

# J&K Judicial Academy organises daylong workshop for civil judges of UTs of J&K, Ladakh

## STATE TIMES NEWS

SRINAGAR: Jammu and Kashmir Judicial Academy on Saturday organized a One Day Workshop on 'Stress and Behavioural Management-Personal Care and Developing Self-Help Techniques' for Civil Judges (Jr. & Sr. Division) of UTs of J&K and Ladakh through physical as well as virtual mode.

The workshop was organized under the noble vision of Justice Pankaj Mithal, Chief Justice, High Court of Jammu & Kashmir and Ladakh (Patron-in-Chief, J&K Judicial Academy) and inspiring guidance of Justice Sindhu Sharma, Chairperson, and Justice Javed Iqbal Wani and Justice Wasim Sadiq Nargal, Members of Governing Committee for Jammu & Kashmir Judicial Academy.

Justice Sindhu Sharma, Judge, High Court of J&K and Ladakh inaugurated the workshop and Dr. Zaid Ahmad Wani, Professor of Psychiatry (IMHANS K Srinagar) Government Medical College, Srinagar; Jagmeet Singh, Clinical Psychologist, IMHANS-K Srinagar and Nasirah Hamid, Clinical Psychologist, SMHS, Srinagar were the Resource Persons for the workshop.

In her inaugural address, Justice Sindhu Sharma described the trial court



Chairperson, Justice Sindhu Sharma speaking during a Workshop at Srinagar.

judges as assets of the institution and its first interface while dealing with the litigants. She emphasized that judges work under unique stress situations and most of the time are not aware of the stress baggage that they are carrying on their minds.

She also stated that the work-related pressures and personal stress may cumulatively affect the mental and physical health of a judicial officer and understanding of stress and awareness regarding the subject is necessary to manage it.

Justice Sharma cautioned against the overuse of technology which is a potent cause of stress aggravation and advised the participants to use techniques and mind training exercises including Yoga, Meditation and Sports activities for better stress management.

Dr. Zaid Wani, resource person in his special remarks described stress as a universal phenomenon

with the judiciary facing performance-related pressures. He underscored the importance of observing coping mechanisms for minimizing stress situations and the risk of certain lifestyle diseases which are directly related to stress.

Shahzad Azeem, Director, J&K Judicial Academy welcomed the participants and gave an overview of the programme. He stated that a judicial officer is susceptible to all types of stressful situations and therefore immediate recognition, address, and redress of the issue is important including the adoption of practices and techniques, as prescribed by experts for ensuring the physical and psychological health of the person and the institution as a whole.

In the technical sessions, resource persons deliberated upon the meaning, types, causes of stress, and common stressors in the judiciary and also dealt with the

physiological, emotional, cognitive, and behavioral aspects of stress management. The concept of identification of common behavioral symptoms in stress and the practical approaches were also discussed in detail.

The technical sessions were followed by an interactive session during which the queries of the participants were satisfactorily settled by the resource persons.

Earlier in the day, J&K Judicial Academy organized an 'Oath Ceremony' for newly enrolled advocates of Kashmir Province who have been conferred with absolute certificates to practice law.

The newly enrolled Advocates were administered the oath by Justice Sindhu Sharma, Judge, High Court of Jammu & Kashmir and Ladakh in the presence of Shahzad Azeem, Director, Jammu and Kashmir Judicial Academy.

On the occasion, newly enrolled advocates took the

oath to uphold the values of the Constitution of India, to follow the commandments enshrined in the Advocates Act, and follow the rules of ethics, conduct and behavior in letter and spirit.

Justice Sindhu Sharma, Judge, High Court of Jammu & Kashmir and Ladakh in her ceremonial address emphasized the significant position of the Advocates in society and also underscored the important role played by them in the justice delivery system.

She encouraged the young Advocates to imbibe the values of hard work, punctuality and ethics in their professional spheres. She advised them to make constant efforts to update their knowledge for enhancing efficiency.

Director Judicial Academy addressed the advocates and described them as active working partners with the judiciary who are enjoined with the extra-ordinary duty of always maintaining the dignity and sanctity of courts.

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## DIPR accords farewell to retiring employee



Joint Director Information Jammu Sapna Kotwal and others according farewell to Uday Shanker, Field Publicity Assistant.

## STATE TIMES NEWS

JAMMU: Department of Information & Public Relations (DIPR) on Saturday accorded warm farewell to retiring official of the Department. In a function organised at Joint Director Office Jammu, a warm farewell was given to Uday Shanker, Field Publicity Assistant, who served for 37

years in the Department. Joint Director Information Jammu Sapna Kotwal in her address wished the retiring employee a very happy, healthy and prosperous post retirement life. Deputy Director (Hqrs) Dr. Rehana Akhtar Bijli, Deputy Director Information (PR) Dr. Vikas Sharma, Assistant Director, Shabnam Jaipuria, Cultural Officer, Parul Khajuria, Field Publicity Officer, Mukesh Kumar and other staff members also wished the retiring official for happy and healthy post retirement life. A bouquet and memento was presented to the retiring official on behalf of the Department as a mark of honor and affection.

## Amar Singh Club organises Musical Night

### STATE TIMES NEWS

JAMMU: Amar Singh Club Jammu today organized 'Musical Night' wherein local artists sang the melodious songs.

Sunil Sharma, popularly known as Kishore Kumar of Jammu and Kashmir, who have already earned name and fame not only in J&K but also at national level by their high quality singing, enthralled the audience with his team member Vishakha at the auditorium of the club.

After the programme, Amar Singh Club presented mementos to the singers.

The audience highly appreciated the management of the club for organising such an entertaining event and requested the management for such



Singer Sunil Sharma and Vishakha presenting a song at a musical programme.

events in future too.

It is pertinent to mention that Amar Singh Club is not only engaged in its routine activities of providing

relaxation and recreation to its members but also promoting and contributing to music and local singers of Jammu region.

## Sharma reviews performance, functioning of ARI, Mining Deptts

### STATE TIMES NEWS

JAMMU: Secretary, Administrative Reforms, Inspections and Trainings (ARIT) and Mining departments, Amit Sharma on Saturday chaired a meeting and reviewed the performance and functioning of both the departments at Civil Secretariat here.

Whilst chairing the review meeting of Mining Department, the Secretary took a detailed analysis of working of department. He directed the officers that daily progress on the working and seizure / penalties should be shared with the Administrative Department on a regular basis.

The Secretary further directed the officers that all legal and RTI cases

must be dealt with on top priority basis and data sharing on the matter should be shared on weekly basis.

During the meeting, the Secretary also lauded the efforts of Geology & Mining Directorate for finalising the process for launch of e-Challan service

in a record time. He further disclosed that this would be a unique G2B2C initiative which will give an opportunity to public to purchase RBM and related construction material through online portal with the usage of e-Marketplace platform like Amazon and Flipkart. He added that this initiative will act as a

game changer for bringing transparency, precision and swiftness in the working of Mining Department.

Meanwhile, in an another meeting the Secretary reviewed performance and functioning of ARI & Trainings department.

Chairing the meet, the Secretary directed officers that the ongoing process of



Secretary ARIT and Mining Departments, Amit Sharma chairing a meeting.

## Modi's governance model grew stronger with each challenge: Dr Jitendra

### STATE TIMES NEWS

JAMMU: Union Minister Dr Jitendra Singh said here on Saturday that over the last 20 years, Narendra Modi's governance model has grown stronger with every new challenge.

Delivering a keynote address at a Panel Discussion "Modi @ 20 - Dreams Meet Delivery", organised by the Central University Jammu, Dr Jitendra said, to understand the essence and the spirit of "Modi@20", it is essential to read the book in its entirety and in its real



Union Minister Dr Jitendra Singh delivering keynote address at a panel discussion on "Modi @ 20 - Dreams Meet Delivery", at Central University, Jammu on Saturday.

context and perspective.

The question, therefore, said Dr Jitendra Singh, we need to study and analyse what are the essential factors which have sustained

Modi's governance model for 20 years and continue to sustain beyond 20 years also.

Significantly, instead of

being affected by the principles of diminishing returns, each passing year of Modi's governance of 20 years has yielded increasing returns and each new challenge has enabled this governance model to emerge stronger, more effective and enduring.

Of the several chapters included in the book "Modi @20...", Dr Jitendra referred to the chapter by Amit Shah titled "Democracy, Delivery and Politics of Hope", which traces nation's pessimism getting replaced with optimism and Sudha Murthy's

chapter which illustrates the awakening of aspirational India under Modi.

Lata Mangeshkar's chapter highlights Modi's ability to strike a personal chord, he added.

Other panellists in the

programme included former Ambassador and scholar G. Parthasarthy, Executive Director for India at International Monetary Fund, Surjeet S. Bhalla, while the programme was organised by the Vice Chancellor, Central University Jammu, Professor Sanjeev Jain.

On thorough checking of vehicle, huge quantity of Charas was recovered and a narco-dealer was arrested, who was identified as Panu Ram, son of Durga Ram, resident of Shivpura, District Pali Rajasthan. Total contraband Charas weighing approximately 8.5 Kg was recovered which was on its way from Kashmir to outside J&K UT. The whole operation was conducted by ANTF team under close supervision of DySP Arun Jamwal, SHO Police Station ANTF, Jammu

Division and Vinay Sharma, SSP ANTF J&K. Accordingly, FIR No.08/2022 under sections 08/20 of NDPS Act was registered at Police Station ANTF Jammu. The investigation is at initial stage and ANTF is investigating forward and backward links of this consignment and more arrests are expected. Moreover, ANTF has appealed to general public to share any information regarding such narco-dealers, so that strict action under law can be taken against them.

## ANTF seizes 8.5 Kg Charas; arrests inter-state narco smuggler

### STATE TIMES NEWS

JAMMU: Anti Narcotic Task Force (ANTF) on Saturday seized 8.5 Kg Charas and apprehended an inter-state narco smuggler at Narwal Bye-

pass.

As per details, acting on a specific input about drugs smuggling, Anti Narcotic Task Force team laid Nakas at various places at outskirts of Jammu City and intercepted a TATA Safari (RJ06UA/8371) near Environmental Park, National Highway, Narwal Bye-pass,

Kavinder, Arun honour IPS officer Vivek Bhagat

### STATE TIMES NEWS

JAMMU: Senior BJP leader and former Deputy Chief Minister, Kavinder Gupta and Arun Mahajan on Saturday felicitated and honoured Vivek Bhagat, an IPS officer from Jammu posted as Assistant Commissioner with Delhi Police.

Kavinder Gupta along with Arun Mahajan visited the house of IPS Vivek Bhagat in Jammu and honoured him.

"It is proud moment for Jammu & Kashmir as Delhi Police contingent was led at the Republic Day parade 2022 by Vivek Bhagat," Kavinder said adding that such achievements at the young age made him and

his parents proud.

A number of youth from J&K are nowadays clearing the prestigious civil services examination making us

proud, said Arun Mahajan, adding, "It is a matter of pride that son of soil Vivek Bhagat is serving in Delhi police."

## Installation of smart-meters useless till replacement of damaged wires, electric poles

### SHAKEELA ANDRABI

SRINAGAR: The installation of smart electricity meters in Kashmir is being criticized by people, as they believe that the practice is futile until the old wires and wooden poles are replaced. Even JKPDD is busy installing smart meters in Srinagar district, but at ground level, it is clear that even after passage of seven decades, Kashmir's power infrastructure continues to remain far behind in comparison to other parts of the country. Power breakdowns occur frequently in the Valley during harsh winters and gusty winds in summers, thereby belying tall claims of department that efforts are on to improve power infrastructure. Moreover, majority of high tension and low tension (HT&LT) lines in Srinagar can be seen hanging, almost touching the ground and houses.

Locals have also complained that at many places in old city, Power department hasn't even replaced wooden electric poles and old wires, which is posing a great threat. "Power department makes tall claims about improving power infrastructure but on ground nothing concrete has been done. Government claims that smart metering is must to prevent theft, but how can smart meters help when the

infrastructure is seven decades old. What has changed, we believe nothing. Look at the way wires are hanging near transformers," alleged locals, adding, "We oppose installation of smart meters only because we are not getting proper electricity as well as infrastructure is not as good as it should be. Srinagar, the capital city is lacking sufficient power supply despite claims made by power department."

Locals further demanded that government should lay underground cables inside of keeping HT/LT lines hanging as the same pose a great risk to life and property. In congested areas of Srinagar, like Lal Bazar, Bota Kadal, Umer Colony, Hari Singh High Street, Sarai Bala area of Lal Chowk, downtown area of Barbarshah, HabbaKadal, KaniKadal, Shaheed Gunj, Nowhatta, BohriKadal, Hawal, Zadibal, Mandibla, Nowshera of Soura and other areas, there is haphazard HTs and LTs wiring while transformers are just 3-4 ft above ground, they added.

Although, the officials of Kashmir Power Development Corporation Limited (KPDC) have made it clear that department is trying its best to replace damaged electric poles and wires, so that people of Valley can be provided uninterrupted electricity 24X7.

Dr. Abhinav Choudhary, Surgical Oncologist from Shri Mata Vaishno Devi Narayana Superspeciality Hospital in Kakryal, received Jammu Ratna Award from Mayor Jammu Chander Mohan Gupta in an event organised by Mission Humanity First, NGO at Jammu on Saturday.

Dr. Abhinav Choudhary, Surgical Oncologist from Shri Mata Vaishno Devi Narayana Superspeciality Hospital in Kakryal, received Jammu Ratna Award from Mayor Jammu Chander Mohan Gupta in an event organised by Mission Humanity First, NGO at Jammu on Saturday.

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