

LG Kavinder urges people to stay vigilant & united against disruptive elements

■ STATE TIMES NEWS

LEH: The Lieutenant Governor of Ladakh, Kavinder Gupta, on Thursday chaired a high-level security review meeting at the LG Secretariat, Leh, to assess the overall law and order situation and review security scenario across the Union Territory.

In the meeting, Chief Secretary Dr. Pawan Kotwal, Director General of Police Dr. S.D. Singh Jamwal, DIG CRPF P.R. Jambolkar, Deputy Commissioner Leh, Senior Superintendent of Police Leh, CO 79 -Sanjay Kumar, CO Rajat Jain and other senior officials were present.

They briefed the Lt Governor on the prevailing situation in the UT, informing that peace and normalcy have been fully restored. They apprised that schools,



Lt Governor Ladakh, Kavinder Gupta chairing a high-level security review meeting.

colleges, public institutions, and government offices are functioning smoothly, while all essential services and public transport are operating seamlessly.

The Deputy Commissioner, Leh, informed that all restrictions, including Section 163 of the Bharatiya Nagarik Suraksha Sanhita (BNSS), have been formally lifted, marking a complete

return to normalcy across the region.

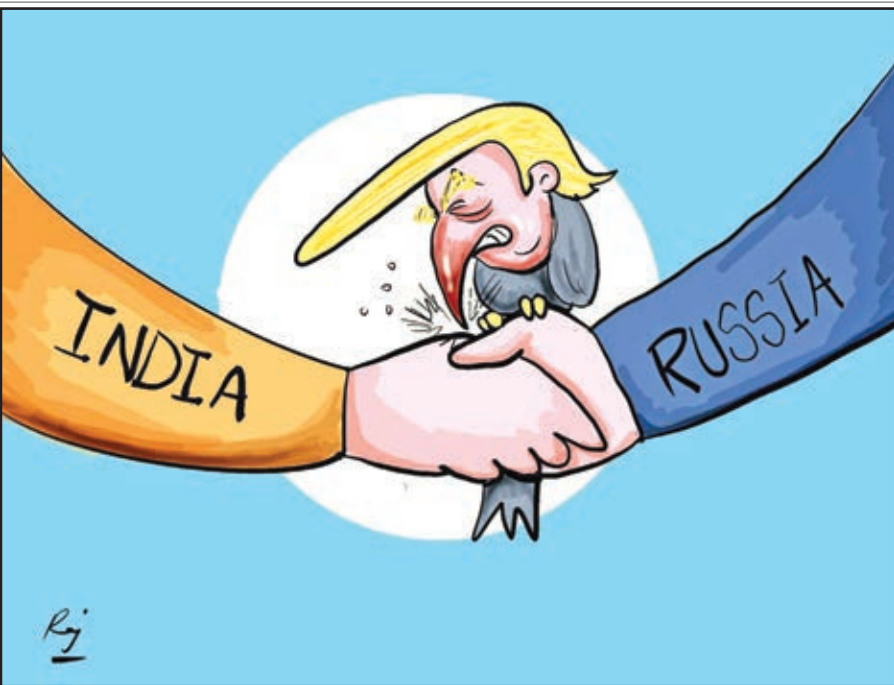
The Lt Governor commended the concerted efforts of the civil and police administration, security agencies, and the people of Ladakh for their exemplary role in maintaining peace, harmony, and stability in the Union Territory. He lauded the collective spirit and cooperation of the people of Ladakh and

civil society organisations for their steadfast commitment to peace and social harmony. He reiterated that the lifting of all curbs reflects the deep trust and confidence that citizens repose in the UT Administration.

Emphasising the administration's resolve to ensure a secure and people-centric governance framework, Shri Kavinder Gupta said that

sustained coordination among all agencies remains crucial to preserve the prevailing peace and ensure continued public convenience. He also urged citizens to remain alert and united against elements attempting to disrupt Ladakh's stability and progress.

The Lt Governor reaffirmed the Administration's commitment to the holistic development of Ladakh through inclusive, transparent, and accountable governance, aimed at ensuring a prosperous and secure future for all.



World Spine Day celebrated at GMC Jammu to raise awareness on Spine Health & Injury Prevention

■ STATE TIMES NEWS

JAMMU: The Orthopaedics Department of Government Medical College (GMC) Jammu, under the patronage of Principal Dr. Ashutosh Gupta and guidance of Head of Department Dr. Sanjeev Gupta, organized a comprehensive event to mark World Spine Day. The day, observed globally to raise awareness about spine conditions with a focus on prevention, featured an engaging "Meet the Press" session held at Dr. N.S. Pathania Hall, GMC Jammu. The program began with a welcome by Dr. Akhil Gupta, Consultant at Bone and Joint Hospital, to media representatives and patients who had undergone spine surgeries. Dr. Mohd Farooq Butt, Associate Professor and Head of Unit, spoke about the philosophy behind World Spine Day. Dr. Farid H Malik detailed the advanced spine surgery procedures routinely performed in the Orthopaedics Department. Dr. Bias Dev, Associate Professor and Head of Unit, highlighted the department's high volume of spine surgeries-30 to



Dignitary lighting ceremonial lamp.

40 procedures every month- and stressed the increasing demand for such interventions. He emphasized that spine injuries predominantly affect young individuals and often result in catastrophic neurological losses. Dr. Dev underscored that while medical preparedness is vital, the ultimate goal should be accident prevention to reduce the incidence of spine injuries.

Dr. Bias framed spine injuries as a pressing social issue due to their impact on mobility, financial independence, and overall quality of life. He urged journalists to help spread awareness and become partners in the movement to reduce accidents-the leading cause of spine

injuries and disability. He advocated for safer infrastructure, including segregated paths for pedestrians and cyclists, and speed regulations on motorbikes from manufacturers to curb accident rates. The Orthopaedics Department also acknowledged the critical support of the Anaesthesia Department in spine patient care by presenting a memento to Dr. Anita Kohli, Professor and Head of Anaesthesia.

Faculty members addressed common myths related to spine injuries, stressing that patients with unstable vertebral fractures should receive prompt surgical intervention at the nearest available center without unnecessary trav-

el. Dr. Ashutosh Gupta, Principal GMC Jammu, highlighted that the Orthopaedics Department provides comprehensive services including fracture treatment, spine injury management, joint replacement, arthroscopy, tumor resection, and reconstruction. The department's growing volume of spine surgeries has earned GMC Jammu recognition as a leading national center for spine care.

Additional lectures on spine health were conducted at the Bone and Joint Hospital OPD by Dr. Sparsh Dagoria, Dr. Tadeel, Irfan Poswal, Dr. Narendra Thapa, and Dr. Abhimanyu Kaithi, in the presence of Medical Superintendent Dr. Sanjay Arora. The event received support from staff, physiotherapists, and GMC administration. The organizing team included Dr. Bias Dev, Dr. Mohd Farooq Butt, Dr. Farid Malik, Dr. Neeraj Malijan, Dr. Akhil Gupta, and resident doctors Dr. Jameel, Dr. Sparsh Dagoria, Dr. Tadeel, Dr. Irfan Poswal, Dr. Narendra Thapa, and Dr. Abhimanyu.

Nehru denying free hand to Patel resulted in PoJK: Dr Jitendra

■ STATE TIMES NEWS

KATHUA: Union Minister Dr. Jitendra Singh on Thursday flagged off the inaugural 'Unity March-Ek Bharat, Akhand Bharat' Padyatra in Kathua as part of a nationwide campaign commemorating the 150th birth anniversary of Sardar Vallabhbhai Patel.

The march began from Dream Land Park and culminated at Government Degree College, Kathua, with enthusiastic participation from students, NCC cadets, public representatives, and locals.

Addressing the gathering after the march, Dr. Jitendra said the Sardar@150 Unity March aims to instill a spirit of unity, patriotism, and duty among the youth.

He remarked that had Sardar Patel been given a free hand to handle Jammu and Kashmir like other princely states, the issue of Pakistan-occupied Jammu & Kashmir (PoJK) may never have arisen.

He said, the then PM



Union Minister Dr. Jitendra Singh briefing the media after flagging off and participating in the inaugural "Unity March" "Padyatra" commemorating 150th birth anniversary of Sardar Patel at Kathua on Thursday.

Jawaharlal Nehru not allowing his Home Minister Patel to handle J&K the same way as was handling other princely States of the country led to the creation of PoJK. And when the Indian forces were about to retrieve the part of J&K captured by Pakistan, Nehru without consulting Patel or other cabinet colleagues, went to the radio and declared unilateral ceasefire, he added.

Dr. Singh hailed Sardar Patel as the architect of India's political integration,

crediting him for merging over 560 princely states into the Indian Union. He also paid tribute to Dr. Syama Prasad Mukherjee, calling him another underappreciated patriot who laid down his life for Jammu & Kashmir's full integration with India.

The Minister said the Unity March is inspired by Sardar Patel's vision of a united India and aligns with Prime Minister Narendra Modi's goal of Atmanirbhar Bharat (self-reliant India).

He added that the campaign will also raise awareness about Swachh Bharat, drug eradication, and the promotion of Swadeshi products.

Highlighting the scope of the initiative, Dr. Singh said the campaign began digitally on October 6 and is divided into two phases. From October 31 to November 25, district-level Padyatras of 8-10 km will take place, preceded by essay competitions, seminars on Patel's life, and youth pledges for a Nasha Mukta Bharat and Proudly Swadeshi. The campaign will culminate in a historic march from Karamsad (Patel's birthplace) to the Statue of Unity in Kevadia on November 26, Constitution Day.

Nodal Officer Bhushan Gupta shared that students, NCC/NSS cadets, and MY Bharat volunteers will walk together during the padyatras across Kathua, promoting the message of Ek Bharat, Shreshtha Bharat through yoga camps, debates, lectures, and community outreach activities.

CM interacts with several public delegations, individuals in Jammu

SMVDU contributes over Rs 11 Lakh to CM's Flood Relief Fund



SMVDU delegation presenting a cheque towards the Chief Minister's Flood Relief Fund.

■ STATE TIMES NEWS

JAMMU: Several individuals and public delegations on Thursday met Chief Minister Omar Abdullah at his official residence here and apprised him of various developmental and public welfare issues.

On the occasion, a delegation from Shri Mata Vaishno Devi University (SMVDU) faculty presented a cheque of over Rs 11 lakh towards the Chief Minister's Flood Relief Fund. The contribution, made

by the employees of SMVDU, was appreciated by the Chief Minister, who lauded their spirit of compassion and solidarity.

Raj Kumar Choudhary, Chairperson of the J&K Joint Electricity Regulatory Commission, also called on the Chief Minister and discussed issues pertaining to the power sector. A delegation from IDPS Ghou Manhasan, comprising students and staff, met the Chief Minister and

discussed bridging the rural-urban education gap and inspiring students to become responsible future leaders. The Chief Minister also released the school's newsletter on the occasion and encouraged the students to pursue excellence with dedication and integrity.

Similarly, a delegation led by Dr. Sandeep Gupta, Regional Director of IGNOU Jammu, briefed the Chief Minister about the University's ongoing

programmes on disaster management, emphasizing their relevance in present times.

A delegation from Markazi Jama Masjid, Talab Khatikan, Jammu, led by Shahi Imam Mufti Anayatullah, also called on the Chief Minister and discussed issues related to the Jama Masjid and the local Madrassa.

Among others, DDC Member Dansal Shameem Begum, MLA Bani Dr. Rameshwar Singh, and Jammu Province JKNC President Rattan Lal Gupta also met the Chief Minister and raised several developmental and people-centric issues concerning their respective areas. The Chief Minister gave a patient hearing to all the visiting delegations and assured them that their genuine concerns would be duly examined and addressed by the government.

Yudhvir Sethi holds public Darbar, addresses local issues

■ STATE TIMES NEWS

JAMMU: MLA Jammu East, Yudhvir Sethi, today held a public Darbar at Pt. Prem Nath Dogra Bhawan, Kaechi Chawni, Jammu, to directly interact with constituents and address their grievances. The event witnessed a large turnout of local residents who brought forth issues ranging from civic infrastructure to public welfare schemes.

Speaking to the public, Yudhvir Sethi emphasized the importance of people's participation in governance.

He said, "Public Darbars are an essential platform for citizens to voice their concerns directly. My priority is to ensure that the development of Jammu East is inclusive and that every issue, big or small, receives



MLA Jammu East, Yudhvir Sethi listening to public issues.

timely attention."

During the Darbar, several residents raised concerns regarding water supply, electricity, sanitation, and public health services. The MLA assured prompt action and directed the concerned authorities to take immediate steps wherever neces-

sary. Sethi also highlighted the ongoing initiatives by the Central Government led by Prime Minister Narendra Modi in sectors such as education, health, and urban infrastructure.

"Our aim is to make Jammu East a model constituency where develop-

ment reaches every corner, and every citizen feels empowered and heard," Yudhvir Sethi added.

The Darbar was attended by BJP Mandal President Amphalla Swati Sharma, along with party members Raman, Anuradha Sharma, and Harvinder Singh, who extended their support and coordinated the event to ensure smooth interaction between the MLA and residents.

The MLA urged residents to actively participate in public forums and contribute ideas for local development.

Yudhvir Sethi promised regular follow-ups on all pending issues and reaffirming his commitment to transparent, citizen-centric governance in Jammu East.

Government of Jammu & Kashmir

Next-Gen GST Reforms

On most daily use items GST is reduced to 0% / 5%

Item	Old GST	New GST
→ Paneer / UHT Milk / Chhena	5%	0%
→ Coffee	18%	5%
→ Butter / Ghee & Dairy Spreads	12%	5%
→ Cheese	12%	5%
→ Packed Parotta	18%	0%
→ Pizza bread/chapati/roti	5%	0%
→ Chocolates / Biscuits / Cakes	18%	5%
→ Namkeen & Mixtures	12%	5%
→ Pasta / Noodles	18%	5%
→ Cornflakes	18%	5%
→ Packed Juices	12%	5%
→ Tender Coconut Water (Packed)	12%	5%
→ Drinking Water (20 litre bottles)	12%	5%
→ Dry Fruits	12%	5%

For more information/grievance contact 01912477303 (Jammu), 01942310595 (Kashmir)

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