

# On 9th Int'l Yoga Day, special Yoga sessions organised across Jammu Division



Students and faculty of GDC Khour performing Yoga.

**STATE TIMES NEWS**  
KATRA: Shri Mata Vaishno Devi Shrine Board Sports Complex, Katra joined the practitioners nation-wide and across the world to mark the celebrations of the 9th

encapsulating collective aspiration for 'One Earth, One Family, and One Future' was attended by Officers and staff of the Board including Addl. Chief Executive Officer, Jt. Chief Executive

Yoga. To mark this day, Yoga session was organised in the College. NCC cadets and NSS volunteers along with Principal of the college and staff members participated in this yoga sessions. Different Yoga Asanas were performed by the participants. Yoga instructions were led by student of semester 4th Manvi Sharma. Principal Dr T K Sharma while addressing the students stressed to integrate Yoga practices into daily routines, to promote a balanced and healthy lifestyle. The programme was organised by Prof. Arun Sharma, ANO NCC, Prof. Goutam Sharma, Department of Physical Education and NSS Programme Officer Gurvinder Kour under the guidance of Principal of the college, Prof. (Dr) T K Sharma.

**SAMBA:** GDC Samba in collaboration with Art of Living Centre, Jammu organised 'Har Ghar Dhyam' meditation session for the faculty and students on International Yoga Day'. Ravinder Mansotra, Senior Teacher, Art of Living, Jammu, Resource Person, exhorted the faculty and students on the immense benefits of practicing Yoga which improves physical fitness, mental well-being and spiritual growth and also held live activity demonstrations.

The celebrations on International Yoga Day started with the lighting of the traditional lamp followed by the recitation of Gayatri mantra and culmination of 05-day yoga camp. Yoga Guru Pandit Yash Paul Khajuria briefed the audience about the essence of Yogic exercises on the health of individuals.

Prof. (Dr) Twinkle Suri, Principal of the college threw light on the theme of International Yoga Day 2023

"Vasudhaiva Kutumbakam", that translates the world as one family and emphasizes

Ravi Chandra State Executive Yoga Peeth member (Jammu and Kashmir).



Yoga Day celebrations at Kathua.

the interconnectedness of the human race irrespective of any discrimination based on nationality, religion, race, or any other form of division. Faculty, staff, and students enthusiastically participated in the Yogic exercises and Asanas.

On this occasion, station in-charge Nowshera Rajesh Jasrotia, Chairman Municipal Committee Nowshera, BJP office bearers, councilors of the city.

On the direction of District and Sessions Judge Rajouri R N Watal International

on the occasion highlighted the significance of yoga for police personnel for their physical and mental well being.

District Legal Services Authority, Kathua observed the 9th International Yoga day (2023) under the theme "Yoga For Vasudhaiva Kutumbakam" with greater zeal and fervor at District Court Complex Kathua.

Bhagwati Parsad, State Co-ordinator, Department of Art of Living was the Yoga expert and the event was attended by Kusum Lata Pandita, Additional District & Sessions Judge, Kathua, Rekha Kapoor Nishehal, Secretary, District Legal Services Authority Kathua, Panel Advocates, staff of District Court Complex Kathua and District Legal Services Authority Kathua, Naib Courties and Para Legal Volunteers of District Legal Services Authority Kathua.

Similar programmes were also observed by TLSCs Mahanpur, Bani, Basohli and Hiranagar.

District Ayush Office Kathua under the direction of Director Ayush J&K Dr. Mohan Singh, also celebrated Yoga Day in Collaboration with District Administration Kathua and Nehru Yuva Kendra Co-ordinator Som Nath. Vice chairman DDC Raghunandan Singh was the chief guest, Deputy Commissioner Kathua Dr. Rakesh Minhas IAS was the special guest, Principal GMC Kathua Dr. S.K. Atri, DDC Member Sandeep Majotra, Additional Secretary H&ME Chand Kishore Sharma, ADC Kathua Deepika Rana and GM DIC Prem Singh grace the occasion as guest of honor. All those gathered performed these techniques very well in synchronization with Yoga Demonstrators Dr. Bodh Paul, Dr. Gouri Karloopia, Romi Kumar,



Raj Guru, President of Udhampur Distt Volleyball Association carrying out Yoga session.

Aditi Sharma, Smily Suryavanshi and Sanvi Mahajan.

**BANI:** NSS Unit of Govt. Degree College Bani organized a Pledge taking ceremony and Yoga Camp to celebrate the 9th International Yoga Day on 21st of June, 2023 on the theme,

Nayeem Bali, Antiq Mir. While Raj Guru performed various Yoga Kriya along with participants to enthral them and teach tips how to keep fit.

Raj Guru, President of Udhampur Distt Volleyball Association, who is stalwart volleyball player as well as Yog



12th Battalion of BSF during Yoga camp at Akhnoor.

"Humanity" to commemorate Azadi Ka Amrit Mahotsav, Mission Life and G20.

The whole programme was organised under the supervision of Prof. (Dr.) Manisha Sarup Kohli, Principal GDC Bani. NSS Volunteers and students of Govt. Degree College Bani taking pledge and practiced different types of Yoga.

**U D H A M P U R :** International Yog Day celebrated at altitude of 2280m from sea level village Dhar Ghadian in District Udhampur. Programme was organised by Aware India Foundation (AIF) District president Vimal Sharma along with Bharat Scouts and Guides District unit. Prominent remained present were Sham Singh Naib Tehsildar Udhampur, Jia Lal, Mukhtiar Chand,

Guru, urged the audience to adopt yoga a way of life for overall growth of human beings with special emphasis to youth to shun the path of violence and drug menace. He also demonstrated some yoga Asanas at Government Higher Secondary School, Udhampur; where Prof Shiv Narmohi Padma Shri awardee was Chief Guest.

**AKHNOOR:** 12th Battalion of Border Security Force (BSF) held a Yoga camp at Jia Pota Akhnoor on the occasion of 9th International Yoga Day in which the officers and Jawan took part with great enthusiasm. On the directions of Commandant of the Battalion Dilbag Singh, the trained Instructor of Yoga commenced the programme with the sound of 'Om' and Sun salutation whereafter Yoga practice was practised.



Student and faculty of GDC Samba participating on Yoga session.

International Yoga Day with great fervor and enthusiasm. The celebrations began with the lighting of a ceremonial lamp.

The Chief Executive Officer, SMVDSB Anshul Garg in his message stressed upon all the participants to include Yoga in their daily life to remain physically and mentally fit, besides relieving themselves from stressful life. He said that making Yoga a way of life would go a long way for staff and other stakeholders in enhancing the efficiency and efficacy in management of hassle-free pilgrimage to Shri Mata Vaishno Devi Ji Shrine round the clock.

The Yog Divas, with the theme 'Yoga for Vasudhaiva Kutumbakam,' effectively

Officers, Dy. Chief Executive Officer and Asstt. Chief Executive Officer besides sports persons of the Sports Complex, students, prominent citizens and hundreds of local residents from all walks of life.

Starting from 6:30 AM, the event concluded at 8:00 AM. The participants performed a series of Yogasanas in unison towards better health and wellness for all under the supervision of yoga experts following Common Yoga Protocol (CYP).

The yoga sessions were also organized at Bhawan, Adhkuwari, Sanjichhat and Bhairon as part of the celebration of International Yoga Day.

**KHOUR:** GDC Khour celebrated International Day of



GDC Bani celebrates Yoga Day.

The stage was handled by Dr. Geeta Lakhotra NSS Programme Officer. The whole Programme was conducted with the joint coordination of NSS and the Sports wings of the College.

**NOWSHERA:** On the occasion of International Yoga Day, Bharat Swabhiman Peeth District Rajouri in collaboration with BJP, organized yoga practice program at Thakur dawara Hall Nowshera.

The program was inaugurated by Kartar Singh ADC Nowshera by lighting the lamp. Yoga was conducted by

Yoga Day was celebrated at Sub Judge Court Nowshera under the supervision of Sub Judge Nowshera Deputy Kumar in the Court Complex Nowshera premises.

Yoga was Conducted by Ravi Chander Sharma in which lawyers and staff of Courts and children of Bal Ashram Nowshera participated.

**KATHUA:** A "Yoga Session" was organised at SPS Police Training School Kathua on the occasion of "International Yoga Day". Roop Raj, Principal SPS PTS Kathua while speaking

## NC, Cong, PDP exploited tribals, BJP providing justice: MP Khatana



MP Gulam Ali Khatana addressing gathering at Mendhar.

**STATE TIMES NEWS**  
MENDHAR: A massive rally was held at Mendhar to honour MP Gulam Ali Khatana on his maiden visit to Mendhar area in district Poonch.

DDC members and scores of Sarpanches appreciated PM Narendra Modi for his progressive and secular vision in shaping the future outlook of India. They also hailed LG Manoj Sinha for his special thrust on developing neglected and backward areas in hilly districts.

By DDC Poonch Er. Mohd. Ashfaq Choudhary thanked PM Modi for nominating Er. Gulam Ali to Rajya Sabha as first Muslim from Jammu & Kashmir. He also vouched for representation to Muslims in Union cabinet as no Muslim member was inducted in the Modi govt. He said under

PM Modi minorities have been treated humanely and given equal representation.

Speaking on the occasion Er Gulam Ali said that thousands of people gathering in Mendhar, that too during sowing season, shows their faith in the leadership of PM Narendra Modi. He said that previous governments exploited tribals and backwards in the name of religion, region and sects but BJP Govt. provided tribals/STs political reservation to empower them. He further said that JKNC, JKPPD and INC have deliberately kept the tribal communities backward. Neither the Cong, NC or PDP ever made an attempt to do justice with the Gujjar-Bakarwal community. The BJP has given political reservation to the tribals in the J&K legisla-

tive assembly on 9 seats. Land rights to the tribals under Forest Rights Act. They were only concerned about amassing wealth for themselves and ensuring their rule by sowing the seeds of hatred.

MP Khatana said that under the Ayushman Bharat-PM Jan Arogya Mission, the BJP Government has ensured that over 81.77 lakh health cards were provided in the UT until April 2023. Further, 234 hospitals have been empanelled providing treatment to over 8.03 lakh beneficiaries in the UT.

In order to achieve the objective of 'Housing for All', the BJP government sanctioned an additional 1.99 Lakh houses under PMAY in Jammu & Kashmir. Prominent among those present were Sarpanches Showkat Ch., Aftab Jat, Naseer Ch, Feroz Din, Akbar, Rafiq, Sikandar, Nazir, Iqbal, Mehboob, Bar Association president Adv. Javed Khan.

Earlier MP Gulam Ali led a yoga session on the occasion of International Yoga Day at Poonch and inaugurated Sports Stadium at mendhar along with Dy DDC Mohd. Ashfaq.

## Pollution Control Committee conducts public hearing



PCC members during public hearing at Samba.

**STATE TIMES NEWS**  
VIJAYPUR: Jammu and Kashmir Pollution Control committee conducted public hearing on Wednesday for the Environmental Clearance of Minor Mineral (River Bed Material) Block 1/4 and Block 1/6 Upstream NH1A railway bridge Devak River, Samba at Khatri Palace, Vijaypur Samba. People of Village Gurha Slathia, Thalori Brahma and it's adjoining area, their public Representative, BDC C h a i r m a n, Sarpanches/Panches and reputed persons of the area participated in the proceeding.

During proceeding of public hearing, H.S. Galoch (AEE), representing Regional Director, JKPCCC Jammu, brief the public about the importance of conducting public hearing & Role of JKPCCC Project consultant from M/s P&M Solution, Noida (UP) gave the detail about salient features and Environmental impact Assessment (EIA) & Environmental management

plan of the project. All the issues related to mining were discussed and many queries were raised by various speakers during proceeding.

Rakesh Dubey, Additional Deputy Commissioner, Samba and Randeep Singh Mineral Supervisor, representing District Mineral Officer Samba also attended the public hearing and addressed the gathering & assured that all the important issues/concerns raised by project affected people are recorded by videography & will be incorporated in the report to be submitted to Competent Authority. Deepak Abrol Divisional Officer JKPCCC, Samba (South) also briefed the public about the public hearing/Environment Clearance individually and also replied queries raised by the public during the proceeding.

Subash Chander (DM) JKPCCC, Samba (South) anchored proceeding & presented vote of thanks to the chair as well as all the participants.

## DPAP delegation visits earthquake hit areas in Chenab region

**STATE TIMES NEWS**

**BHADARWAH:** On the instructions of its Chairman Ghulam Nabi Azad, Democratic Progressive Azad Party (DPAP) a delegation led by Vice Chairman G.M. Saroori, Chief Spokesperson Salman Nizami, Zonal President P.R. Manhas, Distt President Asif Gattu on Wednesday visited various areas of Bhadarwah, Kahara, Gundoh of Chenab Valley to interact with earthquake victims and to have firsthand account of public issues. The leaders visited various earthquake victims and expressed concern over the delay in providing of assistance to those whose houses have been declared "unsafe" by authorities.

A number of structures, including residential homes, were damaged in a 5.4-magnitude earthquake in Chenab valley areas on 13 June, this year, followed by nine aftershocks of mild intensity. Due to tremors, number of houses have developed cracks and authorities have declared these structures unsafe to live in. During its visit,



DPAP delegation led by Vice Chairman G.M. Saroori visiting Bhadarwah.

various public delegations called on DPAP leaders and apprised them about various civic issues.

The leaders gave them patient hearing and assured that they would use their good offices to get redressal of public grievances. In an effort to press for the adequate compensation for earthquake victims, the DPAP leaders staged a protest demonstration at Kahara. They also called on the Kahara Tehsildar and apprised him about public grievances and demand of earthquake victims. DPAP has been pressing for assessment of the damage in earthquake hit areas and adequate compensation to the victims. It also protested against the stopping of free ration to the poor, reduction of monthly ration quota and imposition of property tax, demanding immediate rollback of all "anti-people" measures, Vice

Chairman G.M.Saroori said. DPAP demanded immediate government intervention and the sought establishment of a committee of seismologists and scientists to undertake a scientific study on the recurrences of tremors in the Chenab Valley. Later, the DPAP leaders visited the home of DPAP party member and BDC Chairman Jakyas, Amina Begum who left for heavenly abode on Monday. The leaders expressed solidarity with the bereaved family and prayed for eternal peace to departed soul. Among others who were part of visiting delegation include Aaif Gattu Distt President Doda, Farooq Shikari Secretary Province, Block President Ab Majeed, DDC Iqbal Kohli, Zonal Gen Secretary Iqbal Malik, Ch Saifullah Media Coordinator, Haji Shahdin and others.

## Yagvopavit Sanskar organised

**STATE TIMES NEWS**  
POONCH: A programme organised by Shri Sanatan Dharma Sabha Zila Poonch at Shri Gita bhawan Poonch in which about 50 youth of different places took part.

The programme started from 7:00 AM with



A Havan Yagya being performed during the programme.

Shri Ganesh Puja and culminated at about 3:00 Pm. Except these 50 youths and their parents, relatives, so many common people participated in this holy programme.

Vice President S D Sabha Poonch Viney Mohan Misri, Amresh

Kumar Sharma and President S D Sabha Poonch Khaterpal Sharma spoke on the occasion. Others those who were present on the occasion were Vijay Puri, Dev Dutt, Devinder Keser, Jatinder Sharma, Sanjeev Kapoor, all Sabha members.

## Major general surgeries start at SDH Nowshera under PMABJAY

**STATE TIMES NEWS**

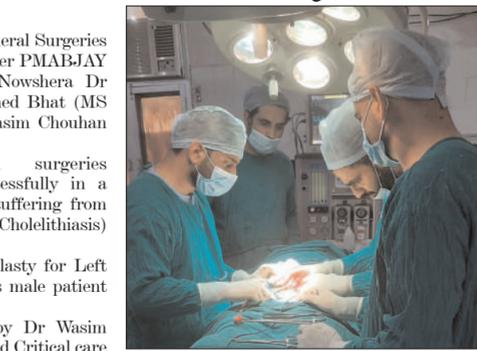
**NOWSHERA:** Free Major General Surgeries started at SDH Nowshera under PMABJAY under supervision of BMO Nowshera Dr Iqbal Malik, by Dr Bilal Ahmed Bhat (MS General sSurgery) and Dr Wasim Chouhan (Anaesthetist).

Gall Bladder removal surgeries (Cholecystectomy) done successfully in a Hypertensive female patient suffering from Gall Bladder stones disease (Cholelithiasis) since last 2 years.

Left Inguinal Mesh Hernioplasty for Left Inguinal Hernia in a 35 years male patient done successfully.

Anaesthesia was provided by Dr Wasim Chouhan (Anaesthesia, ICU and Critical care specialist).

Surgical team comprises of Dr Bilal Ahmed Bhat, MO SDH Nowshera (MS Surgery, GMC Srinagar), Koushal Sharma OT Technician, Pankaj Sharma OT technician, Mr Sadaq, Mr Raman and Team.



Doctors performing surgery.

Both patients are recovering well in General ward of SDH Nowshera.

Earlier patients were going to GMC Rajouri or Jammu for these Surgical procedures.

### IN THE COURT OF CIVIL JUDGE (JR. DIVISION) R.S PURA

Present:- Arusa Chowdhary  
Manohar Lal S/o Lt Laxman Dass R/o Chakroi, Teh Suchetgarh, Distt, Jammu (Plaintiff)

V/s  
Mulkh Raj S/o Lt Laxman Dass R/o Chakroi, Teh Suchetgarh Distt, Jammu and Another (Defendants)

**In the matter of:-** Suit for Declaration declaring Plaintiff as legal heir of Lt. Laxman Dass S/o Late Khasker R/o Token Wali, Teh & Distt Salkot A/P Village Chakroi, Teh. Suchetgach, Jammu and is entitled to claim and receive one time settlement amount Sanctioned by the govt. to be paid by the govt. for being west pakistani refugee of 1974 with the consequential relief of permanent Prohibitory injunction restraining the defendant from interfering into the claim of the plaintiff.

**PROCLAMATION**  
Whereas, the plaintiff (s) has/have filed the above titled suit. Now, the public at large, is hereby informed through the medium of this proclamation anybody has any objection(s) no the matter, he/she shall file objection (s) in person or through counsel through any authorized agent within a period of fifteen days. After expiry of this date, no objection she considered an appropriate orders shall follow. If the date fixed shall be holiday, then the case will be up the next working day.  
Given under my hand and seal of this court today no 17-06-2023

Sd/  
Civil Judge (Jr. Division)  
R.S Pura

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