

Customers throng Rakesh Jewellers to buy ornaments on Dhanteras

■ STATE TIMES NEWS
JAMMU: Although the saying goes, 'All that glitters is not gold', Dhanteras in India every year proves otherwise. This year too, the rush to buy gold and silver jewellery among other items. In line with its commitment to offer great value to customers, Rakesh Jewellers announced various festive offers on occasion of Dhanteras. With all customers a



Customers thronging at Rakesh Jewellers to buy ornaments.

Shubh Dhanteras and Happy Diwali, Rakesh Jewellers hoped that the Dhanteras will bring peace and prosperity to people in shape of gold and silver. "Rakesh Jewellers is offering 100 per cent Hallmark Gold (Karatmeter gold test machine), IGI Certified Diamonds, Swiss watches, Silver idols and many more under one roof. We are also

offering 15 per cent flat discount on diamonds and Swiss watches besides a free gift on every purchase," an official of Rakesh Jewellers said. He further said that the auspicious occasion stands for wealth and prosperity and therefore people make it a point to buy gold, silver and diamond. Moreover, the officials of Rakesh Jewellers insisted that

every customer is satisfied in terms of receiving international certifications and guarantees of quality and craftsmanship. "We are hoping that the graph will go high with the wedding season approaching after Diwali," they said. Rakesh Jewellers has two showrooms in Jammu, one in Gandhi Nagar and another at Lakhdatta Bazaar.

CVPPPL celebrates Vigilance Awareness Week 2021

■ STATE TIMES NEWS
JAMMU: Vigilance Awareness Week 2021 with the theme 'Independent India @ 75: Self Reliance with Integrity' was observed in Corporate Office Jammu and at Project Sites of CVPPPL from October 26 to November 1, 2021. It commenced with integrity pledge administered by Managing Director CVPPPL Rajat Gupta to all CVPPPL CO, Jammu employees on October 27. The week was marked by Speech competition among Employees of CVPPPL Jammu on the topic 'Independent & self-reliant India: Is Integrity a Priority?' and Essay competition on the topic 'India's Step towards self-reliance through Integrity'. Apart from this, a quiz com-



MD CVPPPL Rajat Gupta addressing closing ceremony of Vigilance Awareness Week 2021.

petition and slogan writing were also organised during the week. Rastriya Ekta Diwas pledge was taken by all CVPPPL employees on October 31. On November 1, a webinar session on 'Preventive vigilance' by External Faculty was organised at CVPPPL to spread Vigilance awareness to CVPPPL employees. Participants actively took part in all these program with

fervour and zeal. On Tuesday, the winners of these competitions were awarded cash Prizes during the concluding ceremony. On this occasion, Managing Director CVPPPL Rajat Gupta, motivated the CVPPPL Employees by emphasizing the need of honesty and integrity in our daily life to become a better citizens of the country.

NC nominates District Presidents

■ STATE TIMES NEWS
JAMMU: National Conference Provincial President Jammu Province, Advocate Rattan Lal Gupta on Tuesday nominated District Presidents Jammu Urban, Jammu Rural A and Samba. Chander Mohan Sharma, shall be District President Jammu Urban. Ragbir Singh Manhas, shall be District President Jammu Rural "A" Sudagar Mal Gupta, shall be District President Samba. Gupta hoped that these District Presidents would ensure that basic units of the Party are strengthened at gross root level in their respective areas to face the forthcoming challenges.

6th National Ayurveda Day celebrated with fervour, gaiety

■ STATE TIMES NEWS
JAMMU: The Directorate of AYUSH J&K celebrated 6th National Ayurveda Day on Dhanvantri Jayanti, with great fervour at Government Ayurvedic Hospital, Indira Chowk, Jammu. Nationally, National Ayurveda Day is celebrated on Dhanvantri Jayanti to promote and propagate health practices and principles enshrined in Ayurveda besides celebrating spirit of Ayurveda. On the occasion, an impressive programme was organised in premises of Government Ayurvedic Hospital Jammu. At the outset, a 'Yajna' was organized at Dhanvantri Kunj, during which Director AYUSH J&K, Dr Mohan Singh was the Chief Guest and offered 'Purnahuti' to Bhagwan Dhanvantri. An in-house herbal cum nutritional garden Arogya Vatika, which will serve the purpose of demonstration,

was also inaugurated by Director AYUSH J&K. Speaking on the occasion, Director AYUSH J&K highlighted theme of current year's National Ayurveda Day i.e., Ayurveda for Poshan and emphasized need for collaboration, convergence and research on nutritional principles and practices of optimal nutritional enshrined in Ayurveda. He further appreciated the role Directorate of School Education Jammu for successful celebration of International Day of Yoga. Director, School Education Jammu, Dr Ravi Shanker also participated in the celebrations. The function culminated with formal vote of thanks by Dr Vandana Dogra, Medical Superintendent, Govt Ayurvedic Hospital, Jammu. Others present on the occasion included Dr Rakesh Raina, Assistant

Director Ayurveda, District AYUSH Officer Jammu; Dr Suresh Sharma, Deputy Medical Superintendent; Dr Aruna Bhatt, representatives of various NGOs namely Indian Ayurvedic Congress, Indigenous Medical Organisation, Vishav Ayurved Parishad, Ayurveda Utthan Mandal and Bharatiya Yoga Sansthan etc. Meanwhile, All Jammu and Kashmir Ayurvedic Congress also celebrated National Ayurveda Day under the leadership of its President, Dr B D Gupta. The celebration was attended by a number of eminent citizens and Ayurveda professionals. A Hawan was also performed to seek blessings of Bhagwan Dhanvantri. Others present on the occasion included Dr H N Patwari, Dr T R Gupta, Dr Kartar Singh, Dr B R Sharma, Dr Dilip Singh Sambyal, Dr A K Choudhary, Dr Kamlesh

Sachdeva, Dr Swarn Padha and Dr Dinmani Sharma. Similar celebration was organised by Indigenous Medicines Organization (IMO), under the chairmanship of Dr K K Gandotra, former Deputy Director AYUSH, which was attended by a large number of professionals who besides participating in the Hawan also paid floral tributes to Bhagwan Dhanvantri. He

further urged the participants to follow the teachings of Bhagwan Dhanvantri for serving ailing humanity. Others who spoke on the occasion included Dr Varinder Mahajan Executive Member IMO, Dr Mahesh Sharma General Secretary, Sanjeev Kumar, Ankil Bali, Lokesh Sharma, Dr Ashutosh and Dr Pawan Pandita.

JAMMU AND KASHMIR BANK LIMITED
BU CHADWAL, KATHUA
PUBLIC NOTICE
NO-JKB/CIDWAL/VISHAL/ADV-2021-22
This is for the information of to general public that we have received mortgage loan in favour of Mr Vishal Singh Anand s/o Trilok Anand R/O Quarter no 319 Rehari Colony Near Baby Caterers Jammu against the security of the following immovable property:- Registered mortgage of portion of Quarter no 319 measuring N-22'3", S-29", E-30" and W-30" situated at Rehari Colony Bakshi Nagar Jammu (surrounded on the north by portion of quarter no 319 and 320 belongs to Mr Brij Mohan chand s/o Trilok Anand, on the south by road, on the east by road and on the west by portion of quarter no 319 and 320 belongs to Mr Trilok Anand S/o Late Sh Sain Dass) standing in the name of Mr Vishal Singh Anand S/o Trilok Anand R/o q no 319 Rehari Colony Near Baby Caterers Jammu. Public in general is hereby informed that any person/s, institution/s having any objection to the said mortgage of above said property, in favour of bank as mentioned herein above may contact the undersigned and file his/her objection within seven days from the date of publication of this notice failing which no objection shall be entertained in this regard and it shall be presumed that nobody has any objection to the mortgage of the said property to the bank and the same is free from all previous encumbrances, charges, liens and iligations
Sd/-
Branch Head
BU Chadwal Kathua

The Jammu and Kashmir Bank Limited
Government Business Department
Corporate Headquarters
T : 0194-2502640

ATTENTION PENSIONERS/FAMILY PENSIONERS
DRAWING PENSION FROM J&K BANK

1. All the pensioners drawing pension from J&K Bank are requested to deposit their life certificates at any business unit of the Bank by or before 25th of November 2021. Monthly pension for the month of November 2021 onwards shall not be disbursed in favor of those pensioners/family pensioners who fail to submit life certificates up to 25th of November 2021.
2. Format of the life certificate is available at Business Units of the J&K Bank and can also be downloaded at Bank's Website www.jkbank.com. Pensioners can visit at any business Unit of the Bank in person to get the life certificate recorded in the system by the concerned Bank official against computer generated receipt instead of submitting hard copy of the same.
3. Pensioners who cannot visit in person can send their life certificate to any business unit of the Bank duly signed by any Gazetted Officer/J&K Bank Officer.
4. Pensioners having valid aadhaar card can submit their life certificates digitally from home or through Jeevan Pramaan centres using Jeevan Pramaan application. The application can be downloaded from website <https://jeevanpramaan.gov.in> **DIP/J-4017-P/21**

DENGUE

How to Identify, How to remain safe

Symptoms of Dengue

- Severe Headache and High fever all of a sudden.
- Pain in Joints & Muscles.
- Pain at the back of eyes, which increases if you roll the eyes.
- Feeling Nausea & Vomiting.
- It is serious if you get blood from nose, mouth or teeth and also boils on the skin.

How to Prevent

- Mosquitos responsible for Dengue breed in stagnant water. Don't let water get stagnated around you. e.g. Cooler, Water Tank, Utensil for water drinking for Birds, Tray of the fridge, Flower Pot, Coconut shell, Broken Utensils, Tyres etc.
- Water filled utensils & tanks should be kept covered.
- Empty the cooler two time in a week.
- This mosquito only bites in day, so wear clothes which covers your body.
- There is no specific medicine for treatment of Dengue. For Fever Paracetamol can be taken. Don't use aspirin or Ibuprofen without the consultation of Doctor.
- All patients suffering from Dengue do not require platelets.

Issued by:- State Programme Officer/State Malariologist Directorate Of Health Services Jammu

DIP/J-8724/21

J&K Pollution Control Committee Jammu

AVOID USE OF CRACKERS

Let us have a Smoke Free and Pollution Free Deepawali

DEEPAWALI IS FESTIVAL OF LIGHTS, BUT NOT THAT OF SMOKE, DUST AND NOISE

- ❖ The Hon'ble Supreme Court of India order dated 29-10-2021 strictly bans the manufacturing, selling and bursting / use of fire crackers containing Barium, Arsenic, Lead, Lithium, Antimony, Mercury etc; and joined fire crackers (Laris) throughout India.
- ❖ J&K Government Order No. 89-JK of 2020 dt. 10-11-2020, issued in pursuance to Hon'ble National Green Tribunal directions dt. 09-11-2020, only Green Crackers are allowed for sale, stocking and bursting, in Non-Attainment Cities of Jammu and Srinagar.
- ❖ The bursting / use of Green / Improved Crackers is restricted to only two hours from 8.00 pm to 10.00 pm on Deepawali, Gurupurb and other festivals.
- ❖ Concerned District Magistrates / SSPs / SHOs to implement above directions of Hon'ble Court.
- ❖ Fire crackers cause loud sound up to the range of 125 to 155 dBA, which can damage our ear drums and may cause permanent deafness and serious heart problems. Bursting crackers also have adverse effects on health and behaviour of animals.
- ❖ Do not fire crackers as these are hazardous to Nature and harmful for Environment and living beings including humans as they emit obnoxious and toxic gases containing dangerous heavy metals besides micro-pollutants, Respirable Suspended Particulate Matter PM10 and PM 2.5, which could cause serious health issues such as Bronchitis, Asthma, Respiratory, Kidneys, Eye disorders, besides Cardio-Vascular and other diseases.
- ❖ Don't celebrate Deepawali with polluting Crackers, celebrate it with exchange of sweets and greetings and eco-friendly use of Earthen Diyas as Deepawali is a festival of Lights, Peace and Brother-hood.
- ❖ Have a pollution free and crackers free Deepawali this year.

Join hands with J&K Pollution Control Committee to save the Environment of Jammu and Kashmir from menace of Pollution.

DIP/J-4012-P/21

(B. M. Sharma)
Member Secretary
JKPCC, Jammu