

A dream remains a dream unless pursued passionately with determination: Principal JKPS Kunjwani



Principal JK Public School Kunjwani Rajesh Rathore and students addressing morning assembly.

STATE TIMES NEWS

JAMMU: "Dreams are the whisper of your soul, guiding you towards the life you were meant to live. A dream doesn't become reality through magic. It takes sweat, determination and hard work". With these golden words Kshitija from Grade XD conducted the school assembly. "It is rightly said by Harriet Tubman that every great dream begins with a dreamers. Always remember you have within you the strength, the patience and the passion to reach for the stars to change the world", stated Ishween, another promising student from the class. "It is truly said by Longston Huges "Hold fast

to dreams for if dream die, life is a broken winged bird that cannot fly", she added. Elaborating on the topic, Swarit pitched in by saying, "Dreams are not just fleeting thoughts that come to us in the silence of the night; they are the essence of our deepest desires, aspirations and goals. They fuel our ambitions, shape our future and define who we want to be. But, more importantly, dreams need depth. They need us to Dream Deep for every Dream". "Now, what does it mean to Dream Deep for every Dream? Well, dreaming deep is about going beyond the surface. It's not just about fantasizing about the perfect

life or the ideal career. It's about understanding what drives your dream, knowing why it matter to you, and being committed to pursuing it, no matter what obstacles comes your way", she added. "When we dream deep, we prepare ourselves for the long journey ahead. Let's take the example of some of the greatest achievers in history - whether it's Nelson Mandela fighting for freedom, Marie Curie pursuing scientific discoveries, or Elon Musk aiming to revolutionize space travel. These people didn't just dream, they lived their dreams with dedication, perseverance and purpose. They faced countless setbacks & challenges, yet they

never lost sight of their ultimate goal", she further added. Summing up the presentation, Kshitija said, "Dreaming deep also means allowing ourselves to believe in the possibility of our dreams. Often, the biggest barrier to achieving our dreams in our own doubt. We talk ourselves, "it's too difficult", "I'm not talented enough" or "what if I fail". But, when we dare to dream deep, we silence these doubts. We trust in our abilities and our determination. We realize that failure is just a step towards success, not the end of the road". Principal JKPS Kunjwani Rajesh Rathore applauded

the students for their brilliant reflections on the topic & stated, "I urge all of you to dream with your open eyes. A real dream is the one, which doesn't let you sleep. The ultimate dream of life propels you forward every moment. It causes a joyful tickling in your heart, the moment you think about it." "Children! Always remember, a dream remains a dream unless pursued relentlessly, like a guided missile. Always remember the immortal words of Swami Vivekanand ji while chasing your dream: With infinite spirit, infinite enthusiasm, infinite daring and infinite patience, great deeds are accomplished", he concluded.

Commissioner JMC tours Jammu city, addresses sanitation, civic issues

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JAMMU: In response to public grievances, Commissioner of Jammu Municipal Corporation (JMC) Dr. Devansh Yadav, undertook a comprehensive tour of Jammu city today. The visit covered areas including Krishna Nagar and Science College, where he reviewed ongoing construction works and assessed issues related to sanitation, drainage, sewerage, and other civic amenities. During the inspection, the Commissioner identified several concerns, notably the damaged slab of the Krishna Nagar nallah, which poses risks to commuters and residents. He instructed the Executive Engineer, UEED, to prepare a Detailed Project Report (DPR) for the damaged sections and to include necessary repairs in the current financial year's plan. The Commissioner also noted that the intercepting channel constructed by Jammu Smart City Limited is oversized compared to the nallahs, leading to the flow of solid waste into these channels. He called for immediate measures to address this issue and announced that a committee would be formed to examine the situation and submit a comprehensive report within fifteen days. Meanwhile, the Commissioner directed the removal of encroachments and



Commissioner JMC inspecting sanitation, civic issues.

verification of land titles opposite the Indian Institute of Management, Jammu, with the goal of developing the area into a park and parking slot to enhance public convenience. Creation of new five districts will foster rapid development in Ladakh: Nitish JAMMU: Nitish Mahajan, Co-incharge of the BJP Social Media Department, J&K, has commended the Modi Government for its landmark decision to establish five new districts in Ladakh. He emphasized that this strategic move is poised to be a game-changer in the region, fostering rapid development and bringing governance closer to the people. In a statement issued here today, Nitish pointed out that the creation of these new districts is far more than a routine administrative measure; it is a vital initiative that empowers the people of Ladakh. "By establishing these districts, the government is ensuring that the voices of Ladakhis are heard and that they have greater control over their future," he remarked.

"Under the leadership of Prime Minister Narendra Modi, Mahajan noted, Ladakh has experienced remarkable progress. This decision to create new districts is yet another example of the government's commitment to the region's growth and development. It reflects the administration's focus on inclusive governance and its determination to uplift even the most remote areas of the country," he said. The senior BJP leader further added that the establishment of these districts will lead to enhanced infrastructure, better public service delivery, and more effective governance in Ladakh. He expressed optimism that this development would open up new opportunities for the people of the region, contributing to their overall well-being and prosperity. Nitish reaffirmed the BJP's dedication to the comprehensive development of Ladakh, ensuring that the region continues to benefit from the visionary policies of Prime Minister Modi's government.

VRS employees of RTC hold protest, project demands

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JAMMU: A demonstration and gherao of the Managing Director's Office were held at the Railhead Complex in Jammu, led by Dev Raj Bali, President of the VRS (Voluntary Retirement Scheme) Union Jammu.



VRS employees of RTC raising slogans during a protest.

The protest strongly criticized the behavior of the higher authorities in the Jammu & Kashmir Transport Department for failing to address the longstanding issue of arrears owed to retired employees. Despite repeated assurances, the authorities have not included the case in the Board of Directors (BOD) meetings, resulting in a delay of nearly 12 years. During this prolonged period, 75 VRS/GHS and superannuated employees have passed away, unable to afford proper medical treatment due to a lack of funds. The union expressed its frustration over the false promises made by the authorities and the continuous harassment faced by the retired employees. The demonstrators emphasized the severe impact of this negligence on the families of the deceased employees, who have suffered irreparable losses. The VRS Union has made an urgent appeal to Prime Minister

Narendra Modi, requesting his personal intervention in this matter to ensure the fulfillment of their legitimate demands. They highlighted that despite approaching all concerned authorities, no action has been taken to address their grievances, leaving them trapped in a cycle of false assurances and neglect. The specific demands raised by the union include payment of Cost of Living Allowance (COLA) arrears from June 1999 to December 31, 2005, 6th Pay Commission arrears from January 1, 2006, to March 2012 and DA arrears from April 2012 to March 2021. The demonstration was attended by several members, including Sat Bhushan Singh, Surinder Singh, Balwinder Singh, Rajinder Sawhney, Shiv Kumar, Ram Paul, and others, all united in their call for justice and resolution of their long-pending arrears.

BLSKS celebrates National Sports Day with enthusiasm

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JAMMU: Bhartiya Lok Sangeet Kala Sansthan (BLSKS), in collaboration with the Volleyball Association of J&K and Sangam Tru Art Production, celebrated National Sports Day with great enthusiasm by presenting its 453rd Wednesday Series Dogri Musical Play titled "Khelo India" at the Rehearsal Hall, Durga Bhawan, Jammu. The event aimed to promote the traditional culture of J&K and to emphasize the importance of sports in daily life. The program was inaugurated by the Chief Guest, Rajesh Kumar Khar, Music Director at Kongposh Audio & Recording Studio, Jammu. The event was also graced by Anju Dogra from the Health Department, Romesh Chander, Advisor at Shashvat Art Gallery, and Mukesh Singh, a Press Media Person from Jammu. The event included various performances and activities centered around the theme "Khelo India." Specially prepared items such as "Khelega India Tanhi to Badega India," "Nasha Nai Kario Munde Kureio," "Sports se Sab Sambhav Hai," and "Savdhan Savdhan Ae Bhaartvasi



BLSKS members during National Sports Day celebration.

Savdhan" were presented through nukkad, skits, and songs to raise awareness about the significance of sports. The Chief Guest highlighted the importance of National Sports Day, celebrated on August 29 each year to mark the birth anniversary of hockey legend Major Dhyan Chand. He emphasized the crucial role sports play in enhancing both physical and mental health, developing social skills, and building character. Dr. M.L. Dogra, Chairman of BLSKS, delivered the welcome speech, noting that the theme for National Sports Day 2024 in India is "Sport for the Promotion of Peaceful and Inclusive Societies." He spoke about how sports can unite people, promote understanding, and foster strong communities. Dr. Dogra stressed that sports are essential for overall growth and development, contributing

significantly to physical fitness and mental well-being. Usha Raina, Troupe Incharge at BLSKS, discussed the importance of the oath taken by competitors, which promises respect for the rules, a spirit of sportsmanship, and striving for glory and achievement in sports. She also emphasized that regular physical activity through sports can help prevent life-threatening health issues and maintain overall well-being. The program concluded with a vote of thanks by Deepak Kumar Dogra, Program Incharge, expressing gratitude for the successful conclusion of the event. Performances by singers, musicians, and actors such as M.C. Kotwal, Rajni Gupta, Sanjeev Kumar, Rajeev Salotra, Bindia Okheda, Zulekha Bano, Naiya Digra, and Remi Bala were also highly appreciated.

2.2 lakh develop chronic kidney failure annually, only 6000 manage to get transplant: Dr. Avinash

STATE TIMES NEWS

JAMMU: To create awareness on chronic kidney disease & kidney transplant a team of doctors from LIVASA Hospital, Amritsar addressed the media on Wednesday. Present on the occasion were Dr. Avinash Srivastava senior director urology & renal transplant, Dr. Paras Saini consultant urology & renal transplant, Dr. HK Imran Hussain consultant nephrology & Dr. Radhika Garg consultant nephrology. Dr. Avinash Srivastava said, "2.2 lakh new patients develop chronic kidney failure (CKF) in India every year and only 6000 manage to get transplant for want of organ donations. Kidney failure is the 6th fastest growing cause of death, which may become the 5th leading cause by 2040. High blood pressure, diabetes, BPH, untreated kidney stones and UTI are the main reasons of kidney failure in India." He further said that LIVASA Hospitals which is Now Punjab's biggest super speciality network, with 5 hospitals, 750 beds, 280 ICU beds has completed



Dr. Avinash Srivastava addressing a press conference at Jammu on Wednesday.

1200 successful kidney transplants in Punjab. At LIVASA Hospital we are doing all types of living donor transplants, which include high risk transplants, paediatric transplants swap cases, ABO incompatible transplants (non blood group specific) & redo transplants, said Dr Avinash. Patients from far off places like Dehradun, Jammu, Lucknow, Kanpur, Bihar, Jharkhand, Canada, UK have also undergone kidney transplant at Livasa Hospitals, he informed. He also shared that LIVASA hospital Amritsar, has got approval from Govt to conduct cadaveric transplant and hospital has started registering patients for cadaveric kidney transplant. Discussing how chronic kidney failure leads to irreversible damage to the kid-

neys, Dr Imran Hussain said, "CRF is progressive in nature and irreversible damage to the kidneys could happen mainly because of diabetes, hypertension, infection, urinary obstruction, stone disease and some inherited abnormalities. Advanced stage of CKF or end stage renal disease requires some form of renal replacement therapy (RRT) like haemodialysis (filtering the blood off toxins & waste products) or continuous ambulatory peritoneal dialysis (CAPD). The prevalence of this disease has almost doubled over the past decade, and is expected to increase further due to rise in risk factors such as hypertension, diabetes, obesity, stress, and unhealthy eating habits. Elucidating the benefits of a renal transplant to the patient in the long run, Dr.

Paras Saini said all kind of kidney transplant services are now fully functional at LIVASA Hospital Amritsar and LIVASA is the only Hospital in Amritsar which is offering services for kidney transplant. He also shared that every 10 minutes one person is added to the organ transplant waiting list and 20 people die every day for an Organ in India. More than 3 Lac patients are waiting for Organ Donation, but less than 10 % of the patients waiting for organ donation get it on time. According to a recent survey only one Donor is available per million population. Speaking on this occasion Dr Radhika Garg said "Nationally, with a population of 1.4 billion people, the statistic stands at 0.08 persons as organ donors per million population (PMP) in India. This is an incredibly

small and insignificant number compared to the statistics around the world. Although India remains 3rd in World in Organ donation after USA & China, only 0.01 percent of People in India donate organs after death. Kidneys are the most frequently needed organ followed by liver. 85 % of people waiting for Organ Donation need a Kidney and Kidney is the most commonly donated Organ in India. By donating organs, a deceased donor person can save the lives of up to 8 individuals by way of organ donation and enhance the lives of over 50 people by way of tissue donation. On this occasion, Dr Amarpreet Singh, General Manager Operations of LIVASA Hospital Amritsar said that "We have a State of the Art 8 Bedded Dialysis centre in our hospital and we offer 24x7 dialysis services, including Intervention nephrology services like permacath, AV fistula, renal biopsies and centre lines. He also shared that LIVASA Hospital Amritsar is now empanelled with ECHS, CGHS, ESI CAPF and all major TPA & corporates.

CUJ, ISRO Centre launches Second Radio-Sonde for Atmospheric Data Collection

STATE TIMES NEWS

JAMMU: Central University of Jammu (CUJ) achieved a significant milestone by successfully launching its second Radiosonde under the Memorandum of Understanding (MoU) with the National Remote Sensing Centre (NRSC, ISRO). The launch took place from the Satish Dhawan

Centre for Space Science at CUJ, with guidance and oversight from Vice Chancellor Prof. Sanjeev Jain. The successful culmination of this launch was led by Prof. Vinay Kumar, Convener of the Satish Dhawan Centre for Space Science, along with his dedicated team of faculty, students, scholars, and staff. The Radiosonde,



VC CUJ, Prof. Sanjeev Jain during launch of Radio-Sonde for Atmospheric Data Collection.

attached to a weather balloon, is designed to study atmospheric profiles including humidity, pressure, temperature, wind speed, and direction. This research will significantly contribute to meteorological studies related to climate change and atmospheric conditions. The Radiosonde Ground Station, an indigenously

developed product from the Semiconductor Laboratory in Mohali, exemplifies the "Make in India" initiative. This development was spearheaded by Director General Dr. Kamaljeet Singh and Mr. Nemi Chand, with Dr. Hareef Baba from NRSC also playing a pivotal role. The weather balloon ascended at a rate of 5

meters per second, reaching a maximum altitude of 30.7 km. This ascent and the data collected will enhance our understanding in the fields of atmospheric and space research. The event was meticulously coordinated by Dr. Sanjeev Yadav from the Department of Electronics and Communication Engineering at CUJ,

along with his team members: Dr. Pravesh Pal, Mehak Mahajan, Aysha, Bhandhana, Kritish, Ritwik, Shreya, and Iqbal. The data obtained from this launch will be instrumental in advancing research on atmospheric and space conditions, marking a notable achievement for CUJ and contributing to the broader scientific community.