Vineeth steps up once again to help during India's hour of need

NEW DELHI: As the second ${\bf COVID\text{-}pandemic\ wave\ rages}$ across, one of the most common sights across all social media platforms are the multiple SOS calls from people with almost everyone frantically searching for either hospital beds, medicines or oxy-

Indian football stars have leapt into action by offering their respective social media handles in order to amplify calls India distress International CK Vineeth, who is no stranger to helping people in need, has come forward once again, banking on his social media presence to help the needy.

"As a human being, I believe it must be in our nature to help others who are in need. Right now, I feel it's important to step in and do whatever I can," Vineeth, popularly referred to as CK,



"Over the years we have managed to build a community of football players, management staff, and supporters on social media, especially Twitter, that has grown exceptionally strong despite all the club rivalry. I felt I needed to join in and help -in whatever small way possible," the Kerala-based striker

Apart from the oxygen requirements, blood banks have also appealed to citizens to donate before they get vaced winger has urged everyone to come forward and assist in this drive.

"I think it's increasingly important that those who can donate blood should do so before they get vaccinated. Amidst the second wave, there's no doubt that there will be a shortage of blood and plasma in the blood banks in the coming months, as more and more people in vounger age groups are all set to get vaccinated," CK

"The period after which a vaccinated person can donate blood is too long, and people need to understand that they can save lives by doing something as simple as visiting a blood bank," he maintained.

The forward from Kannur had made headlines last year when he was seen working as a volunteer at a Covid-19 helpline centre back home in 2020 during the nationwide

"I don't consider it as 'social make a difference," he work'," CK smiled. "I consider expressed. it my duty as a citizen to give

"I think it says a lot about the football community that players like Chhetri-bhai, Darren, Sahal, Rino, Robin, Nirmal-bhai and others have come out and have led by example," he stated.

"Sharing a message with information or a plea for resources -- it does make a massive difference. In the football community, some of us have only a few thousand followers, while others have over a million, but the truth is that every single call made or a tweet posted or shared makes a difference," he felt.

The CK also urged people to speak up as and when necessary. "If you spot someone not wearing a mask, tell them to. If you feel someone is making a wrong decision, let them know. The virus doesn't discriminate between the rich and poor or the young from

Ram Khajuria to lead Gulap Kangri trekking

JAMMU: Tawi Trekkers J&K, the biggest trekking club of J&K, shall organize a challenging trek to Gulap Kangri peak in Ladakh Himalaya in August 2021. It was decided in a virtual meeting held amongst the core members of the club to formulate a revised calendar of activities to be implemented post COVID-19 crisis.

The 12 days trek to be organized from August seven to August 18 shall be led by 71 years old president of the club. Ram Khajuria, who has trekked extensively in this area. The group also includes 76 vears old Prof. Lalit Magotra, an Advisor of the Club; senior members, Sumit Khajuria, Sushil Singh and Abhimanyu Sherpa.

"Another three partici-



are also likely to be included in the team. The club plans to hoist the National Flag on Gulap Kangri peak on the Independence

Day on August 15, 2021. Standing at a majestic height of 19356 ft Gulap Kangri has already been scaled by a number of teenage climbers of Tawi Trekkers including 16 years old Monika Khajuria and 17 years old Uma Jamwal in 1991. Whereas 17 years old Sumit

peak twice in 1992 and 1996 (21 years) Naresh Agarwal and Parvinder Bhumra (both 18 Years) scaled the peak in 1996. Lately, 18 years old Shilpa Charak was also successful to scale it in 2018 during her training in Advance Course in Mountaineering. It may be mentioned here that Gulap Kangri is one

of the highest and most popular trekking peaks in India. Every year it attracts lot of trekkers around the world who have no mountaineering experience but want to embark on a high altitude trek in Ladakh. Though the peak is entirely non-technical and no special equipment is necessary to attempt it yet it demands high endurance & stamina because of its height of 19356 ft and rough terrain and is obviously not meant

Elite women boxers' camp to resume soon

STATE TIMES NEWS

JAMMU: Indian women boxers including six-time world champion MC Mary Kom (51kg) and two other Olympic-bound boxers Simranjit Kaur (60 kg) and Lovlina Borgohain (69kg) have been named in the elite women national camp which is set resume at the Army Sports

rations for the 2021 Tokyo Games. With a surge in the Covid-19 cases, the decision was taken to shift the camp to Pune which will go on till July 31. The 2019 World Championship bronze medallist Jamuna Boro (54kg) is also making a return to the national camp after a long break due to an injury as she is included among the 10 boxers selected to take part in the national camp. While another Olympic qualified boxer Pooja Rani (75kg), who has been training at IIS Bellary since the lockdown, will continue to

Institute in Pune as part of boxers' prepa-

train at the same venue for now. The national training camp will be conducted with a secure training module created in which players are divided into three different groups alongside their respective sparring partners and coaches as they will train within the group at different sched-

"With the Asian Championships and the

Olympic Games approaching, our focus will be to utilise the time we have in hand and maximise the training ahead of these two events. Considering safety of players, coaches and support staff, we have created

a training plan for players in separate clusters to minimise the risk involved. These are tough times but as much as we have to be careful, we also have a job at hand and we are ensuring our boxers can get back to camp and start training and working to get the best results possible," said Hemanta Kalita, General Secretary of Boxing Federation of India.

Rajasthan boxer Arundhati Choudhary (69kg), who had been impressive during her gold medal triumph at the recent AIBA Youth World Championship in Poland, also selected in the camp alongside Manju Rani (48kg), Sonia Lather (57kg), Lalbuatsaihi (64kg) and Shashi Chopra (64kg). Another highlight of the camp is Jasmine (57kg) who was sensational during her maiden senior international outing at the Boxam Tournament in Spain earlier in March where she bagged a silver medal.

The pugilists will be accompanied by a 10-member team of coaches and support staff which includes Head Coach Md Ali Qamar and Foreign Coach Raffaele Bergamasco.

Hockey India mourns Barla's demise

back to our community that

has given me so much over the

years. Throughout my career I

have realised that I don't want

people to see me as just a foot-

baller, but also as someone who

wants to make a difference and

aims to affect a change in the

He also urged his fans to

come and support each other

in every way possible to help

"What is happening on twit-

ter is visible. But it's also

equally important that we take

care of people who may not

have access to social media.

Whether it is by calling up one

another just to check in on

them, looking out for our eld-

erly neighbours who may need

help but are scared to venture

out, or taking care of animals

on the streets during the lock-

down -- there are so many dif-

ferent ways by which we can

them fight the deadly virus.

mind-set of the community."

■ STATE TIMES NEWS

NEW DELH: Hockey India mourns the death of 34-year-

Sanjik Barla, former Indian Junior Men Camper. He passed away on May two in

Rourkela due to covid-related complications.

Barla, who was part of the Indian Junior Men's Camp in 2009, played for Odisha in various domestic hockey competitions. The 34-year-old also worked for Western Railways in Mumbai.

Expressing Hockey India's condolences to Sanjib's bereaved family, President Gyanendro Ningombam said, "Sanjib was an integral part of the hockey circuit in Odisha and he will be deeply missed by all of us. We are extremely saddened to hear the news of his passing and we extend our deepest condolences to Sanjib's family and friends. May they have the strength to pass through this terrible time.

Welfare Committee of Vasant Vihar condoles

demise of ex-Ranger **STATE TIMES NEWS**

Committee of Vasant Vihar Extn 03, Trikuta Nagar



Jammu deeply condoled the untimely demise of Mohinder Singh, ex-Ranger who completed his last breath in Amritsar on May 1, 2021.

departed poor and needy peoples.

His lost can never be recovered forever and his sweet memory will always remain fresh in the minds of every individuals, they said.

They prayed to Almighty for eternal peace of departed soul in heaven.

Fitness has been one of the key elements for team: Hockey defender Surender well. So, yeah, it was a good tour con-

AGENCY

BENGALURU: Indian men's hockey team's defender Surender Kumar, who has played 135 matches for the national side, feels fitness played a pivotal role in helping the team put up a solid show on their recent successful tours to Europe and Argentina.

"I feel fitness played a pivotal role in helping the team put up a solid performance on both the tours. I don't think we would have had a successful outing in Argentina and Europe if our fitness level were not up to the mark," said Surender.

He further added, "When your fitness level is up to the mark, you automatically perform well on the field. You know, when you are away from the competition for such a long time, it becomes difficult to maintain such fitness levels. Hence, to keep our fitness level on track, we also gave importance to our physical strength at the camp, apart from technical aspects of the game."

The World No. 5 side, who pitted against the Olympic Champions Argentina registered 2-2 (3-2 SO), 3-0 wins in their FIH Hockey Pro continue doing it in the Olympics as



League tie and secured 4-3, 4-4, 0-1 and 4-2 results in their practice matches. Speaking about the team's performance against the hosts Argentina, the 27-year-old defender said that the team focused on keeping things simple and played to their strengths without doing anything "It's not that easy to compete in a

high-level competition after almost a year, especially against a strong team like Argentina, who had more international exposure than us. We focused on keeping things simple and played to our strengths, without doing anything extra, and I feel it worked out for us on the tour. And, would like to

sidering the fact that we defeated the Olympic Champions on their home soil as well as we got a great exposure before heading into the Olympics, said Surender.

The Karnal-born player, who is with the Core Group at SAI, Bengaluru further highlighted that the team is working on improving their fitness level. "We are working on improving our fitness level as it has been one of the key elements for us. As I said, if you want to put up a good show on the field, you need to have that fitness level," said the experienced defender.

With the marquee event Olympic Games just around the corner, Surender also emphasised that the team is taking one day at a time, and this approach has helped the team excel on their recent tours.

"We are taking it one day at a time, and this approach has also helped us excel on our recent tours. I think it will help us in the Olympics as well. For now, we are just focusing on our training and working hard to improve our levels each and every day," he concluded.

GCW Bhagwati Nagar commemorates **International Labour Day**



STATE TIMES NEWS

Government College for Women (GCW), Bhagwati Nagar organized an

online event to commemorate International Labour Day, as a part of series of activities to be conducted under the theme

of Azadi Ka Amrut Mahotsav. In this online event several students of the college participated and acknowledged the contribution of various workers and labourers across the

This day is celebrated to encourage the labourers to be aware of their rights and to

Principal, Prof. Minnie Sharma applauded the efforts of the students and urged upon the need of building a better world for the workers and labourers everywhere especially in the present scenario of COVID-19 pandemic. She further emphasised on bringing equity and justice to the working conditions of the people across the globe.

This day highlights the urgency to help in generating better job opportunities, improve working conditions, offer social protection and protect the rights of the workers, she added.

Prof. Nisha Bhagat, organiser of the event, also stressed on the importance of maintaining safety and security at the workplace for all categories of workers all over the While paying tributes to

Committee members said Mohinder Singh was a dedicated social worker and he always stood front in the development of the colony, social causes and helping

they will be given a slot for vac-

cination on priority at the ear-

IHRO urges PM for saving J&K people from corruption Forum urges LG to order CBI probe STATE TIMES NEWS

JAMMU: Chairman of

International Human Rights Organisation (IHRO) Advocate P S Chib has urged Prime Minister Narendra Modi to safeguard

people from deep-

rooted corruption

J&K. In a press statement issued here, Chib said that everyday new cases of corruption are coming up. "Due to prevailing corruption, people are suffering at lot but there is none to listen to them. The limit crossed when top politicians like ex-MLC Vikram Randhawa of BJP have fallen prey to it. Today

even these politicians are fed-

up with corruption and raising

voice openly. There is no hear-

Some Government employees consider themselves as a King while on chair and misbehave with people," he added.

Chib further said that corruption has crossed all its limits. Even in present scenario, when people are dying because of lack of oxygen, some are

involved in corrupt practices, The Chairman IHRO

appealed to Prime Minister to save J&K people from COVID-19 and corrupt employees by taking stern action against them. We want nothing from you but just peace, prosperity and self respect so that people of J&K can live a life of dignity, he

STATE TIMES NEWS

Illegal mining nexus: Sharnarthi

JAMMU: During a meet-

ing of All J&K 1947 Sharnarthi Intellectual Forum, held under the chairmanship of Adv Amrik Singh and Surjit SinghThursday, the members urged Lt Governor of J&K UT. Manoi Sinha to hold CBI enquiry in matregarding extraction of mining of sand: Bairi and stones from river Tawi and other channels, as huge amount is being grabbed by bureaucrats and top politicians by illegal means.

The forum further elaborated that since the entire tendering was awarded to outsiders with vide them undue benefits and local contractors suffered badly due as they were ignored in allotment process, the matter needs a thorough probe by a high-level agency.

Those who attended the meeting included Paramjit nøh Corporator, Inder Singh Sooden Corporator Ward No 44, Jagjit Singh Secretary, Publicity Kuldip Singh, Kuldeep Singh Kuku, Gursimran Singh, Bhajan Singh, Bhupinder Singh, Khazan Singh, Mohinder Singh, Pritam Singh, Prof K D Singh, Nasib Singh, Prem Singh, Joginder Vaid, Karan Sharma, Mohan Lal, Raj and Som Raj.

BMS seeks identity cards for factory workers

STATE TIMES NEWS

Bharatiya Mazdoor Sangh (BMS) urgedhas Labour Department to issue necessary instructions to factory owners in general and labour supplier contractors in particular for issuing identity cards to poor workers, so that they can

attend their duties easily during the lockdown.

Harbans

In a press statement issued here on Thursday, Choudhary, Working President BMS

J&K, said that to contain COVID-19, the administration has imposed lockdown which is being implemented strictly on ground

'The factories are functional during lockdown but due to corona restrictions. workers are facing a lot of problems to reach the work place due to corona restrictions. The workers have not been provided identity cards, which they can show to police," he

level by the authorities.

said that BMS has submitted a representation to J&K Labour Commissioner, with a request for directing factories owners and labour supplier contractors to issue identity cards, so that poor workers can earn their livelihood hassle free.

'Make testing facilities, COVID vaccination mandatory for entire J&K

■ STATE TIMES NEWS

JAMMU: In wake of Center Government's realisation that 3rd wave COVID-19 inevitable; the Citizen's Forum has urged Union MoS Dr Jitendra Singh and LG Manoj Sinha to make testing facilities and vaccination mandatory for entire J&K.

In a press statement issued here on Thursday, R K Chadha, President, Citizen's forum said that analysis of deaths in Maharashtra and Himachal Pradesh has shown that vaccines have lowered mortality rate.

"Testing and vaccination of more and more people will save their lives in coming days.

We request to involve Army establishments for testing and vaccination of population in J&K.

These establishments have always been used for successful implementation of Polio vaccination across J&K." Chadha, adding, request the authorities to defer medium and large UT projects of uncommon nature and take-up COVID challenge project to meet future threat.'

UDA asks G&M Deptt to clear stand on Randhawa's allegations

STATE TIMES NEWS JAMMU:

Convenor, United Democratic Alliance. Jammu and Kashmir, Rajiv Mahajan asked officers of J&K Geology & Mining Department to clear its stand on corruption allegations raised by former Member of Legislative Vikram Council Randhawa, during a press conference held few days

In a press statement issued here, Rajiv Mahajan said that during the presser, Randhawa alleged that as per con-

struction works held during last three years, revenue of around Rs 300 to 400 crore has to be earned by Government but instead only Rs 6 crore has been added in State exchequer.

He further asked G&M Department officials to clear publically within 24 hours the amount of rovalty received on materials like sand, Bajri and stone along with payment of cement bags used by department in 2014-17 and 2017-2020 for construction of various projects.

ing the pandemic.

STATE TIMES NEWS JAMMU: The Jammu and Kashmir High Court has directed the administration to consider some additional budgetary allocation to its welfare fund to facilitate financial aid to the family of any lawyer

needing assistance on medical expenditure or due to death "On the application being foramid the coronavirus pandemwarded, the court would speedily consider it and endeavour to The directions were passed provide maximum financial aid by the division bench of the out of the welfare fund. At the high court comprising Chief same time, government is also Justice Pankaj Mithal and directed to consider for making Justice Sanjay Dhar during a some additional budgetary allovirtual hearing on Wednesday cation, as the funds available on a suo motu petition regardmay not be sufficient to meet the requirement," the bench

Hearing Advocate Monika Kohli, who was appointed as amicus curiae by the court last

year, the court said: "In case any family of the lawyer is in need of financial assistance either on account of medical expenditure or due to the death, the family members may approach the Bar Association with an applica-

HC directs J&K administration to mull

allocating in welfare fund for lawyers

said in a six-page order. The court was responding to Kohli, who raised the issue of the families of the lawyers who have died recently due to coronavirus and sought some financial assistance to them.

She expressed concern over lawyers, both in Jammu and Srinagar wings of the high court, getting infected and said there was a threat of their life that needed to be addressed immediately by getting them vaccinated.

"In regard to vaccination of lawyers between the age group of 18-45, they are advised to get themselves registered for vaccination online as per the prescribed procedure," the court said. Once they are registered, they will be provided facility of vaccination in group again on appropriate dates and at a suitable place. Otherwise,

liest, if possible, within a period of two weeks from the date of registration, it added. The bench also asked the registry of the court to discuss the vaccination programme for lawyers above the age of 45 with the health secretary of the Union territory in presence of Advocate General D C Raina and fix dates for their vaccination which may be carried at a suitable place in the high court campus or medical college or hospital as may be agreed upon. The court directed for completion of the exercise within a week. Five lawvers from Jammu have died so far due to COVID-19 and many others have been affected.