

National Governance Conference on "Holistic Development of Districts: Transforming Governance for Viksit Bharat" on March 3

STATE TIMES NEWS
JAMMU: The Department of Administrative Reforms and Public Grievances (DARPG), in collaboration with the Government of Jammu and Kashmir, will organize a day-long National Governance Conference on the theme "Holistic Development of Districts: Transforming Governance for Viksit Bharat" on March 3, 2026, in Jammu.

The conference will be jointly inaugurated by Jitendra Singh, Minister of State for Personnel, Public Grievances and Pensions, and Omar Abdullah, Chief Minister of Jammu and Kashmir, who will

deliver the inaugural address. The event aims to disseminate the award-winning initiatives recognized under the Prime Minister's Awards for Excellence in Public Administration and promote innovative governance practices from across the country.

Secretary, DARPG, Raehna Shah, and Chief Secretary, Government of J&K, Atal Dulloo, will also address the inaugural session, setting the tone for deliberations focused on citizen-centric and results-oriented governance.

The conference will open with presentations on Prime Minister's Award-winning ini-

tiatives for 2023 and 2024. Districts and institutions including Eluru (Andhra Pradesh), Gomati (Tripura), Koraput (Odisha) and Kargil (UT of Ladakh) will showcase best practices in public service delivery and development administration. A second technical session will highlight additional award-winning initiatives from Nalbari (Assam), Kupwara (J&K) and the PRISM 10 initiative of Parvathipuram district in Andhra Pradesh, focusing on aspirational blocks, innovation projects and holistic district development models.

A dedicated session on

Jammu & Kashmir's best practices will feature governance innovations from Kulgam district, RFID-enabled Yatra management by the Shri Mata Vaishno Devi Shrine Board, and the e-Suvidha initiative of Ramban district.

The conference is expected to witness participation from over 200 delegates, including District Collectors, senior officials from State and Central Governments, policymakers, domain experts and practitioners in public administration.

The National Governance Conference seeks to provide a dynamic platform for knowl-

edge sharing, cross-learning and collaboration. It aims to institutionalize successful governance models, scale up impactful initiatives, and accelerate saturation of flagship schemes, integrated sectoral development and effective grievance redressal systems.

By fostering exchange of ideas and best practices, the conference aspires to strengthen grassroots governance frameworks and contribute meaningfully to India's journey towards inclusive, transparent and citizen-centric administration aligned with the vision of Viksit Bharat.



Judicial Academy, Isha Foundation organises "Yoga for Health" session

STATE TIMES NEWS
JAMMU: Under the patronage of Chief Justice, High Court of Jammu & Kashmir and Ladakh (Patron-in-Chief, J&K Judicial Academy), Arun Palli and guidance of Chairperson and Members of Governing Committee for J&K Judicial Academy, J&K the Judicial Academy on Sunday organised a special session titled "Yoga for Health" for Judicial Officers and staff of Jammu district, in collaboration with the Isha Foundation.

The session was inaugurated by Naseer Ahmad Dar, Director, J&K Judicial Academy. He underscored the importance of maintaining physical and mental well-being in the discharge of judicial responsibilities. He observed that the effective administration of justice demands sus-



Naseer Ahmad Dar, Director, J&K Judicial Academy speaking at yoga session.

tained concentration, emotional balance and resilience and that structured wellness practices such as yoga can significantly contribute towards enhancing the professional

efficiency and overall well-being.

The programme emphasised yoga as a holistic discipline that harmonises the body, mind, and breath. The participants were encouraged to incorporate simple yet consistent wellness practices into their daily routines to enhance clarity of thought, reduce stress, and build resilience.

The Judicial Academy conveyed its sincere appreciation to the Isha Foundation for its collaboration and expert guidance in conducting the session.

The programme witnessed active participation and was widely appreciated by the attendees. The Academy reaffirmed its commitment towards organising similar initiatives to foster a culture of health and well-being within the judicial system.

Delegations call on Lt Governor Ladakh

STATE TIMES NEWS
NEW DELHI: Former Chief Executive Councillor (CEC), LAHDC Leh, Tashi Gyalson, called on the Lieutenant Governor of Ladakh, Kavinder Gupta, at New Delhi and held a constructive discussion on various land-related matters, including issues pertaining to Nantor Land.

During the meeting, Tashi Gyalson apprised the Lt Governor of concerns and suggestions regarding land management and procedural clarity to ensure equitable and transparent resolution of cases, particularly those involving Nantor Land.

Tashi Gyalson also lauded the Lt Governor for his recent visit to CSIR-Central Scientific Instruments Organisation, Chandigarh, and Indian Institute of Technology Jammu, undertaken with the objective of



Anmol, President of Swadeshi Jagran Manch, Chandigarh, calling on Lt Governor Ladakh, Kavinder Gupta.

further strengthening skill-development opportunities for the youth of Ladakh.

The Lt Governor assured that the Administration remains committed to addressing genuine concerns in accordance with existing rules and regulations, safeguarding the interests of the local population while ensuring sustainable development. He further reiterated the Administration's focus on empowering Ladakhi youth through strategic collaborations with premier institutions, fostering entrepreneurship, and strengthening local skill ecosystems to meet emerging challenges

and opportunities.

Meanwhile, Anmol, President of Swadeshi Jagran Manch, Chandigarh, also called on the Lt Governor. During the interaction, he apprised the Lt Governor of initiatives being undertaken by the organisation to promote self-reliance, indigenous industries, and sustainable economic practices.

The Lt Governor appreciated the efforts aimed at promoting "Vocal for Local" initiatives and emphasized the importance of strengthening grassroots economic models in the Union Territory. He highlighted the Administration's commitment to fostering a balanced approach to development that preserves Ladakh's unique cultural and ecological heritage while ensuring economic growth.

CM's Rs 2 Cr reward, job assurance big boost for J&K Ranji Team: Sadhotra

STATE TIMES NEWS
JAMMU: Former Minister and National Conference Additional General Secretary Ajay Kumar Sadhotra on Sunday lauded Chief Minister Omar Abdullah for announcing a Rs 2 crore cash reward and job assurance for the Jammu and Kashmir cricket team following their magnificent triumph in Hubli. He described the move as a major morale booster that would inspire youth across Jammu and Kashmir to channelise their energies into constructive and productive pursuits.

Addressing a meeting of office bearers of various wings of the Jammu & Kashmir National Conference from Jammu North Assembly Constituency at Mishriwala, Sadhotra said the announcement reflects the government's commitment to recognising sporting excellence and honouring the dedication of players who have brought laurels to the Union Territory.

"The financial reward and job assurance will go a long way in boosting the morale of sportspersons across Jammu and Kashmir. It sends a clear message that merit and excellence will be honoured," he said.

Describing the Ranji victory as a historic milestone, Sadhotra congratulated the



Additional General Secretary NC, Ajay Sadhotra addressing office bearers of different wings of party of Jammu North Assembly Constituency at Mishriwala.

team led by Paras Dogra for making the region proud on the national stage. He said the achievement has rekindled hopes among aspiring cricketers and inspired the entire region.

"The players have displayed remarkable determination, discipline and team spirit. Their success belongs to every citizen of Jammu and Kashmir," he added.

Sadhotra said that such encouragement would motivate young boys and girls to take up sports in a big way and contribute towards realizing the Chief Minister's vision of a "Nasha Mukht J&K." He emphasized that when youth are actively engaged in sports and constructive activities, they are less likely to fall prey to social evils.

Highlighting the impor-

STATE TIMES NEWS
JAMMU: Continuing his sustained efforts to promote preventive healthcare at the grassroots level, Dr. Sushil Sharma, Head of the Department of Cardiology at Government Medical College Jammu, organized a day-long cardiac awareness and health check-up camp at Sarv Shakti Chandi Mata Mandir. The initiative aimed to educate people about heart health and provide early screening services to reduce morbidity and mortality related to cardiovascular diseases.

While interacting with the public, Dr. Sharma emphasized that cardiovascular diseases (CVDs) remain the leading cause of death globally and pose a major challenge to modern healthcare systems. He noted that low- and middle-income countries face a particularly severe burden due to rapid urbanization, changing lifestyles, and limited healthcare resources. Beyond premature deaths, CVDs lead to long-term disability, reduced productivity, and significant economic strain on families and nations.

He explained that CVDs include conditions such as coronary artery disease, stroke, heart failure, and hypertensive heart disease. The burden arises not only from sudden life-threatening events like heart attacks and strokes but also from chronic conditions that require lifelong care. In devel-

Combating cardiovascular diseases a global health imperative: Dr. Sushil



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

oping regions, where healthcare systems are already managing infectious diseases and maternal-child health issues, the rising prevalence of heart disease presents an additional complex challenge. Highlighting prevention as the most effective and cost-efficient strategy, Dr. Sharma stressed the importance of lifestyle modifications. He encouraged adopting healthy dietary habits with reduced salt, unhealthy fats, and sugars, engaging in regular physical activity, avoiding tobacco, and limiting alcohol consumption. He underscored that community awareness campaigns, school health programs, and primary care interventions are essential to achieving sustainable behavioral change.

Among all modifiable risk factors, hypertension was identified as the most significant con-

tributor to cardiovascular morbidity and mortality. Dr. Sharma pointed out that large-scale screening and treatment programs for high blood pressure, diabetes, and dyslipidemia can be effectively implemented at the primary healthcare level, even in resource-limited settings. He further elaborated on the importance of timely management of acute cardiovascular events. Rapid recognition of symptoms and immediate medical intervention in cases of heart attacks and strokes are crucial to minimizing death and disability. Efficient emergency services, standardized treatment protocols, and public awareness of warning signs can dramatically improve outcomes.

While preventive care forms the backbone of cardiovascular management, Dr. Sharma

added that certain patients require advanced procedures such as coronary angioplasty, bypass surgery, valve repair or replacement, and device implantation. Expanding equitable access to these specialized services demands long-term investment, workforce training, and strategic healthcare planning. In his concluding remarks, Dr. Sharma stated that cardiovascular diseases pose an enormous yet preventable threat to global health. A balanced approach that integrates prevention, primary care strengthening, access to essential medicines, timely acute care, and supportive public health policies can significantly reduce the burden of heart disease. Investing in cardiovascular health, he said, is an investment in national development and human well-being.

The Management Committee of Sarv Shakti Chandi Mata Mandir, including Sanjay Gandotra, Vikram Bhasin, Gaurav Bhasin, Davinder Singh, Jung Bahadur, and Thakur Vikas Singh Jamwal, commended Dr. Sharma and his team for organizing the camp and appreciated their efforts in promoting community health.

The initiative was supported by Dr. Bhola Kumar and Dr. Adarsh Sharma, along with paramedics and volunteers including Dr. Rajkumar, Ranjeet Singh, Irfan Hasan, Vishal Padha, Jatin Bhasin, Mukesh Kumar, Anmol Singh, Gokul Jamwal, Shubham Sharma, Mohd Altaf, Rahul Vaid, Maninder Singh, Gourav Sharma, Rajinder Singh, Anmish Datta, Vikas Kumar, and Nirvair Singh Bali.

Dy CM inspects development works in Nowshera Sub Div



Dy CM, Surinder Choudhary visiting Sunderbani.

STATE TIMES NEWS
RAJOURI: Deputy Chief Minister, Surinder Choudhary, on Sunday held public interaction meetings at Bajora, Bajabain, Sunderbani, Hanjana and Dharat areas of Nowshera Sub Division and listened to the grievances and demands of the local residents.

During the daylong tour, the Deputy Chief Minister conducted spot inspection of

ongoing developmental projects in Nowshera and adjoining areas.

During the interaction, the people projected issues related to road connectivity, drinking water supply, electricity, healthcare facilities and other developmental concerns.

The Deputy Chief Minister assured the public that all their genuine issues would be taken up with the concerned departments for prompt redress.

The Deputy Chief Minister also issued on-the-spot directions to the officers to ensure timely resolution of public grievances. He stressed the need for effective coordination among the departments to address the concerns of the people.

Later, the Deputy Chief Minister inspected the ongoing construction work on Dak Bungalow at Nowshera and reviewed the pace and quality of work being executed by the concerned department. He directed the executing agency to ensure completion of the project within the stipulated time-frame while maintaining quality standards.

He also inspected the balance work on the Conference Hall at Lambari and reviewed the progress

achieved so far. The officers were instructed to expedite the remaining works so that the facility is made operational at the earliest for public and administrative use.

The Deputy Chief Minister further visited the MCH Lambari to assess the healthcare infrastructure and the facilities being provided to the patients. He emphasized further strengthening of healthcare services to ensure better medical care for the local population.

Among others, ADDC Rajouri Malikzada Sheraz ul Haq, ADC Nowshera Pritam Lal Thapa, Chief Engineer PWD Tilak Raj, Executive Engineer PWD Nowshera Sarwar Mehmood and other district and sectoral officers accompanied the Deputy Chief Minister during the visit.

Holi Milan programme organized in Gajansoo

STATE TIMES NEWS
JAMMU: A grand Holi Milan program was organized in Village Gajansoo under the leadership of former Minister and senior BJP leader Sukhmandan Choudhary in the Marh constituency.

On the occasion, local residents were thanked for their support at the successful completion of the tenure of District Development Council (DDC) Member Marh, Balbir Lal, and DDC Member Phalian Mandal, Geetu Aulakh.

Member of Parliament Jugal Kishore Sharma, who was present on the occasion, elaborated on the various developmental works initiated in the Jammu region. He stated that schemes launched by the Central Government have significantly strengthened infrastructure development in the area.

BJP Jammu & Kashmir



Senior BJP leader Sukhmandan Choudhary leading Holi Milan programme.

Organization General Secretary Ashok Koul spoke about the positive changes witnessed in Jammu and Kashmir following the abrogation of Article 370. He emphasized that development activities are progressing at a rapid pace and that the region is moving towards a new era of stability and growth.

Former Minister & Senior BJP leader Sukhmandan Choudhary informed the

gathering about the various welfare schemes launched by Prime Minister Narendra Modi and encouraged people to avail maximum benefits from these initiatives. He stated that under Prime Minister Modi's leadership, India is achieving new milestones and strengthening its position among the world's leading economies.

BJYM State President Arun Prabhat Singh criticized the National

Conference government, alleging that it had failed to fulfill the promises made to the people of Jammu and Kashmir.

Among those present at the event were BJP State Executive Member Vikas Choudhary, DDC Marh Balbir Lal, DDC Phalian Mandal Geetu Aulakh, BJP District Spokesperson Deepak Pandey, Ex President of Rajput Sabha Sajeev Singh (Rinku), President of Langeh Biradari Ramesh Singh, Ex Sarpanch Parshotam Sharma, Ex Sarpanch Avinash Singh, Ex Sarpanch Om Prakash Verma, Anita Langeh, Rekha Rani, Romi Devi, Meera Devi, along with a large number of prominent local residents.

The program concluded with festive greetings and celebrations marking the spirit of Holi.