

## Two-day Ist International Conference on Health Fitness, Yoga and Sports Science 2024 begins at GDC Kathua

### ■ STATE TIMES NEWS

KATHUA: GDC Kathua (Boys) organizes two day 1st International Conference on Health Fitness, Yoga and Sports Science 2024 organised by IQAC and Department of Physical Education and Sports in collaboration with Foundation for Global Community, USA on 5 March, 2024. The mega event commenced with the inauguration by Prof. Yasmeen Ashai, Director Colleges, Department of Higher Education, J&K, Prof. Seema Mir, Principal, GDC Kathua, Dr. Ming Kai Chin, Keynote speaker, Founder and President of Foundation for Global Community Health USA, Founding and Immediate Past President, BRICS Council of Exercise and Sports Science.

The event began with the lighting of the traditional lamp along with Saraswati Vandana. A formal welcome address was delivered by Prof. Seema Mir, Principal GDC Kathua followed by the release of the abstract book. A cultural bonanza was presented by college students in which they displayed Dogra and Kashmiri culture in a very colorful manner which



was highly appreciated by keynote speaker as it's related with the physical exercise which is the main aspect of the conference theme.

Delivering the key note address, Dr. Ming Kai Chin, talked in depth about the role of technology in education and physical activities in order to attain perfection. Highlighting the need of fitness, he spoke about the role of International Sports Organisation and WHO in the promotion of sports among children to counter obesity. He also emphasized how dance, Brain Break is imperative for the physical fitness of children. While addressing the audience, Prof. Yasmeen Ashai, applauded the principal, GDC, Kathua and the entire team for organising the event successfully. She placed on record that health

plays a pivotal role in shaping the entire well-being and involvement of academicians across the globe in community work. A virtual message was delivered by Dr. Ravi Shankar Sharma, Special Secretary, HED, J&K congratulating the Principal GDC Kathua for organising the event. Moreover, Dr. Rajesh Kumar, Director of Sports, Osmania University, Hyderabad, Dr. G. L. Khanna, Pro-vice Chancellor, Manav Rachana University, Delhi, Dr. Gala, President, Asian Council of Sports & Exercise Science, Malaysia & Dr. Uri Scheffer, President International Council for Sports Science Physical Education, Berlin, Germany connected with us on virtual platform and conveyed greetings to the principal and organizing team for organizing this international

Conference.

Afterward, conference proceeded for invited lectures by Dr. Garry Kuan, Associate Professor, Exercise and Sports Science Program, University Sains Malaysia, Post Doctoral Research Fellow, Brunel University, London, UK and DR. Hilia Davidov, Research Scholar, Kohn University, Germany. They stressed on the various topics related to foster advancements in the field of Health, Fitness, Yoga and Sports Science. Later, two parallel technical sessions of paper Presentation and Poster Presentation were conducted in which 7 delegates have presented their research and deliberated on various aspects of Health, Fitness, Yoga & Sports Science, whereas, 19 delegates have displayed their research findings through

posters. The paper presentation session was chaired by Dr. Geetanjali A Rana, GDC, Ramgarh, Dr. Twinkle Suri, GDC, Samba, and Prof. Sujata Salathia, GDC, Ghagwal and co-chaired by Dr. Vinod Bakshi, Director Sports, Cluster University, Jammu. The poster presentation session was chaired by included Prof. Pragya Khanna, GLDC, Hiranagar, Prof. Anupama Gupta, GDC, Marheen, Prof. Sangeeta Sudan, GDC, Mahanpur and co-chaired by Dr. Balvinder Singh, Physical Director, GDC, Mahanpur. The event was attended by faculties from various colleges, students, delegates participated in the conference through hybrid mode. Among others, Prof. Sumanesh Jasrotia (Retd., Principal) and Prof. Raj Kiran, Associate Professor, GDC, Billawar were also present on the occasion. The formal vote of thanks was presented by Dr. Jogbinder Singh Soodan, Physical Director & Organising Secretary of this conference. The proceedings of the event was conducted by Prof. Yashpal Sharma and Prof. Shivani Kotwal, Convener, Sports Board.

## NSS Unit of Dogra Degree College organises Lecture and Medical Camp in collaboration with Health and Wellness Center in Upper Kartholi

### ■ STATE TIMES NEWS

SAMBA: NSS unit of Dogra Degree College continued its commitment to community service and health promotion by organizing a lecture and medical camp on the 6th day of its winter camp. The event, held at the Health and Wellness Center in Upper Kartholi, aimed to provide essential healthcare services and raise awareness about health and wellness among the local community.

Ruchika, the esteemed in-charge of the Health and Wellness Center in Upper Kartholi, served as the resource person for the event. With her extensive knowledge and experience in healthcare, Ruchika delivered an informa-



tive session on the importance of preventive healthcare measures and the role of regular health check-ups in maintaining good health. Her insightful presentation was well-received by the attendees, who found the information valuable and practical.

The event was attended by Priyanka Sharma, NSS pro-

gram officer and Kirti Sharma, Senior Librarian who played a key role in organizing the event and ensuring its success. Local community members and NSS volunteers also actively participated in the event, demonstrating their commitment to community service and health promotion.

The medical camp offered a

range of services, including general health check-ups, blood pressure monitoring, and basic medical consultations. Participants had the opportunity to interact with healthcare professionals and receive personalized advice on improving their health and well-being. Free medicines were also distributed to those in need,

ensuring that everyone had access to essential healthcare services.

Priyanka Sharma expressed her gratitude to Ruchika and the Health and Wellness Center for their support and collaboration in organizing the event. She emphasized the importance of such initiatives in raising awareness about health issues and improving access to healthcare services in rural areas. The NSS unit of Dogra Degree College remains committed to organizing events that benefit the community and promote the well-being of its members. Through its various activities, the NSS unit continues to make a positive impact on society and inspire others to join in its efforts.

## GDC RS Pura supports 'Mera Pehla Vote Desh Ke Liye' Campaign for democratic engagement



### ■ STATE TIMES NEWS

RS PURA: In a vibrant display of civic engagement and democratic fervor, the Viksit Bharat Club of Government Degree College R. S. Pura, in collaboration with IQAC, NSS and NCC unit organizes event under the 'Mera Pehla Vote Desh Ke Liye' campaign with an Extension Lecture on the theme. Which aimed at sensitizing students, especially first-time voters, was delivered by Dr. Rakesh Choudhary, Head Department of Political Science. He highlighted the significance of electoral rights and stressed the importance of voting and

making informed choices. The lecture's main objective was to encourage maximum participation of young voters in the forthcoming Lok Sabha Elections - 2024.

The event was conducted under the able guidance of Dr. Rajni Bhagat, Principal of the college. While addressing the audience, Principal of the college, urged students to disseminate information about the voting process to strengthen Indian democracy. She emphasized the campaign seeks to inspire and empower the youth to exercise their fundamental right to vote. Recognizing the pivotal role of young voters in

shaping the destiny of the nation, the initiative underscores the importance of their voices in the democratic process. The event witnessed a no. of students and faculty members, demonstrating widespread interest and enthusiasm among the college community towards the campaign's objectives.

The event initiated under the 'Mera Pehla Vote Desh Ke Liye' campaign at GDC RS Pura reflect the institution's commitment to promoting democratic values and fostering civic engagement among its students. Such initiatives play a crucial role in empowering the youth to become responsible and informed citizens of the nation. The event was coordinated by Dr. Sunil Kumar Mangoch, Nodal Officer Viksit Bharat. Among the distinguished guests present were , Dr. Vijeta Anand and Prof Vishal Sharma. whose support and mentorship have been invaluable in organising today's events.

## GDC Khour organises Voter Awareness Campaign

### ■ STATE TIMES NEWS

KHOUR: NSS unit of Govt. Degree College Khour launched a campaign on "Mera Pehla Vote Desh Ke Liye" with the objective to engage and encourage youth especially first time voters to actively participate in voting in the upcoming Lok Sabha elections. In connection with series of activities being undertaken by the College, an interactive awareness lecture on the theme "I Vote for sure" was conducted by Dr. Rashmi Sharma, HoD (Political Science) to motivate the youth regarding values of voting and understanding of electoral process of the country which is the largest democracy in the world. She gave great



insight of the importance of voting as it is a way for people to have a say in their government and to elect candidates who respect their interests. It is also a way for people to hold their government accountable.

In addition to being a fundamental right, voting plays an important role in healthy

democracy. Prof.(Dr.) T.K Sharma, Principal of the college also encouraged the students to exercise civic and moral duty by ensuring their active participation in the voting process. The entire programme was coordinated by Prof. Himansh Khajuria, NSS PO.

## NSS & NCC Wings of GDC Udhampur organises Pulse Polio Awareness Programme

### ■ STATE TIMES NEWS

UDHAMPUR: NCC Wings of J&K 2 (boys) Battalion and NCC Wing of J&K 2 (girls) Battalion and NSS Unit of GDC Udhampur organized the Three-Days Pulse Polio Awareness Programme from 01/03/2024 to 03/03/2024. The programme was organized under the patronage of the worthy principal of the college, Prof. (Dr) Romesh Kumar Gupta. NCC Cadets, including 50 boys and 25 girls, participated in the poster-making competition. Through their posters, the Cadets tried to spread awareness about the importance of Pulse Polio Immunization. On the Second day, 02 March 2024, all the NCC Cadets and NSS Volunteers of the College chanted various slogans about Pulse Polio Abhiyan. On day three, 03 March 2024, 15 Cadets, including ten boys and five girls, and 5 NSS Volunteers, while actively playing their supportive role in Pulse Polio Immunization, went to District Hospital Udhampur to help the nursing staff in the immunization of polio drops and get their first-hand experience of the Campaign. While interacting with the parents of the children and other locals presented in the college, the cadets guided and motivated them about polio drops and its importance for the overall well-being of the children. This visit of the cadets and NSS Volunteers induced a sense of responsibility and fulfillment of societal responsibility; one of the objectives of NCC and NSS, amongst the cadets. While addressing the cadets, the principal of the college, Prof. (Dr) Romesh Gupta, appreciated the cadets for their active participation in Pulse Polio Immunization. He lauded their commitment towards the good health and prosperity of the society. In his address, he added that being always at the helm of societal and national affairs is the first and foremost duty of each one of us, especially NCC Cadets. He also applauded the ANOs, Prof. (Capt) Shivani Sharma and Prof Vijay Kumar, and NSS Pos, Dr Gurpreet Kour and Prof Sanjeet Singh for their consistent efforts to instill the ideals of responsibility, altruism and selflessness among the NCC Cadets and NSS volunteers. The whole programme was coordinated by ANOs J&K 2 Boys and Girls Battalion and NSS POs.

## Karnataka CM flays Centre for not releasing funds to face acute drought

### ■ STATE TIMES NEWS

BENGALURU: With Karnataka reeling under an acute water crisis due to a severe drought situation in most parts of the state, Chief Minister Siddaramaiah on Tuesday launched a fresh attack against the Centre for not releasing Rs 18,172 crore to face the challenge.

He charged that the Centre did not heed to the state government's plea to increase the number of man-days under the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) from 100 to 150.

Siddaramaiah also alleged that the union government did not release Rs 1,600 crore towards the payment of wages to those working under MGNREGS.

"We gave the first memorandum to the Centre on October 20, 2023 to release Rs 18,172 crore for drought mitigation but till now the Centre did not give even a penny," the chief minister said.

He alleged that the BJP comes to fight with the Congress whenever the Karnataka government asks the Centre for funds.

## NSS Seven Day Special Winter Camp concludes at GDC Neeli Nallah



### ■ STATE TIMES NEWS

UDHAMPUR: NSS Unit GDC Neeli Nallah concluded 7 days Winter Camp by conducting a Valedictory function. The chief guest for the function was the Principal of the College, Prof. Hans Raj. In his address ,He lauded the efforts of the NSS Unit for successfully organizing the week-long Camp. He advised the participants to render community service and to spread the message of truth, kindness, affection, and righteousness among people in society.

In this week- long camp, number of activities were organized which included

visit to Bal Ashram, Poster making and rally on Nasha mukt Bharat, Cleanliness Drives, Beautification of college premises (Plantation Drive) Door to door awareness campaign on topics like Drug Abuse and Mera pehla vote Desh ke liye, Poster Making Competition, Extension lecture, and Cultural Programs. The Camp was successfully organized by Prof. Shaista Yasmeen, NSS PO with the active support and coordination of the college staff.

The Chief Guest, Prof. Hans Raj and NSS PO Prof. Shaista Yasmeen distributed Certificates of

Merit among the NSS Volunteers who attended the Winter Camp and rendered meritorious service in the interest of society. Around 60 NSS volunteers attended the camp. The program was conducted under the able guidance of the Principal of the college, Prof. Hans Raj with faculty members, Dr. Sunil Tanooh, Prof. Rekha Sharma, Dr. Zahoor Mir, Dr. Akhter Hussain Dr. Muntazir, Dr. Mahima Bhagat, Pradeep were present during the valedictory function. NSS volunteers took active participation in every programme. And made the programme a great success.

## NSS Units of Government SPMR College of Commerce organises Lecture on 'Mera Pehla Vote, Desh Ke Liye'

### ■ STATE TIMES NEWS

JAMMU: NSS units of Government SPMR College of Commerce under the aegis of IQAC organized a compelling lecture on the topic 'Mera Pehla Vote, Desh Ke Liye' on March 5, 2024, in the Smart Class Room of the college. The event aimed to promote civic awareness and the importance of exercising one's right to vote. Dr. Rajinder Singh, Principal of the college was the Chief Guest on the occasion.

Speaking on the occasion, he highlighted the objective of organizing SVEEP activity which will aware young youth about the electoral process and voter participation. Prof. Deepshikha Sharma, NSS PO presented the formal welcome address. Dr. Jeevan Dhar, Associate Professor in Political Science from MAM College graced the occasion as the Resource Person, sharing valuable insights on the significance of an individ-



ual's first vote for the nation. A total of 50 students attended the program and raised various queries regarding voting process and elections which were answered by Dr. Jeevan Dhar.

The event garnered participation from various faculty members, including Dr. Pawan Gupta, Dr. Reena Rani, Dr. Azam, Dr. Ashwani, Dr. Neeru Devi Anand, Prof. Esha Abrol, Prof. Binny and Prof.

Sanjeev Verma. The entire program was meticulously coordinated and managed by Prof. Deepshikha Sharma and Dr. Deepak Pathania, the NSS Program Officers of the college, ensuring a seamless and impactful event. The engaging discussion and informative session underscored the college's commitment to foster a sense of civic responsibility among the student community. The formal vote of thanks was given by Dr. Deepak Pathania.

## GDC Marheen organises lecture on 'Registration process for First Vote Casting'



### ■ STATE TIMES NEWS

MARHEEN: Voter Literacy Club in collaboration with the Department of Political Science of GDC Marheen organized a lecture on the topic "Registration process for First Vote Casting" under the campaign organized by Govt. of India, Ministry of

Youth Affairs & Sports on the theme "Mera Pehla Vote Deshki Aur". A formal welcome address and Vote of thanks was given by Prof. Imran Hussain Shah. The programme was organized under the patronage of Principal of the college Prof. (Dr) Anupama Gupta.

The detailed expert lecture was delivered by Dr. Haseena Rajput, HOD, Department of Political Science of GDC Marheen and she awared the students about voting and its importance. She highlighted that every student above the age of 18 years has the right to vote and by voting they can create change and make a difference in the community.

The other faculty members presented in the programme were Prof. Sandeep, Prof. Anoop, Dr. Munisha, Dr. Shallu, Dr. Rajni, Dr. Reemi, Prof. Preeti and Dr. Barneet.

Students actively participated and clear their doubts by asking a number of questions after the lecture.

## Punjab govt presents over Rs 2 lakh crore budget for 2024-25, accords special focus on health, education

### ■ STATE TIMES NEWS

CHANDIGARH: Punjab Finance Minister Harpal Singh Cheema on Tuesday presented the state's budget for the financial year 2024-25 envisaging total outlay of over Rs 2 lakh crore, providing special focus on health and education.

While presenting the budget in the state assembly, he also announced several new initiatives, while earmarking Rs 575 crore for various crop diversification schemes for farmers.

Of the total annual outlay of over Rs 2 lakh crore, Cheema said, Rs 13,784 crore has been earmarked for the agriculture sector and Rs 16,987 crore for the education sector.

"I propose a total budget expenditure of Rs 2,04,918 crore for FY 2024-25. The effective revenue deficit and fiscal deficit are expected to be 2.77 per cent and 3.80 per cent, respectively," he said, adding that the two respective

figures were 3.13 per cent and 4.12 per cent in the previous fiscal.

Cheema said that the government has proposed a Malwa canal project, which aims to reduce reliance on ground water and optimize under-utilized Punjab's share of Beas-Satluj river water during Rabi period.

The new Malwa canal project aims to cover approximately 1,78,000 acres, benefiting farmers in Bathinda, Faridkot, Ferozepur and Muktsar districts, he said.

The FY25 budget also has an allocation of Rs 575 crore for various crop diversification schemes.

It is our duty to keep encouraging our hard working farmers to diversify and thus the AAP government shall keep on focusing on such schemes in future as well, Cheema said in his budget speech.

"Our government is committed to our 'annadatas' in

every way and as a gesture of continued support for them, we have allocated Rs 9,330 crore in FY 2024-25 towards power subsidy for agriculture.

"I propose a budgetary outlay of Rs 194 crore for soil and water conservation, including proposals to undertake two new NABARD projects for providing financial assistance to farmers for laying underground pipelines for irrigation," he said.

The finance minister also announced an outlay of Rs 16,987 crore for the education sector, which is around 11.5 per cent of the total estimated expenditure in the next fiscal.

He said 118 government schools will undergo a transformation to become state-of-the-art 'schools of eminence' and 14 School of Eminence have already been started. The government has budgeted Rs 100 crore in FY25 for this purpose.