

Buddhist Studies Deptt, BTSM JK celebrate 90th birthday of Dalai Lama at JU

■ STATE TIMES NEWS
JAMMU: The Baba Jitto Boys Hostel (BJBH) in collaboration with the Department of Buddhist Studies and Bharat Tibet Sahyog Manch (BTSM) J&K celebrated 90th birthday of the Dalai Lama at Jammu University, where students, scholars and members of civil society participated.

On this occasion, Dr Vivek Sharma, President (BTSM JK & Ladakh UT) stated that Dalai lama is the spiritual leader of Tibet who encourages peace, prosperity and compassion worldwide.

He further stated that the search for the Dalai Lama is part of the institution's process. There should be no change in the



BJBH in collaboration with Buddhist Studies Department and BTSM J&K members celebrating 90th birthday of the Dalai Lama.

search for the Dalai Lama and the appointment of the 15th Dalai Lama should be conducted under past practice. This right belongs solely to this institution, not China. BTSM J&K endorses the statement of the 14th Dalai Lama, which he spoke in this context. He further stated

that as per the tradition of Tibet, only the current Dalai Lama or to whom he appoints, can identify his successor using visions omens in consultation with senior lamas and protectors of the faith. While the Tenzin Gyatso was recognised as the 14th reincarnation at the age of two, he

assumed full authority at 15 and fled Tibet four years later when Chinese troops crushed an uprising in the Tibetan capital, Lhasa in 1959. He has been living in exile in Dharamshala since then.

Dr. Rajesh highlighted the Dalai Lama's contribution to Tibet and the world.

He stated, "His contributions towards ensuring the sustenance of the ethnic identity of the Tibetan people and the preservation and advancement of its religion, culture, language of the Tibetan people as well as the campaign for the just cause of Tibet, remain incredibly enormous.

Dr. Rajesh stated that the Dalai Lama often speaks about the interconnectedness of humanity and emphasizes the imperative need for kindness and understanding to create a more peaceful world.

Among those present on this occasion were Rajinder Sadotra, General Secretary (BTSM JKUT), Dr Vikrant Singh, Dr Nitán Sharma, Ramneek Singh, and others.

Free Artificial Limbs Camp begins at Shri Atam Vallabh Jain Clinic



Physiotherapist, Dr. Anita Gupta assessing the patients.

about the free services offered at the clinic. He emphasized that all aids are provided completely free of cost to those in need.

Among those present at the camp were Kinti Lal Jain, Deepak Jain, Vikas Jain, and other members of the organizing team. Dr. Anita Gupta, a

physiotherapist, played a crucial role by assessing the patients and recommending appropriate artificial aids based on their medical needs.

The camp stands as a strong gesture of compassion and service towards empowering the differently-abled and helping them lead more independent lives.

French Club felicitates educators and celebrates cultural Excellence



French Club Jammu members with French Teachers at felicitation programme.

■ STATE TIMES NEWS
JAMMU: French Club Jammu hosted the French Teachers' Felicitation Programme, a heartfelt celebration honouring the unwavering dedication of French language educators from various schools across the region.

This initiative, rooted in gratitude and cultural pride, served as a meaningful plat-

form to recognize the vital role of teachers play in nurturing linguistic and cultural understanding.

The event welcomed an inspiring gathering of distinguished guests whose presence added immense value to the occasion.

Anil Sharma, Senior Business Associate at LIC of India, graced the event as the Guest of Honour, and was

warmly received for his support and encouragement. Joining him as Special Guests were Tarun Sharma, Founder President of Nat Manch, Bhavna Mahajan, acclaimed Author and Entrepreneur, Sushil Tagotra, Wealth Manager at LIC of India, Saima Imran, Founder of Tiffin Hut & Kinara (Pahalgam), Arun Sharma, Founder and

President of the French Club Jammu, along with Arushi Mahajan, General Secretary, extended heartfelt gratitude to all dignitaries for their time, encouragement, and belief in the cause of language education. In a touching and proud moment, French teachers were felicitated by the guests for their passion, perseverance, and profound contribution to language learning. The event was not just a tribute but a celebration of the cultural richness that the French language brings into classrooms and communities alike.

The programme concluded with a formal vote of thanks, appreciating the role of every teacher, guest, and organizing member who contributed to making the event a memorable and successful celebration of educational and cultural excellence.

Apni Party holds workers' meeting



Apni Party members at a workers' meeting on Sunday.

■ STATE TIMES NEWS
SRINAGAR: Apni Party today organised a workers' meeting at Badjhalan in Block D.K. Marg, in south Kashmir's Kulgam district. The meeting was chaired by the Party's Chief Coordinator, Abdul Majeed Padder.

The primary focus of the meeting was to devise effective strategies for strengthening the party at the grassroots level. During the session, various key points were discussed in detail, with particular emphasis on enhancing party worker engagement, expanding outreach, and fostering stronger connections with the local community. Speaking on the occasion, Abdul Majeed Padder highlighted the crucial role of grassroots workers in the party's growth and sustainability. He urged party workers to take proactive steps in addressing the concerns of the people and to ensure active participation in organisational activities.

He further reiterated the importance of unity and dedication among workers to build a strong and responsive party structure that can effectively represent the aspirations of the people. The meeting concluded with a renewed commitment from the participants to work diligently towards the party's objectives and to serve the community with sincerity and accountability.

Sadguru Madhuparamhans highlights significance of Guru and truth

■ STATE TIMES NEWS
JAMMU: Sadguru Shri Madhuparamhans Ji Maharaj, during his discourse at Akhnoor, Jammu, explained the profound role of the Guru in one's life. He said there are seven Gurus: the first being the parents who teach us to walk and speak; the second, the midwife who brings us into the world; the third, the one who gives us our name; the fourth, the Kulguru; the fifth, the Guru who initiates us as Vaishnav; the sixth, the one who breaks illusion and connects us to the divine; and finally, the seventh Guru, the Satguru, who guides the soul back to its original home. He emphasized the immense glory of the Satguru as the true liberator of the soul.

Sadguru further highlighted the central place of truth and



non-violence in Hindu religion. He stated that truth is the greatest virtue that can save one from all sins, while lying leads to all kinds of crimes. According to him, righteousness is not just by birth in a religion but by faithfully following its rules. He also clarified that a Sadguru does not change a person's religion or caste but helps

deepen their faith. He noted that there are two kinds of atheists: one who does not believe in God and is open to understanding and a greater atheist who claims to believe in everyone yet trusts no one.

Addressing the fear of death, Sadguru advised worshipping the One who even death fears. He spoke about the soul's true homeland - a place beyond the sun, moon, stars, and elements - an immortal realm where ultimate salvation is attained, and from which one never returns to this world. He likened earthly life to a prison where one may get temporary relief, but true freedom is found only in that eternal land.

Concluding his discourse, Sadguru quoted Saint Paltn Sahib, urging devotees to worship such a Master who guides the soul to that immortal place, ensuring liberation from the cycle of birth and death forever.

Guru Purnima to be celebrated on July 10: Mahant Rohit Shastri



Sharda, Lord Satyanarayan, the Moon God, and especially one's Guru and parents on this day. Performing or listening to the Satyanarayan Katha is considered highly auspicious.

He advised those unable to visit their Guru in person to offer worship at home by meditating on their Guru's

photo or idol, or through virtual darshan if the Guru is alive.

Shastri also highlighted the significance of holy bathing, either in sacred rivers or at home by adding Ganga water to one's bath. He stressed the importance of donating to the poor; as per one's capacity, to receive divine blessings.

Devotees are encouraged to consume sattvic food, observe celibacy, and avoid tamasic items such as alcohol and meat for spiritual and physical well-being.

"Service and discipline are the keys to attaining true knowledge from the Guru," said Mahant Shastri, quoting scriptures. The festival is a reminder of the eternal value of the Guru in shaping one's life and soul.

BSP will intensify activities in J&K: Beniwal



BSP leaders speaking in party workers meeting.

■ STATE TIMES NEWS
JAMMU: The Bahujan Samaj Party (BSP) held an important review meeting on Sunday at the party office in Satwari, Jammu, to discuss strategies for strengthening the party's presence across Jammu and Kashmir. The meeting was chaired by BSP State President Darshan Rana and attended by National Coordinator Randhir Singh Beniwal, Central Coordinator Dharamvir Singh Ashok, Daya Chand, zonal coordinators, district presidents, senior leaders, and party workers from across the Union Territory.

Addressing the gathering, Randhir Singh Beniwal stated that the BSP will intensify its activities in Jammu and Kashmir in the coming days. He emphasized the need for party workers to work with dedication and responsibility to build a stronger organization, particularly in Jammu region. He urged zonal and district leaders to speed up ground-level efforts and expand outreach.

Beniwal reiterated that the BSP is committed to becoming a strong political alternative in the region, as people are increasingly disillusioned with traditional parties like the National Conference, Congress, PDP, and BJP, which he said have "misled the people time and again."

Central Coordinator Dharamvir Singh Ashok and Daya Chand echoed these sentiments, highlighting growing public support for the BSP and the need for sustained efforts at the grassroots level.

BSP State President Darshan Rana welcomed all participants and shared details of the ongoing organizational campaign, including review meetings at the Assembly level. He called upon workers to actively take the party's ideology and policies to the common people, especially the marginalized and backward communities.

The meeting also included suggestions from senior leaders and grassroots workers to strengthen coordination and ensure effective implementation of party programs across the UT.

Trikuta Nagar Welfare Society highlights civic issues in review meeting

■ STATE TIMES NEWS
JAMMU: A review meeting of the Trikota Nagar Welfare Society (Regd.) Jammu was held today under the chairmanship of Rajinder P. Kakkar, President of the Society. The meeting witnessed active participation from a large number of residents and prominent citizens of Trikota Nagar Colony.

During the meeting, the members unanimously identified two major issues affecting the residents and called upon print and electronic media to raise these concerns with the higher authorities of Jammu and Kashmir UT for prompt resolution.

Residents expressed concern over discrepancies in Power Development Department



TNWS president Rajinder P. Kakkar chairing a meeting.

(PDD) billing. They highlighted that the physical copy of the bill shows a genuine amount, but when residents check the bill amount on the PDD mobile app, the amount appears to be doubled or even more, creating confusion and distress.

The Society urged the concerned authorities to rectify the online billing system immediately, especially considering senior citizens who are unable to go from desk to desk for verification.

They appealed for a transparent and consistent system to enable law-abiding citizens to pay their bills without unnecessary stress.

The residents also raised the issue of irregular monthly garbage collection charges. It was pointed out that not all households and tenants pay these charges, resulting in garbage often being dumped openly on roads, leading to sanitation issues. The Society

demand that authorities implement a biometric garbage collection system to identify defaulters and eliminate corruption in the collection process. They also called for a strict penalty system to ensure compliance, aiming to make Trikota Nagar a clean and green colony under Jammu Smart City.

Prominent residents who spoke during the meeting included Er. Ashok Kumar Arora, Som Nath Kaul, Krishan Lal Gupta, Vijay Gupta, O.P. Sharma, Kewal Sher, and Upender Zadoo, who shared their experiences and supported the demands.

The Society hopes that the concerned departments will act swiftly to address these pressing issues.

Hearts of Indians in Trinidad & Tobago still beat for motherland India: Kaith

■ STATE TIMES NEWS
JAMMU: BJP activist R.L. Kaith has praised the Indian diaspora in Trinidad and Tobago for their deep-rooted connection with India, saying their love for the motherland was clearly visible during Prime Minister Narendra Modi's recent visit to Port of Spain.

Kaith highlighted the warm welcome extended to the Prime Minister and the vibrant cultural programme organized in

his honour by the Indian-origin community. "It reflects that despite being thousands of miles away, their hearts still beat for their roots-India," he said.

Trinidad and Tobago, with a population of around 13 lakh, includes approximately 45 percent people of East Indian origin, most of whom are descendants of indentured labourers brought from India during the colonial period. "Despite facing extreme hardships, their ancestors lived

with hope and confronted every challenge with immense courage," Kaith added.

He also lauded PM Modi's announcement allowing the sixth generation of Indian-origin citizens in Trinidad and Tobago to obtain Overseas Citizen of India (OCI) cards, enabling them to live and work in India freely. "This move strengthens India's bond with its diaspora and recognizes the sacrifices of our ancestors," Kaith stated.

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

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
Intermediate Stop	: Banihal at 9:58 AM
Fare:	
Chair Car (CC): 715	
Executive Chair Car (EC): 1,320	
Booking: Available on IRCTC	
Train 26403 - Katra to Srinagar (Afternoon Service)	
Departure	: 2:00 PM from Katra
Arrival	: 05:00 PM at Srinagar
Fare:	
Chair Car (CC): 660	
Executive Chair Car (EC): 1,270	
Booking: Available on IRCTC	

HELPLINE	
TELPHONES	
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	2575522
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)	
CIVIC SERVICES	
Municipality	2547846, 2542192
Health Officer	2547440
Garbage / Carcass Removal	2547440

FIND CINEMA	
MAA	
Wave one movie Jammu	02:45 PM / 11:00 PM
PVR KC JAMMU	11:05 PM
SITAARE ZAMEEN PAR HINDI	
Wave one movie Jammu	
11:00 AM / 02:05 PM / 08:00 PM / 11:05 PM	
PVR KC JAMMU	03:25 PM / 10:05 PM
METRO IN DINO	
Wave one movie Jammu	10:00 AM / 01:15 PM / 07:45 PM / 10:55 PM
PVR KC JAMMU	12:00 PM / 06:40 PM
JURASSIC-WORLD-REBIRTH	
Wave one movie Jammu	09:30 AM / 12:05 PM / 05:30 PM