

Dr Jitendra reviews Amarnath Yatra arrangements; security, weather aspects discussed

■ STATE TIMES NEWS

RAMBAN: Union Minister, Dr. Jitendra Singh on Sunday reviewed the Amarnath Yatra arrangements and preparation with District Administration Ramban.

During the review meeting, Dr. Jitendra Singh emphasized that a dash board must be prepared for the Yatris for the real-time information related to weather forecasts, highway updates, number of Yatris arriving, traffic updates etc.

The Minister also stressed upon the district administration that social media should be used for updating Yatris with reliable related information by creating separate handles exclusively for this



Union Minister Dr Jitendra Singh reviewing Amarnath Yatra arrangements and preparations with District Administration Ramban, on Sunday.

year's Amarnath Yatra, tagging important handles.

During the meeting, Dr. Jitendra said that the latest technology like RFIDs which have been made compulsory in this year's Amarnath Yatra will help in the real-time mon-

itoring of Yatris by tracking them enroute to the cave.

Dr. Singh also inquired about the status of the report of the unfortunate incident of tunnel collapse in district Ramban, to which the Minister was informed that

the ex-gratia of Rs. 20 lakh has been paid to the deceased with 2 lakhs paid as additional amount.

During the meeting, the Minister was informed by Deputy Commissioner, Ramban that 33 'Langars'

from Nashri to Lamber (Banihal) for the Yatris have been constructed with a carrying capacity of 30,000.

The Minister was also informed that a Yatri Niwas will be completed before the commencement of Yatra consisting of 13 lodgement centers with a total capacity of 8000 with 3000 available beds and 961 toilets/baths for the Yatris.

The security related arrangements are also put in place for this year's Amarnath Yatra with installation of CCTVs, deployment of CRPF, ITBP at important locations, PCR Control Rooms, the Minister was informed by SSP Ramban, Mohita Sharma.

BJP will clean sweep Assembly polls in J&K: Kavinder



Senior BJP leader, Kavinder Gupta lighting ceremonial lamp.

■ STATE TIMES NEWS

JAMMU: Senior BJP leader and former Deputy Chief Minister, Kavinder Gupta on Sunday asserted that the Saffron Party is ready for upcoming elections in the Jammu and Kashmir and will sweep ensuing Assembly polls in J&K as well and will come to power to run a double-engine government in the Union Territory by getting a thumping majority.

Addressing party workers during the District Working Committee meeting held here today at Party Headquarters, the former Deputy Chief Minister asserted that J&K has witnessed the next level of development after the abrogation of Article 370 and to continue the momentum of development it is quite important

that the BJP government should be elected in the Union Territory.

Kavinder said that BJP has ensured for the first time in the country that common man is getting the benefits of bountiful Centrally Sponsored Schemes launched under the realms of PM Narendra Modi.

He said that PM Modi after coming to power is consistently rectifying the mistakes and wrongdoings of the successive governments which is testimony to the fact that people in the country have started acknowledging the work accomplished by the government led by PM Modi.

He said that the sort of development J&K has witnessed in these five years; it had never witnessed before. The senior BJP leader

complemented the party cadre who are doing yeoman's job at Booth Level and Shakti Kendras by disseminating the information about achievements of Modi Government to ensure that opposition parties do not sway them by deception and false promises.

He asked the grassroots level workers of the party to concentrate on making their booths strong as this is the key to winning political battles.

Kavinder said that the onus of thumping victory of the party in forthcoming Assembly elections in Jammu and Kashmir are fully lies on the shoulders of ground level workers as they are the ambassadors of the party.

He said that only BJP can satiate the aspirations of people and for this party's victory is a must in the elections which are due in the coming time.

Kavinder appealed to the people to further strengthen the hands of Prime Minister Narendra Modi and vote BJP to power in Jammu and Kashmir Union Territory for peace and prosperity of the people of this region that suffered on account of morass due to terrorism for the past over three decades.

Retirees of Police League holds meet, highlights issues

■ STATE TIMES NEWS

JAMMU: The monthly meeting of Retirees of Police League, District Jammu was held in Jammu on Sunday, which was attended by a number of members and all office bearers. During the meeting, organised and presided by Karanjit Singh, (DySP Retired) and President of League, several issues and problems being faced by retired police personnel were discussed in detail and concerned authorities were requested to resolve the same. The members said that all retirees should be given due respect by

we face unnecessary harassment which can be avoided as we don't violate traffic rules. Some relief can be given in installation of new High security registration plates, especially in case of old vehicles," they said and urged area officers to attend Retirees meeting sometimes, to listen to their grievances and problems.

Prominent among those who were present during the meeting included Chirag Din, Makhan Lal Sharma, Som Raj Datta, V S Kundal, B L Kaul, Mohinder Singh Kanwar, Yoginder Singh, Kuldip



Retirees of Police League, District Jammu members during a meeting.

Police officers when they approach for small issues at concerned offices. "During traffic checking,

Raj, Saudagar Mal Jangaral, Mohd Sadiq, Shamsher Bhagat and Ashok Kumar Sharma.

Dr Karan Singh chairs council meeting of J&K Dharmarth Trust

■ STATE TIMES NEWS

JAMMU: A meeting of J&K Dharmarth Trust Council was held here on Sunday under the chairmanship of Chairman Trustee, Dr Karan Singh.

In the meeting, Trustees Vikramaditya Singh, Ajjatshatru Singh, Martand Singh and Ranvijay Singh; President J&K Dharmarth Trust, Sr Advocate Ajay Gandotra; Council members Dr. Vishwa Murti Shastri, Dr Uttam Chand Sharma, Dr Parshotam Singh Pathania and Sunil Trakroo and Secretary Dr Gopal Parthasarathi Sharma were present.

The meeting commenced with the chanting of Vedic Mantras.

At the outset of the meeting, Ajay Gandotra presented a detailed report of the activities of the Trust.



Chairman Trustee, Dr Karan Singh chairing J&K Dharmarth Trust Council meeting.

During the meeting, various issues pertaining to development of temples and Shrines both in Kashmir and Jammu region, enhancement of guest facilities at various temples managed by the Trust, etc. were discussed threadbare.

The valuable suggestions for further improving the temple and facilities for the visiting pilgrims for all the temples and shrines of the Trust have been given special thrust.

Chairman Trustee, Dr Karan Singh, in his address, directed all the members to work relentlessly with utmost sincerity for enhancing the image of the Trust as well as wellbeing of its employees.

He stressed for taking adequate steps for providing better facilities to the visiting devotees and for facilitating them to pay obeisance and perform prayers and rituals in the temples and shrines of the Trust.

During the meeting, the

arrangements made in Annual Mata Kheer Bhawani Mela at Tulmulla in district Ganderbal, by the Dharmarth Trust which was held on June 8, 2022, was appreciated by the Chairman Trustee.

He also appreciated the President for renovation of Gauri Shanker Temple Pahalgam which is the gate of Amarnath Yatra.

The regular income of temples and receipt of donations in temples and Shrines,

improvement of temples and shrines falling under the ambit of Dharmarth Trust was also highly appreciated by the Chairman Trustee and Council members.

Earlier, on the arrival of the Chairman Trustee, Adv Ajay Gandotra along with staff members gave a warm welcome to Dr Karan Singh ji by presenting a bouquet.

Later, the Chairman Trustee also visited Shri Ranbireswar Temple, Parade, and personally reviewed the progress of the ramp which is being undertaken by the Trust's President for differently-abled persons.

Pertinent to mention that this ramp was the long pending demand of the devotees, especially differently-abled persons visiting Shri Ranbireswar Temple on a regular basis.

LG Mathur inaugurates computer-based test centres at GDC & ITI Kargil

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KARGIL: The Lieutenant Governor of Ladakh, R.K Mathur, on Sunday inaugurated the Computer-based Test Centres at Government Degree College (GDC), Kargil and Industrial Training Institute (ITI) in Kargil on the concluding day of his three-day visit to Kargil.

LG Mathur also laid the foundation stone for the construction of the District Library at Kargil. Chairman, LAHDC Kargil, Feroz Ahmad Khan; Member of Parliament from Ladakh, Jamyang Tsering Namgyal; Deputy Commissioner, Kargil, Santosh Sukhdev; Senior Superintendent of Police



Lt Governor Ladakh, R.K Mathur laying foundation stone of District Library at Kargil.

(SSP), Kargil, Anayat Ali Chaudhary and other district officials accompanied LG Mathur during the tour.

LG Mathur stated that the Computer-based Test Centre at GDC and ITI Kargil would facilitate in

conducting online Staff Selection Commission and Institute of Banking Personnel Selection examinations. He stressed on the need for toilets, drinking water and heating facilities, an uninterrupted power supply, waiting

room for teachers and OFC-based internet connectivity at the college, etc.

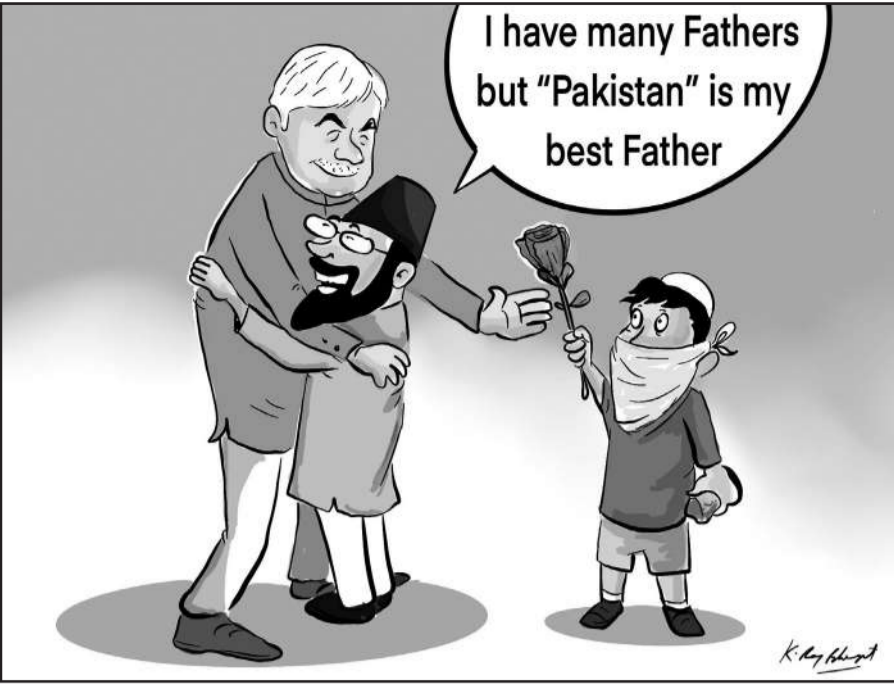
He visited the Ladakhi Craft and Design Skill Centre (LC&DSC) and the Fashion Design Centre at GDC and ITI Kargil, respectively.

Principal, GDC Kargil, Dr Amina Quari and Assistant Professor, Zoology, who is also the in-charge of LC&DSC briefed about the Centre and the 1-year certificate course being provided to around 300 students in collaboration with Central University of Kashmir.

LG Mathur appreciated the logo of the LC&DSC that symbolises 'Wonder Women' of the College. Mohd Qasim from ITI

Kargil briefed about the 1-year vocational course being provided to 24 students. The staff requested to increase the duration of the course and make it a two-year course. LG Mathur stressed the need to provide the latest machines and equipment for stitching and other design purposes.

LG Mathur later laid the foundation stone for the construction of the District Library in Kargil. Superintending Engineer (SE), R&B Division, Nisar Hussain briefed that the library shall have a seating capacity of 200 people and around 40,000 books on various subjects. He informed about the ground thermal floor heating and digital library facilities at the District Library.



Yoga improves cardiovascular health: Dr Sushil



Dr. Sushil Sharma and others examining patients during a camp at Jammu.

■ STATE TIMES NEWS

JAMMU: While commemorating the universal message of 'Yoga for humanity' on International Day of Yoga, Dr. Sushil Sharma stressed that there is a greater need for inculcating better health practices through yoga.

At a health camp organized by Dr. Sushil and his team at Brij Nagar, Miran Sahib, Dr. Sushil enumerated the various benefits that are associated with the practice of yoga.

He specifically highlighted the role of yoga in maintaining cardiovascular health. One of yoga's clearest benefits to the heart is its ability to relax the body and mind.

Emotional stress can cause a cascade of physical effects, including the release of hormones, which narrow our arteries and increase blood pressure. The deep breathing and mental focus of yoga can offset this stress. Worry and depression commonly follow a cardiac event, such as a heart attack, bypass surgery or diagnosis of heart disease. As part of an overall treatment plan, yoga can help us manage this stress, he added.

Taking cue from a survey conducted by National Center for Complementary and Integrative Health, he informed that more than 80% of yoga enthusiasts selected for the survey said the practice decreased their stress.

The relaxing, meditative aspect of yoga can build up emotional resilience, helping us to stay calmer during times of stress.

Stress activates the body's fight-or-flight response. This triggers a rise in heart rate, blood pressure, and the release of stress hormones, all of which are hard on our cardiovascular system. Yoga helps activate the opposite effect, known as the rest-and-digest response. Over time, a regular yoga practice cultivates this "relaxation response," enabling us to be less reactive to stress and intense emotions. Another study has shown that blood measurements and waist circumference, a marker for heart disease, improved in middle-aged adults with metabolic syndrome who practiced yoga for three months. Some research even indicates yoga might be a useful tool in helping smokers quit, which is an

independent risk factor for heart disease.

Keeping in consideration the beneficial aspects of yoga in maintaining overall well being, he appealed the attendees to incorporate yoga as a daily practice to experience long lasting physical and mental health benefits.

He, however, exhorted that to begin with it must be learnt under strict supervision of a trained professional to avoid unnecessary injuries.

Prominent Citizens of the Village Brij Nagar Harinder Uttam, Narinder Sharma (Raju), Vijay Sharma, Kamal Sharma, Subhash Sharma, Rajnish Sharma, Parveen Sharma appreciated the camp conducted by Dr Sushil and his team.

Others who were part of this camp included Dr Nasir Ali Choudhary (Cardiologist), Dr Dhaneshwar Kapoor and Dr Anitpal Singh Asstt Prof.(Ortho). Paramedics and Volunteers include Dr Vivak M Arya, Kamal Sharma, Raj Kumar, Raghav Rajput, Ranjeet Thakur, Sunil, Vikas Sabharwal, Maninder Singh, Harinder Singh and Akshay Kumar.

So-called 'double-engine' BJP Govt, driven by PM Modi failed on all fronts: Bhalla

■ STATE TIMES NEWS

JAMMU: JKPC Working President Raman Bhalla on Sunday claimed that the Modi government in the last 8 years has failed on all fronts and there was no place for democracy and the Constitution.

"The country is reminded again and again of the eight failures of the BJP Government including Rising Inflation, High Unemployment, Suppression of democracy, Failure to safeguard National Security, Hate Politics, Historic fall of the Rupee, Economic Collapse and Erosion of social fabric," said Bhalla.

This was observed by former Minister while interacting with prominent persons of Mohalla Meenian, Model Town area of Trikuta Nagar in Gandhi Nagar constituency as a part of his door to door campaign against BJP Govt's wrong policies in different parts of Gandhi Nagar constituency.

On the other hand, he said eight years since the Modi government, inflation and unemployment have hit the common man hard while his industrialist friends are making a windfall.

"The performance of BJP government in the



JKPCC Working President, Raman Bhalla interacting with people.

last 8 years has been poor on all fronts. Inflation has skyrocketed, because of which the lives of the common man have been seriously impacted, unemployment rate is the highest in 45 years. With the rupee depreciating sharply, the economy is crumbling," said Bhalla and alleged that in the last eight years, Modi's industrialist friends have caused a lot of damage to the public through privatisation of key public assets.

Bhalla observed that that LG government has failed on all fronts and the BJP is insensitive towards the problems of the youth.

"The youth raises its voice, but the police wields a cane to silence his voice. Now, no one believes in the hollow claims made to the youth about providing jobs," he said.

He said the people in the BJP want to rule J&K by making people feel afraid.

"This is highly condemnable in a democracy," he said, adding that BJP, owing to its antics, has defamed J&K. Attacking the BJP, Bhalla said, "The government first announces vacancies in various departments, then comes out with advertisements regarding recruitment, and then claims about giving employment on a large scale. The so-called 'double-engine' government, driven by Modi, has failed on all fronts, he said. "The situation in Jammu and Kashmir is getting worse with every passing day and both Kashmir and Kashmiriyat are in danger. No one knows where the BJP, which has been doing politics in the name of Kashmir for years, is missing nowadays," he said.