

Sindhu Festival a symbol of India's civilizational roots and national unity, says LG Kavinder

Assures full support for safe & well-organized Pratham Sindhu Kumbh

■ STATE TIMES NEWS

NEW DELHI: The Lieutenant Governor of Ladakh, Kavinder Gupta, today emphasized the immense cultural, spiritual, and national importance of the Sindhu Festival, held on the sacred land of Ladakh through which the Sindhu (Indus) River flows. He noted that the festival symbolizes civilization continuity, unity, and the time-less values of Bharat.

He made these remarks while meeting a delegation of the Sindhu Darshan Yatra Samiti, led by Bhupinder Kansal, General Secretary, in connection with the proposed Pratham Sindhu Kumbh 2026 at Leh.

The delegation briefed the Lt Governor on the scale and



Sindhu Darshan Yatra Samiti members felicitating Lieutenant Governor Ladakh, Kavinder Gupta.

visions of the 30th Sindhu Darshan Utsav, commemorated as the Pratham Sindhu Kumbh-a landmark spiritual and cultural gathering at the sacred Sindhu River. Kansal said that the event is expected to host VVIPs, dignitaries, religious leaders, and thousands of yatis from across

India and abroad, making it one of the largest spiritual congregations in Ladakh. He discussed the key arrangements, including accommodation, transportation, security, medical facilities, sanitation, traffic management, lighting, seating, and infrastructure at Sindhu Ghat. He further

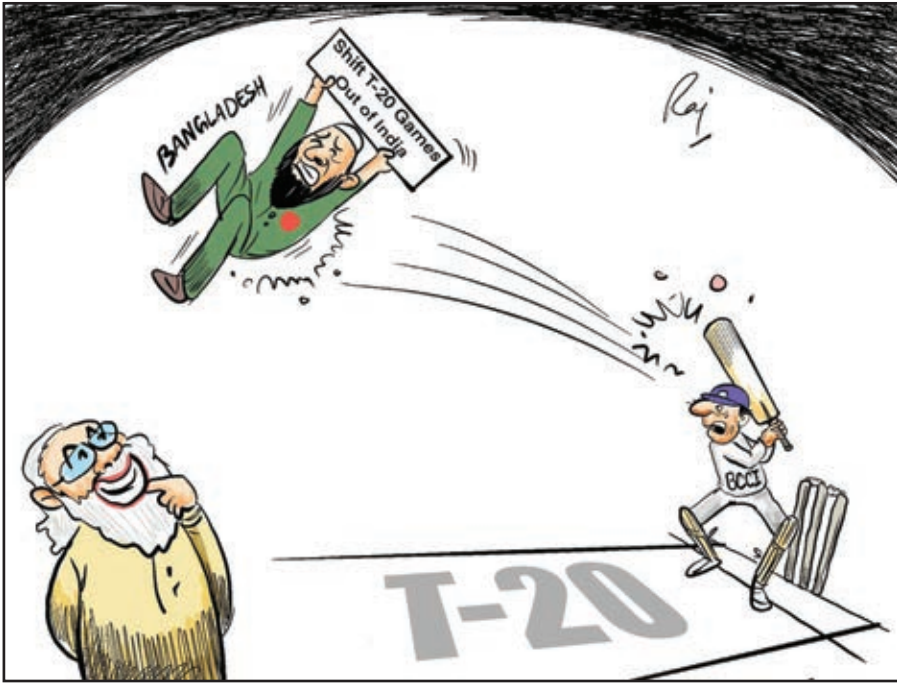
highlighted the festival's inclusive nature, with provisions for multi-faith prayers reflecting India's pluralistic spirit.

The Lt Governor appreciated the Sindhu Darshan Yatra Samiti's efforts in promoting national integration, cultural harmony, and spiritual tourism. He assured full support from the Ladakh Administration and stressed close coordination among departments to ensure the event is safe, organised, and environmentally responsible.

Kavinder Gupta underlined that the Sindhu Festival is not only a cultural or religious gathering but also a powerful symbol of India's civilizational roots and national unity. He added that the Pratham Sindhu Kumbh would enhance

Ladakh's status as a global spiritual and cultural destination while fostering greater engagement between locals and visitors from across the world. He also noted that such events showcase Ladakh's rich cultural heritage and spiritual legacy, contributing to local development and strengthening people-to-people connections.

The delegation expressed gratitude to the Lt Governor for his guidance and reaffirmed their commitment to making the Pratham Sindhu Kumbh 2026 a historic and dignified celebration.



Dy CM, Health Minister inaugurate Blood Donation Camp, Full Body Profile testing facility

■ STATE TIMES NEWS

JAMMU: Deputy Chief Minister, Surinder Kumar Choudhary and Minister for Health and Medical Education, Sakeena Itoo jointly inaugurated the Blood Donation Camp for Thalassemia children and Full Body Profile Testing Facility at National Hospital, Karan Bagh here on Sunday.

Addressing the gathering, the Deputy Chief Minister said that the health sector in Jammu and Kashmir has witnessed significant improvement over the past year and the Government remains committed to its further strengthening. He said that under the present Government, healthcare services have improved considerably, particularly after the Health Minister assumed charge, though sustained efforts are required to bridge remaining gaps.

The Government, he added, is pursuing pro-people policies in both the education and health sectors to ensure better services for citizens.

The Deputy Chief Minister noted improvements in hospital infrastructure, responsiveness and sanitation, and said the Government is focusing on addressing challenges such as filling vacant posts and



Dy CM, Surinder Choudhary and Health Minister Sakeena Itoo after inaugurating Blood Donation Camp.

strengthening healthcare facilities, especially in Jammu region.

He urged doctors from both government and private sectors to work collectively to make the healthcare system more robust. He said though the both Government and Private health sector has witnessed significant improvement in Kashmir; however, health sector in Jammu has a long way to go.

He urged doctors to work with more dedication for better patient care.

"Need is to work collectively to ensure better Healthcare service delivery to the people," he said.

He also appreciated the organizers of the blood donation camp and the hospital management, including Dr Jasveer Kour and Dr Harvinder Singh, for their ini-

tiative. He said that providing full body profile testing at nominal charges would greatly benefit the public.

Addressing the gathering, Minister Sakeena highlighted the critical role of voluntary blood donation in saving lives, particularly during medical emergencies, surgeries and for patients suffering from chronic illnesses. "Blood donation is very noble work and a simple yet powerful act of humanity. One unit of blood can save multiple lives", she stated.

The Minister further said that blood donation is also very good for the health of donor. She also lauded the initiative taken by this hospital administration for organizing this camp and encouraged citizens to participate in this noble cause. The Minister also appreciated the hospital for launching full body profile

tests at nominal rate, adding that such noble initiatives will benefit the common people in long run.

The Minister further highlighted that under the visionary leadership of Chief Minister, Omar Abdullah, the Government has upgraded the medical infrastructure facilities across length and breadth of Jammu and Kashmir in last 12 months. "Cath Labs MRI facilities, CT Scan lab and other advanced facilities are being established in GMCs and District Hospitals to provide advanced medical care services to people near their vicinities", Minister Sakeena said.

She added that the Government is committed to strengthen the healthcare infrastructure and ensure that every advance medical facility is available to people in their nearby hospitals.

The Deputy Chief Minister and Health Minister, on the occasion, also extended Gurupurab (Prakash Purab) greetings to the people, especially the Sikh community.

Director Health Services Jammu, Dr Abdul Hamid Zargar and other concerned officers were also present on the occasion.

Dogra culture is our identity, fashion blended with tradition preserves our heritage: Priya Sethi

■ STATE TIMES NEWS

JAMMU: Super Model Club Events on Sunday announced the grand launch of its much-anticipated Calendar 2026, celebrating culture, creativity, fashion, and the rich heritage of Jammu & Kashmir, with a special focus on promoting Dogra identity.

The launch ceremony emerged as a vibrant platform showcasing regional pride and artistic excellence, reinforcing the growing role of creative initiatives in preserving local traditions.

The event was graced by prominent Guests of Honour including Yudhvir Sethi, MLA Jammu East; Priya Sethi, Vice President BJP Jammu & Kashmir; Anu Bali, former Councillor; Vikas Gupta, Director Tourism; and Vanita Thakur, Chairperson NIFD.

Their presence added dignity to the occasion and highlighted institutional support for cultural and fashion-based initiatives rooted in regional ethos.

Addressing the gathering MLA Jammu East Yudhvir Sethi emphasized the importance of promoting Dogra cul-



Vice President BJP J&K, Priya Sethi and others releasing Calendar 2026.

ture through modern platforms. Addressing the gathering, Priya Sethi strongly emphasized the importance of promoting Dogra culture through modern platforms. She stated that initiatives like Calendar 2026 play a crucial role in preserving traditional Dogra attire, art, and values while presenting them in a contemporary and appealing format for the younger generation.

"Dogra culture is our identity, and such creative efforts help carry our heritage forward with pride. Fashion, when blended with tradition, becomes a powerful medium of cultural expression," she said, while lauding Super Model Club Events for consistently highlighting local

talent and traditions.

Priya Sethi also congratulated Bhanu Pratap Singh, Managing Director of Super Model Club Events, and his team for their dedication, professionalism, and vision in promoting Dogra cultural aesthetics at a larger platform. She also congratulated all the models and team members for their dedication and professionalism.

The Calendar 2026 project received valuable support from partners committed to preserving Dogra craftsmanship and artistic expression, including Sabhayata Traditional Wear as Costume Partner, Nice Gems as Jewellery Partner, Ladakh Flyer as Travel Partner, Lakme Academy Jammu as Makeup

Partner, and NIFD as Styling Partner. Their collaboration added depth and authenticity to the project.

Speaking on the occasion, Bhanu Pratap Singh described Calendar 2026 as more than a visual presentation, calling it a tribute to culture, confidence, and creativity. He highlighted the contribution of Shivani Gupta for her outstanding and innovative Dogra dress designs, which added a distinctive cultural essence to the calendar.

The event, anchored by Shashi Gupta, concluded on a high note, marking another milestone in Super Model Club Events' journey of blending professionalism with regional pride and cultural preservation.

Basti Shah Sammelen held at Mubarak Mandi Heritage complex to mark 100 years of RSS



Dignitaries offering Puran Ahuti in Hawan during a programme.

■ STATE TIMES NEWS

JAMMU: A grand Basti Shah Sammelen was organised at the historic Mubarak Mandi Heritage Complex, Ward No. 1, as part of the celebrations marking 100 years of the Rashtriya Swayamsevak Sangh (RSS). The programme focused on the ideals of Akhand Bharat, social harmony, cultural awareness, and national unity.

The event was addressed by Murli Manohar, RSS North Regional Officer and Chief Spokesperson, who highlighted the centenary

journey of the RSS and its role in strengthening society at the grassroots level through service, discipline, and cultural consciousness. He emphasised the importance of initiatives like Basti Shah Sammelen in connecting communities with national values.

Several eminent religious and spiritual leaders were prominently present on the occasion, including Shri Kal Bhairav Mandir Mahant Ruml Sharma, Mauni Baba Ashram Mahant Baba Banwari Das, and Mandir Mahant Ajay Bhardwaj,

who collectively stressed the importance of spiritual values, social unity, and moral strength in nation-building.

The programme was also attended by senior political leaders and public representatives, including former MLA Ashok Khajuria, MLA Jammu East Yudhvir Sethi, Former Minister Priya Sethi, and former Deputy Mayor Jammu Advocate Purnima Sharma, who appreciated the role of cultural and social organisations in fostering unity and preserving India's civilisational heritage.

Other prominent attendees included Dinesh Khanna, Sunil, Karan, Arvind, Durgesh, Omkar, Subash Raina, Pankul, Narendra, Ramesh, Naresh, Deepak, and Rohan, along with a large number of local residents and volunteers.

The cultural segment of the Sammelen featured Vedic chanting (Ved Ucharan), a thematic skit, and classical dance performances, reflecting India's rich cultural traditions and philosophical concepts such as the Panch Tatva (five elements). The programme concluded with a collective rendition of "Vande Mataram", filling the heritage complex with patriotic fervour.

Organisers stated that the Basti Shah Sammelen was part of a series of programmes being held across the country during the RSS centenary year, aimed at promoting social harmony, cultural pride, and national service.

Surprise NMC inspection of Medical College welcomed by Sangharsh Samiti; phased agitation to continue

■ STATE TIMES NEWS

JAMMU: Colonel Sukhvir Singh Mankotia, Convener of the Shri Mata Vaishno Devi Sangharsh Samiti, on Sunday welcomed the surprise inspection carried out by a National Medical Council (NMC) team at the Medical College, calling it a significant victory for the Samiti's ongoing movement.

Addressing a press conference at Gita Bhawan, Colonel Mankotia said the entire Sanatan society is grateful to the Union Health Ministry and Union Health Minister Shri JP Nadda for accepting the Samiti's demand and promptly deputing a team to assess the institution's infrastructure. He clarified, however, that while the inspection is a positive development, the Samiti's phased agitation will continue until all demands are fully accepted.

Outlining the forthcoming programme, Colonel Mankotia announced that the youth wing of the Sangharsh Samiti will stage a protest outside the Secretariat on January 6, followed by a demonstration by the Matrushakti (women's wing) on January 8. Veterans from the Army, Navy, Air Force, and Police will participate in a protest on January 10.

He issued a warning to the administration, stating that if a timely decision in the public interest is not taken, the Samiti would be compelled to organize a "Chakka Jam" at district headquarters across the region, eventually leading to a



Convener of Shri Mata Vaishno Devi Sangharsh Samiti, Colonel Sukhvir Singh Mankotia talking to reporters.

call for a complete Jammu Bandh. He also informed that senior BJP leader and Leader of Opposition Shri Sunil Sharma is expected to visit the Sangharsh Samiti office to share the party's perspective.

The Samiti further announced the launch of a "Sanatan Jagran Yatra," which will traverse the Jammu region in a ritualistic manner, covering major temples to raise awareness among the general public, especially women, about what the Samiti describes as discrimination against Sanatanis. Colonel Mankotia added that the ongoing signature campaign has received strong support from intellectuals and citizens, and these signatures will be submitted to the Hon'ble Prime Minister as evidence of public backing.

Speaking on the occasion, Parshotam Dadhichi said the Sangharsh Samiti is

fully prepared to confront the government on all fronts. He emphasized that there is widespread enthusiasm among Sanatanis and asserted that the movement will continue until the issue related to MBBS seats is completely resolved.

Colonel Mankotia and other speakers expressed hope that the administration would acknowledge the seriousness of the matter and take a concrete decision soon to prevent further escalation of the movement.

Prominent individuals present at the press conference included Akshay Kumar Prabhat Singh, Advocate Deepak Sharma, Advocate Baldev Singh, Neeraj Anand, Narayan Singh, R.K. Chhibber, Sanjay Gupta, Shilpi Verma, Akshi Billowria, Preeti Chaudhary, Subhash Jandial, Kartik Sudan, and other dignitaries.

Seniors at cardiac risk need focused attention: Dr Sushil

■ STATE TIMES NEWS

JAMMU: In view of improving healthcare in elderly persons particularly with respect to old age homes Head Department of cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness cum health check up camp at Home for the aged & Infirm, Amphalla Jammu for elderly persons Where patients as well as their caretakers were educated about the role of primary prevention and timely intervention for decreasing the mortality and morbidity associated with cardiac ailments in geriatric patients particularly.

While interacting with the people, Dr Sushil stated that as people enter older age, the heart and blood vessels naturally undergo structural and

functional changes arteries become stiffer, the cardiac muscle thickens, and the ability of the heart to pump efficiently may gradually decline. These age-related alterations increase vulnerability to hypertension, atherosclerosis, coronary artery disease, arrhythmias, and heart failure, making cardiovascular health one of the most critical determinants of quality of life in seniors. However, ageing itself is not the disease rather, the interplay of modifiable risk factors such as smoking, unhealthy diet, sedentary lifestyle, obesity, psychosocial stress, diabetes, high cholesterol, and poorly controlled blood pressure amplifies cardiovascular risk. Early recognition of these risk factors and timely interventions can



HoD Cardiology GMCH Jammu, Dr Sushil Sharma during camp at Home for the Aged & Infirm, Amphalla Jammu.

significantly delay disease progression and preserve functional independence.

The initiative also shed light on the unique challenges faced by residents of old age homes, where multiple chronic illnesses, limited mobility and emo-

tional challenges such as loneliness can exacerbate cardiovascular problems. Institutional living environments must therefore prioritize structured heart health programmes routine blood pressure and glucose monitoring, timely medication

administration, salt restricted meals, supervised physical activity, and early recognition of cardiac symptoms such as breathlessness, pedal edema, fainting spells or sudden confusion. Trained caregivers and nursing staff play a crucial

role in preventing complications by ensuring adherence to treatment, avoiding polypharmacy related adverse effects, and facilitating prompt medical referral when deterioration occurs

"Heart health in the elderly

is not merely about treating disease it is about preserving vitality, independence and dignity in the later decades of life," said Dr. Sushil.

"Although ageing brings unavoidable biological changes, proactive risk factor control, healthy lifestyle adoption, regular medical follow up and compassionate, patient centered care can significantly reduce cardiovascular events and disability. Empowering seniors and their families with awareness, early detection and disciplined prevention transforms the ageing heart from a point of vulnerability into a symbol of resilience, ensuring that the golden years remain active, meaningful and heart strong." Management committee of

the Home for the aged & Infirm Pankaj Gupta (President), Dr Dinesh Gupta, Sat Pal Sharma and Rajinder Singh appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health check up camp in Home for the aged & Infirm for welfare of the people.

Others who were part of this Camp includes Dr Venkatesh Yellupu and Dr Aditya Sharma. Paramedics and Volunteers include Kamal Sharma, Ranjeet Singh, Rajkumar, Anmol Singh, Makhan Sharma, Gokul Sharma, Gurpreet Singh, Rohit Nayyar, Mohd Altaf, Rajinder Singh, Gourav Sharma, Vikas Kumar and Nirvair Singh Bali.