

'The - SARA' conducts awareness program on Menstrual Hygiene at GHS Majua

STATE TIMES NEWS

JAMMU: 'The - SARA', a registered non-governmental organization under 'Health is Wealth' initiative through 'Safe Periods 365' initiative conducted awareness program on menstrual health and hygiene at Shaheed Naib-Subedar Parshotam Kumar Govt. High School Majua Uttami in Bishnah zone of Jammu district. During the program field volunteer at 'The - SARA' Anita Solanki, a certified Yoga teacher and evaluator, mental health wellness instructor from the Ministry of Ayush, conducted a special curative yoga session to help girl students in relieving physical and physiological symptoms of PMS and period pain.

Subsequently field volunteer at 'The - SARA' and In-Charge 'Safe Periods



'The - SARA', members with faculty members and students during a programme.

365' initiative Minakshi Sharma conducted awareness session with the girl students and their mothers

and sensitized them about the importance of menstrual health and hygiene in their life. The session

included an open dialogue allowing girl students and their mothers not just to share their woes but also

raise questions to express their concerns. The platform aided in sharing period problems and talking about them without being reluctant about it.

At the end of the program, 'Team 'The - SARA' distributed sanitary pads among twenty five girl students of the menstruating age in the presence of in-charge headmaster of the school Yaseen Ahmed and teachers of the school. Yaseen Ahmed thanked members of 'The - SARA' for their efforts to support the girl students.

It is pertinent to mention to tackle 'period poverty' and spread awareness about menstrual health and hygiene among the school girls across UT's of Jammu & Kashmir and Ladakh 'The - SARA' is carrying out 'Safe Periods 365' initiative.

JU students delegation meets Sunil Sharma



STATE TIMES NEWS

JAMMU: A delegation of scholars and students from Jammu University met with Sunil Sharma, Leader of Opposition and MLA from Padder, to discuss the pressing issue of the omission of Sanskrit, Hindi, Dogri, and Punjabi subject posts in the recent notification.

The scholars and students expressed their deep disappointment and concern over the neglect of these subjects educa-

tion in the region. They emphasized the significance of these languages as vital parts of India's cultural heritage and their importance in preserving the region's rich history and traditions.

The department had referred 575 posts to the Jammu and Kashmir Public Service Commission (JKPSC), but shockingly, not a single post was allocated for Sanskrit and Hindi subjects. Moreover, there are over 50% vacant posts in

the school education department. Rannik Sharma, a Ph.D. scholar, urged Sunil Sharma to take immediate action to address the issue, requesting the inclusion of Sanskrit and Hindi subject posts in the recruitment notification. The delegation demanded that the government provide justice to Sanskrit, Hindi, Dogri, and Punjabi students and scholars by offering posts in the subject as soon as possible.

Dewan Devi School students visit Bakshi Nagar Police Station

STATE TIMES NEWS

JAMMU: A group of 62 students from Dewan Devi Higher Secondary School, Bakshi Nagar, visited Police Station Bakshi Nagar to gain firsthand knowledge about police operations and the criminal justice system.

The students were welcomed by SHO Bakshi Nagar, Inspector Sajid Mughal, who guided them through various sections of the police station, including the Munshiyat, IO rooms, SHO's office, and the lockup. They were briefed on the process of

receiving complaints, registering FIRs, collecting scientific evidence, and handling cyber-related crimes.

The students also attended a lecture by SDPO City West Jammu, Dr. Satish Bhardwaj, who discussed the dangers of drug abuse and the importance of discipline in student life. As part of the Operation "Pathshala" initiative by J&K Police, the visit aimed to raise awareness among students about drug abuse, cybercrime, and other pressing issues of today's society.

Mahamandleshwar Gita Manishi Swami Gyananand Ji Maharaj appeals public to Chant Bhagwad Gita Shlokas on Gita Jayanti

STATE TIMES NEWS

JAMMU: In an inspiring spiritual program held at the prestigious Jammu Club, Gita Manishi Mahamandleshwar Swami Gyananand Ji Maharaj appealed to the people of Jammu to chant three sacred shlokas from the Bhagwad Gita on the auspicious occasion of Gita Jayanti, which will be celebrated on December 11, 2024.

The event began with a traditional lamp-lighting ceremony, symbolizing the victory of light over darkness and the spreading of divine knowledge. This was followed by a heartfelt Vandana (prayer) that created



Gita Manishi Mahamandleshwar Swami Gyananand Ji Maharaj and others at a meeting.

a tranquil and devotional atmosphere, preparing the audience for the enlightening discussions ahead.

Organized by the members of GIEO Gita Jammu, the pro-

gram was marked by meticulous planning and execution.

The stage was managed by RJ Shwetima. The occasion saw an impressive gathering of esteemed personalities, includ-

ing Prant Pracharak RSS Rupesh Kumar, Seh-Prant Pracharak RSS Mukesh Kumar, Working President VHP Rajesh Gupta, MLAs Sham Lal Sharma, Arvind

Gupta, and Yudhvir Sethi, IAS officers Rahul Yadav and SDM Jammu North Nitish Rajora, alongside revered saints Mahant Rameshwar Dass and Swami Kumar.

In his address, Swami Gyananand Ji Maharaj spoke about the timeless teachings of the Bhagwad Gita, describing it as an ancient Hindu scripture that offers invaluable guidance on living a purposeful and fulfilling life.

He highlighted the spiritual significance of Gita Jayanti, marking the day Lord Krishna delivered the divine discourse to Arjuna, and urged everyone to

honor this occasion by chanting three of its Shlokas.

Swami Ji emphasized that incorporating the teachings of the Gita into daily life can bring inner peace, clarity, and harmony to individuals and society at large.

The program not only celebrated the essence of the Bhagwad Gita but also served as a reminder of its enduring relevance in today's fast-paced world. The large and diverse audience, including both spiritual seekers and members of the general public, left the program feeling inspired and spiritually enriched.

Book Review workshop "Booked & Hooked" engages students at JU Sat holds meeting with senior BJP leaders in Kashmir

STATE TIMES NEWS

JAMMU: A one-day workshop titled "Booked & Hooked" was organized by the Skill, Innovation, Incubation, Entrepreneurship & Development Centre (SIIEDC) in collaboration with the Literary Club, University of Jammu at the Open-Air Theatre (Amphitheatre) on campus. The workshop attracted enthusiastic participation from students and faculty, fostering a culture of literary exploration and peer learning.

The event commenced with a welcome address by Prof. Alka Sharma, Director of SIIEDC, who greeted dignitaries, faculty, and students. In her remarks, Prof. Sharma emphasized the importance of



Students with faculty members during workshop "Booked & Hooked" at JU.

such workshops in enhancing critical thinking and promoting literary appreciation among students. She encouraged participants to make the most of the opportunity to refine their analytical skills through book reviews.

The workshop's key feature was its student-led approach. Students from the "Design Your Degree" program conducted interactive sessions, guiding their peers through the process of writing and presenting book reviews.

This peer-to-peer learning model not only created a collaborative environment but also empowered students to take charge of their own learning. Throughout the day, participants reviewed and discussed a variety of books,

offering diverse insights and reflections. The sessions fostered a culture of dialogue and intellectual exchange, with students learning from each other's interpretations and critiques.

The event concluded with a vote of thanks by Prof. Sadaf Shah, Coordinator of the Literary Club. Prof. Shah expressed gratitude to the dignitaries, teachers, participants, and facilitators for their efforts in making the event a success. She also emphasized the need for continued engagement in literary activities on campus.

The workshop was a resounding success, leaving participants inspired and eager to explore more opportunities for literary engagement.

STATE TIMES NEWS

SRINAGAR: Sat Sharma, the President of the Bharatiya Janata Party (BJP) for Jammu and Kashmir, chaired meeting of senior leaders of the party from Kashmir region. The meeting, held in Srinagar, marked crucial discussions in bolstering the party's presence and strategy in common masses in Kashmir. During the meeting, Sat Sharma urged the leaders to prioritize and intensify the BJP membership drive. He called on them to bring more people into the party fold, emphasizing that BJP's mission is to include and empower every section of society. "Membership is the foundation of our strength. We must connect with people at every level



President J&KBJP, Sat Sharma chairing a meeting.

and make them part of our vision for a progressive and united Jammu and Kashmir," Sharma stated.

The discussion also revolved around strategies for strengthening the party's grassroots network and addressing key issues faced by the people of the region. Sharma assured the leaders that the BJP remains committed to delivering good governance, development, and opportunities for all citizens in Jammu and

Kashmir. Senior leaders present at the meeting expressed their commitment to the goals outlined by the party president. They pledged to work collaboratively to expand the party's reach and impact in the region.

This meeting signifies the start of a renewed effort under Sat Sharma's leadership to strengthen the presence of the party in Kashmir and reinforce its connection with the people.

Mahant Rohit discusses promotion of Sanskrit with Swami Shri Gyananand Ji Maharaj

STATE TIMES NEWS

JAMMU: Mahant Rohit Shastri, President of the Shri Kailakh Jyotish Avim Vedic Sansthan Trust and State Awardee, engaged in a meaningful discussion with Geeta Manishi Mahamandaleshwar Swami Shri Gyananand Ji Maharaj in Jammu. The dialogue focused on advancing initiatives to promote Sanskrit, the Devvani (divine language), in Jammu and Kashmir.

Mahant Rohit Shastri outlined the activities undertaken by the trust to preserve and promote Sanskrit, emphasizing its cultural and spiritual significance.

He expressed profound gratitude to the Lieutenant Governor of Jammu and Kashmir, Manoj Sinha, for his



Mahant Rohit Shastri, President of SKJAVST meeting with Geeta Manishi Mahamandaleshwar Swami Shri Gyananand Ji Maharaj.

unwavering support in encouraging the spread of the language. Mahant Shastri acknowledged the pivotal role of

the Lieutenant Governor in fostering Sanskrit's growth in the Union Territory and thanked him for his enthusiastic backing. Swami Shri Gyananand

Maharaj praised Mahant Rohit Shastri's tireless dedication to Sanskrit and highlighted the importance of youth involvement in its promotion.

He remarked that if young Indians embrace Sanskrit with the same passion as Mahant Shastri, the country would undoubtedly reestablish its position as a global leader in knowledge and culture. Dr. Vivek Arya and Sunil Sharma, members of the trust, were also present during this meeting.

Their presence underscored the collective commitment of the Shri Kailakh Jyotish Avim Vedic Sansthan Trust towards the preservation and dissemination of Sanskrit's rich heritage. The event marked another step forward in the mission to revitalize this ancient language in modern India.

BJP deposes MLAs for assembly constituencies and public darbar at party office

STATE TIMES NEWS

JAMMU: In a meeting held at B-JP headquarters, Trikuta Nagar, Jammu, chaired by President Sat Sharma and attended by General Secretary (organization) Ashok Koul, Leader of Opposition, Sunil Sharma, General Secretaries Dr. D.K.Manval (former minister) and Adv Vibodh Gupta (former MLC), few issues were discussed and important decisions taken.

According to an official hand-out, the meeting finalised the names of the party MLAs to be deputed for different assembly constituencies in Jammu and Kashmir regions, who will be available for interacting with the party activists and the general public to listen to grievances and extend help in mitigating their problems.

From among these MLAs, each one of them will ensure his/her presence for at least one day in a month in the constituency for the convenience of the people of that segment.

Shakti Raj Parihar has been deputed for Banihal constituency, Er Pawan Gupta for Ramban, Dalip Singh Parihar for Doda East, Sunil Sharma and Shagun Parihar for Inderval, Thakur Darshan Singh for Bani, Kuldeep Dubey for Gulabgarh, Dr. D.K.Manval and Ch. Vikram Randhawa for Chhamb, Adv. Ranbir Singh Pathania for Nagrota, Thakur Randhir Singh for Nowshera, Satish Sharma for Rajouri, Baldev Sharma and M.L.Bhagat for Budhal, Rajiv Jasrotia and Arvind Gupta for Thannamandi, Prof. Garu

Ram Bhagat and Surinder Bhagat for Surankot, Dr. Narinder Singh and Dr. Rajiv Bhagat for Poonch, Chander Prakash Ganga and Yudhvir Sethi for Mendhar.

Similarly, Sham Lal Sharma and Dr. Sunil Bhardwaj will be available for the people of Kashmir North, Surjit Singh Salathia and Dr. Bharat Bhushan for Central Kashmir, Balwant Singh Mankotia and Adv Vijay Sharma for South Kashmir.

The names of the party MLAs were also decided to be available at public darbar scheduled to commence on December 16 at party headquarters, Trikuta Nagar, Jammu, to listen to the public grievances and do the needful to help them. Among the party MLAs,

Sham Lal Sharma and Mohan Lal Bhagat will listen to the public grievances on Monday, Surjit Singh Salathia, Dr. D.K.Manval and Prof. Garu Ram Bhagat on Tuesday, Dr. Narinder Singh, Ch. Vikram Randhawa and Balwant Singh Mankotia on Wednesday, Chander Prakash Ganga, Dr. D.K.Manval and Arvind Gupta on Thursday, Sunil Sharma, Yudhvir Sethi and Surinder Bhagat on Friday.

DC reviews educational facility for rehabilitated street children

STATE TIMES NEWS

JAMMU: Deputy Commissioner Sachin Kumar Vaisya on Tuesday inspected the ongoing classes organised for rehabilitated street children to assess the initiative spearheaded by the district administration. The programme, supported by the Social Welfare and Education Departments, aims to provide a fresh start to children previously engaged in activities like begging and street vending. Interacting with the children, the DC quizzed them on their learning progress and evaluated the impact of the initiative. Expressing satisfaction with their enthusiasm for education, he appreciated their dedication to continuing studies. Under the programme, around 80 children are receiving regular classes, complete with school uniforms, stationery, and lunch provisions. The efforts aim not only to educate these children but also to integrate them into mainstream society.

CEO launches Coffee Table book on electoral activities for Samba Distt

STATE TIMES NEWS

JAMMU Chief Electoral Officer, Pandurang K. Pole on Tuesday launched a comprehensive Coffee Table Book documenting the electoral activities carried out in Samba district during the recently concluded Assembly Elections here at Nirvaachan Bhawan.

Deputy Commissioner, Samba, Rajesh Sharma, was also present on the occasion.

The book serves as a visual narrative, highlighting the district's electoral journey and showcasing various initiatives undertaken during the election period,



Chief Electoral Officer, Pandurang K. Pole on Tuesday launching a comprehensive Coffee Table Book.

with a special focus on the Systematic Voters' Education and Electoral Participation (SVEEP) program.

The coffee table book aims to provide a compre-

hensive and engaging visual chronicle of the democratic process in Samba district, emphasizing transparency and community participation in the electoral mechanism.

Junior National Soft Tennis Championship J&K Sports Council to conduct selection trials on Dec 6, 7, 9

STATE TIMES NEWS

JAMMU: The J&K Sports Council is going to conduct open selection trials for participation of players in the upcoming Junior National Soft Tennis Championship 2024-25 scheduled to be held in Punjab.

As per a notification issued here on Tuesday by the Sports Council in this regard, the division level trials would be conducted on December 6 at Gindun Stadium Rajbagh, Srinagar for the players of Kashmir division while for the Jammu division players it will be held at MA Stadium, Jammu, on December 7.

Similarly, the UT level trials would be held on December 9 at MA Stadium, Jammu.

The notification added that the selected players will undergo coaching camp prior to their participation in the national tourney.

All the interested players have, therefore, been informed to attend these selection trials on the said dates along with their original Date of Birth certificates. For further queries regarding the trials, the players can contact Indu Bhushan, Khelo India Soft Tennis Mentor JK Sports Council at 7780962714.