

Five days yoga camp concludes at Panch Mandir

STATE TIMES NEWS

JAMMU: The five-day yoga camp at Panch Mandir, Chhanni Himmat, concluded successfully with Dr. Goutam Mengi, Retired Principal of Government Dental College, social activist, and State Sanchalak RSS, serving as the Chief Guest.

Organized by the Shivalik Branch of Bharat Vikas Parishad in collaboration with Bhartiya Yog Sansthan, the camp focused on practicing yogasanas under the guidance of yoga teachers such as Ravindra Gupta, President of Bahu District, Shakti Kumar, Secretary of Bahu District, Vinay Saraf, State body Member, and Anupama Puri, Organizing Secretary, who facilitated simple yet effective sessions. Dr. Shreyansh Kumar Jain, State Yoga Commissioner, President of Vichar Kranti Manch International, State Chairman of Indian Yoga Association, and State Convener (Yoga) of Bharat Vikas Parishad, delivered



Participants posing for a photograph with dignitaries at closing ceremony of yoga camp.

insights on the role of yoga in lifestyle management. Emphasizing Achar (Healthy activities), Vichar (Healthy thoughts), Aahar (Healthy food), and Vihar (Healthy recreation), Dr. Jain highlighted that yoga transcends mere physical exercises to embody a comprehensive philosophy that enriches the mind, body, and soul.

Ashok Gupta, State Vice President, discussed the significance of yoga, delving into Patanjali's 8-fold Yoga and the philosophical underpinnings of Shuth Darshan, Vedant, Yoga, Mimansa, and Shankhya.

He also demonstrated special types of Hasya Yoga, emphasizing its therapeutic benefits and

holistic approach to wellness. During the program, common health issues were addressed, and corresponding yogasanas were explained by Dr. Jain.

It was informed that for High BP, Paschimotanasana, Shashakasana, Shavasana, Matsyasana, Padmasana, and Chandrabhedhi Pranayama; for Low Blood Pressure, Pawamuktasana, Yogamudra, and Suryabhedhi Pranayama; for Heart Disease, Bhujangasana, Shalabhasana, Padottanasana, Shavasana, and Anulom Vilom Pranayama; for Anemia, Yog Mudra, Paschimotanasana, Bhujangasana, and Shavasana; for Asthma, Shashankasana,

Gaumukhasana, Ustrasana, Konasana, and deep/long breathing techniques; for Diabetes, Ardhamatsyendrasana, HAL Vakra, Mandukasana, Yogmudra, Agnisar, and specific breathing exercises; and for Constipation, Bhujangasana, Shalabhasana, Kati Chakrasana, Malasana, and Shankh Prakshalan techniques are benefitted. The event also featured addresses by Jia Lal

Sharma, General Secretary of Bhartiya Yog Sansthan, and was conducted under the supervision of Ashok Khajuria, Branch Secretary, with a welcome address delivered by H.C. Vaid, Branch President.

Dignitaries present included B.B. Sharma, State President of Bharat Vikas Parishad, Shivram Sharma, General Secretary, Arun Sharma, Regional Executive Member, Sunita Gupta, State Finance Secretary, and Subhash Gupta, Vice President of Bahu.

Vaid extended the vote of thanks, acknowledging the gracious presence and contributions of all participants towards the success of the program, reinforcing the importance of yoga in promoting holistic well-being and spiritual growth.

Dr. Karan Singh completes 75 years of Public Service

STATE TIMES NEWS

SRINAGAR: Today marks a historic milestone as Dr. Karan Singh, a venerable statesman and former Sadr-i-Riyasat of the erstwhile state of Jammu and Kashmir, completes an exceptional 75 years of dedicated public service. Appointed as regent by his father, Maharaja Hari Singh, in 1949, Dr. Singh has exemplified unwavering commitment to the nation, holding numerous esteemed positions over the decades.

Throughout his illustrious career, Dr. Karan Singh has been a stalwart in Indian politics and diplomacy, serving as Regent, Sadr-e-Riyasat, Cabinet Minister (serving without salary), Ambassador to the United States, Member of the Executive Board of UNESCO, UNESCO Education Commissioner, Chairman of the Indian Council for Cultural Relations (ICCR), and President of the Auroville Foundation.

Beyond his political roles, Dr. Karan Singh is a prolific author renowned for his scholarly works on Hinduism and Vedanta. In 1982, he founded the Virat Hindu



Samaj, significantly advancing arts and culture, particularly in painting and music. His advocacy efforts led to the inclusion of the Dogri language in the Eighth Schedule of the Indian Constitution. Notably, he established the Amar Mahal Museum and Library, housing a remarkable collection of Kangra Pahari paintings and a vast repository of over 20,000 books.

Dr. Karan Singh's influence extends globally through his contributions to the interfaith movement and as chairman of the Rumi Foundation. His lifelong patronage of the arts is underscored by his support for the construction of temples in Jammu, Pondicherry, and the United States.

Today, as we celebrate Dr. Karan Singh's 75 years of unwavering service to India, we honor a visionary leader whose dedication to culture, spirituality, and public welfare has left an indelible mark on our nation's history.

IRP 10th Bn organises Training Programme on New Criminal Laws

STATE TIMES NEWS

SRINAGAR: The Jammu and Kashmir Police 10th Battalion of the Indian Reserve Police (IRP) organised a special training programme for its personnel at Battalion Training Center Mattan, Anantnag on three new criminal laws.

The week long programme held from 8th June to 15th June, 2024 aimed to equip the IRP personnel with the comprehensive understanding of these new laws and the ways in which they can be effectively followed.

The programme featured extensive lectures from Master Trainers and different speakers from the battalion, who shared their insights and expertise on the new criminal laws. During the programme, the Commandant of the Battalion Mubassir Latifi, SSP along with other gazetted officers, actively participated in the discussions and shared



Commandant 10th IRP Bn, Mubassir Latifi, SSP presenting certificate to a cop.

their thoughts on, Bharatiya Nagarik Suraksha Sanhita (BNSS), Bharatiya Nyaya Sanhita (BNS), and Bharatiya Sakshya Adhiniyam (BSA).

Furthermore, the Commandant also distributed certificates among the personnel who successfully completed the training programme.

At the end of the course feedback from all the 194 participants was obtained

through Google Form. All the officials showed keen interest in pursuing the courses on these new laws by downloading NCRB Sankalan App and registration on iGot Karmyogi.

Commandant of the Battalion assured that more such courses would be organised in future to equip all the Police personnel with profound legal knowledge and skills to investigate the cases.

Appoint chairman, members of 8th Pay Commission: NMC urges PM

STATE TIMES NEWS

JAMMU: President of the National Mazdoor Conference (NMC) Subash Shastri on Wednesday urged upon the Prime Minister to immediately appoint chairman and other members of the 8th Pay Commission adding that except 7th Pay Commission all earlier pay Commission were constituted in the 3rd year of every decade as per past practice.

Addressing NMC workers meet here Shastri said that notification for constitution of the 8th pay commission is the need of the hour, which is bound to have bearing on about one core employees and pensioners, both in Central as well as State governments. He said that commission should timely expedite the report so that the implementation gets executed well before 01-01-2026, due date for revision of 8th pay commission.

"50 Percent of DA should be forthwith merged into basic pay and pension", he

Patiyar Biradari congregation on Jun 22

STATE TIMES NEWS

JAMMU: Bi-Annual congregation of Patiyar Brahman Biradari is going to be held on June 22 at Devasthan of Kuldevta Baba Purav Sidh Dev ji Maharaj at Turgala, Chowki Choura, Akhnoor.

According to Biradari President, Harbans Lal Sharma, the function will start with Hawan and Pooja in the morning followed by community fest. He has requested all the Biradari members to participate alongwith their families in the congregation and seek blessings of the Kuldevta.

said, adding, 20 percent interim relief should be sanctioned as early as possible in favor of the employees and pensioners, so that they would get sigh of relief of rising prices and inflation. Stressing on the need Shastri also urged him to immediately restore old pension scheme in place of NPS as confidence building measures. He said that many states like Himachal Pradesh, Rajasthan, Punjab, Karnataka have restored old pension scheme in favor of NPC employees. He hoped that the New NDA Government at the Centre will take positive step in this regard.

Shastri also appealed to Prime Minister to release 18 months pending DA arrears, beside regularization of daily wagers who have completed seven years

of service in March, 2024, adding their monthly emoluments should be raised to Rs. 18,000 per month.

Other demands included clearance of all pending GP fund and gratuity cases, setting up of Labor Welfare Board, implementation of all Central Labor Law in UT J&K beside granting medical allowance of Rs. 1000 per month to pensioners at par with Central Government were highlighted on the occasion.

Among other who were also present on the occasion included Rajan Babu Khajuria, B.S Jamwal, Surinder Kumar, Ramesh Sharma, Chaman Lal, Birbal, Raman Sharma, Vinod Kumar, Ex-Sarpanch Sukhdev Singh, Ram Singh, Subash Sharma, Ram Lal Sharma & others.

CUJ sees significantly rise in campus placements



CUJ students and faculty at placement drive.

STATE TIMES NEWS JAMMU: Central University Jammu final placement opportunities have been substantially increased in session 2024 with the average increasing from 50% to 98%. Several Indian companies, startups and MNCs are hiring students here at handsome salary packages and the campus placements have started significantly picking pace.

For now as many as 10 students are recruited by the companies visiting the campus for the placement drive and the recruiting companies

are Prevest Denpro, Argumentik Group, Exigo Recycling, Truval Global and Amar Ujala. The selected students were offered lucrative package of 7 LPA. Prof. Sanjeev Jain, Vice Chancellor, CUJ congratulated the selected students and said that "we believe in providing our students with diverse opportunities to excel in their chosen fields. The placement drive not only provided students with a chance to secure placements but also allowed them to gain valuable insights into the sales and marketing sector. The Training and

Placement Office (TPO) in its statement said that the 2024 campus placement drive would be a huge opening for their students to get placed in diverse working forums.

The second phase of this placement drive had begun with the interview process in the visited companies and a good number of students had been offered placements. These companies hired more than 50 skilled candidates till now for the role of Marketing, HR, Editors and others.

BJP Govt's J&K developmental figures mismatch reality on ground: Rattan Lal

STATE TIMES NEWS

JAMMU: Rattan Lal Gupta Provincial President JK NC Jammu on Wednesday said that the figures of BJP Government in J&K are quite divergent from the reality on ground as the party has expertise in manipulating things impeccably. This was stated by the NC Senior leader in a press release issued to media persons here.

Rattan Lal Gupta said that despite unemployment crossing all previous limits, farmers confronting unending hardships and nobody is listening them, industry facing the most difficult time, public edifice in tatters, people craving for basic amenities, the JJM Scheme proving to be a damp squib, the government is brazenly painting a rosy picture through its rhetoric and propaganda machinery, spending crores of rupees by drying up the public exchequer in a mercenary manner.

He said that contrary to what was promised, to the people of the J&K who are

Shiv Sena demands removal of flaws in Shri Amarnath Yatra arrangements

STATE TIMES NEWS

PAHALGAM: Shiv Sena (UBT) Jammu-Kashmir unit has highlighted some flaws being ignored in the Holy Shri Amarnath Yatra arrangements, starting on 29th June and has appealed to remove them, give priority to local people in the tender system and announced free tent facility during yatra to saints and sages.

Along with this, food was distributed among the poor and helpless people on the occasion of the 58th foundation day of the party.

Party state chief Manish Sahni while addressing the media persons here today that a team of party leaders under his leadership interacted with the local



Shiv Sena (UBT) J&K chief Manish Sahni talking to reporters.

peoples at Pahalgam regarding the Yatra arrangements. He said that there is no doubt that Shri Amarnath Shrine Board is trying to provide every possible facility to the pilgrims. But according to past experience, there is a need to keep a special eye on the facilities and make some special improvements. Sahni has

appealed to give priority to local people in the arrangements for Shri Amarnath Yatra, improving bedding services in the tents being set up at various stops on the Yatra route. Along with this, he has demanded to increase the number of tatkal registration counters, simplify the process of permission for langar service, keep a special eye on

middlemen and impose a complete ban on the sale of liquor during the Yatra.

Sahni announced to provide free tent service to the saints and sages during the Shri Amarnath Yatra, and asked the special permission for the same. Sahni said that it has also been learnt that some political people are taking advantage of their relations and after getting the tenders, are selling them to the local people at higher price, which needs to be kept under special watch and strict action.

On this occasion, President Women Wing Meenakshi Chhibber, General Secretary Vikas Bakshi, Malik Bashir were present.

Unscheduled Power Cuts: SRS criticizes Admin's claims of 24x7 electricity in smart metered areas

STATE TIMES NEWS

JAMMU: Rajiv Mahajan, President of Shri Ram Sena in the Jammu and Kashmir Union Territory, has vehemently criticized the Lt. Governor's claim of providing 24x7 uninterrupted power supply to smart metered areas.

Addressing a press conference at the party office, Mahajan accused the government of failing to deliver consistent electricity both day and night, causing significant hardships for the residents of Jammu. The elderly population also suffers due to the inconsistent electricity supply. Mahajan explained that older adults, who often have health issues, are left in a miserable condition without reliable power. Many of them rely on electrical devices for their medical needs and general comfort, and power cuts exacerbate their health problems.

Mahajan specifically mentioned the situation in New Rehari, an area that has achieved 100% smart metering yet still faces unscheduled power cuts both during the day and at night. He criticized the administration for failing to



J&K UT President SRS, Rajiv Mahajan addressing a press conference.

provide a regular power supply despite the technological advancements and investments in smart metering.

Expressing concern over the worsening summer power crisis in Jammu, Mahajan noted that the past fortnight has been particularly challenging for residents of New Rehari, who have experienced frequent and unpredictable power cuts. The rising temperatures and heatwaves, combined with the power cuts, have created unbearable living conditions. He warned that night-time power cuts could lead to increased theft and terrorist activities, as darkness provides cover for criminal acts. Ensuring a continuous power

supply at night is crucial for maintaining public safety and security in the region.

Mahajan urged Lt. Governor Manoj Sinha to take immediate and effective steps to provide a 24x7 power supply to smart metered areas. He called on the administration to prioritize this issue and implement measures to alleviate the crisis faced by common households. Reliable electricity is not a luxury but a basic right that is essential for the well-being and development of the community, he said.

The recurrent power cuts are causing significant distress and inconvenience to the residents, particularly during the harsh summer months, he said.

JKPCC celebrates Rahul Gandhi's birthday



JKPCC members after receiving saplings posing for a photograph.

STATE TIMES NEWS

JAMMU: On Rahul Gandhi's 54th birthday, the Jammu & Kashmir Congress Committee (JKPCC) extended warm wishes to the former Congress President and MP from Raebareilly.

In line with Rahul Gandhi's directive to prioritize humanitarian efforts over grand celebrations, a function was organized at the PCC HQ Shaheedi Chowk Jammu, led by Narinder Gupta, General Secretary (Org).

During the event,

Narinder Gupta distributed saplings of medicinal plants to Congress workers, urging them to initiate a plantation drive in their respective areas immediately and to actively assist people with their day-to-day problems.

Gupta praised Rahul Gandhi as an undisputed leader, particularly championing the cause of India's poor, marginalized, and backward citizens.

He emphasized Gandhi's role as a vocal advocate for the voiceless and as a staunch defender of India's Constitution.

Gupta expressed admiration for Gandhi's selfless dedication to public service, describing him as a guiding moral force for the party.

The function was attended by several prominent leaders including PCC Vice President Vinod Sharma, Secretaries Vijay Shastri and Michael Wazir, as well as senior Congress figures like Iqbal Dar, Nasir Masih (Vice Chairman Minority Dept.), Naik Mohd (Vice Chairman OBC), and various Block Presidents and party functionaries.