that the institution has made the Union Territory proud.

"The University of Jammu has achieved the prestigious A++ Grade with a CGPA of



3.72 on a seven-point scale by NAAC," Sinha posted on X.

Heartiest congratulations to the Vice Chancellor, faculty, staff, scholars and students for this outstanding accomplishment, he further posted adding, "you've made J&K proud."

Jammu University's reform-driven futuristic vision underscores its commitment to fostering academic excellence.

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Submit details of Govt Employees, Political Persons holding offices in sports bodies: J&K Sports Council

JAMMU, Dec 21 (Agencies): In a major development, the Jammu and Kashmir Sports Council has requested the general secretaries of all the recognised and affiliated sports associations to submit the details of the government employees and the political persons holding offices in the sports bodies functioning in the Union Territory of Jammu and Kashmir. Jammu local businesses Jammu and Kashmir tourism

The notification issued by the Chief Account Officer (CAO) of Jammu and Kashmir Sports Council, has requested the General Secretaries of all recognised UT of Jammu and Kashmir Sports Associations to furnish the details of government employees and political persons holding offices in the recognised sports associations.

"Kindly furnish the details of government employees and political-

ly affiliated persons holding offices in respective J&K UT Sports Association in contravention to Rule 26 (1) of constitution of Jammu and Kashmir Sports Council (JKSC) and rule 21 (1) (2) of the Jammu and Kashmir Government Employees (Conduct) Rules, 1971," the CAO said as per the directions from the higher authorities.

As per the notification, the Jammu and

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Proposed 28% GST hike will destroy Kashmiri art, says Mehbooba Mufti, Urges Omar Abdullah to act

SRINAGAR, Dec 21 (Agencies): Peoples Democratic Party (PDP) president Mehbooba Mufti has strongly criticized the proposed 28% GST hike on textiles, warning that it will devastate Kashmir's rich artistic heritage, including shawls and handicrafts. Jammu and Kashmir tourism

She also called on National Conference vice president and former Chief Minister Omar Abdullah to address the issue and safeguard the region's traditional industries.

Speaking to reporters, Mehbooba said, "Today, when you increase GST



by 28% in the capital of Kashmir, our art will automatically end. Efforts are being made to destroy it by doing development work on horticulture land and by imposing GST on shawls and handicrafts. Both these things kept Jammu and Kashmir alive in difficult times."

Mehbooba urged Omar Abdullah to take concrete steps to address the issue. "I request Omar Sahab, what are you doing to save it? What are you doing on the matter of increasing GST by 28%? I hope that Omar Sahab will pay attention to this and solve the problems of the people," she added, as quoted by news agency ANI. Jammu and Kashmir tourism

The PDP chief's remarks come amid widespread opposition to the proposed GST hike, which many fear will severely impact Kashmir's traditional

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Cyber Cell recovers Rs 11 lakh in online financial fraud cases in Kulgam, returns 30 smartphones



SRINAGAR, Dec 21 (Agencies): The cyber cell of Jammu and Kashmir Police has recovered over Rs 11 lakh in online financial fraud cases in southern

Kulgam district, officials said today. Jammu and Kashmir tourism

During the current year, multiple applications and reports were received from the gen-

eral public about missing/stolen of their mobile phones by Cyber Cell of J&K Police in Kulgam," said a spokesman.

Acting upon these applications and reports, a special and dedicated team of Cyber Cell Kulgam under the supervision of DySP Hqrs Kulgam recovered 30 smartphones so far from different places which were either lost or stolen. All the 30 smartphones were handed over to their legal owners after

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GST Council postpones decision on slashing tax on life, health insurance

JAISALMER, Dec 21 (Agencies): The GST Council on Saturday postponed a decision on cutting tax rate on life and health insurance premiums, officials said.

The 55th meeting of the GST Council, chaired by Union Finance Minister Nirmala Sitharaman and comprising state counterparts, decided that some more technicalities needed to be ironed out and tasked the GoM for further deliberations.

Bihar Deputy Chief Minister Samrat Chaudhary said one more meeting of the GoM on insurance is required to take a call on taxation of group, individual, senior citizens' policies.

"Some members said more discussions required. We (GoM) will meet in January again," Chaudhary told reporters.

A Group of Ministers (GOM) set up by the

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Army has increased operational footprint in Jammu region: Lt Gen Navin Sachdeva



RAJOURI/JAMMU, Dec 21 (Agencies): The Army has increased its operational footprint in the Jammu region, including the strategic occupation of the upper

reaches of the Pir Panjal range, a senior officer said on Saturday.

The Army is playing a pivotal role in military-civilian coordination in creating a stable envi-

ronment in the region, the officer said.

The officer emphasised that the Army will continue its efforts to promote peace, security, and development in this region.

"In recent times, the Indian Army has significantly enhanced its operational capabilities. We have strengthened our patrols and posts, even in the highest mountains and ridges. This progress has been made possible thanks to your unwavering

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Lotus will bloom in Punjab: BJP's Tarun Chugh

AMRITSAR, Dec 21 (Agencies): Bharatiya Janata Party National General Secretary Tarun Chugh, after casting his vote in the Municipal Corporation elections in Punjab, spoke to reporters in Amritsar today.

Chugh emphasized the importance of elections



in a democracy, stating,

"Elections are like festivals in a democracy, and casting a vote is the biggest strength of the people. This strength has been given to us by Dr. Bhimrao Ambedkar through the Constitution."

Chugh urged voters to

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J&K Youth Congress stages protest against detention of IYC President in Assam

Top News Report

JAMMU, Dec 21: The Jammu & Kashmir Youth Congress (JKPYC) held a protest in Jammu on Saturday, strongly condemning the detention of Indian Youth Congress (IYC) President Uday Bhanu Chib in Assam. Protesters accused the BJP-led Assam government of suppressing opposition voices and targeting dissent. The demonstration, led by Maan Singh Rathore, IYC Secretary Incharge J&K, along with JKPYC President Akash Bharat and other senior leaders, involved burning an effigy to symbolize frustration with the BJP's alleged undemocratic actions. The protestors also criticized

controversial remarks made by the Union Home Minister in Parliament about Dr. B.R. Ambedkar, calling it an insult to democratic principles and equality upheld by the Constitution's architect. Addressing the gathering, Maan Singh Rathore called the detention of Uday Bhanu Chib a blatant misuse of power. "This is not just an attack on an individual but on democracy itself," he said, accusing the BJP of being intolerant of dissent. He highlighted a pattern of criminalizing opposition voices and vowed to continue resisting such tyranny. "The systematic erosion of democratic values under BJP rule is unacceptable. We will not back down, no matter the cost," he asserted.



JKPYC President Akash Bharat criticized the BJP for its "cowardly move" aimed at demoralizing the Youth Congress. "The BJP fears the growing voice of the youth

under Uday Bhanu Chib's leadership," he said. Bharat stressed that such actions only strengthen the Youth Congress's resolve and reaffirmed the youth's commitment

to fighting against divisive and oppressive policies. "From Assam to Jammu, the frustration with this government is evident," he added. Anirudh Sawhney, JKPYC State General Secretary, accused the BJP of detaining Chib without just cause, calling it an act of desperation. "The BJP fears the truth that the Youth Congress is exposing about their failures," he said. Sawhney also expressed outrage over remarks made by the Union Home Minister regarding Dr. B.R. Ambedkar, describing them as disrespectful and indicative of the BJP's disdain for constitutional values. The protest concluded with calls to intensify agitation if such actions persist. Leaders vowed to

continue their fight against authoritarianism and stand in solidarity with Uday Bhanu Chib. Prominent leaders present at the protest included Vice Presidents Madassar Choudhary, Ranjot Singh, Shoaib Magray, General Secretaries Anirudh Sawhney, Rahul Tandon, Divyansh Verma, Sunny Parihar, and other office bearers such as Annas Munshi, Surinder Kumar, Raghav Khajuria, Jai Sidh, Anmol Kohli, Mehul Abrol, Raghav, Ranjeet Kumar, and Muneeb Kamal. The protest underscored the Youth Congress's commitment to safeguarding democratic values and challenging oppressive governance.

AIIMS Jammu achieves milestone with groundbreaking rehabilitation surgery on young patient

Top News Report

JAMMU, Dec 21: In a remarkable feat of surgical precision and teamwork, the All-India Institute of Medical Sciences (AIIMS) Vijaypur in Jammu successfully performed its first case of bilateral equinovarus deformity correction on a pediatric patient. The surgery, a significant achievement in the field of Rehabilitation medicine was carried out by a dedicated multidisciplinary team under the visionary leadership of Prof (Dr) Shakti Kumar Gupta, Executive Director and CEO of AIIMS Jammu.

The young patient, who had been diagnosed operated case of meningocele with severe bilateral equinovarus deformity coupled with fixed flexion deformities left knee, faced significant challenges in mobility and quality of life. This condition, characterized by an abnormally high arch of the foot and persistent downward-pointing toes, had left the child struggling with standing, and limited function. Addressing such complex deformities requires advanced surgical intervention and exceptional coordination among specialists.

Dr. Junis Ali, Department of Physical Medicine and Rehabilitation, Dr. Rashid Anjum, Department of Orthopaedics, and Dr. Parvez M. Dar, Department of Trauma and Emergency Medicine with their teams performed a series of procedures, including

Bilateral Z-Plasty of the Achilles Tendon: This innovative technique lengthens the tendon to relieve tightness and improve flexibility.

Posterior Capsular Release: A critical step to enhance the range of motion by releasing the stiff posterior capsule in the ankle joint.

Plantar Fascia Release: Targeting the thickened band of tissue on the sole, this procedure alleviates tension and corrects deformity.

Fractional Release of Medial and Lateral Hamstring Muscle Tendons: This delicate intervention ensures better alignment of the lower limbs.

The surgery was performed with meticulous precision and lasted several hours. Post-operative care plans were designed to include intensive rehabilitation care ensuring optimal recovery for the young patient.

Dr. Junis Ali said, "This case was unique as it required careful planning, coordination, and execution. We are proud to have successfully completed this complex surgery and are optimistic about the patient's improved quality of life post-recovery."

Dr. Rashid Anjum emphasized the importance of such cases in highlighting AIIMS Jammu growing capabilities. "Orthopaedic deformities like this demand advanced surgical expertise and collaboration among departments. This milestone demonstrates our readiness to handle complex cases with cutting-edge techniques.

Dr. Parvez M. Dar echoed these sentiments, adding, "This surgery is a testament to the world-class medical care available at AIIMS Vijaypur. Our multidisciplinary approach ensures the best possible outcomes for patients."

Under the leadership of Prof (Dr) Shakti Kumar Gupta, ED & CEO AIIMS Jammu has been rapidly evolving into a hub of medical excellence in Jammu and Kashmir.

Dr. Gupta commended the surgical team for their dedication and skill.

"This achievement is a significant step forward in our mission to provide state-of-the-art healthcare to the region. I am proud of our team and confident that this is just the beginning of many more groundbreaking surgeries at AIIMS Jammu," he remarked.

Dr. Gupta's vision for AIIMS Jammu includes not only providing top-tier medical care but also fostering an environment for medical innovation and research. The success of this case underscores the institution's commitment to these goals.

The young patient and their family expressed immense gratitude to the medical team and AIIMS Jammu for their efforts. "We had almost given up hope of our child walking normally. AIIMS Jammu has given us a new ray of hope," said the child's father, visibly emotional after the successful surgery.

Such cases resonate with many families across Jammu and Kashmir who struggle to find advanced medical care for rare and complex conditions. The success of this surgery sends a powerful message of hope and reassurance that world-class healthcare is now accessible within the region.

With this milestone, AIIMS Jammu has set a benchmark for future medical achievements and underscored its role as a beacon of hope for patients and families in need.

GOVERNMENT OF JAMMU AND KASHMIR
OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER, POUNI
(Member Secretary-Selection Committee of Sanginis (Anganwadi Workers) and Sahayikas (Anganwadi Helpers))

Subject: Advertisement for Recruitment of Sanginis (Anganwadi Workers) and Sahayikas (Anganwadi Helpers) in Anganwadi Centres of Poshan Project Pouni under Phase-IV.

Advertisement Notice: No. 03 of 2024
Dated: 17-12-2024

Reference:- 01. Human Resource Policy for Anganwadi workers (AWWs) and Anganwadi Helpers (AWHs) implemented vide Govt. Order No. 222-JK (SWD) of 2022 dated 30-11-2022.
2. Directions issued vide Govt. Order No. 103-JK (SWD) of 2023 dated 28-04-2023.
3. Approval letter issued by Mission Directorate, POSHAN J&K, vide letter No. MD/Poshan/38390-93 dated: 03-12-2024.
4. Clarification issued by Administrative Department vide letter No. SWD-ICDS/43/2022 dated 14-08-2023 of the Department of Social Welfare.

Applications are invited in the Prescribed Performa in Annexure "B" from the eligible female candidates for engagement as Sanginis (Anganwadi Workers) and Sahayikas (Anganwadi Helpers) on Honorarium basis for below mentioned posts of Anganwadi Centres. The application forms along with required documents shall be deposited in the office of Child Development Project Officer Pouni. The important dates/details with regard to the posts are as under:

a) Date of commencement for submission of application forms: 20.12.2024
b) Last date for submission of application forms: 04.01.2025

A. Posts of Sanginis (Anganwadi Workers)

S. No.	Name of the Panchayat	Name of AWC	Ward No.
1	Kolsar	Nagar	6

B. Posts of Sahayikas (Anganwadi Helpers)

S. No.	Name of Panchayat	Name of AWC	Ward No.
1	Saloon	Thandapani	5
2	Kund Khanyari	Darooni	3
3	Bharakh	Upper Bharakh	2
4	Kheral	Patta 1st	6
5	Theote	Sujanpur	9
6	Pouni	Kanka	8
7	Dadowa	Dadowa 1st	2
8	Dadowa	Garan Jagir 1st	5
9	Kothian	Kothian 3rd	1
10	Kolsar	Nagar	6

a) Annexure A - Qualification and Criteria for selection.
b) Annexure B - Format of Application.
c) Annexure C - Affidavit.

ANNEXURE - 'A'

Eligibility:

A. For Sanginis (Anganwadi Workers)

- The candidate should be a domicile of the UT of J&K.
- Women candidates in the age group of 18-37 years as on 01-01-2024 shall be eligible.
- The candidate should be a resident of the Electoral ward where Anganwadi Centre is situated. Name in the voter list for the ward shall be considered as the proof of residence of the candidate. In case the name of the candidate appears in the voter list along with her parents, then she must provide certificate of being unmarried issued by the concerned Tehsildar. Wherever, there is any dispute as to residence for any reason, then a residence proof certifying the ward of residence from the concerned SDM/ACR shall be considered.
- Minimum qualification for **Sangini (Anganwadi Worker)** shall be 10+2 and maximum Graduation. In case no 10+2 pass candidate is available in the ward, 10+2 pass candidate from the adjoining ward shall be considered which would require prior approval of Mission Director, Mission Poshan.
- In case suitable candidate is not available from adjoining ward, candidate from the nearest ward within the Panchayat can be considered subject to the approval of the MD, Mission Poshan.
- Weight-age shall be given on the basis of marks obtained in 10+2 and selection shall be done purely on merit basis and not other criteria to be considered.
- In case of tie in merit of the eligible candidate, candidate with higher age will be preferred.
- Candidate with qualification higher than Graduation shall not be considered.
- In case eligible candidate is available within the family of retiring AWWs/AWHs, the said candidate shall qualify for additional two percent points.

B. Sahayikas (Anganwadi Helpers)

- The selection of Helper shall be restricted to the Electoral ward where Anganwadi Centre is located.
- Women candidates in the age group of 18-37 years as on 01-01-2024 shall be eligible.
- The candidate should be a domicile of the UT of J&K.
- Minimum qualification for (Sahayikas) **Anganwadi Helper** shall be matriculation.
- In case no Matriculate candidate is available in the ward, candidates with qualification not less than 8th standard shall be considered.
- The Committee shall select the most destitute/ needy married woman of the ward as helper from amongst those who fulfill the qualification criteria. In case no married candidate is available, unmarried candidate may be considered.

How to apply:- Applications as per prescribed format (enclosed as Annexure 'B') to the Advertisement Notice complete in all respect along with self attested copies of following documents should reach this office by hand against proper receipt by or before 04-01-2025 4:00 PM.

- Copy of Domicile certificate.
- Academic qualification certificates (Matric/12th /Graduation).
- Copy of Aadhar Card.
- Copy of Voter Card showing residence proof (Municipal Ward No.)
- Copy of Date of birth Certificate (10th Diploma stating date of Birth).
- Certified copy of the latest voter list as proof of residence (Panchayat Level).
- Certificate from concerned Councillor/ Sarpanch in case of candidate belongs to the family of retired AWW/AWH.
- Unmarried Certificate by the concerned Tehsildar (In case of unmarried candidate).
- Affidavit in the prescribed format duly attested by Judicial /Executive Magistrate.
- Two self attested Photographs.

Incomplete application forms received if any will be rejected. No application will be accepted after the last date i.e. **04-01-2025 4:00 PM.**

Document Verification

- The candidate who is shortlisted for Document verification will be required to appear for Document Verification along-with the original documents as well as self-attested Photostat copy of each document as per the Advertisement Notification. The candidate must be in possession of the prescribed academic qualification and other document like Domicile Certificate, on or before the last date of submission of application form.
 - Marks sheet(s)/Diploma/Degree of the qualification prescribed for the post as per Advertisement Notification.
 - Date of Birth/Matriculate Certificate.
 - Domicile Certificate.
 - Unmarried Certificate (where required)
- Candidates have to bring two passport size recent colour photographs and one original Photo ID proof. Photo ID Proof can be:
 - Aadhaar Card
 - Voter ID Card.
- The candidates, who are supposed to furnish various certificates issued by or before the prescribed cut-off date, shall be required to produce them at the time of Document Verification or as may be sought by the Committee; in case of failure, the committee shall take necessary decision which shall be final.

ANNEXURE 'B'

Format of Application

- Name of Poshan Project _____
- Name of Anganwadi Centre _____
- Post applied for _____
- Name of the Candidate _____
- Father's Name _____
- Husband's Name _____
- Residence _____
- Ward .No. _____
- Address for correspondence _____
- Contact No. _____
- Date of Birth _____
- Age as on 01.01.2024 _____
- Academic Qualification: _____

S. No.	Examination passed	Board/University	Year of passing	Marks Obtained	Total Marks	%age

- Do the candidate belong to Retiring AWW/AWH (YES/NO) _____
- Document Attached: _____

Signature of the Candidate _____
Date: _____

ANNEXURE 'C'

All applicants to submit affidavit stating following facts:

- All Documents submitted are correct, without any mismatch, scanning, duplicate or fallacious in nature. If found incorrect or in any of the above stated situation the candidature of deponent may be cancelled and liable to action under law.
- Maximum qualification is Graduation and minimum is Class-12th for vacancy of Anganwadi Worker and this is as per facts and onus of proving it to be true lies with the deponent.
- Minimum qualification for Anganwadi Helper is Class-10th and this is as per facts and onus of proving it to be true lies with the deponent.
- The deponent has read the HR policy No. 222-JK(SWD) of 2022 dated: 30.11.2022 and is well versed with all salient features of the policy and shall be applicable to the deponent in case of selection as Anganwadi worker/ Anganwadi Helper.

No:-CDPO/P/2024-25/340.

Date:- 17-12-2024.

DIP/J-8350/24

Sd/-
Child Dev. Project Officer
Pouni

EDITORIAL

India's Influence
in Global Politics

India, the world's largest democracy and a rapidly growing economic power, has steadily carved a significant role for itself in global politics over the past few decades. From its non-alignment roots during the Cold War to its active participation in multilateral organizations and strategic alliances, India's foreign policy has evolved to reflect its growing stature on the world stage. With its large population, economic potential, military capabilities, and strategic location, India is poised to become a central player in the global geopolitical landscape.

India's economic transformation is one of the primary drivers of its increasing global influence. Over the past two decades, India has emerged as one of the world's fastest-growing major economies, fueled by its burgeoning middle class, a dynamic service sector, and an expanding manufacturing base. India's economy is now the fifth-largest in the world by nominal GDP, and its role as a major global market has attracted the attention of multinational corporations, investors, and trade partners.

India's growing economic clout allows it to exert significant influence in global trade negotiations and institutions such as the World Trade Organization (WTO). As a member of the G20, BRICS (Brazil, Russia, India, China, and South Africa), and other multilateral forums, India has positioned itself as an advocate for developing countries and a voice for the Global South in addressing issues like trade imbalances, climate change, and global health crises. India's economic engagement is also evident in its partnerships with major global powers, including the United States, the European Union, Japan, and Australia, which view India as a key economic and strategic partner in Asia.

India's growing military capabilities are another factor that contributes to its rising influence in global politics. With one of the largest standing armies in the world and a nuclear arsenal, India has become a regional security power in South Asia and beyond. Its military strength allows it to assert its influence in key geopolitical areas, particularly in the Indian Ocean region, where it is actively involved in maritime security, anti-piracy operations, and disaster relief efforts.

In recent years, India has deepened its strategic alliances with global powers, particularly the United States. The Indo-U.S. relationship has evolved from one of cautious cooperation to a robust partnership, driven by shared interests in counterterrorism, defense cooperation, and a free and open Indo-Pacific. The signing of key defense agreements, such as the Logistics Exchange Memorandum of Agreement (LEMOA) and the Communications Compatibility and Security Agreement (COMCASA), has strengthened military ties between the two nations. India's participation in the Quadrilateral Security Dialogue (Quad) with the U.S., Japan, and Australia further underscores its commitment to maintaining regional stability and countering China's growing influence in the Indo-Pacific.

At the same time, India has maintained strong defense ties with Russia, particularly in terms of arms procurement and joint military exercises. Its role in the Shanghai Cooperation Organization (SCO) and its membership in the United Nations Security Council (UNSC) as a non-permanent member have also bolstered its influence in regional and global security matters.

India's leadership in South Asia is another important facet of its rising global influence. As the largest country in the region, India plays a pivotal role in shaping the political and economic dynamics of its neighbors. Through initiatives such as the South Asian Association for Regional Cooperation (SAARC) and bilateral relationships with countries like Nepal, Bangladesh, Sri Lanka, and Bhutan, India seeks to maintain peace, promote economic development, and ensure stability in the region.

India's diplomatic outreach extends far beyond South Asia. It has become a key player in the Middle East, Africa, and Central Asia, where it is involved in peacebuilding, counterterrorism efforts, and infrastructure development. India's strategic partnerships with countries like Israel, Iran, and the United Arab Emirates (UAE) reflect its growing influence in these regions. Furthermore, India's engagement with Africa, especially in terms of trade, development aid, and capacity-building programs, has enhanced its soft power and diplomatic footprint on the continent.

By: Omkar Dattatray

Whole nation was ashamed, angry and aghast over what happened in and outside the parliament which has the distinction of being called the temple of democracy. The happenings taking place in the august parliament has eroded the image of the parliament and parliamentarians before the public as the proceedings of the parliament are directly telecasted. The parliamentarians should conduct themselves nicely, dignified manner and they should uphold and uphold decorum and discipline while taking part in the debates, discussions and deliberations. But what has taken place in and outside the parliament over the non and flimsy issue of B.R. Ambedkar is most unfortunate, disturbing and nauseating and the parliamentarians of all hues and colors meaning the MP's belonging to BJP/NDA as well as Congress and INDIA bloc should show sanity and abstain and refrain from raking and raising frivolous issues not connected with the welfare of the people. The political parties both of the ruling BJP/NDA and Congress, as well as the INDIA bloc should see reason and not allow the parliament to become a place of wrestling MP's of all the parties including the treasury benches should maintain discipline and decorum while participating in the proceedings of both houses of the august parliament otherwise it can be deduced that Indian parliament is not the temple of democracy but it has degenerated into a place to show muscle and lung power and it is a serious cause of concern. The row over Ambedkar and his dishonor by the Political parties has taken a centre stage thanks to the Congress parties raking and raising this non-issue for vote bank politics and for remaining in the limelight. Congress as well as the BJP are leaving no stone unturned to accuse the other for insulting and dishonoring the father of constitution and

the advocate of reservations and the upholder of the downtrodden, backward and the marginalized sections of the society. It is very awkward and uncalled for and unwarranted that congress and the BJP are busy in shouting and resorting to fists and fights and even attacking each other in and outside the parliament which is unworthy of the status of the parliamentarians and the parliament. It is indeed very sad that two of the MP's belonging to BJP have suffered injuries in the scuffle and mille. BJP and Congress MP's are accusing one another for attacks and assaults on the other and it is unbecoming and has lowered the prestige of our parliament among the public and in fact in the whole globe as the happenings and proceedings are telecasted directly. Thus it is the basic responsibility of the MP's to conduct themselves in a dignified manner worthy of the august parliamentarians. The MP's should do nothing which lowers the prestige and credibility of the parliament. But what is happening in and outside our parliament is pinching and killing and it has put to all of us to shame as our parliament has resembled fish market and useless gossip shop which robs the parliament and its members of all sheen. From the last few days both houses of parliament witnessed unsavory and useless row over Ambedkar as if our MP's have no real, pressing issues to attend to and thus it can be construed that for the MP's devoid of issues, issueless politics is all that has become a fashion and habit. It seems that our elected representatives have distanced themselves from the real, pressing issues and problems confronting the people. Besides the MP's have relegated to the background the welfare and developmental issues and public issues and thus they are raking non-issues and doing issueless politics only to hoodwink the gullible people. The ruckus, fights and fists as well as sloganeering and coming to the well of the Lok Sabha and Rajya Sabha has

become the fashion these days and it is no sign of the vibrancy and strength of democracy. But all this lowers the prestige, status and credibility of the highest legislative body of our democracy and this is the sad commentary on our parliament. Our parliament should be the institution where serious debates, discussions and deliberations should characterize the system. But the good old days are gone and are now a history when there used to be utmost discipline, decorum and serious and meaningful debates and discussions. However today the proceedings of both the houses of parliament are often marred by sloganeering, ruckus and shouting as well as virtual fights and fists where the MP's also get injured and this does not augur well for the present and future of democracy. Precious time of the parliament is lost in the noise, din and unnecessary gossip and the days of yore when in parliament serious discussions, debates and deliberations used to characterized the proceedings of parliament and the serious legislative business was carried on. India is an artificially created Nation of Nations /states with diverse characteristic features. The ruling party at the union government may not be same at the state level. In the parliament, the representatives, from the states obviously have diverse views on plans and schemes of the union government. Hence all this ruckus, noise and even marshalling out of MP's so often. Many MP's think that counter questioning original question is the answer. Lack of knowledge on the subject. MP's are debating and questioning government on digitization in parliament. It is a very serious political matter that our parliament is reducing and degenerating into a fish market and a wrestling field and this pinches the public who have voted and elected their MP's to legislate for them. There should be no hooliganism, goondagradi, ruckus, sloganeering and shouting in the parliament and instead serious and meaningful

debates, discussions and deliberations should be there in the parliament. In parliament decorum, discipline and high morality is all that should characterize our august parliament and unnecessary obstructions, frictions should not be created by the opposition parties. The opposition parties have every right to oppose the functioning of the government. But the opposition should not oppose every policy, scheme of the government blindly and they should support and welcome the people friendly and pro poor schemes and programmes of the government. Constructive opposition should be the guiding principle of the opposition parties. What is going on in and outside the parliament is not good as parliament is not the place for showing muscle power, physical power and lung power, but the top institution for conducting the legislative business and so fights, fists and hurling abuses and using of obsessive language has no place in a parliament. It only lowers the prestige, status and credibility of our parliament. Let the treasury benches, opposition parties and the presiding officers of Lok Sabha and Rajya Sabha put their efforts together so that our parliament remains a temple of democracy where serious and meaningful debates, discussions are held and legislative business is transacted and our parliament and its proceedings be emulated by the whole world's legislative bodies. May the old days of glory and serious discussions and debates become once again the risen d'être in parliament and its motif as well.

(The author is a columnist, social and KP activist)

Double blow of cold wave and pollution

By: Vijay Garg

According to the Central Pollution Control Board, the air quality index of the national capital Delhi again reached the 'severe category' with 481 points at 8 am on Wednesday. This huge increase in air pollution has come after a gap of about three weeks, when restrictions were imposed under the fourth phase of the 'Graded Response Action Plan'. Pollution has also got the support of cold. Delhi-based Regional Weather Forecasting Center has predicted fog and moderate to dense fog in the morning, partly cloudy. It is expected to be cloudy and the minimum temperature will be around six degrees. There is talk of cold wave in Jammu and Kashmir, Punjab, Haryana, Uttar Pradesh as well as in Delhi. In fact, the Indian Meteorological Department declares a cold wave when the minimum temperature in a plain area drops to 10 degrees Celsius or less, while in hilly areas the temperature drops to zero degrees or below. If we look at the difference between normal and basic temperature, then the condition of cold wave is considered when the temperature is normal. 4.5 to 6.4 degrees Celsius below normal, while in a severe cold wave the temperature falls by more than 6.4 degrees Celsius above normal. By the way, talking on the basis of actual minimum temperature (for plains only), in cold wave the minimum temperature drops to four degrees Celsius or less, whereas in severe cold wave conditions it drops to

two degrees Celsius or less. However, cold wave conditions are considered common in other areas including North India from November to March, but its lethality is not known to us between December and February. It bothers me a lot. Same thing is happening this time also. Like extreme heat, extreme cold also harms the homeless, the elderly, the economically disadvantaged, the disabled, pregnant women, lactating women, children, farmers, outdoor laborers and those who live without proper heating or Are forced to work in adverse weather conditions. If precautionary measures are not taken, extreme cold can cause harm in many ways, even causing death to a person. hypothermia due to cold Problems like frostbite, i.e. becoming numb due to extreme cold, trench foot, chilblains can occur. The most life-threatening condition is hypothermia, which is caused by prolonged exposure to very cold temperatures and the body losing heat faster than it can generate it. Due to this, the body temperature becomes very low, due to which the brain is affected. And the person becomes unable to think or walk properly. It is noteworthy that hypothermia can also become dangerous when a person is exposed to rain, sweat, etc. Or gets cooled by immersion in cold water. What also happens is that after the temperature falls below, the blood vessels of our body start shrinking and our blood pressure (BP) starts increasing. This increases the pressure on our heart, which naturally increases the risk of heart attack or heart attack.

Extreme cold also makes our heart beats abnormal, which can become a life-threatening situation especially for those who are already suffering from heart related diseases. From 60 years in Britain, Ireland and the Netherlands A comprehensive study conducted on older people found that if the cold lasts even for four days, the risk of heart attack and stroke increases more than double. This study was actually done with the aim of defining particularly cold days compared to the rest of the month. In this, the drop in temperature compared to previous days was considered to be the main factor in heart attack, and not the cold felt. Cold waves and cold winds also have a negative effect on our lungs in many ways. cold air is generally dry And affects the respiratory tract, which can cause wheezing, cough and trouble breathing. This condition can be especially dangerous for people suffering from diseases like asthma and chronic obstructive pulmonary disease (COPD). Cold air can narrow and harden the airways, causing trouble breathing, which can especially affect young children. Air quality also deteriorates in cold conditions and increases in particulate matter, nitrogen dioxide and volatile organic compounds. Exposure to these pollutants can increase lung irritation and respiratory problems. Therefore, with the increase in pollution in the last two days, cough and respiratory problems have increased among people. Obviously, we should take many precautions at this time. Doctors always advise wear-

ing adequate warm clothes as you grow. We should protect our hands and feet from cold and cover our exposed skin as much as possible. Mask should also be used, which also protects us from pollution. Sufficient Fruits and vegetables should be consumed and coarse grains, legumes, nuts and foods obtained from animal sources should be used. Regular exercise is also necessary. This improves our immune system. Older people, infants and children under five years of age, disabled people and people suffering from chronic diseases are more at risk, hence it is necessary to take special care of them. The good thing is that in many cities, action plans are being prepared to deal with pollution according to local conditions, which can be implemented in short, medium And are of long duration. In these, measures like dealing with road pollution, overcoming pollutants from construction work, ban on burning of waste are being taken. Not only this, many types of agencies are also being contacted, so that all the challenges on the path of pollution freedom can be overcome.

(Vijay Garg Retired Principal Educational Columnist Street Kaur Chand MHR Malout Punjab)

VKMI, Sarv Uthan Trust celebrate International Meditation Day

Top News Report

JAMMU, Dec 21: Vichar Kranti Manch International (VKMI) and Sarv Uthan Trust organized an inspiring program to celebrate International Meditation Day at Himmat Learning Field Higher Secondary School. The event aimed to highlight the importance of meditation in enhancing mental and emotional well-being, particularly among students.

The program was graced by Dr. Shreyansh Kumar Jain, State Yoga Commissioner and President of VKMI, as the Chief Guest. Ashok Gupta, Vice President of VKMI, presided over the event, while C.M. Sharma, Chairman of the school, conducted the proceedings and introduced the distinguished dignitaries.

Dr. Jain delivered an enlightening address on the significance of meditation, answering essential questions such as what meditation is, why it is important, and how it can be practiced. He described meditation as a mental practice that fosters focus, calms the mind, and connects individuals with their



inner selves.

Techniques such as deep breathing, mindfulness, and visualization were highlighted as effective tools for achieving emotional stability and heightened awareness.

Explaining the benefits of meditation, Dr. Jain emphasized its role in reducing stress, sharpening mental clarity, and enhancing overall well-being.

He encouraged students to

incorporate meditation into their daily routines, noting its potential to improve concentration, boost memory, and foster emotional resilience.

He also provided practical guidance on meditation techniques, such as choosing a quiet space, sitting comfortably, focusing on the breath, and anchoring the mind to the present moment.

Ashok Gupta also shared his

insights, delivering a concise yet impactful presentation on the benefits of meditation.

Indu Sharma, Principal of the school, extended a warm welcome to the guests, appreciating the initiative and its focus on a vital topic. She praised the talents of the students and stressed the importance of integrating meditation into their daily lives to enhance their academic and personal growth.

The event was supported by key contributors, including Sajni Gupta, School Incharge, and project incharges Sahil Gupta, Ajay Kumar, Jasmeet Kour, and Sujata Gupta, whose efforts ensured the program's success.

The event concluded with a heartfelt vote of thanks by C.M. Sharma, marking the occasion as a significant step toward promoting holistic well-being and mental health. The celebration underscored VKMI and Sarv Uthan Trust's commitment to empowering students and the younger generation through the practice of meditation, fostering a sense of inner peace and resilience.

GDC Nagrota celebrates National Mathematics Day



Top News Report

NAGROTA, Dec 21: Under the aegis of IQAC the Department of Mathematics of Govt Degree College Nagrota celebrated "National Mathematics Day" to mark the 137th birth anniversary of mathematical genius Srinivasa Ramanujan one of the greatest Indian Mathematicians for his outstanding contributions in the field of Mathematics.

A poster making event was organized to spread the importance of mathematics in the present scenario.

Students showcased their creativity by illustrat-

ing Ramanujan's contributions to the field of mathematics.

The day also featured a special screening of the biographical film "The Man Who Knew Infinity" which narrates the inspiring story of Ramanujan's journey from humble beginnings in India to his collaboration with mathematician G.H. Hardy at Cambridge University.

Prof Anjali Mahajan, Principal of the college congratulated the participants and motivated them to keep organizing such events in future as well.

In her address, she appreciated the efforts of the Department of Math-

ematics for organizing activities which inspire students to pursue excellence in mathematics.

Dr. Neetu Singh, HoD mathematics, formally welcomed the Principal, faculty and the participants.

She also highlighted the contributions made by Srinivasa Ramanujan in various fields of mathematics without having any formal education in mathematics.

The proceedings of the event were conducted by Dr. Sunil Kumar. Others who graced the occasion were, Prof Shalini Raina, Prof Praveen Singh and Prof Aashiqu Hussain Parray.

History Deptt, IQAC organize screening of Chaar Saahibzaade Documentary at GDC Ramnagar

Top News Report

RAMNAGAR, Dec 21: The Department of History, in collaboration with the Internal Quality Assurance Cell (IQAC) of Government Degree College Ramnagar, organized a special screening of the documentary Chaar Saahibzaade on the eve of Veer Baal Diwas.

The event was held under the patronage of Prof. (Dr.) Bhavnai Chand Anthal, Principal GDC Ramnagar, and witnessed enthusiastic participation from faculty members and stu-

dents.

Prof. Manmohan Singh, Head of the Department of History and organizer of the event, welcomed the attendees and shared his insights on the significance of Veer Baal Diwas. Reflecting on the sacrifice of the four sons of Guru Gobind Singh Ji, he said, "The story of the Chaar Sahibzaade is a timeless testament to courage, sacrifice, and unwavering faith. It is essential to pass this legacy to future generations to inspire them to uphold the values of justice, righteousness, and



resilience."

The screening of the documentary captivated the audience, offering a poignant portrayal of the unparalleled bravery and sacrifices made by the Chaar Sahibzaade. The visual narrative left a lasting impression

on everyone present, enriching their understanding of this vital chapter in history.

Concluding the event, Dr. Rakesh Kumar Pandit, IQAC Coordinator, expressed his appreciation for the initiative.

He remarked, "This screening is not only a tribute to the unparalleled sacrifices of the Sahibzaade but also a step towards educating our youth about the values of selflessness and devotion that define our rich heritage."

The event was graced by the presence of faculty members including Dr. Kewal Kumar, Dr. Sunil Kumar, Dr. Jeevan Kumar, Dr. Nazakit Hussain, Prof. Sanjay Malhotra, Prof. Tanmeet Kour, and a large number of students, all of whom participated with great enthusiasm.

The overwhelming response to the program reaffirmed the college's commitment to fostering cultural and historical awareness among its students.

Director Agriculture addresses valedictory function of Training Programme on 'Remote Sensing and GIS'

Top News Report

JAMMU, Dec 21: A weeklong training programme (December 16-21) on "Applications of Remote Sensing and GIS for Land Resource Management" for 10 officers of Directorate of Agriculture, Jammu, concluded today at the National Bureau of Soil Survey & Land Use Planning (NBSS&LUP), IARI campus, PUSA, New Delhi.

This training programme was conducted under the Capacity Building Component of the Holistic Agriculture Development Programme (HADP), Project 19 (JKSLRI) for the year 2024-25, sponsored by the Directorate of Agriculture Production and Farmers Welfare, Jammu, through the Divisional Soil Survey Scheme.

The initiative was carried out under the guidance of Shailendra Kumar, Principal Secretary of the Agriculture Production Department, J&K UT, and A. S. Reen, Director of Agriculture Production and Farmers Welfare, Jammu. The valedictory session was presided over by Dr. P.S. Brahamanand, Project Director, WTC IARI New Delhi.

The programme covered various aspects of Remote Sensing



and GIS in agriculture, with sessions, practical, and field visits conducted by experts from NBSS&LUP Nagpur, RC Delhi, and other divisions of IARI. Notable resource persons included Dr. G.P. Obi Reddy (Principal Scientist and Head, RSA), Dr. R.N. Sahoo (Principal Scientist, IARI), Dr. Chander Mohan Adhikari (Expert, ESRI India), Dr. Nirmal Kumar (NBSS&LUP Nagpur), Dr. Jaya N. Surya (Head, RC Delhi), and Dr. Vinay Sehgal (PS, IARI). The training also included a field visit for soil profile study, led by Dr. Jaya N. Surya, where officers learned techniques for soil profile characterization.

Arvinder Singh Reen, Director of Agriculture Jammu, addressed the valedictory function via video conference. He expressed his gratitude to Dr. N.G. Patil,

Director of NBSS&LUP Nagpur, for approving and facilitating the training programme. He also thanked Dr. P.S. Brahamanand for being the chief guest at the session.

In his address, Director A.S. Reen emphasized the importance of Remote Sensing and GIS technologies in agriculture, particularly in areas such as soil mapping, crop monitoring, yield predictions, water resource management, climate change, and precision agriculture. He highlighted the need for upskilling officers in these technologies to ensure the department remains at the forefront of agricultural advancements. "I am hopeful that the officers, after attending this training, will be better equipped to utilize these technologies for improved project planning and land resource management,

benefiting the farming community," said Director Agriculture.

Additionally, he requested Dr. N.G. Patil, Director of NBSS&LUP Nagpur, to consider a project for Jammu Division for conducting land resource mapping in collaboration with the Directorate of Agriculture Jammu. He suggested a more detailed mapping scale of 1:10,000 for more effective local-level planning, as previous soil resources mapping conducted between 1985 and 1995 at a scale of 1:250,000 has proven less effective for block and village-level applications.

Director Agriculture also extended his appreciation to Dr. Jaya N. Surya, Head of the NBSS&LUP Regional Centre in Delhi, for successfully conducting the training programme.



Department of Wildlife Protection J&K Government
Office of the Wildlife Warden, Jammu
Manda Hills, Near Hotel Ashok Jammu.
Email: wljwammu@gmail.com

TENDERING

Short-Term Tender Notice : e-NIT No.- 64/WLWJ of 2024-25 dated: 19-12-2024

For and on behalf of the Lt. Governor, Jammu & Kashmir, e-tenders are invited from approved and eligible contractors registered with J&K Govt. /Central Govt. Organizations for the following works:

Name of work	Adv. Cost (in lacs)	Class of Contractor	Cost of Tender Document (in Rs.)	Time of completion	Receiving/Opening Authority
Construction of Basement of Bamboo Hut at Sidha in Nandini Wildlife Sanctuary	3.50 lacs.	D	600	30 days	Tender opening committee

EMD (3% of advertised amount):- Rs 10,500/-

The e-NIT consisting of qualifying information, eligibility criteria, specifications, bill of quantities, (B.O.Q), set of Terms & Conditions of contract and other details can be seen / downloaded from the departmental Website:- <http://jktenders.gov.in>.

AA/TS No. & Date	168 of 2024-25 (RWLWJ) dated 18-12-2024
Position of Funds	Approved under CSS

Publishing Date	19-12-2024
Download Start Date	19-12-2024
Bid Submission Start Date	19-12-2024
Bid submission End Date	26-12-2024 up to 02:00 PM
Date of opening of Technical Bid	27-12-2024 at 12:00 PM (In the Office of Regional Wildlife Warden, Jammu, Manda Hills, Jammu)
Date of opening of Financial Bid.	27-12-2024

Bid documents can be seen at and download from the website: - <https://jktenders.gov.in>. Bid documents contain qualifying criteria for bidder, specifications, bill of quantities, conditions and other details.

DIP/J-8359/24

(Vijay Kumar) SFS
Wildlife Warden
Jammu

No.: WLWJ/

Dated: 19-12-2024

Punjabi-Canadian singing sensation AP Dhillon, of Summer High fame, has garnered a fan base across the globe

Naam hai Amrit...kamm tusi sab jande hon...the Summer High, Excuses and Insane hitmaker is set for a date with the City Beautiful this evening. Post serenading his 'childhood crush' Malaika Arora during his Mumbai tour, and getting music giants Jazzy B and Honey Singh on stage at Delhi, AP Dhillon, aka Amritpal Singh Dhillon, has raised the expectations of the city folks.

Starting his Brownpoint India Tour from Mumbai on December 7, performing in New Delhi on December 14, he concludes it in Chandigarh on December 21. In just about five years of bursting on to the scene, AP has a fan base across the globe with a fair smattering of Bollywood stars in it. Billions of streams across platforms, topping the Billboard charts and desi songs with international vibe, AP is one of his kind.

Punjabi munda in Canada Born in Mullianwal in the Gurdaspur district of Punjab, he pursued engineering before moving to Canada. Studies and working odd jobs at convenience stores and gas stations, music slowly and steadily became his life. With no one willing to work with him, he started on his own, investing in technology, spending hours in the garage, coming up with music he wanted to take to the world. Sure he's Punjabi, but his sound is an eclectic mix of Pop, Hip hop, R&B and Trap. Starting with singles Fake and Faraar, it was Deadly that got him an entry into music charts. Excuses—Mere Dil Naal Larre Ni Tuu Laun Waaliye/Dil Tera Jadonna Tuttuga Taa Pata Lagunga—brought him name and fame. This was closely followed by the stupendously successful Brown Munde, which made the world go gaga over



this munda.

Women in AP's life

Very guarded about his personal life, a grouse his fans had with the docu-series AP Dhillon: First Of A Kind - Season 1 was that apart from his grandmother there were no women from his life who made it to the screen! His Instagram Stories from Mumbai popped up a name—Mrunal Thakur. To help you jog your memory, she is the lovely princess from the beautiful onscreen love story Sita Ramam. AP tagged Mrunal on a picture of poha, writing 'Best one I had. Thank you, Mrunal Thakur.' Strangely, poha keeps popping up in Punjabi concerts. Lately, Diljit too was seen enjoying some, giving it a go over paranthas in Punjab.

Back to women in AP's life, his fans were left wondering if there was more to him than serenading Malaika on stage!

Too much, too soon AP's first song came in 2019 and his notes soon won the

world over. Amongst his hits are Summer High, Ma Belle, Old Money, Bora Bora, Dil Nu, Desires, Spaceship, Sweet Flower, Arrogant, Scars, War, Sleepless and Gallan. His song With You, which fought a plagiarism battle, turned out to be 'bought sample music'. Dishing out Punjabi lyrics on western beats, his army of fans is growing ever so strong.

First concert was his own Ask AP about his favourite concert and it sure is his first ever show at Gurgaon. Would you believe that it was his first-ever; he had never been to concert as a spectator either! Sitting in his vanity, listening to thousands of spectators screaming his name, AP let go of any hesitancy or doubt that he harboured. Now, he's a master on stage!

Smashing guitar @ Coachella If Diljit Dosanjh was the first-ever Punjabi artiste to grace the prestigious Coachella stage; 2024 was AP's year. He ended the electrifying performance

smashing the guitar on stage, earning fans' ire!

Charting the Brown Munde course

The song that changed the course of AP's life was a one about 'brown appreciation' and 'brown pride'. Lyrics by Shinda Kahlon, Brown Munde brought AP, Gurinder Gill and Gminxr (Gugundeepp Singh Randhawa) together in what became an anthem for 'brown' folks, charting an industrious life abroad. The video has brown folks doing odd chores, from construction work to handling kitchens in beats, which became an instant hit.

First Of A Kind, Season 1 Shinda Kahlon, Gurinder Gill and Gminxr have been part of the incredible feat that AP has pulled. The fact that Shinda and AP not only worked together, but lived together too has intrigued AP's fans. Rather reclusive, AP, the global star, left his fans in surprise when Prime Video announced a documentary on his life! AP Dhillon: First Of A Kind -Season 1 was released last year, and featured interviews with Dhillon's family and friends, offering a look at his personal and professional journey. While it sure gave a glimpse of his creative life, fans were left wanting for more. Season 1 leaves room for more in the coming times.

We love AP, what he loves

. A good game of basketball, playing for NBA is his growing up dream

. Nusrat Fateh Ali Khan has been his favourite singer

. His father and bibi (grandmother) remain his idols

. He 'knows' and admires Bollywood's stars — Shah Rukh, Salman, among others

. AP likes desi khana and finds cooking therapeutic

Anasua Chowdhury worried about pollution



Anasua Chowdhury, who is known for her roles in Dil Dosti Dance, Savdhaan India, Fear Files and C.I.D., as well as the movie Laal Singh Chaddha, and is currently seen in web series Waack Girls, says the pollution levels in the country have been rising drastically. Asked how one can protect themselves from it, she said, "Wear a double mask." Anasua added, "We can definitely reduce the consumption and production of pollutants. Recycle and reuse. Use public transportation. I feel we all start this from our homes by switching off the lights and fans that are not in use."

Bold take: Akanksha Puri stars in Dons and Darlings

Akanksha Puri is all set to captivate audiences with her bold and complex portrayal in ALLT's upcoming web series Dons and Darlings. Stepping into the world of crime and passion, Akanksha takes on the role of Naaz, a woman navigating a life fraught with betrayal, loss and emotional turmoil. The series introduces Naaz as the daughter of a powerful drug lord whose life was tragically cut short by her own husband.

This heartbreaking betrayal propels Naaz into a journey of survival and self-discovery. Her loveless marriage and search for affection add layers of vulnerability and complexity to her character.



Neha Harsora talks about her show Udne Ki Asha

Neha Harsora, who is part of Star Plus show Udne Ki Asha, has highlighted how the authentic and grounded storytelling has become the biggest strengths of the show. "The story, the script, and the theme feel so real and grounded," she shared. "People find pieces of their own lives in these characters, and that's what makes this journey so special," she added. One of the show's standout aspects is its ability to mirror real-life dynamics, a quality Neha believes sets it apart.



Aarya Gautam joins Saajha Sindoor



Aarya Gautam has joined the talented cast of Sun Neo's hit show Saajha Sindoor. She will portray Roli, a fascin-

ing grey-shaded character. Recently, Aarya shared her thoughts about stepping into this intriguing role and

whether she related to her character.

Aarya shared, "I feel many girls will relate to my character. She dreams big, aspires to a lavish life and wants to be loved in a way that makes her feel truly special. She's vibrant, energetic and incredibly street-smart, with a knack for understanding situations and helping others see things clearly. These traits made me instantly connect with her."

She added, "Roli and I share a few similarities too. We both enjoy being in the spotlight for all the right reasons and possess a strong, confident personality. Playing Roli has been such an enjoyable experience, and I'm loving every bit of bringing her to life on screen."

Payal Kapadia talks on All We Imagine As Light and One Nation One Election

Payal Kapadia sowed the first seeds of her globally-acclaimed film, All We Imagine As Light, while participating at the International Short and Documentary Film Festival of Kerala (IDSFFK) in Thiruvananthapuram in 2015 with her short film, The Last Mango Before the Monsoon. Travelling a long journey, with stints of various development stages at festivals like Rotterdam and Cannes, Kapadia's project would go on to win the Grand Prix in Cannes and two Golden Globe nominations for Best Director and Best Motion Picture - Non-English Language.

A decade later, the Mumbai-born Kapadia, a Film and Television Institute of India, Pune alumna, returned to Thiruvananthapuram this week to receive the Spirit of Cinema Award at the International Film Festival of Kerala (IFFK) on December 20. All We Imagine As Light, which features Malayalam actors Kani Kusruti, Divya Prabha, Hridhu Haroon and Azees Nedumangad and several crew members from Kerala along with Marathi actor Chhaya Khadam and others, witnessed many acting workshops and script revisions in the state to reflect the reality of roles and languages.

Kapadia, who heads to Los Angeles from Thiruvananthapuram for the Golden Globes Awards ceremony in the Beverly Hills on January 5 and promotion of her film for the Academy Awards nominations, talks to agency at the conclusion of the IFFK (December 13-20) about the response to the film following the theatrical release in India last month, her own artistic response to the country's socio-economic and political changes through the film, and the forthcoming awards season in the United States. Excerpts from an interview:

It has been a good response largely. In every country, the response has been different. In India, the main thing is that we have been able to screen films in as many cinemas as possible because it is very difficult to get distribution for independent movies in India. Our main aim was, even if we had only one or two cinemas, in each big city, people could come and watch. I think we had a pretty decent response. We had the first release in Kochi, Kerala, and we got an almost hopeful response. In Chennai, too, it was good, also in Delhi and Kolkata. The Chennai audience is a killer audience (laughs). Mostly, we had trouble in smaller cities because we didn't have money for marketing. Many people



didn't even know that it was in their city. Now, we are trying to have a focused distribution, for example, in Guwahati. We received a lot of calls from Guwahati saying, please release it there. We will release it only on the weekend, and, like a quorum, people can sign up for the screening on the internet. We are trying our best. The people want to watch a film about what is happening in the country.

It is obvious from our film that it is the diversity we want to be maintained in our country. The One Nation One election will not allow that. For a federal system to continue the way it is, we must have the elections as we have been having them. We believe in a representational democracy. It is obvious from the film what our stance is. Multiple identities can exist together peacefully. Unfortunately, the world benefits from dividing people. As artists, we all feel diversity is beneficial for better and organic thoughts and ideas. That is democracy and discourse. If everybody was thinking along the same lines, democracy would be null and void.

What was the premise of the city of Bombay? The city was not there. It was a bunch of islands where a few people were residing. Then the colonial British rulers said, They are throwing us out of Surat, so we have to do something over here. So they made a new port. They called people from all over the country to come and work here. The entire premise of the city is that people have come from all over the country, all over Maharashtra, and from all over outside Maharashtra. That is the premise of the city. Then how can

we say that it is made up of only one kind of people, one kind of language. It is not. The city was made by the hands of millions of people from all over our country. What is wrong with that? That is a great thing. We have to respect that also. While people of many religions live in Mumbai, there are also many castes and classes. That is the reality. Many people have also made films about that reality.

I think Cannes should really have more Indian films. There has been a gross neglect. We have made so many good films in the past three decades, and these films could easily have been on par. Other festivals are taking Indian films in the main competition, in Venice, Locarno... We had Mahesh Narayanan's film, Ariyippu (Declaration), another Malayalam film in Locarno two years ago. The Disciple by Chaitanya Tamhane was screened in Venice in 2020. Films from states like Tamil Nadu, Kerala, and Maharashtra are doing well at festivals. There are a lot of different interesting works happening in Indian cinema. There are some people taking risks in the narratives, in the forms. As soon as you start doing that you can have some reach outside as well.

To have our film screened at the International Film Festival of Kerala was an honour. All We Imagine As Light actually started with the IDSFFK in Thiruvananthapuram in 2015. In 2022, too, I was in Thiruvananthapuram, staying in the same hotel and attending the festival, but also doing some casting and pre-production over here. We started like that, and we are ending our journey here. This week witnessed the last day of the film's release in Thiruvananthapuram. It is like a long journey starting in Thiruvananthapuram and ending in Thiruvananthapuram. We also had a great crowd coming to the film screening at the IFFK. Receiving the Spirit of Cinema Award was the cherry on top.

Everything is a new experience. We didn't even know so many awards existed before. In Europe, yes we knew the many awards there. In America, it is new for us. The Golden Globes, of course, we have heard of. In America, we didn't know there were several other awards. Every state has its own critics prize. We got many critics prizes in places like Boston and New York. We were first or second in all of these. It is interesting that in the United States people like All We Imagine As Light.

Modi embarks on historic Kuwait visit, aims for 'futuristic partnership'

Indira Gandhi, was the last PM, who visited the country in 1981

NEW DELHI, Dec 21 (Agencies): Prime Minister Narendra Modi—just before departing for Kuwait—on Saturday said his visit would be an opportunity to chalk out a roadmap for a futuristic partnership between the two countries.

Modi would be in Kuwait for two days and it is the first visit by an Indian Prime Minister in 43 years. In a statement before leaving the country, the PM described the visit saying: "It would be an opportunity to chalk out a roadmap for a futuristic partnership for the benefit of our people and the region."

On India-Kuwait relations, Modi said: "We are not just strong trade and energy partners, but also have shared interest in peace, security, stability and prosperity in the West Asia."

Modi said he was confident that the visit would further strengthen and reinforce the special ties and bonds of friendship.

"We deeply value the historical connection with Kuwait that has been nurtured over generations," the PM added.

On Saturday, Modi is scheduled to meet the Indian diaspora



and he expressed that he eagerly looked forward to meeting the diaspora.

"(They) have immensely contributed to strengthening of bonds of friendship between the two nations," Modi added.

There is a million strong Indian diaspora in Kuwait. Modi thanked the leadership of Kuwait for inviting him, on Saturday, to the inauguration ceremony of the Arabian Gulf Cup.

The Ministry of External Affairs said Modi would be guest of honour at the event. Also, on Saturday, Modi would visit Gulf Spic Labour Camp and meet

Indian workers. In June this year 46 Indians had died following a fire at another labour camp.

The Ministry of External Affairs said PM Modi is visiting Kuwait on the invitation of Kuwait's Amir Sheikh Jaber Al Sabah.

Modi would be accorded ceremonial guard of honour at Amir's Bayan Palace following which he would hold discussions with the leadership of Kuwait. A bilateral is scheduled with Modi's counterpart Ahmad Al-Sabah and some MoU's are expected.

Kuwait is among India's top trading partners, with bilateral trade at US \$ 10.47 billion in

financial year 2023-24. Kuwait is India's 6th largest crude supplier, meeting 3 per cent of the country's energy needs. Indian exports to Kuwait reached US \$ 2 billion for the first time. Investments by the Kuwait Investment Authority in India exceed US \$ 10 billion.

The two nations share a robust trade and vibrant cultural connections.

Traditionally, India and Kuwait have enjoyed friendly relations, with links dating back to Kuwait's pre-oil economy when maritime trade with India was the backbone of its economy. The diplomatic relations between India and Kuwait were established in 1961.

Earlier this year, PM Modi and Kuwait's Crown Prince held meeting on the sidelines of UNGA in September. External Affairs Minister S Jaishankar also held meeting with his Kuwaiti counterpart this year in August.

Both the countries have institutionalized their cooperation through mechanisms such as the Joint Commission for Cooperation (JCC).

Make meditation a part of life: PM Modi



NEW DELHI, Dec 21 (Agencies): Prime Minister Narendra Modi on Saturday called upon people to make meditation a part of their lives, saying it is a powerful way to bring peace and harmony to one's life.

In a post on X to mark the World Meditation Day, he said apps and

guided videos can be valuable tools to help incorporate meditation into daily routines in the age of technology.

"Today, on World Meditation Day, I call upon everyone to make meditation a part of their daily lives and experience its transformative potential. Medi-

tation is a powerful way to bring peace and harmony to one's life, as well as to our society and planet," Modi said.

To raise awareness about meditation and its benefits, the United Nations General Assembly proclaimed December 21 as World Meditation Day, recalling the right of everyone to the enjoyment of the highest attainable standard of physical and mental health, according to its website.

The General Assembly also acknowledged the link between yoga and meditation as complementary approaches to health and well-being, it added.

Woman dies after 'dupatta' gets caught in machine at food centre of Mahakaleshwar Temple in MP

UJJAIN, Dec 21 (Agencies): A 30-year-old woman died after her 'dupatta' got caught in a potato-peeling machine at a food centre of the Mahakaleshwar Temple in Madhya Pradesh's Ujjain on Saturday, an official said.

The accident occurred at the temple's Anna Kshetra in the morning, sub-divisional magistrate (SDM) Laxmi Nara-

yan Garg told reporters.

He said employees of a private security service and other women on the premises informed that the victim, Rajni Khatri, was working in the bhajanshala (kitchen) when her 'dupatta' (scarf) got caught in a potato-peeling machine. The dupatta tightened around the woman's neck.

She was taken to a private hospital where the

doctors declared her dead, the SDM said.

He said the body was sent for post-mortem, and the report will reveal the exact cause.

The SDM said that the government will provide financial assistance to her kin.

Anna Kshetra is about 500 metres from the Mahakaleshwar Temple and provides food to the devotees.



2 injured after parcel delivered to a house in Ahmedabad explodes, one held

AHMEDABAD, Dec 21 (Agencies): Two persons were injured after a parcel containing an electronic circuit and batteries delivered to a house in Ahmedabad city exploded on Saturday morning, police said.

The blast occurred at a rowhouse in the Sabarmati area around 10.45 am, an official said.

Additional Commissioner of Police (Sector-1) Neeraj Badgujar said the person who delivered the parcel to the house was also injured and has been arrested.

He said the parcel was delivered to the house of Baldev Sukhadia to exact revenge over some dispute.

"Even as the accused, Gaurav Gadhavi, handed the parcel, the receiver noticed smoke. The package exploded, leaving Sukhadia's brother Kirit with injuries," Badgujar said.

Gadhavi was also injured and has been arrested, he said, adding that the police teams were looking for other



accused involved in the incident.

"Primary interrogation has revealed that the parcel was delivered to the address over a dispute with the Sukhadia family. They had also received threats earlier," he said.

The official said the bomb appears to have been remotely operated, and an electronic circuit, battery and blades were recovered from the site.

A probe team is investigating the exact nature of the device, he said. The bomb disposal squad (BDS) and forensic team reached the site along with senior police officials, he said.

BSP supremo Mayawati hits out at Amit Shah over comments on Ambedkar

LUCKNOW, Dec 21 (Agencies): Bahujan Samaj Party (BSP) chief Mayawati on Saturday hit out at Union Home Minister Amit Shah, saying that he should apologise for his statement on B R Ambedkar.

If this does not happen, the BSP will protest across the country on December 24, she said.

In a series of posts on X in Hindi, Mayawati said, "Babasaheb Dr Bhimrao Ambedkar, the author of the original book in the form of the super-humanistic and welfare Constitution for the self-respect and human rights of the Dalits, deprived, and other neglected



people of the country, is as revered as God. His disrespect by Shri Amit Shah hurts the hearts of the people."

She further mentioned that people from all sections of society in the country are quite angry and agitated by the words spoken by him

in Parliament regarding such a great man.

"Ambedkarite BSP has demanded that he take back his statement and repent, which has not been done till now," she said.

The BSP chief also stated that in such a situation, if the demand

is not met, the BSP will raise its voice across the country.

"That is why the party has now decided to hold a nationwide movement on December 24 in support of this demand. On that day, a complete peaceful dharna-demonstration will be held at all district headquarters across the country," she said.

During a debate on the Constitution in the Rajya Sabha on Tuesday, Shah had said,

"Abhi ek fashion ho gaya hai — Ambedkar, Ambedkar, Ambedkar, Ambedkar. Itna naam agar Bhagwan ka lete to saat janmon tak swarg mil jata (It has become

a fashion to say Ambedkar, Ambedkar, Ambedkar, Ambedkar, Ambedkar, Ambedkar, Ambedkar. If they had taken God's name so many times, they would have attained heaven for seven lifetimes)."

On Wednesday, Shah held a press conference in which he accused the Congress of twisting facts and distorting his comments in the Rajya Sabha.

Lok Sabha and Rajya Sabha witnessed constant protests from treasury benches and opposition members over the alleged insult of Ambedkar until both the houses were adjourned sine die on Friday.

Sanjay Raut hints at Uddhav Sena's solo fight in Mumbai civic polls

Shiv Sena (UBT) leader Sanjay Raut said that the party workers are demanding to contest the Mumbai Municipal Corporation polls alone.

MUMBAI, Dec 21 (Agencies): Shiv Sena (UBT) leader Sanjay Raut on Saturday hinted that his party, led by Uddhav Thackeray, may contest the upcoming Mumbai local body polls alone, without an alliance with Congress and Sharad Pawar's NCP.

Raut said that party workers are demanding to contest the Mumbai Municipal Corporation polls alone and mentioned that the party chief will take a decision after consulting with them. He also pointed out that Shiv Sena has contested the polls on its own in the past.

"Party workers demand that Shiv Sena should contest the Mumbai

Municipal Corporation elections on its own. Uddhav Thackeray will take a decision after meeting the workers. This does not mean that the Maha Vikas Aghadi has broken. Even before this, when we were with the BJP, we had contested elections separately," Raut said at a press meeting.

The Uddhav Sena contested the recent Assembly and Lok Sabha elections in alliance with Congress and Sharad Pawar's NCP under the banner of the Maha Vikas Aghadi (MVA). In the April-May Lok Sabha elections, the alliance performed well, but it delivered a



dismal performance in the Assembly polls in November.

While the BJP-led Mahayuti secured 230 out of 288 Assembly seats, the Opposition coalition managed to win only 46 seats, with the Shiv Sena (UBT) winning 20, Congress 16, and the NCP (SP) 10.

Of the 36 Assembly seats in the Mumbai region, which form the Municipal Corporation's electoral territory, the Uddhav Sena won 10, while Congress bagged only three, compared to the Mahayuti's combined tally of 22. The remaining one seat went to the Samajwadi

Party. Sharad Pawar's NCP is not a key player in the city.

Following the poor performance in the Assembly polls, the MVA alliance witnessed instances of discord, with alliance partners blaming each other for a lack of coordination and for failing to capitalise on the momentum from the Lok Sabha elections. However, alliance leaders maintained that the MVA remains strong despite the setbacks.

The dates for the Mumbai polls are yet to be announced by the state election commission and could be held in early 2025.

Lt Gen Navin Sachdeva visits Rajouri, highlights civil-military collaboration, operational preparedness

Top News Report

RAJOURI, Dec 21: Lt Gen Navin Sachdeva, General Officer Commanding (GOC), White Knight Corps, visited Rajouri to strengthen civil-military ties and recognize the pivotal role of local communities and veterans in maintaining peace and stability in the region.

During the visit, Lt Gen Sachdeva praised the synergy between the civilian population and security forces, particularly in the sensitive border districts of Rajouri and Poonch. He highlighted the Indian Army's increased operational footprint in the region, including the strategic occupation of the upper reaches of



the Pir Panjal Range, as well as its close collaboration with the Jammu and Kashmir Police (JKP) and civil administration. Acknowledging the contributions of veterans and local leaders, he credited their efforts for the improved security scenario in the region.

He commended the Ace of Spades Division

for its critical role in fostering trust through welfare programs and engaging local communities. Lt Gen Sachdeva remarked, "The coordination between the military and civilians has been instrumental in creating a stable environment."

The Corps Commander also participated in the Mendhar Cricket

Premier League (MCPL) felicitation ceremony, applauding the youth's enthusiasm for sports as a unifying force. He emphasized the importance of such events in channeling energy positively and promoting community harmony.

Lt Gen Sachdeva underscored the Army's proactive outreach to locals, fostering greater

trust and cooperation between the military and civilian communities. He met with Indian Army veterans, thanking them for their enduring contributions to regional stability and social harmony. He noted their crucial role in bridging the gap between the military and civilian communities. This visit reaffirmed the Indian Army's commitment to peace, stability, and community welfare in Jammu and Kashmir. By increasing its operational footprint, enhancing synergy with local law enforcement and administration, and engaging with local communities, the Army continues to work collectively to ensure a secure and harmonious environment.

Army conducts lecture on "Beti Padhao Beti Bachao" at Chassana



Top News Report

REASI, Dec 21: The Indian Army organized an insightful lecture on the theme "Beti Padhao, Beti Bachao" at Chassana in the Reasi District to promote awareness about the importance of educating and empow-

ering the girl child.

The event saw enthusiastic participation from the local community, including students, parents, and educators.

The lecture emphasized the critical role of education in shaping the future of young girls and highlighted

the need to eradicate gender biases. Key topics included access to education, health, and equal opportunities for girls to excel in various fields.

The session also addressed the government's initiatives under the "Beti Padhao, Beti Bachao" scheme, inspiring attendees to actively support this cause.

The event reflects the Indian Army's commitment to fostering societal development and empowering communities in remote regions. The locals appreciated the effort and pledged to uphold the vision of an inclusive and progressive society.

Army organises Ex Servicemen Meet at Peda Gali

Top News Report

RAJOURI, Dec 21: Locals, community leaders, Ex-Servicemen, Public Health Engineering employees, Forest Department personnel of the Area of Responsibility, and the Indian Army personnel from Peda Gali, under the aegis of Romeo Force, organised an interactive session with the local populace.

The event saw a significant turnout of 60 individuals, including residents and stakeholders from the Area of Responsibility. The event began with a welcome speech by Ex-Servicemen Sub Rashid.

Operating in remote and sensitive areas,



these participants are uniquely positioned to provide valuable first-hand information regarding local developments, challenges, and security concerns.

The event aimed to enhance coordination between the Indian Army, local communities, and government agencies, while utilizing their insights for improved operational effectiveness in the region.

This initiative highlighted the Indian Army's dedication to fostering strong relationships with local communities and institutions.

By interacting with key stakeholders in the region, the Indian Army not only gains vital intelligence but also strengthens mutual trust and promotes a sense of shared responsibility for ensuring stability and development in the area.

Army organises "Lecture on the Bad effects of Tobacco" at Hasplot

Top News Report

RAJOURI, Dec 21: Keeping in view the Indian Army's core objective of maintaining cordial relations with local citizens through public, the Indian Army organized a "Lecture on the Bad Effects of Tobacco" to spread awareness among the younger generation as well as the local populace regarding the harmful effects of tobacco.

This lecture helped promote and spread knowledge about best practices to boost physical and mental well-being among the local people of all age groups in Hasplot (Maniyal).

A total of 68 people attended the lecture, including 15 men, three women and 50 children. During this event, a representative of the Indian Army briefed the children and youth about tobacco, which has become a common substance these



days, with many young people destroying their lives by getting addicted. This addiction leads to irreversible damage to the lungs, heart, and other vital organs.

It also causes behavioral

changes. Tobacco impacts the brain, which can lead to depression, conduct problems, personality disorders, and other serious health risks, including respiratory problems and an increased risk of cancer.

The children were advised to pursue their goals in their respective fields and contribute to the environment, society, and the country as responsible citizens.

The invitees were motivated and assured of all possible guidance and assistance from the Indian Army for their future endeavors. This gesture and effort by the Army were highly appreciated by the public.

The Army's endeavor to reach out to the population residing in remote areas, where civil administration has limited accessibility, will go a long way in developing and strengthening trust between the Jawan and the public.

The event also served as a platform to strengthen the bond between the Army and the people of this region, showcasing the Army's commitment to serving the nation.

Army organises Annual Day celebration at APS Akhnoor

Top News Report

AKHNOOR, Dec 21: The majestic Sangha Auditorium resonated with joy and pride as Army Public School, Akhnoor, celebrated its Annual Day, "Swarnim Prakaashtha." This marked the grand culmination of a year-long series of events to commemorate the school's Golden Jubilee.

The occasion reflected on five decades of excellence in education, inspiring both a reflection on a glorious past and hope for a brighter future.

The event was graced by Maj Gen Sameer Srivastava, Patron of the school, and Meena Srivastava, Chairperson, Family Welfare Organisation, Cross Sword Division, whose distinguished presence added prestige to the celebration. The Principal, Geeta Sharma, presented the Annual Report, skillfully outlining the school's outstanding achieve-



ments in academics, co-curricular activities, and social initiatives.

With heartfelt gratitude, she acknowledged the collective efforts of the students, staff, and parents in driving the school's success and urged everyone to strive for even greater milestones in the years to come.

Enthralling dances, soulful music, and thought-provoking skits left the audience in awe, with

each performance reflecting the essence of "Swarnim Prakaashtha" and the school's cherished values.

A highlight of the day was the Prize Distribution Ceremony, where outstanding achievers were felicitated for their exemplary contributions across various domains. The unveiling of the Golden Jubilee Coffee Table Book added nostalgia to the occasion.

NCP leader Shadib Hanief expresses condolences on demise of Dr. A.G. Ahanger's mother

Top News Report

SRINAGAR, Dec 21: In a heartfelt statement to the media, NCP Leader Shadib Hanief Khan expressed her grief and extended condolences to renowned cardiologist and former director of SKIMS, Dr. A.G. Ahanger, on the passing of his mother.

Dr. Ahanger's mother passed away a few days back. She was laid to rest in the ancestral

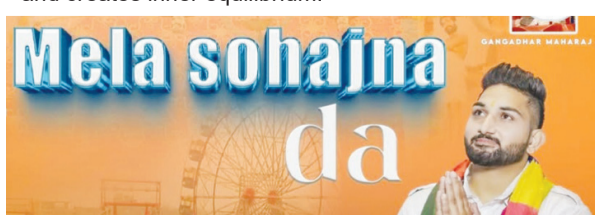


graveyard of her village, Midoora, located in Tral. Earlier, several social and political activists condoled the demise and expressed their sympathies with the bereaved family, particularly with Dr. A.G. Ahanger.

JKBS hails Rohit Sangral's Bhajan 'Mela Sohajna Da'

Top News Report

JAMMU, Dec 21: The Jammu and Kashmir Batwal Sabha members today hailed the release of Music Director Vicky Kaith's new bhajan 'Mela Sohajna Da', sung by Rohit Sangral. Vicky Kaith said, Bhajans serve as a means of invoking blessings, purifying the atmosphere, and spreading joy and auspiciousness. JKBS General Secretary RL Kaith said, Singing or listening to bhajans removes all negativity in one's mind and fills one's heart with joy, peace and contentment. It elevates one's mood and creates inner equilibrium.



IIM Jammu students join J&K delegation in welcome at NITTR Chennai under Yuva Sangam Phase V

Top News Report

CHENNAI, Dec 20: As part of the prestigious Yuva Sangam Phase-V initiative, a delegation of 29 students from the Indian Institute of Management (IIM) Jammu, including students from the Indian Institute of Management (IIM) Jammu, arrived in Chennai for a week-long cultural and educational exchange program. This initiative, under the Ek Bharat Shreshtha Bharat (EBSB) program by the Ministry of Education, Government of India, aims to foster cultural understanding, knowledge sharing, and national unity among the youth of India. The delegation was accompanied by IIM Jammu faculty members Dr. Harsha Jariwala and Dr. Jaganth G, under the leadership of Prof. B.S. Sahay, Director, IIM Jammu.

The delegation, which included 15 male and 11 female students, showcased the diversity and vibrancy of Jammu and Kashmir's youth. They were warmly welcomed upon their arrival in Chennai and introduced to Tamil Nadu's rich cultural heritage, setting the stage for a series of immersive and engaging activities.

The inaugural event at NITTR Chennai was



graced by Professor Usha Natesan, Director of NITTR Chennai, who extended a heartfelt welcome to the delegates. Faculty members from both institutions, including Prof. G. Janardhanan, Dean of Academics and Research and Nodal Officer for Yuva Sangam 2024, along with Professor Malliga, Head of the Department of CSE, and Professor G. Kulanthavel, Department of ECE & Institute Function Coordinator, were present to mark the occasion. The event commenced with a captivating video presentation on Tamil Nadu's cultural legacy, followed by an overview of the planned activities presented by Prof. G. Janardhanan.

The program's highlights include a blend of cultural exploration, academic learning, and social interaction. The delegates began their journey by visiting prominent landmarks such as the Kalaignarulagam-

Kalaignar Memorial Museum, which offered them valuable insights into Tamil Nadu's history and cultural richness. A cultural dinner at the International Guest House provided a unique opportunity for the students to experience Tamil Nadu's culinary delights and build connections with peers and faculty members.

The itinerary also features a visit to the Auroville Foundation in Pondicherry on December 21, 2024, where delegates will learn about its principles of sustainable living and universal harmony. Excursions to iconic sites include Mahabalipuram, the Tamil Nadu Government Museum, Besant Nagar Beach, and the Astalakshmi Temple on December 22. The delegation will explore SRM University's sports facilities and ASA Archaeological sites in Kancheepuram on December 23, followed by visits to the Chennai Airforce Station, Tambaram, and

TANCAM on December 24 to gain insights into technological advancements. On December 25, students will visit the Crocodile Park and Dakshin Chitra, further immersing themselves in ecological and cultural diversity.

This exchange program underscores IIM Jammu's commitment to holistic student development and its mission to nurture socially responsible leaders. By participating in the Yuva Sangam initiative, the institute reinforces its dedication to building cultural bridges and fostering a sense of national pride and unity among its students.

The week-long journey, rich with cultural exploration, academic exchange, and social learning, reflects the vision of 'Ek Bharat Shreshtha Bharat.' The delegation will return to Jammu on December 26, 2024, carrying with them invaluable experiences and memories to cherish for a lifetime.

Modi Govt committed to provide better civic amenities to J&K people: Vikram Randhawa

Top News Report

JAMMU, Dec 21: In line with the Bharatiya Janata Party's commitment to the development and welfare of the people of Jammu and Kashmir, Vikram Randhawa, MLA from Bahu Constituency today inaugurated the construction work of lane and drain at Ward No. 46, Sanjay Nagar. The project, with an estimated cost of Rs 37 lakh, is a significant step towards enhancing the region's infrastructure and improving the living standards of the residents.

Speaking on the occasion, Vikram Randhawa emphasized that this project reflects the BJP-led government's vision of providing better civic amenities and ensuring a cleaner, safer environment for the people. He said, "This project is not just about improving infrastructure,



but about building a better future for the people of Jammu. Under the leadership of Prime Minister Narendra Modi, we are committed to transforming Jammu and Kashmir with modern infrastructure, development, and progress."

The senior BJP leader asserted that the development project

aims to address long-standing issues of drainage and connectivity in the region, which will greatly benefit the residents of Sanjay Nagar and surrounding areas. It is expected to ease the daily challenges faced by the locals while contributing to the overall beautification and development of the area, he added.

Vikram Randhawa reiterated that this initiative is part of the ongoing efforts by the BJP to bring about a transformative change in Jammu and Kashmir, underpinned by development, prosperity, and better quality of life for every citizen.

"Every step we take is towards fulfilling the promise of progress that BJP has made to the people of Jammu and Kashmir. This project is a part of our broader vision to uplift the infrastructure and empower local communities," he added.

Later, Vikram Randhawa interacted with the people of the area and listened to their issues with keen attention. He assured them that their concerns would be addressed promptly and reiterated his commitment to working tirelessly for the development and welfare of the Bahu Constituency.

Gau Gopal Maha Yagya enters day 4 at Samadhi of Shri Dwarika Nath Shastri



Top News Report

JAMMU, Dec 21: The fourth day of the 9-day long Gau Gopal Maha Yagya was celebrated at the sacred Samadhi of Great Saint Shri Dwarka Nath Shastri Maharaj Ji in Sohanjana village, Mandal Tehsil.

The event saw a powerful performance by artists Tarun Sharma, Vikas Jasrotia, and others from the social organization Natmanch Jammu, who effectively raised awareness about the dangers of alcohol, cigarettes, and intoxicant drugs. Through a play, they highlighted the devastating impact of drug addiction, which they termed as a social evil and a deadly poison affecting the youth, reaching thousands of people in the audience.

Renowned Bhajan singers such as Swami Bua Dita, Shyamsundar, and storytellers like Gautam, Suresh, Kul-

deep, and Amit shared their divine performances, spreading spiritual wisdom and blessings to the large crowd.

The event was guided by Gangadhar Ji, the mastermind behind the grand event, who imparted valuable life lessons through bhajans and scriptural knowledge, leaving a deep impact on the religious and spiritual community present.

Special dignitaries including former minister and sitting MLA, BDO of Mandal Block Kiran Deep Kaur, Ajay Sharma, SP South Jammu, and the Principal of Higher Secondary School Sohanjana, Bittu Mahant, attended the event. Famous Dogri poet Bishan Vedi also recited his composition, adding a cultural dimension to the gathering.

At the 108 Kundi Yagyashala, scholars performed sacred

rituals such as Gopal Sahasranama, Vastu Peeth, Geeta Homa, Purush Sukta, and Lakshmi Sukta, offering prayers with pure desi cow ghee and havan samagri to hundreds of Yajmans. The large-scale fair accompanying the Mahayagya offered a variety of food and items, with people enjoying swings and other attractions.

In a symbolic act of patriotism, Gangadhar hoisted the national flag and led the congregation in singing the national anthem, reminding everyone of the importance of devotion to both God and the nation. SP South Ajay Sharma was also present for this significant occasion.

The government administration contributed greatly to the smooth conduct of the event, with arrangements for medical facilities and efficient police service being highly praised. To ensure the safety and convenience of the thousands of devotees expected in the coming days, one-way traffic arrangements have been made, and everyone is requested to cooperate for the success of the event.

NDS felicitates eminent artists



Top News Report

JAMMU, Dec 21 (Agencies): On the eve of "Dogri Bhasha Mannata Dhiadda", Nami Dogri Sanstha (NDS) organised a Special Function to release the "Sanstha Geet" and to felicitate the distinguished personalities of Duggar.

Jenab Ajay Sadhotra Former Minister was Chief Guest on the occasion and Advocate K.Nirmal Kotwal President J&K High Court Bar Association Jammu Presided over. The dias was shared by Advocate Dogra Harish Kaila President NDS and Prof. Anupama Sharma Patron NDS.

The programme was ably compered by Yash Pal Yash General Secretary NDS and Dr.Chanchal

Sharma Organising Secretary of the Sanstha.

Capt Lalit Sharma IFS former APCCF Convener NDS in his opening address welcomed the dignitaries and the learnt participants. He spoke on the importance of Dogri Bhasha Mannata Dhiadda and gave a synopsis of the working of NDS over the last 26 years. He remembered the contributions of Ram Nath Ji Shastri and battery of writers, poets, artists, social and political workers who contributed in getting Dogri Bhasha included in 8th schedule of Indian Constitution.

"NDS Geet" written by Yash Pal Yash, composed by Kuldeep Sapru and melodiously sung by Prof.Anupama Sharma and her co-singers was released on the occasion

Ravi Sharma an eminent Santoor Masterio, Music Composer and son of renowned classical singer Dr. Jagdish Ram Sharma, for his long contributions. Jatinder Kaur an eminent singer who has enriched Dogri Language for decades was also honoured on the occasion.

Ajay Sathotra in his address congratulated entire Duggar for Dogri Bhasha Mannata Dhiadda. He said that inclusion of Dogri in 8th schedule has enhanced the pride of Dogras represented by people from all faiths and shades, besides getting national recognition. He said that lot of work is required to be done after inclusion of Dogri in 8th schedules. He assured all support from his Government in this regard.

Nirmal Kotwal observed that the "Mannata Dhiadda" should be celebrated as collective festival in the entire duggar. He said that our state has rich culture and traditions of world wide acclamation and needs to be preserved.

Dr.Chanchal Sharma extended vote of thanks in the end.

Army conducts Medical Patrol for Gujjar and Bakarwals at Chakalsalta

Top News Report

RAJOURI, Dec 21: The Indian Army conducted a "Medical Patrol" at Chakalsalta.

In its constant endeavour to understand and address the basic needs of people in the remote areas of Chakalsalta, Rajouri, especially the Gujjar and Bakarwals who lack such amenities, the Indian Army has initiated the conduct of Medical Patrols.

During these patrols, the troops, while ensuring the safety and security of the local populace, are helping them with their basic medical needs.

The Indian Army conducted a medical patrol in the remote village of Chakalsalta, which has a considerable population of Gujjar and Bakarwals.

A total of 35 females, 25 males, and 20 children benefited from the initiative. They expressed great satisfaction and gratitude towards the Indian Army for the assistance provided.

Children Winter Workshop by NATRANG commencing from Dec 25

Top News Report


JAMMU, Dec 21 (Agencies): The most fascinating and sought after Natrang's Winter Theatre and Dance workshop for Children-2024 will start from 25th December, 2024 at Natrang Studio Theatre, Jammu. Sharing details in a press briefing, Natrang Director Padamshree Balwant Thakur informed that this unique theatre-camp would provide opportunity to children to explore their unlimited inner creative and artistic abilities. The timings of the camp will be 2:30pm to 5pm daily and will be held under his close mentorship in which the latest developed popular techniques of theatre which are in vogue in Europe and USA will be introduced. The children will also have the occasion to get trained under highly acclaimed professionally trained directors including Neeraj Kant, Sumeet Sharma, Sunny Mujoo and Gauri Thakur. He informed that every year during winter Natrang offers an opportunity to children to enjoy their winter break with amazing learning platform beyond the textbooks. Similarly this year too, Natrang will have a 15 day winter camp for children where they will learn personality development, confidence building, communication skills through story-telling, acting, stagecraft and much more with the help of



highly innovative creative theatre devices and exercises. Theatre is a sophisticated expression of basic human needs. For children, it is an instinct to mimic and to tell stories through narratives and metaphors. This innate quality in children is enhanced and polished with the help of theatre. It is vital to understand that when phrases like 'learning is fun' and 'play and learn' are quoted, we can easily think of theatre as a means to learn in a child's life. With the growing competition, every teacher and parent is following the rule of thumb, to break this monotony, Natrang introduces theatre to the kids which brings freshness to the child's imagination and helps them to grow intellectually. Since every child is special, it is important that we encourage them to open up to the best of their ability by giving them confidence building opportunities. Theatre since ages has been considered

as the magical tool of personality transformation and upgradation of soft skills. In Jammu Natrang since the year 1990 has been constantly endeavouring in developing a new methodology using theatre and other artistic expressions in exploring the immense inner abilities of children and since then have generated a huge pool of extraordinary talents who are now the who's who of Jammu and India as well. He desired all not to lose this rare opportunity being offered by Natrang.

The interested parents may contact workshop coordinator for details on 9906048670, 8713049875, 9419106669 and may mail requests at natrang83@gmail.com. A short theatre play will also be produced during the course of the training. Children between the age of 7 to 15 will be considered for this unique training programme. The workshop would be coordinated by Mohd. Yaseen.



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