

JU organizes expert lecture on ‘Stress Management for Younger Generation through Spirituality’

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KATHUA: University Institute of Engineering and Technology (UIET), Kathua Campus, University of Jammu organized an Expert Lecture on Stress Management for Younger Generation through Spirituality. The resource person was Col. Manoj Sharma, who is commanding 126 TA Battalion at Madhopur. During the course of his career as a company commander, the officer has served along the Line of Control in Jammu and Kashmir sector and western borders of Punjab. He also served in Africa (Congo) as Part of the United Nations Peace keeping force. He remained part of the Mobile TRG team in Myanmar to train the Myanmar Army for the United Nations mission. For his dedication and diligent services, Col Manoj Sharma has been awarded with "GOC-in-C Commendation Card" and "Force Commander's certificate of appreciation".



Dignitaries along with students and faculty members during the event.

Drawing from his extensive real-life experiences, Col. Manoj Sharma provided invaluable insights and practical guidance on navigating the challenges of stress in today's fast-paced world, particularly targeting the younger generation. Throughout the session, Col. Manoj Sharma emphasized the significance of integrating spirituality into one's daily life as a powerful tool for managing stress and maintaining mental equilibrium. His thought-provoking anecdotes and profound wisdom resonated deeply with the audience, inspiring them to adopt a holistic

approach to wellness. He further underscored the transformative power of spirituality in promoting mental well-being and resilience among the younger generation. Prof. Arvind Jasrotia, Rector, Kathua Campus, University of Jammu, in his message underscored the importance of fostering a supportive environment for students to address their mental health concerns and encouraged the continuation of similar events in the future. He also added that the expert lecture served as a platform for meaningful dialogue and reflection on

the pressing issues of stress management among the younger generation. He stressed that accepting the challenges of stress in today's fast-paced world promotes holistic development and well-being among today's student community. Prof. Jasrotia further said that by fostering conversations around spirituality and mental health, the campus aims to empower students to lead fulfilling and balanced lives. Dr. Sourabh Shastri, I/c Coordinator, UIET, Kathua Campus (JU) welcomed the resource person. He stressed that such motivational lec-

tures guide students on the profound role spirituality plays in navigating the complexities of modern life. Recognizing the importance of mental health and holistic well-being, he emphasized the campus's commitment for providing students with the necessary tools and knowledge to thrive in all aspects of their lives.

The program was coordinated by Er. Sandeep Raj and Er. Vedika Khullar.

Er. Sushant Gagal, Dr. Seema Jamwal, Dr. Shivani Sharma, Er. Amarjeet Chopra, Er. Komal Khadotra, Er. Palvi Verma, Er. Vishavjeet Singh, Er. Sourab Gupta, Er. Ritika Gupta, Dr. Ritu Sharma, Er. Himani Khajuria, Er. Arooshi Gupta, Er. Princy Sharma, Er. Puneet Kour, Er. Shivani Sharma, Er. Karan Kumar, Er. Arjun Kapoor, Er. Rohit Khatru, Er. Jeevanjot, Dr. Sunny Sharma, Dr. Nomita Sharma, Dr. Meenakshi Singh, Pranav Ratta, were also present during the lecture.

BJP took steps to meet needs of all sections, communities: Ashok Koul

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HIRANAGAR: BJP is the only political party that took substantial steps to meet the needs of all sections and all communities in all regions, said Ashok Koul, General Secretary (organization), Bharatiya Janata Party, Jammu & Kashmir.

Ashok Koul, and Er Abdul Ghani Kohli, former Minister welcomed more than 50 persons belonging to the Gujjar community into the party fold and later interacted with them at Hiranagar.

Rajinder Bakshi, General Secretary Kissan Morcha district Kathua, BJP District Vice President Kathua Sunil Katoch, Shakti Kendra Incharge Tarsem Chib, and other local leadership of Hiranagar, Kathua were present on the occasion. Bashir Ahmed, Makhlan Din, Alhim Din, Nazir Gujjar, Roshan Din and others were among the prominent to join on the occasion. Ashok Koul, while welcoming the new entrants, said that parties like NC, PDP, and Congress have enjoyed the liberty to loot the resources of the



Ashok Koul, General Secretary (organization), BJP J&K addressing party workers at Hiranagar.

state for 70 years. He said that these parties misgudied the public and the communities like Gujjar-Bakervals, SCs, OBCs, and others to meet their political aspirations but never cared for their welfare at the ground level. He said that the BJP is the only political party that took substantial steps to meet the needs of all sections and all communities in all regions.

"Now, recognizing the truth that only the Modi government has taken the necessary steps for public welfare, more and more people are daily joining the BJP to strengthen the hands of Modi ji. The members of communities like Gujjar-Bakervals, SCs, OBCs, and Paharis must also work as

ambassadors of BJP to continue these welfare works with even more pace in the future", said Ashok Koul.

Abdul Ghani Kohli recalled the time when the members of the Gujjar-Bakerval community had no real socio-economic security in this part of the country. He lamented that despite all the modern infrastructure and facilities, the community members were denied even the basic rights to live their lives with dignity. It is the Modi government, he said, that has empowered the community with more than 70 schemes for the welfare of the community, besides providing political reservation to the ST community in J&K.

Awareness programme on Poshan Abhiyan held



A resource person delivering lecture.

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POONCH: An awareness programme was organized by District Programme Officer Poshan Poonch at Govt. Boys Higher Secondary School Mendhar which was attended by large number of lactating women, pregnant mothers, anganwadi workers and supervisors. Programme was chaired by Khalid Wafa District Programme Officer Poonch. CDPO Mendhar Taj Un Nisa was also present on the occasion. Awareness regarding proper nutrition, anemia, health, hygiene, sanitation, diarrhoea management, IFA supplementation, holistic nutrition and PMMVY was given to target group. On

the occasion Health and Nutrition Mobilizer Mehnaz Tasneem, Sangeeta Matoo, Supervisors, Frontline Anganwadi worker and Dealing Assistant of PMMVY Mohd Irfan Chisty at DPO level has given the detailed information about the all component of Poshan Abhiyan and PMMVY. ABP Fellow Ajaz Ahmed was also present on the occasion who has given a detailed lecture about Key performance Indicators pertaining to Aspirational Block Mankote. District Programme Officer has given a detailed description of all schemes devised for target group. CDPO Mendhar has given vote of thanks.

Saroori pledges to fight for statehood, land & job protection in Parliament

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BATOTE: DPAP Vice Chairman and Lok Sabha Seat Candidate Udhampur-Doda G.M. Saroori was welcomed with warmth and enthusiasm during his recent visit to Batote. Addressing a gathering of dedicated workers, Saroori reiterated his commitment to amplify the people's voice in parliament and work towards the betterment of the region. He appealed for unity among the community to foster regional progress and development. He emphasized the importance of collaborative efforts in achieving common goals and aspirations. Saroori highlighted DPAP's significant role in defending people's rights, citing the party's stand against the land order and successful prevention of bulldozers. He specifically lauded DPAP Chairman Ghulam Nabi Azad's efforts in parliament, where he staunchly opposed the revocation of Article 370, repre-



DPAP Candidate for Udhampur-Doda G.M. Saroori addressing gathering at Batote.

sending the sentiments of the people effectively. Saroori praised Azad as the lone voice advocating for public issues in parliament, underlining DPAP's commitment to prioritizing the people's welfare. He reiterated DPAP's core mission of promoting development initiatives and advocating for peace in the region. He emphasized that DPAP's agenda is solely focused on development and societal harmony. Meanwhile, Provincial President Jugal Kishore Sharma, urged the public to reject divisive forces that seek to create rifts based on religion and caste. Sharma emphasized

the importance of electing representatives to parliament who prioritize raising public issues and working for the people's welfare. Sharma expressed confidence in DPAP Vice Chairman and LS Seat Candidate G.M. Saroori's ability to represent the public effectively and address their concerns in parliament. Chief Spokesperson Salman Nizami highlighted Saroori's track record and commitment to serving the people with justice and dedication. He reiterated DPAP's stance on issue-based politics, emphasizing the need for representatives who prioritize public wel-

fare, unity, and harmony over divisive agendas. Among others who were present on the occasion were Provincial President Jugal Kishore Sharma, Chief Spokesperson Salman Nizami, Arun Singh Raju Secretary, Gourav Chopra, Shahrukh Bhatti Zonal Gen Secretary, Ch Mohd Farooq Provincial Gen Secretary, Vishal Chopra Provincial Gen Secretary, Arif Salaria Arif Salaria District General Secretary, Jagdish Chand District Vice President Ramban, Block President Atta Mohd Zargar, General Secretary Youth Chenab Valley Mohd Ishaq, Sr VP Batote Abdul Salam, Govind Singh, Hans Raj, Neelma Devi, Shamim Begum, Chet Ram, Ali Mohd Shan, Khem Raj, Mohd Rafiq Shan, Krishan Chand, Vijay Mohd Aslam, Singh, Shadi Lal, Abdul Rashid, Mohd Imran, Mohd Hussain, Mohd Rafiq, Hanif Shan, Tariq Rather, Akhtar Wani etc and others.

BJP-led government failed to curb inflation, unemployment: Ch Lal Singh

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UDHAMPUR: Ch. Lal Singh, two times former MP, and three times Ex. Cabinet Minister and Congress candidate for Udhampur Lok Sabha constituency addressed a series of meetings at Jagnoo, Ritti, Kuh Nalah, Kaghote, and Ramnagar. Ch.Lal Singh while addressing gathering at various places attacked the present regime of step motherly treatment to the local employees and sheer nepotism where only blue-eyed are being given lucrative positions at the east of the local potential. All strategic positions have been occupied by the outsiders and the local employees are being treated



Former MP Ch Lal Singh addressing gathering at Udhampur.

as second fiddle, said Ch. Lal Singh. He further said that Government is totally in financial mess and failed to give the due arrears to the employees in general and employees of higher education department in particular. Government has been quite indifferent and insensitive to the issues of daily wagers, SPOs, NYCs etc. He promised one and all present that once voted to power, he will fight all these genuine

issues in the parliament. He further lambasted that the BJP-led government has failed to curb inflation and unemployment, and this government has disappointed every section of the society. Ex. Minister Harsh Dev Singh also addressed the gathering said that there was neither any vision, nor any plan to create new jobs during the last ten years by the BJP Govt which as disturbed the youth of the area.

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SAMBA/UDHAMPUR: In view of upcoming Parliamentary Elections-2024, Samba Police along with CAPF today carried out Flag March in the jurisdiction of Police Station Vijaypur. The Flag March was carried out to instill a sense of security and harmony in society and to ensure free, fair and fear free elections. The objective of the flag march was to instill confidence in the voters of the secure and harmonious environment, thereby enabling them to participate in the electoral process without any fear. This measure underscores the motto of free and fair



Police along with CAPF carrying out flag march at Samba and Udhampur respectively.

elections, enabling every citizen to exercise their democratic right to vote freely and without constraint.

Udhampur Police also along with CAPF carried out Flag March in different

places of District Udhampur (i.e Udhampur, Chopra Shop, Chak Morh, Rehambal, Chenani, Majalta, Latti etc.)

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Series of awareness programmes under SVEEP held across Ramban

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RAMBAN: A series of awareness programs were held today under Systematic Voters' Education and Electoral Participation program (SVEEP) in various institutions and other areas of district Ramban on the directions of District



Election Officer (DEO), Ramban, Baseer-Ul-Haq Chaudhary, Resource Persons and members of district SVEEP Cell dispersed across key locations and institutions. They hosted awareness activities at Government Degree College Ramban, Government Higher Secondary School, Ramban, Bus Stand Ramban and other adjoining areas.

Through comprehensive presentations, they elucidated the imperativeness of inclusive voter participation in safeguarding democratic principles and fortifying the electoral framework.

The awareness programmes were conducted under the supervision of District Nodal Officer SVEEP, Mohammad Ashfaq Kanji. The campaign emphasized

the pivotal role of strong civic engagement in shaping the democratic landscape. The vibrant participation of youth, alongside members of the public and election personnel, underscored the collective commitment to fostering an informed electorate.

In a proactive move towards enhancing female voter turnout and participation, Nodal Officer, Women Awareness and Welfare (AC-54), CDPO Ramban, Ravinder Kour sensitized the female voters and encouraged new women voters, emphasizing their crucial role in the electoral process.

Speaking on the occasion, Nodal officer said that such initiatives play a pivotal role in strengthening the democratic fabric of our nation and fostering a culture of active citizenship.

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REASI: In light of evolving security scenarios and the impending Parliamentary Election-2024, SSP Reasi Mohita Sharma spearheaded a crucial initiative to fortify security measures in the district. A comprehensive briefing convened for GOs of District Police Reasi, underscored the paramount importance of heightened vigilance and unwavering dedication in ensuring the safety and security of citizens during this pivotal electoral process.

The meeting was attended by Addl. SP Reasi, Dy.SP Hqrs. Reasi, DySP DAR Reasi, SDPO Mahore, SDPO Arnas, SDPO Katra, Dy.SP Bhawan and other Police officers of the district.

During the briefing, SSP

SSP Reasi enhances security preparedness ahead of LS polls



SSP Reasi Mohita Sharma chairing security review meeting.

Reasi provided strategic directives aimed at enhancing preparedness and fostering seamless coordination among various security agencies. Emphasizing the proactive role of law enforcement, crucial guidelines were delineated to ensure a robust security apparatus, specifically tailored to address the unique

challenges associated with the Parliamentary Election-2024.

Thereafter, a detailed briefing was given by the Addl. SPs and SDPOs with regard to various important security related issues of their respective jurisdiction and also with regard to the security arrangements are being planned for forthcom-

ing Parliamentary Elections.

In meeting a detailed and thorough discussion held on various crucial aspects pertaining to the smooth and peaceful conduct of the upcoming elections in the district.

Necessary Instructions were given by SSP Reasi that checking and frisking at various Nakas on highways and also in city and its outskirts should be geared up and made purposeful. The manpower manning these Nakas need to be properly supervised/ briefed by the SDPOs/SHOs and make them accountable.

SSP Reasi also stressed on coordination with civil administration and security forces and keep an eye on activities of ANEs and trouble makers.

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