

Attends 7th Annual Day Celebration of GCC

Fresh ideas, self employment key to empower J&K youth: LG

STATE TIMES NEWS

JAMMU: Lieutenant Governor Manoj Sinha on Friday asked the youth to dream big, aim high and pursue it with full courage and unshakable resolve.

"Your future is waiting for you. Take a pledge to build brighter J&K and work with dedication. The history remembers those who dared to challenge limits, conquered fear, and turned the impossible into reality," the Lieutenant Governor said. He was addressing the youth at the 7th Annual Day Celebration of Guidance & Career Counselling Cell for Youth Development (GCC), Gurha Slathia in Samba.

The Lieutenant Governor called upon the youth to serve as the architects of social change and contribute towards the vision of "Viksit Bharat".

"History teaches us that people who changed the world did not rely on extraordinary circumstances but extraordinary thinking. Youth are not just the hope of tomorrow; they are the greatest power of today. Young people of J&K should dare to dream big for the UT of J&K and the nation. When dreams soar high, paths for developed society must be carved through hard work, patience and unwavering courage," the Lieutenant



Lieutenant Governor Manoj Sinha addressing youth at 7th Annual Day Celebration of Guidance & Career Counselling Cell for Youth Development, Gurha Slathia in Samba.

Governor said.

He said the Youth who are taking small steps toward their dreams every day will one day lead the transformation.

"Only those who truly believe in their own potential, who trust in themselves go on to create history," he further said.

The Lieutenant Governor observed that innovation and entrepreneurship are the key to society's progress. He asked the Youth of UT to embrace fresh ideas to solve problems and create opportunities for self-employment as powerful drivers of economic empowerment.

The Lieutenant Governor reiterated the commitment of the Government of India and UT administration towards the complete rehabilitation of families affected due to the recent natural calamities.

He said the Government of India, on the request of the UT Administration, has approved a comprehensive allocation of Rs 1437 crore for reconstruction of damaged public infrastructure and implementation of disaster mitigation measures in affected areas of Jammu Kashmir.

"The damaged railway bridges will be restored within three months, while the restoration work of national highways' stretches damaged due to floods will be completed in the coming 4 months," the Lieutenant Governor said.

Responding to the demand pertaining to construction of railway over-bridge in Samba projected by Member of Legislative Assembly Samba, the Lieutenant Governor assured that the issue will be taken up with the railway off-

icials for its early redressal. He further asked the Member of Legislative Assembly for development of a pond in the area with the volunteer support from youth and social organisations.

The Lieutenant Governor expressed gratitude to the Radha Soami Satsang Beas and High-range Rural Development Society-HRDS India for their selfless service to society. He also commended the Guidance & Career Counselling Cell for Youth Development for their dedicated endeavours towards youth empowerment.

During his visit, the Lieutenant Governor also reviewed the progress on the Auditorium and upgradation work for Government Higher Secondary School in Gurha Slathia, Samba. He directed

the officials for installation of proper sanitation and sports facilities. Surjit Singh Slathia, Member of Legislative Assembly, Samba; Ramesh Kumar, Divisional Commissioner Jammu; Shakti Pathak, Director Anti-Corruption Bureau; Shiv Kumar Sharma, DIG Jammu-Samba-Kathua Range; Ayushi Sudan, Deputy Commissioner, Samba; senior officials; members of Guidance and Counselling Cell for Youth Development (GCC) and youth in large number attended the event. Maj Gen Gordenhan Singh Jamwal (Retd.) and various prominent personalities from diverse fields were also present.



LG Ladakh meets Union Tourism Minister in New Delhi

Discusses Tourism Infrastructure, Monastery Development and Major Cultural Events

STATE TIMES NEWS

NEW DELHI: The Lieutenant Governor of Ladakh, Kavinder Gupta, today met Union Minister for Tourism and Culture, Gajendra Singh Shekhawat, in New Delhi and discussed strengthening tourism infrastructure, promotion of cultural and spiritual tourism, development of monasteries, and forthcoming major tourism and cultural events in the Union Territory of Ladakh.

During the meeting, the Lt Governor highlighted Ladakh's unique cultural, spiritual and geographical identity and emphasised the need for focused support to position the region as a leading destination for sustainable and heritage tourism. He underlined the importance of improving tourism-related infrastructure and visitor facilities, keeping in view Ladakh's difficult terrain and



LG Ladakh, Kavinder Gupta meeting with Union Tourism Minister, Gajendra Singh Shekhawat in New Delhi.

extreme climatic conditions.

The Lt Governor apprised the Union Minister of the proposal to organise the 30th Sindhu Darshan Festival in 2026 as the "First Sindhu Mahakumbh." He stated that the proposed mega event aims to showcase India's ancient civilisational heritage and the historic and cultural significance of the Indus River through spiritual and cultural activities, including ceremonial rituals on the riverbanks. He informed that a detailed

proposal would be submitted separately and sought the Ministry's guidance and support for the successful conduct of the event.

He also laid stress upon upcoming major Buddhist events, including the display of sacred relics of Lord Buddha on the occasion of Buddha Purnima 2026. He emphasised that the bringing of sacred relics of Lord Buddha to Ladakh would significantly boost spiritual tourism and promote peace

and harmony.

The Lt Governor also underscored the need for comprehensive development, conservation and upgradation of Ladakh's ancient monasteries, seeking special financial and technical assistance for structural conservation, infrastructure improvement and visitor amenities.

Kavinder Gupta further highlighted the importance of regular cultural festivals and events to promote local artists, strengthen cultural tourism and enhance Ladakh's national and international visibility.

The Union Minister, Gajendra Singh Shekhawat, appreciated the initiatives and assured that the proposals would be examined sympathetically, with a view to supporting sustainable tourism development and preservation of Ladakh's unique cultural and spiritual heritage.

Maintaining peace, security, smooth movement during Republic Day: SP South to transporters

Emphasizes checks on suspicious vehicles, unauthorized modifications



SP South Jammu, Dr Ajay Sharma interacting with transporters at PCPG meeting.

STATE TIMES NEWS

JAMMU: In view of the forthcoming Republic Day celebrations, a PCPG meeting was convened by the SP South Jammu with transporters and shopkeepers of Transport Nagar, Narwal, to review security preparedness and public safety measures.

The meeting was attended by SDPO City East Jammu and SHO Police Station Bahu Fort, along with representatives of transport unions, shopkeepers, drivers, mechanics, cleaners, and other stakeholders. A huge gathering of cleaners, mechanics, drivers, and shopkeepers participated in the meeting, reflecting active public cooperation.

During the interaction, the SP South Jammu, Dr Ajay Sharma highlighted the importance of collective vigilance and cooperation in maintaining peace, security, and smooth movement during the Republic Day period. Emphasis was laid on heightened alertness at transport hubs, parking yards, godowns, and loading/unloading points, which are considered sensitive from a security perspective.

A specific focus was placed on the vehicles having suspi-

cious cavities, concealed compartments, or unauthorized structural modifications.

The SP South Jammu cautioned that such alterations are often misused for concealment of explosives, narcotics, weapons, or other illegal materials.

Transporters, drivers, mechanics, and workshop owners were strictly instructed not to fabricate, modify, or operate any vehicle with hidden cavities or tampered structures.

They were directed to immediately inform the police if any vehicle with suspicious modifications is noticed, and warned that strict legal action shall be taken against violators under relevant provisions of law.

Special emphases was also laid on the immediate disposal of abandoned vehicles, scrap material, and abandoned tyres, as the area has a past history of bomb blasts, and unattended or unused materials could pose serious security risks.

The participants were directed to ensure that such items are not allowed to accumulate and that any suspicious or abandoned object is reported without delay.

The participants were advised and sensitized to

ensure proper verification of drivers, helpers, cleaners, mechanics, and other staff engaged with vehicles, shops, and establishments; immediate reporting of any suspicious person, vehicle, consignment, or abandoned/unattended articles or vehicles noticed in and around Transport Nagar; Cooperation with police during naka checking and vehicle inspections without causing obstruction or inconvenience; Installation and proper functioning of CCTV cameras at vulnerable points, godowns, parking areas, and entry/exit points; Maintaining cleanliness, discipline, orderly parking, and removal of junk materials to avoid congestion and facilitate smooth movement of emergency vehicles; Adequate preparatory measures for fire incidents, including availability of fire extinguishers, clear access routes for fire tenders, and basic awareness among staff for handling fire emergencies.

The SP South further stressed the need for round-the-clock alertness, particularly during night hours, and encouraged all stakeholders to act as responsible partners in security by sharing timely information with the police. Contact numbers of police

officers and PCR were shared to ensure prompt communication in case of any exigency.

The meeting concluded with a resolve to work in close coordination with Jammu Police to ensure a peaceful, secure, and incident-free Republic Day in the South Zone.

Sunil Sharma receives PM Narendra Modi in Guwahati



LoP in J&K Assembly Sunil Sharma receiving Prime Minister Narendra Modi in Guwahati, Assam.

STATE TIMES NEWS

GUAHATI: Leader of Opposition in Jammu & Kashmir Assembly Sunil Sharma on Sunday received Prime Minister Narendra Modi in Guwahati, Assam.

The arrival of the Prime Minister in Assam has infused renewed energy and enthusiasm among party workers and the people of the state. Under the Prime Minister's leadership, Assam has witnessed significant progress in infrastructure, connectivity, peace, and economic development, strengthening its role as a gateway to the North-East.

Welcoming the Prime Minister, Sunil Sharma

stated that Narendra Modi's visionary leadership continues to provide clear direction to the nation, steering India on a path of inclusive growth, development, and prosperity. His steadfast commitment to national progress and people-centric governance has further strengthened India's position both domestically and globally.

The visit is expected to further reinforce ongoing developmental initiatives in Assam and the wider North-Eastern region, and underlines the Prime Minister's continued focus on the North-East as a vital partner in India's growth and development story.

IIM Jammu Chairman Padma Shri Dr. Milind P. Kamble to lead DICCI delegation at World Economic Forum 2026 Davos

STATE TIMES NEWS

JAMMU: Padma Shri Dr. Milind P. Kamble, Chairman, Board of Governors, Indian Institute of Management Jammu, will be leading the Dalit Indian Chamber of Commerce and Industry (DICCI) delegation at the World Economic Forum (WEF) 2026 in Davos, Switzerland, scheduled from 19 to 21 January 2026, representing India's entrepreneurial capabilities on a premier global platform.

Highlighting the significance of this global engagement, Prof. B. S. Sahay, Director, IIM Jammu, stated that Dr. Kamble's leadership at the World Economic Forum 2026, Davos, reflects India's commitment to building a strong, inclusive, and innovation-driven economy in line with the goals of Viksit Bharat 2047, following the vision of Hon'ble Prime Minister Shri Narendra Modi Ji. He noted that such international platforms enable meaningful collaborations, investment linkages, and knowledge partnerships, which are critical for sealing India's entrepreneurial ecosystem and achieving long-term national development objectives. He also extended his best wishes to Dr. Milind P. Kamble and the entire DICCI delegation for a highly impactful and successful participation at World Economic Forum 2026, Davos, expressing confidence that their engagement would further strengthen India's global entrepreneurial presence.

Dr. Kamble's participation at the World Economic Forum 2026, Davos, aligns with India's national vision of Viksit Bharat 2047, which emphasizes inclusive growth, innovation, and enterprise-led development as key pillars for the nation. Through



DICCI, he has consistently worked to empower first-generation entrepreneurs, strengthen MSMEs, and foster sustainable livelihood opportunities across diverse sectors.

The participation of the DICCI delegation at World Economic Forum 2026, Davos is expected to facilitate strategic dialogue with global industry leaders, policymakers, and investors, and to enhance global visibility of Indian enterprises, particularly those led by first-generation entrepreneurs.

IIM Jammu extends its best wishes to Dr. Milind P. Kamble, Chairman, Board of Governors, Indian Institute of Management Jammu and the DICCI delegation for a highly impactful participation at the World Economic Forum 2026, reaffirming the Institute's commitment to contributing to nation-building through education, entrepreneurship, and leadership development.

Guarding the Lifeline-the timeless secrets of a healthy heart: Dr Sushil

STATE TIMES NEWS

JAMMU: Keeping up the tradition of holding cardiac awareness cum health check up camp Head Department of Cardiology GMCH Jammu Dr Sushil Sharma in collaboration with Dr Hedgewar Smriti Nyas (J & K) and Sudesh Ram Krishan Charitable Trust Jammu conducted a day long cardiac awareness cum health check up camp at Veer Bhawan, Raghunathpura, Jammu. The camp aimed to screen individuals for heart disease and to lessen the burden of cardiovascular diseases.

The human heart, a tireless engine that sustains life, is often neglected until problems arise. A healthy heart is the result of consistent, informed Choice, not chance, said Dr Sushil. Cardiovascular diseases remain the leading cause of death worldwide, largely driven by lifestyle choices, metabolic disorders, and

delayed preventive care. A cornerstone of heart health is balanced diet. Nutrient rich foods, including fruits, vegetables, whole grains, and healthy fats, provide vital antioxidants and anti-inflammatory benefits that shields blood vessels. Excessive intake of salt, refined sugars, Trans fats, and ultra-processed foods accelerates hypertension, dyslipidemia, obesity, and insulin resistance, all of which directly strain the cardiovascular system. Dr Sushil stressed the importance of mindful eating, noting, "Even wholesome foods can contribute to weight gain when over consumed."

Dr Sushil elaborated that Physical activity is another powerful protector of the heart. Regular aerobic exercise improves myocardial efficiency, lowers blood pressure, enhances insulin sensitivity, and raises protective HDL cholesterol. Even moderate



HoD Cardiology GMCH Jammu Dr Sushil Sharma with others at an awareness camp.

activities such as brisk walking, cycling, or swimming for 30-45 minutes most days of the week can significantly reduce cardiovascular risk. Sedentary behavior, on the other hand, promotes endothelial dysfunction and metabolic derangements, making inactivity a silent but potent enemy of heart health. Managing stress and mental well-being is equal-

ly crucial. Chronic stress triggers physiological responses that increase heart rate, blood pressure and inflammation. Adequate sleep, mindfulness and social connection are essential for cardiovascular care, not luxuries. Poor sleep quality and duration are increasingly recognized as independent risk factors for heart disease," said Dr Sushil.

He maintained that Regular health check-ups form the backbone of prevention. Early detection and control of hypertension, diabetes, and dyslipidemia can halt or slow the progression of heart disease. Many cardiovascular conditions remain silent for years before presenting catastrophically. Periodic monitoring, adherence to prescribed medications, and

patient education empower individuals to take control of their heart health before irreversible damage occurs, Dr Sushil added.

In his concluding remarks Dr Sushil Sharma said that healthy heart is built through daily choices rather than dramatic interventions. Nutritious food, regular physical activity, emotional balance, avoidance

of toxins, and proactive medical care together form a protective shield around the heart. In an era where lifestyle-related diseases are rising rapidly, heart health must shift from being a reactive concern to a proactive priority. By respecting the heart's needs and nurturing it with consistency and care, we not only extend lifespan but also enhance the quality, vitality, and independence of life itself. Protecting the heart is, ultimately, an investment in every moment we hope to live fully and well.

Dr Gautam Mengi, Prant Sangchalak RSS, was the Chief Guest and stressed for preventive healthcare. Jagdish Langer, Treasurer of Dr Hedgewar Smriti Nyas Jammu and Karunesh Gupta, Chairman of Sudesh Ram Krishan Charitable Trust appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness

camp health checkup camp in their area and expressed their heartfelt gratitude. Distinguished guests included Surender Mohan, President Dr Hedgewar smriti Nyas & Vibhag Sangchalak RSS, Raman Suri, Ajay Bharti Zila Sangchalak RSS and several others prominent members Ajay Grover, Bhuvneshwar Gupta, Surinder Anand and Dheeraj Gupta were also present.

Others who were part of this camp includes Dr Dhaneshwar Kapoor and Dr Adarsh Sharma. Paramedics and volunteers includes Kamal Sharma, Raghav Rajput, Rajkumar, Ranjeet Singh, Gourav Sharma, Gokul Jamwal, Mohd Altaf, Paramveer Singh, Maninder Singh, Anmol Singh, Mukesh Sharma, Rajinder Singh, Makhan Sharma, Shubham Sharma, Vikas Kumar and Nirvair Singh Bali.