

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 Navratra 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 JKTDC.

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

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, Rammathpuram 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.

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 organized '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.

All India Dance Sports Championship Aaradhya of Presentation Convent wins gold medal

■ STATE TIMES NEWS

JAMMU: Aaradhya 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.

Aaradhya 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 Aaradhya Gulati.

GCW Gandhi Nagar conducts virtual lecture on ‘Impact of substance abuse on Mental Health’

■ STATE TIMES NEWS

JAMMU: Department of Psychology, Government PG College for Women Gandhi Nagar, under the aegis of Manodarpan, Psychological Counselling Cell, an initiative of MHRD, celebrated World Mental Health Day by organising an online lecture for the faculty and students on the topic 'The impact of Substance abuse on Mental Health' on Sunday at Google Meet platform.

The key speaker was Wasim Kakroo, Clinical psychologist and Child and adolescent mental health therapist at Child guidance and well-being

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 (Convener), Dr. Nidhi Suri, Prof. Eisha Gohil and Prof. Ambica Kumari.

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

First Aid Training imparted to inmates of Bal Ashram Amphalla

■ STATE TIMES NEWS

JAMMU: Dr Rajinder Thappa Senior Consultant First Aid Trainer Jammu and Kashmir on Sunday imparted a First Aid Training to inmates of Bal Ashram Amphalla under the supervision of Rajni Sharma Chairperson Jeevan Sangarsh Trust and Manvi Sharma, General Secretary Jeevan Sangarsh Trust .

The first aid training was imparted on the topics smoke inhalation of different types of poisonous gases, suffocation by gases, carbon monoxide, carbon-dioxide poisoning etc. poisoning due to car exhaust fumes, coal mine, charcoal stores.

Dr Thappa asked participants to provide emergency help if the person is uncon-



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, Winding, Hicups, 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 Roohie Shamma, District Co-ordinator Shanu Rana, Asha Worker besides other participants.

Pipping ceremony of newly promoted ASIs held

■ STATE TIMES NEWS

POONCH: Pipping 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.



Police officers pinning rank to newly promoted ASI.

The promoted officers expressed gratitude towards police department for confer-

ring the rank of Assistant Sub Inspector and timely upgradation.

■ AGENCY

DUBAI: The ageless Mahendra Singh Dhoni produced a nostalgic little innings to take a band of old men from Chennai Super Kings into their ninth Indian Premier League final after beating Delhi Capitals by four wickets here on Sunday.

DC though will get another shot at making it to the final when they meet the winner of the eliminator between KKR and RCB scheduled Monday.

Needing 13 off the last over, Dhoni hit a square cut, got a bit of luck going his way and then pulled DC's best bowler Tom Curran for the most celebrated T20 boundary of recent times. Before that, he had just slapped Avesh Khan for a six over mid-wicket.

Curran and Avesh weren't bad but it was one of those days, the cricketers Gods wanted the 40-year-old to finish it in style.

It was 18 not out in six balls that helped CSK reach 173 for 6 in 19.4 overs.

It was all about turning the clock back for the former India captain who has struggled to finish for years but 'Cometh the Hour, Cometh the Man' as he did once more for his favourite cricket team.

After the win, his emotional wife Sakshi was engaged in a beer hug with daughter Ziva which would tell what it meant to the family.

It was just six balls and in that he missed a couple and got boundaries off the rest.

Robin Uthappa (63 off 44 balls) turned the clock back

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

CSK’s 9th wonder MS Dhoni takes Yellow Army to another IPL final



to his halcyon days being the pace setter in company of the irresistible Ruturaj Gaikwad (70 off 50 balls).

After Faf du Plessis was bowled by Kagiso Rabada, Uthappa decided to counter attack with such ferocity that it caught the Delhi Capitals completely unawares. Here was a player, who has been out of circulation for quite some time but with in-form Gaikwad (70 off 50 balls), he added 110 runs as DC looked down and out after the first 10 overs.

Uthappa looked like his old self, something that made him a formidable T20 player back in the day, who would win matches and IPL titles for Kolkata Knight Riders for fun.

There were drives, the reverse sweep, the Uthappa pull-shot and those shots while he also shimmied down the track to unsettled the line of the bowlers.

In all, he hit seven fours and two sixes before a brilliant piece of fielding by Shreyas Iyer at long-on boundary off Tom Curran. Iyer almost collided with

Axar Patel but kept his balance to throw the ball in and catch it on second attempt.

He then took a catch to dismiss pinch-hitter Shardul Thakur while Ambati Rayudu was run-out due to a brilliant combination from Iyer and Rabada.

Gaikwad still played his shots despite a mini-collapse before a nice catch by Axar in deep off Avesh Khan made it 25 off 11 balls before Dhoni came in.

Earlier, Rishabh Pant showed no signs of his self-confessed "nervousness" as his unbeaten 51 off 35 balls propelled Delhi Capitals to a competitive score of 172/5.

Pant got an ideal support from his buddy Shimron Hetmyer (37 off 24 balls) as the duo added 83 runs for the fifth wicket with some breathtaking shots towards the end of the innings.

Pant hit three fours and two sixes as Delhi Capitals didn't ultimately pay the price for playing a specialist batter short as they capitalised on a blazing start provided by opener Prithvi Shaw (60 off 34 balls), who took the opposition on with

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 wood 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	
Prithvi Shaw c du Plessis b Jadeja	60
Shikhar Dhawan c †Dhoni b Hazlewood	07
Shreyas Iyer c Gaikwad b Hazlewood	01
Axar Patel c sub (MJ Santner) b Ali	10
Rishabh Pant (c)† not out	51
Shimron Hetmyer c Jadeja b Bravo	37
Tom Curran not out	00
Extras	06
Total	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 (Iyer/Rabada)	01
Moeen Ali c Rabada b Curran	16
MS Dhoni (c)† not out	18
Ravindra Jadeja not out	00
Extras	04
Total	173/6