

# Tarun Bajaj inaugurates POWERGRID's Intra-Regional Cultural Meet "Abhivyakti-2025"

■ STATE TIMES NEWS  
J A L A N D H A R : POWERGRID's Northern Region Transmission System-II organized its annual Intra-Regional Cultural Festival and Traditional Handicrafts Exhibition titled "Abhivyakti-2025" at Guru Nanak Dev Auditorium, Punjab Technical University (PTU), Jalandhar.

The vibrant event showcased emerging artistic talent from the Union Territory of Jammu & Kashmir and the states of Himachal Pradesh, Punjab, and Haryana, presenting a colourful blend of music, dance, drama, and folk traditions. Tarun Bajaj, Executive Director, Northern Region Transmission System-II, POWERGRID, graced the occasion as the Chief Guest. He, along with Babita Bajaj, Patron, Shrishti Mahila Samiti, formally



Winner team in jubilant mood after receiving trophy.

inaugurated the cultural festival and the Handicrafts Exhibition in the presence of a large gathering comprising senior officials, employees of POWERGRID, and their family members. The festival served as a unique platform for POWERGRID employees and their families to exhibit their creative and cultural talents. Performances from different substations and regional units reflected the rich and diverse cultural heritage of Northern India. The audi-

ence was enthralled by colourful folk dances, meaningful plays, and melodious songs that highlighted social values, patriotism, and unity in diversity. Notable presentations included Mahra Haryana by Kaithal Substation, Maa Ki Mamta by Kishenpur Substation, Tadkasur Vadh by Chandigarh Substation, Chidyon De Sang Baaj Ladawan by Jalandhar Substation, Dard-e-Sarhad by Nalagarh Substation, Swar Jisne Desh Jagaya by Patiala Substation, Mere

Beti Mera Abhiman by Fatehabad Substation, Guru Dhrona by Moga Substation, Suraj Phir Se Ughega - Yehi Vishwas Hai by Malerkotla Substation, Veerta Ki Dharti, Sanskriti Ki Dharohar - Ladakh by the Ladakh troupe, Kullu Dussehra by Hamirpur Substation, and Ek Bharat, Shreshtha Bharat by the Regional Headquarters, Jammu. Each performance was delivered with remarkable professionalism and emotional depth, leaving the audience spellbound.

Alongside the cultural programme, a Traditional Handicrafts Exhibition was organized, featuring crafts, fine arts, and creative works prepared by POWERGRID employees and their family members. The exhibition drew significant appreciation for its creativity and craftsmanship. The welcome address was delivered by Ashutosh K. Sharma, Senior Deputy General Manager (HR), NRTS-II. In the cultural competition, teams from Malerkotla and Jalandhar secured first and second positions respectively, while Chandigarh team won third place and Moga team received the consolation prize. Winners and participants were felicitated with trophies and mementos by the Chief Guest. Prizes were also awarded to winners of the Handicrafts Exhibition. The programme concluded with a vote of thanks by Balwinder Kumar, DGM, Jalandhar.

# JNV Selection Test 2025-26 conducted in district Jammu



Students appearing in Jawahar Navodaya Vidyalaya Selection Test.

■ STATE TIMES NEWS  
JAMMU: Jawahar Navodaya Vidyalaya Selection Test (JNVST) 2025-26 was conducted at various examination centres across different blocks of District Jammu-II. A total of 732 students appeared in the examination, comprising 358 boys and 374 girls, registering an overall attendance percentage of 78.20%. The examination was held

smoothly in the blocks of Akhnour, Arnia, Bishnah, Chowki Choura, Dansal, Jourian and Khour. Flying Squads from the district administration visited the examination centres to oversee the conduct of the test and ensure transparency.

Sangeeta Shonik, Principal, Jawahar Navodaya Vidyalaya, Nardibala, Jammu-II, personally inspected the exam-

ination centres at Government Higher Secondary School Khour, Government Higher Secondary School Jourian, and Government Higher Secondary School Akhnour (Boys & Girls) to monitor the examination process.

The examination was conducted in a fair, peaceful and well-organized manner with the cooperation of the district administration and education department.

# Participant of State-Level Painting Competition organized by NHPC bags second prize at National Energy Conservation Day 2025

■ STATE TIMES NEWS  
NEW DELHI: A student who participated in the State-Level Painting Competition organized by NHPC has brought laurels at the national level by winning the Second Prize at the National Energy Conservation Day (NECD) 2025 celebrations.

Droupadi Murmu, President of India, presented the Second Prize comprising a cash award of Rs 50,000, a Silver Medal, and a Laptop to Master Stanzin Chosyangs, a Class X student of Druk Padma Karpo School, Shey, Leh, Union Territory of Ladakh.

Stanzin Chosyangs was awarded for his outstanding painting on the theme of energy conservation under Category 'B' at the National Level Painting Competition 2025. His artwork was widely appreciated for creatively and effectively con-



Droupadi Murmu, President of India, presenting the Second Prize to Master Stanzin Chosyangs, Class-X student of Druk Padma Karpo School, Shey, Leh (UT of Ladakh), for his outstanding painting.

veying the message of energy conservation, reflecting both artistic excellence and strong environmental awareness. The prestigious awards ceremony was held at Vigyan Bhavan, New Delhi, on 14 December 2025, as part of the National Energy Conservation Day celebrations. The event was graced by Manohar Lal, Union

Minister for Power and Housing & Urban Affairs; Shripad Naik, Minister of State for Power and New & Renewable Energy; Pankaj Agarwal, Secretary (Power), Government of India; and Dhiraj Kumar Srivastava, Director General, Bureau of Energy Efficiency (BEE). Congratulating the young

achiever, Bhupender Gupta,

Chairman and Managing Director, NHPC, applauded the winners for their exceptional talent and their ability to spread the vital message of energy conservation through art. He stated that NHPC takes pride in encouraging young minds committed to sustainable development and will continue to actively support the National Awareness Campaign on Energy Conservation under the aegis of BEE, Ministry of Power. Under the National Awareness Campaign on Energy Conservation 2025, NHPC was entrusted with organizing School and State-Level Painting Competitions in Arunachal Pradesh, Jammu & Kashmir, Sikkim, Ladakh, and Madhya Pradesh, which were successfully conducted, leading to remarkable achievements at the national level.

■ STATE TIMES NEWS

JAMMU: His Holiness Sadguru Shri Madhu Paramhans Ji Maharaj of Sahib Bandgi, while showering the congregation with his nectar-like spiritual discourse at Mishriwala today, emphasized that when a person experiences the bliss of true concentration, the mind naturally withdraws from the chaos of worldly thoughts.

Quoting the profound words of Sahib, he said that any contemplation devoid of the remembrance of God's Name becomes merely a trap of time, leading one deeper into illusion. Sahib Ji explained that although everyone knows the importance of meditation and understands that remembrance of God's Name is the true means to focus the mind, very few actually practice it. The reason, he said, lies in the absence of self-realization. Once self-realization dawns, a person no longer remains



engrossed in worldly attachments. The false notion of "I am the body" dissolves, and the body is then perceived merely as a garment worn by the soul. Such a person ceases to be affected by bodily pleasures and pains, and the senses automatically come under control. The mind loses its power to deceive, and destructive emotions like lust and anger weaken.

Drawing a powerful analogy, Sahib Ji said that just as one mistakes a rope for a snake in darkness, fear arises due to ignorance. The moment one realizes it is a rope, fear vanishes, even if one tries to feel afraid. Similarly, after realizing the true nature of the soul, the

illusion of identifying with the body ends, and the individual no longer follows the dictates of the restless mind.

He further explained the divine wisdom behind unanswered prayers. Just as a child may demand something harmful and the parents refuse for the child's own good, similarly, God does not always grant what we ask for. On the contrary, what God wants to bestow upon us, we often fail to accept due to ignorance and attachment.

Sahib reminded the devotees not to think that God is distant. Everything exists within us—discernment, knowledge, detachment, and contentment. Even the most ignorant person receives a subtle inner warning before committing a wrong act. This inner voice, he said, is proof that the body itself contains immense treasures of knowledge, power, and even divine siddhis. Yet, due to ignorance, man searches for fulfill-

ment outside, like the musk deer wandering in search of the fragrance that actually emanates from its own body.

True spirituality, Sahib emphasized, is not about wandering in the outer world, nor about journeys or pilgrimages. Spirituality is about deep introspection—understanding the workings of the mind and the soul, recognizing the inner opposing forces, and learning how they operate. Without such understanding, one may wander externally for an entire lifetime and still fail to realize God or experience the soul.

Concluding his discourse, Sahib said that divine vision is attained only through meditation. Strength arises from contemplation, and understanding gradually unfolds. He urged everyone to sit in meditation regularly and consciously prevent the mind from wandering, for within meditation alone lies the realization of the Self and the experience of the Divine.

# Kesri demands immediate action to address plight of poor families in Purkhu Camp



SSH J&K President, Rajesh Kesri speaking at a camp.

■ STATE TIMES NEWS  
JAMMU: Shiv Sena Hindustan held an important meeting at Purkhu Camp to highlight the hardships faced by poor families residing in the area. The meeting was led by Jammu and Kashmir President of the party, Rajesh Kesri, and was attended by a large number of camp residents, including women and youth, who shared their concerns regarding their living conditions. Speaking to the media, Rajesh Kesri expressed serious concern and disappointment over the alleged apathy of the government towards these fam-

ilies. He stated that many residents of Purkhu Camp are living below the poverty line, yet they have not been issued Below Poverty Line (BPL) cards, which deprives them of essential government benefits. Kesri pointed out that several families survive on a meagre daily income of only ₹100 to ₹200, making it extremely difficult for them to meet basic needs such as food, education, and healthcare.

Kesri asserted that it is the government's moral and constitutional responsibility to ensure that every economically weaker family has access to welfare

schemes meant for them. He strongly demanded that the process of issuing BPL cards to eligible families in Purkhu Camp be expedited without further delay. He further urged the authorities to ensure that these families are brought under various government schemes so that their overall welfare and well-being can be improved.

During the meeting, Kesri also appealed to the youth to stay away from the growing menace of drug abuse. He warned that addiction destroys lives, families, and the future of society, and called upon young people to choose a path of discipline and constructive engagement.

Prominent party leaders present on the occasion included Raj Kumar, Pravin Gupta, Somanath, Tarsem Kumar, Vinod Kumar, Sanjay Kumar, Poli Devi, Anu Devi, Sharda Devi, and other members of Shiv Sena Hindustan, who extended their support to the demands raised during the meeting.

# JKTJAC holds Teachers' Convention, zonal body of Zone Bhalwal announced

■ STATE TIMES NEWS

JAMMU: Jammu & Kashmir Teachers' Joint Action Committee (JKTJAC) organized a one-day teachers' convention at Bhalwal in Jammu, during which various issues concerning the teaching fraternity were discussed.

The convention was held under the leadership of UT Senior Vice Chairman Surjit Singh Chib, UT Organiser Subash Chander, Provincial President Rajesh Singh Jamwal, and District President Ravinder Manhas.

UT President JKTJAC Vinod Sharma was the Chief Guest on the occasion, while UT-level leaders Aftab Malik, Sham Sharma, Sukesh Khajuria, Khazan Singh, Bhushan Khajuria, and Parshant Sharma attended as special invitees. A large number of teachers from all zones of District Jammu participated in the convention.

While addressing the gathering, UT President Vinod Sharma lauded the role of teachers in building society and the nation. He stressed



JKTJAC members at teachers' convention at Bhalwal in Jammu.

the need for a drug-free society and called upon the teaching fraternity to play an active role in creating awareness among the masses. He highlighted the burning issues faced by teachers and demanded that teachers should be engaged strictly in teaching work and not be assigned multiple non-academic duties.

He further demanded adequate staff in primary and middle schools to strengthen the elementary education system so that the objectives of NEP-2020 could be effectively achieved. Vinod Sharma also extended his best wishes to the newly elected zonal body of Zone Bhalwal headed by

President Janak Raj Sharma and congratulated all the newly elected office bearers.

UT Senior Vice Chairman Surjit Singh Chib emphasized unity among teachers and appealed to the administration to review the order assigning teachers the duty of controlling stray dogs in localities. He stated that such duties adversely affect classroom teaching and the academic interests of students, besides

lowering the dignity of teachers in society.

Provincial President Rajesh Singh Jamwal expressed strong resentment over the newly issued order regarding the Bridge Course for trained teachers appointed between 2018 and 2023.

He questioned SCERT about the relevance of the bridge course when teachers already possess professional degrees like B.Ed and M.Ed,

and strongly opposed the requirement of paying Rs 25,000 from teachers' own pockets.

Others who also spoke on the occasion included: Surinder Singh Manhas, Parshotam Sharma, Vishal Sharma, Rakesh Khajuria, Ajmer Singh, Mohinder Partap Singh, Jyoti Prakash, Bhanu Pratap Singh, Vijay Kumar, Tarsem Singh, Navjot Singh, Jaiveer Singh, Sukhvinder Singh, Manohar Chaudhary, Jasvir Singh, Durga Das, Ashwani Sharma, Hans Raj, Rajet Singh, Daleep Kumar, Sandeep Kumar, Rakesh Digra, Sandeep Singh, Karan Singh, Rakesh Kumar, Ajay Singh, Surinder Chib, Rakesh Sharma, Dinesh Singh, Mohinder Kumar, Ashok Kumar, Surinder Singh Jamwal, Nasib Singh.

# Natrang presents Balwant Gargi's comedy play 'Kabab Mein Haddi'

■ STATE TIMES NEWS

JAMMU: Natrang presented Balwant Gargi's famous comedy play 'Kabab Mein Haddi' today in its weekly theatre series 'Sunday Theatre' at Natrang Studio Theatre. The play was directed by Neeraj Kant. The hilarious situations in the play made laughter irresistible for the audience which responded with applause throughout the play. 'Kabab Mein Haddi' as the name suggests is a story of one intruder between two lovers. Naseem and Safdar are two college friends. Naseem is in love with Jameela. Both are post-graduate students studying in a University. Jameela is putting-up in the girls hostel whereas Naseem and Safdar are living in a rented accommodation. Despite having engaged they hardly find any space and avenue to meet each other to share their feelings. Jameela's hostel warden is very strict and hardly allows her to move out and this side, Naseem's sticky friend Safdar hardly leaves him alone. Both have been shown making attempts to meet each other but in vain. Mustering courage and pulling in all resources they plan their outing on Friendship day. The movement they step-out, Safdar makes his unwanted entry and offers them to escort them throughout their outing. Both try to convince him that they can move on their own but this foolish friend is not ready to buy their arguments and forcefully accompanies them. The real comedy unveils here when Safdar spoils their every pre-



cious moment by intruding between them by creating funny situations. His intrusions irritate them and the moment he sees that they are irritated; he tries to be closer to them with the intention to ease out tension and conflict between them. Finally they get an opportunity to meet but the same is spoiled by their sincere friend. In fact Safdar sincerely wants to help but his overwhelling concern creates dramatic turns in the story. Wherever he is not required he will suddenly make his entry and would turn the whole situation. This play was presented in a very beautiful manner by the young actors of Natrang, Aryan Sharma as 'Naseem', Kartik Kumar as 'Safdar' and Kanaapreet Kaur as 'Jameela' played their respective characters with full confidence and professional ease. The lights of the play were executed by Neeraj Kant and Vandana Thakur scored the music of the play.

# BJP reaffirms people-centric governance at MLAs meet

■ STATE TIMES NEWS  
JAMMU: The Bharatiya Janata Party (BJP), Jammu & Kashmir, held an important meeting of its MLAs at the party headquarters, Trikuta Nagar, Jammu, reaffirming its strong political resolve and social commitment towards the people of the Union Territory.

Sat Sharma, Member of Parliament (Rajya Sabha) and President, BJP Jammu & Kashmir chaired the meeting, accompanied by the Leader of Opposition Sunil Sharma. Ashok Koul, General Secretary (Organization), J&K BJP, and Dr. Narinder Singh, BJP National Secretary and MLA, also addressed the MLAs. BJP General Secretaries and party legislators participated in the meeting. During the deliberations, the leadership reviewed ongoing organizational activi-



MP (Rajya Sabha) and President BJP J&K, Sat Sharma, chairing the meeting.

ties and legislative performance, while discussing key public-centric developmental issues. A clear roadmap was drawn to further strengthen the party's grassroots presence and ensure effective implementation of welfare initiatives across Jammu and Kashmir.

Addressing the MLAs, Sat Sharma asserted that the BJP remains the most faithful and fearless voice of the people of Jammu and Kashmir. He stressed that BJP MLAs must

function with a mission-oriented approach, ensuring that the welfare schemes and inclusive policies of the Modi-led government reach every section of society without discrimination. He emphasized the importance of constant public engagement, accessibility, and responsiveness, urging MLAs to stay connected with people at the grassroots. He lauded the MLAs for actively raising issues concerning common citizens and dedicating themselves wholeheart-

edly to public service. While stressing the public-welfare initiatives, he stressed on the urgent need of Urban Local Body (ULB) elections to facilitate the public centric governance in J&K.

Sunil Sharma stated that supported by a disciplined and committed cadre, the BJP has emerged as a credible symbol of development, integrity, and stability in Jammu and Kashmir. He reiterated the party's unwavering commitment to transparency, accountability, and fast-paced development. Appreciating the consistent efforts of BJP MLAs for public welfare, he urged them to further intensify their grassroots outreach. He added that the people of J&K have seen through the politics of deception and hollow promises practiced by NC, Congress, and

PDP, and are increasingly rallying behind BJP's vision of peace, prosperity, and empowerment. He too pushed for the ULB Elections to strengthen the democratic system in Jammu & Kashmir.

Ashok Koul emphasized that BJP's organizational strength lies in seamless coordination between elected representatives and the party cadre. He stressed that disciplined organization and service-driven policies are vital to ensure welfare measures reach the last person.

Dr. Narinder Singh highlighted that under Prime Minister Narendra Modi's leadership, development has reached even the remotest areas, with an accountable and performance-based governance model delivering real transformation for the people of Jammu and Kashmir.