

NASI Jammu Chapter, JU host Health Awareness Program for Rural Women

■ STATE TIMES NEWS

JAMMU: The Jammu Chapter of the National Academy of Sciences India (NASI), Prayagraj, in collaboration with the Department of Botany, University of Jammu, and the Directorate of Health Services, Jammu, successfully conducted a one-day Awareness Program on Health Issues for Rural Women in Jammu. The event was organised at the Community Health Centre, Sohanjana, Jammu.

The program aimed to raise awareness among rural women about essential health issues such as nutrition, safe drinking water, hygiene, and pollution abatement. Under the "Science and Society" initiative, NASI organized this program specifically to



Prominent specialists addressing an awareness program on Health Issues for Rural Women.

empower women in rural areas of Sohanjana, helping them understand the basics of personal hygiene and address health concerns. The event addressed the challenges many women face in openly discussing health issues due to societal taboos and lack of awareness.

Approximately 150 participants, including local rural women, ASHA workers, M.Sc. students, research scholars, faculty members from the Department of Botany, and staff from CHC Sohanjana, attended the program. The event featured expert

insights from prominent specialists, including Dr. Vijay Sharma, Block Medical Officer, Dr. Suman, gynecologists and Dr. Amandeep Kaur Anand, dental surgeons Dr. Deepak Khullar and Dr. Anuradha, ophthalmologists Dr. Navdeep Kaur and Dr. Jyoti Katoch, child specialist Dr. Sandeep Raina, surgeon specialist Dr. Abhineet Suri, and Bhanu Priya, counselor. They addressed a variety of health issues affecting rural women, such as malnutrition, anemia, anxiety, osteoporosis, PCOS, oral

health, cancers, and eye-related problems. The specialists provided personalized guidance and prescribed medications where necessary. Additionally, kits containing basic medicines were distributed to participants.

The program commenced with a formal welcome address by the event coordinator, Prof. Venu Kaul. Prof. R.N. Gohil, Secretary of the Jammu Chapter of NASI, spoke about the societal role of the Academy and the significance of addressing health issues, particularly for women.

The formal vote of thanks was extended by Dr. Geeta and Dr. Romica Verma lead the event proceedings. The faculty members in attendance included Prof. Namrata Sharma, Dr. Harish, Dr. Sajjan, Dr. Abhishek, Dr. Komal, and Mr. Azhar. At the conclusion of the program, the CHC staff and participating experts were felicitated in appreciation of their contributions.

Randhawa launches 'Sadasyata Abhiyan' in Satwari



Vikram Randhawa, MLA Bahu Constituency launching "Sadasyata Abhiyan" at Satwari.

■ STATE TIMES NEWS

JAMMU: Vikram Randhawa, MLA Bahu Constituency on Sunday launched the "Sadasyata Abhiyan" of Bharatiya Janata Party organised by BJP Gandhi Nagar Mandal at Satwari Chowk in Jammu. The event saw enthusiastic participation, with party leaders outlining ambitious goals to expand BJP's membership base across Jammu and Kashmir. Speaking on the occasion, Vikram Randhawa, MLA Bahu Constituency, emphasized the importance of the membership drive in strengthening the party's grassroots connections. He highlighted that the BJP has now surpassed China's ruling party to become the largest political party globally, with over 100 million members.

Randhawa explained the membership process in detail,

encouraging people to join the Party by giving just a missed call to 8800002024 and completing the form linked in the SMS they receive. "The aim of this membership drive is to connect with the common masses, along with political workers, supporters, and sympathizers, allowing us to address the concerns of the people more effectively," he stated. Reflecting on recent electoral success, Vikram Randhawa noted that nearly 15.5 lakh votes were cast in favor of the BJP in the recently held Assembly elections, solidifying its position as the single largest party. This membership drive aims to build on this momentum by matching the primary membership numbers with the vote count from the previous election, he said.

"In 2014, BJP achieved a membership target of over 6 lakhs, which grew to 16.67

lakh members in 2019, creating a foundation for our historic performance in J&K. Now, we aim to enroll 20 lakh primary members, extending our reach to every eligible voter," he added.

The senior BJP leader underscored that the success of this drive relies on the dedication of every BJP activist, emphasizing that the responsibility of achieving the target rests on the shoulders of the party's cadre. He also urged party leaders to approach prominent individuals across all sections of society to help realize the goal of 20 lakh members in Jammu and Kashmir.

Randhawa asserted that BJP remains committed to expanding its reach, engaging directly with people, and ensuring effective representation for their issues and aspirations.

Natrang presents Hindi play 'Tauba-Tauba'



Scene of Hindi play 'Tauba-Tauba' being organized under Natrang's weekly theatre series 'Sunday Theatre'.

■ STATE TIMES NEWS

JAMMU: Natrang presented Hindi play 'Tauba-Tauba' here today under Natrang's weekly theatre series 'Sunday Theatre'. The play has been written by Rajinder Kumar Sharma and directed by Neeraj Kant. Coated with humor, the play presented some debatable issues which are faced by many theatre groups because of lack of commitment of a few artists which spoil the whole performance. But still it was more inclined towards comedy than being didactic.

The play opens at the home of one 'Anokhe Lal' who has

converted it as rehearsal space as he is the director of the play which is scheduled to be staged within a few days. The drama erupts as the play proceeds as it appears that no one is serious in doing rehearsal other than the director. The artists who used to plead for a single entry in the play have turned pricy now and come up with different excuses to skip rehearsals. At the top of it, the newly appointed servant adds to the confusion as he comes up with a new problem every time he enters the room. 'Anokhe Lal' was very much worried about the per-

formance of the play as nothing was going right, actors were forgetting the lines, people were coming late in the rehearsal and on the top of it, the tickets of the show have already been sold. The ultimate crisis occur when the director comes to know that the actor who was doing the role of father of hero is not doing the play as he has to go out of station for some personal work. Shattered by this untoward news, he decides to prepare his newly appointed servant to do the character of father in the play, who reluctantly agrees but real trouble erupts when the real father of 'Anokhe Lal' arrives to whom the servant introduced himself as the father of 'Anokhe Lal' on which both the servant and Anokhe Lal received a thorough beating from the real father.

Natrang actors who performed in the play included Mihir Gujral, Aadesh Dhar, Vandana Thakur, Kushal Bhat, Vishal Sharma and Sanket. The lights of the play were executed by Neeraj Kant Sharma and the show was coordinated by Mohd. Yaseen.

■ STATE TIMES NEWS

JAMMU: At a prestigious gathering held during the Annual Conference of the Endocrine Society of India in Visakhapatnam, Lt Gen (Dr.) Narendra Kotwal, AVSM, SM, VSM (Retd.), a distinguished endocrinologist, was formally inaugurated as the President of the Endocrine Society of India. Known as a "son of the soil," Dr. Kotwal's extensive contributions to the field of endocrinology and his commitment to the advancement of medical education and research have left an indelible mark on the medical community.

Dr. Kotwal is an accomplished endocrinologist with an impressive academic and professional journey, holding a Doctorate of Medicine (DM) from the prestigious Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh. Before his presi-



Lt Gen (Dr.) Narendra Kotwal assuming Presidency of Endocrine Society of India.

dency, he served as the Vice President of the Endocrine Society of India, where his proactive leadership furthered the Society's mission of promoting research and education in endocrinology. Throughout his career, Dr. Kotwal has earned numerous accolades and published extensively, both nationally and internationally, con-

tributing significantly to the body of knowledge in endocrinology. His expertise and dedication have made him a well-respected figure in the medical field, with his insights shaping the understanding and

treatment of endocrine disorders in India and beyond.

Recently retired as the Director and Commandant of the Armed Forces Medical College (AFMC), Pune, Dr. Kotwal has been a guiding force

for many young medical professionals. He currently serves as the National Coordinator for the Endocrinology Webinar Series under the National Board of Examination, a role that underscores his commitment to the continuous education and professional development of endocrinologists across the country.

Lt Gen (Dr.) Kotwal's presidency is expected to bring new vigor to the Endocrine Society of India, enhancing collaborative efforts, promoting cutting-edge research, and strengthening the Society's role in addressing the endocrinological health challenges facing India today. His leadership promises a bright future for the field, and his appointment is celebrated as a momentous step forward for the Society and its mission.

Department of Computer Science and IT, CUJ organizes alumni meet

■ STATE TIMES NEWS

JAMMU: The Department of Computer Science and Information Technology, Central University of Jammu (CUJ) under the patronage of Prof. Sanjeev Jain, Vice-Chancellor, organized its annual alumni meet- 2024.

The theme of this year's event was "Meet and Greet", which gathered several proud alumni of the Department at the Alma Mater to reminisce about the old memories. More



Prof. Yashwant Singh, Registrar CUJ posing with faculty and alumni.

than 30 students registered and participated in the "Meet and Greet 2024".

The event started with Maa Saraswati Vandana and light lamping followed by a welcome address by Prof. Dinesh Kumar, Head of the department. In his address, Prof. Kumar introduced the alumni about various new initiatives taken in recent past and future plans of the depart-

ment. Prof. Dinesh also congratulated alumni for achieving success in their career and conveyed his best wishes for their future endeavors.

Prof. Yashwant Singh, Registrar, CUJ and former Head of the Department graced the occasion and shared his own memories as an alumnus in various institutions. He motivated and encouraged the gathering to

always work hard with sincere dedications to conquer their dreams in life. It is pertinent to mention that many alumni of the department are working with Government sector organizations and software industries at higher packages as well as many are pursuing their higher studies from IITs or NITs.

A short documentary of astonishing memories of

alumni at CUJ was also shown during the "Meet and Greet 2024". Later, during alumnus talk, the personal experiences and memories were shared by the former students. All the present alumni at the meet were facilitated by the Head and faculty members of the Department. The students and Ph.D scholars of the department also presented many cultural events as well as entertainment games with the alumni and guests.

The coordinators of the event were, Dr. Arvind Selwal and Dr. Deepti Malhotra, Assistant Professors, CSIT. The successful event "Meet & Greet-2024" concluded with the national anthem followed by vote of thanks by Dr. Arvind Selwal.

J&K Bank Employees Association holds meeting



Jammu and Kashmir Bank Employees Association, Jammu Unit members at a meeting.

■ STATE TIMES NEWS

JAMMU: The Jammu and Kashmir Bank Employees Association, Jammu Unit, organized a meeting under the Jammu and Kashmir Bank Employees Federation. The meeting saw participation from various units, including representatives from Mumbai, Delhi, Punjab, and the local Jammu and Kashmir units. Held under the banner of the Bharatiya Mazdoor Sangh and led by President Chand Ji Kher, a significant resolution was passed.

During the meeting, top offi-

cials of the Federation provided a detailed update on the ongoing efforts to address pending employee issues. The Jammu and Kashmir units conveyed to members that discussions with the bank's higher management have taken place, and management has committed to resolving all outstanding matters within one month. Distinguished attendees included Kiran Chippier from Mumbai, Tarsem and Zaffar Ahmad from Delhi, Vikram Jasrotia from Punjab, and prominent figures from the Kashmir Unit, such as

Gulzar Ahmad (General Secretary, Federation), Firdous Nisar (President), Rahil Ahmad (Senior Vice President), and Sajad Ahmad (General Secretary). Additional CC members from Kashmir were also present.

The Jammu Unit was represented by Jugraj Singh (General Secretary), Dileep Singh (Cashier), Rakesh Bhatti (Organization Secretary), and Maninder Singh (Vice President). The meeting underscored the strong unity and trust members have in the Union.

RMMC to organize free gastroenterology health camp on Nov 12

■ STATE TIMES NEWS

JAMMU: In a remarkable initiative to provide accessible healthcare to the community, Ramakrishna Mission Medical Centre (RMMC), Udheywala, Jammu, is organizing a Free Health Camp on November 12, 2024, in collaboration with SMVD Narayana Hospital.

This special camp, dedicated to gastroenterology, will offer free consultations, essential health screenings, and discounted comprehensive check-ups for the residents of Jammu and surrounding areas.

The health camp will be led by the Dr. Vishav Dev Singh, a renowned gastroenterologist and hepatologist from Narayana Hospital.

Attendees will receive free diagnostic tests, including liver and lung screenings, blood sugar and blood pressure checks, and a full-body checkup covering 66 health parameters at a nominal fee of just Rs. 1000.

The camp will be held from 9:00 AM to 2:00 PM at Ramakrishna Mission Medical Centre, Ramakrishna Vihar, Udheywala, Jammu. Those interested in availing these services are encouraged to pre-register by sending a WhatsApp message with their name, age, and address to 9596984032.

Sopori breathes new life into Kashmiri instrument 'Wasul' after 77 year

■ STATE TIMES NEWS

NEW DELHI: Santoor maestro and acclaimed music composer Pandit Abhay Rustum Sopori has revived a rare and cherished classical instrument from Kashmir's Sufiana music tradition - the Wasul. Absent from the musical landscape for nearly 77 years, the Wasul makes a historic comeback after its extinction in the 1940s. This remarkable feat marks a significant step in preserving and promoting the cultural legacy of Kashmir.

The Wasul disappeared from the music scene largely due to Sufiana musicians adopting the Dukra and later Tabla due to many social reasons, coupled with the tragic loss of the Sopori family's own age-old Wasul during the Kabali Raid in Kashmir in October 1947. Over the decades, the instrument became nothing more than a reference in history; its sound and technique lost to time. Through persistent efforts, Abhay Sopori has brought the Wasul back to life, introducing it as not only an emblem of the Sopori family's legendary legacy but as an integral part of Kashmiri and Sufiana music heritage. "The Kashmiri Wasul stands as a counterpart of Indian classical Pakhawaj," Sopori explains. "However, the rhythmic patterns on the Wasul are unique, specially crafted for the Sufiana music tradition, distinct from those played on the Pakhawaj."

Pandit Abhay Sopori expressed immense joy at reintroducing the Wasul to the music world,

saying, "The Wasul has been an integral part of my family's musical heritage, alongside the Santoor, Kashmiri Sitar, and vocal music. My great-grandfather, Pandit Samsar Chand Sopori ji, was renowned as one of the finest Wasul players, honoured with the title 'Baalbaz', a beautiful tribute to his rhythmic mastery. I am deeply grateful that, with the blessings of my ancestors and my gurus, my grandfather, the legendary Pandit Shamboo Nath Sopori ji, hailed as the Father of Classical music' in Jammu and Kashmir, and my father Pandit Bhajan Sopori ji, I have been able to revive an instrument with a history spanning thousands of years." The Wasul has now been crafted in Delhi under Sopori's guidance and made its much-anticipated debut in a concert in the capital, captivating audiences in the signature Sopori Baaj style of the great Saint music legend Pandit Bhajan Sopori, hailed as the 'Saint of Santoor' and 'King of Strings'. With this revival, Pandit Abhay Sopori continues his invaluable contributions to Indian Classical music and the cultural preservation of Kashmir.

Pandit Abhay Rustum Sopori mesmerized the audience with his rendition of Raga Kaushik Ranjani on Santoor accompanied by young rhythmist Chanchal Singh on Wasul, who has been trained by Sopori himself, and on Tabla by well-known Tabla player Pandit Satyajit Talwalkar; and received standing ovation for the grand concert.

KDP Wing of DPAP demands issuance of white paper regarding return list of displaced people to Valley

■ STATE TIMES NEWS

JAMMU: The Kashmiri Displaced People Wing (J&K) of the Democratic Progressive Azad Party (DPAP) has issued a joint statement demanding the issuance of a white paper regarding the proposed return of 175 families of displaced Kashmiri Hindus to the Valley.

This statement was made by the leadership of the Wing, including President Sanjay Dhar, Chairman Piaray Lal Pandita, and General Secretary Raj Kumar Ticku.

According to the leaders, they have learned through media sources that the Ministry of Home Affairs (MHA), in consultation with the current UT government, is working on a resettlement policy for displaced Kashmiri Hindus. This policy proposes to first facilitate the return of 175 families before moving on to the broader goal of

resettling 4,600 families.

The DPAP's Kashmiri Displaced People Wing has called on both the Central and UT governments to issue a white paper detailing the proposed return of these 175 families. This includes ascertaining the living status of these families post-displacement and clarifying the terms and conditions laid out in the return policy.

The leaders have expressed concerns that many displaced people, particularly those living in camps and unregistered areas, are still facing hazardous living conditions and do not have property rights outside the Valley, even though they have voting rights limited to the region.

The leadership further highlighted that the real displaced people-those living in camps and non-camps-must be given priority when formulating any

resettlement or rehabilitation policies. They have criticized the involvement of individuals from well-settled colonies outside Jammu and Kashmir in discussions regarding the return of displaced families, stating that their concerns are not representative of the real issues faced by the actual displaced population.

The leaders have consistently demanded a comprehensive policy for the return, rehabilitation, and resettlement of displaced people, which would include economic support, employment opportunities, educational facilities, and compensation packages. They have also called for consultation with the real stakeholders of the issue-the people living in camps and non-camps for over 35 years.

These displaced individuals, they argue, should be central to any return or

resettlement plan.

The leaders have expressed their opposition to the idea of classifying them as "migrants" on par with migrant laborers. They argue that their displacement was not voluntary, but rather the result of government failure to ensure their security during the exodus in 1990. They demand that their status be recognized as "Internally Displaced People" (IDPs), with full constitutional rights.

In conclusion, the leaders stated that they would welcome a resettlement policy, but only if it is developed in consultation with the displaced community living in camps and non-camps. They emphasized the need for a dignified, one-time return arrangement to restore trust among the displaced people and prevent a repeat of the suffering experienced during the 1990 exodus.