

# CBC's programmes act as communication channel between Government and Masses: President MC Rajouri

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RAJOURI: President Municipal Council Rajouri, Mohammad Arif Jatt on Wednesday highlighted the importance of a two way communication channel between the Public and Government for effective governance and optimum development.

Mohammad Arif Jatt was speaking as the Chief Guest on the Day-2 of Multi-Media Exhibition on Azadi Ka Amrit Mahotsav, G-20, Mission LIFE, Yuva Utsavand other allied themes organized by Central Bureau of Communication, Rajouri(J&K), Ministry of Information and Broadcasting, Govt. of India here in Baba Ghulam Shah Badshah University.

Dr. Ali Asghar Shah Dean Academic Affairs, BGSSBU was Guest of Honour and Ghulam Abbas Chaudhary, Joint Director CBC and PIB J&K presided over the function along with faculty BGSSBU, Staff of CBC J&K and representatives of Health, JalShakti, Agriulture, Social Welfare and WildLife Protection departments Rajouri.

The MC President appreciated the Central Bureau of Communication, J&K for organizing the event in Rajouri. He said that CBC's programmes serve as a bridge of communication between Government and



President Municipal Council Rajouri, Mohammad Arif Jatt at the exhibition.

Common Masses -. He said the valuable information disseminated through displays and Expert Lectures will encourage the locals to avail the benefits of various Centrally sponsored schemes and become entrepreneurs. He highlighted the role of teachers in students' life, Unity in diversity and role of responsible and aware citizens.

Ghulam Abbas, JD, CBC & PIB, J&K, in his address, said that CBC has the mandate of disseminating information and awareness among common masses in rural as well as urban areas. CBC uses Exhibition, Cultural programmes, Seminars, Expert Lectures, Competitions etc. to aware/engage the masses about

various schemes. He advised the students to avail benefits of Govt. schemes and earn besides studies to become Atamnirbhar (self reliant). He urged the audience to spread the message about the benefits of various CSS among the common masses.

Prominent among others who spoke on the occasion were Dr. Mubashir Malik, Principal Polytechnic, BGSSBU, MohdAsgar from Agriculture Department, Mohd Mubarak from Department of Wild Life Protection, Tanvir Hussain khan from Health Department, Rahul Puri from Social Welfare Department & Rajat Sharma from Jal Shakti

Department. All the resource persons gave a detailed overview of various Centrally Sponsored Schemes related to their respective departments whereas Dr. Ali Asghar Shah, Dean Academic Affairs, BGSSBU, addressed the audience regarding importance of being informed and aware.

The Exhibition showcased India's struggle for freedom through display panels. Major events of freedom struggle include, Revolt of 1857, Non- Cooperation Movement, Establishment of Home rule, Champaran Satyagraha, Kheda Satyagraha, Jallianwala Bagh Massacre, Khilafat Movement, Chauri-Chaura Incident, Dandi March or Namak Satyagraha, Azad Hind fauj, Quit India Movement, partition of India. A special facet was also put up to highlight the contribution of freedom fighters belonging to J&K and Ladakh.

Vijay Mattoo, I/c CBC, Poonch conducted the programme and an open quiz on AKAM Mahotsav to engage the audience. Expert Lectures, theme based cultural programmes, signature campaign, etc. were the attractions for the youth. Winners of open quiz, Resource person, and guests were honoured by CBC, Rajouri.

# DLSA Bhadarwah observes No-Tobacco Day

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BHADARWAH: World No Tobacco Day was observed by District Legal Services Authority ( DLSA ) Bhadarwah in the premises of Gov Hr See School boys Bhadarwah on Wednesday.

Tanveer Hussain vice principal of GHSS Boys Bhadarwah presided over the event as the chief guest whereas Educationist Arif Rana was guest of honour and Adv Mohd Majid Malik was resource person on the occasion.

Adv Mohd Majid Malik said, "Most of the deaths are occurring today because of tobacco consumption. It is the biggest cause of several life-taking diseases, including cancer. The government has made several laws against tobacco consumption but there is lack of awareness in our society."

"The World Health Organisation has set a target to create awareness among people with the theme of 'Tobacco and Lung Health' for which 'World No Tobacco Day' is



A resource person speaking during the programme.

being celebrated every year." Malik added.

He highlighted the different forms of tobacco and its side-effects on the body. He urged all the students not to go into drug abuse.

On the occasion, students took oath to never consume any drug like tobacco in their life.

A slogan-writing competition was conducted where students showcased their creativity in coming out with different slogans for spreading awareness on tobacco use.

Adv Mohd Majid Malik also informed that in 1987 the World Health Assembly passed a resolution calling for the celebration of World No Tobacco Day every year on 31 May. Anti Tobacco Day focuses

on cent per cent smoke-free environments as the only effective measure to protect the public, including women and children, the people at their workplaces, from exposure to second hand tobacco smoke.

The main aim of this day is to create awareness about the ill effects of tobacco, the disease it can cause and the preventable measures.

Psychotropic Substances Act, 1985, commonly referred to as the NDPS Act, which is an Act of the Parliament of India that prohibits a person the production/manufacturing/cultivation, possession, sale, purchasing, transport, storage, and/or consumption of any narcotic drug or psychotropic substance.

# GDC Neeli Nallah organises poster making competition



Faculty along with students during the contest.

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UDHAMPUR: Government Degree College Neeli Nallah, Udhampur organised Poster Making Competition on "World No Tobacco Day" on the theme "We need food, not tobacco". The competition was organised under the able guidance of Prof. Hans Raj, Principal of the college. A total of ten students participated in poster making competition who depicted their ideas in their posters about the various harmful effects of Tobacco. In the competition Ramneek sharma, Rubia Khanam and Vaishali Sharma were adjudged 1st, 2nd and 3rd respectively. The competition was adjudged by Manisha

Kanehru, Dr. Parul Chibber and Pratibha Heer. Speaking on the occasion the Principal of the college highlighted the harmful effects of cigarettes and other tobacco products on a person's overall health. He stressed upon the students not to indulge in smoking and also aware the masses to be tobacco free and help them quit for good. He congratulated the students for participating in the event and also appreciated the efforts of the organizing team.

Prof. Swati Dutt, Dr.Radha Rani and Prof. Shaista Yasmeen were the members of organising committee. Other faculty members were also present.

# DC Udhampur reviews functioning of Urban Local bodies

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UDHAMPUR: To review the functioning of Urban Local Bodies in the district, Deputy Commissioner, Udhampur Sachin Kumar Vaishya on Wednesday chaired a meeting of concerned officers and field functionaries here in his office chamber. Additional District Development Commissioner, Ghan Sham Singh; Chief Executive Officer, Dalip Abrol and other officers attended the meeting. Detailed deliberations were held on various aspects which included overall functioning of Urban Local Bodies, Sanitation, Collection and disposal of waste, generation of own source of revenue by civic bodies, augmentation of development infrastructure etc.

The DC directed the concerned officers to put in extra efforts for smooth functioning of the department. He exhorted them to work in coordination and to generate own revenue for the proper working of the department. The DC also reviewed the progress of the major projects being executed by municipalities for augmentation of development infrastructure and amenities in urban areas of the district.

# GDCs Samba, Ghagwal celebrate World No Tobacco Day



Faculty and students of both colleges during the programme.

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SAMBA: NSS, NCC units and Cultural Committees of Pt Prem Nath Dogra Govt Degree College Samba and Govt Degree College Ghagwal collaborated to celebrate World No Tobacco Day at GDC, Samba. A team of doctors from District Hospital Samba visited the campus to launch an awareness campaign. Dr Sunil Raina, Consultant Physician, enlightened the students upon the relevance of Anti- Tobacco Campaign being taken up on a global scale. He painted realistic picture of tobacco business right from the nuances of its cultivation to the profit-motivated capturing of the global market. Further, he impressed upon the serious

repercussions of drug and tobacco addiction on the physical and mental health of teenagers who are easy targets owing to their innocence and emotional vulnerability. He, also, suggested various preventive measures to curb this menace in the society. In order to orient the energy of students towards constructive and positive ventures, a Poster making competition on the theme of World No Tobacco Day was organized, wherein the budding talent of both the colleges exhibited their creativity and bagged prizes as per merit. The first prize was bagged by Riya Bharati, GDC Ghagwal, second prize went to Deepak Verna of GDC Samba and the third prize was bagged by Archana Devi GDC

Ghagwal.

The popular folk dance "Jagran" by the students GDC, Ghagwal was the highlight of the cultural celebrations. NSS volunteers of GDC Samba presented melodious dogri folk melodies. Prof. (Dr.) Twinkle Suri, Principal, host College addressed the students on the vitality of the theme of World No Tobacco Day " We Need Food not Tobacco". She harped upon the dire need of conscious efforts by society and educational institutions in channelizing the plethora of energy youth harbours towards Sports, Arts and other constructive as well as morally- uplifting ventures. She congratulated the participants and winners of the competitions and also made a special mention of the efforts, put in, by the teachers and Principal of GDC Ghagwal, in ensuring the participation of their students, who captivated the audience with their colourful folk-dance. The event was anchored by Dr. Geeta Lakhotra, NSS Programme Officer GDC Samba.

# Retd District & Sessions Judge make, cops aware on Mental Health Act



Subash Chander Gupta, Retd. District & Sessions Judge along with officials of PTTI Vijaypur.

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VIJAYPUR: Subash Chander Gupta, Retd. District & Sessions Judge delivered lecture to Police Personnel and trainees of Police Technical Training Institute (PTTI) Vijaypur on Mental Health Act. While speaking on the occasion, Subash Chander Gupta, Retd. District and Sessions Judge told that The Mental Health Act of 2017 is a landmark law that takes a paradigm shift from its predecessor, as it moves from discriminating and criminalising the mentally ill, to acknowledging and providing them their rights during the delivery of treatment and care. This law provides every Indian citizen the "right to access mental healthcare." Additionally, it recognises new patient's rights and emphasises medical attention

for those attempting to take their lives. This reflects that the law takes a patient-centric, rights-based approach and recognises the autonomy of Indian citizens with mental illness, like never before. This is in accordance with the United Nations' Convention on the Rights of Persons with Disabilities (UNCRPD). The law aims to secure the fundamental right and liberty of persons living with mental illness. Subash Chander Gupta, Retd. District and Sessions Judge also told that Mental Health Act 2017 provides the provision of constitution of Central and State Review Boards, Rehabilitation Centers, Mental Health Authorities and NGOs to treat and reunite mentally sick persons with the society.

In the valedictory address, Shiv Kumar, SSP, Principal

PTTI Vijaypur told that lecture on Mental Health Act has been organized on the directions of PHQ-J&K to aware the Police personnel. Principal PTTI Vijaypur thanked Subash Chander Gupta, Retd. District and Sessions Judge for sparing his precious time for delivering an impressive lecture to aware the Police Personnel and trainees of the Institute with this Act. Devinder Gupta, Dy.SP (R&D), Kuldeep Raj, Dy.SP (Indoor/Tech.), Inspr. Vivek Kalsotra, Inspr. Surrinder Paul , Inspr. Mulkh Raj, Inspr. Ram Lal, Inspr. Javed Hussain, Inspr. Anil Kumar, Inspr. Kanwal Raina, Inspr. Himanshu Dutta, Inspr. Bhopinder Singh, Narinder Kumar were present on the occasion.

# DC Reasi flags off Haj pilgrims

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REASI: District Development Commissioner Reasi, Babila Rakval on Wednesday flagged off a batch of 41 Haj pilgrims.

ADDC, Jyoti Slatia; ADC, Abdul Star; team of civil and police officers, besides a large number of people were present to see off the pilgrims. The DDC congratulated the Hajj pilgrims for getting the opportunity to perform holy Hajj. She also wished them safe and secure pilgrimage and appealed to them to pray for peace and prosperity of the UT of Jammu and Kashmir. The group of 41 pilgrims left by bus from District Headquarter Reasi to Haj House Delhi from where they will take the international flight to Saudi Arabia.



Sr Malaria Inspector, Om Parkash Shan being given farewell.

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DODA: Chief Medical Officer's Office Doda on Wednesday accorded a warm farewell to Sr Malaria Inspector, Om Parkash Shan on his retirement at a grand function.

Chief Medical Officer, Dr A H Zargar besides staff of CMO, Dy CMO Office and Planning Section were present on the occasion. The CMO hailed the retiring official as a dedi-

cated, hardworking and reliable employee of the Health Department who always remained available at the beck and call of his seniors and colleagues for which he would be remembered for his utmost services.

The official was presented gifts as a token of

respect for his tireless services in the department.

Shan thanked the staff of the Health Department for the warm farewell and assured to be available for every possible help to the department after his retirement.

Meanwhile, staff of Integrated Child Development Projects (ICDS) of all the 8 projects of Doda and the staff of District Programme Office ICDS Doda bade farewell to Shahida Parveen, DPO ICDS Doda on her superannuation from government services after rendering 40 years of unblemished and exempl-

# GDC Nowshera celebrates 'World No Tobacco Day'

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NOWSHERA: To mark the significance of World No Tobacco Day, Red Ribbon Club unit of GDC Nowshera in collaboration with NSS Unit under the banner of "G-20 Summit" organised a poster making competition on the theme 'We Need Food, Not Tobacco'. The competition was organized by Prof. Pooja Devi, Nodal officer Red Ribbon Club and Dr. Sunil Dutt,



Faculty along with students during the programme.

Programme Officer NSS under the overall supervision and guidance of Dr. K.K. Sharma, Principal of the college.

On this occasion, Prof. Pooja while addressing the students highlighted the negative impacts of tobacco consumption on health and environment. She advised them not to indulge in cheving/smoking of tobacco in any form and motivated them to spread this message in their families and society. A large number of students participated in the competition expressing their creativity and

drawing skills by making posters based on the given theme. The participants showed the damaging effects of consuming tobacco through their posters. Prof. Rajat Bhardvaj, Asstt. Prof. sociology; Dr. Akhil Khajuria, HoD Physical Education and Dr. Mohd. Zeeshan, HoD EVS evaluated the posters of the students. Top 3 positions were selected from amongst the entries. Manpreet Kour stood first; Gagandeep Kour bagged second position while the third position was secured by

Harpreet Kour. All the winners belonged to B.Sc. Sem VI. On this occasion, all the faculty members and students pledged not to consume tobacco in any form so that GDC Nowshera can be made a Tobacco-free Institution. Dr. K.K. Sharma, Principal of the college said that this contest shall prove helpful to educate the youth about the immediate as well as long-term health benefits of quitting Smoking. Dr. Ruhi Gupta, HoD Sociology conducted the proceedings of the programme.

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