

JU organizes lecture cum demonstration session on Importance of Physiotherapy

STATE TIMES NEWS
JAMMU: Department of Students Welfare and Health Centre, University of Jammu jointly organised a Lecture and Demonstration session on the topic "Exercises and Importance of Physiotherapy in the Management of Injuries". Dr. Amit Kumar, MPT, BPT (Spine Neurology and Biomechanics Specialist) from New Delhi was the Resource person. Prof. Prakash Antahal, Dean Students Welfare, along with Prof. Monika Sethi, Chairperson, Campus Cultural Committee, and Dr. Bharat Bhushan, Chief Medical Officer, felicitated the Resource person. In his address, Prof. Prakash Antahal informed the audience that such programmes are very useful and play a vital role in the well-



JU faculty presenting memento to resource person Dr. Amit Kumar, MPT, BPT (Spine Neurology and Biomechanics Specialist) from New Delhi.

being of students and employees, thus making them undertake their respective responsibilities more efficiently. He emphasised the importance of exercises for physical fitness and mental alertness. While introducing the Resource person, Prof.

Monika Sethi informed the audience that a Senior Physiotherapist at Sir Ganga Ram Hospital, New Delhi, Dr. Amit Kumar, is a decorated Physiotherapist who has the distinction of being empanelled as a sports physiotherapist in many sports franchises, including

the IPL, Pro Wrestling League, All India Football Federation, etc. Dr. Amit Kumar conducted a highly informative session with the employees and students of the University. He also answered the queries with relevant answers and a live demon-

stration. The highlight of the session was a live demonstration of several exercises that help in strengthening the muscles, keeping the posture correct, and managing acute and chronic pains with the help of Physiotherapy. Dr. Bharat Bhushan presented the vote of thanks. Prominent amongst those who attended the session were Prof. K.S. Charak, Dr. Daud Iqbal Baba, Dr. Garima Gupta, Dr. Shalun Sharma, Dr. Sandeep Singh, Dr. Saloni, Dr. Nousheen Khan, Dr. Gautam Sharma, Dr. Sarveshwar Dubey, Dr. Rakesh Chib, Jai Bharat, Pawan Singh, P.D. Singh, Raj Kumar Bakshi, Ravish Vaid, Vikas Kalrupia, and R.P. Singh. The event was conducted by Ifra Kak and coordinated by Sumeet Sharma.

Dy Mayor's resolution for providing special privilege to Gallantry Award recipients passed in GHM

STATE TIMES NEWS
JAMMU: The resolution for the General House Meeting proposal was moved regarding providing the special privilege under JMC like basic amenities to Padma Shri, Padma Bhushan, and other Gallantry Award Recipients on priority. The proposal moved by the Baldev Singh Billawaria, Deputy Mayor, Jammu which was passed in the General House on Tuesday with full majority in the general house. Billawaria said that the General House of JMC has passed a resolution to provide special privileges to Padma Shri, Padma Bhushan, and other Gallantry Award Recipients under the jurisdiction of JMC. "It is a moment of pride for all of us to recognize the invaluable contribution of these eminent per-



Dy Mayor, B.S Billawaria moving resolution at GHM of JMC

sonalities towards the nation," Billawaria said adding that the resolution aims to provide basic amenities to the above-mentioned award recipients on priority, such as water supply, sanitation, and electricity. It is a small but significant measure to honor these national heroes who have brought laurels to the country and inspired generations. Both ruling and opposition members welcomed a

resolution moved by Billawaria. It suggests a significant level of support and consensus across political factions. Billawaria said that the JMC has always been committed to serving the citizens of Jammu with the utmost dedication, and we believe that this resolution will further strengthen our resolve to provide a better quality of life to all.

Tajinder Wazir calls on CEO JKEDA, discusses farmers' issues



Kissan Advisory Board Member Tajinder Singh Wazir calling on Dr P.R Dhar, CEO JKEDA.

STATE TIMES NEWS
JAMMU: The Kissan Advisory Board Member Tajinder Singh Wazir on Tuesday called on Dr P.R Dhar, CEO Jammu and Kashmir Energy Development Agency (JKEDA) at Jammu and

raised various issues of farmers' importance pertaining to solar energy. He had a detailed interaction with the CEO JKEDA wherein he projected several demands and issues pertaining to the release of pending cases

under Kusam for installation of solar pumps at entire J&K UT, waste to wealth schemes of renewable energy specially timely installation of solar water pumps in this peak season of paddy transplantation. The CEO observed that the Jammu and Kashmir Energy Development Agency is formulating development plans and policies reflective of needs and aspirations of the people J&K for renewable energy and assured him that solar water pump installed within month and appealed to farming community of J&K to adopt solar energy panels subsidized scheme for their own consumption rest sale to grid to generate revenue the various officers of solar energy departments present in meeting.

STATE TIMES NEWS
SRINAGAR: Apni Party President Syed Mohammad Altaf Bukhari, on Tuesday, held a meeting with the Union Home Minister, Amit Shah in New Delhi to address various crucial matters concerning the Political, economic, and administrative issues of Jammu and Kashmir. According to a party statement issued here, "The discussions between the two leaders focused on a wide range of issues, aiming to enhance prevailing peace, foster development, improve governance, and address the political dynamics in the region." During the meeting, Bukhari provided a comprehensive appraisal to Shah regarding the existing state

Bukhari calls on Amit Shah in New Delhi Urges Home Minister to facilitate necessary CBMs to enhance prevailing peace and harmony in J&K



Apni Party President S.M.A Bukhari calling on Union Home Minister, Amit Shah at New Delhi.

of peace and harmony in Jammu and Kashmir. He told the Home Minister that J&K people have played a significant role in fostering and maintaining peace, demonstrating their commitment to a peaceful environment. He also conveyed that the people are eager to contribute even more to strengthen the ongoing peace process, as they aspire to

reap the benefits that come with an enhanced state of peace, the statement said. However, Bukhari conveyed his urgent appeal to the Union Home Minister, stressing the need for New Delhi to take immediate Confidence-Building Measures (CBMs) to further bolster the prevailing public sentiment. In particular, he recom-

mended two significant actions: the release of prominent religious leaders ahead of the upcoming Eid celebration, and the timely announcement of assembly polls in the Union Territory (UT). "Since Jammu and Kashmir has been experiencing an extended period of peace and harmony after a considerable duration, it is an opportune moment to take proactive measures to strengthen democracy and enhance peace further in the region. It is primitive that people are not deprived of their constitutional right to choose their own representatives any longer," Bukhari added. Welcoming the Amarnath Yatra, which is beginning soon, Apni Party President

informed the Home Minister that J&K people are eager to greet the pilgrims as this Yatra has always played a pivotal role in fostering religious harmony, strengthening cultural bonds, and yielding significant economic benefits for the people of Jammu and Kashmir. Bukhari stressed the importance of granting people every opportunity to showcase their warm hospitality by wholeheartedly welcoming the yatra and embracing pilgrims with open hearts and minds. He emphasised the need for the government to have unwavering trust in the people and to ensure ample opportunities for them to extend their gracious hospitality to the yatrias.

Dr Jitendra announces DoPT approval for 1,592 mass promotions



Union Minister Dr Jitendra Singh briefing about mass promotions and other reforms undertaken by DoPT, on Tuesday. Also seen is Union Secretary DoPT, Radha Chouhan.

STATE TIMES NEWS
NEW DELHI: Department of Personnel & Training (DoPT), Ministry of Personnel has approved the mass promotion of 1,592 officials working in the capacity of Assistant Section Officers (ASOs) to the post of Section Officers on adhoc basis with immediate effect. The regularisation of these adhoc promotions will also take place soon in due course. Announcing this here on Tuesday, Union Minister, Dr Jitendra Singh said that the promotion orders will be issued soon by the respective Cadre Controlling authorities. Sources said, the Promotions had been expedited at the directions of the Minister Incharge DoPT, Dr Jitendra Singh who personally reviewed the entire process. "Government has been granting mass promotions to employees in order to motivate them and overcome the problem of long stagnation. Another 2,000 promotions in ASO and other Grades are in process and hopefully they will get promoted by this year end," the Minister said. The Minister said, last year also about 9,000 mass promotions were made and prior to that the DoPT granted 4,000 promotions in the preceding three years. Dr Jitendra also regretted that in a large number of cases, stagnation in promo-

tions was the result of litigation amongst the employees themselves and even though the DoPT tries its best to put forward its view in the court of law, the delay becomes inevitable. The orders for mass promotion of these employees belonging to the Central Secretariat Service (CSS) have been issued after several rounds of high-level meetings in DoPT chaired by Dr Jitendra Singh in the last few months. The Minister said, even legal experts were consulted as some of the orders are subject to the outcome of pending writ petitions. Dr Jitendra said, in order to bring in the ease of governance as well as objectivity in empanelment, the government has, in the last nine years, improvised upon the procedures so as to ensure that there are no subjective preferences involved in carrying out the promotions. "Procedures have been made more hi-tech using sophisticated technology tools to minimize the human interface," he added. The DoPT Minister said that the Modi government has done away with over 1,600 rules which were either obsolete or had become irrelevant with the passage of time. Dr Jitendra Singh said, "All this is meant not only to ensure effective and timely delivery of outcomes for the public, but also to enable the employees to perform to the best of their ability".

On Eid ul Azha eve, J&K Bank kick-starts Instant QR Code drive in Kashmir



J&K Bank's GM & Divisional Head (Kashmir) Tabassum Nazir and others launching Instant QR Code Drive.

STATE TIMES NEWS
SRINAGAR: Carrying forward its ease-of-banking mission through digital channels on the eve of Eid ul Azha, J&K Bank on Tuesday initiated a 'Special Instant QR Code Drive' in Kashmir.

The Bank's General Manager & Divisional Head (Kashmir) Tabassum Nazir launched the drive at Zonal Office (Srinagar) in presence of valley's Zonal Heads Intiyaz Ahmad Bhat, Tariq Ali, Shabir Ahmad, Khursheed Muzaffar and Saadut Hussain Pampori, Chief Digital Officer

Naveed Zargar, Cluster Heads and other senior officers of the Bank. Zonal Head (Ladakh) Dorjey

Angehuk and Cluster Head (Kargil) also joined the event through VC mode. Speaking on the occasion, GM & Divisional Head Tabassum Nazir said, "Instant payment remains at the centre of convenient

banking, which has further been eased by mobile telephones through these Quick Response Codes." "The idea behind the special drive is to make QR Code transactions more popular and familiar across varied sections of society irrespective of their location and economic status. The major thrust of the drive remains on small shopkeepers, hawkers and thele-wallahs whose valuable effort and time can be saved through these easier and secure QR Code transactions", she added. From kick-start of the

drive till 5 pm in the day, over 3000 Instant QR Codes had been installed across valley under the ongoing campaign. The shop-keepers and street vendors thanked the Bank officials for the outreach and installation besides guidance regarding the benefits of transacting through these QR Codes. "J&K Bank needs to continue such drives which benefit hawkers like me also besides other shop-keepers and businessmen", said a vendor, Nazir Ahmad, after the installation of Instant QR Code.

DIRECTORATE OF TOURISM JAMMU

In Association With

SHRI AMARNATH JI YATRA WELFARE SOCIETY

and

TOURISM FEDERATION OF JAMMU

Presents

Mahadev Ka Maha Utsav

(DEVOTIONAL PRESENTATION OF SHIV BHAINTS)

DATE : 29 JUNE 2023

VENUE : PADMA SHRI PADMA SAGHDEV GOVERNMENT PG COLLEGE FOR WOMEN GANDHI NAGAR, JAMMU

TIME : 07:00 PM OMWARDS

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