

Lagan Society for Art and Culture organizes workshop on Bhartiya Sangeet

■ STATE TIMES NEWS
JAMMU: Lagan Society for Art and Culture (Regd.) organized a workshop on "Bhartiya Sangeet" in the premises of Lagan Music Classes at Subash Nagar, here on Sunday which was witnessed by a large number of students and art lovers.

In today's fast-paced world, the quest for mental peace and physical well-being has never been more pressing. One ancient yet remarkably relevant solution is Bhartiya Sangeet, the traditional music of India, which has been shown to offer profound benefits for both health and mental stability.

This being the focus Lagan Society for Art and Culture (Regd.) organized workshop today that brought together our resource person Yash Pal Yash (Renowned Writer and Composer) explores the therapeutic potentials of Indian Classical Music.

Bhartiya Sangeet, with its roots in the Vedic traditions, encompasses a rich tapestry



Yash Pal Yash (Renowned Writer and Composer) speaking in a workshop.

of sounds and rhythms designed not only for aesthetic pleasure but also for promoting holistic wellness. The workshop highlighted several key aspects of how this ancient art form contributes to health improvements.

Participants learned about the Ragas system, a cornerstone of Indian Classical Music, which is known to evoke specific emotional responses. Listening to or performing certain ragas can

significantly reduce stress levels, lowers anxiety, and foster a sense of mental clarity.

Furthermore, engaging with Bhartiya Sangeet can stimulate cognitive functions, enhancing memory, attention and problem-solving skills. The intricate patterns and rhythms in compositions require active listening and mental engagement, which can help keep the mind sharp and agile. Regular practice or listening

sessions can be especially beneficial for children and the elderly, aiding in cognitive development and delaying the onset of age-related cognitive decline.

Beyond individual benefits, Bhartiya Sangeet fosters a sense of community and cultural connectivity. Engaging in group performances or listening sessions can strengthen social bonds and provide a supportive environment for emotional expression. This communal aspect is crucial

in combating feelings of isolation and promoting a sense of belonging and shared identity.

The workshop concluded with an interactive session where participants shared their personal experiences of how Bhartiya Sangeet had positively impacted their lives. From reducing chronic pain to helping cope with grief, the testimonies underscored the transformative power of this ancient art form.

On the occasion, the participants were Lagan Verma, Parmita Sharma, Aditya Sharma, Vinod Kumar, Shingarika Malhotra, Sarthak Verma, Kritika Choudhary, Ram Sharma, Parvinder Singh, Adv. Sandeep Gupta (Patron, LSAC), Sonia Dogra (Treasurer, LSAC), Shubham Manmar (IT Incharge, LSAC), Rohit Bains (Joint Secretary, LSAC).

At the end, Rajesh Kumar Verma (President, LSAC) presented vote of thanks.

Unnat NGO distributes essential items at Rehan Basera Shelter

■ STATE TIMES NEWS

JAMMU: The office bearers of Unnat NGO on Sunday visited Rehan Basera Shelter Home at Bahu Fort area and provided cooking items which included milk bags, spices, turmeric, chillies, different types of pulses etc.

The program was presided over by Sudarshan Abrol, President of Unnat NGO. On this occasion, saplings were also planted by the visiting team of Unnat NGO.

The General Secretary of Unnat, Neena Abrol pointed out that the menace of cutting trees has spoiled the environment to a greater extent which has entirely changed the weather conditions turning present atmosphere into unbearable sweltering heat. She strongly appealed to everyone to plant a sapling in our house.

While speaking on the occasion, Ex Councillor and member of the Home, Sham



Unnat NGO members distributing essential items at Rehan Basera Shelter.

Lal lauded the efforts of Unnat NGO for doing such a wonderful job to help needy people.

The Treasurer of Unnat, Dr Anuradha said that the members of our NGO came to the Rehan Basera shelter and tried to extend a helping hand to the elderly people living there.

She further said that we will continue to provide such help in the future as well.

Unnat NGO thanked the persons running this shelter. Lauding their efforts she said that we all should come forward and help such organizations.

Among those who were present on the occasion include Preety Gupta, Sunita Muthoo, Kanchan Sharma, Rita Verma, Rajani Chhabra, Vikram Gupta, Ashwani Dubey and others.

AJHLA expresses concern over plight of hoteliers of Jammu

■ STATE TIMES NEWS

JAMMU: In a meeting of office bearers of All Jammu Hotels and Lodges Association (AJHLA) held on Sunday, the chairman, Inderjeet Khajuria expressed serious concern over the plight of hoteliers of Jammu who are leading a miserable life due to zero business as government is not paying required attention towards the tourism sector of Jammu region.

In Jammu, the hoteliers are closing their units due to huge expenditure but poor income, he said.

Pawan Gupta, the President of AJHLA, appreciated the government's decision to extend the duration of the Shri Amarnath Ji Yatra. However, concerns were

raised about the longevity of the natural ice Lingam, a critical aspect of the pilgrimage. The association proposes measures, such as using modern technology and implementing suggestions from past reports, to preserve the ice Lingam and extend the yatra's duration.

Gupta also emphasized the need for infrastructure development along the Shri Amarnath Ji Yatra route to facilitate smoother and quicker pilgrim journeys. The association hopes that the government will prioritize this aspect alongside other projects.

Gupta further said that our association is hopeful that the government will also start taking neces-

sary steps in this direction to protect the natural ice Lingam in addition to announced project of making new tunnels and roads in the path of Shri Amarnath Ji route which would definitely shorten the distance of Shri Amarnath Ji yatra and will surely help devotees to complete this yatra within 09 hours instead of presently 03 days, a wonderful work to be done by the government.

The association appeals the government to come forward to the rescue of Jammu tourism industry by taking necessary measures to develop Jammu as an independent tourist destination otherwise Jammu would be wiped out from tourism map. A fleet

of special smart e-buses should be pressed into service for pilgrims of Mata Vaishno Devi and Shri Amarnath Ji Yatra for attracting them to visit excellent sight-seeing spots in and around Jammu such as Suchetgarh and Chamliji borders, Tirupati Balaji Temple, Mansar and Surinsar lakes, Purnmandal and Utterbahini Temples, Mubarak Mandi complex, etc., which would definitely improve the economy of sinking tourism industry of Jammu region.

Other office bearers present in the meeting were M L Sharma, Anil Khajuria, Pritam Sharma, H S Manhas, Baldev Raj, Sunil Suri ,Swarn Singh and Varun Gupta.

Kranti Social & Educational Foundation felicitates winners of Mr., Miss & Mrs J&K 2024

■ STATE TIMES NEWS

JAMMU: Chairperson of Kranti Social & Educational Foundation, Sukriti Dubey on Sunday felicitated the winners of prestigious Mr., Miss & Mrs J&K 2024 pageant, organized by Derniereri, in a ceremony held at Hotel Vivanta Jammu.

Sukriti Dubey, Chairperson of Kranti Social & Educational Foundation, presided over the event to honor the exceptional talents who showcased their grace, charisma, and personality throughout the competition.

Those who were felicitated included Rahat Singh winner of Miss Category, Sonakshi Sharma (1st Runner Up) and Varsha Nagotra (2nd Runner Up); Ruhi Sharma, Winner of Mrs Category, Madhvi Choudhary (1st Runner Up)



Chairperson of KS&EF, Sukriti Dubey felicitating winners of Mr., Miss & Mrs J&K 2024 pageant contest.

and Sonam Gupta (2nd Runner Up) and Anurag Langeh, Winner of Mr Category, Ujjwal Rajput (1st Runner Up) and Dev Verma (2nd Runner Up).

Speaking on the occasion, Sukriti Dubey, Chairperson of Kranti Foundation said, "We are proud to felicitate the young local talent who

have showcased their immense potential and dedication. It is very heartening to see the change in Jammu, with the youth moving forward towards their goals and dreams, breaking barriers and setting new standards. Their achievements are a testament to their hard work and determina-

tion." She said at Kranti Foundation, we also do extensive work in Jammu and Kashmir as well as in Maharashtra, striving to create a better tomorrow for the youth in these regions by providing them with the necessary support and opportunities to excel and make a significant impact."

Devrishi Krishan Sharma, Founder & Director of Derniereri, has been instrumental in the Mr., Miss & Mrs J&K 2024 pageant project, revolutionizing the fashion industry in Jammu and has played a pivotal role in nurturing local talent.

Designer Shivani Gupta, owner of Sabhayata Traditional Wear, doing marvelous work in enriching rich and vibrant Dogra culture of the region.

Natrang presents Hindi play 'Miss World Undeclared'



Natrang artists performing in Hindi play 'Miss World Undeclared' at Natrang Studio, Jammu.

■ STATE TIMES NEWS

JAMMU: 'Miss World Undeclared', a play in Hindi, written by Satyendra Shrivastava and directed by Neeraj Kant, was staged here today at Natrang's Studio Theatre Kachi Chavni in its Weekly Theatre Series, Sunday Theatre. The play 'Miss World Undeclared' presented at Natrang Studio unfolds the sad saga of all those people, particularly Asians who reside in the developed European Countries and

are subject to racial discrimination and hatred from the natives as they think their resources are shared and reduced by them. This was showed from the point of view of a school going girl, 'Noorie' who was regularly bullied by her classmates who have fair complexion. They tease her for not being as beautiful as them to the extent that she decides to discontinue her education. But her mother, a very wise lady, makes her realize that the criteria for being beautiful is not

being fair or having external beauty, the real beauty is internal beauty and anyone with a good heart and calm mind is much more beautiful than those people who are just externally good looking. Motivated by her mother, she goes to the school and comes back very happy as on that day the result of Miss World pageant gets declared and the winner was an Indian girl. The play ends with a positive and inspirational note that "it does not matter how we look but it really matters what we are" and that is the key to real and eternal happiness.

Natrang's young artists who presented a remarkable performance included Vrinda Gujral, Mehak Chib, Sanna Devi, Payal Khanna and Lalita Sharma . Lights were designed and operated by Neeraj Kant whereas the music was scored by Aadesh Dhar. The show was coordinated by Mohd. Yaseen and the presentations were done by Vandana Thakur.

Modi 3.0 is mood of the nation, survey reflection of people's faith: Seth

■ STATE TIMES NEWS

JAMMU: Vishal Khatri Sabha J&K President Devender Seth on Sunday termed the exit poll results as a reflection of people's faith in Prime Minister Narendra Modi, as the results put the saffron party-led alliance in the state at a comfortable tally. "The exit polls results match the prediction made by PM Modi much earlier than commencement of Parliamentary elections. It reflects the people's faith in Modi ji and how they want to see him as the Prime Minister for a third term," Seth said. He said that Modi's guarantee means the promise of 100 percent completion of the work. He said that Prime Minister Narendra Modi has provided basic amenities to crores of

Dalits, tribals, poor and backward people of the country which is quite evident in exit polls.

Exit polls survey has shed light on the political currents shaping the nation's future. The BJP-led National Democratic Alliance (NDA), spearheaded by Prime Minister Narendra Modi, is poised to secure a third term with a commanding majority. Prime Minister Narendra Modi's influence on the nation's political landscape remains significant as he gears up for a potential third term. The survey also sheds light on the public's perception of his tenure, with a focus on his legacy, the government's achievements and failures, and the pressing issues facing the country today, added Seth.

Webinar titled "Writing with Purpose" held

■ STATE TIMES NEWS

JAMMU: Writers Guidance Council (WGC) led by Kashmir-based medico cum noted columnist Dr Tasaduk Hussain Itoo on Sunday held a webinar titled "Writing with Purpose" under Writers Guidance Program.

The webinar was anchored by Faheem Ul Islam(young published author); and the speakers on the occasion were Dr. Awdhesh Singh (Ex-IRS officer, ITIAN, India's top educator, noted published author cum public speaker), and Dr Tasaduk Hussain Itoo (medico, educator cum noted columnist).

Speaking on the occasion, Dr Tasaduk highlighted the importance of writers in transforming the society by articulating their views and opinions. He emphasized that writers

should learn to write on multiple issues prevailing in the society and do a thorough analysis and research in their writings.

Dr Awdhesh Singh, key note speaker, gave a detailed lecture on purposeful writing and said that writing is helpful for every educated person for expressing and communicating their thoughts clearly.

"We develop better focus while writing since writing requires full concentration to think and reproduce our thoughts in words," he said.

"To write well, a writer must have a clear cut objective, and must know what he wish to say, which problem to solve, how to convince the reader; or to explain a complex idea in simple words", he said.

The webinar was attended by young writers and it concluded with vote of thanks presented by Council Head.



Dignitaries at special Kavi Goshti being organized by Nami Dogri Sanstha.

Sharma "Antra", Dr Sushil Bhola, Randhir Singh Raipuria, T.R Mangotra, Sumita Bhadwal, Narinder Singh Chib, Madan Dogra, Sheikh Fiaz Ahmad, Dr Chanchal Sharma, Abdul Qadir Kundaria, Capt. Lalit Sharma, Bishan Singh Dardi, Nasib Singh Manhas, Child Poet Hirday and Vashishth Wing Commander (Retd.) Nirmal Nirmohi

The Dogri Kavi Goshti covered wide range of subjects like patriotism, environment, romance, Nashabandi, women empowerment, changing

social order, digital world, social relations and spiritualism.

The poetry was recited in various poetic forms like Ghazal , Geet, poems and Chamukhe.

Capt. Lalit Sharma IFS (Retd) Convener NDS in his opening and welcome remarks said that poets and writers show mirror to the society and progressive societies get benefitted out of their analytical writings .

Padma Shri Jatinder Udhampuri described the Dogri Kavi Goshti a successful and memorable event and complimented

NDS for a quality poetic event .

Yog Rahi in his remarks described the poetry recited as a literary treat which he too relished presented in various flavours .He further observed that poetry presented had the fragrance of Duggar , resonance of the hymns of our flowing rivers , dignity of our mountains , pride of Duggar and also the valour and spirit of Dogras .

Dr. Nasib Singh Manhas said that dogras have rich culture and literature and the new generation has reasons to be proud of their

cultural heritage and history.

Harish Kaila reiterated the commitment of NDS to work for Dogri language and Duggar Culture .

Anupama Sharma appealed to the Women Folk of Duggar to take personal interest to ensure that the first language of our Children be mother tongue dogri . She further expressed that a child automatically leans dogri in the lap of the mother .

Since the event coincided with the birthday of Advocate Dogra Harish Kaila President NDS, all participants wished him a Happy Birthday and a healthy and prosperous life ahead .

Others present on the occasion comprise BS Jamwal JKAS (Retd) , Darmesh Nargotra , Pt. B.M Dubey , T.R Tagotra, Anita Chopra S. P. Chopra, Sanjay Kapil, Subash Sharma.

Dr. Chanchal Sharma Organising Secretary NDS extended vote of thanks .

Pavneet Kour urges mandatory breaks for construction workers during extreme heatwave

■ STATE TIMES NEWS

JAMMU: Pavneet Kour, Provincial President of the Women Wing of Apni Party, has urged the LG Led Administration to implement urgent measures to protect construction workers from the severe heatwave gripping the Union Territory.

Drawing attention to similar steps taken by the administrations in Delhi and Gurugram, which have mandated a three-hour break for all construction workers, Kour emphasized the necessity for Jammu to adopt comparable protective measures.

"With temperatures reaching dangerously high levels, it is crucial that we prioritize the health and safety of our labor force. I strongly

urge the administration to enforce a compulsory break for all construction workers from 12 PM to 3 PM, the peak heat hours," Kour stated.

She further appealed to the administration to ensure that contractors and builders provide appropriate care for laborers, preventing them from working under the scorching sun. "It is essential that all workers have access to adequate water and shaded rest areas to prevent heat-related illnesses," Kour added.

In addition to construction workers, Kour expressed concern for the gig workforce, particularly those employed by online food delivery platforms such as Zomato and Swiggy. She called on

these companies to adopt measures that minimize operations during peak heat hours to protect their delivery personnel.

"It is the responsibility of both the administration and employers to safeguard the well-being of their workers. I urge food delivery aggregators to implement policies that reduce delivery demands during the hottest parts of the day to ensure the safety of their gig workers," Kour emphasized.

Kour's appeal highlights the critical need for immediate action to protect vulnerable workers from the extreme heat, urging a collaborative effort between the administration and employers to ensure the health and safety of all laborers in the Union Territory.