

# IIM Jammu hosts 'Yoga for Beginners' Session in collaboration with Isha Foundation

**STATE TIMES NEWS**  
JAMMU: The Indian Institute of Management (IIM) Jammu, under the leadership of Prof. B.S. Sahay, Director, IIM Jammu, organized an offline session titled "Yoga for Beginners" in collaboration with Isha Foundation at the Auditorium Mandapam, IIM Jammu Jagti Campus.



IIM Jammu faculty honouring instructors Paras and Ojaskar from Isha Foundation.

The session, conducted by experienced instructors Paras and Ojaskar from Isha Foundation, introduced participants to fundamental yogic practices aimed at fostering physical health, mental clarity, and holistic well-being.

The initiative served as a precursor to the upcoming Inner Engineering Program, a transformative program designed to enhance self-awareness and inner growth. The session included various physical activities and foundational yogic practices, including NADA Yoga—a practice of using sound and vibrations to bring inner stillness and joy, as taught by Sadhguru. Reflecting on the deeper significance of yoga, Sadhguru's quote was shared during the event: "Yoga is not just an exercise; it is a way to align the body, mind, and energy for ultimate joy and balance."

Umang Koul, Abhishek, Sonakshi, Rubal Mahajan, and Shubham Singh. Dr. Mamta Tripathi, Chairperson Anandam, IIM Jammu, expressed gratitude to Isha Foundation for guiding the participants through transformative yogic practices, enabling them to embrace a more mindful and balanced approach to life. The "Yoga for Beginners" session successfully laid the foundation for deeper self-exploration while promoting well-being among the participants. IIM Jammu remains committed to integrating such holistic programs into its academic ecosystem, inspiring its community to transform their lives in alignment with Sadhguru's teachings through simple yet impactful steps.

# JKBS advocates for Sanskrit language inclusion in Educational Recruitment



Jammu Kashmir Brahman Sabha delegation meeting with Deputy Chief Minister, Surinder Chaudhary.

**STATE TIMES NEWS**  
JAMMU: A delegation from the Jammu Kashmir Brahman Sabha (JKBS) met with the Deputy Chief Minister, Surinder Chaudhary. In a significant step towards advocating for linguistic inclusivity, the Sabha submitted a memorandum addressing the exclusion of the Sanskrit language from the recent lecturer vacancy advertisement by the

Department of School Education. The current notification outlines vacant lecturer positions across various subjects. However, the absence of Sanskrit language posts has raised concerns about potential discrimination against this classical language. The JKBS emphasized the cultural and educational importance of Sanskrit, urging the government to rectify this oversight.

Key representatives present included Atul Sharma, President of the JKBS, Sanjay Raina, General Secretary, Tript Shastri, Vice President, Vishal Padha, Media Secretary and Deepak Khajuria, Chief Advisor. The delegation expressed their collective voice, urging prompt action to advertise and fill Sanskrit lecturer positions. They emphasized the need for fair representation of all languages in the educational framework, aligning with cultural preservation and academic diversity. The Sabha hopes that this memorandum will initiate necessary discussions and lead to positive amendments in the recruitment process, ensuring that the significance of Sanskrit is recognized and upheld in the educational sector.

# Retirees Police League District Jammu holds monthly meeting

**STATE TIMES NEWS**  
JAMMU: The monthly meeting of the Retirees Police League, District Jammu, was held on Tuesday under the leadership of Karanjit Singh, President of the League, at the office in Gandhi Nagar.



Retirees Police League District Jammu members at a monthly meeting.

The event was graced by Shiv Kumar Sharma, DIG, JKS Range, who attended at the invitation of the retirees. DSP DAR S. Kotwal, the nodal officer, also participated in the meeting. A large number of distinguished retired police officers attended the session, including former SSPs like Ch. Chirag Din IPS, Ranjit Singh IPS, Mahadev Singh Jamwal (President of the

Senior Citizens Club, Udhampur), Sarwar Chohan, Prabhdyal Sharma, S.R. Datta, DSPs Bihari Lal Sharma, Kamal Sharma, Kr. Yoginder Singh, Khalil Ur Rehman, Tersem Raj, Mohd. Shafi, J.S. Chib (Senior Vice President), Mohd. Sadiq (Vice

President), Dhian Singh, V.R. Bali (Cashier), Raman Ratta, Parkash Dingra, Mohinder Kumar, and Ashok Kumar. During the meeting, the attendees stressed the urgent need for an anti-drug movement, as many youths are suffering, with many lives

already lost due to drug addiction. Other concerns included the non-availability of essential medicines for retired police personnel in both Police and Government Hospitals, and the demand for reservation in government jobs for the children of retirees. Additionally, the retirees raised the issue of pending Dearness Allowance (DA) and urged for its immediate reimbursement, citing rising medical expenses. There was also a strong demand to increase the medical allowance from Rs 300 to at least Rs 3000, as current allowances were insufficient to cover healthcare needs. They further emphasized the importance of including all retirees in new medical schemes, ensuring there is no discrimination. A request was also made to attach PSOs allotted by the DGP to protected police personnel.

# Tree Talk, lecture on 'Botanical Tourism' organized by Botany Deptt in collaboration with IQAC, CLUJ

**STATE TIMES NEWS**  
JAMMU: The Department of Botany, in collaboration with the Internal Quality Assurance Cell (IQAC) of Cluster University of Jammu, organized an engaging 1580th Tree Talk session and a lecture on "Botanical Tourism" on Tuesday. The event was graced by eminent speakers and environmental enthusiasts, highlighting the significance of



O.P. Sharma Vidyarthi, Retired IFS officer posing with faculty and students of Botany Department.

environmental conservation and botanical education.

The keynote address was delivered by O.P. Sharma Vidyarthi, Retired Indian Forest Service (IFS) officer. Vidyarthi's lecture, titled "Botanical Tourism," emphasized the diverse flora of the region, its ecological importance, and the need to inculcate a deeper connection with nature. The event also featured talks by Nadeem Qadri, Advocate at J&K High Court and a prominent environmentalist, who shed light on the legal frameworks for environmental protection and the role of public participation in safeguarding natural resources.

Purshotam Dubey Shastri, a well-known Tree Talk enthusiast and environmentalist, shared his insights on the cultural and ecological value of trees, urging students and attendees to adopt a more proactive approach towards tree conservation. The head of the department Prof Sugandha Mahajan in her address, encouraged the participants to explore their natural surroundings, appreciate the biodiversity, and become custodians of the environment. The event attended by Dr Satinder Kaur, Dean Research Studies, Dr Meenakshi Bhandral, Coordinator Zoology, Dr. Isha Sharma, Dr. Arun Khajuria, Dr. Pankaj Kumar, Dr. Vijay, Dr. Tassir and non teaching Faculty Deepika Charak and Parvinder Kaur were also present. The whole event was anchored by Dr Harpreet Bhatia.

# ADGP Armed attends opening ceremony of SOG training program

**STATE TIMES NEWS**  
JAMMU: Vijay Kumar, Additional Director General of Police (ADGP), Armed and Law & Order, graced the opening ceremony of the 4-week training program, organized by Zonal Police Headquarters Jammu, for the SOG personnel of Jammu Zone.



Vijay Kumar, ADGP, Armed and Law & Order speaking at a programme.

The event took place in the presence of Anand Jain, ADGP, Jammu zone, along with other senior officials and trainers at the Commando Training Centre, Sunjwan. The training program aims to enhance the operational preparedness of the personnel of SOG. This intensive training will cover various aspects, including physical fitness, combat strategies, and specialized techniques crucial for counter-terrorism operations and public safety. The ADGP, Armed & Law & Order, addressed the trainees and emphasized the

importance of the specially designed training module, focusing on skill enhancement. "In today's dynamic environment, such training is crucial to ensure readiness and resilience. It empowers our force to safeguard the lives of citizens and uphold law and order effectively," the ADGP Armed said. ADGP Jammu Zone lauded the efforts of the Armed wing for all the logistic support towards organizing this training program and urged the trainees to make the

most of this opportunity. He expressed confidence that the training program would significantly enhance the operational capabilities of the SOG of Jammu zone. Shiv Kumar Sharma, DIG JKS Range; Joginder Singh, SSP Jammu; Abrar Ahmad Choudhary, Principal CTC Sunjwan; Sanjay Sharma, Dy. CO IRP 14th Bn; Dr. Surinder Choudhary, Dy. CO IRP 14 Bn; other gazetted officers; instructors and trainees were present on the occasion.

# Arvind vows to transform Govt Schools into hubs of Excellence for young minds



MLA Jammu West, Arvind Gupta during visit to Govt Boys/Girls Primary Schools at Rajpura Mangotrian.

**STATE TIMES NEWS**  
JAMMU: Senior BJP leader and MLA Jammu West, Arvind Gupta, conducted an extensive inspection of Government Boys/Girls Primary Schools at Rajpura Mangotrian and Shiv Nagar, aiming to evaluate the infrastructure and quality of education in government schools. He was accompanied by Mandal President Atul Bakshi, JE JMC Mukesh, AEE JMC Ravi Sharma, local residents, and BJP Karyakartas, including Shri Kushant, Mohit Vaid,

Karan, Om Sharma, Mulkh Raj Sharma, Hera Lal, Suresh Gupta, Pawan Sharma, and Ved Gupta. During the inspection, Arvind Gupta conducted a detailed review of the infrastructure, classroom facilities, and the overall learning environment at the schools. He also interacted with the school staff to understand the challenges they face and identify areas requiring immediate attention. It is pertinent to mention that since his election as MLA, Arvind Gupta has consistently prioritized the

development of government schools in Jammu West. Regular visits to these institutions have become a hallmark of his tenure, reflecting his commitment to ensuring quality education for all. He aims to address systemic shortcomings and create an environment where students can excel academically and personally. Speaking on the occasion, Arvind Gupta said, "Education is the cornerstone of progress, and it is our responsibility to ensure that government schools are equipped with the necessary facilities and resources to nurture young minds. My visits are not just inspections but a step towards identifying and resolving the issues faced by our educators and students." The MLA also assured the school staff and local residents that their concerns will be taken up on priority with the concerned authorities.

# HERITAGEANS shine at 62nd National Roller-Skating Championship

**STATE TIMES NEWS**  
JAMMU: Heritageans made the school proud with their stellar performance at the 62nd National Roller-Skating Championship. The championship was held from December 5th to 15, 2024, at two prestigious venues. Speed Skating events took place in Mysore (Karnataka), organized by the Karnataka Roller Skating Association, while Roller Hockey events were conducted in Coimbatore (Tamil Nadu), organized by

the Tamil Nadu Roller Skating Association under the aegis of the Roller Skating Federation of India. Representing Jammu and Kashmir, several students from Heritage School showcased exceptional skill and determination. The participants included Bhumi Singh Salathia of II D, Agastya Shivpuri of III D, Neyonika Salathia of IV F, Kamaakshi Mahajan of IV E, Parmaarth Bral of IV D, Samarthy Singh of V E, Kumar Vanishree N



Heritage School faculty felicitating winner students.

Verma of VII A, Navdeep Kour of VII C, Puneesh Puri of VIII D, and Medhaansh Sharma of IX C. Achievements of these Heritageans in the tournament were remarkable. Bhumi Singh Salathia and Parmaarth Bral secured a Silver Medal in the Cadet Mix Roller Hockey Event. Kumar Vanishree N Verma and Navdeep Kour won a

Gold Medal in the Sub-Junior Mix Roller Hockey Event. Puneesh Puri, National skater, delivered an outstanding performance in the Sub-Junior U14 Boys Speed Skating Event, winning two Gold Medals in the 1500m Road Race and 1000m Rink Race, along with a Silver Medal in the 500m Rink Race. Heritage School extended heartfelt congratulations to these young athletes, their coaches, and their families for their exceptional achievements. Their hard work and dedication have brought immense pride to the school and the U.T. of Jammu & Kashmir.

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# One Nation, One Election will be beneficial for Country: Priya Sethi

**STATE TIMES NEWS**  
JAMMU: Former Minister and prominent BJP leader Priya Sethi on Tuesday lauded the government's decision to implement the "One Nation, One Election" initiative, calling it a pivotal step towards strengthening India's democracy and governance system.



Speaking to the media on the sidelines of a function in Jammu East, Sethi expressed confidence that this proposed measure would significantly benefit the country's long-term growth and stability. "The decision of 'One Nation, One Election' is a visionary move by the government led by Prime Minister Modi that will ensure greater efficiency and governance in our political system. This will bring much-needed change to the way elections are conducted across the

nation and reduce the political fragmentation that hampers progress at the grassroots level," she stated. "Holding simultaneous elections will reduce the enormous cost of conducting separate elections for central and state legislatures every few months. Consolidating the elections will save valuable resources in terms of both money and manpower," she said. In addition to the economic benefits, Sethi emphasized that the "One Nation, One Election" initiative would foster greater political stability, allowing

parties to concentrate on long-term policies rather than being constantly caught in electoral cycles. "This will lead to more efficient governance, better delivery of public services, and encourage governments to focus on development instead of electioneering," she added. Priya also pointed out that simultaneous elections would reduce disruptions caused by frequent political campaigns, allowing leaders to focus on pressing national and state issues. "With elections happening at the same time, voters will be more engaged, and

the national discourse will be centered on core issues rather than regional concerns," she said. Concluding her remarks, Sethi reaffirmed her full support for the initiative, believing it would bring political stability and usher in an era of development for India. "The 'One Nation, One Election' initiative is a crucial step in the evolution of India's democratic framework. It will make governance more effective, reduce disruptions, and pave the way for a brighter future for all citizens," she stated.

# ADGP CID inaugurates Public Grievance Cell at Canal Road

**STATE TIMES NEWS**  
JAMMU: Continuing with its commitment to address the grievances of General Public with regard to addressing issues related to Passport, Service and other verifications can visit every Thursday from 12 Noon onwards. They can register themselves everyday from 9 am to 6 pm for a prior appointment on phone numbers/email Id: Cell No. 8899009297 (WhatsApp), Landline: 0191-2582905

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(Help site Jammu) and Email Id: grievance-cidjk@jkpolice.gov.in. A similar Public Grievance Cell was established at CID Hqrs near Govt. Arts Emporium, Srinagar on 28th October, 2024. The grievance cell at CID Headquarters, Srinagar has received an overwhelming response from general public.