

LG interacts with youth from Ladakh visiting Jammu

STATE TIMES NEWS
JAMMU: Lieutenant Governor Manoj Sinha on Sunday interacted with the youth from Ladakh visiting Jammu as part of the Akhil Bharatiya Vidyarthi Parishad's (ABVP) "Students' Experience in Regional Understanding (SERU) - Rashtriya Ekamata Yatra 2026", at Lok Bhavan, Jammu.



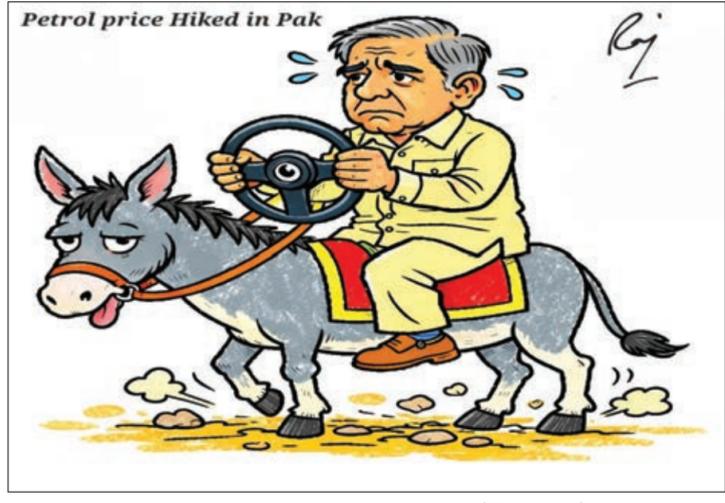
LG Manoj Sinha during interaction with youth from Ladakh visiting Jammu.

He said that programmes like SERU are instrumental in strengthening the spirit of national unity and fostering mutual understanding among youth from different parts of the country.

The youth also shared the experience and exposure they gained during the SERU programme. A group of 30 students representing diverse regions of Ladakh-including Nubra,

Kargil, Leh, Lamayuru, Shang, Nyoma, and Zaskar-is participating in the National Integration Tour. Organized by ABVP in collaboration with the Vidhyarthi Ceva

Educational Trust and SEIL, the tour provides youth with educational and cultural exposure across Delhi, Haryana, Punjab, Himachal Pradesh, and Jammu & Kashmir.



Devyani Rana disburses Rs 70 lakh Loan Sanction Letters to women beneficiaries at Mission YUVA Entrepreneurship Mela

STATE TIMES NEWS
NAGROTA: Economic upliftment is the prime way to uplift women in society said Devyani Rana, MLA Nagrota while inaugurating the Entrepreneurship Mela at the Common Facility Centre (CFC), Panjgrian in Block Nagrota, under the flagship initiative Mission YUVA.



Devyani Rana, MLA Nagrota after distributing loan sanction letters among women beneficiaries.

women but also served as a platform for networking, market exposure, and exchange of ideas.

During the programme, MLA Nagrota Devyani Rana distributed Jammu & Kashmir Bank (J&K Bank) loan sanction letters amounting to Rs 70 lakh to women beneficiaries from different areas of Nagrota constituency under Mission YUVA. The financial assistance is expected to help these women start or expand their small enterprises and improve their economic stability.

Marking the spirit of International Women's Day, while interacting with SHIG members, entrepreneurs, and youth participants, Devyani Rana appreciated their creativity, determination, and efforts towards building sustainable livelihoods. During the entrepreneurship Mela, she emphasized that such ini-

tiatives play an important role in empowering women, strengthening rural economies, and encouraging youth to become job creators rather than job seekers.

Speaking on the occasion, Devyani Rana stated that women's economic empowerment has always remained one of her foremost priorities for the development of Nagrota constituency. She remarked that a truly progressive society can only be built when women are given equal opportunities to grow, lead, and become financially independent.

Devyani Rana further encouraged women and youth of the constituency to actively participate in such initiatives and take full advantage of the support being provided by the Government of India under the visionary leadership of Prime Minister Narendra Modi Ji to promote entrepreneurship at the grassroots

level. MLA Nagrota further said that empowering women economically is not only about providing financial assistance but also about building confidence, leadership skills, and access to opportunities. "My dream is to see every woman in Nagrota become self-reliant and financially independent. When a woman becomes economically strong, the entire family and society benefit," she said.

Devyani Rana also reiterated her commitment to supporting women-led initiatives and ensuring that government schemes reach the grassroots level effectively. She said that the administration and public representatives must work together to create an enabling environment where women feel encouraged to pursue entrepreneurship and innovation.

Officers and Officials from the District Employment & Counselling Centre (DE&CC), Jammu, were also present at the event and briefed participants about the objectives and opportunities under Mission YUVA. They guided aspiring entrepreneurs about various government schemes, financial assistance, training programmes, and institutional support available to help them establish and grow their enterprises.

Dr Jitendra hosts luncheon felicitation for 'Ranji' heroes, highlights aspirational surge among youth

STATE TIMES NEWS
JAMMU: Union Minister of State (Independent Charge) for Science & Technology, Earth Sciences, Dr. Jitendra Singh hosted a luncheon felicitation at his Trikuta Nagar residence in Jammu for the players of the Jammu & Kashmir Cricket Team, recognizing their outstanding performance in the Ranji Trophy.



Union Minister Dr Jitendra Singh with J&K Cricket Team members during luncheon felicitation at his Trikuta Nagar residence, Jammu on Sunday.

Speaking on the occasion, Dr. Singh described the team's achievement as a reflection of the growing confidence, determination, and aspirational surge among the youth of the Union Territory. He emphasized that under the leadership of Prime Minister Narendra Modi, efforts have been made to democratize opportunities and provide equal access to avenues for talent across Jammu and Kashmir. "The culture of 'Sifarish' in sports and employment is being actively eliminated, paving the way for merit and hard work to define success," he said.

Dr. Singh noted that the transformative changes in governance and recruitment practices in Jammu and Kashmir, especially after the abrogation of Article 370, have created a level playing field for youth from all backgrounds. One of the major reforms, he said, has been the abolition of the interview component in recruitment processes, improving trans-

parency and fairness. He cited the recent civil services results, where a visually challenged candidate from the Kashmir Valley, son of a labourer, successfully cleared the examination, as a testimony to this shift.

Highlighting similar reforms in sports, Dr. Singh said the merit-based selection process has enabled talented boys and girls from different regions to represent Jammu and Kashmir in various disciplines. He pointed out the cricket team's remarkable Ranji Trophy performance, including a win against the formidable Karnataka team, as a powerful example of this transformation. "Their achievement sends a message to young people that they too can compete with the best in India and succeed through dedication and effort," he added.

The Minister also spoke about emerging opportunities beyond government employment, citing the growth of the startup ecosystem in Jammu and Kashmir. He highlighted initiatives like lavender cultivation to generate income and pursue entrepreneurship, inspiring similar models in states like Arunachal Pradesh, Nagaland, Uttarakhand, and Himachal Pradesh.

Congratulating the cricket team, Dr. Singh said their success would motivate aspiring athletes and reinforce the spirit of hard work and resilience among youth. He expressed confidence that young people from Jammu and Kashmir would continue excelling in sports, administration, entrepreneurship, and innovation,

contributing to a progressive and developed India.

The felicitation ceremony included the presentation of souvenirs to the players in recognition of their outstanding achievements. Among those present were Brig Anil Gupta, Ajay Sharma, and Paras Dogra. The event, marked by warmth and celebration, highlighted the growing aspirations, talent, and merit-driven opportunities for youth in Jammu and Kashmir.

FICCI FLO JKL hosts 'Legacy on the Ladle' Cooking Masterclass

STATE TIMES NEWS
JAMMU: FICCI FLO Jammu, Kashmir & Ladakh Chapter, under the leadership of Chairperson Aarti Chowdhary and the Core Team, in collaboration with Hotel K.C. Residency, organized an engaging and flavourful culinary event titled "Legacy on the Ladle", an exclusive cooking masterclass led by the renowned Dr. Chef Sanjay Jamwal, Corporate Executive Chef, television show judge, and author of Delights of Dogra Cuisine, along with Executive Chef Kaushal Sharma.



FICCI FLO Jammu, Kashmir & Ladakh Chapter members with participants.

Held at KC Regalia, Jammu, the event brought together FLO JKL members for a vibrant culinary experience celebrating the rich heritage of Dogra cuisine while encouraging creativity and participation among members.

The masterclass offered a rare opportunity for participants to learn from two distinguished culinary experts who shared valuable insights into traditional recipes, modern presentation techniques, and the art of balancing flavours.

An exciting highlight of the event was a culinary competition among FLO JKL members, where participants showcased their cooking skills and creativity. Executive Chef Kaushal Sharma served as the judge for the competition, evaluating

the dishes on taste, technique, and presentation.

Following careful evaluation, the winners of the competition were announced in which First Prize was clinched by Mansi Ratan & Vandana Jain; Second Prize: Nandita Bajaj & Shipra Agarwal and Third Prize: Sapna Rohmetra & Sonia Rohmetra while a special prize for presentation was awarded to Alpesha Rohmetra & Nimisha Dubey.

Addressing the gathering, Aarti Chowdhary, Chairperson, FICCI FLO JKL, expressed her appreciation for the enthusiastic participation of members and

highlighted that the event beautifully blended culinary heritage, creativity, and camaraderie. She shared that initiatives like these not only celebrate regional traditions but also strengthen the spirit of sisterhood within the FLO community.

The event concluded on a delightful note with members enjoying the interactive session, exchanging culinary ideas, and celebrating the joy of cooking together. Through "Legacy on the Ladle," FICCI FLO JKL once again reaffirmed its commitment to creating engaging platforms that celebrate culture, creativity, and community.

Insult to President Murmu an insult to Constitution: Gaurav slams Mamata Banerjee

STATE TIMES NEWS
JAMMU: BJP Spokesperson and Convenor International Affairs Gaurav Gupta has strongly condemned the conduct of the West Bengal government during the visit of the President of India Droupadi Murmu, terming it a serious insult to the Constitution and the dignity of the highest constitutional office of the country.



Gaurav Gupta speaking at a podium.

In a strongly worded statement, Gupta said that the manner in which the programme related to the Santal community was disrupted and the venue reportedly changed reflects the arrogance and complete disregard for constitutional protocol by the government led by Mamata Banerjee.

He said President Droupadi Murmu, who herself belongs to the tribal community, had travelled to attend the event with the people of the Santal

community, but the developments surrounding the programme were deeply unfortunate and disrespectful.

"The way the President of India was treated by the Mamata Banerjee government has crossed all limits of propriety. This is not just an insult to the President but also an insult to the Constitution of India," Gupta said.

He alleged that the TMC's anarchic 'jungle raj' has now reached a level where even the dignity of the President of India is not respected, calling

the incident a violation of all established norms of protocol and democratic decorum.

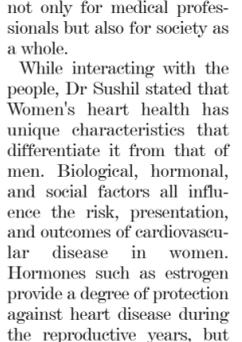
Gupta said the episode has hurt the sentiments of people across the country, particularly the tribal community, youth and women, and questioned the silence of opposition parties including the Congress, DMK and Left parties on the matter.

"The TMC government must immediately apologize to the President of India, the tribal community and the entire nation for attempting to demean the dignity of such a high constitutional office," he said.

Gupta added that respect for the President and the Constitution is non-negotiable, and such conduct by a state government is unacceptable, indefensible and highly reprehensible in a constitutional democracy.

Her Heart, Her Strength-Women's Cardiovascular Health in light of International Women's Day: Dr Sushil

STATE TIMES NEWS
JAMMU: As the World celebrates the achievements and resilience of women on International Women's Day. While conversations often revolve around empowerment, equality, and opportunity, an equally important dimension of empowerment is health, Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness cum health check up camp at Sain Samaj Bhawan, Rani Park Jammu.



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

He emphasized the importance of prioritizing women's cardiovascular health as cardiovascular disease remains the most significant yet under-recognized threat. For decades, heart disease was largely considered a "man's disease," but research has firmly established that it is the leading cause of death among women worldwide. Recognizing the importance of women's cardiovascular health is therefore essential,

not only for medical professionals but also for society as a whole. While interacting with the people, Dr Sushil stated that Women's heart health has unique characteristics that differentiate it from that of men. Biological, hormonal, and social factors all influence the risk, presentation, and outcomes of cardiovascular disease in women. Hormones such as estrogen provide a degree of protection against heart disease during the reproductive years, but this protection diminishes after menopause, leading to a rapid increase in cardiovascular risk. Conditions such as hypertension, diabetes mellitus, obesity, and dyslipidemia significantly increase the likelihood of heart disease in women, often with more severe consequences than in men. Lifestyle factors further contribute to the burden of heart disease among women.

He maintained that Smoking and alcohol consumption among women have also increased in certain populations, further elevating cardiovascular risk. Preventive strategies such as regular exercise, balanced nutrition, stress management, and routine health screenings are therefore essential components of protecting heart health. Awareness and early detection remain the most powerful tools in combating heart disease among women. Public

health initiatives must emphasize education regarding risk factors, symptom recognition, and the importance of regular medical checkups. Screening for hypertension, diabetes, lipid abnormalities, and obesity should begin early and continue throughout life. He added that Healthcare providers also have a critical role to play in addressing gender disparities in cardiovascular care. Studies have

shown that women are less likely to receive timely diagnostic testing, aggressive treatment, or referral for advanced cardiac procedures compared with men. Eliminating these disparities requires increased research focused on women's cardiovascular health, gender-sensitive clinical guidelines, and improved training for healthcare professionals. In addition to medical interventions, social empowerment signifi-

cantly influences women's health outcomes. Education, financial independence, and access to healthcare services empower women to make informed decisions about their health. When women have the knowledge and resources to prioritize their well-being, the entire family and community benefit. Healthy women contribute to stronger families, healthier children, and more productive societies, He Said

In his concluding remarks Dr Sushil Sharma told that, women's heart health represents a crucial pillar of global public health. While biological differences, hormonal changes, and social determinants contribute to unique cardiovascular risks in women, these challenges can be effectively addressed through education, prevention, and gender-sensitive healthcare policies. Recognizing heart disease as a major threat to women's well-being is the first step toward meaningful change. As the world celebrates the achievements and strength of women on International Women's Day, there must also be a renewed commitment to protecting the hearts that sustain families, nurture communities, and drive progress. A healthy heart empowers a woman not only to live longer but also to continue shaping the world with resilience, compassion, and strength.

Management Committee of the All J&K Sain Samaj Kewal Krishan Fotra, Dr S.L. Fotra Ashok Jagotra, Sham Lal, Ashok Tripathi, Sanjay Sajgotra, kasturi Lal and Manohar Lal Tidyal has expressed its sincere appreciation for Dr Sushil and his team's efforts in conducting cardiac awareness cum health check up camp in their area. The Community looks forward to future collaboration with Dr Sushil and his team, acknowledging the importance of their work in improving the health and well-being of the community.

Others who were part of this camp includes Dr Pankaj Banotra, Dr Venkatesh Yellupu and Dr Adarsh Sharma. Paramedics and volunteers includes Kamal Sharma, Raghav Rajput, Irfan Hassan, Mohd Altaf, Shubham Sharma, Raman Chaloitra, Makhn Sharma, Rajinder Singh, Rahul Vaid, Rohit Nayyar, Gourav Sharma and Vikas Kumar.