

# Yoga & Meditation session focused on management of hypertension organized

**STATE TIMES NEWS**

JAMMU: A comprehensive yoga session focused on the management of hypertension was organized by Vihar Kranti Manch International, the Indian Yoga Association, and Sary Uthan Trust at the Yoga & Meditation Center in Chhanni Himmat, Jammu.

Dr. Shreyansh Kumar Jain emphasized that hypertension (high blood pressure) can be effectively managed through yoga, meditation, and natural remedies. He explained how these practices help to relax both the mind and body, reducing stress—a significant contributor to high blood pressure.

Specific yoga poses were recommended for their beneficial effects on hypertension. These included Shavasana (Corpse Pose) for deep relaxation, Setu Bandhasana (Bridge Pose) to improve blood circulation, and Vajrasana



Dr. Shreyansh Kumar Jain and others at yoga session.

(Thunderbolt Pose) to calm the nervous system. Other effective poses were Paschimottasana (Seated Forward Bend) and Balasana (Child's Pose), both of which promote relaxation and improved circulation. The poses were demonstrated by NS Chib, a well-trained yoga practitioner, highlighting their practical application.

In addition to physical postures, specific pranayama (breathing techniques) were highlighted for their role in bal-

ancing blood pressure. Techniques such as Nadi Shodhana (Alternate Nostril Breathing), Anulom Vilom, and Bhramari (Humming Bee Breath) were discussed as effective methods to alleviate stress and promote relaxation.

Meditation was also emphasized as a crucial tool for managing hypertension. Techniques like mindfulness meditation, guided imagery, and loving-kindness meditation were recommended to calm the mind,

reduce cortisol levels, and foster a sense of well-being. Participants were introduced to various homemade remedies that can help control blood pressure. Ingredients like garlic, fenugreek seeds, lemon juice, and a honey and ginger mix were recommended for their natural properties. Coconut water was also highlighted for its potassium content, which is beneficial for maintaining healthy blood pressure levels. Alongside these remedies, lifestyle tips such as reducing salt intake, staying hydrated, and engaging in regular moderate exercise were suggested to enhance heart health. The event featured a meditation session led by Acharya Shivam, State Head of Oshodhara, who discussed the importance of right meditation and introduced participants to the Oshodhara, Yoga, and Pragma courses. Ashok Gupta,

Vice President of VKMI and Founder Managing Trustee of SUT, shared techniques from Hasya Yoga and engaged participants in an interactive question-and-answer session. The session concluded with Gupta expressing gratitude, particularly towards Acharya Shivam, for his valuable contributions.

Overall, the session aimed to empower participants with practical tools and knowledge to manage hypertension naturally, encouraging a holistic approach to health and well-being.

# 57 students of MAM College, GDC Kathua complete summer internship at JKEDI

**STATE TIMES NEWS**

JAMMU: A fresh batch of 57 students from Government MAM College, Jammu and Government Degree College (GDC), Kathua completed their mandatory summer internship at Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) on Monday.

These students underwent their 10-day (60 hours) Summer Internship which started on 26 September 2024, 2024 here at the Barabrahmana campus of the institute JKEDI.

The interns were briefed about the role and functioning of various verticals/sections of JKEDI. They were made aware of the various activities undertaken by JKEDI including Entrepreneurship Awareness Programs (EAPs), Entrepreneurship Orientation Programs and Entrepreneurship Development Programs (EOPs and EDPs) to promote entrepreneurship

as a career choice among unemployed youth of J&K.

An idea pitching workshop and business simulations were held for the interns wherein real-time exposure to running a successful business venture was provided to them. These activities helped the interns to gain insight with respect to the various challenges faced by an entrepreneur and the ways to overcome them.

During the valediction ceremony, Director JKEDI, Rajinder Kumar Sharma discussed the importance of entrepreneurship and innovation. He asked the interns to acquire vocational training skills to be job-oriented in today's competitive environment. The internship program was conducted by the Centre for New Enterprise Creation (CNEC), a program vertical of JKEDI under the supervision of Dr. Vinod Sharma and Vir Pratap, faculty at JKEDI.

# Second randomization of Counting Staff held at Ganderbal

**STATE TIMES NEWS**

GANDERBAL: The second randomization of counting staff for the twin Assembly Constituencies of district Ganderbal was successfully conducted on Monday in preparation for the counting scheduled on October 8, 2024. The process was carried out under the supervision of District Election Officer (DEO) Ganderbal, Shyamvir in presence of Returning Officers of both the Assembly Constituencies here at VC

Room of DC Office. The randomization was conducted using dedicated software, strictly adhering to the guidelines of the Election Commission of India ensuring fairness and impartiality in the selection of counting personnel. The DEO highlighted that adequate arrangements have been made to equip the staff with the necessary knowledge and orientation to ensure the smooth and efficient conduct of the counting process.

# Bharat Bhushan raises concern over crop loss due to recent hailstorm in Jammu

**STATE TIMES NEWS**

JAMMU: Bharat Bhushan Bodhi, District Development Council (DDC) Chairman of Jammu district, expressed serious concern over the extensive damage to crops caused by the recent hailstorm that struck various parts of the Jammu district.

The sudden and severe weather has devastated the livelihoods of many farmers, leaving their crops destroyed and pushing them into uncertainty.

Acknowledging the critical situation, the DDC Chairman has called upon the Revenue Department to carry out an immediate and thorough assessment of the damage

caused by the hailstorm. He emphasized the need for swift action to evaluate the losses faced by the farmers and urged the authorities to prioritize the process of providing compensation.

"The farmers are the backbone of our economy, and this natural calamity has hit them hard.

It is imperative that the government steps in without delay to provide relief to those affected.

I urge the Revenue Department to expedite the assessment process and ensure that the affected farmers receive compensation at the earliest," he stated.

Bharat Bhushan further assured the farming community that he will personally monitor the situation and work closely with the administration to ensure that every affected farmer is given due compensation.

He reiterated his commitment to standing with the farmers during this challenging time and pledged to bring the matter to the notice of higher authorities if necessary to expedite the relief measures.

The DDC Chairman also appealed to the administration to explore long-term measures to mitigate the impact of such calamities on agriculture.

# Kashmir Marathon: Div Com reviews overall progress of arrangements

**STATE TIMES NEWS**

SRINAGAR: The Divisional Commissioner Kashmir Vijay Kumar Bidhuri on Monday convened a meeting to review the progress regarding preparations for the successful conduct of Kashmir Marathon.

The meeting was attended by Commissioner SMC, Dr Owais Ahmad; Director Tourism, VC LCMA, ADC Srinagar, SPS Traffic, Commandant SDRF, Srinagar; Director Health Services Kashmir, officers KPDCL, R&B, Youth Services & Sports, and other concerned departments.

On the occasion, Div reviewed arrangements at the venue with respect to electricity, sanitation,



Div Com Kashmir Vijay Kumar Bidhuri chairing a meeting on Monday.

Aid Centres, toilet facilities and seating arrangements.

The meeting deliberated over the selection of different patches of route and establishment of Aid Stations after every 250

meters. The meeting also discussed the traffic plan to ensure smooth conduct of historic event in Srinagar.

Div Com also reviewed the readiness of water ambulances in the Dal Lake and evacuation plan during any medical exigency.

Considering the major role of

Health Department, it was informed that all the arrangements including triage centres, medical aid centres, stretchers and deployment of expert medical teams shall be ensured for timely help to the participants.

It was also informed that public health institutions falling within the proximity of the Marathon route have also been

looped in for immediate treatment during emergency.

Commissioner SMC briefed about the existing toilet facilities at the main venue & different places along the route and Mobile Toilet Vehicles at Aid Stations besides installation of bins to ensure clean route.

Regarding deployment of volunteers, Div Com emphasized on providing the training to volunteers and sensitizing them regarding their roles & responsibilities.

The meeting held a threadbare discussion regarding organization of joint medal ceremony after the conclusion of seven hours Full-Marathon and three hours Half-Marathon at SKICC.

Over two thousand registrations have been made from the participants of the country and various other countries.

# GCoE Jammu hosts interactive session on "Teachers of Future"

**STATE TIMES NEWS**

JAMMU: As part of the ongoing two-week Induction-cum-Orientation Program for the Four-Year Integrated Teacher Education Program (ITEP), the Government College of Education, Jammu, organized an insightful interactive session titled "Teachers of Future".

The session was aimed at equipping future educators with the skills and knowledge necessary to thrive in evolving educational landscapes.

The event commenced with Aditi Sharma, a student of ITEP, delivering the welcome address. Dr. Rakesh Bharti, Assistant Professor and Coordinator of ITEP, introduced the



Dr. J.N. Baliya, Professor in Department of Educational Studies at CUJ being honoured.

esteemed resource person, Dr. J.N. Baliya, Professor in the Department of Educational Studies at Central University of Jammu. Dr. Baliya's expertise and vast experience provided an enriching perspective on the future of teaching and education.

During his deliberation,

Dr. J.N. Baliya elaborated on the theme "Teachers of Future", addressing the changing dynamics in education and the importance of adaptability and continuous learning for teachers. Dr. Baliya quoted the key recommendations of NEP 2020 concerning teacher education, highlighting

their importance in shaping educators to better serve the nation.

The Principal of the college, Dr. Jyoti Parihar honored Dr. J.N. Baliya by presenting a memento as a token of appreciation for his valuable contribution to the session.

Following the presenta-

tion, students Harshita, Shranya, and Nadita provided feedback on the session, expressing their reflections on the key take-aways and how it has inspired them to shape their approach to becoming future-ready educators.

The session concluded with a formal vote of thanks delivered by Dr. Shalini Rana, expressing gratitude to the resource person, faculty members, and students for their participation and engagement.

Also present on the occasion were Prof. Satish Kumar, Dr. Suraj Parkash, and Dr. Ambica, who contributed to the success of the event with their valuable presence.

# No changes in Sarpanch eligibility criteria: RDD&PR

**STATE TIMES NEWS**

SRINAGAR: The Rural Development Department and Panchayati Raj, Jammu & Kashmir, on Tuesday strongly refuted claims circulating on social media regarding new qualifications for Sarpanch candidates in the Union Territory.

A viral social media post alleged that the J&K government had issued a notification under "J&K Panchayati Raj Act, 1989 under Section 6, 2022," introducing new eligibility criteria for those

aspiring to become Sarpanches. The post claimed that candidates would need to be permanent residents of J&K, be at least 25 years old, and have a minimum educational qualification of 12th pass, among other requirements.

However, the Department has categorically denied these claims, terming the news entirely false and fabricated.

In response, the Department has emphasized that no new notification has

been issued and that the current eligibility criteria remain as they have been under the J&K Panchayati Raj Act of 1989.

The RDD has also clarified that any changes or amendments to this Act would be announced through official channels, not through unverified social media posts.

The RDD has cautioned social media platform users against spreading fake news stories related to changes in local governance structures or election processes.

# LGEU seeks prompt disbursement of payment on account of G.P Fund

**STATE TIMES NEWS**

JAMMU: The Lower Grade Employees Union (LGEU) Civil Secretariat met on Monday under the chairmanship of its President and expressed its deep concern for delay in disbursement of payment on account of the G.P Fund of the Employees and piling of the cases since August, 2024.

The Employees are badly suffering by virtue of the unnecessary delays resulted in hardships on account of solemnizing marriages of their wards, facilitating admissions for professional courses and especially medical treatment cases. Besides, approval to the enhancement of Children Allowance/HRA is also pending without any cogent reasons and need to be released immediately. The Union unanimously decided to appeal to the Lieutenant Governor, J&K, Chief Secretary, J&K and Principal Secretary to the Government, Finance Department for their kind intervention for early and prompt disbursement of payment on account of the G.P Fund and liquidation of all pending cases and also approval to the enhancement of Children Allowance/HRA is also pending without any cogent reasons.

# Inter Division UT level kho kho Championship for u-17 years girls begins

**STATE TIMES NEWS**

KATHUA: The Department of Youth Services and Sports, District Kathua organized Inter division UT level kho kho tournament for U17 girls at Sports Stadium Kathua. The tournament is a part of calendar activity assigned by the Directorate of youth services and sports Jammu and Kashmir UT.

The tournament which began on 5 October with U14 years girls competition in which

Jammu division team remained winner.

Now the tournament is in its second phase where U17 years girls competitions are going on. In the first match Jammu division team won it's match by an inning and 05 points. Before that District Youth Services Sports Officer Kathua Smil Singh Sambhal advised the players to showcase their best talent so that a best team of UT can be selected which will further represent the JK UT at national level.

# Heritage School conducts mock fire drill



Heritage School faculty and Fire and Emergency Service staff posing for photograph.

**STATE TIMES NEWS**

JAMMU: To create awareness among the students about disaster management, a mock Fire and Evacuation drill, involving students and teachers, was conducted by the Fire and Emergency Services, J&K Police at Heritage School, Jammu.

The mock drill was carried out in the school premises to prepare the students and teachers for any such exigency.

The 'evacuation' operation

began immediately after the fire alarm alerted the students.

The students were evacuated from their classrooms and advised to gather at the assembly area, following the 'Exit' signs displayed at various vantage points. Following all safety precautions the entire building was successfully evacuated in record time.

Pankaj, Inspector Fire and Emergency Services, along with his four team members,

shared simple and easy guidelines to follow in the event of such an eventuality, he also explained the functioning of a fire extinguisher and spoke of Do's and Don'ts regarding precautions to be taken at the same time addressing various queries from students.

Rashmi Thakur, the Vice Principal, expressed her gratitude to the Fire and Emergency Services for the informative session on this life-saving skill.

# Hindi Pakhwada celebrations conclude at NIT Srinagar

**STATE TIMES NEWS**

SRINAGAR: The National Institute of Technology (NIT) Srinagar marked the culmination of a 15-day Hindi Pakhwada celebration with a grand valedictory ceremony held on Monday. The event was organized by the Rajbhasha Cell, and featured a range of activities aimed at promoting the use of official language on the campus.

The valedictory ceremony was graced by the presence of the Registrar NIT Srinagar, Prof. Atikur Rehman, who served as the Chief Guest for the occasion. The event witnessed the participation of several distinguished guests including Dean P&D Dr. Yashwant Mehta, Head MED, Prof. Adnan Qayoom.



National Institute of Technology Srinagar faculty posing for a photograph.

In a message, Director NIT Srinagar, Prof. A Ravinder Nath praised the Rajbhasha Cell for its dedication and successful execution of the 15 day event.

He also expressed confidence that Hindi Pakhwada would encourage students and staff to actively use the language, thereby strength-

ening the institute's commitment to Rajbhasha as part of its everyday communication.

Addressing the gathering, Institute's Registrar Prof. Atikur Rehman commended the efforts of the Rajbhasha Cell for their outstanding work during the Hindi Pakhwada. The event was attended by Deputy

Registrar (Admin) Faisal Irshad Ganai, AR (Accounts) Mubashir Ahmad Wani, AR Admin, Supervisor of Hindi Teaching; Rajbhasha Cell Mohammad Iqbal Dar, AR (Special Secretary to Director) Shahid Hamid, Hindi Officer Dr. R. P. Shukla (Asst. Prof. CED), Hindi Anuvadak Dr. Sabzar Gani

Batoo, Medical Officer; Dr. Gowhar Nabifaculty coordinators, teaching and non-teaching staff, and enthusiastic students were also present on the occasion. Dr. Jitendra Gurjar, Dr. Brijesh Kumar, Dr. Neeraj Gupta, Dr. Pramod Kumar Yadav, Dr. Ved Prakash, Dr. Brijendra Singh Sengar, Dr. Prabal Verma, Dr. Prvan Kumar Katiyar, Dr. Atendra Kumar, Dr. Mohd Aslam, Dr. Mohd Zubair Ansari, Dr. Amandeep Singh, Dr. Ravi Kumar, Er Jumaid Ul Islam and Mohammad Abrar Khan were the coordinators of the event. Earlier, Dr. Rajesh Prasad Shukla, Hindi Officer at the Rajbhasha Cell, highlighted the efforts made in promoting Hindi within the institution.