

J&K witnessed unprecedented development under Modi Regime: Randhawa

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JAMMU: Ahead of the 2024 assembly election, Bharatiya Janata Party (BJP) senior leader, MLA Candidate for Bahu constituency Vikram Randhawa conducted a mammoth citizen rally (public outreach) program in Chatta and its adjoining pillars of Bahu Constituency. The aim is to cover and direct connection with the general public of Bahu constituency. The main objective of the campaign is to directly connect with the common masses and highlight the Modi-led government welfare schemes.

Randhawa emphasized that we are celebrating the festival of democracy. Everyone should vote; this is our fundamental right as well as our duty. You can vote for everyone, and casting your vote is important.



BJP Candidate for Bahu constituency, Vikram Randhawa addressing public rally.

Highlights from Randhawa the prime minister, Narendra Modi, has a particular place in his heart for the union territory of J&K. He stated that Prime Minister Narendra Modi's assertion that he is committed to '24x7 for 24/7' is not just a slogan but what he really puts into practice. Randhawa criticized the previous regimes led by the National Conference and Congress, highlighting the disparity and neglect faced

by the people of the Jammu region. "For decades, the people of Jammu endured stepmotherly treatment under successive NC and Congress governments. They were deprived of fair access to education, development funds, job opportunities, and overall growth," he asserted. Randhawa described that the people of Gorkha Samaj, who were denied residency, thus rendering

them ineligible for government jobs and voting rights by the previous Congress-NC governments, have been granted Residency and also granted reservations under the OBC category. Which is a big relief for the Gorkha Samaj in J&K. He said the Modi government has paid great attention to the sections of society who were neglected by the previous governments. Randhawa elaborates that

under the missions Sabka Saath, Sabka Viswas, and Sabka Vikas, the Modi government has granted reservations to the socially and educationally backward sections of the societies, and Gorkhas.

Randhawa said J&K has attained new heights in development and growth after the abrogation of Article 370 under the leadership of PM Narendra Modi. Referring to the National Conference's poll manifesto that calls for the restoration of Article 370, Mr. Randhawa reiterated, "Article 370 has been buried forever.

The BJP won't allow the efforts aimed at its restoration. It will not come back." He elaborates that J&K, since Independence, has been important for the BJP. We have always tried to keep this land intact with India.

Madhuparamhans Maharaj addresses religious congregation in Mishriwala

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JAMMU: Sadguru Shri Madhuparamhans Ji Maharaj addressed the congregation in Mishriwala, sharing profound insights about the nature of the soul and the path to liberation. He emphasized that while the world is filled with countless names, true liberation cannot be achieved through them. The essence of the saints' names is unique and transcends ordinary comprehension; it embodies a divine consciousness that is beyond words, writing, and even sound.

He highlighted that scriptures affirm the blissful nature of the soul, yet many question why the soul remains bound if it is supreme. Although people often acknowledge the blissfulness of the soul, they must confront the reality of its entrapment in karmas. He pointed out that



both virtuous and sinful actions bind the soul, and our true essence remains untouched by these karmas.

Maharaj elaborated on the idea that our actions are governed by the mind, which he referred to as Kaal-an entity that keeps individuals trapped in a cycle of suffering. He emphasized the importance of recognizing this binding and the need for liberation. True concentration, he explained, lies in understanding the soul as pure consciousness that

resides within the body, guiding it from the Agya Chakra. The challenge, as he articulated, is that the soul has mistakenly identified itself with the body, creating a profound attachment that leads to suffering. He quoted Goswami Tulsidas, noting that the inanimate body and the conscious soul are intricately intertwined, making separation difficult even when false.

Maharaj concluded that both sin and virtue act as chains, trapping the soul in a web of deeds. The suffering experienced by the soul post-birth is immense, and while scriptures offer various remedies, they often complicate matters further. Ultimately, he affirmed that true liberation is only attainable through the grace of a Sadguru, whose name embodies the essence of the divine and holds the power to free the soul from its bonds.

Natrang stages Hindi play 'Girgit'



Natrang artists performing in a play.

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JAMMU: Hindi play 'Girgit' directed by Neeraj Kant featured here today in Natrang's weekly Theatre series 'Sunday Theatre' at Natrang Studio Theatre. Based on a Russian short story by Anton Chekhov the play proved to be the hard hitting satire on the present socio-political system. The adaptation of the play was deeply rooted in the soil of Jammu and its dramatic structure made the audience feel as if they are watching their own story. Every time the play is staged, some highly contemporary and situational aspect is added to it which refines its beauty. Natrang has been endeavoring to showcase highly

relevant political and social satires and today's play demonstrated to be the shining example of that. The play Girgit revolves around a Dog and corrupt Police Officer, who changes colours like a chameleon, every time as the situation changes irrespective of right or wrong. The stage action starts when a Dog bites a pickpocket who approaches the officers to help him to roundup owner but in vain. A passerby hints that the dog belongs to the local Minister as he saw a similar dog moving around his Bungalow. On getting his clue, the officer starts beating the pickpocket for teasing a respectable dog. The officer claims that a dog of minis-

ter cannot bite unless and until forced to do so. While he is beating the pickpocket, another man from the crowd observes that the local minister cannot keep such dog, as he is known to have pointer-hunting dogs only. On this, dog is thrashed and search continues for the owner of the dog to enable the pickpocket to claim the compensation. The beating of the dog continues until a servant of the minister appears on the scene. At first he refuses to recognize the dog but later identifies him as the minister's brother's dog who has visited from Delhi. Here the dog is escorted back home with full official protocol.

Mihir Gujral as Police Officer portrayed aesthetically the changes of colours of the central character who was equally supported by Aadesh Dhar as his subordinate. Kananpreet Kaur as the senior officer successfully exhibited the complexities of the senior bureaucrats. Among others who gave impressive performances included Vishal Sharma as thief, Kushal Bhat as Minister's Servant, Lal Mohd. as Dog, Palshin Dutta, Vrinda Gujral, Vansh Pandotra, Pratibha Verma.

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JAMMU: Women's empowerment was not a political issue for the BJP but an idea that is intrinsic to its work culture, said BJP senior leader, District President Jammu South Rekha Mahajan made the remarks during the program of Muslim Mahila interaction with the community here today. Women, being the biggest beneficiaries of the Modi Government's flagship schemes like Pradhan Mantri Jan Dhan Yojana (PMJDY) and Pradhan Mantri Ujjwala Scheme, have experienced freedom from financial dependency and day-to-day life. The love and support they have shown in return has been unprecedented.

She highlighted key initiatives undertaken by the Modi government to uplift Muslim women. These include education and skill development, scholarship programs and vocational training to enhance employability and economic independence, healthcare and nutrition,



BJP District President Jammu South Rekha Mahajan with others during election campaign.

improved healthcare facilities, sanitation, and nutrition programs.

Rekha emphasized PM Modi's unwavering commitment to Muslim welfare, citing notable achievements, including the Triple Talaq Abolition, as a significant step towards ensuring dignity and equality for Muslim women. These initiatives

have significantly improved the lives of Muslim women, enabling them to contribute meaningfully to their families and communities.

Rekha Mahajan recently engaged with Muslim women, emphasizing the numerous achievements of Prime Minister Narendra Modi's government in empowering the Muslim

community. Mahajan's outreach efforts aim to foster a stronger connection between the BJP and Muslim women, promoting inclusivity and development. She stated that women play a crucial role in the Modi-led government and are always committed to the empowerment and upliftment of women in India. Rekha

highlighted the significant contribution of women in the Modi-led government, stating that they play a crucial role in shaping policies and are always committed to creating a better future for women in India.

Rekha said that under the leadership of Prime Minister Narendra Modi, India has moved rapidly towards becoming a developed nation. Today, there has been development in every field. The biggest companies in the world want to come to India. Due to this, India's economy has strengthened. She added that India is moving forward rapidly under PM Modi's leadership.

Rekha Mahajan's engagement with Muslim women marks a significant step towards fostering a stronger, more inclusive BJP. By highlighting PM Modi's achievements, Mahajan aims to build trust and promote a sense of ownership among Muslim women, ensuring their active participation in the country's development journey.

Six faculty members of CUJ among Global Top 2% of highly cited Researchers

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JAMMU: John P.A. Ioannidis of Stanford University and Elsevier BV, a leading scientific publisher has recently published an update of his study of the global top 2% of most widely cited researchers into 22 scientific fields and 174 sub-fields, according to the standard science-matrix classification.

This ranking, considered one of the most prestigious

worldwide, is based on standardized information on citations, h-index, co-authorship adjusted h-index, citations to papers in different authorship positions, and a composite indicator (e-score) update in August 2024 data includes more than 217,000 researchers categorized.

Six faculty members of Central University of Jammu have made it in the Top 2% Scientists of the

World list released by Stanford University (SU) recently.

The selection is based on the top 1,00,000 scientists by e-score or a percentile rank of 2% or above in the sub-field including Prof. Deepak Pathania, Prof. Richa Kothari, Prof. Rakesh Jha, Dr. Uday Pratap Singh, Dr. Pradeep Kumar Singh and Dr. Pawan Kumar.

This is the Second time

highest ever number of Central University of Jammu teachers in top 2% list, which majorly consists in Environmental Science, Electronic Engineering, Computer Engineering, one in Mathematics and one in Material Science.

On this occasion, Prof. Sanjeev Jain, Vice-Chancellor, CUJ congratulated all faculty members. This is our best showing in the list. When it first started

around 2020, there were only 03 professors in the first edition. Now we have been able to double the number in the last two conjugated years.

He added that the University continues to improve its track record of excellent achievements by the faculty members, where its faculty has won several prestigious awards and honors, bagged coveted prizes, secured competitive grants, and filed national and international patents.

The University is also known for its publication record, wherein the faculty members continually publish their research findings in refereed journals of international repute.

NC leader appeals people of J&K to vote for better future

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JAMMU: Former Minister and senior National Conference (NC) leader, Babu Rampaul has appealed the electorate of Jammu and Kashmir to vote and support the National Conference and Congress (INDI Alliance) candidates in the on-going Assembly elections for the better future and overall development of J&K.

In his message to youth (Yuva Shakti), women folk (Matra Shakti), intellectuals (Budhijeevi), senior citizen (civilized society), Mazdoor (Nirman Dhata), Kissan (Ann Data), Schedule Caste (Dalit

Varg), Backward classes (Pushmunda Tabka Jaat), ST (Tribal) poor, down-trodden and weaker sections of the society, Babu Rampaul said "it is a high time to come forward for the restoration of full-fledged state of Jammu and Kashmir and democratic set up (Riyasat, Virasat, and Siyasat)."

He also said that the NC and Congress parties are committed and would fight for the constitutional/legitimate rights of the people of Jammu and Kashmir.

Meanwhile, he called upon the people at this crucial juncture to cast their valuable franchise for

change, the present dispensation, and play a significant role in pulling up democratic values crushed by the reactionary forces.

The National Conference leader also appealed to the people to fully support and strengthen the hands of nationalist, socialist, secular, and democratic forces and defeat the nefarious design of the fundamentalists.

He further said, "We should unitedly work for peace, progress, prosperity, integrity, and strengthen the bonds of communal harmony and brotherhood among the people of Jammu and Kashmir."

Nadda conducts massive roadshow in support of Yudhvir Sethi in East constituency

■ STATE TIMES NEWS

JAMMU: In a grand show of strength and solidarity, BJP National President J.P. Nadda today led an enthusiastic roadshow in support of Yudhvir Sethi, senior BJP leader and contesting candidate from the East constituency of Jammu. The roadshow, which witnessed overwhelming participation from the public, marked a significant moment in the ongoing election campaign.

The event commenced from Mahajan Sabha, Parade, and passed through City Chowk and Raghunath Bazaar, finally culminating at Shree Raghunath Ji Temple. As the convoy moved through the city's bustling streets, an electrifying atmosphere took over with more than 10,000 supporters lining the streets to greet and cheer for Nadda and Sethi. The response from the people in the East constituency was truly remarkable, with residents showering flower petals and raising slogans in support of the BJP.

Upon reaching Shree Raghunath Ji Temple, J.P



BJP National President J.P. Nadda leading roadshow in support of Yudhvir Sethi.

Nadda, accompanied by Yudhvir Sethi and other senior party leaders, performed a special Aarti. The leaders offered prayers for the peace, prosperity, and well-being of the people of Jammu and Kashmir, while also seeking divine blessings for Yudhvir Sethi's electoral success in the upcoming elections.

Addressing the massive gathering, J.P. Nadda lauded the unwavering support of the people, saying, "The response we have received today is a testimony to the trust people have

in BJP's vision for Jammu and Kashmir. Yudhvir Sethi is a leader who has tirelessly worked for the welfare of the people and stands as a symbol of development and progress." He further assured that under the leadership of Prime Minister Narendra Modi, Jammu and Kashmir would continue to witness unprecedented growth and prosperity.

Yudhvir Sethi, while addressing the crowd, expressed his gratitude for the overwhelming support shown by the people. "I

am deeply touched by the love and faith people have shown today. With your blessings and the guidance of our leadership, we will continue to serve the people of Jammu with dedication and commitment. Together, we will build a stronger and more prosperous Jammu and Kashmir," he said.

The roadshow concluded on a high note, with the crowd chanting slogans in support of BJP and Yudhvir Sethi, reinforcing the party's stronghold in the East constituency.

Yoga Session on Uric Acid Management held

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JAMMU: An awareness program focused on the management of uric acid was organized by Vichar Kranti Manch International (VKMI) and Sarv Uthan Trust at the Yoga & Meditation Center in Chhamni Himmat. The event featured prominent figures, including LK Mengi, Retd Chief Engineer, as the Chief Guest, and KS Samyal, Chief Advisor of the Confederation of Voluntary, Social & Charitable Organisations, who presided over the session. Ashok Gupta, Founder and Chief Managing Trustee, welcomed participants and introduced VKMI and SUT. The main speaker, Dr. Shreyansh



Shreyansh Kumar Jain, State Yoga Commissioner with others at a programme.

Kumar Jain, State Yoga Commissioner and Chairman of the Indian Yoga Association, elaborated on uric acid, explaining that it forms when purines found in certain foods break down in the body. He outlined symptoms of high uric acid, such as joint pain, swelling, and urinary issues, and discussed the main causes,

including diet, genetics, obesity, and certain medications.

Dr. Jain offered treatment recommendations, including dietary changes, hydration, weight management, and avoiding alcohol and sugary drinks. He also emphasized the role of yoga in controlling uric acid levels, recommending poses like Ardha

Matsyendrasana and Vajrasana.

Additionally, he shared home remedies, such as apple cider vinegar and lemon juice, as well as natural remedies like hydrotherapy and fruit juices.

Ashok Gupta led a session on Hasya Yoga, while Narinder Wadhwa demonstrated various yoga asanas. Dr. Ravi Kant guided participants in meditation based on Heartfulness principles.

The event concluded with a vote of thanks by Abhinandan Jain, and active participation from attendees, including Lavan Gulati and Suresh Chander Gupta, underscored the community's commitment to health and wellness.