

Addresses International Hindi Olympiad 2026 in New Delhi

Hindi reflects India's traditions, values & cultural continuity: LG Kavinder Gupta

STATE TIMES NEWS

NEW DELHI: The Lieutenant Governor of Ladakh, Kavinder Gupta, on Sunday addressed the International Hindi Olympiad - Prize Distribution and Amrit Kumbh Samman Ceremony 2026 organised by the Hindi Olympiad Foundation at the C.D. Deshmukh Auditorium, India International Centre, New Delhi.

The event brought together students, scholars, educators, and distinguished guests from across India and abroad to celebrate excellence in Hindi language and literature.

In his address, Kavinder Gupta described Hindi not merely as a medium of communication but as a living expression of India's civilisational consciousness. He emphasised that language embodies a nation's traditions, values, and cultural continuity, forming the bedrock of intellectual self-reliance. Calling the gathering a "Mahakumbh of linguistic awareness," he observed that in an era of globalisation, cultural identity remains the strongest pillar of national strength, with language serving as its most powerful instrument. He stressed that true freedom



LG Ladakh, Kavinder Gupta presenting Amrit Kumbh Samman to a dignitary at International Hindi Olympiad at New Delhi.

is incomplete without linguistic confidence and that innovation in one's mother tongue nurtures both individual self-belief and national character.

Referring to Swami Vivekananda, he noted that the spiritual leader regarded Hindi (Hindustani) as a vital link for national unity while respecting India's linguistic diversity. He also recalled how former Prime Minister Atal Bihari Vajpayee elevated Hindi on global platforms, presenting India's voice in its own language as a symbol of national self-respect. The Lieutenant Governor further remarked that Prime Minister Narendra Modi continues this legacy

by confidently using Hindi at international forums, including in discussions on artificial intelligence and emerging technologies, demonstrating the harmonious blend of tradition and innovation in a New India.

Highlighting India's multilingual heritage, Shri Gupta clarified that Hindi complements all Indian languages and acts as a unifying bridge across regions. He advocated expanding Hindi's use beyond literature and administration into science, technology, research, startups, digital innovation, and the judiciary, aligning with the vision of the National Education Policy.

Speaking about Ladakh, he described it as a land of cultural resilience and patriotic commitment, rich in languages such as Ladakhi, Balti, and Purigi. He noted that Hindi plays a significant role in connecting the region with the national mainstream while its youth embrace both local languages and Hindi as tools of progress.

The ceremony was presided over by Rajesh Vats, President of the Hindi Olympiad Foundation, and coordinated by Hemlata, who presented an overview of the Foundation's initiatives aimed at promoting Hindi globally. Among the distinguished guests present were Master Jai Bhagwan Yadav, Deputy Mayor of Delhi; Dr. Pradeep Kumar (IRS), Joint Director, GST; Dr. Renu Singh, Principal Director, Amity International School, Noida; Sunila Athale; and educationist Dr. Ayushi Katar. The proceedings were conducted by Shri Gopal Sharma. During the ceremony, winners of the International Hindi Olympiad and distinguished contributors to the promotion of Hindi were conferred with the Amrit Kumbh Samman in recognition of their excellence and dedication to the language.



JU to host Grand Finale of 17th PRAKRITI: International Documentary Film Festival



Vice-Chancellor, JU Prof. Umesh Rai addressing a press conference.

STATE TIMES NEWS

JAMMU: Emphasizing the transformative power of cinema as a tool of education, the Vice-Chancellor, University of Jammu (JU), Prof. Umesh Rai, stated that a documentary film festival is not merely a cultural event but an academic exercise that encourages learning beyond the four walls of classrooms.

Addressing the media during the Curtain Raiser Press Conference for the 17th PRAKRITI: International Documentary Film Festival, he observed that the true purpose of education is to help individuals understand themselves, transform their thinking, identify the purpose of their lives, and contribute meaningfully to society. He underlined that the themes of the festival—Environment, Development, Human Rights, and Swachh Bharat—are deeply interconnected and reflect the national vision of a Sustainable India by 2047.

Sustainable development, he noted, must harmonize urbanisation, infrastructure growth, environmental responsibility, and respect for human rights. Referring to recent natural

calamities such as floods and landslides, he stressed the need to reflect on development models that are environmentally sensitive and socially just. The Vice-Chancellor described the documentaries as catalysts for curiosity, creativity, and critical thinking among young minds and invited students, faculty, media, and civil society to participate actively and engage in meaningful intergenerational dialogue.

The University of Jammu is hosting the Grand Finale of the 17th edition of PRAKRITI: International Documentary Film Festival on 23-24 February 2026 in collaboration with the Consortium for Educational Communication (CEC), New Delhi, as the Grand Finale Partner.

The press conference was held at the University campus in the presence of Prof. Parikshat Singh Manhas, Director, CEC; Prof. Neelu Rohmetra, Dean Research Studies; Dr. Neeraj Sharma, Registrar; Prof. Prakash Anthal, Dean Students Welfare; and Shri Sunil Mehru, Joint Director, CEC.

This year, 72 entries were received, including nomina-

tions from Myanmar and Bangladesh. Eight selected documentaries will be screened over two days, and winners in each of the four thematic categories will receive a cash prize of Rs. 50,000 along with a trophy and certificate. Filmmakers, producers, writers, and directors will interact with audiences after each screening to encourage thoughtful dialogue.

To ensure maximum participation, special arrangements have been made across the University campus. In addition to the main screening venues, documentaries will be displayed through LED screens at multiple locations, including Padma Sachdeva Rangsthal, Lawns near the Vice Chancellor's secretariat and Cafeteria near Center for IT Enabled Services and Management, making the festival accessible to a larger audience.

The JU has extended an open invitation to the civil society of Jammu to attend the screenings and be part of this significant academic and cultural initiative that connects cinema with national priorities and responsible citizenship.

Sham Lal highlights importance of Rajyoga, spiritual discipline at Shiv Jayanti Function

STATE TIMES NEWS

JAMMU: On the auspicious occasion of Shiv Jayanti, a grand Flag Hoisting Ceremony was organized with great spiritual fervour and enthusiasm by the Brahma Kumaris at Charitra Nirman Bhavan, Rajiv Nagar, Bantalab. The program was conducted successfully in an atmosphere filled with divine vibrations and positivity.

The ceremony was presided over by Rajyogini BK Sudarshan Didi, who enlightened the gathering about the spiritual significance of Shiv Jayanti. She explained that the flag of the Supreme Father Shiv symbolizes peace, purity, and spiritual power, inspiring individuals to lead a life based on moral and divine values.



MLA Jammu North, Sham Lal Sharma and others at a Flag Hoisting Ceremony.

Sham Lal Sharma, MLA Jammu North, was the Chief Guest on the occasion. Guest of Honour, Dr. Arvind Karvani, also graced the event with his esteemed presence. They appreciated the efforts of the Brahma Kumaris and emphasized the importance of organizing such spiritual events for the upliftment of

society. Addressing the gathering, Sham Lal congratulated the Brahma Kumaris family for organizing such a spiritually enriching program. He stated that Shiv Jayanti serves as a reminder of eternal values such as peace, unity, and righteousness. He emphasized that in today's fast-paced world, spirituali-

ty and Rajyoga meditation are essential for maintaining mental balance and moral strength. He encouraged citizens, especially the youth, to embrace spiritual practices and contribute towards building a peaceful and value-based society. Senior Brother BK Ravindra addressed the gathering and highlighted

the various spiritual and social services being carried out by the Brahma Kumaris in the Jammu region. He motivated the audience to incorporate spirituality into their daily lives for inner peace and overall well-being. The program was efficiently conducted by BK Kusum, In-charge of the Bantalab Service Centre. She guided the attendees through Rajyoga meditation, enabling them to experience mental peace, concentration, and positive energy. The event also featured the sharing of the divine message, Rajyoga meditation, distribution of prasad, and Brahma Bhoj. A large number of local mothers, sisters, youth, and prominent citizens participated and experienced the spiritual energy of the occasion.

Javed Rana reviews ongoing works of Mendhar



Forest Minister, Javed Rana chairing virtual meeting.

STATE TIMES NEWS

JAMMU: Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmed Rana on Sunday chaired a virtual review meeting to assess the progress of ongoing development works being executed by Public Works Department (PWD) in Mendhar.

The meeting was attended by the Chief Engineer PW (R&B) Pir Panjal, Executive Engineer PW (R&B) Mendhar and other concerned officers of the department.

During the review, the Minister took a detailed

appraisal of projects being executed under SASCI, works related to EMRS infrastructure, various road projects under the UT Capex Budget & NABARD, and the ongoing works on the drainage system in Mendhar Town.

He emphasized upon maintaining quality standards, adherence to timelines and removal of bottlenecks to ensure timely completion of all projects.

The Minister exhorted upon the officers to ensure quality execution so that the system effectively addresses public concerns.

The Minister directed the officers to expedite the pace of execution, particularly in road connectivity projects, keeping in view their public importance. He emphasized close field-level monitoring and

asked the officers to submit regular progress reports.

Reiterating the government's commitment towards balanced and inclusive development, the Minister said that infra-

structure upgradation in border and remote areas like Mendhar remains a priority and all ongoing works must be completed within the stipulated timeframe for the benefit of the local population.

KD Hospital conducts health check-up camp for Members of Amar Singh Club

STATE TIMES NEWS

JAMMU: In a remarkable initiative towards promoting preventive healthcare, Dr. KD Multispeciality Hospital organized a Mega Health Check-Up Camp at Amar Singh Club on Sunday. The camp witnessed enthusiastic participation from club members, who availed themselves of comprehensive health consultations and diagnostic services.

The camp was headed by Dr. Sumit Sharma, CEO, KD Multispeciality Hospital, who emphasized the importance of regular health screenings and early diagnosis in maintaining overall well-being. A dedicated team of senior consultants provided expert medical evaluations, including Dr. Ankur Malhotra (Physician), Dr. Rajinder Pal Singh (General



Dr. KD Multispeciality Hospital doctors and Amar Singh Club Jammu office bearers at a camp.

Surgeon), Dr. Nitin Sharma orthopaedic surgeon, Dr. Shekhar Sharma (Senior Eye Consultant), and Dr. Surekha Thakur (Gynaecologist).

During the camp, doctors conducted detailed health check-ups of all attending members. Blood investigations and other essential diagnostic tests were also carried out by the hospital's medical team to

ensure accurate assessment and timely medical advice. The initiative aimed to create awareness about lifestyle-related diseases such as diabetes, hypertension, cardiac ailments, and other common health concerns.

Speaking on the occasion, Saraf emphasized that "Health is Wealth" and stated that beginning the new tenure with

a dedicated health check-up camp reflects the Committee's commitment towards the well-being of its valued members. He added that ensuring the physical fitness and health awareness of members will remain a priority for the Club. He applauded the hospital management for conducting such meaningful and community-oriented health initiatives at

Amar Singh Club. He expressed hope that similar camps would continue in the future for the benefit of members and the larger community.

The camp witnessed active participation from members including Sahil Mahajan, Rajesh Langer, Ajay Anand, Tania Kukreja, Manish Gupta, Nitika Bhandari, Viplove Gupta, Mamohan Singh,

Naresh Kumar Gupta, Viraj Malhotra, Dr. Anil Mahajan, Anita Jagjeet Kumari, and Adv. Seema Shekhar, among others. Members of the club appreciated the well-organized camp and the professional approach of the hospital staff.

Dr. Sumit Sharma reiterated the hospital's commitment to serving society through outreach programs, health awareness drives, and preventive care initiatives. The camp concluded successfully, reinforcing KD Multispeciality Hospital's mission of delivering quality healthcare beyond hospital premises and into the community.

The event marked a healthy and progressive beginning for the new Executive Committee and reinforced the Club's dedication towards the overall well-being of its members.

From Prediction to Prevention: How online tools are transforming cardiovascular care: Dr Sushil

STATE TIMES NEWS

JAMMU: With the aim of disseminating information regarding role of digital technology for prevention as well as treatment of cardiac ailments Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long Cardiac Awareness cum health check up camp at Panchayat Ghar Kangra Block Bhalwal Jammu so as to screen people at high risk and provide them information about correct use of digital and AI technology in reducing cardiac morbidity and mortality.

While interacting with the people, Dr Sushil Stated that Cardiovascular disease (CVD) remains the leading cause of mortality worldwide, silently progressing for years before manifesting as heart attacks, strokes, or heart failure. Traditionally, cardiology

has focused on treating established disease intervening after symptoms appear or catastrophic events occur. However, the modern approach is rapidly shifting towards prevention, leveraging digital tools to predict and mitigate risk. The rationale for preventive cardiovascular care is grounded in the idea that most cardiovascular events are predictable and preventable. Risk factors such as hypertension, diabetes, dyslipidemia, obesity, smoking, physical inactivity, and poor diet often begin early in life, accelerating atherosclerosis and vascular aging. Online cardiovascular risk prediction tools address this challenge by providing personalized risk assessments, empowering clinicians and patients to take proactive measures.

He elaborated that online



HoD Cardiology GMCH Jammu Dr Sushil Sharma and his team examining patients.

cardiovascular risk prediction tools represent a major leap forward in preventive care. These platforms use validated algorithms that integrate demographic data, clinical parameters, laboratory values, and sometimes lifestyle factors to estimate an individual's short-term and lifetime cardiovascular risk. What distinguishes these tools is their accessibility and scalability.

With minimal inputs, clinicians and patients can instantly visualize risk estimates, often presented as percentages, graphs, or "heart age" equivalents. This not only aids clinical decision-making but also enhances patient understanding turning abstract numbers into tangible health narratives.

He maintained that these digital platforms integrate

demographic data, clinical parameters, and lifestyle factors to estimate short-term and lifetime cardiovascular risk. Accessible and scalable, they enable clinicians and patients to visualize risk estimates, fostering informed decision-making and shared responsibility. One of the key benefits of online tools is personalization. They offer tailored risk assessments,

accounting for age, sex, ethnicity, blood pressure, cholesterol levels, and other factors. Some advanced platforms incorporate emerging risk markers, enabling targeted treatment strategies and balancing benefit with potential harm. Empowering patients is another crucial aspect of online risk prediction tools. By understanding their risk profiles, individuals can make

informed lifestyle changes, such as weight loss, smoking cessation, or improved lipid levels, dramatically reducing future risk. Dr. Sharma emphasized that digital engagement empowers patients to take control of their heart health.

Dr Sushil Sharma, while concluding, laid emphasis on the fact that the advancement of preventive cardiovascular care through online risk prediction tools marks a defining shift in modern medicine. He added that incorporating online risk tools into clinical workflows enhance efficiency and consistency in preventive care. They support evidence-based decision-making and facilitate meaningful clinician-patient conversations. At a population level, these tools hold immense promise for public health, enabling early detection of risk clusters,

guiding resource allocation, and supporting data-driven prevention strategies, he said.

Prominent members of the area Vishal Verma, Manoj Sharma, Varinder Singh, Deepak Rajput, Sunny Choudhary and Subhash Sharma appreciated the efforts of Dr Sushil Sharma and his team for conducting cardiac awareness cum health check up in their area and expressed their heartfelt gratitude.

Others who were part of this camp include Dr Venkatesh Yellupu and Dr Adarsh Sharma. Paramedics and volunteers include Kamal Sharma, Rajkumar, Ranjeet Singh, Anmol Singh, Mohd Altaf, Paramveer Singh, Rajinder Singh, Vikas Kumar, Gourav Sharma, Shubham Sharma, Gokul Jamwal, Makhan Sharma and Nirvair Singh Bali.