

## KC College of Education celebrates International Yoga Day

### ■ STATE TIMES NEWS

JAMMU: KC College of Education celebrated the 11th International Yoga Day with fervour. The event was organized by Priya Gupta, NSS Programme Officer, and featured NSS volunteers showcasing their skills in various yoga asanas, pranayama, and meditation.

The celebration began with an introductory session, where Priya Gupta welcomed the participants and highlighted the significance of yoga in today's fast-paced world. The participants were then led through a series of yoga asanas, pranayama, and meditation sessions.

The NSS volunteers demonstrated various yoga poses, and the participants were encouraged to listen to their bodies and modify the poses according to their comfort level. The pranayama session that followed was equally engaging, with participants learning various breathing techniques to calm their minds and energize their



bodies. The celebration achieved several outcomes, including increased awareness about the importance of yoga for physical and mental well-being, promotion of yoga as a tool for stress management and overall health, and encouragement of students to adopt yoga practices as a part of their lifestyle. Dr. Sanjay Tickoo, Principal of KC College of Education, expressed his appreciation for the efforts of the NSS volunteers and Priya Gupta, stating, "I would like to extend my heartfelt appreciation to Priya Gupta and the NSS volunteers for their tireless efforts in organizing this event. Their dedication and hard work have made this celebration a resounding success."

The event was attended by students, faculty, and staff of KC College of Education, who participated with great enthusiasm and dedication. The participation and enthusiasm of the attendees made the event a huge success.

## JJAR celebrates International Day of Yoga 2025



Students performing yoga and dignitaries presenting a certificate.

### ■ STATE TIMES NEWS

JAMMU: JJAR in association with Arogya Bharti Jammu, J&K celebrated International Day of Yoga 2025 along with the other colleges of Shri Sain

Charitable Trust for Higher Education. "Yoga for One Earth, One Health" theme of this year's IDY. Suman Sharma, Chairperson, Shri Sain Charitable Trust for

Higher Education & Research, Jammu, and Abhishek Sharma, State Organising Secretary Arogya Bharti, J&K inaugurated the program along with Lokesh

Kumar Bali and Dr. Munish Sharma. Japna Sharma and Nitin Mahajan CEO of the Trust also graced the occasion.

Students performed Yoga Asanas. Winners of week-long competition on Yoga were felicitated. Under the instructions of Lokesh Kumar Bali, State Vice President Arogya Bharti J&K, students, staff of all the colleges around 200 in number performed Yoga. He also highlighted Maharishi Patanjali's Maha Bhashya and his greatness and meaning of Yoga.

## Yoga programme organised in Gangyal on International Yoga Day



Former Dy Mayor Baldev Singh Billawaria and others performing yoga.

### ■ STATE TIMES NEWS

JAMMU: On the occasion of International Yoga Day, a mass yoga programme was organised by the Dogra Sewa Sambhal Trust (Regd.) in Ward 56, Gangyal, Jammu. The event witnessed enthusiastic participation from local residents of Gangyal and nearby areas.

Former Deputy Mayor and senior BJP leader Baldev Singh Billawaria was the chief guest and addressed the gathering, highlighting the immense benefits of yoga for physical and mental well-being.

He emphasized that yoga not only helps in eradicating diseases but also contributes to a long and healthy life. He urged everyone to make yoga a part of their daily routine, stating that "yoga increases one's lifespan and brings spiritual peace."

Billawaria also praised Prime Minister Narendra Modi for giving yoga a global platform, noting that erases of people across the world now celebrate International Yoga Day with zeal, embracing India's ancient tradition. He recalled how sages and saints in the past lived healthy lives for over a century due to yoga.

### ■ STATE TIMES NEWS

JAMMU: The Community Radio Station, University of Jammu, 91.2 FM Dhvani JU, has launched a ten-day Summer Internship Program for students of GGM Science College, Cluster University of Jammu. This initiative is aimed at equipping aspiring media professionals with practical exposure and hands-on experience in the world of radio broadcasting.

The internship offers an immersive learning experience, allowing students to work in a real-time radio station environment. From live broadcasting and radio production to managing technical operations, the program is designed to give students a comprehensive understanding of how a professional community radio station

## APS Ratnuchak celebrates 11th International Yoga Day

### ■ STATE TIMES NEWS

JAMMU: Army Public School Ratnuchak celebrated 11th International Yoga Day with enthusiasm, highlighting the importance of physical, mental, and spiritual well-being.

The event commenced with a yoga session at the school grounds, where students, staff, and NCC cadets performed various asanas and breathing exercises under the guidance of yoga instructors.

The special highlight of the day was the Yoga Asana Competition, organized for students and teachers. Participants showcased their flexibility, balance, and dedication to the ancient practice of yoga. The competition witnessed enthusiastic performances and was appreciated by the audience.



APS Ratnuchak students and faculty posing for a photograph.

The winners of the Aerobics & Yoga competition were awarded appreciation certificates by the Principal, APS Ratnuchak.

The Principal Sonal Sharma addressed the gathering, emphasizing the role of yoga in achieving holistic health and well-being. She also appreciated the disciplined participation of NCC cadets and the active involvement of the school community.

The event concluded with a pledge to incorporate yoga into daily life for sustained health and inner harmony.

## Dhwani 91.2 FM, JU launches summer internship program for college students



College students and Dhwani 91.2 FM, JU official at summer internship program.

functions. A key feature of the program is a series of interactive workshops focused on voice modulation, scriptwriting, content development, and on-air presentation techniques. These sessions are led by seasoned Radio Jockeys and media industry professionals, ensuring that participants

receive expert guidance and mentorship throughout their journey. The inaugural day of the internship was marked by an engaging session with RJ Nitish Sharma of 95 FM Tadka, who shared insights on voice modulation and the nuances of radio presentation. Earlier in the day, Prof. Monika Chadha, Convenor

of 91.2 FM Dhvani JU, provided a detailed overview of the Community Radio Station's operations and its relevance in today's media ecosystem.

Speaking about the initiative, Prof. Chadha emphasized that the internship is part of the station's larger vision to nurture talent and build capacity in the field of community media. 91.2 FM Dhvani JU continues to serve as a creative platform for students, faculty, and the local community-driven by the objectives of empowerment, information, and entertainment.

Prof. Vandana Khajuria, Head of the Department of English, GGM Science College, also interacted with the interns, offering her words of encouragement.

The inaugural session was

smoothly conducted by Tushar Bhardwaj, Programming Assistant at Dhvani JU.

It is noteworthy that under the visionary leadership of Prof. Umesh Rai, Vice Chancellor, University of Jammu, the University became the first higher education institution in the Union Territory of Jammu and Kashmir to establish a community radio station. Officially inaugurated in 2023 by Manoj Sinha, Lieutenant Governor of J&K UT, Dhvani JU has since emerged as a powerful medium for expression, engagement, and learning.

## Power shutdown

### ■ STATE TIMES NEWS

JAMMU: Chief Engineer (Distribution) JPDCL, Jammu has informed that the power supply to Canal Head, Bhagwati Nagar, Parts of Talab Tillo and adjoining areas will remain affected on June 22 and 24 from 6 am to 9 am.

Similarly, the power supply to Jarai, PHE installations, Main Bazar Kathua, Ward No.5,8,9,10,11&12, Court, Jail, Nagri, Airvan, Jarmal, Khokyal, Saidpur, Jakhbhar, Nagri Hospital, Nagri Industry, Industrial Area of Bari Brahmana, Kartholi, Ratnuchak and adjoining areas will remain affected on June 22 from 6 am to 10 am.

Likewise, the power supply to Bishnah, Nandpur, Suhagpur, Salehar, Seora, Ramgarh, Arnia, Miran Sahib, Bari Brahmana and adjoining areas will remain affected on June 23 from 6 am to 10 am.

Meanwhile, Superintending Engineer (Distribution) JPDCL, O&M Circle Kathua has informed that the power supply to BB Town, Birpur Complex and adjoining areas will remain affected on June 22 from 11 pm to 1 am.

## NAUP celebrates 6th Foundation Day with commitment to public welfare



NAUP Party President Sandeep Singh with others after the meeting.

### ■ STATE TIMES NEWS

JAMMU: The National Awami United Party (NAUP) celebrated its 6th Foundation Day with great enthusiasm and unity at its party headquarters on Saturday.

The event witnessed the active participation of party leaders, members and well-wishers from across the region, reflecting the party's growing grassroots strength and commitment to public welfare.

In his address to the gathering, Party President Sandeep Singh expressed gratitude to the dedicated leaders and supporters, who have stood firmly with the party over the past six years.

"Today marks a proud moment in the journey of the National Awami United Party. These six years are not just about our existence but about consistent

"growth, trust, and dedication" towards the people. We are not here to create rulers, we are building a force of selfless workers, who will serve the nation with integrity and commitment."

Sandeep Singh emphasized that NAUP is rapidly emerging as a people-centric political force focused on issues of our people, social justice, and transparent governance. He added, "While other parties chase power, we chase purpose. Our mission is not to capture chairs but to connect with hearts. The voice of the common man must echo in the corridors of power and we are the platform for that voice."

As part of its Foundation Day celebrations, the party organized a special welfare initiative, where hearing aid machines were distributed to senior citizens,

symbolizing NAUP's commitment to inclusivity and

care for the underprivileged sections of society.

Highlighting future goals, Singh reiterated the party's focus on youth empowerment, rural development, and upliftment of the marginalized, vowing to take the movement from "street to legislature" in the welfare and service of the people.

The event concluded with a collective oath by all party leaders and members to uphold the values of justice, equality, and people-first politics.

Jammu to Srinagar	
IndiGo	10:05 AM - 10:45 AM
SpiceJet	11:10 AM - 12:00 PM
Air India Express	12:50 PM - 1:40 PM
Air India Express	1:35 PM - 2:45 PM
IndiGo	1:55 PM - 2:35 PM
IndiGo	6:40 PM - 7:20 PM
Srinagar to Jammu	
IndiGo	11:45 AM - 12:35 PM
Air India Express	12:10 PM - 1:05 PM
SpiceJet	12:35 PM - 1:30 PM
Air India Express	2:20 PM - 3:35 PM
IndiGo	3:15 PM - 4:05 PM
IndiGo	5:20 PM - 6:10 PM

FIND TRAIN SCHEDULE	
11078 Jhelum Express	
Departure	: 23:35 from Jammu Tawi
Arrival	: 11:15 at New Delhi
12426 Jammu Tawi - New Delhi Rajdhani Express	
Departure	: 21:25 from Jammu Tawi
Arrival	: 05:55 at New Delhi
12446 Uttar Sampark Kranti Express	
Departure	: 21:40 from Jammu Tawi
Arrival	: 06:55 at New Delhi
Train 26401 - Katra to Srinagar (Morning Service)	
Departure	: 8:10 AM from Katra
Arrival	: 11:08 AM at Srinagar
Intermediate Stop	: Banihal at 9:58 AM
Fare:	
Chair Car (CC): 715	
Executive Chair Car (EC): 1,320	
Booking: Available on IRCTC	
Train 26403 - Katra to Srinagar (Afternoon Service)	
Departure	: 2:55 PM from Katra
Arrival	: 5:53 PM at Srinagar
Intermediate Stop	: Banihal at 4:40 PM
Fare:	
Chair Car (CC): 660	
Executive Chair Car (EC): 1,270	
Booking: Available on IRCTC	

HELPLINE	
TELEPHONES	
Directory Enquiry	197
Fault Repair	198
Local Assistance	199
Trunk Booking	180
Trunk Assistance	181
International Trunk Booking	2447952, 2577951, 2573638
Billing Complaints	2543896, 2548415
Billing Complaints Computerize	1965
Change No. Announcement	1951
Gandhi Nagar Exchange	2451953, 2430953
HOSPITALS	
Government Medical College	2584290, 2489241
Psychiatry and Disease Hospital	2577444
Ambulance Rajouri	257147, 257084, 257357
Blood Bank/Eye Bank - SMGS Hospital	2547639, 2547637
Emergency	2549669
Blood Bank	2547637, 2547638
Chest Disease Hospital	2577064, 2548012
Dental Hospital	2544670
Govt Hospital Gandhi Nagar	2430041
Emergency	2431740
Child Hospital	2577023
Acharya Shri Chander College of Medical Sciences and Hospital	262270
AMBULANCES	
Indian Red Cross Society	2549413
Jammu University	2453165, 2543525, 2435248
FIRE STATIONS	
Gandhi Nagar	101, 2435283, 2457705
Canal	2544263
Roop Nagar	2554064
Gangyal	2597522
Bari Brahmana	2480026
Akhnoor	220020
Kathua	252481
Samba	234313
Katra	243280
Udhampur	232451
Police Control Room	270897
Police Exchange	100, 2542001, 2545481-82
Civil Defence Control Room	2547621-22, 2547624
Civil Defence	2549100, 2548645, 2544920
Hot Line	2548645, 2549100, 2544920
TOURISM	
Tourist Officer, Airport	2431917
Tourist Officer, Railway Station	2430078
Tourist Reception Centre	2579554
BUS SERVICES	
JKSRTC General Manager	2435262
JKSRTC Bus Stand	2577475
JKSRTC Jammu Srinagar, Service	2576562
Punjab Roadways	2542782
WATER SUPPLY	
Company Bagh	2542582
Parade	2544979
Bakshi Nagar	2543557
Panjthirhi	2547501
Narwal	2430031
ELECTRIC SUPPLY COMPLAINTS	
Canal	2554147, 2554199
Parade	2542289, 2543398
Nanak Nagar	2430776
Gandhi Nagar	2430180
Shastri Nagar	2430781
Janipur	2543828, 2579258
Satwari	2542816
FIRE SERVICE : (Control Room)	
CIVIC SERVICES	
Municipality	2547846, 2542192
Health Officer	2547440
Garbage / Carcass Removal	2547440

FIND CINEMA	
SITAARE ZAMEEN PAR HINDI	
WAVE ONE MOVIE JAMMU:	
10:00AM /10:30AM /12:25PM / 1:10 PM / 4 :20PM / 7:30PM /10:05PM /10:40 PM	
PVR KC JAMMU:	
9:15AM /12:40PM / 04:05PM / 06:05 PM / 07:30PM / 9:30 PM / 10:55PM	
MOVIE TIME CINEMAS:	
10:00 AM / 1:00PM / 2:00PM / 04:00 PM / 7:00PM / 8:00PM / 10:00PM / 11:00PM	
How To Train Your Dragon	
Platinum Movie: Time 9:50 AM	
Wave Cinemas - Wave Mall, Channi Rama: 3:35 PM	
Dakusan Da Munda 3	
MovieTime Cinemas - Jammu Tawi 11:05 AM / 7:50PM / 10:50PM	
Wave Cinemas - Wave Mall, 7:15 PM	
Housefull 5	
WAVE ONE MOVIE JAMMU 1:40 PM / 10:45PM	
MovieTime Cinemas - Jammu Tawi 09:30 AM / 05:05 PM	
PVR - KC 12:00PM	
Saunkan Saunkanay 2	
MovieTime Cinemas - Jammu Tawi 7:45 PM / 10:20PM	
PLATINUM MOVIE TIME 1:50 PM / 8:30PM	
PVR - KC 09:05AM	
Wave Cinemas - Wave Mall, Channi Rama 08:00PM	