

Seminar on 'Cancer and holistic ways to manage it' held at SCI Jammu

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JAMMU: A seminar titled "Cancer and holistic ways to manage it" was held at the State Cancer Institute (SCI) in Jammu, with a focus on raising awareness about cancer, its causes, and alternative methods of managing it through holistic approaches.

The event was organized to educate the public on both conventional medical treatments and natural, lifestyle-based solutions to support cancer treatment.

Dr. Shreyansh Kumar Jain, the State Yoga Commissioner and President of Vichar Kranti Manch International (VKMI), was the key speaker.

He explained the science behind cancer, including how genetic mutations, unhealthy lifestyles, and exposure to carcinogens contribute to its development.

Dr. Jain also highlighted



President VKMI, Dr. Shreyansh Kumar Jain with others at a seminar.

the stages of cancer progression, including rapid cell growth, immune evasion, and metastasis, providing attendees with a deeper understanding of the disease.

In addition to discussing medical treatments such as radiation, chemotherapy, surgery, and immunotherapy, Dr. Jain emphasized the importance of holistic man-

agement strategies. These strategies include making lifestyle changes, managing stress, and improving diet to support overall well-being. He also elaborated on the role of yoga and meditation in healing.

Dr. Jain demonstrated key yoga asanas such as Shavasana, Bhujangasana, and Vrikshasana, and

Matsyasana, and recommended pranayama techniques like Anulom-Vilom, Bhastrika, and Nadi Shodhana for relaxation and mental clarity.

A significant portion of the seminar also covered dietary recommendations, with Dr. Jain advocating for the consumption of antioxidant-rich foods, including fruits and vegetables, as well as natural remedies such as wheatgrass to boost immunity and detoxify the body. He advised against processed foods, tobacco, and excessive caffeine, while recommending supplements like turmeric, tulsi, and aloe vera for added health benefits.

Lifestyle changes were another key focus of the seminar. Dr. Jain suggested regular exercise, sufficient sleep, and stress-free living as essential factors to enhance recovery and strengthen the immune system during cancer treatment.

The seminar was graced by several dignitaries, including Dr. Deepak Kumar, Deputy Superintendent and Officiating Superintendent of the State Cancer Institute; Krishna Devi, Matron; Satvinder Kour, Supervisor; and Sandeep, an Arogya Mitra.

Dr. Deepak Kumar expressed his gratitude towards Dr. Jain and his team, including Narinder Wadhwa and Mohinder Rana, for their valuable contributions to the event.

The session concluded with a special moment, as Dr. Deepak Kumar's birthday was celebrated with a heartfelt life sketch composed by Dr. Jain in his honor, marking the occasion with a personal touch. The seminar successfully blended medical science with holistic practices, offering attendees a well-rounded perspective on cancer management.

Uttar Pradesh to accelerate development in 2025: CM Yogi

SHAHZAD AKHTAR

GORAKHPUR: UP Chief Minister Yogi Adityanath said that while the previous governments were engaged in closing down and selling the dimensions of development, industries, factories, the double engine government of BJP is engaged in creating an environment of development by creating new things and building new things.

CM Yogi was addressing the foundation stone laying and inauguration ceremony of nine development projects worth Rs 1533 crore related to road connectivity, farmer welfare and food and drug security in Gorakhpur on Thursday. On this occasion The CM emphasised that during the previous Samajwadi Party's government, the fertilizer factory of Gorakhpur and the closed sugar mill of Pipraich were closed and they were preparing to sell them but the double engine government has shown by running them again. The Chief Minister said that in the new year, Uttar Pradesh will move forward on the path of development with new speed under the double engine government.



The second day of the new year the CM laid the foundation stone of four development projects worth Rs 1478 crore 80 lakh 68 thousand and inaugurated five development works worth Rs 53 crore 73 lakh 66 thousand.

CM Yogi said that at one time, children used to die on a large scale due to encephalitis during the Samajwadi Party government. These children were the trust of the society and the country, but those who committed the sin of dividing the society in the name of caste did not think about it at all. 90 percent of the children who died of encephalitis were from the Dalit and minority community. CM Yogi said that today's

Gorakhpur is showing the vision of modern Gorakhpur of modern Uttar Pradesh of modern India. Whereas during the SP government, there was no electricity in Gorakhpur; people did not get health facilities.

CM Yogi Adityanath said that now when there is a double engine government in the state and the system of BRD Medical College has been strengthened here and AIIMS has also started in Gorakhpur. Chief Minister Yogi Adityanath said that due to development, new employment opportunities are also coming. He said that in Gorakhpur, an investment of 15 to 20 thousand crores has been made on the ground in five years.

JKAACL organizes 'Meet the Eminent Writer' programme with Prof. Rattan Lal Shant



Kashmiri poet Prem Nath Shad with other dignitaries at a programme.

STATE TIMES NEWS

JAMMU: The Jammu and Kashmir Academy of Art, Culture, and Languages today organized the "Meet the Eminent Writer" with prominent Kashmiri and Hindi writer and critic Prof. Rattan Lal Shant at the Writers Club, Jammu. A large number of writers, poets and artists across the languages participated in the event and appreciated the contribution of Dr. Shant.

The event was presided over by prominent Kashmiri writer Wali Mohammad Aseer Kistwari while eminent Kashmiri poet Prem Nath Shad was chief guest on the occasion. Harvinder Kour, Secretary Academy and Jawed Iqbal Khan Editor

Kashmiri, JKAACL were in the presidium.

In her welcome address Harvinder Kour stated that the main objective of this programme is to acknowledge the lifetime achievement and contributions of Prof. Rattan Lal Shant. He said the Academy is documenting the celebrated poets through this programme. She said more such programmes are to be organized in the coming days to honour legendary writers and artists.

Prof Ratan Lal Shant in his address stated about his literary journey and answered the questions of invited writers about his vision and philosophy. He also narrated his life story before the audience.

Aseer Kistwari in his presidential address has com-

mended the literary vision and contribution of Prof. Shant in Hindi and Kashmiri. Prem Nath Shad stated that Shant was a living legend of Kashmiri who has guided a new generation of writers to his contribution to their mother tongue.

Earlier Dr. Ratan Lal Talashi has presented a paper highlighting the literary contribution of Dr. Shant.

Dr. Javaid Rahi, Divisional Head JKAACL Jammu in his speech highlighted his invaluable contributions to guiding JKAACL to promote Hindi and Kashmiri literature.

The event was moderated by Dr. Gulzar Ahmad Rather, Assistant Editor, Kashmiri, and concluded with a vote of thanks by Javaid Iqbal Khan, Editor, Kashmiri.

Bhandara, Jagran organized at Vaishno Mata Mandir, Bhagwati Nagar on New Year

STATE TIMES NEWS

JAMMU: On the occasion of the New Year, a grand Bhandara (community feast) and Jagran (night-long devotional music event) were organized by Mahant Shri Lucky Baba Ji at the Vaishno Mata Mandir, Bhagwati Nagar, Jammu.

The event saw a large gathering of devotees who came to seek blessings and partake in the festivities.

During the occasion, Shiv Kumar Sharma, DIG of Jammu Kathua Range, attended the event and received blessings from Mata Rani.

In his address, Shiv Kumar Sharma expressed his deep reverence for Mata Vaishno Devi and conveyed his best wishes to all those gathered for the occasion.

He highlighted the impor-



Mahant Shri Lucky Baba, Shiv Kumar Sharma, DIG of Jammu Kathua Range with devotees at Jagran in Vaishno Mata Mandir, Bhagwati Nagar, Jammu.

tance of spirituality in life, emphasizing that the blessings of Mata Rani bring peace, prosperity, and harmony to individuals and society.

He also acknowledged the role of spiritual leaders like Mahant Shri Lucky Baba in fostering a sense of community and devotion.

Shiv Kumar Sharma took the opportunity to pray for the welfare and safety of the peo-

ple in the Jammu Kathua region and across the nation.

He prayed for the health, happiness, and well-being of every family, urging everyone to stay united in faith and contribute positively to society.

Furthermore, Shiv Kumar Sharma expressed his grati-

tude to Mahant Shri Lucky Baba Ji for organizing such a grand and meaningful event that brings the community together in devotion.

He encouraged the attendees to continue following the path of righteousness, peace, and harmony, which are the core

teachings of Mata Vaishno Devi.

As part of the event, Sharma also received the blessings of Mata Rani and joined the devotees in partaking in the Langar, which was served to all those present.

Mahant Lucky Baba Ji, in his address, prayed to Mata Rani for peace, happiness, and progress for the entire country.

The event was attended by thousands of devotees who gathered to receive blessings and partake in the Langar (community meal) and Prasad (holy offering).

The atmosphere was charged with devotion as the participants joined in singing Bhajans and celebrating the divine presence of Mata Rani.

BJP to reach booth level under "Samvidhan Gourav Abhiyan" in J&K

STATE TIMES NEWS

JAMMU: Under party's nationwide initiative aimed at promoting awareness and appreciation of the Indian Constitution (Samvidhan) among citizens, Jammu and Kashmir BJP activists, will highlight the values enshrined in the Constitution, such as justice, liberty, equality, and fraternity, while emphasizing the importance of adhering to its principles for a harmonious and progressive society.

Sat Sharma, president, Jammu and Kashmir BJP, along with Ashok Koul general secretary (organization), said this while chairing a meeting and discuss the course of action for this campaign and also constituted a team to oversee the



President J&K BJP, Sat Sharma chairing party workers meeting.

smooth and effective conduct of the entire exercise at different levels which will culminate on January 25, the 75th Constitution Day.

It was announced in the meeting that party vice president & MLA, Sham Lal Sharma, would head the party's UT team as its Convener, with Ayodhya Gupta, Brijeshwar Rana, Neha Mahajan and

Rajinder Singh Chib as co-convenors.

Similar pattern will be followed for district and mandal teams, wherein, district team will have a convener and three co-convenors and Mandal teams will have convener and two co-convenors, to oversee the "Samvidhan Gourav Abhiyan" in the UT. The party activists will take this campaign at booth level too.

Sat Sharma said that the party in Jammu and

Kashmir is undertaking an important campaign between January 1st to 25th, under which varied programmes such as public meetings, workshops, debates, essay writings, quiz competitions and cultural programmes that focus on the Constitution's history, significance, and its role in shaping India's democratic framework, are to be highlighted. The role of Dr. B.R.Ambedkar in framing the constitution, his efforts for the social

upliftment of the SCs, women and marginalized sections will also be shared by the party activists during the campaign.

Sat Sharma said that other key aspect of "Samvidhan Gourav Abhiyan" is to instill constitutional values in younger generations and foster a sense of pride and responsibility among citizens to uphold the democratic ethos. The campaign also seeks to promote inclusivity, unity, and respect for diversity.

This meeting was attended by Priya Sethi, NEM, Rakesh Mahajan, Sangathan Parv Incharge, Nanaji Deshmukh Library In charge Ptof. Kulbhushan Mohtra and spokesperson Balbir Ram Rattan, besides UT co-convenors for Samvidhan Gourav Abhiyan team.

STATE TIMES NEWS

JAMMU: Approval for extension of rupees Rs 3850 crore package to subsidise the most commonly used fertilizer, DAP, and also extension of two crop insurance schemes, underlines the Modi government's commitment to empowering farmers, ensuring food security, and maintaining the affordability of agricultural related commodities amidst rising costs. Balbir Ram Rattan, spokesperson, Jammu and Kashmir BJP & former vice chairperson, said this while terming the recent decision to approve a large amount as subsidy on Di-Ammonium Phosphate (DAP), as reflective of the concern of union government under Prime Minister, Narendra Modi, towards welfare and economic upliftment of the farming community in the country.

He said that the decision is one more relief to the farmers in the series of various initiatives of the government under-

Rs 3850 crore subsidy package will boost agriculture, support farmers: Balbir



taken during the last over ten years. In the past, the Modi government had initiated PM Fasal Bima Yojna, Kissan Samman Nidhi like schemes, which are benefitting crores of farmers across the country.

Balbir Ram Rattan said that DAP is a crucial fertilizer for Indian agriculture, second only to urea in usage. However, the global surge in raw material prices has significantly raised the cost of production. Without intervention, the increased prices could burden farmers, threatening agricultural productivity and the livelihood of millions. To alleviate this, the government has extended subsidy on DAP to save farmers from price hikes,

ensuring they continue to access this essential input at affordable rates.

"The subsidy will maintain DAP prices at a farmer-friendly level and as such reduce the financial strain on farmers, enabling them to focus on their crops without the worry of escalating input costs", Balbir said, adding that affordable access to DAP will encourage its optimal use, supporting crop yields and enhancing overall productivity. This, in turn, will contribute to higher incomes for farmers and boost the rural economy.

Balbir Ram Rattan said that in making uninterrupted supply of an essential fertilizer, the subsidy plays a critical role in sustaining agricultural output.

This measure aligns with the nation's broader goal of food security and self-sufficiency in food production. He said that agriculture remains the backbone of rural India and subsidizing DAP will benefit farmers to a great extent.

New Railway Division for Jammu to transform connectivity & boost growth: Nitish

STATE TIMES NEWS

JAMMU: Nitish Mahajan, Co-Incharge of the Social Media Department of BJP Jammu and Kashmir and a former Member of Northern Railways, lauded Prime Minister Narendra Modi's landmark initiative of establishing a new railway division in Jammu, set to be inaugurated on January 6, 2025.

This development marks a significant boost for the region, fulfilling a long-pending demand of the people of Jammu and Kashmir, Himachal Pradesh, and Pathankot.

In his statement, Nitish Mahajan emphasized that the new railway division would end the region's dependence on the Ferozpur division, streamlining decision-making and operational processes. "This is a monumental step towards infrastructural development and regional empowerment. It reflects the Modi Government's commitment to enhancing connectivity and ensuring equitable development across the nation," he said.

Nitish mentioned that the new division will make Jammu the sixth Railway Division under the Northern Railways Zone, joining Delhi, Anubala, Lucknow, Moradabad, and Ferozpur. He highlighted that this move will not only facilitate efficient management of rail services but also bolster economic growth by improving transport logistics. "Under the dynamic leadership of PM Modi, the aspirations of the people of Jammu and Kashmir are being transformed into reality. The new railway division and the direct train from Delhi to Kashmir will serve as lifelines for trade, tourism, and connectivity in the Union Territory," Mahajan added.

He also gave credit to the Union Minister Dr. Jitendra Singh and Member of Parliament Jugal Kishore Sharma for their efforts in realizing the long pending demand of people of Jammu and Kashmir. Nitish Mahajan urged of the people of Jammu and Kashmir to actively support and benefit from the transformative initiatives spearheaded by the BJP-led government. "This is not just a step forward for the railways but a leap toward the region's brighter and more prosperous future," he asserted.

EPFO Jammu issues 22 new Pension Payment Orders in Dec 2024

STATE TIMES NEWS

JAMMU: Pension is most relevant form of "social security" for employees and their family members in times of need and eventualities.

EPFO Regional Office, Jammu has initiated the process of settlement of Pension claims from the offices of Jammu and Kashmir itself.

In some of the cases pension is being disbursed to widow and family members of even such members in respect of whom Pension contribution equivalent to one month pension has been remitted by Employer.

Rizwan Uddin, Regional PF Commissioner distributed the PPOs to the Pensioners who visited Regional Office, Jammu.

Working towards ensuring social security to all the eligible members and their family members, a team of Officers/officials from EPFO Regional Office Jammu under the leadership



Rizwan Uddin, Regional P.F. ommissioner, RO Jammu distributed the PPOs to the Pensioners.

of Rizwan Uddin, RPF - I, comprised of Satya Prakash, APFC and Dr. Paramjeet Singh, Sr. SSA. Women/Family members of deceased employees are getting reasonable amounts as benefit of Employees' Provident Fund; Employees' Deposit linked Insurance and Employees' Pension Scheme in J&K and Ladakh.

Special emphasis has been laid on settlement of death claims. Accordingly, multiple

such claims have been processed and benefits provided to claimants.

Pension certificates were distributed to various pensioners namely, Satish Kumar Koul received amount arrears of Rs 89,121, Jai Singh received amount of Rs 94,976 and Romesh Chander Verma received amount of Rs 21,511.

In this context, it is pertinent to mention that the

monthly pension is available to members if they have ten or more years of service under Employees' Pension Scheme 1995 in one or more establishment(s).

"The eligible members may avail Superannuation Pension by applying online claim through their UAN Login after attainment of 58 years of age," Rizwan Uddin said adding that provision of monthly pension is also available to the family of EPS members in case of unfortunate demise of EPS member while in service. The family member(s) may avail monthly pension by applying offline claim through employer of the deceased member.

All the Pensioners, who visited EPFO, Jammu expressed their pleasure and appreciated the efforts made to team EPFO, Jammu in disbursing their monthly pension and arrears before close of month -December, 2024.

KP leaders demand twenty thousand permanent posts for educated KP Youth

STATE TIMES NEWS

JAMMU: Kashmiri Pandits who faced the axe of forceful migration in 1990 at hands of terrorists and Anti social elements active in valley, bore the big brunt of losing more than Twenty five thousand permanent Government Jobs on which they were actively discharging their duties before in Kashmir Valley, thus gave a big setback to this displaced community in exile besides other irreparable losses suffered due to the volatile situation. These posts were cleverly grabbed and filled under a well thought out plan and machinations by the then officers in command at the helm thus grabbed their source of livelihood completely which needs a high level probe.

In a statement issued today by the prominent Socio political activists and leaders Vinod Pandita and Sanjay Dhar (President

KDP WING DPAP) have jointly appealed to Prime Minister of India, Home Minister of India and Lt. Governor J&K for creation and advertisement of twenty thousand permanent posts for educated youth of Kashmiri Pandits in order to tackle their grave rising unemployment and remove more than three decades old discrimination.

Pandita and Dhar have also appealed for tangible provisions for making the jobs of PM package employees permanent with all the provisions of usual benefits like normal employees of Jammu and Kashmir in order to end the tag of supernumerary posts.

They also appealed for formation of tangible rehabilitation policy at the earliest for resettlement of more than five lakh Kashmiri Pandits back in Valley at safer zones after taking on boat the community leaders.