

Winter Theatre workshop inaugurated at Natrang

STATE TIMES NEWS
JAMMU: Natrang's most sought-after Winter Theatre workshop for Children -2024 inaugurated here today at Natrang Studio Theatre with the lighting of traditional lamps by Natrang President and founder Director Padma Shree Balwant Thakur who was joined by Neeraj Kant and Aarushi Thakur Rana.



Natrang President Padma Shree Balwant Thakur lighting ceremonial lamp.

considered as one of the most accomplished theatre trainers and directors of children theatre. Mr. Sunny Mujoo will be the dance director of the workshop. The workshop is being coordinated by Mohd. Yaseen who is a National Scholarship and Fellowship holder in the field of Theatre.

Every year Natrang gives an opportunity to children to creatively utilise their winter break with learning beyond the textbooks. Similarly this

year too, Natrang is having a 15 day winter camp for children where they will work on personality development, confidence building, sharpening of communication skills, acting, play making process and much more with the help of highly innovative creative games and theatre exercises. Theatre is a sophisticated expression of basic human needs. For children it is an instinct to mimic and to tell stories through narratives and metaphors. This innate qual-

ity in children is enhanced and polished with the help of theatre. It is vital to understand that when phrases like 'learning is fun' and 'play and learn' are quoted, we can easily think of theatre as a means to learn in a child's life. With the growing competition every teacher and parent is following the rule of thumb, to break this monotony Natrang introduces theatre to the kids which brings freshness to the child's imagination and helps them to grow intellectually. Since every child is special, it is important that we encourage them to open up to the best of their ability by giving them confidence. Nothing can achieve that than the

confidence a child gets by performing on stage. During the winter camp, the children will learn and explore themselves through highly developed theatre exercises which are in vogue in Europe and USA. This winter Natrang has planned to produce a short play as the focus of the workshop will be play production with children. It may be recalled that the longest living plays by children like 'Mere Hisse Ki Dhoop Kahan Hai' and 'Aap Hamaare Hain Kaun' are the proud productions of Natrang's children theatre wing which are written and directed by Balwant Thakur.

Those who attended the inaugural session of Winter Theatre Workshop included Advik Sharma, Mehak Chib, Aarajya Shan, Dhanak Chandan, Vaibhav Mahajan, Ruhana Chandan, Samkit Jain, Ruhani Jain, Nyra Gandotra, Nandita Mahajan, Kavish Sharma, Reevik Verma, Deehar Gupta, Dwijesh Dutta, Saanchi Dutta, Aaranaa Gupta, Sianet Magotra, Shikhar Mitdada and Priyaa Gupta.

DBPS pays tribute to Bharat Rattan Pt. Madan Mohan Malaviya

STATE TIMES NEWS
JAMMU: Dogra Brahman Pratinidhi Sabha (DBPS) paid rich tribute to Bharat Rattan Pt. Madan Mohan Malaviya on his birth anniversary, in a function held here on Wednesday.

While paying rich tribute to Malaviya, president of the DBPS, VedParkash Sharma said that Uttar Pradesh in particular and nation as the whole cannot forget the services of Pt. Madan Mohan Malaviya who functioned as vice chancellor of the Banaras Hindu University from 1919 to 1938.

Senior BJP Leader and President Tawi Andolan, Chander Mohan Sharma called for emulating values and principles of great freedom fighter Bharat Rattan Pt. Madan Mohan Malaviya, Nationalism simplicity and social reform which Malaviya pursued throughout his life.

Ex. DC, B.S. Jamwal, DBPS Chairman, P.C. Sharma, NMC president Subash Shastri and other representatives of various social religious organisation also



DBPS members paying tribute to Bharat Rattan Pandit Madan Mohan Malviya.

spoke on the occasion. They further highlighted on the life of Malaviya and said that Malaviya was one of the founders of Bharat Scouts and Guides. Among others who paid their tribute included Pt. V.M. Magotra, N.C. Sharma, M.L. Sharma, Satyanand Sharma, Former Senior Bureaucrats Soujanya Sharma, M.L. Padha, Pt. Barita Ram, Shiv Ram Sharma, Jagannath Sharma, K.L. Sharma, Davinder Sharma (Baboo), S.S. Baru, Gurdass Sharma, Sat Paul Sharma, Raman Sharma, Som Nath Sharma, Rajesh Bargota, Prem Balotra, Sanjeev Kermi, Ramesh Sharma, Sunil

Sharma, Krishan Lal Sharma, Jagdish Dogra, Balwinder Singh Bhatia, Brij Mohan Dubey, Girdhari Lal, Prem Sharma, Vishnu Kant Sharma, Swantar Sharma, Birbal Sharma, Megha Raina, Vansh Raina, Ganesh Kumar, said that he founded a highly influential English newspaper, The Leader; in 1919, published from Allahabad.

He was also the chairman of Hindustan Times from 1924 to 1946. They also paid rich tributes Bharat Rattan AtalBihari Vajpayee and described him statement of international stature.

JU hosts dental camp, Christmas celebrations for students of Surbhi Nursery School



Students of Surbhi Nursery School with faculty celebrating Christmas.

STATE TIMES NEWS
JAMMU: The Department of Home Science, University of Jammu, in collaboration with the University Health Centre and the Indian Dental Association (IDA), Jammu Chapter organized a special Dental Camp on the occasion of Indian Dentist Day.

The event was dedicated to promoting oral health among young children and witnessed enthusiastic participation from the children of Surabhi Nursery School and Day care Centre. The camp aimed to create awareness about dental hygiene and the importance of maintaining oral health from an early age. A team of skilled dentists led by Dr. Gautam Sharma (President

IDA), Dr. Vibha Raina (Secretary), Dr. Payal, Dr. Hemani and Dr. Anshu Gupta conducted dental check-ups and provided valuable tips to the children and their parents. Interactive sessions and engaging activities were designed to make learning about dental health enjoyable for the little ones.

Following the dental camp, the spirit of joy and festivity took over as the Department of Home Science, in collaboration with Raindrop Preschool, organized a vibrant Christmas Celebration. The event featured delightful performances, carol singing, and interactive games that filled the air with cheer. Santa Claus made

a special appearance, distributing gifts and spreading smiles among the children. A colouring competition was also held on the occasion for the children. Speaking on the occasion, Prof. Sarika Manhas, Head, Department of Home Science, said, "The dual focus on health and celebration reflects our commitment to holistic child development. Today's events not only emphasized oral health but also brought a sense of community and joy to the children." Faculty members from the Department of Home Science- Prof. Rajni Dhingra, Prof. Neeru Sharma, Prof. Shashi Manhas, Prof. Samridhi Arora, and Dr. Bharat Bhushan (CMO, JU), Mokshi Mahajan (Principal, Raindrop Preschool) graced the occasion with their presence. The dedicated team of Surabhi Nursery School and Day Care Centre led by Mamta Singh and Seema Sharma organized the event meticulously.

Ayushi Jaraal and Joyleen, students of the Department conducted proceedings of the event.

AWWA Udhampur, FICCI FLO launch Digital Skilling Program for Veer Narism AWWA beneficiaries

STATE TIMES NEWS
JAMMU: Army Wives Welfare Association (AWWA), Northern Command and FICCI Ladies Organisation (FLO), business women wing of FICCI along with FICCI FLO Jammu & Kashmir and Ladakh Chapter launched a transformative digital skilling initiative designed to empower the families of India's brave soldiers with an aim to equip 100 Veer Naris and AWWA beneficiaries with essential skills, paving the way for financial independence and enhanced livelihood opportunities. The digital skilling program has been conceptualized and launched under the aegis of Mrs Asha Suchindra Regional President, Army Wives Welfare Association (AWWA) Northern Command; Mrs. Joyshree Das Verma, National President FICCI-FLO; Ms. Reshma Patel,



AWWA, Northern Command and FICCI Ladies Organisation (FLO) members at a programme.

National Head, Digital Literacy Initiative; and Ruchika Gupta, Chairperson FICCI-FLO Jammu Kashmir & Ladakh (JK&L), at Udhampur: Joyshree Das Verma, National President FICCI-FLO, commended FICCI-FLO JK&L for spearheading this empowering initiative, particularly for the courageous Veer Naris. She emphasized FICCI-FLO's commitment to creating sustainable livelihoods for women facing adversity and

acknowledged the sacrifices made by military families. "These women are a source of true inspiration. FLO remains dedicated to supporting and strengthening them as a tribute to their unwavering courage and sacrifice," she stated.

In her address, Aarti Monga, General Secretary, AWWA Northern Command lauded the vision and commitment of Mrs Asha Suchindra towards women welfare and empowerment,

and expressed heartfelt gratitude to FICCI-FLO for its dedication and contribution towards this noble cause.

She highlighted the transformative potential of the program, which offers Veer Naris and AWWA beneficiaries not only hope but also tangible pathways to financial independence. The online course, featuring pre-recorded modules and live sessions, ensures convenience and accessibility. Upon completion, participants will receive a certificate recognized by Skill India and the National Skill Development Corporation, providing them with credibility, access to government schemes, and enhanced job opportunities.

Ruchika Gupta, Chairperson FICCI-FLO JK&L, shared insights into the program, explaining how the initiative equips beneficiaries to leverage their skills for entrepreneurial ventures

or small businesses. She underlined FLO JK&L's ongoing collaboration with AWWA to honor and support women who make the ultimate sacrifice for the nation.

As part of the event, 100 HUNAR skilling kits in basic professional makeup were distributed to the beneficiaries, further equipping them for their entrepreneurial journeys. The event was graced by FLO JK&L core team members, including Varuna Anand (Immediate Past Chair), Aarti Choudhary (Senior Vice Chairperson), Sona Mehta (Treasurer), and Nandita Bajaj (Joint Treasurer), along with other esteemed FLO members.

This milestone initiative marks a significant step towards supporting military families, empowering women to become self-reliant, and building brighter futures for their communities.

JU organises gender Sensitisation workshop

STATE TIMES NEWS
JAMMU: The Centre for Women's Studies, University of Jammu organized Gender Sensitization workshop for Students of Government Degree College, Bhagwati Nagar, Canal Road, Jammu.

Prof. Meeru Abrol, Principal, GCW, Bhagwati Nagar, Canal Road Jammu, welcomed all the participants and emphasized on the importance of such workshop and thanked the Centre for collaborating with their college.

While highlighting the importance of the workshop she said that Gender sensitization is not just about raising awareness of the inequalities that exist but also about inspiring a shift in mindset and behavior. Further, she also emphasized that it is very important to have such deliberations for fostering a safer and more equitable society and together, we can create a future where everyone has the opportunity to reach their full potential.

Prof. Savita Nayyar, Director, Centre for Women's Studies was the resource per-



Centre for Women's Studies, JU faculty and students at Gender Sensitization workshop.

son. In her presentation she explained the concept of sex and gender and how gender is socially constructed and practised in our society. She also gave inputs on various gender issues as well as elaborated, that how patriarchy is used as a mechanism to subordinate the women's status in the society and contributes to number of problems affecting women, such as harassment, domestic violence, dowry deaths, acid attacks etc. While interacting, she also suggested various ways to avail the legal safeguards available to women and said that despite significant strides toward gender

equality, we continue to confront challenges that hinder the progress and well-being of women.

She also stressed that through these workshops the Centre is trying to spread awareness, advocating for equality so that a safer, fairer world for women can be created.

Earlier Dr. Saranjit Kaur, faculty from the Centre for Women's appraised the participants about the workings of the Centre. Further, she said that now it's time to question long-standing stereotypes by breaking the cycle of discrimination, and building environ-

ments where individuals, irrespective of gender, can thrive with dignity and equal opportunities. She averred that Gender disparity in the society exists due to the established ideologies that have been created over the period of time, which needs to be changed by conducting such types of workshops.

Large number of students and faculty members from the College, enthusiastically participated in the workshop. Dr. Nisha Bhagat, faculty from department of Sociology of the college coordinated the program and also presented the formal vote of thanks.

Haryana CA dominates Champions CA Chandigarh in 13th Police Martyr's NZ T-20

STATE TIMES NEWS
KATHUA: On Day 8 of the 13th Police Martyr's Memorial North Zone T-20 Cricket Tournament 2024-25 at DPL Kathua, Haryana CA defeated Champions CA Chandigarh by a massive margin of 114 runs in the only match played today.

Haryana CA won the toss and opted to bat first. They posted a competitive total of 167/9 in their allotted 20 overs. The top scorer for Haryana CA was Ashwani Chilar, who played a brilliant



Dignitaries presenting Man of the Match award to player.

knock of 50 runs off 30 balls, including 5 boundaries and 2 sixes. In reply, Champions CA

Chandigarh struggled to chase down the target. The team was bowled out for just

53 runs in 13.3 overs, falling well short of the target. The standout performance for Haryana CA came from Sagar Sharma, who delivered an outstanding bowling spell, taking 3 wickets for just 13 runs in 3 overs. His brilliant performance helped seal the victory for Haryana CA, and he was rightly named the Man of the Match.

With this dominant performance, Haryana CA secured a 114-run victory, further solidifying their position in the tournament.

Anandeshwar Bairav Jayanti-cum-Mahamahacharya Abhinavgupt Nirvan Diwas celebrated

STATE TIMES NEWS
JAMMU: Anandeshwar Bairav Jayanti-cum-Mahamahacharya Abhinavgupt Nirvan Diwas was celebrated with enthusiasm among the devotees remensing the age old customs, traditions which used to be had at Maisuma, Srinagar Asthan.

Large number of Shaiv Dharshan followers participated by reciting Bairav Stotra and other Tantra Shastras. Sanjay Raina, well known Shaiv Scholar and Kashmiri Traditions and Rituals propagator, gave breathtaking historical and spiritual perspective of Bairavas.

Sanjay gave mesmerizing account of Swami Ram, the incarnation of Anandeshwar Bairav and his divine mission of resurrection of Shaivism with missionsry zeal.

Further, the day was also celebrated as Gupha Prayan Diwas of Mahamahim Acharya Abhinav Gupt in the Bharav Gupha of Beeru, Badgam. The light was thrown on the philosophy of Abhinavgupt and his works. The program was also available online across the

globe. Ram Shaiv Ashram, Naseeb Nagar, Jammu which is evolving as Research Center for Kashmir Shaivism usually holds sessions, symposia on Shaivism, Panchastavi and currently holding Geeta classes of Geeta ji written by MM Acharya Abhinav Gupt.

Devotees were served Prashad and Surinder Kachroo, President and J K Khar General Secretary of the Ashram expressed thanks to the audience.

VKMI organizes seminar on holistic health, mental clarity, emotional balance & spiritual enlightenment

STATE TIMES NEWS
JAMMU: The Vichar Kranti Manch International (VKMI) organized an enlightening seminar on holistic health, mental clarity, emotional balance, and spiritual well-being. The event, held on Wednesday, aimed to promote a disciplined, all-encompassing approach to health that integrates physical, mental, emotional, and spiritual practices, encouraging participants to lead a disease-free and harmonious life.

Dr. Shreyansh Kumar Jain, the State Yoga Commissioner and President of VKMI, was the main speaker. In his address, Dr. Jain elaborated on how individuals could attain holistic health and mental clarity through yogic practices, natural cures, and lifestyle discipline. He presented a well-rounded approach to achieving

overall well-being, touching on various aspects of life.

Dr. Jain began by discussing physical health. He recommended maintaining a structured daily routine, emphasizing the importance of waking up early during Brahmamuhurta (pre-dawn hours) to align the body's rhythm with nature. He suggested drinking warm water with lemon or honey in the morning for detoxification and highlighted the benefits of eating fresh, seasonal fruits, vegetables, whole grains, nuts, and seeds while avoiding processed foods, excessive sugar, and unhealthy oils. Dr. Jain also stressed the importance of regular yogasanas to enhance flexibility, strength, and vitality. Asanas like Surya Namaskar (Sun Salutations), Trikonasana (Triangle Pose), Bhujangasana



President VKMI, Dr. Shreyansh Kumar Jain honouring Vikram Honda, Director Tiny Tots HSS.

(Cobra Pose), Tadasana (Mountain Pose), and Vrikshasana (Tree Pose) were particularly recommended.

In his session on mental health, Dr. Jain emphasized the power of meditation and pranayama (breathing exercises). He encouraged spending 10-20 minutes daily in mindfulness meditation to improve focus and clarity. Techniques like deep breathing and focusing on body parts or chakras

were recommended for mental rejuvenation. Dr. Jain also advocated Yoga Nidra (deep relaxation) for stress relief. For pranayama, exercises like Anulom Vilom (Alternate Nostril Breathing), Bhramari (Bee Breath), Kapalabhati (Skull Shining Breath), and Ujjayi (Ocean Breath) were highlighted as excellent tools to reduce stress and enhance lung capacity. On emotional health, Dr. Jain encouraged practices

such as maintaining a gratitude journal, surrounding oneself with positive influences, and engaging in selfless acts of kindness (Seva). These habits, he explained, help in building emotional resilience and fostering a positive outlook. Dr. Jain also spoke about spiritual health, suggesting the chanting of mantras like Om, Soham, or the Gayatri Mantra to connect with universal consciousness. Reading spiritual texts such as the Bhagavad Gita and Upanishads was also recommended for personal growth. He urged participants to embrace the principles of Yama (ethical restraints) and Niyama (positive observances) as part of a balanced lifestyle.

Dr. Jain suggested hydrotherapy (cold showers, foot soaking in warm saltwater) and spending time outdoors for sunlight

to boost vitamin D. Homemade remedies such as turmeric milk, ginger tea, amla juice, and tulsi water were recommended for immunity and detoxification.

The seminar concluded with contributions from other speakers, including Ashok Kumar Gupta, Vice President of VKMI, Narinder Wadhwa, a naturopath and social activist, Anju Bansal, former President of Bharat Vikas Parishad Shivalik, and Vandna Maini, an English teacher and philanthropist.

A special moment of the event was the birthday celebration of Vikram Honda, Director and Principal of Tiny Tots Higher Secondary School. Dr. Jain presented a poetic life sketch of Vikram, and the event ended with a vote of thanks by Veena Honda, Chairperson of Tiny Tots.

IN THE COURT OF EXECUTIVE MAGISTRATE
1ST CLASS TEHSILDAR JAMMU KHAS

Rajinder Kumar S/o Lt. Ram Rakha R/o H. No.233-F Opp Police Station Bakshi Nagar, Jammu. (Applicant)

VS

UT of J&K through Registrar of birth and deaths Jammu to Municipal Corporation Jammu. (Non-Applicant)

In the matter of:- Application to seeking direction of required Birth & Death Municipal Corporation Jammu Date of Death 08-09-2020.

Proclamation

Whereas applicant here in above has filed to above titled application to Court for the registration and issuance of date of death namely Satya Devi W/o Ram Rakha R/o H. No.233-F Opp Police Station Bakshi Nagar, Jammu date of death 08-09-2020.

Therefore through the medium of this proclamation general public is informed that any person having any objection with respect to registration of date of death may the his/her/their objection before this Court within a period of 7 days from to date of publication of this notice and after to lapse of said period no objection shall be entered and appropriate order shall be passed in the matter.

Sd/-
Executive Magistrate,
1st Class Tehsildar,
Jammu Khas.