

MBSCET hosts awareness session on adverse effects of tobacco

STATE TIMES NEWS

JAMMU: Mahant Bachittar Singh College of Engineering and Technology (MBSCET) on Wednesday hosted awareness session on the adverse effects of tobacco in collaboration with District Health Society, Jammu.

The program commenced with keynote speaker Dr. Paras Khanna, (MCh Surgical Oncology, AIIMS New Delhi). Dr. Khanna discussed the harmful effects of both active and passive smoking, emphasizing the serious health risks to children and others.

Dr. Khanna highlighted that tobacco use is a leading cause of cancer and death among young people, and encouraged the audience to



Dr. Paras Khanna, MCh Surgical Oncology, AIIMS New Delhi delivering lecture on adverse effects of tobacco.

assertively say, "No to Tobacco and Yes to Life."

Dr. Mridula Singh, Nodal Officer of the National Tobacco Control Programme, Directorate of Health Services, Jammu, highlighted the COTPA 2003 Act and discussed public smoking laws, highlighted government penalties, and outlined

organization responsibilities for enforcing smoke-free policies.

Prof. (Dr.) Dinesh Kumar Gupta (Principal) thanked the speakers for their valuable contributions and stressed the need for more youth awareness programs to prevent engagement in harmful activities.

Shiveta Raina, Divisional Coordinator, Directorate of Health Services in Jammu, Dr. Gurpreet Kaur (MDS) also graced the event.

Other dignitaries present were Prof. (Dr.) Amrik Singh (Vice- Principal), Prof. Parveen Singh (Dean Academics), and S.Hardip Singh Gill (DSW).

The event concluded with the facilitation of mementos to the team of esteemed doctors.

The event was organized by Sarabjeet Kour (Head APSH Deptt) and Shivangi Gupta (Asst. Prof. CSE Deptt.). The programme was anchored by Dr. Nitasha Janwal (Asst. Prof. APSH Deptt.).

Freebirds Music launches song "Parwah"

STATE TIMES NEWS

JAMMU: In an impressive function Jammu's eminent music production house "Freebirds Music" launched a song "Parwah" in their Kunjwani office.

The song is written and voiced by Bakeel, Music has been given by Deepti, Directed by Sunny Rajput and DOP is Amit Kumar.

The lead roles of the song have been performed by eminent dance Guru Nitin Sanotra and Neha Singh.

Speaking on the occasion, the chief guest, Vinod Kumar, senior journalist, appreciated the efforts of Free Birds Production on promoting the local talent.

Rajiv Saraf, official Spokesperson of Congress, was also present on the occasion. He appreciated the hidden talent of the Jammu.



Senior journalist, Vinod Kumar and others launching song 'Parwah'.

Elaborating further, the Producer of the song and Director of Free Birds Music, Varun Gandotra said there is no dearth of talent in UT of J&K.

He further said now the local talent is coming forward which is positive sign for the bright future of youth of J&K.

Varun Gandotra also apprised the media with all his upcoming projects.

Representatives from different business houses were also present on the occasion who include P. S. Sethi National Sales Head CDGF, Kartik Singh Director ITN News, Rajiv Vohra Director Free Birds Productions, Vrinda Singh Creative Head, Ruchika Creative Director, Sukriti Slathia HR, Sunny Kumar Manager CDGF Group, Sanjeev GCL Director, Dheeraj Gouria

Technical Head, Vishal IT Head GCL, Suraj and Arjun .

Karan Gandotra, Director Green Code Labs and Sakshi Gandotra the Advertising Head were also present.

Varun Gandotra also appealed youth and other music loving people to visit his office at Kunjwani for any kind of service under one roof.

Secretary J&K Pahari Board reviews functioning of Boys Pahari Hostel Anantnag



Sapna Kotwal, Secretary J&K Advisory Board for Development of PSP reviewing functioning of Boys Pahari Hostel Anantnag.

STATE TIMES NEWS

ANANTNAG: Sapna Kotwal, Secretary J&K Advisory Board for Development of Pahari Speaking People, on Wednesday took intensive tour of Anantnag to review functioning of Boys Pahari

Hostel Anantnag.

During the inspection, she was pleased to see Boys Pahari Hostel, Anantnag being monitoring by District Social Welfare Officer, Anantnag.

The staff gave details of Boys Pahari Hostel

Anantnag. "The Boys Pahari Hostel Anantnag appeared very well administered where students were being given healthy nutrition and other play way facilities by the J&K PSP Board," the staff said adding that the students quite brainy and well equipped with basics of education as well as being given healthy environment.

Sapna Kotwal also suggested using innovative methods to make the students more dynamic.

Further Secretary J&K PSP committed to them to forward their proposal for construction of New Hostel Building.

During the tour, she was accompanied by Farooq Ahmad Tehsil Social Welfare Officer, Anantnag and staff.

GDC Kunjwani organizes awareness session on Journalism and Mass Communication

STATE TIMES NEWS

JAMMU: Psychological cum Career Counselling and Placement Cell of GDC Kunjwani organised an awareness Session on Journalism and Mass Communication Navigating in 21st Century.

The whole program was organised under the able guidance of Prof. Dr. Manisha Sarup Kohli, Principal of the College.

Vivek Suri, Principal Correspondent Take 1 Channel was the guest speaker.

During the session, he highlighted the importance and role of journalism in today's digital era. He also familiarized stu-



GDC Kunjwani faculty presenting memento to Vivek Suri, Principal Correspondent Take 1 Channel.

dents with new type of Journalism.

He also interacted with the students of the College and shared his

experiences with them. Many students actively participated in this session and some of them also presented their view-

points regarding Journalism.

He also emphasized upon students to take corrective actions against

all the negativity prevailing in the society in timely manner.

He also motivated the students to come forward and opt it as their Professional Career.

The welcome address was given by Dr. Arti Pandoh Gupta, Convener of Psychological cum Career Counselling and Placement Cell.

The proceedings of the program were conducted by Manik and Komal, Students of IInd Semester.

Formal vote of thanks was presented by Dr. Neeru Sharma. The whole programme was coordinated by the members of the committee.

Thousands of devotees throng venue as MGAC Sirro solemnise 'Varshik Yagya'

STATE TIMES NEWS

JAMMU: Thousands of devotees including the families of Village Sirro, daughters of Sirro and general public drawn from various States/UTs of the country, especially, J&K, Delhi, Maharashtra, Karnataka, Haryana, Punjab, Gujarat and Rajasthan thronged Durga Mandir, Sector-1, Durga Nagar, Jammu to seek the blessings of Maha Ganesh as Maha Ganesh Asthapan Committee (MGAC) 'Brantal' Sirro, Pattan, Baramulla solemnised Varshik Yagya with religious fervour on the auspicious day of Ganesh Chaturdashi here on Wednesday.

It may be recalled that before the mass exodus of Kashmiri Pandits from the Valley in 1990, this Varshik Yagya used to be solemnised with religious fervour at famous Kashmiri Pandit village 'Sirro', Pattan in district Baramulla of North Kashmir, which was known for celebrating the important festivals like Shivratri, Jammashami, Navreh and Zang'Yrai with zeal and zest.



Kashmiri Pandits community offering Puranahuti of Varshik Yagya at Jammu.

The Yagya began with Satsang, wherein religious scholar Sh BL Bhat Sharnagath group presented melodious bhajans, which was followed by Kalash Pooja yesterday evening.

After the five Suhakars, the Yagya culminated with Purnahuti at 1 pm today, followed by Prasad Vitran from 1:30 pm onwards.

Chhabeels, fruit stalls and other allied requisite facilities helped the devotees to defeat scorching heat and humid conditions.

Bhajan-Kirtan performed on the occasion brought ecstatic feeling to everyone's mind.

"To seek the blessings of Maha Ganpat, I came all the way from Faridabad to attend this Varshik Yagya. I feel blissful. The atmosphere here made me think about the way this Yagya was performed at my native village in Kashmir before KPs mass exodus. I owe the success of my life to the Ashirwad of Maha Ganesh (Brantal)," said a devotee, Rajinder Koul.

"The ashirwad of Maha Ganesh Asthapan Brantal is

always with us. Meditating about Brantal always makes me feel high whenever I feel low," said Dr Suresh Pandita, who came from Najafgarh, New Delhi to attend the Yagya.

On the occasion, the devotees paid Shradhanjali to late Chaman Lal Pandita, founding member of MGAC Brantal.

Another devotee PL Dhar, who came all the way from Rajkot, Gujarat said, "We are witness to the miracles of Maha Ganesh Asthapan Brantal. Nothing can stop us from attending this Varshik Yagya,

not to talk of the heat wave."

"Despite several health issues, Rattan Lal Dhar performed all the vidhis of the hawan on behalf of the Sirro biradhari for which we are thankful to him" said a representative of the Brantal, MGAC, Sirro.

Meanwhile, the District Administration and local Police provided elaborate security arrangements to facilitate the devotees.

The organisers including Bhushan Lal Koul, Kiran Ji Koul, Rajinder Kaul and Rajesh Dhar, under the guidance of MGAC Advisors namely PL Pandita, Hriday Nath Bhat and Daya Krishan Koul performed the job and extended thanks to all the volunteers-- Avtar Krishan Dhar, Rattan Lal Pandita, Ramesh Pandita, Bittu Bhat, SL Bhat, Rajoo Dhar, Dr Ravinder Pandita, Dr Suresh Pandita, Rupesh Koul, Veer Ji Koul, Dileep Ji Bhat, Pawan Pandita, Dileep Pandita, Avtar Krishan Bhat, Vinod Pandita, Maharaj Pandita and Ashu Pandita.

Apni Party aims to upgrade living standard of displaced KPs: Bakaya

STATE TIMES NEWS

JAMMU: Apni Party has continued its public outreach program in the wake of ongoing preparation for the Rajouri - Anantnag Parliamentary seat in favour of Zafar Iqbal Manhas sahab. The meeting was organized by G.L. Pandita at Vinayak Nagar, Muthi in Jammu District under the chairmanship of Party's State General Secretary, Vijay Bakaya. During the meeting, Vijay Bakaya discussed the policy and agenda of the Party that

living standard by implementing policies for their social, economic, and political upliftment. He also said that the Party is committed for the safe and honorable return of the displaced Kashmiri Pandits. Meanwhile, the displaced KPs assured their support to Zafar Iqbal Manhas in the scheduled election for Rajouri - Anantnag Parliamentary seat. The meeting was attended by State General Secretary and Spokesperson of the Party, Abhay Bakaya, District Senior



JKAP General Secy, Vijay Bakaya speaking in a meeting.

would be implemented if Zafar Iqbal Manhas gets elected to the Lok Sabha. He said that the Party is committed for the welfare of the displaced Kashmiri Pandits and to upgrade their

Vice President, Jammu Urban, Vaibhav Mattoo, Shivani Koul, Shikha Bardawaj, Mutkesh Yogi, Virender Sathoo, Bansi Lal Pandita, Pyare Lal and others.

SP Rural distributes appreciation letters among participants of Wall painting competition



SP Rural Jammu and SHO Domana posing with winner students and others.

STATE TIMES NEWS

JAMMU: Appreciation letters were distributed among the 40 students of MHAC Nagwani, Model Higher Secondary School Domana and International Cambridge, Purkhoo by SP Rural Jammu and SHO Domana who have participated in Wall Painting Competition on the topic Drug Abuse held on April 12, 2024 at PS Domana.

SP Rural Jammu and SHO Domana paid a special visit to these schools and distrib-

uted appreciation letters to the students in presence of their teaching faculty and fellow students.

Also interacted with students to promote the message of Jammu police zero tolerance against drugs and urge students to act as special messengers of JKP to spread this message that there is no space for drugs in our civilised society.

He further added that your creativity and dedication to raising awareness about this important topic

through your artistic talents are truly commendable.

The vibrant and thought-provoking messages portrayed in your artwork have significantly contributed to the community's efforts in combating drug abuse and promoting a healthier, drug-free environment.

Teaching faculty and students of these schools appreciated the efforts of police in conducting such events which boost the morale of students.

Gaurav urges Govt to declare Summer Vacations for schools amidst extreme heatwave conditions

STATE TIMES NEWS

JAMMU: Gaurav Gupta, former General Secretary of Chamber of Commerce, Jammu, has called on the government to declare immediate summer vacations for all schools within the Jammu Division due to the ongoing extreme heatwave.

The region is currently experiencing some of the highest temperatures of the season, reaching a scorching 43 degrees Celsius.

In a statement issued here today, Gaurav Gupta praised the Divisional Administration for their proactive decision to curtail school timings from 8 AM to 12 Noon in response to the severe heatwave conditions. He emphasized that while this measure is commendable, further steps are necessary to ensure the health and safety of school children.



"The current temperature and heatwave pose significant health risks, especially to young children who are vulnerable to heat-related illnesses. In light of the extreme weather, it is imperative that there is dire need to take additional precautions to protect our students from the direct effects of the sun and the oppressive heat," he added.

Gaurav Gupta strongly advised the concerned authorities to declare summer holidays for all educational institutions in the Jammu Division. He highlighted the urgent need to safeguard children from the adverse impacts of the extreme temperatures, which have reached record highs for this time of year.

He also noted that the neighboring state of Punjab has already declared summer vacations for all schools due to the extreme heatwave conditions. "We must prioritize the well-being of our children during these extraordinary weather conditions," he added.

Gaurav urged the government to act swiftly and declare summer vacations to prevent any potential health hazards caused by prolonged exposure to this severe heat.