

## SRCC holds workshop for IAS aspirants

### ■ STATE TIMES NEWS

JAMMU: The SR College of Competitions (SRCC) held a Workshop for the civil services aspirants in the College premises at Gandhi Nagar here on Sunday.

An expert faculty from Delhi dealt with the nature and structure of the

exam comprehensively. Aspirants were also guided about the CSAT and Essay papers also. The expert faculty from Delhi Gautam discussed in detail the entire syllabus of civil services examination conducted by the UPSC and JKPSC and suggested a comprehensive step by step strategy to prepare simul-

taneously for both the Preliminary and the Mains examination. In a three and half hour long session, he dealt with all the four papers of the General Studies, Civil Services Aptitude Test and also about the selection of Optional subject. He attended to all the queries raised by the aspirants regarding factors to be

kept in mind while choosing a right and suitable optional. He suggested the aspirants to atleast attend one comprehensive test series for both prelim and mains examination. The resource person also stressed on the importance of current affairs and the relevant sources to prepare the same. Various other

aspects like time management, study material, preparation of notes and newspaper reading were handled in an exhaustive manner. The response was overwhelming and the attendees appreciated the initiative taken by the SR College. This was an exclusive workshop for 12th pass and college going

students who will be eligible in a couple of years. "SR College has planned a series of workshops, seminars, webinars and interactions with the IAS officers, JKAS toppers, former JKPSC members and various subject experts" informed Office Coordinator Praful Sharma.

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75 Azadi Ka Amrit Mahotsav

**Breastfeeding is the best feeding**  
**WORLD BREASTFEEDING WEEK**  
**1st-7th AUGUST 2022**

Directorate Of Health Services JAMMU

### Breast Milk.....Nutritious & Affordable Food

For Baby

Benefits of Breastfeeding

For Mother

Prevents diarrhoea, ear infections, food & respiratory allergies and many more diseases

Improves physical growth

Enhances mental development

Decreases postpartum bleeding

Lessens risk of breast cancer, ovarian cancer, osteoporosis

Helps to lose post pregnancy weight

Initiate breastfeeding within 1 hour of birth

Give exclusive breastfeeding for the first six months of life

Continue breastfeeding up to 2 years of age or beyond with introduction of nutritionally adequate and safe complementary (solid) foods at 6 months

### Theme: Step Up for Breastfeeding-Educate and Support

Directorate of Health Services Jammu

DIP/J-6118/22

Government of Jammu & Kashmir

LAUNCH OF TRIBAL HELPLINE

Department has launched Helpline that will be Available Round the Clock.

18008898656

18008908656

objective of the Helpline is to build informed awareness about various Tribal Welfare Schemes.

All the issues shall be taken to the logical conclusion through a robust system in place

A Docket number shall be given for each issue logged in through helpline.

This Helpline will adopt the concept of Single Point of Contact and shall have a proper feedback system.

TRIBAL RESEARCH INSTITUTE, J&K

DIP/J-6188/22

World Breastfeeding Week

Step up for breastfeeding : Educate and Support

1st- 7th August 2022

Mother's milk is a complete food for the baby for the first 6 months.

Breastfeeding protects baby from serious infections like pneumonia and diarrhoea.

Breastfeeding helps improve intelligence of the child.

Breastfeeding decreases chances of High BP, Diabetes and Obesity later in life.

Breastfeeding reduces risk of breast, uterine and ovarian cancer in mother.

Breastfeeding helps mother loose extra weight.

Breastfeeding increases bonding in mother and baby.

Rest your fears! Any COVID positive mother can breastfeed her baby with some precautions.

Formula/animal milk feeding may be harmful for the baby however if advised medically it may be given in consultation with a medical practitioner.

NATIONAL HEALTH MISSION

Issued In Public Interest by: NATIONAL HEALTH MISSION UT OF J&K

DIP/J-2119-P/22