

# JKPS Panjtirthi celebrates Republic Day with patriotic fervour



Glimpses of Republic Day celebration with patriotic fervour at J K Public School Panjtirthi.

■ STATE TIMES NEWS

JAMMU: Republic Day Celebration -- A day to salute the prosperity of each Indian and every freedom fighter who made us to celebrate and enjoy the freedom.

The Principal of JK Public School Panjtirthi Suman Banbah delivered a speech on the auspicious occasion of 76th Republic Day celebration. She addressed the

Jakiens and added, "Don't see only the colours, the [has, feel the meaning it reveals. The real freedom is being free of diseases, greediness, jealousy and filthy mind."

She further remarked, "Our Constitution is our inspiration and our strength. This republic Day let's strive to achieve our social economic goals through constitutional

means and March ahead on the path of equality, fraternity and tolerance." The National Flag was hoisted by the principal. The entire school was resplendent in the shades of

Tricolour with the melodious group song. The captivating recital of the poem "Bharat Desh Mahan" by Jakiens enlivened the atmosphere. Jakiens presented the

futuristic vision of India by lauding the fundamental rights and duties of a citizen. A skit was presented by the Jakians on the journey of making of constitution. Children danced to the

tunes of the patriotic song. The melodious music and graceful movement of the dancers were outstanding. The whole presentation was a beautiful amalgamation of dance and music.

## FICCI FLO JKL & Fortis Memorial Research Institute, Gurugram host cancer awareness conclave

■ STATE TIMES NEWS

JAMMU: FICCI FLO Jammu, Kashmir & Ladakh Chapter, in collaboration with Fortis Memorial Research Institute, Gurugram, organized a Cancer Awareness Conclave at Taj Vivanta, here on Tuesday.

The event aimed to empower women with vital knowledge about cancer types, prevention, and advanced treatments while encouraging them to prioritize their health. The event was graced by Dr. Syed Abid Rasheed Shah, Secretary, Health & Medical Education Department, as the Chief Guest. The panel of senior doctors from Fortis Memorial Research Institute included Dr. Vinod Raina, Chairman, Oncosciences; Dr. Swarupa Mitra, Director, Radiation Oncology; and Dr. Amit Sahni, Senior Consultant, Surgical Oncology, who shared their expertise with the 200+ women attending the conclave. Ruchika Gupta, Chairperson of FICCI FLO JKL, in her welcome address, emphasized, "As women, we juggle various roles



Secretary, H&ME Department, Dr. Syed Abid Rasheed Shah and others dignitaries launching Fortis Privilege Card at a programme on Tuesday.

and often neglect our well-being. It's time to break the stigma, create awareness, and come together for a healthier world." Dr. Syed Abid Rasheed Shah, lauded the initiative, urging women to be vigilant about symptoms and informed about preventive measures. He emphasized the importance of regular health checkups and early detection as key to combating cancer effectively. Dr. Shah stressed the need to organize similar awareness conclaves in rural areas of Jammu & Kashmir to create grass-roots-level awareness.

He also highlighted the importance of addressing gender disparity in health and giving women's health the attention it deserves. Further, he expressed that organizations like FLO JKL and Fortis Memorial Research Institute should collaborate with the government for future initiatives aimed at improving healthcare accessibility and outcomes in the region. Dr. Vinod Raina emphasized the remarkable progress in cancer treatment, highlighting how medical advancements are revolutionizing patient care. He remarked, "Our collaboration

with FLO JKL underscores our mission to strengthen the healthcare ecosystem in the region through innovation and partnership." Dr. Swarupa Mitra shed light on cancers affecting women, stressing the critical role of early detection and preventive measures in reducing the disease's impact. She noted, "This partnership reflects our shared commitment, and together, we are making significant strides toward improving access to quality healthcare for the community." Dr. Ankit Sahni discussed the surgical dimensions of cancer management, providing valu-

able insights into the importance of surgical interventions in treatment protocols. He shared, "We deeply value our partnership with FLO JKL, as it offers a unique opportunity to serve the people of J&K." The event also marked the launch of the Fortis Privilege Card, an exclusive benefit for FLO JKL members. The card offers discounted access to Fortis facilities across India and priority services. Individual cards were distributed to members by the dignitaries. Attendees included FLO members, educators, and students from partner institutions, such as the University of Jammu, MIET, MIER, GCW Gandhi Nagar, GCW Parade, Shri Pandit Prem Nath Dogra GDC Samba, Girdhari Lal Dogra Memorial GDC Hiranagar, Model Academy, KC Public School, GD Goenka Public School, and Jodhamal Public School. The event was compered by Ridhima Jain and Parakh Jain, with the vote of thanks delivered by Aarti Chowdhary, Senior Vice Chairperson, FICCI FLO JKL.

## Tr Gupta Trust organizes Medical Camp at Rajiv Nagar

■ STATE TIMES NEWS

JAMMU: The TR Gupta Public Charitable Trust organized a free Multi-speciality Medical Camp at Vasudhaiva Kutumbakam Sarvodaya School, Rajeev Nagar, Jammu.

A team of eight senior Doctors from different specialities provided treatment to more than 530 patients and medicines free of cost. The area is inhabited by poor and socially backward families.

The team of Specialists available at the Camp included Dr Ashok Kumar Gupta, former Head of Department, Paediatrics, S M G S Hospital of GMC, Jammu, Dr Kuldeep Gubgotra, senior physician, Dr Ved Gupta, Physician and diabetologist, Dr S S Padma senior bones and joints specialist, Dr Surbhi Gupta, eye specialist, Dr Savir Gupta Paediatrician, Dr Abhinav Chawla, and Dr Kuldeep Lakhara Dermatologists.

The facilities of free Investigations were also provided at the camp. These included haemoglobin and



Doctor examining children during a medical camp.

Blood Sugar. Over 125 persons availed this facility. In addition, ECG were conducted on the advice of the Doctors. The well-known nonagenarian T R Gupta, Chairman conveyed his good wishes for the success of the Camp as he was out of Jammu. He remained in touch with Dr Ashok Kumar Gupta, Trustee and main architect of the camp. Other Trustees present on the occasion consisted of Er. Naresh Kumar Gupta, M M Gupta, K B Jandial, Kailash Langer and S K Sharma.

Speaking on the occasion, Dr Ashok Gupta informed that this was the second Camp organized by the Trust this year and first of its kind in the slum area of Jammu. Dr Gupta thanked the School Principal and its staff for their support in smooth conduct of the camp. The team of staff of the Trust who made elaborate arrangements for the camp comprised Raman Pargal, Manager, Lab technologists, Basharat Hussain and Sahil, Pharmacist Ajay, Naresh, Pannu Ahirwal and Rama Kant Sharma.

## Gaurav Gupta honoured with Maharaja Hari Singh Award 2024-25, as Visionary leader of J&K UT



■ STATE TIMES NEWS

JAMMU: Gaurav Gupta, an eminent leader and the official Spokesperson of the Bharatiya Janata Party (BJP), Jammu & Kashmir, has been conferred with the "Visionary Leader Award J&K UT" during the Conclave Maharaja Hari Singh Award 2024-25, organized by JK 24x7 News and Gulistan News. Lieutenant Governor of J&K, Manoj Sinha was the Chief Guest who presented the award to Gaurav Gupta in recognition of his exceptional contributions and visionary leadership. A dynamic and articulate political figure, Gaurav Gupta has consistently demonstrated his commitment to public welfare and govern-

nance. His leadership extends beyond politics, as he currently serves as the Honorary Secretary of the prestigious Jammu Club, contributing significantly to the social and cultural fabric of Jammu. Gaurav Gupta's achievements include his tenure as the former Secretary General of the Chamber of Commerce and Industry (CCI, Jammu), where he played a pivotal role in advocating for business growth and economic reforms in the region. Recognized as one of the most influential voices in political debates, he continues to shape discussions on crucial geopolitical matters with his profound knowledge and strategic insights. Adding another remarkable feather to his cap, Gaurav Gupta is the first-ever barefoot marathoner from Jammu & Kashmir symbolizing endurance, resilience, and an unyielding spirit. His extraordinary journey stands as an inspiration to the youth, emphasizing perseverance and dedication in the face of challenges. Gaurav Gupta's consistent recognition with prestigious awards reaffirms his influential role in shaping Jammu & Kashmir's future. His contributions, vision, and leadership continue to set a benchmark for excellence, furthering the cause of development, empowerment, and progressive governance in the region.

■ STATE TIMES NEWS

JAMMU: Republic Day celebrations this year brought immense pride to the media fraternity in Jammu and Kashmir as Komal Singh Manhas, Bureau Chief of News 18 India (News 18 Group Pvt. Ltd.), was conferred with the prestigious State Award for Excellence in Journalism. Her extraordinary contribution to the field of media, especially in high-risk, ground-zero reporting, was recognised as a shining example of fearless journalism. With over 18 years of unrelenting dedication to journalism, Komal Singh Manhas has carved a niche for herself in the media landscape. As the first female journalist from Jammu & Kashmir to cover anti-insurgency operations and live encounters from

ground zero, she has consistently displayed unparalleled courage and professionalism. Her work in high-risk zones, including the Line of Control (LOC) and forward posts of the Indian Army and BSF, has earned her the title of "Encounter Specialist Reporter." Throughout her illustrious career, Komal has demonstrated a steadfast commitment to delivering real-time, accurate, and impactful news. Her ability to report from the front lines has shed light on the bravery of security forces and the complexities of counter-insurgency operations in the region. Komal's fearless journalism has not only brought critical stories to the national stage but has also shattered stereotypes. She has been a trailblazer in a field proving that



determination know no gender boundaries. Her groundbreaking work includes exclusive investigative reports on Over Ground Workers (OGWs) linked to terrorism, which led to significant breakthroughs in national security operations. Beyond conflict zones, Komal has made her mark in diverse fields of journalism. From election reporting dur-

ing the Parliamentary and Legislative Assembly elections in 2024 to health and social awareness campaigns during the COVID-19 pandemic, her coverage has been comprehensive and impactful. She has championed causes such as voter awareness, children's rights, and women's empowerment, making her a voice for the marginalised and a beacon of hope for many. Komal's relentless pursuit of truth and commitment to ethical journalism have earned her several accolades, including the Bharat Kay Anmol Rattan Award in 2023 for excellence in journalism. Her colleagues and the public alike admire her for her fearless reporting, often calling her a symbol of courage in the media industry. She has conducted high-profile interviews with

Lieutenant Governor Manoj Sinha. Girish Chandra Murmu, first LG of J&K UT, Satpal Malik, Ex-Governor of J&K (erstwhile State) and many other key figures, shedding light on important developments. Receiving the State Award on Republic Day 2025, Komal Singh Manhas's journey serves as an inspiration for aspiring journalists, particularly women, to break barriers, embrace challenges, and strive for excellence. Komal has expressed her gratitude, saying, "This recognition is not just for me but for all those who believe in fearless and truthful journalism. I dedicate this award to my family, my team at News 18, and the brave hearts of our security forces, whose stories I have been privileged to share with the nation."