

# Glorious history of Sikh Gurus inspires: Yogi

■ SHAHZAD AKHTAR

LUCKNOW: Uttar Pradesh Chief Minister Yogi Adityanath, while attending the Prakash Parv of Shri Guru Gobind Singh Ji at DAV College, highlighted the unparalleled sacrifices made by Guru Gobind Singh and his family for the country and religion. He emphasized that Guru Gobind Singh, hailed as the "son of a martyred father and father of martyred sons," carried forward the legacy of his father, Guru Tegh Bahadur Ji, who sacrificed his life to protect India's religious freedom and cultural identity.

CM Yogi recounted Guru Tegh Bahadur's pivotal role in saving Kashmir, which remains an integral part of India. He narrated the supreme sacrifices of Guru Gobind Singh's four



sons (Sahibzadas) and his mother, Mata Gujri. The younger Sahibzadas, Baba Zorawar Singh and Baba Fateh Singh, were bricked alive by Wazir Khan for refusing to convert to Islam. Meanwhile, the Sahibzadas, Baba Ajit Singh and Baba Jujhar

Singh, attained martyrdom in the Battle of Chamkaur. Mata Gujri passed away, overwhelmed by grief. The Chief Minister also quoted Guru Gobind Singh's inspiring words: "What if four died, many thousands are alive," reflecting his indomitable

spirit in the face of adversity. He lauded the Guru's vision in founding the Khalsa Panth, which aimed to eradicate casteism and untouchability, uniting people to defend their faith and the nation. Yogi Adityanath urged the preservation of the glo-

rious traditions established by Sikh Gurus like Guru Nanak Dev, Guru Arjun Dev, Guru Tegh Bahadur, and Guru Gobind Singh. He noted the historical significance of Lucknow, where Guru Tegh Bahadur had brought the young Guru Gobind Singh and stayed at Yahaiyananj Gurudwara.

On December 26-27, the nation commemorated the martyrdom of the Sahibzadas and paid homage to Mata Gujri. The CM stressed that these sacrifices remain a beacon of inspiration for India, motivating future generations to cherish their heritage and work for unity.

Guru Gobind Singh's teachings, according to Yogi Adityanath, continue to infuse strength and inspire resilience in the face of challenges.

# Board of Directors of JCHBS declares elected



Newly elected Board of Directors of Jammu Cooperative House Building Society Ltd.

■ STATE TIMES NEWS

JAMMU: The Board of Directors of the Jammu Cooperative House Building Society Ltd. (JCHBS), Jammu, was declared elected unopposed by the Returning Officer (RO) during an election process held at Bishnah. For the seven vacancies of Directors, only seven nominations were submitted. After scrutiny, all nominations were deemed valid, and since there were no withdrawals, the seven nominees were declared elected unop-

posed. The election process was initiated following a notification by the Registrar, who directed the Deputy Commissioner (DC) of Jammu to oversee the elections. The DC subsequently appointed the RO, who followed the requisite procedures to complete the process.

In the first meeting of the newly elected Board of Directors, office bearers of the society were chosen. Vijay Kumar Sharma was

elected as President, Kewal Krishan Saini as Secretary, and Malvinder Singh as Treasurer. The other elected Directors include Parshotam Kumar, Subash Chander, Daljit Singh, and Onkar Singh.

During the meeting, the Board constituted a Land Purchase Committee tasked with assessing the suitability and viability of establishing a new colony within the society's area of operation. The meeting concluded with a vote of thanks to the chair.

# Cong failed to honour Ambedkar with Bharat Ratna : Balbir



Spokesperson J&K BJP, Balbir Ram Rattan speaking in a meeting.

■ STATE TIMES NEWS

JAMMU: Dr. B.R. Ambedkar was posthumously awarded Bharat Ratna in 1990, four decades after his demise. He was deprived of this highest civilian award of the country as there was Congress in power for decades together at the centre after independence and it did not consider Ambedkar's name for this honour.

Balbir Ram Rattan, spokesperson, Jammu and Kashmir BJP & former Vice Chairperson, said this while charging Congress of intentionally ignoring the towering stature of Dr. B.R. Ambedkar and not recognizing his unparalleled contri-

butions in various fields in pre and post independence India. Balbir was discussing the anti-Ambedkar mindset of the Congress with party activists, and stressed upon them to utilize various programmes under "Samvidhan Gourav Abhiyan" to expose the real face of the Congress, for whom members of Nehru-Gandhi families were most suitable and deserving ones to be awarded with national awards.

"This delay raises questions about the Congress party's commitment to honouring the nation's icons, particularly those representing the marginalized com-

# VKMI organizes symposium on 'Toxin accumulation, effects, and detoxification'

■ STATE TIMES NEWS

JAMMU: Vichar Kranti Manch International (VKMI) held an insightful symposium on "Toxin Accumulation and Its Excretion," focusing on the sources, effects, and methods of detoxification. Dr. Suresh Gupta, a retired scientist from RRL and State Senior Vice President of Bhartiya Yog Sansthan, served as the Chief Guest, while Prof. Virender Gupta, a prominent social activist, presided over the event.

Dr. Shreyansh Kumar Jain, President of VKMI, delivered the keynote address, explaining that toxins are harmful substances that disrupt the body's normal functions. These toxins can originate from external sources such as polluted air, water, and food or internal metabolic processes. He highlighted the importance of regular detoxification to maintain health and prevent chronic diseases. Dr. Jain emphasized that toxins accumulate at four levels-physical, mental, emotional, and



President VKMI, Dr. Shreyansh Kumar Jain and others at a symposium.

spiritual-adversely affecting overall well-being.

On the physical level, toxins can stem from processed foods, pollution, and metabolic waste, leading to issues like inflammation and fatigue when detoxifying organs are overwhelmed. Mentally, toxins arise from chronic stress and negative thoughts, causing hormonal imbalances and reduced cognitive function. Emotionally, unresolved feelings like anger and grief manifest as psychosomatic illnesses. Spiritually, a lack of purpose and mindfulness results in inner unrest and dissatisfaction.

Ashok Gupta, Vice President of VKMI, elaborated on the health impacts of

toxins, including weakened immunity, digestive issues, hormonal imbalances, neurological disorders, and inflammation contributing to chronic diseases.

The symposium explored various detoxification methods. Mr. Parmod Jain, a retired SBI manager and naturopath, discussed physical detox techniques such as adopting a healthy diet, exercising, fasting, and using hydrotherapy. Dr. Suresh Gupta emphasized yogic detoxification practices, including Shatkarma techniques like Jal Neti and Kapalabhati, asanas, and pranayama. These methods cleanse internal organs, balance energy channels, and

promote holistic health.

C.M. Sharma, General Secretary of VKMI, highlighted the role of meditation and mindfulness in reducing mental toxins and enhancing spiritual clarity. He also introduced naturopathic approaches like colon cleansing, mud therapy, juice therapy, and hydrotherapy for liver detox, Triphala for digestion, and tulsi tea for respiratory health.

Abhinandan Jain, Financial Advisor of VKMI, stressed the importance of creating a toxin-free life by maintaining a healthy environment, fostering positive

relationships, and engaging in spiritual practices like meditation. Mrs. Anju Bansal, senior VKMI member and State Head of Bhartiya Shiksha Board, linked the discussion to promoting Indian education values as envisioned by Swami Ramdev Ji.

In his presidential address, Prof. Virender Gupta underscored the need for a balanced lifestyle, selflessness, and regular introspection to reduce toxins at all levels. Social activist Narinder Wadhwa encouraged self-awareness and humility as tools for detoxification.

The symposium saw participation from several dignitaries, including Vinay Handoo, J.P.S. Jamwal, H.C. Vaid, Swaran Amla, Anju Gupta, Sunita Mahajan, Rajkumari Vats, and Veena Jain.

Dr. Jain concluded the event with a vote of thanks, reiterating the importance of a holistic approach to detoxification to enhance health, prevent diseases, and promote overall well-being.

# Fourth day of National Integration Camp begins with Yoga session

■ STATE TIMES NEWS

JAMMU: The fourth day of the National Integration Camp organized by the National Service Scheme (NSS) began with a rejuvenating Yoga session promoting physical well-being and mental tranquility among participants. Under the guidance of Dr. Arun Gupta, Medical Officer, Ayurvedic Hospital Jammu, the attendance greeted the morning sun and performed various asanas, reinforcing the importance of maintaining a balanced lifestyle.

Participants gathered for a hearty breakfast after the Yoga session that provided the energy needed for the day's activities. As the morning progressed the excitement kicked into high gear with the finals of Badminton and Table Tennis tournaments.

In Badminton Sikkim Contingent and in Table Tennis Chandigarh Contingent emerged as winners. Participants showcased



Students presenting cultural programme during fourth day of National Integration Camp.

remarkable skills and sportsmanship. The event created a spirited atmosphere, with participants cheering for their fellow campers and celebrating their achievements at GCW, Parade Ground, Jammu. Medals to the winners were presented by Principals of Host colleges.

Following the sports event, contestants participated in a spirited Declamation contest, where they delivered passionate speeches on the topic 'Breaking Chains - Building Dreams', and enthusiasm was displayed by all the participants. 27 Participants from 18 contingents participated in this event. In the afternoon, attendees were engaged in

academic sessions. The Resource Person for the first session was Ms. Preeti Choudhary from Mission Shakti. She sensitized the volunteers about the relevance of Self-defence in the present time.

The second session of the program was led by Dr. Niti Shekhar, Assistant Professor, IIM. Her topic of the lecture was 'Entrepreneurship and Women'. She highlighted the Entrepreneurial Strategies for women that are pivotal in fostering a more inclusive business landscape.

She discussed in her lecture about financial literacy, funding options, and microloans tailored for

women-led businesses which empower women to make their own decisions. By adopting these strategies, Women entrepreneurs cannot only thrive individually but also contribute to a more diverse and resilient economy. As the sun dipped below the horizon, the cultural evening started with a vibrant display of diverse talents, featuring traditional dances, and music performances that highlighted the rich culture of our Nation. Participants from Ladakh, Punjab, Rajasthan, Tamil Nadu, JK05, and JK03 took the stage with enthusiasm showcasing their creativity and fostering a sense of unity.

# Training of Trainers Capacity Building of FPO's held in J&K

■ STATE TIMES NEWS

JAMMU: Sher-e-Kashmir University of Agricultural Sciences & Technology of Jammu and Department of Agriculture Production & Farmers Welfare, Jammu jointly organized five days "Training of Trainers (TOT) Capacity Building of FPO's in J&K" in collaboration with MANAGE-Hyderabad in the Division of Agricultural Extension Education, Faculty of Agriculture, Chatha from 06-10, January 2025. The capacity building programme has been organized under HADP-20 project entitled "Innovative Extension Approaches for Revitalizing Agriculture in Jammu & Kashmir".

A. S. Reen, Director Agriculture, Jammu was chief guest during the inaugural function. In his inaugural address, A. S. Reen, Director Agriculture, Jammu appreciated the efforts of Division of Agricultural Extension Education, SKUAST-Jammu and Department of Agriculture, Jammu for organ-



Director Agriculture, Jammu, A. S. Reen being honoured.

izing capacity building programme for the field functionaries of Agriculture Department on this important topic: Training of Trainers (TOT) Capacity Building of FPO's in J&K so, that trainees can efficiently utilize the knowledge acquired during the training programme at ground level.

Prof. Vinod Gupta, Head Division of Agricultural Extension Education/PI of the project entitled "Innovative Extension Approaches for Revitalizing Agricultural in J&K" formally welcomed all the

dignitaries and participants at the five days capacity building programme and advised the trainees to interact with the Faculty of MANAGE Hyderabad about formation of FPO's in their respective operational areas. Raj Kumar, Technical Officer, Directorate of Agriculture, Jammu briefed the house about programme schedule of the five days training programme. Asif Mohi-Ud-Din, Resource Person MANAGE Hyderabad highlighted the importance of conducting such trainings for the forma-

tion of FPO's as he said that, it is the future of Group Farming in India for solving all problems, like marketing, post harvest management and farmers upbringing. While the vote of thanks was extended by Sahil Badgal, Young Professional, Project No. 20, Division of Agricultural Extension Education SKUAST-Jammu. More than 60 officers of Agriculture Department registered for the capacity building programme. The inaugural functions was graced by Prof. P. S. Slatia, Prof. Rakesh Sharma, Prof. L. K. Sharma, Sanka Phani Pavan Kumar and Nagamalla Sricharan, Resource Persons from MANAGE, Hyderabad.

# CCI expresses gratitude to PM for inaugurating Railway Division

■ STATE TIMES NEWS

JAMMU: Arun Gupta, President Chamber of Commerce & Industry expressed gratitude to the Prime Minister of India Narendra Modi for resolving the long pending demand of Chamber of Commerce & Industry by inaugurating the much needed Railway Division at Railway Station Jammu. Arun Gupta also thanked the Hon'ble Union Railway Minister Ashwanth Vaisnaw, Dr. Jitendra Singh, MOS in Prime Minister's Office and Jugal Kishore Sharma, Member Parliament with whose efforts it has become possible to establish a full-fledged Railway Division at Jammu. Arun said that Jammu has become a major hub of Railway Operation for intra-state Transportation and creation of Railway Division will streamline running of Trains besides opening new avenues of employment. Gupta further said we expect that in the coming times Railways will explore rail connectivity in whole of Jammu division which will enable the pilgrims, tourists and local people to visit the famous religious as well as tourist places of Jammu division.

# Patnitop Hotel & Restaurant Association advocates for tourism revival in meeting with Mankotia



Patnitop Hotel & Restaurant Association members meeting with MLA Balwant Singh Mankotia.

■ STATE TIMES NEWS

JAMMU: The Patnitop Hotel & Restaurant Association held an important meeting with MLA Balwant Singh Mankotia, where they presented a memorandum addressing key issues crucial for the revival of tourism in the region.

The discussion focused on enhancing infrastructural development and

establishing a tourism circuit that connects Patnitop with Gori Kund, Mantalai, and Sudhmahadev.

During the meeting, the MLA assured attendees of his commitment to promptly addressing the grievances faced by both locals and the hotel association on a day-to-day basis.

This collaborative effort

aims to boost tourism in the picturesque area, which has long been a favored destination for travelers.

The meeting was attended by several prominent members of the association, including Dr. Hari Dutt, Virender Badial, Vikram Sharma, Ankush Badial, Abhishek Gupta, and Aman Singh, along with Bhawani Singh.

# Shiv Sena demands tough stand against China's insolence

Demand for a complete ban on imports and boycott of Chinese goods

■ STATE TIMES NEWS

JAMMU: The Dragon's insolence is increasing day by day, and mere objections and protests are insufficient to curb it. The Modi government will have to boldly impose a complete ban on relations and imports with China, stated by Manish Sahni, President Shiv Sena (UBT) Jammu and Kashmir unit.

Under the leadership of party's state head Manish Sahni, a symbolic protest was carried out against China by holding placards "Ban imports from China", "Boycott Chinese goods".

Manish Sahni said that how can the bloody clash between Indian and Chinese soldiers in June 2020 in Ladakh's Galwan Valley (in which 20 Indian soldiers sacrificed their lives) be forgotten. Once again, after about four and a half years, China



President Shiv Sena (UBT) J&K, Manish Sahni leading a protest on Monday at Jammu.

has played a treacherous trick.

China has announced two new districts (counties) in its Hotan province and has included some parts of the Indian Union Territory of Ladakh in the geographical area of these districts, he said.

Not only this, the announcement of building the world's largest dam on the Brahmaputra river in the

China border is also a matter of deep concern for India, he added.

In 2017, 2021, 2023, China had described some parts of Arunachal Pradesh as its territory, he said adding that however, the Government of India has lodged strong objections on the above issues. But the Modi government at the Center is fulfilling the formality by merely expressing

its displeasure and protest by taking a soft stand towards the insolence of China.

All the BJP leaders including the Prime Minister are maintaining silence towards China. At the same time, there is a continuous increase in the import figures from China, today China has become India's top import source.

Sahni has demanded a complete ban on imports from the Modi government at the Center to teach China a lesson. Along with this, an appeal has been made to the public to completely boycott Chinese goods.

On this occasion Meenakshi Chhibber, president women wing, Vikas Bakshi, Gen Secretary, Bharat Mahajan, Working President, Balwant Singh, Sr Vice president, Rajesh Jandial Vice president, Geeta Lakhotra, Dimple were present.