

SRCC holds orientation workshop for IAS aspirants

STATE TIMES NEWS
JAMMU: The SR College of Competitions (SRCC) held an Orientation Workshop for the civil services aspirants in the College premises at Gandhi Nagar here on Sunday.

The Orientation Workshop was conducted by an expert faculty from Delhi. The faculty dealt with the nature and structure of the exam comprehensively. In a highly interactive session attended by aspirants from across Jammu and Kashmir and even from Ladakh all the aspects of Civil Services Exam were discussed threadbare. This included the scheme and pattern of the exam, approach for prelims and mains, sources of material and the books required, use of online resources and the relevance of newspaper reading in preparing for the current affairs. Various strategies for writing test series for

both prelims and mains were covered thoroughly and to the best satisfaction of the aspirants. During the session the entire syllabus, the focus areas and the kind of questions asked in the previous years were also taken up. Aspirants were also made aware about the CSAT and Essay papers.

The expert faculty from Delhi Gautam Kumar discussed in detail the entire syllabus of civil services examination conducted by the UPSC and JKPS and suggested a comprehensive step by step strategy to prepare for both the Preliminary and the Mains examination.

In a three and half hour long session, he dealt with all the four papers of the General Studies, Civil Services Aptitude Test and also about the selection of Optional subject.

He attended to all the queries raised by the aspi-

ants regarding factors to be kept in mind while choosing a right and suitable optional. Further, aspirants discussed about the ethics, integrity and aptitude paper and the best approach to handle the theory and the case studies part. Also they asked about the cut off needed to qualify in the prelims and the mains examination.

He also drew the attention of the aspirants to essay paper and the answer writing practice. He suggested the aspirants to at least attend one comprehensive test series for both prelim and mains examination. The resource person also stressed on the importance of current affairs and the relevant resources to prepare the same. Various other aspects like time management, study material, preparation of notes and newspaper reading were handled in an exhaustive manner.

The response was over-

whelming and the attendees appreciated the initiative taken by the SR College. The attendees included the aspirants preparing for IAS and JKAS 2022 and also undergraduates who will be eligible in a couple of years.

"SR College has planned a series of workshops, seminars, webinars and interactions with the IAS officers, KAS toppers and various subject experts" informed Office Coordinator Praful Sharma. He also assured that SR College will live up to its reputation by bringing more and more subject experts from across the country as part of its commitment to provide best coaching to the aspirants from Jammu and Kashmir. Instead of unnecessarily displacing themselves to bigger cities just for the preparation, the aspirants from Jammu and Kashmir can avail best coaching at Jammu itself, he said.

Randhawa distributes ration among needy under PMGKAY

STATE TIMES NEWS
JAMMU: Former Legislator and senior Bharatiya Janata Party (BJP) leader, Vikram Randhawa distributed ration among the needy people under Prime Minister Gareeb Kalyan Ann Yojana (PMGKAY) at Panchayat Kullian.

He was accompanied by DDC Member Prof Gharu Ram and other BJP leaders and workers.

Randhawa, who is also Convener of Prime Minister Gareeb Kalyan Ann Yojana (PMGKAY) for J&K, lauded Prime Minister, led Central Government's decision for extending PMGKAY till September 2022.

He said that the Phase-5 of PMGKAY scheme was to end in March 2022, but Prime Minister extended it till September ending so that no one will sleep hungry.

"PMGKAY is a welfare scheme announced by the



Senior BJP leader, Vikram Randhawa distributing ration among needy people.

Government in March 2020 in the wake of the COVID-19 pandemic which has proved beneficial for the needy and the poor families", former Legislator said, adding that with this scheme around 80 crore households of the nation were benefitted.

Under the extended PMGKAY, each beneficiary will get additional 5 kilograms free ration per person per month in addition to the normal quota of food grains under the NFSA, Randhawa informed.

"As life is coming back to

mainstream, still Prime Minister is concerned about the plights of the poor and needy people", he said, adding that the decision to extend the PMGKAY shows the commitment of the Modi Government towards the welfare of the poor people.

He asked the District Convenors and Co-Convenors of PMGKAY to keep a close vigil on the smooth working of the scheme so that no one sleeps hungry. He also asked the party activists to keep track of the needy persons in the soci-

ety and make sure that they get the due benefit of the scheme.

While addressing the gathering, Prof Gharu Ram said that BJP workers are working at grass-root level to aware the masses about the schemes of the Central Government led by Prime Minister Narendra Modi.

He added that BJP believes in "Sabka Saath, Sabka Vikas, Sabka Vishwas", which has been guiding force behind governance.

Easter celebrated with religious zeal

STATE TIMES NEWS
JAMMU: St Peter's Catholic Church, Prem Nagar along with Rev Fr Kuriakose, Parish Priest, Fr Christophe M, Assistant Parish Priest and others celebrated Easter with religious zeal. As per Christian tradition, Resurrection represents Christ's victory over death and this night was mother of all nights. All Christians have prepared themselves for 40 days of lent for the night. In the past three days, they accompanied the Lord in passion and death. And as one family they were gathered at St Peter's Catholic Church to celebrate his resurrection.

Easter vigil service began with the blessing of a new fire, lighting of the Paschal Candle from the new fire and all the faithful went in procession carrying the candles in their hands. Rev Fr Kuriakose was main celebrant who in his homily emphasized readings of the day. He said, "We have listened in the readings to the proclamation of the God's saving work throughout the human history. In this holy night, we celebrate the Lord's resurrection. We rejoice in the victory of Jesus Christ over sin and death. We pledge to live our own lives as children of the light of the Risen Lord. Through the Resurrection, death is conquered; we are set free to live with new hope. He told the faithful to joyfully proclaim the good news that 'Christ is truly risen', and wished all a blessed and holy Easter to all.

CEC discusses programmes to address issues on Mental Health crisis & Drug Addiction in Ladakh



Chairman, LAHDC Leh, Tashi Gyalson chairing a meeting.

STATE TIMES NEWS
LEH: The Chairman/CEC, LAHDC Leh, Adv. Tashi Gyalson chaired a meeting to review and discuss on various programs to address Youth Mental Health crisis in Leh Ladakh.

CEC Gyalson lauded VC, University of Ladakh and the Health Department, Leh for conducting 3 days counselling-cum-therapy camp at Ladakh University campus with a team of doctors and expert from both PGIMER Hospital and SNM Hospital.

A detailed road map was discussed during the meeting and

the officers raised concerned about the present situation and pertinent issues like (usage of narcotics etc) in Ladakh and the need for having a rehabilitation centre in Ladakh.

They also discussed regarding the need for conducting awareness program and counselling sessions in schools and colleges in the region.

CEC Gyalson informed about setting up of a rehabilitation centre at the earliest through the LAHDC Capex budget.

He further added that the Hill Council, Leh unanimously passed a resolution in the recently conducted General

Council meeting regarding setting up of a rehabilitation centre and added that the aim of this meeting is to fulfill all the issues raised during the General Council meeting.

The meeting was attended by Dy. Chairman, LAHDC Leh, Tsering Angchuk; Executive Councillor for Minority, Ghulam Mehdi; Executive Councillor for Agriculture, Stanzin Chosphe; Councillor Khaltse, Lobzang Sherab; Vice Chancellor, University of Ladakh, Prof. SK Mehta; Additional Deputy Commissioner, Leh; Director, Leh Campus, University of Ladakh; Dean Academic Affairs, Rayat Bahra University, Mohali; Chief Medical Officer, Leh; Medical Superintendent, SNM Hospital, Leh; Psychiatrist, SNM Hospital, Leh; Doctor from PGIMER; Homeopathic Medical Officer from Drug de-addiction, Counselling & a representative from Ladakh Buddhist Association.

Prof Magotra elected President Dogri Sanstha Jammu



STATE TIMES NEWS
JAMMU: In an election held at Dogri Sanstha, Karan Nagar Jammu, Dogri Sanstha members elected Prof. Lalit Magotra as President, Prof. Veena Gupta, Prof. Shashi Pathania and Inderjeet Kesar as Vice Presidents, Rajeshwar Singh 'Raju' as General Secretary, Pawan Verma as Treasurer, Dr. Chanchal Bhasin as Secretary, Vijaya Thakur as Publicity Secretary and Sushel Begana as Literary Secretary unanimously for the next three years. Ashok Vijay Gupta, Senior Advocate performed the duties of returning officer in the election.

Earlier, before election was conducted, the house paid tributes to Prof. Nilamber Dev

Sharma, Padma Sachdev, Chhaterpal, Santosh Khajuria, Rattan Doshi, Shalant Deep Mala, Neeru Sharma, Piyush Guleri, Raj Raina, Madan Lal Sharma, Ramesh Mehta, Rakesh Singh Salathia and Dr. Naveen Sharma who have left for heavenly abode during the last three years.

Prof. Lalit Magotra on behalf of outgoing office bearers' body thanked all the members of Dogri Sanstha Jammu for extending full support in running the highly prestigious literary organization and for their participation in the election process so that the pioneer organization is being run by democratically elected office bearers. On this occasion, Dr. Chanchal Bhasin, secretary read detailed report of Dogri Sanstha

Jammu for the last three years and threw light on the achievements and works done during the period. Prof. Lalit Magotra dissolved the body so that fresh elections could be conducted. After the unanimous elections of new office bearers retaining majority of the old members with only Rajeshwar Singh 'Raju', Inderjeet Kesar and Pawan Verma being newly elected General secretary, Vice President and Treasurer respectively. President Dogri Sanstha Jammu Prof. Lalit Magotra thanked the members for entrusting him again and assured the gathering that with active support of newly elected office bearers he will leave no stone unturned in carrying on the aspirations of Dogri Lovers. He expressed his confidence in newly elected office bearers and conveyed that a blend of seniors and youth will come up to the expectations of members with more productive and innovative activities becoming the focal point of esteemed organization. He told the members that 'Kunwar Vidyog Auditorium' will be open for performances within next three months that will help a lot in organizing regular off line activities in addition to On Line literary activities. He hoped that as usual members will always be supportive to the newly elected body so that we all may take concrete steps towards our common destination thus working for mother tongue Dogri and cultural traditions of Duggar Pradesh.

Saksham Cyclothon 2022 flagged-off in Jammu

STATE TIMES NEWS
JAMMU: The Oil Industry in J&K, comprising IOC, BPC & HPC under flag of Petroleum Conservation Research Association (PCRA), organized Saksham Cyclothon-2022 in Jammu on Sunday which was attended by cyclists from all age-groups including school children as well as adults. Professional cyclists from various Jammu-based cycling clubs also participated in the rally.

The Cyclothon was flagged-off by Deepak Digra, Dy Commandant IRP 24th Battalion in presence of Anjani Kumar, State Level Co-ordinator cum DGM (RS) IOCL from Indian Oil Divisional Office complex at Rail Head, Jammu.

The objective of cyclothon was to make citizens aware about the need of conservation of Petroleum products as well as motivating people to move



Dy Commandant IRP 24th, Deepak Digra flagging-off Saksham Cyclothon.

towards cleaner alternatives such as cycling. As petroleum products are scarce in nature, so through this event youth was also made aware about 'sustainable management of resources'.

Speaking on the occasion, Deepak Digra gave a brief on importance of Oil Conservation by employing various day to day activities which included cycling. He emphasized on using helmets & other safety-

kits while riding bicycles. Anjani Kumar also briefed gathering that how excessive use of petroleum products is causing damage to environment and raising other alarming issues like global warming.

Rakesh Roshan, senior Manager Indian Oil Corporation informed gathering that awareness programme, which was inaugurated on April 11 under the title Saksham-2022 (Sanrakshan

Kshmat Mahotsav) will conclude on April 30, 2022. He further briefed about various activities to be observed during the 20 days Saksham campaign, including painting, essay competitions in schools, workshops for drivers, mechanics, LPG Panchayat, workshop for motor mechanics etc. The rally passed through various areas of Jammu city and culminated at Indian Oil Petrol pump at Nagrota Bye-pass.

MPSAT holds annual general body meeting

STATE TIMES NEWS
JAMMU: Mochi Phali Seat Athroast Trust (MPSAT) Jammu organised Annual General Body meeting of subscribers, special donors at Bhan Sahab Ashram Durga Nagar under chairmanship of Veer Ji Bhat. The meeting was called to review functioning, progress and presentation of income and expenditure of trust for 2021-22. Dr Ravinder Raina was the Chief Guest on this occasion.

Veer Ji Bhat, while welcoming guests, informed about policies and programs of the trust related to needy people. He informed that an amount of Rs. 1.82 lakh has been distributed among patients and other needy persons during 2021-22.

On the occasion, members retained Veer Ji Bhat as Chairman for 6th consecutive term while Roshan Lal Bhat, R L Koul and Sundri Lal Koul were retained as Treasurer, Auditor & Joint Secretary



MPSAT Jammu members at Annual General Body meeting.

respectively for next three years. Sushil Kumar Razdan shall now be the General Secretary in place of A K Dhar while Sunil Raina has been nominated as Auditor-II in place of S K Razdan. C L Bhat, A K Matoo, K K Pandita, S L Pandita, Surinder Pandita, Venu Ji Bhat, Sahil Bhat, Padam Ji Pandita and others assured full support to the working committee. Chand Ji Ambarbar, President Swami T N Bhan Sahib Ashram Durga

Nagar while giving full support for organizing meeting, expressed satisfaction over working of trust without any partiality or discrimination. R L Bhat, Treasurer presented income and expenditure statement. Sundri Lal Koul, Joint Secretary presented formal vote of thanks. Samooh and Rashtriya Kavi Sangam held a mega multi-lingual Kavi Sammelan. Prominent Dogri poets of Jammu and Uttar Pradesh and Sunderbani mes-

merised audience with their poems on contemporary themes including saving environment, importance of girl child and various other socio-political and religious issues.

Sammelan was presided over by Yash Pal Nirmal, Roshan Bral, O P Shaliki, Dr Som Nath and Kuldip Singh Jamwal while noted poets who recited their poems on the occasion included Dr Sourab Shreevastav, Kewal Kumar Kewal, Roshan Nral, Mamta Sharma, Kasturi Lal, Ajeet Sharma, Vinod Sharma, Om Prakash, Dharmpal, Mahinder Pal, Vicky Sharma, Sandeep Singh Jamwal, Sanjay Kumar and Som Nath.

Earlier, Dr Sudhir Mahajan, Founder Samooh welcomed guests and poets. The proceedings were conducted by Sandeep Singh Jamwal. Anita Chandpuri, General Secretary Samooh presented formal vote of thanks.

Take action against ex-Ministers, MLAs for illegal encroachments before harassing poor: Harsh

STATE TIMES NEWS
UDHAMPUR: Coming down heavily on the Govt for harassing the poor and marginalized sections of society in the name of encroachments, Harsh Dev Singh, former Minister on Sunday called upon the Ex-Ministers, MLAs and bureaucrats to come clean on the issue before initiating eviction proceedings against the poor, hapless, uninfluential villagers, nomads and other homeless people. He said that selective action against poor, indigent and homeless people in the name of illegal encroachments to the exclusion of privileged classes was not only reprehensible but amounted to a sin of the highest order. He was speaking at public meetings organized during his two days tour in villages Bharnara, Battal and Khoon of tehsil Majalta. He also inaugurated Mechanical workshop opened by educated unemployed youth Jawsinder Singh and associates. Alleging state terror let loose in District Udhampur against the poor people especially by the Forest Deptt and refusal to allow construction of footpaths, bridle paths besides repairs of houses constructed years and decades back, Singh said that the very same officers were allowing open loot of forest resources to powerful politicians and other privileged people. Likewise the complaints of huge deodar wood smuggled by the privileged classes and politicians from forests for

use in their bungalows had failed to elicit any response despite reliable evidence having been produced before the concerned authorities. Similarly Forest lands costing millions had been illegally usurped by influential people in Udhampur, Ramnagar, Majalta, Ghordi with the deptt officers refusing to take action against the culprits. And while the Forest Deptt in District Udhampur was reportedly colluding with the smugglers of forests wealth, it was harassing the poor uninfluential, dalit and ST families. He said that some corrupt forest officials had wrongfully stopped the construction of several houses of poor people in Ghordi Block, Basantgarh Block, Chenani Block by falsely claiming that the lands in question fell within the Forest area. Likewise the construction of a tractor road to SC Basti of village Bindla had been forcibly stopped by Forest Deptt despite the fact that it was a Kah-charai area and had nothing to do with the Forest Deptt. In the same vein huge state lands and Forest lands encroached by Ex-Ministers, MLAs etc had failed to invite the due attention of vigilante organizations and other govt agencies thus promoting a culture of patronized corruption in the UT, said Singh. He cautioned to gherao the corrupt officers as well as the encroacher politicians in case the govt persisted with its double standards with regard to anti-encroachment drive.

National scientific programme 'NZ-AROICON 2022' culminates

STATE TIMES NEWS
JAMMU: The Association of Radiation Oncologists of India, North Zone Chapter (NZ-ARO) in collaboration with American Oncology Institute (AOI) held two-day national scientific programme 'NZ-AROICON 2022' under theme 'Personalised to Precision Oncology - Data Driven Approach', which culminated in Jammu on Sunday. The programme was organised in hybrid mode as 26th Annual conference of North Zone Association of Radiation Oncologists of India and leading oncologist including Dr Vikas Roshan from American Oncology Institute, Jammu was the Organizing Secretary.

Dr Neeraj Bishnoi, Regional Director - North for American Oncology Institute said that AOI has been at forefront of providing precision care to cancer patients and its Jammu unit has brought world-class cancer care to Jammu region and continuing its endeavour to bring-in the most advanced



Dignitaries at national scientific programme 'NZ-AROICON 2022'.

technology and compassionate cancer care. Dr Mayank Puri, Unit Head of AOI Jammu also informed that they have been treating hundreds of cancer patients every month and now one of the most advanced Radiotherapy LINAC Accelerator, HALCYON-E is being installed at AOI Jammu.

The NZ-AROICON 2022 started with a photo exhibition session supported by Onco Facts, one of leading initiatives on cancer awareness and education in India. The session was inaugurated by Dr Raj Kumar Sharma (noted

Diabetologist, painter and sculptor) and followed by inaugural session which started with lamp lighting, followed by welcome message by Dr Vikas Roshan (Organizing Secretary NZ-AROICON 2022); video message by Dr Jagprag Singh Gujral (Group CEO for CTSI South Asia), addresses by Dr Rajesh Vashistha (President ARO); Dr Manoj Gupta (President Elect ARO) and Dr Rakesh Kapoor (President NZAROI); followed by addresses by Dr Deepak Abrol (General Secretary, NZAROI); Chief Guest Capt Bana Singh

(Paramvir Chakra awardee) and Guest of Honor Dr Neeraj Bishnoi (Regional Director North, AOD).

The first session was about Breast Cancer and expert speakers for the session included Dr Vineeta Goel (Delhi); Dr Suman Malik (Delhi); Dr Kamika Sood Sharma (Delhi); Dr Swarupa Mitra (Delhi); Dr Supriya Mallick (Delhi) and Dr Viraj Suvarna (Bengaluru). Dr Ashutosh Gupta from Department of Radiation Oncology; GMC Jammu was leading chairperson of the session. The second session of the program was about Lung Cancer and expert speakers were Dr Abhishek Shankar (Patna); Dr Aruna Turaka (USA); Dr Tarun Durga (UK); Dr Anusheel Munshi (Delhi); Dr Sumant Gupta (Delhi) and Dr Sushmita Pathy (Delhi).

The speakers for the third session included Dr Susovan Banerjee (Gurgaon); Dr Major Mizra Beig (Kanpur); Dr S Hukku (Delhi); Dr Lt Col) Ashok K (Delhi); and Dr

Pritanjali Singh (Patna) while in forth session Dr Rakesh Jalali (Chennai); Dr G K Rath (Delhi); Dr Anil D'Cruz (Mumbai); Dr B K Mohanti (Gurgaon) and Dr Rakesh Kapoor (Chandigarh) delivered speeches. The speakers of fifth session were Dr Panjaj Kumar Arora (Mohali); Dr Sushmita Ghoshal (Chandigarh); Dr Aman Sharma (Delhi); Dr Pamela Jayaraj (Ludhiana) and Dr Ankur Bahl (Delhi). The 6th session was about Prostate Cancer and expert speakers included Dr Surender Dabas (Delhi); Dr Gagan Saini (Delhi); Dr Devinder Paul (Mumbai); Dr Nadeem Shoukat (Jammu); Dr Indu Bansal (Delhi) and Dr Satyankar Gupta (Jammu).

The 7th session was about Gynaecological Malignancies and speakers were Dr Shikha Goyal (Chandigarh); Dr D N Sharma (Delhi); Dr Deepak Abrol (Jammu); Dr Paras Khanna (Jammu) and Dr Bhavana Rai (Chandigarh).