

This Election will lead to prosperity, peace

## Jammu to play significant political role: Ram Madhav

**STATE TIMES NEWS**  
R.S. PURA: Senior Bharatiya Janata Party leader and Jammu and Kashmir BJP Assembly election Incharge Ram Madhav on Tuesday categorically asserted that this "historic election" in Jammu and Kashmir is going to pave a way for a prosperous, peaceful and vibrant Jammu and Kashmir.

He said this while addressing a mammoth public rally here today.

Madhav while reminding the electorate of the state said that the vision, commitment and leadership of BJP has transformed and transitioned this region from terrible terrorism to peace and stability. "The abrogation of 370 Article has changed the fate of the people of Jammu and Kashmir and the seven-decade discrimination against the refugees who migrated from West Pakistan in 1947 has ended. Rights of women, protection and equality have been restored", said the senior leader.

Stressing that it is a "known fact" that the BJP will form the next government in the Jammu and



Jammu and Kashmir BJP Assembly election Incharge Ram Madhav along with other senior leaders during the programme at R S Pura.

Kashmir, he said that people of Jammu will now play a decisive and significant role in the political future. The vision of BJP is to see Jammu and Kashmir in top three developed economies in the nation, he asserted.

Sat Sharma J&K BJP Working President, while addressing said that "the victory of BJP is a foregone conclusion and the voters have made up their mind that peace and stabil-

ity are fundamental to a prosperous Jammu and Kashmir.

Dr Narinder Singh Raina National Secretary and candidate from R.S.Pura, while addressing the gathering said that his vision for his constituency is of all round development with schools which will be equipped to provide education of world class standard, hospitals and dispensaries equipped with doctors and nurses for medical

facilities for the general public and equal opportunity for employment. Dr Raina also said that the menace of drugs will also be dealt with a strong hand.

Badri Sharma, Congress rural district Jammu today joined the BJP. He said that the wrong policies of Congress and double speak on Nationalism had motivated him to join BJP, a party which always puts Nation first.

## GCW Kathua organises awareness programme on suicide prevention

**STATE TIMES NEWS**  
KATHUA: The Psychological Counselling Cell/The Drug De-Addiction of Govt. Degree College for Women, Kathua under the aegis of IQAC in collaboration with Block Medical Officer, Sub-District Hospital, Nagri Parole Kathua organised an insightful and impactful health talk on "Suicide Prevention" with a host of activities. The event aimed to raise awareness about mental health and suicide prevention among students and the local community.

The event was organised under the guidance of Dr.Savi Behl, Principal of the college. The event started with traditional lighting of the lamp by chief guest of the occasion Mr.Koushal Kumar, SSP District Jail Kathua in presence of Dr.SaviBehl, Mr.Ajay Sharma ,Nodal Officer, Mental Health, Subdistrict Hospital, Nagri Parole,Dr.Renu, Convener of the Psychological Counselling Cell, faculty members and students of the college. In her opening remarks, Dr.SaviBehl mentioned that it has been estimated that suicide is the fourth leading



A participant receiving certificate.

cause of death among the late adolescent age groups (15-19 years) in India. According to data from the National Crime Records Bureau (NCRB), more than 40 per cent of all cases of suicides are among young adults below the age of 30. She added that "In India, the magnitude of the young people dying by suicide is unfortunately very high. The number of young people who died by suicide in India is almost double in comparison to the global average. Approximately 160 young persons die by suicide daily in India."

Chief Guest on the occasion, Mr.Koushal Kumarelaborated that globally, someone dies by suicide every 40 seconds. Suicide can impact anyone - people of all ages and backgrounds.

While Suicide Awareness Month seeks to raise awareness about the country's concerning suicide rates, the awareness month also seek to help students and teen agers to learn that suicide is preventable and several factors can protect an individual, including building effective coping and problem-solving skills; feeling connected to school, community and other institutions; feeling connected to others; and reduced access to lethal means of suicide. Another significant address was delivered by Ajay Kumar, Nodal Officer, Mental Health, Block Parole, who explained the causes, symptoms, and prevention strategies for suicides, focusing on young people. He shared valuable insights on recognizing early warning signs of mental distress and

the role of communities, families, and institutions in providing support.

While welcoming participants, Dr.Renu Convener of Psychological Counselling Cell stressed upon the importance of awareness among the youths about the negative impacts of suicidal tendencies on mental health. She emphasized the devastating impact of suicide on families. She also urged the students to be vigilant and to spread the message of good mental health and positive state of mind. In order to raise awareness on the on-going Suicide Prevention month, GDCW Kathua also organised declamation in which 5 students of the college namely DahuMangotra, Deepthi Singh, Muskan Thakur, Mehnaz Akhter and Lakshmi Devi spoke about the ill effects of suicides on our society.

Dr.Sonika Jasrotia offers the formal vote of thanks. Dr. Ajay Sanotra and Dr.Surekha Rani played a vital role in making a event successful. Other faculty members present in the event are Dr. Kamini Kapoor and Dr.GurpreetKour. The proceedings of the programme were conducted by Muskan Thakur.

## Pr. Secy Culture inspects Heritage restoration works at Udhampur



Principal Secretary, Culture, Suresh Kumar Gupta inspecting heritage site at Udhampur.

**STATE TIMES NEWS**  
UDHAMPUR: Principal Secretary, Culture, Suresh Kumar Gupta, conducted an extensive tour of Udhampur district and took stock of ongoing Heritage/Monument restoration works.

During the visit, the Principal Secretary inspected the on-going restoration works at heritage Bowli Complex at Charai Muttal and heritage fort at Krimachi.

At Charai Muttal heritage Bowli Complex, the Principal Secretary directed concerned officers to complete the leftover work of the approved DPR within two months. The heritage complex is situated at about 7 kms from Tikri village and is said to be more than 200 years old. The iconic bowli has been restored along with associate structure.

He also directed for expediting the restoration work of Krimachi fort to ensure

its completion within current financial year.

During his tour, Principal Secretary also visited Krimachi temple complex, an Archaeological Survey of India (ASI) protected monument and also interacted with locals of the area.

The Principal Secretary during the visit, emphasized on the vital importance of preserving Jammu and Kashmir's rich cultural and historical heritage and instructed J&K Academy of art, culture and languages to organise cultural programs at these sites for making these heritage sites cultural hubs for attracting visitors and pilgrims from adjoining Vaishno Devi Katradham.

The Principal Secretary was accompanied by Sanjeev Rana, Additional Secretary, JKAACL; Dr.Sangeeta Sharma, Assistant Director, Archives, Archaeology and Museums; and other officers and officials from PWD (R&B) and Archives, Archaeology and Museums.

## Sangam theatre group performed street theatre 'Vote Mera Adhikar'

**STATE TIMES NEWS**  
KISHTWAR: Street Theatre "Vote Mera Adhikar performed by Sangam Theatre Group Reasi under SVEEP. The play was staged at different locations of District Kishtwar: Main Bazar Kishtwar; Bus Stand Kishtwar; Historical Ground Kishtwar; Drabsahala and other places as part of the preparations for the upcoming General Election to the Legislative Assembly 2024, under the leadership of District Election Officer; Rajesh Kumar Shavan (JKAS). The street performances were expertly coordinated by Dr. Kuldeep Kumar (JKAS), District Nodal Officer-SVEEP.

Through captivating street performances, the Sangam group artists effectively communicated the significance of ethical voting to the local populace, stressing the principles of responsible and informed voting. The messages resonated with audiences, encouraging active and fair participation in the upcoming elections.

Officers of the District Administration, Younger's,

Locals, Senior Citizens and general public present and witnessed the show. Artist stressed on new voters in the age of 18 years to cast the vote properly in fair and ethical manners. The play depicts rights of the voter and how to elect the right candidate. Through this play all the sections of society are prompted not to run away from their ultimate responsibility of voting for the stronger democracy of India.

The Actors who performed the street play were Himanshu Darshan, Raja Aamir Khan, Varsha kumai, Nidhi Singh Thakur, M. Akram Khan, Tanvi Sharma, Shakir Abrar; and Anabia Khan. The play was written & directed by M. Akram Khan.

This highly motivating electrifying theatre performance educated the masses in a highly effective manner about the importance of voting the basic aims to stage the play is creating a strong movement ensuring maximum participation of voters in the electoral process.

## Plantation drive marks platinum jubilee of Territorial Army

**STATE TIMES NEWS**  
RAJOURI : In a momentous celebration of its 75 years of service, the Indian Army's Territorial Army unit at Palma, Rajouri has spearheaded a large-scale tree plantation drive in the remote areas south of the Pir Panjal region. This initiative not only commemorates the platinum jubilee of Territorial Army but also underscores its commitment to environmental conservation in one of the country's most challenging terrains. The drive took place in Rajouri, a remote and often rugged area known for its scenic beauty and ecological significance.

Despite the challenging conditions, soldiers and local community members, and environmental activists came together to plant over variety of saplings. These saplings include a variety of indigenous species chosen for their suitability to the region's unique climate and soil conditions. The tree



Army personnel planting saplings.

plantation drive is expected to have a significant impact on the local ecosystem. By introducing native species, the initiative aims to enhance soil stability, support wildlife habitats, and improve air quality in the region.

The Indian Army's Territorial unit at Palma plans to continue its environmental initiatives, focusing on regions that benefit from increased green cover. The successful completion of this drive in the Pir

Panjal region serves as a testament to the army's dedication to integrating environmental responsibility into its mission of national service. The plantation drive has been seen as a significant step towards sustainable development in the region. The newly planted trees will not only serve as a living tribute to the Territorial Army's 75 years of excellence but also contribute to the long-term ecological health of the Pir Panjal region.

## Next CM of Jammu Kashmir will be from BJP: Mohan Lal

**STATE TIMES NEWS**  
PARGWAL: BJP candidate and Retired SSP Mohan Lal on Tuesday toured several villages in Pargwal Mandal, including Garkhal, Palwal Perth, Shani Tana, Molu, Rangpur, Pindi, Hamirpur Kona, and Gurha Chiban, as part of his campaign for the upcoming assembly elections. The candidate, known for his commitment to public service, was joined by several key BJP leaders during his tour.

Accompanying him were Pravasi Prabhari MLA Lala Ram, DDC Vice Chairman and Prabhari Akhnoor Assembly Suraj Singh, Mandal Pargwal President Bhopinder Singh, Senior BJP Leader Ram Swaroop, Former BDC Nisha Devi, Ex Sarpanch Kashmir Singh, Ex Sarpanch Kuldeep Singh, and Ex Sarpanch Prabh Dayal. Together, they engaged with local residents and sought their support for Mohan Lal's candidacy.

Addressing large gather-



BJP candidate Mohan Lal addressing public rally.

ings, Mohan Lal pledged equitable development across all three blocks of the Akhnoor constituency. He emphasized that, under a BJP-led government, immediate steps would be taken to begin reversion work on the Chenab River, protecting the valuable farmland of local farmers. He also promised to provide ownership rights to people who have been in possession of their land for decades, a long-standing demand of the region's residents.

In his speech, Mohan Lal

urged the people to support the BJP, a party committed to national integrity and unity, rather than those he accused of trying to weaken the country. He praised Prime Minister Narendra Modi's track record of delivering on promises and said the BJP is dedicated to the welfare of every citizen.

He highlighted key promises from the party's platform, including enhancing the Ayushman Bharat Sehat scheme to cover 77 lakhs, increasing the Kisan Samman Nidhi benefit to

₹10,000 per year, and providing Rs 18,000 annually to senior women in every household. He also pledged that pensions for the disabled, old age and widows would rise to ₹3,000. Additionally, the BJP plans to create 5 lakh new job opportunities for the youth of Jammu and Kashmir.

Mohan Lal reminded the people of his deep connection with Pargwal, where he began his career as a lecturer botany in School, and reaffirmed his commitment to serve the region. He stated, "I have left a designated position to serve you day and night. I have a strong bond with Pargwal and will continue working for your welfare." Confident in the BJP's electoral prospects, he assured the people that with their support, the BJP would secure more than 50 seats and pave the way for Jammu and Kashmir's first Chief Minister from the party.

## Assembly elections 2024 phase-I; 196 Polling parties dispatched from Baderwah

**STATE TIMES NEWS**  
BHADERWAH: In order to ensure smooth conduct of phase-I of Assembly elections 2024, polling parties for Baderwah constituency were dispatched on September 17 from Baderwah since early morning.

Baderwah Constituency is among 8 constituencies of Chenab Valley going to polls in first phase on Wednesday (September 18).

ADC Baderwah RO for Bhadarwah constituency, Sunil Kumar said that 196 Polling parties are being dispatched from government Higher Secondary School Boys Baderwah along with security personal of various agencies since 6 am today morning.

According to details, for Baderwah Assembly Constituency, Dalip Singh



Parihar of BJP, Sheikh Mehboob Iqbal NC, Nadeem Sharief of Congress are among 10 candidates in fray.

The Polling parties along with polling material-EVMs and VVPATs left for the respective polling stations today morning.

The Polling Parties reported at dispatch centre Baderwah, where Electronic Voting Machine along with Voters Verifiable

constituency AC 51 for polling.

The Polling parties along with polling material-EVMs and VVPATs left for the respective polling stations under the supervision of District Election Officer Doda Harvinder Singh.

While talking to Media, ADC Baderwah Sunil Kumar said that for the smooth conduct of Assembly elections, adequate security arrangements have been made in advance. All the polling parties and security personnels will reach to their respective polling stations by evening.

It is notable that 534 polling stations have been established across District Doda for 3 assembly constituencies including Baderwah, Doda and Doda West for the Assembly Elections 2024.

## SPPND GDC observes World Suicide Prevention Day

**STATE TIMES NEWS**  
SAMBA: Centre for Counseling and Mental Health Intervention Services- 'SUKOON' of Shri Pandit Prem Nath Dogra Government Degree College Samba under the aegis of IQAC organized an interactive session to create awareness about mental health and suicide prevention.

Dr. Romesh Kumar, a prominent mental health expert discussed at length varied mental health issues and warning signs of emotional distress, the importance of reaching out for help and the steps that can be taken to support individuals at risk.

In her address, Principal Prof (Dr.) Twinkle Suri exhorted that at the

institutional level, we need to adopt proactive measures, including awareness, mental health support, early intervention, and fostering a culture of empathy and openness amongst the students.

The event began with a formal welcome address by Dr. Shabila Wani, the college Nodal officer of the Cell. Dr. Romesh emphasized that suicide is preventable when communities come together to offer support, listen with empathy and guide individuals to professional resources.

He elaborated upon various reasons for suicidal tendencies like Tunnel Vision which is a cognitive disorder, end of hope, Psych-ache, negative thought patterns etc.

He stressed upon the role of peers in combating these dispositions by recognizing the obvious indications like withdrawal symptoms, loneliness, bipolar disorders etc. and help their fellows in tackling the suicidal tendencies. He also stressed that such mental issues should not be considered a taboo or stigma and these can be overcome by some stress combating techniques like mind-full exercises, meditation etc.

The event also included an interactive session wherein the students shared their thoughts and concerns regarding mental health. The proceedings of the event were conducted by Ritika and followed by a formal thanks by Dr. Surbhi Malhotra.

**DISCLAIMER**  
"STATE TIMES"  
does not take responsibility for the contents of the advertisements (Display/Classified) carried in this newspaper. The paper does not endorse the same. Readers are requested to verify the contents on their own before acting there upon."