

# Yoga at 11,562 Feet: National Institute of Sowa-Rigpa conducts special event in Leh

HIMALAYAN MAIL NEWS  
JAMMU, MAR 26

The National Institute of Sowa-Rigpa (NISR) at Leh, an autonomous Institute under the Ministry of Ayush for the preservation, promotion and development of Sowa-Rigpa hosted a special yoga event in Leh at Institute campus on March 25 as part of the activities being organised to mark the 100-day countdown to the International Day of Yoga - 2025.

Against the stunning backdrop of the Himalayas, at an altitude of 11,562 feet (3,524 meters), the team of NISR including staff and students conducted the yoga session as per the Common Yoga Protocol (CYP) developed by the Morarji Desai National Institute of Yoga, Ministry of Ayush.

With snow-capped peaks, crisp mountain air, and an aura of serenity, Leh provided the perfect setting for this event. Dr. Padma Gurmet, Director, NISR said, "Yoga is not just a practice; it is a way of life that nurtures both the body and the mind. In today's fast-paced world, it serves as a powerful tool to achieve inner balance, mental clarity, and physical well-being. Through yoga, we cultivate resilience, harmony, and holistic health—not just for individuals but for society as a whole. At the majestic heights of Leh,



we reaffirm that yoga transcends boundaries, uniting us all in the pursuit of wellness and peace."

Ms. Tsewang Lhamo, the Yoga instructor from Mahabodhi International Yoga and Meditation Centre Leh also participated in the event and stated, "Yoga plays a vital role in our daily lives by promoting physical health, mental clarity, and emotional balance. Regular practice enhances flexibility, strengthens muscles, reduces stress, and improves overall well-being. It also fosters mindfulness, helping individuals maintain inner peace and harmony amidst the challenges of everyday life."

Notably, the 100-days countdown to the International Day of Yoga - 2025 was inaugurated by Shri Prataprao Jadhav, Minister

of State (I/C) Ministry of Ayush during 'Yoga Mahotsav- 2025' held in New Delhi. During the said event, the Ayush Minister had also informed that this year IDY activities will revolve around 10 unique signature events to mark the 11th edition of the global event, which makes it the most expansive and inclusive:

**Yoga Sangama** – A synchronised Yoga demonstration at 10,000 locations, aiming for a world record.

**Yoga Bandhan** – Global partnerships with 10 countries to host Yoga sessions at iconic landmarks.

**Yoga Parks** – Development of 1,000 Yoga Parks for long-term community engagement.

**Yoga Samavesh** – Special Yoga programs for Diyangjan, senior citizens,

children, and marginalised groups.

**Yoga Prabhava** – A decadal impact assessment on Yoga's role in public health.

**Yoga Connect** – A Virtual Global Yoga Summit featuring renowned Yoga experts and healthcare professionals.

**Harit Yoga** – A sustainability-driven initiative combining Yoga with tree planting and clean-up drives.

**Yoga Unplugged** – An event to attract young people to Yoga.

**Yoga Maha Kumbh** – A week-long festival across 10 locations, culminating in a central celebration led by the Hon'ble Prime Minister.

**Samyogam** – A 100-day initiative integrating Yoga with modern healthcare for holistic wellness.

# Medical Equipment & Laboratory utilities provided to PHC Dachhan by CVPPL

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CVPPL - Pakal Dul Hydroelectric Project Kishtwar provided Medical equipments and various Laboratory utility items worth Rs. 6.5 lakhs, under CSR Plan 2024-25, to the Primary Health Centre Dachhan in Kishtwar. Machines like Biochemistry Analyser, CBC Analyser, Urine Analyser, Bionuclear microscope, Centrifugal Machine along with all regents, strips and utility items were handed over by B S Meena, GM (Civil) CVPPL to BMO Dachhan, Dr. Sajjad Husain, for their optimum utilisation as well as running and maintenance. As per the requisitions re-



ceived from the Office of CMO Kishtwar, large number of Machines & Laboratory equipment approximately worth Rs. 18,00 Lakh have been provided to various PHCs in the District of Kishtwar by Pakal Dul HE Project during the current Financial Year.

BMO Dachhan publicly acknowledged the immense contributions of Managing Director CVPPL, Ramesh Mukhiya, and Vishal Anand, HoP Pakal Dul HEP in equipping their PHC Dachhan with such wonderful machines and Laboratory utility items for the wel-

fare of local people of Dachhan.

These facilities will not only save time & money of the staff and local people but also go a long way in meeting the urgent needs of local patients who otherwise had to wait for days and travel long distances to get basic tests done.

# Several activists join BJP in Srinagar

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More than hundred prominent activists and youths from Zadibal joined BJP in the presence of Sat Sharma, President, BJP J&K, and Ashok Koul, General Secretary (Organization), BJP J&K, which was held at Church Lane, Srinagar.

Sat Sharma and Ashok Koul welcomed the new members into the party by presenting them with BJP Patkas.

J&K BJP Vice-President Sofi Yousuf, Publicity Secretary (Kashmir) Arif Raja, BJP District President Srinagar Adv Sheikh Salman, Minority Morcha President Ch Roshan, Media Incharge Kashmir Sajid, Rakesh Koul, Dr Ashok, were also present in the joining programme, organized by Suhail Ahmad, BJP Constituency President Zadibal.

Welcoming the new entrants, Sat Sharma said, "The BJP is committed to the development and empowerment of the people of Jammu and Kashmir. The participation of youth in our party is a strong indica-



tion of the trust people have in our vision of progress, good governance, and stability. We welcome all new members and assure them that BJP will continue to work for the betterment of every section of society."

He said that with the promise of "Sabka Sath, Sabka Vikas, Sabka Vishwas", BJP has won hearts of people. He said that today, people believe that Jammu & Kashmir can only progress under the leadership of BJP. He said that the new entrants will

have to play their role in the upcoming elections in Jammu & Kashmir.

Speaking on the occasion, Ashok Koul stated, "BJP's reach is expanding across Jammu and Kashmir because people believe in our policies and leadership. We are working tirelessly to ensure inclusive growth and provide opportunities for the youth. The joining of such a large number of people, reinforcing their trust in BJP's vision for Jammu and Kashmir is proof that BJP is the future of J&K."

Sofi Yusuf said that the event marked another milestone in BJP's growing influence in Jammu and Kashmir, with people from various walks of life embracing the party's mission and ideology.

Adv Sheikh Salman encouraged the new entrants to contribute towards strengthening the party at the grassroots level.

Suhail Ahmad assured the party's senior leadership that they will committedly work for the welfare of society under the leadership of the BJP.

# Senior Citizens vital component of society, deserve prioritized attention: Kavinder

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Senior Bharatiya Janata Party (BJP) leader and former Deputy Chief Minister, Kavinder Gupta emphasized the importance of senior citizens in society, stressing that they are a vital component and deserve prioritized attention.

He was speaking during his visit to Senior Citizens Rejuvenation Centre at Trikuta Nagar Jammu.

Interacting with the members of Rejuvenation Centre, Kavinder Gupta acknowledged the significant contributions of senior citizens, stating that they have devoted the prime years of their lives to building both the society and the nation. "It is our collective responsibility, particularly for the youth, to care for and respect the elderly, who have laid the foundation for the society we enjoy today," he



said, urging society, especially younger generations, to show gratitude and respect towards senior citizens, ensuring their well-being and comfort during this stage of life.

The former deputy Chief Minister added that the government bears a crucial responsibility in safeguarding the interests of senior

citizens, highlighting the various welfare schemes launched by the Narendra Modi-led government, such as social security pensions, healthcare provisions, and special facilities for senior citizens. He stressed the need for more inclusive policies to support this group and ensure they lead a dignified and

fulfilling life.

The senior BJP leader reiterated that caring for senior citizens is not only a governmental duty but also a moral obligation of every individual in society. He called for more awareness and community-driven efforts to ensure the respect and dignity of senior citizens are upheld at all levels.

# NC urges PM Modi to bring bill in parliament to Restore Statehood as promised

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Rattan Lal Gupta, Provincial President of Jammu and Kashmir National Conference (JKNC), today reiterated the urgent need for the restoration of statehood to J&K, urging Prime Minister Narendra Modi to fulfill the commitment made with the people of Jammu and Kashmir in Parliament.

He was speaking after interacting with a delegation from Kamal Danda, remote area of District Udhampur At Sher-e-Kashmir Bhawan Jammu

The senior NC leader reminded that both PM Modi and Union Home Minister Amit Shah had assured the people of J&K that full-fledged statehood would be restored. He emphasized that the recently concluded Assembly elections in J&K saw a massive mandate in favor of the



National Conference. The people of the J&K have placed their trust in the National Conference party with the hope that it would ensure the return of statehood as per the commitment of Prime Minister and Home Minister.

"The time has come for the Prime Minister to honor his promise and restore statehood to Jammu and Kashmir," he asserted. He further stated that the people of J&K feel betrayed by the delay in fulfilling this commitment, as the absence of full statehood has deprived them of their democratic rights and the ability to shape their own governance.

Earlier, the deputation from Kamal Danda apprised the Provincial President about the acute scarcity of drinking water, erratic power supply and lack of transportation in the area. They highlighted how the residents are suffering due to the previous government's failure to address these basic necessities, making everyday life difficult for the people in remote areas.

The Provincial President assured the delegation that their grievances would be taken up with the concerned authorities at the earliest.

Reaffirming the commitment of JKNC to the

people of J&K, Rattan Lal Gupta said that under the leadership of Chief Minister Omar Abdullah, the National Conference-led government is dedicated to ensuring justice, equitable development, and the restoration of constitutional rights. He emphasized that only a democratically elected government with full statehood can effectively address the challenges faced by the people.

Among those who were present included :Vijay Lochan Chairman SC Cell, Pardeep Bali Provincial Secretary Jammu, S. Tejinder Singh Aman Provincial President Jammu YNC, Mohinder Kumar Rana Joint Secretary Central Zone, Jaseen Malik, Mohd Farooq, Thakur Dass, Anyatullah, Vijay Kumar, Naresh Anthal, Suram Chand, Sapana Devi, Anchal Kumar, Anita Kumari, Meena Devi, Adv Shubam Khajuria

# PHDCCI to organise 2-day conclave on intellectual property

JAMMU, MAR 26:

Chair PHD Chamber of Commerce & Industry Jammu Region Chapter while speaking to the media said that 2 days Conclave on Promotion of Industry & Commerce with focus on Intellectual property rights is being organized by PHD Chamber of Cpmmerce & Industry with the support of the Office of the Development Commissioner MSME, Ministry of Micro, Small and Medium Enterprises, Govt. of India will be held at Hotel Radis-

son Blu, Jammu on 28th and 29th March from 9.30 AM to 4 PM daily.

He said that inauguration of the conclave will be done by Dy. Chief Minister Surinder Choudhary on 28th March wherein Vikramjit Singh, Principal Secretary, Industries and Commerce J&K will be the guest of honor and Dr Arun Kumar Manhas Director Industries and Commerce, Jammu and Sh. G Velladurai IEDS, Joint Director/Head of Office, MSME DFO, Jammu, J&K will be

special guests. The second session will be headed by Yasha Mudgal Principal Secretary Tourism J&K as Chief Guest wherein Vikas Gupta, Director Tourism would be guest of honour respectively. Other expected dignitaries on different days include Satish Sharma, Hon'ble Minister for Transport, Civil Supplies, & IT, Vice Chancellor Shri Mata Vaishnodevi University Prof. Pragati Kumar etc.

He said that Intellectual Property which includes

registration trade marks, patents etc. helps in not only recognition and protection of any innovation in a product or a process but also helps in brand building and marketing of such innovative products thereby generating possibilities of huge wealth creation.

The objective of organizing this workshop is to promote Industry & Commerce in J&K by way of creating a robust IP ecosystem and encourage MSMEs, Start-ups and

# BDO Mandli stresses Need for Water Management

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A special awareness program on water conservation was organized at Government Middle School (GMS) Rampur as part of the Rashtriya Avishkar Saptah, aiming to educate students and the local community on the crucial need to preserve water resources.

The event was graced by Swati Slathia, Block Development Officer (BDO) Mandli, as the chief guest. Addressing the gathering, she emphasized the growing need for water conservation and highlighted various government initiatives designed to promote sustainable water management. She urged



people to adopt water-saving practices, stressing that responsible usage today would ensure a secure future for the coming generations.

Headmaster Mulkh Raj Sharma also underscored

the urgency of water conservation, stating that collective efforts from every section of society are essential to safeguarding water resources.

The program witnessed active participation from

local representatives, parents, school staff, and students. Engaging discussions were held, and attendees took a pledge to contribute towards water conservation efforts.

As part of the initiative, students visited a nearby pond, where they were introduced to traditional water storage methods and educated on the significance of maintaining local water bodies. The field visit provided them with valuable practical insights, reinforcing the importance of conserving natural water sources.

The event successfully instilled a sense of responsibility among the students and the community, encouraging them to take meaningful steps toward water conservation.