

Sinha inaugurates ‘Ekaant, an ode to home in mountains’ painting exhibition

■ STATE TIMES NEWS
SRINAGAR: Lieutenant Governor Manoj Sinha on Sunday inaugurated the Exhibition of paintings by Abhishek Sharma, CEO, JKEGA titled "Ekaant, an ode to home in the mountains" at the Kashmir International Convention Centre.

The painting exhibition showcased a series of impressions of the offbeat landscapes of Jammu and Kashmir, which is an attempt to promote the picturesque offbeat tourist destinations of the UT and encourage local artisans to promote the local culture

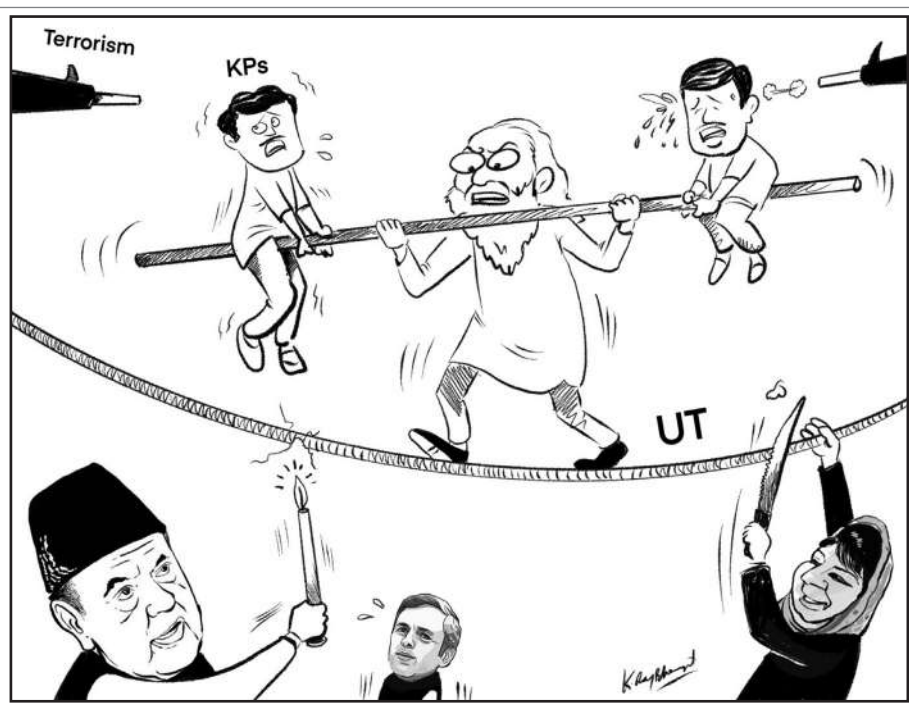


Lt Governor Manoj Sinha after inaugurating exhibition of paintings by Abhishek Sharma, CEO, JKEGA at Kashmir International Convention Centre.

and natural heritage.

The Lt Governor complimented the paintings made by the young officer and wished him success in his future endeavours.

The exhibit creates a stream of natural stories of Brammah to Bharnazar and the iconic landmarks of Jammu city to the icy silk mountains of Uri valley. The exhibition depicts the grasslands of Kishtwar which sits in the centre of the hills and is famously known as Chowgan. It is hoped to promote various offbeat places and tourist destinations in the UT.



People-oriented policies of Modi-led Govt win hearts of people: Chugh

■ STATE TIMES NEWS
JAMMU: BJP National General Secretary & Prabhari J&K Tarun Chugh, J&K BJP President Ravinder Raina, party General Secretary (Org.) Ashok Koul, former Dy. CM Kavinder Gupta, Dr. Devinder Manyal, Balwant Singh Mankotia, and other BJP leaders welcomed the new entrants into the party fold.

Rajeshwar Singh Ex District President NPP Samba, Sudesh Sharma Ex District President NPP, Rafiq Chandel, Dr. Parduman Singh Chairman Dogri Research Forum, Darshan Kotwal President Transport Union Udhampur, Anil Rakwal President Maharaja Gulab Singh Brigade, Rashpal Singh Chairman Transport Union Udhampur along with all Members, Several

Sarpanches, Panches, prominent leaders along with hundreds of supporters joined BJP on the occasion.

Tarun Chugh, while welcoming the new entrants, said that it was the people-oriented policies of Prime Minister Narendra Modi-led Union Government that have won the hearts of all the people cuttings across the regions and religions. He said that PM Modi has led the Nation during the time of the Covid crisis and made every Indian proud by taking a leadership role in the whole world.

He said that today every political and social arena is touched by the philanthropic works of PM Modi. He stated that highly motivated by the strong nationalist policies of the BJP and the dedicated leadership of the party, prominent personalities from political and social



Secretary & Prabhari J&K, Tarun Chugh and BJP leaders welcoming newly joined members.

backgrounds are daily coming forward to join the Bharatiya Janata Party in order to serve society more efficaciously.

Ravinder Raina said that BJP has led J&K to a development path with a new vision led by the dreams of local people. He said that BJP has successfully undone a number of wrongdoings

done in J&K by the governments led by NC, PDP, and Congress. He said that these parties mistreated lakhs of people belonging to various communities for decades and now BJP has delivered justice to them. This massive joining is self-explanatory that how the policies of BJP are being loved by the people, he added.

Kavinder Gupta welcomed the new entrants and said that the development policies of PM Modi have today led J&K on the path of peace and progress. He talked of a fresh environment in the whole of Jammu & Kashmir best-suited development.

Dr. Devinder Manyal conducted the proceedings of the programme.

Cardiac healthcare in rural India-improvisation and attention, need of hour: Dr Sushil



Dr Sushil Sharma, HoD Cardiology, GMCH examining patients during a camp.

■ STATE TIMES NEWS
BILLAWAR : Focusing his remedy to undertake a holistic health version encompassing modern scientific development and traditional health know-how to incorporate the onset of cardiovascular sicknesses in rural areas, Dr Sushil Sharma, Head of Department of Cardiology, GMCH along with his team reached at Hari Prabhu Sanstha, Gujroo Nagrota area of Billawar and held a day long awareness cum health check camp.

More than 250 people were screened, evaluated, diagnosed and free medicines were given to the needy.

The Main aim was to spread the awareness regarding cardiac ailments in the rural population and to screen high risk individuals and advise them to refrain from sedentary lifestyle which is now becoming more common in rural population.

While Interacting with the Patient Dr Sushil Stated that the cardiovascular diseases are a leading cause of mortality among middle aged and older adults in India, with current prevalence estimates of 10-12% in urban and 4-5% in rural adults. It is now well known that conventional risk factors (smoking, hypertension, diabetes mellitus, obesity, dyslipidemia, unhealthy diet, and reduced physical activity) together account for more than 95% of population-attributable risk for CVD, and novel risk factors have only a small contribution to make.

These risk factors, attributed to a set of life-style changes are prevalent both in urban and rural India.

He further elaborated that reducing high fat dairy, carbohydrates, saturated fats and increasing daily intake of fruit and vegetables will improve cardiac and overall health. Aggressive screening tests beginning at an early

age will be beneficial for early detection and treatment.

Promoting healthy group exercise activities such as walking, yoga and meditation to be practised regularly will certainly aid in preventing the rising epidemic of Coronary artery disease.

Hence, all efforts are required to be proactively taken to clearly understand the role of risk factors in the emerging epidemic and for their effective control.

General screening for conventional risk factors right from younger age may increase awareness; help in promoting lifestyle changes which can prevent or slow atherogenesis. Finally, a healthy lifestyle, balanced diet and regular physical exercise should be instilled right from the beginning in childhood to check this epidemic. Promoting health education and awareness about the pathogenesis of CAD, discouraging smoking and tobacco use and adapting a healthy diet and exercise routine will promote better cardiovascular health, he added.

Management Committee of the Hari Prabhu Sanstha I.D Soni, Jagmohan Gupta, Kuldeep Gupta, Dev Gupta, K.L Gupta, Ashok Gupta, Mukesh Gupta, Arun Gupta, G.R Gupta, R.C Vaid, Mahesh Sharma, Raju Thapa, Vijay Verma and Renu Manhas (Corporater) appreciated the selfless efforts of Dr. Sushil and his team in extending quality healthcare in such a remote area of Jammu province and expressed hope that such outreach programme could be a regular feature in this village.

Others who were part of this Camp include Dr Dhaneshwer Kapoor. Paramedics and Volunteers includes Raghav Rajput, Ranjeet Thakur, Rajkumar, Kamal Sharma, Gourav Sharma, Akshay Kumar, Rajinder Singh, Mukesh Kumar and Paramveer Singh.



Government of India
Ministry of Agriculture and Farmers' Welfare





Progressive and Prosperous Farmers – A symbol of Self-reliant India

Prime Minister Narendra Modi to inaugurate PM Kisan Samman Sammelan and

Rupees 16 thousand crore to be transferred to beneficiary farmers as the 12th instalment of PM Kisan Samman Nidhi

- Till now, more than Rs. 2 lakh crore has been transferred directly to the Bank accounts of more than 11 crore farmers.
- Rs. 6,000 transferred to beneficiary farmers every year in three equal instalments.
- 100% expenses of the Scheme borne by the Government of India.

Inauguration of 600 PM Kisan Samruddhi Kendras

- PM Kisan Samruddhi Kendras to fulfil all agricultural related needs of the farmers.
- More than 3.3 lakh Fertilizer Retail Shops to be converted into PM Kisan Samruddhi Kendras in a phased manner.

Inauguration of Exhibition of 300 Agri Start-up Stalls

- Approx. 1500 Agri Start-ups to participate in the Sammelan.
- Start-up entrepreneurs, Senior Scientists, Agricultural experts and policy makers to provide guidance.

Launch of PM Bhartiya Jan Urvarak Scheme – 'One Nation, One Fertilizer'

- Availability of 'Bharat' Brand Urea for all farmers of the country.
- Launch of 'Bharat' Urea Bag.

Launch of 'Indian Edge' - Fertilizer e-Magazine

- Information on Fertilizers' availability and consumption with domestic and international perspective.
- Success Stories of Farmers.

17 October, 2022 at 11:00 A.M.
Venue : Mela Ground, IARI, Pusa, New Delhi

Programme Live on DD News or DD Kisan Channel



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