

Dogri play 'Shah aur Shahani' staged at CUJ

STATE TIMES NEWS

JAMMU: Dogri play 'Shah aur Shahani' was staged in the Central University of Jammu (CUJ) under the joint coordination of Dean Student Welfare, Department of Hindi & other Indian Languages CUJ and Viraj Kala Kendra, Jammu.

The director of the play is Rajneesh Kumar Gupta and co-director is Tarun Chadak. The drama presented the narrative on an emotional level through the depiction of the tragedy and pain of Partition as well as the unfinished love story which made the audience emotional as well. Drama played an important role in combining



Artists performing in Dogri play 'Shah aur Shahani' in CUJ.

these feelings in today's youth. The actors not only played their roles perfectly but also made them feel alive. The event was organised under the patronage of Vice Chancellor Prof. Sanjeev Jain. Notably, CUJ is

famous for promoting indigenous languages & culture of Jammu & Kashmir region.

The mesmerizing play was witnessed and thoroughly enjoyed by the faculty and staff members. The Play will provide an

opportunity to the audience to acquaint with the rich theatre culture of Jammu region. Viraj Kala Kendra artists Madan Rangeela (Kasturi Halwai), Rajneesh Kumar Gupta (Shah), Meera Tapasvi (Shahni), Rekha Sharma (Neighbour), Tarun Chadak (Pakistani man), Amit Bhalla (Gara), Rishabh Manhas (Challiwala) played the role and won the hearts of the audience. Mohit Mehra composed the music, Prashant Sharma and John Peter contributed in the arrangements. Chairman of the Department of Hindi and Other Indian Languages, Prof. Bharat Bhushan said

that the department is going to organize competitions and workshops in the coming month in collaboration with Viraj Kala Kendra, which will provide an opportunity to the students to enhance their arts skills.

The guests were welcomed by Dr. Bijendra Kumar, Co-Professor of the Hindi Department and the vote of thanks was presented by Dean Student Welfare, Prof. Ritu Bakshi. Professors, researchers and students of many departments were also present on this occasion.

Faculty, staff and students from various departments of the university enjoyed watching this play.

DPAP holds condolence meet

STATE TIMES NEWS

JAMMU: Democratic Progressive Azad Party (DPAP) on Sunday organised a condolence meet in Jammu to pay tributes to Puran Singh, resident of Chandigarh, Punjab, brother-in-law of R S Chib, General Secretary (org) DPAP who passed away on Saturday.

All DPAP leaders expressed their condolences and prayed for the peace of the departed soul.

Those present on condolence meeting includes Jugal Kishore Sharma ex Minister & Provincial President DPAP, Anita Thakur General Secretary DPAP Hira Lal Abrol State Secretary DPAP, Ghara



DPAP leaders expressing two minutes silence to condole demise of Puran Singh.

Ram Choudary ex-Minister and president DPAP Jammu Zone, Sunita Arora spokesperson DPAP, Mswar Singh Provincial General Secretary, Vishal Chopra Media Incharge J&K, Spokesperson DPAP and Provincial General Secretary, Sobat Ali Provincial General

Secretary and Incharge ST CELL DPAP Jammu Province, Anoop Khajuria Provincial Secretary & Office Incharge, Ashok Bhagat District President Rural DPAP, Gourav Chopra District President Jammu Urban, Abhishek Kapoor youth leader, R.K Chibber leader DPAP and others.

Ritika terms extending free ration distribution to "80 crore poor" PM's 'Diwali gift'

STATE TIMES NEWS

JAMMU: Chief Spokesperson BJP Mahila Morcha J&K UT Ritika Trehan on Sunday welcomed the initiative of Prime Minister Narendra Modi on extension of the Padhan Mantri Garib Kalyan Anna Yojana (PMGKAY) for next five years, providing free ration to 80 crore people across the country.

Highlighting the initiative of the Central Government in a handout issued here, she said that the extension of the food security scheme was a great relief for the poor during the coronavirus crisis.

She said J&K has also benefited a lot from food security scheme. Almost every village in J&K is getting this ration, she said. Stating that PM Modi has given credit to the farmers and tax payers for enabling the Centre to provide free food



grains during the Covid -19 phase to the poor and needy, she said "Together with Prime Minister, the J&K BJP leadership and the party also thank the honest tax payers elsewhere" which had made this possible. Reiterating PM Modi's call for working towards a self-reliant India, Ritika said "This is also very relevant to J&K so that we may be 'Self Reliant J&K' which the BJP government under the leadership of PM Modi is pursuing for

and also to be vocal for local."

"We have always been dependent on products from outside. So, henceforth we should be very vocal about being able to use and also take our own local works and produce seriously," she said. She also highlighted the country's move towards 'One Nation, One Ration Card' for benefit of the poor who travel to other states in search of work. It means if a ration card holder in J&K goes to any other state in search of work or is working there, he/she can get the same facility in that state, she said.

Calling the PM's statement a 'Diwali gift', she thanked him for this public welfare decision. She said every policy and every action of the PM is imbued with the vision of welfare of the poor and resolution to benefit the last person standing.

IRP 11th Bn organises program on Mental Health and Stress Management

STATE TIMES NEWS

ANANTNAG: IRP 11th Battalion in collaboration with the members of Rotary Club Bangaluru and Social Welfare Department on Sunday organised an innovative programme aimed at addressing the crucial issues of mental health, phone use ethics, and stress management among police personnel of the unit and students of different schools and a social welfare centre of Anantnag.

The schools were Govt. Middle School Khandipahari, K.Y. International School Anantnag and Paresha Bon-Dialgam, Anantnag.

This comprehensive program, tailored to meet the unique needs of these two groups, seeks to improve overall well-being and foster healthier work and study



SSP Sandeep Mehta, CO IRP 11th Bn with students and police personnel at a programme.

environments.

In his opening address, SSP Sandeep Mehta, CO IRP 11th Bn stressed that in today's fast-paced world, the challenges of mental health, responsible phone use, and stress management are more prevalent than ever and there is a dire need of applying counter measures and techniques to mitigate them.

He said that the programme is aimed at equipping police personnel and students with the tools and knowledge needed to navigate these issues effectively in their day to day life.

The main speaker on the event was Dr Padmakshi Lokesh, (Rotary Club Bangaluru), a trained psychologist and stress management specialist. In her

address, she focused on promoting mental health awareness, reducing stigma, and providing strategies for recognizing and managing stress, anxiety and depression.

On Phone Use Ethics, she divulged that in an age where smart phones are an integral part of daily life, we need to stick to responsible phone use, setting bound-

aries and avoiding digital addiction to improve our overall well-being.

Participants were taught stress management techniques, such as mindfulness, time management, and healthy coping strategies, to enhance their ability to handle the pressures of their respective roles.

The programme concluded with the vote of thanks by the DyCO of the Battalion.

The programme was attended by other members of the Rotary Club Bangalore, PRI members of the area, teachers of the schools and police officers of the Battalions.

CISF jawan saves life of Delhi metro commuter

STATE TIMES NEWS

NEW DELHI: CISF jawan saved the life of a 58-year-old man, who fell unconscious at a Delhi metro station, by performing cardiopulmonary resuscitation (CPR) procedure on him, an official said Sunday. The incident took place at the Nangloi station around 12:30 pm on Saturday.

The man later identified as Anil Kumar, resident of Nangloi, fell unconscious just after he underwent a physical security check at the entry of the station and noticing this, on-duty CISF constable Uttam Kumar immediately performed the CPR on the passenger, following which he regained consciousness.

The man was rushed to a nearby hospital for further treatment along with his family members who were called to the station, the official said.

CPR is an emergency life-saving procedure that is performed when the heart stops beating.

The Central Industrial Security Force (CISF) guards the Delhi metro network and its personnel have saved numerous lives by giving timely CPR over the years.

Hotel Association delegation advocates for Katra town beautification, industry support

STATE TIMES NEWS

JAMMU: A delegation from the Hotel & Restaurant Association, Katra, recently met with Chief Secretary Arun Kumar Mehta and top government officials to address various concerns related to the tourism and hotel industry. The delegation, led by President Rakesh Wazir, highlighted several critical issues and sought support for the development and enhancement of Katra, a significant pilgrimage and tourist destination in the region. One of the key demands made by the delegation was the beautification of Katra town in line with the Smart Cities initiative.

They called for comprehensive development, including underground wiring, improved lighting, the use of decorative tiles, the creation of parks, installation of signboards, railings, light and sound shows, and ensuring uninterrupted power supply. The goal is to



HRAK members during meeting with Chief Secretary Arun Kumar Mehta.

transform Katra into an appealing city to attract the over one crore pilgrims and tourists who visit Vaishnodevi annually.

Additionally, the delegation voiced concerns about the extension of the 6-lane Expressway that bypasses Katra, potentially leading to increased infrastructure demands, especially for vehicle parking. They also

requested tax exemptions for the hotel industry and other industrial benefits such as GST reimbursement and power at industrial rates. The issue of acute water shortage in Katra was brought to the forefront, and the delegation urged the government to find a concrete solution.

Furthermore, considering the holy town's significance, they appealed for uninterrupted power supply and the installation of a common sewerage treatment system to address sanitation issues resulting from the high influx of Yatra.

The delegation also raised concerns about unnecessary and irrelevant queries in online government services, which cause delays and inefficiencies. They urged the

government to streamline the process and eliminate such hurdles.

Finally, the delegation addressed issues related to the Ban Toll Plaza, citing irregularities and non-issuance of local passes despite clear instructions from the National Highway Authority of India officials and Deputy Commissioners. They called for stern action against the contractor responsible for these issues.

Chief Secretary Arun Kumar Mehta patiently listened to the delegation's concerns and assured them that all issues would be given sympathetic consideration.

He also pledged to take strict action against officials causing delays in online services. The delegation left the meeting hopeful that their concerns would be addressed in the near future, ultimately contributing to the growth and development of Katra and its vital tourism industry.

Sant Asharam Babu Ashram, Gaushala host spiritual gathering



Shri Rama Bhai delivering religious sermons.

STATE TIMES NEWS

JAMMU: The Sant Asharam Babu Ashram and Gaushala in Jammu played host to a spiritual gathering on a serene Sunday morning at 10 am. Rama Bhai, a devoted disciple of Asharam Babu, delivered an inspiring satsang, encouraging attendees to recognize the omnipresence of God. He cited the Skanda Purana, in which Lord Shiva proclaimed that those who hold pure devotion for their Gurudev their hearts are blessed, including their parents, clan, and lineage.

The event marked the commencement of this year's Prabhath Pheri program, a tradition organized by the Ashram every Kartik month. The Prabhath Pheri began at 5:30 am from Durga Nagar, with participants walking in

a procession.

As part of the day's activities, the Yuva Seva Sangh arranged a prasad (food offering) at 1 pm, allowing devotees to partake in a communal meal. Following this, the Harinam Sankirtan Yatra commenced at 2 o'clock, taking a route that included the Ashram, Jewel, Raghunath Bazaar, PuraniMandi, Parade, and concluding back at the Ashram.

During the yatra, devotees exuded joy, dancing in a devotional atmosphere, expressing their deep spiritual connection. The gathering served as a testament to the community's unwavering faith and devotion to their spiritual leader, Asharam Babu, and their commitment to fostering a sense of unity and spiritual growth.

Manav Gupta bags award at All India Services Golf Championship

STATE TIMES NEWS

GREATER NOIDA: The Golf Federation of India successfully hosted the All India Services Golf Championship and Plantation Drive at the prestigious Jaypee Greens Golf Course on November 4, 2023.

This extraordinary event brought together approximately 100 participants, including 20 dedicated serving officers, competing in the spirit of camaraderie and sporting excellence.

Divided into five distinct teams, participants proudly represented the Indian Administrative Service (IAS), Indian Forest Service (IFS), Indian Police Service (IPS), Indian Revenue Service (IRS), and the Central Services. The tournament showcased the remarkable talent and dedication of civil servants from various domains of the All India Services.

The event not only celebrated the spirit of golf but also echoed a vital message of environmental responsibility. Under the banner of 'Plastic Free Environment', the tournament emphasized the importance of reducing plas-



Secretary of Jammu Tawi Golf Course, Manav Gupta receiving award.

tic waste and raising awareness about sustainable practices in the sport.

The Golf Federation of India is committed to playing its part in creating a cleaner and greener future.

One of the highlights of the All India Services Golf Championship was the excellent performance exhibited by Manav Gupta, Secretary of Jammu Tawi Golf Course.

Gupta's remarkable performance earned him the prestigious title of Overall Winner of Closest to Pin, a testament to his prowess on the golf course.

The tournament not only served as a platform for friendly competition but also demonstrated the commitment of India's civil serv-

ice officers to the betterment of their community and environment.

Dogri Sanstha Jammu released Nirmal Vikram's 'Lal Diary'

STATE TIMES NEWS

JAMMU: Dogri Sanstha Jammu on Sunday released Nirmal Vikram's Dogri collection of short stories entitled 'Lal Diary' in a function organized at Writers' Club, K.L Sehgal Hall, here.

Prakash Premi, an eminent Dogri litterateur and Sahitya Akademi Awardee was the Chief Guest, Prof. Lalit Magotra President Dogri Sanstha presided over the function whereas Dr. Arvinder Singh 'Ann', Ex-Additional Secretary Jammu & Kashmir

Riyansh, Rudra win twin medals in Speed Skating

STATE TIMES NEWS

JAMMU: District Level Speed Skating Competition held on November 2 and 3 at MA Stadium Jammu.

During the competition, Riyansh Mahajan won one gold and one silver medal and Rudra Arora bagged two bronze medals.

The event was organized by Jammu and Kashmir Roller Skating Association.

Prize distribution function was held on Sunday evening at Peer Kho Stadium. Former Dy Chief Minister, Kavinder Gupta was the Chief Guest on the occasion. He distributed



Former Dy CM, Kavinder Gupta felicitating medal winners Riyansh Mahajan and Rudra Arora.

medals among winners. The proud winner Riyansh Mahajan won gold medal in

500 meters race and silver medal in 1000 meter race in 5 to 7 years age boys group.



Dignitaries releasing Nirmal Vikram's Dogri collection of short stories entitled 'Lal Diary'.

Academy of Art, Culture and Languages and Prof. Veena Gupta, Vice President Dogri Sanstha were special guests.

Prakash Premi said that

Nirmal Vikram is a well-known short story writer in Dogri language and 'Lal Diary' has proved it.

Prof Lalit Magotra was of the

opinion that the stories of 'Lal Diary' are interesting and ample proof of the potential of writer. Dr. Arvinder Singh 'Ann' and Prof. Veena Gupta, while extending congratulations to the short story writer, said that this book is a welcome addition to already rich Dogri literature. Nirmal Vikram gave a detailed account of her journey as a short story writer and the process involved in writing 'Lal Diary'. She also read a story from the book.

Promila Manhas presented a detailed paper on the book.