

BJP has lied to people, no right to talk of Raamrajya: Solanki

■ STATE TIMES NEWS
KATHUA: While narrating the famous quote" Raghukul Reet Sada Chali Aaye, Pran Jaye Par Bachan Na Jai , Senior AICC leader and Incharge J&K affairs Bharat Sinh Solanki on Sunday hit out at BJP saying that it talk of Ram Rajya but have not fulfilled a single promise made to the people who are reeling under worst kind of price rise & unemployment.. Addressing an impressive workers convention of district congress committee, Solanki took upon BJP for lying to the people to bring black money and deposit 15 laks into common man's account, check price rise and give two crore jobs annually but never fulfilled their promises which is against the principles laid down in Raamrajya. Solanki said that UPA government headed by Dr Mannohan Singh did a lot of overall progress and growth in every sections in



AICC leader and Incharge J&K affairs Bharat Sinh Solanki and others during the programme.

the country including in Jammu & Kashmir but BJP opposed every good step . For a small price rise the BJP leaders used to be on streets but now don't talk of those issues when people are facing worst hardships. The j& k people were deprived of their rights to land, jobs and natural resources and statehood arbitrarily. The people of J&k will follow the Ladakh who have shown the way forward by launching a strong movement for statehood and safeguarding their rights and

cultural identity. Urging people of Kathua to blow a bigal of change and bring congress to power as they had warmly welcomed the Rahil Gandhi Padyatra here who is fighting for justice to common people. The current bataya yatra has received tremendous response everywhere which indicates people's mood for change in 2024. He was accompanied by JKPC President Vikar Rasool Wani, Aicc Secretary Manoj Yadav,working President

Raman Bhalla, Senior vice president Ravinder Sharma, Vice president Pranab Shagotra, Gen secys Shashi Sharma, Naresh Sharma, District President Pankaj dogra, Shammema Raina, Akash bharat, Vijay Sharma, Rajveer Singh, Jatin Raina, Nirdosh Sharma, Kajal Rajput, Bhanu Mahajan & ors JKPC President Vikar Rasool Wani lashed out BJP for bringing lot of miseries for the people especially youth and farmers of J&K as their is record unemploy-

ment, tax terrorism while farmers were deprived of lands. He said that people were deprived of democracy for years and people's voice is not heard. The voice of people be they unemployed, employees, old age, widows, handicapped, farmers & others is being crushed. Congress is the only secular democratic alternative to the people which always stood for the rights of all sections all these years and people would bring change both in Lok Sabha and assembly whenever held, but BJP is delaying election'. Raman Bhalla targeted BJP for the failure to represent aspirations of the Jammu people whose rights were crushed, trade being taken over and resources being looted by outside contractors. He said that BJP betrayed Jammu people on false promises and every section is suffering due to policies of the ruling party.

DC, SSP Samba visit tribal hamlets of Vijaypur, listen to demands of locals

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SAMBHA: Deputy Commissioner Sharma Abhishek Sharma alongwith SSP Vinay Kumar undertook a comprehensive visit to the localities of Tribal Village Rakh Barotian, Vijaypur: The primary focus of the visit was on understanding and addressing the issues faced by residents, with a notable emphasis on combatting drug addiction. During the visit, Deputy Commissioner engaged with students and teachers at the Govt. Middle School, Rakh Barotian. Interactions with parents and community leaders were aimed to motivate towards increased school attendance, steering youth away from the pitfalls of drug addiction. Recognizing the interconnected challenges, he prioritised immediate resolutions for children's education and health-related issues. The Chief Education

Officer was instructed to ensure the availability of necessary infrastructure for students, with a joint exercise to be carried out by the Education Department and other officials of Block Vijaypur to ensure 100% enrollment of children in schools and bringing culture of sports among children & youths . The Executive Engineer, PWD, Vijaypur; was tasked to ensure the timely construction of the government middle school building. The Department of Youth Services and Sports was directed to facilitate proper maintenance and sports infrastructure at Govt. Middle School, Rakh Barotian. Beyond education, Deputy Commissioner addressed broader issues, including Animal Husbandry, road connectivity, and drinking water availability. Residents were

assured of timely resolutions. Inspection of Milk collection centre was done , the DC instructed the Chief Animal Husbandry Officer; Samba, to ensure the formation of SHGs, JLGs, FPOs, and streamline the collection of milk with community involvement. The Tehsildar, Vijaypur; was tasked to identify land for the construction of the Animal Husbandry Hospital building. Block Development Officer, Vijaypur; was directed to ensure drainage facilities under MGNREGA in convergence with the Tribal Department.He also visited AIIMS Vijaypur and an upcoming Tribal Girls hostel site. Present at the occasion were ASP Surinder Chaudhary, DMO Mohammad Sayeed, CMO Vidhi Bhatial , CAO Dr. Rahul Dev, and CEO Kewal Krishan, other senior officers of District Administration Samba.

World Cancer Day observed at Sub District Hospital Nowshera

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NOWSHERA: In a proactive effort to raise awareness about cancer prevention and early detection, Sub District Hospital Nowshera marked World Cancer Day under the guidance of Dr Rakesh Magotra worthy Director of Health Services Jammu and Chief Medical Officer Rajouri Dr Rajinder Kumar. The event witnessed enthusiastic participation from both the hospital staff and patients, who received valuable insights into the crucial aspects of cancer prevention and detection. A comprehensive lecture was delivered, highlighting the signs, symptoms, and causes of various types of cancers. Dr. Iqbal Malik Block Medical Officer emphasized



Staff of SDH Nowshera during the programme.

the significance of early detection, underscoring that timely diagnosis plays a pivotal role in the successful treatment of cancer. The audience was strongly encouraged to adopt and maintain healthy lifestyles, including weight reduction, embracing a diet rich in fruits and vegetables, engaging in regular exercise, and refraining from smoking and alcohol consumption. Providing a comprehensive overview of various prevalent cancers, Dr. Amit Medical Officer, stressed the need for preventive measures, including early screening, lifestyle modifications, and healthy dietary habits. He highlighted the alarming rate at which the disease is spreading and acknowledged it as a leading cause of death.

SKUAST-J VC advocates farm women entrepreneurship

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REASI: Prof. B.N. Tripathi, Vice Chancellor of Sher-e-Kashmir University of Agricultural Sciences and Technology of Jammu (SKUAST-J) visited here at Krishi Vigyan Kendra, Reasi and interacted with the farm women of different Self-Help Groups (SHGs) and progressive farmers of the area. Prof. Tripathi motivated the members of SHGs to develop agri-entrepreneurship and guided them to adopt the improved agricultural innovations for more farm returns. He spoke on women empowerment and applauded the role of women in agriculture. He laid emphasis on the processing of fruits, vegetables, spices and milk products to fetch more profits. Prof. Tripathi also suggested the scientists of KVKs to introduce the improved varieties of poultry especially among the women



Prof. B.N. Tripathi, VC SKUAST-J visiting a stall.

farmers for their nutritional security and sustainable livelihood. He assured all possible support of SKUAST-J to develop agri-entrepreneurship among the farm women/farmers/ rural youths through KVK. Prof. Tripathi also visited the fruit and vegetables processing unit established at the Kadmal village near Katra and appreciated the efforts of youths on the production of quality value added products of various fruits and

Groups at Aghar Jitto and appreciated their efforts for making local grass made handicrafts and value added products. He stressed on the proper packaging, labelling , branding and marketing for more returns. DDM, NABARD, Reasi Adarsh Gupta apprised the Chief Guest about the activities of NABARD in the distt. Vice Chancellor was accompanied by Director Extension Prof. Amrish Vaid who presented the role of directorate in backstopping the activities of KVKs. He deliberated upon the different government schemes and projects such as CFLDs, SHGs/FPOs etc. being implemented in KVK Reasi through the administration of Directorate of Extension. He discussed the impact of University technologies in enhancing the farm productivity and income of farmers. Hon'ble Vice Chancellor also

visited various units of KVK Reasi and applauded the efforts of KVK staff for their efforts on welfare of farming community. An exhibition was also arranged on this occasion at KVK Reasi in which various technologies were displayed by farmers and KVK including lemongrass oil, local grass made handicrafts, mushroom, medicinal plants, bamboo jewellery etc. Vice Chancellor also visited all the stalls and interacted with the farmers. Certificates and mementos were also awarded to progressive farm women and farmers during the event. Dr.Pawan Kumar Sharma, Dr.Lalit Upadhyay, Dr. Sanjay Koushal, Dr Lobzang Stanzen, Dr Arvinder Kumar, Jagdish Kumar, ManhorLal, Preeti Choudhary and other staff members were also present during the programme.

GDC Kathua organises special lecture on NEP-2020

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KATHUA: Special guest lecture was organised by Department of Education GDC Kathua on the theme-Responsibilities and Role of teachers in the implementation of NEP-2020 for the faculty members and students from different departments and streams of the college. The resource person of the programme was eminent and renowned educationist and researcher Prof Subhash Gakhar, former chairman and Head of Department of Education Punjab University Chandigarh. About 200 students and faculty members participated in the programme with full enthusiasm. The programme began with lighting of traditional lamp



Faculty members and students during the event.

by the resource person along with Vice-Principal and senior faculty members. The welcome address was given by Dr. Ram Singh Head Department of Education and Coordinator IGNOU. In his address, he presented a grand and gracious welcome to the resource person, Vice Principal, faculty members,

students, organising team and the supporting staff of the college. The resource person Prof Subhash Gakhar focuses on various interventions for implementation of NEP-2020 and role and responsibilities of teachers in executing the policy and raising the quality of school and higher education. He pre-

sented in detail the different aspects of NEP-2020 from foundational stage to higher education. After the lecture, question session was also conducted and number of students raised the queries regarding the policy which were satisfactorily answered by the resource person. In her message , the Principal of the college Prof Seema Mir applauded the efforts of the Department of Education for organising such a lecture based on National importance.She impressed upon all the faculty members of the college to organise such programmes and activities to update the students regarding different policies and programmes of Ministry of Education, Govt of India.

The concluding remarks were presented by Vice-Principal Prof Roop Krishan Pandita. In his remarks, he appreciated the resource person for giving the in depth knowledge of various terms and interventions of NEP-2020 and desired role of teachers at all levels of education for its smooth execution. He appealed all the faculty members to go through and prepare themselves accordingly. Later on an interactive session of faculty members with the resource person was also conducted. The formal vote of thanks was presented by Prof Anil Kumar Verma, Assistant professor Department of Education. The programme was compered by Ragini Devi and Alieshea Mahotra.

DDC Chairperson Ramban launches Link Road Construction in Sub-Division Gool

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RAMBAN: Chairperson, District Development Council, Ramban, Dr. Shamshad Shan on Sunday launched the construction work on link road projects in Gool, with an allocated fund of Rs 1 crore under UT Capex. Present at the event were Assistant Executive Engineer PWD sub division Gool, Vimal Kishan Sidha and prominent citizens and the general public. Starting with the construction of the 1 km Lohar Mohalla to Ziyarat Sharief link road, Dr. Shamshad Shan emphasized the importance of ensuring both quality and timely completion.



Chairperson, DDC Ramban, Dr. Shamshad Shan launching construction work on link road projects.

The project aims to benefit the local population. She urged PWD Engineers and locals to actively oversee the construction process, ensuring adherence to high-quality standards and timely completion. Additionally, the Chairperson highlighted the need for implementing youth and beneficiary-orient-

ed schemes. Expressing optimism about the project, she stated that its completion would fulfill a long-pending demand, ultimately improving the lives of the local community.During the event, the Chairperson engaged with the people, attentively listening to their developmental concerns and issues.

Ajeet seeks airlift of essential items for nomads stranded in remote areas

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KISHTWAR: Jammu and Kashmir National Conference senior leader Ajeet Bhagat urged the Deputy Commissioner of Kishtwar, Doda and Ramban districts to airlift essential items for the people of Chenab Valley zone as the upper regions it is raining and snowing unexpectedly. Bhagat said that it is unfortunate that people of Gujjar and Bakarwal communities are stuck in the upper areas due to untimely snowfall. "They are short of essential items," the National Conference leader appealed to Jammu and Kashmir's Lt. Governor

Manoj Sinha and Chief Secretary Atal Dulloo to intervene on humanitarian grounds and order unloading of essential items at the airport. Bhagat said compensation would also be given to people who had damaged their crops due to hailstorm in different parts of Kishtwar, Doda and Ramban districts of Chenab Valley zone. The National Conference leader said that

the crop has been damaged due to snowfall in various parts of Kishtwar, Doda and Ramban districts and the government will compensate the same so that the farmers do not face any problem. He said that the crop has suffered the most, and many farmers will need to replant their crops. They should be adequately compensated and provided with seeds so that they can replant the crops.

Major drug supplier arrested from Tarn-Taran
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SAMBHA: Police on Sunday arrested one hardcore interstate Heroin(chitta) smuggler/supplier namely Kulwinder Singh, son of Mukhtar Singh, resident of Gujjarpur Tehsil Khandur Sahib District Tarn Taran, State Punjab. With this arrest, Samba Police has achieved a major success on Anti Narcotic Front. This arrest has been executed on the basis of backward link investigation in Case FIR No. 06/2024 under sections 8/21/22/25/27A/29 NDPS Act of Police Station Bari Brahmana. It is pertinent to mention here that the accused has been arrested by a team led by SHO Police Station Bari Brahman Insp. Sumeet Sharma, assisted by PSI Mohd Aslam and with the help of Tarn Taran Police, under the supervision of SDPO Bari Brahmana , Mukund Tibrewal. It is informed that previously Samba Police had arrested Farman Ali alias Munna, son of Bagh Hussain, resident of Balole Khad for illicitly transferring money amounting to about Rs 4.50 lakh to Punjab and having in possession chitta and cash currency of Rs 1.29 lakhs. The instant arrest comes on basis of further investigation into the case.

When power of Naam comes within a person, his heart becomes illuminated: Madhuparamhans



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JAMMU: Sadhguru Madhuparamhans Maharaj of Sahib Bandagi, while enthraling the Sangat with the nectar of his sermons in Rakhabandhu, Jammu on Sunday , said that when the power of Naam comes within a person, his heart becomes illuminated. Then there is no need to tell him what is right and wrong. The power of the name automatically tells him from within. Eating tamasic food and stale food dulls the intellect. Non-vegetarian food is tamoguni food. Stale food is also tamoguni. As per the food we eat, so will be our intellect. Diet has great importance. The more you think about Tamoguni, the more your conscience will become impure. That's why it should

be named Chintan. When the name comes to the mind, it will continue to tell. All the deeds are binding. If you have to do any work then do it selflessly. The soul is beyond karma. Sin and virtue both are chains. All actions are done through the mind. Remembrance is the essence. The senses will not help in remembrance. These are engaged in the outside world. Whatever thinking is without name, it is all a trap of time. In meditation you just see whether you are concentrated or not. Don't have a desire to see the sun, moon, stars, don't have a desire to hear tunes. Everything is illusion. You hold your mind and concentrate. Controlling the imaginations of the mind. Apart from the name, whatever thought is coming inside

you, that is the mind. Always maintain this condition. The mind keeps entangling it in the world. You keep remembering useless things, which have no meaning. There is no news of the moment, but man keeps hope of change. Remembering the name in every breath. Your son is sitting across the seven seas and you are both seeing and hearing him. When man has created such machines then the Almighty has a lot of power. Whatever you pray to the Lord, it goes there. There is this strength in your soul. When Muslims also offer Namaz, they have faith that God is listening to their prayers. Christians are also believing that their prayers are reaching the Lord. We all Hindus also perform Aarti. Arta is called a victim. This is a collective prayer for the distressed. You can take your problem to D.C. When you go near him, he listens. But when everyone gathers and goes, one has to listen to it. In this way, when many people come together and pray to the Lord, there is a power. That prayer reaches there. You pray every day. Your prayer reaches there.

DC Doda inspects snow clearance work, availability of civic amenities



DC Harvinder Singh taking stock of snow clearance work.

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DODA: Deputy Commissioner Harvinder Singh took proactive steps to inspect and ensure the clear passage of vehicles on snow-covered roads, particularly focusing on the crucial Bladerwah, Gandoh, Gundana, Marmat and Dessra roads. Emphasizing the significance of safe travel for both tourists and locals, he issued clear directives to local administrative and police authorities to offer assistance promptly. During the inspection, Deputy Commissioner evaluated different roadways, strategically guiding the efforts to facilitate smooth traffic movement. He stressed the importance of collaboration among the Border Roads

Organization (BRO), PMGSY, and the Public Works Department (PWD) to expedite snow-clearing operations, ensuring efficient restoration of connectivity. Encouraging community engagement, Singh urged citizens to reach out to local administrative and police channels for any necessary assistance. This move aims to foster a sense of collective responsibility and strengthen the bond between the administration and the public. In response to the Deputy Commissioner's directions, BRO and PWD have been mobilized for swift action in clearing the snow, aligning with the commitment to maintaining accessibility and safety in the region.

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