

BJP's motto is to take schemes of Modi led Govt to doorstep of people: Randhawa

STATE TIMES NEWS

JAMMU: Former Legislator and senior Bharatiya Janata Party (BJP) leader Vikram Randhawa said that the motto of the Bharatiya Janata Party (BJP) is to take the schemes of the Modi led Government at the doorstep of the people.

He stated this while interacting with the people during Public Outreach Programme in Jallo Chak area of Ward Number 68 in RS Pura Jammu South Assembly segment.

On the occasion, the people apprised the visiting leaders about various development works to be carried out in their area.

The people of the area also apprised Former Legislator about the problems being faced by them



Former Legislator Vikram Randhawa visiting Jallo Chak area of Ward 68.

due to deplorable condition of the deep nallah.

Former Legislator gave a patient hearing to the issues raised by the people and assured them to take up the same with the concerned authorities for early redressal.

He assured the people that the construction work of the deep nallah will be started soon.

"I will personally take up the matter with the concerned officials regarding the construction of this deep nallah. The work will start as soon as possible as funds for the same stands already released", Randhawa stated.

Former Legislator said that several development works have been launched to improve the overall con-

dition of lanes and drains, link roads, and other amenities in neglected areas.

He asked locals to identify developmental needs of their area so that the works can be enlisted for execution by the concerned departments on priority.

He assured that all pending development works in the area and other development works of the area would be fulfilled in a phase manner.

Former MLC Vikram Randhawa further said that several projects are underway to provide all basic amenities including better connectivity, safe drinking water, better sanitation to the people.

"During 10 years tenure, people especially poor have been immensely benefitted

from the schemes launched by the Modi led Government".

Former Legislator while referring to the vision of Prime Minister Narendra Modi about Jammu and Kashmir said that while the economically marginalized segments of the society have been brought under Ayushman Bharat scheme as part of health for all across the country, it has been made applicable as Ayushman Sehat in the Union Territory with benefits of Rs 5 lakh medical cover to every family without any economic slab.

Naresh Singh, Raj Kumar, Capt. Om Parkash, Usha Devi, Sunil Charak, Tarseem Lal, Ashok Kumar, Parshotam Lal and many others were present on the occasion.

'The - Sara' organizes Awareness Program on POCSO Act

STATE TIMES NEWS

JAMMU: 'The - Sara', a registered non-governmental organization under its Mission Mental Health Support organized awareness program on Protection of Children from Sexual Offences (POCSO) Act for the benefit of children of 'Palaash' and 'Parisha' - the home for children at R.S Pura Jammu.

'Team 'The - Sara' led by Gurjeet Kour Ghuman conducted the program with the aim to educate the children on various topics related to child safety and protection, which will help both the children and staff members to be more aware and vigilant in ensuring safety of the children.

On the occasion field volunteers with 'The - Sara' namely Abhay Anjeja, Minakshi Sharma and Shaunak Verma conducted interactive and



The-Sara members speaking at awareness programme.

activity based session on topics, which included Good touch and bad touch, abuses of various kinds, cyber crime and bullying and their legal implications.

Speaking on the occasion President of 'The - Sara' Gurjeet Kour Ghuman said, "Child sexual abuse is a major concern that is increasing day by day in our country and to

fight child sexual abuse, it is important that we all take responsibility in our own various ways to combat the menace."

Gourav Suri Superintendent of 'Palaash' and other staff members of 'Palaash' and 'Parisha' thanked members of 'The - Sara' for conducting an informative session.

Khatana directs authorities to ensure facilities on Eid Ul Azha, inaugurates ATM

STATE TIMES NEWS

JAMMU: Different deputations on Saturday met senior BJP leader and Member of Parliament (Rajya Sabha), Gulam Ali Khatana and raised the issues of water and power problems in their areas.

Speaking on the occasion Khatana assured to direct the administration to look into matter.

He asked the officers in Jal Shakti Department, Power Development Department and others to ensure proper power and water supply on the occasion of upcoming festival of Eid Ul Azha so that the people face no problems.

The Member of

Parliament asked the concerned authorities to check that prices of essential items like chicken, mutton etc remains under control on the day of the festival and fresh items are sold in the market.

He said that there should be adequate security at Mosques and other religious places to prevent any untoward incident.

"Health Department should establish their stalls at Mosques to provide medical facilities to the community members visiting the religious places for offering prayers," Khatana said.

He said that special teams of the concerned

departments and district administration should check proper availability of the essential commodities in the markets at proper rates.

He said that in this scorching heat proper supply of water and power should be ensured and in areas where proper water supply is not possible, special water tankers should be pressed into service.

"No discrepancy will be tolerated in this regard," Khatana said and extended Eid greetings to all the people of J&K Union Territory.

After this the MP inaugurated an ATM of J&K Bank at Narwal area.

Five-Day Yoga Camp in Jammu highlights benefits of Pranayama

STATE TIMES NEWS

JAMMU: A five-day Yoga Camp was inaugurated at Rameela Ground, Sector 2, Chhanni Himmat, Jammu.

The camp featured a special session on Pranayama, led by Dr. Shreyansh Kumar Jain, State Yoga Commissioner, State Chairman of the Indian Yoga Association, President of Vichar Kranti Manch International, and State Convener of Bharat Vikas Parishad.

Ashok Gupta, Vice President of Bharat Vikas Parishad and VKMI, introduced and advised on yoga practices, followed by Yogasana practice conducted by Ravinder and Subhash Gupta from Bhartiya Yog Sansthan. Ashok Khajuria, Secretary of the Shivalik



State Yoga Commissioner, Dr. Shreyansh Kumar Jain posing with others at a yoga camp.

Branch BVP, welcomed the participants, and H.C. Vaid, Branch President, detailed the program.

Dr. Jain's session on Pranayama emphasized its role as a key component of yoga, focusing on breath regulation for physical and mental wellness.

He explained that Pranayama, derived from 'Prana' (life energy) and

'Yama' (control), involves specific breathing exercises and patterns aimed at controlling breath timing, duration, and frequency.

Dr. Jain described how Pranayama connects the body and mind, supplies oxygen, and removes toxins, thus providing psychological benefits. Participants practiced deep and long breathing, learning the difference

between ordinary and yogic breathing. Scientific studies cited by Dr. Jain highlight Pranayama's benefits, including stress reduction, increased mindfulness, lowered high blood pressure, improved lung function, and enhanced cognitive performance.

Specific Pranayamas, such as Shitali, Shitkari, Chandranulom, and

Chandrabhedhi, were demonstrated for their cooling effects on the body, essential during summer.

These techniques, using the left nostril (Chandranadi), help balance and relax the nervous system. Dr. Jain recommended practicing these Pranayamas for 10 to 30 minutes daily.

The camp also addressed the effectiveness of Pranayama in managing stress, tension, anxiety, and depression, positively impacting psychological health and sleep quality. Four types of Bhramari Pranayama were taught, and a meditation session was conducted. Shivram Sharma, State General Secretary of Bharat Vikas Parishad, presented a vote of thanks and encouraged maximum participation in the concluding function scheduled for June 19th at Panch Mandir, Chhanni Himmat.

ABVP Jammu Mahanagar pays floral tribute to martyrs of Terrorist attacks



ABVP Jammu Mahanagar members paying tribute to the brave souls.

STATE TIMES NEWS

JAMMU: In a solemn ceremony on Saturday, the Akhil Bharatiya Vidyarthi Parishad (ABVP) Jammu Mahanagar paid tribute to the brave souls who lost their lives in recent terrorist attacks in Reasi, Hiranagar, and Doda. Members of ABVP, along with local residents and students, gathered to honour the memory of the martyrs and show solidarity with the affected families.

The ceremony was marked by a heartfelt tribute where flowers were laid to symbolize the community's grief and respect for those who made the ultimate sacrifice.

ABVP Jammu Kashmir State Secretary, Akshi Billowria, spoke passionately against the senseless violence perpetrated by terrorists.

She emphasized unity in grief and determination, stating, "Today, we stand united in grief and resolve. The

senseless violence perpetrated by terrorists has taken away our brave brothers and sisters, but it will never break our spirit. We honour their sacrifice and pledge to continue our efforts to foster peace and security in our beloved Jammu and Kashmir."

Arman Khajuria, Mahanagar Secretary, stressed the importance of a resolute response to terrorism, urging decisive action from the government against

the perpetrators. "It is imperative that we send a clear message that such acts of terror will not be tolerated. We call upon the authorities to bring the perpetrators to justice and ensure the safety and security of our citizens," he affirmed.

The ceremony also saw the presence of State Joint Secretary Sannak Shrivats, State Media Incharge Ramnik Sharma, and NEC Member Akhil Wazir.

The tribute concluded with a moment of silence as attendees paid their respects.

ABVP reiterated its dedication to aiding the families of the victims and working toward a peaceful and prosperous future for Jammu and Kashmir.

KDP Wing of DPAP demands resettlement of KPs in Valley

STATE TIMES NEWS

JAMMU: The statement from the KDP Wing of DPAP, represented by President Sanjay Dhar, Chairman Piaray Lal Pandita, General Secretary Raj Kumar Ticku, Naveen Gosani Youth President and other leaders emphasized several critical issues and demands concerning the resettlement and rehabilitation of displaced Kashmiri Hindus.

The leaders criticized past and present governments for not creating a concrete resettlement and rehabilitation policy for displaced Kashmiri

Hindus, accusing them of using the displacement issue as a political tool during elections.

The leaders expressed concern over the unfulfilled promises made by political leaders since 2014, including those made during the 2024 election campaign.

They urged the central government to recognize the deep connection of the displaced community to their birthplace in Kashmir, highlighted by the significant turnout of displaced people visiting the Kheerabawani shrines.

The statement called for the formulation of a one-

time return policy for displaced Kashmiri Hindus, developed with the consultation of those directly affected by the displacement, particularly those living in camps.

The leaders demanded the restoration of statehood to Jammu and Kashmir and the prompt conducting of assembly elections to establish a representative government, which would restore public confidence.

The rejection of the reservation of two seats in the State Legislature on a nomination basis is noted. Instead, they advocated for the reservation of two elec-

toral seats specifically for the displaced Kashmiri community to ensure proper representation.

They appealed to both the central and UT governments to create employment opportunities for displaced Kashmiri Hindu youth, including the special recruitment of three police battalions with relaxed norms.

The leaders expressed hope that the current government will address these demands to ensure the dignified rehabilitation of displaced Kashmiri Hindus and avoid previous ineffective measures.

Congress for firm action against terror, against delaying assembly elections

STATE TIMES NEWS

JAMMU: Expressing serious concerns over the continuous spread of terror activities including in Jammu city, Congress has asked the government to control terrorism at all costs while rejecting suggestions to further delay the assembly elections in Jammu and Kashmir.

Reacting strongly to reports of the presence of terrorists in Jammu city too, the party's Working President Shri Raman Bhalla and Senior Vice President & Media Incharge Ravinder Sharma termed the situation quite alarming & worrisome.

Extending full support to the security forces and solidarity with the people, the Congress leaders termed it very serious threatening the safety and security of

common people. There is atmosphere of fear & demanded adequate measures to instill confidence.

Appealing people to be alert and pass on all relevant information to the police and forces, they questioned the government for the failure of its security arrangements.

The Congress leaders reacted to the suggestions for postponement of assembly elections, terming the same against the democratic rights of people who are already deprived of elected government for nearly six years.

Party demanded firm action against terrorism & favoured timely holding of elections as per deadline fixed by Supreme Court.

JAMMU: The Sikh community in Jammu and Kashmir celebrated a significant victory with the appointment of Rajiv Singh, Professor and Head of the Department of Veterinary Medicine at SKUAST University, as a member of the Jammu and Kashmir Union Territory Public Service Commission (PSC).

This appointment, under Section 93 of the Reorganisation Act, marks a crucial milestone for the Sikh minority in the region.

Advocate Amrik Singh, Member of the National Minority Commission (NMC) and Advisor to the Chairman NMC J&K, expressed heartfelt gratitude to Lt. Governor and

Prime Minister Narendra Modi for addressing a longstanding demand of the Sikh community.

He emphasized that the appointment of Rajiv Singh not only fulfills a historical need for representation but also acknowledges the community's contributions and aspirations within the public service framework.

Sudershan Singh Wazir, Chairman of the Sikh United Front J&K, chaired a meeting of various Sikh organizations to extend thanks to the Jammu & Kashmir government for heeding the community's demand. He highlighted the historical precedent of including at least one Sikh member in the PSC during previous appointments and lamented the recent lack of

representation, which had caused disappointment among Sikhs.

Wazir especially thanked Mahant Manjit Singh, Head of Shriomani Dera Nanang Sahib Poonch J&K, for his consistent efforts in lobbying for Sikh community interests at various government platforms.

His leadership ensured that the legitimate demands of the Sikh community were heard and addressed appropriately.

Looking ahead, the community expressed optimism that under the leadership of Prime Minister Narendra Modi, remaining issues such as granting official status to the Punjabi language in J&K UT will be promptly addressed. The appointment of Rajiv

Singh is seen as a commendable step towards fostering inclusivity and ensuring fair representation within governmental bodies.

Various Sikh leaders and organizations participated actively in the celebratory meeting, including Mohinder Singh, Chief Organizer of Bhai Kanhiya Nishkam Sewa Society and former member of DGPC Jammu, commended Rajiv Singh's capabilities and anticipated his impactful contributions to the transparency and effectiveness of government bodies.

The other Sikh organisations and leaders who participated in

the meeting include Darbinder Singh, Rajinder Singh, Karan Singh Bali, Gajan Singh, Ravinder Singh, Kulwant Singh Kahajuria, Kuldeep Kour, Gurmeet Kour, Paramjeet Singh, Raja Singh, Sewak Singh, Rattan Singh, Prof. Yudhvir Singh, Charan Singh Bali, Harpreet Singh Chhotu, Surjeet Singh Kukoo, Manmohan Singh, Jagmohan Singh, Surinder Singh Dutt, Kulwant Singh, Rasbir Singh, Satinder Singh Sethi, Kular Singh, Satwant Singh Honey, Manjeet Singh, Paramjeet Singh, Tejpal Singh and Charanveer Singh (Laad).

Apni Party's PAC meets to discuss electoral shortfalls in recently held LS polls

STATE TIMES NEWS

SRINAGAR: Apni Party's Parliamentary Affairs Committee (PAC) held a comprehensive meeting on Saturday to analyze the electoral shortcomings observed during the recent Lok Sabha elections in Jammu and Kashmir.

The meeting, held at the party headquarters in Srinagar, focused on understanding the causes behind the low turnout for the party.

The participants engaged in detailed discussions and conducted

an in-depth analysis of the unexpected and low performance of the party during these elections.

During the meeting, the leaders shared their feedback, views, and ideas to ensure the best possible outcomes in the forthcoming elections.

On this occasion, it was decided to convene a joint meeting of the PAC and the party's general body soon after Eid-ul-Adha to gather grassroots-level feedback and formulate a comprehensive strategy in preparation for the upcoming assembly polls.

Power shutdown

STATE TIMES NEWS

JAMMU: Chief Engineer (Distribution) JPDCL, Jammu has informed that the power supply to Jammu Airport will remain affected on June 16 from 8 am to 10 am.

Similarly, the power supply to Thanamandi, Fatehpura, Behrote, Plangarh, Bawali, Shadra Sharief and adjoining areas will remain affected on June 18 from 9 am to 3 pm.

Likewise, the power supply to Kishanpur and adjoining areas will remain affected on June 19 from 7 am to 12 noon.

Similarly, the power supply to Potha, Lassana, Chatral, Mankote, Harni, MES

Mendhar and adjoining areas will remain affected on June 19 and 20 from 10 am to 2 pm.

Likewise, the power supply to Pancheri, Meer, Lander Meer Katti, Mongri and adjoining areas will remain affected on June 19 and 20 from 6 am to 12 noon.

Meanwhile, Superintending Engineer (Distribution) JPDCL, O&M Circle Kathua has informed that the power supply to Vijaypur-I, Bandal and adjoining areas will remain affected on June 16 from 5 am to 10 am.

Similarly, the power supply to SM Pura and adjoining areas will remain affected on June 16 from 5 am to 10 am.

Panun Kashmir calls for decisive action for ensuring safety, security of citizens

STATE TIMES NEWS

JAMMU: Panun Kashmir leaders, led by Chairman Dr. Ajay Chrungeo, criticized the Indian State for trivializing the severe implications of terrorism in Jammu and Kashmir and denying its genocidal nature. The leaders urged the newly assumed government led by PM Narendra Modi to recognize the grave danger faced by Hindus living in Jammu & Kashmir and tourists visiting the region. They called for the relocation of Hindu employees to safer areas in Jammu and

the issuance of a travel advisory warning against travel to Kashmir and other vulnerable regions.

They stressed that recent terror attacks in Reasi, Kathua, and Doda indicate a broadening scope of terrorism, contradicting the government's portrayal of these incidents as isolated. They criticized the government's categorization of terrorists as misleading and accused it of downplaying the threat. They highlighted that Hindu PM Package employees were coerced into returning to

Kashmir under threat of losing their livelihoods, falsely signaling a return to normalcy. They argued that the presence of Hindus and tourists in Kashmir serves as a misleading representation of safety, accusing the government of prioritizing tourism over addressing internal security challenges. Panun Kashmir called for urgent and decisive action from the Union Govt to address the genuine threats posed by terrorism, ensuring the safety and security of its citizens and visitors.

