

Councillor distributes dustbins in Ward No 41

■ STATE TIMES NEWS
JAMMU: Sanjay Kumar Baru, BJP State Working Committee Member and Councillor Ward No 41, Talab Tillo installed dustbins in his ward on Wednesday. Baru, accompanied by JMC Sanitary Inspector Anoop Sharma and JMC Supervisor William Massi, provided dustbins at all major places, temples and Gurdwaras falling under the jurisdiction of aforesaid ward.



Corporator Ward No 41 Sanjay Kumar Baru handing over a dustbin to the stakeholder of Saraswati Temple.

the menace of coronavirus in every possible way. "As today is the first Navratra, we all must energise ourselves afresh to fight all devilish forces both within and outside our body. We all must bow to divine force and pray to Goddess

Listen to PM's request, respect Govt decisions to save lives: Suri

■ STATE TIMES NEWS
JAMMU: BJP leader Raman Suri urged people to follow the advisory issued by Prime Minister Narendra Modi religiously, as we don't have any other way to fight the deadly coronavirus. By staying indoor for 21 days and keeping social distance, we can break the chain of virus and save the world, he added.

In a statement issued here, Suri said that even the international bodies are looking towards India as to how we, being 130 crore, act at this time and save the world. "It is a testing time and we all must adhere to the Government advisory and co-operate with the administration. One can imagine the gravity of situation from the fact that entire GMC Hospital has been converted into a dedicated COVID-19 Hospital," he said.

The BJP leader said that it is just a matter of time and patience, which we all must show. He urged people to stay home and not move out unless it is emergency. The term used by PM Narendra Modi 'Laxman Rekha' itself speaks of the gravity of situation and thus, we must follow his instructions to stay indoors, as he said that it is not a choice but a necessity, he asserted.

Suri informed people that essential commodities are easily available but to get them home, only one member of the family should go out, that too while following social distancing norms and washing hands frequently on returning home. He urged people not to venture out unnecessarily and help Government in maintaining complete lockdown, so that the virus can be destroyed by not getting transmitted. Suri also lauded entire administration, which is monitoring situation round the clock and managing people as well as services.

PSA offers entire resources to combat COVID-19

■ STATE TIMES NEWS
JAMMU: J&K Private Schools Association (PSA) Jammu has voluntarily offered their entire resources including school buildings, transport, manpower etc to the government to check and contain COVID-19. This decision was taken by the President of Association, Kamal Gupta and Vice President Rameshwar Mengi after holding video-conferencing with all District Presidents. Ajay Gupta, General Secretary of the Association said, "We feel that as human beings, it is our responsibility to help the most vulnerable amongst us in the time of need. We urge all citizens to join hands and follow the instructions issued by Government in this critical juncture. We also request the Government to put in place a safety-net for all those, who have lost work during the lockdown."

Release all political detainees, restore 4G internet: JKAP

■ STATE TIMES NEWS
SRINAGAR: Welcoming release of former Chief Minister Omar Abdullah, Jammu Kashmir Apni Party (JKAP) leader Mohammad Ashraf Mir on Wednesday demanded immediate release of all political detainees including former chief minister Mehbooba Mufti especially in light of COVID-19 outbreak in Jammu and Kashmir. In a statement issued here, Mir observed that confinement of hundreds of political detainees, who were put under preventive detention on mere suspicion after August 5, 2019, should be shifted back to Jammu and Kashmir from various states of the country. "The situation that has emerged after outbreak of COVID-19 warrants that these political detainees should be shifted to J&K and released immediately so that their families are not subjected to any further suffering on

Yudhvir condemns terror attack on Gurdwara; hails PM Modi for lockdown

■ STATE TIMES NEWS
JAMMU: Yudhvir Sethi, J&K BJP Vice President condemned heinous terrorist attack on a Gurdwara in Afghanistan, in which more than two dozen people were killed and several others got injured. In a statement issued here on Wednesday, Sethi condemned terror attack on the Gurdwara in Afghanistan's Kabul, saying that targeting a religious place in midst of COVID-19 outbreak reflects diabolical mindset of the perpetrators and their supporters. "Our

COVID-19: Health Deptt initiates awareness drive

■ STATE TIMES NEWS
JAMMU: In view of prevailing COVID-19 situation, Health Department on Wednesday conducted special awareness cum sensitization drive in slums of district Jammu including Maratha Basti, Gujjar Nagar, Qasim Nagar, Bathindi, Janipur, Channi Rama, Digiana, Shakti Nagar, Subash Nagar, Nanak Nagar, Roop Nagar, Mubarak Mandi, Shastri Nagar in which health staff educated the

J&K Bank should donate Rs 200 crore under CSR for UT hospitals: Citizen's Forum

■ STATE TIMES NEWS
JAMMU: Citizen's Forum President R K Chadha has requested Lt Governor G.C Murmu to direct Chairman J&K Bank to donate Rs 200 crore for J&K UT under CSR for GMCs and their attached hospitals, for recurring medical expenses to meet coronavirus threat. "Our GMCs and hospitals are already poorly equipped for regular medical necessities of daily requirements of medicines and equipments. Donation is very important for meeting urgent requirement of infrastructure, testing labs and medicines to meet rapid spread of virus

Govt polytechnic starts online classes for students

■ STATE TIMES NEWS
JAMMU: Due to prevailing situation in Jammu and Kashmir in view of coronavirus threat, the Government Polytechnic Jammu has started online classes for polytechnic students of all streams. Speaking regarding the initiative taken by college administration, Principal, Arun Bangotra said, "Classroom study can halt but education can't. All the HoDs and teaching faculty has created Google classrooms and WhatsApp groups for all subjects, which are monitored daily by the Principal and HoDs. In last one week, all students of the college have joined the online classes. Through various Whatsapp groups created by HoDs, all the students were informed to download Google Classroom app from Playstore, create an account by email, click on + symbol and join the class by entering the subject/class code provided by subject faculty.

PSAJK extends unlimited help to Govt in fight against coronavirus

■ STATE TIMES NEWS
SRINAGAR: Private Schools Association of Jammu and Kashmir (PSAJK) offered its entire resources including buildings, transport and trained manpower to government for use in fight against spread of coronavirus. The Association said that desperate times need desperate measures and all private educational institutes have voluntarily decided to help government, in all possible ways, to deal with the situation. "We have been discussing all possible ways in which we could help government in controlling the deadly virus. We have felt that there may be need of our resources like buildings, vehicles or trained manpower and we have offered it to government to use the same, in whatever way they see feasible," said G N Var, President PSAJK. "Whenever there is a danger against entire society, we will

Take all precautionary steps to combat COVID-19: Yuva Manch

■ STATE TIMES NEWS
JAMMU: President Yuva Manch, Keshav Chopra has urged people of Jammu Kashmir Union Territory to take all precautionary steps to combat COVID-19. "Prime Minister Narendra Modi has requested every citizen of the country to maintain complete lockdown and now it is our responsibility to maintain the lockdown in every corner of the country. It is just like a self-curfew for 21 days, so stay at home for 21 days," said Chopra, urging general public to maintain social distancing besides taking all necessary precautions in fight against coronavirus.

Tackling anxiety effectively key to success, contentment

Everyone has feelings of anxiety at some point of time in their life. For example, one may feel worried or anxious about sitting through an exam, job interview or having a medical test. Feeling anxious during such times is normal. But some people find it difficult to control their worries. And it starts affecting their daily activities such as job performance, school work and even relationships. Mohanji explains Anxiety and how to deal with it. **Q: How can we tackle anxiety?** Mohanji: Through understanding. Through clear understanding of the truth or reality. Higher awareness is the only way. When we look from below the mountain is unconquerable. For a mountain climber, that is only one of the challenges that he has conquered in the course of his life. He will conquer that too. It is the way you look at it. Anxiety happens due to the fear of the unknown or the unknown fears, especially about the future. Since the fear exists now, he future essentially becomes clouded. In other words if we do not use our "NOW" wisely, the future will become murky. Understand that nothing belongs to us. Just look around. Your house, your car, the clothes that you wear, the transitory money in your hand, your own relatives... even your own body... you own nothing. Everything came to you, to give you experiences and everything will leave you at some point or the other. Your body will be trashed too after death. So, what is there to hold on to? Your soul. Only your soul, which is the only permanent entity in this impermanent world. All the wars fights and wars for possession and power are useless. They are unnecessary. All you need is love. Just love. All anxieties will go. Whether you are anxious

Teaching fraternity ready to extend support if need arises: JKTF

■ STATE TIMES NEWS
JAMMU: Jammu Kashmir Teachers Forum (JKTF) said that entire teaching community stands by the dedication of all people, working day and night, for UT of J&K and appreciates their services for uncalculated and unexpected challenge. Ganesh Khajuria, Chairman JKTF, in his message, said that all volunteers of Jammu Kashmir Teachers Forum are ready to extend every possible support to Govt, in case need arises. He said that they were monitoring developments and watching efforts of stakeholders. In case the UT Disaster Management Authority wants their support, they shall stand by in all circumstances, he added. The Forum also requested the Non-Govt doctors and paramedical staff to get in touch with Disaster Management Authority of UT and extend their assistance in the hour of emergency. Kuldeep Singh Bandral, Provincial President requested JKTF volunteers to be in operational mode to help health workers and their families, if need arises. He also appealed to citizens of Jammu & Kashmir to stay indoors and keep their children and elderly people protected for at least up to 21 days to avoid contact with COVID-19 as per directions issued by the Prime Minister.

Maintaining social distancing best way to combat coronavirus: Sadhotra

■ STATE TIMES NEWS
JAMMU: Expressing serious concern over menace of coronavirus pandemic, Ajay Kumar Sadhotra, former Minister and senior National Conference leader said that maintaining social distancing is the best precaution to check the spread of pandemic coronavirus. In a statement issued here on Wednesday, the former minister appealed to the people for maintaining social distancing and remaining confined to their homes so that they may not get infected or become a carrier of coronavirus. He also asked people to strictly adhere to the advisories issued by Health Department and civil administration. He emphasised upon the need of giving full co-operation to the administration in fighting this dreadful infection. Administration is doing a lot but still more needs to be done along with active cooperation of people, he

Pipping ceremony held

■ STATE TIMES NEWS
SRINAGAR: Pipping ceremony of recently promoted Head Constable as Assistant Sub-Inspector was held at DPO Ganderbal. The promoted officer was decorated with new rank by SSP Ganderbal, Khalil Ahmad Poswal who expressed happiness over promotion of the officer. SSP Ganderbal, while congratulating the promoted officer, advised him to remain committed towards his duties and ensure better public service. The promoted officer pledged to work with added zeal and enthusiasm.

'Evacuate J&K labourers from other States'

■ STATE TIMES NEWS
JAMMU: Former Legislator and Jammu Kashmir Apni Party (JKAP) leader Haji Mumtaz Ahmad Khan on Wednesday demanded immediate evacuation of Jammu and Kashmir labourers, who are stranded in different parts of the country and have been hit hard due to coronavirus crisis that has resulted into a countrywide lockdown. In a statement issued here, Khan expressed deep concern about the condition of these labourers especially belonging to different areas of Jammu division, who are stuck in different states of the country. "Over five hundred labourers from different areas of district Reasi like Gulabgarh, Chasana, Mahore, Panasa, Nayabat Chakalwala, Budan, Thuroo, Arnas, Gool, Sangaldan are stranded in different states of the country like Uttarakhnad, Himachal Pradesh, Punjab, Hyderabad and other states. Some labourers from Reasi

and Kashmir are facing tremendous difficulties due to country wide lockdown.

"Under the prevailing circumstances, these labourers are worst-hit because they are dependent on their daily earnings to meet basic needs. I am told by their families that the labourers are running short of money and cannot sustain for too long while away from their homes," Khan remarked. The JKAP leader demanded that J&K Government should provide free food and ration to below poverty line families especially labourers, differently able persons, daily wagers, old age pensioners, casual labourers, and other marginalised sections of the society.

are also stuck in Jammu and other districts of J&K. They should be immediately brought back to their homes in view of alarming spread of COVID-19," the former legislator from Gulabgarh demanded.

"In backdrop of the coronavirus scare affecting the livelihood of daily wage earners, J&K Government must urgently facilitate evacuation of the stranded labourers of J&K especially Jammu division, whose families are awaiting for their safe return," the JKAP leader observed. He said that as a measure of social distancing and to contain spread of the virus, the stranded labourers of Reasi and other places of Jammu

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The Association, during a meeting held through telephone and video conferencing, decided to offer space in hundreds of schools in entire Jammu and Kashmir. "Be it big schools in Kashmir or Jammu and other districts, everyone has decided to offer their resources," said Var, adding, "We have also compiled a list of buildings which we will be offering to the government."

The Association further said that looking at the grave situation in Italy or Spain, we need to remain extra careful in moving ahead and everybody has to contribute its bit. The Association appealed to the people in general and students in particular, who have arrived J&K from outside not to hide their travel-history. The Association also urged people to cooperate with the government with utmost seriousness.

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