

Centre for Women's Studies, JU celebrates International Women's Day



Faculty of CWS JU along with women of SHGs of Village Bajalta.

■ STATE TIMES NEWS

JAMMU: The Centre for Women's Studies, University of Jammu organized an awareness programme on the theme 'Agar Mahilaen Jaagruk Nahi Hui To Pakshpaat Badhta Jayega' for the community women of Self Help Groups of Village, Bajalta, Jammu, on the occasion of International Women's Day 2022.

At the outset, Prof. Vishav Raksha, Director, Centre for Women's Studies, JU gave details about the gender-based issues and challenges being faced by women in the society.

She also interacted with the women who narrated their issues faced by them in their

day-to-day life. She also assured that the skill enhancement workshops and training programme for the women shall be conducted soon which will help them to become economically independent.

Prof. Sanjana Koul, from the School of Biotechnology, JU who was one of the resource persons, deliberated on the various women-related issues and also asked women regarding the challenges faced by them in terms of access to education, health, work, etc. She also suggested how women can cope up with these challenges through enhancing their skills which can further help them to earn their livelihood.

Dr. Hema Gandotra, Senior Assistant Professor from the Department of Sociology, JU who was the other resource person, dwelt upon the importance of empowering women through provision of equal opportunities in every field. She also made the session interesting by engaging the participants in brainstorming activities in which she made women write about work distribution in households through which she explained the idea of work and gender bias in the society. She also stressed upon the importance of being a housewife and said that managing a household work is equally important as paid work. The Community Women also shared their views and experiences regarding the issues and challenges they faced as women in the society as well as in their day-to-day life and actively participated in the program. Dr. Saranjit Kaur and Kunzang Angmo, Faculty members, Centre for Women's Studies coordinated the programme.

Kejriwal felicitates Wg Cdr Bhavana Mehra

■ STATE TIMES NEWS

JAMMU: Chief Minister of Delhi Arvind Kejriwal felicitated Wg Cdr Bhavana Mehra on the occasion of International Women's Day in an award function organised by Delhi Commission for Women.

Wg Cdr Bhavana Mehra is an experienced mountaineer and an adventure enthusiast.

Leading the first tri services all women mountaineering expedition to Mt

highest peak of Spiti Valley, she unfurled National Flag on top of the peak on August 15, 2021. This expedition was organised as part of Aazadi Ka Amrit Mahotsav celebrations. She is from seventh batch of women officers in IAF and has many fists to her credit.

Presently, she is serving as Registrar, Regional Bench Srinagar at Jammu while on deputation with Armed Forces Tribunal



Chief Minister of Delhi Arvind Kejriwal felicitating Wg Cdr Bhavana Mehra.

Manerang (21691ft), the

and a resident of Sainik Colony.

The Shriram Universal School celebrates International Women's Day



The Shri Ram Universal School faculty during International Women's Day celebration.

■ STATE TIMES NEWS

JAMMU: The Shri Ram Universal School Samba celebrated International Women's Day in its school premises, wherein the mothers of the elementary wing children graced the occasion with their benign presence.

Purnima Sharma, Deputy Mayor, JMC was the Chief Guest of the occasion, whereas Neena Gupta, councillor Channi Himmat Jammu, Rajni Sambayal, Vice Chairperson Municipal Corporation Samba, Trishula Gupta, Mahila Pramukh BJP and Indu Jamwal member of ward council graced the occasion as the Guests of Honour.

Sanjeev Gupta, Chairperson TSUSJ, Rajni Gupta, Director TSUSJ, Rajesh Rathore, Principal and Shivani Vaid Sharma were also present on the occasion.

The programme started with the welcome note delivered by Shivani Vaid followed by the School song sung by the educators of the school. The fun-filled day witnessed variety of games for the ladies, which included musical chair, tambola, pick and run, antakshari and many more.

Felicitations of the mothers was done by the worthy chief guest Purnima Sharma. She appreciated all the mothers for their

incredible spirit and for selfless contribution towards their families and society. She wished them innumerable milestones and glory ahead.

The entire Elementary amphitheater resounded with a thunderous applause, when the stage welcomed proud mothers stepping up very confidently and gracefully along with broad smiles. Every mom felt on cloud nine, while being adorned with a star-studded crown.

The programme concluded with the thankyou note delivered by the Director, TSUSJ Rajni Gupta followed by the lunch hosted by the school management.

Seed Conference, Dog-Show mark day-3 of Krishi Mela at SKUAST-J

■ STATE TIMES NEWS

JAMMU: On day 3 of ongoing Krishi Mela being organized by SKUAST Jammu, a seed conference was organized on Wednesday to highlight the importance of quality seeds and create awareness among the masses for its utility besides the role of university in providing seeds to the farmers was also highlighted.

Speaking on the occasion, Professor J P Sharma, Vice Chancellor SKUAST Jammu, applauded the role of seed scientists of the university in providing the seed of cereals and pulses to farmers.

Former Vice Chancellor SKUAST-Jammu, Professor Pradeep Sharma, in his address appreciated the seed programme being run by the university in close coordination with the line departments. While addressing the conference, Commissioner Secretary, Rural Development Department, Mandeep Kaur, highlighted about the start ups of GoI especially the vil-



A dignitary inaugurating an event during Krishi Mela.

lage entrepreneurship programme.

ADGP Security, Dr. S.D.S. Jamwal while speaking during the conference discussed the role of disease and insect resistance and storage of seeds. Director, ICAR-IISR, Dr. Sanjay Kumar, in his address talked about the increase in varietal replacement rate and adoption of quality seeds.

While addressing the conference, Deputy Commissioner (QC), Union Ministry of Agriculture and Farmers Welfare, Dr. D.K. Srivastava, discussed the parameters of

seed quality, certification of seeds, legal instruments and quality regulation for genetically modified crops.

Dr. Amrith Vaid, Nodal officer, Mega Seed Project SKUAST Jammu, informed that the university produces 1500 quintal of seeds at university farms and KVKs though active involvement of line departments.

Joint Director (Inputs), Department of Agriculture Jammu, A S Reen, highlighted the use of open pollinated seeds, types of seed production and the necessity of seed replacement in various crops.

Sanjeev Kumar from Sahara Jagriti Manch also spoke on the occasion and highlighted about the importance of NGOs in women welfare through agriculture specially seed production.

On the occasion, MoU was also signed between SKUAST Jammu and IIWBR, Karnal, regarding seed production.

Earlier, an impressive dog show was organized in which Dr. MC Sharma, former Director IVRI, Izatnagar, Bareilly (UP), was the chief guest while Professor J P Sharma, VC SKUAST Jammu, Commissioner Secretary, Rural Development Department, Mandeep Kaur, ADGP Security, Dr. S D Jamwal were the guests of honour. More than 100 dogs of 23 breeds were registered for the participation. Similarly, an exhibition on application of drone technology in agriculture and cultural programme by Sewa Bharti, Jammu was also organized on the occasion.

■ STATE TIMES NEWS

JAMMU: Physiotherapy Wing of the University Health Centre is one of best Physiotherapy Centres in the Jammu region having all the latest and advanced physiotherapy machines installed in it, said Prof. Manoj Dhar, Vice-Chancellor, University of Jammu while inaugurating Physiotherapy Wing of the University Health Centre, University of Jammu.

Speaking on the occasion, Prof. Dhar said that the university fraternity will get immensely benefitted by having in-house all the modern and specialised Physiotherapy modalities and the wing will definitely cater to all types of patients having physio related health issues.

Prof. Dhar while lauding the efforts of the management of University Health Centre especially of Prof. Seema Langar, Convenor, Health Centre, Dr. Bharat Bushan Medical Officer and Dr. Nosheen Rather Physiotherapist, Physiotherapy Wing, University of Jammu for their dedication and hard work in



VC JU, Prof. Manoj Dhar inaugurating Physiotherapy Wing of University Health Centre.

setting up the state of art Physiotherapy Wing within the campus to provide best physiotherapy treatment to the students, scholars, teachers officers, employees and their dependents.

Dr. Nosheen Rather, Physiotherapist of the Wing while briefing the Vice-Chancellor and other dignitaries present on the occasion said that with the installation of modern physiotherapy modalities, the Wing will be able to provide specialised and advanced treatments like Muscular Dystrophy, Back & Neck pain, Limited Range of Motion (ROM), Osteoporosis, Vertigo, Chronic Fatigue, Respiratory Issues, Ankle Sprain, Foot Fracture, Knee

Ligament Injury, Sports Injuries and post-fracture and post-surgery treatments to the patients. Dr. Nosheen also added that latest modalities such as Traction Machine, Short Wave Diathermy, IFT, Tens, Long Wave Diathermy, Laser, Vacuum Therapy, IR, Parallel Balls, Shoulder Pull, Wax Bath, Hydrocollateral Unit, cryotherapy Machine, Treadmill, Static Cycle, Shoulder Wheel, Shoulder Abduction Ladder, Rowing Machine, Swiss Ball, Heel & Ankle Exercise, Continuous Passive Machine Knee, Weight Cuffs and Thera Bands have been installed in the Physio-Wing as on date.

Among others Prof. Rajni Dhingra, Dean Research

Studies, Prof. Jasbir Singh, Controller of Examinations, Prof. Seema langar Dean Faculty of Life Sciences and Convenor University Health Centre, Prof. Parikshit Singh Manhas, Rector Udhampur Campus, Prof. Prakash Chand Anthal, Dean Student's Welfare, Sanjeev Mahajan, Administrator Gen. Zorawar Singh Auditorium, Dr. Daud Iqbal Baba, Director Sports and Physical Education, Dr. Neeraj Sharma, Special Secretary to Vice-Chancellor, Khempal Singh, Deputy Registrar (Finance), Dr. Imran Farooq, PRO to Vice-Chancellor, Dr. Vinay Thusoo, Coordinator, Department of Journalism and Media Studies, Er. Suresh Sharma, Xen, University Works Department, Er. Jeevan Singh AEE (Electric), Er. Monica Sumbli, AEE (Civil), Dr. Bharat Bushan, Medical Officer, University Health Centre, Dr. Gautam Sharma, Dentist, Dr. Nosheen Rather Physiotherapist, and Dr. Akhilesh Sharma were also present on the occasion.

JMC, Traffic Police conduct joint anti-encroachment drive



JMC employees conducting anti-encroachment drive.

■ STATE TIMES NEWS

JAMMU: A joint team of Jammu Municipal Corporation and Traffic Police on Wednesday conducted an anti-encroachment drive here in the Jammu city areas.

The Drive was conducted on the instructions of Commissioner, JMC, Avny Lavasa. Secretary, JMC, Atul Kumar and Assistant

Commissioner (Revenue), JMC, Manisha were accompanied by the S.P (Traffic) and Dy. SP(Traffic). The anti-encroachment drive was conducted in the area of Narwal Bye Pass Channi Highway.

The drive was conducted against the illegal encroachments, wrongly parked vehicles and street vendors causing traffic congestion and

obstruction to free movement of pedestrians on footpaths.

During the drive the team removed 2 truckloads of non-perishable material displayed on the roadside and lifted 12 illegal Rehries.

Further, Jammu Municipal Corporation appealed the citizens, particularly rehri-walas/ street vendors not to encroach upon main roads, footpaths, pavements as the same cause inconvenience to the general public and pedestrians and also create obstructions in the free movement of vehicular traffic.

The traffic police also issued instructions to violators to follow the guidelines of traffic and not to park their vehicles wrongly on the roadsides.

MP Ladakh calls on Karnataka CM, Speaker

■ STATE TIMES NEWS

BENGALURU: A delegation led by Member of Parliament, Ladakh, Jamyang Tsering Namgyal called on the Chief Minister of Karnataka Basavaraj Bommai and Speaker of Karnataka Assembly Vishweshwar Hegde Kageri at the Vidhana Soudha to put forth different issues concerning the monastic community in South India and Ladakhi students studying in Karnataka.

Namgyal and Nominated Councilor, representing Sangha Community, LAHDC Leh, Lama Konchok Tsepel have visited various Buddhist Monastic Institutions in Karnataka for last ten days and interacted with the abodes, students and other important personalities in Bylakuppe in Mysuru District Gulpura in Hunsur and



MP Ladakh JT Namgyal presenting a statue of Buddha to Karnataka CM Basavaraj Bommai.

Mundog in Hubli District and later at Maha Bodhi Society in Bengaluru.

Namgyal highlighted issues related to admission, scholarship, hostel, travel discounts for the students, construction of various link road and footpath to the Monastic Institutions, resurfacing of road to all the monasteries, land issues of the monasteries, and other important issues pertaining to the

Tibetan settlements. He also made a special request to the Karnataka Government to allot land in Bangalore, Bylakuppe in Mysuru, Mundog in Hubballi to construct Ladakh Bhavan and public amenities for students, professionals and pilgrims coming from Ladakh.

The delegation also met Dr. Rajneesh Goel Additional Secretary for Home, Kapil Mohan Additional Chief

Secretary for Food, Civil Supplies, Consumer Affairs & Legal Metrology Department and other officials of Government of Karnataka and discussed several issues.

The delegation led by Ladakh MP Namgyal comprised Councilor Lama Konchok Tsepel, Manager, Tashi Lhunpo Monastery Bylakuppe Tenzin Kunga, Scientist ISRO Tsering Tashi, and representatives of Ladakhi professional residing in Karnataka, Student Representative of Buddhist Monastic Education, Bylakuppe Thubsten Kunga, CEO Mahabodhi Society Bengaluru Jigmet Wangchus Jyoti, General Manager, Mahabodhi Society Bengaluru Punchock Dorje Vajira and the Chief Representative Officer, Central Tibetan Administration, Bengaluru Jigme Tsultrim.

Power shutdown

■ STATE TIMES NEWS

JAMMU: Chief Engineer (Distribution) JPDCL Jammu has informed that the power supply to Toph and adjoining areas shall remain affected on March 10 from 9 am to 3 pm. Similarly, the power supply to Janipur, Subash Nagar, New Sectt and adjoining areas shall remain affected on March 12 from 9 am to 2 pm.

Likewise, the power supply to Nanak Nagar, Parts of Trikuta Nagar, Gandhi Nagar, Sanjay Nagar and adjoining areas shall remain affected on March 12 from 10 am to 3 pm.

Similarly, the power supply to Gandhi Nagar, Police Line, Jammu University, MAM College, Bahu Plaza, Div Com Office, Apsara Road Shastri Nagar and adjoining areas shall remain affected on March 13 from 10 am to 12 noon.

Likewise, the power supply to Sunderpur, Satraiyvan, Chakroi, R.S Pura Town and adjoining areas shall remain affected on March 13 from 10 am to 4 pm. Similarly, the power supply to Satani, RounDomain and Ritti, Jaganoo etc shall remain affected on March 13 and 15 from 8 am to 4 pm.

Likewise, the power supply to SIDCO, Industrial area Ghatti, Kathua shall remain affected on March 10 and 11 from 9 am to 12 noon.

Similarly, the power supply to Chennani and adjoining areas shall remain affected on March 11 from 9 am to 4 pm.

Likewise, the power supply to Pouni, Ransoo, Dadua, Arnas, Dharnari and Bagga etc shall remain affected on March 13 from 9 am to 4 pm. Similarly, the power supply to Vaishno Devi track and Bhawan area shall remain affected on March 14 from 10 am to 4 pm. Likewise, the power supply to SMVDU shall remain affected on March 15 from 10 am to 4 pm.

OSC Jammu in collaboration with Women Helpline 181 organises awareness programme

■ STATE TIMES NEWS

JAMMU: One Stop Center Jammu in collaboration with Women Helpline 181 in line with International Women's Day Theme #breakthebias on Wednesday organized programme for legal literacy and general awareness of women who had gathered from different corners of Jammu.

The Chief Guest of the programme, Secretary DLSA Jammu Yahaya Firdous, while addressing the women appreciated the efforts of Sakhi OSC Jammu and insisted upon nurturing the young generation with moral values by their mothers. Prof. Raj Kachroo, founder Aman Movement, while briefing on role of OSC/181 schemes, also stressed upon that all the schemes for welfare of women,



Secretary DLSA Jammu Yahaya Firdous and others during a programme.

children and unprivileged must be integrated to provide common interface for public grievance redress.

Chief Medical Officer Jammu sensitized women on taking to better lifestyles, yoga for living disease free life. The awareness about 102/108 Ambulance service was also provided for the benefit of masses.

BJP Spokesperson Rajni Sethi in her address said that

the Govt. has taken many initiatives for welfare of girls and women and the same must be accessed through facilitating services like 181/OSC.

Child Welfare Committee Chairperson, Shalini Sharma, while educating masses on role of CWC, narrated few instances of violence that children go through.

Dr. Kavita Suri, Director Lifelong learning Department,

while sharing nuances from day-to-day life, educated women on gender stereotypes prevalent in society and how women can break the same.

Senior Adv. Deepali Arora educated women on provisions of PWDVA. Dr. Rohit Koul, Author and Director, Peoples Hut Foundation shared that his organizations help young girls avail free vocational training and skill development. The students from Presentation Convent performed skit educating masses on forms of violence that women face and how SAKHI centers can help such women. Hygiene kits were distributed to women.

Among Guests, were present Dr. Archana Kumari, Nirmal Padma, Nidhi Kohli, Deepak Pagotra and graced the occasion with their presence.

■ STATE TIMES NEWS

JAMMU: Union Minister Arjun Ram Meghwal visited the residence of Pethadeshwar Bal Sant Sahil Maharaj after his holy visit to Mata Vaishno Devi Shrine in morning.

Meghwal, while meeting with Sahil Maharaj said, "My bonding with Maharaj is very warm and I always feel peace and serene after meeting him."

He also added that as our whole country especially UP has turned into Saffron because of Yogi like that this time we will make sure that each and every state of India, specifically Jammu and Kashmir will have the wave of saffron and that too should be lead by Sahil



Union Minister Arjun Ram Meghwal during visit to residence of Bal Sant Sahil Maharaj.

Maharaj who is a true epitome of a true saint, a nationalist and a patriotic. Meghwal assured support from respective ministries in order to promote the cultural heritage of J&K. SSP Mohan Lal Bhagat Dy. Director Police

Academy Udhampur, Kuldeep Singh, Dr. Karnail Singh, Dr. Gagandeep Singh, Satpal Karlopia Corporator Ward 32, Col. Somnath Dogra Sarpanch (Mandal) and Naresh Kumar Bhat were also present on the occasion.