

JU partners with Kitab and Kalam Foundation and FDA to drive food literacy among children

STATE TIMES NEWS

JAMMU: The Department of Home Science, University of Jammu (JU), in collaboration with the Kitab and Kalam Foundation and the Food & Drugs Administration (FDA), Jammu & Kashmir, organized a Nutrition Awareness Session titled "Good Food = Good Mood" at the British International School, Jammu.

The event marked the first on-ground activity of the Ba Dekh Rahi Hai campaign - India's first people-driven initiative focused on food literacy, clean nutrition, and public health consciousness.

Prof. Sarika Manhas, Head of the Department of Home Science and Chief Guest at the event, underscored the importance of reaching out to children to



JU faculty presenting memento to Prof. Sarika Manhas, Head of the Department of Home Science.

ensure they develop the habit of eating nutritious meals early in life. She also highlighted the department's commitment to sharing academic and research-based knowledge on child development and holistic well-being

with stakeholders through various community-centric programmes.

Sanjeev Kumar, Joint Commissioner, Food Safety, J&K, and Guest of Honour, spoke about the proactive role of the Food and Drug

Authority in driving nutrition awareness. He also shared details about child-friendly nutrition modules developed for different school grades to enhance food literacy in an age-appropriate manner.

Pankaj Anand, District Program Officer, ICDS, emphasized the role of ICDS in tackling malnutrition, and outlined the importance of integrated community-level efforts in addressing nutritional challenges.

Earlier, Guneet Singh, Founder of the Kitab and Kalam Foundation stressed the need for community-led initiatives to promote nutrition awareness, especially among children, families, and schools - where long-term, sustainable change begins.

Dr. Sonalika Jamwal,

HMIS Manager, Ayushman Bharat Digital Mission (J&K), highlighted the digital innovations being adopted under the Ayushman Bharat scheme to improve public health outreach, particularly among school-going children.

Dr. Archana Bhat, Assistant Professor, Department of Home Science, GCW Gandhi Nagar, focused her presentation on the importance of the food pyramid, urging students and parents alike to adopt structured and balanced dietary practices.

A team of research scholars from the Department of Home Science - Vinish Malik, Poorvi Verma, Raziya Farooq, and Meghna Sharma conducted fun, child-friendly nutrition activities.

The Principal and Trustee of British International School, Jammu, were also present and extended their full support to the initiative.

IRCTC launches "Swarnim Bharat Yatra" Tourist Train on I-Day eve

STATE TIMES NEWS

JAMMU: In a grand celebration of India's Independence, IRCTC is set to launch the "Swarnim Bharat Yatra" on August 14, 2025, from Delhi Sadafdarjung Railway Station. This one-of-its-kind 9-night, 10-day deluxe AC tourist train tour connects iconic places linked to India's freedom struggle, aimed at promoting national heritage and pride.

The specially curated itinerary covers Ahmedabad, Modhera, Patan, Statue of Unity (Kevadia), Pune, Bhimashankar Jyotirlinga, Aurangabad, Ellora, Ajanta, Grishneshwar Jyotirlinga, Orhha, and Jhansi.

The journey begins with a visit to Sabarmati Ashram in Ahmedabad, followed by architectural marvels in Modhera and Patan, the towering Statue of Unity in Kevadia, and historic sites in Pune including the Aga Khan Palace and Shanivar Wada. Pilgrimage spots like Bhimashankar and Grishneshwar Jyotirlinga,

and UNESCO sites like Ajanta and Ellora caves will also be featured.

The state-of-the-art Bharat Gaurav Deluxe AC Tourist Train offers three classes-1AC Coupe, 1AC Cabin, 2AC, and 3AC-and accommodates 150 tourists. The train is equipped with modern amenities like restaurants, sensor-based washrooms, shower cubicles, foot massagers, CCTV security, and professional tour managers.

Tour prices range from Rs 71,585 (3AC) to Rs 1,01,430 (1AC Coupe), Rs. 94,845

(1AC class cabin) and Rs. 81,675 (2AC) covering travel, 3-star hotel stays, all vegetarian meals, transfers, sightseeing, and insurance.

Boarding is available at Delhi Sadafdarjung, Gurgaon, Rewari, Ringas, Phulera, and Ajmer.

Bookings are open on a first-come-first-serve basis at IRCTC Bharat Gaurav Portal. For details, contact Monika (8595931047), Subhasree (8287930484), Abhishek (8287930032), Prafulla (8287930299), or Pranecet (8882826357).

Jammu to Srinagar	
IndiGo	10:05 AM - 10:45 AM
SpiceJet	11:10 AM - 12:00 PM
Air India Express	12:50 PM - 1:40 PM
Air India Express	1:35 PM - 2:45 PM
IndiGo	1:55 PM - 2:35 PM
IndiGo	6:40 PM - 7:20 PM
Srinagar to Jammu	
IndiGo	11:45 AM - 12:35 PM
Air India Express	12:10 PM - 1:05 PM
SpiceJet	12:35 PM - 1:30 PM
Air India Express	2:20 PM - 3:35 PM
IndiGo	3:15 PM - 4:05 PM
IndiGo	5:20 PM - 6:10 PM

LUB Union Territory J&K Executive Members delegation meets Union Home Secretary to discuss MSME Issues in J&K



LUB Union Territory J&K Executive Members delegation meeting with Union Home Secretary Govind Mohan in New Delhi.

STATE TIMES NEWS

NEW Delhi: A high-level delegation comprising executive members of Laghu Udyog Bharati (LUB) from the Union Territories of Jammu & Kashmir met with the Union Home Secretary, Govind Mohan, in New Delhi on Wednesday. The delegation was led by Parkash Chandra, Sangathan Mantri, LUB, and Om Parkash Gupta, National General Secretary, LUB.

Representing the Jammu & Kashmir LUB, Parveen Pargal President, LUB J&K, and Aagam Jain, General Secretary, LUB

J&K, presented a detailed memorandum to the Union Home Secretary.

Parveen Pargal emphasized the urgent need to grant registration under NCSS (New Central Sector Scheme) to all eligible investors who have applied on or before September 30, 2024 whether online or offline as a measure to build investor confidence and stimulate industrial development in J&K. He further stressed to form a new industrial package for the UT of J&K. He urged the government to for an overall industrial incentive allocation for the next ten years for

both new and existing industries. Additionally, he strongly advocated for granting freehold rights to industrial units situated near city limits, to encourage further investment and expansion in the service sector.

Aagam Jain highlighted key concerns around the capping of turnover-based incentives for existing industries. He urged that such incentives be granted in full, regardless of budgetary limitations, in order to ensure equality and encourage MSME growth. He also called for GST-linked incentives for existing industries

to bring them on par with new industrial units. The Union Home Secretary Govind Mohan listened to the delegation's concerns with patience and assured that all the matters raised would be taken up for review and resolved in a stipulated time frame. This engagement reflects the Union Government's ongoing commitment to strengthening the MSME ecosystem and ensuring equitable industrial growth across Union Territories.

BJP announces J&K Morcha Presidents

STATE TIMES NEWS

JAMMU: In consultation with Jagat Prakash Nadda, National President, Bharatiya Janata Party, Sat Sharma, President, Bharatiya Janata Party Jammu & Kashmir, has announced the BJP Morcha Presidents for the Jammu & Kashmir. Adv. Neha Mahajan has been nominated as the President of BJP Mahila Morcha, Arun Prabhat as the

President of BJP Yuva Morcha, Brahmajyot as the President of BJP OBC Morcha, Dharminder Kumar as the President of BJP SC Morcha, Ch. Abdul Ghani as the President of BJP ST Morcha, Rakesh Pant as the President of BJP Kisan Morcha, and Ranjodh Singh Nalwa has been nominated as the President of BJP Minority Morcha for the Union Territory of Jammu & Kashmir.

DHSJ inspects patient care services at CHC Khour



Director Health Services Jammu Dr. Abdul Hamid Zargar during visit to CHC Khour.

STATE TIMES NEWS

JAMMU: Director Health Services Jammu Dr. Abdul Hamid Zargar visited the Community Health Centre (CHC) Khour on Wednesday to assess healthcare facilities being provided to the patients at the facility. The Director was welcomed by BMO Pallanwalla Dr. Suresh Sarmal on his arrival. The DHSJ took a detailed round of all sections of the hospital including Emergency Room, wards,

OPD sections, labour Room, Operation Theatre, Lab section, Dental section, store, Immunization section and interacted with Doctors and paramedical staff. He discussed in detail the routine functioning of the hospital with BMO Pallanwalla and directed all staff to work with zeal and dedication. The Director also chaired a meeting to review the implementation status of Centrally Sponsored Schemes and over-

all work done under the programme with BMO Pallanwalla and staff of the health institution.

A detailed Power Point presentation was delivered by the BMO Pallanwalla. The DHSJ laid stress on effective and proper implementation of all Schemes and directed BMO Pallanwalla to ensure effective execution of the same.

Chakki Bridge on Jammu-Delhi Railway Line safe for Rail Operations

STATE TIMES NEWS

NEW DELHI: Some sections of the media recently reported that a large portion of the foundation of a railway bridge on the Jammu-Delhi railway line near Kangra was washed away, narrowly averting a major tragedy. In response, the Northern Railway has clarified that there is no threat to the safety of the Chakki Railway Bridge, located between Pathankot Cantt and Kandhori stations on the Pathankot-Jalandhar Cantt route.

The bridge experienced rising water levels due to flash floods on 20 and 21 July 2025. However, Northern Railway had already imposed a speed restriction of 20 kmph on the bridge since 1 August 2024 as a precautionary measure. Officials confirmed that there were no chances of any unfortunate incident related to rail operations on this bridge and that it remains safe for train movement. It was further clarified that the part of the structure reported by the media as a "washed-away foundation" was, in fact, redundant cladding over the slope-non-essential to the structural integrity of the bridge. This cladding was scheduled for dismantling based on recommendations from IIT Roorkee and was dislodged and washed into the river due to the heavy water flow on 21 July. Importantly, this event did not compromise the safety of the bridge in any way. On 22 July, the Chakki Railway Bridge was inspected by the Chief Bridge Engineer. The site is currently under constant monitoring, with watchmen posted round-the-clock and surveillance enhanced through the installation of CCTV cameras on the bridge. Protection and maintenance work continues as advised by IIT Roorkee, and pile foundation work will resume once water levels subside and dry conditions allow safe execution.

Northern Railway reiterates its commitment to ensuring the highest standards of safety and vigilance in all operational zones, including flood-prone regions.

JAMMU AND KASHMIR STATEPOWER DEVELOPMENT CORPORATION LIMITED
(A Government of J&K Enterprise)
Regd. Office: Exhibition Grounds, Srinagar-190009 Ph:0194-2483783
Fax: 0194-2451665 Camp Office: Ashok Nagar, Satwari, Jammu-180004 Ph: 0191-2430548/2439039 Fax: 0191-2435403

GIST of Tender Notice
DATE 18.07.2025

Tender Id	Tender Description	Start & Last Date of Submission
2025_SPDC_281813_1	Appointment of Actuary/ Actuarial Firm for Actuarial Valuation.	27.07.2025(02.00PM)& 08.08.2025 (11.30 PM)

Tender Fee is Rs 590/- (incl. GST)
For other tender details and further amendments / corrigendum, please visit jktenders portal
<https://jktenders.gov.in/nicgesp/app>
DIP/J-1338-P/25
Dated:- 23/07/2025

Sd/-
GM(Accounts)
JKSPDC Srinagar

UNION TERRITORY OF JAMMU & KASHMIR
GOVERNMENT MEDICAL COLLEGE & ASSOCIATED HOSPITAL RAJOURI
Contact No. - 01962 - 263209 (O) e-mail - gmcahrjour@gmail.com website: www.gmcahrjour.in

Subject: Postponement of written examinations scheduled to be held on 27.07.2025.

NOTICE

In continuation to this Office Notice No. GMCR/2025-26/1616-21 dated 25.06.2025; it is hereby notified for the information of all the candidates that the written examination for the posts advertised vide No. 73 GMCR of 2023 dated 02/12/2023 scheduled to be held on 27.07.2025 is hereby postponed.

Fresh dates will be notified within one week.

No: GMCR/2025-26/3045-49
Dated:- 22-07-2025
DIP/J-3817/25
Dated:- 23/07/2025

Sd/-
Prof. (Dr) AS Bhatia
Principal
Govt. Medical College
Rajouri

Phone No. 01995-259879 e-Mails: districtjailkishtwar@gmail.com

OFFICE OF THE SUPERINTENDENT DISTRICT JAIL KISHTWAR

Subject:- e-Tendering for supply of Generic Medicines / Standard Medicines / Surgical Items / Medical Equipments for use of Jail inmates of District Jail Kishtwar for the Year 2025-26.

Note:- All the Bidding process will be done on www.jktenders.gov.in

e-NIT No. 04 of 2025
Dated 21. 07. 2025

For and on behalf of Lt. Governor of Jammu & Kashmir Union Territory, e-Tender(s) through online mode are invited from the Vendors / Firms / Authorized Distributors / Dealers registered with the Sales Tax Department (GST) and possessing valid certificate of registration/license for supply of Standard Medicines / Surgical Items / Medical Equipments to be used by Jail inmates of District Jail Kishtwar for the Year 2025-26 as per terms & conditions mentioned in this tender documents.

The bidding documents consisting of eligibility criteria, specifications of items, quantities, set of terms and conditions of the contract and other relevant details can be seen/downloaded from the website www.jktenders.gov.in.

An amount of Rs. 1000/- towards cost of tender fees (Non-Refundable) has to be deposited by the bidder in the shape/form of Demand Draft in favour of Superintendent District Jail Kishtwar and payable at Kishtwar. The bidder has to upload the scanned copy of the Demand Draft along with other documents during submission of bid within the date and time of bid submission.

The intending bidders has to attach earnest money in the shape of CDR/FDR amounting to Rs. 50,000/- (Rupees fifty thousand only) from any Nationalized/ Scheduled Bank to be pledged to the Superintendent District Jail Kishtwar and payable at Kishtwar. The bidder has to upload the scanned copy of the CDR/FDR along with other documents during submission of bid within the date and time of bid submission.

Details of cost of tender fees and amount of earnest money (CDR/FDR) is as under:-

Particular	Cost of tender documents (Non refundable)	Amount of Earnest Money (CDR/FDR)
Supply of Standard Medicines / Surgical Items / Medical Equipments	Rs. 1000/- (Demand Draft)	Rs. 50,000/- (Rupees fifty thousand only)

- The bid without hardcopy of documents like original Demand Draft (tender fee), original CR/FDR (Earnest money) shall be rejected In Technical Bid opening. Therefore the bidders are advised to submit hard copies of bid documents by or before the date and time quoted In e-Tender.
- Bidders are advised not to make any change in Bill of Quantities (BoQ). In no case, any attempt should be made to create similar BOQ by the bidder. Downloaded BOQ should only be used for filling of rate which shall be inclusive of all taxes, levies, duties, toll, surcharges etc. and It should be submitted with the same bidding documents.
- The department will not be responsible for delay in online submission due to any reason. If there will be any change in date of tenders the same will be communicated through online mode and shall be notified on website www.jktenders.gov.in.

No. DJK/Accts/2025/450-54
Dated: 21.07.2025
DIP/J-3779/25
Dated: 23.07.2025

Sd/-
Superintendent
District District Jail Kishtwar

FIND TRAIN SCHEDULE

11078 Jhelum Express
Departure : 23:35 from Jammu Tawi
Arrival : 11:15 at New Delhi

12426 Jammu Tawi - New Delhi Rajdhani Express
Departure : 21:25 from Jammu Tawi
Arrival : 05:55 at New Delhi

12446 Uttar Sampark Kranti Express
Departure : 21:50 from Jammu Tawi
Arrival : 06:55 at New Delhi

Train 26401 - Katra to Srinagar (Morning Service)
Departure : 8:10 AM from Katra
Arrival : 11:10 AM at Srinagar

Train 26403 - Katra to Srinagar (Afternoon Service)
Departure : 2:00 PM from Katra
Arrival : 05:00 PM at Srinagar

Fare:
Chair Car (CC): 715
Executive Chair Car (EC): 1,320
Booking: Available on IRCTC

Fare:
Chair Car (CC): 660
Executive Chair Car (EC): 1,270
Booking: Available on IRCTC

HELPLINE

TELEPHONES

Directory Enquiry	197
Fault Repair	198
Local Assistance	199
Trunk Booking	180
Trunk Assistance	181
International Trunk Booking	2447952, 2577951, 2573638
Billing Complaints	2543896, 2548415
Billing Complaints Computerize	1955
Change No. Announcement	1951
Gandhi Nagar Exchange	2451953, 2430953

HOSPITALS

Government Medical College	2584290, 2484291
Psychiatry and Disease Hospital	2577444
Ambulance Rajouri	257147, 257084, 257357
Blood Bank/Eye Bank - SMGS Hospital	2547639, 2547637
Emergency	2549669
Blood Bank	2547637, 2547638
Chest Disease Hospital	2577064, 2548012
Dental Hospital	2544670
Govt Hospital Gandhi Nagar	2430041
Emergency	2431740
Child Hospital	2577023
Acharya Shri Chander College of Medical Sciences and Hospital	262270

AMBULANCES

Indian Red Cross Society	2549413
Jammu University	2453165, 2543525, 2435248

FIRE STATIONS

Gandhi Nagar	101, 2435283, 2457705
City	2544263
Canal	2554064
Roop Nagar	2597522
Gangyal	2480026
Bari Brahmana	220020
Akhnoor	252481
Kathua	234313
Samba	243280
Katra	232451
Udhampur	270897
Police Control Room	100, 2542001, 2545481-82
Police Exchange	2547621-22, 2547624
Civil Defence Control Room	2549100, 2548645, 2544920
Civil Defence	2548645, 2549100, 2544920
Hot Line	383

TOURISM

Tourist Officer, Airport	2431917
Tourist Officer, Railway Station	2430078
Tourist Reception Centre	2579554

BUS SERVICES

JKSRTC General Manager	2435262
JKSRTC Bus Stand	2577475
JKSRTC Jammu Srinagar, Service	2576562
Punjab Roadways	2542782

WATER SUPPLY

Company Bagh	2542582
Parade	2544979
Bakshi Nagar	2543557
Panjthirthi	2547501
Narwal	2430031

ELECTRIC SUPPLY COMPLAINTS

Canal	2554147, 2554199
Parade	2542289, 2543398
Nanak Nagar	2430776
Gandhi Nagar	2430180
Shastri Nagar	2430781
Janipur	2543828, 2579258
Satwari	2452816

FIRE SERVICE : (Control Room)
101

CIVIC SERVICES

Municipality	2547846, 2542192
Health Officer	2547440
Garbage / Carcass Removal	2547440

FIND CINEMA

SAIYAARA (HINDI)
Wave one movie Jammu
10:00 AM / 1:05 PM / 4:10 PM / 7:15 PM / 8:00 PM / 10:30 PM
PVR KC JAMMU 10:15 AM / 01:25 PM / 04:35 PM / 7:45 PM / 9:55 PM / 10:55 PM

SUPERMAN (HINDI)
PVR KC JAMMU 9:55 AM
SARBALA JI (PUNJABI)
PVR 12:45 PM

Wave one movie Jammu 08:35 AM
SARBALA JI (PUNJABI)
Wave one movie Jammu 12:20 PM / 03:05 PM / 05:50 PM / 11:10 PM
PVR 12:45 PM

METRO IN DINNO (HINDI)
Wave one movie Jammu 11:00 PM
PVR 6:30 PM