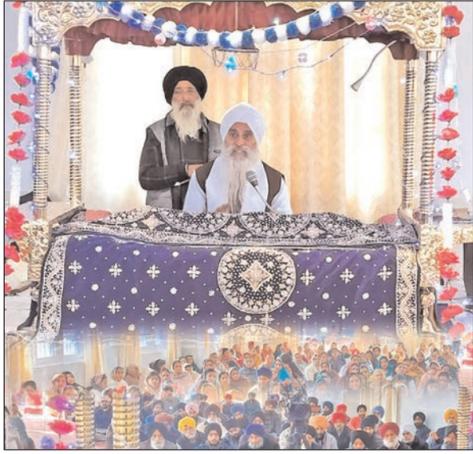


Grand Gurmat Smagam commemorates 12 Sant Mahapurushs at Gurudwara Sant Bhai Rocha Singh

STATE TIMES NEWS
POONCH: The management committee of Gurudwara Sant Bhai Rocha Singh Ji Purani Poonch successfully commemorated the Grand Gurmat Smagam in memory of the 12 Sant Mahapurushs of Shiromani Dera Sant Pura Nangali Sahib.

The event, conducted under the esteemed supervision of Shriimaan Mahant Manjeet Singh Ji, of Shiromani Dera Sant Pura Nangali Sahib was a heartfelt tribute filled with fervent participation from the community.

The program commenced with the completion of the Shri Akhand Path Sahib, followed by an inspiring Gurbani Kirtan led by distinguished Ragi Jathas,



including Bhai Jagir Singh and Bhai Daljeet Singh from Jammu, Bhai Madan Singh from Rajouri, and Bhai Ravinder Singh and Bhai Rajinder Singh. Additionally, Bhai Taranjeet Singh, a preacher

from Shiromani Committee Darbar Sahib, Amritsar, shared valuable insights into Sikh history and the significance of Shiromani Dera Sant Pura Nangali Sahib.

Gen. Secy Shri Guru Ramdas Ji Sewa Society Poonch, S. Balbir Singh, skillfully managed the proceedings, while the entire event was broadcast live on Ik Bani Channel, ensuring outreach to a wider audience.

Bhai Amrik Singh from Dadi Jatha Pathankot also highlighted key aspects of Sikh history, emphasizing the rich legacy of the faith.

In recognition of their efforts in broadcasting the Smagam, Anmol Singh, President of GBMMS, and S. Onkar Singh, President of Gurudwara Sant Bhai

Rocha Singh and their committee members honored Satnam Singh and Paramjeet Singh for their contributions. Their contributions ensured that the Smagam was accessible to a wider audience through live telecast from Gurudwara Sahib.

President Onkar Singh expressed heartfelt gratitude to all participants, particularly the Ragi Jathas, preachers, and dedicated Sewadars, for their roles in making the Smagam a resounding success.

The day concluded with the sacred Hukamnama from Guru Granth Sahib, delivered by Shriimaan Mahant Manjeet Singh, and the serving of Guru Ka Langer, fostering unity and community spirit among all attendees.

DC Poonch reviews progress of e-KYC of Ration Cards

STATE TIMES NEWS
POONCH: Deputy Commissioner Poonch, Vikas Kundra held a review meeting to assess the progress of eKYC of Ration Cards and other schemes of the Food Civil Supplies and Consumers Affairs Department.

The Assistant Director FCS&CA Poonch gave a detailed presentation regarding the functioning of the department. A thorough discussion ensued regarding the status of stock, supply distribution, grievance redressal mechanism and other relevant matters, during the meeting.

The Assistant Director FCS&CA informed that the district boasts ample reserves of essential commodities such as wheat,



rice, LPG, petrol and diesel. To ensure widespread accessibility, the department utilizes seven stores and 167 fair price shops and 20 Government sale depots for ration distribution.

The Deputy Commissioner reviewed the status of e-KYC/NFSA/Non-NFSA & PMFSS schemes focusing on three categories including Non-Priority

Households (NPHH), Priority Households (PHH) and Antyodaya Anna Yojana (AAY).

He reviewed e-KYC reports from each tehsil and stressed all TSOs to ensure 100% completion of e-KYC registration under their jurisdiction and also directed ACR Poonch, SDM Surankote, SDM Mendhar and tehsildars to review the progress of e-kyc dealer wise/ FPS wise in their respective jurisdiction and ensure 100% completion of e-kyc at the earliest.

The Deputy Commissioner also reviewed the status of Aadhaar seeding, construction of Government Food Store Balakote, staff strength, rationalization of manpower and addressed issues of employees.

Training Program on embracing behavioral skills for workplace effectiveness commences at SMVDU



STATE TIMES NEWS
KATRA: The School of Business at Shri Mata Vaishno Devi University (SMVDU) inaugurated a three-day training program titled "Embracing Behavioral Skills for Workplace Effectiveness" for Shrine Board employees scheduled from 12th-14th Dec, 24, with the participation of 30 attendees. Prof. Jyoti Sharma welcomed the participants and emphasized the importance of the program in fostering workplace harmony and enhancing professional capabilities.

The first session, conducted by Prof. Suparn Sharma, focused on emotional intelligence. Dr. Shazia Bukhari conducted sessions on attitude and interpersonal skills, while Sumanta Sarthi Sharma provided valuable insights into mindful self-regulation. Dr. Arti Maini will discuss the significance of effective listening and life posi-

tions in shaping workplace behavior.

Further sessions include exercises on behavioral harmony and the importance of gratitude at the workplace, facilitated by Dr. Rashi Taggar. Dr. Jyoti Sharma will address resilience building as a crucial component of behavioral skills. The program also features contributions from external experts, including Prof. Manoj Aggarwal from IIT-Jammu, who will elaborate on strategies to avoid and manage conflicts in the workplace, and Ajay Khajuria, who will highlight the role of constructive criticism in enhancing behavioral skills. Planned and coordinated by the faculty members of the School of Business under the guidance of Vice-Chancellor, Prof. Pragati Kumar, this initiative aims to develop critical skills among executives, reaffirming SMVDU's commitment to professional excellence.

BGSBU celebrates 21st Foundation Day

STATE TIMES NEWS
RAJOURI: Baba Ghulam Shah Badshah University (BGSBU), Rajouri, celebrated its 21st Foundation Day with grandeur and enthusiasm, marking over two decades of academic excellence, innovation, and service to society.

The event was graced by Prof. Jawaid Iqbal, Vice-Chancellor of BGSBU, as the Chief Guest.

On the occasion, Prof. Jawaid Iqbal congratulated the entire BGSBU fraternity including faculty, students, staff, and alumni on the momentous occasion of the university's 21st Foundation Day.

Prof. Jawaid Iqbal in his address remarked, "BGSBU has emerged as a center of excellence in higher education, research, and innovation. Over the past 21 years, we have strived to provide quality education and create an inclusive



environment where students can thrive and contribute meaningfully to society. Today, as we celebrate this milestone, we reaffirm our commitment to academic excellence and societal development."

In his address, Prof. Jawaid Iqbal highlighted the significant achievements of the University and shared his vision for the future. He announced that 4-year Undergraduate (UG) programs based on the guidelines of the National Education Policy (NEP) 2020 will be introduced in different schools of study from the next academic session. Prof. Jawaid Iqbal said, "The introduction of 4-year UG programs is a transformative step that aligns with the NEP 2020 and will provide flexibility, multidisciplinary education, and holistic development for our students. This initiative reflects our commitment to modernizing education and preparing students to meet global challenges."

The Vice-Chancellor emphasized the importance of creating a student-friendly environment by improving amenities such as

performances, which included traditional dances and music showcased the rich heritage and unity in diversity that the university prouly upholds.

The program commenced with a welcome address delivered by Dr. A. A. Shah, Associate Dean Academic Affairs, who warmly welcomed the Chief guest, faculty, students, alumni, and dignitaries.

Registrar of the University, Shahbaz Ahmed Mirza (JKAS), proposed the vote of thanks. In his address, Mirza expressed gratitude to the Hon'ble Vice-Chancellor, faculty, officers, staff, students, alumni, and dignitaries for making the event a grand success.

Associate Deans of various Schools, Controller of Examination, Heads of Various Departments, faculty members, officers and staff of the University, students and research scholars were present on the occasion.

Madhuparamhans delivers religious discourses

STATE TIMES NEWS
SAMBA: During the Satsang on the occasion of Poonama in Ranjdi, Jammu, Sadguru of Sahib Bandagi Madhuparamhans Maharaj explained about the secret name to the congregation gathered from far and wide and said that true name is the essence.

Kabir Sahib's words say that the one who knows that true name is the true Guru, not the rest. That name is in everyone, but is secret. Sadguru reveals it. How does one get that name. Kabir Sahib is saying that when I went to that immortal world, I also became like that true man. The Anal bird lives in the sky. It eats wind. All the energy in the world is from the sky element. Air is from the sky. Fire is from the air. Water is from the fire and earth is from the water. Just like the Anal bird takes strength from the air. Similarly, when a snake goes underground in the cold, it takes energy from the air. That energy is as much as it needs to stay alive. Whoever



has blood, needs oxygen. Fish also needs it. She extracts oxygen from water. There is a system in her body. In this way the Anal bird takes energy from the air. He mates with his female through sight. When she lays the egg very high, it falls downwards. The egg gets nourished on the way. The egg breaks on the way and the bird comes out. He gets eyes on the way. He gets wings on the way. Even before falling on the earth, he realizes that this is not his home. He starts walking straight up in the sky towards his parents. The Anal bird does not come to pick him up. He reaches there on his own. The parents did not come to pick him up. It is in his DNA.

Turtle is also like this. Its female lays the egg on the shore by digging the sand so that the fishes do not eat it. She lays it a little far away so that the eggs do not get washed away in the waves. How intelligent it is. It does not turn back. Those turtles come out of the egg on their own and go towards the water. They recognize each other. By looking at the living world, the soul will be visible. Therefore, killing any living being is a sin in this religion.

They themselves walk towards the sea. Because it is in the DNA. In this way, your soul has the power to reach God. This human body is said to be rare because it is the door to salvation. They turn towards the sea. They know that the birds are ready to kill them. Nobody taught them all this. It is in the DNA. Similarly, reaching God is in the DNA of the soul. That is why Sahib is saying that when the Guru, disciple and God do devotion together, then there is one Ganga ahead. Definitely, the disciple has a role. You are independent. It is in your hands. If you want, you can go to heaven, if you want, you can go to hell, if you want, you can go to Brahmlok. In fact, God is present in every

body, but that body is fortunate, where he becomes manifest. That secret name is not a subject of speech at all. This name is not written or read. It is not spoken or heard. It will be given by a perfect Guru. This is the problem. Until that essence name is not found, the soul wanders.

Some things we take and give by touch. Many things we take and give by eyes. There are many things we take and give by ears. But that name is not their subject. It is given by Surat. Sadguru has Paras Surat. When one merges in that power, he gets amazing power. He is called Purna Guru. Then he will make you like his own through that Paras Surat. All this is the theory of Kabir Sahib. Rest of the seats steal it and say their own things. This Sahib said. This is the difference between Paras and Saint that Paras turns iron into gold, but Paras cannot make iron into gold. But Saint makes it like his own.

Horticulture Deptt organises awareness programme on HADP, other schemes

STATE TIMES NEWS
BHADERWAH: To aware people about different government sponsored schemes for the welfare of farmers, Horticulture Department Bhaderwah organized an awareness programme on Holistic Agriculture Development Programme (HADP) and others for the farmers at Bhaderwah.

The programme was organised at Horticulture Office Bhaderwah, under the chairmanship of District Horticulture Officer Doda Bharat Bhushan, in presence of Environmentalist Neeraj Kumar known as Bicycle Man of India.

On the occasion DDC Chairman Doda Dhananter Singh Kotwal was the chief guest. The event saw a large number of participants, with a notable presence of unemployed youth, underseering the community's keen interest in Horticulture development.

Addressing the gathering, DDC Chairman Doda



Dhananter Singh Kotwal briefed about the various Centrally and UT-sponsored schemes available to farmers, with a special focus on the Holistic Agriculture Development Programme (HADP).

"The HADP is designed to provide comprehensive support, enabling farmers to harness modern techniques and resources for better productivity and profitability," he said.

Chief Horticulture Officer, Bharat Bhushan Pangotra briefed about the status of different schemes being implemented in the area.

"The farmers of the area were requested to come forward and avail the benefits of different schemes so that they can enhance their farm production," he added.

Environmentalist Neeraj Kumar Prajapati also spoke on the occasion and urged upon the youths to become a part of Horticulture farming to enhance their income.

HDO Bhaderwah Rohan Kumar and other officers were also present during the function.

Later, a field visit was also held in the nursery of Horticulture department Bhaderwah.

53th Martyrdom Day of Captain Bahadur Singh observed



STATE TIMES NEWS
RAMGARH: A solemn function was organized in Ramgarh, Samba District, to commemorate the 53th martyrdom day of Captain Bahadur Singh, who made the ultimate sacrifice during the Indo-Pak War of 1971. The event took place at his native village, Bhambo Chak, Ramgarh where the local community and dignitaries gathered to honor his bravery and pay tributes.

The function was attended by Dr. Devinder Kumar Manyal, MLA Ramgarh and Former Minister of J&K, who was the Chief Guest.

Along with DDC Member Ramgarh Sarbjeet Singh, Johal, Col Manjeet Singh, Col Bhagwan Dass, Stage Secretary Sat ji, Army officials and Shiv Kumar Choudhary Mandal Pardhan Ramgarh prominent citizens of the area participated in the ceremony, laying wreaths at the martyr's memorial.

Speakers at the event highlighted the remarkable valor of Captain Bahadur Singh, who was posthumously awarded the Vir Chakra for his courage and dedication. His martyrdom on December 15, 1971, during the Indo-Pak War, remains a source of immense pride for the people of Bhambo Chak and the entire J&K Union Territory. Dr. Manyal emphasized the importance of following the path of peace, unity, and integrity, urging the youth to be inspired by the sacrifice of martyrs like Captain Bahadur Singh.

First ever Mock NEET test held in Bhaderwah



STATE TIMES NEWS
BHADERWAH: Mock NEET test was organised by Career Counseling Consultancy Centre Bhaderwah in the history of erstwhile Disstt Doda with collaboration of Principal HSS Boys Bhaderwah Dr Nazir Butt, Arif Rana in order to encourage our youth for upcoming NEET 2025.

The organiser Dr Mohd Abid, Dr Tafheem Ahmad Butt and Mussaver Shahid thanked DDC Chairman who anugrate the Mock NEET Test and appreciate the efforts made by the organisers and hope such Neet test be conducted in Bhaderwah for the benefit of our youth.

The organisers thanked all The Media persons for coverage as source of awareness, encouragement and will give confidence to youth to participate in such mock NEET tests in future. They also thank Koushal Kumar Sr lecturer Yasir Arafat Sr lecturer Mudassar Ganaie Sr lecturer Bharat Singh and overall incharge of the seating arrangement Arif Rana for making this Mock NEET test examination successful.

The students who participated in the mock NEET test were HSS Boys Bhaderwah, HSS girls Bhaderwah, HSS Sartingal HSS Gurakha.

GLDM GDC Hiranagar hosts seminar on AIDS awareness

STATE TIMES NEWS
HIRANAGAR: GLDM Govt. Degree College, Hiranagar, organized a seminar on HIV/AIDS awareness in collaboration with Govt. Hospital, Hiranagar. The event aimed to educate students about HIV/AIDS, promote health awareness, and encourage students to become ambassadors of awareness in their communities.

The seminar was held under the banner of the Red Ribbon Club, a voluntary organization that works to promote awareness about HIV/AIDS and provide support to people living with the disease. Prof. Roopali Jamwal, Convener of the Red Ribbon Club, started the event. She highlighted the role of NACO and the J&K AIDS Control Society in initiating such activities in Higher

Education Institutions (HEIs).

Dr. Neha Sharma, Medical Officer at Govt. Hospital, Hiranagar, delivered an engaging and informative session, dispelling common myths surrounding HIV/AIDS. She emphasized the importance of safe practices, regular testing, and early treatment. Dr. Sharma also highlighted the need for reducing stigma and discrimination against people living with HIV/AIDS.

Dr. Pragya Khanna, Principal of the college, emphasized the importance of such awareness programs in promoting health and well-being among students. "It is essential for young people to have accurate information about HIV/AIDS and to develop healthy attitudes and behaviors," she said.

The seminar was attended by over 200 students, faculty members, and staff. The event provided a platform for students to ask questions, clarify doubts, and engage in discussions about HIV/AIDS.

The event was coordinated by Prof. Roopali Jamwal, Convener of the Red Ribbon Club, in collaboration with Dr. Bharat Bhushan, Head of the Department of Music. Dr. Vijay Chauhan concluded the event by extending the vote of thanks.

The college has been actively involved in promoting awareness about HIV/AIDS and has organized several events and activities in the past. The Red Ribbon Club has been instrumental in promoting awareness and providing support to people living with HIV/AIDS.

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