

Rekha inaugurates Neuropathic Physiotherapy Camp at Dr. Nidhi Goel's PhysioCare

■ STATE TIMES NEWS
JAMMU: To mark International Physiotherapy Day, a free Neuropathic Physiotherapy Camp was organised today by Dr. Nidhi Goel's Physio Care at Green Belt Park, Gandhi Nagar.

The camp, aimed at spreading awareness about the importance of physiotherapy in managing neuropathic pain, witnessed enthusiastic participation from people across different age groups.

Inner Wheel Club New Gen Jammu in collaboration with Inner Wheel Club Sampark, helped in organizing the free medical camp, providing comprehensive services to approximately 150 individuals.

The camp was inaugurated by Vice President BJP J&K, Rekha Mahajan, who graced the occasion as the Chief Guest. On the occasion, Inner wheel New Zen Club members also felicitated Rekha Mahajan.

While interacting with the participants, she lauded the initiative, stating,



Inner Wheel Club New Gen Jammu members felicitating Vice President BJP J&K, Rekha Mahajan during a camp at Jammu on Monday.

"Physiotherapy plays a vital role in improving the quality of life for patients suffering from neuropathic pain and other chronic conditions. I congratulate Dr. Nidhi Goel for organizing such a meaningful camp on International Physiotherapy Day, which truly reflects her dedication to public health and service."

The camp included Bone density check-ups and Neuro check-ups for diabetic and general patients with nerve weakness.

The camp provided free assessment, consultation, and guidance on various physiotherapy techniques

useful in dealing with neuropathic pain, joint stiffness, postural issues, and mobility-related problems.

Awareness sessions were also held to educate people about preventive care, exercises, and lifestyle changes that can help in long-term management of pain.

Dr. Nidhi not only conducted thorough check-ups but also educated patients about their conditions, prescribed medicines, and advised exercises. PDC Dr Santosh Gupta also graced the occasion. The Inner Wheel Club New Gen Jammu team, led by President Manpreet Kaur

and Secretary Ritu Sharma, past president Ambika Samnotra worked tirelessly to make this initiative a success.

Dr Nidhi also appreciated the support from Inner Wheel Club Sampark, led by President Ratan Prabha.

Inner Wheel Club New Gen Jammu extended its heartfelt gratitude to Dr. Nidhi for her exceptional efforts in organizing the camp and to Rekha Mahajan for her presence.

Special thanks extended to Anita Goel ISO and Dr. Anubhav Goel for extra efforts to make show suc-

cessful.

Speaking on the occasion, Dr. Nidhi Goel, the organiser of the camp, said, "Many people silently suffer from neuropathic pain without knowing that physiotherapy can significantly reduce their discomfort and improve their daily life. Through this camp, our aim was to reach out to the community, provide them with free consultation, and spread awareness about the role of physiotherapy in holistic health care."

She further added that physiotherapy is not only about treating pain but also about promoting overall well-being, mobility, and independence, especially for elderly patients.

The initiative received appreciation from locals who benefitted from the expert guidance and practical demonstrations offered during the camp.

Dr. Nidhi Goel assured that more such camps will be held in future to ensure wider reach and greater public benefit.

Labour Department conducts joint inspections to ensure compliance with Labour Laws

■ STATE TIMES NEWS

JAMMU: The Labour Department, Jammu conducted joint inspections of various establishments and industrial units to ensure strict compliance with provisions of various labour laws.

The inspections were carried out by the team comprising of the Deputy Labour Commissioner Jammu, Inspectors of Factories, Asstt Labour Commissioner Jammu along with Labour officers as per the directions of Commissioner Secretary Labour and Employment under the overall supervision of the Labour Commissioner J&K with the objective of safeguarding the rights of workers, ensuring occupational safety and promoting fair working conditions across workplaces.

The inspection focused on Checking mandatory registrations; Payment of minimum wages to workers; Maintenance of statutory records and registers; Compliance with working hours and leave provisions; Implementation of safety



Labour Commissioner Jammu officers during a meeting.

measures under the Factories Act and provision of welfare amenities to workers.

On spot notices were issued to establishments found violating statutory provisions, and they have been directed to rectify the shortcomings within the stipulated time frame. In cases of serious violations, appropriate legal action will be initiated.

The Department has also

appealed to employers to voluntarily comply with the labour laws and urged workers to report any grievances to the Labour Office for prompt redressal.

Moreover to bring more workers under the ambit of social security an awareness among the gig/platform workers was generated to get themselves registered under E Shram and PYM-SYM.

Rakesh Mahajan meets Sr Divisional Commercial Manager, discusses issues of Bari Brahmana Yard



Rakesh Mahajan, BJP J&K UT Vice President meeting with Senior DCM, Jammu Division, Uchit Singhal.

■ STATE TIMES NEWS

JAMMU: Rakesh Mahajan, BJP J&K UT Vice President and In-charge Yuva Morcha, today led a delegation of traders to meet the Senior Divisional Commercial Manager (DCM), Jammu Division, Uchit Singhal, and discussed the problems of at Bari Brahmana Railway Yard.

The meeting focused on the long-pending demands and infrastructural issues being faced by traders and workers at the yard where goods trains arrive.

The delegation raised several important concerns, including the need for a proper shed and platform, adequate electricity supply, and arrangements for drinking water and toilet facilities for labourers. They stressed that the absence

of these basic amenities causes inconvenience to traders, workers, and others involved in loading and unloading goods. Speaking on the occasion, Rakesh Mahajan said, "Bari Brahmana Railway Yard is a lifeline for traders and industries. However, the lack of proper facilities is creating unnecessary hardships for both traders and labourers. A proper shed, electricity, drinking water, and toilets are the minimum requirements that must be provided so that work can be carried out smoothly."

He further added that providing such facilities will not only ease the work of traders but also increase efficiency and productivity at the railway yard. "Our demand is not for luxuries but for basic infrastructure which is essential for day-to-day operations," he remarked.

The Senior Divisional Commercial Manager listened patiently to all the demands and assured the delegation that the issues raised would be thoroughly reviewed. He also discussed the matter with his subordinate team on the spot and committed to take up the pending issues with higher authorities at the earliest for quick resolution. Mahajan expressed confidence that the Railway authorities will act promptly. "We are hopeful that the administration will resolve these issues soon so that traders can continue their work without difficulties. The BJP remains committed to addressing the concerns of every section of society and ensuring better facilities for all," he stated.

Pensioners Conference-2025 of JKBPA concludes in Srinagar

'Bank to establish a dedicated grievance cell for pensioners'



Managing Director & CEO of J&K Bank, Amitava Chatterjee and other officers at a Pensioners Conference-2025.

■ STATE TIMES NEWS

SRINAGAR: The J&K Bank Pensioners Association (JKBPA), the apex body of J&K Bank retirees, organized Pensioners Conference-2025 at Sher-e-Kashmir University of Agricultural Sciences and Technology (SKUAST-K), Srinagar.

The event witnessed an overwhelming participation of pensioners from across the region.

The conference was graced by the Managing Director & CEO of J&K Bank, Amitava

Chatterjee, as the Chief Guest.

Addressing the gathering, he underscored the importance of such conferences in fostering community bonding and addressing the concerns of senior bank citizens.

"The resilience shown by J&K Bank employees during challenging times has always been exemplary and reflects the highest standards of commitment in the industry. Our retired officials are a proud part of the extended J&K Bank family,

and we shall make every possible effort to ensure their well-being," he said.

He further announced the formation of a dedicated Grievance Cell within the HR Department to address and oversee the concerns of retirees in a time-bound manner.

The presence of Prof. Nazir Ahmad Ganai, Vice Chancellor SKUAST-K, and Devinder Singh Jattana, Organising Secretary of All India Pensioners' Federation (AIBRF), added dignity and significance to

the occasion.

A key highlight of the conference was the presentation and unanimous adoption of the redrafted Constitution of the J&K Bank Pensioners Association, presented by General Secretary Z. A. Makdooi, which marks a significant step toward more effective and streamlined functioning of the Association. The day-long event provided a vibrant platform for pensioners to share experiences, deliberate upon issues concerning their com-

munity, and engage directly with bank officials on matters of mutual interest.

Delivering the vote of thanks, Mohammad Amin Khan, President of the Association, expressed gratitude to Amitava Chatterjee, Devinder Singh Jattana, and all dignitaries and participants for their inspiring contributions.

The conference concluded on a positive note, reaffirming the Association's commitment to the well-being, dignity, and empowerment of J&K Bank pensioners.

Uncivil conduct by MLA Doda sparks outrage: DGPC Jammu, SPF demand accountability, public apology



Balvinder Singh, Vice President DGPC Jammu talking to reporters.

■ STATE TIMES NEWS

JAMMU: Balvinder Singh, Vice President of DGPC Jammu and President Sikh Progressive front, along with Surjit Singh, General Secretary DGPC, Harjit Singh, Tejinder Singh, Avtar Singh members DGPC Jammu and Manjit Singh Gen Secretary Sikh Progressive, Rajinder Singh Jt Secretary SPF, Rajinder Singh V President SPF of the Sikh Progressive Front, held a press conference today to strongly condemn the deeply offensive and unparliamentary language used by elected MLA Mehranj Malik of Doda Constituency against the District Magistrate of Doda.

Addressing the media, Singh expressed grave concern over the MLA's conduct, stating that the people of Doda did not elect him to wield power irresponsibly or to demean public servants. They placed

their trust in him to address long-standing issues and uphold democratic values-not to misuse his position to hurl abuse. Freedom of speech, while a constitutional right, carries with it the responsibility to respect others' dignity and freedoms. What was witnessed in this instance was not freedom-it was a violation of civility. What has shocked the conscience of right-thinking citizens even more is the MLA's derogatory reference to the Deputy Commissioner's parents, who were reportedly present during the unfurling of the National Flag. Such remarks are not only indecent but deeply hurtful to the sentiments of a civilized society.

Though the MLA did not explicitly target the Sikh identity of the officer, the community feels wounded by the sheer vulgarity and disrespect shown to a pub-

lic servant and his family.

It may also be added that such a public display of unparliamentary and offensive language by an elected representative may result in the creation of a rogue society, as these individuals are followed by scores of youth. This may pose a potential threat to harmony in society. The youth emulate these leaders, and the use of abusive language by elected representatives sets a dangerous and unacceptable precedent.

The Sikh Progressive Front and DGPC Jammu demand that elected representatives uphold the decorum befitting their office. Words matter-and when they are used to humiliate rather than heal, they corrode the very spirit of democracy.

The community stands united in its call for accountability, respect, and a reaffirmation of the values that bind us as a civilized society.

Other prominent representatives of different Sikh Organizations who were present in the press conference were T P Singh, Harmohinder Singh President Displaced Kashmiri Sikh conference, Charanjit Singh President Gurdwara Digiana Camp, Jasmeet Singh Rinku secretary Manjot Singh, Manjit Singh Ex-President, Ravinder Singh, Harasis Singh and Surinder Singh Akali Dal Amritsar, Principal Pritam Singh, Jasbir Singh Parwana, Gurmit Singh Noutjwan Sabha Simble, Narinder Singh ex President Gurudwara Sahib Simble Camp.

DC Jammu inspects Ranbir Canal to assess rain induced damage

■ STATE TIMES NEWS

JAMMU: Deputy Commissioner Dr Rakesh Minhas on Monday inspected the Ranbir Canal to assess damages caused by recent incessant rains and floods.

He visited stretches from Pawan Ice Cream up to Beli Charana, reviewing the condition of canal, siphons, distributaries and embankments.

The DC underlined the



DC Jammu, Dr Rakesh Minhas inspecting Ranbir Canal.

need for proper desilting and strengthening of canal banks

uninterrupted water channel for irrigation and flood safety as well.

He informed that ₹20 lakhs have been released under the State Disaster Response Fund (SDRF) for immediate priority repairs to the canal.

He was accompanied by Executive Engineers Rajeev Ghai and Des Raj Sharma from both irrigation divisions of the Irrigation & Flood Control Department besides AEEs.

Khatana hails passage of historic Online Gaming Bill

■ STATE TIMES NEWS

NEW DELHI: Senior BJP leader and Rajya Sabha MP Gulam Ali Khatana hailed the passage of the Promotion and Regulation of Online Gaming Bill, 2025, calling it a landmark step to protect families, safeguard youth, and steer India's digital economy towards safer growth.

Khatana stressed the urgency of the legislation to counter the growing menace of online money games, which have led to addiction, financial distress, and even suicides. "Across India, families have suffered as youth lost their savings in deceptive games promising easy money. This Bill ensures such tragedies are prevented," he stated.

The legislation bans online money games, related advertisements, and financial transactions. It grants authorities power to block unlawful platforms and imposes strict penalties-up to three years'



imprisonment and Rs 1 crore in fines, with tougher punishments for repeat offenders. Khatana praised the government's strong stance against money laundering, cyber fraud, and national security threats linked to offshore gaming sites.

At the same time, he highlighted the Bill's balanced approach, recognising the potential of the gaming industry.

"By recognising e-sports as a

NC again betrays people of J&K with hollow promises: Dr. Pardeep

■ STATE TIMES NEWS

JAMMU: The Omar Abdullah-led NC government has once again resorted to its habitual deceit by making hollow announcements to mislead the flood-affected people of Jammu & Kashmir, stated Dr. Pardeep Mahotra, State Media Incharge, BJP J&K. He strongly condemned the NC leadership for trying to exploit the misery of the common people by dangling the misleading lure of 5 Marla plots.

Dr. Pardeep Mahotra said that J&K Deputy Chief Minister Surinder Choudhary, during his visit to Pargwal in Akhnoor, accompanied by Cabinet Minister Satish Sharma and NC Provincial President Rattan Lal Gupta, attempted to pacify



the distressed victims of devastating floods and landslides with nothing more than a political lollipop. He added that the announcement of plots "subject to a geo-stability investigation report" is nothing but another delaying tactic to hoodwink the people.

"The NC leaders have shamelessly betrayed the people at every juncture, be it

elections, natural calamities, or public welfare. They have mastered the art of giving false hopes while doing nothing on the ground. This latest announcement is no exception," Dr. Pardeep said.

He further reminded that, NC, during the Assembly Election 2024, befuddled people of Jammu & Kashmir with its Manifesto 2024, which effectively came out to be a book of lies. The "NC's Manifesto- A book of lies", along with other dozens of false promises, also promised a policy to provide land to the landless and the grant of ownership rights, which is nowhere in sight even after one year of elections.

Their promises vanished into thin air the moment elections were over and their

party assumed chair. Today again, in the name of rehabilitation, NC is staging another drama, he asserted.

Dr. Pardeep said that people of Jammu & Kashmir have suffered enough from NC's politics of deceit and betrayal. Instead of providing real relief, Omar Abdullah and his colleagues are mocking the pain of those who lost their homes, belongings, and livelihoods in floods. The public can no longer be fooled. They know NC's lollipops are a cruel joke in the face of human tragedy, he said.

"The BJP stands firmly with the victims and will continue to support the people in their sufferings, but at the same time will continue to expose the fraud of NC at every level," Dr. Pardeep said.