

HAPPY BIRTHDAY



Aaradhya Sharma
Class:- 3rd 'A'
D.O.B:- 20-01-2016
JKPS Panjtirthi

HAPPY BIRTHDAY



Naitik Sharma
Class:- 9th 'B'
D.O.B:- 20-01-2010
JKPS Panjtirthi

NOTICE

I, Harshit Singh Manhas S/o Ranjeet Singh Manhas, Mother's Name Rajni Devi Chib R/o Govt. Quarter, 3H3, Panjtirthi, Jammu state that my mother name has been wrongly written as Rajni Devi instead of Rajni Devi Chib in my Marks Card in Class 10th under Roll number 13122926 Session /Year 2024 (SSE). Now I am applying for Correction of the same. Objection if any may be conveyed to CBSE Board Chandigarh Panchkula within seven days.

NOTICE

I, Mohd Taj Sheikh S/o Badar Din R/o Tuli, Tehsil Chassana, District Reasi am applying for correction in my name as Mohd Taj Sheikh instead of Mohd Taj in all documents. If anybody have any objection can submit his/her objection within seven days from the publication of this notice.

FOR BOOKING ADVERTISEMENT CONTACT

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STATE TIMES

Army conducts comprehensive Ayush Medical camp

STATE TIMES NEWS
POONCH : Army, in collaboration with the AYUSH Department of Poonch, successfully conducted a comprehensive AYUSH medical camp in the remote area of Seri Khawaja, Haribudha during the winter season. The camp, which took place in these far-flung regions, focused on educating local residents about winter-related diseases while also offering vital medical services. The camp provided a platform for health professionals to engage with the local community and raise awareness about common winter illnesses, including respiratory infections, joint pain, and cold-related diseases. Medical experts from the

AYUSH Department conducted informative sessions on preventive measures and the benefits of Ayurvedic treatments for seasonal health issues. In addition to health education, the camp offered free medical consultations and distributed essential Ayurvedic medicines, winter health kits, and wellness resources to attendees. The Indian Army worked closely with the AYUSH Department to ensure that the local population received not only guidance but also tangible support to manage their health during the harsh winter months. The residents of nearby areas of Haribudha expressed their appreciation for this timely initiative.

Body is unfathomable: Madhuparamhans

STATE TIMES NEWS
SAMBHA: Sahib Bandagi's Sadguru Madhuparamhans Maharaj, while delighting the congregation with the nectar of his discourses in Rakhbandu, said that this body is unfathomable. No one has been able to measure the speed of this body. We are not against science. Science is a small child of spirituality. Scientists are saying that there are 2 trillion cells in the human body and brain. One cell has the power to remember 2 things at a time. Man can remember 4 trillion things simultaneously. Whatever events have happened in your life, you remember them all. But scientists do not know this. Man does not have only the memory of the brain. There are 3 memories. The first is the memory of the brain, which scientists are talking about. Scientists are not wrong. But they are not understanding the difference further. The second is the memory of the inner ear and the third is the memory of the soul. I don't just say something, I try to prove it. Is the memory of our brain everything? When a person dies, sometimes he reaches his soul.



You cannot deny the existence of ghosts. Ghost is a vagina. Just like there are 84 lakh vaginas, similarly ghost also has a vagina. Some people say that there is no ghost vagina. Ghost vagina is also mentioned in Vedas. Ghost vagina is also mentioned in Ramcharit Manas. Ghost vagina is also mentioned in Yogavashistha. Ghost vagina is also mentioned in Gita. Vasudev Krishna is telling Arjun at one place. He is saying that people who commit 6 types of sinful acts go to ghost vagina. Ghost vagina is the worst. There is a reason for this. The worm has its own body. It eats anything. There is no physical body in ghost vagina. It also feels sleepy, but it enters the body of someone else. It also feels

cells of his brain are burnt. Then how does he know that this is my mother, this is my father. This is the memory of the conscience. On this Sahib is saying that first the destiny is made, then this body is made. Like how a film is made, first the script is written. First the writer writes the story. Then the actors are made based on that story. In this way, first your destiny is made, according to that you are born. You are not born just like that. So there is memory of conscience. Thirdly, there is memory of soul. It is very vast. Science does not know it in this way. Not just one birth, but your deeds and sanskars remain with you for many births. Dhritrashtra asked Vasudev Krishna, he said that I am looking at my previous 100 births. I have not committed any such sinful deed due to which I have to become blind. Then being born blind is the punishment of which birth of mine. Vasudev Krishna showed him his 101st birth with his yogic power. In that he had killed a frog. She was pregnant. There were 100 children in her womb. He said that those are your 100 sons.

Axelsen, An Se-Young claim India Open titles

STATE TIMES NEWS
NEW DELHI: Olympic champions Viktor Axelsen and An Se-young secured the men's and women's singles crowns respectively with dominating wins in top-sided finals at the India Open Super 750 badminton tournament here on Sunday. Axelsen, a 2017 and 2019 winner, prevailed 21-16 21-8 over last year's finalist Lee Cheuk Yiu of Hong Kong in the men's singles summit clash at the KD Jadhav indoor hall which was almost full despite the fact that no Indian was competing in the two finals. Axelsen, a two time world champion, thus erased the disappointment of falling in the opening round of Malaysian Open super 1000 last week to the same opponent. "To be honest, to win this title is very special to me. Because it has been just a different feeling on court and different preparation. I'm starting to feel like my motivation is back. I've been a competitor this week," Axelsen, who was playing in his sixth India Open final in 10 years, told



reporters. "Since the Olympics, I've had a little bit of issues with injuries. And that has been affecting my motivation a little bit. So to be here now and win the title means a lot. "The first one as a 31-year-old. But again, as I also said in the other interviews, I was in my first final here 10 years ago, which is crazy. So many things have happened in the last 10 years. But it feels very surreal to win this for the third time in my sixth final. It is amazing." In the women's singles, it was another graceful performance from An Se-Young of Korea, a 2023 champion, as she effortlessly packed off Thailand's Pornpawee Chochuwong 21-12 21-9 to win her second India Open crown. She had also reached the finals last year. Malaysian combination of Goh Sze Fei and Nur Izzuddin, who had ended India's Satwiksairaj Rankireddy and Chirag Shetty's run at the semifinals, produced another superlative show to outwit Korean pair of Kim Won Ho and Seo Seung Jae 21-15, 13-21, 21-16 in the men's doubles final. In the women's doubles final, Japan's Arisa Igarashi and Ayako Sakuramoto beat Kim Hye Jang and Kong Hee Young of South Korea 21-15 21-13. This is only the third tournament together for

the Japanese combination with Igarashi, formerly known as Arisa Higashino, making a successful shift to women's doubles from mixed doubles. In the mixed doubles final, China's Jiang Zhen Bang and Wei Ya Xin prevailed 21-18 21-17 over French combination of Thom Gicquel and Delphine Delrue. Lee, 2019 Hong Kong open winner, had finished as runner-up in the last edition and his dream of winning the title remained unfulfilled after he went down in the final for the second time in two years. Lee made a good start, opening up a 6-3 lead. But Axelsen found his rhythm back and slowly build up the momentum to gather a 11-8 advantage at the break. Lee kept fighting but couldn't pose a real threat as Axelsen blunted his attack with his retrieval skills and took five game points and converted after Lee went long. The script didn't change despite the change of sides as Axelsen moved from 10-6 to 19-6 with a series of booming smashes to dismantle Lee's defence and complete the win in no time.

SKY will be missed in CT, he could have been the 'X-factor': Raina

STATE TIMES NEWS
NEW DELHI: Former India all-rounder Suresh Raina feels middle-order batter Suryakumar Yadav will be sorely missed in the upcoming Champions Trophy as he could have provided the 'X-factor' in Dubai, where Rohit Sharma's side will play all its games. Suryakumar and fast bowler Mohammed Siraj were the two big names missing from the Champions Trophy squad announced on Saturday. They are among a total of six players who featured in the 2023 ODI World Cup squad. The others to miss out are Prasad Krishna, Shardul Thakur and Ishan Kishan, while Ravichandran Ashwin has recently retired from the game. "Surya was an integral part of the World Cup squad, he is a 360 player who can score at 9 runs per over at any stage of the game. He can dominate the opposition and bats in a different way,"



Raina said on Star Sports Press Room. "Siraj was in a different form in Australia but you can change the squad till 12 February. So I feel Siraj can be back in the side if Bumrah is not fully fit," he said. "Harshit Rana has done well. He has good pace, good bumper, variation, yorker and pace. He and both Arshdeep Singh can bowl at the death but I still feel, Siraj is a better option if Bumrah is not there." While Bumrah is racing against time to be fit from back spasms that he suffered during the recent Sydney



Test against Australia, Shami is returning to the ODI set up for the first time since the 2023 World Cup after recovering from a heel injury. While Rohit will lead the side, young talented batter Shubman Gill has been named as the vice-captain for the Champions Trophy, and Raina termed the decision as a forward-thinking move. "Gill got the vice-captaincy at the right time. He is the next superstar of India cricket, and has done remarkably well in ODIs. Rohit knows how to mentor a youngster and what value Shubman will bring in," said Raina, a member of India's 2013 Champions Trophy-winning side. With Dubai pitches tend to play slow and offer turn, Raina said left-arm spinner Kuldeep Yadav and all-rounder Hardik Pandya will play vital role in the bowling department. "Shami lacks of match

practice, Bumrah is still uncertain and Kuldeep is returning back from an operation. What will be important is to see who will partner Kuldeep in the spin department." India had won the Champions Trophy twice -- in 2002 jointly with Sri Lanka and in 2013 in England, and Raina has no doubts that Rohit and his men can go all the way. "Rohit has the capacity, he has team but what will be important is out 11 player combination out of 15. The wickets will be a bit slow, but we have the capacity." Raina too backed Rishabh Pant to be first choice wicket-keeper in the Indian team, which also has KL Rahul. "Definitely Pant, his wicket-keeping has improved. But he has to play with more responsibility in a 50-over game. If he stays there for 40-50 balls he can take the game away from the opposition but he needs to spend more time at the crease."

Dir Agriculture visits Hi-tech Poly Houses

STATE TIMES NEWS
PULWAMA: Director Agriculture Kashmir, Mohammad Ilyas Khatib on Sunday visited 'Hi-tech poly houses' at Tahab Pulwama. During the visit, the Director underlined the importance of Hitech technology for the development of agriculture sector in the region. Speaking to different progressive farmers, Khatib highlighted the importance of vertical expansion in vegetable cultivation. He said under holistic agriculture development program HADP, department is working on a special project for round the year cultivation of different vegetable crops. He said the vegetables cultivated in these hi-tech poly houses these days is one such step in this direction, and to achieve this goal department has established Hitech poly houses in all the districts of



Director Agriculture Kashmir, Mohammad Ilyas Khatib during visit to 'Hi-tech poly houses' at Tahab Pulwama. Khatib said, Kashmir have huge potential as for as the vegetable sector is concerned, that needs to be explored for the overall economic development of the region. He also visited seed multiplication farm Allowpora and inspected different sections of the farm. He also held a meeting with the concerned officers and technical experts, there.

MD KPDCL reviews power infrastructure

STATE TIMES NEWS
BANDIPORA: In order to have firsthand review of electrical infrastructure in Bandipora District, Managing Director (MD), Kashmir Power Development Corporation Limited (KPDCL), Mehmood Ahmad Shah on Sunday undertook an extensive tour of Bandipora District. During the visit, the MD inspected Grid station Putshahi Bandipora and reviewed the grid level power availability in the district. He also carried out inspection of the Workshops and Stores of the Electric Division (ED) Bandipora and Sumbal to assess the availability of critical equipment and spare parts, alongside maintenance protocols. He emphasised for speedy repairs of transformers that get damaged due to excessive load. The MD also took stock of the existing power infrastructure, assessed the ongoing projects that are being carried out in the district under the cen-

trally sponsored scheme RDSS and reviewed the overall functioning of the power distribution system in the district. Emphasizing the corporation's commitment to providing reliable and efficient power supply, the MD directed the officials to expedite the completion of ongoing projects, ensure timely maintenance of electrical infrastructure and enhance customer satisfaction. Later, the MD interacted with the field staff and Engineers to understand the ground-level challenges and receive feedback on the corporation's services. He assured that KPDCL is dedicated to improving the power infrastructure in Bandipora and other parts of the Kashmir valley, aligning with the government's initiatives for economic growth and development. The visit was part of KPDCL's efforts to strengthen its services, address local concerns, and augment the overall power supply scenario in the District.

Ravinder Sharma bereaved

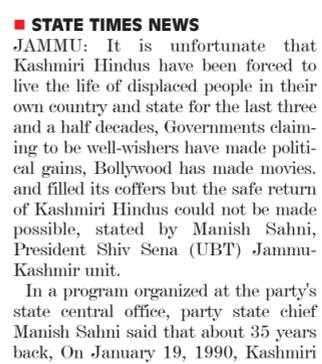


Congress leaders at the residence of Ravinder Sharma at Sunderbani. Hameed Karra accompanied by party leaders Th. Balwan Singh, Shabir Ahmed Khan, Neeraj Kundan, Itikar Ahmed-MLA, Neeraj Gupta, Ajay Lakhotra-President NSUI on Sunday visited the residence of Ravinder Sharma at Sunderbani- Rajouri to condole the demise of R.C Sharma and conveyed their heartfelt condolences to Ravinder Sharma. They expressed deep sympathy with the bereaved family and prayed to Almighty God to grant peace to the departed soul in heaven. Later, JKPC President met with party leaders and workers of Sunderbani and discussed the current situation. Prominent among those who were present in the meeting were included Ashok Sharma- Secretary PCC, Ajit Singh-Block President Siot, Tirath Ram Sharma-Block President Devak, Yograaj Sharma, Manik Raina, Govind Sudan-President AYC, Advocate Junaid Ahmed, Balkrishan Sharma, Susheel Sudan, Vijay Guru, Amit Syal, Verinder Singh, Javed Lone and others.

Shiv Sena demands safe return of Kashmiri Pandits

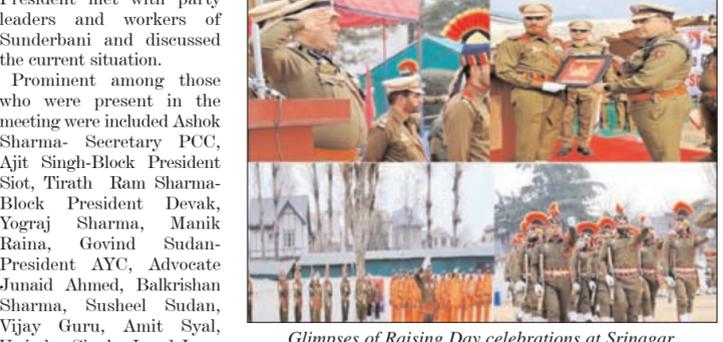
STATE TIMES NEWS
JAMMU: It is unfortunate that Kashmiri Hindus have been forced to live the life of displaced people in their own country and state for the last three and a half decades, Governments claiming to be well-wishers have made political gains, Bollywood has made movies. and filled its coffers but the safe return of Kashmiri Hindus could not be made possible, stated by Manish Sahni, President Shiv Sena (UBT) Jammu-Kashmir unit. In a program organized at the party's state central office, party state chief Manish Sahni said that about 35 years back, On January 19, 1990, Kashmiri

Hindus were forced to leave their homes and migrate from Kashmir Valley. Even today, remembering the conditions of Kashmir Valley during this period gives me goosebumps. Sahni said that even during the 11 years of BJP rule at the centre, which claims to be a well-wisher and to improve the situation in Kashmir, the return of Kashmiri Pandits to the valley had not been possible. For the last 35 years, Kashmiri Hindus are forced to live the life of refugees in their own country and state. Sahni demanded the Center and the Omar Abdullah government to fulfill the promises of safe return of Kashmiri Pandits to the valley.



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SDRF, NDRF celebrate 13th Annual Raising Day



STATE TIMES NEWS
SRINAGAR: J&K SDRF and NDRF celebrated its 13th Annual Raising Day on Sunday at SDRF Bn. Hqrs Srinagar. The contingents of SDRF and NDRF jointly presented March Past/ Parade on the occasion at Bn. Hqs. Baghat Barzulla Srinagar. Masroor Ahmad Mir SSP-JKPS Commandant SDRF 1st Bn. Srinagar presided over the function and took salute of March Past. Chief guest while addressing Officers/officials and Contingents of NDRF/ SDRF highlighted the dedication exhibited by SDRF and NDRF while conducting Rescue Operations during Disasters as well as their extra ordinary performance exhibited during the Shri Amarnath Ji Yatra-2024. Officers and officials of SDRF/ NDRF pledged to work with zeal and dedication in future also to safeguard the lives and property of the public and Govt. during Natural and Human induced Disasters. Various Officers of SDRF/ NDRF participated in the Raising Day function including Ranajeet Singh Asst. Commandant (SAR) 13th Bn. NDRF Srinagar, M Muzaffar Khan Dy:SP and other Officers/ officials of SDRF and NDRF were also present.