

# Lt Governor inaugurates 33rd Police-Public Mela in Jammu

**\*Pays tribute to martyrs of J&K Police**

**Excelsior Correspondent**

JAMMU, Feb 19: Lieutenant Governor Manoj Sinha inaugurated the 33rd Police-Public Mela at Gulshan Ground today.

The Lt Governor said, the Police-Public Mela has emerged as a powerful platform for police officers & public to interact and celebrate the shared heritage.

He commended the Jammu & Kashmir Police Wives Welfare Association (JKPWVA) for carrying out numerous initiatives all round the year to address the concerns of the families of martyrs and serving personnel.

JKPWVA is doing exceptional work in promoting welfare measures for JKP Jawans and their families, he added.

The Lt Governor paid tributes to the martyrs of Jammu Kashmir Police who devoted their lives to serving and protecting the nation.

We will forever be grateful to our Bravehearts and their families who made supreme sacrifice for the sovereignty and integrity of the country, said the Lt Governor.

**\* Watch video on [www.excelsiornews.com](http://www.excelsiornews.com)**

**Govt.**

The Lt Governor went around the stalls put up by various Police establishments, Districts, JKRLM and also interacted with the police families.

Dilbag Singh, DGP and Dr Rubinder Kaur, Chairperson PWWA briefed the Lt Governor about the extensive arrangements made for the Police-Public Mela and the activities undertaken for the welfare of families of J&K Police personnel.

Later, the Chief Secretary J&K alongwith the DGP and Chairperson PWWA distributed prizes among the winners of Healthy Baby Competition and painting competition. These competitions were organized by PWWA as a part of the Police Public Mela.

In the junior category of painting competition the prizes were given to Jahanveer Singh of

J&K Police Public School Jammu, Rayna Dogra of J&K Police Public School Jammu, Soni Kumari of Govt. Girl Hr. Sec.School Gandhi Nagar besides consolation prizes were also given to Aradhya Rana of K.V. No.1 Gandhi Nagar, Avni Thakyal of J&K Police Public School Jammu and Nakshita Choudhary of J&K Police Public

55715, F 12665, G 11554.FULL HD SMART LED (55): A 08682, B 80204, C 63784, D 35179, E 11340, F 01299, G 90726.SMART PHONE: A 98032, B 06496, C 62839, D 34705, E 37204, F 73820, G 63225. REFRIGERATOR (SINGLE DOOR): A 48917, B 20059, C 48278, D 01605, E 41855, F 48029, G 79766.SEMI AUTO-



LG Manoj Sinha during inauguration of Police Public Mela at Jammu.

School Jammu.

In the senior category of painting competition, the prizes were given to Simran of M.V. International School, Sirjan Kour of Carmel Convent Hr. School and Shavi Bhagat of J&K Police Public School Jammu besides Consolation prizes were given to Manpreet Kour, Adarsh Bhagat and Parvarish Choudhary all from J&K Police Public School Jammu.

During the mega event, Bharat Petroleum Corporation Ltd under its CSR donated 02 Vans to Police Public School Jammu. The DGP on the occasion thanked BPCL authorities for their noble gesture and hoped the corporation will continue to help police Public schools in future also.

The result of the raffle draw are : Maruti Suzuki Ciaz: A 17083, B 61819, C 18823, D 47927, E 03490, F 82093, G 53612. WAGNOR: A 72925, B 85862, C 19785, D 67398, E 34662, F 33654, G 03312. ALTO800: A 91225, B 15385, C 71237, D 26044, E 01359, F 54530, G 39238, Scooty TVS Jupiter: A 03255, B 75715, C 66373, D 75407, E 11598, F 48045, G 40490. MOTORCYCLE TVS SPORT: A 16112, B 62050, C 16406, D 24173, E

MATIC WASHING MACHINE: A 58773, B 68619, C 25708, D 51981, E 26785, F 15438, G 83683. SET OF SIX CHAIRS AND TABLE: A 82629, B 64954, C 47551, D 85503, E 35655, F 31162, G 27321. PAIR OF BLANKETS (SINGLE DOUBLE PLY): A 63778, B 19437, C 64507, D 40598, E 35325, F 47522, G 86793 CASH PRIZE OF Rs 1000, LAST FOUR DIGITS- 2722. CASH PRIZE OF 500, LAST 03 DIGITS: 508 and CASH PRIZE OF 200 LAST 02 DIGITS: 18.

## Gujjar-Bakerwal students take up issues with MP

**Excelsior Correspondent**

JAMMU, Feb 19: An interaction cum felicitation programme, of Member Rajya Sabha, Gulam Ali Khatana with the students of Government Gujjar Bakerwal PG Boys Hostel Jammu, was held in the Library-cum-reading hall of the Hostel, near GGM Science College, Jammu here today.

Dr Nasib Ali, Warden Gujjar Bakerwal PG Boys Hostel, welcomed the MP. The students of the hostel put forth the demands for various issues like

departmental hostel building, an increase in the number of hostel seats for the students; bringing the Gojri language in 8th Schedule of the Indian Constitution; Gojri News and programmes in AIR and Doordarshan and establishment of the "Department of Gojri" in Jammu University.

Some students of the hostel also presented cultural programme. Gojri song was presented by Aijaz Ahmed and Punjabi by Mohd Aslam. Besides, some other students also put forth various demands for the betterment of the students of Gujjar-Bakerwal community.

Member Rajya Sabha while speaking on the occasion praised the efforts of Dr Shahid Iqbal

Choudhary, Commissioner/Secretary to Government, J&K Tribal Affairs Department, Dr. Mushir Mirza, Director, Tribal Affairs J&K, Dr Abdul Khabir, Deputy Director, Tribal Affairs Jammu and Dr Nasib Ali Warden, for their efforts for the improvement and benefits of ST community.

He also commended the performance of students Aijaz Ahmed and Mohd Aslam and offered a reward of Rs 1000 to each of them. He assured his full



MP Gulam Ali Khatana being felicitated during visit to Gujjar-Bakerwal PG Hostel in Jammu on Sunday.

support and fulfillment of genuine demands of the ST community students and also assured that he will take up all the issues/demands with the concerned authorities.



Divisional Commissioner Ramesh Kumar during inaugural ceremony of 'Kids Play Zone' at Amar Singh Club Jammu along with secretary Anil Kapahi on Sunday.

## Div Com inaugurates Kids Play zone at Amar Singh Club

**\*Players conferred Annual Sports Awards**

**Excelsior Correspondent**

JAMMU Feb 19: A glittering function of Annual Sports Meet was held at Amar Singh Club Jammu, wherein Divisional Commissioner and vice president of Club, Ramesh Kumar was the chief guest of today's occasion.

During the function, the prizes for various competitions including Billiards and Snooker, Swimming competitions in different strokes, Gym competitions and Table Tennis in different age groups were distributed among the players by the chief guest of the event.

Anil Kapahi, Secretary of the Club welcomed all the dignitaries and guests during the onset of the function and lauded the efforts of

all the members who participated whole heartedly in the competitions and also encouraged youngsters to come forward and take part in the competitions.

Meanwhile, a beautifully created play zone for the children was also inaugurated by the Divisional Commissioner in the Amar Singh Club Jammu in presence of the secretary of the Club, Anil Kapahi and the executive committee members of the Club.

The Divisional Commissioner, Ramesh Kumar also inaugurated the newly built spades: the cards room of the Club and appreciated the efforts of the executive committee for establishing the Kids Play zone as well as Card Room in the Club.

## Health Deptt up-skilling doctors to identify, manage mental health disorders

**Irfan Tramboo**

SRINAGAR, Feb 19: To ensure that people with mental health conditions talk about their illnesses and receive early treatment and counselling, the Directorate of Health Services, Kashmir (DHSK) has started training doctors from various disciplines in the identification and management of mental health disorders for a wider impact.

It is being done under the 'Walev Kath Karav' (Let's Talk) initiative which started in January this year and will continue till March. Under the initiative, apart from training doctors from other specialities, 8 notified Psychiatrists are releasing videos in which they talk about a variety of mental health issues and the ways of getting the necessary treatment.

Apart from that, there is also a list of notified doctors who have been tasked to talk about mental health issues on TV, Radio and other mediums. "The initiative is aimed at breaking the taboo so that people can talk about the mental health issues they are facing," Dr Majid Shafi, Nodal Officer, Mental Health and Addiction Treatment, DHSK told Excelsior.

He said that there is a stigma associated with talking about mental health issues, and people are not talking about it. "They do not reach out to seek medical help and guidance due to which their condition gets worse," he said.

About the training of the doctors, the officials said the medical officers, paediatricians; general physicians and others,

are being trained about mental health issues in collaboration with the Government Medical College (GMC), Srinagar. "Because for people, meeting them is easier than going to a Psychiatrist and if we up-skill them-which is on-it would surely have an impact," Dr Shafi said.

Pertinent to mention here that the doctors who appear in the awareness videos also talk about the available helplines, such as Tele-MANAS (14416), being run by NHM in collaboration with IMHANS and 'Sukoon' (18001807202), being run by the Divisional Administration, Kashmir, in support from DHSK, where people can talk about their issues and get a prompt response even anonymously.

Interestingly, since the launch of 'Walev Kath Karav', the officials said that these helplines have witnessed an increase in the number of calls, especially the Tele-MANAS where the number of calls has increased more than twice.

Dr Mushtaq Ahmad Rather, Director, Health Services, Kashmir, told Excelsior that the program has so far shown to be effective because of the positive feedback received from the public. "We had to intervene and take unconventional measures because of the severity and burden of mental health illnesses," he said.

According to the official, the majority of calls to these helplines from Kashmir are about basic mental health conditions like anxiety and mood disorders, while calls about serious mental health conditions are fewer.

Significantly, the 2015 Kashmir Mental Health Survey found that 10% of adult Kashmiris reported having symptoms of severe depression, while 45% of the adult population had considerable signs of mental distress. In addition, the survey found that 26% of people have major symptoms of an anxiety illness and 1 in 5 have significant symptoms of post-traumatic stress disorder (PTSD).

## Country needs Kejriwal as PM in 2024: Balkar Singh

**Excelsior Correspondent**

JAMMU, Feb 19: Balkar Singh, MLA from Punjab and Prabhari, Aam Aadmi Party in Jammu Province, today claimed that people in J&K were attracting towards AAP and looking at the prolific functioning of Delhi as well as Punjab Governments after getting dejected by the directionless policies of BJP Government.

"The ruling Government at the Centre has brought immense miseries to the common people by making hollow promises and doing nothing on ground. The eight years of BJP rule has only resulted in destruction of economy, jobs, employment besides highest inflation ever since Independence be it the prices of edible oil, petrol, diesel, cooking gas or other essential items," he said while addressing party workers during his visit to Jammu.

He asked the party cadre to disseminate pro-people policies of



Priyanka Gandhi and her husband in world famous Ski resort Gulmarg. —Excelsior/Aabid Nabi

## Normal life in entire J&K in jeopardy under BJP: Ex-DyCM

**Excelsior Correspondent**

KHOUR, Feb 19: Senior Congress leader and former Deputy Chief Minister Tara Chand today said that due to wrong policies of the BJP dispensation, the normal life in entire J&K is in jeopardy, especially as the Government has lost will to govern. The lack of political direction has terribly impacted the administration that is seen in every sector.

Addressing a public meeting at Aijal Malal in Khour area of Chhamb constituency today Tara Chand said that the Government has lost its direction and its myopic vision has caused a developmental vacuum, which if not addressed push the people to wall. He said that Govt failed on the governance front and shying away from people, as they have nothing to claim as achievement during the past eight years.

He pointed out that the developmental tempo initiated and sustained by previous Congress Government has come to a grinding halt and all tall claims and promises delivered before and after formation of the BJP Government proved to be hoax. He said that BJP has nothing to offer to the peo-



Senior Cong leader and former DyCM Tara Chand addressing a public meeting in Khour area on Sunday.

ple of Jammu and Kashmir except divert their attention through their divisive and diversionary mode of politics.

Tara Chand said that Congress Party will defeat the design of anti-peace forces vitiating atmosphere to serve their vested interests. He said that performance of BJP Government in the last 8 and half years has been poor on all fronts. Inflation has skyrocketed, because of which the lives of the common man have been seriously impacted and unemployment rate is the highest in 45 years. He alleged that the UT Administration has failed on all fronts and the BJP is insensitive towards the problems of the youths.

Strongly opposing the arbitrary evictions of the people, especially the poor and farmers from the state

lands, Tara Chand asked the LG Administration to frame a fair and rational policy and put it in public domain. He said that poor and small farmers besides the deprived and oppressed sections would be worst affected by the eviction drive, which is totally arbitrary and anti-poor. There is a large percentage of occupants of state lands who are cultivating such lands from forefathers and can't be described as land-grabbers or encroachers.

Former DyCM also questioned the approach of the Centre Government and LG Administration towards the agitating employees of PM Package and reserved category of Jammu serving in Kashmir, who are seeking reallocation in view of the security situation.

Prominent among those present on the occasion include Narinder Sharma, Bansi Lal Gupta, Vijay Chib, Madan Lal, Jagat Singh, Jagdish Raj, Dwarka Nath BDC Chairman, and others.

## Rana demands ex-gratia relief for deceased in Shiv Khori accident

**Excelsior Correspondent**

JAMMU, Feb 19: Senior BJP leader Devender Singh Rana has demanded ex-gratia compensation for the deceased persons in the tragic road accident when a bus carrying pilgrims to Shiv Khori shrine had rolled down in gorge at Aansu area yesterday.

He sought immediate ex-gratia compensation in favour of next of kin of the deceased and adequate financial assistance to the injured besides specialized treatment to them free of cost. Two persons had died and 19 others were injured in the accident.

"My heart goes to the families who lost their dear ones in the tragic accident and prayers for all the injured for their immediate recovery," Mr Rana said in a statement while conveying condolences to the bereaved families.

## Students worst hit as unscheduled power-cuts put normal life out of gear

**Excelsior Correspondent**

BHADERWAH, Feb 19: People of Doda are facing a lot of problems due to unscheduled power cuts.

Among the worst hit by this remained students who are finding it difficult to study in the absence of light and it becomes more difficult for them during night hours.



Students studying under a lamp charged by solar-light in Bhaderwah as unscheduled power-cuts has become a routine in the area.

to power crisis in the area.

"We even took the issue to authorities concerned but no heed was paid to our plea and the problem persisted," some people from Bhaderwah claimed.

They said that it was a complete failure of Power Development Department in Doda as there is no schedule for power cuts.

"Students are the worst sufferers because of these unscheduled power-cuts as their exams are going on and the erratic power supply is badly affecting their studies," a lady from Bhaderwah said.

"Erratic power supply is badly affecting our studies and we have to study under candle. Poor performance of students in examination is mainly due to unscheduled power-cuts in the area," Hemani Yogi-a student from Bhaderwah decried.

Pushpinder Goswami from Mohalla Yogi said, in these winter days they get power supply only for few hours with frequent cuts and appealed the district administration as well as Executive Engineer PDD to look into the matter.

"Unscheduled power-cuts in Doda have become a routine now and it is not only the students but common people of the area too who are affected by this as winter chill is also there," Raj Kumar-a local said.

"Even when summer season starts, the erstwhile Doda district faces acute shortage of power supply," another local claimed.

More locals of Bhaderwah said that they feel helpless due

## Truck driver dies due to electric shock

**Excelsior Correspondent**

KATHUA, Feb 19: A truck driver died due to electric shock when his truck came in contact of High Tension (HT) electric wire which fell down on truck near Police Station (PS) Hiranagar.

As per reports the incident took place late last night when a truck belonging to Agra- Katra Express Way Construction Company was on road construction job near Police Station (PS) Hiranagar. A High Tension electric wire fell down on the truck and driver died of electric shock. His body was shifted to Sub District Hospital, Hiranagar for postpartum.

The deceased was identified as Surjeet Singh resident of Ram Nagar, Udhampur. The family members were handed over the dead body after legal formalities by the police. They said that the driver belongs to poor family having two children. But no one from Construction Company came to share the grief and did not announce any compensation for family members.

They alleged that even the police also did not register genuine case and case was registered under Section 174 which is not justified in the incident. The family members demanded compensation and justice into matter as the driver was working even during night hours for the company.

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