

# 'Remaining restrictions to be eased soon in Ladakh'

## LG Kavinder reaffirms commitment of UT Admin towards Ladakh's Growth & Stability

**■ STATE TIMES NEWS**  
LEH: The Lieutenant Governor of Ladakh, Kavinder Gupta, on Sunday emphasised that sustained peace is the foundation for progress and reaffirmed the Administration's resolve to ensure Ladakh's steady growth, stability, and prosperity. He was speaking while chairing a high-level security review meeting here today. The meeting was attended by Chief Secretary Dr. Pawan Kotwal, Director General of Police Dr. S.D. Singh Jamwal, DIG Srinagar South P.K. Singh, Deputy Commissioner Leh, Senior Superintendent of Police Leh, CO 79 -Sanjay Kumar, CO 25-Shri Rajat Jain, and other senior officials. The Senior officers briefed the Lt Governor on the present situation in the Union



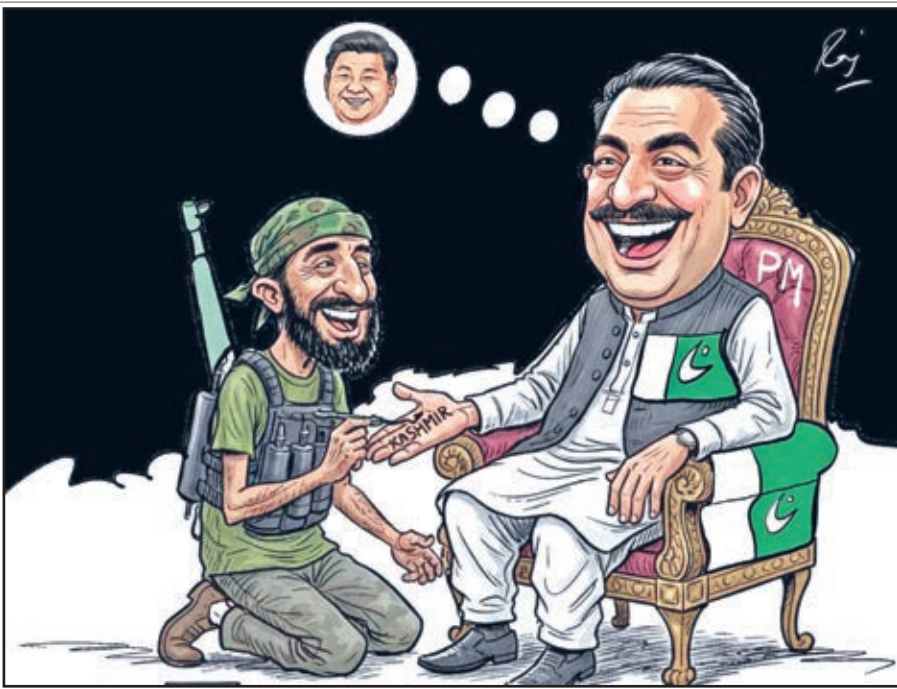
LG Ladakh, Kavinder Gupta chairing a meeting at Leh on Sunday.

Territory. In the meeting it was informed that the situation across Ladakh remains peaceful and normal, with daily life and public activities continuing smoothly. The Lt Governor appreciated the people of Ladakh for their exemplary cooperation with the Administration and Security Forces and for maintaining peace and harmony during the recent relaxation

period. He commended their sense of discipline and responsibility, which has contributed significantly to restoring and sustaining normalcy in the region. Expressing satisfaction over the peaceful situation, the Lt Governor directed the officials to maintain close coordination among various agencies to ensure continued peace and order.

He also stressed the need for constant vigilance, proactive engagement, and community participation in safeguarding public safety and harmony. Reiterating the Government's commitment to ensuring the safety, security, and welfare of every citizen, the Lt Governor urged all sections of society to continue supporting the

Administration in maintaining stability and unity in the region. The Lt Governor assured that the remaining restrictions, imposed as a precautionary measure, will be reviewed shortly and lifted in a phased manner as the situation continues to remain peaceful and stable. He said that the Administration is fully committed to restoring complete normalcy and easing public convenience at the earliest. Reaffirming the Administration's commitment to transparent, accountable, and people-centric governance, the Lt Governor said that collective efforts of the Government and the people will continue to guide Ladakh on the path of lasting peace, progress, and prosperity.



## Mohd Hussain Zafar's book 'Sharifon Ka Mohalla' launched



Dignitaries at book launch function at Srinagar on Sunday.

**■ STATE TIMES NEWS**  
SRINAGAR: A grand literary event was held at the iconic Tagore Hall Srinagar to mark the launch of Sharifon Ka Mohalla, a short story collection by renowned broadcaster and writer Mohammad Hussain Zafar. The ceremony was organized by Zed Publications and witnessed a vibrant gathering of writers, poets, broadcasters, intellectuals, and literature enthusiasts from across the Valley. The event commenced with a warm welcome by the organizers, followed by a formal introduction of the author and his literary contributions. Mohammad Hussain Zafar, a celebrated voice in broadcasting and an accomplished writer, has been known for his deep engagement with social

themes and his distinct narrative style. Sharifon Ka Mohalla, his latest offering, is a poignant collection of short stories that reflect the nuances of Kashmiri society, moral dilemmas, and the complexities of human relationships. Several eminent literary figures and media personalities graced the occasion and shared their thoughts about the book and its author. They lauded Zafar's ability to blend realism with empathy, and highlighted how his work resonates with the lived experiences of the common man. While speaking at the function, Mohammad Hussain Zafar expressed gratitude to Zed Publications for publishing the book and thanked the audience for their overwhelming support.

"Sharifon Ka Mohalla is close to my heart. It is not just a collection of stories, but a reflection of the silent struggles, ironies, and cultural fabric of our society," he said. The ceremony also featured readings from selected stories, which captivated the audience and sparked meaningful discussions about the role of literature in contemporary times. The event concluded with a vote of thanks, acknowledging the contributions of all participants, guests, and organizers who made the function a success. The launch of Sharifon Ka Mohalla has added a significant milestone to the literary landscape of Kashmir, and the book is expected to be widely read and appreciated for its literary depth and social relevance.

## 3-day Yagya by Swami Ram Swaroop Yoga Acharya begins at MLA Jasrotia's residence

**■ STATE TIMES NEWS**  
KATHUA: A 3-day Yagya commenced at the residence of MLA Rajiv Jasrotia in a spiritual and devotional atmosphere. The yagya was initiated with a traditional Hawan ceremony and chanting of Vedic mantras, invoking divine blessings for peace, prosperity, and harmony. The yagya is being organized by Swami Ram Swaroop Yoga Acharya, with the aim of promoting spiritual awareness and unity in society. The first day of the Yagya witnessed the recitation of Vedic mantras, creating a sacred and pure atmosphere. The second day of the Yagya will feature Satsang, Bhajan Sandhya, and a discourse on spiritual themes. The Yagya aims to bring



Three-day Yagya commencing at the residence of MLA Rajiv Jasrotia.

people together and promote a sense of unity and harmony in society. It provides a platform for spiritual growth and self-reflection, and is expected to benefit the community at large. The Yagya has drawn a large number of devotees and spiritual seekers, who have gathered to participate in the sacred rituals and seek divine blessings. The 3-day yagya is expected

to be a grand success, promoting spiritual awareness and unity in the community. The organizers have made elaborate arrangements to ensure the smooth conduct of the Yagya, and the event is being closely followed by the local community. In a heartfelt appeal, MLA Rajiv Jasrotia sought blessings from the Almighty to protect Jammu and Kashmir from natural calamities and

to bring peace and prosperity to the region. This appeal was made during a three-day Yagya held at his residence, which witnessed active participation from devotees and well-wishers. The Yagya aimed to invoke divine blessings for the well-being and prosperity of Jammu and Kashmir. Jasrotia prayed for peace and prosperity in the region,

emphasizing the need for harmony and unity among its people. He sought divine intervention to mitigate the impact of natural calamities and to bring solace to those affected. Through this Yagya, Jasrotia expressed his deep commitment to the welfare of the people of Jammu and Kashmir. He sought blessings not only for the region's prosperity but also for the strength and resilience of its people in the face of challenges. The event served as a platform for spiritual reflection and communal harmony. As the region continues to face various challenges, MLA's efforts to seek divine blessings for peace and prosperity are a source of hope and inspiration for many.

## SMVDNH in collaboration with Jammu Police organises free medical for police personnel, their families



SSP Jammu Joginder Singh inaugurating free medical camp at DPL Jammu.

**■ STATE TIMES NEWS**  
JAMMU: Shri Mata Vishno Devi Narayan Hospital (SMVDNH) in collaboration with Jammu Police organised free medical for police personnel and their families at DPL Jammu on 04.10.2025 in which about 200 Police Personnel/their family members receive critical healthcare services including vital Liver tests/Pulmonology check-ups. The medical camp was inaugurated by the SSP Jammu Joginder Singh along with Senior Doctors from Shri

Mata Vishnov Devi Narayana Hospital. SP Headquarters Jammu Irshad Hussain Rather; DSP DAR Tahir Amin; SHO Gandhi Nagar, Inspector Jai Paul Sharma; SHO Bahu Fort, Sushil Choudhary and other officers also remained present at event. The initiative saw the collaboration between District Police Jammu and SMVDNH in facilitating vital medical services to police personnel and their families. The camp aimed to bridge healthcare

gaps for police personnel & their families due to busy official assignments/duties of police officers/officials. The medical facilities which were provided in the camp including vital tests, Pulmonology check-ups & other vital tests. About 200 patients were provided free medical consultation and treatment in the medical camp. The event provided free medical checkups, consultations, and medicines through a team of doctors from the Narayana Hospital.

## FICCI FLO JKL, J&K Police organise 'Run for Health 3.0' Marathon

### Marathon's aims to channelize youth energy against drug menace, says Aarti Chowdhary

**■ STATE TIMES NEWS**

JAMMU: The Federation of Indian Chambers of Commerce and Industry - Ladies Organisation (FICCI FLO) JKL, in collaboration with J&K Police, today organised the 'Jammu Half Marathon - Run for Health 3.0', with slogan "Say Yes to Life and No to Drugs" a vibrant community event aimed at raising awareness against drug abuse and promoting a healthy lifestyle among youth. The marathon was flagged off by IGP Jammu, Bhim Singh Tuti, in presence of senior officers of Jammu Police and Aarti Chowdhary, Chairperson FICCI FLO JKL and her team at Gulshan Ground, Jammu.

The event featured four running categories - 21 km, 10 km, 5 km, and 3 km, attracting an overwhelming response with over 700 registered runners and around 200 on-spot participants from different walks of life, including students, professionals, sportspersons, and senior citizens. This was the third edition of the 'Run for Health' initiative by FICCI FLO and the first such collaboration with J&K Police, symbolizing a unit-



IGP Jammu, Bhim Singh Tuti flagging off 'Jammu Half Marathon - Run for Health 3.0' on Sunday.

ed effort to channelize youth energy towards positivity and fitness while standing firm against the drug menace. Highlighting the ongoing commitment of Jammu Police towards combating narcotics, it was showcased during the event that from 2020 to 2024, Jammu Police registered 1329 FIRs under the NDPS Act, arrested 1894 accused, and seized 185 kilograms of heroin, besides 100s of kgs of other psychotropic substances. In a focused, dedication and professional approach towards eradication of drug menace

from district Jammu, in the current year alone (till 30th September), 163 FIRs have been registered, 228 accused arrested, and 3.5 kilograms of heroin seized, besides 100s of kgs of other psychotropic substances. During the event, officers of Jammu Police who have shown exemplary dedication in the fight against drugs were felicitated for their contribution to public safety and awareness. The marathon concluded successfully as an incident-free event, reflecting efficient coordination

between organisers and police personnel. The proceeds from the marathon will be donated to the Drug De-addiction Centre run by Jammu Police at Channi Himmat, to further strengthen its infrastructure and manpower. Aarti Chowdhary, Chairperson FICCI FLO JKL, said the marathon aims to channelize the energy and enthusiasm of youth against the drug menace. She emphasized that such initiatives not only encourage healthy lifestyles but also raise awareness about the harmful effects of substance abuse, inspiring young people to actively participate in building a drug-free society. The event reaffirmed that sports and community engagement serve as powerful tools to unite society in the mission to eradicate the drug menace and inspire collective action towards a healthier, drug-free Jammu. The south zone team of Jammu Police played a pivotal role in organising coordinating and facilitating the event showing community outreach and engagement of industry, civil society and J&K Police for a greater social cause.

## New Era of Hypertension Care: Protecting Hearts, Preserving Minds: Dr Sushil

**■ STATE TIMES NEWS**  
JAMMU: While spearheading their campaign towards the prevention of cardiac ailments Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness cum health check up camp at 76 Bn CRPF HQ Gangyal, Jammu. The camp aimed to raise awareness about hypertension and cardiovascular diseases, which are increasingly affecting people due to unhealthy lifestyle. While delivering the lecture, Dr Sushil stated that despite medical advancements, cardiovascular diseases remain the leading cause of death globally and hypertension stands at the center of this epidemic. Hypertension is a silent killer that can lead to severe health complications if left unmanaged. The American Heart Association (AHA) and American College of

Cardiology (ACC) have revised guidelines to diagnose hypertension as Normal (< 120/80 mmHg), Elevated (120-129/<80 mmHg), Stage 1 hypertension (130-139/ 80-89 mmHg) and Stage 2 Hypertension (≥140/90 mmHg) emphasizing early detection and tight blood pressure control to reduce cardiovascular risk. Notably, these guidelines lowered the threshold for hypertension diagnosis to 120/80 mmHg, a move grounded in robust evidence demonstrating that even modestly elevated readings can translate into a significant increase in adverse cardiovascular outcomes. He elaborated that from a population health perspective, these guidelines underscore the urgent need for screening, education, and community-level interventions. Hypertension frequently goes undetected, especially in low-resource



HoD Cardiology GMCH Jammu, Dr Sushil Sharma with his team at health check up camp at 76 Bn CRPF HQ Gangyal.

settings where awareness and access to care are limited. The AHA/ACC recommendations encourage public health authorities to invest in early detection programs, home monitoring initiatives, and culturally sensitive education campaigns promoting heart-healthy behaviors. Moreover, integrating cognitive assessments into hypertension clinics can help clinicians

identify patients at risk of neurocognitive decline and intervene early. This holistic approach bridges the gap between cardiology and neurology, fostering a new model of preventive medicine where cardiovascular and cognitive outcomes are addressed in tandem. Dr Sushil advocated for a comprehensive approach to managing hypertension, focusing on life style modifi-

cations and, when necessary, pharmacological therapy at a stage when target organ damage is still reversible. This proactive approach has the potential to save millions of lives, prevent disabling strokes, and reduce the economic burden of chronic heart disease worldwide. Lifestyle modification forms the cornerstone of this strategy. Among the most effective interventions is adher-

ence to the Key strategies include Dash Diet: Consume fruits, Vegetables, Whole grains, lean protein, and low fat dairy products. Sodium Restriction: Limit daily intake to below 2300mg, ideally around 1500mg. Physical Activity: Engage in at least 150 minutes of moderate intensity aerobic exercise weekly. Weight Management: Achieve a 5-10 % reduction body weight

for measurable improvements in blood pressure and metabolic health. Alcohol moderation and smoking cessation: Both are vital to reduce oxidative stress and vascular inflammation and Stress Management: Incorporate mindfulness, Yoga, and relaxation techniques to modulate autonomic activity. Dr Sushil Sharma in his concluding remarks told that the AHA/ACC High Blood Pressure Guidelines represent a forward-thinking evolution in medical practice one that embraces the interconnectedness of body systems and the multifaceted nature of chronic disease. They remind us that controlling blood pressure is not merely a statistical exercise; it is a lifelong commitment to preserving vitality, cognition, and independence. In clinical terms, early diagnosis, comprehensive management, and patient education can

collectively transform outcomes. In public health terms, widespread adoption of these principles can shift entire populations toward healthier futures. Commandant 76 Bn CRPF Vizoto Tiny, Medical Commandant Dr Monica Paul, 2 I/C Jai Ram, Deputy Commandant Vivek Saraswat appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health check up camp in their premises and expressed their heartfelt gratitude. Others who were part of this camp include Dr Bhola Kumar and Dr Aditya Sharma. Paramedics and volunteers include Rajkumar, Ranjeet Singh, Rajinder Singh, Vikas Kumar, Rahul Vaid, Shubham Sharma, Makhan Sharma, Sanjay Singh, Gourav Sharma, Mukesh Sharma and Nirvair Singh Bali.