

# Int’l Mela held at S P Higher Secondary School Srinagar

■ **STATE TIMES NEWS**  
SRINAGAR: An impressive function was held at S P Model Higher Secondary School, M A Road here on Saturday in connection with deliberations on intergenerational bonds on the society.

The Programme was organised by National Institute of Social Defence, Union Ministry of Social Justice & Empowerment and Anugrah RRTC, Delhi in collaboration with the Chief Education Office, Srinagar.

The Deputy Commissioner Srinagar, Mohammad Aijaz Asad presided over the function as Chief Guest, while District Judge Naushad Khan attended the programme as special Guest of Honour.

The event was presided over by Chairperson Anugraha Delhi Dr Aabha Chaudhary and the Special Guest was CEO Srinagar Manzoor Ahmed.

Addressing the gathering, the Deputy Commissioner



District Judge Naushad Khan and other dignitaries at a programme.

stressed on strengthening intergenerational bounds like relation between grandparents and grandchildren to form a better and stronger community. He said intergenerational relations reduce feelings of isolation and loneliness in senior citizens and young generation, besides provides a perfect opportunity and environment for young and old to learn new skills, especially communication and technology skills, from one another

The DC said intergenera-

tional relations also give older adults a sense of purpose and helps younger generations have a great respect for and value of older adults

The DC said bringing the generations together actually does place elderly people in a position where they can see the hope, enthusiasm and wonder of children, and the children can also benefit from the wisdom older people can offer for the overall development and betterment of the society with a better quality of life for all ages.

Stressing on the need to strengthen intergenerational bonds, the DC said the families with good intergenerational relations are not less than any library or laboratory to enrich younger generations with wisdom and intellectual treasure.

The DC lauded the organizers of the programme and emphasised on holding such events in future also to find ways for people in the community to connect and ultimately enhance each other's lives as in present era of IT

revolution has witnessed social isolation and loneliness on the rise.

Earlier in her welcome address, Dr Aabha Chaudhary expressed her optimism for such noble initiatives finding a cord across all sections of society. Intergenerational Mela was hosted by Altaf Ahmad Khan.

The event resonated with cultural performances in Kashmiri and concluded with a felicitation ceremony where in all elderly invitees and performers were felicitated.

Besides, Chief Education Officer, Srinagar, Manzoor Ahmad Kumar, Principal SP School, Nisar Ahmad Ahanger, Officers from National Institute of Social Defence, Union Ministry of Social Justice & Empowerment and Anugrah RRTC, Delhi, the programme was attended by galaxy of senior citizen's, students, their parents and Staff of the School.



Amit Shah participates in 83rd CRPF Raising Day in Jammu

## Special Training Programme held for Judicial Officers

■ **STATE TIMES NEWS**  
JAMMU: Jammu and Kashmir Judicial Academy, under the patronage of Justice Pankaj Mithal, Chief Justice, High Court of J&K and Ladakh, (Patron in Chief, J&K Judicial Academy) and guidance of Justice Dhiraj Singh Thakur, Chairman, Governing Committee for J&K Judicial Academy and Justice Sindhu Sharma, Justice Javed Iqbal Wani, members of Governing Committee for J&K Judicial Academy, organized one day Special Training Programme for Judicial Officers on "Writing Judgments and Orders, Legal Reasoning, Research, Writing Style, Judgment Writing in Civil Cases, Judgment writing in Criminal Cases, Chapter XXVII Cr PC, Writing Miscellaneous orders, Writing the first Order" at Judicial Academy, Jammu .

The training programme was inaugurated by Justice Rajnesh Oswal, Judge, High Court of J&K and Ladakh while Kikar Singh Parihar, Former District and Sessions Judge was the resource person in the programme.

Kikar Singh Parihar, while

addressing the inaugural session, remarked that the Judicial Academy is a centre of learning where judicial minds are trained for meeting future challenges. He said that constant efforts must be made for enhancing legal acumen and for elevating perception of law for better justice delivery system.

Justice Rajnesh Oswal, in his inaugural address, emphasized that Justice must not only be done but must also be manifestly and undoubtedly seen to be done which is manifested through clear, coherent and concise judgments authored by judges. He described judgments as literally compositions involving discussion of facts, a distillate of issues, appreciation of evidence led during the trial, application of law, reasoning and findings serving the cause of substantive justice. He highlighted the importance of reasoning and described it as the soul and spirit of a good judgment.

Sanjay Parihar, Director, J&K Judicial Academy, presented the welcome address and gave an overview of the programme. He stated that the judiciary has scrupulously discharged its responsibility of dispensing justice

which is evident through the judgements penned by judges, conclusively determining the rights of parties. He described reason as the most important element of a judgement which reflects the working of a judicial mind, its knowledge of law and grasp of the fact or law involved in the matter before the court.

During the first technical session, Sanjay Parihar and Kikar Singh Parihar educated the Judicial Officers on various aspects of writing judgments and orders. Emphasis was laid on developing and toning the legal reasoning attributes for improved judgement and order writing. The resource person dealt with the tools and techniques for enhanced judgement and order writing skills.

The second technical session witnessed detailed deliberations on judgement and order writing. The participants were also trained on writing miscellaneous and first orders.

Later, an interactive session was held in which the participants discussed various aspects of the subject topic and raised queries which were satisfactorily settled by the resource persons.

## Brother awarded life-imprisonment for murdering sister

■ **STATE TIMES NEWS**  
JAMMU: Additional Sessions Judge Kathua Kamlesh Pandit awarded life-imprisonment to a brother for killing her real sister.

Additional Sessions Judge Kathua Kamlesh Pandit while awarding imprisonment for life for commission of offences under section 302 of RPC and fine of Rs 10,000 to accused Mohd Tanveer, observed that it is a case of murder of a sister committed by her unbridled brother without any grave or sudden provocation. The law stands settled that sentence of death is to be imposed in what is described as rarest of rare cases. The circumstances of the case do reveal that it was a horrifying and deceitful murder by a brother without any grave and sudden provocation, thereby disregarding a noble relation. The case at hand is almost on the border

## Chinar plantation drive begins across Valley

■ **SHAKEELA ANDRABI**  
SRINAGAR: Under green Jammu & Kashmir drive and celebrations of 75 years of Independence 'Azadi Ka Amrit Mohatsav', Chinar Plantation Drive started across Kashmir Valley. The administration has decided that in first phase 75 Chinar saplings will be planted in Nishat Garden during the drive while 10,000 others will be planted across the districts this season. Plantation drive is going on in full swing in all districts.

Divisional Commissioner Kashmir started the drive at famous Nishat Garden, which has the second highest number of chinar trees after Naseem Bagh.

Speaking on the occasion, Div Com Kashmir highlighted historical, economic, environmental importance of trees and termed them as indicator of rich plant biodiversity with tremendous environmental benefits. It was also decided that Department of Floriculture Kashmir will observe March 15 as Chinar Day during which Chinar

saplings are planted across the division, which will continue till end of plantation.

According to Director Floriculture, Chinar is a majestic tree whose golden colour adds to the beauty of Kashmir during autumn when other trees look withered.

Like Srinagar, other districts have also launched Chinar plantation drives. In Bhist Zehra Park in Budgam, the drive was organized by District Floricultural Office. On the occasion, DDC Budgam planted Chinar saplings and informed that 2000 Chinar trees shall be planted at various places. He urged public to plant and protect Chinar trees for their multi-dimensional essence including cultural values and for environmental safeguards.

According to officials, Budgam district currently has a population of 3,000 Chinar trees and efforts are on to double the population during the year and for this purpose as many as 2000

Chinar trees will be planted and their number will be increased every year.

On the other hand, the administration also kick-started a Chinar plantation drive in Pulwama. District administration urged the people to come forward and make plantation drive a success. Meanwhile, Forest Department has undertaken establishment of a Chinar Gah over an area of 100 Kanals at Biodiversity Park Harran Ganderbal.

Principal Chief Conservator of Forests, Director J&K Forest Research Institute, Divisional Commissioner Kashmir and Chief Conservator of Forests, Kashmir planted a sapling each. 130 saplings of Chinar were planted in association with stakeholders, School children, paramilitary forces, councilors, NGOs and officers of various Departments to commemorate the completion of 130 years of existence of J&K Forest Department.

## SAVE NGO organises workshops on animal rights & ABC/ARV

■ **STATE TIMES NEWS**  
JAMMU: Society 'Save Animals Value Environment' (SAVE) organised week-long workshops in District Samba and Udhampur to spay neuter stray dogs, vaccinate them for anti-rabies besides creating awareness about Animal Rights to ensure peaceful co-existence between humans and street animals. The workshops were held in collaboration with Society 'Help in Suffering Jaipur' who are running successful ABC/ARV program in Jaipur since 1994. SPCA (Society for Prevention of Cruelty to Animals) District Samba and Udhampur welcomed the efforts of SAVE in creating awareness about importance of spay/neutering neighbourhood animals as well as pets for healthy and safe existence.

Deputy Commissioner Udhampur Indu Kanwal Chib and Deputy Commissioner Samba Anuradha Sharma provided all possible support for success of workshops and SPCA volunteers worked along with SAVE helped for smooth conduct of workshops by imparting awareness on learning safe handling of dogs, their care and post-operative procedures till dogs are safely relocated back etc. Many pet owners from far of places like Chenani, Katra, Bari Brahmana and Hiranagar brought their pets for free sterilization and anti-rabies vaccinations in workshops.

Speaking on the occasion, Chairperson SAVE, Devinder Kaur Madaan said, "Stray dog population management in India underwent a drastic change with ABC (Dog)

Rules 2001 coming into force. The indiscriminate wiping-out of dogs by inhuman methods has stopped. As per rules, the onus is on local authorities to ensure implementation of animal birth control (ABC) among street dogs by surgeries based on protocols of Animal welfare Board of India. Since there was no active implementation of these rules in any other district of J&K except partly within municipal limits of Jammu and Srinagar, our society took the initiative to organise the workshops for creating awareness among people."

Dr Sanjay Singh from Help In Suffering Jaipur appealed to people to adopt street dogs from shelters and say no to purchasing dogs from breeders, as it will be a major step to reduce population of homeless dogs on streets.

## HBET distributes scholarships among poor Rana hails NGO's role in supplementing female literacy

■ **STATE TIMES NEWS**  
JAMMU: Describing every effort of supplementing the efforts of promoting literacy, especially among girls, as a step towards fulfilling the vision of Prime Minister Narendra Modi's 'Beti Padhao Desh Bachao', prominent BJP leader Devender Singh Rana on Saturday hailed the role of Non-Governmental Organizations and philanthropic associations in contributing to women-led development of New India.

Speaking at a well-attended function, organized by Harbans Bhalla Educational Trust (HBET) to distribute scholarships among poor segments of students, Rana hoped that private players will work in creating conditions wherein underprivileged segments of the society especially women can play their useful role in healthy growth of society after getting empowered by the



Prominent BJP leader Devender Singh Rana posing with students and HBET members.

ornament of education.

He acknowledged the challenges in imparting quality education in the wake of conditions obtaining due to Covid pandemic and appreciated the efforts of the HBET in switching over to online mode effectively. He sought larger coverage of targeted sections of the poor children to get benefitted under the initiative and noted with satisfaction the endeavours to enhance educational capabilities of poor girls, some.

the society and expressed the hope that haves will come forward in a big way in helping the have-nots to enable them lead harmonious and healthy lives. He particularly sought greater care and compassion for girl children.

Speaking on the occasion, Managing Trustee HBET, Kunal Bhalla gave an overview of the evolution of the Trust and referred to the challenge posed by Covid-19. He hoped that online interaction will greatly help in bridging the distance and direct communication gap. It will also give a platform to improve the learning standards of children covered by the Trust.

Bhalla said the Trust has grown significantly into a region wide literacy programme during the past 23 years with over 3,773 schol-

arships awarded involving Rs 83 lakhs. He said the HBET operates with the goal of providing educational support and care for children especially from financially weak rural families, 80 per cent of them girls, who are being provided scholarships, tuitions, counselling, laptops, books, clothes, etc.

"In collaboration with the Bee Enn Charitable Trust, we also organize free medical camps which include physical checkups and any medication besides treatments available free of cost," he added.

Prominent among those present on the occasion included Neelam Bhalla, Trustee, Prof. Rajnikant, S.K Dutta, Dharamveer Singh Jamwal, Keshav Chopra, S. Sucha Singh, Ayodhya Gupta and others.

## Dental health mostly ignored in India: Dr Gautam

■ **STATE TIMES NEWS**  
JAMMU: Dr Gautam Sharma who is a dental specialist (Periodontist) with the University of Jammu and also former president of Indian Dental Association (IDA) Jammu has said that Oral Health day is observed throughout the World on March 20 every year. The Theme of this year's world oral health day is be Proud of your Mouth for the happiness and well-being.

In a press statement issued here on Saturday, Dr Sharma said that in India, oral and dental health is the most ignored aspect of the health and patients only reports when they have severe toothache and swelling of the face. An unhealthy mouth not only impacts general health but it can have a severe impact on people's emotional, social, mental, and overall physical well-being.

Dr Sharma stressed that the

pathogenic and virulent bacteria which cause dental infections can transport and spread via blood to cause infections in the vital organs of the body making dental infections dangerous for other parts of the body. "The harmful bacteria or even their products can travel through blood stream to different organs causing direct damage or through the process of inflammation. The commonest reason for occurrence of gum disease is infection due to bacteria which, if left untreated, may progress to periodontitis causing destruction of the supporting structures of a tooth and intern implicated as a risk factor in heart problems, complications during pregnancy, deregulated control of diabetes, COVID-19 complications, lung and kidney problems," he added

He said that bleeding during tooth-brushing or after biting on hard surfaces like an apple, recession of gingival, swollen gums and loosening or mobility

of teeth may be the features of periodontitis. "The margins of gum are red, puffy and swollen due to the adherence of a film known as plaque on the tooth surface. The film contains a lot of bacteria in its structure and if remain uncleared changes into a hard structure called calculus which is visible as yellowish-white deposits on the tooth. In case, these symptoms are present then the patient must immediately report to a specialist doctor known as Periodontist who is an expert in treating diseases of gums and supporting tissues of teeth.

r Gautam Sharma further said that it is easy to maintain good oral hygiene by brushing twice daily with a soft bristle toothbrush and it's mandatory to brush after the dinner. Use of dental floss can avoid inter-dental caries by removing the food particles present between the two teeth. For children, start tooth-brushing as soon as first milk tooth erupts in the oral

cavity. A child would start tooth-brushing by self if he/she sees the parent doing brushing

### Shiv Sena activists protest in Jammu, seek restoration of statehood to J&K

■ **STATE TIMES NEWS**  
JAMMU: A group of Shiv Sena activists held a protest here on Saturday in support of their demand for restoration of statehood and special status to Jammu and Kashmir. The protest by Shiv Sena activists at Bari Brahmana area on the outskirts of the city was led by party's J&K unit president Manish Sahni and coincided with the visit of Union Home Minister Amit Shah. "We staged this peaceful protest to press for restoration of statehood and special status to Jammu and Kashmir. By special status, we mean reservation to local youth in government jobs and in admission to educational institutions," Sahni told reporters. He said since Home Minister is on a two-day tour of Jammu, the Shiv Sena wants to remind him of his promise made on the floor of Parliament on August 5, 2019 when the Centre abrogated Article 370 of the Constitution and bifurcated the erstwhile state into the Union Territories of Jammu and Kashmir and Ladakh.

"Both Prime Minister Narendra Modi and Shah had made a promise to the people about restoration of statehood. Already 28 months have passed but the promise was not fulfilled," he said, and asked how long the people of Jammu and Kashmir had to wait for the restoration of the statehood and a democratically elected government.

in the morning and night, so the parents have to become a role model, he added.

■ **STATE TIMES NEWS**  
JAMMU: Exhorting the party cadre to gear up for the "big challenge" being faced by the Jammu and Kashmir and work to further strengthen the Congress party at every level, JKPC Working President Raman Bhalla on Saturday said they are committed to assuage the urges and aspirations of every segment of the society in all regions and sub-regions. Interacting with various delegations at a brief function here, Bhalla said that in order to root out BJP from every nook and corner, the cadre must reach out to the people and help them seek redressal to their problems.

He said, Congress is a mass movement which has been devoted to the service of the people of Jammu and Kashmir for decades. The party is a natural destination for all those public-spirited political workers who want to steer Jammu and Kashmir towards peace,



JKPCC Working President Raman Bhalla addressing public meeting.

progress and development. Senior leaders and various delegations discussed organizational matters and brought to his notice the problems being faced by different segments of society in Jammu and Kashmir.

Prominent among those present on the occasion include former Chairman JMC & Sr. Congress Leader Satish Sharma, Corporator Ward 55 Pritam Singh, Ward 57 Corporator Rajend Singh, JKPC Refuge Cell Chairman Amrit Bali, Sarpanch

Kashmira Singh, Sarpanch Smsher Singh, Sarpanch Rajendra Kumar Dheera, District Vice President Kamal Choudhary, Nayab Sarpanch Aswani Kumar, Nayab Sarpanch Satnam Singh Kaka, Punch Ravinder Singh Raju, Ward President Sumpreet Singh, Vice President Simran Deep Singh, Ex Panch Pura Kunal, Minority Cell President Jammu Urban Baldev Singh Wajir, Pawan Bhagat, Niraj Kumar, Sanjay Sharma, Block President Ajmer Singh Charak.