

Rajouri-Poonch stands firm against Separatists: Vibodh



BJP's J&K General Secretary Vibodh Gupta consoling family of Mohd. Razaq.

STATE TIMES NEWS
RAJOURI: BJP's J&K General Secretary and former MLC Vibodh Gupta visited the revered shrine of Shahdara Shareef to pay obeisance amid the Lok Sabha Elections. Later, BJP General Secretary visited the house of Mohd. Razaq, who was brutally killed by terrorists in a cowardly attack in Shahdara Shareef. The family of Mohd. Razaq informed him that the deceased's father, Mohd Akbar, was also killed by terrorists in a similar cowardly attack in 2004. Expressing deep condolences to the family, Vibodh said that

said that the leaders of these two parties are always at the forefront of criticising security forces when the forces neutralise militants, but they never criticise cowardly attacks on civilians by Pakistan-sponsored terrorists nor do they reach out to their families. Expressing his anguish, senior BJP leader and DDC Thanamandi Abdul Qayoom Mir asserted that the sacrifices of the martyrs will not go in vain and complete peace will be restored in J&K. He maintained that under the Modi government every section of the society is feeling empowered and every conspiracy of separatists to disturb the peace has been foiled. Senior BJP leaders present on the occasion were Abdul Ghani Shawl, Sanjay Sharma, Zahid Ahmed, Ghulam Nabi Kamlak, Qazi Qamar, Mushtaq Ahmed (former Sarpanch), Javaid Khatana, Haji Abdul Hamid (former Panch), Ajay Raina, Khawaja Aftab Ahmed, Tahir Malik, Qazi Khalil Ahmed, Tanveer Mirza, and Dev Raj.

Army organises candle making training



Army officer delivering lecture.

STATE TIMES NEWS
KISHTWAR: In a bid to promote skill development and empower local communities, the Indian Army organised a comprehensive Candle Making Training program at Chhatroo village of Kishtwar district of Jammu & Kashmir on 03 May 2024. This initiative aimed to enhance the livelihood opportunities for the residents of village and foster self-reliance. The candle making training, conducted under the auspices of the Indian Army's Community Development Program, saw enthusiastic participation of 50 people of all age groups from village Chhatroo and surrounding areas. The training program encompassed various aspects of candle making, including raw material selection, technical types of candles and quality control measures. Participants were encouraged to unleash their creativity, leading to the production of a diverse range of quality candles. The candle making training not only provided valuable skills but also fostered a spirit of camaraderie among people of Chhatroo. The Indian Army remains committed to supporting such initiatives that contribute to the socio-economic upliftment of communities across the Nation.

GCW Udhampur organises study tour cum cleanliness drive at Devika & Jakhani



Faculty members along with students during the drive.

STATE TIMES NEWS
UDHAMPUR: To generate awareness to the students of 2nd semester skill NEP - 2020, Geography department organised a geographical tour to tourist destinations of Udhampur district, Devika and Jakhani under the guidance and support of Principal (Dr.) Nalini Pathania and Prof. Pooja Bharti. The tour aimed to expose the young minds with a unique opportunity to explore diverse physical, cultural, and economic aspects of the tourist sites. The geography tour began with an introduction to the tourist sites and collecting data regarding their specified syllabus. The students also participated in cleanliness Drive at Devika and Jakhani to raise the awareness and ensure that the Holy Devika remains in its natural pure form. In addition to it, some of the students entertained the visitors by their singing and poetry skills. Furthermore, they interacted with the local people, tourists, and shopkeepers at Jakhani and Devika.

The students learned the religious, historical and economic significance of the tourist sites. These are the major tourist destination, attracting visitors from all over the world. The geography tour was not only an opportunity for the students to learn about the physical, cultural, historical and economic aspects of the destinations but also to develop important skills such as teamwork, leadership, and communication. The students worked together to plan and execute the tour, taking on different roles and responsibilities. They also had the opportunity to interact with each other and develop meaningful relationship that will last long after the tour has ended.

The college's Geography Department is proud of the success of the study tour. The tour was a testament to the department's commitment to provide students with a well-rounded and comprehensive education that prepares them for the challenges of the real world. The staff members who graced the study tour were Dr. Poonam Bharti (Lecturer Geography), Ms. Divya Sharma (Lecturer Geography) and Ms. Roma Gandhi (Lecturer Geography). Non-teaching staff who accompanied the tour were, Balbir Singh (Lab Attendant), Sanju Singh (Bus Driver) and Subash Kumar (Bus Driver).

Army rescues accident victims



STATE TIMES NEWS
JAMMU: Army is always on fore front when it comes in assisting civil authorities during difficult times. A car (JK12D 0522) while moving from Jammu to Mendhar got off the track near Galuthi while negotiating a sharp turn on 03 May 2024 at about 2345hrs.

The location was close to the Army location and the recovery det of Rashtriya Rifles Battalion rushed to the site for assistance. Recovery det reached the spot & provided assistance for the evacuation of the civil veh. Tahir, the vehicle owner thanked Indian Army for timely help and saving his life.

Vikar, Lal Singh, Mula Ram express grief over demise of district president's wife

STATE TIMES NEWS
KATHUA: JKPC President Vikar Rasool Wani, MP Candidate Ch Lal Singh expressed their deep sorrow and condolences on the passing of Anu Dogra wife of Pankaj Dogra, District President at their residence in Kathua. Anu Dogra was not only a dedicated and respected member of the J&K Mahila Congress but also a woman who had shown great courage by contesting the DDC elections in Kathua. Despite facing challenges, she remained steadfast in her beliefs and commitments.

Those accompanied include Sr Vice President Mula Ram, Vice President Yashpal Kunal, Th Hari Singh Chib, General Secretary (Org) Narinder Gupta, Naresh Sharma, Balbir Singh, District President Reasi Bhupinder Singh Jamwal,



Congress leaders during visit to party's District President Pankaj Dogra's house at Kathua.

Chairman Sevalal Vijay Sharma, Chairman Social Media Jatin K Raina, Chairman Minority Rajinder Singh Nathu, Vice Chairman Kisan Cell Daleep Kumar, Working Chairman OBC Sandeep Dogra, PCC Secretaries Rajveer Singh, Mohib Khan, Satish Sharma, Nirdosh Sharma, Pankaj

Sharma, Rajan Sharma, Working President Jammu Rural Badri Nath Sharma and Charnjeet Bhagat, Dara Singh, PCC General Secretary Nikhil Sharma, Raman Thappa, Sdr Mehra Singh, Abhinav Sharma, Rakesh Meenia, Jeetraj Kumari and others. PCC Chief described her as a pious and kind lady, who dedi-

cated her life to social causes and actively participated in various activities aimed at improving the lives of her fellow citizens. Her sudden departure has left a void in the hearts of many, especially those who knew her personally and had the pleasure of working alongside her. On this solemn occasion, Vikar on behalf of the rank and file of the party expressed their heartfelt condolences to the bereaved family members and friends of Anu Dogra. They assured them of the party's unwavering support during this difficult time and prayed for the eternal peace of the departed soul. May her legacy of kindness, dedication, and courage continue to inspire others to follow in her footsteps and make a positive impact on society.

Army holds interaction with Veer Naris, Ex-Servicemen



Army officer interacting with a Veer Nari.

STATE TIMES NEWS
RAJOURI: A nation which remembers and acknowledge the sacrifice of the veterans will be in a secure hand. Living up to the traditions of maintaining contact with Veer Naris and Veterans, Indian Army organised an interactive session at Lam with Veer Naris and Ex-servicemen with an intention to check their wellbeing and assist them in conveying the latest

policies and resolution of the tribulations faced by them in aspects of pensions or other documentation procedures. Veer Naris were also approached by the Indian Army and a 'Door to Door' interaction was also carried out to augment the reach out. Indian Army expressed its deepest gratitude for their sacrifice. Towards the end, Veer Naris and Ex-servicemen were felicitated by Indian Army.

GDC Dharmari organises health check-up camp

STATE TIMES NEWS
DHARMARI: On the initiative of the College Principal Dr. Preetpal Kour, National Service Scheme (NSS) Unit of Government Degree College, Dharmari organized a health check-up camp in collaboration with Primay Health Centre, Dharmari for the volunteers and students of the college in which more than 60 students have participated. The day started with an Awareness Lecture on general health which was presented by Medical Officer Dr. Verender Gupta. In his lecture, Dr. Gupta stressed on physical and mental health parameters, increasing stress and depression among students as well as the increasing threats of



Doctor examining a student during the camp.

drug addiction and the measures to reduce the health risks. Later, the Principal of the college Dr. Preetpal Kour also interacted with the students and appealed them to be aware about their health. She also made the students aware about the increasing

threats of drugs and the various measures taken by the government to reduce the same. After the awareness lecture, the general physical parameters like height, weight, BP, Pulse were evaluated by the medical team comprised Dr. Verender

Gupta (Medical Officer), Smt. Naseem (FMPHW), Smt. Tahira (HA) and Sh. Bhikam Singh (MTS). The team also used the Anti-drug kits issued by the district administration to identify the intakers of narcotics and psychotropic substances but all the samples resulted negative. The whole Program was organized under the guidance of the college Principal Dr. Preetpal Kour and supervision of NSS Program Officer, Prof. Ajay Kumar. Other staff members present on the occasion includes Dr. Shabeer Ahmed Taing, Dr. Saleem Ahmed, Prof. Balbir Kumar, Prof. Mohinder Kumar, Prof. Balwinder, Prof. Manzoor, Prof. Samiti, Prof. Tinu Bala etc.

Farmer's Training Programme on "Post Harvesting Technology" held

STATE TIMES NEWS
KATHUA: A Farmers training programme was conducted in NICRA village of KVK Kathua under administrative control of Sher-e-Kashmir University of Agricultural Sciences & Technology of Jammu. The programme was held under the energetic leadership of Dr. B.N. Tripathi, Hon'ble Vice Chancellor and was conceptualized under the excellent direction of Dr. Amrith Vaid, Director Extension SKUAST-Jammu and Dr. Vishal Mahajan, Chief Scientist & Head, KVK Kathua.

The theme of farmers training programme was "Post Harvesting Technology". The objective of the programme were to provide information to farmers about how they minimize losses after harvesting their crop. There are more than 20 farmers were participated in the programme including farm women, farmers and



KVK officials along with farmers during the programme.

rural youth. The progressive farmer of the area Sh. Ganesh Dass welcomed the participants of training programme and shares their experience about his post harvesting techniques. In spite of that, YP-II of KVK Kathua, Sushant Sharma gave the detailed view on post harvesting techniques. He said that, these techniques are crucial in agriculture because they determine the quality, safety, and value of the produce. Proper post-harvest techniques are essential for maximizing profits and reducing waste.

He highlighted the role and importance of various harvesting techniques either manual as well as by machines. Then, he briefed about different drying method of grains after threshing. He explains that drying is the process of removal of excess moisture from the grains. Proper drying results in increased storage life of the grains, prevention of deterioration in quality, reduction of biological respiration that leads to quality

loss of grains and optimum milling recovery. In last, he discussed various storage methods of grains with farmers. He said that, proper storage conditions including temperature and humidity control, help prolong the shelf life of grains. Ramanand, the well known farmer of the village also shared his views during training programme related to storage conditions after harvesting the crops. He also said that, post-harvesting techniques learned from scientists of KVK Kathua have been instrumental in improving the efficiency, quality, and profitability of his farm operations. The different types of queries were raised by the farmers about post harvesting techniques which were satisfactorily answered by the YP. The programme was ended with vote of thanks proposed by the Progressive farmer of the area Ganesh Dass.

Conservator of Forests conducts inspection of ongoing survey, demarcation works

STATE TIMES NEWS
REASI: Conservator of Forests, West Circle Rajouri, Sandeep Kumar (IFS) conducts inspection of ongoing survey and demarcation works in Reasi Forest Division. In a resolute stride towards meticulous forest management, the West Circle Rajouri, under the leadership of Conservator of Forests, West Circle Rajouri, Sandeep Kumar, IFS along with Sh. Sunil Singh, Divisional Forest Officer Reasi, and his diligent team, is accelerating demarcation efforts across. The Conservator of Forests, West Circle



Conservator of Forests, West Circle Rajouri, Sandeep Kumar inspecting of ongoing demarcation works in Reasi.

Rajouri Sh. Sandeep Kumar, IFS is monitoring the daily progress reporting, ensuring a comprehensive data compilation to track the advancement of demarcation activities. The Conservator of Forests, West Circle Rajouri, in a proactive move towards sustainable forest management, recently conducted a thorough inspection of the ongoing survey and demarcation works of Bhagga Forest of Katra Forest Range within the Reasi Forest Division. The inspection, led by the esteemed Conservator of

Forests, West Circle Rajouri, Sandeep Kumar (IFS) aimed to ensure compliance with established environmental regulations, promote biodiversity conservation, and enhance the efficiency of forest management practices. During the inspection, the team assessed the progress of the survey and demarcation works, scrutinizing adherence to prescribed methodologies and guidelines. The Conservator of Forests, West Circle Rajouri emphasized the importance

of accuracy and precision in demarcating forest boundaries to facilitate effective resource management and prevent encroachment. Expressing satisfaction with the progress made thus far, the Conservator of Forests, West Circle Rajouri commended the dedication and commitment of the forest department personnel involved in executing the survey and demarcation activities. The diligent efforts of these individuals contribute significantly to the preservation and protection of the region's invaluable forest ecosystems. Moving forward, the Conservator reaffirmed the department's unwavering commitment to upholding environmental integrity and promoting the sustainable utilization of forest resources. Through continued vigilance and proactive measures, the Forest Department endeavours to safeguard the rich biodiversity and ecological balance of the nature.

Madhuparamhans delivers religious sermons

STATE TIMES NEWS
SAMBA: Sadhguru Shri Madhuparamhans Ji Maharaj of Sahib Bandgi, while delighting the Sangat with the nectar of his sermons at Rakhbandu today, said why there is joy in that supreme abode. Because there is no mind there. There is no illusion there. This is a game of time in this world. Kaal Parush is troubling the souls by giving them new problems every day. Even Sahib said that there will be many diseases in Kalyug. So that the living beings remain busy in healing the body and are not able to do devotion. It is a complicated situation at this time. The soul is entangled in sinful activities. Parents nurture and raise the child. After marriage the child abandons his parents. Children give pain throughout life. Have your problems. This is all a game of time.

When you are chanting the name you are safe. Otherwise you are not safe. Why is there happiness in that country, because there is no time there. No one is fearless in this world. But the name that Sahib is talking about is not the same name that people are chanting in the world. There are crores of such names in the world, but this is not him. The true name, the name that Sahib is talking about, the name by attaining which the soul can go to its own country, the immortal world, that name is found only with the true Sadguru. This name is a divine power, which Sadguru gives to the disciple at the time of donation. This is a lively name, it is alive. Time is living with the living

being. The attack of the mind is nowhere else. His attack is on your attention. The divine vision is in your meditation only. It is the mind that hinders self-knowledge. When you meditate continuously, you will understand the mind. Just like a child learns to write by writing. His handwriting also keeps improving. By meditating like this, your mind will understand. Some people think that this is the work of devotees. No, it is important for everyone to meditate for self-knowledge. More attention is needed than education. Earlier our people understood. Man has never been as lost as he is today. Earlier there were many ascetic people. But now devotion has been made a busi-

ness. Within no time the sin has become too much. Sahib ji said that you should sit in meditation daily. It is not that you sit in meditation, switch on the button and go into the inner world. It will happen slowly. This divine vision is in meditation. That's why Sahib has said only Surti Yoga. Neither did Sahib give importance to Gyan Yoga nor did he give importance to any other yoga. Only Surti Yoga spoke. Whatever is there, is Surti only. When you have the power of name, it will not be difficult for you to control attention. A gentleman said the same thing to me, saying that you yourself say that even the great sages have been suppressed by time, then how can we do devotion. I said that the power of name is support. After the name the work will become easier.

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