

GDC Marh organises workshop on Mental Health, Psychosocial well being

■ STATE TIMES NEWS
JAMMU: Under the initiative Manodarpan, Psychological Counselling Cell, GDC Marh organised two days workshop on Mental Health and Psychosocial well being in the college for students and faculty under the guidance Principal Prof. (Dr.) Rakesh Kumar Koul.

While speaking on the occasion, the Principal stressed that psychological well being and Mental Health Awareness is the need of the hour, it is the corner stone of our overall well-being, its significance cannot be overstated and hoped that students of the college will definitely come-up with their concerns got benefitted from the workshop.

On first day the resource person of the event was Dr



Principal GDC Marh, Prof. (Dr.) Rakesh Kumar Koul honouring resource person.

Shabila Wani, Department of Psychology, GDC Billawar, discussed in detail about mental wellbeing which is very important to become fully functional human being. She also talked about factors of Psychological well being such as Secure Childhood, Emotional Health (EQ), Social Support System and Socio- Economic status,

Seasonal Affect Disorder (SAD). She highlighted the importance of connection with nature, kindness, gratitude and contentment and exhorted the students to spend time with nature.

On Second day Dr. Piyali Arora, Department of Psychology, GDC Udampur was the resource person. She spoke about the signs of Psychological

Disturbance among young Adults and ways to help. She gave a detailed power point presentation about challenges of college life such as career selection, academic load and parental expectations. She talked about mental health disorders, anxiety disorders such as social phobia, panic disorders and obsessive compulsive disorders and

explained that these should not be considered as stigma and encouraged the students to talk about them freely. She also discussed with the students about sensitive issue of Suicide and urged them to show interest and be supportive to the victim.

Proceedings of the programme was conducted by Madhvi Parasher (HOD Botany) while Imitaz Shahid (HOD Zoology) presented the formal Vote Of Thanks. The programme was organised by Dr. Shakun Sharma (HOD Sociology) and coordinated by Anjana Chib (HOD EVS), Ram Dayal (HOD Maths), Dr. Balwinder Saini (HOD Chemistry), Dr. Sheetal Sharma (HOD Dogri) and Ravi Kumar (PTI) were also present in the workshop.

Baldev, Rekha inaugurate "PM Vishwakarma Yojna" awareness camp

■ STATE TIMES NEWS
JAMMU: Former Dy Mayor, Baldev Billawaria along with Bharatiya Janata Party (BJP) District President Jammu South Rekha Mahajan inaugurated an awareness and registration camp in connection with Modi-led government's "PM Vishwakarma Yojana".

The camp was organized by Ex Councillor Sharda Kumari from Bahu Fort Ward 47. District Vice President Karuna Chetri, District Secretary Vivek Patyal, Suraj Rana, Sajjan, and others were present on the occasion.

Billawaria said, that the 'PM Vishwakarma Yojana' benefits all domains of society and is aimed at providing support to artisans who keep alive the traditional crafts of India.

He asserted that PM Modi has done exemplary work for the public welfare throughout his tenure as the CM and now as the PM, his life is unparalleled.



Ex-Dy Mayor, Baldev Billawaria, BJP District President Jammu South Rekha Mahajan and others at registration camp.

leled. We all pray to Almighty to grant him more strength so that he can serve the motherland for decades to come.

Rekha remarked that the Vishwakarma Yojana has been shaped to refine the traditional skills of our Vishwakarma to meet the requirements of the 21st century.

She emphasized that under this scheme, comprehensive support will be extended to families associated with 18 different types of skills, and they will reap the benefits.

She said that the Modi government

has initiated policies and schemes to uplift the socio-economic status of the communities and the segments that were consistently neglected by the earlier governments.

Rekha said that 'PM Vishwakarma Yojana' aims to revitalize India's rich heritage of traditional crafts by empowering artisans across the nation.

After the successful verification and approval process, the applicants will be registered under the PM Vishwakarma scheme as Vishwakarma.

Jammu Kashmir Brahman Sabha (Trust) announces new body



■ STATE TIMES NEWS
JAMMU: The Jammu Kashmir Brahman Sabha Trust constituted its new core committee for the term 2024-2026. The trust, dedicated to the welfare and advancement of the Brahman community, is enthusiastic about the fresh leadership that will steer its efforts to uplift and support the community members, particularly those who are in need.

The core committee for the term 2024-2026 include Atul Sharma (President), Pandit Tript Shastri (Vice President), Sudhanshu Sharma (Vice President), Prince Khajuria (Vice President), Viktreshwar Samnotra (Vice

President), Danish Mishra (Organisation General Secretary), Sanjay Raina (General Secretary), Vishal Padha (Media Secretary), Deepak Khajuria (Chief Advisor), Kiran Sharma (Advisor), and Pt Vinod Shastri (Advisor)

The trust is confident that under the leadership and the guidance of the dedicated core committee, the community will witness a more comprehensive and attentive approach to addressing the challenges faced by the Brahman community.

The new core committee is committed to strengthening the community and extending support to those who are in need, particularly the underprivileged and marginalized members of the society. The trust reiterated its mission to empower the Brahman community and to serve as a pillar of support for those facing social, economic, or other challenges.

The new core committee is dedicated to fostering a sense of unity and solidarity within the community while striving to create opportunities for the betterment of all its members.

The trust encourages all community members to extend their support and contribution to ensure that the efforts of the core committee yield the best possible outcomes for the welfare and progress of the Brahman community.

PF Commissioner holds awareness, outreach programme under Nidhi Aapke Nikat 2.0

■ STATE TIMES NEWS
JAMMU: Regional Provident Fund Commissioner, Jammu & Kashmir and Ladakh, Rizwan Uddin, inaugurated the session. Naveen Babu, ED, IRCON who was special invitee.. P. Swaminathan, GM (Civil), Lokesh Gupta, GM (Civil), IRCON, Chandrashekhar Dixit, AFCONS were amongst seniors Officers, along with 80 number (approx) of major contractors of IRCON were present.

Rizwan Uddin thanked Parag Verma and advised him follow up on issues to be resolved after 3rd of January, once CRS Inspection is completed. He also thanked Sandeep Gupta, CAO, Northern Railways.

He highlighted the key features of the Employees' Pension Scheme, 1995 and the Employees' Deposit Linked Insurance Scheme, 1976. These two prominent social security schemes are being extended to workers in



PF Commissioner, Jammu & Kashmir and Ladakh, Rizwan Uddin chairing a meeting.

J&K and Ladakh from November, 2019.

Rizwan heard the issues being faced by the establishments and employees. Issues and problems by the organizations in implementing the EPF & MP Act. 1952 were heard and advised to take necessary actions accordingly. Enrollment of the members, UAN Activation, Bank & Aadhaar Seeding, online claim filing, filing of e-nominations, e-sign, filing ECR were covered in the program.

In addition to above, Joint

Declaration of various members namely Umer Ali Shah, Shilpy Khajuria, Suparn Lal, Jagdish Kumar, Gazala Shakoor, Anil Saini, Saima Akhter, Tsering Morup, Lakhvinder Singh, Rahul Raizada and Rajni Kumari, were pending for few months got reviewed and processed immediately at EPFO, Jammu on completion of one year of Nidhi Aapke Nikat 2.0.

Rizwan expected that a significant number of employees are yet to be enrolled under P

F and Pension Fund, citing example of recent accidents that had happened in UT of J & K, where employees/ employers had remitted only one month's P F contribution. Employees untimely posed an eventuality before the family, however due eligibility of Pension dependents of deceased employees are drawing rupees four thousand five hundred per month as pension along with entitled amount of Employees' Deposit Linked Insurance, Scheme, 1976.

The employers of the M/s. ABCI Infrastructure directed to resolve the issues of their employees in a time bound manner and also directed to deposit the P F amount of their employees at the earliest.

The employer of the said establishment was also directed to resolve the grievances of the members by evening and also submit the Joint declaration form if any changes required in their

UAN.

Mohd Ashraf Bhat who was one of the employer present in the meeting had demanded a program in the district of Ramnagar for the workers and also stressed that more workers will be enrolled in the P F.

P F Commissioner thanked SDM Zahir Abbas Bhat for elaborate arrangements and facilitating successful organization of the event 'Nidhi Aapke Nikat 2.0' at Banihal.

Nidhi Aapke Nikat 2.0 programme for the month of December, 2023 was held at IRCON Conference Hall, Banihal by District Nodal Officer Devinder Singh, EO/AO, Pranav Gupta ASO, EPFO Jammu, at SIDCO Pulwama by Lateef Ahmed Zargar, EO/AO.

The programme was also held at ALC Complex, Skampari, Leh by Sandeep Kumar, Section Supervisor where representatives of establishments and employees were present in the program.

STD Jammu collects record Rs 4.93 Cr penalty till Dec 2023

■ STATE TIMES NEWS
JAMMU: Jammu and Kashmir State Taxes Department's (STD) Jammu Division has recovered a penalty of Rupees 4.93 Crores from April 2023 to December 2023 from Goods and Services Tax (GST) defaulters for various violations under the GST Act. As per a handout issued on Wednesday, Rs 3.78 Crores has been recovered through various enforcement activities during the tax period of April to December 27, 2023, in Jammu division on various violations including e-invoicing, stock mismatch, other noncompliance while additional Rs 1.15 crores have been realized during special inspections and



State Taxes Department team checking documents during a drive.

enforcement drives by Special Task Force. Moreover, cases with potential of more than Rs 3.50 crores tax liability on defaulters are under scrutiny. "The major sectors on which penalties have been imposed are Metal Scrap,

Electric, Electronics Goods, Motor Parts dealers, building/ construction materials, etc", the statement reads.

Additional Commissioner State Taxes, Administration & Enforcement, Jammu, Namrita Dogra appreciated the efforts of the team led by

Deputy Commissioners and State Tax Officers.

She also urged upon the Officers/Officials to redouble their efforts of enforcement action to create strong deterrence with special emphasis on transporters who are carrying goods without proper invoices and e-way bills. She also called for setting up surprise check posts on the various transition points.

In a message to taxpayers, Additional Commissioner said GST is very simple taxation law and every stakeholder must follow its guidelines. She said traders found not compile with laid down guidelines of GST act liable to pay penalties.

Namrita Dogra added that noncompliance also leads to

suspension or cancellation of registration, legal proceedings or even seizure and confiscation of goods. So, it's very important for businesses to adhere to GST rules, file returns on time, and fulfill their tax obligations to avoid these penalties and consequences.

Additional Commissioner urged taxpayers to avail the service of GST Suvidha Kendras, which is functional in all 20 districts of Jammu and Kashmir, to clear their doubts regarding GST. She further informed that the department have a dedicated X handle @JK_GST_JK, which provides all necessity information from tax notifications to changes/ upgradation in GST law.

To remain extra vigilant on eve of New Year: SSP Jammu asks officers

■ STATE TIMES NEWS
JAMMU: SSP Jammu, Dr. Vinod Kumar held a meeting to discuss present security scenario which was attended by all SPs, SDPOs and SHOs of District Police Jammu.

During the meeting, all the officers were directed to remain extra vigilant on the eve of New Year. They were directed to ensure proper night domination by way of patrolling, effective naka checking, surprise naka etc. in their respective areas of responsibilities so that check could be maintained over thefts and other criminal activities.



SSP Jammu, Dr. Vinod Kumar chairing a meeting.

Furthermore, it was stressed upon all the participants to take strict action against drug peddlers so that drug menace could be eradicated from the society thereby saving the lives of addicts especially youth.

All the participants were advised to hold PCPG meetings with the general public and listen to their grievances patiently besides were directed to resolve the genuine issues of the public on priority basis.

■ STATE TIMES NEWS
JAMMU: The Indian Institute of Management Jammu (IIM) Jammu takes pride to announce the forthcoming visit of Dharmendra Pradhan, Minister of Education and Skill Development & Entrepreneurship, Govt. of India on December 28, 2023, at its Jagti Campus.

During this visit, there will be a comprehensive review of the ongoing project activities at IIM Jammu, highlighting the achievements and milestones reached in line with the institute's commitment to academic excellence.

The Minister is scheduled to engage in a meaningful

dialogue with the academic community, offering insights into the Viksit Bharat @ 2047 initiative.

The discussion with students will center on the vision for a developed and thriving India by 2047, aligning the educational landscape with the broader goals of national

progress.

Dr. Milind. P. Kamble, Chairman, Board of Governors, IIM Jammu, added, "We are privileged to host Dharmendra Pradhan at IIM Jammu as we collectively aspire towards a Viksit Bharat @ 2047.

His visit is a testament to the paramount impor-

tance of education in shaping the future of our nation. We are excited about the opportunity to discuss the future of education in India, share insights, and showcase the impactful work being done at our institute.

His visit reinforces our commitment to academic excellence and innovation,

thereby strengthening the ties between the government and academic institutions, essential for the envisioned progress towards a developed and thriving India by 2047."

Prof. B.S. Sahay, Director, IIM Jammu, stated, "The interaction with Dharmendra Pradhan presents a unique

opportunity for our students and faculty to actively contribute towards building a Viksit Bharat @ 2047. We are eager to showcase the academic excellence and innovative initiatives undertaken at IIM Jammu that align with the vision of a developed and thriving India by 2047. This

engagement provides a platform to discuss the evolving landscape of education, share insights, and explore avenues for collaboration and growth.

It is a momentous occasion for our academic community, reinforcing our commitment to shaping the future of education in the country."

NGO pays homage to martyrs sons of Guru Govind Singh Ji

■ STATE TIMES NEWS
JAMMU: Responding to nation wide call from Hon'ble Prime Minister of India Narendra Modi to pay respectful homage to the martyrs sons of Shri Guru Govind Singh Ji Maharaj, Stand With Humanity Foundation, an NGO, organised a function under the chairmanship of Manik Uppal and office members of NGO Patron Ramesh Chander, President Akhil Kapoor, Director Angad Singh at Talab Tillo.

To grace the occasion Former MLC Charanjeet Singh Khalsa, Prominent Sikh Scholar Satinder Singh, BJP Secretary Sh. Ayodhya



Former MLC Charanjeet Singh Khalsa and other paying tributes to martyrs sons of Shri Guru Govind Singh Ji.

Gupta, Chairman Talab Tillo Traders Association Sh. Rajesh Uppal, Social Activist Rajkumar Sharma and members of Talab Tillo Traders Association made their presence and paid tribute to the great sons of soil who sacri-

ficed their lives for the sake of their people against the atrocities of the rulers of that time.

At the conclusion of the function Prashad was distributed among the gathering.

■ STATE TIMES NEWS
JAMMU: Encouraging the common masses to participate and take advantage of 'Viksit Bharat Sankalp Yatra (VBSY)' programmes in their respective areas, senior BJP leaders participated and addressed various programmes.

J&K BJP President Ravinder Raina accompanied by General Secretary Dr. Devinder Kumar Manyal participated in the VBSY programme organized in Ramgarh under Samba District.

Ravinder Raina, while addressing the gathering, asked the masses to participate in these VBSY programmes massively to take

Raina, others participate in VBSY programmes, ask people to take advantage



J&K BJP President Ravinder Raina and others participating in VBSY programme.

full advantage of this endeavour of Modi government.

He said that the government officials representing various departments accompany this 'Modi ki Guarantee' vehicle to make sure that the masses do not face excessive hardships to

take advantage of these public welfare schemes.

MP Jugal Kishore Sharma, participated in a programme in Reasi and inspected the stalls set up by various departments in the program. More and more people should get the benefit of the health camp,

more and more people should be registered to avail the benefits of Vishwakarma Yojana and people should also be able to avail the benefits of the Swamitva Yojana, the MP said.

General Secretary Sunil Sharma in a programme in Kishtwar asked the officials and BJP leaders to reach out to the vulnerable population eligible under multiple schemes but have not yet opted for their benefits till now.

General Secretary Vibodh Gupta in a programme in Sainik Colony Top officials of various departments present at the program were asked to work on the mode. Former Minister Sat

Sharma CA, District President Jammu Parmod Kapahi, Mandal President Talab Tillo Keshav Chopra, BJP Secretary Ayodhya Gupta, BJP Media Incharge Dr Pardeep Mahotra, BJP Senior Leader and Prabhari Nowshera Sanjay Kumar Baru attended Yatra at Poonch House Talab Tillo Jammu West Constituency.

Dr Pardeep Mahotra and Sanjay Kumar Baru while discussing the calendar prepared with the details of central schemes said that one could scan the QR code placed on the calendar with a cell phone and know about all the welfare schemes being implemented by the Centre.