

Online workshop on ‘Be a Change Maker, Become an Entrepreneur- Milestones Ahead’ held

■ STATE TIMES NEWS
JAMMU: An awareness workshop on "Be a change maker, become an entrepreneur- Milestones ahead" was on Wednesday organised by Start-up Cell, Government College of Engineering and Technology, Jammu in collaboration with ACIC- RISE Association (Incubator) under the patronage of Principal Dr. Sameru Sharma.

The online workshop consisted of two substantive sessions examining the components of Start-ups Journey. Veena Hanamsagar, Chief Executive Officer, ACIC RISE Association and Paramjit Singh, Founder and Director, RCED Chandigarh focused the discussion regarding the entrepreneurial requirements, the different barriers that stop

the way of an entrepreneur and various aspects that shape the future of the start-ups.

Veena Hanamsagar discussed the importance of entrepreneurship and the avenues that are open for the young entrepreneurs and various facilities available at the ACIC RISE Association incubation centre supported by the Government of India, NITI Aayog under the AIM mission.

The resource person Paramjit Singh focused on the importance of entrepreneurship in driving the Indian success story. He shared his experiences and discussed issues and challenges faced by the new-age entrepreneurs. While interacting with budding entrepreneurs and other participants, Mr. Singh affirmed

that entrepreneurs could help create a better society through sustainable development. He added that supporting and promoting entrepreneurship not only has a positive impact on the country's economy and existing businesses but also increases the likelihood of finding innovative solutions to social challenges faced by communities around the world. Singh also suggested the participants to keep on updating and hone their skills and encompass a realistic and practical approach for achieving sustainable success in their ventures and other endeavours of their life.

Overall, the interactive session included guidance and direction for the young minds to strengthen their professional motives.

Dr. Sameru Sharma, Principal GCET, Jammu emphasized the need to recognize the gaps in the market and had a word of advice that the budding entrepreneurs should avoid being a straggler to successfully capture the market.

She lauded the guidance provided by the speakers and the efforts of the organizing team comprising of Dr. Bhawna Sharma, Associate Professor & Chairperson Star-up Cell, Er. Sheetal Gandotra, Convenor, Start-Up Cell, Dr. Sanjeev Gupta, Coordinator, GCET, Jammu, Dr. Vibha Mahajan, Assistant Professor (A.A), Member, T&P Cell, GCET, Jammu and student coordinating team including Sunidhi Sharma, Jaanvi Sharma, Mandeep Singh and Mohammad Sami.

SKUAST-J launches 2-month Agri-entrepreneurship Training programme for Start-ups

■ STATE TIMES NEWS
JAMMU: Two months Agri-Entrepreneurship Start up training program for 4th batch of incubates was inaugurated on Wednesday here at Agri-Business Incubator, SKUAST Jammu through online mode.

Vice Chancellor, Prof. J.P Sharma was the chief guest on the occasion. In his inaugural message, Prof. Sharma briefed about the important role of innovation and entrepreneurship in the elevation of the agricultural sector. He explained how entrepreneurs and entrepreneurship development is critical in the achievement of Aatmanirbhar Bharat.

He also enlightened the audience about the various policies and financial allocations of the GoI which are directly aimed at boosting the entrepreneurial ecosystem of the country along with the various features of New Education Policy-2020 targeted towards entrepreneur-

ship development. He congratulated P.I-ABI, SKUAST-J, Prof. Jyoti Kachroo & her team for taking the agri-entrepreneurship training programme to new heights. He exhorted the young entrepreneurs to think outside the box and come up with unique creative ideas to tackle modern challenges and opportunities for establishment of their start ups. He also advised the participants to have an informative and interactive two months training programme.

The training program is being organized by Agri-Business Incubator, SKUAST-J, a unit of Division of Agricultural Economics & ABM under under RKVY-RAFTAAR Project of Ministry of Agriculture & Farmers' Welfare, Govt. of India. The training programme will focus on Agribusiness start-ups and will be instrumental in providing them a unique platform

that will act as a launch-pad to give wings to their creative and critical thinking abilities in providing innovative agri-business solutions for today's market needs. Earlier, Prof. Jyoti Kachroo, Director Planning & Monitoring, Prof. & Head, AEABM and P.I, R-ABI Jammu welcomed all the present dignitaries and training participants. She briefed about the RKVY-RAFTAAR Project highlighting Udgam (Agri-preneurship Orientation Programme/Pre seed stage funding) and Pragati (Seed stage funding programme) as Grant-in-aid opportunity to start-ups. She informed the house that 32 start-ups have been previously incubated in 3 batches at ABI, SKUAST-J out of which 14 have been successful in securing a healthy grant-in-aid form the Ministry. She informed that the 4th batch is the biggest batch yet in terms of number of incubates

selected as 28 candidates have been selected for undergoing the training programme. She also extended her gratitude towards Prof. J.P Sharma, VC for his unwavering support and guidance at every step of the way.

Prof. Pradeep Wali, Director Research, SKUAST-J in his opening remarks gave a brief overview about the activities done under the RKVY-RAFTAAR project. Statutory officers of the University along with Heads of various divisions also attended the online session.

The programme was moderated by Dr. Anil Bhat, Asstt. Prof. and Co-PI. At the end, Vote of thanks was presented by Dr. Sudhakar Dwivedi, Assoc. Prof. & Co. PI. Dr. S.P Singh, Asstt. Prof. & Co-PI, Dr. Yamini Raut, Tarunjeet Singh and Janvi Gupta from Agri-Business Incubator, SKUAST-Jammu facilitated the arrangements for the event.



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(KHELO INDIA)
JLN Stadium Complex, East Gate No. 10
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F. No. KI/WKF/1003/2018/S.M

Recruitment Notification
Sports Authority of India (SAI) an autonomous organization under the Ministry of Youth Affairs and Sports (MYA&S) and a registered society under the Societies Registration Act, 1860, invite applications from eligible candidates for the appointment of below mentioned post on contract basis initially for a period of 02 Years extendable for one more Year.

S.No.	Post	Number of Post
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2	Senior Consultant (Procurement)	01

The requirement can be increased / decreased at the discretion of the SAI.
The details are available on the website of SAI i.e. www.sportsauthorityofindia.nic.in/sajobs.
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NORTHERN RAILWAY
TENDER NOTICE
The Deputy Chief Engineer/BR/Workshop, Northern Railway, Jalandhar Cantt, for and on behalf of the President of India invites Open e-tender under Single Packet System for the under noted work :-

S. No.	Tender Notice No.	Name of work	Approx Cost (Rs.)	Earliest Money (Rs.)	Date of opening	Bidding start date on REPS	Cost of tender form Rs.	Completion period of work
1.	07-01-2022-SUABS	Casting of PSC slabs from 3.2 m to 12.2 m span as per approved drawings inside Railway premises including construction of thrust bed for casting of pre-tensioned 9.15 m span PSC slabs and other works	18686123.33	244400	07.02.2022	24.01.2022 to 07.02.2022	0	10 Months

Date & Time for submission of Tender and opening of tender
Up to 15:00 hrs on dates shown against each and opening of tender thereafter at 15:00 hrs on same date.

Website Particulars where complete details of Tender can be seen & downloaded.
The detailed e-tender notice is available on Northern Railway website i.e. www.n.indianrailways.gov.in and tender document is available on www.reps.gov.in.

No. SE-W/301/Bridges/Invitation, Dated: 18.01.2022

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2022-2023 SESSION



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- Admission Opens For Class Pre-Nursery to Class 10th
- Let Every moment of your child's learning phase be a celebration in your life.
- Aim of J.K.P.S Panjtirthi:- Facilitate Holistic development, Cognitive, Linguistic, Aesthetic, Social and Emotional.
- Motto of J.K.P.S Panjtirthi:- Molding young minds with balanced schooling to encourage creative skills and self expression. Making learning easy and enjoyable as "What is learnt with Pleasure is learnt in full measure."
- Mission of J.K.P.S Panjtirthi:- To ensure that the teaching methodologies are child centred and life related.


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- We use a variety of learning tools for better engagement of students through live classes, PDFs, Videos, links
- Access to online learning resources have triggered the performance of both teacher and taught.
- At J.K.P.S Panjtirthi, we promote group communication skills through live classes
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Registration commences w.e.f 20th January 2022 onwards.
For Any Enquiry Contact at 0191-2543633, 2566108
Timings:- 10:00 AM to 1:30 PM

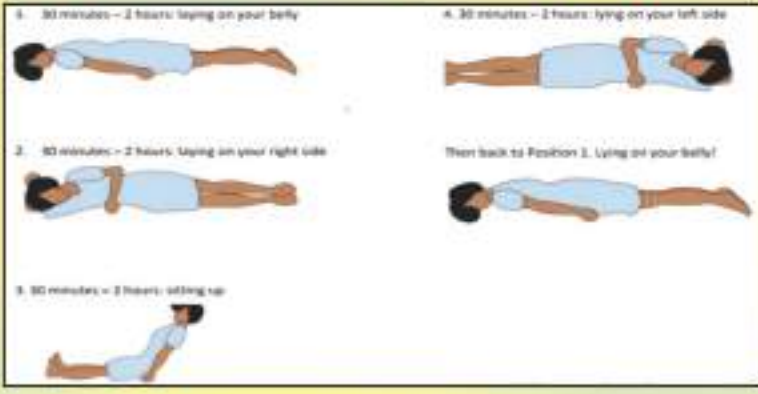


Prone for Self Care during Home Isolation

- PRONING is the process of turning a patient with precise, safe motions, from their back onto their abdomen (stomach), so the individual is lying face down.
- PRONING is a medically accepted position to improves breathing comfort and oxygenation.
- It is extremely beneficial in COVID-19 patients with compromised breathing comfort, especially during home isolation.


FOR SELF PRONING:

- ✓ You will need 4-5 Pillows.
- ✓ Regular alternations in lying position.
- ✓ Best is to not spend more than 30 minutes in each position.




Caution:

- Avoid prone for an hour after meals.
- Maintain prone for only as much times as easily tolerable.
- One may prone for up to 16 hours a day, in multiple cycles, as felt comfortable.
- Pillows may be adjusted slightly to alter pressure areas and for comfort
- Keep a track of any pressure sores or injuries, especially, around bony prominences.



Issued in Public Interest By
STATE SURVEILLANCE UNIT, IDSP
JAMMU DIVISION
DIRECTORATE OF HEALTH SERVICES, JAMMU



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