

KMU organises maiden conference



Organising Secretary BMS, Ashok Choudhary addressing a gathering at Dool.

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KISHTWAR: Kissan Mazdoor Union (KMU) Kishtwar affiliated to Bharatiya Mazdoor Sangh (BMS) organised its first conference at Pakal Dool power project (Kishtwar) in which more than one thousand delegates from all the five power projects i.e. Pakal Dool, Keeru, Dang Duroo, Rattle, Kheleni Road Project etc. participated wherein state leadership of Bharatiya Mazdoor Sangh particularly Ashok Choudhary Organising Secretary BMS, J&K and Harbans

Working President BMS J&K and Mukesh Kumar Secretary BMS J&K participated. While inaugurating the conference homage were paid to the workers those who lost their life while performing their duties. Naseeb Singh General Secretary KMU welcomed all the delegates came from and highlighted the achievements of Kisan Mazdoor Union during the previous year in which due to the struggle of kisan Mazdoor union under the guidance of State BMS, Workers got minimum

enhancement of Rs. 3000 to 4500/- In the conference, unit presidents of power projects also addressed the delegates and highlighted various grievances being faced by workers of these project sites. Sh. Harbans Choudhary while addressing the workers demanded that since all the projects are working under NHPC and Chenab valley power projects is junior partner and NHPC having major share have to ask different companies to implement central minimum wages to the workers for keeping good

industrial relations. Sh. Ashok Choudhary while addressing the workers stressed upon the workers to join the union for achieving the genuine demands and at the same time have to discharge their duties sincerely. He further stressed that for strengthening the base of union in all these power projects, all workers must ensure to become members of union for greater common good of the workers class. Rakesh Kumar President KMU presented vote of thanks in the culminating session of the conference.

Two resolutions were adopted and passed by the delegates in the conference which include implementation of Central Minimum wages in all the Power Projects; local unemployed youth must be given first preference for employment in the power projects. Said in a press release.

Army provides medical aid to Balmatkot villagers

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REASI: Army have been undertaking various actions to provide relief and assistance to the local Awaam residing in remote and far-flung areas of the region. Towards this end, a Medical Camp was conducted in the village of Balmatkot, Reasi District to extend medical aid and treatment to the inhabitants, who otherwise have to travel to town and cities. Such humanitarian events, apart from providing the Awam populace with basic services also strengthens the outreach of the Civil Administration.

Locals in huge numbers benefitted from the medical camp, praised the efforts of the Indian Army in bringing medical aid up to the convenience of their homes.

Gaddi Diwas of Mahant Manjit Singh celebrated

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POONCH: A gigantic Gurmat Samagam was held on Saturday on the occasion of Gaddi Divas of Shriman Mahant Manjeet Singh Ji as 13th Mahant of Dera Sant Pura Nagali Sahib, Poonch after completion of 36 serial Sri Akhand Path sahib. Thousands of devotees from Poonch, Jammu and other places participated in this Gurmat Samagam.

After the accomplishment of Akhand Path at 10:00 AM, Raagi Jathas of Bhai Tarandeep Singh of Kathua, Bhai Ranjit Singh of Digiana Ashram Jammu, Bhai Bhopinder Singh of Dera Nagali Sahib, and Bhai Sartaj Singh of Gurmatwara Singh Sabha Poonch recited Gurbani kirtan while Baba Kuldeep Singh, Sudarshan Singh Wazir, Prof Hardev Singh, Gurcharan Singh Secy Gurmatwara Singh Sabha, Balbir Singh Gen Secy Guru Ram Dass Sewa Society and Nanak Singh threw light on the occasion and explained the history of Dera Nagali Sahib and its achievements. They said that Mahant Manjeet Singh Ji while on the post of 13th Mahant of Dera Nagali Sahib, Poonch is looking after the religious responsibility of Sikhism in the Jammu & Kashmir UT for the last 31 years. They further said that Mahant Sahib frequently visits these Provinces for religious preaching and it is because of Dera Nagali Sahib that besides maintaining the brotherhood and religious tranquility in the areas, the Sikh Community in Jammu and

Kashmir is strictly following the teachings of Sikh Gurus as compared to other parts of the world.

Mahant Manjeet Singh Ji in his address conveyed his good wishes for one and all and advised the youth to do good to others, look after the elders and aged, work for the welfare of the society and touch-not the drugs.

DDC Poonch Inderjeet, SSP Poonch Rohit Basgotra, ADC Sarfraz Ahmed, Senior Adv Rajinder Singh and others were also present in the Samagam which continued up to 3:00 PM. Guru Ka Langar was also distributed on this occasion.

Prof Sarwan Singh alongwith Lecturer Janak Singh who associated in organizing this Samagam, presented the vote of thanks.

PTTI Vijaypur organises special Yoga class for stress management



Manik Slatia of Yogi Astra Yoghalla, Jammu along with PTTI Vijaypur staff.

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VIJAYPUR: Police Technical Training Institute (PTTI) Vijaypur, organized a Special Yoga Class in the Institute for staff and trainees of various courses for stress management.

Manik Slatia, of Yogi Astra Yoghalla, Sainik Colony, Jammu, an accredited Yoga expert was Instructor on the Occasion. He was accompanied by Dr. Davinder Sharma, Professor, GGM Science Collage Jammu, Khalil Ahmed Poswal, JKPS, SSP, Principal PTTI Vijaypur in his welcome address paid his sincere gratitude to the Yoga experts for sparing their valuable time to teach Yoga to the staff and trainees. Principal highlighted

the importance of Yoga in life and urged upon the participants to make yoga as a habit in their life to keep them healthy. Mr. Manik gave various demonstrations on yoga exercises (Aasan and Pranayama). The staff and trainees appreciated the yoga session.

Among others Rajinder Singh Rahi, SP, Vice Principal PTTI Vijaypur; Satish Kumar, Dy.SP (Admn/Outdoor), Kuldeep Raj, Dy.SP (Tech), Pawan Parihar (RI/CDI), Insp. Vivek Kalsotra, Insp. Rakesh Sharma, Insp. Tariq Mehmood Mirza, Insp. Surinder Paul Singh, Insp. Pawan Anand, Insp. Anil Kumar, Insp. Ram Lal, Insp. Bhopinder Singh, SI Sushil Sharma and others were present during yoga session.

Lecture on Health & Sanitisation organised

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RAMBAN: A lecture on 'Health and Sanitation' was conducted by Indian Army at Government Degree College Banihal, spreading awareness about good personal and social hygiene and its importance for health and social reasons. The engrossing lecture was attended by students from across Banihal. The lecture emphasised on the need for a balanced diet, physical exercises and hygiene etiquette that will together promote the good health of a person. Students learnt how they are responsible for their body and they learnt 'We are what we eat'. They understood how to maintain oral hygiene and also how they can follow a balanced diet to lead a healthy life. Students were also told the ways to maintain their hygiene that included proper brushing habits, toilet hygiene, proper hand wash etc. The students also learnt about sanitation which refers to public health conditions related to clean drinking water and treatment and hygiene disposal of human excreta and sewage. Many of the common communicable diseases spread through poor sanitation. In the end the students thanked the Indian Army for an informative lecture and assured their support and contribution in maintaining good health and sanitisation.

Northern Command Principals' Meet held



APS Akhnoor faculty member receiving trophy from the Chief Guest.

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AKHNOOR: Northern Command Principal Meet was organised on 10-11 of November, 2022 with the theme "Vocational and skill education" to lay emphasis on education which has been the ultimate key to success for life. The Event was attended by 13 schools and 7 awards were nominated. APS Akhnoor, for the first time etched its name in the history by clinching 3 awards. Army Public School has been progressing leaps and bounds under the able stewardship of Mrs. Geeta Devi, the Principal who was conferred with award of the Best Principal at the command

level. APS Akhnoor's vision to bring about a meaningful change in the field of education and to impart holistic knowledge to the students was recognised as Mr. Manoj Sharma, TGT Mathematics has won the award for the best TGT (Trained Graduate Teacher). The school has also rightly earned the award for Academic Excellence in class XII category for the session 2021-22 in Northern Command giving the school joyous moments.

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Rattan Lal Gupta made a

fervent call to protect the Indian Union from divisive forces claiming that the situation has become precarious with such forces successfully creating wedge between communities and religions thus challenging the very unity among diversity, for which the country is known across the globe.

Time to fight divisive forces unitedly: Rattan Lal

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KATHUA: Rattan Lal Gupta, National Conference Provincial President Jammu on Sunday gave a clarion call to all the opposition parties to come on same pedestal to combat the divisive forces unitedly as it has become necessary for saving the country from disaster.

Prominent among those who were present in the convention include Pardeep Bali, Sham Narayan Mehta, Dharam Pal Kundal, Ashu Rajput, Balbir Singh, Subash Chander Azad, Amar Singh, Tirath Kumar and Krishan Lal.

Rattan Lal Gupta made a

Army organises Quami Ekta Meet

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RAJOURI: Army conducted a "Quami Ekta Meet" at Songri, Rajouri. Religious leaders, Sarpanches and Numberdars of Songri village and adjoining areas, attended the meet. The attendees actively participated in the discussions held during the meet and there was a free exchange of ideas. The gathering reached a common consensus that communal harmony and peace are inherent constituents for inclusive growth of the area. They also appreciated the tireless efforts of the Indian Army towards maintaining peace and thereby contributing to progress of the region.

Ramayan Path organised at Daruni Mandir

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POONCH: One day Ramayan path which started on Saturday in the Historical Mandir of Mata Vaishno Devi in Daruni Market Poonch on the occasion of anniversary of Mandir renovation, concluded today at 10:00 AM in the presence of a large number devotees. Bhajan Kirtan thereafter continued up to 4:00 PM under the supervision of Pandit Oma Shankar. Vishal Bhandara was also organized on this occasion.

The programme was



Devotees serving Langar at Daruni Mandir.

organized under the overall supervision of President Sanatan Dharam Sabha Satish Sasan, Dashnami Akhara President Basant Ram and Mandir Committee President Ajay Bhalla.

SSP Poonch, Dy SP Headquarter, SHO and number of other cops were also present in the Akhand Path besides other devotees.

Ayurvedic medical camp held



Doctors and others at medical camp in Jammu.

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JAMMU: An Ayurvedic Medical was organised by Samarpit Brave Hearts Foundation in association with Mrutyunjay Rasa Shala supported by Directorate of AYUSH in memory of Parshotam Kumar Gupta at Amriteshwar Mahadev Saraswati Vihar Jammu. Hundreds of patients were given free consultation and medicines by the renowned team of Ayurvedic doctors which include Dr. Ashish Mahajan, Dr. Rahul Sharma, Dr. Ganesh Kumar, Dr. Shilpa Gupta, Dr. Krishan Gupta and Dr. Amandeep Bhatia. Dr. Sunil Koul, Dr. Sanjay Raina and Vijay Kumar Bhat (pharmacist). Aman Kumar Dogra Deputy Director (planning) Health and Medical Education Department was the Chief Guest on the occasion. Mementos were also presented to the Doctors as token of appreciation. Team of Samarpit Brave Hearts Foundation and residents of the area were also present.

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