

Shopkeepers protest at Satwari Chowk over daily traffic jams

STATE TIMES NEWS
JAMMU: Daily life at Satwari Chowk went haywire on Tuesday as dozens of shopkeepers staged a strong protest against the persistent traffic congestion caused by buses and auto-rickshaws halting in front of their establishments.

According to the protesters, the issue has been ongoing for months, with passenger buses and autos routinely stopping directly in front of the market area, creating a near-permanent traffic jam.

Shop owners alleged that the continuous blockade has severely damaged their businesses, as customers are unable to reach their shops due to the long queues of stationary vehicles.

"From morning till evening, buses are parked in front of our shops. Customers cannot even come near us. How are we supposed to survive like this?" said one agitated



Vehicles and barricades stalling business at Satwari Chowk.

shopkeeper, adding that repeated complaints to authorities had gone unheard.

A protesting shopkeeper, expressing deep frustration, said, "It is not just the buses and autos blocking the way to shops. The barricades installed by the administration have made things even worse. Customers cannot stop their vehicles or reach our shops because the entire stretch remains choked. Our business has dropped drastically, and no one seems to be listening to

stating that the congestion not only causes a drop in sales but also leads to frequent arguments with drivers and commuters. The protesters claimed that the lack of a designated stopping area for public transport vehicles has resulted in chaos, with vehicles halting wherever they find space often right in front of shop entrances.

They demanded immediate intervention from the traffic police and district administration.

Their demands include enforcing strict no-parking zones in front of the market, relocating bus and auto stops to a suitable distance.

Commuters passing through Satwari Chowk also expressed frustration, noting that the area has become a chronic bottleneck, especially during office hours.

The shopkeepers warned that if authorities fail to act, they will intensify their protest in the coming days.



India speaks loud and clear, no whitewashing of terrorism: Gaurav

STATE TIMES NEWS
JAMMU: Gaurav Gupta, Spokesperson and Convenor of Department for International Relations for J&K BJP, said that External Affairs Minister Dr. S. Jaishankar's strong and unambiguous statement at the SCO Council of Heads of Government meeting in Moscow has once again reinforced India's uncompromising stand against terrorism. Gupta said Dr.



Jaishankar's categorical message that there can be no justification, no looking away, and absolutely no whitewashing of terrorism reflects the clarity and confidence of New India under the leadership of Prime Minister Narendra Modi and Home Minister Amit Shah. He highlighted that the Shanghai Cooperation Organization, created to counter terrorism, separatism and extremism, must now act with greater unity, as these threats

have become more dangerous, more organized, and more global. Referring to the recent Delhi blast, which claimed innocent lives, Gupta noted that Dr. Jaishankar's assertion that India has the right to defend its people and will exercise that right whenever required sends a clear message to the international community, India will not compromise on national security. Gupta further endorsed Dr. Jaishankar's call for the SCO to

adapt, reform and strengthen its working methods in line with the evolving global challenges and security environment. He said India remains committed to contributing positively to these reforms and ensuring that the fight against terrorism remains the organization's top priority. He added that India's position is firm, principled and transparent terrorism, in any form, by any actor, for any reason, will face zero tolerance.

Dr Sudhaa highlights cardiovascular health in EZIMSCON

STATE TIMES NEWS
JAMMU: Dr Sudhaa Sharma, President Elect Indian Menopause Society (IMS) had the honour of being guest faculty in East Zone Conference of IMS (EZIMSCON) held at Bhubaneswar.

During her presentation, she highlighted that Cardiovascular disease (CVD) is the leading cause of death in women, with a notable increase after menopause because of loss of protective effect of estrogens (present before menopause).

CVD is more in women with surgical menopause, early onset of menopause (before 45 yrs), & women with hot flushes, sleep disorders and depression.

Other core Health indicators for increase in CVD are obesity (esp central), physical inactivity, smoking, unhealthy diet, hypertension, dyslipidemia, diabetes mellitus etc.

Dr Sudhaa, an eminent gynaecologist, emphasised that to decrease the risk of CVD in menopause, women should try to maintain optimal weight, do regular exercise, eat healthy avoid smoking, control the associated diseases like hypertension, Diabetes, get regular health checkups and take medication as and when required. She also emphasised that Menopause Hormonal Therapy (MHT) is not to be given for the sole purpose of primary or secondary prevention of CVD. MHT if needed for other conditions during menopause can be given after consultation with a doctor with proper follow up.



Young NCC cadets experience their first flight in Udhampur



1 J&K Air Squadron NCC official with young cadets after their first-ever flying experience in Udhampur district.

STATE TIMES NEWS
JAMMU: The 1 J&K Air Squadron NCC on Tuesday offered young cadets their first-ever flying experience in Udhampur district, marking a significant step in the ongoing efforts to cultivate early aviation awareness and discipline among them, an official said.

A total of 16 cadets -- eight each from Junior Division and Junior Wing -- from various schools participated in the exercise, each undertaking an air familiarization sortie in the Virus SW-80 microlight aircraft, a defence spokesperson said.

He said the flying was executed under the supervision of commanding officer and technical staff, ensuring adherence to all aviation safety protocols.

The training was designed to familiarize cadets with fundamental aviation concepts and provide them with an initial orientation to powered flight, the spokesperson said.

Prior to the commencement of flying operations, he said the cadets received a detailed pre-flight briefing covering aircraft structure and basic systems, cockpit orientation, standard safety procedures and emergency protocols.

Following the briefing, each cadet was individually strapped in and guided through a carefully monitored flight experience aboard the Virus SW-80 microlight aircraft by the commanding officer, the spokesperson said.

He said the sorties provided

cadets with a unique insight into real-time aircraft operations, including take-off dynamics, level flight characteristics, coordinated turns, and landing procedures.

For many cadets, this was their inaugural experience onboard an aircraft, making the event both educational and inspirational, he said.

Wing Commander Nitin Yadav, Commanding Officer of the unit, commended the young cadets for their enthusiasm and composure, noting that early exposure to aviation is a vital component in shaping future officers and aviation professionals.

He emphasized that the Squadron remains committed to providing structured and progressive training opportunities that foster leadership, discipline, and technical aptitude in NCC cadets.

The cadets expressed deep appreciation for the opportunity, describing the experience as motivating, enriching, and confidence-enhancing, the spokesperson said, adding many shared that the sortie reinforced their aspiration to pursue careers in the Indian Air Force or related aerospace fields.

The successful conduct of the flying activity reflects the continued dedication of the 1 J&K Air Squadron NCC to uphold the highest standards of cadet training and contribute meaningfully to national youth development initiatives, the spokesperson added.

Advanced Agriculture, Prosperous Farmers Building a Developed India

Prime Minister Narendra Modi

To transfer more than ₹18,000 crore directly to the Bank Accounts of above 9 crore farmers under 21st instalment of PM-Kisan Samman Nidhi and Inaugurate South India Natural Farming Summit 2025

19th November 2025 | 1:00 PM | Coimbatore, Tamil Nadu

Pradhan Mantri Kisan Samman Nidhi	Unprecedented Achievements in Agriculture	Historic Investments in Agriculture sector
<ul style="list-style-type: none"> ₹6,000 annual assistance directly transferred to farmers' accounts in three equal instalments. Over ₹3.90 lakh crore transferred directly into farmers' bank accounts so far 25% of PM-Kisan beneficiaries are women farmers One of the world's largest Direct Benefit Transfer (DBT) schemes Over 85% beneficiaries are small and marginal farmers 	<ul style="list-style-type: none"> Foodgrain production increased from 246 million tonnes to 354 million tonnes in the last 11 years Over 25 crore Soil Health Cards distributed Micro-irrigation expanded to 100 lakh hectares ₹2 lakh crore compensation provided as crop insurance support Over 55,000 farmers certified under the National Mission on Natural Farming Agricultural credit flow increased from ₹6.35 lakh crore to about ₹16 lakh crore in 11 years Major positive transformation in rural India through new technologies, FPOs, farmers' digital ID, PM-AASHA and AIF 	<ul style="list-style-type: none"> Pradhan Mantri Dhan-Dhaanya Krishi Yojana implemented with an outlay of ₹24,000 crore ₹11,440 crore allocated for promoting the Pulses Self-Reliance Mission Nearly 5-fold increase in agriculture budget in the past 11 years rising from ₹22,000 crore to ₹1.27 lakh crore Around ₹14 lakh crore provided as fertilizer subsidy over 11 years, ensuring timely and affordable supply of fertilizers

From seed to market, the Government of India stands firmly with the farmers

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