

# Stress management skill can be developed by adapting Yogic Way of Life: Justice Tashi

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JAMMU: An awareness programme on Management of Stress was held at Central Jail, Kot Bhalwal, Jammu on Tuesday.

The programme was organized by J&K Legal Services Authority in collaboration with Department of Prisons, UT of J&K and District Legal Services Authority, Jammu for the officers and officials of Central Jail Kot Bhalwal, Jammu.

Justice Tashi Rabstan, Judge, High Court of J&K and Ladakh, Executive Chairman, J&K Legal Services Authority was the chief guest on the occasion, who was warmly received by Sanjay Parihar, Principal District & Sessions Judge (Chairman, DLISA) Jammu, Virender Bhat, Superintendent, Central Jail Kot Bhalwal Jammu, Smriti Sharma, Secretary, DLISA Jammu, Dr. Poli Thapa, Senior Medical Officer, Central Jail Kot Bhalwal Jammu and Advocate Anil Sharma, Chief LADC, Jammu along with his team.

On the occasion, Justice Tashi was accompanied by Amit Kumar Gupta, Member Secretary, J&K Legal



Justice Tashi Rabstan, Judge, High Court of J&K and Ladakh speaking at a programme.

Services Authority and Prem Sagar, Secretary, High Court Legal Services Committee.

The programme was organised under the guidance of the Chief Justice, High Court of J&K and Ladakh, Executive Chairman, J&K Legal Services Authority was the chief guest on the occasion, who was warmly received by Sanjay Parihar, Principal District & Sessions Judge (Chairman, DLISA) Jammu, Virender Bhat, Superintendent, Central Jail Kot Bhalwal Jammu, Smriti Sharma, Secretary, DLISA Jammu, Dr. Poli Thapa, Senior Medical Officer, Central Jail Kot Bhalwal Jammu and Advocate Anil Sharma, Chief LADC, Jammu along with his team.

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techniques in their day-to-day life to ensure management of stress in today's fast-moving life.

Virender Bhat, Superintendent, Central Jail, Kot Bhalwal, Jammu, said that it is an honour for the Department of Prisons that J&K Legal Services Authority, on the directions of the Patron-in-Chief and Executive Chairman, is taking great initiatives for well-being of the jail inmates. He further said that such initiatives would go a long way in reducing the mental pain and sufferings of the prisoners.

Dr. T R Raina (Former Professor & Head, Department of Blood Translation Medicine and Former Programme Director, Advanced Yoga Center, Ministry of Ayush, GoI, GMC Jammu) in his Audio Visual presentation

gave a detailed perspective of the causes of stress and the measures to deal with it. He said that Mental Stress is a part of modern life style which is the major cause of 95% diseases. Other causes of stress in human beings are

due to consumption of contaminated food items. Prison staff is also vulnerable to stress as it has to deal with the prisoners allegedly involved in different crimes and it is not an easy job for the jail authorities to manage stress, he added. Such type of awareness and sensitization programmes immensely help them in shaping their personalities and increase efficiency in their job.

Vote of thanks and the proceedings of the programme were conducted by Smriti Sharma, Secretary, DLISA Jammu.



## J&K Bank adds New India Assurance as its Bancassurance partner Aim is to provide one-stop insurance solutions to customers: ED Sudhir Gupta

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SRINAGAR: Fortifying its commitment further to provide comprehensive financial solutions to its customers, J&K Bank today entered into a Corporate Agency Agreement with the country's premier general insurance provider New India Assurance Co. Ltd (NIACL).

The Bank's Executive Director Sudhir Gupta chaired the MoU signing ceremony held at Bank's Corporate Headquarters, wherein General Manager (Cross Selling) Narjay Gupta signed the papers on behalf of the Bank while General Manager (NIACL) Mukta Sharma put in her signatures for the company in presence of Deputy General Managers Sapna Gupta (Bank) and Kiran Jacob (NIACL) besides senior officers from both the organisations.

Reiterating Bank's commitment to provide one-stop



GM (Cross Selling) Narjay Gupta signing papers on behalf of J&K Bank while GM (NIACL) Mukta Sharma put in her signatures for the NIACL.

insurance solutions to its customer base, Executive Director Sudhir Gupta called for making the association beneficial for the Bank's massive clientele besides fruitful for both the organisations.

He said, "This strategic collaboration aims to enhance the scope of financial protection and insurance solutions offered to the Bank's customers across various segments. Our Bank is the major financial institution in J&K & Ladakh with strate-

gic pan India presence and NIACL is the leading general insurer in the country, so coming together of two giants, I am sure, will provide convenience and choice to our customers in terms of choosing variety of insurance products."

General Manager Narjay Gupta expressed hope that timely association between the two organisations will serve as key contributor in bringing more and more people in the insurance fold. "Through this partnership,

we seek to extend a wider range of insurance products and services, catering to the diverse needs of our clientele. Now that we have started this journey, it is time to ensure customer satisfaction and security remain at heart of our service delivery. We need to set a new benchmark of excellence in Bancassurance industry for the greater good of our customers," he said.

General Manager (NIACL) Mukta Gupta stated that association with J&K Bank

was fast tracked because of the iconic position that Bank commands in the region. She said, "We are very excited to begin the new journey with J&K Bank at the start of a new financial year. Since philosophy of both the organisations over the decades has been to serve the people with best of our services, the idea is to reduce the gap between insured loss and economic loss."

"J&K is on an upward trajectory in terms of economic progress and this is where both Bank and NIACL can work in tandem to ensure that most of assets created in the process are insured," she added.

Notably, the latest collaboration has taken number of Bank's Bancassurance partnerships to six, three each in life and general insurance. Through this association, NIACL's insurance products will be available at all Bank's branches pan-India.

## Under PM Modi's leadership we will cross 400 mark Sukhnandan appeals govt to construct underwater fence at Baba Talab Gura Sighu



Ex-minister and senior BJP leader Choudhary Sukhnandan Kumar addressing the public at Baba Talab Gura Sighu in Marh.

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JAMMU: Demanding the construction of underwater fence at Baba Talab Gura Sighu in Marh constituency, the former minister and senior BJP leader Choudhary Sukhnandan Kumar appealed to the J&K UT administration to issue funds to save the water bodies in the pond, where people from different religions gather to worship the deity.

The construction of underwater fence around the pond will save the water bodies as when children and devotees swim in the pond, this endangers the life of water bodies like fish, said the former minister. Last year also huge number of fish died as devotees also take bath in this pond. The fence will inside the water will not allow the fish to come out of the grills, suggested the BJP leader Sukhmandan Kumar.

Appealing the people for

participating in voting, Ch Sukhnandan Kumar said, the mood of the country is completely in the favour of Bharatiya Janata Party. He said the 10-year report card of Modi government is full of achievements.

Senior BJP leader Ch Sukhnandan further said, "The policies and programmes of the Modi government have brought vast changes in the lives of the common man as over 4 Crore people have got houses under PM Awas Yojana, over 80 crore people are getting free ration, 14 Crore people have got tap water connections, 11 Crore have got free LPG connections under Ujjwala yojana, over 12 Crore toilets have been constructed for below poverty line people, Over 60 Crore people have got medical cover under Ayushman Bharat Scheme and there is 100 percent medical cover in Jammu &

Kashmir: Abrogation of 370 and 35A has brought peace, prosperity and progress in J&K."

Sukhnandan said zero tolerance towards terrorism and the will to take bold decisions are appreciated by the people at large, which will give the BJP a decisive victory in the upcoming parliamentary elections to pave the way for the party to form the government for a third consecutive term under the dynamic leadership of Prime Minister Narendra Bhair Modi. The BJP is committed towards the security of the country and works for its unity and integrity, he added. "The blessings of the people are with Modi ji and we are winning this parliamentary elections crossing 400 mark," said Ch Sukhnandan.

Others who were present on the occasion include DDC member Marh Balbir Lal, Mandal President BJP Vikramjeet Manhas, District Secretary BJP Deepak Pandey, Kissan Morcha State Secretary Anita Langeh, Sarpanch Sham Lal Sharma, Sarpanch Mulkh Raj Sharma, Sarpanch Jaswant Singh, Swaran Singh, Mahila Morcha Mandal President Rekha Rani, Langeh biradari President Ramesh Singh, Kewal Verma, Sukar Verma, Romi Kumari, Meera Devi, Baby Kumari and Pooja Devi.

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KATHUA: Congress has lost steam as it is being considered as a spent force which can do no good to people except making big castles in air about uplifting the masses. The Congress has nothing to show to people for their welfare except hollow slogans.

This was stated by Priya Sethi BJP National Executive Member and former minister while addressing a campaign rally in Marheen area of Kathua. She is campaigning in favour of Dr. Jitendra Singh, Party's candidate for Doda Udhampur Kathua Lok Sabha Seat. The senior BJP leader stated that the bold step of BJP Government-led by PM Narendra Modi of declaring Article 370 null and void has helped J&K to come out of the quagmire as earlier the common was confronting vicious cycle of violence and bloodshed. She said that after the end of Article 370, women, refugees



Priya Sethi BJP National Executive Member during a campaign.

of 1947, Valmiki Samaj, Paharis, and other groups got their rights and were living dignified life.

The senior BJP functionary said that prior to 2014, the Congress and its ilk, which were in power, had pushed the people of the erstwhile state against wall as corruption and nepotism were at peak as scams after scams had looted state exchequer and poor were forced to become even poorer.

She categorically said that now when Narendra Modi is in command, corrupt are feeling scared, administration is streamlined, country is heading towards becoming third largest economy and India's

defence system is becoming robust. She said that Dr Jitendra Singh is an apt candidate who ensured that all central schemes are implemented in his constituency in particular without any pilferage.

The former minister highlighted that ten years of Modi's regime exemplify a transformative period marked by bold reforms and decisive action. Under Modi's leadership, she emphasized, India has witnessed significant strides in various sectors, including economic growth, infrastructure development, and national security. Sethi credited the Modi government's proactive approach with instilling confidence among investors, fostering innovation and entrepre-

neurship, and creating millions of jobs for the youth.

Seeking votes for Dr Jitendra Singh, she said that the vote to Dr Jitendra will be the vote for Modi and the same will help BJP to get thumping margin as it is likely that this time her party gets lion's share of more than 400 seats. She said that people should gauge the intend of BJP by analyzing its ten years' tenure.

Programme organised by Mandal president Sharda Devi. Among others present included Anita Gandotra, Sushma Sharma, Pinki Devi, Neelam Salaria, Rupal Verma, Janak Bharti, Lajwanti, Sonu Devi, Rajat, Vicky Sharma, Variender Sharma and Rekhi Kumar.

## International conclave on 'Empowering India: Igniting Development' at held SPPND, GDC Samba

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SAMBA: The Research Innovation and Incubation Centre of Shri Pandit Prem Nath Dogra, G.D.C Samba under the aegis of IQAC, organized One Day International Conclave on "Empowering India: Igniting Development" for all the Govt. & Private colleges of Samba District. The inaugural session of the conclave commenced with the invocation of National Anthem followed by the lighting of traditional lamp. Principal Prof. (Dr.) Twinkle Suri extended a warm welcome to the Chief Guest of the occasion, Prof. (Dr.) Anju Bhasin, Dean Academic Affairs, University of Jammu, Former Founder V.C. Cluster University of Jammu and speakers of the conclave. In her augural address, she highlighted the significance of the conclave, emphasizing its role as a platform for insightful discussions to empower our youth by equipping them with the knowledge and skills they need to thrive in a rapidly changing world.

Prof. (Dr.) Anju Bhasin, in her presidential address, emphasized on four pillars for empowering India-Access to Education, Better Healthcare, Economic Independence and Social Justice.

Pradeep Dutta, Senior Editor, Times Now was the



Prof. (Dr.) Anju Bhasin, Dean Academic Affairs, JU presenting certificate to a student.

Chairperson for the three plenary talks delivered by eminent speakers. Noa Muzzafi, Partner and Israel Director of Asia Bridge, Founder of InnoA Ventures and the TIE Women Israel GM highlighted the basics of tech industry and start-ups that can help us to evolve and grow. Rajinder Gupta, Entrepreneur, Digital Coach and Marketing Expert delved deeper into the various aspects of digital marketing strategies. Akriti Jamwal, Press and Communication Officer, Oxford University Hospitals stressed the need for sustainable economic growth, social inclusion and environmental protection. Pradeep Dutta, appreciated the efforts of the college in taking initiatives in different fields for the Viksit Bharat. He also talked about the boundless power of youth and encouraged them to have a positive approach towards life. The

queries of the participants were answered in an enthralling interactive session by the resource persons followed by the distribution of certificates by the Chief Guest. The conclave brought together academicians, students, and entrepreneurs on a common platform, exchanging ideas, sharing best practices and collaborating on designing a more inclusive and resilient development framework for the future.

The program was co-ordinated by Dr. Panj Bandharia, Convener Research Innovation and Incubation Centre and Dr. Banpreet Kour was the Convener of the organizing committee. Dr. Shaweta Chowdhary compered the program. The event concluded with the formal vote of thanks presented by Dr. Sushma Sharma, Co-convener, Research Innovation and Incubation Centre.

## CS reviews progress on different projects of HADP



Chief Secretary, Atal Dulloo chairing a meeting at Jammu on Tuesday.

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JAMMU: Chief Secretary, Atal Dulloo, on Tuesday had a project-wise review of progress achieved under sub-projects of Holistic Agriculture Development Programme (HADP) being implemented by the Agriculture Production Department here in the UT.

Principal Secretary, APD, VC SKUAST, Kashmir/Jammu, MD, HADP, Deputy Commissioners and other HoDs of the department participated physically and virtually.

During the meeting, the Chief Secretary took stock of measures initiated, so far, by the department to achieve targets set for each project under this programme for the year 2023-24. He enquired from both the

Deputy Commissioners and its designated Project Managers about the progress on implementation of the projects.

Dulloo also asked about the major reasons of rejections by banks and addressing them in consultation with these financial institutions.

The Chief Secretary called for increasing the number of demonstration videos on Daksh Kisan portal for the farmers to learn from it. He also told the concerned Vice-Chancellors of SKUAST Kashmir/Jammu to monitor the quality of videos prepared by them besides creating audio-visual content for newly identified courses.

Principal Secretary, APD, Shailendra Kumar, emphasized on the DCs to further speed-up the rate of giving approvals to the applica-

tions. He also asked them to ensure provisioning of authorization letters to them immediately after clearance by DLCs.

MD HADP, Yasha Mudgal, elucidated the process of application making, skilling, outreach activities, district-wise ranking, budget utilization, project-wise updates and credit flow.

On the occasion, the district wise ranking as per different parameters of the program was depicted for the month of March, 2024. It was informed that the ranking was done on the parameters including number of applications received, approvals given, percentage of pendency, enrollments, youth engagement and the percentage of rejections from each district.

## All arrangements are in place for upcoming festivals: Darakhshan

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JAMMU: Chairperson of Jammu & Kashmir Waqf Board Dr Syed Darakhshan Andrabi on Tuesday visited Eidgah at Jammu, shrine complex at Manda and the shrine of Peerbaba Budan Ali Shah at Satwari to take stock of the festival arrangements. Dr Andrabi was accompanied by Waqf Board officers and the representatives of many departments.

Dr Andrabi instructed the concerned officers to ensure fool proof arrangements for upcoming Juma-tul-Vida, Shab-e-Qadr and Eid-ul- Fitr congregations at these places and other places in the region.

Dr Andrabi said that Waqf Board has taken all steps to assure requisite facilities to all the devotees participating in special festival congregations. "We are committed to provide



Chairperson JKWB Dr Syed Darakhshan Andrabi talking to reporters at Jammu.

all facilities to the people and the Board is working in coordination with other departments so that all arrangements are in place", said Dr Darakhshan. She said that the people of the UT have cooperated with the Board during the past two years and it has resulted in the re-establishment of the relationship of trust again and as a result of that Waqf Board had been able to excell in all works related to the Board's progress and development.