

Arogya Bharti Jammu Kashmir Ladakh Prant organizes Abhayaas Prant Varg

■ STATE TIMES NEWS
JAMMU: To spread awareness among common masses regarding health and healthy lifestyle, Arogya Bharti organized one day workshop at Bharti Vidya Mandir School, Ambphalla Jammu.

Formed on 2nd November, 2002, Arogya Bharti is a selfless Sewa Sangathan working to spread awareness in society regarding Swastha Sewa, Swasth Jeevan Shalli, Life Style Disorder, Holistic Health Approach, Kishori Vikas, Vyasana Mukti, Spiritual Health and all other aspects of healthy life.

Dr. Ashok Kumar Varshney, National Organizing Secretary of Arogya Bharti is his inaugural address spoke of challenges being faced by society in terms of mental and physical health and energized the Arogya Mitras (Karyakartas) to do selfless service for the society by working together to take masses from illnesses to wellness to happiness.

Sanjeevan, Uttar Kshetra and Rajasthan Parmukh and



A dignitary speaking during Abhayaas Prant Varg at Jammu on Sunday.

member National Team, stressed the need for strengthening Arogya Bharti units at block and Panchayat level to take the mission of healthy lifestyle awareness to rural masses. Dr. Yash Pal, Chief Guest of today's programme, welcomed all the Speakers of the Academic Session of this prestigious workshop.

Dr. Ashok Kumar Varshney announced Dr. Yash Pal will be the new president of Arogya Bharti J&K.

Dr. Yash Pal also threw light on Sehat App and asked karyakartas to make it popu-

lar among all so that all the sections of society can benefit from it. Importance of Mental Health in daily life is necessary for healthy lifestyle. Dr. Romesh Sharma, HoD DIET, Department of School Education Home Science Jammu stressed that awareness must be created among masses for achieving healthy and aware society. Dr. Sharma threw light on various aspects of mental health as every person be it student or professional needs it for a healthy lifestyle. Vasant Mukti is the need of the hour to spread

awareness regarding Substance Abuse.

Dr Arun Gupta, Medical Officer, Ayush J&K spoke on drug de-addiction and informed audiences why addictions are increasing in India. Dr Arun said that we should not hate drug addicts but help them to overcome their addiction and become valuable part of society again. Sanjeevan gave heartfelt thanks to all the speakers.

Dr K.D Gupta, Dr Ashok Varshney Dr. Vikrant Sharma founder Member of Arogya Bharti Prant unit also con-

ducted the question-answer session to settle the queries of the audience.

Yojnatmak Satr was coordinated by Sanjeevan, Anil Vasudev and Abhishek Sharma. Announcement regarding changes in formal structure of the Arogya Bharti Prant structure was made in this Satr. MLA Akhnoor Mohan Lal graced the occasion and showed his support for this nationwide wellness campaign.

Dr. Vikrant Sharma, founder Member of Arogya Bharti rejuvenated the Arogya Mitra and stressed how to achieve Swasth Jeevan Shalli and role Arogya Bharti can play to achieve it.

Vote of thanks was given by Anil Vasudeva, in which he gave thanks to all the National Executive Members, Arogya Mitras, Volunteers, Speakers, Guest who made today's workshop a grand success.

More than 100 Karyakarta of Arogya Bharti from Jammu Division participated in this one day orientation workshop.

Balbir pays obeisance at Guru Ravidas Dera in Pathankot

Calls Guru Ji's life a beacon of social equality and noble teachings

■ STATE TIMES NEWS
JAMMU: Balbir Ram Rattan, Guru Ravidas Vishwa Mahapeeth National General Secretary, also General Secretary of Indian Branch of British Ravidasia Heritage Foundation and Member of Begampura Vishwa Mahasabha, paid obeisance at the revered Guru Ravidas Dera in Pathankot during his recent visit to Punjab.

Balbir also went around the entire premises of the Dera and said that visiting such pious places gives a great sense of peace and devotion.

Balbir, a staunch follower of Guru Ravidas ji, said that the life and teachings of Guru Ravidas Ji as a timeless guide toward equality, compassion, and unity motivates us to work for universal brotherhood and respect for all, without discrimination in any way and at any level.

He said, "Guru Ravidas Ji's message transcends time and caste boundaries. His teachings emphasize the dignity of every human being and the power of love and selfless service. Even in today's world, we need to revisit and reapply his principles in our social and political fabric."

Guru Ravidas Ji, a 14th-century saint, poet, and social reformer, advocated for a casteless society grounded in equality and



J&K BJP Spokesperson, Balbir Ram Rattan paying obeisance to Guru Ravidas.

spiritual enlightenment. His devotional poetry, even forms an integral part of the holy scripture of Guru Granth Sahib, and continues to inspire generations, he said.

Balbir also lauded the efforts of the Dera and Swami Gurdeep Giri ji Maharaj in particular in preserving the legacy of Guru Ji and fostering community welfare through various means.

This sacred place is not just a spiritual center but a beacon of hope and progress for the society, he remarked.

Balbir, while paying obeisance at the holy place, also took a pledge to continue working for an inclusive society where the ideals of Guru Ravidas Ji are lived and practiced.

Natrang presents Hindi play 'Tauba-Tauba'



■ STATE TIMES NEWS
JAMMU: Natrang presented Hindi play 'Tauba-Tauba' here on Sunday under Natrang's weekly theatre series 'Sunday Theatre'.

The play has been written by Rajinder Kumar Sharma and directed by Neeraj Kant. Coated with humor, the play presented some debatable issues which are faced by many theatre groups because of lack of commitment of a few artists which spoil the whole performance. But still it was more inclined towards comedy than being didactic.

The play opens at the home of one 'Anokhe Lal' who has converted it as rehearsal space as he is the director of the play which is scheduled

to be staged within a few days. The drama erupts as the play proceeds as it appears that no one is serious in doing rehearsal other than the director. The artists who used to plead for a single entry in the play have turned pricy now and come up with different excuses to skip rehearsals. At the top of it, the newly appointed servant adds to the confusion as he comes up with a new problem every time he enters the room.

'Anokhe Lal' was very much worried about the performance of the play as nothing was going right, actors were forgetting the lines, people were coming late in the rehearsal and on the top of it, the tickets of the show

have already been sold. The ultimate crisis occur when the director comes to know that the actor who was doing the role of father of hero is not doing the play as he has to go out of station for some personal work.

Shattered by this untoward news, he decides to prepare his newly appointed servant to do the character of father in the play, who reluctantly agrees but real trouble erupts when the real father of 'Anokhe Lal' arrives to whom the servant introduced himself as the father of 'Anokhe Lal' on which both the servant and Anokhe Lal received a thorough beating from the real father.

Natrang actors who performed in the play included Aadesh Dhar, Adaksh Bagal, Kushal Bhat, Aryan Sharma, Vandana Thakur and Kartik Kumar. The lights of the play were executed by Kananpreet Kaur whereas the sound of the play was scored by Kartik Kumar. The presentations were done by Priyal Ashok Gupta and the show was coordinated by Mohd. Yaseen.

Samvedna Society organises 99th Free Health Screening Camp

■ STATE TIMES NEWS
JAMMU: Social Activist & Chairman of the Samvedna Society Keshav Chopra, organizes 99th Free General Health Screeing and Eye Check-Up Camp at Devstan Shri Bawa Brahm Dev Ji Village Taloor, Samba. The vital community initiative, held in collaboration with K.D. Multispeciality Hospital Jammu, led by Dr. J.P. Singh.

The camp was aimed to provide essential healthcare services to the underserved population of the far flung areas of the region. The camp was inaugurated by SHO Samba, Inspector Sikander Singh Chauhan, who lauded the efforts of the Samvedna Society and its partners.

A total of 107 patients benefited from the camp, receiving comprehensive free-of-cost treatment.

This included refraction, Non-Contact Tonometry (NCT), Auto Refractometer (AR) check-ups, and thorough vision check-ups conducted by an



SHO Samba, Inspector Sikander Singh Chauhan inagurating screening camp.

expert team of doctors. In addition to eye care, patients were also provided with free blood sugar and blood pressure tests, and necessary medicines were distributed at no charge. A significant aspect of the camp's commitment to community health is the provision for free surgeries under the Ayushman Bharat Scheme for eligible patients. Speaking at the inauguration Sikander Singh Chauhan expressed his appreciation for the initiative.

"It is truly commendable

to witness the dedication of Samvedna Society in bringing such crucial health services directly to the people of Village Taloor. These camps play a vital role in ensuring that even those in remote areas have access to quality healthcare, and I am particularly pleased to see the focus on both general health and specialized eye care. This effort significantly contributes to the well-being of our community."

Keshav Chopra while speaking reiterated his

organization's commitment to public welfare.

"Our mission at Samvedna Society is to bridge the healthcare gap and make essential medical services accessible to everyone, regardless of their economic background. The overwhelming response from the community today, with 107 patients receiving free treatment, is a testament to the urgent need for such initiatives. We remain committed to continuing our efforts and look forward to reaching even more indi-

viduals in need through our upcoming camps."

Raj Kumar President of the devsthan while speaking expressed gratitude towards Samvedna Society for organizing Free Health Check up Camp at their respective devstan, Many of our residents, especially the elderly and those with limited resources, often face significant challenges in accessing quality healthcare.

The free check-ups, tests, and distribution of medicines, along with the provision for free surgeries under the Ayushman Bharat Scheme, address a critical need and bring immense relief to so many families.

Dr Bhawna, Dr Adil, Dr Shipra, Dr Adhunik Gupta, Team of Devsthan including Bawa Bhushan, Raman Gupta (Amritsar), Dr Sanjeet Gupta, Kamal Gupta, Rajesh Nischal, Gurmeet Kalsi, Mandeep, Manisha, Anju, Manoj Tandon, Sourav Gupta, Abhishek Gupta and others were also Present during the Camp.

First Aid Training empowers Jain colony residents with lifesaving skills

■ STATE TIMES NEWS
JAMMU: A First Aid and Awareness Training Camp was successfully organized by Shree Atam Vallabh Jain Clinic, Jammu on Sunday at Jain Sathanak, Jain Nagar.

The initiative aimed to educate residents on how to respond effectively during the golden hour of medical emergencies-those first critical moments that can make the difference between life and death.

The camp witnessed enthusiastic participation from around sixty members of Jain Colony, Tallab Tillo, Jammu, who were trained in basic lifesaving techniques for emergencies at home.

The session was held from 11:00 AM to 12:00 Noon



Experts demonstrating first aid training.

and covered a wide range of practical topics that are crucial in real-life situations.

Renowned experts Dr. Rajinder Thappa (Retd. CMO, GMC) and Dr. Simriti

Bias (GMC) conducted the training sessions.

They delivered in-depth lectures and demonstrations on various emergencies including fainting and

shocks, CPR in emergencies, drowning, electric shock at home, and epileptic fits, among others.

The doctors stressed the importance of quick thinking and timely intervention, especially in households where professional medical help may not be immediately available. The focus of the training was to empower individuals with knowledge and confidence to take the right steps during an emergency before medical professionals arrive.

Participants were taught how to administer CPR, handle unconsciousness, assist someone having a seizure, and respond to incidents like electric shocks and drowning. The interactive

session allowed attendees to ask questions and participate in hands-on demonstrations.

The event was smoothly organized under the leadership of Pradeep Jain (Chairman), Pritul Jain (General Secretary), and Vikas Jain (Clinic In-Charge), who ensured high engagement and active involvement from the community. They expressed their satisfaction at the successful turnout and meaningful impact the session had on the participants.

Residents expressed deep appreciation for the initiative, describing it as informative, timely, and life-changing. Many shared that such training should be a regular feature, as it equips ordinary citizens with the power to save lives in emergency situations.

The clinic has pledged to hold more such awareness programs in the future, aiming to strengthen community health preparedness across Jammu.

■ STATE TIMES NEWS
JAMMU: In a major step to preserve and promote the rich heritage of Sanatan Dharma among the younger generation, the Jammu Yatri Bhawan Trust (JYBT), Jammu, inaugurated new initiative-a 'Vedic Pathshala' at its Sankat Mochan Panchnmukhi Shree Hanuman Mandir Bhawan, at B.C. Road, here.

The Pathshala was launched under the guidance of Pawan Kumar Shastri, President of the Trust. The Pathshala aims to impart knowledge of Hindu 'Dharma-Karam', culture and traditions. The Trust organized the 5th session of Vedic Pathshala on Sunday with active participation of 45 students hailing from various districts across the province.

The curriculum included recitations and teaching from sacred Hindu texts such as "Shree Bhagavad Gita", "Sundarkandpath", "Shree Hanuman Chalisa", and lessons on Dharma-Karam, and Karam Gyan, helping students gain a holistic understanding of Sanatan culture and philosophy. Prominent Sanskrit scholars shared their knowledge on various topics, including Shree Bhagavad Gita, SundarKand Paath, Hanuman Chalisa Path.

The objective was to provide students with holistic understanding of Sanatan Culture and Philosophy. Students who participated in this Vedic Path Shala also shared their experience and appreciated the initiative.

Pawan Kumar Shastri highlighted that the initiative aims to foster spiritual growth, cultural awareness, and a strong sense of community among the participants.

"In this time when traditions are fading, it is imperative that we reintroduce the timeless teachings of Sanatan Dharma to the youth. These teachings have shaped generations and continue to inspire people around the world. The Pathshala initiative received widespread appreciation from attendees and was lauded as a meaningful step towards preserving ancient Indian wisdom and reviving the spiritual heritage of the region. The Trust plans to continue the Vedic Pathshala beyond the current series with future topics and initiatives being explored," he said.

The visited dignitaries while speaking on the occasion also shed light on the significance of the thousand's year-old Hindu Sanatan Dharma, and said that initiative taken by Pawan Shastri to establish the Vedic Pathshala is truly commendable by promoting Sanatan Dhamam.

This event also witnessed the presence of several dignitaries including Dr. P.P Raina, Abhijeet Sharma, Amit Sharma, Sachin Sharma, Sanjeev Pandita, Sanjeev Jamwal, Kapil Sharma and Dr. Arun Shastri, who officially inaugurated the programme, Dr. Ajay Shastri, Joginder Shastri and other Sanskrit Scholars besides working committee member Sukhdev Sharma, along with staff of Jammu Yatri Bhawan Trust.

ABVP protests outside CM residence, demands for removal of compulsory Urdu requirement in Naib Tehsildar recruitment

■ STATE TIMES NEWS
JAMMU: Akhil Bharatiya Vidyarthi Parishad (ABVP) Jammu-Kashmir staged a strong protest outside the Chief Minister's residence in Jammu, demanding the removal of the compulsory Urdu requirement in the Naib Tehsildar recruitment process.

The protest, led by ABVP members and Naib Tehsildar aspirants, was organized under the banner of "Basha Bachao Yatra" (Save Language Movement), aiming to ensure equal opportunities for all candidates regardless of their linguistic background.

ABVP contends that making Urdu compulsory for Naib Tehsildar recruitment is discriminatory and violates the Jammu and Kashmir Official Languages Act 2020, which recognizes Dogri, Hindi,



ABVP activists staging protest at Jammu on Sunday.

Kashmiri, Urdu, and English as official languages.

State Secretary of ABVP Jammu Kashmir Sannak Shrivats said, "This is a final warning to the Omar Abdullah government on behalf of ABVP Jammu-Kashmir. All candidates deserve equal opportunities in the Naib Tehsildar

recruitment process. Making Urdu compulsory is not only unjust but also a clear-cut discrimination that can impact the future of thousands of talented young individuals." ABVP Jammu-Kashmir, emphasized that the organization's fight is not against the Urdu language but against the discriminatory policy of

Omar Abdullah Govt. that seeks to marginalize certain groups. He stated, "We are not against Urdu, but against the policy that ignores other languages. We demand equal weightage for all five official languages - Dogri, Hindi, Kashmiri, Urdu, and English - in the recruitment process. Our fight is for merit-based selection, inclusivity, and fairness."

The protesters have vowed to continue their agitation until their demands are met and have urged the government to revisit the recruitment rules to ensure they are fair and inclusive for all candidates.

ABVP has committed to fighting for the rights of youth and will not tolerate any discriminatory policy. The protest highlights the importance of linguistic equality and the need for fair recruitment practices.

District level workshop on Panchayat Advancement Index held

■ STATE TIMES NEWS
JAMMU: The Department of Rural Development and Panchayati Raj J&K organised a one-day district-level workshop on the Panchayat Advancement Index at the Conference Hall, DC Office Complex here on Sunday.

The workshop was designed to sensitize stakeholders about the Panchayat Advancement Index, a comprehensive tool used to evaluate the developmental status of Gram Panchayats across the region.

Deputy Commissioner Jammu Sachin Kumar Vaishya presided over the



Deputy Commissioner Jammu Sachin Kumar Vaishya chairing a workshop.

workshop, which saw participation from ADDC Jammu Sher Singh, Shahzada Noor Ul Ain ACP Jammu and other concerned officers and field functionaries.

During the session, participants were briefed on various themes under PAI-

2.0, including child-friendly panchayat, water-sufficient panchayat, clean and green panchayat, and self-sufficient infrastructure in panchayats.

The workshop featured hands-on training on the PAI portal to ensure participants could efficiently

handle data entry and monitoring tasks.

The event, facilitated by Master Trainer Nida Raffiq, concluded with an interactive session where participants engaged in detailed discussions on operational aspects of the PAI initiative.