

# Tourism Directorate Jammu hosts cultural exhibition 'Mere Deshe Da Shailapa'

## ■ STATE TIMES NEWS

JAMMU: Directorate of Tourism Jammu in collaboration with Directorate of Industries and Commerce Jammu and Academy of Art Culture and Languages on Sunday organised an exhibition on Culture of Jammu Division namely "Mere Deshe Da Shailapa" here at Jammu Haat as part of Navratri Festival celebrations.

Director Tourism Jammu, Viveknanda Rai, briefed the media that such exhibitions attract visitors. He said such events will be held as a regular feature to benefit the local artisans and evolve Jammu Haat as a hub of cultural activities where people can enjoy a varied number of activities. Anoo



Director Tourism Jammu, Viveknanda Rai visiting exhibition.

Malhotra, Director I&C, Jammu said "Events like this give local craftsmen an opportunity to showcase their unique art and provide them a marketplace besides giving the public a chance to appreciate their skills"

The exhibits offered a range of art work which offered the visitors a glimpse of Jammu's rich cultural heritage and lifestyle of its people.

The exhibition included exhibits from the Handicrafts Department, Amar Santosh Art Gallery and museum, Director Anil Paba, Parola by Medhavi Sharma, Exhibits from

CAIT, Gujjar Bakerwal Hostel Udhampur etc.

Director Tourism Jammu, Director Industries and Commerce Jammu and Director Handlooms/ Handicrafts Vikas Gupta inspected the stalls and photo exhibition depicting old monuments, stone tools, ancient instruments, manuscripts, Basohli Paintings, Binnas, etc.

Also adding to the delight was live ethnic music and folk Song/dance like Bakh, Geetru etc which was being performed by local artists. The entry gates of Jammu Haat were decorated with Rangolis made up beautifully and artistically with natural and herbal colours which are made especially for the "Rut

Raade Dogra festival" and ladies were seen singing the traditional songs. One could also enjoy local cuisine like dal madra, bhatura, meethe Chawal, Rajmash, ambal etc being offered by JKTC.

This was the second event which was held in Jammu as part of Navratri Festival celebrations being held in Jammu for the first time. Among others present were Arvinder Singh, Additional Secretary JKAC&L, Natasha Kalsotra, Joint Director Tourism Jammu, Subha Mehta, GM DIC Jammu, Naresh Kumar, Deputy Director Tourism Jammu and other officers/officials of Tourism Department and Industries and Commerce Department.

## CVPPPL organises 'Walkathon' under Azadi Ka Amrut Mahotsav



CVPPPL officials participating in walkathon.

## ■ STATE TIMES NEWS

JAMMU: Chenab Valley Power Projects Pvt Ltd (CVPPPL), on Sunday organised 'Walkathon' to observe Azadi Ka Amrut Mahotsav being marked

across the country to celebrate the 75 years of independence.

The event, as a part of the series of activities planned by CVPPPL to observe the Mahotsav, was organised in

the Railhead Complex area.

Employees of the company as well as the contract workers engaged through the contractors actively participated in event by holding placards with patriotic quotes, banners and chanting patriotic slogans.

Rajat Gupta, MD CVPPPL along with the senior officers of the Company lead the walkathon that induced the feeling of patriotism in all the participants.

Rajat asserted upon the participants to value the freedom they have and sought their cooperation in timely completion of the Projects of CVPPPL, so that all can contribute to the nation building and claimed a gold medal.

## First Aid Training imparted to inmates of Bal Ashram Amphalla



Dr Rajinder Thappa imparting first aid training.

scious, dizzy or confused, has chest pain or tightness, coughing or choking violently, wheezing, shortness of breath, or irregular breathing or has numbness or tingling in their extremities.

Status Asthmaticus, Windling, Hiccups, Heart Attacks, Cardiac arrest, Angina Pectoris and the difference between heart attacks and Angina Pectoris were also discussed.

## MSK Kishtwar holds awareness event to observe World Mental Health Day



MSK officials during an awareness programme.

## ■ STATE TIMES NEWS

KISHTWAR: Mahila Shakti Kendra on Sunday observed World Mental Health day by holding an awareness event here at Lower Melan

Kishtwar.

While addressing the participants MSK team informed the participants that the day is observed around the world to raise awareness around

mental health issues. This year the theme for Mental Health day is 'Mental Health in an Unequal World'. It highlights the effects of the covid-19 pandemic on people's mental health especially health and other frontline workers, students, people living alone, and those with pre-existing mental conditions.

Participants were also sensitised about various women centric scheme.

The programme was attended by Women Welfare Officer MSK Roshni Shamma, District Co-ordinator Shantu Rana, Asha Worker besides other participants.

## Pipping ceremony of newly promoted ASIs held



Police officers pinning rank to newly promoted ASI.

## ■ STATE TIMES NEWS

POONCH: Piping ceremony of newly promoted Assistant Sub Inspectors of Jammu and Kashmir Police was held at Police Line Poonch.

The promoted officers were decorated with New Ranks by DySP Operations Manish Sharma, DySP DAR Sachin Gupta, Inspector SD Singh SHO Police Station Poonch. The officers congratulated promoted officers and their family members & advised them to remain committed towards their duties and ensure better services in future also.

ring the rank of Assistant Sub Inspector and timely upgradation.

The promoted officers expressed gratitude towards the police department for confer-

## Tour from Kashmir to Kanyakumari on Cycle

# Ramakrishna Mission welcomes cyclist Sanjay Mayure in Jammu

## ■ STATE TIMES NEWS

JAMMU: An renowned cyclist of India, Sanjay Mayure from Buldana of Maharashtra started his cycle tour from Lal Chowk, Srinagar on October 8, 2021 as a "Fit India Movement" and to make people aware about the importance of cycling to combat with pandemic COVID 19.

He wants to make people aware that cycling helps in reducing pollution.

He reached Jammu on October 9 wherein he was welcomed by the monks and volunteers of the Ramakrishna Mission. He was felicitated by Swami Yajnadharanandaji Maharaj.

He will reach Kanyakumari on November 18, 2021 via



Monks of Ramakrishna Mission welcoming cyclist Sanjay Mayure at Jammu.

Samba, Pathankot, Ludhiana, Delhi, Gwalior, Nagpur, Hyderabad, Bangalore, Madurai, Ramnathapuram and Rameshwaram. He will travel about 4100 km.

In 2003, he did cycle tour of

Europe and Asia and till today, he covered about 21 countries on cycle.

In January, 2021 he did Narmada Parikrama of about 4000 km. He has received many awards.

## GCW Gandhi Nagar conducts virtual lecture on 'Impact of substance abuse on Mental Health'

## ■ STATE TIMES NEWS

JAMMU: Aaradhy Gulati, a 2nd class student of Presentation Convent Senior Secondary School, Gandhi Nagar, made the school as well as her parents proud by winning gold medal in national level event.

Aaradhy Gulati participated in classical category under-8 years age group in All India Dance Sports Championship 2021 organised by Dance Sports Council of Punjab (DSCP) and managed by Dancing Lions Crew at Punjab from October 9 to 10, 2021. She defeated all the contestants and claimed a gold medal.



Gold medal winner Aaradhy Gulati.

centre, Institute of Mental Health and Neurosciences (IMHANS) Kashmir.

The programme was

conducted under the guidance and supervision of Dr. Sangita Nagari, Principal GCW Gandhi Nagar.

The programme was coordinated by Dr. Syed Shehna, Assistant Professor, Psychology.

The resource person of the event elaborated on the menace of substance abuse, wherein he explained how genetic and environmental factors together act as predisposing elements in the process of addiction.

Kakroo enunciated that

the menace can be more effectively tackled by a collective effort of social workers, counsellors, clinical psychologists, psychiatrists, and legal advocates.

The programme concluded successfully wherein the resource person clarified many doubts put forward by the students and staff.

The event concluded with the support and cooperation of the organising committee including Dr. Seema Arora (Convenor), Dr. Nidhi Suri, Prof. Eisha Gohil and Prof. Ambica Kumari.

The vote of thanks was presented by Dr. Seema Arora.

Prime Minister Narendra Modi for this initiative.

Baldev Raj Tekkar urged the people to buy the medicines from these Kendras so that their hard earned money is saved and also told them to promote these Kendras so that maximum people get benefitted.

Senior citizens were also very happy for getting free medical first aid kits and appreciated this initiative of Prime Minister.

Naveen Kumar, Deepak and Dheeraj Balgatra were also present.

## Jan Aushadi Kendra celebrates Azadi Ka Amrut Mahotsav



Senior citizens after receiving free medical first-aid kit at Jan Aushadi Kendra.

Honour.

Speaking on the occasion, Keshav Chopra said that all the people of the locality are

happy as they are getting all their prescribed medicines at cheaper rates and these medicines are WHO certified and

very high quality medicines so there medical expenses are drastically decreased. Keshav also thanked the



seven fours and three sixes. Coming together at 80 for 4, Hetmyer and Pant initially just nudged around for a few singles and doubles before the flamboyant Caribbean pulled a short one from Moeen Ali for a six. He then bisected the off-side field off Dwayne Bravo for a boundary. Pant, who was being kept quiet by the spinners, finally showed some spark with his trademark one-handed six off Shardul Thakur.

Once they had put on a half-century partnership, Pant and Hetmyer did start throwing their bats around at the back-end when the pacers once again were back in operation.

If Hetmyer thumped Josh Hazlewood (4-0-29-2) over his head, Pant whipped him towards deep mid-wicket to bring up the 150 for the team. He then hit Dwayne

Bravo (1/31 in 3 overs) over his head for a second six.

But a lot of credit should go to Shaw as he played his best knock of the tournament.

He started with a pulled four and a six off Hazlewood, funnily both mis-timed shots. The first flew over slips and the next one was top-edged behind wicketkeeper with enough room on the leather to go the distance.

However Deepak Chahar's second over turned out to be a nightmare for the seamer as he was smashed for four boundaries -- first a streaky inside edge followed by two square cuts on either side of a flick.

While Shikhar Dhawan (7) and Shreyas Iyer (1) were dismissed by Hazlewood within the Powerplay, Axar Patel (10) was promoted without much success.

## SCORE BOARD

Delhi Capitals Innings		60
Prithvi Shaw c du Plessis b Jadeja		60
Shikhar Dhawan c b Dwayne Bravo		07
Shreyas Iyer c Gaikwad b Hazlewood		01
Axar Patel c sub (MJ Santner) b Ali		10
Rishabh Pant (c) not out		51
Shikhar Hetmyer c Jadeja b Bravo		37
Tom Curran not out		00
<b>Extras</b>		06
<b>Total</b>		172/5
Chennai Super Kings Innings		
Ruturaj Gaikwad c Patel b Avesh Khan		70
Faf du Plessis b Nortje		01
Robin Uthappa c Iyer b Curran		63
Shardul Thakur c Iyer b Curran		00
Ambati Rayudu run out (Yer/Rabada)		01
Moeen Ali c Rabada b Curran		16
MS Dhoni (c) not out		18
Ravindra Jadeja not out		00
<b>Extras</b>		04
<b>Total</b>		173/6