

Somnath reminds us Sanatan Dharma is eternal, not erasable: Gaurav

STATE TIMES NEWS

JAMMU: Prime Minister Narendra Modi's historic address at the Somnath Swabhiman Parv, marking 1,000 years since the first attack on the sacred Somnath Temple, stands as a powerful reaffirmation of Bharat's civilisational resilience, Sanatan values, and unbroken spiritual strength, said BJP Spokesperson and Convenor, International Affairs, BJP Jammu & Kashmir UT, Gaurav Gupta. Describing Somnath as far more than a monument, Gupta said the temple embodies the soul of Hindu faith, the continuity of Indian civilisation, and the indomitable spirit of Bharat. "From Mahmud of Ghazni to Aurangzeb, repeated attempts were made by fanatic invaders to destroy Somnath with the misguided belief that demol-

ishing a temple would shatter India's spirit. History has proven them wrong. Those invaders are confined to the pages of history, while Somnath continues to stand tall, its flag flying high as a symbol of faith's triumph over fanaticism," he asserted.

Gupta said the Prime Minister rightly emphasised that the history of Somnath is not a tale of defeat, but of victory, renewal, and resurgence. Despite repeated attacks over centuries, Somnath never vanished from the collective consciousness of Hindu society. "It survived in faith, memory, and resolve, reflecting the eternal flow of Sanatan Dharma one that cannot be erased, only strengthened by adversity," he said.

Highlighting PM Modi's remarks on historical truth, Gupta noted that for decades, deliberate distortions attempted to portray repeated attacks on Somnath merely as acts of plunder. "If wealth had been the sole motive, one attack would have sufficed. The repeated desecration of the Jyotirlinga clearly reveals a deeper intent to assault Hindu identity and undermine Indian civilisation itself," he said.



Referring to the post-Independence reconstruction of Somnath, Gupta recalled that when Sardar Vallabhbhai Patel resolved to rebuild the temple as a symbol of national pride and

civilisational self-respect, forces driven by appeasement and ideological bias tried to obstruct this sacred mission. "As the Prime Minister cautioned, such forces still exist in different forms today, and Bharat must remain united, vigilant, and resolute to defeat them," he added.

Gupta paid rich tribute to brave warriors such as Veer Hamirji Gohil and countless devotees who laid down their lives in defence of Somnath. He said initiatives like the Shaurya Yatra and Somnath Swabhiman Parv honour this legacy of courage, sacrifice, and unwavering devotion to Mahadev.

Addressing the youth of the nation, Gupta said the Prime Minister's message carries special significance for the younger generation. "Our youth must remain deeply connected to their

dharmic roots at the grassroots level. Understanding our civilisational journey, temples, traditions, and sacrifices is essential to building a confident, aware, and culturally rooted Bharat. When the youth know their history, no force can mislead or weaken the nation," he emphasized.

Gaurav Gupta said Somnath's story is, in essence, the story of India itself repeatedly attacked, yet never defeated. "Under the visionary leadership of Prime Minister Narendra Modi, Bharat is reclaiming its true history with pride and confidence. Somnath today stands not only as a spiritual beacon but as a clear declaration to the world that India remembers, India rises, and India will always protect its faith, culture, and civilisation," he said.

Samvedna Society organises 101st Free Health and Eye Screening Camp

STATE TIMES NEWS

JAMMU: Continuing its mission of selfless service, Samvedna Society, under the leadership of its Chairman Keshav Chopra, successfully organised its 101st Free Eye Screening and General Health Check-up Camp today at Baby Caterer, Rehari, Jammu. The camp was conducted in technical collaboration with K.D. Multispecialty Hospital, Jammu, under the supervision of Dr. J.P. Singh. A total of 104 patients benefited from the camp, where they received free medical services. The eye screening included refraction, Non-Contact Tonometry (NCT) and vision testing, carried out by a team of trained ophthalmologists. In addition, general health services such as blood sugar testing, blood pressure check-ups, and medical consultations for common ailments were also provided.



Patients being examined at Eye Screening and General Health Check-up Camp.

Speaking on the occasion, Keshav Chopra said that Samvedna Society is committed to making healthcare accessible to all, especially senior citizens and the underprivileged. He added that patients requiring advanced treatment, including cataract surgery, would be provided further medical support. The beneficiaries expressed their gratitude to the organisers and medical team for providing quality

healthcare services at their doorstep. The camp concluded with a pledge to continue such initiatives in the coming months.

Among those present were Dr. Ankur Malhotra, Dr. Sidharth, Harsha Bindra, Gurmeet Kalsi, Kajal, Tanisha, Palak, Simriti, Vishal Chopra, Kartar Chand, Sanjay, Vikas Kumar, Manoj Tandon, Anju, Divyansh, and others.

JKCDA delegation felicitates Rajesh Kumar on his elevation as State Drug Controller, J&K UT



JKCDA delegation felicitating Rajesh Kumar.

STATE TIMES NEWS

JAMMU: A delegation of the Jammu & Kashmir Chemist and Druggist Association (JKCDA), UT of J&K, led by Ramesh Mongha, President, and Naveen Bali, Vice President, on Sunday met Rajesh Kumar, State Drug Controller, UT of J&K, to felicitate him on his elevation to the post. The felicitation ceremony was held at

his office in Patoli Mangotriana. The occasion was graced by Suresh Kapoor, Founder General Secretary, JKCDU UT of J&K; Rohit Sharma, Convenor; and Anil Mahajan, Treasurer, JKCDU UT. Representatives from various district associations also participated, including the Jammu Chemist Association led by Rajinder Kumar, Senior Vice President, along with his

team; Chemist and Druggist Association Kathua led by Rajinder Padotra, General Secretary, and Ajay Sharma, Organising Secretary; Reasi Chemist and Druggist Association led by Subhash Gupta, President; Mohan Sharma, President Bahu (Jammu); and Vikas Bhardwaj, General Secretary, Jammu South, along with their respective teams.

During the interaction, speakers lauded Rajesh Kumar for his professionalism, modest nature and down-to-earth approach, noting that he has risen to the coveted position through dedication and hard work. They expressed confidence in his leadership and vision for strengthening drug regulation and public health in the UT.

Yudhvir Sethi inaugurates steps and tiles development project worth Rs 38 lakh at Majeen

STATE TIMES NEWS

JAMMU: MLA Jammu East Yudhvir Sethi today inaugurated a newly completed steps and tiles development project at Majeen area in Ward No 71 of Jammu East Constituency, constructed at a cost of Rs 38 lakh.

The project has significantly improved connectivity between the main road and the residential areas, enabling smooth movement of cars and other vehicles up to people's homes and providing major relief to local residents. Others present were Shiv Sharma Mandal President; Amita Rajput Mahila Mandal President; Bishan Singh General Secretary; Omkar Singh Shakti Kendra; Shivdiyal Ex Naib Sarpanch, Abdul Mehmood (Bablu) ST



MLA Jammu East Yudhvir Sethi inaugurating a newly completed development project at Majeen.

Morchha District President; Mohan Rana SC Morcha President, Subash Singh, Kuldeep Singh, Sagar Singh, Lal Singh, Manohar Lal, Pawan Kumar, Darshan Singh, Joginder Kumar, and prominent people of Majeen and Rangoor area.

Addressing the gathering, Yudhvir Sethi said, "This project is a clear example of our commitment to public

convenience, easy transportation, and strong infrastructure. The people of Majeen had been facing difficulties for years due to poor access, especially during rain and emergencies. With the completion of this work, families will now have safe and smooth access to their homes."

He added that the project was executed through the

Jammu Municipal Corporation (JMC), ensuring quality construction and timely completion.

"I sincerely thank JE Sumeet and the entire Municipal Corporation team for their coordinated efforts and dedication in completing this important work within the stipulated time," Sethi said. The MLA emphasized that infrastructure development plays a vital role in improving daily life, economic activity, and emergency services. "Good roads and proper pathways are not just about comfort; they are about safety, dignity, and growth. When ambulances, school vehicles, and essential services can reach every household easily, the quality of life improves greatly," he stated. Yudhvir Sethi reiterated that people-

centric development remains his top priority.

"Our focus is on public convenience, smooth mobility, and strengthening basic infrastructure. Every ward of Jammu East deserves equal development, and we are working continuously to ensure that no area is left behind," he said.

Residents of Majin welcomed the project and expressed gratitude to the MLA for addressing a long-pending demand. They said the new steps and tiled pathways will make daily movement, especially for elderly citizens and children, much safer and easier.

Sethi assured the people that more such development works are in progress and that the overall development of Jammu East will continue without interruption.

Absence of Dieticians leading to One-Diet-Fits-All Nutrition in Govt Hospitals: Balvinder

STATE TIMES NEWS

JAMMU: Renowned RTI activist and social worker Balvinder Singh took a strong dig at the prevailing healthcare practices and said that quality healthcare is not confined to doctors, medicines and machines alone, but is equally dependent on the nutrition provided to patients during treatment and recovery.

He lamented that in government hospitals across the Jammu & Kashmir Union Territory, a critical and shamefully neglected aspect of patient care has been reduced to an afterthought - the complete absence of qualified dieticians to plan disease-specific diets for patients suffering from different ailments. It is a well-established medical fact that patients with conditions such as hypertension, diabetes, renal disorders, cardiac ailments and gastrointestinal diseases require

carefully tailored diets. Diabetic and hypertensive patients are advised to limit or avoid excessive intake of carbohydrates like rice, while patients with renal disorders must strictly avoid foods rich in potassium and phosphorus. Ignoring these dietary requirements can aggravate illnesses, delay recovery and, in some cases, lead to serious complications.

Despite this, most government hospitals in JKUT continue to serve a common or routine diet to all patients, without proper nutritional assessment. In the absence of professional dieticians, dietary plans are neither customised nor coordinated with treating doctors. This "one-diet-fits-all" approach defeats the very purpose of hospital care and compromises patient safety. Dieticians are an essential part of modern healthcare systems. Their role goes beyond food distribution; they



contribute significantly to better treatment outcomes, shorter hospital stays, prevention of complications and reduction of workload on doctors and nursing staff. Shockingly, most health institutions in JKUT either do not have sanctioned posts for dieticians or have failed to fill existing vacancies, exposing a serious policy and administrative gap.

This concern is not directed against hospital staff, who are already overburdened and working under difficult conditions, but is a call for adminis-

trative accountability. Immediate intervention by the Health Department and the UT administration is required to ensure the mandatory appointment of qualified dieticians in all district hospitals, medical colleges and major healthcare institutions.

Healthcare without proper nutritional planning remains incomplete. Diet should be recognised not as an optional service, but as a critical component of treatment. Timely corrective measures will not only safeguard patient health but also strengthen public confidence in the government healthcare system.

Elaborating on the issue, Singh stated that patient recov-

ery does not depend merely on providing a simple or minimal diet, but on supplying nutritious and balanced food such as milk, eggs and other protein-rich items essential for healing, immunity and strength. He said that two to three decades ago, government hospitals routinely served milk and eggs to admitted patients as part of standard medical care. Ironically, at a time when India has emerged as the world's fourth-largest economy, the inability of public hospitals to provide even basic nutritious food to patients reflects a disturbing decline in healthcare priorities. Singh termed this situation as "unfortunate and a matter of serious concern."

RPA announces All-India National Executive Body 2026-27; Reaffirms commitment to Pahari rights and culture

STATE TIMES NEWS

JAMMU: Dr. Suresh Kumar, President of the Rashtriya Pahari Aandolan (RPA), today announced the All-India National Executive Body of the organisation for the year 2026-27. The newly constituted body has been formed to strengthen RPA's work at the national level and to advance its mission of protecting the rights, culture, and future of the Pahari community.

The new National Executive includes Shadab Aslam, Sakshit Rana, Muneeb Ahmed Malik, Bezma Aslam, Sajid Hussain Shah, Syeda Hafsa Bukhari, Shalini, Sadakat Malik, Hamid Shah, Haider Shah, Rajinder Singh, Nancy Bhardwaj, Syed Wajid Bukhari, Hamid Ali Shah, Adv. Manik Rana, Adv. Gaurav Parashar, Adv. Waqar H. Shah, Gagandeep Singh Sasan, Akshay Kumar, Vishav Preet, Dr. Zeeshan Malik, Dr. Ankit Bali, Sarfraz Ahmed, Muzaffar Ahmed, Khawaja, and Dr. Irfan Qureshi. In his statement, Dr. Suresh Kumar said that RPA's mission is to safeguard the cultural identity of the Pahari people, empower the community through education and awareness, and strengthen unity among Pahari youth and professionals. Dr. Kumar said RPA will organise seminars, conferences, workshops, and publications on the history, rights, and challenges of the Pahari people. He added that building a nationwide network of Pahari students, teachers, professionals, artists, and entrepreneurs for mutual support and empowerment would remain a priority, with special focus on education, skill development, and leadership training for youth from rural and economically weaker backgrounds. He also emphasised the role of women's leadership, cultural exchange programmes, and documentation of oral histories and traditions through books, archives, and digital platforms. Dr. Kumar hailed the Government of India for progressive initiatives towards the community and expressed confidence that continued engagement with governments and stakeholders would further strengthen social justice and inclusive development. Dr. Suresh Kumar, who hails from a remote village of Rajouri district, earlier served on the Board for the Development of Pahari Speaking People (2015-2018). RPA reaffirmed its commitment to peaceful, democratic, and inclusive efforts for the dignity and holistic development of the Pahari community.



Dogri Bhasha Academy honours Padma Shri Prof. Lalit Magotra

STATE TIMES NEWS

JAMMU: Dogri Bhasha Academy, Jammu organised a felicitation ceremony to honour Padma Shri awardee Prof. Lalit Magotra in recognition of his outstanding contribution to Dogri language and literature. The programme was held at the Goodwill Library, Jourian, under the guidance of the Academy's founder, Yashpal Nirmal. The ceremony was presided over by Dr. Ashok Khajuria, while the chief guest on the occasion was Padma Shri Prof. Lalit Magotra, President of Dogri Sanstha. The event witnessed the presence of noted literary figures, poets and language enthusiasts. Earlier, President of Dogri Bhasha Academy, Jammu, Roshan Bral, formally welcomed the chief guest, dignitaries and participants. Founder Yashpal Nirmal delivered a speech highlighting the literary journey and achievements of Prof. Lalit Magotra and also presented a congratulatory poem in his honour.

In his address, Padma Shri



Dogri Bhasha Academy members honouring Padma Shri Prof. Lalit Magotra.

Prof. Lalit Magotra expressed gratitude to the Dogri Bhasha Academy for the honour and shared his thoughts on poetry, language and the responsibility of writers in preserving and enriching regional literature. Special guest Indrajit Kesar appreciated the consistent efforts of the Academy in promoting Dogri language and culture.

Presiding over the function, Dr. Ashok Khajuria lauded the Academy's initiatives and its commitment towards the promotion of Dogri language and literature. Special guest DDC Bhalwal Brahmama Bhushan Bral also appreciated the

Academy's work and assured full support for its future programmes.

A poetic session was held on the occasion, in which poets including Joginder Pal Jinder, Harvansh Lal Harsh, Sahil Badial, Sheikh Fyaz, Ratna Bhardwaj, Vinod Pandit, Rajinder Ranjha, Roshan Bral, Dr. Tarsem Raina, Pawan Verma, Dr. Rakesh Bharti, Kewal Kumar Keval and Subhash Farnalya presented their compositions.

The programme was conducted by Rajinder Ranjha, General Secretary of the Academy, while Dr. Rakesh Bharti presented the vote of thanks.

Tourism Department honours CTTIK at Lohri Festival



Tourism Department honouring CTTIK members.

STATE TIMES NEWS

JAMMU: The Tourism Department, Jammu, honoured the Chamber of Tourism Trade and Industry Katra (CTTIK) during the Lohri Festival organised in collaboration with the Jammu District Administration at Mubarak Mandi, Jammu. The colourful event witnessed enthusiastic public participation and highlighted Jammu's rich cultural heritage along with its growing tourism potential.

The function was graced by Sat Pal, Member of Parliament (Rajya Sabha) and President of J&K BJP, as the Chief Guest, while Yudhvir Sethi, MLA Jammu East, attended as the Guest of Honour. The programme was held in the presence of Vikas Gupta, Director Tourism Jammu, and Ajay Gupta, Joint Director Tourism Jammu. The Award of Appreciation was presented to Raj Kumar Padha, President, CTTIK, and received by him along with Atul Sharma,

Secretary, CTTIK. The honour was conferred in recognition of CTTIK's sustained contribution and commitment towards promoting and strengthening tourism in Jammu region over the years.

Several senior tourism officials, including Deputy Directors Savita and Pankaj Sasan, Assistant Director Tourism Katra Rajesh Raina, and officers Joginder Kumar and Yash Kumar, were present.

Prominent tourism stakeholders such as Anurik Singh, President JATO, Pawan Gupta, President AJHLA, Darshan Singh, and representatives of various trade bodies also attended, reflecting strong cooperation within the tourism sector.

The Lohri celebrations, featuring cultural performances and festive activities, attracted a large gathering and added to the success of the event, reinforcing Jammu's image as a vibrant cultural and tourism destination.