One year has gone since you left us for the heavenly abode. But we always feel your presence every where everytime. Your memories will remain with us forever

BARKHI of Our beloved Sh. Rattan Singh Mankotia S/o Late Sh. Durga Dass will be performed on 01-06-2025 (Sunday) at our residence Bharnara at 11:00 AM **GRIEF STRICKEN** 

Smt. Chant Purni (Wife) Sons and Daughters -in -law Devishwar Singh & Sushma Rani Raiinder singh & Sushma devi Jasbir singh & Vivaso devi Gian singh & Neelam kumari Balwan singh & Jvoti devi Daughters and Sons- in- law Babli devi & Subash Singh Nisha devi & Kuldeep singh Santosh Kumari & Surjit Singh



Grandson:-Mr. Shuvam Mankotia





TENTH DAY KRIYA will be performed at Sh. Bhooshan Lal Pandit Muthi Ghat, next to Directorate of school education, Jammu on Sunday 1st June,

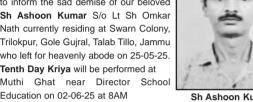
**GRIEF STRICKEN** 

Panditas, Kouls, Bhans

Roshan Lal Pandita - 6006444515, Upinder Pandita - 9149570076

## TENTH DAY KRIYA

With profound grief and sorrow we regret to inform the sad demise of our beloved Sh Ashoon Kumar S/o Lt Sh Omkar Nath currently residing at Swarn Colony, Trilokpur, Gole Gujral, Talab Tillo, Jammu who left for heavenly abode on 25-05-25. Tenth Day Kriya will be performed at Muthi Ghat near Director School



**GRIEF STRICKEN** Pritma Devi - Wife Arnesh Pandita - Son

Shweta Pandita and Ashutosh Gupta - Daughter & Son in law Ph. 9419165983, 7006162450

# GDC Paloura organises pranayam session under International Yoga Day celebrations

## **STATE TIMES NEWS**

JAMMU: In the run-up to International Yoga Day, GovernmentDegree College (GDC) Paloura organized a Pranayam session on campus as part of a month-long series of activities aimed at promoting health and wellness through traditional yogic practices. The event was organised as part of the initiative of the NCC's 8 J&K Girls Battalion.

The session featured Prof. Chinmei Sharma, Head of the MusicDepartment, as the lead resource person. She delivered an engaging and informative session on the importance of Pranayam, elaborating on various  $\operatorname{such}$ techniques Brahmari, Chandrabhedi, and Anulom Vilom.

Emphasizing the holistic benefits of controlled breathing, Prof. Sharma explained how these practices enhance mental clarity, reduce stress, and support overall physical well-

Prof. Sharma also offered

located at different points in the human body explaining their role in achieving emotional balance and spiritual awareness. A live demonstration of Tratak, a yogic technique to improve concentration, was a key highlight of the session. In her address, Principal

insights into the seven

chakras energy centers

GDC Paloura, Mishriwala, encouraged students to adopt yogicpractices like Pranayam daily, underlining their value in achieving academic and personal success.  $\operatorname{The}$ event witnessed

enthusiastic participation from students and faculty members including Prof. Joginder Kumar, Prof. Rabya Meer, Prof. Shivani Prof. Vijay Sharma, Prof. Kumari, Neha Bhagat, Prof. Usha Rani, PTI Vikram Singh Jamwal, Dr Sikander S. Khan, Prof. Tanu, and Prof. Shagun.

The entire program was organized and coordinated by Prof. Kusha Sharma, Associate NCC Officer (ANO), 8 J&K Girls Battalion.

With profound grief and sorrow, we inform the sad demise of our beloved Sh. Karan Singh Sambval S/o Late Sh. Uttam Singh Sambyal R/o Mandi Kotli (A/P Link Road Samba).

13th Day (Kriya) will be observed on 1st of June 2025 (Sunday) at our residence. Rasam Pagri will be observed on 2nd of June, 2025 at 11.00 am at our residence. **GRIEF STRICKEN** 

Smt. Kanchan Sambyal (Wife)

Mrs. Vishali & Mr. Nishant (Daughter-in-law & Son) Mrs. Neha & Mr. Keshav Singh Jamwal (Daughter & Son-in-law) Miss. Parul Sambyal (Daughter)

Sh. Karan Singh

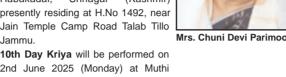
(Bhaiva & Bhabi)

Smt. Veena Sambyal & Sh. Sudharshan Singh Sambyal Smt. Namrata Sambyal & Jagdev Sambyal

Smt. Indira Sambyal & Hardev Sambyal Smt. Madhu Jamwal & Surinder Jamwal (Sister & Brother-in-law) Grand Children: Aanbi & Viaansh

## TENTH DAY KRIYA

With profound and grief We inform the sad demise of our beloved Mrs. Chuni Devi Parimoo W/o Late Sh. Gridhari Lal Parimoo on 24.05.2025 at 3.30 pm in Jammu, Originally resident of Habakadal, Srinagar (Kashmir) presently residing at H.No 1492, near Jain Temple Camp Road Talab Tillo



2nd June 2025 (Monday) at Muthi Ghat, Jammu from 8.30 am to 9.00

Son and Daughter in Law Late Sh. R.L Parimoo & Mrs.Veena Ji

Mrs. Durra Chrangoo & Late Sh. Manu ji Chrangoo

Mrs Nimi & A.K Razdan Mrs Jyoti & Late Kamlesh Bakaya Mrs Rozi & Ramesh Raina

Nephews & Nieces Ravinder Misri & Mrs Veena

Mr Piyush Bakaya Mr Ayush Bakaya

## Zone Gandhi Nagar clinches U-14 & U-17 girls football titles

## ■ STATE TIMES NEWS

JAMMU: The Inter-Zonal District Level Football Competition for U-14 and U-17 girls concluded today at Parade Ground,  $_{
m with}$ Gandhi Nagar emerging victorious in both categories.

The tournament showcased exceptional young talent and provided a platform for budding athletes to compete and demonstrate their football skills.

The event was held under the patronage of Director General Youth Services and Sports J&K UT, Rajinder Singh Tara, and was conducted under the overall supervision of Deputy Director Central, Jetinder Mishra and Joint Director

Key officials including Accounts Officer Sunil Kumar Sharma and DYSSO Jammu, Sukhdev Raj Sharma, also played pivotal roles in organizing

the event. In his address, DYSSO Jammu Sukhdev Raj Sharma appreciated the dedication of the participants and encouraged

them to maintain their fitness and continue participating in sports. He extended his best wishes to all the athletes for future competitions.

Kour, Rohit Gupta, Pal Singh, Singh, Rakesh Singh, Singh, Devinder Singh, Maheep Salathia, and

Gandhi Nagar edged out Zone Satwari 2

Semi-Finals: with a convincing 4-0 vicof sportsmanship but also served as a selection higher-level competitions.

# **Prize Money Open Badminton Tourney begins**

## ■ STATE TIMES NEWS

JAMMU: The All Jammu PrizeMonevOpen Badminton Tournament, organised by Supersonic Badminton Club involving around 130 young shuttlers from city and surrounding areas at newly opened Champions Area, here today.

The competition shall be held in three age categories of Under-13, Under-15, and Under-19 in both boys and girls sections, a handout issued by the Club informed.

The tournament was

and president, BAR Association, Jammu. He praised the initiative and lauded the state of the art facilities at Champions Arena.

He also appreciated the efforts of Gurvinder Singh, secretary of the Supersonic Badminton Club, and his dedicated team, for their commitment to promote badminton and nurturing young talent in the region. The inauguration was

also attended by former SAI Badminton Coach, inaugurated by K Nirmal Satpal Sharma, Chief Refree, Romesh Sharma and Managing Director, Champions Arena, Sahil Bakshi.

The Results:

In Under-13 boy, Gihaan, Bhawani, Ayansh, Sarthak, Ryan Gupta, Divine Sambyal, Adharya Veer, Jaskeerat, Shaurya, Malhar Sharma entered the next round. Similarly, in under-13 girls, Sanvi Shivika Singh, Malhotra, Ruhini Gupta, Aliza Mughal, Akshni Manhas, Ananya Batta, Keerat Chudhary, Geet

Kour, Arya Mahajan

sailed into the next round.

Athrav Baria, Kartik, Pranav, Rishit and Vivan Chib won their respective matches. In under-15 girls Parineeti, singles, Advika, Hunar Preet Isha Bali and Paavni Gupta won their respective

In under-19 boys category, Arnav Sharma, Kartik Gupta, Pratham Sambyal Zahid Mumtaj reached the next round. In under-19 girls, Suhani Sharma, Sukhpreet Choudhary, Iqra Barkat and Diamond Rajput qualified for the next round.

# DC Doda flags off 100-Day 'TB Mukt Bharat Abhiyan'

### DODA: Deputy Commissioner

■ STATE TIMES NEWS

Harvinder Singh flagged off a 100-day "TB Mukt Bharat Abhiyan" here from DC Office Complex.

The campaign aims to intensify efforts to eliminate tuberculosis through sustained awareness, screening and treatment drives across the district.

The launch event witnessed the presence of Chief Medical Officer Dr Om Kumar; Deputy CMO Dr S L Manhas; Block Medical Officer Ghat Dr Abdul Gafoor and other officials and staff from the Health Department.

The DC emphasized the importance of active community participation and inter-departmental coordination to achieve the goal of TB-free India. He urged frontline workers to reach out to the vulnerable population, especially in remote and underserved areas.

The "TB Mukt Bharat Abhiyan" is part of the national strategy aligned with the Prime Minister's vision to eliminate TB by 2025, five years ahead of the global target.

During the campaign, medical teams will conduct door-to-door screening, sputum collection drives and organize TB aware-

ness sessions. initiative includes engaging local influencers, PRI members, ASHAs, and NGOs to spread awareness and remove the stigma associated with TB.

## **TENTH DAY**

With profound grief and sorrow, we inform the Sad Demise of our Be-Loved father Mr. Avtar Krishan Raina. S/o Late Sh. Manjoo Raina, Machipora Handwara on 24th May 2025, currently residing at F-2401, Apex The Kremlin, Siddharth Vihar, Ghaziabad, UP

Tenth Day Kriya will be perfrormed on 2nd June 2025 (Monday) at Gharganga, Mr. Avtar Krishan Raina

Muradnagar, UP, at 09:00 am **GRIEF STRICKEN** 

Arun Raina -Son Deepika Sharma Raina - Daughter-in-law

Umesh Ganjoo - Son-in-law Meenakshi Ganioo - Daughter

BROTHER & BHABI Phoola Raina, W/O Late. P N Raina Sarla Raina, W/O Late M L Raina

Chuni Lal Raina & Gudi Raina Shadi Lal Raina & Aniali Raina

Bani Lal Raina & Renu Raina SISTER & BROTHER IN LAW

Lakshmi Pandita, W/O Late J L Pandita Avtar K Bhat & Bimla Bhat

Kids - Kimaya Raina, Bautik Ganjoo, Hitharth Raina & Lavik Ganjoo

SH. RAMESH SAPRU

Shri Rajender Mujoo

## TENTH DAY

PROFOUND GRIEF AND SORROW, WE INFORM THE DEMISE OF OUR BELOVED SH. RAMESH SAPRU S/O (LATE SH. MADAN MOHAN SAPRU & LATE SMT. RANI DAVI SAPRU) ORIGINAL-LY RESIDENT OF SAFRIYAR HABBA KADAL PRESENTLY RESIDING AT H.NO. 77, POCKET B, SARITA VIHAR, NEW DELHI ON 22/05/2025.

10TH DAY KRIYA IS SCHEDULED ON SATURDAY, 31/05/2025 AT MURAD

PRAYER MEETING/SHRADHANJALI WILL BE HELD AT ARYA SAMAJ MANDIR OPPOSITE POCKET F. SARITA VIHAR. NEW DELHI ON 31/05/2025 FROM 4 PM

IN GRIEF JAYA MATTOO # 9682530722

NARINDER MATTOO # 9599324521 RAKESH MATTOO # 9419020059 H.NO.77, LANE 2 , ANAND VIHAR, BOHRI, JAMMU **10TH DAY KRIYA** 

RAJINDER MATTOO # 9810799717

We are saddened to inform that Shri Rajender Mujoo [S/o Late Smt Raj Laxmi & Late Shri Radha Krishen Mujoo, originally from Sathu Payeen, Srinagar (Kashmir)] residing at T-5, 2nd Floor, Eldeco Residency Greens, Sector-Pi 1, Greater Noida, left for Heavenly Abode in the night of 24th May, 2025. He was unwell for some time, and was receiving periodic treatment from Apollo Hospital,

We are mourning @ our above mentioned house @ Greater Noida

10th Day Kriya will be performed @ Muradnagar, Distt. Ghaziabad on Monday, the 2nd June, 25 between 07:30 am & 10:00 am whereafter we will assemble @ Club House, Eldeco Residency Greens, Sector-Pi 1, Greater Noida @ 11:00 am. **GRIEF STRICKEN:** 

Mrs. Sarla Mujoo - Wife

Mrs. Monika & Sachin Mujoo - Daughter-in-law & Son Phones: 9971788868/ 9971899969

Mrs Amita & Pankaj Mujoo - Daughter-in-law & Son Phones: 7889489264/ 8130131966

Mrs. Chuni Dhar - Sister, Phone: 9412739061 Mrs. Lalita & Kuldeep Kaul - Sister & Brother-in-law, Phone: 9990226365

Mrs. Raini & R N Saproo - Sister & Brother-in-law Mrs. Rajni & V K Mujoo - Bhabhi & Brother, Phone: 8800155772

Yahvi, Hridan & Namasvi (Grand Children) Samast Mujoo, Dhar, Kaul, Saproo & Cherwoo Parivar (s)

With profound grief & sorrow, we inform Brahmana, Tehsil & Distt Jammu.

Tenth Day Kriya will be performed at Muthi Ghat near Directorate of School Education Muthi, Jammu on 2nd June 2025 (Monday) at 10.00 am GRIEF STRICKEN

Sister & Brother-in-law Smt Shanta & Sh Atul Sanjeev Kumai Aunty & Uncle Smt Shamta Raina & Sh M L Raina

Smt Isha Raina & Sh Ashok Raina

Bua & Phufad Smt Asha Bhat & Lt. Sh O N Bhat Smt Girija Koul & Lt. Sh O N Koul Smt Sarla Bakshi & Lt. Sh Surinder Bakshi

Mami & Mama Smt Santosh Padha & Lt. Sh Rishi Padha Smt Gvana Padha & Sh Nagesha Padha Smt Nisha Padha & Sh Neerai Padha

(Mourning from in laws is being held at Gurha Brahmana near Vasuk Nag Mandir) I In laws

Smt Sushma Devi & Sh Puran Gir - Mother/Father-in-law Smt Pooja Gir & Sh Rakesh Gir - Sister/Brother-in-law Smt Anju & Sh Shami Kumar Ms Meenakshi Gir -Sister-in-law Mob. No. 8899427009, 9682557588, 9596615146

## TENTH DAY KRIYA

With profound grief and sorrow we regret to inform the sad and untimely demise of our beloved mother Smt. Saroj Saraf w/o Lt Sh Surinder Krishan Saraf, on 23/05/25. She was

originally from Mallapora, Bana Mohalla Srinagar, currently resident of B-1201 Royal Entrada Apartments, Bhumkar Chowk, Wakad, Pune. The Tenth Day Kriya will be performed on Sunday June 1st, 2025 at 10:00 a.m at the Indrayani River Ghat,

In Loving Memory: Sonika Bakshi & Ravinder Bakshi, Saika Saraf & Abhishek Sarkar. Grandchildren: Abir Bakshi & Enayra Saraf Sarkar, Saraf, Bakshi & Sarkar families. Contact: 9819167656, 7586090505, 9412057536

Alandi, Kamble Wada, Pune 412105.



## 11TH DAY

With profound arief & sorrow, we inform the sad demise of our beloved Sh. Sushil Kumar Bhatt S/o Late Sh. Hirdey Nath Bhat R/o Fatehpora Anantnag who left for his heavenly abode on 21-5-2025, at present address: Dreamland apartment Flat No. 108, gali no. 2, Lakshmi Vihar, Mohan Garden, via Atul Chowk near Dwarka Morh Metro Station. Pin Code: Sh. Sushil Kumar Bhatt



11th and 12th Day Kriya will be performed in Haridwar on 31st May &1st

## **GRIEF STRICKEN:**

Smt. Kishni Bhat (Rani) W/o Late Sh. Hirdey Nath Bhat

Smt. Raini Bhat (Wife)

Smt. Supriya kaul W/o Sh. Aditiya Kaul (Daughter & Son in Law) Smt. Alka Bhat W/o Sh.Kanwal Krishan Bhat (Babhi & Brother) Smt. Sunita Pandita W/o Sh. Sunil Kumar Pandita (Sister & Jija Ji)

## **10TH DAY KRIYA**

With profound grief and deep sorrow, we inform the sad demise of our beloved Virender Kak (Nitu Ji), who left for the heavenly abode on 22nd May 2025. 10th Day Kriya for the departed soul will be performed on 31st May 2025

Pooja Timing: 7 to 10 am. Venue for the Pooja: Shree Gaurishankar Mandir Opp. Pillar No 54 near DHBVN office New Palam Vihar



Gurgaon. **GRIEF STRICKEN:** Kaks, Bhardwajs, Bhans, and Dhars

Contacts: 8851956768, 9015369972

# Virender Kak (Nitu Ji)

## KRIYA/UTHALA

With Profound grief and sorrow, we regret to inform the sad demise of our beloved and respected Smt. VIDYA DEVI W/o Sh. MADAN MOHAN SHARMA (Reasi Wale) R/o EP 975 MAST GARH, JAMMU on 21st May, 2025 (Wednesday). Kriva will be performed at Lakshmi

Narayan Mandir Dakki Sarajan on 31st May, 2025 (Saturday) at 12:00 Uthala will be performed at Panch

Mandir Sector 2, Channi Himmat on 31st May, 2025 (Saturday) from 5:00 P.M to 6:00 P.M

**GRIEF STRICKEN:** Sh. Madan Mohan Sharma (Husband)

Smt. Usha Sharma W/o Lt. Sh. Puran Parkash Sharma (Daughter-in-law and Son)

Smt. Sonal Sharma & Sh. Avinash Sharma (Daughters and Sons-in-Law)

Smt. Sheetal Sharma & Sh. Sarveshwar Sharma

(Grand Children) Dhanak, Bhuvan, Aditi, Saksham, Shailja, Aditya, Srishti and

Lakhanpals, Koushals, Lotras

9419189473, 9419236500

With profound grief and sorrow, we inform the sad demise of Smt. JAI KISHORI HANDOO (Draupadi Bakshi) W/o Late Sh Jia Lal Handoo erstwhile resident of Khah Bazar, Anantnag. Presently residing at H.No 40, Lane 2/3, Block -B, Roop Nagar enclave, Jammu, who left for her

Mourning from Malun parivar will also be Smt. JAI KISHORI HANDOO observed at the same address Roop Nagar enclave as mentioned above Tenth Day Kriya will be performed at 8: 30 AM on 2nd June 2025 (Monday) at

Muthi Ghat (near Directorate of Education Office) Jammu.

Handoo, Bakshi and Bhat PARIVARS Mob: 7006948922, 9419112496, 9419175482 & 9419143078

## 10TH DAY

With profound grief and sorrow, we nform that Sh. Bhushan Lal Pandita (Advocate) S/o Lt. Shreedhar Joo Pandita originally R/o Ganesh Mohalla, Handwara (Kashmir) and currently residing at H.No 162, Sec-3, Vivek Vihar, Paloura, Jammu achieved nirvana on 23rd May 2025.

Sh. Bhushan Lal Pandita (Advocate)

Sh. Roshan Lal Pandita (Adv) & Lt. Smt Basanti Pandita Sister & Brother in Law

Sons & Daughter in law Sh. Upinder Pandita & Smt. Sunaina

Smt. Upasana & Sh. Subash Koul Smt. Alka & Sh. Vinod Pandita Smt. Urmila & Sh. Sandeep Bhan

Suraj, Ojas, Akash, Khushi, Dhani, Aaira, Advait, Yaduvir Contact: 9149570076, 6006444515

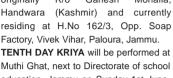
## SCAN THE QR CODE TO PAY STATE TIMES



**PAY THROUGH** 



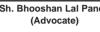
With profound grief and sorrow, we inform the untimely demise of our beloved Sh. Bhooshan Lal Pandit (Advocate) S/o Lt. Shreedhar Pandit. originally R/o Ganesh Mohalla, Handwara (Kashmir) and currently residing at H.No 162/3, Opp. Soap





(Advocate)

Sh. Rattan Singh Mankotia

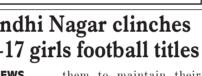




Grief Stricken

Daughters and Sons in Law Late Mrs. Promilla & M.L Daftari

Mrs Sweety & Ramesh Machama Grand Sons and Daughters in Law Dr. Vinod Daftari & Ms Sunaina



The tournament was efficiently conducted by experts from the Youth Services and Sports Department, including Ajay Kumar, Harvinder Gurbachan Singh, Taran Varinder Mohd Ashraf, Muneshwar

other technical officials. U-14 Girls Football: Semi-Final: Zone Gandhi Nagar defeated Zone Jammu 2-0. Final: Zone

U-17 Girls Football: Zone Bhalwal beat Zone Dansal 4-3; Zone Gandhi Nagar beat Zone Marh 3-1. Final: Zone Gandhi Nagar dominated Zone Bhalwal tory. The tournament not only celebrated the spirit ground for upcoming

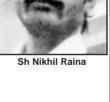
# **TENTH DAY KRIYA**

Mrs. Munni Muioo - Bhabhi

the sad and untimely demise of our beloved Sh Nikhil Raina S/o Lt. Smt Preetam Raina and Lt. Sh Avtaar Krishan Raina originally resident of Ali Kadal Srinagar at present Khasra No. 150 Khata No. 70/Khewat No. 7, Gurha







10th Day will be performed on 1st June, 2025 **GRIEF STRICKEN** 

Smt. Shanti Pandita - Wife

Smt. Santosh Pandita & Sh. Ashok Kumai

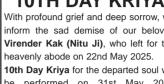
Sh. Rohit Pandita & Smt. Shivani Daughters & Son in Law

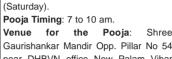
Smt. Reema & Sh. Sumeer Raina **Grand Children** 



BHIM-UPI/Paytm-UPI or any other UPI app





























(Draupadi Bakshi)

Smt. Madhuri Bali & Sh. Rajeev Bali Smt. Lovely Sharma & Sh. Ashwani Sharma

Suvarcha

TENTH DAY KRIYA

Grief Stricken :-

Brother & Sister in Law



