

## Model Academy organises expert talk on Gut Health for children



Model Academy faculty during expert talk on Gut Health for Children.

**STATE TIMES NEWS**  
JAMMU: Model Academy Jammu in collaboration with Smt. Shanti Gupta Centre for Women's Studies, MIER College, organized the second phase of a one-day Adolescent Education Programme for the students of classes 11th and 12th on the theme: How to keep your GUT Healthy. The event featured Dr. Shivani Deswal, Pediatric Gastroenterologist and Transplant Hepatologist, at Narayana Hospital, Gurugram, as the esteemed resource person. The primary aim of the session was to educate the students about the critical role that gut health plays in the overall well-being and development of children. Dr. Shivani Deswal discussed the importance of gut health, a corner-

stone of overall well-being. The gut, often called our "second brain," influences everything from digestion to mental health. She emphasized the need for a balanced diet, proper hydration, and regular physical activity to maintain a healthy digestive system. She also discussed common digestive issues in children, their symptoms, and preventive measures. Dr. Deswal said that to improve gut health, excessive use of antibiotics and intake of processed foods must be avoided, as these can harm the gut microbiome. By prioritizing a balanced diet and mindful practices, we can nurture our gut health and, in turn, our overall well-being. Dr. Deswal engaged the audience in a lively Q&A session, where she addressed various concerns raised by students.

## SVEEP campaign held at GHHS School Bahu

**STATE TIMES NEWS**  
JAMMU: Government Higher Secondary School Bahu Fort on Friday hosted a vibrant voter awareness event under the aegis of Systematic Voters' Education and Electoral Participation Program (SVEEP). The event was convened by SVEEP District Nodal Officer (DNO), Sanjay

Anuradha. The speakers urged the gathering to cast their vote as a sacred duty and take it as a top priority. Students presented a play and spread the message not to miss the vote at any cost. Mallika Sotra, Bhumi Chettri, Kirti Pagotra, Anmol Sagotra, Naman, Shubam and Abhay participated in the play.



SVEEP DNO, Sanjay Singh and others taking pledge. Singh and his team of Booth Level Officers (BLOs), besides the guidance of Principal of the school, and singing of the National Anthem.

## Bukhari welcomes Dr. Bilal, Er. Farooq into party fold



Apni Party President S.M.A Bukhari with newly joined members.

**STATE TIMES NEWS**  
SRINAGAR: Apni Party President Syed Mohammad Altaf Bukhari on Friday extended a welcome to renowned doctor Bilal Ahmad Mir and retired PDD Executive Engineer Er. Farooq Wani into the party fold. Both joined the party along with their supporters. Apni Party President

expressed hope that the inclusion of these individuals and their supporters will further strengthen the party cadre in their respective areas. Bukhari wrote on his X (formerly Twitter) handle, "I am delighted to welcome Dr. Bilal Ahmad Mir, a renowned figure in the medical field, into the Apni Party. He comes

and teachers. Topics ranged from dietary recommendations to managing specific gastrointestinal conditions.

Following the talk, Rupa Gupta, Joint Director MIER, and Pramod Srivastava, the Principal presented a memento to Dr. Shivani Deswal as a token of appreciation. The gesture reflected the school's gratitude for Dr. Deswal's valuable contribution to the event. The event was skillfully conducted by Reyansh, a student of class 10th, who demonstrated commendable confidence and poise. The vote of thanks was proposed by Nisha Arora, the CCA Convener, who expressed heartfelt appreciation to Dr. Deswal, the school management, and all attendees for making the event a grand success.

Model Academy remains committed to organizing informative sessions that contribute to the holistic development of its students and promote awareness of important health issues.

## FOIJ delegation meets with Jt Secy Promotion of Industry & Internal Trade Deptt



FOIJ delegation meeting with Jt Secy Promotion of Industry & Internal Trade Deptt, Balamurugan D.

**STATE TIMES NEWS**  
JAMMU: A delegation from the Federation of Industries Jammu (FOIJ), led by Lalit Mahajan and Co-Chairman S.C. Dutta, met with Balamurugan D, Joint Secretary, Department for Promotion of Industry & Internal Trade, Government of India, in New Delhi.

The meeting included existing unit holders and new investors from the pharma, packaging, and mineral-based industries. The delegation presented a detailed representation to address issues faced by both existing and new units in Jammu and Kashmir under the NCSS-2021 Scheme.

## Jodhamal Public School holds Investiture Ceremony

**STATE TIMES NEWS**

JAMMU: Jodhamal Public School, Jammu, recently hosted a solemn Investiture Ceremony to officially induct its Students' Council for the academic year. The event was graced by the distinguished Chief Guest, Mr. Garib Dass, IPS, Director of SK Police Academy, Udhampur, J&K, and was attended by proud parents of the newly appointed council members.

The ceremony commenced with the lighting of the ceremonial lamp, accompanied by the melodious chants of the Gayatri Mantra, followed by a captivating Tarana performance by the school children, invoking divine blessings. As a gesture of respect, the school presented a sapling to Mr. Garib Dass, symbolizing growth and sustainability. During the swearing-in ceremony, 41 students were entrusted with leadership roles. The newly elected Prefects, radiating pride and determination, ascended the stage, where they were ceremonially adorned with badges and sashes by the Chief Guest. The sight of the



Chief Guest posing with Jodhamal Public School faculty and students.

girls holding the school and house flags was particularly inspiring, embodying grace and resolve. The Principal, Mr. Girish Kumar, administered the oath of office, urging the Prefects to lead with the spirit of "knowing the way, going the way, and showing the way." The Head Boy, Navaj Kunal Anand, and Head Girl, Aadya Sambhal, expressed their gratitude to the school for the trust placed in them and pledged to fulfill their responsibilities with dedication. In his address, the Chief Guest, Mr. Garib Dass, shared valuable insights on leadership, integrity, and the importance of making sound

choices. He encouraged the students to develop professionalism and strive for excellence, urging them to contribute positively to society. The ceremony also featured a special recognition for Team Apex, a group of students who had represented the school in the Formula One (F1) in Schools National Championship and emerged as champions, showcasing their dedication and achievements.

The event concluded with a collective pledge by all Council Members to uphold the values of the school and strive for excellence in all their endeavors, followed by the singing of the National Anthem. The Vote of Thanks was delivered by the Vice Principal, Ms. Amita Arora, who expressed gratitude to all the dignitaries, parents, and participants for making the event a grand success.

## Jal Shakti Deptt employee Darshan Jamwal accorded farewell



Jal Shakti Deptt employee Darshan Singh Jamwal according farewell on retirement.

**STATE TIMES NEWS**  
JAMMU: Darshan Singh Jamwal, a dedicated employee of the Jal Shakti Department in Basohli, has retired after an impressive 33 years of service.

His long tenure is a testament to his commitment and contribution to the department and the community he served. Throughout his career, Jamwal has been instrumental in advancing water management and ensuring the effective implementation of various projects under the Jal Shakti Department.

As he steps into retirement, his colleagues and community members celebrated his distinguished career and the positive impact he has had on

the infrastructure and services in Basohli.

Jamwal's retirement marks the end of an era of dedicated service, during which he played a key role in addressing the water needs of the region.

His extensive experience and hard work have set a high standard for those who will follow in his footsteps.

The department and the local community extended their heartfelt gratitude to Jamwal for his years of unwavering service and wished him a fulfilling and well-deserved retirement. His legacy of commitment and service will be remembered and appreciated by all who had the privilege of working with him, they said.

## New power purchase agreements signed to ensure smooth running of Power across J&K: MD JKPCL



MD JKPCL, Yasin M. Choudhary visiting State Load Dispatch Centre Gladni.

**STATE TIMES NEWS**  
JAMMU: Managing Director, Jammu Kashmir Power Corporation Limited (JKPCL) and Jammu Power Distribution Corporation Limited (JPDC), Yasin M. Choudhary, on Friday paid a surprise visit to the State Load Dispatch Centre (SLDC) Gladni to check the working of 24x7 control room and the purchase

system. The Chief Engineer (Trading) JKPCL, Er. Neeraj Sharma apprised the Managing Director about the methodology adopted in daily arranging the power from different sources. Viz-a-Viz Interstate Generating Stations (ISGS), State Sector Generation (JKPDC) & as and when required from the Indian Energy Exchange (IEX) to meet the daily demands projected by the Chief Engineer, JPDC and KPDC.

In place to mention here

that JKPCL is catering to the peak demand of 2924 MW in Summers and 3133MW peak demand in Winters for the UT of J&K.

While elaborating on power scenario, Managing Director, JKPCL & JPDC, was also apprised that many PPA's have been signed in the recent past which mainly include 900 MW (Hydro), 1000 MW (Solar under various Schemes) as well as 394 MW (Thermal under B(v) mode of SHAKTI policy) and a few others are in pipeline which will increase the power availability resultant to which round the clock power will not be a distant dream for the UT of J&K.

Further, Managing Director lauded the efforts of the staff of JKPCL, JPDC and SLDC who are manning the SLDC and assured all help and any further improvement to facilitate the hassle-free working of the Centre.

## J&K Assembly Elections: MP Khatana Criticizes Opposition's unrealistic promises

Says BJP doesn't sell dreams; We deliver, NC-Congress misled nation for decades

**STATE TIMES NEWS**  
NEW DELHI: In a forceful critique of the National Conference (NC) and Congress alliance, BJP leader and Rajya Sabha MP Er. Gulam Ali Khatana criticized the coalition's manifesto for the upcoming Jammu and Kashmir Assembly elections, accusing them of making unrealistic promises. Khatana particularly targeted NC President Dr. Farooq Abdullah for his recent statement that it could take 100 years to restore Article 370, suggesting that Abdullah has belatedly realized the difficulty of reversing Parliament's decisions. Khatana labeled the NC-Congress alliance as an "Alliance of Sins and Lies," arguing that their central campaign issues—such as the restoration of statehood and Article 370—are beyond the jurisdiction of the state or union territory governments and lie solely with Parliament. He accused the opposition of misleading voters with unattainable goals,

contrasting this with the BJP's focus on practical and constitutional commitments. Khatana emphasized the BJP's track record of delivering on promises, particularly under Prime Minister Narendra Modi and Home Minister Amit Shah, who have pledged to restore statehood to Jammu and Kashmir. He expressed confidence in the BJP's chances in the upcoming elections scheduled for October 4th, asserting that the party would secure a mandate with the support of the people. In closing, Khatana urged voters to remain vigilant against leaders who, he claimed, have historically fostered violence and instability for political gain, positioning the BJP as the true advocate for peace, progress, and development in Jammu and Kashmir. He reaffirmed the BJP's commitment to making Jammu and Kashmir a model state, stating that the party prioritizes national interest over empty promises.

## Senior J&K BJP leader resigns; to contest as Independent

**STATE TIMES NEWS**  
JAMMU: In yet another rebellion within the BJP in Jammu and Kashmir over ticket distribution for the assembly elections, senior party leader Chander Mohan Sharma on Friday announced his resignation from the party and threatened to contest as an Independent.

The BJP is facing resentment over its ticket distribution in the Union territory, with party leaders and workers protesting in several districts of the Jammu region. This has prompted the party to launch a damage control exercise, deploying several top leaders, including Union ministers, to defuse the situation. "There is immense resentment and anger



BJP leader Chander Mohan Sharma addressing press conference in Jammu on Friday.

among leaders and workers of the party over the unfair distribution of mandates. They are holding protests to express their discontent. Saddened by this, I, one of the senior-most leaders of the BJP, along with oth-

ers, have resigned from the party," Sharma, the convener of the 'Tawi Andolan', told reporters here.

Advocate Sharma, who joined the BJP in the early 1970s, criticised the party leadership in J&K

for improperly presenting the proposal for mandates to the party high command.

"We hope the party leadership accepts my resignation. However, if they reconsider their decision on the mandate change in the Jammu East assembly segment, it is okay. Otherwise, I will accept the calls from workers who want me to contest independently from the Jammu East seat," he added.

"The people of the Jammu East segment fully support us, having worked closely with us during the Tawi Andolan movement," he added. "It is now time for the senior BJP leaders camping here to make a decision on this matter."

**DISTRICT POLICE HEADQUARTERS POONCH.**  
Fax/Tele No. 01965-221369, 01965-220408 email: dppoonch@jkpolice.gov.in

**Look Out Notice**

As intimated by Dy. SP Hqrs. Poonch vide his letter No. Hqrs/Rdr/95/2024/9707 dated 27-08-2024 that one Shaheen Akhter W/o Nazir Ahmed R/o Seri Khawaja tehsil Haveli District Poonch is missing from her home situated at village Seri Khawaja. On this, a missing report was entered vide DD No. 18 dated 12-08-2024. However, description of the Kidnapped girl along with photograph is given below:-

1. Name	Shaheen Akhter
2. Husband	Nazir Ahmed
3. Residence	R/o Seri Khawaja, Tehsil Haveli, district Poonch
4. Age	22/23 Years
5. Language Known	Urdu/Pahari/Kashmiri
6. Complexion	Whitish
7. Height	5'6"
8. Sex	Female
9. Hair	Black
10. Build	Normal
11. Dress	Salwar, Kameez

Kindly have a sharp lookout, if traced out/any information contact PCR Poonch on the following numbers. 01965220225, 9086253188.

No.: SSP/Rdr/27/2024/41239-50/DPO  
Date: 29-08-2024  
DIP/J-4795/24  
Date: 30-08-2024

Sd/-  
Sr. Superintendent of Police,  
Poonch