

Yoga Camp organised at Ved Mandir Ambphalla

■ STATE TIMES NEWS

JAMMU: The Bharat Vikas Parishad Jammu East branch held a mega yoga session in celebration of International Yoga Day 2024 at Bal Niketan, Ved Mandir, Ambphalla, Jammu. The event was chaired by B.B. Sharma, State President of Bharat Vikas Parishad.

Dr. Shreyansh Kumar Jain, State Convener Bharat Vikas Parishad, State Yoga Commissioner, Chairman India Yoga Association, and President Vichar Kranti Manch International, was specially invited to conduct the session. Ashok Gupta, State Vice President BVP and Vice President VKMI, opened the session by discussing the definition and significance of yoga in daily life for maintaining physical fitness and mental health.

He provided an overview of Patanjali's eightfold yoga and enlightened the students and inmates of Bal Niketan, an orphanage man-



President VKMI, Dr. Shreyansh Kumar Jain posing with inmates of Ved Mandir and others.

aged by the Ved Mandir committee, on the benefits of Hasya yoga through practical applications.

Dr. Jain spoke about the "Ideal Student Life," highlighting its four limbs: Morality, Discipline, Study, and Yoga Practice.

He offered practical tips for managing anger, such as removing oneself from the situation, Using a code word to signal anger, Focusing on the surroundings, Concentrating on breathing, and Using a grounding object. Dr. Jain further elaborated on the causes and effects of anger, providing practical suggestions for

dealing with anger, coping and seeking support. Various yogasanas, including Vajrasana, Shashankasana, and Virasana, were practiced, with detailed explanations of their procedures and benefits. Special yogasanas like Janushirasana, Paschimottasana, and Tadasana (four types) were practiced to promote height increase.

Renu Thapar, a trained yoga teacher, demonstrated yogasanas in a simple and effective manner. Techniques for breath control were taught, focusing on the practical aspects of inhalation and exhalation. Pramod Jain, Yoga Expert

and Former State General Secretary, Jain Sabha, led a session on Anulom Vilom Pranayama, highlighting its simplicity and effectiveness.

Dr. Jain also shared tips to strengthen brain power, such as Countdown exercises, Writing with the left hand, Multitasking, Studying in the morning, and Practicing deep and long breathing.

Meditation was also part of the session. The event concluded with blessings from B.B. Sharma, State President BVP, Prof. Bharat Bhushan Sharma, Regional Secretary, and Ved Prakash Pada, Jammu East

President.Nandini Shukla, Secretary, conducted the program proceedings. Anju Bansal, Convener of the National Group Song competition, recited a bhajan on yoga. Lal Singh Nag, Yoga Expert, emphasized the importance of incorporating good deeds into daily habits for a successful life. Guests, including Rakesh Verma (MD Cybereafe), Shashi Pal Sharma (Chairman Day Care Centre Roop Nagar), Kuldeep Kaushal, Mrs.Sunita Mahajan (State Finance Secretary), and Kaushal Kumar (Treasurer), graced the occasion with their presence. Nagarmal, Secretary of the Ved Mandir committee, also extended his blessings.

Dr. Sunaila Raina from the Ayush Department provided an advisory on anemia and distributed medicines. Test reports from the last anemia camp were handed over to the in-charge of Bal Niketan. The program concluded with the National Anthem.

40 rural girls join 14th free Summer Camp of HRBE Foundation



HRBE Foundation members posing for a photograph with participating girls.

■ STATE TIMES NEWS

JAMMU: Harbans Roshan Bhalla Educational (HRBE) Foundation on Thursday inaugurated its 14th Summer Camp. 40 girls from classes 8th, 9th & 10th are attending the 8 days free residential camp. Participants belong to rural areas such as villages Arnia, Jaurian, Ranjari, Surinsar, Dansal and many other villages of the region.

The camp was declared open by Prof Poonam Dhawan- former Dean Academic Affairs, Jammu University and Cluster

University. She also spoke to the children about the important lessons of life which they should keep in mind at this young age.

The camp is very fruitful for these students. They will receive lectures on life skills, academics and personality development. Regular health checkups are also done by doctors. Balanced diet will be provided to the students. They will also take part in drama, debates, yoga, arts and craft, music and sports activities. Additionally the Foundation also arranges counselling

sessions with the psychology department of Jammu University.

The Managing Trustee informed the participants about the objectives of the camp and the need for everyone to make the best use of this opportunity to improve their standards and develop their overall personality.

The participants were energetic and thrilled at joining the camp. They talked excitedly of their long association with the Harbans Roshan Bhalla Educational Foundation.

JKDT acknowledges swift support in restoration efforts for ancient Shiv Temple, Gulmarg



JKDT members visiting ancient Shiv Temple in Gulmarg.

■ STATE TIMES NEWS

JAMMU: Chairman Trustee and Trustees of J&K Dharmarth Trust (JKDT) extended their heartfelt gratitude to the Civil Administration, CEO of Gulmarg Development Authority, the Indian Army, and the J&K Police Department for their prompt and invaluable assistance in restoring the ancient Shiv Temple, known as Maharani Temple, in Gulmarg following the

unfortunate fire incident on June 5, 2024.

Pertinent to mention here, this temple, constructed in 1915 by the late princess of Dharamkot state in Gujarat and wife of Maharaja Hari Singh, tragically reduced to ashes due to a devastating fire caused by an electrical short circuit on June 5, 2024.

In a press statement released here today, Brig R.S. Langeh (Retd), President of J&K Dharmarth Trust, expressed his appreciation, highlighting the collaborative efforts that have been pivotal in the ongoing restoration of this revered cultural heritage site. He further emphasized the Trust's commitment to preserving the rich cultural heritage of Jammu & Kashmir and upholding the sanctity of Sanatan Dharma. "The Maharani Temple holds immense historical and spiritual significance to the Royal Family of J&K, and we are dedicated to ensuring that it is restored to its original magnificence at the earliest," he added.

The J&K Dharmarth Trust reassured devotees and the public that restoration work is progressing steadily, with all efforts focused on returning Maharani Temple to its sacred role in the cultural tapestry of the region.

Fairdeal Auto Hyundai opens new workshop

■ STATE TIMES NEWS

JAMMU: Hyundai Motor India Ltd. (HML) on Thursday launched its new workshop facility at Gangyal in Jammu run by Fairdeal Auto Hyundai.

The expansion aims to deliver a fulfilling customer experience to its growing customer base in the financial capital.

At the inauguration of their new workshop, dignitaries from HML were welcomed by host Fairdeal Auto Hyundai for exclusive visit in their new workshop located in Gangyal area of Jammu with full enthusiasm.

Directors of Fairdeal Auto Hyundai - Saleem Bakshi and Mr. Rohit Gandotra, warmly welcomed and greeted the HML representatives.

The visiting HML dignitaries included Jatin Tiwari Vertical Head Field Service, Kishor Chaudhari Zonal Parts & Service Head North, Vinod Kumar Regional Parts &



Dignitaries from HML posing with Fairdeal Auto Hyundai members at Jammu.

Service Head North 1 along with Anil Sharma (TPSM) and Nitin (TPSM).

Their visit to Fairdeal Auto Hyundai in Gangyal Jammu was marked by a tour of the dealership's facilities, including a preview of the new state of the art workshop fully operational, aimed at enhancing service offerings for Hyundai customers.

The HML representatives expressed their satisfaction with the standard operating procedures at Fairdeal Auto Hyundai. They were highly impressed with the dealer-

ship's infrastructure and commended the continuous efforts to enhance customer satisfaction. The dignitaries appreciated Fairdeal Auto Hyundai's commitment to providing a modern and sophisticated service experience, ensuring customers leave delighted after servicing their vehicles.

Fairdeal Auto Hyundai's new workshop, designed with cutting - edge technology and cus-

tomers - centric amenities, is a testament to the dealership's dedication to maintaining high standards of service excellence. This initiative reflects Fairdeal Auto Hyundai's ongoing mission to elevate customer experiences and reinforce its position as a leader in the automotive service industry.

On the opening ceremony of their new dealership, director Rohit Gandotra said, "We are

excited to announce that with our remarkable growth of over last 65 years in automobile industry , we are pleased to announce our new dealership at Gangyal in Jammu by the name "Fairdeal Auto Hyundai".

Besides sales, our workshop will be operating with trained service personnel offering customers a world-class service experience backed by workshop infrastructure, availability of spare parts and use of modern diagnostic and repair tools.

Tushar Gandotra Service Head (Fairdeal Auto Hyundai) happily announced a complimentary top wash and general checkup to all Hyundai customers for their Hyundai Cars coming in workshop till 30th June 2024.

YRS stages protest against terrorist attack, burns Pak effigy



Yuva Rajput Sabha members burning effigy of Pakistan during a protest at Jammu.

■ STATE TIMES NEWS

JAMMU: After back to back four terrorist attack in Jammu Province , Yuva Rajput Sabha (YRS) held a strong protest and condemned terrorist attack held in Jammu. While during protest YRS President Vikram Singh Vicky along with Former Presidents Rajan Singh Happy and Rajveer Singh along with core committee members and all stakeholders shows their anger and strongly condemned the activities and target killing of civilians in Jammu Province.

YRS raised slogans "Bharat Mata Ki Jai" and "Pakistan Mardabad" at Press Club Jammu near Dogra Chowk and burnt the flag and Effigy of Pakistan and said that Pakistan always trying to disturbed the climate of J&K.

While addressing media Vikram said that why central administration and UT administration silent on these terrorism activities, as the climate and present scenario of Jammu is totally disturbed and its as same as the Era of nineties (90's) and same as the scenario of Kashmir at that time. Rajan Singh demands to

issue and renew the weapons license of people in Jammu Province and meanwhile Rajan puts a question to our political leaders that why politicians are silent in this time.

Rajveer Singh also expressed that LG administration took some hard steps to finish this terrorists activities and keeps peaceful climate of J&K.

Meanwhile Vishal Singh Spokesperson YRS questioning the Dogra leaders that why they not raise the voice in Delhi about Jammu Province and when they took stand for the betterment of Jammu.

Bhajan on Mata Raignya, Kheerbhawani Tulmulla released

■ STATE TIMES NEWS

JAMMU: A devotional song dedicated to Mata Kheerbhawani was released on Thursday by Chief Guest Ritu Singh Director Delhi Public School Jammu, Katra and Nagbani, Vice chairperson Maharaja Hari Singh Social and Educational Foundation and Director Hari Niwas Palace Hotel. Guest of Honour Rashim Deepika Thusoo Financial Advisor Science and Technology Govt of J&K and Tarun Uppal social activist and founder of Nirbhay Bharat foundation at Press Club Jammu. The devotional song titled "Maaji Raignye Rot Tulmulla Sathan" has been written and sung by Kanwal Peshin renowned Poet and writer who has many credits to



Director DPS Jammu, Ritu Singh and others releasing Bhajan.

his name and the song has been produced by Athrot Cultural Foundation Music has been arranged by Rajesh Khar and Video/ audio has been recorded at Kongposh Studio Jammu. The song is about ancient Kheerbhawani Tulmulla mela and the lyrics so aptly written are describing

the journey of Mata from Lanka to Kashmir and discovery by a Kashmiri Pandit brahmin Taploo and its values the Bhakti is visible with Mata Raignya visuals from Shalimar Garden Sahibabad, Raithan Budgam and Tulmulla Ganderbal Kashmir which makes this presentation

more beautiful the writer in the concluding part prays for the wellbeing of all and seeks blessings for the devotees in a peaceful atmosphere with prosperity Athrot Cultural Foundation is headed by RK Pandita and Abhimanyu Peshin and are devoted to preserve culture and language it may be recalled that the song also depicts the significance of Zyeasht Ashtami the pradurbhaw divas of Mata Raignya.

A short video titled Raignya astuti depicting various ashpans of Mata Kheerbhawani across the Country:

Speaking on the release function Ritu Singh applauded the role of organizers specially writer and singer for the wonderful presentation of the devotional song. Other guests Rashim Deepika Thusoo and Tarun uppal also appreciated the Athrot team for the wonderful work they have been

doing and special praise for preserving cultural and religious heritage of Jammu and Kashmir:

The guests were felicitated by Kanwal Peshin with a Mata Raignya pratima at the beginning of the release.

A mamoth gathering at Kheerbhawani Tulmulla Ganderbal shall be witnessing the live streaming of the song as it shall also be released at Tulmulla Ganderbal at the lotus feet of Mata Kheerbhawani in the evening on the eve of Zeath Ashtami through Vomedh Theatre Group headed by Rohit Bhat and his team in which various dignitaries Dr Arvind Karwani Relief and Rehabilitation Commissioner; DC Ganderbal and several other reputed personalities and philanthropists shall do the release honors and global audience can be able to watch it.

Modi Govt working for welfare of needy & deprived: Yudhvir Sethi



Vice President BJP J&K, Yudhvir Sethi listening to public issues.

■ STATE TIMES NEWS

JAMMU: Yudhvir Sethi, Vice President of BJP in Jammu & Kashmir; reaffirmed the commitment of the Modi government to uplift the underprivileged sections of society during a grievances redressal camp held at Pt Prem Nath Bhawan, Kacchi Chawani, here on Thursday.

During the camp, Praveen Kermi, Mandal President Jammu East; Keshav Chopra, Mandal President Talab Tillo Mandal; Arun Sethi, General Secretary East Constituency, Harvinder Singh Convenor Ward No 7, Naseeb Singh Shakti Kendra Parmukh Aithem were also present.

Addressing the gathering of local residents and deputations, Yudhvir Sethi stated,

"The Modi government has been tirelessly working for the welfare of the needy and deprived segments of our society." He emphasized the government's empathetic approach in addressing and resolving their issues. Highlighting the BJP's outreach efforts, Sethi mentioned, "At every level, BJP strives to connect with the people in need. The Party is dedicated to resolving their concerns promptly." He said BJP has taken every possible step to ensure development of every community and every region for unprecedented development with the target of "Antodaya". He added that such clear vision for development in every sector and development of every section has attracted every single individ-

ual to support BJP.

The senior BJP leader also noted the positive response from citizens who approach the party with confidence that their grievances will be effectively addressed. He asserted that the Party is fully committed to address the day to day problems being faced by the people in general and that of Jammu City in particular.

Earlier in the camp, people from different parts of Jammu visited the party office in the form of deputations to represent the issues of their respective areas as well as their individual concerns before the senior party leadership. Main issues presented were related to the non-availability of Govt ration, verification of land titles, transformer issues, electric poles, street lights, repair of lanes/ roads, job & pension issues, etc.

While giving patient hearing to the deputations, Yudhvir resolved most of the issues instantaneously by talking to the authorities concerned on phone. He assured to take up the rest of their issues with the concerned authorities and get the same resolved at the earliest.

Ajatshatru Singh highlights contributions of Dogra Rulers in development of Urdu Language in J&K

■ STATE TIMES NEWS

JAMMU: Ajatshatru Singh, grandson of Maharaja Hari Singh, who was the last ruler of the Indian princely state of Jammu and Kashmir, on Thursday participated in a one-day National Seminar on "Contributions of Dogra Rulers in the Development of Urdu Language in Jammu and Kashmir."

The seminar, organized by the Department of Urdu, University of Jammu, aimed to shed light on the significant efforts made by the Dogra rulers in promoting the Urdu language in the region. The event took place in the Prof. Gian Chand Jain Seminar Hall and was presided over by renowned historian Prof. Jigar Mohammed. Ajatshatru Singh attended as the Chief Guest, while Prof. Meena Sharma, Dean of Planning & Development, was the Guest of Honour. Prof. Shohab Inayat Malik, Head



Ajatshatru Singh speaking at National Seminar on "Contributions of Dogra Rulers in the Development of Urdu Language in Jammu and Kashmir" at JU on Thursday.

of the Urdu Department, and Dr. Mohammed Reyaz Ahmed also graced the stage. Ranvijay Singh, great grandson of Maharaja Hari Singh was also present. Expressing his gratitude, Ajatshatru Singh, seion of the erstwhile Dogra royal family and former minister, thanked the Urdu Department for honoring his ancestors and their contributions through this insightful seminar. He emphasized the profound impact of the Dogra rulers' decisions and initiatives on the cultural and linguistic

heritage of Jammu and Kashmir. In his address, the former minister highlighted the visionary decision of Maharaja Pratap Singh, who in 1889, made Urdu the official language of Jammu and Kashmir. This historic decision not only unified various linguistic communities but also enhanced administrative efficiency and cultural coherence in the princely state. He underscored that this move reflected the progressive outlook of the Dogra rulers towards inclusive governance and cultur-

al development.

Ajatshatru Singh also spoke about Maharaja Ranbir Singh, who was a great admirer of Urdu. Maharaja Ranbir Singh's contributions were pivotal in fostering the growth of Urdu literature and education. He established a translation society that played a crucial role in translating important works into Urdu, thus making knowledge more accessible to the people. Additionally, Maharaja Ranbir Singh founded a library and a press dedicat-

ed to publishing Urdu books and newspapers, which significantly boosted literary activities and the spread of knowledge in the region.

The seminar witnessed participation from scholars, historians, and linguists who deliberated on various aspects of the Dogra rulers' contributions. The discussions provided a comprehensive understanding of how the Dogra dynasty's patronage facilitated the flourishing of Urdu language and literature in Jammu and Kashmir.

The seminar concluded with a resolve to continue exploring and honoring the historical contributions that have enriched the region's diverse heritage. The vote of thanks was presented by Prof. Shohab Inayat Malik, HOD, Urdu. The seminar was attended by students, scholars, civil society members, and family members of Dr. Karan Singh.