

Laghu Udyog Bharati J&K holds Working Committee Meet; nominates Sector Incharges

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JAMMU: Laghu Udyog Bharati Jammu and Kashmir convened a significant working committee meeting in Jammu here today, chaired by National Vice President & Prabhari J&K, Anju Bajaj, and National Vice President, Arvind Dhumal. The meeting, organized under the leadership of Laghu Udyog Bharati Jammu and Kashmir State President, Parveen Pargal, saw the participation of Laghu Udyog Bharati J&K Former State President Rajinder Gupta, State Senior Vice President Dinesh Gupta, State Vice President Adv. Ishant Gupta, State Vice President Mukul Mahajan, State General Secretary Aagam Jain, State Treasurer Pranav Gupta (CA), as well as executive and working committee members. The primary agenda of the meeting was to bolster the organization's presence across Jammu and Kashmir.

During the meeting, Various organizational appointments were nominated to oversee



Laghu Udyog Bharati National Vice President & Prabhari J&K, Anju Bajaj, chairing a meeting on Friday.

specific domains, including Pooja Gupta as State Convenor for Women Wing, and Kashyap Mahajan as Convenor for Kathua whereas Sector Incharges were also nominated including Rajesh Gupta for Garam Shilpi, Aayush Mahajan for Utpad Samuh, Rajesh Jain and Rajinder Gupta for Power, Adv. Ishant Gupta for Mass Communication, Dinesh Gupta for Banking, Parveen Pargal for Labour, Pooja Gupta for Women Work, Pranav Gupta (CA) & Adv. Ishant Gupta for Taxation, Parveen Pargal for MSME, Deepak Gupta & Pranav Gupta (CA) for R&D, Startup

and Innovation, Rajinder Gupta & Parveen Pargal for Seminar Workshop & Events, Aman Sharma for Environment, Aagam Jain for Trade Fair & Exhibitions, Pranav Gupta (CA) for Coordination with other organisations, Adv. Ishant Gupta for Udyog Times, Anil Gupta & Ajay Singh for Pharmaceuticals, Virender Jain, Vikram Gupta & Tarsem Gupta for Plastic Udyog, Rakesh Gupta & Mukul Mahajan for Skill Development, Aagam Jain for Food and Beverage, and Anil Suri for Agro Sector.

The meeting fostered an interactive session between dignitaries and working committee members, addressing various grievances related to industry and MSMEs. Discussions encompassed issues such as Purchase Preference, Land for New Industrial Estates, Survival of existing industries, incentives, GST-related issues, among others.

Anju Bajaj emphasized the importance of thorough research and detailed presentations on the top three grievances for swift redressal through Laghu Udyog

Bharati's platform. She also urged for the expansion and strengthening of organisations across J&K.

Arvind Dhumal assured full support to represent the grievances at the appropriate platform for the early redressal and advocated for regular monthly meetings to address industry-related challenges. Parveen Pargal highlighted that Laghu Udyog Bharati is the largest national level organisation working for the welfare and upliftment of MSMEs and encouraged industrialists of Jammu and Kashmir to join hands for collective progress.

The meeting's proceedings were managed by Aagam Jain, with a vote of thanks extended by Adv. Ishant Gupta. Abhay Pargal RSS Saksham National Joint General Secretary and former MLC Vikram Randhawa were the prominent who present and grace the occasion.

Ex-CPMF Welfare Association to celebrate Annual Regime Day on April 23



Chairman, Rx-CPMF Welfare Association J&K, Ashok Kumar and others at a meeting.

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JAMMU: Chairman, Ex-Central Paramilitary Force (CPMF) Welfare Association J&K, Ashok Kumar has urged the Central Government to redress long pending demands of ex-paramilitary forces personnel at the earliest. Among the highlighted demands were improved welfare measures for all paramilitary forces.

Flanked by General Secretary D.K Chauhan,

Ashok Kumar while addressing a press conference here today passed a resolution to celebrate Annual Regime Day on 23rd of April 2024.

They invited all state president, secretaries in the annual convention to be held at the Baba Makhana Shah Lubana Hall, Kotli Shah Doula, R.S. Pura on the aforementioned date.

On the occasion Ex-Central Paramilitary Force

Association honoured Dalip Kumar a social activist and Ex. BDC Chairman for his ground level working among the deprived and down trodden segment of the society.

Others present in the press conference included Harbans Lal Sharma Vice President, Noor Muhammad General Secretary Samba, Yash Pal, Sushma Kumari, Vaishno Devi and Lovely Pandita.

IGNOU extends last date for submission of Examination Forms, assignments for June 2024 TEE

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JAMMU: IGNOU has extended the deadline for submission of online examination forms for the June 2024 Term-end examination until 22nd April, 2024, without imposing any late fees.

The examination form fee stands at Rs 200 per course, and students can access the online form submission portal on the university's official website since 1st March, 2024.

Examinations for all UG, PG, Diploma, and Certificate level courses under both Online and ODL modes are anticipated to run from 7th June to 13th July, 2024.

Dr. Jai Prakash Verma, Regional Director, emphasized that exam centre allocation will be on a first come first serve

basis, with provision for alternate centres in case of capacity issues.

Additionally, the university has extended the deadline for assignment submission until 30th April, 2024, for various programmes including BSc, BCom, BBA, MBA, MCom, MA, and MCA, among others, he said. These assignments, crucial for programme completion, carry a weightage of 30% towards total marks or grades, he added.

Lastly, he said, to accommodate the research and analysis involved, the deadline for online submission of Final Project/Dissertation/Internship Reports has been extended till 31st May, 2024, offering students ample time to complete these essential components.

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JAMMU: AICC Secretary Co-incharge J&K Affairs, Manoj Yadav, along with other prominent Congress leaders, held a press conference where they made several claims and announcements regarding the political situation in Jammu and Kashmir, as well as the Congress party's promises and manifesto.

Manoj Yadav claimed that a wave of change has started in the Jammu region against the BJP.

He stated that the BJP's top brass rushed to Jammu in an attempt to check this undercurrent, indicating a sense of panic within the BJP.

The Congress leaders,



Senior Congress leaders during a press conference at Jammu on Friday.

including AICC Incharge J&K Bharatsinh Solanki, launched a door-to-door campaign in Dandhi Nagar, Jammu, to distribute the "Naya Pattar" (Guarantee Card) of the Congress party.

They claimed that the response from the people was encouraging, suggesting a

growing support for Congress in the region.

Congress candidate Raman Bhalla criticized the BJP for betraying the people of Jammu region in various spheres. He mentioned issues concerning refugee communities and promised full support for their demands.

Raman Bhalla stated that the Congress will intensify its door-to-door campaign in all parts of the constituency to educate voters and teach a lesson to the BJP and local representatives who, according to them, failed to address people's grievances.

Ravinder Sharma outlined

promises from the Congress manifesto, including immediate restoration of statehood to J&K after coming to power, amending Schedule VI for Ladakh, and granting scheduled status to ST populated areas, particularly significant for the Pir Panjal region.

Congress strongly criticized the exploitation of refugees from Pakistan-occupied Jammu and Kashmir (POJK) and pledged full support for their demands, including the right to sell their land and benefits promised to them.

Kapil Singh, Neeraj Gupta, Rajvir Singh, Michael Wazir and Jatin K Raina were also present in press conference.

NCC Group Commander reviews Training at NCC Training Academy Nagrota

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NAGROTA: Brigadier PS Cheema, Group Commander of NCC Group Jammu, recently conducted a comprehensive review of the training activities at the NCC Training Academy in Nagrota. His visit was marked by interviews, guidance sessions, and motivational talks aimed at enhancing the performance and morale of the NCC personnel.

During his visit, Brigadier Cheema interacted closely with the Permanent Instructor Staff and Associate NCC Officers, providing invaluable guidance and motivation to optimize their training efforts. The cadets in their maiden training camp for the fresh training year are being screened for various competitions in the current year namely Inter Directorate Sports Shooting Competition (IDSSC) and Thal Sena Camp. The cadets are being trained in Map



Brig PS Cheema, Group Commander of NCC Group Jammu speaking at a training programme at Nagrota.

Reading, Firing, Obstacle Course, Tent Pitching and Health & Hygiene aspects.

The Group Commander highlighted the Training Philosophy issued by the DG NCC for the current training year and aligned all stakeholders to the intent. He also conveyed the Key Result Areas of Maj Gen Rajesh Sachdeva, ADG NCC Jammu Kashmir and Ladakh Directorate. The focal point of his visit was interaction with the 500 Boys and Girls NCC Cadets currently participating in the Annual Training Camp. Brigadier Cheema shared profound

insights on the qualities essential for success as a student and in life, emphasizing the significance of continuous improvement.

In his engaging address, Brigadier Cheema underscored the cultivation of leadership qualities by instilling commitment, curiosity, right attitude, and disciplined action. Furthermore, Brigadier Cheema diligently inspected the training and administrative stores, ensuring their serviceability and fresh provisioning for the current financial year. He inspected the recently upgraded firing range at the academy

including the gymnasium hall and drainage system. He complimented Col Naresh Kaushik, Commanding Officer 5 J&K NCC Battalion and his team for his dedication and efforts in achieving all stated objectives of the camp.

Lt Col Rajesh briefed the group commander on the process of selection of firers for IDSSC and the way ahead till the run up period to ensure an inspiring performance. Brigadier Cheema took the opportunity to meet with the firers who are preparing for the Inter Directorate Sports Shooting Competition. His encouragement and support are expected to inspire the participants to excel in the upcoming event.

Brigadier Cheema's visit was a testament to his dedication to the development and enhancement of the NCC training program, fostering a culture of excellence and leadership among the cadets and personnel.

IIMC organises three days media skills workshop

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JAMMU: The three-day media skills workshop organized by the Indian Institute of Mass Communication (IIMC), Jammu saw an array of eminent personalities from various fields sharing their expertise with students from different institutes across Jammu and Kashmir.

On the first day, the workshop commenced with sessions conducted by renowned figures such as Dr. Kainat Qazi, a prominent travel writer, Rama Solanki, a senior journalist, Dr. Mahesh Kaul, a senior writer, and other subject experts. They provided valuable insights and training to students enrolled in all three courses offered by the institute, as well as students from other institutions in the region.

During the first session, Dr. Kainat Qazi emphasized the importance of hard work and financial preparation for aspiring travelers. She highlighted



Dr. Kainat Qazi, a travel writer, Rama Solanki, a senior journalist and others at a workshop in Jammu on Friday.

the significance of vocabulary enhancement for writing travelogues and encouraged students to explore the societal contexts depicted in historical travel narratives.

Additionally, Dr. Qazi shared practical tips for photography, particularly during the 'golden hour' at historical sites, and stressed the importance of personal involvement in content creation to convey genuine experiences.

Dr. Mahesh Kaul emphasized the practical nature of journalism and the importance of meeting deadlines. He lamented the decline in reading habits among journalists and urged students to avoid blindly adopting Western

narratives, emphasizing the importance of considering cultural and linguistic contexts.

Dr. Rama Solanki advised aspiring journalists to prioritize becoming proficient journalists over aspiring anchors. She emphasized the significance of developing individual styles and updating oneself regularly to avoid becoming outdated in the field. Dr. Solanki also stressed the importance of storytelling and effective communication, emphasizing the need for confidence and language proficiency.

In the inaugural session, Prof. Anil Soumitra, the Regional Director of IIMC, Jammu, emphasized the importance of experimental

learning and the integration of theory with practical experience in communication studies. He highlighted communication as both an art and a science, emphasizing the importance of listening, viewing, and expression skills.

Dr. Dilip Kumar, Associate Professor, delivered a vote of thanks, acknowledging the contributions of all participants and speakers. Throughout the workshop, faculty members such as Dr. Vinit Kumar Jha Utpal and Dr. Anshula Garg from IIMC, along with Dr. Rabia Gupta from Jammu University, provided support and guidance to students and participants.

Devotion, meditation only way to free from Maya's grip: Pt Ved Prakash Shastri

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JAMMU: On the seventh day of Shri Shiv Mahapuran Katha running from March 30 to April 7 in Lower Gadigarh area of Jammu district, the famous Katha Vachak, Kathavyas Pt Dr Ved Prakash Shastri on Friday highlighted the pervasive influence of Maya, particularly in the age of Kaliyuga, as described in Hindu philosophy.

"Maya, often understood as the illusory nature of the material world, has the power to lead individuals astray, even those who are deeply devoted," Pt Dr Ved Prakash Shastri said and emphasized that the only way to break free from Maya's grip is through devotion and meditation.

Pt Dr Ved Prakash Shastri said that as Maya increases its hold, individuals may find themselves drawn towards sinful actions, trapped in attachments that create bondage.

"These attachments, when unchecked, can lead one

away from the path of devotion and towards spiritual regression," he said. Therefore, Pt Dr Ved Prakash Shastri advocated for cultivating devotion even in the midst of attachments, as it leads to salvation and liberation from Maya's deceptions.

The Shiv Puran, he said, is extolled as a means to destroy attachments and dispel the illusion created by Maya.

"By delving into spiritual scriptures and engaging in religious practices, individuals can gain self-knowledge and emerge from the layers of illusion that obscure their true nature," he added.

Pt Dr Ved Prakash Shastri also touched upon the insidious nature of ego and selfishness, which can pervade one's personality and obstruct spiritual growth.

Ego, driven by desires for recognition, wealth, and love, creates a barrier to self-realization and fulfillment, he said.

Overall, Pt Dr Ved



Kathavyas Pt Dr Ved Prakash Shastri speaking at Shri Shiv Mahapuran Katha at Gadigarh, Jammu on Friday.

Prakash Shastri underscored the significance of devotion, self-awareness, and service in transcending the influence of Maya and ego, leading towards spiritual awakening and liberation.

He said the five thieves also called the five evils are the major weaknesses of the human personality at variance with its spiritual essence, and are known as "thieves" because they steal a person's inherent common sense.

These five thieves are Kaam (lust), Krodh (wrath), Lobh (greed), Moh (attach-

ment) and Ahankar (ego or excessive pride).

"Ego and selfishness have such a deep impact on our entire personality that we are unable to come out of it throughout our life. Ego is so subtle that we even not realize when we have come under its influence. Ego is a demand, a desire, for respect, position, money, love and naturally these needs often cannot be fulfilled by anyone else," he said

"Meditation is the only path that leads to the goal of spirituality makes one real-

ize one's original form and that of God. Awakens the sleeping powers given by nature. In this work, four virtues like knowledge, simplicity, innocence and equanimity are always helpful," he said.

"At the beginning of any work/sadhana, it is necessary to have knowledge about it, otherwise it is not possible to start and carry out that work. Secondly, if the doer/seeker of the work is not comfortable with himself then he is not able to conduct or execute the work properly," he said adding

that Thirdly, the doer and the act must be completely innocent, because the guilty person uses wrong means and the guilty act leads to the wrong goal. Fourthly, after the work is completed, the best achievement of a human being is to remain equanimous in every situation without worrying about the profit or loss arising from it.

"These four qualities take a human being on the spiritual path and help in achieving religion, wealth, work and salvation. Achieving any goal is not possible without

any hindrance. If there are no obstacles in the path then what is the path? These obstacles only make us realize the importance of labour. One's superiority can be proved only in adverse circumstances. Therefore, God also put four vices like passion, hatred, condemnation and untruth in this human mind," he said.

That is why in all the religious scriptures it is advised to keep oneself completely free from these four vices. Believe it, if a human being adopts the above four virtues in his life and gives up the above four vices, then the human mind will become pure. Spiritual progress will become easier once the mind becomes pure.

By raising the level of consciousness, attainment of the above mentioned four things - Dharma, Artha, Kama and Moksha will automatically become easy. That is why only the one whose mind is pure is entitled to get these four elements.

Sant Hari Ram Das, who

visited the Katha venue, while addressing the participating devotees, spoken on the sentiment of religious harmony and unity, emphasizing the importance of respecting all faiths.

Sant Ji emphasized that religious teachings inspire altruism and service towards others, fostering a sense of unity and love for the nation.

Meanwhile, Samiti members honoured the prominent persons including, Suresh Shastri, Sahil Mahajan, Gurdev Singh, Rajeev Sharma, Suresh Raina, Raju Sharma, Divya Jain, Narinder Singh and others who devoted their lives for religious works and for the welfare of people.

Meanwhile, amidst reciting of Bhajans, the Jkanki of the Mata Kali killing Asuras Raktabeja and Mahishasura was presented during Shiv Mahapuran Katha organized under the auspices of Shiv Puran Nivhaan Yag Samiti at Lower Gadigarh.