

IRP-19th Bn holds Yoga Session

■ STATE TIMES NEWS
KATHUA: In a significant initiative to enhance the physical and mental health of its personnel, IRP-19th Battalion organized a comprehensive Yoga session today at its Battalion Headquarters, Kathua. The event, presided over by Ramesh Angral-JKPS, Commandant of the unit, was aimed at fostering overall well-being and promoting stress management techniques among the police force. A large number of police personnel enthusiastically participated in this session, which was conducted by expert Yoga instructors from the J&K Ayush Department. The session commenced with an introductory briefing by the Ayush Department instructors, who emphasized the importance of yoga for maintain-



Participants carrying out Yoga.

ing both physical and mental health. The instructors then proceeded to demonstrate a variety of yoga postures (Asanas) and breathing exercises (Pranayama), offering step-by-step guidance for the participants. These exercises were specifically chosen to cater to the needs of police personnel, focusing on improving flexibility, strength, and men-

tal clarity, while also reducing stress and anxiety. The Commandant, in his address, highlighted the crucial role that physical fitness and mental well-being play in the performance of duties, especially in law enforcement. He expressed his appreciation for the Ayush Department's contribution and stressed the impor-

tance of integrating yoga into daily routines to help officers manage the demanding aspects of their jobs effectively. The Commandant also encouraged the participants to adopt these practices to help them stay energized, focused, and resilient in their work. In addition to promoting health, the event also served as a reminder of the

unit's commitment to ensuring the welfare of its personnel. The Commandant assured that similar events would continue to be organized in the future. This initiative is part of a broader effort by IRP-19th Bn to create a positive and supportive atmosphere that contributes to the holistic development of its personnel. As law enforcement officers face a unique set of challenges, incorporating health and wellness practices like yoga is an essential step toward maintaining peak performance and resilience. Among others, the officers who participated in the event included Karanvir Singh-SSP, Dy.CO, . Syed Majeed Mosavi-SP, Adjutant-cum-Quarter Master & other officers/officials of IRP-19th Bn.

Villagers protest against tree cutting near cremation ground, SDM halts work

■ STATE TIMES NEWS
R S PURA: Villagers in Mote village, located along the R S Pura-Suchetgarh road, staged a protest on Friday against the cutting of approximately 32 eucalyptus trees near the local cremation ground. A large number of locals gathered at the site, expressing their anger and urging the administration to intervene and stop the deforestation. Upon receiving the information, SDM R.S. Pura, Seema Prihar, rushed to the spot and immediately ordered the suspension of the tree-cutting work. The villagers claimed that the land has been used as a cremation ground for years and that they had planted these trees themselves long ago. However, the Waqf Board is now claiming ownership of the land and has initiated



SDM R.S. Pura, Seema Prihar listening to locals.

ated the felling of these lush green trees, which has triggered strong opposition from the locals. The villagers argued that trees are essential for environmental protection, yet deforestation is being carried out recklessly, harming nature. They also accused the administration of neglecting the matter. SDM Seema Prihar stated that she has taken the villagers' complaints seriously and is currently verifying the

official records. She emphasized that trees cannot be cut down without proper authorization and confirmed that the work has been halted for now. On the other hand, contractor Gurmeet Singh clarified that the Waqf Board had legally invited tenders for tree-cutting, which he had secured. He asserted that all activities were being carried out within legal boundaries and that he had informed the board officials about the work being stopped.

Kathua organises Public Darbar

■ STATE TIMES NEWS
KATHUA: To increase coordination between Police and public, Today a "Public Darbar" has been Organized at Jakhbar area in the jurisdiction of PP Nagri in which Addl SP Kathua Rahul Charak JKPS, DySP Hqs Kathua Ravinder Singh, SHO PS Kathua Insp. Sandeep Chib, IC PP Nagri PSI Ravinder Thakur along with PRI's as well as other approximate 70-80 people including prominent citizens of Nagri were present in the event. Various genuine issues/problems were discussed by prominent citizens.



Addl SP Kathua Rahul Charak addressing the locals.

Addl SP Kathua assured them that their genuine demands pertaining to police will be resolved on priority and that of civil administra-

tive will be taken up with the concerned departments for their early redressal. Programme ended peacefully with the vote of thanks.

NABARD organises event to celebrate International Women's Day

■ STATE TIMES NEWS
HIRANAGAR: The National Bank for Agriculture and Rural Development (NABARD) organized an event to celebrate International Women's Day in the town of Hiranagar. The event witnessed the attendance of various esteemed guests, including the Director RSETI, UtpalaSaikia, Amit Kumar (DDM Kathua), Rahul Dhar (LDM Kathua), Kuldeep Raj (Agriculture) and Nirmal Devi Treasurer GHK, Hiranagar. Women from different



NABARD official speaking during the event.

Self-Help Groups (SHGs), supported by NABARD, also graced the occasion with their presence. The event was initiated by DDM NABARD, who welcomed

the chief guest and other dignitaries. He appreciated the instrumental role played by women in the development of India, especially Jammu and Kashmir. DDM

NABARD also shared his thoughts on women's empowerment, their roles, and achievements in their day-to-day life. He explained the various

ways NABARD is involved in empowering women through SHGs and various other initiatives. As the chief guest, UtpalaSaikia, took the stage, she spoke about the importance of empowering women in India. She emphasized the need for gender equality as the first step towards women's empowerment. She highlighted that women are capable of working in any field if provided with the opportunities. She also urged society to recognize that women are not limited to handling household chores or taking responsibility for home and family.

Bishnah holds police-public meeting

■ STATE TIMES NEWS
JAMMU: The District Police Jammu organized a Police-Community Partnership Group (PCPG) meeting at Khairi village reinforcing its commitment to strengthening community relations and addressing public concerns. During the meeting SDPO RS Pura Gurmeet Singh-JKPS and SHO PS Bishnah Inspector Sushil Choudhary engaged with the local youth, elders, and residents, assuring them of the police's full support in resolving their grievances. They also emphasized the significance of community participation in maintaining law and order and briefed the gathering on the latest developments in criminal laws. SDPO RS Pura and SHO Bishnah actively participated in discussions and listened to public concerns. The meeting served as a platform for open dialogue fostering trust and cooperation between the police and the local community.



Jammu police strengthens community policing; visits senior citizens, retired police personnel



■ STATE TIMES NEWS
JAMMU: Under the directions of senior formation, Jammu Police conducted visits to the homes of senior citizens, particularly those living alone, to ensure their well-being and provide a sense of security. As part of this community outreach initiative, officers also visited the residences of retired police personnel in the rural zones of Jammu

district. The areas covered included Jhajjar Kotli, Manwal, Domana, Kanachak, Pounchak, Gharota, Garlhal, and Akhnor. This effort aimed to acknowledge their service, address any concerns they might have, and assure them of continued police support. This initiative underscores Jammu Police's commitment to the safety and welfare of senior citizens, strengthen-

ing the bond between law enforcement and the community. During these visits, senior citizens were reassured of police assistance in case of any emergency, and their feedback was gathered to enhance safety measures. Jammu Police urges senior citizens and retired personnel to remain in touch with their nearest police station and reach out for any assistance they may need.

Quality fruit saplings distributed among Amb villagers

■ STATE TIMES NEWS
JAMMU: Good quality, grafted Mango and Lemon saplings were distributed to deserving residents of Amb village by Taushi Branch, on Friday. Dr. Dev Raj Sharma, National Chairman (Environment), Bharat Vikas Parishad who could not attend due to a last moment exigency conveyed his appreciation on phone for taking up such initiatives which combined environmental, educative, health and economic benefits for the village folk. Conveying the sentiments of the entire village, the Sarpanch Bachan Singh and other opinion leaders of the village thanked Bharat Vikas Parishad for thinking of the needy people of their village in this endeavour. Speaking to the gathering on the occasion, Ajay



Taushi Branch distributing saplings among locals.

Khajuria, President, Taushi Branch, Bharat Vikas Parishad, J&K Prant, outlined the objectives of Bharat Vikas Parishad which aimed to strengthen the social fabric of the nation, and also made those present aware about the benefits of planting fruit trees and the need to inculcate good Sanskars amongst our coming generations. Balwant Singh, member

Taushi Branch made the beneficiaries aware about the methodology for successfully planting and caring for the plants for best results. The event was coordinated by Arvind Khajuria, Paarayavan Pramukh, Taushi Branch. Lt Col (Retd) Man Singh Jamwal, Member and Vinod Kumar, Jt Secretary, Taushi Branch actively contributed in making the event a success.

Blood donation camp for Thalassemia patients organised at SMVDU

■ STATE TIMES NEWS
KATRA: NCC and NSS units of SMVDU, Katra, in collaboration with the J&K Thalassemia Welfare Society, organized a blood donation camp at the SMVDU campus. This event united community members in support of a life-saving cause. The camp was organised by Dr. Varun Dutta, NCC Coordinator, SMVDU and Dr. Rajiv Kumar, NSS Coordinator, and supported by Dr. Pallav Sharma from the Medical Aid Centre, SMVDU. The initiative witnessed an impressive turnout. Dr. Rasmi from GMC, Jammu, oversaw and provided essential support at a blood donation camp.



Team of doctors along with SMVDU faculty and students during the camp.

cantly impact the lives of numerous individuals combating Thalassemia, a genetic blood disorder. Furthermore, LG Electronics, as part of its Corporate Social Responsibility (CSR) initiative, supported this Mega

Blood Donation Drive in collaboration with Saksham Bharti Foundation and J&K Thalassemia Welfare Society. The event was spearheaded by Mukteesh Sharma and Tejas Thussu from LG Electronics, along with

Sudhir Sethi from J&K Thalassemia Welfare Society. Er. Sudhir Sethi, President of J&K Thalassemia Welfare Society, Jammu, emphasized the vital role of regular blood donation camps for Thalassemia patients, highlighting the growing need for

blood due to frequent transfusions required by many patients. He urged the community to actively participate in mitigating the sufferings of Thalassemia children and preventing the birth of such children through genetic counseling and proper antenatal advice. Vice Chancellor, SMVDU, Prof. (Dr.) Pragati Kumar, commended the organizing team's efforts, emphasizing that blood donation is not merely an act of kindness but a lifeline for those in need. He underscored the profound impact of collective action, illustrating how each donation represents a ray of hope for individuals bravely facing Thalassemia.

Army organises awareness lecture on women empowerment

■ STATE TIMES NEWS
POONCH: The Indian Army organized an insightful lecture on women empowerment at Govt. Higher Secondary School, Salani, Poonch, aimed at raising awareness about various women empowerment schemes in rural Jammu and Kashmir. The session emphasized that the empowerment of women is crucial for building a better future. When women are empowered, society as a whole is empowered, paving the way for progress and prosperity. The lecture highlighted several government initiatives aimed at achieving



Army officials along with women folk during the event.

this goal, including the National Policy of Education, the National Commission for Women, Balika Samridhi Yojana, Sarva Shiksha Abhiyan, the National Programme for Education of Girls at the Elementary Level, the Swayam, Sidha Women

E m p o w e r m e n t Programme. A special focus was also placed on encouraging women's participation in the Armed Forces and Central Armed Police Forces and CAPF via various schemes. The girls in attendance

expressed their appreciation for the Indian Army's efforts to educate them about these vital programs, recognizing that knowledge gained will significantly improve their outlook on life and contribute to a higher standard of living in the long run.

SDM reviews progress of developmental works, essential supplies in Sub Division Paddar

■ STATE TIMES NEWS
PADDAR: Sub-Divisional Magistrate (SMD) Padder, Dr. Amit Kumar, conducted a series of meetings with all departments and public representatives today to assess the progress of developmental work and ensure the availability of essential supplies in the aftermath of the recent snowfall. During the meetings, it

was confirmed that the Patherdaki point is now safe for traffic movement from Padder to Kishtwar. The concerned departments have been instructed to be alert and promptly carry out restoration work, including ensuring water and electricity supplies, and restoring road connectivity immediately and report on daily basis. Additionally, all ongoing

schemes for the current financial year must be completed as per schedule. The SDM emphasized the importance of prioritizing the needs of the residents and ensuring their well-being in the wake of the recent snowfall. Public at large has been requested to cooperate with the authorities and report any issues or concerns promptly.

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