

Deaf & Dumb students of SKK take out Tiranga rally

■ STATE TIMES NEWS
JAMMU: Jammu's deaf and dumb students of the School for Speech and Hearing Handicapped, run by the Samaj Kalyan Kendra, Jammu (SKK) took out an impressive Tiranga Rally in the city and joined the nation in the celebrations of Azadi Ka Amrit Mahotsav and Har Ghar Tiranga to mark the 75th anniversary of Independence. More than eighty Divyang of the School participated in the Tiranga Rally which was flagged off by the President of the SKK, K B Jandial this morning. The Rally passed from the Residency Road and



Deaf & dumb students of Samaj Kalyan Kendra taking out Tiranga rally.

Raghunath Bazar. Unlike other rallies, it was silent as the Divyang students were deaf & dumb but their excitement and joy was writ large on their faces. However, when the accompanying teachers occasionally raised slogans of Bharat Mata Ki Jai and Tiranga Rehey Uneha Hamara, the Divyang responded by waving the flag and holding it high. When the Divyang's Tiranga Rally hit the Residency Road, many shopkeepers came out of their shops and some of them and the passersby started

taking pictures of the Rally from their mobiles. Holding banner of the Samaj Kalyan Kendra and their School, the Divyang waved the Tiranga to acknowledge the greetings of the people. Even the policemen of the Police Post Residency Road started accompanying the Tiranga March and some of them even took pictures of the March from their mobiles. Earlier, the Tricolour was unfurled at the School premises with usual solemnity and gaiety. The Principal Roshan Bhan and teachers accompanied the Divyang in the Tiranga March.

KNIT celebrates Independence Day with fervour

■ STATE TIMES NEWS
JAMMU: Kotwal National Institute of Teaching (KNIT) celebrated Independence Day in the school premises with patriotism fervour under the banner of Azadi Ka Amrit Mahotsav. A Tiranga rally was organized by the staff & students around the School. A cultural programme comprising the patriotic songs, speeches and skit was presented to mark the celebrations. The Speaker impressed upon the staff to feel



proud to be Indians & work for eradicating poverty, illiteracy, castism, corruption & other evils from the society. Then only India will attain the real freedom. The Principal Bimla Bilowria said that real celebration would mean when we follow the teachings of lord Krishna & do our karma honestly and truthfully. Indian should strive hard for strengthening communal Harmony. Prof. J.L. Kotwal, Director of the School underlined the need of the hour to make India a corruption free, poverty free and a literate country so that it achieves the Prime Minister's great ambition of making India a super-power in every field. He congratulated everyone on the occasion and applauded the effort of the teachers and students for making such event successful & meaningful.

estly and truthfully. Indian should strive hard for strengthening communal Harmony. Prof. J.L. Kotwal, Director of the School underlined the need of the hour to make India a corruption free, poverty free and a literate country so that it achieves the Prime Minister's great ambition of making India a super-power in every field. He congratulated everyone on the occasion and applauded the effort of the teachers and students for making such event successful & meaningful.

Randhawa takes out Tiranga bike rally, urges people to hoist National Flag atop houses

■ STATE TIMES NEWS
JAMMU: As a part of Har Ghar Tiranga campaign to mark the celebration of 75 years of Independence, former Legislator and senior Bharatiya Janata Party leader, Vikram Randhawa took out a massive Tiranga bike rally here on Sunday. The Tiranga rally was taken out in RS Pura Jammu South Assembly segment covering a distance of 40 kilometers. Addressing the gathering, Randhawa said this campaign is part of the celebrations of the glorious 75th Independence Day of India under the pro-



Senior BJP leader, Vikram Randhawa and others taking out bike rally.

gramme Azadi Ka Amrit Mahotsav launched by the Modi Government. He said that people in Jammu and Kashmir should come out and hoist Tirangas atop their homes and hearth to show solidarity with fellow countrymen and express the magnanimity of the country through their terraces, rooftops and balconies. Former Legislator said

that such initiatives are of great value as these sprout nationalism among the people and connect them with the roots through the route of patriotism. Former Legislator Vikram Randhawa was accompanied by Geetu Aulakh DDC member, Surjeet Singh, Sonam Aulakh, Gurdeep Singh, Farman Ali, all Sarpanchs, Paramjeet Singh Ex Councillor, Faryad Ali, Amit Gupta, Raman Sharma, Mohinder, Ajay, Anil Kumar, Luv Kumar, Vikas Bhagat, Anil Sharma, Satpal Choudhary, Kumal and Parvinder Singh.

DENGUE

How to Identify, How to remain safe



Symptoms of Dengue

- Abrupt onset of High Fever.
- Severe Frontal Headache .
- Pain behind the Eyes, which worsens with eye movement.
- Muscle, Bone and Joint pains.
- Nausea, Vomiting.
- Skin Rash.
- In severe forms of Dengue, Bleeding from nose, mouth & gums due to internal bleeding.

How to Prevent

- Avoid water stagnation as mosquito responsible for Dengue breeds in stagnant water.
- Keep water containers tightly covered.
- Empty coolers and other small containers at least once a week.
- This mosquito is a Day biter, wear clothes that cover full body.
- Use mosquito repellent sprays, creams etc.
- Use mosquito nets (preferably medicated) while sleeping.

Free Diagnostic facility for Dengue is available at :

- Govt. Medical College, Jammu.
- Govt. Medical College, Kathua.
- Govt. Medical College, Rajouri.
- Govt. Medical College, Doda.
- Govt. Hospital Gandhi Nagar, Jammu.
- Govt. Hospital Sarwal, Jammu.
- District Hospital, Samba.
- District Hospital, Udhampur.
- District Hospital, Poonch.
- Provincial Lab. IDSP Kashmir, Srinagar.

All patients suffering from Dengue do not require platelets
There is no specific medicine for Dengue, Paracetamol can be taken for fever
ASPIRIN SHOULD BE AVOIDED
Visit nearest Health Facility Immediately if you have symptoms suggestive of Dengue

State Programme Officer/State Malariologist
Directorate of Health Services Jammu

NATIONAL HEALTH MISSION
An initiative by
75 Azadi Ka Amrit Mahotsav
Har Ghar Tiranga
13th-15th August 2022

Department of Tourism
Government of Jammu & Kashmir



HAR GHAR TIRANGA

To celebrate 75 years of Independence the citizens are requested to hoist the National Flag at their homes, Shops & business establishments w.e.f 13th to 15th August, 2022

An Initiative by
75 Azadi Ka Amrit Mahotsav
Har Ghar Tiranga
13th-15th August 2022

Department of Tourism
Government of Jammu & Kashmir

JammuTourism jammutourismofficial JammuTourismOfficial JammuTourism