

# CS flags off heritage walk from SRS Library to Mubarak Mandi

## STATE TIMES NEWS

JAMMU: On the occasion of World Heritage Day, Chief Secretary, Atal Dulloo, on Thursday morning flagged off a heritage walk from Shri Ranbir Singh (SRS) Library, Kaachi Chawni to Mubarak Mandi Heritage Complex here.

The walk, organized by the Culture Department in association with district administration, was joined by various civil servants including Principal Secretary, Culture, Suresh Gupta, Executive Director, Mubarak Mandi Heritage Society, Deepika Sharma, Deputy Commissioner Jammu, Sachin Kumar Vaisya besides civil society members, hundreds of stu-



Chief Secretary, Atal Dulloo flagging off a heritage walk on Thursday.

dents and other citizens of Jammu city.

The Chief Secretary termed J&K as a treasure trove of rich heritage and culture saying that such events renew our sensitivity towards protection of this significant aspect of our culture. He said that it takes collective efforts to preserve

the heritage and we all have a role to protect it for the posterity.

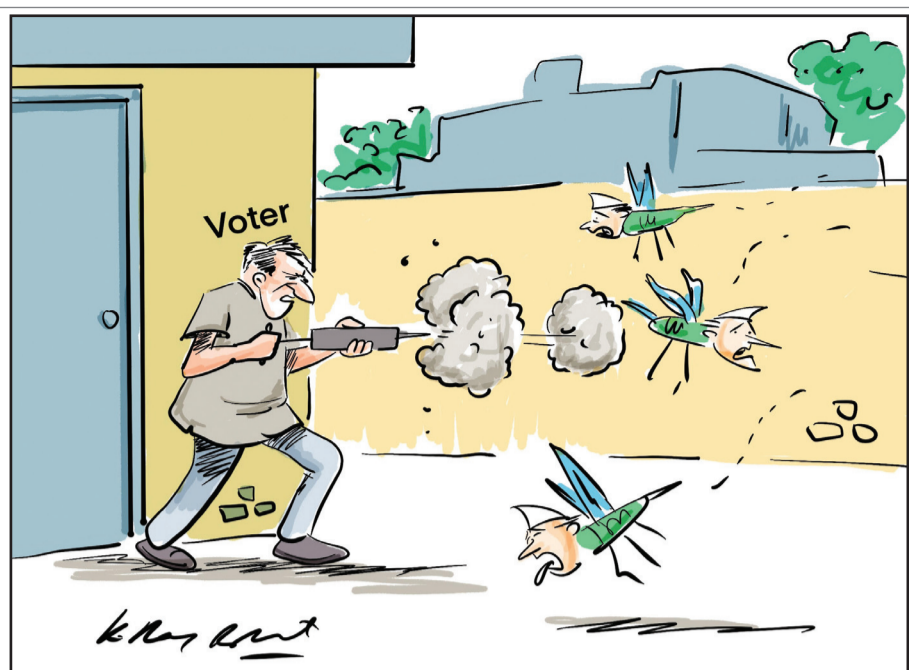
Dulloo said that many of our sites are also on the UNESCO World Heritage Sites list for their overall significance for the world heritage. He maintained that visit to such sites enriches one about the value of

these places besides creating awareness about their uniqueness and aesthetics.

He exhorted upon the students to read and visit such places to have better idea about our rich cultural past.

The Principal Secretary raised awareness about the history of cultural assets of

SRS Library and Mubarak Mandi Heritage Complex. He also threw light on the importance of preservation and protection of our heritage and called upon all the participants to support such measures taken on part of the department. Pertinent to mention here that the World Heritage Day is also known as the International Monuments and Sites Day being celebrated across the world in recognition of the work carried out by ICOMOS, International Council on Monuments and Sites. The day aims to increase awareness about the importance of diversity of cultural heritage and preserving it for the generations to come.



# Modi Govt's technology driven initiatives empowered women seamlessly: Priya Sethi

## 'Lakshpati Didi' a beacon of economic resilience & entrepreneurial spirit

## STATE TIMES NEWS

JAMMU: Priya Sethi, National Executive Member BJP and former minister, today championed the transformative vision of Prime Minister Narendra Modi in leveraging technology for the economic empowerment of women. She emphasized the pivotal role that technology-driven initiatives play in fostering gender equality and enhancing opportunities for women across the nation.

Speaking at the programme held here on Thursday, the former minister underscored the Modi government's unwavering commitment to leveraging technology as a catalyst for socio-economic transformation. She highlighted the array of innovative schemes and programs initiated under the leadership of Prime Minister Modi, designed specifically to uplift and empower women from all walks of life. Priya emphasized that



Former minister, Priya Sethi speaking at a programme.

technology has emerged as a powerful tool for driving inclusive growth and narrowing gender disparities in various sectors. By harnessing the potential of digital platforms, women are not only gaining access to new avenues of employment and entrepreneurship but also breaking barriers and shattering stereotypes in traditionally male-dominated fields.

"The vision of Prime Minister Modi for the economic development of women through technology is both progressive and

empowering," she said, adding "By leveraging digital innovations, we are creating a conducive environment where women can thrive and contribute meaningfully to the nation's growth trajectory."

In addition to Prime Minister Modi's broader vision for women's empowerment, Priya Sethi highlighted the groundbreaking initiative of "Lakshpati Didi" (Millionaire Sister). She elaborated on this visionary program aimed at economically uplifting women by fostering

entrepreneurship and financial independence. She emphasized that "Lakshpati Didi" embodies the spirit of self-reliance and prosperity envisioned by Prime Minister Modi, empowering women to become job creators and leaders in their communities. By providing access to financial resources, training, and mentorship, this initiative not only transforms individual lives but also contributes to the overall socio-economic development of the nation. The former minister urged women to embrace the opportunities presented by "Lakshpati Didi" and become torchbearers of change, embodying the principles of empowerment and economic resilience championed by the Modi government. Priya, in a heartfelt appeal to the women of the country, particularly those in Jammu and Kashmir, urged them to step forward and lend their support to Prime Minister Modi and the Bharatiya Janata Party (BJP) candidates in the upcoming Lok Sabha polls.

# Embracing healthy life style helps in managing stress: Justice Tashi

## STATE TIMES NEWS

JAMMU: Continuing its efforts in imparting awareness among the Judicial Officers, Advocates, LADCs, Panel Lawyers, PLVs, staff members and other stakeholders regarding importance of maintaining a healthy lifestyle to counter unwanted stress and ailments, the J&K Legal Services Authority in collaboration with District Legal Services Authority on Thursday organised an awareness cum sensitization programme on "Lifestyle Strategies and Stress Management" at District Court Complex Jammu.

Justice Tashi Rabstan, Judge, High Court of J&K and Ladakh, who is also Administrative Judge for district Jammu and Executive Chairman, J&K Legal Services Authority, was the chief guest on the occasion. He was received by Jatinder Singh Jamwal, 3rd Additional District & Sessions Judge, Jammu also holding the charge of Principal District & Sessions



Justice Tashi Rabstan, Judge, High Court of J&K and Ladakh inaugurating medical camp.

Judge (Chairman DLSA, Jammu) along with other senior Judicial officers, Vikram Sharma, Bar President and his team.

It may be recalled that the J&K Legal Services Authority on the directions of Chief Justice, N. Kotiswar Singh, organised similar programmes in the recent past for the jail staff and inmates of Central Jail Kot Bawal and District Jail Anbphalla Jammu to ensure overall physical and mental wellbeing of prisoners and those who are guarding them.

Justice Tashi Rabstan, in his address, applauded the efforts of J&K Legal Services Authority in organizing this innovative awareness programmes. He underlined the significance of embracing a healthy lifestyle, not only to boost work efficiency but also to manage stress, prevalent in today's society due to various factors like environmental pollution, adulterated and unhygienic food besides lifestyle diseases. He urged upon all the participants to prioritize their own health and the health of their family members, as this would significantly reduce stress levels. He highlighted that maintaining a good health and a stress-free state is essential for delivering peak performance in one's professional life. He emphasized that the techniques demonstrated today by the distinguished Resource Person, if incorporated into one's daily routine, have the potential to lead to a healthier and more serene existence.

In an engaging and informative Audio-Visual presentation, Dr. T. R. Raina, Former Professor and Head of the Department of Blood Transfusion Medicine, as well as Programme Director at the Advanced Yoga Center, Ministry of Ayush, Government of India, GMC Jammu, provided an in-depth analysis of the prevalent stress-related challenges faced by individuals in today's fast-paced world. His discourse delved into the innumerable ways in which stress manifests within the human body and psyche, and the consequential impact it has on one's personal and professional life.

Dr. Raina, leveraging his

extensive experience and knowledge in both medical science and yogic practices, elucidated the profound benefits of integrating yoga into daily routines as a holistic approach to combat stress. He expounded on specific yogic techniques that can be adopted by individuals of all ages and professions to foster mental clarity, emotional stability, and physical well-being. Furthermore, Dr. Raina highlighted the often-overlooked aspect of dietary influences on mental health, drawing attention to the detrimental effects of consuming impure and adulterated food. He emphasized the significance of maintaining a diet rich in natural and unprocessed foods to support a healthy mind and body, thereby reducing stress levels.

Those who were present during the program included Bala Jyoti, Special Judge (CBI) Jammu, Y. P. Bourne, Director, J&K Judicial Academy Jammu, T. K. Raina, Special Judge (Anti-Corruption) Jammu, Rajiv Gupta, Member, J&K Special Tribunal Jammu, Rajinder Sapru, Registrar Rules, Rafiq Chak, Presiding Officer, Sales Tax Tribunal, Amit Kumar Gupta, Member Secretary, J&K Legal Services Authority and Rajni Sharma, Joint Registrar Judicial/Protocol, High Court of J&K and Ladakh besides other judicial officers, LADCs, Panel Lawyers, PLVs, Staff of Legal Services Authority and Staff of District Courts.

Smriti Sharma, Secretary, DLSA Jammu conducted the proceedings and expressed gratitude to the attendees for their active participation in the program.

# Jammu becomes major hub of higher education, skill development in 10 yrs: Jugal

## Construction of IIT, IIM, AIIMS to be game-changers in uplifting education, research standards: Rana



BJP candidate from Jammu-Reasi, Jugal Kishore Sharma with others at public meeting.

## STATE TIMES NEWS

JAMMU: Describing the ten years term of the BJP-led government under the leadership of Prime Minister Narendra Modi as "golden period" in history of Jammu and Kashmir; the BJP candidate from Jammu-Reasi, Jugal Kishore Sharma on Thursday asserted that the Union Territory, especially Jammu, is fast becoming a major hub of education and skill development.

"In Jammu region, Nagrota assembly segment is fortunate to have been transformed into a major hub of higher educational institutes. The construction of presti-

gious institutes like IIT, IIM and the Craft Institute in the area has not only brought a major transformation in the higher education of the region but it has also given a significant boost to the local economy of the area," Sharma said while addressing a series of Nukkad meetings at different places in Nagrota assembly constituency. He was accompanied by the former legislator and senior BJP leader Devender Singh Rana, Jammu DDC chairman Bharat Bhushan, Jammu district rural president of BJP, Omi Khajuria, former MLA Shiv Dev Singh, senior BJP leader Nand Kishore

Sharma and other leaders of the party.

During his day-long election campaign in the constituency, the BJP candidate held Nukkad meetings in Kishenpur, Marbah, Upper Kathar, Lower Kathar, Korga, Jandrah, Kanyala, Badsoo, Dansal, Jajjar Kotli, Suketar, Kattal Battal, Nagrota and Panjgrain, and held face-to-face interactions with the people and party workers.

In his address, Rana said Jammu has now left an indelible mark in the field of education and research at the national level.

"The construction of IIT, IIM and AIIMS in Jammu will prove to be game changers, not only for meeting the expectations of the people but also in producing ace professionals and technocrats in their respective fields", Rana said.

He also emphasized the array of welfare initiatives undertaken by the BJP government at the Centre aimed at uplifting the poor and marginalized sections of society.

# BJP's empty rhetoric won't work in 2024: Bhalla

## STATE TIMES NEWS

JAMMU: The JKPC Working President and Congress candidate from the Jammu-Reasi Parliamentary seat, Raman Bhalla has been actively engaging with voters, cautioning them against falling for empty promises and tempting speeches from political parties. He emphasized the importance of discerning between truth and lies in political rhetoric. Bhalla pointed out the pressing issues of unemployment and inflation facing the country and criticized the BJP for its failure to address these issues despite making big promises. Bhalla was addressing election gatherings at Kotli Arjun Singh in Suetgarh constituency where Jaddav Singh Jagga former DGPC Chairman and President Labana Biradari joined Congress. Prominent present on the occasion include Ex MP TS Bajwa, Ravinder Singh, Bushan Dogra, Dalip Kumar, Mohan Choudhary, Charanjeet Bhagat. Similarly Bhalla also addressed election gatherings at Tallab Tillo, Bhour Camp



Congress candidate from Jammu-Reasi Parliamentary seat, Raman Bhalla at a public meeting.

besides an impressive Bike rally which passed through all seven sectors of Channi Himmat led by Neeraj Kundan, IYC General Secretary Uday Bhann Chhib, Anirudh Sawhney, Jatinder Singh Chhib, Sahil Langleh and others. During his addresses at election gatherings, Bhalla highlighted the equal rights guaranteed by the constitution to all citizens and warned against attempts by the BJP to undermine these rights. He stressed the need for voters to support candidates who prioritize their rights and dignity. Bhalla asserted that Congress has consistently supported marginalized communities such as the poor, Dalits, and tribals, citing initiatives like the Food Security Act and the Forest

Right Act as examples of Congress's commitment to welfare measures. In his criticism of the BJP, Bhalla questioned their track record on corruption and highlighted the Congress's role in introducing the Right to Information (RTI) Act, which has exposed corruption cases. He accused the BJP of failing to address corruption within its own ranks and pointed out the vacant position of Lokayukta for the past decade as evidence of attempts to conceal corruption. Bhalla urged voters to make a choice between the Congress-led UPA, which he claimed stands for unity and progress, He cautioned against falling for divisive rhetoric and urged voters to make informed decisions in the upcoming elections.

# Team Ambedkar has provided checks & balances on elected leadership going against basic structure of COI

## Institution of President as Preserver Protector Defender of COI weakened after Art-74 was amended during Emergency

One may ask from whom President has to preserve, protect & defend constitution in terms of Art - 60 ? Amendments made to Art-74 through 42nd and 44th CAAs are not fair to the spirits of Oath enshrined in Art-80 of COI Team Ambedkar has provided checks & balances in COI on Elected Leadership going Undemocratic/ Autocratic With President as Head of 'State' & Prime Minister as head of Govt. all actions are taken in name of President President of India is designated on Oath as Preserver, Protector and Defender of Constitution

## DAYA SAGAR

As per Constitution of India the Executive power of the Union ( Art 53 ) is vested in the President ( Art52 ) to be exercised either directly or through officers subordinate to him in accordance with the constitution and the supreme command ( Art ( Art 53 ) of the Defence Forces of the Union is vested in the President and the exercise thereof is to be regulated by law. The executive head of the Government is designated as Prime Minister who has to be leader of the party / group that enjoyed the confidence of simple majority of total members in Lok Sabha and is appointed by the President. President of India is head of the State ( Union ) and is 'part' of Parliament along with the two houses of elected members (Lok Sabha & Rajya Sabha). Article -79 (<There shall be a Parliament for the Union which shall consist of the President and two Houses to be known respectively as the Council of States and the House of the People>). President of India though was incorporated as an 'elected office' but he/she is elected peoples representative ( Art 54 )

through indirect method of election i.e voted by the members of Lok Sabha ( elected by citizens of India directly ) , voted by the members Rajya Sabha ( elected indirectly by citizens of India through their members in legislative Assemblies of States/ UTs ( elected by citizens directly) ) and the members of Legislative Assemblies of the States ( elected by the citizens by direct election) The President may, for violation of the Constitution, be removed ( Art 56-b ) from office by impeachment in the manner provided in article -61 and ( Art 56-c ) the President shall, notwithstanding the expiration of his/her term, continue to hold office until his/her successor enters upon his office. Another very vital feature of COI as related to President of India. The OATH that has to be taken by every President of India and every person acting as President or discharging the functions of the President before entering the Office of President of India is particularly mentioned as an Article of Constitution of India ( Art-60 < - "I, A.B., do swear in the name of God that I will faithfully execute the office solemnly affirm of

President (or discharge the functions of the



President) of India and will to the best of my ability preserve, protect and defend the Constitution and the law and that I will devote myself to the service and well-being of the people of India." > ) where as the oath that PRIME MINISTER has to take is mentioned in SCHEDULE-III [ as related to Articles 75(4), 99, 124(6), 148(2), 164(3), 188 and 219\* Forms of Oaths or Affirmations ] which mentions the text of oaths for Minister/Prime Minister / Chief Justice ("...that I will uphold the Constitution and the laws") / Justice of SC /Comptroller auditor General / Minister for State / Judge of High Court / MP/ MLA / others. Framers of constitution had laid basic spirits for democratic republic of India , that is Bharat, in the Directive Principles of State Policy as well as the objectives set out in the

Preamble to the Constitution and PRESIDENT of India Democratic Republic had been spirited the task of preserving, protecting & defending The Constitution.

Art-77 of Constitution ( Conduct of business of the Government of India that lays down that all executive action of the Government of India shall be expressed to be taken in the name of the President...) and the like provisions too well reflect what a constitutionally important STATUS the 1st Citizen of India ( President ) has been provided in who had to preserve, protect & defend the Constitution of India.

One may ask from whom The President of India has to preserve, protect and defend the constitution in terms oath ( Art - 60 ) that is taken before entering office ? Ofcourse the answer could be that the elders who drafted the constitution of India were conscious enough that those who get elected for a term and constitute the two houses of Parliament of which President of India is also a part may in their wisdom "accidentally" operate upon the constitution through Art-368 or conduct the affairs of the State in a

way that may not be in the spirits of the basic structure / common welfare intentions/ democratic parliamentary system and hence there may arise need for preserving , protecting and defending the COI even from two elected houses & may be the "Executive". It is also pertinent to mention here that Constitution creates the Parliament through Art-79 and hence Parliament has to be guided/ "governed" by the basic spirits / structure laid in the Constitution and hence has no unbridled powers/ delegations to operate on constitution under Art-368. Not only that ,the President of India has also been well protected against any otherwise intentions of "those" elected by the citizens of India for a particular term ( five Yrs ) who may not assume to their self ultimate authority once elected and even overstep their delegations / confidence imposed by voter citizen which could be well read from the provisions as made as regards impeachment of President (Art-61: Procedure for impeachment of the President ). To Be Continued (The writer is Sr Journalist, social activist and analyst J&K affairs)