

JKPS Panjtirthi conducts virtual programme on 'Healthy Habits'



Tiny tots of JK Public School Panjtirthi participating in the virtual programme on 'Healthy Habits'.

■ STATE TIMES NEWS

JAMMU: These days eating habits and choices are the most neglected areas of our lives. Mindful eating and making healthy choices are the most

important aspects that we strive to encourage among our children.

In light of this, the toddlers of Class Upper KG of JK Public School Panjtirthi presented a virtual pro-

gramme on the theme 'Healthy habits'.

Jakiens depicted how healthy food and healthy habits can bring a positive change in our lifestyle.

The importance of hygiene was also highlighted through a joyful poem to encourage cleanliness and keeping germs at bay. Jakiens confidently conveyed the message of making a

choice to eat healthy. A group of children sang a song 'Let's Make it a habit to enjoy only healthy food'.

The Principal of JKPS Panjtirthi, Suman Banbah said, "Unhealthy

food affects our overall well-being, health and mental capabilities. one becomes what she/he repeatedly does, so if we form good habits we become good and healthy human beings."

Kathua District Open Kho-Kho Championship GDC Kathua wins men's title, NIS Club women's



Winner team posing with officials & guests in Kathua.

■ STATE TIMES NEWS

KATHUA: Kathua District Open Kho Kho Championship (men & women) 2021-22 organized by Kathua District Kho-Kho Association in collaboration with Physical Education and Sports held at Govt. Degree College Kathua, which concluded on Sunday.

Shamin Kumar was the Chief Guest on the occasion who interacted with players along with Manmeet Singh President JK UT Kho Kho Association and members of association.

More than 15 teams (men & women) were participated in the event. In men's section, Government Degree College Kathua

won the final while in women section, NIS Club won the trophy. Third prize grabbed by Kartar Public School team in men section and SAI girls team in women section.

The matches were officiated by Pankaj Malhotra, Dheeraj Sharma, Amrinder Pal Singh, Sangli Kumari, Dilip Thappa and Yogesh

Kumar.

The event was organised under the supervision of Er. Nirmaljit Singh, President Kathua District Kho-Kho Association along with members of association and Keshu Rajput (Organising Secretary).

The event was sponsored by Himalaya Wellness Store, Axis Bank and Media Partner, Top FM.

Inter-Village Dangal organised

■ STATE TIMES NEWS

NEWSHERA: Army organised a Inter village Dangal Championship for youth at Gagrote in order to boost sports activities and to promote local traditional sports amongst the youth of the remote areas. A total of 26 individuals participated under three weight categories of 100-120 kg, 80-99 kg and 60-79 kg from the villages of Gagrote.

Approximately 800 local populace witnessed the Dangal championship, the winner and runner up for all categories were felicitated. The Dangal Committee of Gagrote appealed to the local populace to continue to help the army.

NSS unit of GGM Science College celebrates Rashtriya Ekta Diwas

■ STATE TIMES NEWS

JAMMU: NSS unit of GGM Science College Jammu under the patronage of Principal Dr. Ravender Tickoo and supervision of NSS PO Dr. Deepali Mahajan on Sunday celebrated Rashtriya Ekta Diwas to pay tribute to Sardar Vallabhbhai Patel, an Indian freedom fighter and independent India's first deputy prime minister and home minister.

NSS volunteers took pledge along with NSS PO, "I solemnly pledge that I dedicate myself to preserve the unity, integrity and

security of the nation and also strive hard to spread the message among my fellow countrymen.

I take this pledge in the spirit of the unification of my country, which was made successful by the vision and actions of Sardar Vallabhai Patel. I also solemnly resolve to make my own contribution to ensure the internal security of my own country."

With the theme "Independent India @ 75: Self Reliance with Integrity" the NSS Volunteers made posters on national integration, unity

in diversity, say no to corruption, gender sensitization and IT awareness.

The aim being to encourage masses to collectively participate in the prevention of, and the fight against corruption and to raise public awareness regarding the existence, causes and gravity of the corruption, to sensitize students for gender discrimination, equality and breaking stereotypes, to awaken the masses against the cyber crime, to be vigilant using internet applications.

Shiv Sena stages protest against unabated fuel price hike

■ STATE TIMES NEWS

JAMMU: The Shiv Sena (Balasaheb Thackeray) Jammu and Kashmir unit staged a strong protest against the unabated hike in the prices of petrol and diesel.

Dozens of Shiv Sainiks, led by the party state president Manish Sahni resorted to protest at Shyama Prasad Mukherjee Chowk in Jammu.

Addressing the protesting, Munish Sahni said that there has been a continuous increase in the prices of petrol and diesel for the last five days and in the month of October only, the fuel prices have been increased 24 times.

He said even today (October 31, 2021) the oil companies have increased the prices of fuel, giving a great shock to the common man especially in view of the fact that petrol and diesel prices are breaking all previous records with each passing day.

Manish Sahni lamented



Shiv Sena activists raising slogans during a protest.

that due to the unprecedented increase in the fuel prices; the problems of the people have started multiplying as fuel prices have a direct impact on the prices of all the commodities.

People's monthly budget has become quite hard to be managed and they are feeling the hole in their pockets now.

Castigating the BJP Govt for its alleged failure to check fuel price hike and inflation, the Shiv Sena President blamed the Modi led Govt for pursuing anti-people policies as a result of which people are feeling highly disturbed and

uneasy.

Taking a jibe at the Govt, Sahni said that except for two days of this week, fuel prices have been hiked every day and questioned, "When will the BJP fulfill its promise of 'Aache Din' made to the people?"

Meenakshi Chhibber, Vikas Bakshi, Rakesh Kumar, Sanjeev Kohli, Balwant Singh Bali, Raj Singh, Binny Mahajan, Rajesh Handa, Geeta Lakhotra, Surendra Kumar, Balbir Singh, Ashok Kumar, Dalip Kumar, SSP ACB Jammu also organised a speech contest on the topic: Role & Responsibilities of

ACB continues holding seminars, interactions to commemorate Vigilance Awareness Week

■ STATE TIMES NEWS

JAMMU: Continuing its series of activities to commemorate the Vigilance Awareness Week, Mushtaq Choudhary, SSP Anti-Corruption Bureau (ACB) Udhampur organised a seminar in the Conference Hall of DC Office, Udhampur. The seminar was attended by the various officers of Civil Administration, NCC cadets, members of NGOs and public representatives of various Panchayats and DD councils of Udhampur who were briefed about objectives of awareness week.

Prominent among those who were present on the occasion included Chairman DDC Udhampur Lal Chand, Vice Chairman DDC Udhampur Juhli Manhas, President Municipal Council Udhampur Dr Yogeshwar Gupta and Addl Deputy Commissioner Udhampur Mohd Syed Khan.

Meanwhile, Dalip Kumar, SSP ACB Jammu also organised a speech contest on the topic: Role & Responsibilities of

a Citizen in fighting Corruption at Shri Ranbir Model High Secondary School (SRML) Jammu. The students enthusiastically participated in the speech contest and spoke on various issues related to corruption and ways to curb it. Milan Sharma, Danish Choudhary and Deepanshu Kumar were adjudged 1st, 2nd and 3rd respectively.

S Balasubramony, SSP ACB Central organised a workshop at Conference Hall of GDC Kathua to commemorate Vigilance Awareness Week 2021. SP Ayaz Sheikh, SP Abhisheik Sharma, Insp Kamal Sangra gave a brief introduction and lecture on the corrupt practices adopted by officials besides giving a detailed presentation on various ways to check corruption. Another workshop in collaboration with District Administration Kathua was also organised at Hiranagar with interactive session with officers / officials of various department.

■ STATE TIMES NEWS

JAMMU: Highlighting plight of NPS employees of Education Department in UT of J&K, who are suffering without salary for last two months, Jammu & Kashmir Teachers' Joint Action Committee (JKTJAC) has urged the Government to release pending salaries of all employees before Diwali, enabling them to celebrate the big day without any financial constraint.

In a press statement issued here on Sunday, Vinod Sharma, President JKTJAC said that NPS employees of J&K Education Department have not been disbursed

salaries for the last two months, due to which they are facing a number of hardships.

He urged Financial Commissioner to release adequate funds under Head 2071 for ensuring disbursement of pending salaries to all NPS employees well before Diwali so that they can celebrate the festival happily with their families.

"Often delay in release of salaries of NPS employees is a matter of great concern and Finance Department should take the matter seriously besides releasing funds well in time," he said, adding that it is very unfortunate that these employ-

ees are without salary for last two months even when Govt has ordered advance payment of salary on Diwali. He further said that if salary of teachers/employees under NPS will not be released on or before November 1, 2021, JKTJAC leadership will submit memorandum to the Government through respective District Development Commissioners on November 2, 2021 besides holding protests.

He further hoped that Finance Department will take the matter seriously for welfare of thousands of NPS employees and their families.

Rashtriya Ekta Diwas: Cricket match organised



Winner Cricket team posing with Army Officers after prize distribution.

■ STATE TIMES NEWS

NEWSHERA: To mark Rashtriya Ekta Diwas celebration, a cricket match was organized between Naunihal

team and Garhi Indian Army team at Garhi, here.

It was a close contest, which witnessed high spirits and emotions in support for

both the teams. In the end, it was won for both the teams, as it etched a very important lesson of "united we stand, divided we fall".

Home for Aged & Infirm holds annual general meeting

■ STATE TIMES NEWS

JAMMU: The 56th annual general meeting of Home for the Aged & Infirm, Amphalla popularly known as Vridh Ashram was held on Sunday under the chairmanship of its president, I.D Soni, former State Commissioner, J&K Bharat Scouts and Guides.

During the meeting, the annual report and audited accounts for the year 2020-21 and budget proposals for the year 2021-22 presented by secretary, Vijay Kumar Bhagotra, were adopted by the house.

A well-equipped Physiotherapy Care Centre has been working since December 15, 2015 and the services of this Care Centre have been extended at reasonable rates to other Senior Citizens as well. A Day Care Senior Citizen Centre/Club with all the free requisite facilities, amenities and medical care was setup in this Home on March 1, 2020.

Desirous elders were once again appealed to get regis-

tered to avail comfortable, peaceful, reposeful and restful experience during their leisure time at the Club daily from 10:00 AM to 2:00 PM and or 5:00 PM to 7:00 PM.

The house expressed satisfaction over sincere efforts put in by the managing committee for improvement in overall functioning of the Home and living conditions of its inmates. Male and female representatives of the inmates also expressed satisfaction with the amenities, facilities and medical care, etc being provided to them by the management.

ID Soni appealed the general public for liberal donations in cash and in kind on regular basis for day to day needs of the inmates and further improvement in their facilities and amenities as well as the maintenance of requisite infrastructure and assets of the Home. The donations to the Home are exempted from income tax under Section 80G (V) of the Income Tax

Act 1961. He also appealed the public at large to visit the Home at their convenience and interact with the inmates so that they do not feel neglected by the society for whose welfare they had also contributed during their active past life as they are starving for emotional touch at this stage of their life.

Vijay Bhagotra, Secretary conducted the proceedings and urged the members of the managing committee to visit the Home at their convenience from time to time to favour the management with their valuable suggestions for further overall improvement in living conditions of the inmates and functioning of the Home.

Former IGP Prem Gupta, Patron, H.S Manhas, Vice President, Vijay Gupta, Joint secretary, members of the managing committee, Nirmala Zutshi, R.C Vaid, Pankaj Gupta, Dinesh Gupta, Vinod Kumar and Vinod Malhotra were present in the meeting.