

Yudhvir holds public grievances camp



J&K BJP Vice President, Yudhvir Seth listening to public issues at a grievance camp.

■ STATE TIMES NEWS
JAMMU: Yudhvir Sethi, J&K BJP Vice President, held a public grievance camp at Pt Prem Nath Dogra Bhawan Kacchi Chawni here on Thursday and listened to the issues faced by the public.
The camp witnessed a huge rush of people from across Jammu city who came to the party office to discuss their issues with senior BJP leaders.
On the occasion, Parveen Kerni President East Mandal, Vipin Sharma, General Secretary East Mandal, Abdul Mehmood State Secretary BJP ST Moreha and Anuradha Sharma, President BJP East Mandal women wing accompanied the senior BJP leader.
Various deputations, including individual persons—most of whom were women—visited the camp to present their grievances on issues such as ration, education, pension, PHE, PDD, revenue, power, water scarcity, roads, and other development-related topics, as well as personal issues.
Yudhvir Sethi gave a patient hearing to the deputations and resolved most of their issues instantaneously by talking to the authorities concerned on the phone.
Sethi said that the BJP is committed to addressing the day-to-day problems being faced by the people in general

Celebrating 'Yogostsav', JIAR holds Yoga awareness rally

■ STATE TIMES NEWS
JAMMU: Celebrating 9th International Day of Yoga 'Yogostsav', Jammu Institute of Ayurveda and Research (JIAR) on Thursday flagged off Yoga rally from Raipur Chowk Bantalab to Nardani Bantalab.
The rally was flagged off by the Chief Guest, Rajesh Chowdhary, SHO Chinore. This event was organised by the Department of Swastvritta along with all the faculty members of JIAR. Students along with the faculty members recited slogans while marching and also displayed beautiful posters emphasising on the importance of adopting yoga in our daily life style.
Students thanked management and staff for organising such informative and knowledgeable events.



JIAR faculty and students during an awareness rally.

Baru starts construction of drain and paver tiles at Anand Nagar



Councillor Ward 41 Sanjay Baru starting construction of drain and paver tiles.

■ STATE TIMES NEWS
JAMMU: Bharatiya Janata Party senior leader and JMC Councillor Ward 41 Sanjay Kumar Baru started construction of drain and paver tiles in the presence of BJP leaders Ashok Wazir, Chaman Lal Bhagat, and District vice-president Brijesh Gupta at Hazuri Bagh in Ward-41.
Speaking on the occasion, Sanjay Baru said that it was indeed a long pending demand of the inhabitants of the area, which has been met today and he said that the mission behind this was to provide a conducive and clean atmosphere to the society. He said that the work of deep drain at Lane 4-B, Anand Nagar and adjoining by-lanes with the main deep drain started today and will be taken on a war footing so that this work will be complete before the rainy season so that people do not face problems like every year. Baru said that this work along with other major works initiated locally will help a lot in ensuring the Ward-41 as Model Ward. He stated that efforts are still being made to provide every possible assistance to the masses at their doorsteps for which he appealed to the inhabitants to contribute in keeping their surroundings neat and clean. Baru also stated that providing a neat and clean environment is the motive of Narendra Modi led Central Government and wherever required channelizing of deep drains will be done to provide best infra to the public. Construction of deep-drain and paver tiles at estimated cost of 17 lakhs will be completed within fifteen days, he said while giving information about this work. JMC JE Shabab Malik, Jatin Sethi, Rakesh Sharma, Bhubesh Sharma, Jatinder Khajuria, S. Jungjeet Singh, Jugal Sharma, D.K Luthra, Ram Kumar Koul, Bodh Raj and others were present on the occasion.

7-day Yoga Camp inaugurated at GCoE



Resource person Dr Arun Gupta and faculty members and students at a yoga camp.

■ STATE TIMES NEWS
JAMMU: NSS Unit of the Government College of Education (GCoE), Jammu in collaboration with Directorate of AYUSH, J&K organized 7-day Yoga Camp in the college premises under the guidance of Prof Aekta Gupta, Principal of the College. Prof Aekta Gupta encouraged the students to make yoga an integral part of their lives so that they could lead their life in a stress-free manner.
Dr Arun Gupta from Directorate of AYUSH was the resource person and he demonstrated yoga Asanas, Pranayama, Shavasana, Ushtrasana, Vajrasana, Tadasana etc. He briefed about the essence of Yogic exercises on the health of individuals and emphasized on the need of healthy lifestyle and stress management through meditation, boosting immunity and laughter yoga. Students performed various Asanas. They were also given tips on meditation and were taught basic exercises to keep themselves light and healthy.
Dr. Shubhra Jamwal, NSS PO threw light on theme of International Yoga Day—"Har Ghar Aangan Yoga" which means Yoga in the courtyard of every house. She motivated the staff and highlighted the necessity of making yoga an integral part of daily life. The session was followed with an interactive session between the instructor and the students in which the queries of the volunteers were addressed satisfactorily.
The event was organized by

BVP Srinagar Branch organizes Artificial Limbs Camp



BVP members and other dignitaries at a camp in Srinagar.

■ STATE TIMES NEWS
SRINAGAR: Bharat Vikas Parishad (BVP) Srinagar Branch with collaboration of Jammu and Kashmir Prant of BVP organized Artificial Limbs Camp at Royal Rattan Palace Mehjoor Nagar Srinagar. Suresh Jain National Organizing Secretary and Dev Raj Sharma Regional President North 1 inaugurated the camp.
Prant President Bharat Bhushan Sharma and Prant General Secretary Shiv Ram Sharma lead the camp.
Prof B.B Sharma Sewa Parmukh, Devinder Mahajan State Coordinator (Transport and Sewa) and Gurmeet Singh Convener Guru Teg Bahadur Balidan Divas, Vijay Sharma State Vice President Samparak Parmukh were present in the Camp.
President Bharat Vikas Parishad Srinagar branch, Javed Ahmed Khan and Branch Secretary, Tauqeer Hassan, Javaid Hussain Najar Treasurer, Advocate Barkat Kour Rattan Branch Mahaila Parmukh and Saiqa Manzoor Joint Org Secretary of the Branch organised Medical camp.
Chief Guest Suresh Jain and Dev Raj Sharma distributed the Hearing Aids and wheel chairs to the needy persons in the camp. A large number of peoples participated in camp under the umbrella of Bharat Vikas Parishad.

Dir Estates inspects works on residential complexes

■ STATE TIMES NEWS
SRINAGAR: Director Estates Kashmir, Tariq Ganie, on Wednesday visited several residential areas in Srinagar to assess progress on various ongoing works there.
The visit was aimed to oversee development and maintenance activities being carried out at various locations within the city by the Estates Department.
Accompanied by senior officers and engineers besides officials from the department, Director Estates visited Sonwar, Gupkar, Jawahar Nagar, Tulsibagh, Natipora, Budshah and Bemina flats.
During the visit, Tariq Ganie reviewed the ongoing works at each location and interacted with the supervisory staff, contractors, and workers involved in the projects. He asked for ensuring speedy completion of all ongoing works.

Koul, Sood review preparations of 9 Saal Bemisal programmes at Leh



Ashok Koul, J&K BJP General Secretary (Org.) speaking at a programme in Leh.

■ STATE TIMES NEWS
LEH: Ashok Koul, General Secretary (Org.), Bharatiya Janata Party (BJP), Jammu & Kashmir and Ladakh and Ashish Sood, Seh-Prabhari Jammu & Kashmir and Ladakh on Thursday reviewed the ongoing party programmes under "9 Saal Bemisal" on the occasion of completion of successful 9 years of Prime Minister Narendra Modi led Union Government.
BJP President Ladakh Phuntsog Stanzin, District President Leh Tashi Gyalson Khachu, CEC LAHDC Leh Adv. Tashi Gyaltsen, Dy Chairman LAHDC LEH Tsering Angchuk, Prabhari BJP Leh & Ex CEC Gyal P Wangyal, Executive Councillors, Councilors, BDCs, President BIMM and team, District executive team, Mandal Presidents and team also attended the meeting.
Ashok Koul, while addressing the meeting, discussed the forthcoming party programmes under the whole Abhiyaan like Intellectual meets, Vyapari Sammelans, Yoga Day, PM Mann Ki Baat, saying that these are a way to connect the people with the party while discussing with them the landmark achievements of the Modi government that have benefitted the people of Ladakh.
Ashish Sood, while praising the local party workers for their dedication in working in the difficult environment, said that they have added responsibility on their shoulders to apprise the locals with the good works of the Modi government in last 9 years and the strong nationalist principles of the party.
Phuntsog Stanzin addressed the party workers and appreciated the work being done by party workers and encouraged to do the same in coming time for the overall development of the general public.
Adv. Tashi Gyaltsen enumerated the various public beneficiary schemes of Modi government that have benefitted the local people, while adding that the local BJP leadership will ensure that the benefits of Modi govern-

BJYM president Tejasvi Surya to address mega rally in Jammu on June 27

■ STATE TIMES NEWS
JAMMU: Bharatiya Janata Yuva Morcha (BJYM) national president and Member of Parliament Tejasvi Surya will reach Jammu on June 27 on his two-day-long visit to the Union Territory of Jammu and Kashmir as a part of the "Maha Jan Sampark" Abhiyaan launched by the BJP at the national level.
In this context, the BJP state president, Ravinder Raina chaired the meeting of state office bearers and district presidents in the presence of BJYM state president Arun Prabhat to review the preparations being made to make the upcoming visits of senior party leaders to Jammu and Kashmir.
Raina described the BJYM workers as the backbone of the party and lauded them for their constant work for the welfare of society.
During the meeting, it was divulged that Tejasvi Surya will arrive in Jammu on June 27 and address a mega rally in the city on the same day wherein he will put forward a list of the major developmental projects that have been achieved during the past years in the Union Territory. Thereafter, he will interact with the heads of various organisations and prominent personalities of Jammu. He will also engage in dialogue with the beneficiaries of Central government schemes, businessmen, and intellectuals.



J&K BJP president, Ravinder Raina speaking at a party workers meeting at Jammu.

Directorate of Sports and Physical Education JU organises 7-day yoga camp



JU faculty and students during yoga camp at Jammu on Thursday.

■ STATE TIMES NEWS
JAMMU: The Directorate of Sports and Physical Education, University of Jammu, is organizing a 7-day yoga camp at the Gymnasium Hall of the Directorate of Sports and Physical Education, University of Jammu under the supervision of Director Dr. Daud Iqbal Baba, Director Directorate of Sports and Physical Education. Around 100 participants participated in the yoga inauguration session, which started with intense learning of basic and advanced yoga Asanas and Mudras. Dr. Daud Iqbal Baba, in his message to the participants, highlighted the importance of yoga for well-being and also said that practising yoga cannot only be an effective stress reliever, but also a way to ease symptoms of anxiety and depression. The yoga session was conducted by Sanjeev Kumar Pandey, who gave information about different Asanas, Pranayama, and the trending utilization of yoga Mudras. The formal proceedings and vote of thanks were carried out by Dr. Mandeep Singh, Assistant Professor, Department of Physical Education. Others present were Vimal Kishore, Padam Dev Singh, Gagan Kumar, Harinderpal Singh, Rohan Kumar, Buneet Singh, Tarvinderpal Singh, Ashok Singh Bali, Sat Paul, and Makhan Lal.

J&K Rifle Association extends financial support to Aneesha Sharma



JKRA officer bearers presenting a cheque to J&K shooter, Aneesha Sharma.

■ STATE TIMES NEWS
JAMMU: The J&K Rifle Association (JKRA) presented a cheque of Rs 21,000 to Aneesha Sharma, an exceptional shooter from Jammu and Kashmir, in recognition of her remarkable achievements in the XXI Kumar Surendra Singh Memorial Shooting Championship held in Thiruvananthapuram, Kerala. This financial support serves as a small token of appreciation from S.S Sodhi, President of JKRA, and his team.
Aneesha Sharma, under the guidance of her coach, Vishal Mehra, has etched her name in the annals of history by securing an unprecedented hat-trick of victories. With an exceptional score of 631.6, Aneesha showcased her prowess and skill in shooting, propelling her to the finals of the competition.
In a remarkable display of talent and unwavering determination, she clinched the gold medal in the Senior Women category with a score of 252.7, surpassing numerous other accomplished champions. Not stopping there, Aneesha also triumphed in the Junior category, earning another gold medal with a score of 252. Finally, in the Youth category, she showcased her remarkable abilities by securing a bronze medal with a score of 230.3.
Appreciating her talent, President JKRA, S.S Sodhi said, "Aneesha's relentless hard work, and efforts have served as an inspiration for others in the shooting fraternity and that the association firmly believes in empowering individuals and enabling them to reach new heights in their sporting journey by recognizing and honouring their talents."
He expressed his gratitude to DGP Dilbag Singh, the Patron of JKRA for his unstinted support to each and every member and player of the shooting fraternity.
In recognition of her glorious achievement, President, Sodhi along with the entire JKRA team, announced financial reward of Rs. 21000 to Aneesha and further appealed to all corporate houses of J&K to extend similar financial support and encouragement to all talented sportspersons of J&K under their Corporate Social Responsibility (CSR) initiatives. He also appreciated and thanked Lt. Governor Manoj Sinha and government administration including the Dept of Sports Council J&K UT for their unwavering support and encouragement given to the all sportspersons of Jammu and Kashmir under the visionary leadership of Prime Minister Modi's Khelo India initiative.
The Chairman of JKRA, Kuldeep Singh Jamwal, along with the team members, including Sharat Chander Singh (CEO), Samardev Singh (Vice President), Arun Mansotra (Treasurer), Rajesh Virdly (Chairman, Technical Committee), Manu Partap Singh Wazir (Joint Secretary), and Rahul Bakshi (Member), had the privilege of felicitating Aneesha Sharma and her coach, Vishal Mehra, at a ceremony held today.
This acknowledgment aims to recognize their outstanding contributions to the sport of shooting and provide encouragement for their continued success.