

# Kashmir was, is & will always remain an Integral Part of India: LG Kavinder

Says Ladakh emerging as hub of sustainable development, youth aspirations

## STATE TIMES NEWS

**PHAGWARA:** The Lieutenant Governor of Ladakh, Kavinder Gupta, addressed the Rotary International District 3070 Annual Conference 2026 in Phagwara, speaking on the theme "Kashmir - Harmony with Mainstream India." In his address, he highlighted the deep cultural, civilisational and democratic ties connecting Kashmir and Ladakh with the rest of India.



LG Ladakh, Kavinder Gupta, addressing Rotary International District 3070 Annual Conference 2026 in Phagwara.

heritage reflecting India's ethos of unity in diversity. Sacred sites such as Sharda Peeth and Amarnath Cave Temple, along with revered Sufi shrines and Buddhist monasteries, have long symbolised spiritual harmony and cultural coexistence.

The Lieutenant Governor also acknowledged the difficult decades the region experienced due to turmoil and conflict. He said the suffering endured by people during those years should be remembered with empathy and sensitivity, noting that the pain of families who

lost loved ones remains part of the region's collective memory.

Highlighting the historic decision of Abrogation of Article 370 on August 5, 2019, Gupta said that under the leadership of Narendra Modi, the move marked a transformative moment for Jammu and Kashmir. He said it ensured that the same constitutional rights and legal protections available across India are fully applicable to the people of the region.

Gupta said the change has ushered in a new era of oppor-

tunity, empowerment and development. He highlighted major infrastructure initiatives such as the Zojila Tunnel and Z-Morh Tunnel, which are improving connectivity and turning seasonal routes into all-weather lifelines.

He also pointed to the expansion of educational and healthcare infrastructure, including institutions such as Indian Institutes of Technology, Indian Institutes of Management and All India Institute of Medical Sciences, providing better opportunities for youth closer to home. The successful hosting of a G20 Meeting in Srinagar 2023 and record tourist arrivals in Jammu and Kashmir were cited as signs of growing confidence and global visibility.

Sharing his experience since assuming office in July 2025, Gupta said he has travelled extensively across remote areas of Ladakh and praised the resilience of its people. He noted that since attaining

Union Territory status in 2019, Ladakh has made notable progress in solar energy, sustainable tourism and entrepreneurship.

He emphasised that development and cultural preservation can progress together and said harmony with the national mainstream does not mean loss of identity. India's strength, he added, lies in its diversity.

Later, Rohit Oberoi, District Governor, along with RI Director Gurjeet Singh Sheiko, presented the "Rotary World Changemaker Award" to Kavinder Gupta for his contributions to public service, governance and nation-building.



## Traffic Management is part of holistic Urban Development: IIPA Seminar

### STATE TIMES NEWS

**JAMMU:** A well-attended seminar on "Road Map for Traffic Management in Jammu" organised by the Indian Institute of Public Administration (IIPA), J&K Regional Branch, highlighted the urgent need for a comprehensive and coordinated approach to traffic management in Jammu.

The keynote address was delivered by Dr. Mohd Haseeb Mughal, IPS, DIG Traffic, Jammu, who presented a detailed analysis of the current traffic scenario in Jammu. His presentation, supported by relevant data, outlined the major challenges faced by the Traffic Police and the steps taken to improve traffic management in the city. The seminar was presided over by former Chief Secretary and Chairman of IIPA JKRB, B. R. Sharma, while former Director General of Police Ashok Bhan attended as the Chief Guest. The event was attended by senior Traffic Police officers, former civil servants, academicians, members of civil society, representatives of transport unions, and members of various organisations including the Chamber of Commerce and Industries, the Central Government Pensioners' Welfare Association and the Gandhinagar Residents Welfare Association.

In his presentation, Dr. Mughal explained the present traffic situation in Jammu and the challenges posed by the rap-



Chairman IIPA JKRB B R Sharma chairing the seminar in Jammu on Saturday.

idly increasing number of vehicles. Despite having fewer personnel than required, he said the Traffic Police have consistently worked to ensure smooth traffic movement and minimise inconvenience to commuters. Public convenience, he said, remains the primary objective of the department.

Dr. Mughal spoke about the use of e-challans through electronic gadgets and monitoring through Integrated Traffic Management System (ITMS) cameras. He informed participants that more than six lakh challans were issued last year against traffic violators. However, he expressed concern that courts often impose minimal fines, which reduces the deterrent effect of enforcement.

Referring to the issue of road accidents, Dr. Mughal said that many lives continue to be lost on roads, particularly in hilly areas where accidents often occur due to technical faults in vehicles. Preventing road accidents and ensuring road safety, he stressed, requires collective efforts from government agencies, road users and civil society.

The keynote address was fol-

lowed by an interactive discussion, during which participants discussed various aspects of traffic management.

In his presidential remarks, B. R. Sharma said that Jammu today stands at a critical stage where rapid urban growth has outpaced traffic planning, making traffic congestion a serious governance challenge. A city, he said, is not only a place to live but also a place to move, and efficient mobility is essential for economic growth and urban development. He pointed out that the vehicular population in Jammu and Kashmir has almost doubled since 2017, while road infrastructure has not expanded proportionately. He attributed traffic congestion to several factors including inadequate urban planning, weak traffic infrastructure, lack of efficient public transport, poor traffic discipline, encroachments and limited parking facilities. Sharma emphasized that traffic management should not be viewed merely as a policing function but as an important aspect of urban governance requiring coordination among multiple

agencies such as the Traffic Police, municipal authorities, PWD, Smart City authorities and the Transport Department, along with active participation of citizens.

Ashok Bhan said that traffic management is a scientific process and modern technology must be used to improve traffic conditions. He strongly advocated the use of artificial intelligence-based traffic signals instead of fixed-timing systems, pointing out that signals often remain red even when lanes are empty. He also suggested monitoring the performance of traffic personnel, regulating matadors, buses and three-wheelers, introducing one-way traffic on certain roads and preventing indiscriminate parking of commercial vehicles in residential areas. He further supported the creation of more parking spaces to address the rising number of vehicles. Earlier, Nisar Ahmed welcomed the guests and participants, while Er. M. M. Gupta, Director (Seminars), presented the vote of thanks. Prof. Anil Gupta, Joint Secretary of IIPA JKRB, conducted the proceedings.

## AIIMS Jammu organizes CME on World Obesity Day 2026 to promote awareness on Obesity Prevention and Healthy Lifestyle

### STATE TIMES NEWS

**JAMMU:** The Department of General Medicine at All India Institute of Medical Sciences Jammu organized a Continuing Medical Education (CME) programme on the occasion of World Obesity Day 2026 to raise awareness about the growing burden of obesity and its associated health complications.

The programme brought together faculty members, healthcare professionals, and students to deliberate on obesity as a major public health challenge and explore multidisciplinary strategies for its prevention and management.

The event featured a range of academic and awareness activities, including a quiz competition, poster painting competition, and scientific sessions focusing on diet, obesity, and metabolic disorders associated with obesity. A multidisciplinary panel discussion involving an obesity physician, dietician, yoga instructor and



Dignitary being honoured at a programme at AIIMS.

cardiologist highlighted comprehensive approaches for the prevention and management of obesity, emphasizing balanced nutrition, lifestyle modification and regular physical activity.

The CME also included an expert lecture by Richa Jaiswal, Senior Dietician from All India Institute of Medical Sciences New Delhi, who shared valuable insights on evidence-based dietary strategies for effective obesity management and the importance of healthy eating habits

in preventing metabolic disorders.

Speaking on the occasion, Prof. (Dr.) D. N. Sharma, Executive Director and CEO of AIIMS Jammu, emphasized that obesity has emerged as one of the most pressing public health challenges globally. He highlighted that obesity is closely linked with several non-communicable diseases such as diabetes, hypertension, cardiovascular diseases and stroke, and is increasingly being recognized as a risk factor for certain cancers as well.

He stressed that promoting balanced nutrition, encouraging regular physical activity, and raising awareness about healthy lifestyle choices are essential steps toward reducing the burden of obesity. He further noted that institutions like AIIMS Jammu play a vital role not only in providing clinical care but also in strengthening medical education, research and community outreach to promote preventive healthcare.

The programme was organized by the Department of General Medicine headed by Dr. Gaurav Gupta, Associate Professor, along with his team comprising Dr. Ritu, Dr. Kirandeep Kour and Dr. Taranpreet Kaur, Assistant Professors. Through this initiative, the department aimed to enhance multidisciplinary understanding of obesity, promote healthy lifestyle practices, and improve clinical outcomes through collaborative management strategies.

## DLSA Reasi celebrates International Women Day



Chairman DLSA Reasi Khalil Choudhary chairing the event.

### STATE TIMES NEWS

**REASI:** On the directions of JK Legal Services Authority and under the Chairmanship of Khalil Choudhary, Chairman District Legal Services Authority (DLSA) Reasi (Pr. District & Sessions Judge, Reasi), DLSA Reasi in collaboration with Tehsil Legal Services Committee, Mahore on Saturday celebrated International Women Day. On the occasion, a Legal Awareness Camp was organized at Govt. Higher Secondary School, Reasi under the theme "Give to Gain".

The Awareness Programme/Camp was attended by Chairman DLSA Reasi

Khalil Choudhary, Pooja Gupta, Secretary, (Sub-Judge), DLSA Reasi, Himanshu Attri, Munsiff Reasi (Chairman TLSC Mahore), Rashi Baru, Chief LADC DLSA Reasi, Shafaqat Majed Bhat, SDM, Parul Bhardwaj SDPO Mahore, Tehsildar Mahore, Mahesh Chander BDO Mahore, Anurudh Singh BDO Chassana, Super Dil BDO Thnroo and Ranjay Gupta BDO Gulab Garh, Pritam Singh Principal Govt. Higher Secondary School, Mahore, Zulfkar Ali AEE PHE Mahore, Vijay Thappa AEE PDD Mahore, Bishan Das Executive Engineer PWD Mahore, Neeraj Mattu CDPO

Mahore, Advocates of Court Complex Mahore, Staff members and students of Govt. Higher Secondary School, Mahore and Para Legal Volunteers.

Welcome address was presented by Pooja Gupta, Secretary DLSA Reasi. Speaking on the occasion, Chairman DLSA Khalil Choudhary made the students aware about the importance of the day and highlighted various laws for the benefit and protection of women besides also made the gathering of people conversant with different NALSA & SLSA Schemes.

Chief LADC DLSA Reasi and advocates from Court Complex, Mahore also spoke on the theme of the program and made students aware regarding rights of women and violence against women and different welfare and social security schemes for women".

Students of the School also shared their views on the theme. Maroofa Kousar of Class 12th, Nahida Kousar of Class 11th, Shabina Akhter of Class 10th and Jamila Anjam, Parajudo Athlete were felicitated by presenting trophies to them.

Vote of thanks was presented by Bar President Court Complex, Mahore.

## Shaleen Kabra inspects desilting of Ranbir, Tawi Canals

### STATE TIMES NEWS

**JAMMU:** Financial Commissioner (Additional Chief Secretary), Jal Shakti Department, Shaleen Kabra, on Saturday conducted an extensive tour to review the progress of the annual desilting works being carried out on the Ranbir Canal and Tawi Canal. During the visit, the Financial Commissioner inspected various stretches of both the Canals including distribution network and syphons. The inspection was conducted ahead of the scheduled recharging of the canals by the Minister Jal Shakti Department, Javed Ahmed Rana, with the objective of ensuring that irrigation water reaches tail-end areas during the forthcoming irrigation season. The Financial Commissioner was accompanied by the Chief Engineer, Jal Shakti (I&FC) Department Jammu, the Superintending Engineer, Hydraulic Circle Jammu and other officers of the Jal Shakti Department, Jammu. While reviewing the works, the Financial Commissioner expressed displeasure over the dumping of garbage and the inflow of untreated sewage directly into the canals. He issued direc-



Financial Commissioner JSD Shaleen Kabra inspecting desilting work.

tions to formulate projects for intercepting the drains to ensure clean water flows through canals. Annual desilting of the canal network is a mandatory and planned maintenance intervention aimed at restoring the canal system to its original design capacity to ensure water reaches the tail ends. The exercise involves removal of accumulated silt, weeds and other obstructions from the canal bed and banks to ensure smooth flow of water. Carrying out these activities during this window ensures minimal disruption to agricultural operations while simultaneously preparing the irrigation infrastructure for the upcoming

crop cycle. For the past consecutive three years, the Irrigation and Flood Control Department has been completing desilting works within two months instead of the earlier three months schedule. Consequently, the canal is now being recharged in the 2nd week of March instead of 13th April as per the previous practice. The Financial Commissioner directed the officers to maintain close supervision of the works, adherence to quality standards and timelines to ensure its recharging on the scheduled time so that the irrigation network functions efficiently providing benefits to the farmers across the command areas.

# Even Constitution of India could be named as First Victim of 'Article' 35A

Article 370(1-d) was surely not for amending the Constitution of India

### DAYA SAGAR

When we discuss The Constitution (Application to Jammu & Kashmir) Order, 1954 C.O. 48 with respect to adding Art35A in Constitution of India the question was not of modification of an existing constitutional provision but it was of adding a new article and that could be only by amending the constitution. In reference to the case under study it could be opined / also said that the President had not simply ordered application of some provisions of Constitution of India ( that existed in the first constitution of India or have been incorporated in constitution of India by Parliament at some later date after 26 Jan 1950 exercising the constituent power available under article 368) to Jammu & Kashmir with exceptions and modifications of but had in a way unduly overstretched his delegations so as to even amend the constitution of India.

In the Puralal Lakhnupal Vs. the President of India and Others case the apex court (Justice Gajendragadkar, P.B. Sarkar, A.K. Wanchoo, K.N., Gupta, K.C. Das, Ayyangar, N.

Rajagopala Writ Petition No. 139 of 1957 under Art. 32 of the Constitution of India for enforcement of Fundamental rights. Date of Judgment: 30/03/1961 ) held, that the word "modification" used in Art. 370(1) must be given the widest meaning in the context of the Constitution and in that sense it includes an amendment and it cannot be limited to such modifications as do not make any "radical transformation". Where as in the case of Art 35A the question was not of modification or amendment of an existing constitutional provision but it was surely of adding a new article amounting to unduly amending the constitution by the President ( not simply ordering some exceptions and modifications of some existing provisions of constitution of India for direct application with regard to Indian state of Jammu and Kashmir ).

Similarly in the Writ Petition No. 11 of 1968 under Art 32 of the Constitution of India for the enforcement of the fundamental rights, Sampat Prakash vs State Of Jammu & Kashmir & Anr Bench BHARGAVA, VISHHISH'THA HIDAYATULLAH,



A Look through the Mist Part-II

M. (CJ) SHELAT, J.M. MITTER, G.K. VAIDYALINGAM in judgement delivered on 10 October, 1968 the Hon'ble SC had observed to go with the judgement delivered by a larger bench in the case Puralal Lakhnupal v. The President of India, 1962. So, <for this case also the apex court constitutional bench has observed as in the case of Puralal Lakhnupal the observations of the Apex Court -- "thus, in law, the word "modify" may just mean "vary", i.e., amend, and when Art. 370(1) says that the President may apply the provisions of the Constitution to the State of Jammu & Kashmir with such modifications as he may by order specify, it means that he may vary (i.e., amend) the provisions of the Constitution in its application to the State of Jammu & Kashmir. We are, therefore, 'of opinion that in the context of the Constitution we must give the widest effect to the meaning of the

word "modification" used in Art. 370(1) and in that sense it includes an amendment. There is no reason to limit the word "modifications" as used in Art. 370(1) only to such modifications as do not make any "radical transformation">.

Even if these judgements are kept in view , no doubt it is true that Art 370 (1-d) says that President may apply the provisions of the Constitution to the State of Jammu & Kashmir with such modifications as he may by order specify but that can be taken as making reference only to the provisions that existed in the constitution and cannot be stretched to 'amend' (modifying) the Constitution itself i.e adding some new article in the Constitution of India as has been done by adding a new Article namely Art35A after Article 35 ( but so strangely not keeping it in the main body of the constitution, why ? is a fair question ) in constitution of India by the President by issuing the Constitution application ( to Jammu and Kashmir ) order of 1954 C.O. 48 .

Even within the scope of sub-clause (d) of clause (1) of Article 370 an order for adding a new article in the

constitution cannot be defended or taken refuge under this provision which only allows modification of some existing constitutional provision and cannot be used for amending the constitution of India to the extent of even adding a new article. So, an order, said to have been issued under Art 370(1) so as to add new article in COI does not fall in the class of modifying an existing provision as provided in Art 370 w.r.t the Indian state of J&K

No doubt addition to questions raised in foregoing para (s), the contents of Section-4(j) of the Constitution (Application to Jammu and Kashmir) Order, 1954 C.O. 48 were also being put under the question mark by some for being unconstitutional and void on the ground that the contents of Art 35A damage the basic structure of the Constitution as regards the fundamental rights of some citizens of India and in a way go beyond even the jurisdiction that Parliament has under the constituent power contained in Art 368 for amending the COI but not much discussion was done in that direction.

Hence here we are discussing & questioning only the technicalities / juris-

dictions as regards the 'birth' of Art 35A and the authority delegated / powers conferred on the president under sub-clause 1-d of Art-370 of COI. So far Art 35A, had been taken as valid and legitimate article of Constitution of India but it was now being put under question mark.

Article 35A that technically & legally even did not qualify to be an Art of Constitution of India had already done enough damage & in a way directly or indirectly could be alleged to have been also used for promoting / promoted separatist ideologies so it had to be otherwise also declared a nonexistent Article of Constitution of India without any delay or constitutionally held invalid or removed in a "similar way" by a presidential order. In other words need was not only to abrogate it or to modify it or to amend it but need was to Undo its existence. And at last it was made nonexistent by issuing another presidential order on 05-8-2019 i.e C.O 272. In a way it will not be wrong to also say that the "first victim" of Art35A had been even Constitution of India.

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