

JU organises Health Talk on Breast Cancer



JU and SMVDNSH Katra faculty during a health talk at Jammu.

■ STATE TIMES NEWS

JAMMU: University Health Centre and Department of Students Welfare, University of Jammu (JU) in collaboration with SMVD Narayana Superspecialty Hospital Katra on Tuesday organized a Health Talk on Breast Cancer for the female students and employees of the University at Brig. Rajinder Singh Auditorium as part of the observance of Breast Cancer Awareness Month.

Dr. Arunima Rathore, Consultant Gynecologist from SMVD Narayana Superspecialty Hospital was the resource person. The health talk was inaugurated by Prof Vishav Raksha, Chairperson Campus Cultural

Committee, JU.

Dr. Arunima emphasized on generating awareness about the symptoms, screening and early detection of breast cancer.

The resource person also suggested the precautionary measures like avoiding cholesterol, reducing obesity based on the BMI standard, physical inactivity, proper clothing, benefits of breastfeeding etc.

Earlier, in her welcome address, Prof. Vishav Raksha, stressed on the importance of the talk keeping in view the alarming increase in breast cancer cases in the recent years.

The event was attended by around 70 participants which included students, teachers, officers and staff

from the university. On the occasion, a mobile breast cancer screening unit van equipped with screening gadgets and facilities was also arranged by SMVDNSH to conduct the screening test for the university employees.

Prominent among those who attended the event include Prof. Monika Sethi, Dr. Bindu Sangra, Dr. Hema Gandotra, members of the Campus Cultural Committee, teachers, staff and students.

A vote of thanks was presented by Dr. Saloni, Medical Officer, University Health Centre and Shevali Raina conducted the event whereas the Hall Management was looked after by Kulbhushan Thakur and Arif Paul.

Five-day courses on Cyber Crime, Cyber Forensics commence at SKPA Udhampur

■ STATE TIMES NEWS

UDHAMPUR: To equip the investigating officers of J&K Police with the knowledge and skill of detecting and investigating the growing cases of Cyber Crime, two courses viz 05 days course on, "Cyber Crime" and 05 days training programme on "Cyber Forensics" commenced today.

During the course eminent speakers from SMVDU Katra, Govt. College of Engineering and Technology Jammu, Professionals from Cyber

Udhampur will be delivering lectures and hands on.

In his inaugural address, Mohan Lal, SSP, Dy. Director (Indoor) SKPA, welcomed the participants and spoke about the ever increasing frequency of crime in virtual space and called for need to enable law enforcement officials to investigate the crime.

The session was also attended by Vinay Kumar, SSP, Dy. Director (Admn.), Suraj Singh, AD (Trg/R&D), Nayeem Abbass Hamdani, Cyber Consultant, Inspector



Dy. Director (Indoor) SKPA, SSP Mohan Lal posing with others dignitaries and participants.

Police Station Jammu, Cyber Crime Centre for Excellence Jammu and faculty from SKPA,

Rohit Gupta Course Director and Inspector Dheeraj Thakur faculty member.

DLSA Udhampur hosts awareness event



A resource person speaking at an awareness programme.

■ STATE TIMES NEWS

UDHAMPUR: District Legal Services Authority Udhampur on Tuesday organized an Awareness Programme on the Plea Bargaining, Compounding of Offences and Probation of Offenders Act 1958 under the guidance of Chairman DLSA Udhampur, Y. P. Bournay (Pr. Distt. & Sessions Judge Udhampur) and overall supervision of Secretary District Legal Services Authority Udhampur, Rajni Sharma and in collaboration with District Jail Udhampur. Resource Persons of the programme were Panel Lawyer Adv. Mallikarjun Singh Slathia and Adv. Aakash Sanmotra. The Awareness Programme was organised in compliance to the Supreme Court Order passed in Suo Moto Writ Petition (CRL). No.40f 2021 Titled

Re: Policy Strategy for grant of Bail in which the aspect of disposal of Criminal Cases by Resorting to the triple Method of Plea Bargaining, Compounding of Offences and Probation of Offenders Act 1958 was emphasized by the apex Court.

The resource persons for the programme threw light on the importance of the topic and shared their valuable knowledge on the subject with the participants of the programme. The objective of conducting this programme was to encourage the jail inmates to understand the importance of Plea Bargaining, Compounding of Offences and Probation of Offenders Act 1958. Resource Persons discussed all the provisions pertaining to Plea Bargaining lucidly along with its practical aspects. They explained all the

provisions pertaining to and Compounding of Offences and Probation of Offenders Act 1958 provisions and also highlighted various Constitutional and other statutory provisions related to the rights of Prisoners. Queries of the Jail inmates were also answered on the occasion. Secretary District Legal Services Authority Udhampur, Ms. Rajni Sharma later thanked the resource persons and other participants of the awareness programme and reiterated the mission of Legal Services Institutions to provide legal aid and legal awareness to all the distressed sections of the society including jail inmates.

Besides others, all the jail inmates, along with Superintendent and staff members of district Jail Udhampur were also present in the awareness programme.

DIPR presents Nukkad Natak at Distt Hospital Gandhi Nagar

■ STATE TIMES NEWS

JAMMU: The artists of Cultural Wing of Department of Information and Public Relations (DIPR) on Tuesday presented a theme based Nukkad Natak here at District Hospital Gandhi Nagar to promote Nasha Mukti Abhiyaan.

Medical Superintendent, Dr. Narinder Singh Bhatial was the Chief Guest on the occasion.

The objective of organising the event was to spread

awareness among the people about the disastrous consequences of drug abuse and encourage them to contribute their bit in the eradication of the menace from society.

Faculty members, students of Paramedical Institutes, Patients and attendants witnessed the play with great enthusiasm.

Artists who presented Nukkad Natak on the theme received a lot of applause from the audience.



DIPR artists presenting Nukkad Natak.

Contribute to voter registration, electoral rolls updating, Aadhaar linking: Randhawa to BJP workers



Senior BJP leader Vikram Randhawa visiting polling station Polling booth.

■ STATE TIMES NEWS

JAMMU: Former Legislator and senior Bharatiya Janata Party (BJP) leader Vikram Randhawa stressed on to speed up the process of registration of voters including new voters.

He asked BJP workers to contribute to voter registration, updating of electoral rolls and Aadhaar linking going on in J&K the last date for which is October 25, 2022.

He voiced for going door-to-door to contact the public and especially inform the

youth about importance of voter registration. He asked the BJP workers and Councillors that delimitation has been done so Assembly elections in J&K can be held at any time.

"Make full preparations for it and maintain contact with the public in the interest of all domains of the society," he maintained.

To take firsthand knowledge about the ongoing vote campaign, Randhawa visited polling stations Polling booths 13, 14, 85, 86, 87 and 88 of Jammu South

Assembly Segment.

During his visit, he interacted with the BLOs and listen to the issues being faced by them while making corrections in the voter list of a family.

Randhawa appealed to the people to update their electoral rolls as it will benefit them in exercising their democratic rights in the forthcoming elections.

"Not only for exercising democratic rights, the voter card is also of immense importance as it act as an identity proof of a person", Randhawa said and also appealed the young voters, who are turning 18, to register themselves for exercising democratic rights in the forthcoming elections.

He has also appreciated the efforts of the BLOs for putting in their 100 per cent efforts to get the voter cards and other necessary documents of the people updated.

Take maximum benefit from welfare schemes launched by BJP Govt: Yudhvir



Vice President BJP J&K, Yudhvir Sethi handing over Aadhaar card.

■ STATE TIMES NEWS

JAMMU: Yudhvir Sethi Vice President Bharatiya Janata Party (BJP) Jammu and Kashmir on Tuesday organized an Aadhaar and e-Shram registration camp at Ward 19, Birkam Chowk here.

The camp was organised by Jammu East unit of Bharatiya Janata Party and witnessed a heavy footfall of the people of the aforesaid ward.

Parveen Kerni Mandal President, Rajesh Dogora OBC State Secretary; Capt Gurcharan Singh, Shakti Kendra Parmukh; Booth Presidents Rohit and Robin Mehra and Suman Mahila Moreha Mandal Secretary also

present on the occasion.

Speaking on the occasion, Sethi said that these cards have been issued under the schemes launched by the Union Government headed by PM Narendra Modi for people across the nation especially for the poor and needy. He exhorted the people to take maximum benefit from several welfare schemes launched by the Centre.

The senior BJP leader said that with the revocation of Article 370, the BJP-led central government's work for every section of the society has finally started reaching the people of J&K at a greater pace.

Blood Centre inaugurated at Bee Enn General Hospital



A volunteer donating blood at Bee Enn General Hospital.

■ STATE TIMES NEWS

JAMMU: Bee Enn General Hospital, Jammu becomes the First Private Blood Centre in UT to start the preparation of the Blood Components, including Plateletpheresis, Plasmapheresis.

It is a historical development as this blood centre will be able to cater to the blood needs of patients

from all the areas of the UT. Earlier all the patients depended only on the government blood centres to fulfil their blood needs. Now they also have an option in the private hospital to meet their blood demands.

Especially with the current situation of the massive dengue outbreak, Platelet products will be

available here 24/7, which can save many precious lives.

Bharti Bachloo, Assistant Drug Controller, CDSCO, Jammu, inaugurated the blood centre.

She said that this was an urgent need of the times. The doctors in Jammu will be able to use this facility for their patients as the need of blood components is increasing day by day.

Dr Sahil Bansal, Director of the Bee Enn Blood Centre conveyed the technical advantages of using blood components.

Kunil Bhalla, Managing Trustee, congratulated the Bee Enn Blood Centre Team for upgrading the blood centre with the latest equipment in keeping with the modern times.

He also thanked the Govt depts for bringing about a sea change improvement in the health care sector in Jammu.

FORCE holds meet to discuss issues faced by Education Colleges

■ STATE TIMES NEWS

JAMMU: A meeting of members of Forum of Recognised Colleges of Education (FORCE), chaired by former Minister and President FORCE, Harbans Singh was held at Ranjit College of Education, Jammu on Tuesday to discuss various issues faced by Education Colleges affiliated to the University of Jammu.

While speaking on the occasion, Harbans Singh laid emphasis on several issues of Education Colleges like recognition by NCTE, making of teacher



Members of Forum of Recognised Colleges of Education during a meeting on Tuesday.

education colleges multidisciplinary as per New Education Policy 2020 and enhancement of endowment fund with University of Jammu. Former Ministers Rampaul and R S Chib spoke during the meeting and extended full support to President FORCE for the betterment of colleges and

stakeholders.

Former Minister Lal Singh, while speaking during the meeting, asked members to remain united and work as a team. He also assured full support to colleges in all their activities.

Raj Daluja from JK College of Education Jammu also shared his

views for further enhancing the working of the colleges in the larger interest of younger generation. Prominent among others present on the occasion included Hari Singh Chib Seared Heart College of Education Jammu, Kamal Gupta Ashoka College of Education Kathua, Thakur

Gandhrab Singh, TDS college of Education Kathua, Rajesh Sharma Bhargava College of Education Samba, Tahir Tariq, Tariq College of Education Rajouri, K K Bakshi R S College of Education Kathua, Dr Brij Kohli LBS College of Education Kathua, Gurpal Singh Sher-e-Kashmir College of Education Jammu, Sanjiv Gupta Vimal Muni college of Education Samba, Ashok Khajuria Bharatiya College of Education Udhampur and Dr Manmeet Singh Ranjit College of Education.