

## Session on Pranic Healing held at "Golden Days" Day Care Centre

### STATE TIMES NEWS

JAMMU: The "Golden Days" Day Care and Recreation Centre for senior citizens, located in Lower Roop Nagar, organized a health session focused on Pranic Healing. The event was held to introduce and educate the attendees about this energy-based healing technique, aiming to enhance overall well-being among the senior community.

Dr. Shreyansh Kumar Jain, State Yoga Commissioner, Chairman of the Indian Yoga Association, and President of Vichar Kranti Manch International, was the keynote speaker for the session. Dr. Jain provided an in-depth explanation of Pranic Healing, a holistic practice that leverages the body's life force, known as "Prana," to promote natural healing processes.

Pranic Healing is predicated on the concept that Prana, or universal life energy, is present in every living being.

The technique involves manipulating the energy fields surrounding the body to cleanse and energize the



Dr. Shreyansh Kumar Jain, State Yoga Commissioner, with the members of "Golden Days" Day Care and Recreation Centre for senior citizens and others at a health session.

body's energy centers, known as Chakras, and the Aura. The practice is structured into four key stages.

Scanning stage involves assessing the body's energy field or aura to detect imbalances, blockages, or abnormalities in the energy flow.

After identifying areas with negative or congested energy, specific techniques are employed to remove stagnant energy from the body and aura. This process, known as "sweeping," eliminates blockages and allows the life force to flow more freely.

Following cleansing, fresh Prana is transferred to the affected areas of the body. This step aims to replenish the energy and support the healing process.

The final stage involves stabilizing the newly transferred energy to ensure that it is properly assimilated by the body and does not dissipate quickly.

Dr. Jain highlighted the various benefits of Pranic Healing during the session. He noted that this practice promotes both physical and emotional healing, reduces

stress and anxiety, and enhances overall well-being and vitality. Additionally, Pranic Healing can accelerate recovery from illnesses and injuries, and improve mental clarity and focus.

In a practical demonstration, Dr. Jain performed "Tapping Therapy," which involves tapping specific energy centers on the palms, forehead, head, eyes, lips, temples, and ears. Attendees reported feeling a sense of relaxation and relief following the demonstration.

The session was well-

received, and several distinguished guests were present to support and honor the efforts.

Tilakraj Sharma, a former Executive Engineer, along with Rajkumar Kohli, center coordinators, Er. Kuldeep Singh, KK Wadera, Shiv Dev Singh, and Vivhakar Khajuriya, former DGM of JK Bank, felicitated Dr. Jain for his contributions to the field of holistic health.

K.K. Wadera, a prominent social activist, was also honored for his selfless service to society. Additionally, Uttam Singh Uttam, a renowned Dogri singer, recited the Hanuman Chalisa with the members of the center, adding a spiritual dimension to the event.

Tilak Raj Sharma, coordinator of the "Golden Days" centre, concluded the session with a vote of thanks, expressing gratitude to all the speakers, guests, and participants.

The session exemplified the centre's commitment to promoting health and wellness among the senior citizens in the community.

## Training session for Micro Observers held in Anantnag



DEO Anantnag, Dr. Syed Fakhruddin Hamid and others at a programme.

### STATE TIMES NEWS

ANANTNAG: As part of Assembly Elections-2024, a day-long election training programme for Micro Observers comprising Bank employees was on Sunday organized at Conference hall Dak Bungalow Khanabal, Anantnag. District Election Officer (DEO) Anantnag, Dr. Syed Fakhruddin Hamid presided over the event.

The DEO directed the micro-observers to monitor violations and ensure

the electoral process is free, fair and independent.

The training sessions mainly aimed to equip micro observers with the necessary skills and knowledge to ensure the integrity and transparency of the electoral process.

Participants received comprehensive instruction on their roles and responsibilities, including monitoring voting procedures, observing polling stations, and reporting any irregularities.

During the training ses-

sions, the Master Trainers shared their theoretical knowledge, practical skills and hands-on experience of the roles and responsibilities of micro-observers in the electoral process. DEO said that the training programmes are pivotal to sensitize poll staff with their roles and responsibilities during pre-election, election day and post-election phases.

During the training programme, 348 participants attended the training sessions.

## Oasis-DSEJ Life Camp Festival 2024 concludes



Principal Secretary, School Education, Alok Kumar speaking in a programme.

### STATE TIMES NEWS

JAMMU: Oasis Movement in Partnership with Directorate of School Education Jammu (DSEJ) and State Council of Educational Research and Training (SCERT), J&K conducted 3 days Oasis Jyotirdhar workshop for preparing KRPs of Jammu Division w.e.f 21st to 23rd August 2024. 3 days Workshop on Self Leadership is the first one in the series of

Oasis Basic Course.

The workshop focused on the principles of learning, the vision about one's own character and the root of all our problems.

Concluding Event of OASIS Life Camp Festival was held on yesterday at Teacher Bhawan, Gandhi Nagar Jammu in which Principal Secretary, School Education, Alok Kumar was the Chief Guest.

Speaking on the occasion, Alok Kumar emphasized that Teachers are the architects of any society and there is no doubt that great teachers build great nations. To build India as a great nation, we need to awaken the conscience of teachers to own up their responsibility, he said.

The event also marked the launch of 05 educational books by Team Oasis led by Tina Vasudev and Mehul Panchal.

These books were distributed among the young students who are integral part of this movement.

Parikshit Singh Manhas-Director SCERT, Director School Education Jammu Ashok Kumar Sharma, Joint Director Central SCERT H.R Pakhroo, Joint Director SCERT Jammu Division Sindu Kapoor and other officers were present on the occasion.

## Gaurav Gupta inaugurates Vinayak Enterprises "Super Mart" at Sarwal



Gaurav Gupta, Secretary Jammu Club inaugurating Vinayak Enterprises 'Super Mart' at Jammu.

### STATE TIMES NEWS

JAMMU: Gaurav Gupta, Secretary of Jammu Club and former General Secretary of the Chamber of Commerce and Industry, Jammu, on Sunday inaugurated the Vinayak Enterprises' Super Mart at Main Road Sarwal, near the historic Kali Mata Mandir, Jammu.

The grand opening attracted enthusiastic participation from local residents, business leaders, and community members, marking a significant milestone for the area.

In his inaugural address, Gaurav Gupta commended Vivek Gupta, Proprietor of Vinayak Enterprises, for his forward-thinking initiative in

establishing this modern retail facility.

He emphasized the importance of such ventures in catering to the evolving needs of the community. "Vinayak Enterprises' Super Mart is poised to provide unparalleled convenience to local residents, while also bolstering the local economy by creating new employment opportunities," he remarked.

The Super Mart stands out with its wide range of essential products, including groceries, dairy products, household items, personal care products, packaged foods, beverages, and more—all available under one roof.

Gaurav Gupta noted that

this comprehensive selection, combined with attractive offers such as cashback, gold coin giveaways, and discounts with every purchase, will significantly enhance the shopping experience for the local community.

Highlighting the importance of supporting local entrepreneurs, Gaurav appealed to the people of Jammu to rally behind ventures like Vinayak Enterprises, which play a crucial role in the region's economic growth.

"It is vital for the community to back such enterprises that serve as pillars of local economic development," he stated.

He also encouraged the youth of Jammu to capitalize on Central Government-sponsored schemes and transition from job seekers to job creators.

Emphasizing the significance of entrepreneurship, he said, "Young entrepreneurs are the future of Jammu's progress, and initiatives like this Super Mart set a stellar example."

## Ranjeet Kalra appointed UT-Level Icon for upcoming Assembly Elections

### STATE TIMES NEWS

JAMMU: Ace sports administrator, former cricketer, and Jammu University academician Ranjeet Kalra has been appointed as the UT-level icon by the Office of the Chief Electoral Officer, Jammu and Kashmir, in view of the upcoming General Elections to the J&K Legislative Assembly



CEO J&K presenting appointment letter to Ranjeet Kalra.

2024.

An order issued by the office of the Chief Electoral Officer J&K reads, "You, being a renowned figure as a Sports Administrator and Former Cricketer, have been appointed as UT-level Icon for motivating the general public of Jammu and Kashmir, especially the

youth and those eligible but not enrolled as voters. Our combined efforts will definitely result in the enrolment of all such left-out eligible voters and in achieving the Election Commission of India's theme, i.e., 'No Voter to be Left Behind.' Another objective is to increase the voting percentage."

The appointment letter

was handed to Ranjeet Kalra by Pandurang K. Pole, Chief Electoral Officer of Jammu and Kashmir, during a brief ceremony held at Nirvachan Bhawan, Jammu, in the presence of Sapna Kotwal, Media Nodal Officer SVEEP, J&K, and Akhtar Hussain Qazi, Nodal Officer (SVEEP), UT of J&K.

## GDC Marh celebrates National Space Day



GDC Marh faculty and students at National Space Day celebration.

### STATE TIMES NEWS

JAMMU: Government Degree College (GDC) Marh celebrated National Space Day under the leadership of Principal Prof. (Dr.) Rakesh Kumar Koul. This day, dedicated to commemorating India's remarkable achievements in space exploration, particularly honored the success of the Chandrayaan-3 mission, which successfully landed the Vikram lander at Shiv Shakti point and deployed the Pragyan Rover on the lunar surface on August 23, 2023.

The celebration began with the live streaming of India's maiden National Space Day celebrations from Bharat Mandapam, Delhi, allowing students to witness the historic event firsthand. The theme for this year's National Space Day,

"Touching Lives while Touching the Moon: India's Saga," resonated throughout the program, highlighting the profound impact of India's space endeavors on everyday life.

During the event, Principal Dr. Koul emphasized the significance of National Space Day, marking India as the fourth nation in the world to land a rover on the moon and the first to do so near the southern polar region. He provided a comprehensive overview of Vedic science and its connection with astronomical science, urging students to work towards reviving ancient Vedic knowledge in contemporary times to achieve India's Space Vision 2047 ahead of schedule.

Students from the adapted Government Middle School,

Dhateryal, also participated in the live broadcast, followed by an interactive session that introduced them to India's space journey. A detailed video showcasing the successful landing of Chandrayaan-3 was screened, demonstrating India's unwavering commitment to unraveling the moon's mysteries.

Approximately 35 college students attended the program, which was coordinated by the Science Club and IQAC Convener Prof. Intiaz Shahid. Anjana Chib conducted the proceedings, and Dr. Shalun Sharma presented the formal vote of thanks. The event received technical support from Mohit and Rohit, ensuring a smooth and informative experience for all participants.

## Purnima slams Congress for pre-poll tie-up with NC for Assembly Elections

### STATE TIMES NEWS

JAMMU: Advocate Purnima Sharma, Spokesperson of BJP J&K and former Deputy Mayor of Jammu, lashed out at the Congress party over its decision to form a pre-poll alliance with the National Conference (NC) for the upcoming Assembly elections in the Union Territory of Jammu and Kashmir. She accused the Congress of aligning with forces that, according to her, promote "terrorism" and "separatism."

In a strongly worded statement, Purnima expressed her concerns over the implications of this alliance for the region's stability and national security.

"The Congress Party has been exposed before the

country. By aligning with the National Conference, they are openly supporting terrorism and separatism, which have long been detrimental to the peace and unity of Jammu and Kashmir," she stated.

The senior BJP leader further criticized Congress for placing its own political interests above national priorities.

"For the Congress party and its allies, the country comes later; the party comes first. They have consistently opposed reservation policies that aim to uplift the marginalized sections of society, and now, by partnering with NC, they are showing their true colors," she added.

Purnima reaffirmed BJP's commitment to safeguard-

ing the integrity of Jammu and Kashmir and ensuring that the region remains on the path of development and prosperity.

She emphasized that the people of J&K deserve leadership that prioritizes peace, development, and unity over political opportunism.

"BJP will continue to stand against those who seek to disrupt the harmony of Jammu and Kashmir. Our focus will remain on building a secure, progressive, and inclusive society," she said, asserting that the upcoming Assembly elections are expected to be a crucial test for both national and regional parties as they vie for control in the politically sensitive region.

## Poonch Stallions triumph over Poonch Titans in Cricket



Assistant Commissioner Revenue Qadeer Ul Rehman presenting Man of the Match award to Bilal Ahmed.

### STATE TIMES NEWS

POONCH: The 4th edition of the cricket tournament, organized by Rahul Dravid Cricket's chairman Parvaiz Malik, culminated in an exhilarating match between the Poonch Stallions and the Poonch Titans on Sunday.

The highly anticipated clash saw the Poonch Stallions secure a commanding victory over the Poonch Titans, winning by a substantial margin of 127 runs. The standout performer of the day was Bilal Ahmed, whose scintillating innings of

114 runs off just 60 balls earned him the Man of the Match accolade.

Bilal Ahmed's innings was a masterclass in aggressive batting, featuring powerful shots and impeccable timing, which played a pivotal role in setting a formidable target for the Titans. His performance was instrumental in the Stallions' dominant display throughout the game.

The match was attended by a distinguished guest, Assistant Commissioner Revenue Qadeer Ul Rehman, who presented the trophies and mementoes to the winners and runners-up. His presence added a touch of prestige to the event, celebrating the exceptional talent and sportsmanship displayed by the players.

## Training on eVIGIL Portal, ESMS conducted for Bank Branch Heads



### STATE TIMES NEWS

ANANTNAG: In an effort to ensure hassle free conduct of assembly polls in the district, a comprehensive training program on the eVIGIL Portal and Election Security System (ESMS) was on Sunday organized for all Branch Heads of Banks in District Anantnag. The session, held at the VC Hall, DC Office Anantnag was facilitated by the NIC Team Anantnag.

A total of 89 officers participated in the training, where Master Trainers provided valuable theoretical knowledge, practical skills, and hands-on experience related to their roles and responsibilities within the electoral process.

The training aimed to equip participants with a thorough understanding of the systems and their functions to ensure smooth and efficient operations during the elections.