

HAPPY BIRTHDAY



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Class:- U.K.G 'B'
D.O.B:- 28-10-2019
JKPS Panjtirthi

HAPPY BIRTHDAY



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ADGP Jammu Zone inaugurates Diwali Mela at Jammu

STATE TIMES NEWS
JAMMU: Additional Director General of Police (ADGP) Jammu Zone, Anand Jain, inaugurated Diwali Mela at GO Mess Gandhi Nagar, Jammu, here on Sunday.



ADGP Jammu Zone, Anand Jain inaugurating Diwali Mela at GO Mess Gandhi Nagar, Jammu on Sunday.

The mela, which is an annual event, provides a platform for police personnel and their families to enjoy a festive atmosphere and shop for a variety of goods.

The ADGP Jammu Zone, along with other senior police officers, visited various stalls at the mall that offered a wide range of products, including clothing, handicrafts, toys, and food items. He interacted with the vendors and appreciated their efforts in organizing the event. The aim of the mela is to showcase the items produced by police welfare centers, the sales of which generate resources for the welfare of police martyr families. This year, the Police Welfare Centres of Jammu, Udhampur, Kathua, Poonch, Rajouri, and other adjoining districts and the Police Departmental Store in Jammu have put up their stalls.

readymade garments; woolen kurtis; embroidered bed sheets; sweaters; napkins; thal covers; sweet box covers; saree covers; shawl bags; tea cozies; table clothes (Dastarkhan); woolen items like baby sweaters, shawls, woolen stoles, grinded

spices, dry fruits, and other specialized items. A Rangoli Competition was also organized, wherein about 30 students from Police Public School Miran Sahib Jammu participated. While examining the Rangolis, he interacted with the

PPS students and praised the students for their talent that serves as a part of personal development.

The ADGP Jammu Zone emphasized the importance of such events in boosting the morale of police personnel and fostering a sense of camaraderie among them and their families. He expressed his gratitude to the Police Welfare Centre for organizing the Diwali Mela and making it a success.

Sarah Rizvi, DIG IR Jammu, Vinod Kumar, DIG Armed Jammu, Shiv Kumar Sharma, DIG JKS Range, Sargun Shukla, CO IRP 15th Bn, Anita Sharma, CO IR 1st Bn, PWWA members and other police officers were also present on this occasion.

PoJK Visthapit Sewa Samiti Jammu organizes Kavi Sammelan



A participant speaking during Kavi Sammelan at Jammu on Sunday.

STATE TIMES NEWS
JAMMU: The PoJK Visthapit Sewa Samiti Jammu, in coordination with the Shree Gita Mandir Samriti Bhawan Committee, organized a Kavi Sammelan on Sunday, marking the conclusion of the Samriti Saptah at Samriti Bhawan in Bakshi Nagar.

The event witnessed a significant turnout of PoJK displaced persons who gathered to honour their heritage and remember their lost loved ones.

During the sammelan, tributes were paid to the PoJK shaheeds, with heartfelt remembrance and Shradhanjali offered by poets and poetess from the Young Lekhak Sangh.

The gathering was graced by the MLA of Jammu West, Arvind Gupta, who attended as the Chief Guest. As a member of the PoJK displaced community, highlighting their struggles and resilience.

The event also featured prominent personalities, including Sanam Damir, Er Arun Chowdhary, RK Chibber, Veenu Khana, Preeti Chowdhary, Yashpal Kapoor, Suresh Tandon, Rajesh Tandon, Naresh Vohra, Anju Tandon, Samir Vohra, Mamta Verma, Rama Amla, and Kanchan Sehgal, all of whom contributed to the rich tapestry of the event.

The Kavi Sammelan served not only as a platform for artistic expression but also as a poignant reminder of the shared history and enduring spirit of the PoJK community, fostering solidarity and a sense of belonging among attendees.

Dr. Deepak Kapoor, President of the PoJK Visthapit Sewa Samiti and Chairman of the Gita Mandir Samriti Bhawan Committee, spoke about the atrocities faced

Fortis Escorts Amritsar celebrates 100 pain free years after joint replacement surgeries

STATE TIMES NEWS
JAMMU: Fortis Escorts Amritsar celebrated a significant clinical milestone, marking the successful completion of 5,000 joint replacement surgeries in Jammu and Kashmir region and overall, 15,000 surgeries. This remarkable achievement underscores the hospital's commitment to enhancing patient care and significantly improving the quality of life for residents in the valley.



Doctors of Fortis Escorts Amritsar and treated patient talking to reporters.

healthy and pain free life.

Another special highlight of the event was the celebration of the 100th birthday of Nand Kishor Sharma, a former patient of Fortis Amritsar, who had undergone successful bilateral joint replacement surgery at Fortis Escorts Amritsar in 2011. Joint replacement surgery, also known as arthroplasty, has completely transformed

the lives of patients suffering from joint pain and mobility problems. Dr. Arora has treated patients not only from India but also from countries such as the U.S., Canada, Australia, Dubai, New Zealand, Philippines, using high quality knee implants. During his presentation, Dr. Arora explained the advantages and disadvantages of joint replacement sur-

gery, offered expert advice on preventing potential complications and discussed non-surgical measures for ensuring long-term joint health.

Dr. Mohit Arora, Director of Orthopaedics at Fortis Escorts Amritsar, said "Reaching 15,000 successful surgeries is more than just a milestone; it's a significant leap forward in the future of joint replacement surgeries as it encompasses the success stories of the patients who have been living healthier and happy lives post the procedures. Our commitment has always been to provide top-tier care by merging cutting-edge technology with a patient-first approach. We continue to innovate and advance in joint replacement, incorporating computer navigation and artificial

intelligence to enhance precision, safety, and accelerate recovery for our patients."

Patient Nand Kishor Sharma also shared his experience, providing a glimpse into his transformative journey. "At 100 years old, I am living proof of the incredible advancements in medical science. The bilateral joint replacement surgery I underwent at Fortis Escorts Amritsar in 2011 has given me a new lease on life, allowing me to live pain-free and enjoy my golden years." Yogesh Joshi, Facility Director, Fortis Escorts Amritsar, said, "As a leader in orthopaedic care, Fortis remains committed to pushing the boundaries of what is possible in joint replacement surgery, always prioritising the health and well-being of our patients."

Career Abacus Championship 2024 organized

Participating students posing for a photograph with Career Abacus officers.

STATE TIMES NEWS
JAMMU: Career Abacus, a leading Abacus Teaching Institute organized J&K UT Level Abacus Competition for the students in which children from different schools in the age group of 5 to 13 years participated.

The Competition started with the welcoming of parents and students by franchisee and staff of Career Abacus. The Competition was organized as per the guidelines provided by the GAZMA and WARF which are global Organizations conducting International Abacus and Mental Arithmetic Competitions.

Arvind Sharma, Director of Career Abacus informed that aim of this competition is to promote the learning of Abacus and Mental Arithmetic. Children are given a chance to compete among

themselves and win prizes. Children were given 100 to 200 questions of Arithmetic (Addition, Subtraction, Multiplication and Division) according to the stage they were studying which were to be completed within a time frame of 8 minutes.

Due to intensive training provided at Career Abacus Centers in J&K, Children were able to answer the trickiest of mathematical questions in seconds. Everyone present at the examination hall was amazed to see the speed and accuracy of little children who were from different schools and standards (from KG to 8th). The competition was conducted in different levels and age groups.

A large number of parents witnessed this competition during which they were informed about the other activities being conducted by

the Organization. At the end of the exam refreshment was distributed among the students. Children were seen coming out of the examination hall happily and satisfied after their performance. Parents were informed that abacus not only helps in improving the Arithmetical skills but it improves the memory, listening skills, imagination, creativity, self reliance and above all self confidence of the students.

For smooth conduct of the exam Gourav, Nakul, Amrita, Sheetal Gupta, Rajan Jaspreet, Babita, Muskaan, Aditri, Ajay Kumar, Rajinder, Jagdish, Arjun and Vikram were also present.

Arvind Sharma, Director of the Institute thanked all the participants, parents and franchisee for cooperating and making the event successful.

Inter-Dist UT Level Yoga Competition for girls concludes



STATE TIMES NEWS
BARAMULLA: The Department of Youth Services and Sports, Baramulla successfully concluded the Inter-District UT Level Yoga Competition for Girls, covering all age groups, in Baramulla on Sunday. The event, which

brought together young female athletes from various districts, culminated in an Under-19 Girls competition, with participants showcasing remarkable discipline and skill.

The Under-19 Girls competition saw enthusiastic participation from 10 districts across

Jammu and Kashmir. In a strong display of technique and poise, Udhampur District claimed the championship title, emerging as the winner, while Jammu District secured the runner-up position, underscoring the competitive spirit and dedication of the participants.

District Youth Services and Sports Officer (DYSSO) Baramulla, along with Principal Government Higher Secondary School (GHSS) Baramulla and Zonal Physical Education Officer (ZPEO) Fatehgarh distributed trophies to the winning and runner-up teams. In his address, DYSSO congratulated all the participants for their efforts and emphasized the importance of yoga in promoting physical and mental well-being.

"This competition has highlighted the incredible potential of our youth, and we are proud to see such talent emerging from all corners of our Union Territory," he remarked.

Jammu District Roller Skating Championship concludes

STATE TIMES NEWS
JAMMU: The Jammu District Roller Skating Championship (Speed), organized by the J&K Roller Skating Association under the patronage of S. G.S. Khurmi, concluded. Hosted at the M.A. Stadium Skating Rink, this two-day event was a vibrant showcase of talent, competitive spirit, and sportsmanship, attracting numerous participants across various age groups.

The championship provided a fantastic platform for athletes to demonstrate their abilities, fostering community spirit and youth engagement.

The championship featured a wide array of events tailored to different age groups, allowing skaters to compete and exhibit their skills. Enthusiastic participation highlighted the



Winners skaters posing for photograph with chief guest Vikram Randhawa, MLA Bahu and other dignitaries.

growing interest in roller skating in the Jammu region, making it a significant event for local sports. The atmosphere was charged with excitement as participants took to the rink, showcasing their hard work and dedication through their performances.

In loose ball bearing tenacity Skates 5-7 yrs boys Mohd. Huzaif clinched gold, Adhiraj silver, Mohd. Uzain and Viraj Singh bronze. In girls category Inaaya Silver and Savreen Kour bronze. In 7-9 yrs boys, Atharv Bronze and in girls category Kyra silver and Sharniya Bronze. In 9-11 yrs boys Ajay gold, Aarav silver and Vansh bronze.

In Quad Jonex 500 mtr 5-7 yrs boys Ojas gold, Advitya silver and Siaan bronze. In girls category Yashita gold, Aksa bronze, Jasvi silver. In 7-9 yrs boys Rihan gold, Idhant silver, Raghav bronze. In girls category Nanya bronze.

In 9-11 yrs boys Divyansh gold, Jai silver, Mehran bronze. In girls category, Ashrita gold, Simarjeet silver, Pehu bronze.

In 11-14 yrs Boys Praful gold, Krishma silver, Hitesh bronze. In girls event Radhya gold, Divena silver, Parvi bronze. In Inline Jonex 7-9 yrs Boys Vedansh gold, Vaidik silver, Aadit bronze. In 9-11 yrs boys Shivampreet gold, Chitraksh silver, Aayush bronze. In 9-11 yrs girls Kyra silver, Aahana bronze.

In 11-14 yrs boys Mohd. Oasis gold, Abhinav silver, Aayan bronze.

In 500 mtr & 1000 mtr Quad Professional Skates 5-7 yrs boys Kavish 2 gold, Sehraj 2 silver, Ransher Wazir 2 bronze. In girls Category Anshika 2 gold, Aanya one silver and Bronze, Medhasvi one bronze and one silver.

In 7-9 yrs boys, Vivan gold and silver, Avikam silver and gold, Nevaan and Riyansh bronze. In girls category Kavya 2 gold, Naisha one silver and bronze, Ragini one bronze

and Silver. In 9-11 yrs boys Gurtej gold and silver, Harsh silver and Bronze, Rudraksh bronze and gold. In girls category Anshika 2 gold, Harsersat 2 Silver, Sumanya Saini 2 bronze.

In 11-14 yrs Boys Viraj 2 gold, Atharvit Silver, Adwait silver, Nam Simran 2 bronze. In girls Category Adhira 2 gold, Pearl Suri 2 silver, Anandani 2 bronze.

In 14-17 yrs Boys Arshjoot bronze, Abhinav silver, Udhay gold. In girls event, Pratyaksha gold and silver, Sanvi silver and gold, Sumukhi 2 bronze. In Above 17 yr boys, Rajveer 2 gold, Kartikeya Puri 2 silver, Ruhaan 1 bronze, Samar 1 Bronze. In Girls Category Diya 2 Silver, Nisha 2 Bronze.

In 500 mtr & 1000 mtr Inline Professional Skates 5-7 yrs boys Shivaay 1 bronze, Shivoham 2 silver, Chahit Singh 2 bronze. In Girls Category Haneet Kour 2 Bronze. In 7-9 yrs boys Pavit 2 gold, Akshan 2 silver, Nalinaksh 2 bronze. In girls Category Akaksha 2 gold, Samaira 2 silver, Anaisha 1 bronze, Zayra 1 bronze. In 9-11 yrs Boys Mridul 2 gold, Aayan 2 silver, Vihaan 1 bronze, Aryan 1 bronze. In

girls event Meera 2 bronze. In 11-14 Yrs Boys Vidhan 2 gold, Ashwinder 2 silver, Sanik 1 bronze, Aarav 1 bronze. In girls category Kamakshi 1 gold, Kanan 1 silver 1 gold, Aaira 1 bronze 1 Silver, Abhilasha 1 Bronze. In 14-17 yrs boys Lakshyaveer gold and silver, Arnav Singh silver and gold, Divaya bronze, Medansh bronze. In Above 17 yrs boys Vanshaj 2 gold, Sarthak 2 Silver, Uplaksh Bronze, Surya bronze. In Girls Category, Janvi Uppal bronze. In scooter Event Divyansh Kandrov bagged bronze.

Winners were felicitated with Medal by the Chief Guest of the closing ceremony MLA Vikram Randhawa.

The J&K Roller Skating Association congratulated all the participants for their dedication and hard work. Sincere thanks are extended to the officials & coaches who ensure the event's smooth execution. This championship is a testament to the growing interest and support for roller skating in Jammu, setting the stage for future talent development and high-level competitions in the region.

Javed Rana reviews ongoing works, major initiatives in Shopian

STATE TIMES NEWS
SHOPIAN: On his maiden visit to Shopian, Minister for Jal Shakti, Forests, Ecology & Environment and Tribal Affairs, Javed Ahmad Rana on Sunday reviewed development scenario of the district, besides interacting with several deputations at Circuit House, Shopian.



Minister for Jal Shakti, Javed Ahmad chairing a meeting on Sunday.

The Minister also convened a series of meetings with representatives from diverse sections including MLAs, former MLAs, District Development Council members, local public and district/sectoral officers.

The deputation of District Development Council members led by Chairperson, Bilqees Jan, apprised the Minister of wide range of developmental issues concerning their area.

The MLAs, DDC members, former MLAs and citizens apprised the Minister of various public welfare and development issues including construction of Shopian-Poonch tunnel, provision of quality water, electricity availability and tariff revision, forest rights act issues, youth related issues of employment, road, tribal welfare, education, tourism development and others.

The Minister listened to the public welfare and development issues patiently and assured action on all genuine issues.

The Minister, on the occasion, appreciated the ongoing initiatives of the

district administration. He assured the MLAs, District Council and the locals of government's assistance in addressing the developmental demands and meeting their aspirations.

The Minister emphasised on collective responsibility for alleviating the problems of weak and downtrodden sections of the society.

He directed the DDC Shopian for initiating the process for establishment of Pahari Hostel in the district.

He also instructed the revenue department for

land allotment for construction of Eklavya Model Residential School in the district.

Addressing the gathering, he said that special focus is being laid on tribal development, completion of Jal Jeevan Mission this year and facilitating the Forest Rights entitlements smoothly.

Later, District Development Commissioner, Mohammad Shahid Saleem Dar, presented the department wise status of ongoing works, major projects in the district in a presentation besides high-

lighting achievements under various sectors.

MLA Zainapora, Showkat Hussain Ganie and MLA Shopian, Shabir Ahmad Kullay also highlighted issues before the Minister and sought his attention towards resolution of the same.

While directing for taking up all highlighted demands of public on top-most priority, the Minister stressed upon the officers for ensuring transparent, responsive and corruption free public delivery system.

He also instructed them to work hard in their spheres of responsibility and achieve time bound results.

SSP Shopian, Anayat Ali, Director, Agriculture, Chaudhary Mohammad Iqbal, ADDC, Dr. Nasir Ahmad Lone, ACR Shakoor Dar and other district and sectoral officers were also present during the review meeting.