# Peace & Normalcy restored in Ladakh with people's cooperation: LG Kavinder

Says restrictions to be lifted in a Phased Manner; Appeals to citizens not to heed rumours

### STATE TIMES NEWS

LEH: The Lieutenant Governor of Ladakh, Kavinder Gupta, Wednesday chaired a highlevel review meeting to take stock of the prevailing law and order situation in the Union Territory.

The meeting was attended by Chief Secretary Dr. Pawan Kotwal, Director General of Police Dr. S.D. Singh Jamwal. Srinagar South P.K. Singh, Deputy Commissioner Leh, Senior Superintendent of Police Leh, Sanjay Kumar, CO 79, Rajat Jain, CO 25,

and other senior officials. The officials briefed the Lt Governor on the latest security scenario and the measures undertaken to maintain peace and stabilitv in the region.



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

The Lt Governor lauded the relentless efforts of security forces and the civil administration in restoring normalcy over the past week under challenging circumstances. He also expressed appreciation for the patience and cooperation shown by the people of

Reviewing the welfare measures, Kavinder Gupta enquired about the condition of the remaining injured undergoing treatment at the government hospital. He directed the administration and hospital authorities to ensure the best possible medical care.

ual faces hardship or feels He further directed the Appealing to the citizens,

medical

Deputy Commissioner that,

in cases where advanced

required outside the UT,

the administration must

provide all possible humani-

tarian aid and financial

support so that no individ-

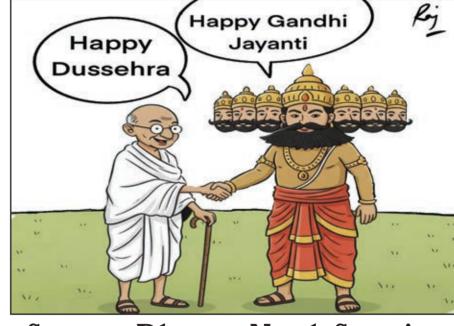
treatment

the Lt Governor urged people not to pay heed to rumors or misinformation and assured them that peace and harmony will be safeguarded at all costs.

He emphasized that the administration, along with security forces, is fully committed to maintaining peace, law, and order across the Union Territory.

The Lt Governor further assured that very soon all restrictions imposed as precautionary measures will be lifted in a phased manner once the situation fully stabilizes.

"Peace and development are the top priorities of the administration. Together, with the cooperation of the people, Ladakh will continue on the path of progress,' he added.



## Sanatan Dharam Natak Samaj to celebrate Dussehra today: Yudhvir

ful evil may appear, truth and

dharma will ultimately prevail.

It is this timeless message that

we wish to share with our

younger generations through

these celebrations," he stated.

Sanatan Dharam Natak

Samaj are putting in their best

efforts to make Ramleela and

Dussehra celebrations more

impressive. The festival sym-

bolizes the eternal victory of

good over evil," he added while

extending warm greetings to

the people of Jammu and

Kashmir on the occasion of

Vijaydashami. Yudhvir Sethi

"With each passing year,

#### **STATE TIMES NEWS**

JAMMU: Sanatan Dharam Natak Samaj, led by its Chairman and MLA Jammu East, Yudhvir Sethi today announced the grand celebrations of Dussehra in Jammu. scheduled to be held tomorrow at Parade Ground.

Addressing a press conference here, Sethi said that all arrangements have been finalized to make this year's festival vibrant and memorable.

He informed that the traditional Shobha Yatra will begin from Deewan Mandir and pass through the main bazaars of the city before culminating at Parade Ground. The procession will feature well-decorated chariots carrying tableaux of Bhagwan Rama, Lakshman and Hanuman.

Highlighting the arrangements, Sethi said that local artists enacting the roles of Lord Rama, Lakshman and Hanuman will perform the symbolic burning of effigies of Ravana, Kumbhkaran and Meghnath at Parade Ground before sunset.

Speaking about the values of Sanatan Dharma, Yudhvir Sethi said that it is not just a religion but a way of life that teaches harmony, respect for all beings, and the pursuit of

East, Yudhvir Sethi talking to reporters. appealed to people from all walks of life to participate in "Sanatan Dharma has always shown the path of the Shobha Yatra in large righteousness, compassion numbers and make it a grand and unity. Dussehra reminds success us that no matter how power-

Sanatan Dharam Natak Samaj Chairman and MLA Jammu

Sanatan Dharam Natak President Samai Masoom, Kulbhushan Sharma General Secretary and other members were also present in the press conference.

Anil Masoom, while addressing the media, expressed his enthusiasm for the upcoming Dussehra celebrations and emphasized the cultural and spiritual importance of the event. He stated that the festival not only brings the community together but also serves as a powerful medium to educate the younger generation about the values of Sanatan Dharma and the legacy of Lord Rama.

# CGPWA celebrates International Day of Older Persons with Health Talks SHRI MATA VAISHNO DEVI NARAYANA SUPERSPECIALITY HOSPITAL SHRI MATA VAISHNO DEVI NARAYANA SUPERSPECIALITY HOSPITAL

JAMMU: The Central Government Pensioners' Association (CGPWA), Jammu, in collaboration with Shri Mata Vaishno Devi Narayana Superspeciality Hospital, celebrated the International Day of Older Persons (IDOP) with an insightful health awareness event at the IIPA auditorium this evening

The event featured two highly informative health  ${\rm "Common}$ talks-on Gastrointestinal Concerns in the Elderly" by Dr. Vishav Singh, Consultant, and "Chronic Pain Management among Elders" by Dr. Parul Gohil, Consultant, Anesthesia & Pain Management, both from Narayana Hospital.

CGPWA President Kuldeep Khoda presided over the event, while Dr. Ashok Bhan, Member of the SMVDS Board, was the Chief Guest.

Dr. Vishav Dev Singh highlighted how ageing leads to physiological changes caus-

**STATE TIMES NEWS** 

JAMMU: BJP Jammu &

Kashmir on Wednesday

extended a welcome to the

historic initiative of Prime

Minister Narendra Modi, who unveiled a special

commemorative coin to mark

the 100 years of Rashtriya

Swayamsevak Sangh (RSS).

Gaurav Gupta said this

moment is not just a ceremo-

nial milestone but a national

acknowledgment of the

RSS's century-long service to

society and the nation. He

underlined that the Sangh,

since its foundation in 1925,

has been dedicated to the

vision of a strong, self-

reliant, and united Bharat.

inspiring millions through its

principles of discipline, self-

Spokesperson

noctage stamp and s

Party

CGPWA President Kuldeep Khoda speaking at a programme in Katra. ing gastrointestinal issues such as dysphagia, dyspepsia, GERD, constipation, and decreased appetite. He warned that esophageal dysphagia can lead to serious consequences like dehydration and aspiration pneumonia. He urged the elderly to maintain good dental health, chew food thoroughly, eat

Stressing the importance of gut health, Dr. Singh recommended fiber-rich diets, probiotics, regular hydration, and physical activity as keys to healthy ageing.

slowly, and stay hydrated.

He also explained age-related changes in the liver and advised caution with medica-

less service, cultural pride,

"Over the last hundred

years, the RSS has silently

but powerfully shaped India's

socio-cultural fabric. From

promoting social harmony,

eradicating evils, empower-

ing youth, and supporting

the downtrodden, to standing

firmly with the nation in

times of crisis, the Sangh has

and national awakening.

tions that can affect liver function. Constipation, affecting over 35% of elders, he noted, can result from reduced mobility, cognitive issues, and medical conditions such as diabetes and stroke. Lifestyle adjustments remain the most effective remedy.

Dr. Parul Gohil's talk focused on chronic pain and its physical and psychological impact on the elderly, including mobility issues, depression, and sleep disturbances. She explained that any persistent pain lasting beyond three months needs medical attention. She discussed interventional treatments

placed Rashtra

Pratham (Nation First)

above everything else. Today,

the release of this stamp and

coin symbolizes the country's

deep respect for the lakhs of

swayamsevaks who have tire-

lessly worked, often away

from the limelight, to keep

the flame of nationalism

He further emphasized

that under the dynamic

leadership of Prime Minister

Narendra Modi Ji, India is

celebrating its civilizational

heritage with pride and hon-

oring institutions like RSS

which have played a pivotal

role in nurturing values of

Seva (service), Samarpan

(dedication), and Sanskar

Gupta added, "As our

nation moves towards the

alive," Gupta said.

such as steroid injections, nerve blocks, spinal cord stimulation, and plasma-rich platelet therapy, which can provide targeted relief without major surgery. Dr. Ashok Bhan, in his

address, praised the Naravana Hospital's contribution since its inception in 2014, lauding its commitment to public welfare despite financial pressures. He noted that the newly established medical college, with 50 MCI-approved seats, is a significant achievement.

In his presidential address. Kuldeep Khoda thanked both doctors for their enlightening talks and praised Narayana

goal of Viksit Bharat

@2047, the guiding philoso-

phy of RSS coupled with the

visionary leadership of Modi

Ji will remain the driving

force in making India a

global power rooted in cul-

ture values and strength

The centenary celebrations

are not only about reflecting

on the past but also about

reaffirming our resolve to

take Bharat to greater

On behalf of BJP J&K,

Gupta congratulated the

nation on this historic occa-

sion and paid glowing trib-

utes to the founders and

swayamsevaks of RSS who

have contributed immensely

in shaping the idea of modern India while staying com-

mitted to its civilizational

heights.'

Hospital for its consistent healthcare service. He encouraged the elderly to maintain a healthy lifestyle, emphasizing the importance of diet, exercise, and mental

engagement.

General Secretary K.B. Jandial welcomed the attendees, while Vice President Dr. Sudarshan Kumar proposed the vote of thanks. The event concluded with the announcement of a Health Camp to be held on October 3 Narayana Hospital's Gandhi Nagar OPD.

# BJP J&K hails PM Modi's release of special stamp &



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# Secy RDD inaugurates Kaushal Parv 2025 at Jammu

Rs 100 commemorative coin on RSS Centenary

### **STATE TIMES NEWS**

JAMMU: Giving a major boost to youth employment, Secretary, Rural Development Department (RDD) & Panchayati Raj, Mohammad Aijaz Asad on Wednesday inaugurated 'Kaushal Parv 2025', an IEC-cum-placement drive under the Himayat-Deen Upadhyaya Daval Grameen Kaushalya Yojana (DDU-GKY).

The placement drive turned into a significant recruitment platform with 17 reputed employers, like PepsiCo, Domino's, Coca-Cola, Barbeque Nation, Burger King, Vardhman Textiles and Rubli Foods, offering a wide range of opportunities across sectors including retail, hospitality, textiles, food & beverages, IT-ITES, and surveillance services.

The event witnessed the participation of over 250 skilled youth mobilised by Implementing Project Agencies (PIAs) under



Secretary RDD &PR, Mohammad Aijaz Asad flagging off 'Kaushal Rath'

Himayat, with several candidates receiving onthe-spot job offers.

In his address, the Secretary underscored that placements are the core milestone of the Himayat-DDU-GKY programme. "Job fairs like Kaushal Parv serve as a direct bridge between youth trained and employers, ensuring transparent, sustainable, and industry-driven employment outcomes,"

he said. Highlighting the Department's focus on market-relevant skills. Aijaz Asad said that the twin initiatives, Kaushal Parv and Kaushal Rath, reflect the commitment to equip J&K's youth with skills for sustainable livelihoods.

The Secretary also distributed offer letters to selected candidates on the

Addressing the gather-COO. HMMU-

JKRLM, Rajneesh Gupta said, "This is not merely a placement drive; it is a platform where skills meet opportunities and dreams take their next step forward. Each placement secured today is not just about a job but about dignity, courage, and empowerment."

The event concluded with Secretary flagging off of 'Kaushal Rath', a mobile outreach vehicle that will travel block-toblock for 20 days, disseminating recorded messages, distributing pamphlets, and mobilising rural youth for skill training and placements-taking the scheme's benefits

to last-mile villages. Pertinently, Himayat, the J&K chapter of the Deen Dayal Upadhyaya Grameen Kaushalya Yojana (DDU-GKY), is a flagship placement-linked skill development programme of the Ministry of Rural Development, Government of India.

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For more details, visit https://rbikehtahai.rbi.org.in For feedback, write to rbikehtahai@rbi.org.in



