

CM meets delegations, individuals at Raabita Jammu

STATE TIMES NEWS
JAMMU: Several delegations and individuals on Tuesday called on Chief Minister Omar Abdullah at Public Outreach Office Raabita in Jammu, and apprised him of a range of public, developmental and sector-specific issues.

Former Minister Raman Bhalla, accompanied by a delegation of civil society met the Chief Minister and highlighted various concerns pertaining to their welfare. The delegation sought sustained policy attention to address pending issues and ensure equitable development.

Former Minister Jagjivan Lal also called on the Chief Minister and discussed matters of public importance concerning his area as well as the broader region.

A delegation led by Dr. Parveen Akhter Lone, Principal, IG Government Dental College, Jammu, briefed the Chief Minister about the significance of the



Delegation members calling on Chief Minister Omar Abdullah.

upcoming national-level academic event and its importance for advancing dental education and research in the region.

A delegation headed by Dr. M. A. Alim, Chairman, CII J&K, met the Chief Minister and discussed the role of industry in economic revival, investment promotion and employment generation, while seeking continued government support for strengthening the industrial ecosystem.

Former Cabinet Minister Jugal Kishore Sharma, along with a delegation from Katra apprised the Chief Minister of matters of public importance relating to their area.

A delegation of sportspersons, along with others selected under SO-12 (Outstanding Sportspersons), met the Chief Minister to express their gratitude. They thanked the government for recognising their achievements and facilitating opportunities in public service. The Chief Minister congratulated them on their accomplishments and encouraged them to continue striving for excellence in their respective fields.

President, Chamber of Commerce & Industry, Jammu, Arun Gupta, accompanied by members, also called on the Chief Minister and discussed issues con-

cerning trade, industry and routine business matters. The delegation sought measures to ease procedural bottlenecks and further strengthen the commercial ecosystem in Jammu.

The Chief Minister gave a patient hearing to the deputations and individuals and assured that their genuine concerns would be addressed on priority. He reiterated that his government remains accessible and responsive to public representatives, professional bodies, industry leaders and citizens, and that constructive dialogue will continue to guide policy decisions in the larger interest of Jammu and Kashmir.



LG Kavinder Gupta attends Matho Nagrang Festival in Leh

Lauds Matho Monastery's head lamas, management for preserving sacred traditions with dedication

STATE TIMES NEWS
LEH: The Lieutenant Governor of Ladakh, Kavinder Gupta, attended the historic Matho Nagrang Festival at Matho Monastery on Tuesday. He was warmly received by former Member of Parliament from Ladakh Janyang Tsering Namgyal along with the venerable monks of the monastery.



LG Ladakh, Kavinder Gupta attending historic Matho Nagrang Festival at Matho Monastery on Tuesday.

In his address, the Lt. Governor described the Matho Nagrang Festival as one of Ladakh's most significant cultural and spiritual events. He highlighted that the 500-year-old tradition, rooted in the Sakya school of Tibetan Buddhism, stands as a powerful symbol of Ladakh's rich civilizational heritage. The festival, he noted, draws not only local devotees but also scholars, researchers, and tourists from across the world, underscoring its global cultural relevance.

The Lt. Governor elaborated on the unique Nagrang tradition, wherein two monk oracles, after undergoing a year of intense spiritual discipline and solitary meditation, perform sacred masked dances and deliver divine prophecies. He termed this rare spiritual practice unparalleled and

a matter of immense pride for the people of Ladakh. Reaffirming the Administration's commitment to preserving Ladakh's heritage, Kavinder Gupta emphasized that monasteries, folk traditions, indigenous languages, and ancient festivals represent the living soul of the region. He informed that efforts are underway to document intangible cultural heritage, extend support to local artists, and promote sustainable tourism by integrating traditional festivals.

Addressing the youth, he urged them to become torchbearers of Ladakh's cultural legacy, embracing modern progress while remaining rooted in their traditions and identity.

The Lt. Governor expressed gratitude to the head lamas and management of Matho Monastery for preserving this sacred tradition and sought blessings for peace, prosperity, and the well-being of Ladakh and the nation.

Dr. Sudhaa Sharma installed as President of Indian Menopause Society

STATE TIMES NEWS
JAMMU: Dr. Sudhaa Sharma, former Professor of Gynaecology and Obstetrics at Government Medical College Jammu, has been installed as President (2026-27) of the Indian Menopause Society (IMS). The installation ceremony was held during the inaugural session of the National Conference, IMSCON, at Bhopal.

In her presidential address, Dr. Sudhaa outlined an ambitious roadmap to strengthen menopause healthcare services across the country. She emphasized that menopause health awareness must reach women even at the village level through the initiative "IMS March to Rural India."

She also announced plans to enhance menopause-focused medical education through the establishment of the College of IMS (CIMS). The proposed institution will introduce certificate courses in various aspects of menopause, award IMS Honorary Professorships, and establish IMS cells in medical colleges nationwide.



Outgoing President Dr Anita Shah handing over the baton to Dr Sudhaa Sharma.

Dr. Sudhaa further revealed plans to conduct Research Methodology Workshops aimed at generating more Indian data on menopause health. She

noted that Indian women differ from their Western counterparts in ethnicity and health profiles, underscoring the need for indigenous research to improve clinical outcomes.

Among other initiatives, she proposed weekly online presidential webinars, Sunday fitness programmes, prescription-writing master classes, national quizzes, osteoporosis modules, and the publication of magazines such as Poise and newsletters. The society will also organize physical CME programmes across the country, hands-on operative workshops in urogynaecology, and celebrate key health observances including World Menopause Day and Osteoporosis Day. Four zonal conferences and public awareness programmes under "Club 35 Plus" are also planned.

Highlighting the society's long-term vision, Dr. Sudhaa reiterated the IMS mission: "Fit at 40, Strong at 60, and Independent at 80," aiming to empower women to lead healthy and confident lives beyond menopause.

Holi Milan celebrated with enthusiasm and unity in Jammu North

STATE TIMES NEWS
JAMMU: A grand and vibrant Holi Milan was organized on Tuesday, 03rd March 2026, at the residence of MLA Jammu North, Sham Lal Sharma, with enthusiastic participation from senior party functionaries and grassroots representatives of the Jammu North Constituency. The programme witnessed the gracious presence of District General Secretaries, Mandal Adhyaksh of all three Mandals, former Corporators, former Sarpanchs, Booth Adhyaksh, Shakti Kendra Pramukhs, along with other prominent party leaders and dedicated karyakartas. The overwhelming participation reflected the strong organizational unity and deep-rooted connect of the party at every level.

The event was marked by an atmosphere of warmth,



MLA Jammu North, Sham Lal Sharma celebrating Holi Milan at his residence.

harmony, and festive spirit. Leaders and workers from various wards and organizational units gathered to celebrate the festival of colours with great enthusiasm.

Participants exchanged greetings, played with colours, and danced together, symbolizing unity, brotherhood, and collective strength. The large turnout once again reaffirmed the vibrancy and cohesiveness of the organization in Jammu North.

Addressing the gathering, MLA Jammu North, Sham Lal Sharma expressed heartfelt gratitude to all attendees for their esteemed presence and active participation. He emphasized that the tireless dedication, discipline, and commitment of party workers - from booth level to district leadership - form the backbone of the organization. He noted that such gatherings strengthen mutual coordination, reinforce organizational bonds, and energize the cadre for continued public service.

Sharma further reiterated that the development and progress of Jammu North is a shared responsibility, and the continuous support and active involvement of party workers remain crucial in achieving the vision of inclusive growth and effective governance.

The Holi Milan concluded on a joyous note with renewed unity, festive celebrations, and a collective resolve to continue working with greater dedication for the welfare, development, and prosperity of the people of Jammu North.

Govt terminates PMGSY road contracts worth Rs 2,543.05 lakh over delay, blacklists contractor

Deputy CM reiterates zero tolerance for lapses, quality compromise

STATE TIMES NEWS
JAMMU: The government has terminated two major road construction contracts in Kathua, blacklisting the contractor for delays in work completion.

Deputy Chief Minister Surinder Choudhary said the contracts, awarded to M/s Puran Chand and Sons, Jammu, have been terminated due to the contractor's failure to meet the deadlines despite repeated notices and extended opportunities.

He said that the terminated projects included construction of road from Malhar to Marhoun (Package No. JK07-136, Phase X, Stage-I) and construction and maintenance of road from L031 Mahan to Banjar (Package No. JK07-219, Phase XII). Both the works had been allotted to M/s Puran Chand and Sons, Jammu.

He said that besides imposition of penalty the contractor has been blacklisted and

debarred from participating in future PMGSY works for a period of one year.

An official order from the Office of the Chief Engineer PMGSY states that the contractor failed to mobilize adequate machinery, manpower and resources, leading to prolonged delays. Despite multiple notices, review meetings and assurances, progress remained unsatisfactory, impacting connectivity and public convenience in the affected areas.

In both the cases, the contracts have been terminated under relevant clauses of the Standard Bidding Document (SBD). Liquidated damages and penalties amounting Rs. 146.63 lakh in one project and Rs. 217.54 lakh in the other have been imposed.

The concerned Executive Engineer has been directed to recover the penalty amount from the pending dues, security deposits, performance securities and bank guarantees.

The Deputy Chief Minister

said that fresh tendering for the balance works has been ordered to ensure early completion. He stated that timely and quality execution of developmental works is non-negotiable for the government. He emphasized that public infrastructure must be completed within stipulated deadlines and in accordance with the prescribed standards.

The Deputy Chief Minister further cautioned that the erring contractors may face strict action, including blacklisting, if they fail to complete projects within the defined timeframe.

Power shutdown

JAMMU: Chief Engineer (Distribution) JPDCL Jammu has informed that the power supply to Ghatti SIDCO Industry areas and adjoining areas will remain affected on March 04 from 8 am to 9.30 am and 5 pm to 6 pm.

Similarly, the power supply to Jakh, Jogpur, Sarore, Patli Industry and adjoining areas will remain affected on March 05 from 8 am to 3 pm. Likewise, the power supply to Bhatyas, Gandoh, Changa and adjoining areas will remain affected on March 06 from 8 am to 2 pm. Similarly, the power supply to Bishnah, Chak Hasla, Rehal, Pandorian, Sehora, Suhagpur, Arnia, Allah, Chak Shera, Treva, Jabawal, Kotli and adjoining areas will remain affected on March 06 from 10 am to 5 pm. Likewise, the power supply to Sainik Colony, Chowadhi, Birpur, Data Talab, Ratnuchak, MES Kaluchak and adjoining areas will remain affected on March 06 from 8 am to 1 pm. Similarly, the 132KV D/C Barn-Katra Transmission line CKT-I alongwith 11KV feeder BH2, BH3 & BH4 will remain affected from March 05 to 20 from 9 am to 3.30 pm. However, the load shall be accommodated on CKT-II.

AIIMS Jammu observes World Hearing Day; emphasises early screening and advanced hearing care

STATE TIMES NEWS
JAMMU: AIIMS Jammu marked World Hearing Day by organising a general awareness programme in the OPD Block to sensitise patients and attendants about various ear diseases, hearing loss, and the advanced treatment facilities available at the institute. The programme was conducted under the guidance of Prof. (Dr.) D.N. Sharma, Executive Director & CEO, AIIMS Jammu, and Prof. (Dr.) Meeta Gupta, Dean (Academics) & Medical Superintendent, AIIMS Jammu, who reiterated the institute's commitment to strengthening comprehensive ear and hearing care services for the community.

The initiative was led by the Department of Otorhinolaryngology - Head & Neck Surgery (ENT), with active participation from Dr. Darvin Kaushal (Additional Professor), Dr. Amardeep Singh (Associate Professor), Senior Residents Dr. Youshita Mahajan and Dr. Pooja Rani; Junior Residents Dr. Muskan Rao, Dr. Gunjan Lakshmani, Dr. Manish Kaur and Dr. Sai Gayatri; Audiologists Nityansh Saluja and Akshita Gupta; Reyaz Ahmed; along with the dedicated nursing staff.

During the programme, the team emphasised the critical importance of early screening and early intervention, particularly in children. AIIMS



AIIMS Jammu doctors and faculty during a programme.

Jammu is actively running a Newborn Hearing Screening Programme, which plays a vital role in identifying hearing impairment at birth. Early detection ensures timely intervention, thereby supporting normal speech, language, and overall developmental milestones.

The institute is equipped with advanced diagnostic and therapeutic instruments for managing a wide range of hearing-related disorders. AIIMS Jammu is successfully performing Cochlear Implant surgeries for children born with profound hearing loss as well as for adults who have completely lost their hearing, thereby restoring auditory function and significantly enhancing quality of life.

Comprehensive treatment services are also available for Chronic Suppurative Otitis Media (CSOM), Acute Suppurative Otitis Media (ASOM), and other middle ear conditions. The team further highlighted the rising incidence of Sudden Sensorineural Hearing Loss (SSNHL), a medical emergency in which immediate treatment greatly improves the chances of recovery. The public was strongly advised not to ignore sudden hearing loss and to seek urgent medical attention without delay.

As part of the awareness drive, the department shared important public health guidance. Individuals were encouraged to maintain proper nasal hygiene, ensure adequate hydration in children, practice safe ear care by cleaning only the outer ear gently, maintain a balanced diet, and seek timely medical consultation for persistent ENT-related symptoms. The public was cautioned against inserting sharp objects into the ear; excessive use of earphones and prolonged mobile phone usage, attempting home-based earwax removal, and frequent consumption of junk food that may aggravate ENT issues.

On the occasion of World Hearing Day, AIIMS Jammu appealed to the general public to prioritise hearing health through regular check-ups, safe listening habits, and early medical consultation. Hearing is fundamental to communication, education, social integration, and overall well-being. Observing World Hearing Day serves as an important reminder that many causes of hearing loss are preventable or treatable if addressed at an early stage.

Under the leadership of Prof. (Dr.) D.N. Sharma, Executive Director & CEO, AIIMS Jammu, the institute remains dedicated to promoting awareness, early detection, and comprehensive management of hearing disorders, working towards a future where no individual is left behind due to preventable hearing loss.

Sadhotra calls on CM, seeks effective implementation of PSGA

STATE TIMES NEWS
JAMMU: Former Minister and National Conference Additional General Secretary Ajay Kumar Sadhotra on Tuesday called on Chief Minister Omar Abdullah and discussed the overall situation in Jammu and Kashmir; with particular emphasis on development initiatives, employment generation and economic empowerment.

During the meeting, Sadhotra apprised the Chief Minister of various public concerns and stressed the need to further accelerate development works across regions and sub-regions. He underlined the importance of strengthening grassroots-level implementation of welfare schemes to ensure that benefits reach the intended sections in a transparent and time-bound manner.

He appreciated the government's focus on inclusive development, job creation and expanding economic opportuni-

ties for youth and marginalized communities. He emphasized that employment generation initiatives should be broadened in both government and private sectors, with special focus on skill development and promotion of entrepreneurship to enhance self-reliance.

Sadhotra also urged the effective implementation of the Public Services Guarantee Act (PSGA) to ensure timely delivery of public services and enhanced accountability in governance. He said the Act must be enforced in letter and spirit so that citizens receive services within stipulated timeframes without unnecessary delays.

Describing the PSGA as a landmark legislation enacted during a previous Omar Abdullah-led government, he said its strict implementation would significantly improve the administrative delivery system and restore public confidence. "The legislation was introduced to address the aspirations of the



NC Additional General Secretary Ajay Sadhotra calling on Chief Minister Omar Abdullah.

people" by guaranteeing time-bound services. It is imperative that its provisions are fully operationalised," he said after the meeting. He maintained that strengthening accountability mechanisms would streamline administrative functioning and curb inefficiency and red tape. "Good governance is measured by the ease with which a common citizen can access essential services. Ensuring timely delivery is vital for building trust between the government and the people," he added.

Reiterating the need for balanced development across Jammu and Kashmir, Sadhotra called for focused attention on infrastructure, education, healthcare and employment sectors. He expressed confidence that under the leadership of Omar Abdullah, the government would continue working towards fulfilling the aspirations of the people and building a progressive, economically vibrant Jammu and Kashmir.