

J&K Police honoured with National Recognition for Outstanding Passport Verification Performance

STATE TIMES NEWS

JAMMU: In a historic first, Jammu & Kashmir Police has been adjudged among the best-performing police forces in India for their outstanding contribution to passport verification services for the year 2024-25.

Based on official verification data, J&K Police finalized an impressive 1,34,219 passport application verifications during the period April-2024 to March-2025 reflecting an



Rayees Mohammad Bhat, DIG CID receiving the award.

exceptional disposal rate and a commitment to time-

ly service delivery.

The award was given by

Ministry of External Affairs (MEA) during the Passport Seva Divas, commemorating the enactment of the Passport Act, 1967.

This day is observed every year to mark the provision of a statutory framework for the issuance of passports and other travel documents by the Government of India.

A high-level segment of the celebration was held at CB Muthamma Hall, Jawaharlal Nehru Bhawan, New Delhi, graced by Pabitra Margherita, Minister of State for External Affairs, alongside senior officials from the MEA, other government departments, representatives from 37 Passport Offices across the country, officials from Andaman and Nicobar Islands, and key service providers.

One of the key highlights of this year's observance was the recognition of exemplary performance in the crucial area of Police/CID verification by

J&K Police, an essential component in the passport issuance process.

The recognition is a testament to the relentless efforts of the officers and officials of the CID and Police departments, who stepped beyond their comfort zones and worked tirelessly to ensure quick and efficient passport application verifications. Their hard work has brought pride to the Union Territory of Jammu & Kashmir and its police force.

The prestigious Certificate of Recognition was presented to J&K Police by the Minister of State for External Affairs. The award was received by Rayees Mohammad Bhat, DIG CID, who represented J&K Police at the national event.

This is the first time that the dedicated efforts of J&K Police in the timely disposal of passport cases have been formally acknowledged at the national level.

IIM Jammu bestowed with Award for Excellence in Implementation of Official Language Policy



Director IIM Jammu, Prof. B.S. Sahay after receiving award.

STATE TIMES NEWS

JAMMU: Indian Institute of Management (IIM) Jammu was honored for the second consecutive time for excellence in the implementation of the Official Language Policy of the Government of India during the semi-annual meeting organized by the Town Official Language Implementation Committee, Jammu. This prestigious recognition reflects the Institute's continued commitment and outstanding efforts toward the effective implementation of Hindi in administrative and academic functions.

Under the leadership of Prof.

B.S. Sahay, Director, IIM Jammu has consistently prioritized the promotion and use of Hindi in its administrative activities, cultural programs, and official communications.

On this occasion, Prof. Sahay stated that the award reflects the Institute's commitment to preserving India's linguistic and cultural heritage.

He emphasized that the effective use of Hindi in official functions not only enhances administrative efficiency but also strengthens inclusivity and national unity.

He further noted that such recognition inspires the

Institute to continue innovating and excelling in the implementation of the Official Language Policy.

The Hindi Rajbhasha Committee of IIM Jammu, under the guidance of Prof. Sahay is making dedicated and consistent efforts in this direction.

The committee includes Dr. Anuja Akhouri, Co-Chairperson, Hindi Rajbhasha Samiti, IIM Jammu, Cmdr. Kesavan Baskaran, Chief Administrative Officer, IIM Jammu and Ashish K. Isher Hindi Rajbhasha Officer, who have played a vital role in achieving this milestone through their commitment and efforts.

This award further motivates IIM Jammu to strengthen its initiatives in promoting the use of Hindi and contributing to the preservation and empowerment of India's linguistic and cultural identity.

The Institute remains fully committed to the effective use of Hindi across all administrative and academic platforms, in alignment with the Official Language Policy of the Government of India.

Shiv Sena releases poster 'Spend a day in Jammu'

Demand to promote Dogra culture, cuisine with proper arrangements



J&K Shiv Sena (UBT) chief Manish Sahni and others releasing poster.

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JAMMU: Shiv Sena (UBT) Jammu-Kashmir unit has appealed to the holy Shri Amarnath and Shri Mata Vaishnidevi pilgrims to visit other famous religious and tourist places of Jammu and has appealed to the administration for free e-bus service and other proper arrangements.

During a program organized at Jammu Press Club, party state chief Manish Sahni said that about 4 lakh devotees are expected to participate in the annual Shri Amarnath Yatra going on from 3 July to 9 August, about 3.5 lakh have been registered. We believe that this is a great opportunity to promote the tourism and religious places of Jammu.

Manish Sahni and other party leaders present released a poster titled "Spend a day in Jammu" with details of the main tourist and religious

places of Jammu.

This poster is to be distributed among the devotees with an appeal to visit the tourist and religious places of Jammu during the Amarnath Yatra.

Sahni has also demanded from the administration to make the "Spend a day in Jammu" campaign a success to give impetus to the economy and trade of Jammu, and to arrange special e-buses from the main base camp, bus station and railway station in Jammu and make other appropriate arrangements.

Sahni said that the tourism department should start a one-day special package and the devotees should be made to visit the main religious and tourist places of Jammu including the historic Raghunath temple, Har ki Pauri, Bahu Fort, Baghe e Bahu, Mubarak Mandi Palace, Bawe Wali Mata, Peer Kho Cave, Tirupati

NMC demands appointment of 8th Pay Commission Chairman, members

STATE TIMES NEWS

JAMMU: National Mazdoor Conference (NMC) president, Subash Shastri on Wednesday urged upon the Prime Minister to immediately appoint Chairman and other members of 8th Pay Commission, constitution of which was approved by the Union Cabinet Six months ago and announcement in this regard should be made at the earliest so that the uncertainty among the employees and pensioners on this vital issue could come to an end

"Since the due date for implementation of 8th Pay Commission is 1st January 2026, it is hoped that the Commission will complete its report within the given time frame, so that the benefits of 8th Pay Commission could reach the beneficiaries from January 2026," Shastri added.

In a memorandum sent to Prime Minister Narendra Modi, Shastri said that notification for the appointment of Chairman and other member of the 8th Pay Commission is need of the hour.

Bhandara held at Bua Dati Ji Shrine



Charak Biradari members at a programme.

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JAMMU: A grand Bhandara (community feast) was organized on Wednesday at the sacred shrine of Bua Dati Ji in village Pindi Charaka.

The event witnessed the gracious presence of prominent members of the All India Charak Community, including President Rakesh Singh Charak (Raka), General Secretary Yograj Singh Charak, former General Secretaries Kalbhushan Singh Charak and Shiv Darshan Singh Charak, and several other respected members such as Ranjit Singh Charak and Youth President Jatinder Singh Charak.

All dignitaries paid homage at the shrine and sought blessings for community welfare. The villagers of Pindi Charaka extended a welcome and held meaningful discussions focusing on unity and progress within the Biradari.

Key participants from Pindi Chadkan included former Sarpanch Raghuveer Singh Charak, Narinder Singh Charak, Sukhdev Singh Charak, Shivdev Singh Charak, Jai Singh Chadak, and several other respected individuals. They assured President Rakesh Singh Charak (Raka) of their unwavering support.

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JAMMU: AM Hyundai inaugurated its much-anticipated Monsoon Camp at its Jammu facility, in the presence of senior leadership from Hyundai Motor India.

The event was graced by J.T. Park - Executive Director; Y.B. Hwang - Zonal Business Coordinator; Rupesh Kapoor- Vertical Head-Channel Strategy; Vinod Kumar-Regional Parts & Service Head (NRO1), and Prabhat Kumar-Territory Parts & Service Manager (NRO1). The event was led by the leadership of the AM Group, including Chairman Jatinder Gupta, Managing Director Sanjay



J.T. Park - Executive Director, Y.B. Hwang inaugurating Monsoon Camp at AM Hyundai Jammu.

Mahajan, and Directors Ankur Mahajan, Akshay Mahajan, Aryan Mahajan, Sahira Mahajan, and Sharnila Mahajan, who extended wel-

come to the Hyundai Motor India delegation.

The Monsoon Camp, which will remain active till July 20,

District Admin Reasi observes 50th Samvidhan Hatya Diwas

STATE TIMES NEWS

REASI: To raise awareness about the suspension of democratic rights and constitutional values during the emergency imposed on June 25, 1975, the District Administration Reasi on Wednesday organized a programme to observe the 50th Samvidhan Hatya Diwas here at Conference Hall, DC Office Complex, Reasi.

The event witnessed the presence of Additional Deputy Commissioner Rakesh Kumar and other district officers, civil society members.

During the programme, various speakers delivered

Thousands of political leaders, journalists and members of civil society were imprisoned and constitutional safeguards were severely compromised.

During the event documentary on Samvidhan Hatya Diwas by ministry of culture was also shown to the participants.

While addressing the gathering, the ADC Reasi emphasised the importance of safeguarding democratic institutions and drawing lessons from the past to protect the rights enshrined in the Constitution of India. He stated it is crucial to reflect on this dark chapter of our



ADC Reasi Rakesh Kumar chairing a meeting.

insightful lectures highlighting the constitutional, social and political implications of the Emergency. They apprised that the period was marked by the suspension of fundamental rights, strict censorship of the press and unprecedented centralization of executive power.

history and reaffirm our collective commitment to the Constitution.

The event aimed to raise awareness about the importance of protecting the Constitution of India and resisting any attempts that undermine its core principles.

Emergency of 1975 was 'Darkest Day' in Indian Democracy: Khatana



Member of Parliament and BJP Senior Leader Er. Ghulam Ali Khatana addressing gathering at Srinagar.

STATE TIMES NEWS

SRINAGAR: Marking the 50th anniversary of the imposition of the Emergency in 1975, Member of Parliament and BJP Senior Leader Er. Ghulam Ali Khatana on Wednesday strongly condemned the events of the 21-month authoritarian rule, calling it "a black blot on the soul of Indian democracy."

Addressing a massive public gathering in Srinagar, Khatana paid homage to the thousands of political activists, journalists, students, and ordinary citizens who were illegally jailed, silenced, and stripped of their constitutional rights during the Emergency imposed by then Prime Minister

Indira Gandhi.

"The Emergency was a brutal attack on the Constitution, civil liberties, and democratic values of our nation. It was a time when the voice of the people was suppressed, the media muzzled, the judiciary compromised, and opposition leaders jailed without trial. It stands as a grim reminder of how democracy can be strangled by political greed," Khatana said.

He lauded the resilience of the Indian people, the sacrifices of leaders like Jayaprakash Narayan, Atal Bihari Vajpayee, LK Advani, George Fernandes, and others who fought bravely from jail cells to restore democracy. Highlighting the signifi-

cance of Jammu & Kashmir in India's democratic journey, Khatana said, "Kashmir has always believed in the idea of India. And as we remember this dark chapter, we must pledge that no force-internal or external-but be allowed to ever trample upon the democratic rights of our people again."

Khatana also emphasized the role of the current leadership under Prime Minister Narendra Modi, in safeguarding constitutional institutions, empowering citizens, and ensuring that the mistakes of the past are never repeated.

A two-minute silence was observed in memory of those who suffered during the Emergency. Several prominent community leaders, party functionaries, youth activists, and civil society members were present at the gathering. Khatana concluded his speech with a message, "Let June 25 not just be a day of mourning-but a day of awareness, unity, and democratic vigilance. Never again should India fall into the trap of dictatorship in the guise of democracy."

CGPWA, FoGMC Jammu hold workshop on Yog & Medical Sciences

STATE TIMES NEWS

JAMMU: The Central Govt Pensioners' Welfare Association, Jammu (CGPWA) on Wednesday organised a 90-minute Yog workshop in collaboration with the 'Friends of GMC, Jammu', a registered society, at IIPA Auditorium.

The Chairperson of the Friends of GMC, Jammu', Dr. T R Raina, former HoD, Blood Transfusion Deptt of GMC, Jammu, and Resource person of the Morarji Desai National institute of Yoga and founder of Yoga centre of GMC, Jammu presented a highly educative and motivational presentation on "Yog for mental Health of Senior Citizens".

Presided over by the President, CGPWA and

former CVC & DGP, Kuldeep Khoda, the workshop was attended by many former senior bureaucrats including former Chief Secretary B R Sharma, former Advocate General U K Jalai, Dr Sudharshan Kumar, former DG, DRDO and Vice President, CGPWA, V K Padha, former Executive Director NTPC, former Principal Conservator of Forests, S D Swatantra, several former IGP's and other former civil servants.

Dr. Raina, in his illuminating presentation on Yoga and its huge benefit on the mind and body of the yoga practitioners and explained their validation by medical sciences and proof by measurable impact on the body.



Morarji Desai National Institute of Yoga and founder of Yoga centre of GMC, Jammu conducting yoga session.

He said that we have inner and outer energy but the inner energy is wasted even doing Yog asansif the practitioner has no focus, intention, and attention.

Explaining the genesis of it, he said that daily walking would be more useful in

conserving inner energy if done alone as talking with the companions during the walk would waste the internal energy.

Similar was his prescription for yogasans which should be done with eyes closed to preserve energy

and complete focus on breathing processes that will lead to higher levels of meditation.

Dr. Raina asked the senior citizens to inculcate positivity and shun negativity to have better life.

Showing Rice

Experiment, he said that if you keep hating a bag of rice grains, targeting it with all dirt and bad things while the other bag is given love and treated with respect and positivity, the former would catch fungus while the latter would remain in good condition.

Similar test, he suggested for two glasses of water with different treatments like the Rice illustration. And one would get the obvious result of pure water in one glass and dirty water in the other. So, the fundamental issue is to have positive thinking.

He also explained the science of five mudras, representing Jal, Prithvi, Akash, Vayu and fire and asked people to do mud therapy. Explaining mud

therapy, he said in rural areas, the farmers apply mud at their wounds which invariably cures these cuts.

In this therapy, a paste of mud is applied on the body for some time and washed without soap. In this manner, besides healing the wounds, the skin also absorbs necessary minerals from the mud and increases blood circulation. He advised people to at least, start touching Mitti (earth) everyday in their gardens for ten twenty minutes and they find good results. Making the former civil servants to do some Aasans including pulling the arm tensely with commitment and then relaxing; pressing every part of the ear, repeat pressure where you feel pain, His prescrip-

tions have basis of medical science and scientific analysis.

Dr. Raina said that most of the people are suffering from mental stress, and yoga, like blood donation, transcended the boundaries of caste, colour, religion and region and truly represented secularism and universalization.

He assured the senior citizens that if Yoga is religiously undertaken properly daily there are greater chances of reducing unnecessary burden of medicines.

Khoda complimented Dr. Raina for his presentation which has scientific basis and asked for another session on other items.

He honoured Dr Raina with a planter.