Amit terms healthy lifestyle as basis of success in Mizo Census Wakhathon

■ STATE TIMES NEWS

AIZAWL: Amit Sharma, Director Census Operations, Mizoram and Secretary to Government, ICT Department of Mizoram on Thursday led a Walkathon event here in the capital city Aizawl on the occasion of National Sports Day under Khelo Bharat Niti -2025 so as to strongly symbolize that maintaining healthy lifestyle is a pre-requisite and success mantra for every citizen of the nation.

Amit flagged off this Walkathon event from the Directorate of Census Operations location in Aizawl wherein all the enthusiastic officials of the Directorate and



ICT Department had gathered for participation early morning. This Walkathon happened on a long route, crossing through major official complexes located in MINECO, the central hill of the capital city of Aizawl, wherein almost all the

top offices including Civil Secretariat, High Court Bench, Directorates, Apex HOD Offices are located.

During this Walkathon, Director Census Operations Mizoram Amit Sharma motivated the participants by leading this Walkathon himself United Nations as World Yoga wherein he mentioned that it shall also inspire all citizens Amit also divulged during and officials to lead a healthy lifestyle and make walking and

today's National Sports Day that off-late, there has been a great impetus by the Government of India on encouraging sports, games and physical activities across the board in the nation which has led to great outcomes and desirable performances by youngsters in the field of sports, even at top events like Olympics, Asiad and Commonwealth platforms.

At the culmination, Amit Sharma, Director Census Operations distributed participation certificates amongst all the walkers and the organisers also expressed their deep gratitude to him for leading this Walkathon event and accompanying all the way which acted as a booster for all of them.

Director Health Services Jammu reviews Healthcare services scenario post heavy rains

STATE TIMES NEWS

JAMMU: A meeting was held today under the chairmanship of Director Health Services Jammu, Dr. Abdul Hamid Zarger to review health services scenario post torrential rains.

The meeting was attended by all Chief Medical Officers, Medical Superintendents; State Malariologist and State Surveillance Officer

The Director reviewed the post-flood situation in the division.

Dr. Harjeet Rai State Surveillance Officer Jammu gave detailed instructions regarding rapid health assessment, strengthening of disease

surveillance, restoration of damaged health facilities, deployment of mobile medical teams, ensuring availability of essential medicines and vaccines, coordination with Jal Shakti Department for safe drinking water, intensification of vector control

care in relief camps. Emphasis was also laid on community awareness,

measures, and provision of

sanitation and medical

mental health support, and timely shifting of pregnant women near expected date of delivery to the nearest health facil-

It was reiterated that helpline numbers 104 (health-related issues). 102/108 (ambulance services), and 14416 (Tele-MANAS helpline for mental health support) must be widely publicized for the benefit of the public.

IIM Jammu hosts Ahmedabad Roundtable Conference



STATE TIMES NEWS

AHMEDABAD: The Indian Institute of Management (IIM) Jammu successfully hosted the Ahmedabad Roundtable Conference at Vivanta, Ahmedabad, bringing together eminent policymakers, industry leaders, and academicians to strengthen academia-industry collaboration and align management education with industry needs. The event commenced with registration, a lamp-lighting ceremony, and an introductory video, setting the tone for insightful delibera-

Prof. B.S. Sahay, Director, IIM Jammu, graced the occasion along with distinguished dignitaries from diverse sectors

The conference featured two thought-provoking panel discussions. The first, moderated by Prof. P.P. Maheshwari, Professor of Practice, IIM Jammu, focused on "Learning Beyond Books: Role of Industry to Make Education More Practical." Panelists included Dr. Jaideep (eInfochips), Chowdhary Shilpa Sejpal (Dishman

Carbogen Amcis Ltd.), Mayuri Srivastava (Tata AIG General Chainsingh Insurance). Rathore (Gateway Group), Dhiraj V Advani (KD Hospitals), and IIM Jammu alumnus Aieet Singh (ICICI Bank). Discussions stressed the importance of internships, live projects, and industry exposure in bridging classroom learning with real-world applications. The second panel, moderated by Dr. Apurva,

Faculty, IIM Jammu, deliberat-

ed on "Shaping the Leaders of

Tomorrow: Industry Needs in

Young Talent." Speakers included Rahul Punia (Protiviti Global), Arani Chatterjee Pharmaceuticals), (Cadila Neha Lal (Adani Healthcare Ventures), Dr. Sheetal Thomas (Parul University & IIM alumna), Jammu Mrinalini Minal (Adani Airport & IIM Jammu alumna). The session highlighted adaptability, problem-solving, and leadership potential as key attributes

exercising as a natural ingredi-

At the culmination, Director

Census Operations Mizoram

Amit Sharma addressed the

gathering sharing the basic

objective behind organising

this important physical activity

here and also summed-up sev-

eral merits of maintaining a

healthy lifestyle which has

become a top success mantra

these days, led by none other

than Prime Minister of the

nation, who has done great

efforts to ensure earmarking of

ent of their lifestyles.

The conference concluded with the National Anthem and a networking lunch, encouraging meaningful engagements among participants.

sought in young professionals.

The Ahmedabad Roundtable reinforced IIM Jammu's mission to bridge academia and industry while fostering actionable partnerships to benefit students, institutions, and corpo-

ADGP Armed J&K chairs preparatory meetings for Jashn-e-Dal 2025, Run for Unity - Kashmir Marathon

STATE TIMES NEWS

SRINAGAR: Anand Jain, Additional Director General of Police, Armed J&K, chaired preparatory meetings at the APHQ Conference Hall, Srinagar, to review arrangements for two upcoming mega events - Jashn-e-Dal 2025 and Run for Unity -Kashmir Marathon 2025.

Jashn-ne-Dal 2025 is scheduled to be held from 13th to 15th September 2025 at the back lawns of SKICC, Srinagar. The three-day event will feature water sports, cultural programmes, and recreational competitions, aimed at promoting sportsmanship, youth participation, and community engagement. Over 3,000

athletes from across the country are expected to take part in the festival.

The Run for Unity - Kashmir Marathon 2025 is scheduled for 2nd October 2025 at the Police Golf Course, Srinagar. The marathon will be held in 12 different categories, encouraging wide-scale participation from athletes and fitness enthusiasts.Both events are being organised under the Civic Action Programme (CAP) of J&K Police. During the meeting, Anand Jain reviewed and finalised comprehensive arrangements to ensure the smooth conduct of the events, viz Traffic management, Deployment of police personnel and security arrangements, medical facilities and emergency care, Transportation and telecom support, Media coverage and publicity, Refreshments and hospitality for athletes.

The meeting was attended among others by Junaid Mehmood, DIG IRP Kashmir, Shahid Mehraj, DIG AP Kashmir, Aijaz Ahmad, SSP Traffic Rural Kashmir, all Commandants of Srinagar Citybased Battalions, Manoj Pandita, SSP, AIG Comn PHQ J&K, Munir Ahmad, SSP APCR Kashmir, Dr. Gani, Superintendent, Police Hospital Srinagar, representatives from vari-

PM Modi Wins Hearts of Indian Diaspora in Tokyo



VIJAY GUPTA

Tokvo: Prime Minister Narendra Modi, who is on an official visit to Japan for the 15th India-Japan Annual Summit, was given a rousing reception by the Indian diaspora in Tokyo.

Wherever the Prime Minister travels, he is known to be greeted with enthusiasm by Indians living abroad, and Japan proved no exception.



Brahmachari Vikas Vishambhar Maha Prabhu Das: "I met Modiji for the first time. He greeted me warmly, held me, and appreciated me for my work. We have established the ISKCON temple here in Tokyo, and his words of encouragement mean a lot. Prime Minister also lauded ISKCON's contribution in spreading Indian values and culture worldwide, noting how such initiatives serve as strong pillars of India's cultural diplomacy.



"Lady, travelled nearly 300 kilometers to meet PM Modi: "Earlier the Japanese used to say the Ganga was dirty, but now they have a different perception. I left my child at home just to meet PM Modi ji. The atmosphere is so positive. After Modiji came to power, respect for Indians has increased among the Japanese. Modi ji has given us the vision of Viksit Bharat, and we are standing with that slo-

"Anikta Singh from Varanasi, UP: "I am quite lucky to meet Modiji. The great thing about him is his humility. It felt like meeting Lord Ram. It was an overwhelming feeling to interact with PM Modi who has great persona. I am lucky to meet him during visit to Japan".



Japanese Girl Performs Indian Dance

Tokyo: A group of Japanese girls who showcased an Indian classical dance performance before Prime Minister Narendra Modi expressed joy after the event. Speaking to Young Bites, they said, "I felt very happy performing before Prime Minister Modi. It was a proud moment for me."

Her performance reflected the deep cultural connect between India and Japan, where traditional Indian art forms have found admiration among Japanese youth. The young dancer's graceful presentation not only won applause but also symbolized the strength of cultural exchanges between the two nations.



"Mumbaikar Celebrates Ganesh Chaturthi: "I am very excited to meet Prime Minister Narendra Modi, and we are celebrating Ganesh Chaturthi in Japan also,". He added that the Indian community in Japan has come together to mark the occasion with devotion and cultural pride.



Tokyo: A Japanese citizen, deeply inspired by Indian culture, has become a symbol of the growing people-to-people bond between India and Japan. Fluent in Hindi, fond of Paan, and trained in the art of Tabla in Banaras, he carries India in his heart wherever he goes.

Speaking exclusively to Young Bites, he shared, "I eat Paan regularly. It gives me a feeling of happiness. Every Japanese person feels that India and Japan relations should be strengthened."

The cultural enthusiast revealed that his passion for Indian music led him to Banaras, where he mastered the Tabla. "I learned Tabla from Banaras, and I even had the honor of performing before Prime Minister Narendra Modi," he His journey reflects how Indian traditions from classical music to everyday cus-

toms are admired globally. By embracing Hindi, Paan, and Indian classical music, he has not only bridged the cultural distance but also showcased how shared heritage can strengthen international friendship. With his unique story, this Japanese admirer of India stands as a living exam-

ple of cultural diplomacy, highlighting that India-Japan ties are not only about governments but also about people who embrace each other's traditions with love and respect.



"Ladies dressed in traditional Indian attire: "This is my third time meeting Modiji, and it always feels so electric. It's a dream come true. I had always wished to meet him, and today I am so happy. Modi ji has made.



'A young Marathi girl living in Japan:"I spoke to him in Marathi and it was a great feeling. Since PM Modi became Prime Minister, India-Japan relations have strengthened, and many students are getting scholarships. She said that Modi ji asked him about Ganesh Chaurthi function and spoke to me in Marathi".



"I am the first Marathi YouTuber in Japan and my effort has always been to Japan

promote Indian culture here. PM Modi ji has made India proud, and whenever we say we are from India, people in immediately respond, 'Oh, you are from Modi ji's India.' It fills us

with pride." Joshi has been instrumental in introducing Japanese audiences and the Indian community abroad to Indian festivals and heritage. "Recently, we celebrated Shiv Jayanti for the first time in Japan. It was a matter of immense joy and pride to bring the legacy of Chhatrapati Shivaji Maharaj to this land," he added.

Through his channel and community initiatives, Joshi continues to strengthen cultural bridges between India and Japan, reflecting the growing respect and recognition Indians enjoy abroad.