

# Traditional Millet diet beneficial in Diabetes, obesity: Dr Jitendra

*Excelsior Correspondent*

NEW DELHI, Jan 30 : Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh, who is also a renowned Diabetologist and a medical professional, said here today that traditional millets diet is beneficial in diabetes, obesity and host of other disorders.

Delivering the keynote address at an exclusive event titled "CSIR innovations on Millets" commemorating the International Year of Millets here today, Dr Jitendra Singh said, after Prime Minister Narendra Modi popularised Yoga globally, it's now time to do so for Millets. He said, 10 of the 12 known types of millets are grown in India, which consist of complex carbohydrates, slow to digest and hence low glycemic index beneficial for Blood Sugar levels.

The Minister recalled that the first International Day of Yoga was celebrated on 21st June 2015, after the IDY resolution of the United Nations General Assembly (UNGA) in December 2014 came at the initiative of Prime Minister Shri Narendra Modi and was passed by unanimous consent. Now, The International Day of Yoga (IDY) is celebrated on 21st June every year worldwide. Similarly, spearheaded by Prime Minister Narendra Modi, the United Nations declared 2023 as the "International Year of Millets" at the initiative of the Indian Government last year and was backed by 72 other countries, the Minister informed.

Dr Jitendra Singh also inaugurated the Exhibition and released the Desktop Calendar 2023 on Millets at CSIR-NPL as part of the Celebrations of "International Year of Millets-2023" by CSIR Labs. The Minister informed that the Exhibition had a display of products and technologies developed in CSIR-CFTRI and also other CSIR labs and will showcase the capabilities of CSIR-CFTRI in Millets R&D and reach out to various stakeholders on the institute's Millet-based Technologies at national level.

## JKTPO organises export awareness, capacity building workshop

*Excelsior Correspondent*

JAMMU, Jan 30: Jammu and Kashmir Trade Promotion Organization (JKTPO) organized an export awareness workshop in association with Federation of Indian Export Organizations (FIEO) Directorate General of Foreign Trade (DGFT), Export Credit Guarantee Corporation of India Ltd (ECGC), Department of Posts, Government of India, and State Bank of India (SBI) in Jammu. These workshops are being organized to realize the vision of LG, UT of J&K to export from every district of



Participants in export awareness workshop at Jammu on Monday.

Jammu and Kashmir and making each district of J&K a potential export hub, with a vision of increasing exports by 3 times in the next 5 years.

The workshops on directions of Prashant Goyal , Principal Secretary, I&C, are being held across the UT to promote exports from all districts of Jammu & Kashmir under District as Export Hub Scheme/ODOP initiative. These workshops aim to boost and support exports from UT of J&K and with focus on developing each district as export hub under District as Export Hub/ODOP initiatives. Niche products of Districts such as basmati, Fresh fruits, saffron, Pashmina , Bosholi Paintings, Carpets, Paper machie , etc are prioritized in each district for further hard and soft interventions required at the ground level,

The workshop included detailed sessions on Benefits of exports, process of getting IEC code, awareness regarding India Business Portal and India Trade portal, credit linkages for exports and credit risk insurance facilities, e-commerce platforms, Logistics and potential of products of region in international



Union Minister Dr Jitendra Singh delivering keynote address on "CSIR innovations on Millets" commemorating the International Year of Millets, at New Delhi on Monday.

Dr Jitendra Singh detailed how the Government's initiatives are going to revive consumption of millets, not just in India, but globally and increase the farmers' income. He also appreciated the efforts of CSIR, especially CSIR-CFTRI, Mysuru in developing technologies and machineries for processing, value added products from millets and also in the area of skill development.

Dr Jitendra Singh, who is himself a known Diabetologist and medical professional told the gathering that Millet is a whole grain that is high in nutritional value and the cereal crop is nutritionally superior to wheat and rice due to its higher protein levels and a more balanced amino acid profile.

The Minister informed that Millets are drought-resistant, with lower water requirements, and can be cultivated on poor soils and in hilly terrain and therefore could be produced and promoted in almost all Geographical Terrains & Regions of the World. They are also rich in carbohydrates, protein and minerals like calcium, potassium, magnesium, iron, manganese, and zinc, he added.

Dr Sridevi Annapurna Singh, Director, CSIR-CFTRI, Mysore welcomed the Union Minister, gathering and presented the key contributions of CSIR in the area of millet processing. She also emphasised the contributions of CFTRI, Mysuru, NIIST, Thiruvananthapuram and IHBT, Palampur, the constituent laboratories of CSIR in this area.

Dr. Venugopal Achanta, Director, CSIR-NPL, New market.

On the onset Khalid Jahangir, Managing Director, JKTPO welcomed the business community members from Jammu and briefed the audience about mandate and various trade and export promotion initiatives undertaken by Jammu and Kashmir Trade Promotion Organization. He further added that JKTPO regularly organizes and participates in various activities like Buyer-Seller Meets, Trade Fairs, Exhibitions, Conferences, Seminars, etc. at National and International level for registered members & women entrepreneurs. He further

highlighted the export potential of unique products of Jammu and Kashmir.

A K Bhushan, Deputy Director DGFT, Jammu briefed about various Government scheme for export and documentation required for IEC registration. The participants were given the detailed presentations of all the major aspects related to exports, checklist for documents required to get IEC Code, market linkages including e-commerce linkages and benefits. Many queries were resolved on the spot and various participants intended to get registered with DGFT.

Col. Vinod Kumar, Post master General, Postal Services, India Post, Jammu Region shared the attributes of portal Dhak Ghar Niryat Kendras which act as facilitation center for E-Commerce exports.

# Farooq asks Admin to address post snowfall exigencies

*Excelsior Correspondent*

SRINAGAR, Jan 30: The Jammu and Kashmir National Conference President Dr. Farooq Abdullah on Monday asked the administration to come to the aid of people, whose lives continue to remain out of gear in wake of the heavy snowfall across Jammu and Kashmir.

Several villages in the upper reaches of Kashmir division remain disconnected from the district headquarters for the second consecutive day after receiving the snowfall. Dr. Farooq said, adding that the electricity distribution system, surface connectivity and water supply has also been badly affected.

"I have received various SOS calls from North, South and Central Kashmir districts, particularly the upper reaches where people continue to face many inconveniences following the snowfall. I was told that the heavy snowfall has thrown life out of gear in the upper reaches of Baramulla, Bandipura, Kupwara, Anantnag, Shopian Pulwama, and Kulgam districts. People in these districts are facing tremendous hardships. The electricity, as well as potable water supply, is disrupted. In case there is any emergency on health grounds, locals are unable to shift the patients to the hospital as authorities have failed to clear snow from

roads," he said. Dr Abdullah said resumption of connectivity is the main issue that has to be tackled on priority basis. "The major arteries connecting Dawar, Kanzalwan, Keran, Kama, Gurez, Jangund and many far flung areas to their district headquarters haven't been cleared of snow yet. People living in those areas are going through immense difficulties. The situation is no different across the upper reaches of South, Central Kashmir and Chenab region districts. Srinagar city has become a cesspool of slush. SMC and other concerned agencies are not visible on ground," he said.

He said that students, elderly and patients are in particular at the receiving end due to the blockage of roads connecting these far-flung areas to district headquarters. "The situation is no different in the snow bound region of Chenab region where the access to all upper hamlets is yet to be restored," he said.

"The divisional administrations in Jammu & Kashmir must ensure that flying squads are placed on the grounds to check price rise. The situation has become more precarious in wake of the absence of public representatives," he said.

## Life-imprisonment awarded to militant

*Excelsior Correspondent*

JAMMU, Jan 30: Principal Sessions Judge Reasi RN Wattal today awarded rigorous life-imprisonment to a militant named Bashir Ahmed for killing surrendered militant Asgar Ali who was trainee at Police Training Centre Manigam at the time of murder.

As per the prosecution case, on 27/09/1999 a complaint was received at Police Station Mahore with the averments that a surrender militant Asgar Ali, son of Jamaludin of Gulab Garh, who was trainee at Police Training Centre Manigam and was on leave to meet his family members, was abducted from village Gulab Garh on 26th September 1999 and killed by unknown militants.

After hearing both the sides, the court observed, "the crime here is waging war against State and murder of an innocent person is particularly a heinous crime, a crime against state, a crime against humanity."

"The penal statute has prescribed punishment for offence of waging war and murder for life or capital punishment and to view such offences once proved lightly is itself an affront to humanity. Though there is discretion to court to award a lesser sentence than minimum, adequate and special reasons decide the discretion", the Principal Sessions Judge said, adding "the discretionary

# LG pays tribute to Mahatma Gandhi on his Punyatithi

*Excelsior Correspondent*

JAMMU, Jan 30: Lieutenant Governor Manoj Sinha today paid tribute to the Father of the Nation Mahatma Gandhi on his Punyatithi.

Speaking at an event organized by Gandhi Global Family J&K, the Lt Governor said, Babu's life and teachings continue to guide the inter-dependent world in the 21st century. The eternal values he taught us will sustain the human civilization in the decades and centuries to come.

The ideals that Babu espoused Satya and Ahimsa - truth and non-violence, protecting human dignity, equality, social justice, respect for all religions, welfare of the underprivileged, rights of women and youth, are powerful instrument & guiding light for peaceful co-existence, said the Lt Governor.

The Lt Governor appreciated the efforts of the Gandhi Global Family, J&K for promoting the Gandhian values among the younger generation and asked the voluntary organizations to join hands for eradicating the social



Lieutenant Governor Manoj Sinha with members of Gandhi Global Family paying tribute to Mahatma Gandhi on Monday.

Evils.

The Lt Governor said that Puja Babu's ideals and timeless teachings have influenced world leaders to establish the society based on social harmony, syncretic co-existence and economic prosperity.

Women are leading as a role model and contributing to economic development. It is our collective responsibility to ensure women have access to education, equal opportunities and financial & other assistance to grow and prosper, said the Lt Governor.

Whole of Society approach is the need of the hour to fulfill the resolve of Amrit Kaal Khand to create a fear-free, corruption-free and drug free Jammu Kashmir, he added.

The Lt Governor also spoke on the deep bond shared by Mahatma Gandhi and Pt. Madan Mohan Malaviya. He highlighted the measures taken by the govern-

ment to spread Babu's message for social transformation and accelerated development.

On the occasion, the Lt Governor felicitated the citizens and organizations for their valuable contribution towards the service of the society. A pledge was administered to building an India dreamed by Puja Babu. Two-minute silence was also observed and Bhajans were recited to spread the values and noble message of Mahatma Gandhi.

Padma Shri S P Varma, President Gandhi Global Family, J&K; Padma Jitendra Udhamपुरi, renowned Dogri litterateur; Rajinder Sharma, Mayor, JMC; Dilbag Singh, DGP; Lt Gen RK Sharma (Retd.), Padma awardee, Devender Singh Rana, former Legislator; public representatives, members of various social organizations, students, prominent citizens were present on the occasion.



Senior BJP leader Devender Singh Rana during Yajna organised by Sri Balak Yogeshwar Das.

## Rahul owed apology to people for Congress' Himalayan blunders in J&K: Rana

*Excelsior Correspondent*

SAMBA, Jan 30: Senior BJP leader Devender Singh Rana today blamed Rahul Gandhi for failing in apologizing to the people of Jammu and Kashmir for the Himalayan blunders committed by the Congress in this part of the country since 1947.

"Least to speaking about tendering apology, Rahul Gandhi took pride in being in the company of PAGD allies who have exploited Kashmiris, one way or the other, all these years", Devender Rana told media at the side-lines of Yajna organized by Sant Sri Balak Yogeshwar Das Ji Maharaj for the martyrs.

Rana said that Rahul Gandhi also preferred to align with those who push for talks with Pakistan whenever the rogue neighbour perpetrated mayhem through her lackeys—be it in Dargri Rajouri or target killings of Kashmiri Pandits and the outsiders.

He said the former Congress President also conveniently forgot the threats and warnings of the PAGD leaders that there will be nobody to hold Tiranga in Kashmir. He must now thank Prime Minister Narendra Modi for creating a situation where, not only the people of Kashmir are carrying on economic activities and daily chores freely and fearlessly, but political leaders like him freely enjoying snow in the Valley.

The Senior BJP leader said the people do not know whether Rahul Gandhi has joined the nation together or not during his just concluded so-called yatra but they have certainly watched his brazen bonding with "Bharat Todo" PAGD, which stands for Pakistan, anti-national, separatist, radicalised and secessionist elements.

## Veteran political leader O N Trisal passes away

*Excelsior Correspondent*

JAMMU, Jan 30: Omkar Nath Trisal a veteran political leader who performed a leading role during Pak raiders invasion in 1947 as a National Conference (NC) activist and fostering bonds of amity among the people of different communities in Kashmir breathed his last today after a prolonged illness. He was 98.

During the Pak raiders attack he was chosen by NC as one of the four political commissar to meet the challenge of Pakistan led tribal raiders and he played a key role at that time in restoring the confidence of people.

Trisal was also a close asso-

"No wonder, the person, who embarked on the yatra to Kashmir to understand, as he says, the feelings of the people, must be returning back as ignorant as he has been, due to lack of his understanding", he added.

Rana said that the peace and normalcy dawning in Kashmir is result of path breaking initiatives taken by the Prime Minister for holistic development of the Valley post abrogation of Article 370, which removed all obstacles in bonding of Jammu and Kashmir with rest of the country emotionally. Unfortunately, he said, Rahul Gandhi did not clear his stand on Article 370 even at the close of his yatra.

On a question about Rahul Gandhi hoisting tricolor in Lal Chowk, Rana said this is the changed Kashmir and changed scenario in the Congress as well. In this context, he recalled the statement of the Congress General Secretary in Jammu, observing that unfurling the national flag in Kashmir is RSS legacy and said that this tradition has now inspired their young leader to follow the Sangh footsteps. Better late than never, he observed and wished Rahul Gandhi to understand the Indian ethos in its totality. That will be true repentance of the Congress for the sins committed in independent India, he added.

On the Mahayajna, Devender Rana complimented Sant Sri Balak Yogeshwar Das Ji Maharaj as a tribute to martyrs, due to valour and sacrifices of whom the nation is breathing in democratic, sovereign nation. He said the Indian Armed Forces were the most disciplined and brave forces across the world, which are capable of defending the territorial integrity with valour.



AAP leader Harsh Dev Singh addressing a public meeting in Chenani.

## Concept of Democracy in J&K reduced to local bodies polls: Harsh

*Excelsior Correspondent*

UDHAMPUR, Jan 30: Former Minister and Chairman AAP J&K today said that with Election Commission of India (ECI) apparently focused on holding elections in nine States of the country besides conducting by-elections in several other States this year, the restoration of democratic government in J&K seems to be the last priority of Government of India as well as ECI.

Addressing public meetings in villages Tandhar and Mandal of Chenani constituency today he said: "All discussions on restoration of democracy ultimately culminate in the so-called successful conduct of Panchayat and Municipal polls. The concept of democracy in BJP rule has been reduced to polls of local bodies with no sincere effort having been made to install an elected Government in J&K," he further said adding that once again enough hints were being dropped

regarding the conduct of polls of local bodies in near future without uttering a word about the conduct of Assembly polls in J&K.

Singh said that the erstwhile State of J&K has been deprived of democratic government for the last more than 4 ½ years, the Assembly having been suspended and eventually dissolved in 2018, did not appear to be finding the desired attention of either poll bodies or the Centre.

He said that with Assembly Elections delayed and denied, political process having been rendered defunct in J&K and political parties discredited and discouraged, the Centre seemed to be hell-bent to deprive J&K of a democratically elected government.

"With uncertainty looming large over the restoration of popular government, the UT of J&K is doomed to be governed by proxies from outside the State having hardly any accountability to the masses whom they rule," he continued.

## 2 Doctors, 3 paramedics suspended in Kupwara

*Excelsior Correspondent*

KUPWARA, Jan 30: The Deputy Commissioner (DC) Kupwara today paid a surprise visit to PHC Gushi around 3pm and found 5 employees including 2 doctors absent from duty.

The Deputy Commissioner directed concerned BMO for appropriate action under rules.

Meanwhile, the Block Medical Officer Kupwara issued a suspension order under endorsement No.BMOK/3245-47 dated 30-01-2023 in which 5 employees of PHC Gushi namely Dr. Latief Ahmad, Medical Officer; Dr. Imet Pal Singh, Dental Surgeon; Muneer Ah Noman, Sup. Pharmacist; Mohd Sultan Bhat, Male Nurse and Hafeeza Begum, FMPHW have been placed under suspension till pending enquiry.

The order further reads that the pay for the month of January 2023 shall be kept withheld till further directions.

## Shobha Yatra of Guru Ravi Dass to be taken out in Jammu on Feb 3

*Excelsior Correspondent*

Nagar (Jammu) from 11 AM to 4 PM. He shared that leaders of political parties and religious organizations will also pay homage to Guru Ravi Dass Ji. Cultural programmes will be presented on the occasion and 'Guru ka langar' will be served from 4 PM onwards.

All members of the executive body and prominent members

JAMMU, Jan 30: All J&K Guru Ravi Dass Sabha, Jammu today said that it will take out a grand Shobha Yatra of Guru Ravi Dass Ji on 3rd February in connection with 646th Birthday celebration of the Sant Shiromani Shri Guru Ravi Dass Ji Maharaj. Addressing a press conference here today, Piran Ditta (president of Sabha) said that 646th Birthday of Guru Ravi Dass Ji Maharaj will be celebrated with great pomp and show as usual. He said on 3rd February, a Shobha Yatra depicting



Members of All J&K Guru Ravi Dass Sabha during a press conference at Jammu.

the life and history of Guru Ravi Dass Ji Maharaj will start from Gurudwara Krishna Nagar (Jammu) at 11 AM and after passing through main bazaars will culminate back at Guru Ravi Dass Ji Gurudwara Krishna Nagar.

He said a grand function for celebration of holy birthday of Guru Ravi Dass Ji Maharaj will be held on Sunday (5th of February) at Gurudwara Krishna

attended the press conference. Raj Kumar Raja, Dr Raj Pal Hans, Darshan Rana, Ramesh Hans, Mulkhraj, Deepa Bangotra, Joginder Digra, Sham Sunder Basson and Banarsi Dass Digra also spoke on this occasion. Branch presidents Bittu, Om Prakash, Ajay, Chaman Lal, Sham Lal, Manoj Kumar, Badri Nath, Mulkh Raj (Bahu Fort) and many other branch presidents were also present.

## LIC clears air on 'exposure to Adani Group'

*Excelsior Correspondent*

JAMMU, Jan 30: The Life Insurance Corporation of India (LIC) has cleared the air on the alleged exposure to Adani Group of Companies.

In a press statement, an LIC spokesperson said: "In the ordinary course of business, LIC doesn't share details of its company and industrial group specific investments. However, given that certain information is being circulated in the various articles in media and video channels about LIC's exposure to the Adani Group of companies, we are releasing this information to share the factual position regarding our exposure in Adani group of companies in the equity and debt segments."

"LIC's total holding under equity and debt is Rs 35,917.31 crores as on December 31, 2022 under Adani Group of companies. The total purchase value of equity, purchased over the last many years, under all the Adani Group companies is Rs 30, 127 crores and the market value for the same as at close of market hours on January 27th, 2023 was Rs 56, 142 crores.

"Teh total amount invested under Adani Group amounts to

Rs 36, 474.78 crores as on date. These investments have however been made over a period. Further it may be appreciated that the credit rating of all of the Adani debt securities held by LIC are AA and above which is in compliance with the IRDAI investment regulations as applicable to all the Life insurance companies," the spokesperson said.

"A total asset under management by LIC is over Rs 41.66 lakh crore as on September 30, 2022. Therefore, LIC's exposure in the Adani Group, as on date, is 0.975% of LIC's total AUM at book value," the official LIC statement read.

"LIC follows a robust procedure of valuation of its liabilities and determination of solvency margin in order to ensure its financial soundness on continued basis. The available solvency margin of LIC as at September 2022 was well above the target solvency level of 160%. LIC Board and its management is committed to and conscious of its responsibilities towards all the stakeholders and will continue to follow appropriate principles and practices to safeguard their interests at all the times," it further said.

## Maj (Dr) Irwin Kaur from Jammu clears PCS Exam

*Excelsior Correspondent*

JAMMU, Jan 30: Major (Dr) Irwin Kaur, who belongs to village Kadyal (RS Pura) in Jammu and is married in Punjab, has brought laurels for her home town by clearing Punjab Civil Services (PCS) Examination in first attempt.

Daughter of Gurbachan Singh (an engineer), Irwin Kaur graduated as a doctor from Acharya Shri Chandra College

of Medical Sciences and Hospital and joined Army Medical Corps. She served the Army for about five years and then quit in her endeavour to serve the nation as a civil servant. For this, she appeared in PCS Examination and cleared it in first attempt.

Dr Irwin Kaur gave credit to her success to her in-laws for her preparation, her parents for constant motivation and strength and to her 3-year-old son. She is presently appointed as Assistant Commissioner in Deputy Commissioner Office in Jalandhar district.