

Mula Ram expresses gratitude to party workers for supporting in Assembly election

STATE TIMES NEWS

JAMMU: In a spirited gathering of Congress workers at a one-day convention held in Ghou Manhasan, Marh Block, Mula Ram, former Minister and senior Congress leader, expressed heartfelt gratitude to the dedicated workers of his party.

Addressing a large crowd of supporters, Mula Ram emphasized his unwavering commitment to the Congress Party and to the people of Jammu and Kashmir, vowing to continue championing their interests as long as he lives.

Acknowledging the challenges ahead, he affirmed, "I have dedicated my life to the upliftment of the Congress Party in Jammu and Kashmir, and I will keep working for the people and for this party's ideals until my last breath. The workers are the backbone of our party, and I am immensely proud of their relentless efforts, day and night, to strengthen our cause."

Reflecting on the recent electoral losses, Mula Ram admitted, "Although I have unfortunately lost the assembly elections, I am always here for my workers and the people of Jammu



Former Minister and senior Congress leader, Mula Ram addressing party workers at Ghou manhasan.

and Kashmir Union Territory. My doors are open, day and night, to address their concerns."

He praised the unwavering dedication of Congress members who have tirelessly worked to expand the party's reach and influence across the region. Their support, he noted, has been instrumental in keeping the Congress's spirit alive and well in Jammu and Kashmir.

Highlighting key issues in the region, Mula Ram underscored the urgent need for solutions to persistent concerns such as the reinstatement of Jammu and Kashmir's statehood, rising unemployment, and the widespread implementation of smart meters.

"These issues are crucial to

the welfare and prosperity of our people," he stated, urging the party workers to remain steadfast and prepared for the upcoming Panchayat elections, where he sees an opportunity to address these issues directly.

Mula Ram also took the occasion to commend Tariq Hamid Karra, the President of the Jammu and Kashmir Congress, for his dedicated efforts toward resolving significant challenges in the Union Territory.

He praised Karra's leadership, expressing confidence that his actions would contribute to substantial progress in addressing the needs of the people.

The event was attended by several prominent Congress leaders and party workers,

who also took the opportunity to share their perspectives on the future of the party in Jammu and Kashmir.

They echoed Mula Ram's sentiments, emphasizing the importance of unity and hard work as the Congress prepares for the upcoming Panchayat elections.

Leaders encouraged each other to intensify efforts at the grassroots level, inspiring the cadre to stand strong against the challenges that lie ahead.

The convention concluded with a collective commitment from all present to work together for the betterment of Jammu and Kashmir, reaffirming the Congress Party's dedication to addressing the issues affecting the Union

Territory.

With renewed enthusiasm and determination, Mula Ram and his supporters left the gathering ready to take on the challenges ahead, confident in their vision for a stronger Congress and a brighter future for the people of Jammu and Kashmir.

The convention also featured a two-minute silence as a mark of respect for the late Devender Singh Rana, the former MLA of Nagrota, whose recent passing has left a void in the political landscape. Participants stood in tribute, honoring his contributions and reflecting on his service to the region.

Others who spoke in convention include Madan Lal Bhagat former BDC Chairman Phallian Mandal, Former Sarpanchs of Marh Block Sandhger Singh Saini, Charanjeet Singh, Khajura Ram, Baru Ram, Bittu Rampal, Er. Rajinder Kumar Happy, Gopal Sharma, Kimat Choudhary, Jagdish Raj, Balkar Singh Block President Congress Marh, Rattan Lal Sharma, Deva Choudhary, Sham Singh, Sat Master, Sat Pal Saini, Sagarmal Choudhary, Tara Chand, Pardep Salaria and others.

Natrang presents Hindi play 'Ghotala'

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JAMMU: Natrang presented Hindi play 'Ghotala' written and directed by Neeraj Kant here today at Rani Park, Jammu under its weekly theatre series 'Sunday Theatre'.

The play in a very artistic manner depicts the viewpoint of the youth today who are constantly suffering due to the malpractices of a corrupt system.

The play started with the aggression of the frustrated youth who is breathing in the contaminated air of corruption, scandals and dishonesty. Then, they hold the common people responsible for this corruption and say that corruption is spread by anarchist elements who get the protection of those in power. And in this democracy, the general public is completely responsible for establishing power. In this way, full participation of the common people is directly ensured in this corrupt system. Then it is told how corruption starts through different incidents, a street fruit seller becomes a victim of the corrupt guardians of the system and the prices in the markets increase and the general public bears the burden. Then, by mentioning the different side effects of corruption, it is told how



Natrang artists performing in Hindi play 'Ghotala'.

it affects the common people and the progress of the country. There are no strict rules to stop corruption. The courage of corrupt people is increasing day by day and so is the number of scams.

In another scene, it was shown that Tatkal tickets are not available to common passengers for train travel. But due to collusion with the officials, middlemen indulge in black marketing and get huge profits by purchasing tickets and selling them at higher prices.

In another case, a leader is luring the general public by distributing gifts during elections.

The officer involved in all this gets his son admitted in college with the money he gets through bribery. But

his son, to teach his father a lesson, steals in his own house. A police officer does not file a theft report without a bribe. Thus, he realises the fate of a person having no money to pay as bribe. Upon realizing this, the father takes a pledge that he will neither take nor give bribe in future. And the play ends with this message that they would say no to corruption and commit to the Nation.

Actors who outshined in their respective performances and left an impact of their acting included Shobha Sharma, Aryan Sharma, Krishay Bhatia, Divya, Devyani Rajput, Simranjeet Singh and Vikramjeet Singh. The play was coordinated by Mohd. Yaseen.

Aryans Group of Colleges organises 5th Aryans Shikara Race at Dal Lake

Dr. Anshu Kataria flag off "Shikara Race"



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JAMMU: Aryans Group of Colleges, Rajpura Near Chandigarh organized its 5th Shikara Race in world famous Dal Lake, Srinagar. Hundreds of tourists & locals witnessed this race. The event was graced by Chief Guest Dr. Anshu Kataria, Chairman, Aryans Group of Colleges.

The race commenced after the flag off by Chairman, Aryans Group Dr. Anshu Kataria. The winners including 1st Mohammad Yaqoob

Bhat, 2nd position Suhail Ahmad Bhat & 3rd Position Bashir Ahmad Sheikh and were rewarded during felicitation ceremony. Dr. Kataria while addressing & congratulating the winners said that today's youth have great potential in every sphere to lead the country. It is a proud moment for all that all Aryans students are multi-talented. He said that Aryans students which are not only academically strong but also doing very well in innovations. He added

that the copyright awarded to Aryans Shikara app by Govt. of India is really remarkable.

Kataria added that Aryans students organized a shikara races last year also which also witnessed participation of hundreds of tourists. In past Aryans students have done many small innovations including "Shikara App", "Solar Boat", "Ramadhan App", "Android App", "eMunshi App" "Safety Helmet", "Save Kashmir" & "Life Saving Glove" for the Valley.

Workshop on Management of Indigestion through Yoga Naturopathy held

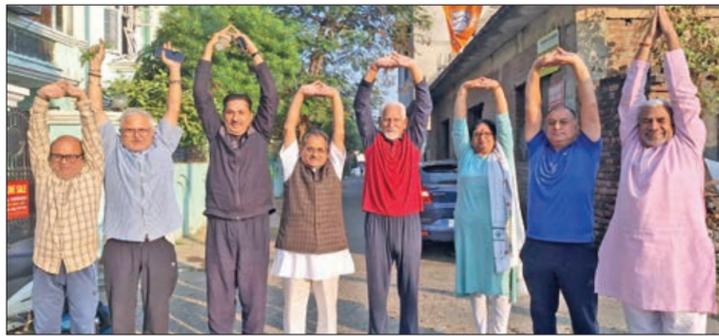
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JAMMU: Workshop focused on managing indigestion through yoga and naturopathy was held at the Yoga and Meditation Center in Channi Himmat, organized by Vichar Kranti Manch International, the Indian Yoga Association, and Sarv Uthan Trust.

Dr. Shreyansh Kumar Jain, the State Yoga Commissioner and Chairman of the Indian Yoga Association, played a pivotal role in leading the session.

Dr. Jain began by explaining the nature of indigestion, or dyspepsia, which is characterized by discomfort or pain in the upper abdomen. This condition can be triggered by various factors, including overeating, stress, irregular eating habits, and the consumption of spicy or fatty foods.

Common symptoms include bloating, nausea, a burning sensation, and a feeling of fullness. Understanding these triggers is crucial for managing and preventing indigestion.



State Yoga Commissioner, Dr. Shreyansh Kumar Jain and others performing yoga at a workshop.

To address indigestion, Dr. Jain introduced several beneficial yoga poses. Among these were Pawanuktasana (Wind-Relieving Pose), which helps release trapped gas; Bhujangasana (Cobra Pose), known for strengthening abdominal muscles; and Vajrasana (Thunderbolt Pose), which improves digestion when practiced after meals. Other poses like Paschimottasana (Seated Forward Bend) and Ardha

Matsyendrasana (Half Spinal Twist) were also highlighted for their roles in stimulating digestive organs and promoting bile flow.

Additionally, he emphasized the importance of Pranayama techniques such as Anulom Vilom and Kapalabhati in managing indigestion. The workshop also provided practical home remedies that participants could easily incorporate into their routines. Dr. Jain recommended ginger

tea for its anti-inflammatory properties, fennel seeds to prevent bloating, and apple cider vinegar diluted in warm water to balance stomach acidity. Other suggestions included drinking warm lemon water to enhance digestive juices and using baking soda to neutralize stomach acid.

Naturopathy approaches were discussed as complementary strategies. Techniques such as hydrotherapy, involving warm compresses on the

stomach, can relieve cramps and improve digestion. Herbal treatments, including peppermint oil and caraway seeds, were mentioned for their digestive benefits.

Dr. Jain also highlighted the importance of dietary adjustments, advocating for a balanced diet rich in fiber, small frequent meals, and probiotic-rich foods to support gut health.

The workshop concluded with an engaging Q&A session that featured notable participants, including Ashok Gupta, Yesh Paul Sharma, and other community leaders.

Anju Bansal, affectionately known as Swar Kokila, demonstrated yoga poses and enriched the atmosphere with a melodious Bhajan.

The program wrapped up with a Vedic prayer, reinforcing the holistic approach to health and well-being. By combining yoga, home remedies, and naturopathy, participants left with effective strategies for alleviating indigestion naturally.

Navdurga Prana-Pratishtha ceremony held at Thakurdwara Temple

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JAMMU: The Prana-Pratishtha ceremony of Navdurga idols was performed with great fervor and devotion at Thakurdwara Temple in Panjirthi, Jammu, under the auspices of Shree Durga Mahashakti Sankeertan Mandal. Venerable saints Shri Shri



Shri Shri 1008 Mahamandaleshwar Mahant Rameshwar Das Maharaj and others at Navdurga Orana-Pratishtha ceremony.

intricately crafted marble idols of Maa Durga's nine divine forms, sourced from Rajasthan, within the temple sanctum amid resonant Vedic chants. Following this, a Haven ritual was conducted, where priests, saints and devotees offered prayers through the yagya, seeking blessings for peace and prosperity. The ceremony concluded with Purnahuti and Aarti, filling the atmosphere with deep devotion and spirituality.

Shree Durga Mahashakti Sankeertan Mandal, founded

on October 20, 1956, envisions establishing a vibrant platform for the worship of Maa Durga. Its founding members, including Radhey Shah, Daulat Shah, Dr. Ram Krishan Parasher, Purn Singh, Sudershan Kumar, Sohan Lal, Gyan Dev Sekhri, and Rattan Lal Gupta laid the foundation for a spiritual legacy that continues to thrive.

Over the years, the Mandal has organized numerous religious activities, such as Bhagwati Sankeertan, the lighting of the Akhand Jyoti

during Navratri, and the celebrated Durga Leela, which was performed continuously for 25 years at Shree Raghunath Mandir, Jammu.

The Mandal has been associated with luminaries like Chaman Lal "Josh," the renowned poet from Reasi and mentor to the iconic singer and writer Narendra Chanchal. Esteemed poets and singers, including Baldev Raj Sheetal, Mohan Lal Komal, Dharmpal Anjan, and Baldev Arora, have also significantly contributed to the Mandal's spiritual and

cultural journey.

The newly installed Navdurga idols, expertly crafted by skilled artisans from Rajasthan, now grace the temple hall, which serves as a vibrant venue for religious and community gatherings. Shree Durga Mahashakti Sankeertan Mandal, under the leadership of Chairman Pt. Hemraj, President Vijay Saharwal, and General Secretary Vijay Atri, remains dedicated to preserving Jammu's rich spiritual heritage.

The Mandal strives to provide the community with a sacred space for worship, cultural events, and social initiatives, reinforcing its commitment to fostering a sense of unity and devotion among devotees.

YSCC Doda extends deep condolences on passing of Devender Rana

STATE TIMES NEWS

DODA: The District Doda's prominent Social & Sports NGO, Young Star Cricket Club (YSCC) Doda mourns the passing of prominent figure of Jammu, Business Tycoon and sitting MLA from Nagrota, Devender Singh Rana. Known for his dedication to public service and unwavering support for everyone's rights, Rana's passing has left a significant void in the political and social landscape of Jammu and Kashmir.

In this connection, the YSCC Doda's Patron Manzoor Ahmed Batt held a condolence meeting today in which he expressed profound sorrow and solidarity with Rana's family, highlighting his lasting contributions to the welfare of people across the region and his social services.

"Rana's, despite his role in government, stood firmly with different sections of the society, and ensuring their voices were heard," stated Manzoor Ahmed Batt. He was a true advocate for everyone's rights and a stalwart of support for the people of J&K.

Today, we mourn the loss of a genuine leader

& a great social personality who worked tirelessly for justice. His legacy will continue to inspire us. May his soul rest in peace, and we offer our heartfelt condolences to his family during this time of grief."

The YSCC Doda's member also stated that Late Davender Singh Rana was actively involved in promotion of sports activities in the Chenab region where he remained associated with YSCC Doda for long and acted as a beacon of light during the Gufran National level events held in Doda's Jammu & Kashmir. His departed is an irreparable loss to the society, whereas his dedication to public service and contribution towards the development of J&K will be remembered for long.

Among others the condolence meeting was attended by Naseer Khora, Prof Zaheer Abbass Hashmi, Faizan A Tramboo, Moosa Azad, Kessar Shenali, Waseem Raja, Rajid Wani, Noushair Batt, Irfan Ali Batt, Javed Ahmed, Tanzeel Malik, Syed Nasir, Ilyas Butt and other organizational members.

JK College Contractual Faculty urges Dr. Sakeena Ito for fair pay, job security, stability in Higher Education

STATE TIMES NEWS

SRINAGAR: The JK College Contractual Association met with Minister Dr. Sakeena Ito on Sunday to discuss critical issues affecting contractual faculty in Government Degree Colleges across Jammu and Kashmir.

Recently appointed to oversee departments including Health & Medical Education, School Education, Higher Education, and Social Welfare, Dr. Ito listened to the concerns raised by faculty members, who highlighted the challenges of working without a structured job pol-

icy, fair pay, or financial security during vacations. They emphasized the urgent need for job security, calling for a policy that ensures continuity of employment, allowing them to serve with confidence and commitment to students' education.

The Association also brought attention to the considerable salary disparity faced by contractual lecturers in J&K. While they receive Rs 28,000 per month a figure that has not changed since 2018-faculty in Ladakh and other states earn the UGC-recommended Rs 57,700, reflecting UGC stan-

dards for similar roles. The lecturers appealed for an immediate salary adjustment to align with these standards, pointing out that the rising cost of living makes the current pay scale untenable for many of them.

They also stressed the need for reinstating vacation salaries, which were discontinued in 2019, as these payments provide financial stability during academic breaks. To reinforce their case, the Association highlighted successful examples from other states like Ladakh, Delhi, Telangana, and Kerala, where contractu-

al staff have received fair treatment through policies that offer job security, regular pay adjustments, and vacation salaries. Many aspirants noted they have been reluctant to join far-flung colleges due to the lack of extra allowances for the past four years, which has led to staff shortages and impacted student learning.

The Association hopes Dr. Ito's leadership will bring similar reforms to Jammu and Kashmir, fostering a supportive environment for contractual faculty and stability for the educational institutions they serve.

PM celebrating Diwali with jawans on borders carry significance: Balbir

STATE TIMES NEWS

JAMMU: The celebration of Diwali by the Prime Minister on borders with the Indian jawans holds a great significance. For these jawans guarding the boundaries of the country round the year, joining of the PM with them becomes rare and joyful moments for them.

Balbir Ram Rattan, BJP senior leader & former Vice Chairperson, J&K SC, ST, BC Development Corporation, said this while commenting on PM celebrating this year's

Diwali on the borders in Kutch, Gujarat.

Balbir Ram Rattan said that the tradition of going out of national capital established by Narendra Modi, on becoming PM in 2014, is not just a celebration but also a tribute to the unwavering commitment and valour of the armed forces, who defend the nation day and night.

He said that the Diwali is a festival when families across the country come together, light diyas, burst crackers, exchange sweets, and celebrate the victory of

good. For many, it is a time of reunion, of spending quality time with loved ones, and of sharing in the joy and warmth of the festival. However, for the brave soldiers posted at the nation's borders, this reunion is often a distant reality, as they remain stationed far from homes, guarding the frontiers. For them celebrating Diwali on duty has been a reality for decades.

Balbir Ram Rattan said that the Prime Minister reaching their posts on borders to join them for

Diwali celebration sends a strong message of solidarity, respect, and gratitude to these heroes.

This gesture is not only an encouragement but also a reminder that the entire country stands firmly behind its brave soldiers.

Balbir Ram Rattan further said that Rajnath Singh, the Defence Minister of the country and heads of three forces too follow this tradition of Diwali celebrations with jawans on borders, which too is highly appreciable gesture.

