

Corps Commander calls on DGP J&K, reviews security

■ STATE TIMES NEWS

JAMMU: Rising Star Corps commander Lieutenant General Pushpendra Singh on Friday visited the Jammu-based Tiger Division and reviewed the operational preparedness of the Army in the region.

Lt Gen Singh on assuming the charge of the command visited the 26 Infantry Division (Tiger Division) during a two-day trip to the region, a defence spokesman said.

He reviewed the operational preparedness of the division and appreciated the high state of readiness and synergy between all combat and com-



Rising Star Corps Commander Lt Gen Pushpendra Singh along with DGP Dilbag Singh and other officers.

bat-support elements, the spokesman said. During his interaction with the soldiers, Lt Gen Singh was appreciative of their sharp vigil alertness and high morale. Later, Lt. General Pushpendra Singh called on Director General of Police, J&K Dilbag Singh at Police

Headquarters.

The officers discussed the present security scenario of J&K. ADGP Jammu Mukesh Singh and other senior officers of Army were also present on the occasion.

During the interaction the officers discussed various

aspects of security and counter-terrorists operations. The overall situation in the Rising Star Corps area was discussed. Steps that are being taken for sustainable peace in the J&K were deliberated upon. The DGP congratulated Lt. General Pushpendra Singh for

taking over as the new Commander of the Rising Star Corps.

Singh said that there exists a great synergy and coordination with Army and CAPFs which is resulting in great dividends on anti-terror front. Rising Star Corps Commander on his part conveyed his appreciation to all ranks of Jammu & Kashmir Police for the outstanding work being done for the peace and welfare of people of Jammu and Kashmir.

He wished good luck to the entire Police Pariwar. He also extended good wishes to the families of police personnel and martyrs.



Sethi raises concern about terrorism in Jammu

■ STATE TIMES NEWS

JAMMU: Jammu and Kashmir Bharatiya Janata Party has raised serious concern on efforts by anti-nationals to vitiate atmosphere of peace in Jammu.

Encounter of Terrorists in Sunjwan area today is an eye opener about modus operandi of terrorism of spreading its tentacles in Jammu region. It is happening when PM visit is just 2 days away is raising serious concerns.

Chief Spokesperson of the party in a statement has said that local protection and assistance to terrorists is required to be sternly dealt with and the area where encounter has taken place is illegally occupied by illegal Rohingya emigrants who have been settled in Jammu



as part of conspiracy.

The conspiracy is showing its fangs by increased terror and hatred activities in the area, he said adding that earlier attempt was made to engineer communal riots in Jammu by deliberately hurting sentiments of one community by act of vandalism in religious place.

He said that the encounter exposes the great danger the terror is trying to inflict on

peace in Jammu region and more so such terror activities on the eve of PM visit indicates to nefarious designs to target the rally and PM.

Sumil Sethi has called upon LG Administration and the security agencies to deal with the situation sternly as it is an issue involving security of nation and its integrity.

The enemy of nation and their sympathizers should be identified and immediately neutralized, he said.

The role of security agencies and Jammu police in taking timely action is appreciated as it has saved the situation from taking ugly turn, he said adding that Party offered condolences on the martyrdom of brave Police officer whose Supreme sacrifice the nation will remember always.

Arun Gupta, President Chamber of Commerce and Industries (CCI) Jammu along with the office bearers Anil Gupta, Sr. Vice President, Rajiv Gupta, Jr. Vice President, Gaurav Gupta, Secretary General, Rajesh Gupta, Secretary, Rajesh Gupta, Treasurer strongly condemned the dastardly act of terrorists in pre-dawn attack on the security forces' bus.

Arun Gupta said that such acts are aimed at disturbing the existing peaceful atmosphere of

Jammuites come together to condemn Sunjwan terror attack



CCI President Arun Gupta interacting with office bearers.

Government Medical College Jammu to know about the well-being of the security forces injured in the terror attack.

The Jammu and Kashmir High Court Bar Association suspended work in protest against a terrorist attack here.

This decision was taken at a meeting of officer bearers and members of the fraternity.

Jammu Bar president Bhardwaj strongly condemned Pakistan for carrying on the policy of enmity against India and harboring terrorists on their soil and using them to threaten life of the people & security forces in our Union Territory of Jammu & Kashmir.

The Chamber President appreciated the instant retaliation to the attack by the security forces and killing both the terrorists in a nearby house where they had taken shelter while fleeing from the spot of attack.

He said it is because of their relentless vigilance and alertness that people feel safe and secure and live peacefully.

He said that timely action averted heavy casualty of CISF jawans as also some major strike by these Fidyeens in the nearby Sunjwan Army Camp.

While paying rich tributes to the martyred Assistant Sub-Inspector (ASI) S P Patil, Arun Gupta said that in this

hour of pain the people of this nation stand highly indebted to the security force personnel who are ever ready to lay down their lives for the cause of the nation.

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He strongly criticized NDA Government's foreign policy and said that Modi Government's foreign policy is totally a failure and this is the main reason behind the terrorist attacks.

Bhalla demanded a concrete policy to counter Pak sponsored terrorism in the country.

He said that Pakistan has made India to bleed by sending armed desperados and should shun its weak kneeled policy and give a befitting reply to enemy once for all.

Meanwhile Bhalla also visited Sunjwan to have first hand appraisal of situation while interacting with prominent persons of the area.

Strongly condemning the attack on security forces in Sunjwan area at city outskirts here today, Chairman, Team Jammu, Zorawar Singh Jamwal warned the Jihadi terrorists operating in Jammu and Kashmir to pack off here with or else new resurgent India will leave no stone unturned to eliminate them wherever they would be found taking refuge.

GMC Jammu organises talk on 'Mind Management & Meditation'

■ STATE TIMES NEWS

JAMMU: As an initiative to teach the young medics how to overcome stress and contribute to the society with a positive mind, a talk on 'Mind Management & Meditation' was organised in the Government Medical College (GMC) Auditorium, here on Friday.

Dr. Shashi Sudan Sharma, Principal & Dean GMC, was the Chief Guest on the occasion, who said that being healthy not only means physical well being but also mental, social & spiritual well being of a person. In present times everyone is having one or the other kind of stress and the COVID times have been stressful for everyone not only in India but the whole world, she said adding that it is high time that we learn techniques of decreasing stress in our life.

"Once we are able to work in a stress free inner environment our output will improve and we will be able to contribute our best to the community," she said.



Doctors and students performing Aasan at GMC Jammu.

Avinash Tiku was the main speaker who besides elaborating the benefits of mind managements through breathing exercises also demonstrated 'Bhastrika' Asana also called as the Bellows breath.

The method helps draw Prana (the life force) into the body and mind, thus clearing out mental, emotional & physical blocks.

All participants did the Asana for 15 min-

utes and as per them it was really beneficial in relaxing the body as well as mind & contributed in increasing their focus & happiness. He further said that breathing exercises are simple techniques which everyone can do with ease even at home.

Administrator AH, Faculty Members and about 200 students participated in the programme.

While paying rich tributes to the martyred Assistant Sub-Inspector (ASI) S P Patil, Arun Gupta said that in this

JU organises 'Parisar Safai Abhiyan'

■ STATE TIMES NEWS

JAMMU: Department of Students Welfare in collaboration with Green Campus Task Force (GCTF-JU) and NSS Campus Units, University of Jammu organized one day Campus Cleanliness Drive (Parisar Safai Abhiyaan) in the University Campus to mark World Earth Day 2022.

More than 100 GCTF-JU volunteers, consisting of representatives from various university departments and around 80 volunteers from various NSS units of university besides students, scholars and faculty members of various university departments participated in the drive.

The volunteers collected waste from their respective departments and its periphery in garbage bags and stored it near the department.

More than 290 garbage bags were collected from various departments, administrative blocks, canteens and lawns of the University.

These bags were finally collected and disposed-off by the Health and Sanitation Wing of the University.

The GCTF-JU and NSS volunteers were divided into groups in order to ensure the smooth conduct of the drive in various teaching and administrative blocks of the university.

The volunteers also interacted with the visitors and owners of the canteens to sensitize them regarding the importance of segregation and proper disposal of the waste. All the canteen own-



Members from NSS Campus Units who actively participated in the event included Prof. Neeru Sharma, Convener, Prof. Anju Thappa, Coordinator along with Program Coordinators Dr. Savita, Dr. Neelam Choudhary and Dr. Isha. Members of Campus Cultural Committee also

coordinated the same enthusiastically in their respective departments.

Prof. Arvind Jasrotia, Registrar, JU applauded the efforts of the organizers and called upon the participants that such events should be a regular feature in the University of Jammu.

Prof. Prakash Anthal, Dean Students Welfare, congratulated all the collaborators, Heads of the departments, Teacher- Incharges, volunteers, research scholars, students and faculty members for their contribution to this noble cause and hoped that such activities should not be restricted to just one day rather it should be a continuous process in order to keep our Campus and the surroundings clean.

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