

Promote health through Yoga and lifestyle: Dr. Jain

STATE TIMES NEWS

JAMMU: In today's world, where stress, sedentary lifestyles, and chronic illnesses are increasingly prevalent, there is an urgent need for sustainable solutions to enhance overall health and well-being.

Responding to this need, Vichar Kranti Manch International (VKMI) and the Indian Yoga Association have organized health awareness programs at various locations, aimed at promoting health through the integration of yoga and a balanced lifestyle.

Dr. Shreyansh Kumar Jain, the State Yoga Commissioner, President of VKMI, and Chairman of the Indian Yoga Association, addressed the audience, emphasizing the profound impact of yoga on physical, mental, and emotional health. He highlighted how yoga, a practice rooted in ancient wisdom, incorporates mindful movement, breath control, and meditation to effectively reduce stress, improve



Dr. Shreyansh Kumar Jain, State Yoga Commissioner, President of VKMI being honoured during the event.

flexibility, and increase strength.

Dr. Jain stressed that when yoga is coupled with healthy lifestyle choices such as balanced nutrition, regular physical activity, adequate sleep, and stress management-it holds the potential to significantly enhance overall health and quality of life.

Ashok Gupta, Vice President of VKMI and Bharat Vikas Parishad, actively participated in the event, drawing attention to the benefits of laughing yoga in clearing mental and emotional blockages. He elaborated on the key components of well-being, including mindfulness,

stress management, nutrition, exercise, sleep hygiene, and mental health strategies, which collectively empower individuals to take control of their health and well-being. The event was further enriched by contributions from various distinguished guests. C. M. Sharma, Chairman of HLF Higher Secondary School, shared his views on the significance of integrating yoga and healthy lifestyle practices into daily routines. Abhinandan Jain, Vice President of the Association for Welfare of Senior Citizens, and Arihant Jain, Founder General Secretary of the Vardhman Jain Society, also shared their

perspectives, emphasizing the role of community support in fostering health and well-being. Jawahar Lal Jain, Ex-General Secretary of SS Jain Sabha, Gandhi Nagar, and Ravinder Jain, Former President of Gandhinagar Jain Sabha, highlighted the cultural and traditional aspects of yoga, underscoring its relevance in modern times.

Pardeep Jain, Director of Jainco Automobile Agency, and Narinder Wadhwa, a social activist, discussed the broader societal benefits of promoting health through yoga and lifestyle modifications. The event also featured the celebra-

tion of the 68th birthday of Jaininder Jain (Pinki), President of SS Jain Sabha, Trikuta Nagar; President of Vardhman Jain Society, Rainka Pariwar; and President of the Wholesale Maniyari Association. The birthday was celebrated with enthusiasm and joy, symbolizing the community's spirit and unity. The program concluded with a vote of thanks presented by Chander Mohan Sharma, State Coordinator of Annamalayee University. His heartfelt gratitude towards all participants and organizers highlighted the collaborative effort that made the event a grand success.

These health awareness programs underscore the vital role of yoga and a balanced lifestyle in fostering holistic well-being.

They encourage individuals to embrace practices that lead to healthier, more fulfilling lives, demonstrating the timeless wisdom and contemporary relevance of yoga in today's fast-paced world.

Plantation drive held at Patnitop



Devender Singh Bhatt, CEO PDA and others during the plantation drive.

STATE TIMES NEWS

PATNITOP: As part of the ongoing Swacchta Pakhwada campaign, Patnitop Development Authority (PDA) in collaboration with District Administration Udhampur and Forest Division Udhampur, conducted a plantation drive in the Patnitop Tourism Circuit.

The initiative held under the directions of Yasha Mudgal, Commissioner Secretary, Tourism Department, J&K was led by Devender Singh Bhatt, CEO PDA, and Navneet Singh, DFO Udhampur, with participation from their officials and staff,

former Sarpanch Karlah Panehayat, and locals.

During the drive, they planted saplings in and around Patnitop under the 'Ek Ped Maa Ke Naam' and 'Ek Ped Shaheedon Ke Naam' campaigns, urging the public to contribute towards a greener environment and also pay tribute to our martyrs and mothers.

Locals and tourists were also encouraged to actively support the 'Shuchita Sangram' initiative, promoting environmental responsibility.

"This drive aims to create

awareness about the pivotal role of trees in our lives and highlights our collective responsibility to make our environment cleaner, greener, and healthier," said Devender Singh Bhatt.

He added that Patnitop Development Authority has been conducting various activities to promote sustainable tourism and maintain the cleanliness of the picturesque tourist circuit under its ongoing 'Clean Patnitop Green Patnitop,' 'Clean Mountains Save Mountains,' and 'Carry The Trash Back' campaigns.

Intra college competitions held at PSPS GCW Gandhi Nagar

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JAMMU: The students participated with unparalleled fervour and patriotic zeal at Padma Shri Padma Sahdev (PSPS) Govt. College for Women (GCW) Gandhi Nagar Jammu.

It was under the guidance of Dr. SP Sarswat, Principal of the College, that college orchestrated a series of vibrant intra-college events that reflected the spirit of freedom and unity, instilling a deep sense of national pride

and pride among the students.

Bhavna Kanwar of sem 3rd stood first who will participate in inter college competition at GCW Parade.

It was followed by an evocative painting competition that saw an impressive turnout of talented young artists on important events of Freedom Struggle.

Students, armed with brushes and palettes, channeled their creative energies to depict the essence of

expressed their thoughts on the various aspects of India's freedom struggle.

The essays, rich in content and perspective, provided a glimpse into the aspirations and vision of the youth for the future of the nation. Manvi Rajput of sem 5th bagged first position.

The celebrations culminated in a riveting quiz competition that tested the participants' knowledge of India's independence movement, its National Heroes. The quiz,



Faculty members along with students during the programme.

among students and faculty alike.

The celebrations commenced with a National Anthem singing competition at Dept of Music, aimed to instill a sense of national

India's journey towards freedom.

Trisha Khajuria of sem 3rd stood first. Later the spotlight shifted to the essay writing competition, where participants eloquently

designed to be both challenging and engaging, the students competed with enthusiasm and showcased their extensive knowledge of India's history, culture, and the journey to independence.

HPS organizes inter-house tug of war boys competition

STATE TIMES NEWS

SAMBA: Humanity Public School (HPS), Bassi Kalan, Bari Brahmana, organized an Inter-House Tug of War competition for girls on their premises.

The event saw enthusiastic participation from four teams representing Akash, Agni, Prithvi, and Trishool houses. The students showcased great sportsmanship and talent, making the competition a lively and engaging event.

Akash House emerged victorious, clinching the first position, followed by Trishool House in second place. Prithvi and Agni houses secured the third and fourth positions,



School Management along with students during the competition.

respectively. Akash House's triumph was attributed to their excellent teamwork, coordination, and playing skills, which set them apart from the other teams.

The competition was organized under the supervision of Sports Incharge Mahan Singh, along with other sports coaches, ensuring a fair and competitive environment. Principal Gaurav Charak and Vice-

Principal Anku Charak emphasized the significance of co-scholastic and non-scholastic activities in daily life, encouraging students to actively participate in sports and games. They congratulated the Captain, Soham Bhagat, and Vice-Captain, Aslam Malik, both from Class 7, along with all team members of Akash House for their outstanding performance.

The event was marked by a palpable passion for Tug of War among both participants and spectators, contributing to its success. Principal Gaurav Charak and Vice-Principal Anku Charak further acknowledged and celebrated the students' achievements during the school assembly, in the presence of all incharges and staff members.

Rekha urges party cadre to prepare for upcoming assembly elections

STATE TIMES NEWS

JAMMU: Accelerate the party activities in the midst of the general populace Bharatiya Janata Party (BJP) leader, District President Jammu South Rekha Mahajan addressed a meeting of party cadres in Bahu assembly office of Jammu South. She emphasized the need to accelerate activities at the grassroots level. Rekha Mahajan also urged the cadres to prepare for the upcoming assembly elections in the Union Territory of J&K.

Rekha Mahajan, while addressing the gathering, stressed the importance of



BJP District President Jammu South Rekha Mahajan addressing party workers.

strengthening the party's base at the local level. She asked the cadres to engage with the public, listen to their concerns, and work towards addressing their grievances. She also highlighted the significance of the upcoming

Assembly elections, stating that it presents an opportunity for the BJP to further its agenda of development and prosperity in J&K. Mahajan emphasized the need for the party cadres to be prepared and work tirelessly to ensure

a decisive victory.

Rekha asked the party workers to disseminate information about Modi Government's flagship schemes among the common masses so that doubts if any can be warded off timely leaving no scope for the opposition parties to take undue benefits by swaying people by misleading them. The meeting was attended by Ex-Councillors various party workers, who assured BJP leader Rekha Mahajan of their commitment to intensifying grassroots activities and working towards a successful upcoming election campaign in Jammu South.

JKPS Panjirthi students shine in 'Inter-school Dance ka Mahayudh-Beat the Heat' season 3



Principal JKPS Panjirthi, Suman Banbah along with winner students.

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JAMMU: Unique Dancing Institute organised 'Inter-school Dance ka Mahayudh-Beat the Heat' season 3 wherein students from different schools participated.

Among various participants, students of JK Public School (JKPS) Panjirthi namely Aadya Mehra of class 4th won second prize whereas Agriya Arora of class 6th and Mahi Mahajan of class

8th got third prize.

Jakiians dressed in colourful costumes, set the stage on fire with their enthralling and energetic performance. The Principal of JKPS Panjirthi, Suman Banbah congratulated the Jakiians and expressed, "It is little keys that open up big doors. Patience, persistence, and perspiration make an unbeatable combination for success."

Dist Admin honours martyrs by planting trees

STATE TIMES NEWS

JAMMU: As part of the 'Ek Ped Shaheedon Ke Naam' campaign, senior officers from the Jammu district administration have been paying tributes to the brave soldiers who made the ultimate sacrifice in defense of India's borders.

The officials have been planting trees in memory of these martyrs and meeting with their families to offer support and assurance.

During such an event, Chief Planning Officer, Uttam Singh and Block Development Officer Bhawal, Khalil Ul Rehman on Thursday planted a tree at Government Higher Secondary School Domana in remembrance of Naib Subedar, Manga Ram of the II Punjab Regiment, who laid down his life for the nation in 1947.

The officers, accompanied by the school principal and other officials, also visited the martyr's family to pay their homage on behalf of the district administration.

Lecture on "Nasha Mukht Bharat" held in GGM Science College Jammu

STATE TIMES NEWS

JAMMU: In line with its commitment to promoting social responsibility and national well-being, GGM Science College organized an awareness lecture on the theme "Nasha Mukht Bharat."

This event was held as part of the college's activities under the 'Swachhata Pakhwada' initiative and in celebration of Independence Day. The lecture aimed to educate students about the dangers of drug addiction and the importance of building a drug-free society. The awareness lecture was the focal point of the lecture, delivered by Dr. Asha Sharma, an expert in substance abuse prevention.

The speaker highlighted the severe consequences of drug addiction, including its impact on physical and mental health, families, and society at large.

The lecture provided valuable insights into the steps



Dignitaries along with faculty members and students during the programme.

that individuals and communities can take to combat this growing menace and emphasized the critical role that youth play in the fight against drug abuse.

Dr. Supriya Thakur also highlighted the importance of balance diet as a part of healthy lifestyle.

The lecture underscored how proper nutrition can support physical well being which is essential in preventing substance abuse and aiding in recovery. Cadet Amandeep Singh(

2nd J&K Bn) also shared his views on effectiveness of today's function.

The event was graced by the presence of the esteemed Principal of GGM Science College, Prof. (Dr.) Romesh Kumar Gupta, who emphasized the importance of educational initiatives in raising awareness about drug addiction.

He encouraged students to actively participate in such programs, highlighting the need for collective efforts in creating a health-

ier and drug-free nation.

In addition to the awareness lecture, the event also featured a cleanliness drive, symbolizing the need to cleanse society of the evils of drug addiction. This activity underscored the holistic approach of GGM Science College towards social well-being, integrating both mental and physical aspects of community health.

The event was meticulously organized by the college's dedicated faculty

members, Lt. Dr. Devinder Kumar Sharma and Dr. Shafia, Associate NCC Officers (ANOs), Dr. Rahul Kait and Dr. Neha Sharma, NSS Programme Officers (POs), Dr. Harmeet Kour, Convenor Eco-Club played pivotal roles in ensuring the success of the event.

The dignitaries present in the function were Dr. Tarsem (Associate Dean Students Welfare), Prof. Lekh Raj, Dr. Sumiksha Thakur, Dr. Kiran bala Dr. Arti Sharma, Dr. Nisha Sathia, Prof. Bal krishan, Dr. Sheetu Raina, Dr. Rohit Bhardwaj Dr. Jyotdeep, and Dr. Reetika Rani.

The proceedings of lecture were carried by Aakriti Sharma and Ayoub Jan. The event concluded with a heartfelt vote of thanks by Lt. Dr. Devinder Kumar Sharma, expressing gratitude to all those who contributed to success of the event.