BVP Shivalik Branch organises Health Talk

STATE TIMES NEWS

JAMMU: In an effort to promote comprehensive wellness and inspire individuals to embrace a holistic approach to health, Bharat Vikas Parishad Shivalik Branch proudly organised a transformative health talk: "Holistic Approach Towards Health and Wellbeing" in col-Panch laboration with Mandir Trust at Panch Mandir, Channi Himmat, Jammu.

Ashok Khajuria Secretary in a press release said that enlightening event aimed to empower attendees with valuable insights and practical strategies to enhance their physical, mental, and emotional health.

Renowned expert in the field Dr. Gaurav Vaid, Consultant Physiotherapist, Chiropractor and Osteopath,



A dignitary speaking at health talk.

shared his expertise, guiding participants on a journey towards optimal wellbeing. It is a matter of pride that Dr. Gaurav Vaid had recently participated and presented papers in International Conference on this subject. Dr. Vaid in his address cov-

ered diverse range of topics, including, understanding the interconnectedness of mind, body, and spirit, integrating nutrition, exercise, and mindfulness for holistic wellness, harnessing the power of alternative therapies and natural remedies, cultivating resilience and managing stress effectively, fostering healthy relationships and community connections.

Audience from different walks of life was engaged in interactive discussions, and actionable tips to incorporate holistic practices into their daily lives. Whether seeking to improve vitality, reduce stress, or achieve a greater sense of balance, this event offered something for everyone committed to holistic wellbeing.

"We believe that true health encompasses more than just the absence of illness - it involves nurturing every aspect of our being," said B.B. Sharma, Chief Guest of the event.

H.C. Vaid, President Shivalik Branch said that our goal is to inspire individuals to embrace a holistic

ering them to thrive and live life to the fullest. Bharat Vikas Parishad is dedicated to promoting health and wellbeing through education, advocacy, and community engagement. We believe in empowering individuals to take charge of their health journey and thrive in all aspects of life, he further

Ashok Khajuria, Secretary, Shivalik Branch conducted the whole program and welcomed all the dignitaries. Vijay Sharma, Media Head presented the vote of thanks.

T.R. Soi, Patron BVP, Ashok Gupta, President, Prant, Rakesh Sharma, Treasurer, Shivalik Branch and many more office bearers, members and general public graced the

World Theatre Day honours for Balwant Thakur

STATE TIMES NEWS

JAMMU: Eminent playwright and Theatre Director Padamshree Balwant Thakur is being honoured on the occasion of 'World Theatre Day' in two different places in Himachal Pradesh and Haryana. In Himachal Pradesh, The Beginners, in association with Language and Culture Department, Government of HP and Gaiety Theatre Society has invited Balwant Thakur as Chief Guest on the occasion of the celebrations of world theatre day featuring a Theatre seminar, play performances and felicitations at the iconic Gaiety Theatre, Shimla.

The 2nd event is being held at the prestigious Maharishi Dayanand University, Rohtak (Haryana) where Balwant Thakur is being conferred with the best theatre promoter



Theatre Promotor Award-2024' on the occa-

entitled

'Devender

Trikha

sion of world theatre day. On 27th of March, 2024 World Theatre Day is being celebrated globally under the aegis of International Theatre Institute, UNESCO Paris. The theme of the world theatre day celebrations is 'Theatre and a culture of peace'. World Theatre Day is celebrated world over to enable theatre communities to promote their work on a broad scale so that the governments and the opinion leaders are made aware of the value and importance of theatre.

In Jammu & Kashmir

Balwant Thakur is credited for creating a new renaissance for theatre and through his sheer hard work and foresightedness. he outstandingly brought the theatre of this lesser known region to the international limelight. Dogri Theatre in particular got global recognition through his highly innovative plays which were creditably featured in Frankfurt International Theatre Festival, Year of India in Russia. Theatre Olympics and Games. Commonwealth Conferred with the highest Indian honour in performing arts in addition to Padmashree, Balwant Thakur holds a distinctive position in the country with his remarkable over 350 National/International theatre participations as director and holding of over 6500 shows/events, which is a record

IDA conducts dental camp to mark World Oral Health Day

JAMMU: Indian Dental Association (IDA), Jammu branch, on Wednesday conducted a dental check-up camp at Balgran, Channi Rama, Jammu, to mark World Oral Health Day-2024. In this camp 100 children were examined for their dental health

Every year, March 20, is observed as World Oral Health Day (WOHD) which aims to empower people with the knowledge, tools and confidence to secure good oral health. Oral diseases are a major health concern for many countries and negatively impact people throughout their lives.

Dr. Gautam Sharma, President, IDA Jammu, informed that this year the theme of WOHD is "A Happy Mouth Is... A Happy Body" and the campaign will continue for next 3 years. This theme offers a simple yet powerful way to capture the multifaceted



Indian Dental Association Jammu branch members interacting with inmates of Balgran.

nature of oral health in a concise and relatable manner. The 2024 campaign focuses on the intricate link between oral health and general health because "A Happy Mouth Is... A

Happy Body. This empower everyone, everywhere to value and take care of their mouths and understand that by doing so, they can also protect their overall wellbeing.

Avoid risk factors, adopt good oral hygiene habits and have regular dental check-ups to help protect your mouth and body.

Experts who were present during the occasion included Dr Vibha Raina, Dr Himja Mengi, Dr Arshiva. Burhan and Dr Himani. Dr. Adil (MBBS,

MD) from Pulse hospital also examined the children. IDA Jammu associated with Plaksha foundation and Pulse Hospital Jammu to conduct the camp. Free toothpaste samples were provided by Haleon for this

Vinod Raina, President Balgran, Shashi Kant Goswami. Treasurer were present during the occasion. Prof. R.D.Sharma, Secretary, Balgran, supervised the camp. Doctors

informed the students that for maintaining good oral health, brushing twice daily with a soft bristle toothbrush is mandatory. Use of hard brush causes abrasion of teeth, recession of gums leading to sensitivity in teeth. Many people do not clean

their tongue while brushing which is one of the top reason for bad breath from mouth, known as halitosis, as bacteria and food particles remain attached to the surface of tongue. Use of dental floss protects a person from interdental caries which starts between the two teeth and one of the most common issues seen in the molars. Also, avoid consuming food which is soft, sticky and sweet, like candies, chocolates, icecream etc. Potato chips also stick to the surface of teeth and causes decay as it is rich in carbohydrates. Social organisations. schools, NGOs can contact IDA Jammu if they wish to conduct the

RPHQ conducts campaign against drug menace



Vinod Kumar SSP Jammu with other officers at a camp.

STATE TIMES NEWS JAMMII: Continue to drive against Drug menace, a significant Campaign against the drug menace is being conducted by Range Police Hqrs. Jammu on Wednesday at Rajiv Nagar, Jammu under Civic Action Program under the control & command of DIG Jammu-Samba-Kathua Range, Jammu Dr. Sunil Gupta and overall supervision of Staff Officer to DIG Jammu Rajinder Singh Katoch, SSP.

This ambitious drug awareness campaign aimed at fostering a drug free community through a Nukad Natak (a

team of Nav Durga Kala Manch) headed by Shazi Khan.

Program started with the warm welcome of Chief Guest Vinod Kumar SSP Jammu and guest of honour SO to DIG Jammu Rajinder Singh Katoch SSP, SP South Jammu Ajay Sharma, SDPO East Sheezan Bhat, SHO Bahu Fort Insp Amit Kumar and ICPP Narwal SI Sanjeev Sharma. In the program Chief Guest Vinod Kumar -IPS SSP Jammu while addressing media said that drug taken is a most common habit in the youth these days mostly in 15

He also said that drug is a poison which destroys once life and we should stay away from drugs and guide others to stay away from it and he also warned drug paddlers to stop drug paddling and ensured they dealt strictly under law.

Dr. Gulnaz Choudhary from Police drugs de addiction Centre, Jammu delivered impactful speech on drugs especially highlighting synthetic drugs and its bad effects she also said that it is very important to sensitize our youth in every section of the society on the subject of drug abuse.

General Public and Civil Society Members present in the program appreciated and thanked Jammu & Kashmir Police for organizing such events. Team Nukad Natak awarded with Cash Prize from RPHQ Jammu for its outstanding performance related to drug abuse and its bad effects. From RPHQ Jammu ASI Tarsem Lal, Sgct Sudesh Sharma, SgCt Narinder Sharma were present in the venue for smooth conduct of

KMTA to support Dr. Jitendra in LS elections



Kanak Mandi Traders Association members honouring Dr Jitendra Singh.

STATE TIMES NEWS

JAMMU: A delegation representing the Kanak Mandi Traders Association (KMTA) led by BJP Vice President

Notice is hereby given that -

aforesaid:

30th of March, 2024;

Place: Kathua

Dated: 20.03.2024

DIP/J-16261/23

Dated: 20/03/2024

No:RO/4-Udh/Elec/2024/0001

Udhampur Parliamentary Constituency.

holiday) not later than the 27th of March, 2024.

office, Kathua on 28th of March, 2024 at 01:00 P.M.

Jammu District Anu Gupta met with MoS PMO Dr. Jitendra Singh to convey their best wishes for the upcoming Lok Sabha elections.

FORM 1

(See rule 3)

NOTICE OF ELECTION

(1). an election is to be held of a member to the House of the People in the 4-

nomination papers may be delivered by a candidate or any of his

proposers to the Returning Officer or to Assistant Returning Officer,

67- Kathua AC (ACR Kathua) at Deputy Commissioner's office, Kathua

between 11:00 A.M. and 03:00 P.M. on any day (other than public

forms of nomination paper may be obtained at the place and times

nomination paper will be taken up for scrutiny at Deputy Commissioner's

or by any of his proposers or by his election agent who has been

authorised in writing by the candidate to deliver it to either of the officers

specified in paragraph (2) above at his office before 03:00 P.M. on the

in the event of the election being contested, the poll will be taken on 19th

Sd/-

Dr. Rakesh Minhas, IAS

Returning Officer,

4-Udhampur Parliamentary Constituency

of April, 2024 between the hours of 07:00 A.M. and 06:00 P.M.

(5). notice of withdrawal of candidature may be delivered either by a candidate

During the meeting, the association members expressed their support and confidence in Dr. Singh's can-

The Jammu and Kashmir Board of School Education Reharl Colony Jammu / New Campus, Bemina, Srinagar 0191-2585480 (J.D) 194-2494522 (K.D) email: directoracad@jkbose.co.in

Notification

awareness lectures and

oral check-up camps.

Sub: Postponement of Physical Education paper of HSE Part-II (Class 12th) Annual Regular 2024 (Soft Zone Areas).

It is hereby notified for information of all the concerned that the Examination of Physical Education Subject of HSE Part-II (Class 12th), Session Annual (Regular) 2024 for the Soft Zone Areas of UTs of Jammu and Kashmir/Ladakh, that was held today on 20-03-2024 has been cancelled and the new date for examination of the said paper shall be notified separately.

By Order

Director Academics

PHOTOGRAPH

No: F (Acad-C)/PP/PED/AR/Exam/2024. Dated: 20-03-2024.

DIP/J-5883-P/23 Dated:- 20/03/2024



DISTRICT POLICE

HEADQUARTERS KATHUA ne No.: 01922-234010

LOOK OUT NOTICE On 30-01-2024, one Sunil Kumar S/O Dholu Ram R/O Barri Tehsil Bani

District Kathua lodged a written report at P/S Bani stating therein that on 29-01-2024 his sister namely Reshma Devi, age about 20 years is missing. The complainant tried his best to search his sister but all in vain. On this, missing report vide DD No. 11 dated 30-01-2024 has been entered at P/S Bani.

During the course of investigation, best efforts were made to locate missing individual, whereas she is still un-traced.

As such Description Roll/Photograph of said missing individual is being shared with the appeal that anybody having clue/information about her whereabouts may inform us accordingly. The informer will be rewarded suitably:-

DESCRIPTION ROLL

Name Reshma Devi Father Dholu Ram Permanent Address Village Barri Present Address Village Barri Tehsil Bani

Police Station Age Height

Complexion Built Face

Black Eyes Languages known Dogri/Hindi

Any information related to the whereabouts of the subject may be communicated on following contacts:-

1. DPO Kathua- 01922-234010 (Phone/Fax)

Bani

5 feet

Oval

20 years

Wheatish

medium

- 2. dpokathua@jkpolice.gov.in (Mail ID) PCR Kathua- 01922-234311(Phone/Fax)
- 4. Police Station Bani 01921-268048

DIP/J-16249/23 Dated:- 20/03/2024

Sd/-Sr. Superintendent of Police, Kathua.

COURT OF THE PRINCIPAL DISTRICT JUDGE, SAMBA

to 35 years age group.

In the matter of:etition under section 7 of Guardian and Wards Act for the appointment of petitioner as guardia

of person and property of minors namely 1. Tejaswani Balgotra 2. Kanika Balgotra 3. Samayri Balgotra all daughters of Late Rohit Balgotra R/O W. No. 8 Vijaypur Tehsil Vijaypur District Samb With further relief to allow the petitioner to alienate the property i.e. land bearing khasra no. 342/93 neasuring 2 marlas situated at Gagore Tehsil Vijaypur District Samba to meet the educational and there day to day expenses of the minors for their basic necessities of life. Notice to the General Public

Whereas the above named petitioner has applied for her appointment as Guardian of perso and property of minors namely 1. Tejaswani Balgotra 2. Kanika Balgotra 3. Samayra Balgotra a aughters of Late Rohit Balgotra R/O W. No. 8 Vijaypur Tehsil Vijaypur District Samba with furthe prayer to permit/allow the petitioner to alienate land bearing khasra no. 342/93measuring 2 marla situated at Gagore Tehsil Vijaypur District Samba to meet the educational and other day to da expenses of the minors for their basic necessities of life Through this publication, the public in general is informed that if an

have any objection in appointment of petitioner as guardian of the a ninors, he/they shall file his/their objections personally or through any authorized agent in this Cour on or before 05.04.2024, the next date fixed in the case, failing which appropriate orders shall be

Take note that if the next date fixed is declared holiday, the case shall be taken up on the next

Given under my hand and seal of this court today the 12th day of March 2024 at Samba

Principal District Judge

Before The Court Of Learned Tehsildar **Executive Magistrate 1st class Jammu South** Mesho Devi W/o Late Šh. Ram Lal R/o Lalyal, Jammu V/S

Block Development Officer Phallian Mandal, Jammu SHO P/S Satwari, Jammu. Non-Applican

In The matter of applicant for issuance of direction to the Non Applicants to record the Death particular of the applicant in the Non Applicant record Under rule.

May it Please your Honour The applicant most respectfully with detail of Applicant as under

Name Ram Lal Date Of Death 20-04-2004

Place Of Death At Home With due most respectfully and humble request that Submitted That I, Mesho Devi W/o Late Sh. Ram Lal R/o Lalyal, Tehsil Jammu South, Distt. Jammu. That I am going to apply the Death Certificate ir favour of my husband Namely Ram Lal. That the D.O.D is 20th or

April, 2004. That I have Voter Card that I need the death Certificate for the purpose of Legal Heir. It is requested to your Good self that the Death Certificate issue in my favour and obliged.

Learned Tehsildar **Executive Magistrate** 1st Class, Jammu South

Non-Applican

Before The Court Of Learned Tehsildar Executive Magistrate 1st class Jammu South

Budesh Kumari W/o Late Sh. Bhushan Lal R/o Mangu Chak, Jammu Block Development Officer Phallian Mandal, Jammu

In The matter of applicant for issuance of direction to the Non Applicants to record the Death particular of the applicant in the Non Applicant record Under rule.

May it Please your Honour The applicant most respectfully with detail of Applicant as under: Name

Bhushan Lal Father Name Date Of Death 20-04-2004 Place Of Death At Home

2. SHO P/S Satwari, Jammu.

With due most respectfully and humble request that Submitted That I, Sudesh Kumari W/o Late Sh. Bhushan Lal R/o Mangu Chak Tehsil Jammu South, Distt. Jammu. That I am going to apply the Death Certificate in favour of my husband Namely Bhushan Lal. That the D.O.D is 20th of April, 2004. That I have Voter Card that I need the

death Certificate for the purpose of Legal Heir.

It is requested to your Good self that the Death Certificate issue in my favour and obliged.

Learned Tehsildar **Executive Magistrate** 1st Class, Jammu South