

Shikara Race flagged off at Dal Lake

■ STATE TIMES NEWS
SRINAGAR: The Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Asad on Saturday flagged-off a Shikara Race here in world famous Dal Lake.

While, the Secretary, Tribal Affairs Department, Dr. Shahid Iqbal Choudhary participated in the event through virtual mode.

The Shikara Race was organized by Aryans Group of Colleges, Rajpura to promote tourism in Jammu & Kashmir, in which over 100 Shikaras participated in this race.

The Race commenced after the flag-off by DC, Srinagar and winners including Mohammad Yaqoob Bhat, 1st; Mohammad Altaf Sheikh, 2nd and Abdul Razak Sheikh, 3rd position were rewarded during felicitation ceremony presided by Chairman, Aryans Group of Colleges, Dr. Anshu Kataria and other members of the Group were also present on the occasion.

While addressing the participants of the event, Dr. Shahid Iqbal said that Kashmiri youth have great potential in every sphere to lead the nation.

He said Tribal Affairs Department & Skill development Mission, J&K will always support Aryans JK students whenever they will be taking initiative for the betterment of society. He applauded the sense of creative abilities in Aryan Group and hoped the Group will continue its endeavor for overall development and wellbeing of society.

The DC Srinagar also spoke on the occasion and appreciated the participants and organizers for holding such events. He said youth of J&K have inherited Sports potential and if adequate platforms are provided they can bring laurels for the nation at National and International level Sports competitions.

Anantnag boy thanks LG for acknowledging his suggestions over entrepreneurship

■ STATE TIMES NEWS
JAMMU: The monthly radio talk show of Jammu and Kashmir Lieutenant Governor Manoj Sinha is being well received by people and in particular youth of J&K thus proving a big hit among the audience as their suggestions and opinions find a major platform for audience.

Many people especially youth of J&K have voiced their suggestions through the programme and those ultimately have found their mention in LG Sinha's monthly radio talk: 'Awaam Ki Awaaz'. Faisal Yousuf Gilkar, who is from southern Anantnag district of Kashmir, is among hundreds of youth, whose suggestions were acknowledged by LG Sinha himself. Gilkar believes that such platforms give confidence to

youth of J&K and boost 'our morale to work for the betterment and development of the region.'

"It is matter of great honour for me to get mentioned in monthly radio talk Awaam Ki Awaaz; and getting featured in such platforms gives confidence and boosts our morale to work for the betterment and development of UT of J&K," says Gilkar.

On November 21, Lt Governor Sinha, in this month's episode of "Awaam Ki Awaaz" radio programme had voiced valuable insights and suggestions received from the general public.

During the program, the Lt Governor had connected with the people and dedicated this month's episode to all those citizens who are working for the betterment of the society, and emerged as role models

for others. While referring to the suggestion received from Gilkar regarding creating an environment of self-employment and inviting the young and promising entrepreneurs to schools for guest lectures, the Lt Governor had said that such interactions with the students will ignite and propel the spirit of entrepreneurship in the young minds.

For mentioning his insights, Gilkar thanked LG Sinha for acknowledging his suggestions for promotion of entrepreneurship in J&K. "I am very grateful to LG Manoj Sinha for acknowledging my suggestion of promoting entrepreneurship in J&K. And acknowledging the suggestions of public in large and youth in particular will be beneficial for the overall and grassroots level of Jammu and Kashmir," he adds.

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APPEAL

Subject:- Commemoration of Armed Forces Flag Day on 7th December 2021 across District Kathua- regarding.

The "Armed Forces Flag Day" is observed on 7th December every year, since 1949 to honour martyrs and men in uniform who valiantly fought on our borders to safeguard the country's honour and to bring to the forefront our obligations towards disabled comrades, widows and dependents of the martyrs and valiant soldiers.

It has, accordingly, been decided to organize commemoration of the "Armed Forces Flag Day" event on 7th December, 2021. All the citizens of Kathua District in general and all Officers/Officials of various departments in particular are requested to actively participate in the event and donate generously for the noble cause. Donations can be made in cash or cheque/demand draft drawn in favour of "Armed Forces Flag Day Fund" and payable at Jammu. Online donations can also be made through RTGS/QR Code/UPI/POS Machine provided by Sainik Kalyan Board as per following bank details:

(i)	Account Name	Armed Forces Flag Day Fund
(ii)	Bank Name	AU Small Finance Bank
(iii)	Account Number	2181246936463378
(iv)	IFS Code	AUBI0002469

All the donations/contributions towards the "Armed Forces Flag Day Fund" are exempted from Income Tax under 80G(5)(VI) of the IT Act, 1961.

All the citizens of District Kathua are also advised to download the digitally designed Token Flags from KSB website www.ksb.gov.in and wear the same with pride while making generous donations for the noble cause.

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Dated: 04-12-2021

DIP/J-9931/21
Dt. 4-12-21

R. L. D.
4/12/2021
Deputy Commissioner
Kathua

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. **DIP/J-9899/21**

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