

DC Poonch inspects progress of work on Salootri to Dunga Road



DC Vikas Kundal inspecting progress of macadamization.

STATE TIMES NEWS
POONCH: Deputy Commissioner, Vikas Kundal on Sunday inspected the progress of macadamization and other works on Salootri to Dunga road here at Panchayat Salootri.

Executive Engineer PWD (R&B) gave a detailed overview of the project. The Deputy Commissioner was apprised that maximum work on 2.5 km road has been completed and rest is expected to complete within

the stipulated time frame. The Deputy Commissioner asked PWD Engineers to carry out the execution of the project strictly in accordance with the prescribed specifications and highest standards of engineering.

Stress was laid on fast pacing the work to enable general public to avail the benefits of developmental activities and road connectivity.

The DC further directed for regular monitoring of the project's progress with particular emphasis on the quality of work.

Executive Engineer PWD(R&B), along with other officials, accompanied the Deputy Commissioner during the inspection.

Madhuparamhans delivers religious sermons

STATE TIMES NEWS

AKHNOOR: Sahib Sadguru of Bandagi Madhuparamhans Maharaj while giving spiritual knowledge through his sermons in Akhnoor said that neither there is happiness in 6 bodies nor there is happiness in 14 buildings. Man gets birth and death due to his deeds. Mahatma Isa is saying the same thing in his speech that we all are on earth due to our sins. Sahib is also saying that we have got a body only for punishment. Everyone is suffering in this punishment. Whether someone is a tapasvi or a recluse, everyone is suffering. The wise man suffers with knowledge and the foolish person suffers while crying. Therefore, the division of



karma is very subtle and it is everywhere. It is in 14 worlds. But the soul has no connection with karma.

Every embodied being has to perform karma. There are two types of karma in karma too - Shubh and Shubh. And the third is Madhyaast karma. Sahib is saying one thing clearly on these karmas that both sin and virtue are shackles. Actions are done through the senses. But the soul is

beyond the senses. The soul has nothing to do with actions. This is all a game of the mind and Maya. It is a drama. Good and bad actions become natural for a human being. Feet walk. We go from one place to another through our feet. Sometimes these feet also take us towards the wrong path. We do many things with our hands. Sometimes these hands also move forward for sinful actions. Sometimes these eyes also become evil eyed. When a person sees a mother or sister, he concentrates on their body parts. These ears are also very selfish. If you are praised, they become very happy. If someone tells the truth, you get agitated. That is why these ears cause a lot of destruction. This

skin always wants comfort. What an irony that whatever a human being does, he does it for the pleasure of the body. Ultimately, it is a bad condition. This is like fire wrapped in cotton. Both types of actions are to bind the soul. Whether the handcuffs are of gold or iron, their job is to bind. Sometimes we do some work thinking it to be auspicious, but it becomes a sin.

But the soul is very unique. It has no relation with karma.

I met many mahatmas from 1972 to 1977. My age is also less. Those people are focused on going to the inner world. I asked them which way do you go to the inner world. We get a sense of the outside world through 5 karmendriyas, 5 knowl-

edge senses and 4 inner senses. If you want to go to Delhi, there are resources. Some go by train, some go by taxi, some are rich. What do those people do, they go by airplanes.

Sahib ji said that sleep is a sign of death. The more you sleep, the more unconscious you will be. It does strange things in the sleep state. It has an adverse effect on the brain. I know what is the joy of being awake. I have told about it in my spiritual journey. This waking state is also a fraud. This world is like a dream in sleep. Yogis know how to come out of dreams and waking states. Yogis and Jogeshwars roam around in subtle bodies, but are unable to achieve that speed. Only saints can reach there.

KVK Reasi promotes MAPs cultivation in monkeys prone areas

STATE TIMES NEWS

REASI: Krishi Vigyan Kendra (KVK), Reasi under the aegis of Sher-e-Kashmir University of Agricultural Sciences and Technology-Jammu (SKUAST-J) is promoting and guiding the farmers on medicinal and aromatic plants in monkeys prone areas of Reasi district of J&K. KVK Reasi is working under the dynamic stewardship of Vice Chancellor Prof. BN Tripathi and able guidance of Director Extension (DE), Prof. Amrith Vaid of SKUAST-J.

According to Chief Scientist & Head of Krishi



KVK Reasi scientist guiding farmers on lemon grass farming at Bharakh village in Reasi.

Vigyan Kendra (KVK), Reasi, Dr. Banarsi Lal, some belts of Reasi distt. are heavily infested with the monkeys menace, causing huge loss to the farmers' crops thus affecting their farm income.

He said that medicinal and aromatic plantssuch as lemongrass, harad, stevia, palma rosa etc. farming have an immense potential in these areas and KVK, Reasi is guiding the farmers on

these crops and making strenuous efforts to minimize the effect of monkey menace. He expressed that KVK is technically guiding the farmers on the scientific cultivation of medicinal and aromatic plants such as lemon grass, palma rosa etc. are not damaged by the monkeys and farmers can fetch more returns by growing them commercially. He informed that medicinal and aromatic plants possesses number of medicinal uses such as carminative and insect repellent, perfumes, cosmetics, herbal uses, non-alcoholic beverages

etc. He informed that lemon grass oil has strong lemon-like fragrance, due to high percentage of citral in its oil and by selling this oil farmers can increase their farm income and employment. He stressed on the cluster based approach in the cultivation of medicinal and aromatic plants and urged farmers to grow them collectively. He also emphasized on the value addition in the medicinal and aromatic plants to generate more farm returns. By observing the results of successful medicinal and aromatic plants farmers many new farmers are showing keen interest towards their farming.

Inspiring journey of Nidhi Sharma: Young Social Welfare Officer from Nowshera

STATE TIMES NEWS

RAJOURI: From a small border town to breaking barriers, Nidhi Sharma is reshaping what success looks like. At just 23, Nidhi Sharma, became the Tehsil Social Welfare Officer/ Superintendent of Homes.

Her time as Superintendent at Nari Niketan in Rajouri marked a turning point for the home for orphaned girls. Under her watch, the place transformed remarkably. "Encouraging young girls to aim higher, she turned one-distant dreams into reachable goals." For the first time ever, girls in the institution flourished not only in academics and extracurricular activities but also secured government jobs-opportunities that once felt impossible.



Despite her demanding roles, Nidhi remained committed to her education and recently passed the NTA UGC JRF/NET exam in Social Work. "Showing that passion knows no limits, she's been climbing the ladder of success, making every milestone count."

Nidhi's journey is not just a personal achievement but a reflection of how dedication and perseverance can bring about positive change for others. As a professional social worker, Nidhi can be a valuable asset to the Social Welfare Department of Jammu and Kashmir. Her expertise will enable her to implement policies in a more professional and effective manner, making her a key driver of positive change in society.

Army organises motivational lecture



Resource person delivering lecture.

STATE TIMES NEWS

RAJOURI: Army organised a 'Motivational lecture at Government High School, Lam. This initiative aimed to inspire and empower the Youth and locals by showcasing real-life examples of

courage, resilience, and leadership qualities. He shared first-hand experiences of sacrifices and the spirit of valour that Indian Army exhibited during war and operations, which motivated and reminded the youth and locals of the

accounts of dedication and courage. Indian Army encouraged all locals to hoist the national flag in every house symbolizing unity and patriotism. A sense of patriotism was felt in the environment while the lecture was being delivered by the Veteran. Such lectures by the War Heroes have positive impact on young generation and motivates them to join Indian Army and become responsible citizens of our country. The program was very well received, appreciated and attended by 50 Students and 02 teachers of Government High School, Lam. The event fostered a sense of unity and patriotism, with all sections of society committed to supporting security forces.

Child Marriage Free India Campaign: Sankalp HEW Doda hosts Awareness Camp for students

STATE TIMES NEWS

DODA: An impactful awareness camp on the eradication of child marriage was organized today here at Islamia Paridia School with the aim of educating students and staff about the dangers and long-term consequences of this practice.

The event was part of a broader initiative to eliminate child marriage in the region and across India by 2030.

The campaign, aligned with the National Child Marriage Free India Campaign, shed light on the physical, emotional, and social impacts of child mar-



Students taking pledge during the programme.

riage on young girls. Led by local activists and supported by school authorities, the camp emphasized the importance of education and community awareness in combating this deep-rooted issue.

A representative from the Sankalp Hub for

Empowerment of Women, Humerah Balwan (Gender specialist) explained the new laws under the Bhartiya Nyaya Sanhita, which came into effect in July 2024, defining child marriage as a form of exploitation and sexual intercourse with a child

within marriage as rape. The session highlighted alarming statistics, including the fact that three minor girls are married every minute in India, and how this practice contributes to higher rates of infant mortality and entrenched poverty. The students were encouraged to speak up against any form of forced marriage. They were informed about helpline numbers and support systems available to report the cases of child marriage. The session ended with a poignant testimonial from a child marriage survivor, whose tragic experiences brought home the reality of

the issue. The awareness camp is expected to create a ripple effect, engaging young students as advocates for change within their communities. The school administration expressed its commitment to host similar programs in the future, ensuring that students understand their rights and the importance of staying in school. The event ended with the pledge ceremony and to work for making India child marriage free. The event marked a significant step in raising awareness at the grassroots level and fostering a safer, more equitable future for girls in the Doda region.

Army organises World Food Day

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RAJOURI: Army organised a lecture on 'World Food Day' at Government Middle School, Sial Sui, Rajouri. The lecture highlighted the importance of food security from both a national and global perspective. Indian Army also emphasized the critical role on food security in national stability, economy and overall development. The lecture began by explaining the significance of World Food Day and its focus on eradicating hunger and promoting sustainable



Army officer delivering lecture.

food systems. The Indian Army shared insights into how it contributes to food

security through logistics, disaster relief and community support in remote and

border areas. Emphasis was also given on importance of self-reliance in food production, linking it to national defence, as food shortages can lead to unrest and instability. Students were encouraged to be mindful of food waste and sustainable practices like reducing consumption, supporting local farmers and adopting environmental friendly habits were also highlighted. Drawing attention to the strict dietary standards that soldiers follow to maintain health and performance, the

importance of nutrition for physical and mental well-being was discussed with the students. The lecture concluded with a call to action, encouraging students to become responsible citizens who contribute to a more sustainable and food-secure future for the country. 45 students and 03 teachers pledged to be responsible citizens and work collectively to minimize food wastage, reduce consumption and adopt environmental friendly habits.

Need for introspection & reform to address Party's debacles in Assembly Polls: Khushal Bali

STATE TIMES NEWS

RAJOURI: Khushal Bali, a senior Congress leader from Rajouri, has welcomed the Fact-Finding Committee constituted by J&K Congress President, Tariq Hameed Karra, to investigate the reasons behind the party's disappointing performance in the recent J&K Assembly elections. Bali, who has been a dedicated member of the Congress Party for over three decades, emphasized the need for introspection and reform to address the issues that have affected the party's standing in the region.

Bali, known for his consistent efforts to promote the party's policies and programs at the grassroots level, further expressed

his optimism about the Fact-Finding Committee, which is expected to delve into the root causes of the party's underperformance. "I hope this committee will provide a detailed analysis of where we went wrong and offer constructive recommendations to prevent such issues in the future. It is crucial for the Congress Party to learn from these elections, make the necessary corrections, and rebuild our connection with the people of Jammu and Kashmir," he remarked.

The senior Congress leader believed that by addressing the concerns raised and implementing the Committee's findings, the party can regain its strength and reclaim the trust of the people.

Army conductes lecture on cybercrime



STATE TIMES NEWS

POONCH: Army organised a leg on cyber-crime at Gursai and Pargal on 20 Oct 2024. Cyber-crime also known as digital crime, refers to any criminal activity that involves the use of

computers, devices and internet to commit illicit acts. With the rapid growth of technology and internet usage, cyber-crime has become a significant concern globally. Indian Army's initiative to spread awareness amongst populace comprising of students on precautions to be taken while using mobile phones and internet. Number of Students and individuals adjoining from Mohalla attended the lecture. The participants were made aware about various types of cyber-crimes like hacking, phishing, Identify theft, online fraud, cyber stalking, ransom ware, social engineering, online harassment, cyber espionage, financial

theft and other internet related crimes. Further measures to prevent such crimes and precautions to be undertaken while using the social media like Facebook, Whatsapp etc were emphasized upon. Necessity of security measures like using genuine software's, firewalls, antivirus etc. were also explained in detail. The initiative was greatly appreciated by the people especially the parents expressed their gratitude for the knowledge imparted to them. A total of 118 students & 20 teachers including eminent personalities attended the lecture and they also applauded the effort of the Indian Army in organising these types of lectures.

Awareness imparted on Gender Sensitization & Career Guidance

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KISHTWAR: A mega awareness event was organized by Paddar team of Gender Sensitization and Career Guidance component at MS Garh in Jammu and Kashmir's Kishtwar district.

The Paddar team has focused on all the components of girls education, gender issues and especially one law.i.e. POCOS & Cyber crime, as Cyber criminals are



Participants during the programme.

targeting innocent people in order to defame the dignity of respected people, through

blackmailing trend. All the students and school staff members listened the

valuable things in a cordial atmosphere and also shared their views with the visiting

Nukkad Natak by DIPR Kathua spreads awareness about hazards of drug addiction

STATE TIMES NEWS

KATHUA: As part of the ongoing anti Drug campaign launched by the District Administration, the Kathua unit of Department of Information & Public Relations (DIPR) organized a Nukkad Natak at Mukherjee Chowk on Sunday.

This impactful street play marked the culmination of a Cycle Rally organized by the

Bicycle for Change Club, Kathua, in collaboration with the District Administration.

The event witnessed enthusiastic participation from over 400 students representing various government and private schools from across the district.

MLA designate from Kathua Dr. Bharat Bhushan graced the event as the chief guest.

In addition to the Nukkad Natak, a captivating performance of the traditional Gadyali Dance was presented, leaving the audience spellbound. Artists also performed songs themed around drug addiction, delivering a strong message to the crowd.

Addressing the gathering, Dr. Bharat Bhushan urged students and youth to stay away from drugs, emphasizing

the detrimental effects on both physical and mental health. He encouraged the young participants to spread the message of a drug-free life among their friends and communities, highlighting the role of youth in building a healthy and drug-free society. He appreciated the Bicycle for Change Club and Information Department for taking up the initiative to involve youth in curbing the

menace of Drug Abuse, further called for taking continuous efforts to sensitize all stakeholders as the menace can only be contained by collective efforts of the society. This event is one of many initiatives being undertaken by the District Administration Kathua to raise awareness about the dangers of drug abuse and inspire collective action towards a healthier future.

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