

National Vascular Day Walkathon organized



Member Parliament (Rajya Sabha) Sat Sharma, MLA Jammu East Yudhvir Sethi and others participating in Walkathon in Jammu on Sunday.

STATE TIMES NEWS
JAMMU: To commemorate National Vascular Day, a nationwide event in form of Walkathon was organized in 28 cities of country simultaneously by Vascular Society of India on 9th November 2025 as awareness drive with a resounding for creating Amputation Free India. In Jammu the event was organized by Jammu Vascular Society in collaboration with Jammu Club Jammu, Swami Vivekanand Medical

Mission and Friends of GMC Jammu and more than 150 enthusiasts participated in the walkathon starting from Jammu Club and went around Maulana Azad Stadium. The Walkathon was flagged off by Member Parliament (Rajya Sabha) Sat Sharma in presence of MLA Jammu East Yudhvir Sethi and MLA Jammu West Arvind Gupta. Speaking on the occasion Sat appreciated this awareness drive organized by Doctors from Jammu

Vascular Society highlighting the vascular health and importantly preventing amputations caused due to these ailment and making India amputation free. He reiterated the importance of health and walking amongst various sections of the society as stressed by Prime Minister Narinder Modi. Yudhvir Sethi appreciated the effort of Jammu Vascular Society and co organizers for organizing events like this which go a long way in creating awareness for pre-

vention of vascular diseases and making society amputation free. Arvind Gupta stressed the importance of having a good life style consisting of walking, good eating habits control of risk factors and refraining from smoking and other substances which are harmful for vascular system. Organizer of the Walkathon and Convenor Jammu Vascular Society Dr Arvind Kohli Briefed about this years grand initiative to bring attention to the importance of Vascular

Health while fostering a sense of community and solidarity. Citizens from all walks of life should join hands and step forward together advocating for a healthier happier and amputation free future for every Indian. "Further the Vascular Diseases incidence in India is growing with alarming speed Hence measures to control risk factors which are the causes of these vascular ailments should be strictly followed. This can only be achieved by spread-

ing awareness to masses, and for this role of public representatives, media and social organizations is most important. Present on occasion were Sh Shailender Singh SSP Railways, Dr Gurjit Singh Dr Mohan Lal, Dr T R Raina, Prof Sushil Sharma, Prof Anita Vig, Prof Parminder Management committee members from Swami Vivekanand Medical Mission Hospital DC Jammu, Mohan Singh Chauhan & Dr Sachin

Gupta and Jammu Club Jammu executive members Gaurav Gupta, Dr Ritesh, Ashwani, Dr Shejla along with Jammu Vascular Society members Prof I A MIR, Prof Rahul Gupta, Dr Mohit Arora along with other Senior doctors and paramedics, and a large no of distinguished persons from civil society including Senior Police officers, Lawyers, Media Consultants, Artists, Business men Chartered Accountants, youth and growing children and

members of Jammu Club where there was lot of interaction about the prevention of vascular diseases and important role of walking in the life style conducted by eminent media persons with the participants and some patients around thereby apprising them of avoiding smoking, being overweight or obese, and living a sedentary lifestyle. The event concluded with a wonderful yoga session conducted by Prof TR Raina.

Nagrota to pay tribute to Rana Sb on Nov 11, will continue development works across constituency: Devyani Rana

Decisive mandate to Devyani will ensure momentum in development, says Jugal

STATE TIMES NEWS
NAGROTA: Bharatiya Janata Party (BJP) candidate for the Nagrota Assembly by-election, Devyani Rana, on Sunday wrapped up her vigorous and widely supported election campaign with a message of gratitude, and resolve to carry forward the vision of development, empowerment, and inclusive progress envisioned by Devender Singh Rana Sahib.



BJP candidate for Nagrota Assembly by-election, Devyani Rana at election rally.

Addressing her concluding public interactions, Rana said she was deeply touched by the overwhelming enthusiasm and faith shown by the people of Nagrota, who have always upheld the legacy of democratic participation. She expressed firm belief that the sagacious electorate of Nagrota will once again come out in large numbers to exercise their vote for continuity and progress. "This election is all about strengthening the journey of transformation that the BJP has initiated across Jammu and Kashmir under the visionary leadership of Prime Minister Narendra Modi," she said, adding that it is an election for development, empowerment, and accomplishment of a broader vision where every citizen enjoys dignity, opportunity, and a better quality of life. Rana reiterated her commitment to carry forward the BJP's development-oriented mission for Nagrota constituency, initiated by Late Devender Singh Rana with overwhelming support from the people, to transform the constituency as a hub of pilgrim, eco tourism and economic to create better livelihood opportunities for all. She said the BJP's governance model has focused on bringing tangible changes in people's lives through improved infrastructure, healthcare, education, road connectivity, digital access, and social welfare across the country and J&K is benefiting too. "The BJP believes in ensuring ease of life for every citizen, especially for those living in rural and semi-urban belts whether it is through housing for all, rural road connectivity, women's empowerment schemes, youth skill development, or direct benefit transfers", she said and added that the BJP has delivered on its promises. Making a fervent appeal to the people of Nagrota

Constituency, Member of Parliament Jugal Kishore Sharma urged voters to extend their wholehearted support to BJP candidate Devyani Rana. He said that Ms. Rana represents a new generation of leadership committed to the vision of Sabka Saath, Sabka Vikas, Sabka Vishwas aur Sabka Prayas. Her candidature embodies continuity of the developmental roadmap envisioned by her late father, who dedicated his life to the progress and unity of Nagrota, he added. Sharma emphasized that a decisive mandate in favour of Devyani Rana will ensure the momentum of ongoing development works, better infrastructure, improved public services, and empowerment of youth and women in the region. He appealed to every voter to come out in large numbers and vote for the BJP. Interacting voters during her visit to the constituen-

cy, Rana also expressed heartfelt gratitude to party workers, local leaders, and supporters for their tireless efforts throughout the campaign, which she described as a spirited and people-driven movement. "Our campaign has been a celebration of democracy, marked by positivity, participation, and purpose. I thank every karyakarta who worked day and night to take our message to the last voter," she said. Devyani Rana highlighted that her interactions with the people of Nagrota reaffirmed their strong faith in the BJP's governance model and their desire to see the ongoing transformation continue without disruption. The people want continuity and the journey of progress to move forward with greater momentum. She exuded confidence that Nagrota will vote for that continuity on polling day.

Devyani Rana called upon voters to turn out in large numbers and make the democratic process a true reflection of people's aspiration for peace, prosperity, and progress. Every vote cast for BJP is a vote for development, dignity, and decisive leadership, she said. "Together, we will ensure that the flame of progress continues to shine brighter in Nagrota," she said. She also conveyed her gratitude to the people for their warmth, affection, and trust, reaffirming her commitment to serve with honesty, humility, and commitment. "Nagrota's story is one of potential and promise - and together, we will make it a story of success and pride," Rana said.

Doda Police organises Police Band performance to mark 150 Years of "Vande Mataram"



J&K Police Doda in collaboration with Civil Administration organizing Police Band performance at Doda.

STATE TIMES NEWS
DODA: As part of the ongoing 150 Years of the National Song "Vande Mataram" celebrations, Jammu and Kashmir Police Doda, in collaboration with the Civil Administration Doda, today organized a Police Band performance dedicated to patriotic tunes at Doda town. The event witnessed enthusiastic participation from the public as the Police Band marched from Police Station to the Old Bus Stand, playing inspiring patriotic melodies that filled the atmosphere with

national pride and unity. The event was attended by Additional Deputy Commissioner (ADC) Anil Kumar Thakur, Dy. SP DAR Aadil Rishu, Station House Officer (SHO) Parvaiz Khanday, besides other officers from police and civil administration. The initiative aimed to promote spirit of patriotism and pay homage to the timeless legacy of "Vande Mataram", which continues to inspire generations with its message of national pride and unity.

DLSA Udhampur hosts special awareness event to celebrate Legal Services Day



DLSA Udhampur members celebrating Legal Services Day.

STATE TIMES NEWS
UDHAMPUR: District Legal Services Authority (DLSA) Udhampur celebrated Legal Services Day here at the District Court Complex by organizing a special awareness seminar. Principal District and Sessions Judge and Chairman DLSA, Virinder Singh Bhou delivered the keynote address. He stressed the need for collective efforts in promoting legal awareness and

ensuring access to justice for all, especially the marginalized and vulnerable sections of society. "As we celebrate Legal Services Day, let us reaffirm our commitment to providing justice to all, and work towards creating a more just and equitable society," he emphasized. Speaking on the occasion, Additional District and Sessions Judge, Kamlesh Pandit stressed the importance of legal aid

and awareness in empowering the marginalized sections of society. He said "Justice delayed is justice denied, and it's our collective responsibility to ensure timely and effective legal assistance to those who need it most." Chief Judicial Magistrate, Rekha Kapoor Nischal emphasized the role of legal services in promoting social justice, stating, "Legal services are the backbone of our justice

system." She further added that Justice is not a privilege, but a right, available to all. Bar President District Court, Surinder Kumar Khajuria also shared his views on the importance of legal services in ensuring justice reaches every corner of the society. Earlier, the program commenced with a welcome address by Munsiff JMJC, Urvashi Raina, highlighting the significance of accessible justice for all. Later, trophies and mementos were given to LADCs, Panel Lawyers and PLVs for their outstanding and tireless efforts in promoting legal awareness and assistance. The program concluded with a vote of thanks delivered by Special Mobile Magistrate, Pooja Raina, expressing gratitude to all the guests and participants for making the program a grand success.

TRAVEL TIME!

Jammu to Srinagar	
IndiGo	10:05 AM - 10:45 AM
SpiceJet	11:10 AM - 12:00 PM
Air India Express	12:50 PM - 1:40 PM
Air India Express	1:35 PM - 2:45 PM
IndiGo	1:55 PM - 2:35 PM
IndiGo	6:40 PM - 7:20 PM
Srinagar to Jammu	
IndiGo	11:45 AM - 12:35 PM
Air India Express	12:10 PM - 1:05 PM
SpiceJet	12:35 PM - 1:30 PM
Air India Express	2:20 PM - 3:35 PM
IndiGo	3:15 PM - 4:05 PM
IndiGo	5:20 PM - 6:10 PM

FIND TRAIN SCHEDULE

11078 Jhelum Express	
Departure	: 23:35 from Jammu Tawi
Arrival	: 11:15 at New Delhi
12426 Jammu Tawi - New Delhi Rajdhani Express	
Departure	: 21:25 from Jammu Tawi
Arrival	: 05:55 at New Delhi
12446 Uttar Sampark Kranti Express	
Departure	: 21:50 from Jammu Tawi
Arrival	: 06:55 at New Delhi
Train 26401 - Katra to Srinagar (Morning Service)	
Departure	: 8:10 AM from Katra
Arrival	: 11:10 AM at Srinagar
Intermediate Stop	: Banihal at 9:58 AM
Fare:	
Chair Car (CC):	715
Executive Chair Car (EC):	1,320
Booking:	Available on IRCTC
Train 26403 - Katra to Srinagar (Afternoon Service)	
Departure	: 2:00 PM from Katra
Arrival	: 05:00 PM at Srinagar
Fare:	
Chair Car (CC):	660
Executive Chair Car (EC):	1,270
Booking:	Available on IRCTC

FIND CINEMA

EK DIWAANE KI DEEWANIYAT	
WAVE ONE MOVIE JAMMU	4:40 PM / 10:00 PM
PVR KC JAMMU	10:35 AM / 08:30 PM
THAMMA - HINDI	
WAVE ONE MOVIES JAMMU	7:40 PM
PVR KC JAMMU	11:30 AM
HAQ - (HINDI)	
WAVE ONE MOVIE JAMMU	11:00 PM / 1:50 PM / 7:30 PM / 10:20 PM
PVR KC JAMMU	1:35 PM / 7:35 PM / 9:40 PM
HAPPY KHUSH HO GAYA - (PUNJABI)	
WAVE ONE MOVIES JAMMU	11:15 AM / 2:40 PM
IKK KUDI	
WAVE ONE MOVIE JAMMU	2:00 PM / 10:35 PM

HELPLINE

TELEPHONES	
Directory Enquiry	197
Fault Repair	198
Local Assistance	199
Trunk Booking	180
Trunk Assistance	181
International Trunk Booking	2447952, 2577951, 2573638
Billing Complaints	2543896, 2548415
Billing Complaints Computerize	1955
Change No. Announcement	1951
Gandhi Nagar Exchange	2451953, 2430953
HOSPITALS	
Government Medical College	2584290, 2484291
Psychiatry and Disease Hospital	2577444
Ambulance Rajouri	2571147, 257084, 257357
Blood Bank/Eye Bank - SMGS Hospital	2547639, 2547637
Emergency	2549669
Blood Bank	2547637, 2547638
Chest Disease Hospital	2577064, 2548012
Dental Hospital	2544670
Govt Hospital Gandhi Nagar	2430041
Emergency	2431740
Child Hospital	2577023
Acharya Shri Chander College of Medical Sciences and Hospital	262270
AMBULANCES	
Indian Red Cross Society	2549413
Jammu University	2453165, 2543525, 2435248
FIRE STATIONS	
Gandhi Nagar	101, 2435283, 2457705
City	2544263
Canal	2554064
Roop Nagar	2597522
Gangyal	2480026
Bari Brahmana	220020
Akhnoor	252481
Kathua	234313
Samba	243280
Katra	232451
Udhampur	270897
Police Control Room	100, 2542001, 2545481-82
Police Exchange	2547621-22, 2547624
Civil Defence Control Room	2549100, 2548645, 2544920
Civil Defence	2548645, 2549100, 2544920
Hot Line	383
TOURISM	
Tourist Officer, Airport	2431917
Tourist Officer, Railway Station	2430078
Tourist Reception Centre	2579554
BUS SERVICES	
JKSRTC General Manager	2435262
JKSRTC Bus Stand	2577475
JKSRTC Jammu Srinagar, Service	2576562
Punjab Roadways	2542782
WATER SUPPLY	
Company Bagh	2542582
Parade	2544979
Bakshi Nagar	2543557
Panjthirhi	2547501
Narwal	2430031
ELECTRIC SUPPLY COMPLAINTS	
Canal	2554147, 2554199
Parade	2542289, 2543398
Nanaki Nagar	2430776
Gandhi Nagar	2430180
Shastri Nagar	2430781
Janipur	2543828, 2579258
Satwari	2452816
FIRE SERVICE : (Control Room)	
	101
CIVIC SERVICES	
Municipality	2547846, 2542192
Health Officer	2547440
Garbage / Carcass Removal	2547440