

# Govt Dental College Jammu conducts series of programmes on International Yoga Day



Principal Government Dental College, Jammu and faculty during Yoga Day celebration.

## ■ STATE TIMES NEWS

JAMMU: To mark the celebration of International Yoga Day on theme 'Yoga for Humanity' on 75th year of Independence Azadi Ka Amrit Mahotsav, Government Dental College, Jammu conducted a series of programmes from May 14, 2022 in collaboration with Directorate of National AYUSH Mission under the leadership of Dr. Mohan Singh collaborated and conducted in month long activities from the resource personnel of their department to apprise and train staff of IGGDC, Jammu for adopting

yoga for their own well being. On May 14, one day workshop was addressed by Dr. Arun Gupta and Neelam Kumar. Yoga Instructor on topic 'Yoga Programme, meditation for health promotion and well being' On May 21, Dr. Bipin Chander concept of Diet and Dietary protocol according to daily (Dinacharya) and seasonal health (Ritucharya) Regime for well being. On May 28, Dr. Lokita Bharti concept on common medicinal plants and their uses in home remedies and their importance in primary health care. On June 20, Dr. T.R. Raina, Vice President, IGGDC, Jammu stressed on

National Body of Indian Society of Blood Transfusion Immunohematology conducted workshop on holistic health, science of stress and its management by adopting yoga way of life. On June 21, Dr. Arun Gupta apprised significance of Nutrition in prevention and cure of non-communicable diseases; Dr. Lokita Bharti on role of Yogic exercises in eye health; and Dr. Monika Gupta on Mental Health and yoga. While addressing on occasion of International Yoga Day, 21st June, Principal Dr. Rakesh Krishan Gupta, IGGDC, Jammu stressed on

importance of Yoga & meditation, diet & dietary protocols, physical and mental well being.

Dr. Rakesh emphasized for adoption of Yoga in daily life, improve and increase efficiency and performance in work place, this will in turn result in better delivery of patient care in the institution. Dr. Parveen Akhter Lone, Professor & HOD, department of Oral and Maxillofacial Surgery thanked Principal, IGGDC Jammu and directorate of National Ayush Mission for conducting such events for the physical, mental and spiritual well being of the staff and students. Further Dr. Anu Gandal spoke about the series of events conducted during last one month. Dr. Ankita Gupta, delivered vote of thanks to all the speakers, Head of all the department, Medical Superintendent, Deputy Medical Superintendent, Faculty, paramedical staff, nursing staff, students & media fraternity for gracing the occasion.

## USTA demands Senior Teacher Scale for UG Teachers of SED

## ■ STATE TIMES NEWS

JAMMU: A delegation of J&K United School Teachers Association (USTA) led by its Provincial President Dr. Shashi Pal Singh met Director School Education Jammu Dr. Ravi Shankar Sharma in his office chamber and apprised him of the issues of the teachers. Dr. Shashi Pal Singh raised the issue of deprivation from promotion of undergraduate teachers serving in government run schools. He stated that this section of educators were recruited as teachers and are being retired as teachers without any functional promotion in their service career. He also brought into the notice of Director School Education that these teachers were earlier granted Senior Teacher Scale as they were trained with Diploma in Elementary Education. But after 2005, this selection grade was put on hold marring their only promotional benefits. Director Dr. Ravi Shankar Sharma gave a patient hearing to the grievance of the delegation and assured early redressal of it. Those who were

## Sapna Kotwal takes over as JDI Jammu

## ■ STATE TIMES NEWS

JAMMU: Sapna Kotwal took over as the Joint Director Information Jammu. The outgoing Joint Director, Namrita Dogra congratulated Sapna Kotwal for her new assignment and apprised her about the functioning of the Joint Directorate Office and several other important issues. After taking over the charge, the new Joint Director interacted with the Officers and officials of the office. Deputy Director (HQ), Rehana Akhter Bijli, Cultural Officer, Parul

Khajuria, Field Publicity Officer, Mukesh Kumar, Information Officer Sachin Bali and other officers and officials were present on the occasion. The officers and officials accorded warm welcome to the new Joint Director Information. He said that innocent youth

of the area are badly affected. The delegation requested the SDPO that due attention be given to such increasing crime steps be taken to control the drug trafficking by increasing the vigilance.

The SDPO gave a patient hearing and assured the delegation that suitable action will be taken in this direction.

The delegation requested the SDPO that due attention be given to such increasing crime steps be taken to control the drug trafficking by increasing the vigilance.

The SDPO gave a patient



USTA delegation calling on Director School Education Jammu Dr. Ravi Shankar Sharma.

part of delegation include Hans Raj Shastri, Ram Dass, Joginder Sharma, Sudesh Kumar and Ashok Kumar.

## IkkJutt Jammu delegation calls on SDPO RS Pura



IkkJutt Jammu delegation calling on SDPO RS Pura

## ■ STATE TIMES NEWS

JAMMU: Under the guidance of President IkkJutt Jammu Adv Ankur Sharma, a delegation led by President of its Jammu Wing Ajay Singh Saini met SDPO RS Pura on Tuesday and discussed various issues including robbery and drug peddling in Tehsil Bishnah.

During discussion Ajay Singh said that the party's Jammu wing had been receiving number of complaints from the residents of Bishnah regarding the increased number of robberies and drug peddling which had created a chaos in the area and the people are suffering. He said that innocent youth

of the area are badly affected. The delegation requested the SDPO that due attention be given to such increasing crime steps be taken to control the drug trafficking by increasing the vigilance.

The SDPO gave a patient

## Online Mutual Medical Migration Portal & legal issues meetings held by ARI & Trainings Deptt

### ■ STATE TIMES NEWS

JAMMU/SRINAGAR: Department of Administrative Reforms, Inspections and Trainings has taken special initiative to bring relief for students who apply for mutual migration at different medical colleges located within the UT of Jammu & Kashmir by adopting online technology for the said purpose.

Amit Sharma, Secretary, ARI & Trainings Department is leading this reform in the department wherein an portal for filing online applications for mutual medical migrations is at the final stage of launch (beta testing) before its launch here with the support of NIC, J&K.

A meeting in this behalf was chaired by Secretary ARI & Trainings Department Amit Sharma in



Amit Sharma, Secretary, ARI & Trainings Department chairing a meeting.

which a presentation-cum-demo was made by NIC J&K team wherein Principals of all Medical Colleges including Director SKIMS, Additional Secretary ARI Trainings and others participated.

During the meeting, lot of important issues were finalised wherein couple of important decisions were taken to make the mutual migration of MBBS students completely online and user/mobile friendly wherein

Amit Sharma mentioned that the students clearing 1st Prof will seek NOCs from respective Medical Colleges and Universities online only without any human interface and the same shall happen in a time-bound manner.

After receiving the NOCs, the student will further apply on the portal for migration which shall be finally scrutinised by the Committee of Administrative Department as per the criteria devised for the said purpose before the

final decision can be conveyed online to the applicant Medicos.

Today, another meeting regarding major ongoing legal cases was also held under chairpersonship of Secretary Amit Sharma which was attended by Additional Secretary, General Managers of the Government Presses, Deputy Legal Remembrance of Law Department, ALO, Under Secretary and other officers of ARI & Trainings Department wherein it was decided to contest few important pending cases and remain proactive in addressing multiple issues pertaining to ongoing litigations.

Amit directed that there should be no delay in disposing off legal matters and any delay in same shall become personal responsibility of the defaulting officers.

## DGPC candidate Balvinder releases election manifesto

### ■ STATE TIMES NEWS

JAMMU: RTI Activist and contesting candidate for DGPC Election from 7-Jammu East (Gandhi Nagar) Constituency, Balvinder Singh on Tuesday released his Election manifesto during the press conference, here. The manifesto promises for implementation of uniform service code for Raagi Singhs, Granthi Sahibs and Sewadars for all Gurudwaras irrespective of whether Gurudwaras are under DGPC or not and also make efforts to bring all these members under ESI benefits.

Balvinder also committed for providing uniform salary structure and other benefits including health care allowances, education allowance for children and wards of employees of DGPC to find a logical



DGPC candidate, Balvinder Singh talking to reporters.

DGPC besides launching of website for DGPC to bring transparency and uploading of detailed information of moveable and immovable assets, accounts and audit reports every year and all activities of DGPC. He also assured to conduct follow up of all issues and problems related to Sikh community unitedly under the banner of DGPC to find a logical

solution, arrange symposium debates, lectures, involving youth of schools, colleges and universities at regular basis to bring awareness about Sikh faith and history, make efforts to promote sports so that Sikh youth can participate at all levels and to organize at least one major tournament of Hockey involving all recognized hockey clubs, make efforts to introduce

## Sangeet Natak Akademi donates publications to Govt GLDM Degree College Hiranagar

### ■ STATE TIMES NEWS

HIRANAGAR: Sangeet Natak Akademi (SNA), New Delhi - the national academy of music, dance and drama donated 418 books (including journals and aided publications) publications of performing arts to the Department of Music, Government GLDM Degree College, Hiranagar.

The publications were received by the initiatives made by Dr Bharat Bhushan, Head of the Department of Music who made the proposal and sent it to Sangeet Natak Akademi, New Delhi with the support and guidance of Prof. (Dr.)

Pragya Khanna, Principal of the College. After the handover of books, Dr. Bharat Bhushan said that the Department of Music is now planning to establish the Departmental library of Music Department. Further Prof. (Dr.) Pragya Khanna felicitated the representative of SNA Gourav Sharma.

Prof. (Dr.) Pragya Khanna felicitating representative of SNA Gourav Sharma.

establish the Departmental library of Music Department. Further Prof. (Dr.) Pragya Khanna felicitated the representative of SNA Gourav Sharma.

## 8th International Day for Yoga celebrated across J&K with fervour

### ■ STATE TIMES NEWS

JAMMU: Hundreds of people including many government employees took part in the yoga events that were held across J&K on 8th International Day for Yoga.

The 8th International Day of Yoga with theme 'Yoga for human-

ity' was celebrated with energetic participation of CISF officers, personnel and their families. A Yoga session was conducted at CISF Headquarters New Delhi, wherein Sheel Vardhan Singh, DG CISF, Nina Singh, ADG (HQs), Senior Officers and other CISF personnel participated. Similarly, International Day of Yoga-2022 was also celebrated by CISF Wives Welfare Association Samrakshika in all Units of CISF. A session for members of Samrakshika was conducted at CISF Unit DMRC, Narela campus, wherein Aparna Singh, President Samrakshika and other members overwhelmed participated.

POWERGRID celebrated 8th International Day of Yoga-2022 at Rakhi Garhi, Hissar, Haryana. A number of students and local public participated in the event in the presence of Chief Guest, Krishan Pal Gurjar, Minister of State for Power & Heavy Industries apart from Jaideep Arya, Chairman, Haryana Yoga Commission,



NMDC members and officials during Yoga Day celebration.

Led by the company CMD Sumit Deb along with Director (Finance) Amitava Mukherjee and Director (Production) Dilip Kumar Mohanty, employees practiced Yoga Asanas and Pranayama Kriya demonstrated by teachers from Namaste India Foundation, Hyderabad.

The International Day of Yoga (IDY) 2022-themed 'Yoga for Humanity' was observed on Tuesday at IIM Jammu, Canal Road Campus as a part of 'Azadi ka Amrit Mahotsav'. The event commenced with lighting of lamp by Sahil Mehra, Yoga Guru in the



Director IIM Jammu, Prof B S Sahay & others performing Yoga.

presence of Prof B S Sahay, Director, IIM Jammu and other faculty and staff. The event was collectively coordinated by Dr Pankaj K Agarwal, Associate Professor and Chairperson-Executive Education, Dr Nitin Upadhyay, Chairperson-MBA, Dr Barnali Chaudhary, Chairperson-Student Affairs and Dr Nageshwar Reddy Kondreddy, Co-Chairperson, Student Affairs.

Jammu Development Authority organized interactive awareness session on Yoga as part of 8th International Yoga Day-2022 at JDA Headquarters. S K Jain, State Yoga Commissioner, India Yoga Association; Anju Bansal, Yog Shikshaka Patanjali Yogapeeth; Yash Pal National Vice President Vishwa Guru Bharat Vedic Sanatan Sanskriti, Abhinandan Jain MSc Yoga and Rakhi Singal Vice President International Aggarwal Sabha Society were resource persons who shared Yoga benefits.

EPFO Jammu observed International Day of Yoga, 2022 by organising an event in which staff and officials participated enthusiastically. The session was organised within under guidance of Vijay Choithani, AO Ajit Mishra, Regional P F Commissioner-II recited 'Shanti Path'. SKUAST-Jammu celebrated International Yoga Day by holding a Yoga session at University Sports Complex, Chatha. Vice-Chancellor SKUAST-J, Prof J P Sharma along with

150 participants including faculty members, students, residents of university campus, hostel warden along with hostel inmates participated in the programme. Dr Akhil Gupta, Nodal Officer DSW (FoA) Deepika Aggarwal (Yoga Instructor) and Neeraj Gupta (Physical Instructor) Prof Rakesh Nanda, Director Education; Dr S K Gupta, Director Extension; Dr A K Mondal, Dean Faculty of Agriculture; Dr M S Bhadwal, Dean Faculty of Veterinary Sciences & Animal Husbandry and Dr Anil Gupta, Medical Officer were also present during the programme.

J&K Branch of the NIRC of the Institute of Chartered Accountants of India, celebrated 8th International Day of Yoga in association with Bharatiya Yog Sansthan, Jammu at ICAI



ICAI members during Yoga Day celebration.

Bhawan, Jammu. Vinay Saraf and Ravinder Kumar from Bharatiya Yog Sansthan Jammu moderated the session & discussed the importance of Yoga in the modern-day living. Nakul Sarai, Chairman J&K Chapter of ICAI, welcomed participants and thanked Bharatiya Yog Sansthan. Vikas Purdhan (Vice Chairman) and Sourav Pargal (Executive Member) along with number of Chartered Accountants, students & their families participated in the event.

Jammu Club celebrated International Day of Yoga by members performing Yog Asanas in the lawns of the Club. The celebrations



Jammu Club members during Yoga Day celebration.

began with lighting of ceremonial lamp by Gaurav Gupta, Secretary of the Club. Anu Mahajan, Yoga Instructor, demonstrated various Yoga Asanas. Members of Managing Committee Dr Uttam Singh, Ashok Gondota, Dr Sandeep Singh, Kavita Gupta, Ashwani Gupta and Ajay Sabherwal were also present.

Archarya Shri Chander College of Medical Sciences & Hospital (ASCOMS) celebrated 8th International Yoga Day in college cam-

pus wherein approximately 200 students and 40 staff members participated. Director Principal, Dr Pavan Malhotra was the Chief Guest on the occasion. The function was conducted by Medical Education Cell of ASCOMS under guidance of Dr Rajesh Kumar Gupta, Prof & Head, Orthopedics and Coordinator, Medical Education Unit, ASCOMS. Dr Ravinder Kumar Gupta, Prof & Head, Pediatrics and Vice Chairman, Sports & Cultural activities conducted Yoga session.

Directorate of Sports and Physical Education, University of Jammu in collaboration with the Confederation of Indian Industries (CII) organised International Yoga Day. Archit Puri, Vice Chairman CII was the Chief Guest. Dr Daud Iqbal Baba, Director Sports, Dr Mandeep Singh, Assistant Professor, Physical Education, JU were also present during the session held under guidance of Sanjeev Kumar Yoga Teacher and Sandeep Sharma. Others present were Shobhit Vaid, Executive CII, Vivek Sagar Executive CII, Raj Kumar, Ravish Vaid, Gagan Kumar, Jai Bharat, Vikas Karolia, Harinder Pal Singh, Tarvinder Singh, Sanjeev Sharma and Bhawna etc.

The COVID pandemic provided an opportunity to take yoga online which helped people to address their physical and mental health to cope up with the crisis. Former Legislator and senior Bharatiya Janata Party (BJP) leader Vikram Randhawa said during the 8th International Yoga Day celebrations held at Leh.

Lieutenant Governor of Ladakh RK Mathur, Member Parliament from Ladakh Jamyang Tsering Namgyal, officers and officials of Ladakh Administration people from all walks of life participated in the event. Since 2015, the International Day of Yoga has been celebrated worldwide on June 21 every year; Former Legislator informed.



Senior BJP leader Vikram Randhawa and others performing Yoga at Leh.