LG Kavinder renames Ladakh's

Raj Niwas as Lok Niwas
Says step symbolises deep commitment to people-centric governance

HC of J&K, Ladakh holds Interactive Roleplay Mediation Training Programmes

STATE TIMES NEWS

JAMMU/SRINAGAR: Under the patronage of Chief Justice, High Court of Jammu & Kashmir and Ladakh. Arun Palli, the Mediation and Conciliation Committee of the High Court of J&K and Ladakh, in collaboration with the J&K Legal Services Authority and the J&K Judicial Academy, on Sunday organised one day Interactive Roleplay Mediation Training Programmes, conducted simultaneously at the Jammu and Srinagar wings of the J&K Judicial Academy.

The event was part of the on-going 40 hours Mediation Training Programme for the Judicial Officers.

This training programme, held under the aegis of the Mediation and Conciliation Project Committee (MCPC), forms a significant component of the continued efforts of the High Court to strengthen the Alternate Dispute Resolution (ADR) framework across both Union Territories.

The workshop in Jammu was held under the overall supervision of Naseer Ahmad Dar, Director, J&K Judicial Academy while the Srinagar programme was supervised by Shazia Tabassum, Member Secretary, J&K Legal Services

At the Jammu wing of J&K Judicial Academy, the programme began with the welcome address by Naseer Ahmad Dar, Director, J&K Judicial Academy. He underscored the importance of mediation as an essential tool for strengthening the justice delivery system. He emphasized that practical, simulationbased training is vital for enabling the officers to internalize mediation techniques communication strategies and neutral facilitation skills



He welcomed Balbir Kour Gandhi, an experienced mediation trainer, expressing confidence that her expertise would greatly contribute to the effectiveness of the day's training. He encouraged the participants to actively engage with the roleplay exercises and make full use of the opportunity to refine their mediation competencies

In Srinagar wing of J&K Judicial Academy, the programme opened with welcoming remarks by Shazia Tabassum, Member Secretary, J&K Legal Services Authority. She highlighted the sustained efforts being made to strengthen the mediation services across the Union Territory. She noted that J&K has recently completed online training modules focusing on key principles, techniques and the evolving framework of court-annexed and community mediation. She also introduced the resource person, Puneeta Sethi, describing her long-standing association with the Mediation and Conciliation Project Committee (MCPC) of the Supreme

At the Jammu campus, the day-long training consisted of three roleplay-

BalbirKour Gandhi, an experienced mediation trainer. The first session focused on foundational mediation communication techniques, managing parties in conflict and adopting a neutral, facilitative approach. The participants engaged in guided simulations followed

by reflective discussion. The second session centred on exploring interests behind stated positions, managing emotions, breaking deadlocks and maintaining process control. The officers practised multiple mediation interventions through structured exercises. The last and third session III addressed the advanced mediation scenarios, including multi-party disputes, caucusing, impasse-breaking methods and structured settlement facilitation.

The officers from various districts of Jammu division participated, including Chief Judicial Magistrates, Sub Judges, Munsiffs and Secretaries of District Legal Services Authorities.

At the Srinagar campus, the day-long training consisted of three roleplaybased mediation sessions conducted by Puneeta Sethi, Advocate, High Court of Punjab & Harvana. The training witnessed the participation from Judicial Officers from Kashmir Province and the UT of Ladakh.

The first session included a group roleplay exercise, where the participants enacted a mediation scenario focusing on the fundamentals of mediation, facilitative techniques and mediator neutrality. The second session consisted of a mediation workshop devoted to communication and negotiation techniques, enabling the officers to understand effective ways to identify interests, encourage dialogue and constructively manage disagreements.

The third session brought together the entire mediation process through a start-to-finish role-play exercise, offering the participants valuable insights and a deeply reflective learning experience. The session provided officers with a comprehensive overview of the mediation workflow, an essential foundation for facilitating effective settlements in mediation.

At both Jammu and Srinagar wings, aformal Vote of Thanks was conveved, expressing gratitude to the Chief Justice, the Governing Committees of the J&K Judicial Academy, the J&K Legal Services Authority, the resource persons and the participating officers for ensuring the success of the programme.

Across both the centres, the participants appreciated the hands-on, simulation-based approach, noting that the structured role-plays offered practical clarity on how mediation tools can be integrated into everyday judicial work.

With these acknowledgments, the simultaneous programmes at Jammu and Srinagar concluded on a dignified and purposeful note, marking the successful culmination of the day's training

ior departmental officers; rep-

resentatives of trade unions;

industry bodies; academicians;

experts and beneficiaries.

Commerce

The programme included a welcome address Labour Commissioner, context setting by the Labour Commissioner and remarks by Arun Gupta, President. Chamber

STATE TIMES NEWS LEH: In a landmark initiative towards inclusive and accessible nance, the Lieutenant Governor of Ladakh, Kavinder Gupta has officially renamed Raj Niwas as Lok Niwas, marking a historic moment for the Union Territory. This step follows the

Union Home Ministry's notification issued on November 25, 2025, directing that all Raj Bhavans be renamed Lok Bhavan and all Raj Niwas, the official residences of Lieutenant Governors, be renamed Lok Niwas across the country.

The Governor $_{
m Lt}$ unveiled the new nameentrance, symbolising the Administration's deep commitment to peoplecentric governance and

inclusive development. Kavinder Gupta stated, "This historic moment symbolises our deep commitment to people-centric governance and inclusive development." He emphasised that this renaming strengthens direct engagement with citizens, making governance more transparent, responsive. and rooted in the aspirations of Ladakh's diverse communities. The initiative aligns

LG Ladakh, Kavinder Gupta officially

renaming Raj Niwas as Lok Niwas at Leh.

with the broader vision of empowering local voices, streamlining administrative processes, and ensuring equitable development across remote and urban areas alike. Lok Niwas will continue to serve as the nerve centre for policy formulation and public interactions, now with renewed emphasis on accessibility for all sections of society," he said, adding this symbolic yet significant change reinforces the Administration's resolve to build a participatory governance model that prioritises the welfare, cultural preservation, and economic upliftment of Ladakh's residents, paving the way for a Viksit Ladakh.



Member Secretary, J&K Legal Services Authority speaking at programme.

Dy CM terms labourers backbone of J&K's economy; vows to safeguard their welfare, job security tance of coordinated efforts

STATE TIMES NEWS

JAMMU: Deputy Chief Surinder Choudhary, on Sunday said that the labourers are the backbone of Jammu & Kashmir's economy and the government is fully committed to ensure their dignity, safety and job security. He made these remarks while addressing a one day conference on "Empowered Labour Force: Transforming Challenges into Opportunities", held at the Convention Centre, Jammu. Organised by the Department of Labour & Employment, the event aimed at strengthening the labour welfare systems, raising awareness on labour Transforming lives-primary prevention



smooth implementation of the New Labour Codes across the Union Territory. The Deputy Chief Minister said the government stands firmly with the labour force and values their crucial contribution towards economic growth. Terming the recently introduced Jammu & Kashmir Shops and Establishments Bill, 2025, as a historic reform, he stated that the gov-

ernment will ensure workers' dignity, safety, job security and transparent business practices in J&K. He highlighted the key decisions taken by the government, including permission for 24x7 business operations, enhanced safeguards for women and restoration of the annual Darbar Move, as major steps towards economic revitalisation. Underscoring the impor-

for effective implementation of the New Labour Codes, he called upon all the stakeholders to work collectively for a modern, fair and progressive labour ecosystem in J&K. During the event, the Dy

Chief Minister disbursed welfare cheques amounting Rs. 1,99,35,721 under various labour welfare acts, extending substantial financial support to the deserving beneficiaries. He also formally launched the Department's Compendium. The event was attended by Labour Commissioner Charandeep Singh; Deputy Labour Commissioner.



LABOUR CODES MADE EFFECTIVE

"The nation is proud of its workforce. Shramev Jayate! ,,





key to CVD management: Dr Sushil

HoD Cardiology GMCH Jammu Dr Sushil Sharma with his team examining patients at a camp.

STATE TIMES NEWS

JAMMU: In a proactive step towards combating the rising tide of cardiovascular diseases Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness cum health check up camp at Shiv Temple Kandoli Khanpur, Nagrota Jammu .The Camp aimed to educate the public on the critical importance of primary prevention in reducing mortality and morbidity associated with heart dis-

While interacting with the people Dr Sushil stated that Primary prevention in heart health represents the most forward-looking and impactful strategy in modern medicine, aiming to stop cardiovascular disease before it ever begins by identifying at-risk individuals early, eliminating modifiable triggers, and strengthening the body's natural resilience through sustainable lifestyle transformation. It emphasizes the philosophy that heart disease is not an inevitable event but the result of cumulative influences dietary habits, physical inactivity, tobacco exposure, stress burden, metabolic disturbances, and undiagnosed conditions that gradually erode cardiovascular integrity. By focusing on sci-

entifically proven measures like adopting a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats while minimizing salt, sugar, and processed foods, primary prevention builds a strong nutritional foundation that maintains vascular health and prevents atherosclerotic progression. Regular physical activity complements this by improving endothelial function, lowering LDL cholesterol, boosting HDL cholesterol, enhancing insulin sensitivity, and stabilizing blood pressure, thus acting as a natural medicine

for the heart. He highlighted that maintaining an optimal weight further reduces strain on the cardiovascular system and lowers the risk of diabetes and hypertension, while complete avoidance of tobacco in any form eliminates one of the most potent contributors to vascular inflammation and plaque formation. Primary prevention also stresses early detection and control of hidden risks through periodic medical check-ups, monitoring of blood pressure, glucose levels, and lipid profiles, and timely treatment of abnormalities before they evolve into irreversible disease. Stress management, good sleep hygiene, modera-

tion in alcohol consumption, and cultivating psycho social well-being add additional protective layers, recognizing the intricate interplay between emotional health and cardiac vitality. Collectively, these interventions shift the focus from disease treatment to long-term wellness, empowering individuals to take active responsibility for their heart and converting preventable tragedies into stories of healthy longevity, He Said

An additional essential

dimension of primary prevention lies in community awareness and health education, which ensure that individuals understand their personal risk profiles and the long-term consequences of neglecting early cardiovascular care, thereby motivating lasting behavioral change. When communities are empowered with accurate information about nutrition, physical activity, tobacco cessation, routine screening, and stress reduction, the collective impact becomes profound, leading to reduced incidence of heart disease at the population level and creating an

normalized, He Added. Dr Sushil Sharma in his

environment where healthy

choices become accessible,

encouraged, and culturally

concluding remarks told that primary prevention in cardiovascular health is not merely a medical recommendation but a transformative life practice that shields individuals from future disease by strengthening daily habits, controlling silent risk factors, and promoting a holistic state of well-being. By adopting these measures consistently. society can dramatically reduce the burden of heart disease, extend healthy life years, and build a future where strong hearts and informed lifestyles become the norm

rather than the exception. Prominent members of the area Rishi Sharma, Shambhu Sharma, Sharma, Mukesh Sharma and Nishikant Sharma lauded Dr Sushil and his team's efforts in organizing the cardiac awareness and health check up camp, expressing their sincere appreciation.

Others who were part of this camp includes Dr Venkatesh Yellupu and Dr Aditya Sharma. Paramedics and volunteers includes Kamal Ranjeet Sharma, Singh, Rajkumar, Gourav Sharma, Rajinder Singh, Shubham Sharma, Paramveer Singh, Gokul Jamwal, Surveshwer Dogra, Mukesh Kumar, Rahul Vaid and Vikas Kumar.

MODI GOVERNMENT'S GUARANTEE FOR

-Prime Minister, Narendra Modi

BUILDING AND OTHER CONSTRUCTION WORKERS

- Minimum and timely wages for all workers
- Overtime work is now consent based with pay at double the wage rate
- **W** Uniform national safety standards applicable
- Free annual health check-up for workers
- Provision of crèche and canteen based on worker count
- Welfare benefits to migrant workers made portable



Labour Reforms for Aatmanirbhar Bharat