

## Celebrating International Women's Day, NMDC hosted Health Talk

**■ STATE TIMES NEWS**  
HYDERABAD: On the occasion of International Women's Day, NMDC organised a health talk for female employees at its Head Office, Hyderabad.

The session was conducted by Dr. Sai Lakshmi, a gynaecologist from Apollo Hospitals focusing on Women health and Wellness.

The session aimed at raising awareness on growing health challenges for women including cervical cancer and breast cancer.

Dr. Sai Lakshmi also emphasized on the importance of early detection and screening for controlling the condition as well as preventive measures.

The Chief Guest, Vinay Kumar, Director (Technical) NMDC said, "As we celebrate International Women's



Chief Guest, Vinay Kumar, Director (Technical) NMDC with others at a programme.

Day, we are reminded of the pivotal role of women in our society. With the female labor participation rate rising to 37% in 2023, it's evident that women's contributions are integral to achieving India's vision of becoming a 5 trillion economy."

During the lecture, Dr. Sai Lakshmi said, "Cervical cancer and breast cancer are

most common in Indian women, therefore the need to stay informed about the preventive measures is crucial. NMDC's initiative of providing free HPV vaccination is recommendable and aid in early prevention."

HYBIZ organized an award show to celebrate the women leaders in the Industry, G Anupama GM

(Finance & SoT CMD) and P Shanthi GM (Commercial) were presented with the HYBIZ Women's Leadership Award 2024 in the finance category. The award recognises their valuable contribution and versatile expertise in corporate finance & strategic management that has helped the corporation achieved significant milestones.

## Jammu Police celebrates International Women's Day in Police Stations

**■ STATE TIMES NEWS**  
JAMMU: International Women's Day celebrated with great enthusiasm and verve in Police Stations of Jammu District. Programmes were held across the Jammu District in Police Stations by Jammu Police. SP Rural Jammu along with officers of Rural Zone participated in the International Women's Day celebrations.

SP Rural Zone Jammu said that the services of JK Police are always available 24x7 at Mahila Desk existing in all Police Stations; and Women Police in the JKP have been playing an important and pivotal role in solving sensitive cases related to women.

He said that with the availability of Mahila Police Desk at Police Station level, more incidents of harassment and other crimes against women are being taken to the notice of police and necessary steps are being taken to keep a check on these crimes.

Police Officers of Rural



Police officers chairing International Women's Day celebration at police stations.

Zone also met and applauded the achievements of women in their areas who have sealed extraordinary success and have become inspiration for others and presented sweets on the occasion.

SDPOs, SHOs of Rural

Zone and others were presented in the programs at their respective Police Stations.

International Women's Day was also celebrated at Police Station Miran Sahib, Police Station RS Pura, Police Station Bishnah and several other Stations with zeal.

## 2 days "RANH Barse-A Fashion & Lifestyle Exhibition" gets underway



Ritu Mahajan, Deputy Commissioner Enforcement alongwith her team inaugurating the show.

**■ STATE TIMES NEWS**  
JAMMU: Ritu Mahajan, Deputy Commissioner Enforcement alongwith her team inaugurated the show and congratulated organisers and their team Ruchi Khare Sharma-CEO Rangoli by Ruchi & Tannu's exhibitors Nikhil Sharma Vibe Raman Gupta Pans &

Pots to curate such a beautiful show to uplift the young entrepreneurs & provide them a platform to follow their passion.

Heavy rush was witnessed since the opening on the day-1 of this Fashion & Lifestyle Exhibition organised at zone hotel today.

After super successful

events in Jammu Fashion Fest this time is presenting a group of extremely talented exhibitors showcasing their collection.

Ruchi & Tanu also thanked Puneet Arora Eeetos Bakers Gifting Partner for his support.

The exhibition will remain open for the customers from 11 am to 9 pm. Lot of exhibitors from Jammu and other cities are displaying their collection to style up Jammuites with new fashion trends.

Ritu Mahajan said that such events are indeed good initiatives to give a platform to the young entrepreneurs of city Jammu specially on Women's Day and outside places to showcase and promote their brands and products.

## 23rd All India Police Water Sports Championship concludes Hosts JKP men emerge runner-up in Canoeing Advisor Bhatnagar distributes trophies, medals



Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar and other dignitaries with J&K Police team after presenting runner up trophy.

ver and a bronze medal.

In the Women's Category of Canoeing, SSB with 27 points emerged victorious, and ITBP finished as runners-up with 18 points. SSB bagged five gold and a bronze medals while ITBP finished with one gold, three silver and two bronze medals. In the Kayaking competition for women, SSB with 30 points emerged victorious, and BSF finished as runners-up with 27 points. SSB bagged five gold medals while BSF finished with nine

silver medals. In Rowing for women, SSB took the top spot with 25 points, and ITBP followed as runner-ups with 20 points. SSB got two gold, three silver and three bronze medals while ITBP won four gold medals.

Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar was the chief guest, who distributed trophies and medals among the winners and runner up teams during the closing ceremony. DGP, R.R Swain; ADGP, Vijay Kumar; senior

officers of the J&K Police, participants from various teams from across the country and large number of people were also present on the occasion.

Addressing the gathering on the occasion, Advisor Bhatnagar remarked that this reputable tournament marks a dawn in Jammu and Kashmir as it will significantly contribute in promoting sports and lewd to overall development of youth. He added that J&K is becoming a powerhouse of sports and a

## Dharmarth Trust restores Shree Ranbireshwar Temple to its original glory ahead of Maha Shivratri: Vikramaditya

**■ STATE TIMES NEWS**  
JAMMU: The J&K Dharmarth Trust has proudly fulfilled its commitment to the people by successfully restoring the revered Shree Ranbireshwar Temple to its original glory ahead of Maha Shivratri.

Today a record number of devotees visited the Shree Ranbireshwar Temple complex today on the auspicious occasion of the Maha Shivratri festival. They fervently paid obeisance and sought the divine blessings of Lord Shiva. The overwhelming turnout is a testament to the enduring spiritual significance of this revered temple and the unwavering devotion of the devotees.

In a statement issued today, Vikramaditya Singh,



Devotees visiting Shree Ranbireshwar Temple on Maha Shivratri.

Trustee of J&K Dharmarth Trust and former MLC, said that this temple dedicated to Lord Shiva, built by Maharaja Ranbir Singh in 1883, had suffered damage caused by heavy rains and a thunderstorm on October 17 of last year.

He emphasized that the Trustees under the patron-

age of Dr. Karan Singh, Chairman Trustee, with unwavering dedication, have worked tirelessly to restore the damaged portion to its original magnificence, completing the project in record time.

Vikramaditya Singh said the successful restoration of the Shree Ranbireshwar

Temple stands as a shining testament to the unwavering faith and remarkable perseverance of the J&K Dharmarth Trust. "Our restoration process has not only preserved the architectural heritage of the temple but also ensured the structural stability of the monument," he added.

## ICSSR sponsored workshop on Sukanya Samridhhi Yojana & Women Empowerment concluded at CUJ

**■ STATE TIMES NEWS**  
JAMMU: School of Business Studies Central University of Jammu organised Findings Dissemination Workshop on Sukanya Samridhhi Yojana & Women Empowerment: Challenges & Way Forward under Short Term Empirical Research Collaborative Project sponsored by ICSSR, New Delhi at Brigadier Rajinder Singh Auditorium, Central University of Jammu.

The programme was inaugurated under the patronage of Prof. Sanjeev Jain, Vice Chancellor, CUJ by Prof. Jaya Bhasin, Project Coordinator & Dean, School of Business Studies, CUJ. This programme is supported by the Indian Council of Social Science Research (ICSSR) under Short-term Empirical Research Projects 2023-24 on a competitive basis to assess the reach and socio-economic impact of the scheme on women empowerment.

Prof Sanjeev Jain appreciated the entire team on the

successful culmination of the project. The workshop commenced with lighting of lamp ceremony by Col. Vinod Kumar, Chief Guest of the day, Sanjeev Mahajan, Regional Manager, SBI and Rajeshwar Singh, Senior Manager, J&K Bank, Special Guests during the inaugural function of the Workshop.

Earlier, Prof Jaya Bhasin, Project Coordinator and Dean School of Business Studies welcomed the august gathering for the inaugural function.

Prof. Bhasin in her address emphasized on the importance of SSSY in the economic empowerment of Girl Child. She apprised the audience that Project was conducted under the academic supervision of Prof. Monidra Dutta, School of International Studies, Jawaharlal Nehru University & Former ICCR India Chair to DCU, Dublin, Ireland and administrative supervision of Dr.

Richa Sharma, Deputy Director (Research), ICSSR, New Delhi. Col. Vinod Kumar, Postmaster General, UT of J&K highlighted the key features of the scheme and the role of Post Offices in this path breaking initiative towards providing social security at a very nominal cost to the millions of girl children.

Sanjeev Mahajan mentioned in his address that the scheme is a small deposit scheme of the Government of India exclusively for a girl child launched as a part of Beti Bachao Beti Padhao campaign.

The scheme is meant to meet the education and marriage expenses of a girl child and it encourages parents to build a fund for the future education and marriage expenses of their female child.

Rajeshwar Singh, Senior Manager, J&K Bank apprised the audience about the salient features of Ladli Beti Scheme of J&K Bank and presented a comparative

overview of small deposit schemes such as SSSY and Ladli Beti.

Prof. Dipanker Sengupta, Former Head, Department of Economics and Director Poonch Campus, University of Jammu and Anokh Singh, J&K bank Zonal Manager (Rtd.) were the Special Guests for the valedictory function. Prof. Dipanker Sengupta in his valedictory address highlighted the significance of Small Deposit Schemes in empowering girl children and advancing sustainable development goals especially in the context of Jammu and Kashmir which has witnessed sharp decline in child sex ratio during 2001 to 2011 from 941 to 859 per thousand males.

Anokh Singh in his concluding remarks observed that linking of security cover, matching contribution from Govt. will encourage parents with low income to contribute and avail the benefits of the scheme.

**SWD generates awareness on menstrual hygiene**  
**■ STATE TIMES NEWS**  
JAMMU: On International Women's Day, District Social Welfare Officer, Mamta Rajput, who also serves as the Nodal Officer for Mission Shakti in Jammu, on Friday spearheaded an awareness and distribution drive focussed on menstrual health and hygiene in the slum areas of Jammu district.

The initiative was supported by the District Hub for Empowerment of Women (DHEW) and the One Stop Centre (OSC), whose officials handed out hygiene kits and sanitary napkins.

The campaign also educated young girls and women on the importance of menstrual hygiene to prevent health complications. Additionally, they were advised on the environmentally responsible disposal of sanitary products.

The outreach teams made their way through the slum localities of Trikuta Nagar, Qasim Nagar, Model Town and Rajiv Nagar within the district.

## Comm Secy Tourism flags off team of 25 Adventure enthusiasts for Special Combined Paragliding Course



Commissioner Secretary Tourism, Yasha Mudgal flagging off participants.

Advance (P1, P2, & P3) level, catering to the diverse skill sets of the participants.

The training will take place at the NTMAS Training Area in Seppa, Arunachal Pradesh, renowned for adventure sports education. This course represents a significant milestone in the tourism sector.

Yasha Mudgal flagged off

the participants from Railway Station Jammu, accompanied by Additional Secretary Tourism, Sachin Dev Singh, Joint Director Tourism Sunaina Sharma Mehta, and other officers of the department, emphasizing the crucial role of adventure sports in enriching the tourism landscape.

In her address, Mudgal emphasized Jammu's significant potential as an adventure tourism hotspot, stressing the importance of capitalizing on this burgeoning market. She commended the Directorate of Tourism Jammu for its innovative ini-

tiatives, such as the Special Combined Paragliding Course, noting their pivotal role in leveraging the region's natural beauty and diverse landscapes to attract adventure enthusiasts worldwide. She expressed confidence in the participants' ability to excel in their paragliding endeavors, solidifying Jammu's reputation as a premier destination for adventure tourism.

Joint Director, while briefing the Secretary Tourism highlighted the significance of nurturing local talent, underscoring how this initiative will contribute to the overall development of Jammu region as a prime adventure tourism destination. This special combined paragliding course not only provides a platform for adventure enthusiasts to hone their skills but also aligns with the government's vision to promote adventure tourism and position the region as a premier destination.

During their interaction

with the media, participants expressed gratitude to the Tourism Department for the initiative and conveyed hopes for its transformative impact on adventure tourism, envisioning a future where Jammu becomes a global hub for thrill-seekers and adventurers alike.

In a pioneering effort, Directorate of Tourism, Jammu, in collaboration with the Indian Kayaking & Canoeing Association (IKCA) and Jammu Adventure Sports Association (JASA), has conducted comprehensive water surveys across all districts of Jammu Division. These surveys have yielded valuable recommendations, pinpointing specific locations for activities like paragliding at Aitham, Dhanwa, Billo ki Paudi, Mokhri, and water-based activities in various locations. Additionally, 38 new trekking routes have been identified, further enhancing adventure tourism offerings in the region.

## SKUAST-TAJ performs Hawan on Mahashivratri

**■ STATE TIMES NEWS**  
JAMMU: A Hawan Puja with chanting of Vedic Mantras was performed at Main Campus Chatha of SKUAST-Jammu for the well being and further development of the Institution.

On the occasion President SKUAST-TAJ Dr Vikas Sharma, Advisor SKUAST-TAJ Dr. RK Samnotra, HOD Biochemistry Dr Sanjay Guleria, Dr. Moni Gupta, Dr. BK Sinha, Dr. Narinder Panotra, Dr. Upma Dutta, Dr. Purshotam Sharma, Akshydeep, Kulbir Singh along with other staff members and students from various divisions were present. All the teachers, non teaching



President SKUAST-TAJ Dr Vikas Sharma along with staff members / students performing Hawan at Main Campus Chatha.

staff and students present there, bowed to the Lord Shiva, sought the blessings and prayed for the long

prosperity of the SKUAST-Jammu. A Vishal Bhandara was also organized after the Puja.