

Arogya Bharti Jammu Kashmir Ladakh organizes Abhayaas Prant Varg

STATE TIMES NEWS
JAMMU: To spread awareness among common masses regarding health and healthy lifestyle, Arogya Bharti organized one day workshop at Bharti Vidya Mandir (BVM) School, Ambphalla, here on Sunday.

Formed on November 2, 2002, Arogya Bharti is a selfless Sewa Sangathan working to spread awareness in society regarding Swastha Sewa, life style disorder, holistic health approach, Kishori Vikas, Vyasana Mukti, spiritual health and all other aspects of healthy life.

Dr. Ashok Kumar Varshney, National Organizing Secretary of Arogya Bharti in his inaugural address spoke of challenges being faced by society in terms of mental and physical health and energized the Arogya Mitras (karyakartas) to do selfless service for the society by working together to take masses from illnesses to wellness to happiness.

Dr. Yash Pal, Chief Guest of today's programme, welcomed all the Speakers of the Academic Session of this workshop.

More than 100 karyakarta of Arogya Bharti from Jammu Division participated in one day orientation workshop.

Speaking about Kishori Vikas, Dr. Shaveta Kohli,



A dignitary speaking at a programme in Jammu.

Associate Professor, Department of Economics, Central University J&K highlighted the strategies to be adopted for Adolescent Development to empower young Indians especially Nari Shakti and achieve Viksit Bharat goal by 2047.

Dr. Shaveta also gave useful tips for building and strengthening Kishori Vikas.

Importance of Swastha Poshan in daily life is necessary for healthy life, said Dr. Archana Bhat Sharma, Department of Home Science, Government College of Women Gandhi Nagar Jammu. She stressed that awareness must be created among masses for achieving healthy and aware society. Dr. Archana threw light on various misconception/myths prevalent in society, due to misleading fake knowledge streamed on

social media.

How to read Food Label is equally necessary for creating awareness regarding various food products available in market. She culminated her session with the Sanskrit verse "Annam Ne Nidyat, Tad Vrotam" (Never Abuse the food, that is the rule).

Vasant Mukti is the need of the hour to spread awareness regarding Substance Abuse.

Dr. Arun Gupta, Medical Officer, Ayush J&K spoke on drug de-addiction and informed audiences why addictions are increasing in India.

Dr. Arun said that we should not hate drug addicts but help them to overcome their addiction and become valuable part of society again.

Spiritual Health Master and motivational speaker, Dr. Deepak Patha, through his discourse enlightened the

Karyakartas of scientific knowledge available within Indian Knowledge System.

Dr. Pathak also gave detailed introduction of Yagyapathy and its Importance in daily life to attain Spiritual Health.

Satradhaksh, of today's Academic Session, Dr. Bopesh gave heartfelt thanks to all the speakers.

Dr. KD Gupta, Dr. Ashok Varshney, Dr. Vikrant Sharma founder Member of Arogya Bharti Prant unit also conducted the Question-Answer session to settle the queries of the audience. Yojnatmak Satr was coordinated by Anil Vasudev and Abhishek Sharma.

Dr. KD Gupta made important announcement regarding changes in formal structure of the Arogya Bharti Prant structure. Dr. Vikrant Sharma founder Member of Arogya Bharti rejuvenated the Arogya Mitra and stressed how to achieve Swastha Jeevan Shalli and role Arogya Bharti can play to achieve it. Vote of thanks was presented given by Shashikant Lakhnampal in which he gave thanked all the National Executive Members, Arogya Mitras, Volunteers, Speakers, Guest who made today's workshop a grand success.

Sham Langer expresses grief over Martyrdom of IAF Warrior in Surankote

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STATE TIMES NEWS
JAMMU: Sham Lal Langar, Convener of BJP Trade Cell, Jammu and Kashmir, has expressed profound grief and shock over the tragic martyrdom of an Indian Air Force (IAF) warrior in Surankote tehsil of Poonch district. The loss of a brave soldier serving the nation is deeply lamentable and our thoughts and prayers are with the bereaved family during this difficult time.

In addition to mourning the loss, Sham Lal Langar vehemently condemned Pakistan for its continued support to terrorism and its relentless efforts to facilitate the infiltration of terrorists into the Union Territory. Such cowardly acts aimed at destabilizing peace and harmony in the region are unacceptable and deserve the strongest condemnation from all quarters, he added.

Sham Langar emphasized the need for unity

Rangyug unveils its programs for year celebrating 40 years of excellence in performing arts

STATE TIMES NEWS
JAMMU: In a press conference held on Sunday, Rangyug, the pioneer theatre group of Jammu known for its dedication to Theatre for Self-realization and Social Change, proudly announces a series of programs marking its 40th anniversary.

The press conference was attended by Deepak Kumar, Founder/Director Rangyug, Dr. Priya Dutta renowned Kathak maestro, Pankaj Pradhan, a renowned classical singer, RJ Julie Mohan, Raj Kumar Behrupia, Ashish Sharma, Sohah Gupta besides other members of Rangyug.

Established in 1984, Rangyug has now expanded its horizons, encompassing music and dance, and has emerged as a Performing Arts Foundation nurturing the next generation of artists.

The year-long celebration will feature a range of initiatives, including regular acting and weekend classes tailored for individuals above 16. Additionally, performance-oriented workshops such as the Summer Theatre Camp for Children during summer vacations



Deepak Kumar, Founder/Director Rangyug with other members talking to reporters.

and a Winter Theatre Camp during winter vacations will be conducted, for the age group of 9 to 15.

In addition, Rangyug will host Music classes three times a week and Dance classes twice a week besides Classical Dance workshop in the coming summer vacations which is open to aspirants of all age groups.

The aspirants may Register and reserve their seats by filling the on line form at: <https://forms.gle/t391h8K7mFwHxjFY37> or visiting the Studio at Trikuta Municipal Complex, Lower Dogra Hall road, Jammu between 3 pm to 7 pm.

To commemorate its journey, Rangyug will showcase exhibitions featuring photographs, costumes, press reviews, and other memorabilia. A special highlight of the anniversary celebrations will be the release of a Souvenir in the form of a Coffee Table Book on the Foundation Day this year.

Committed to education, Rangyug aims to initiate Theatre in Education programs for students and children, enriching their learning experiences through the performing and plastic arts.

Since 1984, Rangyug is actively engaged in the Union territory of Jammu

& Kashmir, committed to self-realization, social change, education, theatre training, conflict resolution, and addressing issues affecting vulnerable and marginalized communities. Through its endeavours, Rangyug has made significant strides in achieving its objectives, leaving a lasting impact on the region's cultural and social fabric.

Rangyug extended an invitation to all enthusiasts and aspiring artists to join in celebrating 40 years of Artistic Excellence and to participate in the array of programs and activities scheduled throughout the year.

Natrang presents Hindi play 'Short Cut'



Natrang artists performing in the play 'Short Cut' on Sunday.

STATE TIMES NEWS
JAMMU: Natrang presented a Hindi devised and improvised play 'Short Cut' here at Natrang Studio Theatre in its weekly Sunday Theatre series.

The play was devised and directed by Neeraj Kant. The play Short Cut is the story of a couple who rob people in an attempt to become rich overnight and are finally caught.

As the play begins, a young couple is seen fighting with each other in their house over dowry. Kajal accuses her husband Akash of lying to her family that their son is a doctor. Actually, Kajal is very regretful about her husband

being an animal doctor.

She says that her husband's family had demanded a motorcycle from them as dowry. During their fight, noise of slogans along with drumming is heard from the locality. Just then Vibhu enters with a box of sweets in his hand and tells that he has got the title of best doctor and has bought a new house and a new car. On this, Kajal curses her husband that while treating animals, he has not even bought a scooter with his own money. Vibhu's wife praises Kajal's saree and necklace. On this Kajal says that due to fear of thieves, she has kept all her jewelry hidden in her husband

Akash's clinic. As soon as they come to know about this, Vibhu and his wife leave from there.

After this, since there are no patients in Akash's clinic, his brother-in-law is seen having fun. And then a couple enters who have come to steal the jewelry from Akash's clinic on the pretext of getting treatment. Both of them try to render Akash unconscious by inhaling chloroform, when Akash's brother-in-law catches them. And these two are Akash's neighbours Vibhu and his wife who had become rich by robbing people in the same way. In this way, the short cut method of Vibhu and his wife is exposed and they are handed over to the police. Natrang young artists who performed in the play included Mehak Chib, Anand Verma, Vishal Sharma, Aadesh Dhar, Lalita Devi and Vandana Thakur. The lights were designed and executed by Neeraj Kant and the show was coordinated by Mohd. Yaseen.

and solidarity in the face of such cowardly acts of terrorism. He stands in solidarity with the armed forces and reaffirms its unwavering commitment to supporting initiatives aimed at countering terrorism and ensuring the safety and security of the people of Jammu and Kashmir.

While strongly condemning the Pakistan-sponsored terrorism, which is against the basics of humanity and would achieve nothing except death and destruction, Sham Langar said that the whole nation stands with the families of these martyrs sharing their grief in this hour of great distress.

Saluting the sacrifice of IAF Warrior and expressing sympathies with his family, relatives and colleagues, he said: "The loss of precious lives of an officer is unbearable and the nation shall ever remain indebted to him and his family".

in recent times to defeat the nefarious designs of terrorists at the behest of Pakistan, which wants terrorism to fully revive.

The party saluted the martyred Jawan and his family and expressed sympathies and solidarity with the injured jawans and their families and prayed for early recovery of the injured.

The repeated attacks on our forces need to be responded strongly to ensure check on the rise in terror activities and attacks on our forces, they added.

VKMI, IYA conclude 10 days yoga camp



Participants at closing ceremony of ten-day yoga camp at Jammu on Sunday.

STATE TIMES NEWS
JAMMU: Vichar Kranti Manch International (VKMI) and Indian Yoga Association organized 10 day yoga camp at Shiv Mandir, Sector 3, Trikuta Nagar, which concluded on Sunday. Prof RD Sharma, former Vice Chancellor Jammu University and Noida University, was the Chief Guest on the occasion, Rattan Lal Mahajan (Rattoo Shah), three times President Warehouse & Nehru Market & Advisor and Ashok Gupta, former Drug Controller & President Senior Citizens Service Sports Club Chowadhi, presided over the programme.

Chander Manli Raina, Vice President J&K Vidvat Parishad, Parveen Gupta, President Shiv Mandir Trikuta Nagar, Baldev Raj Gupta, President Senior Citizens Rejuvenation Centre, Shubh Chander Verma, founder Member SCRC & former Corporator JMC, Sudha Chander Sharma, Jammu President Patanjali Yogpeeth were Guests of

Honour.

The concluding function, comprises of six session. First Session was about practicing of Yogasans wherein PN Jalla, Ex PA to Finance Minister Pt Tirlochan Dutt, demonstrated at the age of 92 years. Others practiced Yogasans were Angrej Sigh, Life Member/Finance Secretary Indian Yoga Association, K S Samyal, Advisor VKMI & J&K Confederation of Voluntary & Social Organisation, TR Puri, Yogacharya SCRC, Abhinandan Jain, PA VKMI & Founder Chairman BMP&YC, Narinder Wadhra, President Evening Walkers Association Trikuta Nagar, Renu Thapar, University Trained Yoga Teacher and I/C Yoga Center Smriti Bhawan Bakshi Nagar, Sandhya Gupta, Yoga Teacher I/C BYS Yoga Class. Dr Shreyansh Kumar Jain, State Yoga Commissioner Jammu, President VKMI & State Chairman Indian Yoga Association Practiced yog

Mudras and explained about Mudra Science, besides the significance of Yoga in day to day life. Others present were Yash Paul Sharma, Skill Development & Financial Solutions, Sansar Chand Gupta President Hari Parbhu Sanstha, HC Vaid Finance Secy SCSSC, Ashok Khajuria, Secretary Bharat Vikas Parishad Shivalik, Jaipal Singh, Ex Chief Manager SBI, Vijay Gupta CM SBI, Swaraj Amla Retd DFO, Ajay Kumar, I/C Udham Singh Shakha, Anil Sadhotra, Janak Raj Gupta and social activists.

Swar Kokila Anju Bansal Punjab State Coordinator VKMI, presented a Bhajan. Sudha Chander Sharma gave brief introduction of Indian Yoga Association and CM Sharma, General Secretary VKMI & State Coordinator Annamalai University briefed about activities of the Manch.

Ashok Gupta, Vice President VKMI narrated about the significance of Hasya yoga at physical and mental level.

Congress expresses grave concern over steep rise in terror activities

STATE TIMES NEWS
JAMMU: Congress has expressed deep concern over steep rise in terrorists incidents in Jammu region especially Rajouri - Poonch where series of attacks have taken place on the armed forces in recent past causing loss of several precious lives.

Strongly condemning the terrorist attack on IAF vehicle in Poonch and expressing grave concern over the repeated attacks on our forces leading to several casualties of jawans & officers,

Senior Congress leaders sought swift, calculated and equal measure of response to the grim situation to check it from further spreading.

Terming the yesterday's attack as cowardly, the party condemned the attack in strongest words and sought strongest planned response to the repeated targeted attacks on our brave forces and civilians and to check reviving terrorism.

JKPCC Chief Vikar Rasool Wani, Working President Raman Bhalla, Senior Vice President and Chief

Spokesperson Ravinder Sharma and former Chairman Legislative Council Jahangir Mir have expressed grave concern over the escalated attacks by terrorists on our forces in the recent past in various parts especially in Rajouri-Poonch, resulting in to huge loss of several precious lives of our jawans and officers as well as innocent civilians.

They cautioned the government and security agencies about the grave threat on ground and urged to fully gear up to counter the greater threat of terrorism

in recent times to defeat the nefarious designs of terrorists at the behest of Pakistan, which wants terrorism to fully revive.

The party saluted the martyred Jawan and his family and expressed sympathies and solidarity with the injured jawans and their families and prayed for early recovery of the injured.

The repeated attacks on our forces need to be responded strongly to ensure check on the rise in terror activities and attacks on our forces, they added.

Encouraging Young and first-time voters: CEO UT Ladakh unveils Election Song



Students reciting an election song composed by the State SVEEP icon, Phunchok Ladakhi.

STATE TIMES NEWS
LEH: In a bid to inspire and engage young and first-time voters for their maximum participation in casting votes on the poll day, Chief Electoral Officer (CEO) UT Ladakh, Yetindra M. Maralkar, on Sunday unveiled an electrifying election song which is composed by the State SVEEP icon, Phunchok Ladakhi.

The event was graced by the presence of CEO UT Ladakh, Yetindra M. Maralkar as Chief Guest, State SVEEP icon, Phunchok Ladakh as Guest of Honour, Returning Officer 1-Ladakh Parliamentary Constituency, Santosh Sukhadeve, District SVEEP icon, Stanzin Gya and Joint

CEO and Assistant CEO of Election Department Ladakh.

The event also witnessed enthusiastic participation from officers and officials from different departments of UT Ladakh and students from the Govt. Boys Hr. Sec. School, Leh, Govt. Girls Hr. Sec. School, Lamdon School, Leh and Mahabodhi Residential School, Leh.

Joint CEO UT Ladakh, Sonam Chosjor in his welcome address, appealed participants and general public to actively participate in casting vote on 20th May. Returning Officer, Santosh Sukhadeve, District SVEEP icon, Stanzin Gya and one first time voter also addressed the event, appealing

young and first-time voters to cast their votes on the upcoming Election Day.

The unveiling ceremony was a vibrant affair with cultural show and dances by cultural teams. As the election season unfolds, the unveiling of the election song marks a significant milestone in the journey towards encouraging voter participation, especially among the youth. It not only aimed to foster a sense of civic responsibility among young voters but also highlighted the importance of active participation in the democratic process.

The event concluded with vote of thanks from the State SVEEP Nodal Officer Dr. Tsewang Morup.

As the event drew to close, CEO UT Ladakh, Yetindra M. Maralkar, State SVEEP icon, Phunchok Ladakhi and RO/DEO, Santosh Sukhadeve emphasized on 100 percent voter turnout in this election and encouraged young voters to exercise their franchise judiciously and responsibly, underscoring the significance of every vote in the democratic fabric of the nation.

RMMC Jammu organizes four cataract eye surgery camps



Swami Yajnadhara, Secretary Ramakrishna Mission Jammu with doctors and patients.

STATE TIMES NEWS
JAMMU: Ramakrishna Mission Medical Centre, Jammu, concluded a series of four Cataract Eye Surgery Camps from 20 February 2024 to 27 April 2024. The camps aimed to provide much-needed eye care services to the local community and tackle the prevalent issue of cataract-related vision impairment.

During the camps, a total of more than 600 patients were screened, highlighting the significant demand for accessible eye care services in the region. As part of the initiative, Ramakrishna Mission Medical Centre collaborated with Goel Eye

Clinic and Retina Centre, a renowned eye care facility, to conduct the cataract surgeries.

Swami Yajnadhara, Secretary of Ramakrishna Mission, Jammu, said "We are proud to announce that 37 patients successfully underwent cataract surgery free of cost, a commendable effort in helping individuals regain their vision and improve their quality of life. The expertise and dedication of the medical professionals involved ensured the surgeries were conducted efficiently and with utmost care."

"These cataract surgery camps were a remarkable

success, enabling us to positively impact the lives of numerous individuals in need. We are grateful for our collaboration with Goel Eye Clinic and Retina Centre, which played a pivotal role in providing these services," he added.

He said Ramakrishna Mission Medical Centre remains committed to delivering high-quality healthcare services and addressing prevalent health issues in the community. The success of these cataract surgery camps underscores our dedication to serving the underprivileged and promoting optimum eye health, he added.

Brace-up security grid, mobilize intelligence network to foil terrorist attacks in near future: Gaurav

Condemns terrorist attack on IAF convoy, expresses grief over Martyrdom

STATE TIMES NEWS
JAMMU: Gaurav Gupta, former General Secretary of the Chamber of Commerce and Industry, strongly denounced the cowardly terrorist attack on the convoy of the Indian Army Force (IAF)

Valley, particularly amidst the ongoing Lok Sabha Elections.

He demanded that the government should brace-up the security grid and mobilize the intelligence network to ensure that such horrendous attacks should be stopped in the coming time.

Gaurav said that after the recent killing spree in the Valley wherein many lives perished under the targeted killing ploy of the terror outfits, the situation in Jammu province has become crucial and if the government will not take some out of the box steps, it will become difficult for the common man to live under such situation where fear psychosis is ruling the roost.

He urged the government to come up with a foolproof security strategy to ensure the safety of all in the Union Territory.

Gaurav extended heartfelt condolences to the bereaved families of the martyred soldier and prayed for the speedy recovery of the injured personnel.