

PIB Jammu organizes Rural Media Workshop 'Vartalap'

Excelsior Correspondent

RAJOURI, Mar 18: Press Information Bureau (PIB), Jammu organized Media Workshop 'Vartalap', here today with the aim to build a direct interface between PIB and the journalists working at district and sub-district levels.

The Workshop, organized at Dak Bungalow Rajouri, was inaugurated by Deputy Commissioner Rajouri Vikas Kundal in presence of Deputy Director, PIB Jammu, Ayushi Puri and Joint Director, CBC J&K, Ghulam Abbas.

In his inaugural address, DC Rajouri termed the media workshop 'Vartalap' as the best platform for a dialogue between media and the Government. He said, media being the fourth pillar of democracy acts as eyes and ears of the Government and such coordination is essential to obtain necessary feedback and address the concerns regarding implementation of the schemes and programmes of the Government at the ground level.

Deputy Director PIB Jammu, in her address said, media is the most powerful tool for dissemination of information. "Besides focusing on investigative journalism, media should also focus on development journalism," she added. She later stressed on media ethics and code of conduct for journalists before reporting on various issues.

Joint Director CBC J&K said that the media units of I&B



DC Rajouri Vikas Kundal along with Deputy Director PIB Jammu Ayushi Puri inaugurating a media workshop at Rajouri.

Ministry in J&K are playing a pivotal role in the dissemination of information of the Government schemes and programmes at the grass root level through different programs organized throughout J&K by PIB, CBC, AIR and DD.

Additional Superintendent of Police, Rajouri, Vivek Shekhar Sharma said that media in the border districts of J&K must cross check facts with proper analysis before publishing the news in print, electronic and digital media.

District Information Officer, Rajouri, Narinder Raina in his address highlighted the achievements of the district under various schemes and programmes of the Government.

Assistant Director, CAPD, Mohamad Arifand Sheikh Mudaris Amin (Media & Communications Officer, PIB Jammu) also spoke on the occa-

Tony strongly advocates for statehood restoration before Assembly elections

Excelsior Correspondent

JAMMU, Mar 18: Senior Aam Aadmi Party (AAP) leader and District Development Council (DDC) Member Suchetgarh Taranjit Singh Tony has strongly reiterated his demand for restoring statehood to Jammu and Kashmir Union Territory before holding of the Assembly elections.

In a statement issued to media here today, the senior AAP leader said that now that the Prime Minister Narendra Modi has asserted at International for that Bharatiya Janata Party (BJP) Government has brought peace to J&K and even the Home Minister Amit Shah claims that terrorists have been eliminated and complete peace has been established here besides the same assertion continuously by the Lt Governor Manoj Sinha, Army, Police and Para Military forces, so there is no reason at all left with the Election Commission of India (ECI) for not holding Assembly elections in J&K.

Tony said that the elections are being delayed just for the reason that BJP is now fearing

defeat in J&K due to its anti people policies having been forcibly thrust upon the people of this fragile region. "Not only this, it has crossed all the limits now by handing over the task of recruitment examination to the black listed company and thus playing with the future of the youth of J&K," he said, adding that this clearly shows that BJP is sensing its unprecedented defeat awaiting the elections due to its misuse through proxy governance by the LG Administration in this Union Territory.

The senior AAP leader said that postponement of Sattari Cantonment elections is the glaring proof of the BJP's fret and fear of miserably losing every election including the Assembly elections in J&K.

Tony said that elections are inevitable and the sooner these are held the better it would be. However, he demanded that before holding of the Assembly elections, the Government must restore the statehood to J&K. He added that the elections to Panchayats or PRIs can't be a substitute for Assembly elections.



Participants posing together during a workshop at Department of Zoology, JU in Jammu.

JU Science Club organizes two-day workshop

Excelsior Correspondent

JAMMU, Mar 18: Science Club, University of Jammu (JU) organized a two-day workshop on "How creative brain works?" in the Department of Zoology, to create brain awareness and help participants understand the science behind creativity and learn techniques to unlock their full creative potential.

Chief Guest of the function, Prof Umesh Rai (Vice Chancellor, JU) interacted with the gathering detailing about various aspects of creativity and how the University of Jammu is planning various activities and courses which will be outside the four walls of a classroom and how these various activities in the campus will enhance creativity aligning with main goals of NEP 2020.

The convener, Utsaah, the clubs, University of Jammu, Prof Satnam Kour gave a welcome address and detailed about the workshop by Science Club as a part of the 10-day multi-arts festival 'Duggar Darpan' in collaboration with Indira Gandhi National Centre for Art.

Topics covered in the workshop were the neuroscience of creativity, understanding the creative process, techniques for enhancing creativity and over-

coming creative blocks, and applying creativity to problem-solving and decision-making.

The Creative Brain workshop was facilitated by Dr Chinnmoyee Maharana, a Neuroscientist; Assistant Professor, Department of zoology and Coordinator, Science Club, UoJ as she spoke about the "Ponderings on Creative Brain". Through a combination of interactive presentations, group activities, and practical exercises, attendees from various departments learned how to improve their ability to generate and develop creative ideas, and apply them to their personal and professional lives.

The Workshop was attended by participants from various departments including teaching, non-teaching staff, students and scholars.

Among the dignitaries, Prof Shashi Manhas, Prof Namrata Sharma, Dr Arti Sharma, Dr Parvinder Kumar, Dr Rakesh Panjalya, Dr Garima Gupta, Dr Sadaf Shah, Dr Shashi Prabha, Dr Suvidha Khanna, Dr Pritam Singh, Dr Pankaj Chibber, Dr Surinder and Mr Rakesh Sharma were also present.

The inaugural function was compered by Dilpreet kour and vote of thanks was delivered by Gurjeet Kour.

India never halted trade relations with Pakistan: Indian diplomat

ISLAMABAD, Mar 18:

India never halted trade relations with Pakistan and wants to move towards normalising business ties, a senior Indian diplomat here has said, stressing that today's diplomacy focuses on tourism, trade and technology because "money speaks its own language".

Suresh Kumar, India's Deputy High Commissioner to Pakistan made these remarks on Friday while speaking at the Lahore Chamber of Commerce and Industry (LCCI), the Dawn newspaper reported.

"India always wants better relations with Pakistan because we cannot change our geography," he said. "We want to move towards normal relations with Pakistan. We also didn't stop trade with Pakistan, as it was Pakistan that did it," he said.

"It would be better to see how we can change our problems and situations," Kumar said.

In 2019, Pakistan suspended bilateral trade with India and

expelled its High Commissioner in Islamabad after New Delhi revoked the special status of Jammu and Kashmir.

India has been maintaining that it desires normal neighbourly relations with Pakistan while insisting that the onus is on Islamabad to create an environment that is free of terror and hostility for such an engagement.

The trade with Pakistan stood at USD 329.26 million in 2020-21 and USD 830.58 million in 2019-20, the data showed.

He agreed that the number of visas issued by the Indian embassy to Pak-istanis dropped during the Covid-19 pandemic. However, he insisted that the number has now increased, as 30,000 visas were being issued every year, which he said was "a huge number".

Kumar said the Indian government was also issuing medical and sports visas to Pakistanis.

He said gone were the days when diplomacy used to focus on compiling political reports. Today's diplomacy, he said, revolved around

tourism, trade and technology "as money speaks its own language".

India was presently doing trade of USD 120 billion with China, in which the balance of trade is towards China, he said, stressing that imports "are not always wrong and also have advantages".

Kumar said that intellectual property has become more important than physical property. "By sitting in distant countries and manufacturing in other countries, Europe is making money due to intellectual property rights," he said. "Universities in Europe focus on technology."

He said transit trade was extremely important as Central Asia was a big market and India needed access to it. Similarly, Central Asia also needed access to India.

He said India was on course to become one of the largest economies. "Our service sector has grown enormously and now we are focusing on manufacturing, like automobile and electronics manufacturing," he said. (PTI)

100 kg patient's knee replacement performed in 20 mins

Excelsior Correspondent

JAMMU, Mar 18: Prominent knee replacement surgeon Dr Ranjit Singh recently performed successful knee replacement surgery on a 65-year-old female



Dr Ranjit Singh posing with a patient on whom he performed knee replacement surgery.

surgery successfully on the lady at IVY Hospital Amritsar. The patient resumed her normal daily chores within a week and started walking the very next day itself. Dr Ranjeet's latest association with IVY Hospital Amritsar has proven a boon for people from adjoining provinces who used to travel all the way to Chandigarh or Delhi for surgeries.

Speaking about the Zero Error technique, Dr Ranjit said, "This technique outclasses conventional technique by its short surgical time of 20 minutes and with no cutting of muscle and minimal blood loss along with a 99% success rate. As a result, the patient recovers without pain in a magically short time with minimal difficulty and is even able to sit cross legged and climb stairs comfortably."

The surgery was performed at IVY hospital Amritsar and people are comfortably dropping in for consultation and surgeries. While knee replacement is itself challenging because of old age and complications that come along including obesity, hypertension and diabetes, the skill and expertise of a surgeon is paramount.

Consultation Workshop on Forest Rights Act held in Budgam

Excelsior Correspondent

SRINAGAR, Mar 18: A consultation workshop on Forest Rights Act (FRA) was today organised by Action Aid India in Chadoora Budgam which was attended by senior officers from the Tribal Affairs Department, Forest & Revenue Departments as well as the members of village Forest Rights Committees (FRCs)

Speaking on the occasion, Special Secretary Tribal Affairs Department Mohammad Haroon Malik said that people had rights like the Forest Rights Act in the past also when Sir Walter Lawrence did land settlement in J&K around 1890.

"But after enactment of FRA these rights have been properly identified and people have not only individual and community forest rights but they have rights over the local non-forest timber produce (NTFP) as well," he said.

He said that Govt of India

has launched a scheme called Van Dhan Yojna wherein J&K Tribal Affairs Department has signed an MoU with the Cooperatives Department for setting up Self Help Groups (SHGs) for Scheduled Tribes (STs) and Other Traditional Forest Dwellers (OTFDs).

These SHGs can collect the minor forest produce at their level and process the same, he said. Sub Divisional Magistrate (SDM) Chadoora P N Hamid in his address said that tribals and other traditional forest dwellers must focus on the education of their children.

Range Officer, Doodh Ganga Range, Tariq Nazir spoke about FRA in detail and the rights to which people are entitled.

Chairman RTI Movement Dr Raja Muzaffar appreciated the role of the Tribal Affairs Department and others for their support and cooperation on FRA implementation.

ABVP CUJ elects Prabhakar as president

Excelsior Correspondent

JAMMU, Mar 18: Akhil Bharatiya Vidyarthi Parishad (ABVP) Central University Jammu (CUJ) has announced executive council for the session 2023-24 in the presence of State secretary, Akshi Billowria and National Executive Council Member, Mukesh Manhas.

Prabhakar Bhardwaj, Ph.D Scholar has been elected as Unit president and Shagun Sharma, student of integrated BA-B.Ed course of Education Department as Unit secretary.

Mridul Sharma, Abhigya Singh, Meenakshi Devi, Vishab Patiayala and Rahul Singh were elected as vice-presidents; Aditya Bhardwaj, Hemakshi Kumari, Akshit Banyal, Swatantra Srivastav and Sumit Gangwar as joint secretaries; Gorav Singh, Social Media Incharge; Diksha Bagal, Girls Working Incharge and Co-Incharge were Nandita Sharma and Nandini Sharma; Vishal Thakur, convener Students for Development (SFD); co-conveners were Parul, Sanchit and

Jai Prakash; Student for Seva (SFS) Convener is Kritika, co-conveners were Simran Sharma, Pooja and Sahil Manhas; Rashtriya Kala Manch Convener is Prachi Mahajan and co-conveners were Deepshi Pathania, Rashu Sharma and Palak Singh; Student for Holistic Development of Humanity (SHODH) convener, Arun Rajwal; co-conveners Manisha Kumari and Sneh Devi; Think India convener, Samarth; co-conveners Shrawan Goyal, Vivek Yadav and Ansh; Study Circle Incharge, Davinder Singh; co-incharges Kunal Singh, Sheetal Sharma and Dhruv; Sports Activity incharge Akash Mahajan; co-incharges Kusum Verma, Nisha Thapa and Harsh; executive members Arjun Rana, Shivom Rana, Dipesh, Ketan Kumar, Alok Singh, Kanav, Ashwani, Sudhanshu, Sudheer, Ujjwal Kumawat, Shubham, Rajvansh, Ashish, Kajal Manhas, Anuradha Manhas, Poonam Manhas, Sheetal Manhas and Vikas Nayak.



Acharya Kamlesh Jha from Banaras University delivering lecture during International Seminar on Kashmir Shaivism at Jammu University on Saturday.

Scholars highlight niceties of Trika philosophy

2 day international seminar on Kashmir Shaivism concludes

Excelsior Correspondent

JAMMU, Mar 18: The two day International Seminar on Kashmir Shaivism held at Jammu University concluded today with scholars from different parts of country and students of various institutions including Sanskrit Department of Jammu University highlighting the niceties of Trika philosophy of Kashmir and theory of non dualism propounded by it.

The speakers made special reference to great scholars of Kashmir Shaivism including Vasavagupt, Utpaldev, Abhinavagupt, Kshmedar, Batkatal, Somanand etc saying that they made a special contribution to Indian Darshan Shastra and aesthetics. They said the Kashmir Shaivism is directly linked to Rishi Durvasa.

Prof Jagir Singh in his thought provoking lecture on Kashmir Shaivism and Trika philosophy said great scholars from Kashmir have made a tremendous contribution and as the Saffron from Valley makes fragrant atmosphere all over the world so does Kashmiri Shaivism.

The scholars also highlighted the contribution of Swami Lakshman Joo the great Shivacharya of 20th century who made a tremendous contribution in its revival and dissemination across the world. The establishment of institute of Kashmir Shaivism is also one of his great contribution in preserving this rich philosophy and taking the legacy forward.

Dr Ramesh Bhat a well

known scholar and Professor Government GGM Science College Jammu read his paper on Trika Philosophy of Kashmir and enlightenment to God realization on the occasion.

The scholars said that entire universe is Lord Shiva and he is only truth in this universe. They said that Swami Lakshman Joo had said that Kashmir Shiv philosophy should reach every nook and corner of the world. He translated all granths in English so that people could understand it.

Other prominent scholars who spoke during today's sessions included Dr Anil Kumar Tiwari from SMVDU, Katra, Suchita Pathania, Prof Ram Pratap, Dr Parshotam Sharma, ex HoD, Pran Nath Kaul from HP University. The sessions were chaired by Acharya Kamlesh Jha of Banaras Hindu University.

The stage was managed by Kusum Tickoo. It may be recalled that during the seminar two books one written by George Barselar from Australia and another by Dr Manju Verma were released. The George's book is a complete work on Tantra Loka.

Speaking on the occasion, Vijay Kumar Koul, secretary Kashmiri Shiva Institute said that "We organise programmes so that younger generation knows what is Kashmiri Shiva philosophy. He said this philosophy is a practical way of life". He also highlighted the various steps taken by the Kashmiri Shiva institute in taking it to younger generation.

3 drug peddlers held in Handwara, Sopore, Ganderbal

Excelsior Correspondent

SRINAGAR, Mar 19: Police have arrested 3 drug peddlers in Handwara, Sopore and Ganderbal and recovered contraband/ Psychotropic substances from their possession.

In Handwara, a police party of Police Station Qalamabad at a checkpoint established at Qalamabad market intercepted a suspicious person. On checking about 95 grams of charas-like substance was recovered from his possession. He has been identified as Zahoor Ahmad Dar son of Ab Khaliq resident of Waskura Handwara.

In Sopore, a police party of

5 extortionists arrested in Baramulla

Excelsior Correspondent

SRINAGAR, Mar 18: Police have arrested 5 extortionists involved in blackmailing, threatening and extortion in the Shalteng Sheeri area of Baramulla while the extortion money has been recovered from their possession.

Police Station Sheeri received a written complaint from one person wherein he stated that on 27th of February 2023 while he was on way to his home & on reaching Shalteng Sheeri, five persons reportedly drug addicts, assaulted him and extorted Rs.20000 from him.

On this complaint, police said, a

Police Station Tarzoo during patrolling at Sofi-Akbar road intercepted a scooter bearing registration number JK16-3533. On checking 15 grams of brown sugar-like substance was recovered from Muzaffar Ahmad Marazi @Muzz Marazi son of Muhammad Akbar resident of Sofi Hamam Sopore who was riding the scooter.

In Ganderbal, a police party led by SHO PS Kheerbawani Insp. Mudasir Zaroo during patrolling at Bagoorampora Saloora intercepted a person identified as Showkat Ahmad Bhat son of Gh Mohd Bhat resident of Saloora Ganderbal. During the search, 18 strips of SpasmoProxvion tablets were recovered from his possession.

During the investigation and strenuous efforts, all five accused persons were arrested, police said. "They have been identified as Nasir Ahmad Dar son of Mohd Amir resident of Shalteng Sheeri, Irshad Ahmad Malla son of Ghulam Din, Umar Akbar Ganie son of Mohd Akbar, Tajamul Bashir Malla son of Bashir Ahmad & Waseem Ahmad Malla son of Manzoor Ahmad Malla, all residents of Sheeri Baramulla. Extorted money Rs 20000/- was also recovered from their possession.

Jammu Kashmir Folk Festival concludes

Excelsior Correspondent

JAMMU, Mar 18: J&K Academy of Art, Culture and Languages (JKAACL) here today under the guidance of Bharat Singh, Secretary Academy, successfully concluded the two-day Jammu Kashmir Folk Festival which was inaugurated yesterday by Prof. B.S Sahai, Director IIM.

Speaking on the occasion Bharat Singh emphasized on the need for promotion and preservation of folk traditions of J&K.

On inaugural day musical presentations by renowned singers of J&K like Kabul Bukhari (Pahari and Gojri medley), Waqar Khan, Yaseen Gundpuri, Chakri (Saras Bharti & Party), Sonali Dogra, Vanshika Jaral, Naina Sapru (Kashmiri Singer), Dilsher Singh & Party (Punjabi Folk), Khajoor Singh & Party (Gertrude), Parveena Bano & Party (Gojri Folk), Chinmayee Sharma, Kusha Sharma, Nirbhay Singh, Raman Slathia, Pawnesh Singh and Vishal Gupta, Asha Kesar (Bhakh), Rakesh Malhotra, Zahida Taranum and Nisar Ahmed Dhoolwali mesmerized the audience.

The event culminated with vote of thanks by Dr. Shahnavaz, Editor cum Cultural Officer, Gojri.

Darbari Lal (Dholak), Amit Anand (Tabla), Rakesh Anand (Flute), Krishan Kumar (Synth), Sanjay Kumar (Guitar) and Rohit Kumar (Octopad).

On concluding day renowned artists along with young talents of J&K who gave their presentations were Vishal Pandita, Pooja Pandita, Neelam Langeh, Suresh Chouhan, Sham Manyal, Surinder Manhas, Dr. Deepali Watal, Naseem U Haq, Vishakha Bardwaj, Jasmeet Kour, Parvez Malik, Master Kartar Chand & Party, Mohinder Soni, Harkrishan Singh Sanam, Bishan Das & Group, Ramesh Chander, Vibha Bharti, Pallavi Koul, Tsewang Dorje, Zahida Taranum, Chaman Matto & Party, Rumalo Ram & Party (Geetru), Mahila Parveen, Ajaz Bhatt, Muzzamil Shah, Razia Ashraf, Gulam Hassan Tabsum & Party and Waheed Jhillani. They were supported by musicians like Girdhari Lal Sharma on Sarangi, Mayank Raina on flute, Sahil Jasotra on Tabla, Rajeev Kumar on Dholak, Chandan on Synth, Ricky on Octopad and Amarjeet Singh on Violin.

The event culminated with vote of thanks by Dr. Shahnavaz, Editor cum Cultural Officer, Gojri.

They were supported by

On 26th annual day, HRBE Foundation gives 567 scholarships

Excelsior Correspondent

JAMMU, Mar 18: On its 26th annual day, Harbans Roshan Bhalla Educational (HRBE) Foundation gave 567

scholarships and certificates of merit to students during a function in which the chief guest was Rajinder Sharma, JMC Mayor.

In a handout the Foundation stated that 80 per cent of the beneficiary students were girls from rural areas and financially weaker sections of the society.

The Mayor encouraged the children and their parents to make the best use of the opportunity provided by the Foundation and lauded the efforts of the Foundation to promote education of girls, particularly those from rural areas of Jammu.

He also interacted with children and wished them a bright future ahead.

Educational support to children is provided by the Foundation team by online tuition classes, evaluation tests and counseling sessions for chil-

dren and their parents. Children travelled from Hiranagar, Chak, Rattian, Doomi, Gajansoo, R.S Pura, Birpur, Rehian, Jourian, Dansal,



HRBE Foundation felicitates Rajinder Sharma, JMC Mayor and Councillor Sucha Singh on 26th Annual Day of the Foundation.

Kangrail, Gurah Slathia, Ghou Manhasan, Saruinsar etc participate in the function along with their families.

A wide range of cultural activities like traditional dances, songs and poems were performed by children. Managing Trustee, Kunil Bhalla dwelt on the activities of the Foundation and its future vision.

He informed that every year 60-70 new students are added to the list and stressed that parents of bright and needy children who can't afford but want to pursue education should apply for scholarship.



BJP leader Chander Mohan Sharma talking to reporters at Jammu on Saturday.

Observe Saakh immersion in eco-friendly manner: Chander Mohan

Excelsior Correspondent

JAMMU, Mar 18: Chander Mohan Sharma, senior leader Bharatiya Janata Party (BJP), J&K and convener of Namami Ganga campaign of party appealed to the people of Jammu to observe ensuing Navratri festivals with full regards to the environment protection protocol.

Accompanied by Dr. Pardeep Mahotra, J&K BJP Media in charge and Veena Bakshi, in charge Mahila Wing, Sharma while addressing media persons here, today said on the culmination of the last Navratri, local masses would observe the ritual of the immersion of Saakh Mata (Khetri) in running water streams. He said that after worshipping Matarani with great devotion for nine days, the immersion should have to be observed in equally pious manner, keeping away the non-biodegradable material such as polythene bags and plastic and iron articles in stranded water.

Sharma, who is also the Chairman of Tawi Green Andolan, said the authorities under Smart City have diverted the stream and stopped the flow of water in the manner that devotees would not be able to submerge Saakh in the water.

He appealed the administration and Jammu Municipal Corporation (JMC) to make suit-

able arrangements for devotees in river Tawi to perform the holy ritual at Tawi Aarti Ghat Bikram Chowk.

Sharma further appealed to JMC and Smart City Ltd. to expedite connecting filthy Nallahs with STPs. He demanded removal of huge building waste material dumped on the basin of river Tawi by the contractor firm who built Multilayer Parking at Panjirthi.

Illicit timber seized in Baramulla, 3 held

Excelsior Correspondent

SRINAGAR, Mar 18: Police in Baramulla have seized illicit timber and arrested 3 accused persons involved in commission of the crime.

A police party of Police Station Uri under the supervision of SDPO Uri Shokat Ali arrested three persons identified as Ali Mohd son of Ab Aziz, Farooq Ahmad son of Ab Hameed Mir & Gh Mohd Bhat son of Mangi Bhat, all residents of Nambla Uri, and recovered illicit forest timber measuring about 35 CFT on their disclosure at Nambla Uri.

Accordingly, police said, a case under relevant sections of law has been registered in Police Station Uri and an investigation has been initiated.