

Karcher leading as "official wash partner" at "Rally of Valley"

STATE TIMES NEWS
SRINAGAR: The ceremonial flag-off to the Rally that took place on 14th June 2023 brought together a jaw-dropping lineup of 30 rally cars that have already joined the race to glory. As promised, the five-day event 'Rally of Valley' made the participants and the viewers experience full excitement, speed, and adventure like no other, along with capturing the essence of cleanliness in automotive excellence.

The rally covered 550 km through treacherous roads, from Chamba to Srinagar, offering thrilling adventure and breathtaking landscapes.

"We are happy to be associated with the 'Rally of Valley' as the main sponsor and are excited to be part



Karcher India Managing Director, Jatinder Kaul and IPS officer felicitating the winner of the Mountain Rally.

of this exhilarating event where we got to set up 4 pit shops across the route, showcase the power of our pressure washers, vacuum cleaners, and window vacuum cleaners that enhanced the performance and

drive and Karcher's commitment to innovation, creating an unforgettable experience for all motorsport enthusiasts" exclaimed Diwakar Kalra from Chamba Motorsports, Rihem Bhardwaj from autoz 365 motorsports and Taufiq Mughal from Azlan Adventure Racing.

Karcher and Chamba Motorsports teamed up and created an unforgettable event. Termed as India's biggest and longest mountain TSD (Time Speed Distance) event featured four-wheeler vehicles. Karcher India Managing Director, Jatinder Kaul was present along with eminent guests, Karcher representatives, and channel partners to felicitate the winners of the Mountain Rally.

lished in 2021 and has more than 500 members throughout India who are between the age of 22 years to 55 years, are either high-class businessmen and grade-first professionals including high ranking army cadre. These participants drove through off-road, Tarmac tracks, and snow patch tracks throughout the mountains under the -5 to 28 degrees climate.

"With Karcher by our side, the participant's performance was turbocharged throughout the rally. Together, we unleashed our passion, power, and precision, leaving no stone unturned in our quest for triumph. The 'Rally of Valley' witnessed the dynamic fusion of Chamba Motorsports' relentless

MAM College faculty to attend conference on 'Climate Change and SDGs' at UN Headquarters

STATE TIMES NEWS
JAMMU: Son of the soil, Dr. Vishal Sharma, son of Kanta Devi and Late Shruti Paul Sharma hails from Basohli, Dist. Kathua, J&K and serving as HoD Electronics, Maulana Azad Memorial (MAM) College Jammu & Fulbright Climate Fellow-USA, Global Goals Ambassador-United Nations (UN) association USA, has been selected for attending the prestigious "Global Climate-SDG Synergies Conference" at United Nations (UN) Headquarters in New York, USA on July 16, 2023.

This conference holds great significance as it is convened by the UN Department of Economic and Social Affairs (UNDESA) and the UN Framework Convention on Climate Change (UNFCCC) in



association with the High-Level Political Forum (HLPF) on Sustainable Development.

As a participant, this conference presents a valuable opportunity for him to present his innovative ideas on "Printable Solar PV Devices for Net Zero Emission" and engage in a comprehensive exchange of experiences during the break-out sessions, which involve intensive multi-stakeholder dialogue.

It is worth mentioning that, attending such a high-level conference presents a unique opportunity for him to bring back valuable knowledge, skill, professional development, experiences, and networking opportunities, that can further assist him for his pursuit to empower the students/youth and have a positive impact on society's understanding and actions concerning climate change and sustainable development.

Dr. Vishal said, "Attending this conference will allow me to contribute my knowledge and expertise towards achieving the aims and objectives of the Union Territory of Jammu & Kashmir and the Government of India in the realms of climate mitigation and Sustainable Development Goals (SDGs). By participating in this conference, I aim to actively contribute to the collective efforts towards a greener and more sustainable future for our region and the Nation as a whole".

Ninth International Yoga Day celebrated with enthusiasm



Central Govt Pensioners' Association, Jammu members performing Yoga.

STATE TIMES NEWS
JAMMU: Ninth International Yoga Day was celebrated on the theme 'One Yoga for One World' with great enthusiasm across both the union territories of Jammu & Kashmir on Wednesday.

The Central Govt Pensioners' Association, Jammu joined the nation today in celebrating 9th International Yoga Day. A yoga session was organised for the Pensioners at Day Care Centre, being run by the Association in Exhibition Ground Jammu, to mark the day. A large number of pensioners participated in the event. The President CGPWA, Kuldeep Khoda presided over the function. Nearly 25 yoga asans were conducted by a Yoga trainer & member of the Bhartiya Jog Sansthan, Jammu Vijay Kumar Phoa. He was honoured by the Association with a planter. Khoda hailed the celebration of Yoga Day across the world and said that the Yoga has united the nation for a healthy mind and spiritualism. The other who spoke on the occasion included Dr. Sudarshan Kumar, B B Magotra, Sunil Sharma and J. K Vaid.

Yoga has become a symbol of love and hope around the globe, Union Minister Jitendra Singh said on Wednesday and credited Prime Minister Narendra Modi for its worldwide popularity. Recognising its universal appeal, the United Nations in December 2014 proclaimed June 21 as the International Day of Yoga by a resolution. The day aims to raise awareness worldwide of the many



Union Minister Jitendra Singh and others dignitaries at Yoga Day celebration.

benefits of practising yoga. Interacting with reporters on the sidelines of an event here on the occasion of the International Day of Yoga, Singh said, "The theme of Yoga Day this year is 'One Family, One Earth, One Future'." "Despite our diverse cultures, languages, foods and attire, yoga has brought the world together and emerged as a symbol of peace and love. It is a significant contribution of Prime Minister Modi," he said. Singh highlighted that yoga was being endorsed more and more by the medical community as a means to improve health, mental wellness and physical capabilities. "For instance, when combined with medication for diseases like diabetes, yoga has shown the potential to reduce the dosage or even eliminate the need for medication. Yoga improves our health, mental faculties and physical abilities, unlocking its true potential," the Union minister said. He also highlighted the significance of this year's yoga day celebrations, which aligns with India's proposal for the "Year of Millets" and its G-20 presidency.

IRP 11th Bn at DPL Anantnag in collaboration with the Dept of AYUSH, Anantnag observed Day at DPL Anantnag from 06:30 am to 08:00 am. The celebrations were attended by about 300 participants drawn from IRP 11th Bn Anantnag, District Police Anantnag, Students of different Schools and District Ayush Team Anantnag. Rayees Mohammad Bhat, DIG SKR Anantnag was the



Rayees Mohammad Bhat, DIG SKR Anantnag and others performing Yoga.

Chief Guest and DDC Chairman Mohd Yousuf Gorski was the Special Guest on the occasion. Other dignitaries who attended the event were Ashish Mishra, SSP Anantnag, Sandeep Mehta, SSP Commandant, IRP 11th Bn, Dr Ali Mohammad, District Ayush Officer and their team of doctors and demonstrators. Dr Irfana Khan of Ayush Team explained the importance and meaning of Yoga where, Dr Shazia Abass along with her team of Yoga Instructors displayed the common Yoga protocol and made the participants do various Yoga Asanas.

Yoga for Humanity Govt. Gandhi Memorial Science College celebrated International Yoga Day by organizing Yoga Camp under the patronage of Principal Prof. Rajesh Kumar Gupta and supervision



GGM Science College students performing Yoga.

of NSS PO Dr. Deepali Mahajan unit II. Sanehit Sharma and Gourav NSS volunteers unit II demonstrated and guided students to perform different Yoga Asanas.

Jammu witnessed a remarkable celebration of International Yoga Day as the grand mega event took place at the serene Vishwa Yog Samsthaan (World Yog Institute) ashram in the picturesque location of Hari Ki Pauri, Bagh e Balh. The event, organized by the world renowned Yog Guru Karan, Chairman of Vishwa Yog Samsthaan in collaboration with Shri Mata Vaishno Devi Narayana Hospitals, Katra, Jammu and Directorate of AYUSH,



Jammu Mayor, Rajinder Sharma and others performing Yoga.

saw the enthusiastic participation of numerous yoga enthusiasts, along with esteemed dignitaries and esteemed guests. The chief guest for the event was Rajinder Sharma, the Mayor of Jammu and General Secretary of All India Mayor's Council. Other dignitaries present were Anshuman Sharma, Coordinator of Narayana Hospitals, Councilor Sham Lal Basson, Balkar, Rajesh Padha, R K Honda, Rajan Gupta, Suresh Sharma, Sunny Sangotra, Yog Acharya Rajinder, Sukhdev Basin, Bannu Partap, Raj Hans, Parminder Singh Pathania, Mukesh Mehra, Leela Jamwal, Ashwini Sangotra, Raj Kumar, Ashish Kumar, Gurpreet Singh and Havinder Singh. Rajinder Sharma emphasized the importance of yoga in modern life. He also mentioned that he would make Jammu a clean and green city and support Yog Guru Karan in spreading yoga. The event showcased a wide array of yoga activities, ranging from traditional Asanas to Pranayama and meditation sessions. One of the special mentions is Students of Brahmishi Bawra Shanti Vidya Peeth School, under the guidance of Chimmayi Jyothi Maharaj, showcased their exceptional yoga abilities.

On the occasion of 9th International Yoga Day, which is being celebrated worldwide under the theme "Vasudhaiva Kutumbakam". BSNL staff organized Chabeel at Telephone Exchange, Kachi Chavni Jammu and Telephone Exchange, Udhampur for all the customers visiting BSNL office and passers-by to provide relief to the public from scorching heat.

BSNL organized this campaign under its motto of "Service with a Smile". During the event, BSNL officials also promoted the services provided by BSNL to increase awareness in general public. PGMT BA Jammu Sunita Chandra, GM CFA J&K Circle Manish Gupta, DGM HQ Rajesh Khanna, DGM CFA J&K Circle Anil Sharma, IPA to PGMT Pran Nath Raina and other BSNL officers and officials also participated in the event to offer water to the general public.



BSNL Jammu BA officers and officials during Yoga Day celebration.

BSNL Jammu BA celebrated International Yoga Day by organizing a Yoga session for all its employees. CGMT J&K Circle Sanjeev Tyagi was Chief Guest who along with employees participated in the Yoga session. PGMT BA Jammu Sunita Chandra, GM (CFA) J&K Circle Manish Gupta also attended the Yoga session.

Jammu Kashmir Sports Council celebrated International Yoga Day at Basketball Court of Maulana Azad (MA) Stadium in Jammu city. Deputy Mayor Jammu, Baldev Singh Billawaria was the Chief Guest while former MLC and senior BJP leader Vikram Randhawa and President of Traders Federation Ware House-Nehru Market Deepak Gupta were present as special guests. More than 400 players, parents and every section of the society performed yoga together in the yoga camp. The stage was conducted by Ashok Singh, Divisional Sports Officer, Jammu and Kashmir



Dy Mayor, B.S Billawaria and others at Yoga Day celebration.

Sports Council along with him the Manager of Indoor Sports Complex, Surya Bhan Singh was also present. Later, Deputy Mayor of Jammu Baldev Singh Billawaria also participated in a yoga camp organised by Anganwadi located in ward 73, Gadigarh and Peoples Social Welfare Committee ward 56 Gangal.

International Yoga Day was celebrated by the students of Digital Media, English Journalism and Hindi Journalism of Indian Institute of Mass Communication (IIMC), Jammu in its premises. On this occasion, students performed different forms of Yoga with their faculties and non-teaching staff. This program was organized

in association with Bhartiya Yog Sansthan, Jammu and its Vice President I.K. Raina was the chief guest. Prof. Anil Saumitra, Regional Director, Dr. Dilip Kumar, Dr. Vinit Utpal, Sant Kumar Sharma, Anoop Kumar Wittal along with instructor Vinod Kumar Matto, Surendra Kaul were present on this occasion.

The International Yoga Day (IYD) 2023 was observed at IIM Jammu Canal Road Campus. The event commenced with the light-



IIM Jammu faculty and others dignitaries during Yoga camp.

ing of the lamp by Chief Guest Sahil Mehra, Yoga Guru in the presence of Prof. B.S. Sahay, Director, IIM Jammu, Prof. Jabir Ali, Dean Academics, IIM Jammu, and other faculty, officers and staff and students followed by Saraswati Vandana by the students. The Yoga session started with the systematic practice of different "Asanas" of standing, sitting, and lying positions under the instructions of the Yoga Guru and the supervision of trained volunteers. The yoga practice was followed by a Yoga Quiz wherein students, faculty members, and staff participated enthusiastically.

On the occasion of the International Yoga Day, Bharatiya Janata Party (BJP) senior leaders led party activists to practice yoga in assembly segments of the Union Territory across Jammu & Kashmir. Ravinder Raina, president, Jammu and Kashmir BJP, along with General Secretary (organisation) Ashok Koul, Vice-President Yulvir Sethi, BJP NEM & Headquarter Incharge Priya Sethi, District President Parmod Kapahi, party Spokesperson Adv. Purnima Sharma, BJP OBC Morcha President Sunil Prajapati and others performed Yoga at Shree Maharaja Hari Singh Park, Near Tawi Bridge, Jammu.

Former MP (Rajya Sabha) Shamsheer Singh Manhas along with Bharat Bhushan Sharma and others performed Yoga at Ploudka Park at Ploura. J&K BJP General Secretary Sunil Sharma along with other senior leaders performed Yoga at Kishtwar.

BJP district organizing secretary Veejri Saraf, Adv. Wajahat and others performed Yoga at Verinag in Anantnag District.

BJP Secretary Dr. Farida Khan along with Prabhari MM War, Councilor Ashiq Mir and others performed Yoga in a Park at Baramulla. arliamentary constituency Incharge Yoga Diwas Rakesh Koul performed Yoga in South Kashmir. BJP District President Zubair Ahmed and others performed Yoga at Kulgam.

Similarly, senior leaders of BJP performed Yoga in every Assembly segment of Jammu & Kashmir.

Yogatvam, a Jammu-based yoga community founded by disciples of the yoga guru, Sanjay Asin, dedicated to promoting the benefits of yoga, celebrated International Yoga Day with remarkable enthusiasm and reverence.

On this special occasion, Yogatvam led transformative yoga sessions at prestigious institutions and broadcasted a live session to reach a wider audience.

At the Indian Institute of Management (IIM) Jammu, Yogatvam conducted a captivating yoga session led by yogi Sahil Mehra.

Concurrently, at the National Bank for Agriculture and Rural Development (NABARD) Jammu, Yogatvam conducted an enlightening yoga session led by yogi Gautam Verma.

In an effort to extend the reach of yoga on International Yoga Day, All India Radio (AIR) Jammu organized a live broadcast session, which was led by Gautam Verma.

Acharya Shri Chander College of Medical Sciences & Hospital (ASCOMS) celebrated 9th International Yoga Day in the College campus wherein approximately 200 students and 40 staff members



Students performing Yoga at ASCOMS Jammu.

participated. The function was conducted by the Medical Education Cell of ASCOMS under the guidance of Dr. Rajesh Kumar Gupta, Prof & Head, Orthopaedics and Coordinator, Medical Education Unit, ASCOMS as Yoga forms a part of academic curriculum of Foundation Course for the 1st Year MBBS students. Dr. Ravinder Kumar Gupta, Prof & Head, Paediatrics and Vice Chairman Sports & Cultural Activities conducted the Yoga session.

The Chief Guest on the occasion, Director Principal, Dr. Pavan Malhotra said that Yoga should be performed cutting across the religious barriers as Yoga exercises are beneficial for controlling the mind.

The J&K Branch of the NIRC of the Institute of Chartered Accountants of India, celebrated the International Day of Yoga in association with Bhartiya Yog Sansthan at ICAI Bhawan, Canal Road, Jammu. CA Vinay Saraf from Bhartiya Yog Sansthan Jammu moderated the session. CA Vikas Purdani, Chairman J&K Branch of NIRC of ICAI, welcomed the participants. CA Sourav Pargal (Secretary) and CA Nakul Saraf (Immediate Past Chairman) along with number of Chartered Accountants, Students and their families participated in the event.

The 9th International Day of Yoga with the global theme "Yoga for Vasudhaiva Kutumbakam" and domestic theme "Har Ghar Aangan Yoga" was celebrated with energetic participation of CIFS officers, personnel and their families in all the 354 Units and 75 Formations which includes 08 Training institutions, 12 Reserve

Battalions, Zonal, Sector and Force HQrs. The importance of International Day of Yoga 2023 is even greater as India is holding the presidency of G20 summit in 2023. A yoga session was conducted at CIFS Headquarters New Delhi, wherein Sheel Vardhan Singh, DG CIFS, Nina Singh, SDG (HQrs), Senior Officers and



Sheel Vardhan Singh, DG CIFS, Nina Singh, SDG (HQrs) and Senior Officers performing Yoga.

other CIFS personnel participated. While addressing the gathering thereafter, Sheel Vardhan Singh, DG CIFS explained the meaningfulness of following Yoga and its efficacy in bringing health, happiness & harmony in our lives.

After the yoga session, DG CIFS interacted with personnel and advised them to make Yoga an integral part of lifestyle to lead a happy and healthy life.

The serene and picturesque location of Jhajar Kotli witnessed a grand celebration of the 9th International Yoga Day, organized jointly by the Department of Tourism J&K, Shri Mata Vaishno Devi University and J&K Academy of Art, Culture, and Languages. The event was a spectacular success, with hundreds of yoga enthusiasts turning up to participate and experience the tranquility and harmony that yoga brings to our body, mind and soul. The event was a true celebration of the spirit of yoga, with participants from all walks of life including students from SMVDU Katra, Commerce College Jammu, Higher Secondary School Kot Bhalwal among others coming together to share their passion for celebration of Yoga. The highlight of the event was a series of yoga sessions led by expert yoga practitioners, who guided the participants through a range of yoga poses and exercises. While interacting with the media Joint Director Tourism Jammu, Sunaina Sharma Mehta, expressed her delight at the overwhelming response and the success of the event being organised under the guidance of Administrative Secretary Tourism Department J&K, Dr. Syed Abid Rasheed Shah and Director Tourism Jammu, Vivekanand Rai. She said that the event was not just a celebration of yoga, but also an opportunity to highlight Jhajar Kotli, which is an Off-Beat Destination of Jammu Division. She further reiterated that the Department is committed to promote yoga and other traditional practices



Joint Director Tourism Jammu, Sunaina Sharma Mehta and others performing Yoga.

as part of its efforts to boost tourism in the region. Yoga has the potential to attract tourists from all over the world, and events like this are an excellent way to showcase the region's unique cultural and natural resources.

On the eve of International Yoga Day District Legal Services Authority Jammu under patronage of CJ High Court of Jammu Kashmir and Ladakh, guidance of Ex-Chairman SLSA besides mentoring of Adm Judge Jammu, organized a Yoga camp at District Court Jammu. Judicial Officers posted at District Headquarter Jammu participated in the camp under the leadership of Sanjay Parihar Chairman DLSA Jammu (Pr. Distt. & Sessions Judge) and supervision of Smriti Sharma (Secretary DLSA) Jammu. Panel Lawyers,



DLSA Jammu members and lawyers performing Yoga.

PLV's and the allied staff of the courts situated at District Court Jammu also took part in the camp. The theme for 9th International Yoga Day is "Yoga for Vasudhaiva Kutumbakam" i.e. Yoga for the welfare of all in the form of "One World-One Family." It emphasizes the spirit of Yoga, which unites and takes everyone along. The aim of Yoga is to join or to unite, it symbolizes the union of body and consciousness. Different yoga asanas were performed under the guidance of a yoga team from Bhartiya Yog Sansthan Jammu which was followed by participants. Further Yoga Experts highlighted the efficiency of the event and stressed upon the participants to perform yoga daily which can support the healing process and help the person experience symptoms with more centeredness and less distress.

Similar Camps were also organized by TLSC Bishnah, TLSC R.S Pura and TLSC Akhnour.