

SSK celebrates 'Shaurya Diwas' with traditional gaiety

Time ripe for KPs to celebrate religious festivals in Valley: Dr Krishan Gopal

STATE TIMES NEWS

JAMMU: Throwing light on various exodus faced by Kashmiri Pandits from time to time and the last one in 1989-90, Sah Sarkaryavah Rashtriya Swayam Sevak Sangh Dr Krishan Gopal said that there was a sea change in the situation of Kashmir and the time was ripe now for Kashmiri Pandits to celebrate religious festivals in the Valley.

Dr Gopal said this during an online Sambhodan to Kashmiri Pandits across the globe while celebrating 'Shaurya Diwas/Vijay Diwas' as part of three-day Navreh celebrations, organised by Sanjeevani Sharda Kendra Bohri, Jammu.

Dr Gopal said despite facing atrocities inflicted by the



Sah Sarkaryavah RSS Dr Krishan Gopal and others at a programme.

brutal rulers from time to time, Kashmiri Pandits have always emerged winners by preserving language, art, rituals, culture, customs and what not, besides showing perseverance and patience.

"There is a sea change in the situation of the Valley from last around a decade. Now, the KPs are visiting the Valley freely and some have

settled there again. It brings one ecstatic feeling to sea religious festivals being celebrated across almost all the Valley," maintained Dr Krishan Gopal.

He said that the damaged temples, shrines and other allied religious places by the separatists, have now been renovated and the celebra-

tion of this year's Navreh across every nook and corner of the Valley was a testament to the change in situation.

While deliberating on the spirituality and sanctity of 'Navreh Thali' Dr Krishna Gopal said that Thali Ka Prashad was like Pshamatama Ka Prashad for all the Kashmiri Pandits. He further said today's

Navreh was more significant because it was the first day of Saptreshi Samvat 5100.

Earlier, Chairman Sanjeevani Sharda Kendra, Sh MK Bharat presented a welcome address and spoke on the significance of the.

He gave a detailed presentation over the philosophy behind the three-day celebration of Navreh Festival.

It is pertinent to mention here that Navreh is the celebration of the first day of the Kashmiri Pandit community.

Hundreds of Kashmiri Pandits celebrated the festival at various religious places in Kashmir, Jammu, Delhi, Pune, Mumbai, Bengaluru, besides other parts of the country and abroad too.

Press XI defeats Shiv Sena in friendly cricket match



Winner team posing for a photograph at Jammu on Wednesday.

STATE TIMES NEWS

JAMMU: In a friendly cricket match of 20-20 overs played between Shiv Sena (UBT) Jammu-Kashmir unit and Press Club XI at Nagrota sports ground today in which Press XI won over Shiv Sena by 22 runs.

Press Club captain Naveen Kaul won the toss and decided to bat first and set a target of 182 runs in the stipulated 20 overs

while the entire Shiv Sena team was all out at 160 runs.

Shiv Sena opening bowler specially Sunny bowled brilliantly and took two wickets in the first five overs and kept the batsmen tied down but after that Press Enclave batsmen batted well and set a target of 182 runs.

On the other hand, Shiv Sena had a very bad start in batting. Press Enclave bowlers dismissed the first

four batsmen including captain Manish Sahni cheaply. Press eleven batsman Tejas played the best innings of 89 runs while Nitin scored 60 runs from Shiv Sena.

Tejas was awarded the Man of the Match and Press Enclave's Captain Naveen Kaul was awarded the Winner Trophy.

Press Enclave's wicket keeper Mohit Sharma won everyone's heart by doing excellent wicket-keeping.

Sports Foundation seeks medical facilities at MA Stadium, Bakshi Stadium



STATE TIMES NEWS

JAMMU: Vansh Sabre Sports Foundation has asked the Government to introduce medical facilities at the major sports hubs of MA Stadium Jammu and Bakshi Stadium, Srinagar so as to assist trainees with

emergency aids.

A formal request in this regard has been forwarded by the Secretary of the Foundation, Kuldeep Kumar Gupta to president of the J&K Sports Council (JKSC), Lieutenant Governor; Manoj Sinha.

The Foundation observed that at both proposed dispensaries the Medical Department of the UT should make available the services of a Physician and a Nurse on daily basis.

"Since around 1000 young trainees visit these two venues on a regular basis, such emergency medical aid would be a confidence booster for players across different age groups," the letter mentioned secretary as saying.

GDC Paloura starts campaign against smoking

STATE TIMES NEWS

JAMMU: NCC unit of GDC Paloura started campaign against smoking in the college. The event was the part of National Tobacco Control Programme under which various measures were being taken to control the use of tobacco. The event started with the opening address of Principal Prof. (Dr.) Ashu Vashisht who informed the students that smoking is one of the leading causes of pre-

harm the smoker but also those around them, including their family, friends and co-workers. It not only effects our physical health but also our mental health. The National cadet corps cadets then installed the No Smoking signage boards inside the premises of the college.

The programme was conducted by Prof. (Lt.) Arun Sharma under the guidance of Prof. (Dr.) Ashu Vashisht, Principal, GDC Paloura.



ventable deaths worldwide, and its important to understand its devastating effects on our health. Smoking not only

Trikuta Trek organised for NCC Cadets



Participants and officials of Trikota trek posing for a photograph.

STATE TIMES NEWS

JAMMU: The Trikota Trek organised by the Jammu Group of NCC Directorate of Jammu & Kashmir and Ladakh during the Annual Training Camp of 5 J&K Battalion NCC sounds like a remarkable and pioneering initiative. Led by Lt Col Rajesh Kumar and compris-

ing of various staff members, including Nursing Assistants and ANOs, along with 37 enthusiastic cadets, this trek marked a significant milestone in the annals of NCC activities.

The fact that it was the first-ever trek of its kind organized within the framework of the Annual Training

Camp speaks volumes about the visionary approach of the NCC leadership in exploring new avenues for cadet development and adventure.

Such initiatives not only provide an opportunity for physical fitness and outdoor exploration but also nurture leadership skills, team spirit, and resilience among the

cadets. The participation of nursing assistants alongside cadets also highlights the holistic approach towards training and development within the NCC, emphasizing the importance of healthcare and well-being in expeditionary activities.

Undoubtedly, the Trikota Trek would have been a memorable and enjoyable experience for all involved, leaving a lasting impression on the cadets and setting a precedent for future adventurous undertakings within the NCC. It's through such innovative and visionary endeavours that organisations like the NCC continue to inspire and shape the leaders of tomorrow.

JKCA's Laith catches experts' eye at MRF Pace Foundation

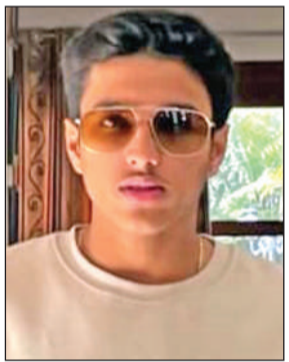
STATE TIMES NEWS

JAMMU: Young promising fast bowler of Jammu and Kashmir Cricket Association (JKCA), who was selected among 44 fast bowlers across the country as a full time trainee at MRF Pace Foundation, Chennai earlier last month, Laith August has now caught the eye of the experts at this centre to be among 18 fast bowlers short-listed for the training including two Sri Lankans.

Apart from bowling consistently at a good speed of over 130 kmph, Laith has the distinction of wobbling the ball both ways, hitting good areas and purchasing bounce even on docile tracks.

This 6-feet tall lanky fast bowler was part of the JKCA U-19 Team in the last season. He is also a utility lower-order batsman.

He was among 44 fast



bowlers from across the country picked by the MRF Pace Foundation Scouts during the last season, who underwent selection trials at Chennai from March 13 and March 14, 2024.

Laith along with other shortlisted bowlers got the nod of one of the fastest bowlers to have played for India, Varun Aaron, who is now taking strides into the world of coaching in the first of its kind high

performance centre for cricket with the legendary Glenn McGrath at the MRF Pace Foundation in Chennai.

After watching the young talent including J&K's Laith Aaron has stated "Yes, there have not been any express fast bowlers that are coming from the MRF Pace Foundation that we used to have back in the years. But that's not going to happen anymore. Now, in the next few years, you are gonna see a lot of really good fast bowlers coming out from the MRF Pace Foundation again."

Brig Anil Gupta, Member Administration while complimenting Laith stated that his selection is recognition of his talent and potential. The Association hopes that he would emerge as a genuine fast bowler under the watchful eyes of the coaches at Chennai.

Divisional selection Chess meet begins



Chess matches in progress at Jammu on Wednesday.

STATE TIMES NEWS

JAMMU: Jammu Division selection events started on Wednesday at Nekk Hotel here to select probable for the upcoming Nationals. To begin with the competition started in under-17 and under-seven age groups. As per a handout issued by the all J&K Chess Association (AJKCA), events in other age groups shall take place from April 15. The events got started under the guidance of veteran player and seven time J&K champion, S P Sharma, who happens to be chairman of the Jammu division selection committee. Bindu Pathania acted as Chief Arbiter while Arvind Sharma assists as technical expert. Events are conducted as per FIDE laws of chess with Swiss system. Earlier, the competition opened by President of the Association, Baldev Raj. For further information about other categories events, interested participants can contact SP Sharma (94191-94679).

Dr Shalini wins runner-up title for in Half Marathon

STATE TIMES NEWS

KATRA: First time participant in the home UT of J&K, a lady doctor, Shalini Sharma, who hails from the holy town of Katra in district Reasi emerged 'inspirational runner' in the just concluded SMVD Katra Half Marathon.

She surprised many after finishing close to the title winner athlete with personal timings of 2:07:55. Title winner Rimpi Devi had a timings of 2:06:05.

Daughter of prominent wrestling promoter of J&K and former Joint Secretary of J&K Sports Council (JKSC), Shiv Kumar Sharma, Shalini, a Radiologist, presently serves with Mother and Child Hospital Gurugram in Haryana.

After finishing her 21 kilometre Half Marathon, the local runner was appreciated by one and all, especially after she become inspiration for the entire women fraternity of the town, which otherwise shows little interest in sports activities.

"I myself was surprised to find her finishing the distance so close to the title winner regular athlete. She has made the entire town feel proud of her sporting talent. Since sports in her blood, she has done something inspirational by becoming an active athlete at the age of 44 years," said Shiv Kumar, who along with wife were at the venue to encourage the daughter. Had her schooling outside J&K, Dr Shalini went to Shishu Vidya School Katra as a young student. She did her MD from HN Hospital Mumbai.

Married to a prominent family of medicos in



Lady doctor Shalini Sharma from the holy town of Katra emerging 'inspirational runner' in the SMVD Katra Half Marathon.

Jammu, Dr Shalini's husband, Dr Amit Bushan Sharma, Cardiologist, is son of Dr Dharam Bushan Sharma and Dr Kum Kum Sharma.

"To stay fit, I took up running in a casual way. And, with the passage of time, it becomes a routine. The participation in Half Marathon at the home town of Katra has truly encouraged me to do more to achieve the desired results. I ask the women of my age to alter their routines and spare some time for themselves," said Shalini Sharma.

Congress is 'guarantee' for development, peace and growth of common masses: Bhalla

STATE TIMES NEWS

BISHNAH: JKPC Working President Raman Bhalla Wednesday alleged that the people of J&K were feeling "betrayed" due to the "wrong policies" of the government. He said the ruling BJP would have to pay a "heavy price" for its "indifferent attitude" towards people. "People of J&K feel betrayed by the BJP, especially in the name of addressing public issues including high inflation and huge unemployment and good governance. The so called good governance is actually a tool to mislead the people. Govt has lost credibility and is losing ground very fast in J&K," Bhalla said during series of public meetings and road shows in various parts of Bishnah constituency including Sehora, Lalechak, Kanhal, Bishnah Main Market, Laxmi Palace Khojipur, Salehar, Salehar Kothey, Makhampur, Arnia, Deoli, Bahadurpur organized by JKPC General Secretary Shashi Sharma. Prominent among those who accompanied Bhalla include Neeraj Kundan Election Star Campaigner; Rajnish Sharma Mian Vice president and Treasurer JKPC, Pawan Raina, Amrit Bali, Badrinath Sharma, Vinita Luthra, Pawan Bhagat Dewarka Choudhary, Narmata Sharma, Ajay



JKPC Working President Raman Bhalla during visit to Bishnah.

Lakhotra, Jatin Raina AP Singh Lucky, Sanjeev Katal, Bharat Bushan Kundal, Sarpanch Rajesh Sharma, Pritam Singh, Rahul Sharma, Surinder Kumar Devghora, Vijay Tagotra, Rajinder Singh Randhawa, Dev Raj Bhagat, Raghu, Manhor Lal Mottan, Shamsher Chand and others.

Bhalla said that Congress Party always stands for the cause of the people by becoming the representative of the people. He said that the Party wants equitable development, employment, and protection of resources for the local population. We have always focused on progressive issues and put-in our efforts for the equitable development of Jammu and Kashmir without resorting to emotive sloganeering, as many political parties here are used to," he remarked. "We have always focused our efforts on tangible issues and as you all can witness unlike BJP which is mster of playing emotional card during every election. But hollow promises can no longer substitute the need for redressal of public grievances. The people of J&K are aware about the hoodwinking they have experienced in the past," he observed. Congress has emerged as an option for the hopeless youth of Jammu who have been disappointed with

the arrogance of the ruling political party," said Bhalla.

Appealing to people not to get swayed by "false propaganda" of the BJP and stand against the "divisive, wrong and anti-people policies" of the BJP, Bhalla assured that his party would continue to work for the well-being of the people, despite the "concocted and false propaganda" unleashed by the BJP against it. He took on the BJP for its "failures" in every sector and causing unrest among the people over administrative and developmental inertia. The unprecedented inflation has subjected the people to miseries with housewives braving the brunt in particular as the prices of essentials have touched skies, primarily due to hike in the fuel prices. The people have been forced to take to the streets during the scorching summers, he said ruling dispensation badly failed to show some sort of empathy with the suffering people rather than making false

claims. The administrative credibility is all time low, given the deliverance and performance in various sectors of development. The power and water supply continues to be erratic while the roads are pock marked by ditches. The accountability seems to be the last priority which is disgusting, he added. Bhalla said instead of indulging in rhetoric, the BJP must realize the damage caused to the rights of the people by scrapping the constitutional provision based on the 1927 enactment of the permanent resident law by the great Maharaja," Bhalla said. He said the insult to the injury of the J&K people is that while Ladakh has succeeded in securing safeguard to jobs and lands, a double yardstick is being applied to us. This has already resulted in terms of lands allotted to outsiders and attempts being made to open up jobs to the non-state subjects at the cost of the bonafide permanent

residents here, he said, adding that Jammu is going to suffer the most being in close proximity to the chances of non-state subjects making their way to Jammu are more likely because of its proximity to other parts of the country and conducive in terms of security scenario, culture, topography and terrain.

"By now the self-proclaimed champions of the Jammu cause must have understood the folly the Centre has committed," Bhalla said, hoping that the people, irrespective of region or religion will rise above myopic political considerations to seek documented guarantee in respect of safeguard to lands and jobs. Bhalla asked the BJP to concentrate on governance rather than allegedly dividing the people and indulging in falsehood. These are not going to take Jammu and Kashmir anywhere, he said and cautioned against testing the patience of the people, who feel pushed to the wall. Same is true about the youth both educated and unemployed as also skilled and unskilled workforce due to growing unemployment. He said BJP failed to fill up the vacancies on the fast-track basis besides undertaking special drives in the police and other para military forces, he added. Bhalla also exhorted

gatherings to hugely vote in favour of Congress candidates.

Bhalla stressed that the Congress is the "guarantee" for development, peace and growth of common masses. In an apparent reference to bifurcation of the erstwhile state into union territories, the Congress leader said the people of Jammu and Kashmir would never forget as to how BJP "victimized and punished" them under the garb of development, besides snatching their just rights in order to fulfill its agenda, based on "lies and deceit". Bhalla said that the people of Jammu and Kashmir were fed up with the "bluffs and failures" of the BJP Government and are suffering on all counts. He alleged that the BJP had gained power after "betrayal of the mandate" and its experiments cost too much to the people of J&K who lost their identity as a State besides all safeguards to their land and jobs. He said that Congress Party is the only unifying force which would fight for the rights of the people of the UT and appealed people to support Congress to expose BJP Government and protect the policies and programmes which were initiated by the Congress for the welfare of the pluralistic, poor and downtrodden sections of the society.

Inter Village Volleyball Tournament at Mendhar

STATE TIMES NEWS

POONCH: Sports have always been one of the premier means of developing a healthy body and mind among children and youth alike.

This stands at the forefront as the means adopted to foster meaningful interaction both amongst the people and Security Forces.

In resonance with the vision of Khelo India, this initiative aims to identify and nurture young talents and give them a platform to hone and showcase their skills. As the residents observed Jamat-Ul-Vida, the last Friday of the holy month of Ramadan, Hanjanwali Battalion of Indian Army brought more reasons to bring cheers to the residents of villages of Panjrain and Rajdhani panchayat. The battalion declared open an Inter Village Volleyball Tournament.

Teams from ten villages participating enthusiastically in the tournament. An entirely new Volleyball Court was constructed by Indian Army, the Line of Control, for conduct of this competition.

Overlooking the mighty Pir Panjal ranges, at the centre of picturesque Sarola Borel, the Volleyball Court bore witness to the excitement of the youths who sweated it out for the teams respective villages in a bid to be crowned the champions.

The competition also aims at initiating positive dialogues to spread Anti-Drug Awareness among children and youth who form part of significant population that resides close to the Line of Control in Rajouri Sector.

This will safeguard their and in turn the Nation's bright future. It will be a week long tournament culminating with the conduct of final match on the day of Eid-Ul-Fitar.

Indian Army is sanguine that this tournament will take a step ahead at contributing positively to the society in general and people of Rajouri in particular.

It further strengthens its commitment to keep conducting such events in future too and keep engaging the residents and youth towards a shared nation building.