

# LG releases Shehla Rashid's book 'Role Models- Inspiring Stories of Indian Muslim Achievers'



Lieutenant Governor Manoj Sinha speaking during releasing a book titled "Role Models- Inspiring Stories of Indian Muslim Achievers", written by Shehla Rashid, at Raj Bhawan.

**STATE TIMES NEWS**  
SRINAGAR: Lieutenant Governor Manoj Sinha on Sunday released a book titled "Role Models- Inspiring Stories of Indian Muslim Achievers", written by Shehla Rashid, at Raj Bhawan.

Speaking on the occasion, the Lieutenant Governor commended the author for bringing together high achievers from the community in her book to inspire today's youth and many generations to come.

"Shehla's 'Role Models- Inspiring Stories of Indian Muslim Achievers' is a beacon light for the youth to follow and contribute towards building a developed and vibrant India," the Lieutenant Governor said.

Highlighting the significant contribution of Muslim community in nation-building, the Lt Governor said the inspirational Muslim personalities from diverse fields of Cinema, Defence, Sports and Science represent timeless values and bring a new sense of purpose towards building a Viksit Bharat.

He said the book conveys dreams and resolve of inspiring personalities from the community and ignites young minds of Muslim community to actively participate in societal transformation.

The Lieutenant Governor also shared intensive efforts made to empower the youth and women from the minority communities along with

welfare programmes, in the past 10 years.

Shehla's book reflects on the equal opportunities being provided to all without any discrimination. The book also inspires the youth to dream big and achieve greater success in their respective professions, he said. The Lieutenant Governor also lauded Shehla Rashid, the author of the book, for her deep commitment to democratic values and conviction to nation-building and appreciated her endeavours to engage women and youth to bring change in society.

On the occasion, a two-minute silence was also observed in the memory of bravehearts of security forces and civilians martyred in the recent terror

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- ▶ Inspirational Muslim personalities from diverse fields of Cinema, Defence, Sports, Science represent our timeless values and bring new sense of purpose towards building Viksit Bharat
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- ▶ Shehla's 'Role Models- Inspiring Stories of Indian Muslim Achievers' is beacon light for youth to follow and contribute towards building a developed and vibrant India
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attacks.

The Book featured inspirational stories of some of top Indian Muslim achievers such as music maestro AR Rahman; former doubles World No. 1 tennis player Sania Mirza; Bollywood actor Huma Qureshi; former Army General Syed Ata Hasnain; Nigar Shaji of ISRO; former Ambassador

of India to KSA and Yemen Dr. Anusaf Sayeed; para-swimmer Shams Aalam; renowned immunotherapist and public health educator Dr. Jamal Khan and other notable Muslims doing remarkable work in various fields. Veteran screenwriter Salim Khan has written foreword for the book.



## Slathia pays homage to Dogra warrior Brig Rajinder Singh

### Inaugurates several local projects in Gurah Slathia area



Pradesh BJP Vice President and MLA Surjeet Singh Slathia addressing public meeting.

**STATE TIMES NEWS**  
SAMBHA: Pradesh BJP Vice President and MLA Surjeet Singh Slathia paid glowing tributes to Brigadier Rajinder Singh, a highly decorated Dogra warrior of Maharaja Hari Singh's army, during a homage function on the Shaheedi Divas at Village Rajinder Pura. Slathia emphasized that Brigadier Singh's fierce resistance against Pakistani raiders continues to inspire love for the motherland.

"Brigadier Rajinder Singh, a Mahavir Chakra recipient, made both the nation and Duggarland proud through his supreme sacrifice, leaving an indelible mark of heroism that remains a golden chapter in our military history," Slathia remarked. He highlighted that Singh's bravery in saving Kashmir from marauding forces during the tumultuous times of 1947 serves as a guiding force for compatriots to remain vigilant and united against threats.

The MLA stressed the importance of remembering not just Brigadier Singh but also the countless brave-hearts who have sacrificed their lives for the nation. He stated, "The greatest homage to our heroes is to build a strong and stable nation where people can live in peace and harmony." Slathia praised the patriotic spirit of the local community for honoring the legacy of such warriors, reflecting their love and esteem for the fallen hero.

In his tribute, Slathia led the local residents in

paying floral respects to Brigadier Rajinder Singh, acknowledging the courage of the Maharaja Hari Singh's forces during the critical days of 1947.

In addition to the tribute, Slathia inaugurated several developmental projects, including a drainage system on the link road from Mandi Udh Gurah Slathia to Badwal, constructed at a cost of Rs 14 lakhs. He also announced the repair and renovation of three classrooms at High School Rajinderpura, completed at Rs 9 lakhs, and the renovation of the Primary Health Centre Gurah Slathia, executed under the Health District Plan for Rs 8 lakhs. Additionally, the upgradation of the Gurah Slathia Library was completed at Rs 9.57 lakhs, and a new link road from Mandi Udh to the house of Sh. Mohan Singh is estimated at Rs 25 lakhs.

Slathia expressed gratitude to the people for their overwhelming support during the recent assembly elections, underscoring that the BJP is now the largest representative party in the Jammu region. He declared this moment as historic, reflecting the trust placed in the vision and leadership of Prime Minister Narendra Modi.

Prominent attendees included BJP Samba Vice President Mohan Lal Sharma, Vijay Singh Mandal President, and various local leaders who joined in the celebrations and tributes.

## J&K Police organises bike rally in memory of Police Martyrs

**STATE TIMES NEWS**  
JAMMU: In a powerful tribute to the police martyrs who made the ultimate sacrifice for the nation, the Jammu & Kashmir Police organized an inspiring bike rally through Jammu City. This event, aimed at honoring the bravery and dedication of these heroes, saw participation from over 100 bikers, including members of the Jammu Police, traffic officials, professional bikers from Royal Enfield Jammu, and local NGOs.

The route of the rally was thoughtfully planned, starting from the District Police Lines (DPL) Jammu.

Bikers proceeded to Bikram Chowk, crossed the Flyover, passed the



ADGP Jammu Zone Anand Jain flagging off a bike rally at Jammu on Sunday.

MLA Hostel, went through Vigilance Rotary, reached Maheshpura Chowk, made a U-turn, and returned to Vigilance Rotary. They then took a right turn, crossed the Flyover again, passed Convent School, moved to Satwari Chowk, and finally made a U-turn back to DPL via Gandhi

Nagar.

The rally was officially flagged off by ADGP Jammu Zone Anand Jain, along with DIG JSK Range Shiv Kumar Sharma and SSP Jammu Joginder Singh. With pride and patriotism, the riders traversed major areas of the city, returning

to DPL for the conclusion of the rally.

More than just a ride, this rally served as a heartfelt effort to spread awareness about patriotism and the importance of service to the nation. The event resonated with onlookers, instilling a deep sense of pride within the

community. Officers emphasized that the rally was designed to foster unity, bringing together police and civilian participants in a shared tribute to those who sacrificed their lives in the line of duty.

The overwhelming support from police personnel, local biking groups, and NGOs greatly contributed to the event's success. This collaboration underscored the Jammu & Kashmir Police's commitment to honoring their martyrs while strengthening the police-public relationship.

Overall, this rally stands as a testament to the city's respect for fallen heroes and its commitment to unity, patriotism, and national service.

## NC Legal Cell Jammu delegation meets with DyCM, discusses needs, challenges faced by advocates



Adv Dinesh Singh Chauhan led delegation meeting with DyCM Surinder Choudhary.

**STATE TIMES NEWS**  
JAMMU: The Jammu & Kashmir National Conference (Legal Cell), Jammu Province, Jammu, held an important meeting with Deputy Chief Minister Surinder Choudhary to address the needs and challenges faced by advocates practicing in the Jammu & Kashmir High Court and District Courts.

Chaired by Advocate Dinesh Singh Chauhan, a delegation of committed advocates joined the meeting, focusing on key demands to improve working conditions and creating the professional environment within the legal community.

Advocate D.S. Chauhan, leading the JKNC Legal Cell delegation, presented several priority concerns that significantly affect the day-to-day practice of advocates in the region.

The delegation stressed the urgent need for better infrastructure in the High Court and District Courts. They highlighted that outdated facilities, limited seating capacity, and insufficient technology support within courtrooms are affecting both advocates and litigants. Improvements, they noted, would foster a more conducive and efficient working environment.

Advocates urged the Government to implement welfare programs directly benefiting legal professionals. Among their requests were a Comprehensive Health Insurance Plan for advocates, financial support for young lawyers beginning their careers, and pension benefits for Senior Advocates who have dedicated years to the profession.

A significant point of emphasis was the shortage of chambers for advocates, particu-

larly in the High Court. The delegation advocated for additional chambers and seating arrangements, especially for young lawyers entering the field each year. This shortage, they argued, hinders advocates' ability to adequately prepare for cases, which can affect case outcomes and Client Service Quality.

The delegation proposed enhancements in legal aid services throughout Jammu Province. They emphasized that expanding these services would ensure that underprivileged and marginalized communities receive adequate legal support and representation, which is essential for an inclusive Justice Delivery System.

Security concerns were raised by the delegation, with Advocate D.S. Chauhan calling for greater protection measures within court premises. This was seen as essential to safeguarding advocates and the public, ensuring a secure environment for legal proceedings.

The advocates highlighted the need for initiatives that would streamline court processes, addressing the high backlog of cases and ensuring quicker, more efficient trials. Such measures, they argued, would improve public confidence in the judicial system and help meet the growing demand for timely justice.

In response, Deputy Chief Minister Surinder Choudhary commended the JKNC Legal Cell for their commitment to advancing advocates' working conditions in Jammu & Kashmir. He assured the delegation of the Government's intention to take these issues seriously and indicated that necessary steps would be taken to address the various challenges faced by the legal community.

Advocate D. S. Chauhan underscored the essential role of advocates in upholding law and justice, reiterating the JKNC Legal Cell's steadfast commitment to supporting and advocating for the rights of legal professionals.

The meeting concluded on a positive note, with the Deputy Chief Minister pledging to continue discussions and prioritize effective implementation of the demands.

Other prominent attendees included Advocate Mehrukh Syedan (Vice President), Advocate Meharban Singh (Secretary), Advocate Nisar Gattoo (Additional Secretary), and Advocate Zaffer Iqbal Choudhary.

## Air Pollution making existing cardiac ailments worsen-Heightened concern: Dr Sushil

**STATE TIMES NEWS**  
JAMMU: To sensitize the Common Populace regarding how poor air quality standards are responsible for the global burden and increased rates of hospitalizations due to cardiovascular diseases Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness cum health check up camp at Upper Jandial Block Mathwar Jammu. More than 250 people were screened, evaluated and diagnosed for various health ailments. Tests like ECG, Blood Sugar were done and Free medicine were also given as per the requirements.



HoD Cardiology GMCH Jammu Dr Sushil Sharma with his team examining patients.

While interacting with the people Dr Sushil Stated that Ambient air pollution is a growing global health problem estimated to contribute to as many as 3.1 million all-cause deaths per year. Exposure to air pollution is the largest environmental health risk and ranks ninth among modifiable disease risk factors, above other common factors such as low physical activity, high cholesterol, and drug use. Most of the excess deaths attributable

to air pollution exposure are due to acute ischemic/thrombotic cardiovascular events. In addition to excess mortality, air pollution is associated with significant reductions in healthy life years and worker productivity.

He elaborated that Air pollution is a heterogeneous, complex mixture of gases, liquids, and particulate matter. Epidemiological studies have demonstrated a consistent increased risk for cardiovascular events in relation to both short- and long-term exposure to present-day concentrations of ambient particulate matter. Several plausible mechanistic pathways have been described, including enhanced coagula-

tion/thrombosis, a propensity for arrhythmias, acute arterial vasoconstriction, systemic inflammatory responses, and the chronic promotion of atherosclerosis. Air pollution has adverse effects on health, particularly CVS. It can precipitate acute myocardial infarction, heart failure, arrhythmia and even cardiac arrest. Air pollution with particulate matter (both fine and coarse) has been correlated to both CVS and total mortality.

He added that Diwali the festival of lights, hope and prosperity is around the corner. "It is the time to celebrate togetherness with oodles of happiness however; we need to remember enjoyment and health go hand

in hand. He stressed upon positive correlation between air pollution and human health ahead of incessant use of fire crackers on the occasion of Diwali," he said and sensitized the common populace regarding how poor air quality standards are responsible for the global burden of CVDs. He advised people to use Green Crackers. These green crackers are free of mercury, arsenic and barium. On explosion, they reduce the dust and smoke typically associated with crackers by 30% and also decrease sulphur oxide and nitrous oxide emissions by 20%. Help yourself and everyone else breathe easier. While intervention at societal level is most effective

some personal steps can be taken to reduce its risk. Tips to reduce health risk in individuals exposed to air pollution such as During high pollution days stay indoors, avoid physical exertion and outdoor activity located near the source of pollution, Reduce outdoor air permeation to inside and Use face mask, He Said.

Prominent members of the area Reena Sharma, Sushil Sharma, Balbir Singh, Uttam Singh, Warayam Singh, Sandeep Sharma and Suman Dhalotra appreciated the efforts of Dr Sushil and his team for conducting Cardiac Awareness cum health Check up camp in their area.

Others who were part of this humane effort included Dr Yashwant Sharma and Dr Dhaneshwar Kapoor Paramedics and Volunteers who were part of the team. Included Ranjeet Singh, Raghav Rajput, Rajkumar, Mukesh Kumar, Nirvair Singh Bali, Arun Singh, Rohit Nayyar, Rajinder Singh, Makhan Sharma, Amish Jannwal, Rahul Sharma, Gourav Sharma and Vikas Kumar.

## Jammu Smart City's E-Autos, E-Rickshaws win Award of Excellence in Urban Transport

**STATE TIMES NEWS**  
JAMMU: Jammu city's innovative e-autos and e-rickshaws, part of the Jammu Smart City Project, have won the prestigious 'Award of Excellence in Urban Transport' at the 17th Urban Mobility India Conference and Expo 2024 held in Gandhinagar, Gujarat.

The award, conferred by Union Minister for Housing and Urban Affairs, ML Khattar, recognizes the project in the category of 'City with Most Innovative Financing Mechanism'. CEO of Jammu Smart City Project, Dr.



CEO Jammu Smart City Project, Dr. Devansh Yadav receiving award from Union Minister M.L. Khattar.

Devansh Yadav, along with the team of Jammu Smart City Limited (JSCL), including Senior General Manager of

Finance Ashish Anand, received the award. Dr. Yadav highlighted the socio-economic benefits of this eco-friendly initiative, stating it has generated job opportunities while reducing reliance on conventional fuels. Approximately 800 low-income families in Jammu are benefiting from this green initiative. "Our vision for e-rickshaws and e-autos is rooted in three key objectives: providing economical end-mile connectivity, promoting pollution-free transportation, and enhancing employment opportunities for low-income families," Yadav said. "This e-mobility scheme has opened new economic opportunities for local drivers." While acknowledging that zero-

emission electric vehicles typically have higher upfront costs compared to conventional vehicles, Yadav noted that the FAME-II (Faster Adoption and Manufacturing of Hybrid and Electric Vehicles) subsidy significantly enhances affordability. To further support beneficiaries, the Jammu Smart City Limited provides subsidies up to Rs 74,000 for e-autos and Rs 58,000 for e-rickshaws through a Direct Benefit Transfer (DBT) system. This subsidy reduces the overall cost of electric vehicles by 25-30% for buyers.