

JYBT celebrates Hanuman Jayanti with generous donations

STATE TIMES NEWS

JAMMU: On the auspicious occasion of "Chaitra Shukla Paksha Purnima," Pawan Kumar Shastri, President of the Jammu Yatri Bhawan Trust, Jammu/Haridwar, spoke about the significance of the day, which coincides with the birth of Lord Hanuman Ji.

He emphasized Lord Hanuman Ji's divine presence, symbolizing devotion and strength, and highlighted the religious importance of Hanuman Jayanti celebrated with joy and fervour across the country.

The Jammu Yatri Bhawan Trust celebrated "Hanuman Jayanti" with religious fer-



Trustee JYBT, Raj Kumar Gupta along with his family, donating Mata Sita Rasoi at Sankat Mochan Panchmukhi Hanuman Mandir.

vous at its "Sankat Mochan, Panchmukhi Shree Hanuman Mandir" and Dharamshala at B.C. Road, here.

The celebration included Puja, Archana with Vedic Mantra chanting, Hanuman Chalisa Paath, Bhajan, and

Kirtan, conducted by learned Pandits under the guidance of Sh. Pawan Kumar Shastri. A large number of devotees participated in seeking the blessings of Lord Hanuman Ji.

The Trust was pleased to announce generous dona-

tions made on this auspicious occasion. Raj Kumar Gupta (Raja Ji), Trustee, Jammu Yatri Bhawan Trust, along with his family, donated a fully constructed Kitchen (Mata Sita Rasoi) to the Trust at its Sankat Mochan Panchmukhi Hanuman Mandir & Dharamshala during the marriage ceremony of their daughter Taniya Gupta, seeking blessings of Lord Hanuman Ji.

Similarly, Vinodi Sharma and Naresh Sharma, Engineer, from Kathua, constructed a complete Hall in the Sankat Mochan Panchmukhi Hanuman Mandir at BC Road, in memory of their son Late Rahul

Sharma and donated it to the Jammu Yatri Bhawan Trust on this auspicious day.

Additionally, Pardeep Singh Sanbyal from Kotli Mandi, Samba, donated a complete "Casio set" in the memory of his late wife Veena Sanbyal, for use in the Sankat Mochan Panchmukhi Shree Hanuman Mandir & Dharamshala of Jammu Yatri Bhawan Trust.

The generous donations were witnessed by a large number of devotees who attended the function organized by the Trust at its Sankat Mochan Panchmukhi Hanuman Mandir & Dharamshala here.

Yoga is need of day to day life: Dr Shreyansh



Dr Shreyansh Kumar Jain, State Chairman Indian Yoga Association and others at a programme.

STATE TIMES NEWS

JAMMU: A seminar on yoga as need of day to day life was organized on Thursday at Trikuta Nagar, Sector 7, under the guidance of Dr Shreyansh Kumar Jain, State Yoga, State Chairman Indian Yoga Association & President Vichar Kranti Manch International.

Yoga lovers including Narinder Wadhwa, President Evening Walkers Association Trikuta Nagar, Akshay Sopti, Retd Govt Officer, Vipul Mahajan Social Activist, Ravinder Verma an Engineer, Aashesh Bhandari, SO Forest Dept, Sourabh Bhandari, Dist Informative officer, Rakesh Verma, Trained Yoga teacher & Yoga Sadhak from Sidhyog Peeth HQ Ganeshpur (Bonbay) since 1991 & Dr

Shreya Verma PG Gynecologist were present on the occasion.

Dr Jain explained that the practice of yoga allows practitioners to recognize and process emotions, leading to greater emotional intelligence and resilience. Though regular practice, individuals can develop a more balanced and harmonious emotional landscape, fostering healthier relationships with oneself and others.

He also threw light on the importance of yoga in our daily life, yoga enhances physical health, mental clarity, and emotional well being, fostering a balanced and harmonious daily life. While explaining importance of yoga & it's quality of being significant valued in our daily life, Dr Jain said in today's fast paced

and stressful world, finding moments of tranquility and inner peace can seem like an elusive quest.

Amidst the hustle and bustle of daily life, incorporating a practice that nurtures the body and mind becomes paramount, he said adding that yoga, an ancient practice originating in India, has emerged as a beacon of hope and holistic well being for millions around the globe. Beyond being a physical exercise, yoga is a way of life that touches every aspect of our being. Light was thrown on cultivation physical health & Flexibility, Enhancing Mental clarity and Focus, Stress Reduction and Relaxation, Promoting Emotional Balance, Boosting Immune Function, Nurturing Mind-Body connection, Encouraging self-Discovery and personal Growth, Improving Sleep quality, Fostering a sense of community, and Aligning with sustainable living.

Incidentally the Happy Birthday of Yoga teacher Rakesh Verma also fall on same day, which was celebrated in yogic way, only fruits and sprouts were served. Rakesh presented vote of thanks.

Raina appeals people to vote massively to strengthen nation, democracy

STATE TIMES NEWS

JAMMU: Ravinder Raina, President, Bharatiya Janata Party, Jammu & Kashmir, appealed to the masses to vote massively to strengthen the nation and democracy. Raina appealed to the people to vote in massive numbers to celebrate the festival of democracy.

He said that Prime Minister Narendra Modi has been serving the society and the nation without taking any holiday and asked the masses to follow his spirit to contribute to the development of this great nation.

Raina asked the people to vote to promote peace and prosperity in the region. He asked them to vote to strengthen the nation and to prosper the poor

and the needy. Ravinder appealed to the voters to vote early on a priority basis before any other chore and prompt others in their vicinity to vote well in time.

He also asked them to vote to ensure that India be recognized as a 'Developed nation' instead of being persistently 'Developing nation' for so many decades.

He asked the people to vote to ensure that the fast-paced upgrading of roads, tunnels, highways, flyovers, airports, railways, educational institutes, hospitals, and other infrastructure further continues with the focus on research and the growth and development that is all-inclusive.

Chennai Blitz sponsors uniform, balls for Poonch Club



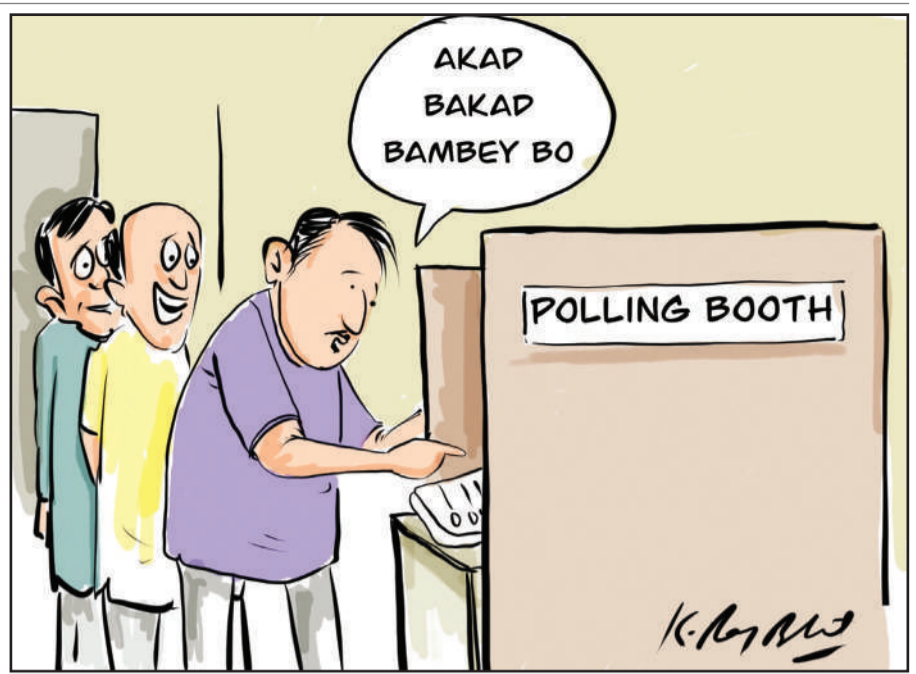
Chennai Blitz sponsored uniform and balls for trainees for Shaheed DySP Manjit Singh Memorial Volleyball Club.

STATE TIMES NEWS

POONCH: In a goodwill gesture to promote sports in rural pockets of the country, Chennai Blitz sponsored uniform for entire lot of trainees and 24

balls for Shaheed DySP Manjit Singh Memorial Volleyball Club, here.

This was disclosed by chairman of the Club, Mohd Tariq, on receiving the articles today,



Dharamshala Himalayan trekking begins



The group of trekkers from GCW Gandhi Nagar being flagged off by Prof Lalit Magotra, president Dogri Sanstha Jammu.

STATE TIMES NEWS

JAMMU: Dharamshala Himalayan Trekking Programme, a flagship event of Tawi Trekkers J&K, commenced today with 75 students of Padma Sachdev Government College for Women, Gandhi Nagar, here

leaving for Dharamshala. The group is being led by general secretary of Tawi Trekkers, Sonam Sidharth and Sourav Deep Singh, both seasoned trekkers and mountaineers. The group leaders include Suksham Verma and Vikas Singh, both senior members as also Sanjeevani Bhardwaj, a student leader and an executive member of Tawi Trekkers J&K.

During their sojourn in Dharamshala area, the trekkers would visit Meleodganj, Chamunda, Dalai Lama Temple, the headquarters of Tibetan Government in exile; Bhagshunag, Water fall, Dharamkot, popularly called mini Israel; Gallu temple, the beautiful Dharamshala stadium, Norbulinga Monastery and Tapovan besides Nagini Devi enroute their return journey to Jammu, a hand-

out issued here today informed. However, the special attraction of the programme remains a visit to a sprawling tea garden and a tea manufacturing company where the students shall learn the complete process of production of tea.

Students taking part in this Trekking Programme besides being explained the benefits of such venture in the personality development of a person shall also be taught to respect nature and environment and not create a clutter of left over in the jungles enroute.

Earlier, the group was flagged off by Prof. Lalit Magotra, a prominent scientist and president Dogri Sanstha, Jammu in the presence of Ram Khajuria, Advisor, Shavetica Khajuria, president of the Club and parents of participating students.

22 candidates file nominations from Srinagar Constituency on last date

STATE TIMES NEWS

SRINAGAR: On the last date of filing of nomination papers for the General Lok Sabha Elections-2024 from 02-Srinagar Parliamentary Constituency, twenty two (22) candidates filed their nomination papers in the Office of Returning Officer (RO) 02-Srinagar Parliamentary Constituency(DC Office Complex, Srinagar) here on Thursday(April 25, 2024).

Aga Syed Ruhullah Mehdi of Jammu Kashmir National Conference (JKNC) filed nomination papers before the Returning Officer 02-Srinagar Parliamentary Constituency, Dr Bilal Mohi-Ud-Din Bhat today, while Salman Sagar submitted his nomination papers from Jammu Kashmir National Conference as a covering candidate.

Similarly, Hakikat Singh from National Panthers Party Bhim, Rakesh Handu from J&K National United Front, Anir Ahmad Bhat from Democratic Progressive Azad Party and Qaiser Sultan Ganai covering candidate of Democratic Progressive Azad Party submitted their nomination papers before the



RO 02-Srinagar Parliamentary Constituency.

Likewise, Ashiq Hussain from Rastriya Jan Kranti Party, Mohammad Yousuf Bhat from Gana Suraksh Party, Suraya Nissar from National Republic

Party of India and Farooq Ahmad Bhat from National Youth Party also filed their nominations from 02-Srinagar Lok Sabha Seat.

Those who filled their nomination papers as Independent candidates include Wahida Tabasum, Dr. Qazi

Ashraf, Fida Hussain Dar, Abdul Hamid Rather, Arun Kumar Raina, Bansil Lal Bhat, Saquib Rahman Makhdoomi, Shadib Hanief, Javaid Ahmad Wani, Jehangir Ahmad Sheikh, Shabir Ahmad Malik and Sajad Ahmad Dar.

With the filing of 22(Twenty-Two) nominations today (Thursday-April 25, 2024), the last date of filing nomination papers in 02-Srinagar Parliamentary Constituency, the total number of candidates who filed their candidature for 02-Srinagar Lok Sabha Seat reached to 39 (Thirty-Nine), as 17(Seventeen) candidates have already filed their nomination papers on April 22, 2024(Monday), April 23, 2024(Tuesday) and April 24, 2024(Wednesday).

The scrutiny of nomination papers will take place on April, 26, 2024(Friday).

The candidates have the option to withdraw their candidature by or before April 29, 2024(Monday) until 03:00 PM.

Voting in the constituency is scheduled on May 13, 2024 under the fourth phase and the counting of votes is set for June 4, 2024.

Nidhi Aapke Nikat to be held simultaneously at 2 venues across Jammu and Ladakh

STATE TIMES NEWS

JAMMU: The Employees' Provident Fund Organization (EPFO) in Jammu & Kashmir and Ladakh is set to conduct the Nidhi Aapke Nikat 2.0 program, aimed at raising awareness and enhancing outreach regarding social security provisions. The event will take place on April 29, 2024, simultaneously at two different venues: at Conference hall DC Office Poonch-Jammu and Defence Institute of High Altitude Research (DIHAR), Det Ranbirpura, Leh-Ladakh.

P. F. Commissioner, Rizwan Uddin, RPFC-I, RO Jammu and Ladakh would personally hear grievances of workers, employers and issues being faced. Handholding support would be provided to needy workers and employers.

The programme at Jammu, and Leh-Ladakh would be addressed by the District Nodal Officers Devinder Singh EO/AO, Sandeep Kumar.

The programme focused on reaching out to the stakehold-



ers and creating awareness about schemes of EPFO viz. PF, Pension, and Insurance, addressing queries and grievances of stakeholders, taking feedback and suggestions from stakeholders, employees, employers, Industry Association, Contractors.

PF Commissioner appealed all industries to extend the Social Security benefits to all the eligible employees from the very first day of their joining in the establishment.

Handholding session was also held to sensitize the employers about PF provisions and modalities. Important initiatives of EPFO such as e-Nomination, Online Claim Filing, Principal Employer Dashboard, and Updation of KYC in UAN etc would be touched upon. Grievances related to the updation of member profile through Joint Declaration, Death Cases would be heard and registered during the program.

Secy Planning inspects JTFRP works in Srinagar, Budgam

STATE TIMES NEWS

SRINAGAR: Secretary Planning and Civil Aviation Department, Aijaz Asad, on Thursday inspected various ongoing Jhelum and Tawi Flood Recovery Projects being executed under World Bank funding in Srinagar and Budgam districts.

During the visit, the Secretary took stock of progress on additional block at Bone and Joint Hospital Barzulla in Srinagar and Emergency Operations Centre in Budgam.

While inspecting construction of 120 bedded Specialized Orthopaedic Unit (additional hospital block) at Bone and Joint Hospital, Barzulla, he directed the concerned officers to focus on quality parameters thereby ensuring timely completion.

Aijaz Asad, while enquiring about the technical specifications of the building, directed the concerned engineers to keep regular check on the technical and quality parameters for



Secretary Planning and Civil Aviation Department, Aijaz Asad, inspecting Bone and Joint Hospital Barzulla.

effective implementation.

The Secretary was informed that the building will be G+4 structure with 120 beds capacity and technically advanced modular Operation theatres besides pre-operative and post-operative units which will considerably augment the infrastructure of valley's largest centre for the orthopaedic care.

The block will also feature the Pneumatic Tube System, a first of its kind in hospitals in J&K, ensuring seamless transport of various medical items, including blood samples, test reports from one floor to another. The system will minimize human

interference in supply of these items like blood sample sent from one floor will directly reach its destination without any hassle.

Pertinently, the prestigious project has been taken up under the component "Critical Infrastructure" of JTFRP being funded by the World Bank.

The Secretary also reviewed work progress on prestigious project of Emergency Operations Centre (EOC) and Supervisory Control and Data Acquisition Control Building at Ompora, Budgam.

The EOC will be fully equipped with all the latest modern technologies, software being used world over for forecasting of natural disasters and coordinating the relief and rescue operations in case of any natural disaster. Besides, the Supervisory Control and Data Acquisition Centre building would be the central control room for the dewatering pumping stations in Srinagar City for scientifically controlling and managing all the pump stations in the City using I T enabled services.

He directed the executing agencies to expedite the pace of work on the project and mobilize more men and machinery on site to ensure that work is completed within the stipulated timeframe.

Earlier, the Secretary visited the Government Woollen Mills, Benina here and took stock of ongoing works undertaken under World Bank-funded Jhelum Tawi Flood Recovery Project there.

My Vote My Right: Bandipora Admin organizes mega Awareness Program at Auditorium Hall Kaloosa Promotes Voter Awareness with Colorful Events

STATE TIMES NEWS

BANDIPORA: The District Election Office Bandipora on Thursday organised a mega awareness programme at Auditorium Hall Kaloosa aimed at raising awareness about the significance of right to vote and participation in democratic process.

The program was presided over by Deputy District Election officer Bandipora, Mohammad Rafeeq Bhat in the presence of ACR (ARO 15-Bandipora) Shabir Ahmad Wani.

The event also marked participation of SVEEP Ambassador Faisal Ali Dar, Nodal Officer SVEEP (Principal N. M Hr See Kaloosa) Ab. Rashid, Nodal Officer PINK Polling Station,

Coordinator SVEEP, Convener SVEEP, BLOs, Prominent citizens, President Specially-Abled Association Nazir Ahmad, Students, and female staff to be deployed for Pink Polling Stations.

Concerned from SVEEP cell, Bandipora hosted an insightful session with the aim of increasing awareness about the importance of voting in a democratic system.

Participants were briefed about the upcoming opportunity to exercise their vote on May 20th, the poll day for Baramulla PC of which Bandipora forms a part.

On the occasion, a documentary was displayed before the participants regarding electoral education and voting rights. Speaking on the occasion,

DyDEO emphasized the importance of participation in the democratic process. He said vote is a collective power of individual voices that brings about real change.

Bhat, also deliberated on various aspects of ethical voting and informed decisions.

Addressing the gathering, ACR Bandipora (ARO 15-Bandipora) sensitized the participants about the importance of voters, especially new voters.

During his speech, he said that to make elections more inclusive, many initiatives have been taken to increase voter turnout such as pink polling stations for women, special provision for senior citizens, and urged participants to become beacons of light for others.

Arafat Rasool, a student from GDC Hajin, delivered an enthusiastic speech on the importance of casting a vote and emphasized that we should be conscious in choosing our representatives.

Munawar Parvana, a prominent poet of Bandipora in his speech, said that it is the responsibility of every citizen to shape the future of our nation by casting their vote efficiently and proactively and choosing our representatives wisely.

Serfat Bashir, a young artist, presented beautiful paintings before the participants to promote voter awareness and participation.

On the occasion, a cultural programme by CRPF 3rd Battalion also enthralled the audience.