

MP Khatana commends PM, HM, LG for promoting public outreach

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JAMMU: Bharatiya Janata Party MP Rajya Sabha (Nominated), Er. Gulam Ali Khatana extended appreciation to Prime Minister (PM) Narendra Modi, Home Minister (HM) Amit Shah, and Lieutenant Governor (LG) Manoj Sinha for their proactive efforts in promoting public outreach and ensuring the welfare of the Union Territory of Jammu and Kashmir.

Addressing a largely attended public meeting at Bathindi here, MP Gulam Ali Khatana lauded the comprehensive and forward-



MP Rajya Sabha, Er. Gulam Ali Khatana with newly joined members.

thinking initiatives undertaken by the central government and the local administration.

These initiatives, spearheaded by the dynamic trio

of Prime Minister Narendra Modi, Home Minister Amit Shah, and Lieutenant Governor Manoj Sinha, are aimed at ensuring that the citizens of Jammu and

Kashmir receive the attention and support they need.

The public outreach efforts, led by the central and local authorities, will be instrumental in addressing the concerns and grievances of the residents of Jammu and Kashmir.

Khatana noted that these efforts shall foster a sense of inclusivity, transparency, and good governance, ultimately leading to the region's development and prosperity.

A large number of people also joined BJP on the occasion including Shakil Ahmed, Abdul Latif, Sadiq Ahmed, Mohd Kamal, Mohd Yousaf, Talib Hussain.

MP Khatana said, "It is indeed heartening to witness the unwavering commitment of Prime Minister Narendra Modi, Home Minister Amit Shah, and Lieutenant Governor Manoj Sinha towards the welfare of the people of Jammu and

Kashmir.

Their vision and leadership have ushered in a new era of development and opportunity for our region. The ongoing public outreach efforts have created a robust platform for the people to voice their concerns and aspirations, ensuring their active participation in the growth and progress of our beautiful land."

He further underscored the transformative impact of these initiatives in Jammu and Kashmir, as the residents witness a wave of development, infrastructure improvement, and economic growth that fosters hope and a brighter future for the region.

MP Gulam Ali Khatana, while recognizing the challenges and complexities involved in addressing the unique needs of Jammu and Kashmir, expressed confidence in the steadfast commitment of Prime Minister Modi, Home Minister Shah, and Lieutenant Governor Sinha to achieving lasting peace, prosperity, and unity in the region.

Prominent among others who spoke on the occasion were Rajak Ali Putto, Chairman, Bashir Ahmed, Ch. Noor Alam, ex-Sarpanch, Mushtaq Paneh, Advocate Mohd. Iqbal Khan, Rafiq Ahmed, BJPGhulam Rasool, Numberdar.

Ground-level worker main ambassador of Party, says Yudhvir

Felicitates youth activists of East Mandal



J&K BJP Vice President, Yudhvir Sethi posing with youth activists and others at felicitation function.

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JAMMU: Yudhvir Sethi, J&K BJP Vice President, and Arun Prabhat, President BJYM J&K, on Sunday felicitated the activists of Youth East Mandal for playing a vital role in strengthening the Sangathan, in a function held at Pt Prem Nath Bhawan Kaechi Chawri Jammu.

Speaking on the occasion, Yudhvir Sethi complemented the party cadre for their yeoman's job at the grassroots level by disseminating information about the achievements of the Modi Government to ensure that opposition parties do not sway them with deception and false promises. He said that the ground-level worker is the main ambassador of the party and his or her responsibility is the most significant one.

Sethi added that PM Modi, after coming to power, has been consistently rectifying the mistakes and wrongdoings of the successive governments, which is testimony to the fact that people in the country have started acknowledging the work accomplished by the government led by PM Modi. He asked the grassroots level workers of the party to concentrate on making their respective areas strong as this is the key

to winning political battles.

He asked the party cadre to move along in a very systematic way to ensure the party's thumping victory in the upcoming polls in J&K.

In his address, Arun Prabhat said that the onus of the party's thumping victory in the forthcoming elections in Jammu and Kashmir lies fully on the shoulders of ground-level workers as they are the ambassadors of the party. He said that only BJP can satiate the aspirations of people and for this, the party's victory is a must in the elections which are due in the coming time.

Prabhat appealed to the people to further strengthen the hands of Prime Minister Narendra Modi and support BJP in the ensuing polls in Jammu and Kashmir Union Territory for peace and prosperity of the people.

BJP Jammu East Mandal President Parveen Keri, BJYM Jammu Prabhari Ishant Mahajan, BJP Jammu East Mandal General Secretary Vipin Sharma, BJYM Jammu General Secretary Gourav Kapahi, and BJYM Jammu East Mandal President Rohit Mehra were also present on the occasion.

Team Jammu, YRS release Dogri track 'Jaago Dogro, Hun Seyi Nai Jaayo'



Chairman Team Jammu, Zorawar Singh Jamwal and others releasing Dogri track.

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JAMMU: Chairman, Team Jammu and BJP leader, Zorawar Singh Jamwal along with former president, Yuva Rajput Sabha (YRS) Rajan Singh Happy on Sunday released Dogri track "Jaago Dogro, Hun Seyi Nai Jaayo" produced and sung by popular singer Sandhya Sharma, during a function organized at Press Club Jammu, here.

This is the 11th song sung by Sandhya Sharma who is a housewife but has passion to contribute for mother tongue Dogri language. Senior Music Director Sahil Nath gave the music of the song while lyrics of the song 'Jaago Dogro' have been written by RKT and directed by renowned filmmaker Aaditya Bhanu, who has already produced lot of songs and films to the Film Industry of Jammu.

The Cinematography and Post Production was done by Vikram Mehta under the banner of Trinetra Productions. Makeup was done by MJ Color Trends and the star cast included Khwaish Gupta, Nitin Gupta, Simmar

Rajput, Sushil Sharma, MJ Sunny, Rahul Khatri and Kunal.

While speaking on the occasion, Team Jammu chief, Zorawar Singh Jamwal congratulated Sandhya Sharma and her entire teammates for such initiatives that promote our art and culture besides generating employment opportunities and also engage youth in productive works.

He highlighted that "this song is not just a source of entertainment but also has a motivation and a strong message to entire Duggars (People of Jammu region) to awake and fight for their rights and thwart the nefarious designs of anti-national and anti-social elements who are hell-bent to spoil our younger generation by trapping them in the yoke drug abuse.

While lauding the efforts of musicians, singers and artists for promoting and glorifying the diverse culture of J&K by producing songs in Dogri language, Zorawar Singh Jamwal hoped that

these songs cross borders to reach their admirers. He also said that such initiatives help the younger generation to remain connected with their roots.

Rajan Singh Happy, in his address said that Jammu and Kashmir government must open its door to the world of music industry besides film industry and ensure its presence felt here in a big way.

He said that there is dire need to provide a platform to budding singers to further harness their talent. He said that the video track made by Sandhya Sharma involving young budding artists is the greatest example of their intellectual, creative and latent ability that needs to be harnessed for their optimal self-actualisation.

Dr Ashish Gupta, Surinder Sharma, Mandeep Singh Chib, Vishal Singh Langeh, Balbir Singh Manhas, Axtaar Singh, Thakur Sumit Singh, Sunil Raipuria and Sanjay Verma were among others present on the occasion.

Mahila Samanvaya organises first ever Nari Chetna Sangam

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JAMMU: The Women Coordination, Jammu Unit of Jammu and Kashmir on Sunday organized the 'Nari Chetna Sangam' here at the General Zorawar Singh Auditorium, University of Jammu.

The topic of discussion was the role of women in Indian thought and the development of the nation.

Under Nari Chetna Sangam, the women's conference was inaugurated jointly by the chief guest, retired IIS, Bharti Vaid, the main speaker along with renowned educationist and social worker Mamta Yadav and Mahila Samanvaya Jammu Kashmir Province convener Amita and other officials by lighting a lamp.

The chief guest, who was a key speaker, was felicitated by the Women's Coordination members. An exhibition that highlighted the inspiring women of the Union Territory was also organised on the occasion. All India Officer of Rashtriya Sevika Samiti, Chanda Tai specially attended the conference.

The forum was moderated by Nidhi Sharma.

Addressing the Nari Shakti Sangam, Bharti Vaid congratulated the women coordination



Chief Guest, retired IIS, Bharti Vaid lighting ceremonial lamp at Nari Chetna Sangam.

for organising the event and said that this is the first such event in Jammu. "The success of the conference or Sangam can also be gauged from the fact that a place like General Zorawar Singh Auditorium has been selected for it," she said, adding that women have to recognize their strengths and capabilities and move in the right direction. She stated that there is a need to bring timely changes in the evil practices, adding, she also explained the characteristics of women from the Vedic period to the modern period in her address and urged women to recite Geeta along with their families.

All India Officer of Rashtriya Sevika Samiti, Chanda Tai, in her brief address said that such conferences are being held across the country. More than 100 conferences have been

organized so far. Even in Jammu and Kashmir, the commencement of conferences at the feet of Mata Vaishno Devi itself has an importance.

Educationist and social worker Mamta Yadav in her address congratulated the women power present in the conference and said that the participation of women is encouraging. "On the basis of the number, we can say that the women of Jammu and Kashmir are not less or behind anyone," she added.

Mamta Yadav said that in western countries there was a debate for a long time whether a woman has a soul or not. This discrimination led to women's movements, in which equality was demanded. Many distortions occurred in Indian society during the Islamic invasions.

"The practice of Sati, child

marriage, night marriage, veil (Pardah) system, female foeticide etc are the results of this, but now times have changed. Women are playing big roles in every field," she narrated.

The excellent performance by Indian women players in various events in the recently concluded Asian Games is proof of this. While discussing the issue of women in Bharati Chintan, Mamta Yadav mentioned various aspects of life philosophy and also explained the outline of life values and life behavior in detail in the conference.

Mamta Yadav also highlighted the role of such conferences being held across the country.

She said that the objective of these conferences is one. Through these, to increase the participation of women in the development of the society and the country and to spread the Indian vision towards women

to the lower levels of the society.

"Mother power will have to be aware of its power, rights and laws related to girls," she said and called upon the women present at the Sangam to contribute to the society and the country in some way every day. Earlier, Bharti Vaid was honored by Shri Mata Vaishno Devi Shrine Board member and author Dr. Neelam Sarin and key speaker Mamta Yadav was honored by Mamta Singh, President of Nari Shakti Manch.

The exhibition organized on this occasion was also appreciated by the women attending the conference and said that this was the first time when they got such a platform in which they shared their problems and achievements.

Cultural programs were also organized on the occasion.

CGPWA lecture on 'Confluence of Science with Yoga'

STATE TIMES NEWS

JAMMU: Under a new initiative to upgrade the knowledge of students, the Central Govt Pensioners' Welfare Association (CGPWA), Jammu on Sunday organised the first lecture on Medical Science and Yoga at BALGRAN, charitable Home for Destitute children, Channi Rama.

One-hour lecture was delivered by Dr. S. C. Puri, former Director Grade Chief Scientist of CSIR, Jammu now called IIM, on 'Confluence of Science with Yoga.'

Explaining introduction and research studies on medical science on Sahaja Yoga, Dr Puri said that 'Kundalini' (a system of meditation) is the evolutionary, feminine energy of the divine Mother or the essence of evolution, which nourishes, balances, and purifies.

He explained to the students that "Kundalini exists in a latent form in every human being, residing in the sacrum bone in three and a half coils."

He said that "when awakened properly, the Kundalini travels upwards through the central channel, subtly and painlessly cleansing and integrating all the chakras, emerging at the apex of the skull and manifesting as blissful breeze-like sensation on the head and hands." It is at this point that self-realization takes place. He recommended daily meditation to maintain this state of mind.

Explaining the benefits of Sahaja Yoga, Dr. Puri said that students would remain calm and composed and get rid of usual stress and tension. Yoga would also gradually remove the bad habits of smoking, drinking, roving eyes etc. and even lead to inculcating much needed value system - ethics, morals - among the regular practitioners of Yoga and develop 'Vibratory Awareness' which is an ability to feel the state of subtle body inside.

Dr. Puri talked about the



Former Director Grade Chief Scientist of CSIR, Jammu, Dr. S. C. Puri delivering lecture.

subtle energy system and said that it is comprised of the Inner energy (Kundalini), three energy channels that correspond to the nervous systems in our body and seven primary 'chakras' or energy centers that correspond to the main nerve plexuses in the spinal column.

He explained left, center and right channels (Ida nadi, Pingala Nadi and Sushumna Nadi respectively) and said that they work together in synchronicity to integrate and balance our inner energy (and thus our well-being), and each has a specific role to play.

The seven primary energy centres of subtle energy system, which is also explained in Ayurveda, are Mooladhara Chakra - Pelvic plexus (physical aspect-Prostate gland.), Swadisthana Chakra - Aortic plexus (physical aspect-Kidneys, liver, pancreas, spleen, lower abdomen), Nabhi Chakra - Solar Plexus (physical aspect-liver, stomach and intestines, spleen and pancreas), Void (Bhavsagara) Ocean of Illusion, (physical aspect-Digestion) Heart Chakra - Cardiac Plexus (physical aspect-heart & lungs), Vishuddhi Chakra - Cervical Plexus (physical aspect-Throat, neck, mouth, teeth, face, nose, tongue, ears and ankles.), Agnya Chakra - Optic Chaisma (physical aspect-Pineal and pituitary glands), Sahasrara Chakra - Limbic Area (physical aspect-Limbic area of the brain).

Dr. Puri said that today, allopathic doctors practiced west-

ern medicine that has entered the current age of super-specialty to a point where separate parts of the body are being treated by different super specialists like Cardiologist treating heart, Neurologist treating brain, Gastroenterologist treating stomach and intestines, Hematologist treating blood related diseases, Nephrologist treating kidney, urologist treating urinary bladder; Dermatologist treating skin and so on.

In this system of super-specialty, doctors do not view the disease as a disturbance of the whole organism without taking into consideration the rest of the body.

They hardly look into the psychological, social and environmental aspects of the patient's illness which are so very important. Increasing use of tranquilizers and sedatives in medical practice is not only harmful but also habit-forming. It also illustrated the extent to which the stress and strain of modern life has permeated our society, he added.

Dr. Puri co-related meditation with neuroscience and said that the mental silence is beneficial for the brain. The findings of studies showed that mental silence, experienced through Sahaja Yoga meditation, associated with a protective effect on the entire Brain.

Tanveer appointed State Convenor, Bhalla Co-Coordinator PYC Social Media Cell

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JAMMU: Manu Jain National



Head IYC Social Media on Sunday appointed colleagues as State Convenor, State Coordinators, State Co-ordinators, State Executive Members of Jammu & Kashmir Youth Congress Social Media.

According to order, Tanveer Singh appointed State Convenor. Ram Singh, Waseem Khan, Umar Ayub, Abhinandan Nayyar, Vassem Tak, Irshad Chaudhary appointed State Coordinators. State Co-ordinators include Kapil Kumar, Waqar Aziz, Darshan Kumar, Sandeep Sharma, Danish Malik, Jai Sidh Bhalla, Aiesha Iani, Suhail Nisar and Abdul Hamid.

State Co-ordinator Jai Sidh Bhalla extended his gratitude to Manu Jain National Head IYC Social Media on his appointment and express his commitment to effectively counter false propaganda by BJP against Congress party. He said in today's digital era, social media is highly useful tool to communicate information.

Avoiding winter heart attacks, winter Cardiovascular Diseases Phenomenon-Need to create awareness: Dr Sushil

STATE TIMES NEWS

JAMMU: In view of recent climate change and upcoming winter season Head Department of Cardiology GMCH Jammu Dr Sushil Sharma in collaboration with Amarujala held a day long cardiac awareness cum health Check up camp at Panchayat Gho Brahmana Block Ramgarh, Samba with main focus on the ways to reduce the impact of winter season on cardiac ailments and decrease the morbidity and mortality.

While interacting with the people, Dr Sushil stated that Cardiovascular diseases is the number one cause of death worldwide. Seasonal variation in morbidity and mortality due to CVDs has been noted in both the northern and southern hemispheres, with higher incidence rates during the winter than in the summer. This variation linked with multiple risk factors, such as temperature, physical activity, air pollution, infections, and food habits. Another potentially important seasonal risk factors such as seasonal variation in the plasma level of fibrinogen, cholesterol, Hormones and vasoactive substance including vasopressin (AVP), norepinephrine (NE), epinephrine (E) and angiotensin II,



HoD Cardiology GMCH Jammu Dr Sushil Sharma with his team examining patients.

aldosterone and catecholamine which tends to rise in the winter is suggested to play an important role in the seasonal change of CVDs. However, the influence of these factors on the onset and course of cardiovascular events is not well understood. Several mechanisms have been suggested to explain this association.

He elaborated that the seasonal variability of CVDs is quite clearly demonstrated by the epidemiological data; showing mostly a peak in winter months. The exact cause of CVDs seasonality is not known clearly. However, many theories have been given to explain the possible reasons underlying the development of a disease in winter more than other time in year. People should be informed of the increased risk of cardiovascular disease during the cold seasons, and educated

about the importance of regular physical activity and dressing warmly in winter. Furthermore, people should be motivated to maintain health dietary habits including a nutrient rich in vitamin D and low fat intake. He stressed that People who are at a high risk of a heart attack in winter are Those with a prior history of heart problems, Those who have had a heart attack previously, Those with high blood pressure and high cholesterol, Smokers and heavy drinkers and people with sedentary lifestyle. He advised people to Manage Heart Attack in the Cold Weather and give some tips like If you go outside, limit the time you spend out in the cold weather, dress warmly, in several layers, cover your head and hands, and wear warm socks and shoes. Get a flu shot: Winter also raises your chances of

getting the flu due to low humidity carried on by cold weather and indoor heating. The flu is potentially harmful to anyone with heart disease, He Said. Prominent members of the area Ram Paul Sharma (Sarpanch), Mukesh Sharma, Parshotam Singh, Shamsher Singh, Satpal Sharma, Rajni Sharma and Vikas Sharma appreciated the efforts of Dr Sushil and his team for conducting Cardiac Awareness cum health check up camp in their area.

Others who were part of this Camp includes Dr Yaswant Sharma and Dr Dhaneshwar Kapoor. Paramedics and volunteers includes Kamal Sharma, Faisal Rashid , Rohit Nayyar, Arun Singh , Rahul Sharma, Paramvir Singh, Jatin Bhasin ,Rajkumar, Ranjeet Singh, Rajinder Singh and Vikas Kumar.