

## Yudhvir inaugurates Sewage Project in Jammu under AMRUT 2.0

■ STATE TIMES NEWS

JAMMU: Senior BJP leader and MLA East Constituency, Yudhvir Sethi, inaugurated a crucial sewage infrastructure project in Jammu city under the AMRUT 2.0 scheme. The project, titled "Design, Survey and Execution of Sewerage Scheme - Missing Links of Division A Jammu City," is being implemented by the Urban Environmental Engineering Department (UEED) and aims to modernize the city's sanitation framework.

With an estimated cost of ₹41 crore, including ₹34 crore for execution, the project has been awarded to R&B Infraprojects Limited. It will cover seven key municipal wards - 16, 17, 18, 19, and 24 - through a 28-kilometer-long sewage



MLA East Constituency, Yudhvir Sethi inaugurating sewage infrastructure project.

network, benefitting around 12,500 households. This modern infrastructure is expected to significantly improve waste management and hygiene conditions in these areas.

Speaking at the inaugural function, Yudhvir Sethi

emphasized that the initiative is aligned with the Modi Government's vision for urban transformation and better civic amenities under schemes like AMRUT 2.0. He said the project will help reduce waterborne diseases, prevent waterlogging during

rains, and contribute to a cleaner, healthier living environment. Highlighting the broader impact, Sethi noted that the upgraded sewage system will also support the beautification and modernization of Jammu, in line with Smart City objectives.

He stressed the importance of timely and quality execution of the project to achieve lasting benefits for residents.

The event was attended by senior UEED officials including Chief Engineer Rajesh Gupta, Superintending Engineer Munner Hussain, Executive Engineer Ashwani Khajuria, AEE Sadiq Hussain Bhatti, and JE Randhir Singh. Prominent local figures present included Nidhi Mangotra, Dinesh Gupta, Swati Sharma, Raman Sharma, Vicky Pandey, Balwan Singh, and Sunil Bindru.

Yudhvir Sethi reaffirmed the Modi Government's commitment to inclusive development and world-class urban infrastructure, ensuring no area is left behind in the path of progress.

## Adopt yoga as daily discipline for holistic well-being: Khatana to youth



MP RS, Ghulam Ali Khatana and others performing yoga.

■ STATE TIMES NEWS

JAMMU: With unwavering spirit and enthusiasm, Vishwa Yog Sansthan celebrated the International Day of Yoga across Jammu and Kashmir, drawing large-scale participation from students, community members, and yoga practitioners. The event brought together students from schools such as DPS Jammu and Brahma Rishi Bawra School, Udhampur, along with partici-

pants from the Gurjar community and other local residents.

The session was expertly guided by Acharya Dr. Rajinder, whose calm and insightful presence inspired participants throughout the morning.

Er. Ghulam Ali Khatana, MP Rajya Sabha, attended as the Chief Guest and praised the Sansthan's contributions toward social upliftment and health awareness. In his address, he encouraged youth to adopt yoga as a daily discipline for holistic well-being and personal growth. One of the most memorable moments of the

event was the mesmerizing Yoga Shiv Tandav performance by students of Vishwa Yog Sansthan and Brahma Rishi Bawra School, which captivated the audience. The team of Vishwa Yog Sansthan, including Bansil Lal Gupta, Choudhary Balkar Singh, Suresh Sharma, Rajan Gupta, Vikas Chopra, Sunny, Suresh Gupta, Vinod Gupta, and Sham Lal Kalsi, welcomed all guests and participants. Victor and Indu Soni managed the stage proceedings with grace. The event was organized with support from institutions like CCERN, IGNC, Directorate of Education, Directorate of Health and Family Welfare, and Amandeep Hospital. Brands like Amul and Snow Cap provided refreshments, keeping energy levels high.

Sham Lal Bassan delivered the vote of thanks. The event concluded with a pledge led by Yog Guru Karan.

## Yogatvam celebrates IYD across Jammu

■ STATE TIMES NEWS

JAMMU: Yogatvam celebrated the 11th International Yoga Day with powerful yoga sessions across key institutions in Jammu, highlighting the importance of holistic health and mindfulness. At IIM Jammu, Sahil Mehra led a dynamic session, guiding faculty, staff, and students through a series of asanas and breathing techniques focused on stress relief and inner calm. At NABARD Jammu, Ranjeet Singh conducted a special yoga session for employees, encouraging integration of yoga into daily routines for better physical and mental wellness. Adding to the celebration, Riya Gupta along with students from Yogatvam participated in the state-level event organized by the Jammu & Kashmir Sports Council at the K K Haku Hockey Stadium. The team impressed attendees by demonstrating advanced yoga postures, reflecting years of dedication and training. These events showcased Yogatvam's commitment to promoting the timeless benefits of yoga and fostering a healthier, more mindful society.



## DLSA Jammu hosts yoga session cum awareness program



DLSA Jammu members performing yoga.

■ STATE TIMES NEWS

JAMMU: District Legal Services Authority Jammu, under the guidance of Chairman, Y. P. Bournay, (Pr. Distt. & Sessions Judge), on Saturday commemorated the 11th International Day of Yoga by organising a yoga session cum awareness program here in the Lawyers' Chamber Conference Hall, District Court Complex.

The programme was conducted under the

supervision of Ritesh Dubey, Additional District and Sessions Judge & Dr. Smriti Sharma, Secretary District Legal Services Authority.

The celebration was graced by the presence of Judicial Officers, LADCs, Panel Lawyers, PLVs and court staff, who gathered early in the morning to participate in the yoga session led by certified instructors from the Art of Living.

The event focused on this

year's theme "Yoga for One Earth, One Health," emphasizing the importance of yoga in achieving holistic health. The yoga session was expertly conducted by Professor and State Coordinator (STC), Jammu & Kashmir and Ladakh of Art of Living Trust, Rajan Salalia, along with two subordinates.

The session included guided breathing exercises (Pranayama), yoga postures (Asanas) and meditation, promoting physical health, mental clarity and emotional well-being. This joint initiative aimed to create awareness about the preventive and therapeutic benefits of yoga, especially in today's fast-paced lifestyle.

Similar Programmes were also organized by TLSC Bishnah, TLSC R. S. Pura and TLSC Akhnor in their respective areas.

## Sparkle Group organizes Yoga Day event in collaboration with Amar Singh Club



Sparkle Group members during International Yoga Day celebration.

■ STATE TIMES NEWS

JAMMU: Sparkle Group on Saturday organized a Yoga Day event at Amar Singh Club, Jammu, promoting wellness and relaxation through deep meditation among participants.

The event, led by renowned Yoga instructor Anu Mahajan, was attended by participants and special guests, who all enjoyed a rejuvenating experience.

"We extend our heartfelt gratitude to Amar Singh Club and their Executive Members for their invaluable support as our venue partner. Their cooperation ensured the event's success, providing a serene environment for yoga enthusiasts to practice and unwind. A special thanks goes to Anil Kapahi, Secretary of Amar Singh Club, and Sanjay Sethi, Chairman of the Health

Committee, for their proactive efforts in making all necessary arrangements and facilitating the event.

Their dedication and commitment were instrumental in bringing this event to fruition.

Sparkle Group remains committed to promoting health and wellness initiatives within the community and looks forward to organizing more such enriching events in the future.

## Mission YUVA; DLIC approves 12 proposals

■ STATE TIMES NEWS

JAMMU: To review the implementation of Mission YUVA, a meeting of District Level Implementation Committee (DLIC), Small Business Development Units (SBDU) and Business Help Desks (BHD) was convened here on Saturday.

The meeting, chaired by the Deputy Commissioner Sachin Kumar Vaisiya, aimed to assess the progress achieved in the implementation of the Mission and approve eligible cases for financial assistance. The meeting commenced with a detailed review of the SBDU and BHD operations, with the Chair emphasizing the critical role of these units in facilitating youth entrepreneurship and self-employment. Discussions centered on the verification process, preparation of Detailed Project Reports (DPRs) and the overall effectiveness of outreach activities conducted by YUVA Doots.

The Deputy Commissioner underscored the importance of continuous monitoring of YUVA Doots' progress and the necessity of conducting regular awareness camps to ensure

maximum participation and benefit for unemployed youth under Mission YUVA schemes. After the review, the Committee proceeded to evaluate applications received from aspiring entrepreneurs. After thorough scrutiny and deliberation on the DPRs, 12 eligible cases were approved by the DLIC for further financial assistance and handholding support. The Deputy Commissioner reiterated the administration's commitment to fostering a vibrant entrepreneurial ecosystem in the district. Emphasis was laid on the timely disbursement of funds, robust monitoring mechanisms and dedicated mentoring to ensure the sustainability of approved ventures. All BHDs were directed to expand outreach activities, organize awareness camps to ensure the scheme's benefits reach every eligible youth in the district.

The meeting was attended by ADDC Jammu, Sher Singh, General Manager DIC, Abhishake Abrol, Chief Agriculture Officer Jammu, Manohar Lal Sharma, Deputy Director Employment Jammu, Sunaina Saini and others.

## Daily wager dies in line of duty: Kazmi expresses solidarity with deceased Sunil Kumar's family members

### Demands permanent Govt job for his wife, financial assistance for study of kids

■ STATE TIMES NEWS

JAMMU: Apni Party President of Trade Union, Ajaz Kazmi has demanded Govt job for the wife of a daily wager namely Sunil Kumar, who lost his life while performing duty at Miran Sahib in Jammu.

In a press release issued here on Saturday, Kazmi expressed his deep concern over the loss of a precious life of a daily wager who was working under Sub Division third in Miran Sahib that falls under Division Second in Jammu.

"The daily wager was working in the JPDCL. He was on his routine duty when he lost his life," he stated.

He said that the victim's daily wager should be provided all the possible compensation from the Govt to help the financially poor family members to bear the school fee of their two children.

Keeping in view the situation, he said that the daily wager's family members should be provided assistance and according-



ly, wife should be engaged permanently in a Govt department as an employee.

"The Govt should extend full support to the victim and his family members by providing them financial support as well as a permanent Govt employee,"

he demanded.

Meanwhile, he said that the Govt should come up with a policy for the regularisation of the daily wagers working in different Govt departments across Jammu and Kashmir for more than 20 years.

He said that so far 61000 daily wagers have been waiting for the Govt to take a decision on humanitarian grounds by regularising them, releasing their pending wages, implementing minimum wage act in their favour in J&K.

Whereas, Kazmi also demanded free of cost specialized medical care for the critically injured daily eager Intiyaz Ahmed Lone of Achabal in Kashmir.

He said that the Govt should provide financial support to the family or airlift him outside J&K for specialized treatment.

## Yoga is important for overall personality development: Sushma

Yoga is for all religions: Col. Vidya Sagar



Arogya Bharti Jammu members and others performing yoga.

■ STATE TIMES NEWS

JAMMU: The 11th International Yoga Day was celebrated with enthusiasm in Sainik Colony Jammu in collaboration with Arogya Bharti Jammu and Zorawar Singh Shakhia Sainik Colony, in which most of the residents including women, youth and elderly participated. Sushma

Gupta, President of Women Wing of Arogya Bharti Jammu highlighted the importance and benefits of yoga in daily life and emphasized that there is a need to do yoga daily for a disease free, healthy and long life as it improves the immunity of the body.

Col. Vidya Sagar, who himself is 87 years old,

said that yoga is a way of life and make it a part of the lifestyle.

Saroj Khajuria, Amita Dogra, Bagat Singh Salathia, Angad Jamwal and Major Chaman Lal Gupta played a key role in making the event a success.

In the end, the ceremony concluded with prayers and Shanti Paath.

## IIM Jammu celebrates 11th International Day of Yoga with enthusiasm

■ STATE TIMES NEWS

JAMMU: The Indian Institute of Management (IIM) Jammu celebrated the 11th International Day of Yoga (IDY) with fervour and unity at its Sports Ground at Jagti Campus, under the aegis of Anandam - The Center for Happiness, IIM Jammu.

This year's global theme, "Yoga for One Earth, One Health," emphasized the deep connection between personal well-being and planetary health-resonating strongly with IIM Jammu's commitment to holistic education and sustainable living.

This celebration was part of the broader national movement spearheaded by Prime Minister of India, Narendra Modi, where yoga was practiced at over various locations across India and the world, promoting holistic well-being and unity.

On the occasion of the 11th International Day of Yoga

(IDY), the Prime Minister of India, Narendra Modi led the national celebration from Visakhapatnam, participating in the Common Yoga Protocol (CYP) session at the beachfront alongside nearly 5 lakh participants, fostering a spirit of harmony through yoga.

This year's global theme, "Yoga for One Earth, One Health," emphasized the deep connection between personal well-being and planetary health-resonating strongly with IIM Jammu's commitment to holistic education and sustainable living. The celebration began with the ceremonial lighting of the lamp by Yoga Guru, Sahil Mehra, Yogatvam.

The event saw the gracious presence of Brigadier (Retd.) Neeraj Soni, Co-Chairperson, Anandam, IIM Jammu; Dr. Mahesh Gadekar, Chairperson, Centre for Diversity and Inclusion, IIM Jammu; Dr.



IIM Jammu faculty and students during Yoga Day celebration.

Ashish Kumar, Chairperson, Student Affairs, IIM Jammu; Shailesh. K. Lohiya, CAO (Officiating), IIM Jammu along with faculty members, officers, staff, and students. A soulful rendition of Saraswati Vandana by the students set a peaceful and spiritual tone for the celebration.

Sahil Mehra, Yoga Guru, Yogatvam commended the disciplined and heartfelt participation of the IIM Jammu community and encouraged

all to embrace yoga as a life-long spiritual journey.

He reflected that the practice of yoga fosters inner harmony and universal connectedness. In alignment with the theme "One Earth, One Health," he emphasized that yoga is not merely physical discipline, but a sacred path that guides humanity toward collective well-being and unity with the cosmos.

Prof. B.S. Sahay, Director, IIM Jammu, underscored the transformative benefits

of integrating yoga into daily life. Drawing from his decades of experience, he highlighted yoga's adaptability to individual needs and its ability to instill balance between mind and body.

He described yoga as a cost-effective means to boost immunity and achieve holistic healing-especially relevant during the pandemic. He credited Prime Minister of India, Narendra Modi for globalizing yoga through the proposal of International

Yoga Day at the UN General Assembly in 2014, leading to its worldwide observance from June 21, 2015.

Emphasizing that yoga transcends physical fitness, he referred to it as a pathway to spiritual growth and resilience, aligning with the broader national and global push for wellness.

He also mentioned the establishment of Anandam - The Center for Happiness at IIM Jammu as a key initiative in fostering emotional well-being among students, faculty, and staff.

He remarked that yoga symbolizes India's ancient wisdom and soft power, now globally recognized, including its inclusion in UNESCO's list of Intangible Cultural Heritage. He urged everyone to incorporate yoga into their daily routines to nurture individual well-being and contribute to nation-building.

Brigadier (Retd.), Neeraj

Soni, Co-Chairperson, Anandam and Media and Publication Division, IIM Jammu, welcomed everyone to the 11th International Day of Yoga celebration at IIM Jammu Jagti Campus.

He stated that yoga empowers individuals to live in harmony with themselves and the environment.

He emphasized that IIM Jammu, through the initiatives of Anandam-The Center for Happiness, IIM Jammu, remains committed to fostering holistic well-being and inner balance within the campus community.

The yoga session included a structured sequence of standing, sitting, and lying postures, led by Yoga Guru Sahil Mehra. His demonstration of advanced postures captivated and inspired the participants. A Yoga Quiz followed the session, offering engaging and educational experience for

students, faculty, and staff. The quiz helped reinforce the philosophical and scientific aspects of yoga.

The event concluded with the distribution of nutritious refreshments, including sprouts, fruits, and fruit juices, promoting healthy dietary habits. The program culminated with the National Anthem, leaving participants with a sense of unity and renewed purpose.

The entire celebration was thoughtfully curated by Prof. Shyam Narayan Lal, Chairperson, Anandam, Team Anandam, IIM Jammu, and executed in close coordination with the Student Affairs Office. The 11th International Day of Yoga at IIM Jammu emerged as a noteworthy occasion, honoring the timeless wisdom of yoga while underscoring its profound influence on individual well-being and the health of the planet.