

## Sat Sharma unveils 'Directory 2025' of Senior Citizen Rejuvenation Centre

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JAMMU: In a step toward strengthening community outreach and honouring the contributions of senior citizens, J&K BJP President and MP Rajya Sabha, Sat Sharma (CA), today released the 'Directory 2025' of the Senior Citizen Rejuvenation Centre, Trikuta Nagar.

Vice president BJP J&K Rekha Mahajan, Chief Advisor Shubehander Verma, President K S Samyal, Patron Narinder Gupta, Vice President T.R. Puri, General Secretary T.C. Taggar, Treasurer



J&K BJP President and MP Rajya Sabha, Sat Sharma releasing Directory.

Ramesh Chander Gupta, and team SCRC were present in the programme.

Speaking on the occasion,

Sat Sharma said that ensuring the welfare and empowerment of senior citizens remains a top priority.

He appreciated the management of the Rejuvenation Centre for its dedicated service and year-round activities.

"The Centre's yoga sessions, interactive discussions on social and religious topics, devotional bhajans, singing programmes, and daily entertainment events reflect a selfless commitment to community welfare," he said. He also praised the free matrimonial assistance being provided to senior citizens, calling it a "remarkable service in today's times."

Lauding the Centre's initiatives, Sat Sharma said

that medical camps, seminars, spiritual visits, recreational trips, and regular yoga classes help elders lead an active and dignified life. "Managing such diverse programmes under one roof requires dedication, teamwork, financial support, and an unwavering spirit of service," he added. BJP J&K Vice President Rekha Mahajan, who was also present, commended the Centre for creating a safe and vibrant environment for elders. She said that a society's true cultural strength is reflected in how it treats its senior citizens.

"Our elders are living libraries of wisdom. Their sacrifices and values form the foundation on which younger generations stand," she noted.

K.S. Samyal, President of the Centre, highlighted the ongoing activities of the Centre and emphasized that Centre's initiatives aim to promote physical fitness, mental well-being, social engagement, and overall dignity, ensuring that senior citizens lead active and fulfilling lives.

## J&K Bank Retired Employees Welfare Association hosts 6th Conference



J&K Bank Retired Employees Welfare Association members with dignitaries at Conference.

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JAMMU: The J&K Bank Retired Employees Welfare Association, Jammu hosted its 6th Conference on Sunday. The event brought together more than 500 members who gathered for an engaging and meaningful occasion centred on welfare, unity and shared institutional pride. The proceedings began with an articulate welcome by R.K. Bhan, General Secretary, who extended warm greetings to all dignitaries and members. He reflected on the organisation's continued efforts toward member welfare and highlighted the successful health camps and various benevolent initiatives carried out to support the community.

Zafar Ahmed Maqdoomi (General Secretary, J&K Bank Pensioner welfare Association, Kashmir) also shared the key tasks being undertaken for the welfare of the retired officers.

The conference was graced by Amitava Chatterjee, Managing Director and Chief Executive Officer of J&K Bank, who attended as the Chief Guest. He delivered an insightful keynote address that acknowledged the lifelong contributions of the bank's former personnel and emphasised the institutional values they helped build.

R.K. Chhibber (Retired Chairman and Managing Director, J&K Bank) and S.C. Jain (General Secretary of

AIBRF) were the guests of honour. In the concluding segment, Iqbal Singh (Working President) offered a vote of thanks. He expressed sincere appreciation to the Chief Guest, the Guests of Honour and the large number of members whose presence made the conference truly memorable while also expressing gratitude to the executive members of the body for making the conference a resounding success by dint of their hard-work. He also acknowledged the leadership of Mohinder Singh (President) along with the guidance of O.P. Nanda (Patron) for their continuous support in strengthening the organisation's welfare-focused endeavours.

## J&K BJP leadership listens to Mann Ki Baat across J&K



BJP J&K leaders listening to PM's Mann Ki baat.

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JAMMU: Jammu & Kashmir Bharatiya Janata Party leaders listened to the Mann Ki Baat, the popular AIR programme by PM Modi around Jammu & Kashmir.

J&K BJP General Secretary (Organization) Ashok Koul, Lok Sabha MP Jugal Kishore Sharma, and MLA Ch. Vikram Randhawa listened to the Prime Minister Narendra Modi's monthly radio programme "Mann Ki Baat" at Booth No. 137, Ward 53, Trikuta Nagar.

District President Naresh Singh Jasrotia, senior leader Shailja Gupta, Mandal President Nitish Mahajan, and other party office-bearers were also present.

Addressing the gathering, Ashok Koul said that Mann Ki Baat has played a transformational role in connecting the Prime Minister directly with the people of India. He said that today's episode filled every Indian with pride. From the Dharma Dhawajorahan Utsav in Ayodhya to the 150th birth anniversary of Bhagwan Birsa Munda, and the milestone of 150 years of Vande Mataram, these events reflect the cultural resurgence of Bharat, he said. He added that India's achievements show the strength of the nation under PM Modi's leadership. This programme motivates us to take the PM's vision to every household, he added.

Jugal Kishore Sharma said that the Prime Minister Modi's words today reminded us that India is rapidly emerging as a global leader, be it becoming a major MRO hub or achieving new heights in self-reliance. Mann Ki Baat inspires every Indian to contribute to nation-building, he said.

Ch. Vikram Randhawa appreciated the enthusiastic participation of booth-level workers and said that the BJP continues to strengthen its roots because of its unwavering connection with the people.

Naresh Singh Jasrotia said that Mann Ki Baat has become a national movement that unites citizens across regions and age groups.

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JAMMU: The Gharana Wetland Conservation Reserve in R.S. Pura, Jammu, has witnessed a remarkable ecological resurgence, transforming it into one of Northern India's most vibrant wintering habitats for migratory waterbirds. Following a series of scientific restoration interventions executed by the Department of Wildlife Protection, Jammu & Kashmir, the wetland now attracts thousands of waterfowl arriving each winter from Siberia and Central Asia.

Notified as a Conservation Reserve in 1991 and spread across 408 kanals, Gharana Wetland has long been a significant stopover for migratory species. However, recent years have seen the wetland undergo comprehensive rejuvenation under an approved manage-



ment plan. Large-scale desilting and dredging operations, removal of invasive aquatic vegetation, and hydrological improvements have effectively revived the wetland's depth profile, expanded its foraging grounds, and improved its water-holding capacity.

To further strengthen protection, the department has

## Ecological revival turns Gharana Wetland into a thriving haven for migratory birds

as Endangered and Threatened by the IUCN.

With the onset of the current migratory season, wildlife officials and independent bird-watchers have recorded a significant rise in both the diversity and population of visiting waterbirds. Regular census teams report manifold increases in bird activity, with flocks now covering a larger expanse of the wetland than seen in previous years. Key species observed in high numbers include the Bar-headed Goose, Northern Pintail, Common Teal, Eurasian Wigeon, Gadwall, Black-winged Stilt and Red-wattled Lapwing.

"Timely scientific interventions, improved habitat quality and sustained management efforts have catalysed Gharana's rapid ecological recovery," a senior wildlife official said.

"The resurgence of open water zones and improved natural food availability have considerably enhanced bird presence and diversity."

The wetland is also witnessing a surge in visits by researchers, nature enthusiasts, students and wildlife photographers, contributing to its growing relevance as a centre for eco-tourism and environmental learning.

Strategically located along the Central Asian Flyway - one of the world's major migratory bird routes - Gharana Wetland now meets key criteria for inclusion under the prestigious Ramsar Convention. Officials believe that the site's strengthened ecological profile significantly boosts its prospects for attaining Ramsar site recognition in the near future.

## LG Ladakh releases 'BoudhIKS' Science Books Says BoudhIKS strengthens link between India's civilizational knowledge & modern education

### ■ STATE TIMES NEWS

LEH: The Lieutenant Governor of Ladakh, Kavinder Gupta, on Sunday released a set of seven books on Science subjects for UG and PG students, developed under the "BoudhIKS" project of Vidya Bharati Uchcha Shiksha Sansthan (VBUSS) in Jammu.

"BoudhIKS" is a transformative educational initiative of VBUSS aimed at reconnecting youth with the Bharatiya Knowledge Systems (BKS) through structured examinations, cultural integration, and contemporary applications.

As part of this nationwide effort, the 'Bharat BoudhIKS' examination-designed to nurture cultural rootedness, traditional wisdom, and



LG Ladakh, Kavinder Gupta releasing "BoudhIKS" Science books.

Bharatiya values while encouraging modern problem-solving will be conducted across the country on 1st February 2026.

The event was attended by Prof. J. N. Baliya, Prant President VBUSS (J&K-Ladakh) and Professor at Central University of Jammu; Dr. Ram Singh, Vice

President VBUSS (J&K-Ladakh); Dr. Rakesh Bharti, Secretary VBUSS (J&K-Ladakh); and Dr. Sanjay Sharma, Treasurer VBUSS (J&K-Ladakh).

The Lieutenant Governor commended Vidya Bharati for its efforts in promoting culturally grounded and

value-based higher education. He said that initiatives like BoudhIKS play a crucial role in strengthening the connection between India's rich civilizational knowledge and modern education.

He added that Ladakh, with its deep cultural heritage and strong academic aspirations, stands to benefit greatly from such efforts that blend traditional wisdom with scientific learning.

The Lt Governor emphasized that empowering youth with a strong foundation in Bharatiya knowledge systems will foster confidence, innovation, and national pride, helping shape a generation rooted in values yet equipped to meet global challenges.

Earlier, Prof. J. N.

Baliya briefly outlined the purpose of Vidya Bharati Uchcha Shiksha Sansthan, stating that the institution aims to strengthen higher education rooted in Indian culture and ethos, promote innovative academic practices, and foster collaboration among universities.

He said the "Bharat BoudhIKS" initiative reinforces the importance of introducing culturally rooted pedagogies aligned with the National Education Policy 2020.

He added that the "Bharat BoudhIKS" initiative reflects a commitment to preserving and disseminating Bharat's rich cultural, scientific, and philosophical heritage for future generations.

## Al-Mashawi Restro-A Unique Blend of Arabian, Kashmiri Flavors launched in Jammu

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JAMMU: The grand opening of Al-Mashawi Restro was held on Sunday with prayers and blessings. Located in Main Vidhata Nagar, Opposite Al-Hayat, Bathindi, this unique restaurant captured the attention of food lovers from its very first day.

The inauguration ceremony was graced by prominent city dignitaries, respected traders from Bathindi, religious scholars, and notable political leaders. Speaking to the media, Syed Ishtiyag Shah Gilani stated that Al-Mashawi Restro is the first-of-its-kind restaurant in Jammu where authentic mughlai cuisines, Arabian dishes and traditional Wazwan will be served alongside globally loved cuisines - all at affordable prices. He added, "We warmly



Syed Ishtiyag Shah Gilani being welcomed.

invite the people of Jammu & Kashmir to visit us and experience the unique flavors offered at Al-Mashawi Restro."

The restaurant officially opened for the public today at 5:00 PM, offering an elegant ambiance with a delightful fusion of Arabian and Kashmiri delicacies. For reservations and details, customer

can contact on 0191-453-3855.

According to the management, Al-Mashawi Restro is set to bring a refreshing culinary experience to Jammu by providing top-quality food, diverse flavors, and exceptional hospitality.

## Yudhvir Sethi releases devotional Bhajan 'Sun Bhai Busa Waleya'



MLA Yudhvir Sethi releasing devotional Bhajan 'Sun Bhai Busa Waleya'.

### ■ STATE TIMES NEWS

JAMMU: In a heartfelt tribute to the dedicated driver community who tirelessly ferry pilgrims to the sacred Machail Yatra, a devotional Bhajan titled 'Sun Bhai Busa Waleya'

was released today with the blessings of Devi Maay. The release ceremony was graced by MLA Yudhvir Sethi, who joined Maa Bawe Wali Records MD Sahil Mahajan and the entire creative team to unveil the energetic composition devoted to Maa

Chandi.

Speaking at the event, Yudhvir Sethi praised the initiative and highlighted the invaluable contribution of drivers to the annual pilgrimage.

"Our driver brothers play a vital role in ensuring that thousands of devotees safely reach the revered shrine of Maa Chandi. This Bhajan is a beautiful salute to their dedication, courage, and faith. I congratulate the entire team for creating such a meaningful and soulful offer-

ing," he said.

The bhajan, performed by T-Series fame Smarth Jammu Wala, stands out for its emotional depth and musical richness. Smarth not only lends his voice but also serves as the lyricist and composer of the devotional track. The music is directed by Gautam Arora, with Jatin Shasan as the recordist. The track's mix and mastering were done at Soul Sync Studios.

The video, edited and designed by Hemant Maliya, has been directed

and shot by Ricky Studio, bringing visual vibrancy to the devotional spirit of the composition.

The project has been spearheaded by Sahil Mahajan, MD of Maa Bawe Wali Records.

Smarth Jammu Wala expressed heartfelt gratitude for the blessings of his parents, Subash Chouhan and Varsha Chouhan, and acknowledged his idols, Ustaad Master Saleem Ji and Ustaad Raju Hariपुरiya Ji, for their constant inspiration and guidance.

Acknowledging the support received, the team extended sincere thanks to MLA Yudhvir Sethi, Ankush Sharma, Ratan Chand of Jai Maa Kali Tours & Travels, Aditya Sood, Pandit Suresh Sharma, Gourav Sudan, Hrithik Sharma, Akash Dogra, and all supporters who contributed to the project's success.

## JU concludes two-day hands-on workshop on "Realm of Data Analytics with MS Excel"

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JAMMU: The Department of Statistics, University of Jammu, concluded a two-day hands-on workshop on "Realm of Data Analytics with MS Excel." The workshop offered students a simple, focused, and practical learning experience in essential and advanced Excel skills useful for data management, academic work, and professional applications.

Dr. Dharminder Magotra, Director, College Development Council, graced the event as the Chief Guest. In his address, he appreciated the Department of Statistics for organizing a programme that aligns with modern workforce requirements. He emphasized that proficiency in spreadsheet tools has become essential for students aspiring to excel in research, industry, and data-driven professions.

The valedictory session featured remarks by Prof. Romesh Kumar, Dean,



Dr. Dharminder Magotra, Director, College Development Council felicitating student.

Faculty of Mathematical Sciences and Director, Five-Year Integrated PG Programme, and Prof. Parnil Kumar, Department of Statistics. Both speakers commended the participants for their enthusiasm and underscored the increasing need for Excel proficiency in higher education and professional fields.

Earlier, Dr. Sunil Kumar led the inaugural session, welcoming the participants and introducing them to key Excel operations. He emphasized the importance of structured data entry for

ensuring accuracy and strengthening the overall quality of analysis and decision-making.

During Day One, the workshop focused on building a strong foundation in Excel, introducing participants to modern functions, advanced formatting tools, logical formulas, conditional formatting, data-cleaning strategies, and worksheet management techniques, including methods for organizing and protecting multi-sheet workbooks.

Day Two further expanded these skills through sessions

on data automation, visualization, and analytical tools. Participants explored dynamic formulas, array functions, error-handling methods, pivot charts, sparklines, pivot tables, slicers, and filtering techniques, followed by a hands-on practical activity using simulated case studies.

Throughout the workshop, the resource persons provided clear and practical demonstrations. Deepu Tiwari guided participants on formatting and visualization, Ankush Kumar explained formulas and logical functions through real-world examples, Asha Ram demonstrated effective worksheet management and data protection, and Dr. Urvashi Gupta strengthened participants' understanding of advanced formulas and error-handling techniques.

The workshop concluded with an assessment exercise, feedback interaction, and distribution of certificates to participants and resource persons.