

Dark days of Emergency remind us of how Congress subverted basic freedoms: Rekha

■ STATE TIMES NEWS

JAMMU: On the occasion of the 49th anniversary of the imposition of the emergency, Bharatiya Janata Party (BJP) District President Jammu South Rekha Mahajan directed sharp criticism at the Congress while addressing the karyekartas, saying that the dark days of the emergency reminded how the Congress Party trampled over the Constitution of India. BJP announced on Tuesday, a nationwide program to commemorate the emergency imposed on June 25, 1875, by then Prime Minister Indira Gandhi. Rekha Mahajan condemned the misuse of power and suppression of democratic freedoms during that period, attributing the survival of democracy to the sacrifices of those who fought to restore constitutional norms. Rekha Mahajan emphasized that today is a day to pay homage to all those great men and women who resisted



BJP District President Jammu South Rekha Mahajan posing with party workers.

the emergency. The Dark Days of Emergency remind us of how the Congress Party subverted basic freedoms and trampled over the Constitution of India, which every Indian respects greatly. She further said that just to cling on to power, the

then-Congress government disregarded every democratic principle. Rekha Mahajan further shared, "Just to cling on to power, the then Congress government disregarded every democratic principle and made the nation into a jail. Any person who disagreed with Congress was tortured and harassed. Socially regressive policies

were unleashed to target the weakest sections." She added that those who imposed the emergency have no right to profess their love for our Constitution. "These are the same people who have imposed Article 356 on innumerable occasions, got a bill to destroy press freedom, destroyed federalism, and violated every aspect of the Constitution," Rekha added. Rekha asserted if democracy is still alive in this country today, the credit goes to those people who struggled to restore democracy, went to jail, and had to undergo so much physical and mental torture. She said the coming generations of India will remember their struggle and their contribution to protecting democracy.

Annual festival organized at Tirupati Temple Jammu

■ STATE TIMES NEWS

JAMMU: The Tirupati Temple celebrated its annual festival with great enthusiasm. The day included rituals like Ashtothra Kalashabhisekham (a ritual involving pouring sacred water over the deity), homam (a fire ritual), and a special puja dedicated to Lord Venkateswara.

Devotees participated in a procession and received blessings from Lord Venkateswara after having Darshan (sacred viewing) of the deity. The activities began with puja led by Krishna Sai Archaka Pandit and Superintendent RC Subramanyam, along with other temple pandits.

Superintendent Subramanyam mentioned that the Ashtothra Kalashabhisekham and homam started at 8:30 AM and concluded by 12:30 PM. The ceremony was conducted on the auspicious occasion of



Krishna Sai Archaka Pandit and Superintendent RC Subramanyam performing Puja.

Shravan Nakshatra, adding to the sanctity of the event.

Subramanyam expressed happiness over the cultural richness brought by the Tirupati Temple, which offers a glimpse of South Indian traditions to the devotees. He described the experience as heavenly.

Sai Krishna and Temple Inspector Sai Krishna encouraged enthusiastically participation in the rituals and urged the administration to facilitate

easy access to the temple, suggesting the initiation of a bus service for devotees and tourists alike.

The event was attended by various individuals involved in the temple's activities, including Ramesh Babu, Amit Shukla, Neeraj Shukla, Ravi Teja, Surya Parkash, Anurag Patu, Goutam Pandey, Chandan Prasad, and Keshwa Ramgopal Sharma, all contributing to the successful organization of the festival.

DGP releases Urdu Compendium on Three New Criminal Laws



DGP J&K, R.R. Swain and other officers releasing the book "Compendium on Three New Criminal Laws at Srinagar."

■ STATE TIMES NEWS

SRINAGAR: The Director General of Police J&K, R.R. Swain on Tuesday released the book "Compendium on Three New Criminal Laws- Teen Naye Foujdaari Qawaneen" and Informative Flyers on various provisions of these laws in Urdu language, at a function held at Police Headquarter here. These laws will be implemented throughout the country from 1st July-2024.

The Urdu Compendium out-

lines key changes brought out by Bharatiya Nyaya Sanhita (BNS), the Bharatiya Nagarik Suraksha Sanhita (BNSS) and the Bharatiya Sakshiya Adhinyam (BSA), replacing Indian Panel Code (IPC), Criminal Procedure Code (CrPC) and Indian Evidence Act respectively.

The Compendium has separate chapters on Substantive Law, BNS and its comparison with IPC, detailed provisions regarding investigation, arrest,

search, seizure, prosecution and trial in the court of law mentioned in procedural laws of BNSS and BSA for Urdu knowing police personnel. It discusses in detail various new provisions like use of forensic and technology during the investigation, witness protection scheme, terrorism, organized gangs and the special provision for women and children. The compendium has been compiled and translated by a committee constituted by

Police Headquarters J&K which was headed by SSP Mubassir Latif, IPS and DySsP, Owais Wani, Abdul Majid Magray, Faisal Arif Rishu, PSI Ahsan Khan and PSI Muhammad Zaman as members.

DGP J&K R.R. Swain, while appreciating the efforts of the committee, highlighted the importance of understanding these laws in Urdu and Hindi.

ADGP (Hqrs) PHQ, M.K. Sinha, IGP (POS) PHQ B.S. Tuti, DIsG Sujit Kumar, M Suleman Choudhary, Haseeb-Ur-Rehman, Nisha Nathyal attended the book release function in person, while Director General, Prison J&K / Spl DG Crime J&K Deepak Kumar, ADGP Jammu Anand Jain, DIG trainings (PHQ) Sarah Rizvi, Range DIsG, District SSSP attended the function through video conferencing.

LG Mishra takes part in ULLAS Mela to declare Ladakh fully functional literate Union Territory in India

■ STATE TIMES NEWS

LEH: The Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd) took part in ULLAS Mela organised by the Ministry of Education, Government of India in collaboration with School Education Department, UT Ladakh, at the Sindhi Sanskriti Kendra (SSK) Leh to declare Ladakh a Fully Functional Literate Union Territory in the Country. To achieve the target of 100% literacy by 2030, the Government of India has implemented a centrally sponsored scheme called Nav Bharat Saksharta Karyakaram or New India Literacy Programme (NILP) for the period of Financial Years 2022-2027.

ULLAS is the short form of Understanding of Lifelong Learning for All in Society and holds the motto of Jan-Jan Sakshar. The scheme is targeted at all non-literates of age 15 years and above.

Congratulating all those above 15 years who are literate now along with the trainers, the LG called the declaration of Ladakh as a fully functional literate union territory a landmark achievement for the region. He stated that the enthusiasm shown by old age people to learn to read and write amazes him. He congratulated the trainers for bringing all those willing to learn to read

and write in a single place and also appreciated the initiatives taken by the Ministry of Education to improve standards in Ladakh. The LG recalled the challenges faced by students to enroll in educational institutions, which would happen only once a year and now initiatives have been taken to remove the mental barrier of society to look for government jobs. He also stated that society must teach the youth to become job providers instead of job seekers to reduce the unemployment gap.

He further stated that Ladakh requires more entrepreneurs and start-ups and asked the Ministry of Education to think of a comprehensive plan in this regard. The HLG expressed hope to see the new literates making their presence felt in society and also show the path to future generations to take society forward. The LG felicitated new literates from Leh and Kargil on the occasion. He also released the Annual Report of School Education Department, UT Ladakh.

Secretary, Department of School Education & Literacy, Ministry of Education GoI,

Sanjay Kumar, termed the day a 'Red Letter Day' for Ladakh and congratulated the people of Ladakh along with the new literates. Calling books as windows to the outside world, he highlighted the special features of the New India Literacy Programme. He also highlighted various initiatives being taken by the Ministry of Education to improve educational standards in Ladakh.

Principal Secretary, School Education Department, UT Ladakh, Sanjiv Khairwar welcomed the guests and highlighted various initiatives taken by the department to improve the literacy rate in Ladakh. Director, School Education Department, UT Ladakh, Tsering Paldan, gave the thank you speech.

A film on the journey of ULLAS Programme in Ladakh was also screened on the occasion. Earlier, the LG inspected the mobile science lab along with stalls set up by different schools from UT Ladakh. He also interacted with teachers.

Chief Executive Councillor, LAHDC Kargil, Dr Mohd Jaffer Akhoun; Advisor to the HLG, Dr Pawan Kotwal; Executive Councillor, LAHDC Kargil, Zakir Hussain; Principal Secretary, Sanjiv Khairwar; ADGP Ladakh, Dr SD Singh Jamwal; Joint Secretary, Department of

School Education and Literacy, GoI, Archana Sharma Awasthi; officials, teachers and lecturers from School Education Department along with new literates were present during the function.

Tourists rush to snowy Daksum, Sinthan Top amid heat wave

■ MASROOR AHMAD:

SRINAGAR: Tourists from various states parts of the country and even from abroad are flocking to Sinthan Top, where snow still lingers despite the heat wave affecting much of India including Jammu and Kashmir. Visitors say that the snowy landscape offers a completely unique experience.

A tourist from Bangladesh said that he, along with his family and friends, was visiting Kashmir for the first time. He praised the valleys and scenery, describing them as more than just good.

He recommended that other Bangladeshis and people from other countries visit Kashmir, as the place has excellent hospitality and cuisine. He said that Kashmir is a place worth visiting.

"This season, we came

here specifically to see the snow. Once we arrived in Kashmir, we learned that Sinthan Top is the only place where there's still snow. We wanted to experience snow for the first time," he said.

Akash, from Gurgaon also shared his experience of visiting Sinthan Top - saying that he had previously visited Patnitop, Srinagar, Gulmarg, Sonmarg, and Pahalgam but this is one of the best place in the Kashmir.

He said, that among all these places, he liked Sinthan Top the most and felt such a connection with the environment that he wanted to stay in Kashmir. It was his first visit, and he loved the places in Kashmir.

Anu Desmukh, a tourist from Mumbai, said that she had been planning to visit Kashmir for many years



The event will also cover the rights of employees concerning their employers. The goal is to ensure broad-based participation, awareness, grievance redressal, and information exchange closer to EPFO stakeholders.

Rizwan Uddin, the PF Commissioner, has urged subscribers, pensioners, establishments, employee representatives, and industrial chambers to actively participate in the Nidhi Aapke Nikat Program.

District Nodal Officers

Social activist Keshav Chopra felicitated

■ STATE TIMES NEWS

JAMMU: ADGP Jammu Zone, Anand Jain on Tuesday felicitated Keshav Chopra, Chairman of Samvedna Society, for his significant contributions to social work and humanity.

Also present were Vishal Manhas (Superintendent of Police), Janardan Slathia (Private Secretary to ADGP), Rakesh Kapoor (PA to ADGP), Rajinder Thakur (IT Section Head), and others.

Anand Jain praised Keshav Chopra's selfless efforts in implementing various government-sponsored schemes to benefit the common man.

He highlighted Chopra's dedication and initiative in providing doorstep services, which have positively impacted the needy sections of society. Keshav Chopra expressed gratitude to ADGP Anand Jain for recognizing his work.



ADGP Jammu Zone, Anand Jain felicitating Keshav Chopra, Chairman of Samvedna Society.

He emphasized that the mission of Samvedna Society is to serve the underprivileged and vowed to continue his efforts with renewed dedication.

The recognition, Chopra mentioned, serves as motivation for him to further intensify his humanitarian efforts.

Anand Jain extended his best wishes to Keshav Chopra for his future endeavors,

acknowledging the importance of continued support and encouragement in sustaining impactful social initiatives.

This ceremony not only honored Keshav Chopra for his commendable work but also underscored the importance of community-driven efforts in addressing social challenges and improving the lives of those in need.

Dr Sudhaa delivers faculty lecture in international conference of PCOS



■ STATE TIMES NEWS

JAMMU: Dr Sudhaa Sharma, eminent Gynaecologist & Senior Consultant, Madaan Hospital & Research Centre, Jammu was invited as a guest faculty in International Conference of Poly Cystic Ovarian Syndrome (PCOS), organised by PCOS Society of India at Mumbai.

Dr Sudhaa, Member Managing Committee PCOS Society of India, in her lecture said that PCOS is the most common endocrine disorder in women of young and reproduc-

tive age and it affects women's health and quality of life across life course.

She also stated with evidence that syndrome does not disappear as the women get into menopause and these females are at the risk of having Hypertension, Diabetes, Cardiovascular disease, Obesity, Altered lipids, Metabolic syndrome and Uterine Cancer.

Consensus made from different deliberations was that PCOS is nearly in the range of 23 % in Indian population and is the pre-eminent cause of infertility. Young females mostly present with Obesity, menstrual irregularities, facial hair, acne and skin pigmentation.

Proper counselling regarding life style modifications (diet, exercise) and required drugs are to be given to them to lead a normal life.

20-Day Translation Skill Internship Workshop started at Dogri Sanstha Jammu

■ STATE TIMES NEWS

JAMMU: The 20 Days' Translation Skill Internship Workshop commenced at Dogri Bhawan, Dogri Sanstha, Karan Nagar, on Tuesday. The inauguration was graced by several personalities including Dr. Ravinder Tickoo, Principal of Govt. Women College Parade Jammu; Prof. Shashi Pathania, Vice President of Dogri Sanstha; Inderjeet Kesar, Vice President of Dogri Sanstha Jammu; and Pawan Verma, Treasurer of Dogri Sanstha Jammu.

Prof. Lalit Magotra, in his welcome address, highlighted Dogri Sanstha's commitment to promoting the mother tongue, Dogri. He emphasized the workshop's focus on enhancing students' language skills, which he believes will greatly benefit their future professional endeavors.

He praised the expertise of the faculty members, many of whom have held or currently hold signifi-



Dr. Ravinder Tickoo, Principal of GWC Parade lighting a ceremonial lamp in a programme.

cant positions in the Dogri Department at the University of Jammu or are esteemed literary figures. He encouraged students to make the most of this opportunity to clarify their doubts and improve their translation capabilities.

Dr. Ravinder Tickoo, addressing the gathering as the Chief Guest, expressed his appreciation for such initiatives aimed at student development. He underscored the importance of guidance from experienced professionals in shaping successful careers and expressed

confidence that the workshop would prove beneficial to the participants. He also emphasized the privilege of working with one's mother tongue, noting its role in connecting individuals to their cultural heritage.

The workshop, spanning 60 hours over 20 days with three hours of daily sessions, will cover various subjects including news, information literature,

RMMC to host free Ayurvedic Medical Camp on June 29

■ STATE TIMES NEWS

JAMMU: Ramakrishna Mission Medical Center (RMMC) is delighted to announce a Free Ayurvedic Medical Camp on Saturday, June 29, 2024, from 9:00 AM to 2:00 PM at Udheywala, Jammu.

The camp will feature expert consultations by Dr. Sudesh Gupta from the Shalya Department (GAMC, Akhnoor), specializing in piles, fistula, fissure, and other anorectal diseases, and Dr. Trivenkal Gupta from the Kayachikitsa Department (GAMC, Akhnoor), focusing on diabetes, hypertension, anxiety, depression, and migraine. Participants can benefit from free diagnostic services, including Nadi Pariksha (pulse examination) and Prakriti Pariksha (constitutional assessment), along with the distribution of free Ayurvedic medicines.

Additionally, a comprehensive full-body checkup covering 65 parameters

will be available at a 50% discount, reducing the cost from Rs. 1400 to Rs. 700.

To register for the camp and avail of the free services, please contact us at 9596984032.

This Ayurvedic Medical Camp is part of our ongoing efforts to provide accessible, affordable, and holistic healthcare solutions to our community members. We encourage everyone to take advantage of this opportunity to enhance their health and well-being under the guidance of esteemed Ayurvedic practitioners.

Rama Krishna Mission Medical Center is dedicated to delivering compassionate and comprehensive healthcare. We integrate the ancient wisdom of Ayurveda with modern medical practices to provide a holistic approach to health and wellness. Join us on June 29 to experience the benefits of Ayurvedic medicine and take a step towards a healthier life.