### Dr Jitendra proposes upskilling medicos with AI, Quantum, newer technologies

BENGALURU: Union Minister Dr Jitendra Singh has proposed upskilling medicos with AI (Artificial Intelligence), Quantum and other newer technologies to meet the changing requirements of patient care and to make the best use of the latest diagnostic and therapeutic modalities available.

Dr Jitendra Singh was delivering Convocation Address at the 63rd Annual Convocation of National Academy of Medical Sciences (NAMS), held this year at the Ramaiah Medical College here.

Emphasising continuous skill building, particularly in young professionals, Dr Jitendra Singh, who is also a known Diabetologist and Professor of Medicine, said, India has taken a lead in Preventive and Integrated Healthcare under the leadership of Prime Minister Shri Narendra Modi. Professional medical bodies such as NAMS and the Government could come together to provide Preventive Healthcare to all citizens of the country, he said.

"Wherever we are not able to provide optimum patient care, we could at least focus on the prevention of diseases through new technology means and I think that is one area which NAMS could pick up, -Preventive Healthcare doctors, purely specializing in

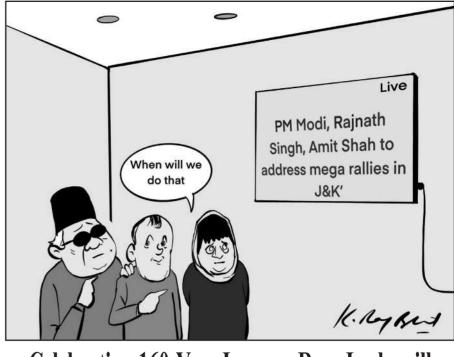


Union Minister Dr. Jitendra Singh delivering Convocation Address at the 63rd Annual Convocation of National Academy of Medical Sciences (NAMS), at Ramaiah Medical College, Bengaluru.

preventive healthcare, (and) if we could do that, we would not only be serving the cause of Healthcare or Medical Care, we would be actually serving a national responsibility by preserving the energies of that huge youth resource pool which is going to be the architect of India@2047," he said. Dr Jitendra Singh said, the last 9 years have turned India into a cost-effective

of several path breaking healthcare reforms and enabling provisions brought in by PM Modi ever since he took over in 2014. "Previously India was hardly known for any preventive healthcare but today India is recognised as the vaccination hub of the world having produced DNA Covid Vaccine, world's first intranasal Covid Vaccine, India's first indigenously developed vaccine, "CERVAVAC" for the prevention of cervical cancer and many other vaccines for different diseases," he said. Dr. Jitendra Singh said, healthcare has been the top priority of the Modi Government. "From 145 medical colleges in 2014, the number has increased to 260, besides 19 AIIMS have started academic sessions. Number of MBBS UG seats have increased from 51,348 in 2014 to 91,927 seats which is an increase of 79%. The number of PG seats have also increased by 93% from 31,185 seats in 2014 to 60,202 seats," he said. Dr Jitendra Singh asserted that Ayushman Bharat is so far the world's best health insurance scheme and credit goes to PM Modi for having conceptualised it. This is possibly the only health insurance scheme in the world which offers the option of seeking insurance cover even for a pre-exist-

effect.



### Celebrating 160-Year Legacy; Ram Leela will stage at Dewan Mandir from Oct 15, says Yudhvir

STATE TIMES NEWS

JAMMU: Continuing a rich cultural legacy that spans over 160 years, Yudhvir Sethi, Vice President of J&K BJP and Chairman of Shree Sanatan Dharam Natak Samaj Dewan Mandir Club, is thrilled to announce the upcoming Ram Leela scheduled to begin on the auspicious first day of Navratra, October

In a press conference on Sunday, Yudhvir Sethi, flanked by Anil Masoom, Club President, and General Secretary, along with the distinguished Director Sat Paul Sharma, shared their excitement for the upcoming Ram Leela. He emphasized that Ram Leela is an ageold tradition that showcases our culture in a dramatized form, and it is essential to preserve it in all its authen-

He said the Ram Leela has been a cherished tradition, captivating audiences for more than 160 years from the same stage. He asserted that the Ram Leela Club had witnessed the perform-

Bollywood actors like Om Parkash, Om Puri, and PrithviRaj Chouhan. This year, the Ram Leela promises to introduce new artists and scenes, refreshing the experience for attendees.

The talented cast set to perform in Ram Leela includes Laxman Puri, Vijay Sahil Sharma, Sanjana, Sanjeev Kerni. Kannav Chopra, Subash Jamwal, Rakun, Rakesh Dogra, Amit Khajuria, Pawan Sharma, Raj Kumar, Ram Paul, Litchee Sharma, Sachin Sharma, Ajay Kumar, Sanjeev Anand Ramesh Jitender Sharma, Abhi Sharma, Rajesh Kumar, and many more. The music for the event will be composed and scored by Vishal Gupta and Chanchal Sharma, with Kuldeep Verma. The lighting design will be overseen by Ashok Gupta, while the sets will be created by Sardar Harbhajan Singh, Ajay, Rahul, and Kala.

Yudhvir Sethi extended a warm invitation to the residents of Jammu City to attend the Ram Leela and show their support for the talented artists of the Ram Leela Club. Their presence will undoubtedly boost the morale of the performers, ensuring the continuation of this cherished cultural tradi-

### Dietary intervention in combination with caloric restrictions improves CVD risk: Dr Sushil hypertension should be care-

**STATE TIMES NEWS** 

JAMMU: In order to make masses aware of the cardio protective benefits of fasting Head of Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long Cardiac awareness cum health Check up camp at Village Bhatyari, Block Bishnah ,Jammu regarding the benefits of fasting in decreasing the morbidity and mortality associated cardiovascular dis-While interacting with the

people Dr Sushil Stated that India exhibits cultural and religious diversity practiced with great dedication and enthusiasm. One such auspicious festival is "Navratri," celebrated by Hindus in and worldwide. Navratri is observed twice a vear at the onset of summers and winters, and religious beliefs, fasting during this period is auspicious as Goddess Durga bestows her blessings upon all. However, the scientific justification says that fasting during seasonal change helps in purification and the intake of Saatvik food imparts various health benefits. Obesity along with poor diet are important, modifiable contributors to the rise of cardiovascular disease with an estimated attributable risk of 13% to cardiovascular mortality. There are several dietary interventions that have been shown to improve cardiovascular risk includ-

Head of Department of Cardiology GMCH Jammu Dr Sushil Sharma holding cardiac awareness cum health check up camp at Village Bhatyari. involves limiting calories consumed during a given

period. Caloric restriction is linked to improvement in weight, blood pressure and insulin sensitivity He elaborated that Fasting lowers the risk of diabetes and coronary heart disease. Research studies evidenced that intermittent fasting improves blood cholesterol levels and alleviates the risk of associated conditions. While fasting is an ancient practice, research over the last decade has

highlighted its potential as a method of obtaining weight loss and other cardio metabolic health benefits. Several different patterns of fasting have emerged, including alternate-day fasting, intermittent fasting (IF), timerestricted eating (TRE), and periodic Subsequent data in humans have been steadily accumulating and show beneficial effects in populations at high risk for atherosclerotic betes, non-alcoholic fatty liver disease (NAFLD), and also patients at a normal weight.

He added that fasting is a dietary intervention similar to caloric restriction, as it utilizes the principle of restricting food intake. There are several proposed mechanisms for how fasting could lead to better cardiovascular outcomes . The Oxidative Stress Hypothesis supports decreased oxidative insult. A second theory, the circadian rhythm hypothesis, is associated more with intermittent fasting than caloric restriction, indicating a mechanism unique to intermittent fasting. A third theory involves intermittent fasting inducing a ketogenic state, which has been linked to decreases in cardiovascular risk factors, He Said.

While summarising the benefits of fasting Dr Sushil Sharma told that Fasting during Navratri helps to boost our overall well-being in all four dimensions of health, namely, mental, physical emotional and

improve our digestive system and eliminate various gastric issues like bloating and gastritis. A self-disciplined lifestyle and prayers provide inner peace and boost an individual's mental and emotional aspects. Although the exact mechanisms remain to be elucidated, fasting appears to positively impact multiple cardiovascular risk factors including obesity, hypertension, dyslipidemia, and diabetes. However people with diabetes, heart Diseases and

during fasting help to

cardiac awareness cum health Check up in their vil-Others who were part of this camp included Dr Yashwant Sharma and Dr Dhaneshwer Paramedics and Volunteers include Nirvair Singh Bali, Rajkumar, Ranjeet Singh ,Raghav Rajput, Maninder Singh, Rajinder Singh, Amnish Dutta , Jatin Bhasin, Paramveer Singh, Arun Singh , Rohit Nayyar, Akshay Singh, Jamshed Ali.

Gourav Sharma, Rahul

ful about the fasting and its

Prominent members of the

area Archana Jamwal (

Sarpanch), Surjit Singh

Ex- Sarpanch), Chanchal

Sharma ( Panch), Sushil

Kumar ( Panch), Ganesh

Dutt ( Panch), Master

Ramesh Chander and

Mukesh Sharma appreciat-

ed the efforts of Dr Sushil

and his team for conducting

### J&K equitably empowered: Pawan, Rana as a special dispensation. He said the

#### **STATE TIMES NEWS**

UDHAMPUR: Saying that J&K has been equitably empowered politically, socially and economically post abrogation of Article 370, Senior BJP leaders Pawan Gupta and Devender Singh Rana on Sunday described the political developments of August 5, 2019 as beginning of a new era in Jammu and Kashmir with people of both the regions getting equal opportunities in political discourse and ending the hegemony of selected few.

Addressing a public meeting at Jib Thathi in Udhampur this afternoon, the two leaders said the people in this part of the country wanted a change in the stereo-type political management which had remained the domain of privileged few and benefitted the elite political class alone.

Gupta gave credit for such a monumental change to the visionary leadership of Prime Minister Narendra Modi and said the people of Jammu and Kashmir are confidently looking towards their economic emancipation and political empowerment after breaking the shackles of desponden-

Gupta said the BJP has been working in a mission mode to assuage the aspirations of all segments of society, irrespective of religion, region or caste. Politics for the BJP is a medium to serve the people and steering the nation to new heights of progress



meeting at Jib Thathi in Udhampur on Sunday.

and development. This is what the world has been witnessing with envy how the stature of India is growing in every field, he added. He referred to the people friendly schemes of the present Government which have people as the focal point and are focused on the welfare and upliftment of each section of the society.

Speaking on the occasion, Devender Rana exuded confidence that Jammu and Kashmir will progress and prosper under the decisive leadership of Narendra Modi. who has emerged as a global leader, with countries across the continents looking towards him in resolving issues concerning them. In this context, he referred to the pioneering role of the Prime Minister in the conflict situation in Ukraine and safe passage of Indians and others by prevailing upon both the adversaries. Back home, he referred to the landmark initiatives like women reservation bill and said that this will be a game changer for the political empowerment of nearly half of the country's population.

Rana referred in detail to the other path-breaking initiatives like Ayushman Bharat, One Nation-One Ration Card, StartUp, Digital Bharat, Beti Bachao Beti Padhao, Jan Dhan Yojana, Izzat Ghar programme and much more, saying these schemes have changed the lives of the people. He said the health cover of Rs 5 lakh each is available to over 50 crore families across the country, which includes the entire population of Jammu and Kashmir,

commitment of the Prime Minister to public welfare keeps every worker on mission mode to realize his dream of Sabka Saath, Sabka Vikas, Sabka Pryas, Sabka Vishwas. He said the Prime Minister is steering India to be the Vishwa Guru. After becoming the fifth economic power. Bharat is now looking towards being the one among the first three economic powers in the world in the next few years, he said, adding that this is going to hannen as Modi Hai Tu Mumkin Hai. Prominent among those present on

the occasion included Lal Chand, DDC Chairman , DDC Members-Ashu Sharma, Pinky Devi, Puran Chand Sharma, Balwan Singh BDC Chairman, MC chairman-Dr Jogeshwar Gupta ,Councillors-Subash Gupta, Anil Arora, Shashi Pal Sharma Mandal Pardhan Jib Rehambal, Krishan Dutt Mandal Pardhan Krimchi Mansar , Dinkar Gupta, Mandal Pardhan Udhampur, Sarpanches -Prithpal Singh, Darshana Devi , Pawan Sharma, Shiv Dev Singh, Lalita Devi, Girdhari Padha, , Pritam Singh, Prominent people-Pankaj Mahajan Virender Badyal , Pankaj Kerni, Charanjeet Singh, Vir Chander Sharma, Sandeep Sharma, Singh Dharamveer Jamwal. Dilbahadur Singh, Kuldeep Singh Jamwal and others.

## 'Tough decisions to benefit people'

# Don't politicise Wakf Board's decisions: Dr Andrabi

#### SHAKEELA ANDRABI

SRINAGAR: Jammu and Kashmir Waqf Board chairperson Dr Syed Darakhshan Andrabi on Sunday said that the Board is answerable to common people of Jammu and Kashmir, not to any other leader or Altaf Bukhari.

Talking to the media persons after inaugurating the franchise store of Delhi Chai Café at Hazaratbal Srinagar , she said that the strict decisions of the Waqf Board are only for the collective good and this institution has to be made a reliable government institution which serves our religious, spiritual places and those associated with them.

Dr Darakshan said "Recently we found that the ground staff did not perform well and within no time we suspended all the staff members and ordered an inquiry. Till the



enquiry is completed, we will see

who is culprit of this whole mismanagement.

She said, "We have to go a long way to come out of the effects of rot that had been growing on the Board for decades. So we seek public support in future also to ensure complete cleanliness".

"Tougher decisions will continue till we get hundred percent approval of our work from the people of Jammu and Kashmir", she

added She said that when the PDP government was in power, Altaf Bukhari was part of it and now he is making irresponsible statements like an immature politician which is not just unfortunate but also attention grabbing statements, especially about the pro-people

decisions of the Waqf Board . Dr.Andrabi said that we are committed to the service of the

nation and for more than four decades the Waqf Board was a golden bird for some people ,but now we have streamlined all the work and people are closely watching the whole process and this is the best thing in which people are co-operating and every day we are getting feedback from the general

"I thank the people of Jammu and Kashmir who supported Waqf reforms", she added.

Dr Andrabi said that the Waqf Board is taking decisions which will undoubtedly help us to create a more efficient system of working within the Board.

"Through our previous initiatives, we have been able to significantly increase our sources of income and new decisions will prove beneficial for the people in a big way", she added.

### including patients with overing caloric restriction, which weight or obesity, type 2 dia-spiritual. The food choices J&K authorities plan revival of aromatic rice Mushk Budji, expand cultivation to 5,000 hectares

exports and heralding a new

phase of farmer prosperity

and rural livelihood security

"We have been successful

in expanding the Mushk

Budji to Budgam and are

expecting more farmers to

grow the crop, leading to its

increased production to

meet the growing demand,"

According to the experts,

as part of the programme to

revive the cultivation of

Mushk Budji, Sagam and

Kokernag in Anantnag dis-

trict were identified in 2013.

Officials said the success

Anantnag led to a variety of

testing programmes in non-

Mushk Budji in

villages

Iqbal said.

adjoining

in the Union territory.

cardiovascular disease,

#### STATE TIMES NEWS SRINAGAR: Mushk Budji -

- the indigenous aromatic rice variety from Kashmir -is likely to get a major boost in its yield with the Jammu and Kashmir authorities planning to expand its cultivation area to 5,000 hectares in the next three years, a senior official has

According to experts at Sher-e-Kashmir University of Agricultural Sciences and Technology (SKUAST), this high-cost traditional variety of rice was on the verge of extinction and was pushed to a few pockets of the Valley because of its susceptibility to blast disease.

Besides, non-uniformity in the produce, lack of quality seed, poor yield potential due to the mixing of strains and also due to area expansion under high-yielding paddy varieties led to shrinking of acreage under it, they said.

Mushk Budji, mostly grown on over 250 hectares in five villages of Kokernag in south Kashmir, received a Geographical Indication (GI) tag in August due to the concerted efforts by the agriculture department and SKUAST.

"The niche crop is grown in particular climatic conditions and we are exploring various areas in different parts of the Valley to expand its acreage.

"We aim to bring 5,000

hectares of land under crop traditional areas under simcultivation in the next three ilar ecologies. The agriculture department with the years under the holistic development of agriculture help of SKUAST-Kashmir and allied sectors scheme," brought in a new variety of Chowdhary Mohammad Mushk Budji seeds. "The new seed is resistant Iqbal, the director of the Department of Agriculture

to diseases and changing cli-Production and Farmers matic conditions. With the Welfare, Kashmir, told PTI. setting up of farmers pro-Last year, Jammu and ducers organization, we are Kashmir Lieutenant endeavouring to make Governor Manoj Sinha Mushk Budji tap the nationapproved the Holistic al and international mar-Development of Agriculture Chowdhary and Allied Sectors pro-Mohammad Iqbal said. gramme, with an outlay of

Referring to the week-long Rs 5.013 crore over the next 'GI Mohatsav' which started at 'Kashmir Haat' in five years and covering 29 Srinagar on October 2, he The aim is to transform said 100 GI-tagged agriculthe agriculture economy ture and horticulture prodand put Jammu and ucts both within and outside Kashmir on a new trajecto-Jammu and Kashmir are on ry of growth, boosting display.

Attending the event, Manzoor Ahmad Bhat from Sagam village of Kokernag said over 500 farmers from nearly half a dozen villages are growing Musk Budji and will benefit immensely from the GI tagging of their pro-

"We are selling one kg Mushk Budji for Rs 260 and have received a lot of response in Srinagar. We have also received calls from Dubai for the product," he said.

In Sagam village, Ghulam Mohammad, an elderly farmer, said they stopped growing the crop a long time ago and started afresh sometime back with the government's support.