

# Three days Ayurveda Parv concludes

**■ STATE TIMES NEWS**  
JAMMU: Ayurveda aims at maintaining good health in a healthy persons and also cure to the person who is diseased or sick hence Ayurveda is for all human being, said the Chief Guest, Advocate Purnima Sharma, Deputy Mayor of Jammu Municipality while speaking at the valedictory ceremony of three days Ayurveda Parv in GGM Science College, Jammu.

The Guest of Honour, Tamana Seth, reiterated the importance of Ayurveda in our day to day life especially to boost immunity.

The other guests spoken were Dr Arshid Iqbal, Research officer, Unani, Kashmir, Dr Rakesh Gupta, Consultant Physician, Yoga & Naturopathy, Central University Jammu, Dr Aditya Saha, Research Officer, RARI, Jammu and Dr Swapnil A Kamble, Research Officer, Homoeopathy, Noida.

The meeting was presided by General Secretary of VSP & National Convenor of



Dy Mayor, Advocate Purnima Sharma and others at a programme.

Ayurveda Parv, Manoj Jena.

The meeting was coordinated by Hardayal Khushwaha, National coordinator and vote of thanks was presented by Vivek Parihar, Chief Coordinator of Ayurveda Parv.

Vinoba Seva Pratisthan (VSP) with support from Ministry of AYUSH, Govt. of India organised the event in association with Regional Ayurveda Research Institute, Jammu, Live for Others: Being Helpful Foundation, J&K, Bargad and Gandhi Global Foundation, New Delhi.

During the three days seminar 45 papers were presented by various doctors, practitioners, professors, research offi-

cers and PG and UG students.

The seminar coordinated by Dr Poonam.

The various sessions chaired by Subhash Sharma, Dr Vipin Sharma, Dr Sharad, Dr Sudesh Gupta, Dr Aaditya Shah, Dr Minakshi Suri.

In technical session, various topics were discussed Role of Panchkarma in alopecia areta, Healthy lifestyle, Skin disorders, Role of yoga in post covidrecovery, Nutritional forest food innovation, COVID 19 management by Ayurveda, Ayurveda and maternal and child health care in J&K, etc.

At the end, some of guest, research paper presenters and volunteers were felicitated by organisers.

# LG Mathur lays foundation stone for Ladakh Bhawan at Dwarka

**■ STATE TIMES NEWS**  
NEW DELHI: The Lieutenant Governor of Ladakh, RK Mathur, on Sunday laid the foundation stone for the construction of Ladakh Bhawan (Kargil Wing) at Dwarka in New Delhi. Chairman, LAHDC Kargil, Feroz Ahmad Khan; Executive Councillors- Syed



Lt Governor Ladakh, RK Mathur laying foundation stone for the construction of Ladakh Bhawan in New Delhi.

Abbas Razvi, Mohsin Ali and Syed Mehdi Fazily; Commissioner Secretary, Ajeet Kumar Sahu and Deputy Commissioner, Kargil, Santosh Sukhdeve, were present during the event. The building will be

constructed at a cost of approximately Rs 15 crores under Special Development Package (SDP) and the construction work will be executed by Central Public Works Department (CPWD). The building will have 24 rooms, four dormitories, 2 VIP suites, a conference hall, a dining hall and a kitchen

# Dogri Sanstha releases Promila's collection of poetry in Dogri



Dogri Sanstha Jammu members releasing Promila Manhas's collection of poetry in Dogri.

**■ STATE TIMES NEWS**  
JAMMU: Dogri Sanstha Jammu released eminent Dogri and Hindi writer Promila Manhas's first ever collection of poetry in Dogri language entitled 'Phullen ladoyee Raat Rani' in a simple but an impressive book release function organized at Government Women College Parade, Jammu.

The Chief Guest on the occasion was Dr. S.P.Saraswat, Principal Government Women College Parade Jammu and the function was presided over by Prof. Lalit Magotra, President Dogri Sanstha Jammu.

Promila Manhas said that publishing a book has always been a dream of a writer: She is quite excited that her dream has finally come true. She also

enamored the audience by reciting a few poems from her book.

In his address, Dr. Saraswat while complementing Promila Manhas said that this fine collection of poetry is indeed a welcome addition to rich Dogri literature. He further added that Promila's poetry on varied subjects will be an inspiration to those who wish to pen down good poetry with a creative input.

While presiding over the function, Prof. Lalit Magotra said that Promila Manhas has been writing both in Hindi as well as mother tongue Dogri since long. A fine book was in waiting from her for a long time and it's quite appreciable that she has come up with a beautiful creation in the form of 'Phullen ladoyee Raat Rani' that speaks a lot about the

immense potential that this poetess possesses. One should hope that she will come up with more in future also to enrich Dogri literature.

A paper was also presented by Rajkumar Behruria in which he elaborated the creative journey of poetess and gave detailed critical analysis of the book.

The function was conducted by Prof. Shashi Pathania, vice president DogriSanstha Jammu while vote of thanks was presented by Rajeshjwar Singh 'Rajui', General Secretary Dogri Sanstha Jammu who thanked all literateurs, literature lovers, family members of the poetess and others from all walks of life and both print and electronic media for gracing the occasion with their auspicious presence.

# Common man suffering due to wrong policies of Govt: Rattan Asks party cadre to gear-up for Assembly elections

**■ STATE TIMES NEWS**  
JAMMU: The tall claims made by government with regard to unprecedented development in Jammu and Kashmir after abrogation of Articles 370 and 35A has proved to be hoax but the reality is that the situation has gone from bad to worst. A common man in Jammu and Kashmir is suffering on account of wrong policies of the government.

This was stated by Rattan Lal Gupta, Provincial President of J&K National Conference while addressing a public meeting at Vijaypur of district Samba today. Under the chairmanship Sudagar Chand Gupta District President Samba.

The Provincial President raised serious concern over the extremely volatile situation in J&K describing it as fallout of wrong policies adopted by both the J&K Government and the Centre. The situation has turned

from bad to worse. He asserted that due to the anti-people policies adopted by the government that today unemployment is at its peak, inflation has gone out of control amid the sky rocketing prices of essential commodities while the claims of unprecedented development stand exposed with the snail's pace of almost all the works. He said that the government has miserably failed in providing basic amenities like water, power and ration to the common person of the state. He said that due to lack of vision and wrong policies of the government, people of J&K are facing a crisis like situation with each segment of society feeling abject neglect.

The senior NC leader criticized the government for its failure to address the long pending demand of the agitating daily wagers of Jal Shakti Department due to

which there is hue and cry of water scarcity. Thousands of families of these daily wagers have been left helpless by the present government with no hope for their regularization and their pending salaries.

Rattan Lal Gupta emphasized that the National Conference has a track record of serving people and this spirit is needed to be sustained and promoted by uniting under the banner of National Conference, which stands for equitable development of the regions and their sub-regions with thrust on rural and remote areas. He maintained that J&K National Conference has always stood for the high principles of secularism, brotherhood and democracy and shall continue to do so in future as well.

Asking party workers to gear-up for upcoming Assembly elections in Jammu & Kashmir, Gupta

exhorted upon them to converge their efforts to intensify party's public outreach programme to strengthen the base of the party. He stressed upon them to prepare themselves for upcoming Assembly elections in J&K in order to defeat the nefarious design of the anti-social elements which are hell bent to destroy social fabric among the society.

Among others who were present in the meeting include : Sheikh Bashir Ahmed Provincial Secretary, Vijay Lochan P.P SC Cell, Abdul Gani Teli P.P OBC Cell, Pardeep Bali, Suriya Begum DDC, Chander Udhay Singh, Riaz Malik, Ajay Sharma, Ram Kumar, Swarn Singh, Joginder Kumar, Sat Pal, Rajni Devi, Shanaz, Yash Pal Verma, Prem Singh, Prem Lal, Mittar Pal Singh, D.D Mehra, Sunil Mehra, Jaswant Singh, Nagar Mal Sharma and others.

# We stands committed for secularism, social equality: Babu Ram Paul Demands facilities for Amarnath Yatris

**■ STATE TIMES NEWS**  
JAMMU: A public meeting was organized by the Coordination Committee Jammu District (Urban), Central Zone JKNC at Digiana in district Jammu, Zonal President and Former Minister Babu Ram Paul, was the Chief Guest.

The meeting was organized by Adv Aslam Choudhary, Member Coordination Committee Jammu District (Urban) and Secretary Central Zone at Digiana which was attended by numbers of people.

While speaking on the occasion Babu Rampaul said that we stand committed for secularism and social equality. He said NC has a legacy of serving the poor and weaker sections of the society which was started by Sher-e-Kashmir Sheikh Mohammad Abdullah.

He also said NC has many

achievements in its kitty and urged upon the party cadres to narrate them to the young generation so that they may come to know what NC has did for them in the past.

On the occasion, he listened to the grievances of the local people and also discussed several related issues. He also discussed about the arrangements made for Shri Amarnathji pilgrims by the administration with party volunteers. He said that their volunteers were also extending full support to government in facilitating smooth Yatra. He, however, urged the UT administration to create help-desks and information centres along the National Highway to help the Yatris coming from different parts of the country to have darshan of holy cave.

He demanded that city should be made neat and clean for giving a memorable and

world class experience to the visiting pilgrims.

He also demanded round the clock power and regular water supply to the people in the wake of Eid festival falling next week.

Babu Rampaul maintained that it was the responsibility of administration to maintain hygienic and clean atmosphere especially during festival period.

The members who attended the meeting include, Coordinator Jammu District (Urban) Dr Vikas Sharma, Bharat Bushan, R.K Chanayal, Ashok Atri, S. Nirmal Singh, BD Dalhotra, Adv. Lovish Bharat, Som Raj Taroch, Arvind Jamwal, Satpal, Harmohinder Singh, Baldev Raj, Bhadur Lal, Amar Nath Bhagat, Sukhdev, Comrade Amar Nath, Dr Sushil, Jatinder Bhagat, Devraj, Hemraj, and other:

# SANJY: Traffic Police issue advisory for tourists, yatries, truck movement in J&K

**■ STATE TIMES NEWS**  
SRINAGAR: Jammu and Kashmir Traffic Police on Sunday issued advisory for tourists, yatries and truck movement to inform about travel timings and travel restrictions for NH-44 during Shri Amarnathji Yatra-2022.

According to advisory issued by the IGP Traffic Police, J&K, empty tankers and trucks upto 10 tyres shall ply via Mughal Road towards Jammu.

While as the loaded trucks upto 10 tyres including those loaded with fresh perishable items shall preferentially use Mughal Road towards Jammu.

The timings of Mughal Road have also been increased from 7am to 4pm, for the present, subject to the daily assessment by Traffic authorities. The advisory further said the movement via NH-44 the trucks with more than 10 tyres shall ply via National Highway-44. Trucks with more than 10 tyres loaded with fresh perishable items should reach Jakhani Naka/Qazigund Naka before 2pm. These trucks shall be parked separately and shall be given preference when traffic is released, it said. It said the movement of Yatries/Tourists in Kashmir Valley other than via Yatra Convoys are advised to travel in the Kashmir Valley only between 7am to 6pm and must plan their travel so as to reach their destination within this time period.

In case the Yatries/Tourists fail to reach their destination within the stipulated time, i.e by 6pm the security forces shall make such Yatries/Tourists halt for the night at the nearest lodgement Centre the Advisory reads, the traffic advisory added.

# Sports Bike Rally for awareness of 'mind power development' flagged off



Mayor, Chander Mohan Sharma flagging off bike rally.

**■ STATE TIMES NEWS**  
JAMMU: Sports Bike Rally for the awareness of "Mind Power Development in Sports through Rajayoga Meditation" under the Umbrella Theme 2022-23 Year of Spiritual Empowerment for Kindness & Compassion was organized at Shanti Meditation Center, Brahma Kumaris Road.

The rally was flagged off

by Chander Mohan Sharma (Mayor Jammu Municipal Corporation) and Purnima Sharma (Dy Mayor Jammu Municipal Corporation) from Brahma Kumaris Road.

After passing through Jewel Chowk, Vivekanand Chowk, Residency Road, Dogra Chowk, M. A. Stadium, the rally was culminated at Rahinos Jim, Talab Tillo.

# Children exploring new horizons of creativity, innovation at Natrang's Summer Camp

**■ STATE TIMES NEWS**  
JAMMU: It is often claimed that theatre is one of the most efficient tools for shaping the overall personalities of its practitioners and this claim is being exemplified in Natrang's Summer Camp for Children-22 where children are experiencing immense benefits of theatre and are offered a quality time full of fun and learning.

Natrang has been doing regular and impactful theatre with children for the last 32 years and has trained, inspired and motivated thousands of children till now and most of them have excelled brilliantly in various fields be it acting, management, civil services, medicine, engineering, social work etc.

It clearly speaks that no matter, what you want to become in life, the confidence, spontaneity, self-exploration, creativity and discipline you imbibe because of theatre acts as a guiding light and strong motivational force for you to succeed and excel.

The training module of



Children performing in the Natrang's summer camp.

Natrang's Children theatre has been devised by Director Natrang, Balwant Thakur who has taken the children theatre of Jammu to the entire length and breadth of the Country.

He believes that children have immense possibilities and abilities to outshine but at times, these are required to be explored through highly innovative

techniques of theatre and Natrang has played a vital role in this subject for Jammu people. As theatre requires a higher degree of confidence, discipline, creativity, spontaneity, team spirit and consistency, those trained in Natrang's theatre workshops imbibe the above qualities where they get a chance to get trained under the

expert supervision of well-trained facilitators.

The customized tasks and activities specially devised for children by Sumeet Sharma, who has a considerable experience of working with children and youth, attract the attention of children who get a fertile ground to grow their creativity and soar their imagination

effortlessly while performing such tasks.

The workshop is being coordinated by Gauri Thakur with assistance of Mohd. Yaseen, Brijesh Astar Sharma, Bhavna and Sushant Singh. Children who are undergoing this wonderful experience include Malhaar Sharma, Saanchi Dutta, Dwijesh Dutta, Ragya Gupta, Prisha Gupta, Mehak Chib, Karan Sahib Singh, Daivik Gupta, Riaan Gupta, Abhiraj Suryavanshi, Atharav Sharma, Sheryl Sharma, Abhinoday Gupta, Advika Gupta, Aarnaa Gou, Priyal Ashok Gupta, Naira Madeel, Rudraa Jamwal, Raghav Sharma, Aaria Zia Sharma, Pulkit Jayee, Shrishti Kapoor, Vihaan Pandotra, Shambhavi Sharma, Devangi Sharma, Gaurangi Sharma, Yasmita Sharma, Reet Gupta, Hargun Kour, Sadhya Sharma, Aryan Gupta, Abir Beri, Aviral Kapoor, Akul Arora, Drovan Dushyant Sharma, Praga Wadhwa, Raaga Sharma and Devisha Gaur.

# Langar garners good response by pilgrims at Mahajan Bhawan



JCMS members serving Langar at Mahajan Bhawan among Shri Amarnath pilgrims.

**■ STATE TIMES NEWS**  
JAMMU: Yatri Langar at Mahajan Bhawan Shalamar

Road, Jammu, on the occasion of Annual Yatra 2022 of Shri Amarnath being organized by

the Jammu Central Mahajan Sabha, garnered a good response by the pilgrims.

The team of the management is headed by Romesh Chander Gupta President of the Sabha who is actively assisted by Shiv Partap Gupta Senior Vice President and Sanjay Mahajan General Secretary. Arun Gupta President CCI are graced. The occasion by his participation.

Balbir Gupta and Yash Paul Gupta are the Incharge of the Langar.

Other members who participated in today's Langar include Mukesh Mahajn, Surinder Gutpa, C.P Gupta, Vijay Gupta, Romesh Gupta, Satish Mahajan and Darshan Gupta.

Today's langar was sponsored by Surinder Gupta, Vice President of the Sabha.

# Naming institutions after martyrs real tribute to our heroes: Raman

**■ STATE TIMES NEWS**  
JAMMU: Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri, while hailing the decision of the J&K government of naming schools, colleges, bridges and other buildings after martyrs, said that it is a great tribute to our heroes.

These sons of the soil who laid down their lives for the protection of our country's integrity besides peace and prosperity in Jammu and Kashmir rightly deserve this respect and honour.

Raman said, Jammu and Kashmir has a history of sacrifices wherein our soldiers and police personnel have made supreme sacrifices

while defending the borders or saving lives.

Be it war, internal disturbances or natural calamities, our valiant forces have always taken a lead and made us proud of their dedication and commitment.

He added that never in the history have their sacrifices been recognised the way LG administration is doing by naming the institutions after them.

Lieutenant Governor Manoj Sinha, by naming important buildings after martyrs, have made these heroes immortal and set an example for youngsters to follow. He said that our next generation will always be

inquisitive to know more about these heroes after whose names the schools, colleges, bridges and other buildings are being named.

The BJP leader said, youngsters must draw inspiration from these martyrs, seek benefits of government programmes, make a fortune for themselves, build the nation but should never get disillusioned by false and frivolous campaigns launched by anti-social elements, who never want peace and prosperity to dawn in Jammu and Kashmir for their vested interests and want to keep their pot boiling. Raman Suri said, the recent killings of innocent

people in Kashmir were also aimed at creating a ruckus in the UT but wise people are not buying such tactics of the militants. The public, he said, has also realised the importance of peace, development and mainstream politics, and has moved on. Those selling false dreams to the commoners too are exhausted and now acting in sheer frustration.

Their days are numbered as security forces have launched a major offensive against the militants and on the other hand, government is recognising the supreme sacrifices of our soldiers. This is a perceptible change that is going to last forever.