

Dr Jitendra interacts with Delhi's Dogra families, urges legacy with futuristic vision

■ **STATE TIMES NEWS**
NEW DELHI: Union Minister, Dr. Jitendra Singh, on Sunday Dogra families residing in Delhi NCR at an informal get-together organised by the Delhi based "Dogra Welfare Association".
During the interaction, Dr Jitendra urged the importance of synergising the traditional Dogra legacy with futuristic vision of 21st century India.
Addressing a diverse audience, Dr. Jitendra Singh encouraged young students to broaden their career aspirations beyond government jobs, emphasizing the importance of StartUps and entrepreneurship. "We must harness next-generation technologies and adopt a progressive mindset. Under Prime Minister Narendra Modi's leadership, India has embarked on a path of innovation, making technology more accessible and



Union Minister Dr. Jitendra Singh with members of Delhi based Dogra families at New Delhi on Sunday.

decentralized," he stated.
Dr. Jitendra Singh spotlighted the Purple Revolution, emphasizing its transformative potential. He shared the success story of lavender cultivation, which saw professionals from high-paying corporate roles transition to this venture, creating significant economic opportunities. He noted that this achievement has been rec-

ognized by Prime Minister Modi in the 'Mann Ki Baat' program.
The Minister also referred to the milestone achieved by Khadi exports, urging youth to explore untapped cultural and economic resources. He stressed the need for parents to support their children's entrepreneurial pursuits, adding that the private sector now offers

abundant opportunities for contributing to nation-building.
Citing the privatization of the space sector as an example, Dr. Jitendra Singh highlighted the role of StartUps in launching satellites and advancing technological innovation. "Our children must embrace this era of opportunity and innovation-they must not miss the bus," he

remarked.
On the official recognition of Dogri as a language post-2014, Dr. Jitendra Singh expressed pride and credited Prime Minister Modi for this significant cultural milestone. He encouraged the Dogra community to celebrate their heritage while contributing to India's progress.
The gathering also celebrated Dr. Jitendra Singh's multifaceted personality, recalling his early days as a popular radio drama artist and his contributions as a journalist. Attendees appreciated his efforts to boost their morale and self-esteem, with many expressing gratitude for his inspiring presence.
The event concluded with a renewed sense of pride and motivation among the Dogra families to embrace innovation and contribute to India's growth story.

Randhawa emphasizes BJP's unwavering focus on development, public welfare

■ **STATE TIMES NEWS**
JAMMU: Reinforcing BJP's unwavering focus on development and public welfare, senior BJP leader and MLA Bahu Constituency, Vikram Randhawa today inaugurated the much-anticipated Nallah wall construction project at Ward No. 53, Trikuta Nagar. The project will be completed with an estimated costs of Rs 1.21 crore.
Addressing the gathering, Randhawa highlighted the BJP's dedication to delivering impactful development initiatives. "Under the visionary leadership of Prime Minister Narendra Modi, the BJP is transforming dreams into reality. This project is not just a construction effort; it is a symbol of our commitment to building a better tomorrow for every citizen. We are determined to ensure that no area is left behind in the march towards progress," he asserted.
He asserted that the project aims to resolve the long-standing waterlogging problems faced by Trikuta Nagar resi-



MLA Vikram Randhawa after inaugurating Nallah wall construction project at Ward No. 53.

dents, particularly during monsoon seasons, and will contribute significantly to ensuring a cleaner and more organized urban environment.
Randhawa reaffirmed BJP's vision of transforming Jammu and Kashmir into a model of growth and prosperity. "Every initiative we undertake is a step closer to realizing the dream of a self-reliant and vibrant J&K. I urge the public to continue their support for these endeavors, as together, we can achieve monumental progress," he said.
On the occasion, Madan

Gopal (AEE, UEED), Supriya Khajuria (JE, UEED) were present to oversee the technical aspects of the project, assuring timely execution and adherence to high-quality standards. Besides, BJP leaders Nitish Mahajan (Mandal President), Lucky Puri, and Ajay Gupta (Ex-Corporator), along with other prominent individuals of the area were also present.
The residents of Trikuta Nagar expressed gratitude to Randhawa for his consistent efforts in improving civic amenities and enhance the quality of life.

BJP KDD launches Samvidan Gourav Abhiyan



BJP KDD leaders at Samvidan Gourav Abhiyan.

■ **STATE TIMES NEWS**
JAMMU: The BJP Kashmir Displaced District launched the Samvidan Gourav Abhiyan today from Durga Nagar, Jammu, with a quiz contest on the topic, "Baba Sahab Ambedkar as the Architect of the Indian Constitution."
The event was held at the Mandal Office in Durga Nagar and was presided over by Chand Jee Bhat, District President of KDD. Ayudhiya Gupta, UT Convener of Samvidan Gourav Abhiyan, attended the event as the Chief Guest. The quiz contest saw the enthusiastic participation of 9 high school students, all eager to showcase their knowledge about Baba Sahab Ambedkar's contribu-

tion to the Indian Constitution. Moti Lal Bhat, District Convener of the Samvidan Gourav Abhiyan, highlighted the importance of the campaign and the tribute being paid to Baba Sahab Ambedkar by BJP, particularly through initiatives like the launch of the Panchterath by Prime Minister Narendra Modi.
He also spoke about the installation of a statue of Baba Sahab in London and various development schemes launched in his name to realize his vision of a unified and developed Bharat. In his address, Ayudhiya Gupta emphasized the historical struggles of Baba Sahab, particularly the efforts of Congress under Pt.

Jawaharlal Nehru to politically marginalize him, restricting his participation in the Constituent Assembly and defeating him in parliamentary elections.
Chand Jee Bhat, District President, appreciated the students' participation and urged them to deepen their understanding of the Indian Constitution and Baba Sahab Ambedkar's role in shaping it.
At the conclusion of the program, the quiz participants were awarded consolation prizes by the Chief Guest, Ayudhiya Gupta, along with other district leaders, including H.K. Razdan (District General Secretary), Sanjay Bhat (District Vice President), and others. Rohit Ganjoo, Mandal President, thanked the students and their parents for their active participation. The program was anchored by Bhushan Lal Raina, former Mandal President. The event was attended by Mandal and Booth Karikartas of Durga Mandal, as well as district office bearers.

Seminar on 'immunity boosters through a Yogic Way of Life' held Nitish Mahajan felicitated on appointment as BJP Trikuta Mandal President

■ **STATE TIMES NEWS**
JAMMU: Vichar Kranti Manch International organized an insightful seminar on enhancing immunity through adopting a yogic lifestyle.
Dr. Shreyansh Kumar Jain, State Yoga Commissioner and President of Vichar Kranti Manch International, was the keynote speaker. He highlighted how a disciplined yogic routine, incorporating practices such as pranayama, meditation, and a sattvic diet, can significantly strengthen the body's immune system. Dr. Jain elaborated on the critical role of pranayama (breathing exercises) in improving oxygenation, enhancing lung capacity, and reducing stress, which directly impacts immunity. He stressed that regular practice of Anulom-Vilom, Bhastrika, and Kapalabhati pranayama helps purify the blood, improves circulation, and stimulates the lymphatic system, which is vital



VKMI president honouring Nitish Mahajan on appointing Trikuta Mandal President BJP.

for fighting infections. Further, Dr. Jain emphasized the importance of Asanas (yogic postures) such as Surya Namaskar and Bhujangasana, which not only improve physical flexibility but also enhance the functioning of vital organs like the heart, lungs, and digestive system. He advocated that consistent practice of such asanas strengthens the immune response by boosting metabolism and eliminating toxins. The chief guest, Mr. Vinod Mahajan, a reputed businessman, Manohar

Khajuria, Former Director planning, presided over, he praised the initiative and shared his views on how a balanced yogic way of life could mitigate modern lifestyle diseases and promote overall well-being.
The seminar witnessed

active participation from prominent members, including Narinder Wadhwa, a noted social activist, Manohar Khajuria, former Director of Planning, and Purna Nanda, Shelja, Ajay Jamwal, Sajjan and Vishal

Kumar, who shared their insights on maintaining physical and mental health through yoga. During the event, members congratulated Nitish Mahajan on his appointment as Trikuta Mandal President (BJP). In honor of the occasion, Dr. Jain presented a meticulously prepared life sketch of Nitish, acknowledging his contributions to society and the community.
The seminar concluded with a vote of thanks, expressing gratitude to all participants and organizers for making the event a grand success. The session inspired attendees to adopt a yogic lifestyle for a healthier and more resilient life.

Ramakrishna Mission Jammu celebrates National Youth Day 2025

■ **STATE TIMES NEWS**
JAMMU: Ramakrishna Mission Jammu celebrated National Youth Day with great enthusiasm and fervor at the Vivekananda Auditorium on the Ashram premises.
National Youth Day, observed on 12th January every year, commemorates the birth anniversary of Swami Vivekananda. His unwavering belief in the potential of youth continues to inspire and resonate deeply with young citizens across the country.
Ramakrishna Mission organized a program to pay tribute to Swami Vivekananda, featuring speeches on his inspiring life, drama, and musical performances by students from



Chief guest, Dr. K.S. Chandrasekar and others at a programme.

various colleges, including Govt. Women College Parade, Govt. Women College Gandhinagar, Govt. MAM PG College, Govt. Gandhi Memorial Science College, SPMR Commerce College,

Govt. Degree College Paloura, Mishriwala, and the Institute of Music and Fine Arts. A total of 250 NCC and NSS students and coordinators from seven colleges participated in the program. All participants were presented with certificates, books, and a sumptuous lunch.

Distinguished guests gracing the occasion included Swami Yajnadharananda, Secretary of Ramakrishna Mission, Dr. K.S. Chandrasekar, Vice Chancellor of Cluster University of Jammu, Squadron Leader Anil Sehgal, Seema Sehgal, internationally renowned singer, and Kartikeya Sehgal, filmmaker.
The chief guest, Dr. K.S. Chandrasekar, encouraged the youth to serve the nation in the footsteps of Swami Vivekananda. He emphasized that Swami Vivekananda's legacy extends far beyond his teachings. Guest of honor, Squadron Leader Anil Sehgal, inspired the youth to take pride in their cultural heritage and make Vivekananda their role model. He urged the youth to

thoroughly read and understand the teachings of Swami Vivekananda.
Seema Sehgal composed and performed an inspiring song on Swami Vivekananda.
A vocal and sitar performance was presented by Dr. Suraj Singh and students from the Institute of Music and Fine Arts.
Swami Yajnadharananda delivered the benediction and encouraged the students. He also extended a vote of thanks.
For further information, please contact us at 9682151997. Ramakrishna Mission Jammu offers cultural, educational, and medical services, following the ideals of Sri Ramakrishna Dev, Maa Sarada, and Swami Vivekananda.

J&K's Sneha, Yuvika sparkle in 28th National Youth Festival 2025



■ STATE TIMES NEWS

JAMMU: Sneha Devi and Yuvika Singh of Jammu and Kashmir sparked in the Viksit Bharat Young Leaders Dialogue National Youth Festival 2025, which concluded at New Delhi, on Sunday. The historic event concluded with the address of the Prime Minister; Narendra Modi after he heard the ideas of the selected young leaders across the country expressed their views on the Prime Minister's slogan of Viksit Bharat 2047.
Sneha got the prestigious 3rd place in the Declamation Contest, while Yuvika got the adjudicators nod to make it to the final list of 10 contestants in Viksit Bharat Challenge.
Around 3000 young leaders took part in this mega event.
Meanwhile, Secretary to Government Youth Services and Sports J&K, Sarnad Hafeez and Director General Youth Services and Sports, Rajinder Singh Tara congratulated the duo of Sneha and Yuvika for this landmark achievement at the National scene.
In their congratulatory message they said "It is always a great feeling to see J&K youth flourish at the national scene. You have made the entire J&K Union Territory proud by keeping its flag high at the national event". While expressing happiness over their performance, both Yuvika and Sneha extended thanks to the J&K Government, especially the Department of Youth Services and Sports for providing them opportunity to showcase their skill and talent at the highest level.

Natrang's winter theatre workshop for children culminated

■ **STATE TIMES NEWS**
JAMMU: Natrang's most sought after Winter Theatre Workshop for children culminated here on Sunday with a vibrant performance of Habib Thaveer's 'Parampara' at the auditorium of the Government College for Women Parade,

ment, Balwant Thakur cited many examples of magical changes which he witnessed amongst children during his last Thirty-six years of work with Children.
Majority of Natrang products are now either top actors in the Tinsel Town or holding promi-

actresses about the play's theme, ultimately settling on the name "Virasat." The story unfolds with the arrival of Aryans and the symbolic union of Bharat Mata and Arya, followed by pivotal episodes like Lord Ram's exile, Arjun's moral dilemma in the Mahabharata,



Workshop participating children presenting a play 'Parampara' at Jammu.

Jammu. The play was directed by Neeraj Kant and was assisted by Kanan Kaur Mohd. Yaseen coordinated the workshop. Earlier welcoming the gathering the Director of Natrang Padma Shri Balwant Thakur dwelt in detail about Natrang's unique initiative of popularizing theatre amongst children. Terming theatre as one of the most effective, tried and tested medium of personality exploration and develop-

ment positions in professional spheres, civil services and corporate world. "Theatre should not be seen as an art of making faces but it's amazing power has the unlimited potential to transform personalities" Balwant Thakur added.
The play "Parampara" presents a vibrant retelling of Indian history through a series of key events and characters. It begins with a humorous debate between the narrators and

and Emperor Ashoka's transformation after the Kalinga War. As the narrative progresses, it touches upon India's rich cultural heritage, from Bharata Muni's "Natyashastra" to Kalidasa's literature. However, the play also delves into the complexities of Indian history, portraying the arrival of the British, the struggles for independence led by Mahatma Gandhi and the painful partition that led to the creation of

Pakistan. Through the allegory of children representing future generations, the play emphasizes unity and the shared heritage of India and Pakistan. It concludes with a call for harmony, with Bharat Mata and Arya vowing to stand by both nations. "Parampara" is a compelling blend of history, culture and a message of peace.
Those who acted in the play included Aarna Gaur, Adira Gupta, Advik Sharma, Amayra Mahajan, Anuvi Sharma, Araiya Shan, Daiwik Shan, Deeher Gupta, Desha Jain, Dhanak Chandan, Dwijesh Dutta, Jayaditya Singh, Kamakhyia Bali, Kavish Sharma, Kavya Jandial, Mehak Chib, Mrigasya Shan, Nandita Mahajan, Nyra Gandotra, Priyul Gupta, Ruhaan Chandan, Saanchi Dutta, Sianet Magotra, Supria Gorka, Tapas Shikhar Midtada, Vaibhav Mahajan and Daivansh Singh Rakwal. The music of the play was scored by Kartik Kumar and the show was ably conducted by Sumeet Sharma.

Education is powerful tool to eradicate poverty, bring progress: Balbir



■ STATE TIMES NEWS

JAMMU: Balbir Ram Rattan, BJP spokesperson & former vice chairperson, has said that education plays a pivotal role in breaking the cycle of poverty and taking the societies toward sustained progress. He said this during his conversation with party activists on the need to providing quality education in the present day modern and fast moving world. Balbir emphasized on the transformative power of education in eradicating poverty and fostering a brighter future for all. He said that the poverty is a global challenge, affecting millions of people, depriving them of basic needs and opportunities and education has proven to be a powerful tool, empowering individuals with the knowledge, skills, and confidence needed to improve their lives and contribute to society. It is, in fact, a game changer for those who get education, and they find opportunities to progress and prosper; live with dignity. "Education opens doors to better employment opportunities, enhances financial position, and reduces social inequalities", Balbir said, according to UNESCO, every additional year of schooling increases an individual's income by up to 10% on average, significantly improving their standard of living. Balbir said that when children, especially girls, are educated, the effects extend to future generations. Educated mothers are more likely to ensure their children attend school, breaking the inter-generational cycle of poverty. One must accept that the importance of education extends beyond economic benefits and, moreover, It is an investment for the future, he opined.