Ex alumnus of JKPS Sanchit V **Kundal honoured at GCI New York**

JAMMU: Indian Consulate organised Healthcare India-USA partnership Summit 2025 in association with Mount Sinai.

Among the distinguished honourees was Dr. Sanchit V Kundal, a rising interventional cardiologist of New York City, recognized for his contributions to cardiovascular innovation and research.

Dr. Sanchit V Kundal was felicitated alongside two of the most eminent figures in cardiovascular medicine-Dr. Samin K. Sharma, Director of Interventional Cardiology and Senior Vice President of Operations at the Mount Sinai Health System, and Dr. Deepak L. Bhatt, Director of Mount Sinai Heart and Professor of Medicine



Dr. Sanchit V Kundal, a rising interventional cardiologist of New York City along with other dignitaries honouring at GCI New York.

at the Icahn School of Medicine at Mount Sinai.

The event highlighted the importance of U.S.-India collaboration in advancing healthcare innovation, particularly in Cancer, cardiology, digital health, and artificial intelligence-driven patient

In his remarks, Dr. Kundal emphasized the role of young physicians in bridging clinical expertise with technological advancement to transform cardiovascular outcomes globally.

The honourees were felicitated commemorating their outstanding services and shared commitment in shaping the future of modern medicine through innovation and cross-



'Rang-e-Chinar' National Art Workshop This Diwali, keep lights not smoke-protect your concludes at NIFT Srinagar

Lifetime achievement award conferred on Prof. Zargar Zahoor

STATE TIMES NEWS

SRINAGAR: The 'Rang-e-National Workshop, organised by the Master Sansar Chand Baru Memorial Charitable Trust (MSCBMC) in association with Petronet LNG Limited, Government of India, concluded today at the National Fashion Institute Technology (NIFT), Srinagar, with a vibrant valedictory and cultural programme (Raamd) marking the finale of the weeklong celebration of art and cre-

During the valedictory function, Prof. Zargar Zahoor, eminent artist and former Dean of Jamia Millia Islamia, was honoured with a Lifetime Achievement Award for his outstanding contribution to Indian art and his lifelong dedication to creative education.

Expressing gratitude, Prof. Zargar Zahoor said, "Art connects us to our inner selves and transcends all barriers. Kashmir has always been a cradle of creativity, and initiatives like 'Rang-e-Chinar' rekindle that spirit among the youth. I am deeply honoured to receive this recognition amid such vibrant artistic energy."

Anuradha Rishi, President



gratulated Prof. Zahoor and lauded the participation of artists, students, and faculty. She said, "Rang-e-Chinar' embodies our mission to preserve the legacy of Master Sansar Chand Baru and to provide meaningful platforms for emerging talent. Art must be made an integral part of education-it nurtures imagination, empathy, and intellectual growth."

The workshop featured eminent artists from across India Taslima Sona (Rajasthan), Dr. Rakhi Kumar (Delhi), Dr. Priti Samyukta (Hyderabad), Supriya Amber (Madhva Pradesh), Debashish Dutta (Gujarat), Sharmila Sharma (Delhi), Deepu Kumar (Bihar), Kishan Kappari (Hyderabad), Apurba Karati (West Bengal), A.K. Douglas (Bengaluru) and Javid Iqbal (Sopore, J&K) - who engaged students in live painting sessions, exhibitions, and interactive discussions, showcasing India's cultural and artistic diversity.

Monika Gupta, Prof. Director of NIFT Srinagar, appreciated the collaboration with MSCBMC Trust and Petronet LNG, calling the workshop "a transformative experience for young learners." She added, "Hosting Rang-e-Chinar' at NIFT has enriched our creative ecosystem and deepened our students' understanding of art as a powerful form of cultural dialogue."

The event concluded with a Raamd cultural performance and an exhibition of artworks created during the workshop, celebrating art as a bridge between creativity, culture,

heart from air pollution: 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 hospitalization due Cardiovascular diseases Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness cum health check up camp at Panchayat Chak Khana /Puro Bhana block R S Pura Jammu.

While interacting with the people, Dr Sushil stated that as Diwali draws near, the glow of lamps and the joy of togetherness fill the air. Yet, behind the festive sparkle lies a darker reality a sharp rise in air pollution, which poses a silent but significant threat to heart health. Firecrackers and fireworks, though symbolic of celebration, release enormous amounts of fine particulate matter (PM2.5) and toxic gases such as sulfur dioxide and nitrogen oxides. These tiny particles can penetrate deep into the lungs, enter the bloodstream, and set off inflammation that damages blood vessels. Medical studies



He elaborated that while firecrackers light up the skies, they also release a cocktail of pollutants and heavy metals, affecting human health in multiple ways like Respiratory Distress: Gases and particulate irritate the airways, aggravating asthma, bronchitis, and chronic obstructive lung disease.

pre-existing cardiovascular

Cardiovascular

PM2.5 exposure increases blood viscosity, raises blood pressure, and can precipitate arrhythmias or cardiac Neurological Effects: Heavy metals such as lead and magnesium have been shown to affect brain development, especially in

children. He added that the risks are real, but so are the solutions. Heart patients and those with respiratory conditions can significantly reduce their exposure and stay safe by following a few practical measures like Stav Indoors: Limit outdoor exposure, especially during peak hours of firecracker activity. Use Air Purifiers: Maintain clean indoor air to offset external pollution. When stepping outside, use masks capable of filtering fine particulate matter. Eat Smart: Include antioxidantrich foods, fresh fruits, and vegetables to combat oxida-

tive stress and Keep track of

and ensure prescribed medications are taken on time. He further added that awareness is the key to preventing the adverse effects of air pollution. To curb pollution several state governments and civic authorities have implemented various measures to reduce air pollution such as: Restrictions or Bans on the sale and use of firecrackers in highly polluted zones. Promotion of "Green Crackers" that emit fewer pollutants and cause less noise. Enhanced Monitoring and strict Enforcement to ensure public compliance and awareness, he said. Dr Sushil in his concluding remarks said that Air pollution doesn't just dim the festive sky it burdens the heart and lungs of millions. This Diwali, let's celebrate responsibly by choosing light over smoke and serenity over sound. A conscious shift towards

blood pressure, heart rate,

cleaner, quieter celebrations will not only protect our health but also preserve the spirit of Diwali a festival that stands for purity, renewal, and hope

Prominent members of the area Darshan (Sarpanch), Janak Raj, Gharu Ram , Balbir Choudhary and Sharma appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health check up camp in their locality and expressed their heartfelt gratitude.

Others who are part of this Camp Include Dr Bhola Kumar and Dr Karan Singh. Paramedics and volunteers includes Rajkumar, Ranjeet Singh, Nayyar, Anmol Singh, Gokul Jamwal, Mukhtar Malik ,Manoj Sharma. Rajinder Singh, Maninder Singh , Sanjay Sharma , Gourav Sharma and Vikas

Kumar.

CS reviews implementation, enforcement of GST 2.0 reforms

STATE TIMES NEWS

SRINAGAR: Chief Secretary Atal Dulloo chaired a high-level meeting on Sunday to review the implementation and enforcement of GST 2.0 reforms across Jammu & Kashmir. The reforms aim to ensure that tax rate reductions-especially life-saving medicines and essential commodities-are effectively passed on to consumers, thereby improving affordability and increasing household savings.

The meeting was attended by Principal Secretary Finance Santosh D. Vaidya; Commissioner Secretary, FCS&CA, Saurabh Bhagat; Secretary Health; Commissioner State Taxes; officers Industries & Commerce; and representatives of the Drug and Food Control Organisation (DFCO).



Chief Secretary Atal Dulloo chairing a meeting on Sunday.

Chief Secretary emphasized the importance of rigorous market inspections and mass awareness campaigns to prevent profiteering by traders and ensure that the benefits of tax cuts reach end consumers. He underlined that the core objective of GST 2.0 is to strengthen the anti-profiteering framework and make healthcare and daily essentials more

Giving details, Principal Secretary Santosh D. Vaidya informed that the revised GST rates came into effect from September 22, 2025, following recommendations of the 56th GST Council Meeting held on September 3. J&K promptly issued nine notifications under the J&K GST Act to operationalize these changes, instructing manufacturers to revise MRPs in line with anti-profiteering provisions. To ensure compliance, a coordinated enforcement

and awareness campaign has been launched. The Legal Metrology Department conducted 3,304 inspections across districts, registering 135 violations Of these 82 cases were compounded on the spot, with penalties totaling Rs 11.84 lakh imposed. Similarly, the State Taxes Department issued 28 notices for offenses like non-issuance of invoices and tax miscalculations, proposing penalties

worth Rs 5.60 lakh. Additionally, 411 revised MRP lists from various companies are being monitored to confirm that price reductions are being implemented. Manufacturers and importers have instructed to update MRPs

Public awareness efforts include circulars and notices in leading newspa-

lists to dealers.

pers, interactive sessions on Akashvani Doordarshan, and 150 consumer camps conducted by the Legal Metrology Department Regular meet with industry and

held. To support stakeholders. GST Suvidha Kendras have been activated in all districts for compliance assistance and grievance redres-

trade bodies have also been

Reaffirming the government's commitment, the Chief Secretary stressed that vigilant enforcement and public engagement will continue to ensure that GST 2.0 reforms deliver on their goal of reducing the financial burden on citi-

Pardesh Vishwakarma Sabha organises Bhagwan Vishwakarma Shobha Yatra

STATE TIMES NEWS

JAMMU: Pardesh Vishwakarma Sabha (PVS). UT Jammu, today organised a Grand Shobha Yatra of Bhagwan Vishwakarma Ji-the Divine Architect of the Universe- across the city of

The procession commenced from the Sabha Headquarter Gurha Morh, Shakti Nagar, and was flagged off by Brigadier Vijay Sagar Dheman, Kuldeep Verma as Chief Guest, along with Chairman of the Sabha Rattan Lal Chargotra.

The Shobha Yatra passed through the main bazaars of Shakti Nagar, Canal Road, Jewel Chowk, Gumat Chowk, Indira Chowk, and Bakshi Nagar, before culminating at the PVS Mandir, Shakti Nagar, where Langar was distributed among the devotees.

Prominent social activist Baldev Raj of Nek Hotel, Zorawar Singh President Team Jammu, and Romesh Kumar General Secretary Guru Ravi



Dignitaries flagging off Bhagwan Vishwakarma Shobha Yatra at Jammu.

Dass Sabha, Hare Krishna Gaushala in the route of Yatra installed various stalls for the devotees of Lord Vishvakarma.

Thousands of devotees, on foot, in cars, and on motorcycles, joined the divine procession. Beautifully decorated Jhankis (tableaux) portraying the celestial creations of Lord Vishvakarma graced the route, illustrating his supreme craftsmanship as mentioned in the Rigveda and Vishwakarma

Purana According to the Rigveda (10.82),Vishvakarma is revered as "The Lord of all Arts and Crafts, the Omniscient Creator who fashioned the heavens and the earth with divine precision". He is said to have designed Swarg Lok for the Devas, Golden Lanka for Lord Shiva, Dwarka for Lord Krishna, and Indraprastha for the Pandavas - embodying divine skill, discipline, and cosmic order.

Devotees throughout the route chanted Bhajans and Kirtans, glorifying Prabhu Vishwakarma Ji, whose creative energy (Shilpa Shakti) sustains the universe and inspires all artisans, engineers,

and workers. Prominent dignitaries and community leaders, Fotra including Kewal (President, Sain Samaj), Murari Lal (President, Jheevar Samaj), and Ayodhya Kumar Manawa (President, Prajapati Sabha), also participated, symbolising the unity and brotherhood among different communities. Shashi Verma, President of the Sabha, extended a heartfelt vote of thanks to all devotees, participants, and citizens of Jammu who joined the Shobha Yatra in large numbers.

He said, "The grand participation reflects our deep-rooted Vishwakarma Ji - the divine symbol of Creativity, Labour and Universal harmony".

Other senior members who contributed to the successful organisation of the Shobha Yatra include Raj Kumar Chalotra (Vice President), Kumar (General Viiav Secretary), Joginder Pal, Sham Lal, Vandana Sagar Chargotra (President Mahila Wing), Veena Chalotra, Sonia Verma, Subhash Verma, Adv. Amarjeet Chargotra, Adv. Ashwan Angotra, Rakesh Chalotra, Mohinder Pal, Rashpal Singh, Janak Raj, Gurmukh Singh Pathania, Sanjay Verma (Social Worker), Kartar, Vinod Jaral, Madan Lal, Darshan Singh, Paul and several other distinguished members.

The Sabha reaffirmed its resolve to continue spreading the message of Bhagwan Vishwakarma Ji - that through dedication, skill, and righteous karma, humanity can build a world of peace, progress, and divine harmony

