

KVK Reasi organises training programme on SHGs, women empowerment

STATE TIMES NEWS

REASI: Krishi Vigyan Kendra (KVK), Reasi under the aegis of Sher-e-Kashmir University of Agricultural Sciences and Technology of Jammu (SKUAST-J) organized one day training programme on "Self Help Groups (SHGs) & Women Empowerment" here today at Kheral village in Reasi district of J&K which was actively attended by the number of women members of various SHGs of the area. The programme was organised under the dynamic stewardship of Vice Chancellor, Prof. B.N.Tripathi. The programme was inaugurated by Director Extension Prof. Amrisha Vaid and Asoc. Director Extension, Prof. Hema Tripathi of SKUAST-J. Both the dignitaries also inaugurated the processing units and guided participants on various incomes generation activities among the rural women and suggested them to stress on the value addition in agriculture for more farm returns.

Prof. Vaid appreciated SHGs members for their efforts on value addition in agriculture and guided them on commercial floriculture, mushroom cultivation, organic vegetables production, lemon grass production etc. He discussed on woman empowerment and said that SHGs can be helpful to empower the rural women. Prof. Hema Tripathi discussed in



Dignitaries visiting the stalls during the training programme at Kheral village in Reasi distt.

detail on woman empowerment and said that SHGs can be helpful to empower the rural women. She narrated that SHGs formation has an immense scope in hilly areas and can play a significant role in improving the socio-economic status of rural women. She encouraged the participants on value addition in agriculture and discussed on drone didi scheme for rural women. She appreciated the efforts of rural women on rural crafting and guided them on proper packaging and branding practices.

Dr. Banarsi Lal, Sr. Scientist & Head of KVK, Reasi warmly welcomed the dignitaries and participants. He briefed the role and significance of Self Help Groups (SHGs) in the current scenario of livelihood diversification especially for the mar-

ginalized rural women of hilly areas. He guided the participants on regular saving, budgeting, record keeping, regular meetings, regular interloaning, linkage with banks etc. He stressed on the agri-entrepreneurship development at village level by working in groups and discussed on Atama Nirbhar Bharat. He highlighted the importance of homogeneity, fortnight meetings and book keeping for the significant results in SHGs. Chief Agriculture Officer, Reasi Sh.Harbans Singh narrated that the SHGs can transform the rural areas by raising the socio-economic conditions of the rural women. He narrated that by the value addition in fruits and vegetables rural women can fetch more money and thus they can raise their socio-economic status. Adarsh Gupta, DDM, NABARD, Reasi dis-

cussed on banking literacy and stressed on strengthening of SHGs through micro-entrepreneurship in rural areas. He stressed on the value addition in fruits, vegetables and spices to enhance the income and employment among the rural women. He expressed that such training programmes foster economic independence, self-reliance and sustainable growth for SHGs members, enabling them to positively impact their communities and lead fulfilling lives. Sh.Jugal Sharma, Nodal Officer, NRLM, Reasi guided the participants on packaging, leveling, branding and marketing of processed agro-products. He also guided participants on small business planning, effecting marketing strategies and product development. Dr.Sanjay Kaushal spoke on commercial organic and natural farming. He stressed on scientific farming for more returns. Dignitaries also distributed vermicomposts and awards to the progressive women farmers during the programme. During the programme an awardee woman farmer of the area, Smt.Anita Devi was also present. During the programme Vinod Khajuria, SDAO, Reasi, Sanjay Kumar, AEO, Reasi, Dr.Arjinder Kumar, Dr.Jagdish Kumar, Manohar Lal, Mohd.Iqbal and others were also present. The programme was concluded by Dr.Lalit Upadhyay with formal vote of thanks.

DC Reasi reviews Eid-ul-Azha arrangements



Deputy Commissioner Reasi, Vishesh Mahajan chairing a meeting.

STATE TIMES NEWS

REASI: Deputy Commissioner Reasi, Vishesh Mahajan, chaired a comprehensive meeting today to review the arrangements for the Eid-ul-Azha. The meeting focused on ensuring all necessary facilities to the public during the festival.

The DC asked officers to ensure the availability of sacrificial animals at designated locations and the availability of essential commodities in the market. He also emphasized the importance of identifying specific sites for sacrificial activities.

In addition to these measures, the DC directed the concerned departments to

ensure adequate supply of electricity, water and enhanced sanitation services across the district, particularly at all Shrines. Security arrangements were a key topic of discussion. DC Mahajan instructed that all animals intended for sacrifice be properly stamped, ensuring that no animal is sold without the required identification.

The Assistant Controller Legal Metrology and Assistant Controller Food Safety were instructed to regularly check the quality of food and other goods in the market. They were also directed to take samples for testing to ensure public safety. To maintain cleanliness,

the DC called for the deployment of sanitary workers in and around shrines, Eid-Gahs and other significant locations within the district.

Moreover, he directed the deployment of medical teams, including doctors and paramedics, along with ambulances at all prominent locations to address any emergencies during the festival.

The meeting was attended by SSP Reasi Mohita Sharma, ADDC Sukhdev Singh Samyal, ADC Kulbhushan Khajuria, ACR Anshumali Sharma, Chief Animal Husbandry Officer, and XENs of PHE and PDD. All SDMs joined the meeting virtually.

Food Safety Awareness Program held at Vijaypur to mark World Food Safety Day



A resource person educating participants.

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SAMBA: An awareness program to mark World Food Safety Day was today hosted by the Food Safety Department Samba to educate and inform food business operators, food hawkers, fruit and vegetable sellers and the general public on critical food safety practices. Food Safety Officer, Kulbir Singh organised the event.

Every year, June 7 is celebrated globally as World Food Safety Day to promote awareness and inspire action

to help prevent, detect, and manage foodborne risks. This year's theme, "Prepare for the Unexpected," emphasizes the importance of proactive measures in ensuring food safety.

The program was held in the Municipality Office Vijaypur, attracting a large number of participants. Attendees received valuable information on maintaining proper sanitary and hygienic conditions in all types of food businesses. Key points of discussion included the signifi-

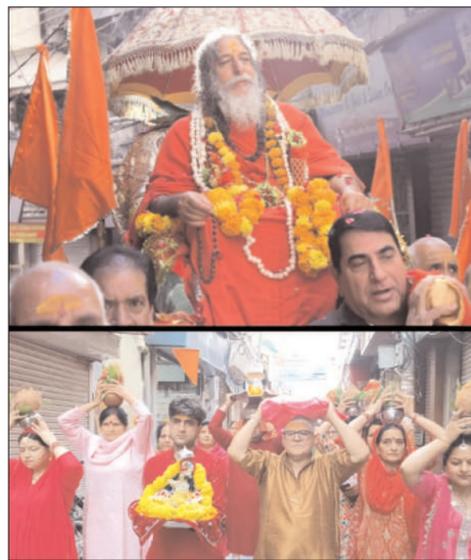
cance of reducing the use of sugar, salt, and oil in daily food consumption to promote healthier eating habits.

The event underscored the Food Safety Department's commitment to safeguarding public health through continuous education and enforcement of food safety standards. Kulbir Singh emphasized the role of every individual in contributing to a safer food environment and encouraged all participants to implement the practices discussed.

Shri 'Anand Ramayana Katha' starts with Kalash Yatra at SVS Gyan Ganga Ashram

STATE TIMES NEWS

NOWSHERA : A huge "Kalash Yatra" was taken out with great enthusiasm and religious fervour on the eve of "Shri Anand Ramayan Gyan Yagya Katha" to be held at SVS Gyan Ganga Ashram, Rajouri to commemorate the celebration of "Ganga Dasher" which is scheduled to be held on 16th of June. The yatra started from Sanatan Dharma Sabha, Mandir headed by His Holiness Atal Pethadeshwar Rajguru A c h a r y a Mahamandaleshwar Shri Shri 1008 Shri Swami Vishwatmanand Saraswati ji Maharaj accompanied by scores of devotees hailing from different parts of JK UT prominently from Sunderbani, Nowshera, Kalakote, Dhangri and Jammu besides some other places. During the entire yatra route, devotees performed various dance with



drum beats and chanted bhajans in favour of Lord Rama with zeal and gaiety. The Yatra passed through various locations and covered areas like Raghunath Bazar, City chowk, Moti Bazar, Old

Bus stand and finally culminated at SVS Gyan Ganga Ashram where Shri "Anand Ramayan Gyan Yagya Katha" is being organised starting from 7th of June to 16th of June. The members of SVS Ashram Committee Rajouri welcomed Swamiji and devotees by showering flowers. Later, parshad was distributed among the devotees. "The Nine days Ramayana Katha is starting from today at SVS Gyan Ganga Ashram and would be concluded on 16th of June followed by a huge Bhandara. It is pertinent to mention here that a "Virat Sant Sammelan" would also be organised on 16th of June in which Saints and Mahamandaleshwars from across the country would participate", added Pt. Ashwani Sharma, Member, SVS Ashram Committee, Rajouri. While speaking during

the inaugural function, Swamiji briefed the gathering about the importance of Ramayana Katha in everyone's life and how one can take the path of self realization by reading and listening the religious discourses. Ramayana purifies the ideology of the society and also shows the mirror to the society. "By listening to Ramayana we can cross the ocean of existence, but even just by watching Ramayana our life becomes blessed. Therefore, wherever Ram katha is, even if you don't have time to listen to it, definitely go to watch it", said Shri Swami Ji and further added that the characters of Ramayana are connected to our lives. We should learn from the characters of Ramayana that how we are performing our duties as a father, husband, son, wife, daughter. Lord Shri Ram is a complete character in itself.

Eco Summer Camp and World Environment Week Focus on E-Waste Awareness across Doda

STATE TIMES NEWS

DODA: Students from GHSS Chiralla, Zone Thathri, Doda, showcased their talent with a skit on 'Reduce E-Waste' as part of day three of the Eco Summer Camp. Through their performance students effectively conveyed the importance of electronic waste management and its impact on the environment.

Simultaneously, an awareness lecture on reducing e-waste was conducted at GGMS Ghat, Zone Ghat, Doda. The session educated students on the significance of managing electronic waste and adopting sustainable practices.

Eco Club activities continued at UPS School, where students received an informative session on e-waste man-



Glimpses of awareness programmes across Doda.

agement. The initiative aimed to instill a sense of responsibility among the youth regarding proper disposal and recycling of electronic devices. Additionally, a summer camp activity, under

the theme 'Reduce E-Waste' was held at I.L.S. Moothi, where a student delivered a compelling speech on e-waste. At Govt. UPS Neota speech and poster-making competition was organized,

further emphasizing the day's theme and encouraging creative expression on the topic of reducing e-waste.

GHSS Chinta is celebrating World Environment Week from June 6th to 12th, 2024. The theme for this year is "Land Restoration, Desertification, and Drought Resilience." Today's focus was on "Reduce E-Waste," aimed at raising awareness about the reduction of e-waste in environmental conservation. Shiv Parkash, a teacher at GHSS Chinta, served as the nodal officer for today's theme, "Reduce E-Waste." The entire program was organized under the able guidance of Principal Vijay Kumar Khajuria and Mahinder Nath, Senior Lecturer, along with the staff of HSS Chinta.

Labour Department hosts awareness programs on Maternity Benefit Act

STATE TIMES NEWS

RAMBAN: An informative session about the Maternity Benefit Act of 1961 was conducted today at Ramban National Academy. The program saw active participation of female employees of the school.

A dedicated team from the Labour Department, led by Assistant Labour Commissioner Amit Kumar, spearheaded the awareness session aimed at enlightening the female staff about their rights and benefits under the Act.

Key aspects of the Maternity Benefit Act were discussed, including the duration of maternity leave, the Act's applicability, wage payment during the leave period, provisions for medical bonuses, and the role of



Dept officials imparting awareness among participants.

employers and inspectors. The session also covered the penal provisions applicable in case of violation of the Act.

The employer of Ramban National Academy was asked to adhere strictly to the Act's provisions and guide female staff members in availing the benefits. The session concluded with a question-and-answer seg-

ment where different queries from the attendees were addressed promptly.

A similar session was held at the District Employment & Counselling Centre in Ramban, where over 20 female entrepreneurs received training from the JKEDI Ramban. The Assistant Labour Commissioner discussed various provisions of the

Maternity Benefit Act, resolving doubts and clarifying the Act's applications for the entrepreneurs.

The ALC emphasized that the Labour Department is committed to addressing any grievances from female workers in the district and is dedicated to ensuring the effective implementation of the Act for the welfare of female workers.

Implementation of RBSK programme reviews at Doda

STATE TIMES NEWS

DODA: Chief Medical Officer Doda Dr Om Kumar convened a meeting of RBSK staff here today to review the overall functioning of Rashtriya Bal Swastha Karyakaram (RBSK) programme in the District.

The meeting was attended by District Programme Manager NHM Jahangir Mehta, Programme Manager DEIC (RBSK) Faizan Elahi Butt besides RBSK Medical Officers from Assar, Bharderwah, Gandoh, Ghat and Thathri blocks.

At the outset, the DPM NHM & Manager DEIC gave a detailed PowerPoint Presentation and highlighted the targets/achievements under RBSK programmes of the previous and current year. Addressing the meeting, the CMO stressed upon all the staff to work with utmost dedication and honesty, adding that the people have direct concern with the health department, being the most sensitive sector.

GDC Kishtwar organizes Yoga Mahotsav 2024

STATE TIMES NEWS

KISHTWAR : NSS Unit of GDC Kishtwar Organizes Yoga Mahotsav 2024 - Countdown to International Yoga Day Kishtwar, June 07, 2024: In a bid to promote the ancient Indian practice of yoga and its numerous benefits, the National Service Scheme (NSS) unit of Government Degree College Kishtwar has organized 'Yoga Mahotsav 2024' in collaboration with the Department of Health and Medical Education Directorate of AYUSH. The Yoga Mahotsav, being held under the esteemed patronage of Prof. Basarhat Iqbal Principal of GDC Kishtwar, convened by NSS Programme



Faculty members and students participating in Yoga Session.

officer Prof Esarul Ayub serves as a countdown celebration for the upcoming International Yoga Day on June 21, 2024. During the inauguration ceremony, Dr. Monika, Medical Officer AYUSH, briefed the gathering about the myriad benefits of yoga for the body.

She highlighted how regular yoga practice can improve flexibility, muscle strength, posture, and overall physical fitness. Dr. Monika also shed light on the positive impact of yoga on mental health, stress reduction, and enhancing overall well-being. Various asanas, were performed by

NSS volunteers and faculty members of the college, showcasing the grace and precision of these ancient yogic postures. and at the same time, their benefits, indications, and contraindications were revealed to them by Dr Monika. The event was graced by the presence of esteemed dignitaries, including Dr. Umar Din, Dr. N.K. Manhas, Prof. Prithvi Raj, Rafiq Rather (Chief Librarian), Prof. Ajeet Kumar, Prof. Waseem Rasheed, Prof. Sonika Sen, Prof. Jaideep Kumar, Prof. Asma, and Dignitaries from the AYUSH department, such as Medical Officer Dr. Junaid. Raj Kumar senior Pharmacist.

Sankalp-HEW, DCPU organise mega awareness camp

STATE TIMES NEWS

KISHTWAR: The Sankalp-Hub for Empowerment of Women in collaboration with District Child Protection Unit today organised a mega awareness camp on Prohibition of Child Marriage at Middle School Chamoti.

The significant awareness campaign, hosted under the directions of DSWO Tariq Parvez Qazi aims at educating communities about the legal ramifications and harmful impacts of child marriage.

The visiting team sensitised students, teachers and parents about the importance of keeping children in school and out of marriages until they reach the legal age.

The community members were also made aware of the importance and benefits of simple and dowry free marriages. The people were made aware about the child helpline number (1098) and to combat child labour with community outreach empowering citizens to report abuses and support children's rights.

Alongside, the session was organised to promote the 'Beti Bachao, Beti Padhao' scheme highlighting the importance of girl child education and welfare.

Besides, a session about the Nasha Mukta Bharat Abhiyaan was also held to make people aware about the importance of drug free society.

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