

DYSS celebrates Int'l Yoga Day with enthusiasm at Khel Gaon



DG YSS J&K Anuradha Gupta and others performing yoga.

■ STATE TIMES NEWS

JAMMU: In harmony with the theme of International Yoga Day 2025, "Yoga for One Earth, One Health," emphasising the deep link between personal wellness and the health of the planet, the Directorate of Youth Services and Sports (DYSS) involved thousands of students, officials, senior citizens and people from all walks of life in Yoga activities to celebrate the day in true spirit of its theme here at Khel Gaon Nagrota.

Around 1,500 students, officials and senior citizens

attended the event with great enthusiasm and fervour, enjoying the moment that brought extreme bliss and ecstasy to everybody's mind.

Director General Youth Services and Sports J&K Anuradha Gupta, was the chief guest for the event.

Several officers including Joint Director YSS Jammu, Vinakshi Koul; Deputy Director YSS Central, Jitender Mishra; Deputy Director YSS Planning, Ravi Kumar Sharma; Accounts Officer Directorate, Sunil Kumar Sharma and District Youth Services and Sports

Officer Jammu, Sukhdev Raj Sharma and other officers of DYSS. Notably, SP Rural, Brijesh Sharma; SDPO Nagrota, Vinod Sharma; SHO Parvez Ahmad and many officers from other Govt departments also joined for the yoga event.

Locals and social Activists also encouraged the DYSS by their support.

While addressing a huge gathering, Anuradha Gupta threw light on the significance of the day. The DG said that Yoga heals the mind, body and soul. She emphasised that every person must include yoga, pranayam and dhyana in their daily routine for his well being. She said that the Department of Youth Services and Sports has incorporated yoga in its annual activity calendar and shall continue to promote it. She also complemented all teachers and students who organised week long yoga activities in every district of J&K.

Satish Sharma attends Int'l Day of Yoga celebration



Sports Minister, Satish Sharma leading Yoga event at Jammu on Saturday.

■ STATE TIMES NEWS

JAMMU: Jammu & Kashmir celebrated the 11th International Day of Yoga with grand fervor and overwhelming participation, marking a joyous convergence of wellness and spiritual unity.

Minister for Youth Services & Sports, Food, Civil Supplies & Consumer Affairs and Transport, Satish Sharma, on Saturday participated in the mega event held at Gulshan Ground as chief guest.

Speaking on the significance of the day, the Minister said, "under one sky and with one spirit, thousands of yoga lovers from Jammu & Kashmir have come together to spread the message of harmony, wellness and unity." He highlighted the significance of this year's theme titled "Yoga for One Earth, One Health", underscoring yoga's vital role in promoting not just physical fitness, but holistic well-being and environmental harmony.

"India, the birthplace of Yoga, has given the world a priceless legacy, an age-old science that unites the body, mind and the soul," he said.

Satish Sharma noted that more than 170 countries now observe International Yoga Day, following India's proposal to the United Nations. He emphasized how Yoga has become a universal movement for health and inner peace.

"In today's stressful world, students frequently face emotional and academic pressures. Yoga is one of

the best tools to overcome these challenges. It helps control stress, calm the mind and reduce anxiety. I urge our youth and masses to incorporate Yoga into their daily routine. It will not only enhance their mental and emotional strength but also build confidence and focus, maintained the Minister."

Acknowledging the efforts of the J&K government in mainstreaming Yoga across all sectors, the Minister said that from integrating Yoga in school curriculums to estab-

lishing AYUSH Wellness Centres and launching community outreach programmes, the government is ensuring access to natural, preventive and holistic healthcare for every citizen.

The Minister complimented the Health & Medical Education Department and the Directorate of Ayush J&K for organizing the grand celebration. He also appreciated the contribution of distinguished guests, Yoga practitioners and other participants in the success of this mega event.

The event witnessed the participation of Chairman, District Development Council Jammu, Bharat Bhushan; Divisional Commissioner Jammu Ramesh Kumar; IGP Jammu Zone, Bhim Sen Tuti; DIG, Jammu-Samba-Kathua Range, Shiv Kumar Sharma; Deputy Commissioner Jammu, Sachin Kumar Vaishya; Senior Superintendent of Police Jammu, Joginder Singh, large number of district officers, citizens and students.

Int'l Yoga Day celebrated at DHS-J



Directorate Health Services Jammu celebrating International Day of Yoga.

■ STATE TIMES NEWS

JAMMU: The Directorate of Health Services Jammu on Saturday celebrated the 11th International Day of Yoga today with great fervour and enthusiasm aligning with this year's theme "Yoga for One Earth, One Health".

A synchronised relaxing and soothing yoga demonstration for mental wellbeing was led by volunteers Ishan Bhat, Umang Koul and Shubham Singh from ISHA Foundation (Miracle of Mind Sadhguru).

The event featured the

"Miracle of Mind" program-a powerful initiative designed by Sadhguru to support mental well-being through a simple, guided 7-minute meditation. Just seven minutes a day can be a transformative step towards a more joyful and stress-free life".

The Director Health Services Jammu Dr. Abdul Hamid Zargar along with Deputy Director Schemes Dr. Poonam Sethi, Deputy Director Dentistry Dr. Sanjay Sharma and all Officers and Officials of the Directorate performed the

Yoga Asanas. The session aimed to equip participants with practical tools to manage stress and enhance emotional balance. In his address, the Director Health Services Jammu emphasized on the benefits of practicing yoga and impressed upon all to make it a daily routine to boost physical, mental and emotional wellbeing. The day was also celebrated with great enthusiasm in all Districts of Jammu Division with active participation of CMOs/MS/BMOs of respective Districts/Blocks.

Iran's gesture a testament to India's growing Global respect under PM Modi: Kavinder

■ STATE TIMES NEWS

JAMMU: Senior BJP leader and former Deputy Chief Minister Kavinder Gupta on Saturday hailed Iran's decision to open its airspace for three special flights to bring back stranded Indian nationals, calling it a reflection of India's rising global stature under the leadership of Prime Minister Narendra Modi.

Speaking at the meeting held at Party Headquarters here today, the BJP stalwart said that Iran's special gesture demonstrates the strong diplomatic ties India has fostered in recent years through proactive foreign policy and mutual cooperation. "This humanitarian decision by Iran to facilitate the evacuation of Indian citizens is not only heartening but also underlines the global community's faith in India's leadership and its humane values," he said.

The senior BJP leader appreciated the efforts of the Ministry of External Affairs and Indian diplomatic missions for coordinating the safe return of over 1000 stranded Indians from Mashad to Delhi through three special flights. "Such swift actions are only possible when a country commands global goodwill - something that India has

increasingly earned through its principled diplomacy and commitment to the welfare of its citizens abroad," he added.

Kavinder recalled that during the Russia-Ukraine war, thousands of Indian students and citizens stranded in the conflict zone were safely evacuated under 'Operation Ganga', showcasing India's unwavering commitment to the safety of its people even in war-torn regions. "That operation became a global example of how a responsible nation protects its diaspora in times of crisis," he said.

Lauding Prime Minister Modi's resolve to protect every Indian anywhere in the world, he said, "Be it the Ukraine crisis, the Gulf evacuations, or now this timely assistance from Iran - India stands tall as a nation that leaves no citizen behind."

The former Deputy Chief Minister further noted that the gesture would further strengthen Indo-Iran relations and serve as a milestone in regional cooperation. He urged all Indians to take pride in the nation's growing global influence and continue supporting efforts that enhance India's image on the international stage.

JKMEF holds meeting to address grievances of medical employees

■ STATE TIMES NEWS

JAMMU: The Jammu and Kashmir Medical Employees Federation (JKMEF), Jammu, held a crucial meeting on Saturday at the JKMEF office in the DHS Complex, Jammu. The meeting was convened under the chairmanship of Sh. Sushil Sudan along with Jaswinder Singh, President JKMEF Jammu.

During the meeting, various long-pending grievances of medical employees were discussed in detail. The members unanimously resolved that these issues should be brought to the notice of the concerned authorities for prompt redressal.

While addressing the gathering, President Jaswinder Singh strongly urged the authorities to conduct the Departmental Promotion Committee (DPC) meetings in a timely manner. He also emphasized the need to conduct training sessions for Lady Health Visitors (LHV's) and to fill the vacant posts in the department without further delay to ensure better



JKMEF members during a meeting.

patient care.

Bharat Bhushan, President of the Jammu and Kashmir Government Pharmacists Association (JKGPA), reiterated the longstanding demand for the creation of the post of Technical Officer Pharmacy at the district level, on the pattern of medical colleges. He also called for a change in the nomenclature of the post of Pharmacist, which has been a long-pending demand of the fraternity.

General Secretary of JKMEF, Parulata Singh, appreciated the role played by the Director of Health Services, Jammu, for promoting health services at the peripheral level and ensuring

the delivery of healthcare to the doorsteps of rural populations.

Several other office bearers and members also participated in the meeting and shared their views. The attendees included Onkar Singh, Bahadur Singh (Working President), Ajay Phool, Neelam Kumari, Harpal Singh, Anita Gupta, Arti Devi, Kuldeep Dabgotra, R.P. Singh, Sanjay Choudhary, and Tajinder Singh.

The meeting concluded with a collective appeal to the authorities to address the legitimate demands of medical employees to strengthen healthcare delivery across the region.

GCW Parade celebrates Int'l Yoga Day with 10-Day Wellness Program

■ STATE TIMES NEWS

JAMMU: To mark the 11th World Yoga Day celebration, the Government College for Women (GCW), Parade Ground, in collaboration with the Government Ayurvedic Hospital, Jammu, successfully organized a comprehensive 10-day wellness program from June 12 to June 21, 2025, highlighting the multi-faceted benefits of yoga and its relevance in modern life.

The celebration commenced with a vibrant Inaugural Ceremony on June 13, graced by the Principal of the college, Dr Ravender Kumar Tickoo as the Chief Guest. A keynote address titled "Yoga: India's Gift to the World" by Dr Arun Gupta, Medical Officer was followed by a demonstration of basic asanas and Surya Namaskar. Health guidelines and a full workshop schedule were distributed to participants.

Each day of the event was themed to explore various dimensions of yogic practice.

The 10 day wellness program ended today with a mass yoga session attended by NSS volunteers, students and faculty of the college amid live streaming of Prime Minister Narendra Modi's address at the Yoga Sangam event and a valedictory address by the Principal of the college, Dr Ravender Kumar Tickoo. The Principal praised the initiative of the organisers and the enthusiastic participation by students, NSS volunteers, faculty and local community members. He emphasized yoga's role in personal well-being, environmental consciousness and holistic education.

Dr Arun, Dr Neha Chib, Medical Officers, Dr Neelam, Senior Yoga Instructor, Dr Mamta and Dr Sukhmeet

were the resource persons from Ayurvedic Medical College, Jammu.

The media partner of the event was FM Tadka and presence of R.J Nitish throughout the event boosted the efforts of NSS volunteers in creating awareness about Yoga and its benefits in the society.

Nirankari Sant Samagam to be held in Jammu today

■ STATE TIMES NEWS

JAMMU: Under the divine blessings of Satguru Mata Sukiksha Ji Maharaj, the Sant Nirankari Mission is organizing a grand and spiritually uplifting Nirankari Sant Samagam on Sunday, June 22, 2025, at NH-44, BP Greens, Thandi Khui, Vijaypur, District Samba.

The event will take place from 5:00 PM to 9:00 PM and will conclude with the sacred blessings of Nirankari Rajpita Ramit Ji.

The Mission's message centers around God-realisation through Brahmgyan (Divine Knowledge) - a direct spiritual experience of the formless God. It emphasizes that true devotion and worship can begin

only after realizing the One we worship. The Mission encourages all to see God in every human being, promoting values of universal brotherhood, humility, love, and selfless service, while rising above all barriers of caste, creed, and religion.

The Samagam will feature devotional hymns, spiritual discourses, poetry, and soulful experiences shared by saints from various regions. It serves as a sacred platform for devotees and spiritual seekers to reflect, connect, and deepen their understanding of divine truth and purpose.

The highlight of the evening will be the divine blessings of Nirankari Rajpita, offering spiritual nourishment, inspiration, and guidance to all present.

CLUSTER UNIVERSITY OF JAMMU

PG ADMISSION NOTIFICATION-03/2025

In continuation to the Notification No. CLUJ/Reg/25/285 Dated:13.06.2025 for admissions to PG Programmes in the University Schools & Constituent Colleges of Cluster University of Jammu for the Academic Session 2025-2026, the last date for filling of online admission form has been extended upto 27th of June, 2025:

For more details: Kindly refer University Website: www.clujammu.ac.in or scan the QR Code.

No. CLUJ/Reg/25/315 Dated: 20.06.2025

DIP/J-887-P/25 Dated:- 21/06/2025

Sd/- Registrar

UNIVERSITY OF JAMMU

(NAAC Accredited "A++" Grade University)

CUET-UG Admission Notice

It is for the information of all concerned that the date of admission to Four Year Undergraduate Programme (FYUGP) and B.A. LLB (5 Year) 2025-26 in the Main Campus/Offsite campuses/Govt. Degree Colleges affiliated to the University of Jammu has commenced from 16-06-2025 to 07-07-2025 vide notification No. DC-HE/2025/1152 dated 15-06-2025 of Higher Education Department JK-UT. All desirous Candidates of seeking admission to the aforementioned Programmes in the institutions as mentioned above are required to apply online through <https://jkadmission.samarth.ac.in>

No. Admission/25/279 Dated: 18-06-2025

DIP/J-883-P/25 Dated:- 21/06/2025

Sd/- AR (Admissions)

UNION TERRITORY OF JAMMU & KASHMIR

DIRECTORATE OF HEALTH SERVICES JAMMU

Near MLA Hostel, Indira Chowk Jammu J&K Pin: 180001

E-mail: dhsjammu@rediffmail.com, dhsjammu@gmail.com

Tel. No. : 0191 - 2546338, 0191-2549632 Fax No. 0191-2549632

Dr. Sayeed Rahim, Medical Officer
S/o Sh. Rahim Dad,
R/o Bhatidhar, Mendhar, Poonch

Subject: - Final Notice.

Whereas, you submitted a joining report to this office on 13-02-2025 after being relieved from the Principal, Govt. Medical College, Rajouri vide Relieving Order No.GMCR/2024-25/3855-61 and thereafter you have not attended this office after 13-02-2025 and are unauthorisedly absent from duty, and;

Whereas a notice has already been issued vide office letter No. ES-3/5632/3536-38, dated 22-02-2025, and

Whereas, under Art. 128 of J&K CSR Vol. I, absence without leave or after the end of leave, involves loss of appointment.

Now, therefore, a final notice is hereby served upon you to report to this Directorate within 07 days positively for further posting; otherwise, disciplinary action will be initiated against you warranted under the rules.

No.: ES-3/5632/982-84
Dated: 10.06-2025
DIP/J-2489/25
Dated: 21.06-2025

Sd/-
(Dr. Abdul Hamid Zargar)
Director Health Services
Jammu.