

E&TT Institute Nagrota celebrates Int'l Yoga Day



Excise Commissioner Subash Chander Chibber and other officials performing yoga.

■ STATE TIMES NEWS

JAMMU: To mark the International Yoga Day, a grand event on the theme 'One Earth, One Health' was organized in the campus of Excise and Taxation Training Institute Nagrota

on Saturday.

The yoga session was attended by the staff members and the senior officers of the department including Excise Commissioner Subash Chander Chibber, all the Deputy Excise

Commissioners and Excise & Taxation Officers.

The event was organized in collaboration with Heartfulness Institute. Sourabh Sharma and Puran Singh Manhas along with their team were pres-

ent as resource persons/trainers for the yoga event.

The one-hour yoga session started with a small introduction on yoga by the resource persons followed by practicing of key asanas

CCI delegation calls on CM Omar Abdullah, raises trade and industry issues

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JAMMU: A delegation from the Chamber of Commerce & Industry (CCI) Jammu, led by its President Arun Gupta, met Chief Minister Omar Abdullah at his Public Services and Outreach Office 'Raabita' at Canal Road, Jammu. The delegation discussed various long-pending issues concerning trade, industry, infrastructure, and tourism development in the region.

During the interaction, Arun Gupta expressed concern over delays in several important projects like the beautification of the Tawi River front, the artificial lake project, and the Mubarak Mandi Heritage Complex. He stressed the need to develop Patnitop with modern facilities, including five-star hotels, to promote tourism.

He also urged the government to develop a religious tourist circuit in Jammu to attract pilgrims visiting Mata Vaishno Devi. Citing the potential of sites like Raghunath Mandir, Jamwant Cave, Shiv Khori, Shahdra Sharief, Budha Amarnath, and others, he demanded improved infrastructure and a dedicated promotion campaign. He further highlighted the untapped tourism potential of areas like Peer Panchal, Poonch, Rajouri, Surinsar, Mansar, and Baderwah.

The CCI President also raised issues related to bifurcation of plots



CCI delegation calling on Chief Minister Omar Abdullah.

in Gandhi Nagar and Channi Himmat Housing Colonies and demanded development of new residential colonies and commercial markets in Jammu City. He mentioned that lease deeds for allottees in Bahu Plaza and Shiv Market Railway Station remain pending despite full payment and called for their immediate execution.

Other issues discussed included the renewal of expired lease deeds for Sabzi Mandi/Fruit Mandi, properties under J&K Housing Board and JMC, and resolution of the Gair Mumkin Khad land issue. He also urged rehabilitation of shopkeepers displaced by flyover projects at Kunjwani-Satwari and Canal Road.

Regarding industry, Gupta sought

extension of the expiring Industrial Policy beyond 2026, disbursement of turnover incentives, and ownership rights for local entrepreneurs and warehouse traders. He also emphasized the need to support the struggling transport sector.

In response, CM Omar Abdullah assured that ongoing projects would be expedited and religious tourism circuits promoted. He affirmed that industrial incentives remain under active consideration with the Union Government. He further promised a joint meeting with Housing and Urban Development officials to resolve pending urban issues.

Also present were CCI office bearers Rajeev Gupta (Jr. Vice President) and Rajesh Gupta (Secretary).

Yoga a key to health, harmony, holistic development of human life: Sham Lal

■ STATE TIMES NEWS

JAMMU: On the occasion of the 11th International Yoga Day, the Morning Walkers Welfare Association (MWVA), Muthi, in collaboration with the Delphic Council of Jammu and Kashmir, organized a vibrant yoga session at JDA Park, Muthi, aimed at promoting holistic well-being, fitness, and community engagement.

Sham Lal Sharma, Former Minister, J&K and MLA Jammu North, graced the occasion as the Chief Guest. Dy. SP Zia-ul-Haq, Deputy Controller Civil Defence, Jammu, and Ankush Sharma, Delphic Advisor, were present as Guests of Honour.

In his address, Sham Lal Sharma emphasized the growing relevance of yoga in contemporary life and urged the community-especially youth-to adopt yoga as a



Former Minister, Sham Lal Sharma and others performing yoga.

lifestyle practice for physical and mental well-being.

He praised the Morning Walkers Welfare Association and the Delphic Council for their role in uniting the community through cultural and wellness-driven initiatives.

He further acknowledged India's role as a global spiritual leader in promoting yoga. The Prime Minister Narendra Modi's visionary initiative led to the UN's adoption of June 21 as International Yoga Day in 2014, taking India's ancient

wisdom to the global stage. Today, yoga is practiced in more than 180 countries, symbolizing peace, balance, and unity across cultures.

Er. Ashok Singh, President of the Morning Walkers Welfare Association and the Delphic Council of Jammu and Kashmir, shared that free daily yoga sessions are being conducted at the park under the guidance of Shiv Kumar Sharma, a Yoga Acharya with over 30 years of experience. More than 35 members, including senior

citizens, women, and children, are actively taking part in these sessions.

During the programme, the Association also brought to light the ongoing development of JDA Park, which has become a vital health and recreation space for the local population.

The members collectively urged the concerned authorities for an additional walking path to ease congestion during peak hours and the installation of an open-air gym facility to enhance fit-

ness options for all age groups.

Sham Lal Sharma assured the gathering that he would take up these demands with the concerned departments for early redressal.

Prominent among those present were Rajinder Singh, Er. Parshotam Singh, Avtar Singh, Ajit Singh Bhau, Surjeet Singh, T.C. Sharma, Ajeet Singh, Rakesh Supwal, Dr. Ashok Kumar, Yash Pal Sahani, Shiv Kumar Sharma, Jyoti Sharma, Sanjeev Kumar, Bhagwan Singh, Swaran Singh, Rajesh Sharma, and Seema, who participated in the yoga session with great enthusiasm.

The event concluded with a shared commitment to health, community unity, and the continued cultural and developmental upliftment of the park and surrounding areas.

The event also saw the participation of several

Dr Jitendra holds 'Public Durbar' at Ramnagar, issues resolved on spot

■ STATE TIMES NEWS

RAMNAGAR: Union Minister Dr. Jitendra Singh on Saturday held a "Public Durbar" at this peripheral location of district Udhampur, where he met with public delegations to personally listen to them and address their concerns. Several issues were resolved on the spot.

This was a one of the series of similar Public Durbars regularly held by the Minister in different parts of his Udhampur-Kathua-Doda Lok Sabha constituency, not only at the district level but also upto block and Panchayat level.

At the event, aimed at bringing government services directly to the people, senior officers from the administration were present who included Deputy Commissioner Udhampur, Saloni Rai, SSP Udhampur, Anod Nagpure, Chief Medical Officer Dr. Anil Manhas as well as senior officials from PWD, PHE, Forest department, Rural Development etc.

The event also saw the participation of several



Union Minister Dr. Jitendra Singh interacting with local people during the "Public Durbar" at Ramnagar, district Udhampur on Saturday.

public representatives including DDC Chairman Lal Chand, MLA Sunil Bhardwaj, DDC members as well as prominent local leaders Rajinder Sharma, Rajkumari, Vikas and others.

During the Durbar, Dr. Jitendra interacted with several public delegations, addressing a wide range of concerns faced by the residents of Ramnagar and other rural areas and Panchayats in the region. Many matters were resolved on the spot, with the Minister ensuring swift action and immediate solutions to issues raised by the public.

Dr. Jitendra emphasized that the Modi Government remains steadfast in resolv-

ing public issues at their doorsteps. "The government's approach has always been to bring solutions to the people, rather than asking them to travel long distances for assistance," he said.

The Minister said that the Public Durbar is a prime example of the government's efforts to ensure that no citizen is left unheard. "We believe in proactive governance that works at the grassroots level," the minister added.

Several key issues, including infrastructure development, healthcare services and connectivity, were discussed, with Dr. Jitendra Singh assuring the public that their concerns would be prioritized for immediate

redressal.

The Public Durbar saw active participation from the local community, with citizens expressing their gratitude for the government's responsiveness and direct engagement with the people.

The people of Ramnagar expressed their appreciation for the Minister's presence and personal attention, praising the Public Durbar as a rare and effective opportunity to raise concerns directly with senior leadership. Many lauded the timely interventions and accessibility of the administration during the event.

Dr. Jitendra Singh reiterated the importance of such grassroots outreach and said that such Public Durbars should be institutionalized as part of regular governance mechanism, fostering transparency, trust, and timely action.

Earlier, Dr. Jitendra Singh attended the International Yoga Day programme officially assigned by the Govt of India, by joining the live session of "Common Yoga Protocol" led by PM Narendra Modi from Visakhapatnam.

CGPWA, PNB, Morning walkers jointly celebrate Yoga Day



CGPWA, PNB members and Morning walkers during Yoga Day celebration.

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JAMMU: The Central Govt Pensioners Welfare Association (CGPWA), PNB and Gandhi Nagar Greenbelt Morning Walkers Association celebrated the 11th International Yoga Day.

A large number of people drawn from Gandhi Nagar, Trikuta Nagar, staff of the Punjab National Bank (PNB)

participated in a 90-minute Yoga session in the morning. Women outnumbered the men in today's event.

Sham Lal, Rita Atri, Vijay Phoa, members of the Bharatiya Yog Sansthan, Jammu took the session.

Dy Circle Head of PNB, Dharmesh M Dwivedi, General Secretary CGPWA, K B Jandial,

Convenor of Gandhi Nagar Morning Walkers Association, Vijay Phoa spoke on the occasion and highlighted the objective of celebrating the Day and said that this year's theme is Yoga for One Earth, One Health, that reminds how the world comes together to secure a happy and healthy future for present and future generations.

PM Modi's vision powers 11th International Yoga Day celebrations at Khel Gaon Yoga is India's soft power and global gift: Devyani Rana



Devyani Rana, State Vice President of BJYM and others performing yoga.

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NAGROTA: Referring to the vision of Hon'ble Prime Minister Narendra Modi ji, who has played a pivotal role in bringing yoga to the global stage by spearheading the adoption of International Yoga Day by the United Nations, Devyani Rana, State Vice President of BJYM, today said, "Under the inspiring leadership of Prime Minister Narendra Modi ji, yoga has become India's soft power, resonating across borders and cultures. His call for 'One Earth, One Health' truly embodies the universal message for the welfare of humanity."

Devyani Rana, speaking on the side-

lines of the 11th International Yoga Day celebrations at Khel Gaon, Nagrota, organized by the Directorate of Youth Services and Sports, said that yoga has today transcended its ancient roots to become a vital modern-day necessity.

She said, "In today's fast-paced and often stressful world, yoga offers a holistic approach to health by integrating body, mind and spirit. For the youth, yoga is not just a physical discipline but a powerful tool for fostering emotional resilience, mental clarity and inner strength."

Calling upon the younger generation, Devyani Rana urged them to embrace

yoga not merely as a fitness routine but as a way of life that ensures holistic development and balanced living. She also emphasized the need for youth to stay away from drug abuse and dedicate themselves to a healthier, more mindful and purposeful lifestyle, contributing towards a stronger, self-reliant India.

Speaking on the occasion, Anuradha Gupta, Director General of Youth Services and Sports, emphasized that yoga's relevance has grown manifold in the modern era marked by mental health challenges and lifestyle disorders. "Yoga is not limited to physical fitness; it is a complete science of well-being, helping individuals attain inner peace, emotional balance and clarity of thought. Its consistent practice can transform lives and strengthen communities," she remarked.

The celebrations saw enthusiastic participation from students representing various zones of District Jammu. With precision and grace, participants showcased various yoga asanas, reflecting discipline, mindfulness and harmony. The event emerged as a vibrant display of cultural unity, highlighting yoga's universal appeal across diverse communities, age groups and backgrounds.

AIIMS Jammu unites in spirit, strength to celebrate International Yoga Day 2025

■ STATE TIMES NEWS

JAMMU: AIIMS Jammu came together in full strength to celebrate the 10th International Day of Yoga on Saturday, echoing this year's global theme: "Yoga for Self and Society."

The event was marked by enthusiastic participation from the entire AIIMS fraternity, including faculty, doctors, nursing officers, students, and staff-reflecting a unified commitment to holistic health and well-being.

The day began with the arrival of the Chief Guest, Jugal Kishore Sharma, Member of Parliament, UT of Jammu & Kashmir, and Member of Institute Body, AIIMS Jammu, along with the Guest of Honour and other dignitaries, inaugurating the event by lighting the ceremonial lamp.

The occasion was spiritually uplifted by a soulful Saraswati Vandana, invoking knowledge and divine



MP, Jugal Kishore Sharma and other dignitaries lighting ceremonial lamp.

grace. In his keynote address, Jugal Kishore Sharma highlighted yoga's deep cultural roots and its global impact as a transformative discipline.

He lauded AIIMS Jammu's efforts in promoting the yogic way of life and urged everyone to incorporate yoga into their daily routines for a balanced and productive life.

Prof. (Dr.) Shakti Kumar Gupta, Executive Director & CEO, AIIMS Jammu, inspired the gathering with his address, emphasizing the relevance of yoga as a lifestyle that promotes not only individual health but also societal harmony.

He encouraged all present to adopt yoga as a preventive and empowering practice. The programme featured

two insightful lectures by eminent experts. Prof. (Dr.) T.R. Raina, Former Professor & Head, Department of Transfusion Immunohematology, Government Medical College Jammu, on "Science of Stress & Its Management through Yogic Way of Life".

Prof. (Dr.) Rima Dada, Department of Anatomy, AIIMS New Delhi, on "Lifestyle Diseases: Role of Yoga," highlighting scientific evidence supporting yoga as a preventive and therapeutic tool. The celebration continued with guided yoga sessions, where the entire AIIMS Jammu community joined in asanas and breathing exercises, symbolizing unity, mindfulness, and collective wellness.

The event concluded with a renewed pledge to integrate yoga into everyday life - not just as a physical discipline, but as a pathway to inner peace, social responsibility and national well-being.