

Randhawa inaugurates Regalo Kitchen showroom in Sainik Colony

STATE TIMES NEWS
JAMMU: Senior BJP leader and MLA Bahu Constituency, Vikram Randhawa today inaugurated the state-of-the-art Regalo Kitchen Showroom along the National Highway in Sainik Colony, Jammu. The new showroom, a venture by Rajesh Gupta and Deepak Gupta, promises to bring innovative kitchen solutions to the people of Jammu.

Speaking on the occasion, the senior BJP leader applauded the entrepreneurial spirit of the owners, emphasizing the importance of such ventures in boosting the local economy. He remarked, "The opening of Regalo Kitchen Showroom is not just a step towards enhancing consumer convenience



MLA Bahu Constituency, Vikram Randhawa inaugurating outlet in Jammu.

but also a testament of our youth. Rajesh Gupta and Deepak Gupta have set

an example for aspiring entrepreneurs across Jammu and Kashmir." Randhawa said that the opening of this showroom is a shining example of how local entrepreneurship can play a pivotal role in realizing Prime Minister Narendra Modi's vision of Atmanirbhar Bharat (Self-Reliant India). He emphasized that such initiatives not only boost economic activity but also empower individuals to become self-reliant and contribute meaningfully to society. "The establishment of this showroom underscores how local talent can harness opportunities to contribute to the region's economic progress. This aligns perfectly with the Atmanirbhar Bharat mission, encouraging our youth to explore innovative avenues and create employment opportunities within the Union Territory," he added.

The MLA further reiterated the BJP's commitment to fostering a pro-business environment in Jammu and Kashmir, ensuring that young entrepreneurs receive adequate support in their endeavors. "Under PM Modi's leadership, schemes like Mudra Yojana and Startup India are paving the way for a brighter future for our youth," he added.

Rajesh Gupta and Deepak Gupta expressed their gratitude to Randhawa for his encouragement and support, vowing to deliver premium quality products and exemplary customer service.

Rotary Club Jammu Elite distributes turbans to orphans



Rotary Club Jammu Elite members during distributing turbans to orphans of Digiana Ashram.

STATE TIMES NEWS
JAMMU: Rotary Club Jammu Elite recently embarked on a heartwarming community service project, distributing 18 turbans to the orphans of Digiana Ashram in Digiana. But that's not all - they also shared beverages and engaged with the students to promote health and hygiene awareness. The superintendent of the Ashram

appreciated the club's initiative, which was led by President Dr. Davinder Kour and a team of dedicated members, including Secretary Suresh Bala, Club Charter Gurbinder Kour, Dr. Revika Arora, Anju Khajuria, Savanter Kour, Jasmeet Kour. This project showcases Rotary Club Jammu Elite's commitment to serving humanity and making a positive impact.

DC Poonch takes stock of patient care during surprise visit to District Hospital



DC Poonch Vikas Kundal during surprise visit to Raja Sukhdev Singh District Hospital.

STATE TIMES NEWS
POONCH: Deputy Commissioner Vikas Kundal on Sunday conducted a surprise visit to Raja Sukhdev Singh District Hospital, where he assessed the facilities being provided to the patients.

The Deputy Commissioner inspected the functioning of different wards including the

Gynaecology Ward, Pharmacy, Surgical Ward, Emergency Patient area, Medicine Ward and the ongoing construction of the Critical Care Block. He also inspected the oxygen generation plant to ensure adequate oxygen support for patients.

The Deputy Commissioner was accompanied by Additional Deputy Commissioner Tahir

Mustafa Malik, and other officials from line departments including Xen PHE and JPDCL besides Medical Superintendent, Dr. Nusrat Bhatti and hospital staff were also present.

The Deputy Commissioner engaged with patients to inquire about their wellbeing. He emphasized the importance of quality healthcare and directed health authorities to prioritize patient care and medical facilities.

During his visit, the Deputy Commissioner announced plans to install air conditioners in medical and surgical wards, aiming to enhance patient comfort during the harsh weather months. He also instructed the Executive Engineers of PHE and JPDCL to ensure uninterrupted supply of water and electricity, underscoring the commitment to patient welfare and hospital functionality.

Sahib Bandagi organizes 3-day spiritual Satsang

STATE TIMES NEWS
SAMBA: Sahib Bandagi organized a 3-day special program and spiritual satsang in Ranjdi, Jammu on the occasion of New Year 2025, in which lakhs of devotees from every corner of the country visited Sadguru and took advantage of the nectar of satsang. Sadguru Shri Madhuparamhans Ji Maharaj said during his spiritual satsang on the first day today that just as there is only one way to remove darkness and that is light.

There is no other way than this. Similarly, there is only one name to get out of the ocean of the world. The one who gets the true name of the true Guru, even death does not touch him.

Just as a gambler regrets a lot after losing, he thinks that he should not have



gambled today. Similarly, the one who does not have the name of Sadguru, he regrets a lot at the last moment. Because death takes him away, he has no one to save him from it. This is the game of the world.

It was very difficult to get a human body. All the religious scriptures are also saying this, but still the man does not pay heed to it because there are many big enemies sitting inside.

Sahib said that the world is currently going through

a phase of minor deluge. When minor deluges come, floods come, seasons change, terrible storms come. Major diseases arise. Nature and environment start changing.

You see that the position of the North Pole is also changing every year. I was shocked when I heard this news.

It is going towards Russia. The rules of nature are changing. Every year it is moving 40 kms. ahead. Due to this, it will become difficult for ships to sail. Ships will get lost in the sky. Ships will not get direction in the sea. All the work being done with the

compass will go wrong because the North Pole has changed its position. Nature is changing its rules.

You are sitting on a heap of sand. This world is perishable. When small earthquakes come, they cause so much destruction.

You see that 20 lakh people died in America alone due to Covid-19. This is a mini-cataclysm. Floods are coming. Storms are coming. All this is not there. There is only sorrow in this world. Whoever you talk to, he will tell you that no one has suffered as much sorrow in life as I have. There is no happiness in it. But

there is always happiness in that land of the soul. In this world, Kaal has spread the net of karma. We have been put in the cage of the body.

This body itself is sorrow. Mahatma Jesus Christ also said the same that we all are on earth because of our sins. Sahib is also saying the same that everyone is suffering the punishment of having a body. In this Kaliyug, such great personalities have been born, who are saying that there is no need of a Guru to reach God. Whereas the Vedas are saying that salvation cannot be attained without a Guru.

MD KPDCL visits South Kashmir areas, reviews restoration works post snowfall

STATE TIMES NEWS
SRINAGAR: Managing Director, Kashmir Power Distribution Corporation Limited (KPDCL) Mahmood Ahmad Shah on Sunday conducted an extensive visit of South Kashmir areas to assess the restoration efforts in the aftermath of the recent heavy snowfall in the Valley.

During the visit, he conducted a comprehensive review of the restoration works undertaken, with a particular focus on the number of transformers damaged due to the inclement weather and their subsequent reinstallation at various sites. He commended the efforts

of the field staff and engineers, who, despite the hostile weather conditions, swiftly restored power supply to the affected areas. He appreciated remarkable commitment and professionalism demonstrated by the field staff and engineers in tackling the outages caused by the recent snowfall.

MD KPDCL also reviewed the ongoing developmental works in the twin districts of Anantnag and Kulgam. He directed the officials of the Projects Wing and the PIA (Power Implementing Agency), PGCL, to accelerate the pace of work and ensure timely completion. He emphasized the need for tangible

progress on the ground, urging all concerned to strive for visible results. He also inspected the 475 MVA 220 kV/132 kV Mir Bazar and Wanpoh Grids, evaluating the power evacuation processes from these critical installations. He instructed the grid in-charges and sub-transmission level officers to adhere strictly to the curtailment program, ensuring effective management of power supply during peak demand periods.

In view of the inclement weather forecast for January 6th and 7th, 2025, Shah urged all officers to remain vigilant and well-prepared. He directed them to keep men and material ready to address

any outages swiftly and ensure the timely restoration of power.

The MD KPDCL was accompanied by Superintending Engineer South Circle Bijbehara, Executive Engineers of Electric Divisions Anantnag, Bijbehara and STD Bijbehara, and other concerned officers and officials of these Divisions.

It was given out that KPDCL remains committed to providing reliable power supply to the people of Kashmir; and this visit underscores the corporation's proactive approach to quick plugging of disruptions and improving infrastructure.

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Army conducts tuition classes for school children

STATE TIMES NEWS
LAM: In a remarkable initiative aimed at empowering the youth of Jammu and Kashmir and providing them with an opportunity to secure admissions to prestigious Sainik Schools and Military Schools, the Indian Army has successfully conducted free tuition classes for students. The tuition classes were held at Lam from 07 October 2024 to 28 December 2024, with 30 students attending the sessions. The initiative was designed not only to improve their academic skills but also to instill discipline, confidence, and leadership qualities, which are essential for a career in

the armed forces.

The classes focused on subjects such as Mathematics, General Science, General Knowledge, English, and Reasoning Ability. These subjects are vital components of the Sainik School and Military School Entrance Exam. The well-trained instructor provided personalized attention to each student, ensuring they had a clear understanding of the syllabus and content.

The instructor emphasized problem-solving techniques, time management, and analytical thinking, enabling the students to approach the exam with a well-rounded skill set. The

response to the tuition classes has been overwhelmingly positive, with students and parents expressing gratitude for the Indian Army's efforts to help students achieve their dreams.

The Indian Army has also promised to continue supporting students even after the completion of the tuition classes, with follow-up sessions and counselling for those who wish to further improve their skills.

This initiative is part of the Indian Army's broader effort to foster national integration, build leadership qualities, and provide opportunities for youth in remote and conflict-affected areas.

Bandipora boxing meet concludes



Medal winners posing for a photograph with officials.

STATE TIMES NEWS
JAMMU: Bandipora District Boxing Championship concluded with valedictory function held at Multipurpose Indoor Sports Hall Shadipora, Bandipora in Kashmir.

Dr Aga Syed Mubarak

Hussain of Department of Health was chief guest, who in the presence of distinguished gathering presents medals among those medal winner boxers.

The championship was officiated by the technical penal including Suhaib, Arsh Muhammad and

Irfan. The event held under the supervision of Farooq Ahmad Khan of J&K Sports Council and Ghulam Mohammad Lone. In Sub junior girls 46 kg event, Shazia Akhtar clinched gold while silver went to Saima and Ayat and Sehra given away bronze.

STATE TIMES NEWS
JAMMU: The organisers, J&K Gymnastics Association, got encouraging response with record 150 young gymnasts turned up for the competition which held in Artistic Gymnastic, Rhythmic and Aerobic at Gymnastics Hall, New Indoor Complex, MA Stadium, here today.

In the closing function of two-day event, Deepak Gupta, president Traders Federation was chief guest, who distributed prizes among the winners in the presence of Kiran Wattal, president Gymnastics Association of J&K. Prominent who were present included Bajinder Pal Singh, Anil Khajuria, Tejinder Singh.

The Results:
Artistic Gymnastics: Under-



eight: Boys: Zorawar, 1st; Mahir, 2nd and Ibadat, 3rd. Girls: Divyanshi, 1st; Nivanshi, 2nd and Giya Iqbal Singh Sethi, 3rd. Under-10: Boys: Ashwina Proch, 1st; Rohinya Proch, 2nd; Avikam and Advier Gill, joint 3rd. Girls: Meera, 1st; Shivanya, 2nd; Harshita and Ekam Bajwra, 3rd.

Floor Exercise: Under-12: Boys: Trishisva, 1st; Veerbhadra Chib, 2nd and Partik, 3rd. Vault: Veerbhadra

Chib, 1st; Partik, 2nd and Trishisva, 3rd. Girls: Anubhooti, 1st; Shivanshim, 2nd; Ridha Malik, 3rd. Beam: Manyia, 1st; Shivanshi, 2nd and Aliya, 3rd.

Floor Exercise: Under-14: Boys: Kavya, 1st; Lakshay Mehra, 2nd and Krishna Mehra, 3rd. Vault: Kavya, 1st; Krishna Mehra, 2nd and Lakshay Mehra, 3rd. Girls: Floor Exercise, Rivka, 1st; Sadhya, 2nd; Tavleen, 3rd.

Beam: Rivka, 1st; Sonya, 2nd and Sadhya, 3rd.

Meanwhile, a team was also selected to represent J&K contingent for participation in the National Aerobic Gymnastic Championships next month.

The competitions were officiated by the technical penal including Kamal Singh, Manvinder Singh, Honey Mehra, Seena Mehra, Parul Mehra and Sahil Sahi under the overall supervision of S P Singh.

Katra remains shut for 5th day against ropeway project; BJP MLA joins protesters

STATE TIMES NEWS
REASI/JAMMU: Katra, the base camp for the Vaishno Devi pilgrimage in Jammu and Kashmir, remained shut for the fifth consecutive day on Sunday in protest against a proposed ropeway project in the Trikuta hills, with BJP MLA Baldev Raj Sharma threatening to sit on a hunger strike if those detained are not released within 24 hours.

Meanwhile, five men continue to sit on a hunger strike, demanding the release of those detained by police during earlier demonstrations in the holy town.

The Shri Mata Vaishno Devi Sangharsh Samiti, which has called for the shutdown, announced that all activities in Katra would remain suspended during the bandh.

Shops, restaurants and business establishments remained closed for the fifth day in Katra, and traffic



was off the roads following the samiti's call for the protest.

The bandh, which began on Wednesday, has disrupted normal life in the busy town of Katra, where thousands of pilgrims arrive daily to pay obeisance at the cave

shrine of Vaishno Devi.

Sharma, who joined the protesters on Sunday, warned the administration of a chain hunger strike if the detained samiti members are not released within 24 hours.

"I will sit on a hunger strike with

my people if the administration does not release those detained. The administration should immediately release them," the Bharatiya Janata Party (BJP) MLA told the protesters.

He praised the unity shown by the people of Katra. "The residents of Katra have proven that we stand together in this fight. I thank youngsters and women for supporting this protest," Sharma said.

He added that the BJP has raised the issue with Union Home Minister Amit Shah and other leaders in Delhi.

"Our representatives went to Delhi and the home minister has taken cognisance of the issue. The leadership has been asked to find a solution. That is why I am here with you," he said.

The Shri Mata Vaishno Devi Sangharsh Samiti initially called for the shutdown on December 25. On Friday night, it extended the

bandh by 72 hours to press its demands, including shelving the proposed ropeway project and releasing the detained protesters.

Five men are sitting on a hunger strike, demanding the release of the 18 samiti members detained during a protest march against the proposed ropeway project.

Several protesters, including two samiti leaders -- Bhupinder Singh and Sohan Chand -- were detained by police during Wednesday's protest and taken away in a police vehicle.

The Shri Mata Vaishno Devi Shrine Board announced plans last month to install a ropeway to facilitate access to the temple for senior citizens, children and others who find the 13-km track to the cave shrine challenging.

The proposed Rs 250-crore ropeway project will connect Tarakote Marg to Sanji Chhat, leading to the cave shrine in Reasi district.

Shopian's Nehal strikes Silver in Junior World Pencak silat



Nehal Zubair from Shopian after winning silver medal in 5th Junior World Pencak Silat Championship.

STATE TIMES NEWS
SRINAGAR: Nehal Zubair, a rising star from Shopian, J&K won silver medal in the prestigious 5th Junior World Pencak Silat Championship which held at the ADNDEC Centre in Abu Dhabi from December 18 to 22. Competing against the world's top young athletes, Nehal's extraordinary performance showcased her dedication, skill,

and determination, solidifying her position as one of India's brightest prospects in the sport of Pencak Silat. Mohammad Iqbal, coach of the Indian Pencak Silat Federation, said, "Nehal's silver medal in Pencak Silat is truly commendable. This achievement will inspire many young athletes to take up the sport and aim for excellence."