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MONTHLY



जे एण्ड के एक्स सर्विसमैन पत्रिका



मासिक

J AND K EXSERVICEMEN PATRIKA

Magazine Dedicated to Serving/Retired Defence Personnel

VOL : XXVI - 7

JAMMU - JULY 2024

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Lt Gen R K Sharma, AVSM, SM, President Jakesl and NK Dalbir Singh Bhatyal, District President Jakesl Udhampur Distt. meet Dr Jitendra Singh, PMO Office, New Delhi

IN THE SERVICE OF THOSE WHO SERVE THE NATION

JKESL ACTIVITIES



Lt Gen RK Sharma, AVSM, SM, President JKESL and NK Dalbir Singh Bhatyal, District President JKESL Udhampur meet Lt. Gen Upendra Dwivedi, Army Chief and felicitate him



NK Dalbir Singh Bhatyal District President JKESL Udhampur and Sub Maj Karnail Singh District Vice- President of JKESL Udhampur handed over memorandum to GOC 71 Sub Area



Lt. Gen RK Sharma, AVSM, SM, President JKESL meet Cdr 92 Inf Bde in connection with 125th Birth Anniversary of Brig. Rajinder Singh (MVC) and Sadhbhavana Projects for FPS Raya Morh



JKESL is going to Launch its Ambulance Service for ESM Members in Phase 1 which will be extended to others in subsequent Phases on "NO PROFIT NO LOSS BASIS"



Adm JCO, Teachers and Children of FPS participated in the 125th Birth Anniversary Function of Brig Rajinder Singh at Bagoona Village.



Four Officers of the Armed Forces Medical Services have brought Laurels to the Country by bagging a record of 32 Medals - 19 Gold, 09 Silver and 04 Bronze at 43rd World Medical & Health Games.

01 July 2024

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Editorial

WELL DONE BRAVEHEARTS OF KARGIL WAR- 1999

By Col Parmjit Singh (Retd)

*Har saal lagengey mele sahedon ki yaad mein
Batan par mitne walon ka yehi nishan hoga.*



*By Col Parmjit (Retd)
Sr. Editor*

Every year we will get together in the remembrance of fallen heroes of kargil war. Remembering them are their footprints they left behind to show they live in our hearts and minds. This is how the day, kargil divas will be commemorated to remember fallen fraternity (war heroes - our brothers)

The Indian soldiers killed the enemy, Gallantly they fought and made supreme sacrifice. Roared like lions Gallantly they fought And laid down their lives. What for? For us For our better tomorrow. They had fallen But always live in our hearts. Twenty four hours round the clock. They deserve a salute. They deserve respect. They always commanded respect. They never demanded respect Come what May. We would always Pay our tributes and remember Bravehearts on 26 July every year and they have done us all proud and done much proud to the nation. Well done Indian Army, KARGIL DIVAS Bravehearts. Just a thought flashed in our mind to pen down few lines, a mix of poetry and prose about KARGIL war heroes, our fallen brothers Of course Bravehearts. Before we forget to remember them. But how can we or how can one forget their heroic deeds. Definitely not. They fought and fought. Courageously they fought. And few unfortunate ones made supreme sacrifices for our nation. What for? For us. For our better tomorrow. They had fallen but always live in our hearts. Like lions they fought during all wars without looking back, couldn't care less about their families, friends and relatives left behind. But they fought and fought. Life or death doesn't matter to them It is the call of duty which matters to them. May they all Rest in Peace in heaven. Kargil Divas is celebrated in their honour every year on 26 July.

(Contd. on Page No. 5)

HOUSING NEWS

General

1. The finalisation of the ongoing housing colony projects are held up due to the court cases filed by a few land owners in respect of RV Colony and Gair Mumkin Khad issue of KV Colony.

2. At our end we are tapping the administrative channels to get all the outstanding issues resolved, however **RV Colony case can be resolved only once verdict is given by the Hon'ble High Court. There is no alternative other than waiting for the court decision.**

3. We at over end are putting in all out efforts to get subjudice cases of both colonies resolved. There is no other alternative other than waiting for the logical conclusion from the Hon'ble high court.

RV Colony

4. All issues of the RV Colony are being vigorously followed so that these can be resolved at a fast pace. Housing wing under the close supervision of president JKESL is making all out efforts on various fronts to expedite and resolve the pending issues so that allotments of plots to the waiting members and the clearing of the agreement plots issue is resolved at earliest. This issue has been referred by collector land acquisition DC Samba to district Session court samba for arbitration of cost of agreement land. DC Samba has been requested to expedite the issue with the district session judge. Regularly the issues are being communicated to DC for expediting. President JKESL is taking personal interest and bringing these to the notice of higher Revenue Govt officials.

5. Applicants having been allotted plots on registered land are advised to take up construction work at the earliest; all help required will be provided to them. As lack of basic construction work is a sour point of the project. This is having a direct effect on the prestige of the veterans and this NGO. Development work of the colony at present is restricted and expenditure is transparent and judicious in nature.

6. The issue of non payment of outstanding dues is still pending. **Defaulters shall not be considered for allotment** when made and those allotted plots would loose their plots. Please ensure that outstanding dues are cleared immediately.

7. We have been regularly impressing upon the applicants that their money is safe and refunds are being given with the applicable bank rate of interest. However, the undue delay in the clearance of the Subjudice case is the main hurdle, for this the applicants should understand and hence have faith in the organisation. However, it is once again reiterated that all those applicants who do not want to wait are at liberty to apply for refund which would be given with the normal bank rate of interest. Applicants are requested not to listen to rumours. For any clarification visit the office on any working day between 9:00 am to 14:30 am.

KV Colony

8. The development of KV Colony is held mainly due to the revenue department which **is not carrying out the demarcation** to remove minor encroachments. Once the demarcation is carried out we will be in a position to carry out allotment of

(Continued on Page No.5)

"Protectors of our nation, brave souls defending our freedom."

HOUSING NEWS

(Continued from Page No. 4)

plots on the available land. Necessary liaison has been carried out with SDM (North) and tehsildar Bhalwal the demarcation is likely to commence shortly as per the instructions given by DC Jammu to the concerned revenue officers.

9. As of now no major developmental work is being carried out at present due to Ghair mumkin khad issue. All out efforts are being made and constant liaison is being maintained with DC office Jammu for clearance of Khad issue, which would boost our developmental activities.

10. The auqaf case mainly related to sector 1 is being heard regularly. Last date was on 30 May 2024 and next date fixed is 15 July 2024 justice hearing this case has given strict restrictions to the advocate of Auqaf department & also the Govt Counsel which he wants before the final verdict is given. Otherwise decision would be taken accordingly.

INTIMATION TO APPLICANTS ON WAITING LIST OF KV & RV COLONIES

1. It is intimated that new RV II JKESL Colony is coming up in village Dagore near AIIMS Jammu. There are few plots available for allotment for waitlisted applicants of KV and RV at RV II. All waitlisted applicants of KV and RV may opt for RV II Colony. It is requested to all applicants to give willingness to shift to RV II Colony in writing at JKESL office Digiana at the earliest.
2. Allotment shall be made as per seniority of the RV II application. These plots shall be registered immediately after allotment.

JKESL WHO

WELL DONE BRAVEHEARTS OF KARGIL WAR- 1999

(Continued from Page No. 3)

This special day is a symbol of bravery, valour and determination.

Speaks volumes and speaks high volumes of our warriors. Very well done our beloved Bravehearts of kargil war. You all have done us all proud.

If death strikes before I prove my blood, I promise, I will kill death, said major Manoj Kumar pandey, a kargil war hero, a PVC awardee.

Same kind of spirit was displayed by all warriors across.

The fallen brethren heroes are remembered by us all. Remembering them in our hearts and minds forever is our prime patriotic duty, which displays nationalistic fervor. This is how the Indian army soldiers think and are. Our soldiers are always great warriors and fight tooth and nail to bring laurels to the nation by winning wars and successive wars.

How can one forget their supreme sacrifices? The nation will always remember them. And their families, veer naris will always be looked after in a most befitting appropriate manner. Veer naris deserve respect and always hold a special place in army fraternity and they represent their fallen heroes (dear husbands).

Aapka satkaar. Yeh hai desh ki pukaar. Aapka sarvoch balidan Humen hai acchi tarah yaad. Iswar aapki atma ko swarg mein shaanti de, yeh hai hum sabh desh basiyon ki awaaz.

WELL DONE BRAVEHEARTS OF VICTORY OVER KARGIL HEIGHTS. THE DAY IS CELEBRATED AS KARGIL DIVAS. KARGIL DIVAS IS CELEBRATED IN YOUR HONOUR.

GOD BLESS YOU ALL.

JAI HIND JAI BHARAT JAI JAWAN

BIRTH ANNIVERSERY OF BRIG RAJINDER SINGH, MVC, THE SAVIOUR OF KASHMIR



1. JKESL alongwith Army, DC Samba & Gram Panchayat celebrated the 125th Birthday of Brig Rajinder Singh, MVC at his native place. The function was attended by Sh Abhishek Sharma, IAS, DC Samba; Maj Gen Goverdhan Singh Jamwal, AVSM, MLC (Retd); Th Gulchain Singh Charak, President Dogra Sadar Sabha; Lt Gen Rakesh Kumar Sharma, AVSM, SM (Retd) President JKESL, Lt Col OS Chouhan, Secretary JKESL and large number of dignitaries both from Govt and Civil Administration. In addition Mrs Rachna Thakur, grand daughter In Law and Maj Devyani Singh, great grand daughter of Brig Rajinder Singh, MVC also graced the occasion and paid floral tributes to the "The Saviour of Kashmir". JKESL delegation also participated and paid floral tributes to the "Saviour of Kashmir".
2. Brig Rajinder Singh, MVC was born on 14 Jun 1899 in Bagoona village of Samba district. After graduation from the Prince of Wales College in 1921, he was commissioned in the J&K State Forces in Jun 1921. In May 1942, he rose to the rank of Brigadier and took over as Chief of Staff J&K State Forces.
3. Immediately after the partition of the Indian Sub Continent in 1947, thousands of raiders assisted by Pakistani regulars invaded the State of Jammu & Kashmir all along its border. Brig Rajinder Singh, Chief of Military Staff took over the Command of a relief column & proceeded troops (nearly 100) was despatched on 23 Oct 1947 to join Brig Rajinder Singh with orders from Maharaja Hari Singh, C-in-C as follows:-
Brig Rajinder Singh is commanded to hold the enemy at Uri at all costs and to the last man. Reinforcement is sent with Capt Jwala Singh.....
4. Brig Rajinder Singh & his band of soldiers carried out the orders of Maharaja to the letter & spirit. Fighting bravery for every inch of land, they delayed enemy advance by two crucial days during which important decisions were taken. The Indian Army joined the fight and the J&K State was thus saved for India by Brig Rajinder Singh. He made his Supreme sacrifice of his life on 26 Oct 1947 voluntary fighting the Pakistani raiders in URI-Rampur sector.
5. Brig Rajinder Singh become the first recipient of Maha Vir Chakra in Independent India, when he was awarded the honour posthumously by the then Army Chief Field Marshal K M Cariappa on 30 Dec 1949.
6. JKESL & Public of UT of J&K appeal to the Hon'ble LG to take cognizance of their demands as under: -
 - (a) Brig Rajinder Singh Martyrdom Day should be declared as a State Function, organized by State Adm & all Govt officials should attend.
 - (b) We demand that his MVC be upgraded to PVC. If not possible, then he should be given Bharat Ratna.
 - (c) A Monumental Rajinder Singh Dwar be made at the junction of NH & Raya road.

"Sentinels of our borders, embodying valor, duty, and honor."

JAMMU POLICE ISSUES HELPLINE NUMBERS FOR GENERAL PUBLIC

District Jammu Police today on 12.06.2024 issued helpline numbers and has requested general public to contact on these numbers in case of any exigency or assistance.

1. Sh. Vinod Kumar, IPS SSP Jammu 94193-51111
2. Sh. Shivam Siddharth, IPS, SP City North 85270-78210
3. Sh. Irshad Hussain Rather-JKPS, SP Headquarters Jammu 9419023708
4. Sh. Brijesh Sharma-JKPS, SP Rural Jammu 94191-62945
5. Sh. Kameshwar Puri-JKPS, SPPC Jammu 94192-11697, 97977-60726
6. Sh. Ajay Sharma-JKPS, SP City South 95969-69100, 96221-00100
7. Sh. Kartik Shrotriya-IPS, SDPO City South 89895 44620
8. Sh. Syed Zaheer Abbas Jafari-JKPS, SDPO West 94196-44432, 70061-45971
9. Sh. Mohan Sharma-JKPS, SDPO Akhnoor 94191-94102, 96224-92727
10. Sh. Ashok Kumar, Dy. SP Dy. SP Hqrs. 70067-26089
11. Sh. Niklil Gogna-JKPS, SDPO R.S. Pura 94192-84325
12. Sh. Sheezan Bhat-JKPS, SDPO East 96226-98999
13. Sh. Devinder Singh-JKPS, SDPO City North 96226-40198
14. Sh. Mudasir Hussain-JKPS, SDPO Domana 94191-93994
15. Sh. Aakash Kohli-JKPS, SDPO Nagrota 94192-43929
16. Sh. Rabinder Singh Kotwal, DAR DPL Jammu 94190-79020
17. Sh. Varinder Gupta, I/C Dy.SP DSB Jammu 94191-40933, 91494-87010
18. Inspr. Rakesh Singh, SHO P/S Pacca Danga 94191-57896
19. Inspr. Brahamadev Singh, SHO P/S City 94198-93946
20. Inspr. Mohd. Qasim, SHO P/S Peermitha 70518-86079
21. Inspr. Vikas Dogra, SHO P/S Bus Stand 94191-31924, 99068-66886
22. Inspr. Sajid Mughal, SHO P/S Bakshi Nagar 94191-68965
23. Inspr. Sunil Dutt, SHO P/S Janipur 84920-87070
24. Inspr. Deepak Pathania, SHO P/S NOWABAD 94198-35599, 70062-91911
25. L/PSI Mandeep Kour, SHO P/S Women Cell 70065-46856
26. Inspr. Sudhir Sadotra, SHO P/S Gandhi Nagar 94191-17734
27. Inspr. Sushil Kumar, SHO P/S SATWARI 94191-87706
28. Inspr. Satveer Singh, SHO P/S Gangyal 99060-35745
29. Inspr. Amit Kumar, SHO P/S BAHU FORT 94191-56719
30. Inspr. Mohd Sadeeq, SHO P/S Channi 70063-88578
31. Inspr. Vijay Kumar, SHO P/S Bagh-e-Bahu 94191-93659
32. Inspr. Naveen Angral, SHO P/S R.S. Pura 94191-99092
33. Inspr. Abid Hussain, SHO P/S Bishnah 91496-95883
34. Inspr. Bopinder Singh, SHO P/S Miran Sahib 94191-32327
35. Inspr. Rouf Ahmed, SHO P/S Arnia 77808-77831
36. Inspr. Tariq Ahmed, SHO P/S Akhnoor 94192-40455
37. Inspr. Sukhbir Singh, SHO P/S Gharota 99061-47243
38. Inspr. Neeraj Choudhary SHO P/S KHOUR 94191-33909, 84920-82525
39. Inspr. Arun Parkash SHO P/S DOMANA 94191-61066
40. Inspr Sham Lal, SHO P/S Kahna Chak 97972-19764, 77809-86187
41. Inspr. Rajeshwar Singh, SHO P/S Nagrota 94191-50891
42. Inspr. Rakesh Singh SHO P/S Jhajjer Kotli 94191-60759
43. PCR DPL Jammu 95419 51100, 0191-2457178



A one hour meeting was held with GOC 71 Sub Area, Col Veteran, Director ECHS. Brig NK Khajuria (Retd) Defence Banking Advisor Bank of Baroda for state of J&K punjab and leh along with NK Dalbir Singh Bhatyal Vice president IESL & DISTRICT PRESIDENT J&K ESL UDHAMPUR, SUB MAJ KARNAIL SINGH DISTRICT VICE PRESIDENT J&K ESL UDHAMPUR HANDED OVER MEMORANDUM AND MAGAZINE OF IESL AND JKESL, DURING THE COURSE OF MEETING IMPORTANT ISSUES PERTAINING TO ECHS COMMAND HOSPITAL FACILITY FOR ESM AND SECURITY RELATED MATTERS WERE DELIBERATED AND ALSO BRIG KHAJURIA BROUGHT OUT THE HIGH LIGHTS OF MILITARY SALARY PACKAGE OF BANK OF BARODA AND DISCUSSED THE STRATEGY AS REGARD REACHING THE ESM AND SERVING SOLDIERS.

TAX FREE INCOME: THERE IS NO TAX ON THESE EARNINGS, CHECK UPDATES BEFORE FILING ITR

Many people feel that the government has to pay tax on every type of income. but it's not like that. There are some sources of income on which no tax is levied. However, you will be able to save tax on these only when you have complete knowledge of the rules. In such a situation, we are telling you on which type of income no tax is to be paid.

Tax Free Income: Everyone wants to save tax on their hard-earned money. For this, people also take various types of measures. But, there are some incomes on which tax is not payable. You don't even have to do anything in this. You just need to know that this earning does not come under the purview of tax.

Inherited wealth

If you inherit any property, jewelery or cash from your parents, you will not have to pay any tax. If there is a will in your name, then you do not have to pay tax on the amount received through it. However, you will have to pay tax on the income you earn from whatever property you own.

Wedding gift

You do not have to pay any tax on any gift you receive from friends or relatives at your wedding. But, you should have received this gift around the time of your wedding. It is not that your wedding is today and you receive a gift after six months, then there will be no tax on it. Even if the value of the gift exceeds Rs 50,000, tax will be levied.

Profit received from partnership firm

If you are a partner in a company and you receive any amount as share of profit, then you will not have to pay tax on that also. Actually, your partnership firm has already paid tax on this amount. However, this exemption is only on the profits of the firm. If you get salary from the firm, then you will have to pay that tax.

Life insurance claim or maturity amount

If you have purchased a life insurance policy, the claim or maturity amount is completely tax free.

However, the condition is that the annual premium of the policy should not exceed 10 percent of its sum assured. If it exceeds this amount, the excess amount will be taxed. In some cases this discount can be up to 15 percent.

Returns received from share or equity MF

If you have invested in shares or equity mutual funds, then returns of Rs 1 lakh on selling them are tax free. This return is calculated under Long Term Capital Gain (LTCG). However, returns above this amount attract LTCG tax.

Army to merge CSD canteens of static units in same station

As part of the efforts to reduce operating costs and revamp functional structure, the Army has issued orders to merge unit run canteens (URC) of the Canteen Stores Department (CSD) functioning from various static military establishments located in the same station.

Any one URC of a static unit, preferably the one with largest dependency, be nominated as the "merged URC" and all other URCs be kept in "suspended animation". The URCs of those units that are likely to be affected by rotational movements should be exempted from the merger, a letter issued by the Quartermaster General's Branch at Army Headquarter to the establishments of all three services on May 24 states.

Based on the recommendations by a Board of Officers (BOO) comprising all stakeholders, formation commanders, local military authorities and station commanders will have the leeway to nominate the merged URC, which should be centrally located so that it is convenient for all to commute, the letter adds.

Station canteens for ex-servicemen can continue in accordance with the BOO's recommendations. The letter states all URCs in suspended animation shall retain their names and URC codes, but the supporting CSD depots shall not process any demand received from such URCs.

"Defenders of peace, displaying unwavering dedication, bravery, and patriotism."

Defence Ministry signs MoUs to onboard four banks as SPARSH service centres

According to the Memoranda of Understanding (MoUs) signed in Delhi, the web-based SPARSH [System for Pension Administration (Raksha)] Service Centres will be available across 1,128 branches of the four banks across the country.

The Defence Accounts Department (DAD), which functions under the administrative control of the Ministry of Defence will onboard the Bank of India, Canara Bank, Central Bank of India and Utkarsh Small Finance Bank to provide the last mile connectivity to the pensioners.

According to the Memoranda of Understanding (MoUs) signed in Delhi, the web-based SPARSH [System for Pension Administration (Raksha)] Service Centres will be available across 1,128 branches of the four banks across the country.

Implemented by the Ministry in 2021, the SPARSH system is an integrated system for the automation of

sanctions and disbursement of defence pensions.

Pensioner Portal provides a single window for pensioners to avail the pension-related services such as a facility to view pension details, pension entitlements, pensioner profile details, Income Tax forms etc.

This web-based system processes pension claims and credits pensions directly into the bank accounts of defence pensioners without relying on any external intermediary.

Access to these centres would be provided free of cost, with nominal service charges being borne by DAD.

With these MoUs, SPARSH Services would now be available at over 26,000 branches of a total of 15 banks across the country.

This is in addition to 199 dedicated service centres of DAD, and more than 3.75 lakh Common Service Centers across the country.

Contact Number and email IDs for Information:

PCDA (P) Prayagraj (head) : pcdapprayagraj.dad@gov.in

SPARSH Call Centre: offr.record@gov.in

JCDA (Air Force): dcdaaf-delh.cgda@nic.in

JCDA, AF (CDA): dcdaaf_delh.cgda@nic.in,

CGDA: cgda-atpension.dad@hub.nic.in,

CGDA: cgda@nic.in

CGDA (grievances): grievancecgda.dad@gov.in

Financial Advisor and Joint Secretary Defence Finance: vedveerarya.dad@hub.nic.in

Financial Advisor (Defence Finance): fads1-mod@gov.in

Principal advisor (Defence Finance):

geetachhabra.icoas@nic.in

Pension Adalat: pensionadalat.dad@hub.nic.in

Principal Director DAV: dav@iaf.nic.in

DAV Directorate of Air Veterans: dav.airmen@gov.in,

DPENGRAM: rakshapension@desw.gov.in,

Department of Military Affairs: jsg@nic.in

Defence Ministry II: mos-defence@gov.in

Defence Ministry: rmo@mod.nic.in

Secretary (Dept. of Ex-servicemen welfare):

secyesw@nic.in

Department of Ex-Servicemen Welfare:

jsesw@nic.in

Secretary Kendriya Sainik Board:

secretaryksb@gmail.com

Joint Director (Grievances) KSB: jdgrievancesksb-mod@gov.in

Deputy Secretary (CPENGRAMS):

naresh.bhardwaj@nic.in

Under Secretary (Co-ordination/CPENGRAMS):

dutta.rk@nic.in

Prime Minister's Office: us-public.sb@gov.in

Under Secretary (Petition) President's Secretariat:

us.petitions@rb.nic.in

Contact Number and Address :-

Principal Controller of Defence Accounts (Pensions),
Draupadi Ghat, Near Sadar Bazar, Prayagraj,
Uttar Pradesh – 211014.

SPARSH Helpline number – 18001805325

Contact Number of PCDA Office :
2421877, 2421879, 2421880 | STD Code : 0532

FAX NUMBER

2421869, 2423549, 2420281, 2420330
STD Code : 0532

You may send an email to know any pension related matter to : pcdapprayagraj.dad@gov.in

World Environment Day

By *Sunita Sharma* (Sub-Editor Patrika)

The theme for World Environment Day 2024 is “**Land Restoration, Desertification and Drought Resilience**” under the slogan “**Our Land Our Future**”.

World Environment Day is hosted by a different country with a unique theme to highlight the importance of Environment protection. This year Saudi Arabia is going to host World Environment Day 2024. It will reflect on a commitment to tackle Land degradation, Desertification and severe drought condition around the world.

Led by UNEP (United Nations Environment Programme) and held annually since 1973, the event has grown to be the largest global platform for environmental protection with millions of people from across the world engaging to protect the planet.

World Environment Day is celebrated on “June 5” every year with great enthusiasm to protect the world environment for bettering lives of all. On this day, the world comes together to celebrate World Environment Day. It aims to create awareness about environment protection. It brings together millions of people from across the globe, engaging them in the effort to protect, preserve and restore the Earth.

Desertification has increased 40% of the environment, its directly affects half of the population. Desertification is a type of gradual land degradation of fertile land in to a arid desert due to combination of natural process and human activities. Drought resilience means the ability to anticipate, prepare for, and adapt to the anticipated consequences of drought conditions, particularly long-term or extreme drought. Drought has increased by 29%

Since 2000- without urgent action, drought may



affect over three – quarters of the world’s population by 2050.

The main focus was given awareness about environmental issues like environmental pollution, global warming, marine pollution, climate change, global warming, land degradation, flood, plastic pollution etc. Humans began to loot nature and pollute the environment without a thought for the consequences. It will create imbalance in biodiversity, crop losses, famines etc. all over all world. The best way to stop desertification are Planting more and more trees, Enriching the soil with nutrient, Reforestation, Rotating crops, Rain water harvesting, Ban of cutting of tress , Reduce Reuse, Recycle, conserve water etc.

The most important is awareness against environmental issues to save **Mother Earth**. We can also participate in this global event by raising awareness about environmental issues and preventive measures. World Environment Day 2024 focuses on Land restoration, halting desertification and building drought resilience under the slogan “Our Land Our Future. We are **“Generation Restoration”**”.

Don't let yesterday take up too much of today - Will Rogers

Kargil Vijay Diwas : 10 valiant Kargil heroes India will never forget

Soldiers valiantly fought for the nation, and the Kargil Vijay Diwas not only embarks upon India's win but also pays homage to the fallen heroes who sacrificed their lives to make 'Operation Vijay' a success.

The 25TH Anniversary of Kargil Vijay Diwas is being celebrated across the country today. The nation is remembering its war heroes and paying tributes to Martyrs on Kargil Vijay Diwas. The day marks the victory of Indian armed forces in Operation Vijay in 1999, when they evicted the infiltrators backed by Pakistani army from high outposts in Ladakh's Kargil sector. The war lasted over 60 days.

As many as 527 soldiers from the Indian Armed Forces lost their lives during the war. They valiantly fought for the nation, and the Kargil Vijay Diwas not only embarks upon India's win but also pays homage to the fallen heroes who sacrificed their lives to make 'Operation Vijay' a success.

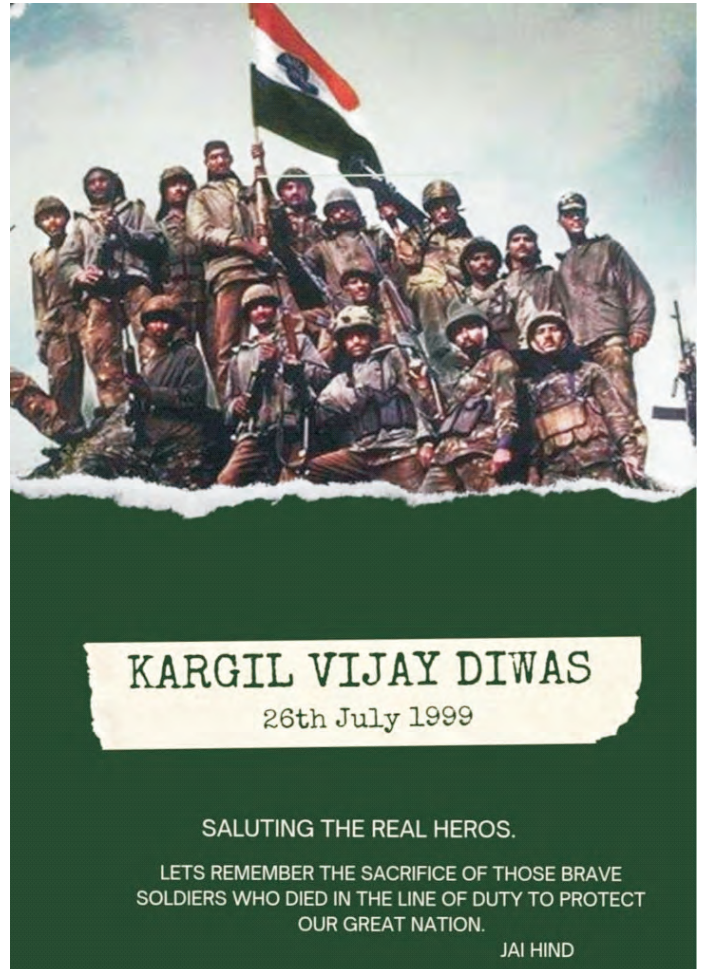
KARGIL WAR HEROES

1. Lieutenant Balwan Singh

Known as the Tiger of Tiger Hill, Lieutenant Balwan Singh was responsible for the recapture of Tiger Hill. At 25, he led soldiers of the Ghatak platoon through a steep, treacherous path on 12-hour journey to reach the hilltop. The assault took the enemy by surprise as India was not expected to take such a difficult route. He planted the Indian tricolour atop the Tiger Hill and was later awarded the Mahavir Chakra for his bravery.

2. Captain Vikram Batra

Later named as 'Tiger of Drass', Captain Vikram Batra died fighting Pakistani forces during the Kargil war in 1999 at the age of 24. He was given the highest wartime gallantry award Param Vir Chakra



posthumously. Due to his exemplary feat, Captain Vikram was awarded many titles. He came to be fondly called the 'Tiger of Drass', the 'Lion of Kargil', the 'Kargil Hero', and so on.

3. Naik Digendra Kumar

Digendra Kumar's plan had surprised General VP Malik, the then army chief, who held a Sainik Darbar in Drass on June 2, 1990 after three failed attempts to get back Tololing. Tololing is located an altitude of 15,000 feet.

4. Grenadier Yogendra Singh Yadav

Yogendra Yadav was the youngest person to ever be awarded the (Continued on Page No.12)

Kargil Vijay Diwas : 10 valiant Kargil heroes India will never forget

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Param Vir Chakra. In August, 1999, Nayab Subedar Yogendra Singh Yadav was awarded Param Vir Chakra, India's highest military decoration. His battalion captured Tololing Top on 12 June, 1999, and in the process, 2 officers, 2 junior commissioned officers, and 21 soldiers sacrificed their lives.

5. Lieutenant Manoj Kumar Pandey

Manoj Pandey was a soldier of 1/11 Gorkha Rifles. According to his father, he had joined the Indian Army with the sole aim of getting a Param Vir Chakra, the highest gallantry award, which he later acquired. Gopichand Pandey, father of late Captain Manoj Pandey said that the Kargil War was one of the toughest wars in the world where the enemy has an advantage of the altitude, but Indian Army fought hard and reclaimed our peaks. "I'm proud that my son gave his life for his motherland, and became an inspiration for many.", he said.

6. Rifleman Sanjay Kumar

During the Kargil war, Sanjay Kumar was part of a column that was tasked to capture area Flat Top of Point 4875 in the Mushkoh Valley. When automatic fire from one of the enemy bunkers posed stiff opposition and stalled the column, Kumar charged at them head on.

7. Major Saurabh Kalia

On a routine patrol of the Bajrang Post in the Kaksar sector in the rugged, treeless mountains, Saurabh Kalia and five other soldiers were encircled by a platoon of Pakistani rangers and captured alive. No trace of the patrol was left. They were all tortured by Pakistani Army Troops for 24 days, and later

their mutilated bodies were handed over by the Pakistan Army.

8. Major Vivek Gupta

On 13 June, 1999, Vivek Gupta was in command of the leading Charlie Company, when 2 Rajputana Rifles launched a Battalion attack on Tololing Top in the Drass Sector. Under the inspiring leadership of Major Vivek Gupta, in spite of heavy artillery and automatic fire, he was able to close in with the enemy.

9. Captain N Kenguruse

On the night of 28 June, 1999 during Operation Vijay, N Kenguruse was the Ghatak Platoon Commander during the attack on Area Black Rock in the Drass Sector. He took the responsibility of the daring commando mission of attacking a well-sited enemy machine gun position, on a cliff face, which was heavily interfering with all the approaches to the main objective of the Battalion.

10. Lieutenant Keishing Clifford Nongrum

The enemy pinned down the column of Lt. Keishing Clifford Nongrum with automatic fire for about two hours. In spite of all this, without seeing his personal safety, he threw grenades into it and killed six enemy soldiers. He then tried to snatch the universal machine gun from the enemy from the second position and received bullets.

On the eve of Kargil Diwas yesterday, the epic battles of Tololing, Tiger Hill and others were recalled and 559 lamps were lit in a tribute to the martyrs at the Kargil War Memorial in Drass area of Ladakh as events to mark the 25th Kargil Vijay Diwas commenced in the presence of top military officers, family members of the army personnel and others.

"Warriors in olive green, epitomizing courage, honor, and sacrifice."

Modernisation Of Indian Artillery Picks Up Pace

By Brig SK Chatterji (Retd)

Editor's Note

Indian Army's programme of modernization of Artillery, is back on the rails after a hiatus of over three decades when we witnessed the blacklisting of almost all the big players in the business of manufacturing guns, globally. However, a far better and dynamic picture is encountered today.

The variety of weapons and equipment that Gunners man is enormous and can barely be examined in a single article. This article will analyse the Indian Army's tube Artillery only. Rocket Artillery and ammunition will be dealt with, subsequently.

Josef Stalin, the Russian strongman had said, 'Artillery is the God of War'. In essence, he meant that cannons were the most decisive weapons of war. His ideas had their roots in the distilled learning and experience gathered across battlefields, over centuries.

Overview of Indian Artillery Post Independence

At the time of independence in 1947, the primary gun of the Indian Artillery, post the bifurcation of assets between India and Pakistan, was the 25 pounder field gun that ranged barely 12 km. There were a sprinkling of other calibers, however, these were barely enough to meet the requirements. The debacle of 1962 led to a reassessment of military capability requirements. The war with Pakistan in 1965 only reinforced the need to modernize our forces

130mm medium guns of Russian origin were inducted first in 1968. These guns have a maximum range of 27 km. The weapon system was the mainstay of Indian army's Artillery firepower, and underwent upgradation, in due course. The Indian Artillery has about a 1000 of these guns in our inventory.

The Bangladesh operations in 1971, a roaring success for the Indian forces, nevertheless brought to the fore the gaping deficiency in our Artillery holdings. Our primary gun even then were mostly 25 pounders. The Armament Research and Development Establishment started the designing of 105 mm Indian Field Gun as a replacement for the aging 25 Pounders. The first of the guns were ready by 1978. Later, a lighter variant, the 105mm Light Field Gun was also produced.



Induction of 155mm FH 77B Bofors Guns

Modernisation of the Indian Artillery was addressed was given a boost in the mid-eighties by contracting the 155mm Field Howitzers manufactured by Bofors of Sweden. 400 such guns were imported. The rather high decibel allegations of graft that accompanied the deal led to

a complete stop in imports of guns for almost three decades.

The Kargil Experience

The 1999 Kargil war was a prime example of Artillery's decisive role in battle. Along with guns of other calibers, it was the 155mm Howitzers that really made it possible for Indians to push the Pakistanis back from the heights that they had occupied. However, it did not lead to Artillery induction going as per plans. In fact, gradually, every major gun manufacturer was blacklisted, leading to a huge retardation in Artillery modernization. Even the 155mm Bofors equipped units of the Indian Artillery could not be maintained at full strength.

In 2008 the Indian Army undertook the up-gunning of its 130mm guns with Soltam of Israel undertaking the task. Later, the Ordnance Factory Board took up the modifications. However, no Indian made guns were inducted.

Rejuvenation of Artillery Modernization

It's only about 10 years now, that Artillery modernization has again picked up pace. In 2016, after decades, the army ordered the 155 mm M777 Ultra-Light Howitzers of BAE Systems. These guns are much lighter, weighing

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4,200 kg. They can be transported underslung by helicopters, providing ideal flexibility in employment in high altitude regions. A total of 145 guns were procured. The equipment is tailor-made for our mountain divisions.

Modern Trends and Indian Requirements

We have already adopted 155mm as our standard caliber. This is quite in conformity with western block countries. 155mm caliber guns are capable of ranging further and delivering a shell with adequate destructive potential. Standardization of caliber also eases logistics, including import of ammunition when required in an operational scenario. Such a situation is being faced in Ukraine, today.

The current global trends in modernization are focused on longer ranges and precision delivery of a variety of ammunition. Both requirements pose challenges. Longer ranges often involve extending the length of the barrel with its resultant effect on platform weight. In turn, the mobility of the guns is also reduced.

Firing at longer ranges also requires positioning observation resources far forward for correction of fire and post-strike damage assessment. In effect, such observation in depth can only be provided by UAVs. Artillery units will perform require dedicated UAV resources, with provisions for their manning and logistics support.

Precision munition, besides being costly, is also prone to jamming. Unguided bomb, or dumb bombs as they are often referred to, can be armed with specialized kits to transform these to guided bombs. The American Joint Direct Attack Munition is one such kit. The advantage of using precision ammunition has been empirically proven in multiple combat zones. At some stage, the Artillery will have to take a call on what percentage of their ammunition should be precision guided.

The varied terrain conditions in which the Indian Army has to defend its borders, also requires equipment suitable for such topographies.

The other trend that is quite discernible in our Artillery modernization is the philosophy of Atmanirbharta. In fact, the pursuit of self-sufficiency has guided acquisition of guns and ammunition for quite some time now leading

to a host of Indian manufacturers investing in the defence sector.

Major Procurements in Progress

Firepower for Battle in the Deserts. Like the mountain formations that did not have the right guns till the Ultra-Light Howitzers were procured, our desert formation didn't have suitable guns, either. We had towed Artillery to follow in the wake of our planned armour spearheads headed fast and deep behind enemy lines. Mechanised warfare involves speed in movement and continuous Artillery support well ahead of the advancing columns. Obviously, self-propelled guns, with matching mobility are the best and most suitable answer.

L&T has already delivered the K9 VAJRA-T, an adaptation of the K9 Thunder, which is among the world's most widely used 155 mm / 52 calibre guns. The gun has been manufactured in partnership with Hanwha Defence, Korea. 100 of these guns are already being used in Army formations. Another order is being processed with the company.

Multiple Models In 155 mm Category. A couple of Indian private players have produced various models suited for employment in differing terrain configuration. The various systems that are at different stages of the procurement process are given beneath:

155mm /45 Caliber Dhanush Gun System. Manufactured by the Gun Carriage Factory, Jabalpur, Dhanush Gun System is one of the first indigenous guns. This gun is an electronic upgrade of the Bofors Gun system. Approx 400 such guns are planned to be inducted out of which, currently 114 x guns have been contracted. Induction of this gun system is currently in progress.

155mm/45 Caliber Sharang Gun System. The upgradation of 130mm guns that was initiated in 2008 met with some impediments in-between. However, the process was reinitiated and the guns have been up-gunned as the Sharang gun system. These guns are now 155mm guns but are manually operated and hence not modern guns. Post Soltam's exit from the project, the guns were being up-gunned by OFB. Currently, post corporatization, Gun Carriage Factory (part of AWEIL – Advanced Weapons and Equipment India Ltd), Grey Indian Foundry (part of YIL- Yantra India Limited) and Vehicle Factory Jabalpur (part of AVNL

(Continued on Page No. 15)

It is better to fail in originality than to succeed in imitation - Herman Melville

Modernisation Of Indian Artillery Picks Up Pace

(Continued from Page No. 14)

– Armoured Vehicles Nigam Ltd) are involved in up-gunning Sharang guns.

155mm/52 Caliber Advanced Towed Gun System.

ATAGS have been designed by the ARDE (DRDO) with Bharat Forge Ltd and Tata Advanced Systems Ltd (TASL) as the Development cum Production Partners. ATAGS have cleared the trials and the contract negotiations will commence shortly. Approx 300 such guns are planned for procurement.

155mm/ 52 Caliber Mounted Gun Systems (MGS). Self-Propelled Guns are also being procured for Indian Army in terms of the K9 Vajra and the MGS. The procurement of 155mm MGS is at the RFP stage, where the Artillery is looking towards approx. 300 such guns in the first phase. Based on the progress of induction

and the technologies that are developed by the Indian Defence Industry, additional quantities will be procured.

155mm /52 Caliber Towed Gun System. Towed guns of 155mm/52 Caliber are also planned for procurement. These will be the mainstay of Artillery and will replace most of the guns of older vintage. RFP for these guns is yet to be issued.

India has a massive land border to defend. There are no better means available to either defend own forward defences, or assault enemy lines, his troop concentrations and logistics further in depth, than the Artillery. In today's battlefield, the scale tips in favour of the side with heavier fire assault capabilities. A study of the Ukraine War provides the best evidence of such a manifestation. Even in Gaza with its urban topography, the Israelis have been able to creep forward only by using considerable Artillery to degrade and destroy Hamas strongholds before physically clearing the areas.

Renovation & Re-Designing of Brig Rajinder Singh Chowk

1. Rajinder Singh Chowk named after Brig Rajinder Singh, MVC "The Saviour of Kashmir" is located behind new Secretariat in Jammu City. Birth Anniversary & Martyrdom Day functions in memory of Brig Rajinder Singh, MVC are celebrated here by the JKESL every year. Hon'ble Lt Governor of J&K is generally invited for these functions as Chief Guest. In addition large number of Military & Civil Dignitaries including NCC Cadets, Bharat Scouts & Guides Cadets and school children from various schools in Jammu pay floral tributes as mark of respect to the war hero.
2. The available space in the Chowk was limited to hold these functions gracefully. Also the ground was uneven; the layout of the Chowk needed re-designing & renovation on priority. JKESL officials met the Hon'ble Lt Governor & officers from Civil Administration and projected their requirement for renovation & beautification of Rajinder Chowk. Fortunately with personal involvement of Lt Gen RK Sharma, AVSM, SM (Retd), President and dedication of JKESL team, the necessity was honoured and an amount of Rs. 28 Lakhs was approved by the Govt of UT of J&K under Smart City Scheme.



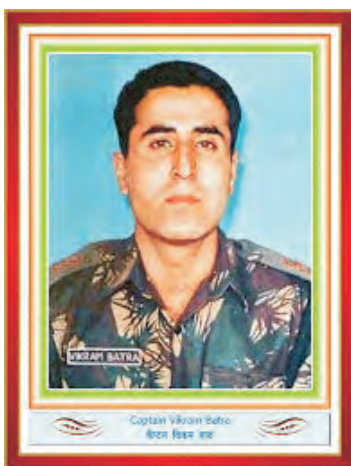
3. Lt Gen Rakesh Kumar Sharma, AVSM, SM (Retd) President JKESL, Col Rajinder Singh, Gen Secretary, JKESL; Lt Col OS Chouhan, Secretary, JKESL held separate rounds of meetings at the site with officers of Smart City and explained them the detailed planning about the renovation & re-designing as per the requirement of JKESL. Fortunately the work at the site has commenced with the joint effort of JKESL & Smart City officials. JKESL expresses its gratitude to the Govt of UT of J&K for the quick response. It will a great honour and true tribute to a soldier who made the supreme sacrifice of his life while fighting Pakistani raiders at URI-RAMPUR Sector.

Capt Vikram Batra PVC

Captain Vikram Batra was born on 9th September 1974 and hailed from Bandla Gaon in Palampur district of Himachal Pradesh. Son of Shri Girdhari Lal Batra and Smt Kamal Kanta, Capt Vikram Batra received his primary education from D.A.V Public School, Palampur and then completed his senior secondary education from Kendriya Vidyalaya Palampur. After passing his second PU in 1992, he got admitted in D.A.V College in Chandigarh. While in college Capt Batra joined NCC and was awarded the best NCC Cadet (Air Wing) in the North Zone.

Right from his younger days, he was fearless and bold and ever-ready to offer help to anyone in need. His helping nature coupled with pleasing manners made him likable to anyone who came in contact with him. Besides being good in academics, he took keen interest in sports too and specially excelled in table tennis. While growing up he was greatly influenced by the inspirational stories of the “Param Vir Chakra” awardees. As a young boy he would watch the TV serial “Param Vir Chakra” regularly and thereafter often discuss in detail their stories of courage and gallantry with his brother. Though he got selected to join the Merchant Navy, he knew his calling and had made up his mind to follow his dream of donning the Army uniform.

Consequently he got through the Combined Defence Services Examination and got selected to join the Indian Military Academy, Dehradun in 1994. He joined the Jessore Company of Manekshaw Battalion and was commissioned into 13 JAK Rifles, an infantry Regiment well known for its intrepid soldiers and numerous battle exploits. After being commissioned, he got posted to Sopore in Baramulla district of J&K as his first assignment. By April 1999, his unit had completed its field tenure and was preparing to move to its peace location. But the detection of large scale intrusion by the Pakistani forces in Kargil sector in early May 1999 changed the operational scenario and the unit’s move to its peace location was cancelled.



Kargil War : June-July 1999

As part of Op Vijay, then Lt Vikram Batra’s unit 13 JAK Rif got deployed in Drass area of Kargil in June 1999 under the operational command of 56 Infantry Brigade. After the capture of Tololing Top in Drass by 2 Raj Rif battalion, 13 JAK Rif was given the responsibility of capturing another militarily significant feature called Point 5140. This peak was one of the most treacherous and crucial peaks in Drass region and was heavily defended by the enemy forces. The Delta Company

led by Lt Vikram Batra and Bravo Company led by Lt Sanjeev Singh Jamwal were assigned this task of capturing the Point 5140 in a daring night attack.

Preceded by heavy bombardment by Indian Artillery on enemy positions, the two companies began their movement towards the objective. The two companies were attacking from different directions to surprise the enemy however the climb was steeper in case of the Delta Company led by Lt Vikram Batra. At a height of 17,000 feet, Lt Vikram Batra and his men planned to approach the hill from the rear, to achieve the crucial element of surprise. Against all odds, they ascended the rocky cliff but as they neared the top, the Pakistani defenders pinned them on the face of the cliff with machine gun fire. Undeterred by this, Lt Batra and five of his men climbed up and after reaching the top lobbed two grenades at the machine gun posts. Lt Batra alone killed three soldiers in close combat and despite being badly injured during the exchange, he regrouped his men and continued the mission.

Lt Batra’s courage inspired his men to fight valiantly and eventually the Point 5140 was captured. At 4:35 am on 20 Jun 1999, Lt Batra sent the radio message, “Chanakya ... it’s Shershah reporting!! We’ve captured the post! Yeh Dil Maange More”, which later on became the catch-line for the Kargil War. The victory paved the way for a string of victories at Point 5100, Point 4700, Junction Peak and ‘Three Pimples’. *(Continued on Page No. 17)*

“Symbols of strength, resilience, and unwavering commitment to duty.”

Capt Vikram Batra PVC

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After the capture of Point 5140, 13 JAK Rif was de-inducted from Drass to Ghumri to rest and move for the next operation. The battalion was then moved to Mushkoh valley and the next task assigned was the capture of Point 4875. Lt Batra had been promoted to the rank of Capt by then based on his earlier exploits in Drass. Capt Batra and his 25 men from Delta Company commenced the attack on the night of 06 July 1999. The plan was to reach the ridge, storm the enemy and occupy the post by the first light on 07 July. But unfortunately the evacuation of one of the officers, Capt Navin Nagappa, who had a badly injured leg, took some time and they were still short of the target by first light.

Just before the objective, there was a narrow ledge manned by the enemy soldiers and it was almost impossible to advance specially in daylight. However Capt Batra decided that even though it was daylight he and his comrades would attempt a direct assault. In a rare show of extraordinary courage and daredevilry Capt Batra assaulted the ledge and took the enemy by surprise. However during the exchange of fire Capt Batra got injured but he continued his charge with support fire from rest of his men and reached the mouth of the ledge. Having got a foothold on the ledge as he was planning his next move, he noticed one of his young soldiers lying in a pool of blood few feet away. He decided to move the injured soldier to safety along with his JCO Sub Raghunath Singh. But as he tried to do so he was hit by a sniper fire in the chest. He breathed his last, uttering the words, "*Durga Mata Ki Jai*" meaning "Victory to Goddess Durga", the battle-cry of his Regiment. Spurred by Capt Batra's extreme courage and supreme sacrifice, his men attacked through the ledge and fighting like men possessed achieved the objective.

Capt Batra's bravery, camaraderie and devotion to his duty were extraordinary and would find exalted place in the annals of our military history. Capt Vikram Batra was given the nation's highest gallantry award, "Param Vir Chakra" posthumously for his outstanding courage, steadfast resolve, leadership, and

supreme sacrifice. Capt Vikram Batra is survived by his father Shri Girdhari Lal Batra, mother Smt Kamal Kanta and his twin brother Shri Vishal Batra.

The citation for the 'Param Vir Chakra' awarded to him reads:

In Drass Sector, the enemy held strong fortified positions, heavily reinforced with automatic weapons, with treacherous approaches dominating Srinagar-Leh Road, the lifeline of supplies to Leh. On 20 June 1999, Captain Vikram Batra, Commander Delta Company, was tasked to attack point 5140 during Operation Vijay. Captain Vikram Batra, with his company, skirted around the feature from the East and maintaining surprise reached within the assaulting distance. The officer reorganized his column and motivated his men to physically assault the enemy positions. Leading his men from the front, the officer in a daredevil assault pounced on the enemy and killed four intruders in a hand-to-hand fight.

On 7 July 1999, in yet another operation in the area of Point 4875, the company of the officer was tasked to clear a narrow feature with sharp cuttings on either side and heavily fortified enemy defences, that covered the only approach to it. In order to speed up the operation, the officer decided to assault the enemy positions along a narrow ridge. Leading the assault, he engaged the enemy in a fierce hand-to-hand fight and killed five enemy soldiers at point blank range. In this action, Captain Batra sustained grievous injuries. Despite the serious injuries, he crawled towards the enemy and hurled grenades clearing the position. Leading from the front he rallied his men and pressed on the attack and achieved a near impossible military task in the face of heavy enemy fire with utter disregard for personal safety. The officer, however, succumbed to his injuries. Inspired by this display of extraordinary junior leadership, the troops fell upon the enemy with vengeance and annihilated them, finally capturing Point 4875.

Captain Vikram Batra, thus, displayed the most conspicuous personal bravery and junior leadership of the highest order in the face of the enemy and made the supreme sacrifice in the highest traditions of the Army.

Bawe Wali Mata : One of the most revered shrines of Jammu

Situated on the left bank of river Tawi, there is a famous and **most revered Mahakali temple in Jammu city which is commonly known among locals as Bawe Wali Mata.**

This 8th century temple having a beautiful black stone idol of goddess Mahakali is located in the Bahu Fort which overlooks river Tawi and is visible from various parts of the city and also from the main Tawi bridges linking two parts of the city and Gandhi Nagar area.

The temple is visited by thousands of people, both locals and visitors and Mata Vaishno Devi pilgrims daily. However, rush is much more on Tuesdays and Sundays or during Navratras when the people have to wait for darshans in long serpentine queues for several hours.

A Mela is organized on the eighth Navratra during the Indian Bikrami month of Chaitra every year which falls this year on 9th April and is known as Mela Bahu Fort, and it is Government holiday in Jammu district so that large number of people can visit the temple and pay their obeisance to goddess Kali. Preparations for this Mela in the Bahu Fort have already begun and renovation process is in full swing said Rakesh Khajuria living near the temple.

Another resident of Bahu Fort locality just outside the fort Kishore Kumar said that Melas have always remained part of Indian culture and attraction for the people even in the present modern times which still attracts large number of people coming from various places. He said that many vendors offer various items for the children and females and the process to occupy their space by such vendors has already begun.

In earlier times, people had to wait for paying their obeisance to goddess Maha Kali standing in long queues outside the temple from the main entrance of the fort in the open under the Sun or under the rains. However, the situation has changed now and the portion where the people wait in queues has been covered by cement concrete roof. However, every devotee has to deposit



their mobile phones, belts and shoes etc at the counter outside the main entrance of the fort and that portion has been recently been covered so that the devotees do not have to stand under the open sky.

Unique feature of this temple is the animal sacrifice which is still prevalent. In present times goats are not sacrificed by slitting their necks. This is done now a day's symbolically as a gesture of thanks to the goddess when a cherished desire of the devotees is fulfilled.

The devotees purchase a goat by paying a small amount to the persons present in the temple premises having a

number of goats. The devotees take the goat to a pit of size about 15 feet by 15 feet and about two feet deep just outside the temple. Then a handful of water is sprinkled on the goat when the priest mutters some incantation. When the goat reverts to its own, the offering is believed to be accepted by the goddess.

However, this was not the case earlier when the people used to sacrifice goats in the same pit outside the temple till the beginning of the 20th century and the blood would flow in the same water channel of the pit where now water flows. They would sacrifice the goat and eat its mutton treating it as a Prasad. This practice prevailed till the times of Maharaja Pratap Singh who ruled J&K state from 1885 AD to 1925 AD.

How this practice was stopped has an interesting story. A saint who used to meditate in an adjoining temple of Narsimha when saw this practice he was hurt. He tried his best to convince the devotees to stop this practice but to no avail. One day he got agitated and threw the idol of the goddess in river Tawi.

It is believed that thereafter Mahakali appeared in a dream to Maharaja Pratap Singh and told him that wish of the saint be fulfilled by immediately stopping the animal sacrifice. The very next day, Mahajara prohibited the animal sacrifice in the temple and visited the temple along with his family members. And, the saint on his request took out the idol of the (Continued on Page No. 19)

"Knowledge shapes futures, ignites curiosity, and cultivates innovation."

Bawe Wali Mata : One of the most revered shrines of Jammu

(Continued from Page No.18)

goddess from Tawi waters and re-installed at its original place.

Now, people go the temple with devotion and if someone has a desire he commits before the goddess that he or they will offer a goat and Prasad if the desire is fulfilled. And when the desire is fulfilled they fulfill their commitment but not by sacrificing the goat and only do it symbolically.

This Mahakali temple is among the most famous Shakti shrines. The Dogra rulers as well the people of Jammu have always held it in high esteem.

However, animal sacrifice is still prevalent at some other religious places including Bhair Devta shrine just outside the city near Nagrota. In other parts of the Jammu region, animal sacrifice is a routine matter in religious affairs.

Another attraction of the Bahu Fort is its adjoining Bagh-e-Bahu Park, a major attraction for the tourists which is visited by the people from all walks of life whether locals or tourists and pilgrims. Very recently, a musical fountain has been introduced in Bagh-e-Bahu which is attracting huge crowd in the evening hours. This large park on the hill slope on the left side of river Tawi was constructed in the 1980s to attract not only the people of the Jammu, Kashmir and Ladakh, which was the one state at that time, but also the pilgrims and tourists from outside.

Those entering the city when reach the Tawi bridge, also see this fort in ruins which bears testimony to the history of Jammu Raj in various shapes and stages in different times.

This is Bahu Fort, which is believed to be originally built by legendary king Raja Bahulochan, the brother of Jambulochan who is believed to be the founder of Jammu. That is why this fort is named after Bahulochan -Bahu fort.

This Fort finds mention in several old books including Malfuzat-i-Timuri written by Amir Timur after he invaded Jammu in 1398 AD when Raja Maldev was the king of Jammu.

In ancient times, the Bahu Fort remained capital of Jammu Raj till 11th century AD when the capital was shifted to Babbapura (Now called Babor

on Dhar-Udhampur Road), about 80 km from Jammu city due to continuous invasions by several invaders.

Some historians determine the period of this fort around 5th or 6th century AD. Later, this was renovated several times, last time most probably by the founder of J&K state-Maharaja Gulab Singh in the middle of 19th century, said V K Sharma, a historian having worked on it and the adjoining Mahamaya temple.

The fort still has many rooms and halls including underground hall which used to serve various purposes of the kings which, however, are ruined now. A pond was also built inside the fort with such a technology that the rain water of almost the entire fort used to collect in it through various underground drains and channels, which is known as rain water harvesting.

Till about 100 years ago a flight of stairs descended from the back side of the fort to river Tawi, which, however, stands closed now.

The fort also had a very deep well which used to cater to the needs of drinking water even in the extreme summer season when the ground water table falls drastically. All this speaks about the intelligence of the then rulers who built this fort. It was a well fortified massive structure which was almost difficult to scale by the invaders from any side without coming into the sight of the rulers and their army.

That is why that Amir Timur did not make any attempt to conquer this fort during his invasion of Jammu. After Amir Timur's mention of this fort in his book Malfuzat-i-Timuri, a german visitor Baron Charles Hugel, who saw this fort from afar on November 2, 1835 also gave an interesting description in his works.

However, after the death of Kapur Dev, the Jammu Raj was divided into two principalities with the river Tawi as the boundary. His son Jagdev held his court at Bahu while his brother Smail Dev ruled from Jammu, just across river Tawi. This state of affairs continued for a long time till the succession of Raja Hari Dev in 1760 AD. He reunited the states of Jammu. Until then the rulers of Bahu used to be called as Bahuwals and those of Jammu-Jamwals, the trend which still prevails.

This fort is in shambles now and no one has ever tried to restore it to its original glory though in 1986 an attempt was made by mapping of this fort by the state PWD department. But after that nothing happened and it still awaits attention of the Government.

Incredible Health Benefits Of Coconut Water

Coconut water is never out of trend despite various attractive aromatic and nutritious drinks in the market. It is a miraculous drink beneficial for our body in multiple ways. Coconut water has been consumed for centuries in tropical regions around the world.

In Ayurveda, Coconut water is believed to help in activities of the body such as digestion and urination. It helps to provide an instant boost of energy.

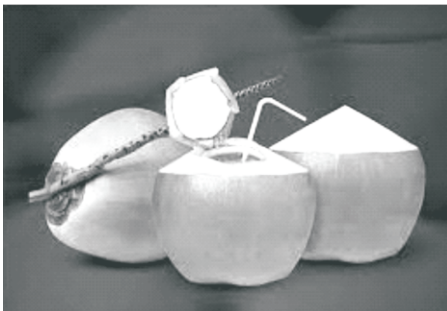
Coconut water nutrition facts

Coconut water is a clear liquid present inside of green Coconuts. Over 95% of Coconut water is water. An average green Coconut provides about 0.5–1 cups of Coconut water.

Coconut water is rich in various minerals and electrolytes like potassium, calcium, manganese, antioxidants, amino acids and cytokinins. Coconut water is the best source of potassium and contains almost 470 mg of potassium. It is low in calories, carbohydrates, sugar, unlike other juices.

Benefits of Coconut water

1. **Energy booster:** Coconut water is a great beverage to drink during and after a workout. It is rich in minerals, electrolytes and antioxidants that help to boost your energy level instantly. It may help athletes to refuel their energy stores and recover a little faster. If you drink this water during exercise, it may prevent fatigue and dehydration. Coconut water is a natural alternative to any sports drink. It contains more potassium and electrolytes, less sodium and fewer carbohydrates than many sports drinks.
2. **Best alternatives for sugary juices:** Coconut water is mildly sweet and nutty in flavour. It is low in calories, sugar and carbs, unlike other sugary juices and sodas. It makes it a better choice for diabetics or individuals looking to reduce their consumption of added sugar.
3. **Helps to lose weight:** Fresh Coconut water is beneficial in weight loss management programs. It is lower in calories than other beverages, like soda or juices that help to lose weight. One cup of Coconut



water contains only 48 calories. As coconut water is also a great replacement for sugary drinks, completely swapping artificial sugary drinks for coconut water may help in managing weight and could boost hydration.

4. **May benefit to manage diabetes:**

Research shows that Coconut water may help to manage blood sugar levels and improve diabetes symptoms. It is a good source of manganese, which may increase insulin sensitivity and reduce blood sugar levels.

5. **May be beneficial for heart health:** Drinking Coconut water may be beneficial to prevent heart diseases. It may help manage cholesterol levels in the blood and maintain good heart health because it is high in potassium. Additionally, coconut water also helps increase good cholesterol (high-density lipoprotein) levels, which decreases the risk of various heart diseases.
6. **May help to reduce high blood pressure:** Being high in potassium, Coconut water may help to manage blood pressure. Research suggests that potassium-rich diets can help support heart health by managing blood pressure and even protecting against stroke.
7. **Help in good digestion:** Coconut water is rich in manganese that helps to regulate your bowel movements. It may prevent gaseous distension of the abdomen, constipation and acidity.
8. **May help to detox the body:** Coconut water is versatile due to the presence of minerals, electrolytes and antioxidants. Coconut water helps detoxify your body by providing hydration and antioxidants. Among other health benefits of coconut water, it may also contribute to healthier-looking skin. Certain varieties of coconut water are packed with vitamin C, and antioxidant properties, and may naturally stimulate collagen synthesis.
9. **May help to prevent kidney stones:** When you have a kidney stone, your doctor will advise you to drink a lot of water. Although plain water works

(Contd. on Page No. 21)

"Education empowers minds, unlocks potential, and transforms societies."

Incredible Health Benefits Of Coconut Water

(Continued from Page No. 20)

wonderfully, don't miss adding Coconut water to your diet. Coconut water may help to prevent kidney stone formation when taken in moderate amounts. Among other benefits of coconut water, it may also be able to flush out the chlorine and citrate in the urine of healthy people.

10. **May prevent urinary tract infection:** Coconut water is known to be a diuretic (increase urine output). Hence, it may help to flush out toxins by way of urine. It makes you pee frequently but that's the way your urinary infection may void out.
11. **May reduce fatigue and stress:** There are instances such as fatigue, stress where you feel lethargic and don't want to eat or do anything. Sipping on a cup of Coconut water may help you feel relaxed and it calms your mind.

The disadvantage of Coconut water

Coconut water is all over beneficial for our health due to the presence of various nutrients. You may still

be wondering whether it is good to drink Coconut water every day. For general people, it is considered a good drink to consume. However, there is an exception to it.

People who suffer from kidney (renal) failure should not drink Coconut water as it is rich in potassium. In kidney failure, your kidney may not remove extra potassium, which leads to stagnation of potassium in the body. Hence, be cautious with Coconut water consumption in renal failure patients. If you are pregnant or nursing, it may be advisable to consult your doctor before consuming coconut water as there are not many studies on the cooling effect of coconut water in such cases. Even in cases where one has just had surgery, it is advisable to not have coconut water for two weeks before the surgery as it may affect the blood pressure regulation of the patient's body. Among other cases, people who suffer from cystic fibrosis must also remain careful. Cystic fibrosis causes a decrease in the body's salt levels. Coconut water contains a higher amount of potassium than sodium. This is why drinking it may cause an imbalance in sodium-potassium levels.

IRDAI sets 3-hour limit to settle health claims

Insurance regulator Irdai has brought in several reforms in health covers aimed at improving service standards for policyholders. The new norms will require insurers to approve cashless claims within an hour and provide final authorisation for discharge from a hospital within three hours.

Insurers will also need to provide a one-month grace period for annual renewal of health policies and protect benefits under policies renewed within that period.

Irdai has issued a master circular on health insurance products that comes into effect immediately (with certain exceptions). The new circular, which repeals 55 previous circulars, consolidates entitlements in a health insurance policy.

Under the new norms, insurers have to ensure that hospitals release mortal remains immediately in the event of a death during treatment. Companies cannot repudiate a claim without the approval of a Claims Review Committee.

For settlement of claims, insurers must insurers and TPAs (third party administrators) must collect documents from hospitals and not call for them from the

insured. Policyholders with multiple health insurance policies can select the policy under which they claim the admissible amount. primary insurer will coordinate the settlement of the balance amount from other insurers. The new rules allow insurers to reward policyholders with no claims during the policy period by offering either an increased sum insured or discounted premium amounts.

Policyholders, who want to cancel their policies, can receive a refund of the premium for the unexpired policy period. All individual health insurance policies are renewable and cannot be denied on the basis of previous claims, except in cases of fraud, non-disclosure, or misrepresentation. No fresh underwriting is required unless there is an increase in the sum insured.

Under the new norms, insurers have been asked to move toward 100% cashless settlements and have been directed to empanel all categories of hospitals and healthcare providers, considering the affordability for different population segments. Stricter timelines are imposed on portability requests via the Insurance Information Bureau of India (IIB) portal.

SAVIOUR OF KASHMIR

Brigadier Rajinder Singh belonged to village Bagoona now named Rajendrapura after him. Even father of Brigadier Rajinder Singh ji was subedar Lakha Singh who passed away when Brig Rajinder Singh was only 6 months old also having lost his mother when he was only 6 days old. He was brought up by Col Govind Singh, his uncle again a soldier and even their father and forefathers were all in the Army. That was the legacy of the Dalpatia clan of the Jamwals.

Dalpatia means head of the Army ie commander in Chief. Dalpatia clan started from Dalpat Singh who was the commander in chief of the Dogra forces of Jammu and Brigadier Rajinder Singh was the last Chief of the Dogra Forces of Jammu, Kashmir, Ladakh, Gilgit, Baltistan and Tibet, which he commanded when attacked by the British engineered invasion by Pakistan army and yet saved Kashmir with hundred Dogras for which he is called the **“Saviour of Kashmir”** and was awarded the first Gallantry Award of independent India, the Mahavir Chakra posthumously.

Lt Gen Rakesh Kumar Sharma, AVSM, SM (Retd) President JKESL said that we assembled at Rajendrapura old bagoona to celebrate the 125th birth anniversary of Brig Rajinder Singh, MVC. This day is a very special and big day . We are lucky and proud to have assembled here with Granddaughter- in – law, Rachna Thakur wife of Brigadier Rajendra Singh and his great grand daughter Major Devyani to pay homage to Brigadier Rajinder Singh.

As we know that Brigadier Rajinder Singh stopped tribal

raiders for four days and it could only be possible due to supreme sacrifice of Brigadier Rajinder Singh who along with small contingent of about 100 men successfully delayed the Pakistani tribal raiders.

JKESL appeals to the Hon’ble LG to take cognizance of their demands as we demand that his MVC be upgraded

to PVC. If not possible, then he should be given Bharat Ratna , Brig Rajinder Singh Martyrdom Day (27 october) should be declared as a State Function, organized by State Adm & all Govt officials should attend. Monumental Rajinder Singh Dwar be made at the junction of NH-1A & Raya road and a chapter of Brigadier Rajinder Singh be added in textbooks of schools.

Granddaughter- in - law Rachna Thakur said that it was proud moment for her to attend the function and saw the people excitement and enthusiasm and felt happy to be part of

this August gathering.

Great granddaughter Major Devyani currently serving in Army said that it was proud moment for me to be present here belonging to genealogy of Army. No one’s sacrifice should be forgotten but the only example of chief of forces went himself to stop tribal raiders on grounds and got martyred.

DC, Samba on the occasion, during his speech said that Brig Rajendra Singh (MVC) is an inspiration for all of us and is rightfully and appropriately called as the **“ROLE MODEL”**.



Learn as if you will live forever, live like you will die tomorrow. - Mahatma Gandhi

PED LAGAO JEEVAN BACHAO

Col Parmjit

Plant trees save life. Plant trees save environment. Plant trees save earth . Plant trees save birds . Plant trees save animals. Each one teach one. Each one plant one at least . Better option is each one plant two trees to save earth and overall healthy environment. All must understand the importance of one tree. Lagao , lagao must ped lagao. Bachao , bachao must environment bachao. Ped lagao jeevan bachao. The need of the hour is to plant more and more number of trees.

Why? To save life, to save environment, to save earth, to save life, to save animals and birds and to save human lives. The most important thing is to maintain ecological balance. Glaciers are melting, one can say are drying up, water levels depleting, weather becoming unpredictable and heat wave temperatures on the rise. So, all and sundry must come forward voluntarily and plant more and more trees for the benefit of all, world at large.

We all must understand explicitly the importance of one single tree. Many must have seen in deserts like India-Rajasthan or in hot areas like chamm in case of India the importance of one single tree. Just a rejoinder or a reminder to refresh memory that under one tree must have seen herd of goats or sheeps siting in hot weather. Because the temperature underneath the shade of tree is most suitable for relaxing and also the temperature will be definitely low (at least 3-4 degrees less) than in the sunlight.

The next tree in the series will provide cool place to animals like cows, buffaloes and bulls etcetera . Also next tree providing shade , a resting and relaxing place to human beings is worth the notice. Some persons dozing off , sleeping or about to sleep (feeling sleepy) , some playing cards and some talking and interacting. All actions inclusively aiming at pass time and beating off heat wave effect or impact or one may say cool off the heat.

One would have experienced during life time that during summer season (hot weather) , while standing underneath the tree shade one heaves a sigh of relief from scorching heat definitely and one feels very comfortable. That's the beauty of a tree giving lot of relief to birds , animals , human beings and many other living things too. Therefore plant more trees wherever and whenever possible.

This stands amply proved that one tree is worth it and has lot of importance as explained above. So please don't hesitate to plant trees. Also don't damage already

existing trees, yes pruning of trees at places is necessary to ensure shipshapeness and before the trees become weird and wild . For example where high tension wire is touching the trees , definitely pruning after requesting a shut down is mandatory to avoid accidents and must be done.

In India according to survey, we need to plant 400-500 crore trees. So please act upon , a sincere advice in the overall interest of humanity, a (philanthropist kind of interest) that is each one to plant two trees and each one teach one. Also , please understand a sapling to grow in becoming an adult tree (which can provide shade) , takes about 6-7 years time period. So give due importance and ignore not the above advice, a request of sort to plant more and more number of trees.

How to make India cool? Please do not wait for government to plant trees. Sowing seeds or planting trees does not cost much. Just collect seeds of Shatavari, Bel, Peeple, Tulsi, Mango, Lemon, Jamun, Neem, Custard Apple, Jack fruit, etc. Then dig two-three inch hole on open spaces, roadside, footpaths, highways, gardens and also in your society or bungalow.

Bury these seeds in each hole with soil and then water them every two days in summer. In rainy season no need to water them. After 15 to 30 days small plants will be born.

Let us make this a National movement and plant 10 crore trees all over India. We should stop temperature from crossing 50 degrees. Life is really very uncomfortable after 50 degrees temperatures. Because it is believed that a human being can't survive at 60 degrees temperature. Please plant maximum trees. Let's distribute saplings as return gifts during functions, birthdays etc.

Where all, could these be planted in the parks, along the roads or tracks, in the houses , private commercial buildings or government buildings lawns. It will achieve twin objectives (kill two birds with one stone) , one to act as add on to the beautiful surroundings , increase in magnificence aura and second to maintain ecological balance overall. So plant trees and save humanity - life , birds and animals, save earth , save life and save environment. Off late Mata Vaishno Devi shrine Board has decided to give trees in prasad to the devotees. A right step , in the right direction and at the right time . The aim being in the larger interest of humanity to save human lives by planting more and more number of trees. A good initiative of Mata Vaishno Devi Shrine Board and worth the praise.

ANCIENT INDIAN HEALTH TIPS IN SANSKRIT TRANSLATED IN ENGLISH

1. अजीर्णे भोजनं विषम् ।

If previously taken Lunch is not digested..

Taking Dinner will be equivalent to taking Poison.

Hunger is one signal that the previous food is digested

2. अर्धरोगहरी निद्रा ।

Proper sleep cures half of the diseases..

3 मुद्गदाली गदव्याली ।

Of all the Pulses, Green grams are the best.

It boosts Immunity.

Other Pulses all have one or the other side effects.

4. भग्नास्थि-संधानकरो लशुनः ।

Garlic even joins broken Bones..

5. अति सर्वत्र वर्जयेत् ।

Anything consumed in E&cess, just because it tastes good, is not good for Health. Be moderate.

6. नास्ति मूलमनौषधम् ।

There is No Vegetable that has no medicinal benefit to the body..

7. न वैद्यः प्रभुरायुषः ।

No Doctor is capable of giving Longevity.
(Doctors have limitations.)

8. चिंता व्याधि प्रकाशाय ।

Worry aggravates ill-health..

9. व्यायामश्च शनैः शनैः

Do any E&ercise slowly.

(Speedy exercise is not good.)

10. अजवत् चर्वणं कुर्यात् ।

Chew your Food like a Goat.

(Never Swallow food in a hurry.

Saliva aids first in digestion.)

11. स्नानं नाम मनःप्रसाधनकरंदुः स्वप्न-विध्वंसनम् ।

Bath removes Depression.

It drives away Bad Dreams..

(Continued on Page No.25)

We cannot solve problems with the kind of thinking we employed when we came up with them.

ANCIENT INDIAN HEALTH TIPS IN SANSKRIT TRANSLATED IN ENGLISH

(Continued from Page No. 24)

12. न स्नानमाचरेद् भुक्त्वा ।

Never take Bath immediately after taking Food.

(Digestion is affected).

13. नास्ति मेघसमं तोयम् ।

No water matches Rainwater in purity..

14. अजीर्णे भेषजं वारि ।

When there is indigestion taking plain water serves like medicine.

15. सर्वत्र नूतनं शस्तं, सेवकान्ने पुरातने ।

Always prefer things that are Fresh..

Whereas Rice and Servant are good only when they are old.

16. नित्यं सर्वा रसा भक्ष्याः ॥

Take the food that has all si& tastes.

(viz: Salt, Sweet, Bitter, Sour, Astringent and Pungent).

17. जठरं पूरायेदर्धम् अन्नैर्, भागं जलेन च ।

वायोः संचरणार्थाय चतुर्थमवशेषयेत् ॥

Fill your Stomach half with Solids,

(a quarter with Water and rest leave it empty.)

18. भुक्त्वा शतपथं गच्छेद् यदिच्छेत् चिरजीवितम् ।

Never sit idle after taking Food.

Walk for at least half an hour.

19. क्षुत्साधुतां जनयति ।

Hunger increases the taste of food..

In other words, eat only when hungry..

20. चिंता जरा नाम मनुष्याणाम् ।

Worrying speeds up ageing..

21. शतं विहाय भोक्तव्यं, सहस्रं स्नानमाचरेत् ।

When it is time for food, keep even 100 jobs aside.

22. सर्वधर्मेषु मध्यमाम् ।

Choose always the middle path. Avoid going for extremes in anything

Golden words of wisdom in Sanskrit by our sages.

कारगिल युद्ध-1999 के वीर बहादुर

हर साल लगेंगे मेले शहीदों की याद में
वतन पर मिटने वालों का यही निशान होगा।

हर साल हम कारगिल युद्ध के शहीद नायकों की याद में एकत्र होंगे। उन्हें याद करना उनके पदचिन्ह हैं जो उन्होंने यह दिखाने के लिए छोड़े हैं कि वे हमारे दिल और दिमाग में रहते हैं। इस तरह वह दिन, कारगिल दिवस के शहीद, भाईचारे (युद्ध नायकों - हमारे भाइयों) को याद करने के लिए मनाया जाएगा। भारतीय सैनिकों ने दुश्मन को मार गिराया, वीरतापूर्वक लड़े और सर्वोच्च बलिदान दिया। वे शेरों की तरह दहाड़ते हुए वीरतापूर्वक लड़े और अपने प्राणों की आहुति दे दी। किस लिए? हमारे लिए, हमारे बेहतर कल के लिए। वे गिर गए थे लेकिन हमारे दिलों में हमेशा जीवित रहते हैं। चौबीसों घंटे। वे सलाम के पात्र हैं। वे सम्मान के पात्र हैं। उन्हें सदैव सम्मान मिला। हम हर साल 26 जुलाई को हमेशा अपनी श्रद्धांजलि अर्पित करेंगे और बहादुरों को याद करेंगे और उन्होंने हम सभी को गौरवान्वित किया है और देश को बहुत गौरवान्वित किया है। शाबाश भारतीय सेना, कारगिल दिवस के शूरवीरों। बस हमारे मन में कारगिल युद्ध नायकों, हमारे शहीद भाइयों, निश्चित रूप से बहादुरों के बारे में कविता और गद्य के मिश्रण से कुछ पंक्तियाँ लिखने का विचार आया। इससे पहले कि हम उन्हें याद करना भूल जाएं। लेकिन उन्हें या उनके वीरतापूर्ण कार्यों को कोई कैसे भूल सकता है। निश्चित रूप से नहीं। वे लड़े और लड़े। वे साहसपूर्वक लड़े। और कुछ दुर्भाग्यशाली लोगों ने हमारे देश के लिए सर्वोच्च बलिदान दिया। किस लिए? हमारे लिए, हमारे बेहतर कल के लिए। वे गिर गए थे लेकिन हमेशा हमारे

दिलों में रहते हैं। शेरों की तरह वे सभी युद्धों के दौरान बिना पीछे देखे लड़े, पीछे छूट गए अपने परिवारों, दोस्तों और रिश्तेदारों की परवाह नहीं की। लेकिन वे लड़े और लड़े। उनके लिए जीवन या मृत्यु कोई मायने नहीं रखता, उनके लिए कर्तव्य की पुकार मायने रखती है। उन सभी को स्वर्ग में शांति मिले। उनके सम्मान में हर साल 26 जुलाई को कारगिल दिवस मनाया जाता है। यह खास दिन शौर्य, पराक्रम और दृढ़ संकल्प का प्रतीक है।

बहुत कुछ कहता है और हमारे योद्धाओं के बारे में बहुत कुछ कहता है। कारगिल युद्ध के हमारे प्यारे बहादुरों ने बहुत अच्छा काम किया। आप सभी ने हम सभी को गौरवान्वित किया है।

अगर मेरे खून को साबित करने से पहले मौत आ जाती है, तो मैं वादा करता हूँ, मैं मौत को मार डालूंगा, कारगिल युद्ध के नायक, पीवीसी पुरस्कार विजेता मेजर मनोज कुमार पांडे ने कहा।

सभी योद्धाओं ने इसी तरह का जज्बा दिखाया।

शहीद भाइयों के नायकों को हम सभी याद करते हैं। उन्हें अपने दिल और दिमाग में हमेशा याद रखना हमारा प्रमुख देशभक्ति कर्तव्य है, जो राष्ट्रवादी उत्साह को प्रदर्शित करता है। भारतीय सेना के जवान इसी तरह सोचते हैं। हमारे सैनिक हमेशा महान योद्धा होते हैं और लगातार युद्ध जीतकर देश का गौरव बढ़ाने के लिए जी-जान से लड़ते हैं।

उनके सर्वोच्च बलिदान को कोई कैसे भूल सकता

(शेष पृष्ठ नं. 28 पर)



By Col Parmjit (Retd)
Sr. Editor

आवास समाचार

सामान्य

1. केवी कॉलोनी के आरवी कॉलोनी और गैर मुमकिन खाद मुद्दे के संबंध में कुछ भूमि मालिकों द्वारा दायर किए गए अदालती मामलों के कारण चल रही हाउसिंग कॉलोनी परियोजनाओं को अंतिम रूप दिया जाना रुका हुआ है।
2. अपनी ओर से हम सभी लंबित मुद्दों को हल करने के लिए प्रशासनिक माध्यमों का उपयोग कर रहे हैं, हालांकि आरवी कॉलोनी मामले को माननीय उच्च न्यायालय द्वारा फैसला दिए जाने के बाद ही हल किया जा सकता है। कोर्ट के फैसले का इंतजार करने के अलावा कोई विकल्प नहीं है।
3. हम अंततः दोनों कॉलोनियों के न्यायाधीन मामलों को सुलझाने के लिए हरसंभव प्रयास कर रहे हैं। माननीय उच्च न्यायालय के तार्किक निष्कर्ष की प्रतीक्षा करने के अलावा कोई अन्य विकल्प नहीं है।

आरवी कॉलोनी

4. आरवी कॉलोनी के सभी मुद्दों पर सख्ती से नजर रखी जा रही है ताकि इनका त्वरित गति से समाधान किया जा सके। अध्यक्ष जेकेईएसएल की निगरानी में हाउसिंग विंग लंबित मुद्दों को तेजी से और हल करने के लिए विभिन्न मोर्चों पर हर संभव प्रयास कर रहा है ताकि प्रतीक्षारत सदस्यों को भूखंडों का आवंटन और समझौते के भूखंडों के मुद्दे को जल्द से जल्द हल किया जा सके। कलेक्टर भूमि अधिग्रहण डीसी सांबा द्वारा समझौते की भूमि की लागत की मध्यस्थता के लिए जिला सत्र न्यायालय सांबा को भेजा गया। डीसी सांबा से जिला सत्र न्यायाधीश

के साथ इस मुद्दे को शीघ्र निपटाने का अनुरोध किया गया है। शीघ्रता के लिए डीसी को नियमित रूप से समस्याओं से अवगत कराया जा रहा है। जेकेईएसएल के अध्यक्ष व्यक्तिगत रुचि ले रहे हैं और इन्हें उच्च राजस्व सरकारी अधिकारियों के ध्यान में ला रहे हैं।

5. जिन आवेदकों को पंजीकृत भूमि पर भूखंड आवंटित किए गए हैं, उन्हें जल्द से जल्द निर्माण कार्य शुरू करने की सलाह दी जाती है; उन्हें आवश्यक सभी सहायता उपलब्ध करायी जायेगी। चूंकि बुनियादी निर्माण कार्य की कमी परियोजना का एक खट्टा बिंदु है। इसका सीधा असर दिग्गजों और इस एनजीओ की प्रतिष्ठा पर पड़ रहा है। वर्तमान में कॉलोनी का विकास कार्य प्रतिबंधित है और व्यय पारदर्शी और विवेकपूर्ण प्रकृति का है।

6. बकाया भुगतान न करने का मामला अभी भी लंबित है। आवंटन होने पर चूककर्ताओं पर आवंटन के लिए विचार नहीं किया जाएगा और जिन लोगों को भूखंड आवंटित किए गए हैं, वे अपने भूखंड खो देंगे। कृपया सुनिश्चित करें कि बकाया राशि का तुरंत भुगतान कर दिया जाए।

7. हम आवेदकों को नियमित रूप से आश्वस्त करते रहे हैं कि उनका पैसा सुरक्षित है और लागू बैंक ब्याज दर के साथ रिफंड दिया जा रहा है। हालांकि, सबज्यूडिस मामले की मंजूरी में अनुचित देरी मुख्य बाधा है, इसके लिए आवेदकों को समझना चाहिए और इसलिए संगठन में विश्वास रखना चाहिए। हालांकि, यह एक बार फिर दोहराया

(शेष पृष्ठ नं. 28 पर)

आवास समाचार

(पृष्ठ नं. 27 का शेष भाग)

जाता है कि वे सभी आवेदक जो इंतजार नहीं करना चाहते हैं। वे रिफंड के लिए आवेदन करने के लिए स्वतंत्र हैं जो सामान्य बैंक ब्याज दर के साथ दिया जाएगा। आवेदकों से अनुरोध है कि वे अफवाहों पर ध्यान न दें। किसी भी स्पष्टीकरण के लिए किसी भी कार्य दिवस पर सुबह 9:00 बजे से 14:30 बजे के बीच कार्यालय में आएं।

केवी कॉलोनी

8. केवी कॉलोनी का विकास मुख्य रूप से राजस्व विभाग के कारण रुका हुआ है, जो छोटे अतिक्रमणों को हटाने के लिए सीमांकन नहीं कर रहा है। एक बार सीमांकन हो जाने के बाद हम उपलब्ध भूमि पर भूखंडों का आवंटन करने की स्थिति में होंगे। एसडीएम (उत्तर) और तहसीलदार भलवाल के साथ आवश्यक संपर्क किया गया है, संबंधित राजस्व अधिकारियों को डीसी जम्मू द्वारा दिए गए निर्देशों के अनुसार शीघ्र ही सीमांकन शुरू होने की संभावना है।

9. फ़िलहाल गैर मुमकिन खाद मुद्दे के कारण कोई भी बड़ा विकास कार्य नहीं किया जा रहा है। खाद मुद्दे के समाधान के लिए हरसंभव प्रयास किए जा रहे हैं और डीसी कार्यालय जम्मू के साथ लगातार संपर्क बनाए रखा जा रहा है, जिससे हमारी विकासात्मक गतिविधियों को बढ़ावा मिलेगा।

10. मुख्य रूप से सेक्टर 1 से जुड़े औकाफ मामले की नियमित सुनवाई हो रही है। आखिरी तारीख 30 मई 2024 थी और अगली तारीख 15 जुलाई 2024 तय की गई है। इस मामले की सुनवाई कर रहे न्यायाधीश ने अंतिम फैसला सुनाए जाने से पहले औकाफ विभाग के वकील और सरकारी वकील पर भी सख्त प्रतिबंध लगा दिया है।

अन्यथा उसके अनुरूप निर्णय लिया जाएगा।

केवी और आरवी कॉलोनियों की प्रतीक्षा सूची पर आवेदकों को सूचना

1. सूचित किया जाता है कि नई आरवी II जेकेईएसएल कॉलोनी एम्स जम्मू के पास डागोर गांव में बन रही है। आरवी II में केवी और आरवी के प्रतीक्षासूची वाले आवेदकों के लिए आवंटन के लिए कुछ भूखंड उपलब्ध हैं। केवी और आरवी के सभी प्रतीक्षासूची वाले आवेदक आरवी II कॉलोनी का विकल्प चुन सकते हैं। सभी आवेदकों से अनुरोध है कि वे जल्द से जल्द जेकेईएसएल कार्यालय डिगियाना में लिखित रूप में आरवी II कॉलोनी में स्थानांतरित होने की इच्छा दें।
2. आवंटन आरवी II आवेदन की वरिष्ठता के अनुसार किया जाएगा। आवंटन के तुरंत बाद इन भूखंडों की रजिस्ट्री की जाएगी।

कारगिल युद्ध-1999 के वीर बहादुर

(पृष्ठ नं. 26 का शेष भाग)

हैं? देश उन्हें सदैव याद रखेगा। और उनके परिवारों, वीर नारियों की हमेशा सबसे उचित तरीके से देखभाल की जाएगी। वीर नारिया सम्मान की पात्र हैं और हमेशा सेना बिरादरी में एक विशेष स्थान रखती हैं और वे अपने शहीद नायकों (प्रिय पतियों) का प्रतिनिधित्व करती हैं।

आपका सत्कार, ये है देश की पुकार, आपका सर्वोच्च बलिदान हमें है अच्छी तरह याद। ईश्वर आपकी आत्मा को स्वर्ग में शांति दे, ये है हम सब देशवासियों की आवाज़।

कारगिल की चोटियों पर विजय प्राप्त करने वाले शूरवीरों को बधाई। यह दिन कारगिल दिवस के रूप में मनाया जाता है। कारगिल दिवस आपके सम्मान में मनाया जाता है।

भगवान आप सब का भला करे।

जय हिंद जय भारत जय जवान।

वैज्ञानिकों ने बताया कितना दिलचस्प है, हमारा शरीर..

1. **जबरदस्त फेफड़े**- हमारे फेफड़े हर दिन 20 लाख लीटर हवा को फिल्टर करते हैं। हमें इस बात की भनक भी नहीं लगती। फेफड़ों को अगर खींचा जाए तो यह टेनिस कोर्ट के एक हिस्से को ढंक देंगे।
2. **ऐसी और कोई फैक्ट्री नहीं**- हमारा शरीर हर सेकंड 2.5 करोड़ नई कोशिकाएं बनाता है। साथ ही, हर दिन 200 अरब से ज्यादा रक्त कोशिकाओं का निर्माण करता है। हर वक्त शरीर में 2500 अरब रक्त कोशिकाएं मौजूद होती हैं। एक बूंद खून में 25 करोड़ कोशिकाएं होती हैं।
3. **लाखों किलोमीटर की यात्रा**- इंसान का खून हर दिन शरीर में 1,92,000 किलोमीटर का सफर करता है। हमारे शरीर में औसतन 5.6 लीटर खून होता है जो हर 20 सेकंड में एक बार पूरे शरीर में चक्कर काट लेता है।
4. **धड़कन**- एक स्वस्थ इंसान का हृदय हर दिन 1,00,000 बार धड़कता है। साल भर में यह 3 करोड़ से ज्यादा बार धड़क चुका होता है। दिल का पम्पिंग प्रेशर इतना तेज होता है कि वह खून को 30 फुट ऊपर उछाल सकता है।
5. **सारे कैमरे और दूरबीनें फेल**- इंसान की आंख एक करोड़ रंगों में बारीक से बारीक अंतर पहचान सकती है। फिलहाल दुनिया में ऐसी कोई मशीन नहीं है जो इसका मुकाबला कर सके।
6. **नाक में एयर कंडीशनर**- हमारी नाक में प्राकृतिक एयर कंडीशनर होता है। यह गर्म हवा को ठंडा और ठंडी हवा को गर्म कर फेफड़ों तक पहुंचाता है।
7. **400 किमी प्रतिघंटा की रफ्तार**- तंत्रिका तंत्र 400 किलोमीटर प्रतिघंटा की रफ्तार से शरीर के बाकी हिस्सों तक जरूरी निर्देश पहुंचाता है। इंसानी मस्तिष्क में 100 अरब से ज्यादा तंत्रिका कोशिकाएं होती हैं।
8. **जबरदस्त मिश्रण**- शरीर में 70 फीसदी पानी होता है। इसके अलावा बड़ी मात्रा में कार्बन, जिंक, कोबाल्ट, कैल्शियम, मैग्नीशियम, फॉस्फेट, निकिल और सिलिकॉन होता है।
9. **बेजोड़ छींक**- छींकते समय बाहर निकलने वाली हवा की रफ्तार 166 से 300 किलोमीटर प्रतिघंटा हो सकती है। आंखें खोलकर छींक मारना नामुमकिन है।
10. **बैक्टीरिया का गोदाम**- इंसान के वजन का 10 फीसदी हिस्सा, शरीर में मौजूद बैक्टीरिया की वजह से होता है। एक वर्ग इंच त्वचा में 3.2 करोड़ बैक्टीरिया होते हैं।
11. **ईएनटी की विचित्र दुनिया**- आंखें बचपन में ही पूरी तरह विकसित हो जाती हैं। बाद में उनमें कोई विकास नहीं होता। वहीं नाक और कान पूरी जिंदगी विकसित होते रहते हैं। कान लाखों आवाजों में अंतर पहचान सकते हैं। कान 1,000 से 50,000 हर्ट्ज के बीच की ध्वनि तरंगें सुनते हैं।
12. **दांत संभाल के**- इंसान के दांत चट्टान की तरह मजबूत होते हैं। लेकिन शरीर के दूसरे हिस्से अपनी मरम्मत खुद कर लेते हैं, वहीं दांत बीमार होने पर खुद को दुरुस्त नहीं कर पाते।
13. **मुंह में नमी**- इंसान के मुंह में हर दिन 1.7 लीटर लार बनती है। लार खाने को पचाने के साथ ही जीभ में मौजूद 10,000 से ज्यादा स्वाद ग्रंथियों को नम बनाए रखती है।
14. **झपकती पलकें**- वैज्ञानिकों को लगता है कि पलकें आंखों से पसीना बाहर निकालने और उनमें नमी बनाए रखने के लिए झपकती हैं। महिलाएं पुरुषों की तुलना में दोगुनी बार पलकें झपकती हैं।
15. **नाखून भी कमाल के**- अंगूठे का नाखून सबसे धीमी रफ्तार से बढ़ता है। वहीं मध्यमा या मिडिल फिंगर का नाखून सबसे तेजी से बढ़ता है।
16. **तेज रफ्तार दाढ़ी**- पुरुषों में दाढ़ी के बाल सबसे तेजी से बढ़ते हैं। अगर कोई शख्स पूरी जिंदगी शेविंग न करे तो दाढ़ी 30 फुट लंबी हो सकती है।
17. **खाने का अंबार**- एक इंसान आम तौर पर जिंदगी के पांच साल खाना खाने में गुजार देता है। हम ताउम्र अपने वजन से 7,000 गुना ज्यादा भोजन खा चुके होते हैं।
18. **बाल गिरने से परेशान**- एक स्वस्थ इंसान के सिर से हर दिन 80 बाल झड़ते हैं।
19. **सपनों की दुनिया**- इंसान दुनिया में आने से पहले ही यानी मां के गर्भ में ही सपने देखना शुरू कर देता है। बच्चे का विकास वसंत में तेजी से होता है।
20. **नींद का महत्व**- नींद के दौरान इंसान की ऊर्जा जलती है। दिमाग अहम सूचनाओं को स्टोर करता है। शरीर को आराम मिलता है और रिपेयरिंग का काम भी होता है। नींद के ही दौरान शारीरिक विकास के लिए जिम्मेदार हार्मोन्स निकलते हैं।
इस अनमोल विरासत का ध्यान रखें, अच्छा स्वास्थ्य ही परम धन है ईश्वर का दिया हुआ यह हमारा शरीर हमारी अमूल्य धरोहर है इस का विशेष ख्याल रखे उचित खान पान नियमित प्राणायाम करे व्यसन से दूर रहे निरोगी जीवन जिये।



JAMMU & KASHMIR PHARMACY COUNCIL
 (CONSTITUTED IN TERMS OF SECTION (19) OF THE PHARMACY ACT, 1948)
 COMBINED DRUG & FOOD LAB, PATOLI MANGOTRIAN, JAMMU.
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PUBLIC NOTICE

The Pharmacy Act, 1948 has been amended in terms of Act no: 31, Dated: 15th of August, 2023, with the amendment reproduced as under:-

“32C. Notwithstanding anything contained in Section 32, any person whose name has been entered in the register of pharmacists maintained under the Jammu and Kashmir Pharmacy Act, 2011 or possess qualification (Medical Assistant/Pharmacists) prescribed under the said Act shall be deemed to have been entered in the register of pharmacists prepared and maintained under Chapter IV of this Act, subject to condition that an application to be made in this behalf within a period of one year from the commencement of the Pharmacy (Amendment) Act, 2023 and on payment of such fee, and in such manner, as may be prescribed by the Government of Union Territory of Jammu and Kashmir and Administration of Union Territory of Ladakh”.

The process of re-registration/registration of eligible persons falling within the ambit of above said amendment was initiated by the Jammu & Kashmir Pharmacy Council through its online portal, via website link, www.jkpc.in

Applications status as on 24.06.24 under Re-registration portal under Section 32C:

Total Application Registered	Total Applications Approved for Logins	Total Applications Fully Submitted
24422	23154	18619
Total Applications Fees Received	Total Applications Approved for Payment	Total Applications Disposed off
18048	23146	16836

Handwritten signature and date: 27/6.

Applications status as on 24.06.24 under registration portal of Medical Assistants/Pharmacists under Section 32 C:

Total Application Registered	Total Applications Fees Received
9132	7330
Applications with Fee (Final Submitted)	Total Applications disposed off
7330	3833

Such applicants who intend to register through online portal for registration as Pharmacist with the J&K Pharmacy Council by availing of the benefit of Section 32C are hereby impressed upon to get themselves registered by or before 31.08.2024 (updated checklist prescribed in the website i.e. www.jkpc.in)

Any person who fails to avail of the opportunity explained in the foregoing paras shall forfeit his/her claim for registration in the event an application in this behalf is not submitted through the online portal **by or before 31.08.2024**.

It is further informed that the J&K Pharmacy Council has provided helpline numbers **0194-2501687 (Kashmir Division) / 0191-2536043 (Jammu Division)** for redressal of any genuine grievance related to their online applications. The candidates facing any difficulty are advised to contact the council office through helpline numbers as also through Email's updated in the website.

The Pharmacy Council of J&K is contemplating to set up camps at District H.Q's to facilitate the stakeholders through a public outreach initiative for on spot redressal of genuine grievances. A calendar for the same shall be notified through local daily newspapers in due course.

Handwritten signature and date: 24/06/2024
 (Surinder Mohan)
 Registrar,
 Jammu & Kashmir Pharmacy Council
 Patoli Mangotrian - J&K, Jammu.

No: JKPC-Estt- 284-184-199

Dated: 24.06.24.

JKESL AND SPORTS ACTIVITIES



Jt Chairman Col KS Jamwal, VSM discussing futuristic development of Rajinder Vihar Colony with staff.



Marking of Plots on land of RV-II Dagore village



Paying homage to Great Dogra Warrior on 125th Birth Anniversary. Honoured Grand Daughter in Law and Great Grand Daughter



Simran Sharma Becomes The First Woman To Qualify For 100-Metre Track At Tokyo Paralympics



Hav Sandeep Singh, 10 Sikh Light Infantry Qualified for Tokyo Olympics 10 mtr Air Rifle

Trees per person :





Lt Gen R K Sharma, AVSM, SM, President JKESL and Maj Gen Goverdhan Singh Jamwal along with others at Rajinder Pura Park on 125th Birth Anniversary of Brig Rajinder Singh (MVC) Saviour of Kashmir

BOOK POST

(To be delivered to addressee only)

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