

HAPPY BIRTHDAY



Afif UR-Rehman
Class:- 3rd 'A'
D.O.B:- 26-02-2016
JKPS Panjtirthi

DIRECT ADMISSION D-PHARMA
Recognised by PCI & GOK, Valid for Drug Licences & Govt. Jobs. Eligibility : 10+2 PCM / PCB

GNM
Eligibility: 10+2 Arts/Commerce or Science Contact for Direct Admissions
7889842254
Few Seats Available No NEET NO BOPEE

NOTICE
I, Preeti Gupta D/o G. D. Gupta R/o Jammu have changed my name from Preeti Gupta to Preeti Maini for all future purposes. I do hereby assume from this date the name Preeti Maini (New Name).

NOTICE
I, Rohit Sharma S/o Subash Chander Sharma R/o Gurha Pattan, Ranjan Bye Pass, Akhnour Road, Jammu - 181122 am opening shop under name & style Samotra Farmer Store, Thathi, Jammu. Now I am applying Licence for Seeds, Fertilizer Pesticides. Objection if any may be conveyed to Agriculture Deptt. Bikram Chowk, Jammu within seven days.

NOTICE
I, Gulzar Hussain Mala S/o Mohd Kazim Mala R/o Baroo Kargil Ladakh have lost my Driving Licence bearing Registration No: 9285. Now I applying for the duplicate of the same. Objection if any may be conveyed to concerned authority within 7 days.

FOR BOOKING ADVERTISEMENT CONTACT

91 9086175696
advt.statetimes@gmail.com.

STATE TIMES

Marengo, Intermid to set up cardiac care in Mongolia

STATE TIMES NEWS
JAMMU: Marengo Asia Hospitals, India, and Intermid Hospital, Mongolia, have joined hands to establish a center of excellence (CoE) for cardiac care sciences in Mongolia through a multi-year agreement. This cardiac care CoE aims to enhance access to advanced cardiac care for the Mongolian population by leveraging the expertise of Marengo Asia Hospitals' renowned cardiac team. The collaboration for center of excellence marks a significant milestone for both institutions. Marengo Asia Hospitals will play a pivotal role in establishing the center, drawing upon their established concept of "Clinical Corridors" to foster international health-care partnerships. Intermid Hospital, the only JCI-accredited facility in Mongolia, is undergoing an expansion project to cater to a growing patient demand, making it well-positioned to house this specialized center.

J&K Body Building and Fitness Championship held
Akshit Chawla clinches Champion of Champion title

STATE TIMES NEWS
JAMMU: Jammu and Kashmir Body Building and Fitness Championship, organised by Body Building Association of Jammu and Kashmir (BBAJK) in collaboration with Jammu and Kashmir Sports Council, concluded at A V Resort Sainik Colony, here. About 70 body builders participated in different categories. The championship was inaugurated by the Chief Guest, Raman Bhalla, Ex-Minister by illuminating the traditional lamp along with Dr. Ashutosh Sharma President of J&K Olympic Association, Arun Kumar Sharma President BBAJK Rajesh Dutta, Surinder Singh Kala, Vinay Sharma, Parveen Singh Lucky, were also present. Raman Bhalla lauded the performance of BBAJK for winning various medals in the national and international levels. He asked the youth to stay away from the drug by raising slogans "Say No to



BBAJK officials with winners of Jammu and Kashmir Body Building and Fitness Championship at Jammu.

Drugs" and be a part of nation building. Ashutosh Sharma congratulated the members of the BBAJK especially Rajesh Dutta for his efforts to engage the youth of UT making them healthy and shunning the path of bad habits and use of drugs. Rajesh Dutta appreciated the role of BBAJK for providing a platform to young and budding body builders to per-

form the different level of competition within and outside in Union Territory. Surinder Singh Kala Narwal Mandi President and Parveen Singh Lucky were the Guests of Honour. Naresh Gupta, Vinay Sharma, Sanjay Bali, Dr. Amar Singh Sudan, Brij Mohan, Sahil Mehra, Yogatavam Gupta, Noor Mohd. (Principal Doon Kids School), Rahul Bakshi, Sachin Singh,

Anju Singh were among officials who were present during the event. Nand Kishore, Vimal Jit, Mohd. Javed, J. P Singh were among the prominent who judged the event. Vinay Sharma presented vote of thanks to all participants and dignitaries for making this championship a grand success. Akshit Chawla, Champion of Champion, won the trophy of 23rd Mr.

J and K and Fitness Championship
Final results
50-55 kg: Pawan, 1st, Sachin, 2nd and Naresh, 3rd.
55-60 kg: Ankit, 1st, Sajjan, 2nd and Parvez, 3rd.
60-65 kg: Nitin, 1st, Lakshay, 2nd and Vishab, 3rd.
65-70 kg: Ankit, 1st, Rajinder, 2nd and Abhi, 3rd.
70-75 kg: Krishan, 1st, Angrez, 2nd and Dharam Sharma 3rd.
75-80 Kg: Kunal, 1st, Shine Ghai, 2nd and Nanda Mandal, 3rd. 80-85 Kg: Jatinder, Ist, Wasim, 2nd and Prashant, 3rd.
85-90 Kg: Akshat Chawla, Ist, Anubhav, 2nd and Sahil, 3rd.
Master Category: Ashok, Ist, Vishal, 2nd and Anand 3rd.
Classic Category: Vishal Partap, Ist, Dharam, 2nd and Kunal, 3rd
Physique Category: Vikas, Ist, Rakesh, 2nd, Ankit, 3rd, Kunal, 4th and Shivam, 5th.

Jammu's Runners Triumph at New Delhi Marathon

STATE TIMES NEWS
JAMMU: Jammu's running community showcased their exceptional talent and determination at the esteemed New Delhi Marathon. Led by Aman Gupta, Abhishake Gupta, Sudhir Aaad, Surinder Kahaniya, Jaideep Singh, and Ajay Gandotra, these dedicated athletes brought honor to their city with their remarkable performances. Aman Gupta led the pack with an outstanding finish time of 3 hours and 30 minutes, setting a new standard of excellence. Following closely behind, Abhishake Gupta completed the marathon in 4 hours and 35 minutes, displaying unwavering determination and perseverance. Sudhir Aaad and Surinder Kahaniya demonstrated remarkable grit and resilience, finishing the marathon in 3 hours and 37 minutes and 4 hours and 15 minutes, respectively. Surinder Kahaniya's pacing assignment of 4 hours and 15 minutes was executed flawlessly, showcasing his strategic approach to the race. In the Half Marathon cate-



J&K runners at New Delhi Marathon.

gory, Jaideep Singh and Ajay Gandotra stood out by achieving personal best times. Jaideep Singh's impressive performance highlighted the depth of talent within Jammu's running community, while Ajay Gandotra's achievement at 58 years of age is truly commendable, inspiring individuals of all ages to pursue their passion for running. Additionally, notable participants such as Sukplap Student g, Senior KAS, Vishal Kapoor Vice President Wipro,

Sukreet Gupta and many others excelled in the Half Marathon, achieving their personal best timings and contributing to Jammu's success at the event. Their outstanding performances not only bring glory to Jammu but also serve as an inspiration to aspiring athletes nationwide. The dedication, resilience, and sportsmanship exhibited by these runners epitomize the spirit of the sport, fostering a culture of fitness and excellence within the community.

Bawa Sahaj Nath Club felicitates winner players



Bawa Sahaj Nath Club members with players at felicitating programme.

STATE TIMES NEWS
JAMMU: Bawa Sahaj Nath Club felicitated players in a function organised at its BSN Sports Complex, Purkhoo, here on Sunday. Players participating in different sports including Kiran Kumari, Anu Devi, Barsha Devi, Sonia Devi, Taniya Thakur, Radhika Thakur, Prince Kumar, Laxman Kumar, Preetak Sharma, Abhinandan Singh, Lucky Rathor, Nitin Bhagat and Ansh Bhagat felicitated by

Club for their outstanding performance, consistency and discipline in their respective sports mainly Kabbadi, kho kho, karate being trained under Coaches of BSN Pinku Sharma and Vikram Singh. Awards was distributed by many prominent social activists in the presence of, Shakti Dutt Sharma, President Bawa Sahaj Nath Club with other prominent personalities including Naresh Singh,

Harshvardhan Singh, Darshan Kumar, Rakesh Singh, Jyoti Parkash, Rajesh Kumar, Ashok Singh, Mangal Singh, Neelam. Other sports personalities present were Ambedkar Gupta (Karate Association), Sunil Mahajan (Athletic Association), Rajesh Ved Secretary Kreedha Bharti, and Dr Vikrant (YSS) Department. Ashok Singh and Rakesh Singh from Purkhoo village presented a vote of thanks.

Urja 2.0 Junior Wing celebrates Annual Day at DPS Udhampur

STATE TIMES NEWS
UDHAMPUR: The air was filled with a sense of pride and accomplishment as Delhi Public School (DPS) Udhampur celebrated its Annual Day for JR Wing and Recognition Day of Kinder Garten, Urja 2.0 Manifestation of Sanctity, with grandeur and enthusiasm. The event marked a significant milestone in the journey of the school, recognizing the achievements of graduating young toddlers.



Students posing for a photograph with Chief Guest and faculty members.

The ceremony commenced with an invocation to seek blessings for the success of the event. The chief guest for the day was Rayees Mohd Bhat, DIG Udhampur Reasi Range and Special Guest was Eva Rayees Mohd Bhat. Other dignitaries present were Pro Vice Chairman of the School, Dr. J. C. Gupta,

MD, Vivek Gupta, Director Academics, Sucheta Gupta and Principal, Dr. Kunal Anand. Dr. Kunal delivered a welcome speech, the importance of recognizing and appreciating young graduates. He further highlighted the achievements of the school in the past one year in all spheres a series of captivating performances

by students showcased their talents in various fields, including music, dance, drama, caught the attention of the audience. Each performance was met with thunderous applause, reflecting the immense talent and creativity nurtured within the school. Graduation certificates were awarded and accolades were presented to

young graduates by the Chief Guest, Rayees Md. Bhat for graduating from Primary school as they are ready to put their foot forward to achieve new heights. The Chief Guest appreciated the school and its progress. He said that DPSU is an institution par excellence and is among the leading schools of J&K. He appreciated the toddlers

who have put forth such a spectacular cultural extravaganza. He congratulated the school management and Chairman Dr. JC Gupta. These recognitions served as a testament to the school's commitment to holistic education and the overall development of its students. When the ceremony drew to a close, the atmosphere was filled with a sense of camaraderie and pride. The Recognition Day Celebration at DPS Udhampur not only acknowledged the accomplishments of individuals but also reinforced the spirit of unity and excellence that defines the school community. It served as a reminder of the importance of hard work, perseverance, and collaboration in achieving success, both inside and outside the classroom.

Dr Sudhaa takes over as Vice President IMS

STATE TIMES NEWS
JAMMU: Dr Sudhaa Sharma, former Professor Gynae & Obst. GMC, Jammu took over as Vice President Indian Menopause Society (IMS) for the year 2024-2025 in Annual National Conference IMSCON 24 at Paryagraj. She also delivered an invited lecture on Cardiovascular (CVS) health of menopausal women. She highlighted that CVS diseases increase almost 2 fold in menopausal women, and is one of the important cause of mortality in this population. Usually, the clinical presentation is with atypical symptoms and various risk factors like obesity, T2DM, PCOD, Metabolic syndrome, smoking, Gestational Diabetes, uncontrolled hypertension, poor dietary and living lifestyle contribute immensely to these disorders, she said. She emphasised that early diagnosis and screening, control of risk factors and early institution of required therapies should be delivered to such women to prevent morbidity and mortality. A book edited by Dr Sudhaa Sharma and Dr Annil Mahajan as Editors on Osteoporosis Update (an official publication of IMS) was also released and appreciated during this IMSCON 2024. Dr Sudhaa, was Secretary General IMS for the year 2021-22 & conducted record number of National CME's.



Dr Sudhaa, Hon. Prof. Indian Medical Association was awarded Fellowship of IMS (FIMS) for her meritorious academic biodata and immense contributions for the growth of IMS at national and local level for more than two decades. She has been a resource faculty in formulating various National Guidelines for the management of different aspects of Menopause and osteoporosis. She has been involved in various research projects of IMS as Principal Investigator from Jammu. She remained as Editor-in-chief of JMH, Journal Midlife Health (Pub Med Indexed), an official Journal of IMS. She is currently Editor-in-General of JK Science Journal. She has been a guest speaker in various National, International & Zonal conferences for nearly 2 decades. She has 7 book chapters & edited 2 books on Osteoprosis (official publications of IMS).

KPPL Edition-4: Akshay, Rohan, Sager dazzle as Ace Club, Hustlers CC, VR Events script wins

STATE TIMES NEWS
JAMMU: Dazzling with the willow, Akshay Kaul of Ace Cricket Club, Rohan Koul of Hustlers Club and Sager Mantoo of Team VR Events, guided their teams to resounding victories in the ongoing Kashmiri Pandit Premier League (KPPL) Edition-4, being organised by Lalitaditya Sports, Education and Health Organisation (LSEHO) at KC Sports Club, here. Earlier, in the first match, Ace Cricket Club defeated Dream XI by 53 runs. Batting first, Ace Cricket Club scored a big total of 197 runs in the stipulated 20 overs, losing 3 wickets in the process. Sidharth Bhat top scored with 83 runs off 52 balls, studded with 14 boundaries and one six, while Akshay Kaul contributed 77 runs off 53 balls with the help of 7 fours and 4 sixes. Roeky took 2 wickets for Dream XI. In reply, Dream XI bundled out for 144 runs in 17.2 overs, thus lost the match by 53 runs. Arun Anand top scored with 34 runs off 23 balls, studded with 6 fours and one six, while no other bat-



Social Activist Kirti Dhar presenting man of the match award to Rohan Koul of Hustlers Cricket Club.

ter showed much application to score runs. AK, Suraj Koul and Akshay Kaul took 2 wickets each for Ace Cricket Club. For his splendid all-round show, Akshay Kaul was adjudged as the man of the match. In another match, Hustlers Club thrashed LSEHO XI in an easy contest by 65 runs. Batting first, Hustlers Club scored a huge total of

215 runs in the allotted 20 overs by losing 5 wickets. Rohan Koul top scored with 60 runs off 28 balls, studded with 6 fours and 4 sixes, while Shubham Hangloo (51) and Rohit (50) notched up magnificent fifties and Puneet Watal contributed unbeaten 29 runs off 21 balls with 3 fours. Daleep Dhar took 2 wickets for LSEHO XI. In reply, LSEHO XI

managed to score 150 runs to lose the match by 65 runs. Rohan Punjabi top scored with 46 runs, while Susheetal Dhar and Rajesh Khatri contributed 27 and 24 runs to the total respectively. Sarthak Khoda and Amrit Koul took 2 wickets each for Hustlers Club. In yet another match, Team VR Events defeated KCC Warriors by 6 wickets in an easy contest. Batting first, KCC Warriors scored 114 runs in 20 overs, while in reply, Team VR Events chased the target easily in 12.2 overs by losing 6 wickets. Ravinder Vaishnavi was the top scorer for KCC Warriors, scoring 50 runs off an equal number of balls with 6 fours. Vikas Pandita and Sunil Handoo took 2 wickets each for Team VR Events. Sager Mantoo who scored brisk 46 runs off 23 balls studded with one four and 4 sixes was adjudged as the man of the match. The man of the match awards were presented to the winners by Ms Kirti Dhar, Social Activist and Bureau Chief-Sports India JK and SSP Sh PN Tickoo.

Department of Pedodontics and Preventive Dentistry, IGGDC outshines at International Conference SAPPD

STATE TIMES NEWS
JAMMU: The Department of Pedodontics and Preventive Dentistry, Indra Gandhi Govt. Dental College (IGGDC), Jammu, noted for its Academic and Clinical excellences again procured the best presentation awards by all the postgraduates, for clinical and research work at the 4th International Conference of South Asian Association of Pediatric Dentists (SAAPD), Hyderabad which was attended by eminent Pediatric Dentists from across India as well as from other countries - Egypt, Malaysia, Germany and USA, held from February 8 to 11 at Ramoji Film City, Hyderabad and National conference of Indian society of Pedodontics and Preventive Dentistry (ISPPD) held at Dehradun from February 22 to 24. Principal & Dean, Dr. (Prof) Rakesh Kishan Gupta enlightened the delegates at the SAPPD conferences with paper on "Eye tracking in Dentistry: The Next Frontier in Patient Care." Dr. Bhavna Kaul, Professor & Head, Department of Pedodontics and Preventive Dentistry, IGGDC, Jammu, presented a guest lecture on the insight on latest trends in Pediatric dentistry "Time for change: Digitalization - Usher a new epoch in Paediatric Dentistry" at SAPPD and Oral Habits at ISPPD for better pedodontic care. The postgraduates, who procured best presentation awards included Dr. Syed Gulbar, Dr. Ashwariya Gupta, Dr. Rumisa Nazim Kashani, Dr. Sonam Rajput, Dr. Yasir Mohd. Dar, Dr. Isha Gupta, Dr. Nipunika Gupta Dr. Sara Banoo and Registrar Dr Manpreet Kaur.



Dr. Rakesh Kishan Gupta, Principal & Dean, IGGDC, Jammu, presented a guest lecture on the insight on latest trends in Pediatric dentistry "Time for change: Digitalization - Usher a new epoch in Paediatric Dentistry" at SAPPD and Oral Habits at ISPPD for better pedodontic care. The postgraduates, who procured best presentation awards included Dr. Syed Gulbar, Dr. Ashwariya Gupta, Dr. Rumisa Nazim Kashani, Dr. Sonam Rajput, Dr. Yasir Mohd. Dar, Dr. Isha Gupta, Dr. Nipunika Gupta Dr. Sara Banoo and Registrar Dr Manpreet Kaur.