

Organizes informative awareness camp about PMAY-U at Gho Manhsan

PM Modi Govt committed to improving lives and housing conditions of its citizens: MLA Marh

JAMMU BULLETIN NEWS
MARH, DEC 24:

BJP MLA Marh Surinder Kumar today asserted that the transformative policies of the Modi Government have been instrumental in bringing relief and succour to the people of Jammu and Kashmir. This was stated by him during an informative awareness camp to spread awareness about Pradhan Mantri Awas Yojana - Urban (PMAY-U) at Municipal Office Gho Manhsan to provide affordable housing for the urban poor. The event was attended by Jammu and Kashmir Housing Board's Meenu Mahajan, Municipal Committee Executive Officer Dev Raj, Jammu Border Area Incharge BJP Rajinder Singh Chib, and former Councilor Manohar Lal Bhagat and many other prominent local personalities.

MLA Marh mentioned that the people of Jammu and Kashmir have been reaping the benefits of Central-sponsored Government schemes. He maintained that more than 9,000 landless people have been provided land under the Pradhan Mantri Awas Yojana (PMAY), further contributing



to the Government's commitment to improving the lives and housing conditions of its citizens. He asserted that the present Government is committed to provide five marlas land under the PMAY scheme to those who have not his own land in Jammu and Kashmir. He underlined the significant transformation in governance and the administration of Jammu and Kashmir following the abrogation of Article 370, asserting that the Government is now actively aligning its policies with the aspirations and needs of the common masses. The senior BJP leader emphasized that the policies of Modi Government

have not only brought development but have also ushered in a sense of inclusivity and empowerment among the people of Jammu and Kashmir. The region is witnessing rapid progress in various sectors, and its residents are experiencing a brighter future. Speaking on the occasion, MLA said decision by PM Modi Govt to facilitate the construction of 3 crore homes across rural and urban areas under PMAY has set the tone for the next 5 years in terms of the Government's priorities towards sustaining Housing and Infrastructural growth. This move augurs well for the affordable housing segment which could

well be primed for a revival, especially after witnessing subdued demand in the past few quarters, he said. "Apart from facilitating home ownership at the grassroots level, we also expect this to provide a boost to the local economies owing to the impending infrastructural development in the forthcoming months and years," he added.

MLA Marh further said that the increased allocation of funds for a wider coverage under PMAY signals the government's continued commitment to meet the housing needs of the poor. At the same time, it will steer construction activity in the pub-

lic sector. At a time when residential activity is witnessing a steady traction across larger markets, the government's push only adds to buoy the market sentiment.

MLA Marh claimed that decision to construct an additional 3 crore houses under the Pradhan Mantri Awas Yojana in the very first cabinet meeting shows the intent of the new government to continue with a welfare approach, indicating that measures to boost housing demand would be among the top priorities. This initiative will not only provide shelter to the poor and the middle class but also generate employment and stimulate the economy," said MLA. "As the real estate sector is the second largest employer in the country, the extension of the PMAY scheme will have a ripple effect on employment and economic growth indices. The construction of urban-rural houses in the backdrop of last-mile connectivity being established under mega infrastructure projects will allow us to explore a multitude of new untapped real estate markets," he said.

Health and Wellness Centre Kudwal organizes free health awareness camp

Maintaining mental health and physical fitness during winter crucial: Dr Gyaneshwar

JAMMU BULLETIN NEWS
ARNIA, DEC 24:

Health and Wellness Centre Kudwal, Arnia under the able guidance of Block Medical Officer Bishnah Dr. Ghansham Singh today organized a free health awareness camp by Dr. Gyaneshwar Sharma. Speaking on the occasion, Dr. Gyaneshwar Sharma said healthcare undergoes substantial change during seasonal fluctuations especially during the winter peak.

It is highly imperative to keep both mental health and physical fitness in utmost form as cold, cough & flu, and other infections take hold and more risk prone to people with diabetes, critical heart ailments or hypertension. Generally, people with anaemia, or other medical conditions always feel cold. People with medical history are at higher risk and should keep themselves warm all the times either at home or outside, added Dr. Gyaneshwar Sharma.

Dr. Gyaneshwar Sharma observed that incidence of cardiac arrest increases during the winter months usually affecting those who already have comorbidities and other medical history, or health issues and particularly among older people and those who have an unfit with a sedentary lifestyle. As winter days are shorter, so it is harder to take out time for physical activities or exercises on regular basis and consequently, it badly aggravates



the situation. It's important to get enough sleep during the winter to help boost your immune system and keep you feeling energized. Aim for 7-9 hours of sleep per night and create a bedtime routine that promotes relaxation. It can be tempting to curl up on the couch and hibernate during the winter, but regular physical activity is important for overall health. Find ways to stay active indoors, such as taking walks in a mall or joining a virtual workout class.

Dr. Gyaneshwar Sharma maintained that a healthy diet is always important, but it's especially crucial during the winter months to help boost your immune system. Make sure to include plenty of fruits, vegetables, and whole grains in your diet, and limit

your intake of sugary and processed foods. It's easy to become dehydrated during the winter, especially if you're not paying attention to your fluid intake. Make sure to drink plenty of water and avoid alcohol and caffeine, which can dehydrate you. Proper hand hygiene is crucial for preventing the spread of illness. Make sure to wash your hands frequently with soap and water, especially after being in public or touching frequently-touched surfaces. By following these simple tips, you can help keep yourself healthy and well during the winter months. Remember to listen to your body, take care of yourself, and seek medical attention if you're feeling unwell, added Dr. Gyaneshwar Sharma.

Bovine smuggling bid foiled at Lakanpur area

16 bovines rescued; 02 persons arrested & Truck involved seized

JAMMU BULLETIN NEWS
KATHUA, DEC 24:

Tightening the noose of bovine smugglers within the district, J&K Police Kathua under the overall supervision of SSP Kathua Sh. Shobhit Saksena IPS, today rescued 16 bovines at Lakanpur area, 02 persons arrested and seized 01 vehicle (01 Truck) involved. On dated 24.12.2024 a police team of PS Lakanpur led by SHO PS Lakanpur under the supervision of DySP DAR Kathua during naka/ checking at Lakanpur area noticed the movement of one suspicious vehicle (Truck) bearing Registration No.

PB46M-8029 which was being driven by a person namely Gurjant Singh S/o Jasbir Singh R/o Misherpur Tehsil Batala Gurdaspur PB and his associate namely Sunny S/o Balwinder Singh R/o Galla Wali Colony Tehsil Majitha District Amritsar who was enroute from Punjab side towards Srinagar was signalled to stop for checking. During checking of the said vehicle, 16 bovines were found loaded in the vehicle mercilessly which were rescued, 02 persons arrested and 01 truck was seized on spot.

Thereafter all the 16 bovines (09 Cows & 07

Oxen) were rescued and also seized the vehicle involved. On this, an instant case has been registered at P/S Lakanpur vide FIR No. 143/2024 U/S 223/BNS, 11/PCA act while further investigation into this matter has been set into motion. Kathua Police is striving hard and taking every possible step especially to curb off Bovine Smuggling menace from society. If any person has any information regarding any such activity then share it by dialling 100 or 09858034100 with police for the cause. We assure that your identity shall be kept confidential.

Jammu Police seizes 7 electric autos in Akhnoor for traffic hindrance

JAMMU BULLETIN NEWS
JAMMU, DEC 24:

In a proactive move to ensure the smooth functioning of traffic in Akhnoor, the Jammu Police seized seven electric autos that were creating obstacles and disrupting the free flow of traffic. The vehicles have been booked under the relevant sections of the Motor Vehicles Act. This action was taken as part of the police's efforts to maintain order and ensure the safety and convenience of commuters. Strict enforcement measures will continue to be implemented to address any violations affecting traffic movement. Jammu Police remains committed to ensuring road safety and requests the public to cooperate by adhering to traffic regulations.

17 bovines rescued at Naka point Rehambal

JAMMU BULLETIN NEWS
JAMMU, DEC 24:

Police team of Police Station Rehambal led by its SHO while performing routine vehicle checking duty at naka point Rehambal intercepted one vehicle bearing registration No. JK02CJ-7679 for checking purpose. During checking of said vehicle, 17 no. of bovines were found laden inside the vehicle which were tied in a cruel manner and were being transported illegally without any valid permission. Driver of the vehicle namely Amar Deep S/O Sanjib Dep R/O Lamding, District Hajai, Assam has been arrested on spot. All the bovines were rescued and have been shifted to a safer place. In this regards, case FIR No. 259/2024 under relevant sections of law stands registered at Police Station Rehambal. Further investigation of the case is underway.

Drug peddler nabbed with 12.34 Grams heroin

JAMMU BULLETIN NEWS
JAMMU, DEC 24:

Continuing its drive against drug smugglers/peddlers, Samba Police has arrested one drug peddler in the jurisdiction of Police Station Bari Brahmana and recovered 12.34 grams approximately heroin (chitta) like substance from his possession. A Police party headed by SHO PS Bari Brahmana under the supervision of ASP SDPO Bari Brahmana and under the overall supervision of SSP Samba during vehicle checking naka established near SIDCO Chowk Bari Brahmana, intercepted a bike bearing registration No. JK02CD-9454 coming from Sarore and moving towards Bari Brahmana for its checking. During checking, 12.34 grams approximately heroin like substance was recovered from the possession of the said bike rider. The drug peddler identified as Nikhil Choudhary S/o Ramesh Singh R/o Satwari district Jammu has been arrested and contraband item has also been seized. A case FIR No. 168/2024 U/S 8/21/22/29 NDPS Act has been registered at PS Bari Brahmana and investigation started. SSP Samba warned strict action against the people indulging in drug trafficking, bovine smuggling and other criminal activities and also sought the cooperation of people in this regard.

Hardcore drug peddler arrested, heroin recovered

JAMMU BULLETIN NEWS
JAMMU, DEC 24:

Police team from Police Station Rehambal while performing patrolling duty apprehended one person from Chak Morh who was moving towards Chopra shop by foot for checking purpose who turned to be suspicious as he tried to move fast after seeing police team. 2. On his frisking, 7.6 grams of heroin (chitta) like Contraband substance was recovered from the possession of the apprehended person namely Rohit Bakshi S/O Lt. Sh. Ashok Bakshi R/O Chopra Shop Udhampur who has been arrested on spot. 3. On this, a case vide FIR No. 258/2024 U/S 8/21/22/ NDPS Act stands registered in P/S Rehambal and further investigation was set into probe.

Shakti Shiksha Kendar HSS, Marh organizes anti-drug awareness rally

JAMMU BULLETIN NEWS
JAMMU, DEC 24:

An anti-drug awareness rally was organized by Shakti Shiksha Kendar Higher Secondary School, Marh, with the objective of raising awareness about the harmful effects of drug abuse. The event witnessed the active participation of prominent dignitaries, including MLA Marh, Sh. Surinder Bhagat, SP Rural Jammu, SDM Marh, BMO Marh along with a large number of students and local residents from the area. The rally emphasized the importance of a drug-free society and aimed to inspire youth to lead a healthy and productive life. Students carried banners and slogans promoting anti-drug messages, while the dignitaries addressed the gathering, highlighting the collective responsibility of society to combat the menace of drug addiction. The presence of locals further strengthened the initiative, showcasing a united stand against drug abuse.

Secretary, Culture inaugurate a day-long Dogri Conference to mark 'Dogri Manta Divas'

JAMMU BULLETIN NEWS
JAMMU, DEC 24:

Deepika Sharma, Secretary in Department of Culture, J&K today inaugurated a day-long Dogri Conference to mark "Dogri Manta Divas" at K.L. Saigal Hall, Jammu, in the presence of a large gathering of artists and writers from across Jammu and Kashmir. The event was The Jammu and Kashmir Academy of Art, Culture, and Languages (JKAACL). The inaugural session was presided over by Padma Shri Mohan Singh, with Ms. Deepika Sharma as the Chief Guest. The presidium included prominent personalities such as Darshan Darshi, renowned Dogri poet; Dr. Om Goswami, eminent writer; Dr. Javaid Rahi, Divisional Head JKAACL Jammu; and Ms. Reeta Khadyal, Editor Dogri. Addressing the gathering, Ms. Deepika Sharma emphasized the government's commitment to promoting the Dogri language and culture. She stated that 32 new schemes have been approved to advance art, culture, and languages in Jammu and Kashmir. She also directed JKAACL to organize a week-long Dogri Theatre Festival to engage younger audiences and instill pride in their cultural roots. Earlier, Dr. Javaid Rahi welcomed the guests and outlined the objectives of the event. This was followed by a keynote address by Dr. Om



Goswami, who presented an insightful paper on the historical significance and evolution of the Dogri language.

The Guest of Honour D.K. Vaid, underscored the importance of preserving Dogri literature and culture for future generations and called for collaborative efforts to sustain its legacy. In his Presidential Address, Padma Shri Mohan Singh highlighted the cultural richness of the Dogri language and stressed the need for greater efforts to establish Dogri's rightful place in educational and cultural institutions. He encouraged initiatives that actively involve the youth in preserving the language. The inaugural session concluded with a vote of thanks by Reeta Khadyal. The event continued with a vibrant poetry session, presided over by Dr. Jitender Udhampuri. The presidium included Sh. Prakash Premi, Sh. Om Sharma

"Vidyarthi," and Sh. Inderjeet Kesar. Renowned poets such as Sh. Vijay Verma, Sh. Balwan Singh Jarmorhia, Sh. Raj Kumar Sharma "RAJ RAHI," Smt. Usha Kiran Sharma, Sh. Gopal Krishan Komal, Sh. Anand Khajuria, Randhir Singh Raipuria, Capt. Lalit Sharma, Sh. Girdhari Lal "Rahi," Smt. Vijaya Thakur, Dhiraj Bismil, Dev Raj Marehal, Sh. Kewal Kumar Kewal, Sh. Mohan Lal Sharma, Abdul Qudrir Kundra, Sh. Roshan Bral, Mohinder Pancherchi, Sh. Ajay Singh, Neha Devi, Sh. Daleep Singh, Priyanka Verma, and Sahil Badyal presented their works, enriching the session with their literary contributions. A musical evening followed, featuring mesmerizing Dogri performances. Highlights included a Dogri song by Ravi Raghuvanshi, a Dogri Suhag by Ms. Reeta Khadyal, and a Dogri folk song by Smt. Asha Kesar, among others.

SPPND Govt Degree College Samba commemorates National Consumers Day

JAMMU BULLETIN NEWS
JAMMU, DEC 24:

Department of Economics in collaboration with Department of Geography and NCORD Cell of Government Degree College Samba organized a series of events to commemorate National Consumer Day.

The two-day celebration aimed to raise awareness about consumer rights and responsibilities. The event began with a Slogan Writing

competition on 'Consumer Rights', witnessed active participation from the students from various disciplines.

The celebration continued on the second day with a rally organized by the college to further amplify the importance of consumer awareness. The rally flagged off by Prof.(Dr.) Twinkle Suri saw students and faculty marching through the streets of Samba, holding banners and

raising slogans advocating for consumer rights. Addressing the participants, the principal of the college, Prof. (Dr.) Twinkle Suri emphasized the importance of events like these in educating young minds about their rights as consumers and fostering a sense of responsibility towards ethical consumption. She also commended the efforts of the organizing teams for their dedication in making the event a success.

BSP workers protest against Union Home Minister Amit Shah

JAMMU BULLETIN NEWS
JAMMU, DEC 24:

State Bahujan Samaj Party (BSP) protested against the statement made by Union Home Minister Amit Shah on Baba Saheb Dr. Bhimrao Ambedkar during the Parliament session. A memorandum was submitted to the District Deputy Commissioner and it was demanded that the Union Home Minister apologize for the entire episode! In District Jammu, BSP workers under the chairmanship of the party's Jammu - Kashmir President Darshan Rana demonstrated vigorously at Ambedkar Chowk in the city and handed over a memorandum of their demands to the District Deputy Commissioner! Party workers from different areas of District Jammu

participated in this protest and after paying tribute to Baba Saheb Dr. Bhimrao Ambedkar, they raised slogans against the Union Home Minister and demanded that Amit Shah take back his statements and apologize.

On this occasion, BSP Jammu Kashmir President Darshan Rana said that during the Parliament session, Union Home Minister Amit Shah used derogatory words about the architect of the Constitution, Baba Saheb Dr. Bhimrao Ambedkar, which cannot be condoned enough. He said that nationwide protests have been done by the Bahujan Samaj Party on this issue and due to this, today in the state of Jammu, protests have been held in different districts and BSP has demanded that the Union Home

Minister should resign from his post and apologize to the country. He said that if Union Home Minister Amit Shah does not take back his statement as soon as possible, then protests will be intensified by BSP in the coming days.

After this, BSP workers reached the District Appropriate Office in the form of a rally and submitted a memorandum of their demands! On this occasion, a large number of party workers including the party Vice President Charanjit Chagotra, Coordinator Gaurav, General Secretary Shashi Bhushan Thapa, Sardar Raja Singh, Tilak Raj Bhagat, and Bishan Das Bhagat were present. Similarly, protests were also done by the Bahujan Samaj Party in other districts of Jammu and Kashmir.