

# JK Public School Panjtirthi celebrates Gandhi Jayanti



Glimpses of celebrations of Mahatma Gandhi Jayanti at JK Public School Panjtirthi.

## ■ STATE TIMES NEWS

JAMMU: We celebrate Gandhi Jayanti on 2nd October every year in remembrance of our beloved Father of Nation. It is a

great opportunity for the countrymen to pay homage to this great leader, who sacrificed his entire life for the betterment of the country. To pay tributes to Mahatma

Gandhi, Gandhi Jayanti was celebrated at JK Public School Panjtirthi with gusto and zeal.

Suman Bala, the Teacher Incharge of the celebration,

commenced the celebration by highlighting Gandhi's invaluable contribution in India freedom struggle.

A Mime act was depicted by students to highlight the

importance of peace and harmony.

Jakians marked their respect by singing, Raghupati Raghav Raja Ram which aptly matched

the principles of the Father of Nation. Jakians also spoke different slogans to spread the message of endurance, harmony, nonviolence and gratitude.

Principal of JKPS Panjtirthi, Suman Banbh addressed the jakians and quoted Bapu's golden words, "Anger is the enemy of non violence and pride is

the monster that swallows it up.

"She added," Gandhiji's ideologies of Satya and Ahimsa are the ideals to lead a life of fulfillment."

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JAMMU: On the occasion of International Day of Older Persons celebrated every year on October 1st with this year's theme as 'Resilience of Older Persons in a Changing World', Dr Sushil Sharma, noted cardiologist and Head of Department of Cardiology, Super Specialty Hospital was

speaking at a Health Awareness Lecture at jam packed Seminar Hall of IIPA, organized by the Central Govt

Pensioners' Welfare Association, Jammu

(CGPWA) in collaboration with the Home for the Aged and Infirm, Amphalla, Jammu last evening to celebrate the International Day for Older Persons. Over the next three decades, the number of older persons worldwide is projected to more than double, reaching

more than 1.5 billion persons in

2050 and 80% of them will be

living in low- and middle-

income countries.

During the lecture Dr Sushil stated that adults aged 65 and older are more likely than younger people to suffer from cardiovascular disease, which is problems with the heart, blood vessels, or both. Dialogues to enhance the protection of older persons human rights and recognize their contributions to sustainable development. In his concluding remarks, Dr Sushil Sharma told that interventions or treatments that slow accelerated aging of the heart and arteries in young and middle-aged people who seem to be healthy could prevent or delay the onset of heart disease, stroke and other cardiovascular disorders in later life. B R Sharma, former Chief Secretary, J&K and the Chairman of IIPA, who was the Guest of Honour, lauded the selfless services being rendered to the people by Dr Sushil Sharma within the Hospital and in rural areas by holding health camps for rural poor population. Health has always been a concern among elders and the advice given by Dr. Sushil to cut down risk factors for cardiovascular diseases in old age must be followed by all to their own benefit.

He said that life is a boon and age should not be allowed to come in the way of its enjoyment. Kuldeep Khoda, former DGP & CVC, J&K and President of the CGPWA, in his presidential address complimented Dr Sushil for his outstanding lecture on functioning of the heart and said that the elders must follow medical advice to maintain a young heart as age is only a number. Khoda said that the lecture has

one as spent force. He firmly believed that old age was a boon and elders must not be dispirited just by age and keep performing activities in their lives.

He complimented CGPWA for organizing such a public-spirited function and also lauded services of Dr Sushil who is a gem in the medical profession.

K B Jandial, General Secretary of CGPWA, in his welcome address said that

CGPWA has diversified its activities to benefit the society and is associating other NGOs in this venture.

Arranging the awareness lecture about heart diseases was in pursuit of the same objective. The CGPWA was mulling regular "Health Talks." He said that the UN General Assembly designated 1st October as the Day for Older Persons in 1991 to draw attention to contributions made by seniors.

He said that "Resilience of Older Persons in a Changing world" was the current year's theme, which highlighted the resilience of older persons in the face of environment, social, economic and lifelong inequalities. They are a valuable asset to society. B B Magotra, Secretary CGPWA presented the vote of thanks.

three components to handle heart problems in elders-awareness, prevention and intervention.

Earlier I D Soni, President of Old Age Home, spoke scholarly on life and old age which he called a God sent gift and said that life was a light which needs to be spread. Quoting scriptures and narrating historical anecdotes, Soni brought home the fact that age was a state of mind and nobody should take

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