

Symposium on 'Symptoms, causes & treatment of Cholesterol through Yoga & Homemade Remedies' held

■ STATE TIMES NEWS

JAMMU: A symposium organized by Vichar Kranti Manch International and the Indian Yoga Association was held at the "Yoga & Meditation Center," focusing on effective management of cholesterol through yoga and natural remedies. The event featured distinguished guests, including KS Samyal, Chief Advisor of the Confederation of Voluntary, Social & Charitable Organizations, who served as the Chief Guest. HC Vaid, President of Bharat Vikas Parishad Shivalik, presided over the session, which also included special invitees such as retired Major NS Chib, LK Mengi, and Anju Bansal.

Dr. Shreyansh Kumar Jain, State Yoga Commissioner and Chairman of the Indian Yoga Association, was the key speaker. He provided an in-depth explanation of chole-



Dignitaries at a symposium being organized by Vichar Kranti Manch International.

terol, describing it as a waxy, fat-like substance essential for building healthy cells. However, excessive cholesterol can lead to serious health issues, including heart disease and stroke, by forming deposits in blood vessels that obstruct blood flow.

During his presentation, Dr. Jain discussed the symptoms associated with high cholesterol, noting that it often goes unnoticed until it leads to sig-

nificant health events like heart attacks or strokes. He highlighted symptoms to be aware of, including chest pain, shortness of breath, fatigue, numbness or coldness in extremities, and xanthomas (fatty deposits under the skin).

Dr. Jain identified several key causes of high cholesterol, such as unhealthy diets rich in saturated and trans fats, lack of exercise leading to obesity, genetic predisposition, certain

medical conditions like diabetes and hypothyroidism, and smoking, which reduces good cholesterol levels. He emphasized that addressing these factors is crucial for effective cholesterol management.

Regarding treatment through yoga, Dr. Jain outlined various asanas that can help manage cholesterol by improving metabolism, promoting weight loss, and reducing stress. Key yoga poses discussed included Surya Namaskar (Sun Salutation), Sarvangasana (Shoulder Stand), Vipreetkarni (Legs-Up-the-Wall Pose), and Bhujangasana (Cobra Pose). These practices can enhance circulation, strengthen the body, and support overall heart health.

In addition to yoga, the symposium explored homemade remedies for managing chole-

sterol. Recommendations included consuming raw garlic for lowering LDL cholesterol, boiling coriander seeds to create a beneficial infusion, and incorporating amla (Indian Gooseberry) for its high Vitamin C content. Other effective remedies discussed were fenugreek seeds, flaxseeds, apple cider vinegar, and oats, all of which contribute to healthier cholesterol levels.

Hirday Chander Vaid, a social activist and BVP Branch President, emphasized that adopting a healthier lifestyle can effectively manage cholesterol levels.

However, he advised attendees to consult healthcare providers for personalized plans. Ashok Gupta, Vice President VKMI and Founder Chairman of Sarv Uthan Trust, discussed the benefits of Hasyayoga and led a demonstration.

The event also featured NS Chib showcasing various yoga poses, while KS Samyal and Anju Bansal enriched the gathering with melodious Bhajans.

The symposium concluded with a vote of thanks from Ashok, marking a successful effort to promote awareness about cholesterol management through holistic approaches.

Appeal to all J&K voters, cast their vote for BJP candidates: Randhawa



MLA Candidate for Bahu Constituency Vikram Randhawa addressing public meeting.

■ STATE TIMES NEWS

JAMMU: People in Jammu and Kashmir are looking forward to a government free of "corruption, terrorism, and separatism" for peace and a better future for their children, BJP senior leader MLA Candidate for Bahu Constituency Vikram Randhawa said today. Addressing the public meeting in Sanjay Nagar and its adjoining areas Randhawa said this assembly election has given a historic opportunity to the people of Jammu to decide the next government. They need to seize this moment and choose the BJP, Randhawa said. "There has been a massive voter turnout in the first two phases of the election. He appeals to all J&K voters to cast their vote for BJP candidates. It is certain that the BJP is going to form its first government with an absolute majority in Jammu and Kashmir," he said. Randhawa also noted that

Modi scored high ratings even during an international crisis like the COVID-19 pandemic when other world leaders suffered in popular support. Vikram Randhawa, a dedicated BJP leader, has proudly shared his experiences of serving the public during the COVID-19 pandemic. "I consider it a great honor to have served the public during such challenging times," Randhawa stated. By risking his own life, he distributed essential items like food, masks, and sanitizers to those in need.

Lauding the Narendra Modi-led government's initiatives in front of the general public, BJP leader Vikram Randhawa highlighted significant progress made over the past decade in improving access to essential amenities, citing a series of statistics. He asserted that under the leadership of Modi ji, in 10 years of good governance, the central government has worked for the welfare of more than 60

crore poor people in the country. In these 10 years, PM Modi worked to provide tap water to 70 crore poor people in the country; drinking water has reached several houses in J&K for the first time after 75 years of its independence. He further highlighted the initiatives taken by the government to bolster national security and deliver social justice, besides the economic achievements of its tenure, and PM Modi has completed all impossible-looking tasks and is looking forward to future endeavors.

Randhawa, let's band together for a more optimistic J&K. Vote in the third phase of the election on October 1 and help the BJP build a government focused on development. Together, we can guarantee everyone's success and open the door to a prosperous future for our children.

CISF takes over security of Beas Satluj Project Link in Himachal



CISF officers taking over security of Beas Satluj Link project.

■ STATE TIMES NEWS

NEW DELHI: The Central Industrial Security Force (CISF) on Sunday took charge of the security of the Beas Satluj Link project in Himachal Pradesh with the deployment of 235 personnel, the paramilitary force said.

An induction ceremony was held at Sunder Nagar in Mandi district of the state where officials of the central force and those from the Bhakra Beas Management Board (BBMB) participated. The reservoir is one of the largest and "most vital" in northern India, providing irrigation, flood control, and drinking water to lakhs of people.

"The project contributes significantly to the power grid, playing an essential role in India's economic development. Due to its importance, the BSL project is vulnerable to threats from anti-national elements and militants, highlighting the need for a robust security framework," the CISF said in a statement.

The project was being guarded by the local police till now.

The Beas Satluj Link Project plays a crucial role in managing water resources in the region by diverting water from the Beas River into the Satluj River through two tunnels and an open channel.

The project enhances power

generation and increases the storage capacity of the Bhakra Reservoir (Gobindsagar), it said.

The CISF will provide armed security to the facility with the deployment of 235 personnel led by a Deputy Commandant rank officer.

The force will control access, undertake patrolling and coordinate with local law enforcement to ensure a secure environment, as per the force.

The Beas Satluj Link project plays a crucial role in managing water resources in the region by diverting water from the Beas River into the Satluj River through two tunnels and an open channel.

1947 PoJK SIF appeals to voters to support BJP in Assembly Elections

■ STATE TIMES NEWS

JAMMU: Surjit Singh, the General Secretary of the 1947 PoJK Sharnarathi Intellectual Forum (SIF), has made a strong appeal to all refugees and residents of Jammu, Samba, Kathua, and others Assembly Constituencies, to cast their votes in favor of Bharatiya Janata Party (BJP) candidates in the upcoming Jammu and Kashmir Assembly elections, scheduled for October 1, 2024.

Singh emphasized that only the BJP has demonstrated the commitment and capability to resolve the long-standing issues of the PoJK refugees and ensure their welfare.

In his address, Surjit Singh praised the efforts of the BJP-led Central Government under Prime Minister Narendra Modi, stating that significant

progress has been made in addressing the concerns of the PoJK refugees. He highlighted that the Modi government has been consistently working towards bringing justice and dignity to the displaced communities, who have suffered for decades due to unresolved issues related to their rehabilitation, property rights, and compensation.

Singh underscored the fact that the BJP has taken historic steps to acknowledge the plight of PoJK refugees. He pointed to key initiatives, such as the financial assistance packages that were provided to PoJK families, along with the inclusion of these refugees in various central schemes aimed at improving their living conditions.

"The BJP is the only party that has sincerely worked for



the upliftment of PoJK Sharnarathis and their families. It is crucial that we support the BJP in forming a strong government in the Union Territory of Jammu and Kashmir so that the remaining issues can be resolved without further delay," Singh remarked.

In his appeal to Sharnarathi voters, Surjit Singh urged the community to unite and ensure a decisive mandate in favor of BJP candidates in the upcoming elections. He emphasized that electing a BJP government in Jammu and Kashmir would

pave the way for faster resolution of pending issues and ensure that PoJK refugees receive the respect, rights, and recognition they deserve.

Singh expressed confidence that under the BJP's leadership, the challenges facing PoJK refugees will be addressed with renewed vigour.

He also cautioned the voters against being misled by other political parties, which, according to him, have made empty promises over the years but failed to deliver tangible results for the refugee community.

Singh reiterated that the BJP has a proven track record of delivering on its commitments and working for the betterment of marginalized groups.

Surjit Singh concluded his appeal by calling for unity among the Sharnarathi community. He urged the voters to look

at the bigger picture and recognize that the formation of a BJP government in Jammu and Kashmir is essential for lasting solutions to their grievances. "This election is a turning point for our community. We must come together and vote for a government that has consistently worked for our welfare and will continue to do so. A vote for the BJP is a vote for progress, justice, and a brighter future for all Sharnarathis," he said.

The Assembly elections in Jammu and Kashmir on October 1, 2024, are expected to be a crucial moment for the region, with the BJP aiming to secure a strong mandate to continue its development agenda and address the remaining concerns of various communities, including the 1947 PoJK refugees, he said.

Strong wave in our favour, BJP will form next govt in J&K: Sat Sharma

Pvt Schools Association Secy Satpal Kalsotra along with supporters joins BJP



J&K BJP Working President, Sat Sharma with newly joined members.

■ STATE TIMES NEWS

JAMMU: The J&K BJP Working President, Sat Sharma, on Sunday said the high voter turnout in the first 2 phases of Assembly elections has made it amply clear that BJP will form its government in J&K on its own.

This was stated by Sat, while welcoming the Secretary of the Private Schools Association Jammu, Satpal Kalsotra, and his supporters who joined BJP on Sunday during a program organized at BJP media centre. Sat said that there is a strong wave in favor of BJP and Jammu will play a decisive role in government formation.

BJP's election in-charge, J&K, and Union Minister G. Kishan Reddy also welcomed the new entrants into the party fold and said that family of BJP has been expanding with each passing day. Reddy said that a terrorism-free Jammu and Kashmir is BJP's goal, and the party is working

on a zero-tolerance policy against terrorism. He stated that under the capable leadership of Prime Minister Narendra Modi, a positive environment has been created in J&K.

He further mentioned that the Prime Minister's "Vijay Sankalp Maharally" was successful. BJP is confident that with the blessings of the voters, the party will form the government in J&K on its own. Sat Sharma, while welcoming new entrants, said that BJP will form the next government in Jammu and Kashmir on its own. BJP Media Center In-charge, Arun Gupta, Kathua District President, Gopal Mahajan, Darshan Lal, and Media Incharge, Dr. Pradeep Mahotra was also present on the occasion.

Those who joined the BJP included Madan Mohan Sharma, Suman Sharma, Dinesh Mahajan, Pradeep Singh, Vikas Gupta, Ashok Sharma and others.

Vote for a prosperous & united future of J&K: Nitish

■ STATE TIMES NEWS

JAMMU: Nitish Mahajan, Co-in-charge of the Social Media Department, BJP Jammu & Kashmir, has fervently called upon the people of the region to come out in large numbers and support the BJP candidate in the upcoming third phase of Assembly elections, scheduled for October 1. Highlighting the party's unwavering commitment to the development and progress of Jammu & Kashmir, he emphasized that a vote for the BJP is a vote for a prosperous and united future.

Addressing a gathering of party workers and supporters, Nitish Mahajan said, "It is crucial for every citizen to exercise their right to vote in these pivotal elections. The BJP has consistently worked towards

the upliftment of all sections of society, particularly in Jammu & Kashmir, which has witnessed significant development under the leadership of Prime Minister Narendra Modi. The third phase of the Assembly elections presents another opportunity to further consolidate the gains we have made and move ahead on the path of peace, prosperity, and inclusive growth."

Nitish also underscored the importance of voting for a stable and visionary government that will ensure the continuity of the welfare schemes and policies introduced by the BJP, such as Ayushman Bharat, Pradhan Mantri Awas Yojana, and Ujjwala Yojana, which have positively impacted millions of lives across the Union Territory. He urged the electorate to see beyond short-term promises and focus on the long-term benefits of a government that prioritizes development, national integration, and the empowerment of the common man.

"The BJP is the only party that can guarantee security, progress, and prosperity for Jammu & Kashmir. Every vote counts, and I appeal to the people to come forward on October 1 and cast their vote for the BJP candidate to ensure the region continues on its path of transformation," he added.

Nitish thanked the people for their continued support and trust in the BJP, while reaffirming the party's commitment to work tirelessly for the betterment of Jammu & Kashmir.

Katra to miss Mission Dosti Dungal this year

■ STATE TIMES NEWS

JAMMU: The 19th edition of the famous Mission Dosti International Indian Style Maha Kushti Dungal may not take place this year, the reason being most of the events of the annual Navratra Festival in the holy town have been cancelled in the hands of Divisional Administration.

A decision in this regard has been taken by the Government and subsequently conveyed to the stake holders, including the J&K Indian Style Wrestling Association, the organisers of the popular Dungal due to the ongoing Model Code of Conduct for the Assembly elections.

The event, wherein top Indian and foreign wrestlers contest for the top honours, is held every year for last near two decades at SMVDSB Multipurpose Sports Complex.

"Besides the most popular Dungal event, a couple of other events have also

stand cancelled. The Divisional Administration has already taken a decision in this regard and those effected have been conveyed the reasons. So, sometime things are not in your hand, so we have accepted the directions from the Government," said president

of the Association, Shiv Kumar Sharma.

Important to mention here that every year famous Mission Dosti Dungal is organised as part of the Navratra Festival in the holy town of Katra in support with the SMVDSB and Divisional Administration.

PRINCIPAL JUDGE, FAMILY COURT, JAMMU

File No. G&W /2020/2024

Case No. 22/2024

CNR No. JKJM020015732024

1. Madan Lal age 65 years S/o Sh. Karam Chander
R/O Amar Nagar, Harsa Dabber, Jammu- 181132,
2. Kunti Devi age 56 years W/o sh. Madan Lal
R/O Amir Nagar, Harsa Dabber Jammu-181132.

...Petitioners

Vs

1. Seema Devi D/O Sh. Madan Lal,
R/O Amir Nagar, Harsa Dabber Jammu 181132.

...Respondent

In the matter of: - Petition under Section 7 of Guardian and Wards Act, 1890 for the appointment of petitioner as a guardian of the person of minor child namely Seerat and obtaining Guardianship Certificate.

NOTICE TO:-
The General Public
Whereas the above titled petition filed by the petitioners for appointment of petitioners as a guardian of the person of minor child namely Seerat and obtaining Guardianship Certificate. In this regard the respondent No.1 caused appearance through his counsel and filed objections to the petition wherein he admitted the claim of the petitioners that he has no objection in case the petitioners are appointed as guardian of the minor Seerat.
Therefore, through the medium of this publication, the public in general is invited through this publication to file their objections, if any with regard to the appointment of the petitioners as guardian of the minor namely Seerat.
The objections may be filed within a period of 15 days from the date of the publication either in person or through counsel. Thereafter the matter shall be heard and decided on the basis of said objections if any filed.
In case of holiday on the above said date, the matter shall be taken up on the next working day.
Given under my hand and seal of this court today the 19.09.2024

Sd/-
(Ajay Kumar Gupta)
Principal Judge
Family Court Jammu

J&K witnessed unprecedented development under visionary leadership of PM Modi: Dr. Parneesh

■ STATE TIMES NEWS

JAMMU: Dr. Parneesh Mahajan, Convenor of the Department of Training, BJP Jammu & Kashmir, has made an impassioned appeal to the people of J&K to vote for BJP candidates in the upcoming third and final phase of the Assembly elections on October 1. Highlighting the transformative work done by the Bharatiya Janata Party under the dynamic leadership of Prime Minister Narendra Modi, he emphasized that only the BJP can meet the aspirations of the people of Jammu and Kashmir and lead the Union Territory towards lasting peace, development, and prosperity.

Speaking to a gathering of party workers and supporters, Dr. Parneesh Mahajan said, "The people of Jammu & Kashmir have witnessed unprecedented development and progress under the visionary leadership of Prime Minister Narendra Modi. From infra-structural development to empowering the youth,

women, and marginalized sections of society, the BJP has been at the forefront of ushering in a new era of growth and opportunities for all. Only the BJP can truly fulfill the aspirations of the people of Jammu & Kashmir, ensuring peace, stability, and prosperity for future generations." He further underscored the BJP's commitment to providing a strong and stable government, which is essential for the continued implementation of key welfare schemes and initiatives that have already transformed the lives of millions across the Union Territory. Dr. Mahajan cited flagship programs such as the Pradhan Mantri Awas Yojana, PM-Kisan, and Ayushman Bharat, all of which have had a profound impact on improving the quality of life for the common people.

"Prime Minister Modi's focus on Jammu & Kashmir's development is unwavering. The abrogation of Article 370 paved the way for a new chapter in the region's his-

tory, one where the people of J&K have been empowered like never before. Now is the time to consolidate these gains and vote for a party that is committed to the long-term well-being of Jammu & Kashmir. I urge all citizens to cast their vote in favor of BJP candidates on October 1, ensuring that we continue on the path of development and prosperity," Dr. Mahajan added.

Dr. Mahajan also stressed the importance of unity, development, and progress in this election, calling on the people to reject divisive forces and support a government that has consistently worked for their welfare. He reiterated that every vote for the BJP is a vote for a brighter future, not just for the present generation but for generations to come. As the final phase of the Assembly elections approaches, Dr. Mahajan expressed confidence that the people of Jammu & Kashmir will once again repose their faith in the BJP and its vision for a prosperous and secure future.

OFFICE OF THE DISTRICT ELECTION OFFICER
(DEPUTY COMMISSIONER), UDHAMPUR
Union Territory of Jammu & Kashmir
"Nothing like voting, I vote for sure"

Fax No. 01992-271845, Phone No. 01992-272727, e-mail id: entudhampur@nic.in

Sub:- General Election to Legislative Assemblies 2024-Declaration of Polling Stations as "Smoke Free Zones"-regarding.

No:-DDEO/U/24/1129 Dated:- 28-09-2024

PUBLIC NOTICE

All the designated Polling Stations in respect of four (04) Assembly Constituencies viz-59-Udhampur-West, 60-Udhampur-East, 61-Chenani & 62-Ramnagar (SC), of District Udhampur are hereby declared as "No Smoking Zones." No person shall indulge in smoking in the area designated as Polling Station.
Violators shall be dealt under the provisions of COTPA (Cigarettes and other Tobacco Products Act-2003)

Sd/-
DIP/J-5193/24
Dated: 29-09-2024
District Magistrate
Udhampur