

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'.

Jakians 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. Jakians 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.

DySP Headquarters

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 Tiekoo 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 Vallabhbhai 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

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. Nirmal 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

NOWSHERA: Army organised an 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.

With the theme

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

and Garhi Indian Army team at Garhi, here.

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

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

disbursal of pending

salaries to all NPS employ

ees well before Diwali so

that they can celebrate the

festival happily with their

families.

"Often delay in release of

salaries of NPS employees

is 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

payments of salary on

Diwali. He further said

that if salary of

teachers/employees under

NPS will not be released on

or before November 1,

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.

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Shankaracharya forest

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It was given out that

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the forests of Jammu &

Kashmir as a continuing

effort to achieve the

objective.

Forest Deptt conducts cleanliness drive along Shankaracharya Hills

■ STATE TIMES NEWS

SRINAGAR: The Forest Department led by Pr. Chief Conservator of Forests & HoFF, J&K on Sunday carried out a cleanliness drive at Shankaracharya Forest on Saturday to clean it from plastic and other non-biodegradable waste and preserve its flora.

A team of forest officers and frontline foresters in assistance with Forest Protection Force personnel and SMC officials participated in the drive that started at 10:30 AM from the 1st Joggers Park and proceeded uphill.

During the drive, many gunny bags full of non-biodegradable waste was collected all along the road as well as forest and disposed of in 'collection vehicles' of SMC.

The Forest Department solicits co-operation of the local people and visitors in this regard. They are requested not to throw plastic or polythene along the forest road, near the viewpoints or inside forests in order to keep all the forests polythene & plastic free. Meanwhile, many sign boards have been installed and dustbins provided all along the Shankaracharya forest road to prevent littering of plastic and other non-biodegradable waste.

It was given out that similar drives shall be held periodically in all the forests of Jammu & Kashmir as a continuing effort to achieve the objective.

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

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 'Aeche Din' made to the people?".

Meenakshi Chhibber, Vikas Bakshi, Rakesh Kumar, Sanjeev Kohli, Balwant Singh Bali, Raj Singh, Binny Mahajan, Rajesh Handa, Geeta Lakhota, Surendra Kumar, Balbir Singh, Ashok Many leaders and workers including Monia Dutta and Dimple were present.



Shiv Sena activists raising slogans during a protest.

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 Juhu 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 officers / officials of various department.

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, reposed 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 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