

Sahai submits Comprehensive Proposals to CM for the Holistic Development of J&K



from sports, tourism, industry, and civil society to guide infrastructure development and the creation of an annual sports calendar featuring major events hosted across Jammu & Kashmir. Sahai also called for empowering sports associations, promoting golf tourism, and expediting the completion of the Arun Jaitley Stadium in Kathua.

Benchmarking J&K's infrastructure against Himachal Pradesh's 43 stadiums was highlighted as a model to aspire to in J&K, along with enhancing youth engagement through sports to combat drug abuse.

In the realm of exhibitions, the Indian Chamber of Commerce Jammu Chapter proposed organizing Surajkund-type melas in Jammu and Kashmir to attract visitors and generate economic activity. Expanding district-level events, such as the Baba Jito Mela, and establishing a modern exhibition ground in Jammu were underscored as pivotal steps to harness the region's potential.

Concluding the proposals, Mr. Rahul Sahai reiterated the ICC's readiness to collaborate with the government, stating, "Our organization is always prepared to shoulder any responsibility that the government deems fit, ensuring the holistic development of Jammu & Kashmir." The Indian Chamber of Commerce Jammu Chapter (ICC) remains hopeful that these recommendations will receive positive consideration for the benefit of the region's citizens.

TT CORRESPONDENT

JAMMU, DEC. 11 : The Indian Chamber of Commerce (ICC), Jammu Chapter, led by its Chairman Mr. Rahul Sahai along with Samar Dev Charak, Anil Sharma, Ashish Jain, Raj Dua, has presented a detailed memorandum to Chief Minister Omar Abdullah Sahab, addressing key areas crucial for the development of Jammu & Kashmir. During the interaction with civil society in Jammu

Rahul Sahai extended heartfelt congratulations to the Chief Minister and his esteemed colleagues, including Jenab Dr. Farooq Abdullah Sahab, on the successful completion of Holy Umrah, expressing confidence that their prayers will usher in peace and prosperity for the region and the nation. The memorandum outlined urgent measures to support local

industries, emphasizing the need for a level playing field through special packages, timely disbursement of 350 crores under the IDS 2017 scheme, and expediting the clearance of 1,450 pending cases under the NCSS 2021 incentives. Furthermore, the Indian Chamber of Commerce Jammu chapter proposed an extension of the NCSS 2021 package with an increased budget, reserving at least 40% of benefits for local entrepreneurs to ensure inclusive industrial growth.

Recognizing the transformative potential of sports and exhibitions for economic growth of Jammu, Mr. Rahul Sahai proposed the construction of two new stadiums in Jammu and a larger state-of-the-art indoor sports facility.

He emphasized the need for an advisory committee comprising experts

Eating a well-balanced diet essential to boost immune system: Dr. Gyaneshwar

TT CORRESPONDENT

JAMMU, DEC. 11 : Ayush Health and Wellness Centre Kudwal, under the able guidance of Block Medical Officer Bishnah Dr. Ghansham Singh Kenihama today organized a free health awareness camp by Dr. Gyaneshwar Sharma. Speaking on the occasion,

Dr. Gyaneshwar Sharma said according to Ayurveda, winter is the season in which there is inherent immunity boost up. Cold weather leads to decreased body temperature, and the body undergoes thermoregulation to adjust to new climate. Sometimes this transition demonstrates through a number of winter season diseases; however, by following some easy precautions during winter season with little effort you can have a supercharged up healthy winter, added Dr. Gyaneshwar Sharma.

Dr. Gyaneshwar Sharma advised that eating nourished warm food, sleeping well and staying active are some important aspects to keep one healthy during winters. Eating a well-balanced diet including whole grains, lean meats, fish, poultry, legumes, nuts and seeds, herbs and spices as well as plenty of fresh fruits and vegeta-



bles are essential to the boost immune system. We can also have an optimum intake of foods rich in vitamin C, as it helps to strengthen our immune system and to keep our body healthy.

Dr. Gyaneshwar Sharma observed that physical activity is an important aspect to keep one fit throughout the winter. Daily routine of yoga or any form of physical activity will help to keep you warm and boosts the immune system improving defence against seasonal ailments like flu and colds. Damaged skin is one of the perils of winter. Cold weather damages skin resulting in dry, and itchy skin,

chapped lips, and cracked heels. Skin care in winter is a must include moisturising, applying sun protection creams and increasing intake of water.

Dr. Gyaneshwar Sharma suggested drinking required amount of water every day and staying hydrated. Water helps to clean our system and remove toxins, carry nutrients to the body cells and help balance body fluid. A good amount of sleep helps to keep the body's immune system healthy, eliminates stress hormone cortisol and burns calories. Sleep is non-negotiable factor for maintaining good health. Maintain good hygiene,

wash hands to keep the bacteria and viruses to stop spreads of germs.

Dr. Gyaneshwar Sharma also talked about winter season precautions include keeping a check on health conditions by opting for a regular health checkup. As cold weather triggers health problems like asthma, flu, sore throat, painful joints, and increased risk of heart attacks as low temperature makes blood pressure to rise and puts more pressure on heart. Preventive health check-up is best way beat the winter diseases and to enjoy good health even in the chilled weather, added Dr. Gyaneshwar Sharma.

Department of Electronics and Communication Engineering, CU Jammu Organizes an Invited Lecture

TT CORRESPONDENT

JAMMU, DEC. 11 : The Department of Electronics and Communication Engineering (ECE) at the Central University of Jammu successfully organized an insightful invited lecture by the distinguished professor, Dr. Ravi Kumar to inspire the next generation of researchers by introducing them to the multidisciplinary nature of contemporary research. This event was held under the visionary mentorship of the Hon'ble Vice Chancellor, Prof. Sanjeev Jain.

The lecture focused on the topic "Research Perspective Session for Undergraduate Students CU Jammu", providing a platform for intellectual exchange and inspiring students and faculty alike.

Prof. Ravi Kumar shared his extensive expertise, shedding light on emerging trends and challenges in the field of electronics and communication engineering.

Prof. Ravi Kumar Arya a renowned expert and Director, Xiangshan Laboratory Wireless Group, Xiangshan Laboratory Zhongshan Institute of Changchun University of Science and Technology, China brings a wealth of experience in the field of Antenna, with a particular focus on how interdisciplinary approaches can transform academic research and solve complex global challenges.

The session had covered topics including: The importance of a multidisciplinary approach in research.

Practical tips for undergraduate students interested in pursuing research across diverse fields and guidance on developing research ideas and methodologies.

Education institutions playing crucial role in shaping Nation's future through quality education, innovation: Arvind

Honours KC Public School's Team Falcon for qualifying National Drone Wars Competition



TT CORRESPONDENT

JAMMU, DEC. 11 : Arvind Gupta, senior BJP leader and MLA Jammu West, today felicitated Team Falcon of KC Public School for their remarkable achievement of qualifying for the prestigious National Drone Wars Competition. The felicitation ceremony was held at the school campus, wherein Arvind Gupta applauded the students' innovative spirit and their contribution to advancing technology in Jammu and Kashmir.

Notably, the Team Falcon comprises a group of talented students who have demonstrated their expertise in drone designing, coding, and pro-

gramming at the National Drone Wars Competition.

While addressing the gathering, Arvind Gupta expressed immense pride in the students for showcasing exceptional talent in the field of drone technology. He highlighted the importance of such competitions in fostering creativity and practical knowledge among the youth. "It is a moment of great honour for Jammu to have our young innovators compete at the national level. Their dedication and hard work are truly commendable, and they serve as an inspiration for their peers," he added.

The senior BJP leader Gupta further emphasized the

role played by private schools in shaping the future of the nation by providing quality education and fostering innovation. He emphasized that institutions like KC Public School are instrumental in equipping students with the skills and knowledge required to excel in a competitive world. He further acknowledged the efforts of the school's management and faculty in creating an environment that encourages students to think creatively and embrace technology, which he described as the cornerstone of India's progress in the 21st century.

Arvind urged the students to continue their pursuit of excellence and assured them of his support in their future endeavours.

Dr. Amarendra Kumar Mishra, Principal of KC Public School expressed gratitude to MLA Arvind Gupta for encouraging the students and recognizing their efforts, adding that such recognition boosts students' morale and inspires them to achieve greater heights.

The event concluded with a vote of thanks by the students of Team Falcon, who expressed their determination to bring laurels to the region through their performance in the national competition.

ABDPSS continues "Shriramstuti and Hanuman Chalisa path" Abhiyaan In temples

TT CORRESPONDENT

JAMMU, DEC. 11 : Akhil Bhartiya Dharam Prachar Sewa Samiti organized a grand Shriram-stuti and Hanuman Chalisa program at Channi Himmat, Jammu. The event was led by Sanjeev Sharma, Social Worker and Aayushman Sharma, Special Guest Sunil Sharma, National Co-ordinator Akhil Bhartiya Dharam Prachar Sewa Samiti graced the occasion with his esteemed presence alongwith Pt. from Ayodhya (U.P).

The program commenced with the recitation of Vedic mantras, Prarthna "Hey Prabhu Ananad-data Gyan Humko Dijiye" and thereafter Samoohik Path of Shriram-stuti and Hanuman Chalisa, in which a large number of devotees participated alongwith family members. Specially young generation also attended the event, adding to its significance. After the path, the speakers highlighted the devotion of Lord Hanumanji, his incredible contribution towards society, and his selfless service to Lord Rama. They emphasized how Hanumanji's exemplary deeds in difficult circumstances continue to inspire society and remain relevant today.

After the completion of ShriRam stuti and the Samoohik Hanuman Chalisa, a Satsang ses-



sion was held where devotees gained spiritual knowledge and inspiration from the Acharya Manoj Kumar coming from Ayodhya.

The gathering provided the attendees with an opportunity to engage deeply in worship, fostering inner peace and devotion to Lord Ramji and Hanumanji.

The National Co-ordinator of the Samiti Sunil Sharma informed that over the years, many initiatives have been launched by Akhil Bhartiya Dharam Prachar Sewa Samiti to expand the knowledge of the sacred scripture- Bhagwat Gita which can infuse the feelings of love for humanity and God in every body.

For the last 10 years Akhil

Bhartiya Dharam Prachar Sewa Samiti launched one more service towards society i.e. free distribution of Shrimad Bhagwat Geeta Granth (not book) in the society to spread the message of Lord Krishna on the directions and teachings of Bhrahmgyani Guruji.

The event saw active participation from key figures such as Kewal Krishan Sharma Bhuvneshwari Sharma, Aayushman Sharma, Rohit Verma, Omparkash Sharma, Manmohan Sharma, Sanjay Yadav, Rahul Yadav, Vimbo Devi, Seema Jamwal, Sonia Kumari, Shalini Devi, Sawitri Sharma whose active contributions were pivotal in making the event a grand success.

ATAL FDP on Entrepreneurship Development concluded at School of Business Studies, CU Jammu



TT CORRESPONDENT

JAMMU, DEC. 11 : ATAL FDP on Entrepreneurship Development concluded at School of Business Studies, Central University of Jammu. The one-week AICTE Training and Learning (ATAL) sponsored Faculty Development Programme conducted under the guidance and mentorship of Prof. Sanjeev Jain, Vice Chancellor, Central University of Jammu. The event witnessed participation of more than 200 faculty members from across the country representing diverse disciplines. The valedictory programme was graced by Sh. Kumar Rajeev Ranjan, Administrative Secretary, Labour and Employment, Skill Development and Revenue Department, UT of J&K and Other Officials of Labour and Employment.

Speaking on the occasion Dr. Murtaza Rashid, OSD Mission Youth apprised the participants about the

Mission YUVA envisaged by Labour and Employment to support entrepreneurship ecosystem in Jammu and Kashmir. It is pertinent to mention here that eminent resource persons from academic and corporate including Padmashree Prof. Anil K Gupta, Visiting Faculty, IIM Ahmedabad & IIT Bombay, Prof. Prasad Teegalapelly, IIM Mumbai, Mr. Zahid Ali Dar, JKEDI, Ms. Sripriyaa Venkataraman, COO and Director for Innovation and Research.

Tripura Multinational and Global Coaching Lab, Tripura Multinational and Global Coaching Lab, Singapore, Mohammed Adil Ahsan, AGM, SIDBI, Mr. Taranvir Singh Gujral, TV Super Filter Industries, Sh. Bhallamudi Sridhar, Head, NABARD, JK and Ladakh Regional Office, Dr. Vaniki Joshi Lohani, JNU, New Delhi, Sanjeeva Shivesh, Director, ThinkStartup Learning Pvt. Ltd, Aman Talla, MD, Talla Jewelers

Pvt. Ltd. Kanav Sharma, AGM, NABARD, Prof. Jaya Bhasin, Dr. Neelika Arora, Dr. Shahid Mushtaq & Dr. Asif Ali from SBS, CU Jammu engaged in various sessions. During this FDP interaction of participants with successful Entrepreneurs was also organised who eloquently shared their journey and experiences.

Earlier Prof. Jaya Bhasin, Dean, School of Business Studies in her closing address welcomed the participants and highlighted about the deliberations which were held during the FDP.

Speaking on the occasion Prof. Bhasin impressed upon the participants to encourage young minds towards entrepreneurship for realizing the vision of Viksit Bharat @ 2047. Participants shared their feedback and experience about the programme.

The valedictory session witnessed the presence of HoDs, and faculty members of the School of Business Studies. The entire program was coordinated by Dr. Shahid Mushtaq, Co-Coordinator, ATAL FDP under the supervision of Prof. Jaya Bhasin, Coordinator & Dean, SBS.

Security should be the prime concern of the government: BJP

TT CORRESPONDENT

JAMMU, DEC. 11 : Eversince the new government has assumed power in JKUT, it's ministers as well as the CM have been making regular statements that are providing oxygen to the terror outfits operating in the UT which were virtually on the verge of being eliminated. Not only that their utterances have also emboldened the Deep State in Pakistan which has renewed its efforts with vigour to revive militancy and radical terrorism in the UT.

The latest in the series of utterances is the demand for only one power centre. "It may be recalled that whenever the earlier governments were in power, there was only one power centre and the CM generally also held the charge of Home Department. What happened during those eras is well known to the people of UT who were fed up because the terrorists and separatists were ruling the roost leading to frequent terror attacks as well as regular Bandh calls disrupting normal life," asserted Brig Anil Gupta (retd) Spokesperson of the Bharatiya Janata Party. He further alleged that the then governments laid restric-

tions on the operations of the security forces and handicapped them in the process. The security forces were denied a free hand to deal with the terrorists and the prevalent ecosystem.

The things have changed for better ever since the implementation of the J&K Reorganisation Act 2019. People have heaved a sigh of relief and are happy that their lives have returned to normal and peace prevailed in the UT.

The biggest fallout of the same has been the revival of the economy and the tourism boom that has brought smiles on the faces of many families who were on the verge of living hand to mouth.

The new government rather than cashing upon the prevailing peace and improved security environment is hell bent on reversing the wheel, lamented Brig Gupta.

Dr. Farooq Abdullah, the President of the ruling NC has been making statements like catching the terrorists alive, fully knowing the risk involved and the consequences of the same. Such statements lower the morale of the security forces whose valiant soldiers operate 24x7 to ensure normalcy and peace.

PM Modi interacts with innovators via video conferencing at NIT Srinagar

Grand finale of Smart India Hackathon 2024 begins

TT CORRESPONDENT

JAMMU, DEC. 11 : Prime Minister Narendra Modi interacted with young innovators during the 7th edition of Grand Finale of the 7th edition of Smart India Hackathon (SIH) 2024, including the SIH team at NIT Srinagar, via video conferencing mode.

For the first time, NIT Srinagar is hosting the Grand Finale, which commenced on Wednesday as one of 51 centers across the nation.

During the event, the SIH team from BMS Institute of Technology, Bangalore, led by Syyeda Aiemen D Saleem, shared their project ideas with PM Modi. The Prime Minister also interacted with Mohammad Ali Mohammad Al, a participant from Yemen and praised the culture, diversity of India.

Over 1,300 student teams participated in this nationwide event. Union Minister for Education, Dharmendra Pradhan, virtually inaugurated SIH 2024, highlighting the transformative power of education in fostering innovation and building an Atmanirbhar Bharat.

Director NIT Srinagar, Prof. Binod Kumar Kanoojiya was the Chief Guest on the occasion and stressed the



institute's commitment to excellence. He underscored the importance of SIH in bridging the gap between academic learning and real-world problem-solving.

"The institute is dedicated to nurturing a culture of innovation, fostering entrepreneurship, and preparing students for a technology-driven future," Prof. Kanoojiya said.

Chairman of Core Committee for SIH 2024, Prof. G.A. Harmain, said that it is the first time NIT Srinagar is hosting the Grand Finale of SIH Software Edition.

He welcomed 25 exceptional teams from 21 states, emphasizing their potential to shape India's future through technology and creativity.

Pratap Sanap, Nodal Head 1 for SIH, provided an insightful overview of the hackathon, highlighting its role in fostering innovation and collaboration.

A formal vote of thanks

was presented by Prof. Atikur Rahman, Registrar NIT Srinagar. He praised the organizing team, led by Director Prof. Kanoojiya, for their efforts in making the event a success.

"As one of the 51 nodal centers, NIT Srinagar has emerged as a hub for innovation, hosting 25 teams to develop real-world solutions. The institute is known for its academic excellence and state-of-the-art facilities," Prof. Rahman said.

The inaugural ceremony at NIT Srinagar featured a traditional Lamp Lighting and Isbandh Ceremony, symbolizing knowledge and purity, and followed by welcome by Dr. Janani L., Assistant Professor, Department of Civil Engineering.

Earlier the event began with a welcome address by Dr. Abhay Jere, Vice Chairman of AICTE and Chief Innovation Officer at the Ministry of Education's Innovation Cell.