

# Cardiac ailments in elderly, primary prevention and timely intervention need of hour: Dr. Sushil

## ■ STATE TIMES NEWS

JAMMU: In view of improving health-care in elderly persons particularly with respect to old age homes Dr Sushil Sharma organized a day long awareness and screening camp for elderly persons at Home for the Aged and Infirm, Amphalla Jammu where patients as well as their caretakers were educated about the role of primary prevention and timely intervention for decreasing the mortality and morbidity associated with Cardiac ailments in geriatric patients particularly.

While interacting with the people, Dr Sushil stated that age plays a vital role in the deterioration of cardiovascular functionality, resulting in an increased risk of cardiovascular disease (CVD) in older adults.

The prevalence of CVD has also been shown to increase with age, in both men and women, including the prevalence of atherosclerosis, stroke and, myocardial infarction, he said adding that the burden of CVD is directly related to increased mortality, morbidity, and frailty in affected individuals, which also translates to significant overall health-care costs.

Given that the aged population is expected to increase by 2050, by as much as two- and three-fold, the need for a better understanding of the etiologies associated with CVD in older adults



Dr Sushil Sharma and his team examining patients at a camp.

is critically needed.

He elaborated that the aging and elderly population are particularly susceptible to cardiovascular disease. Age is an independent risk factor for cardiovascular disease (CVD) in adults, but these risks are compounded by additional factors, including frailty, obesity, and diabetes.

These factors are known to complicate and enhance cardiac risk factors that are associated with the onset of advanced age, he said.

Sex is another potential risk factor in aging adults, given that older females are reported to be at a greater risk for CVD than age-matched men. However, in both men and women, the risks asso-

ciated with CVD increase with age, and these correspond to an overall decline in sex hormones, primarily of estrogen and testosterone, Dr Sushil said .

Many risk factors have been linked to the development of CVD, such as hypertension, diabetes, and obesity.

However, sex differences are also frequently observed in aging adults, with regards to both onset and prevalence of CVD, he said adding that risks associated with age present an inimitable difficulty with regards to medical treatment, especially with respect to critical and intensive care treatments. Given that the prevalence of health complications increases with advanced age, he added.

Dr Sushil Sharma, while educating

the elderly and their caretakers, laid stress on interventions or treatments that slow accelerated aging of the heart and arteries in young and middle-aged people who seem to be healthy could prevent or delay the onset of heart disease, stroke and other cardiovascular disorders in later life. Some interventions that we already know slow the rate of aging in the heart and arteries include healthy eating, exercise, reducing stress, and quitting smoking.

Management Committee of the Home for the Aged and Infirm I D Soni (President), Harbans Singh Manhas (Vice President), Vijay Bagotra (Secretary) and Vijay Gupta (Joint Secretary) appreciated the selfless efforts of Dr. Sushil and his team in extending quality healthcare and expressed hope that such program could be a regular feature in future.

Others who were part of this camp include Dr Arvind Kohli (Vascular Surgeon), Dr Nasir Ali Choudhary (Cardiologist), Dr Anitpal Singh (Orthopaedics) and Dr Dhaneshwar Kapoor. Paramedics and volunteers includes Raghav Rajput, Kamal Sharma, Rajkumar, Maneet Kumar, Paramveer Singh, Sandeep Pal, Sahil Sharma, Sunil Pandit, Shivam Magotha, Harvinder Singh, Rajinder Singh, Mukesh Kumar, Gourav Sharma and Vikas Kumar.



## Dir Info, DIPR employees condole demise of Deepak Dubey's father

### ■ STATE TIMES NEWS

JAMMU: Director Information and Public Relations, Akshay Labroo has condoled the demise of Ramesh Chander Dubey, father of Deputy Director Information (AV), Deepak Dubey.

During a condolence meet, the Director offered his deepest condolences with the bereaved family and prayed for eternal peace to the departed soul and courage for the bereaved family to bear this irreparable loss. He also deepest sympathies

with the Deputy Director (AV).

Meanwhile, the DIPR employees also condoled the sad demise of Ramesh Chander Dubey and prayed for eternal peace to departed soul and courage for family to bear this irreparable loss.

## Mandeep Kaur attends 7th India Water Week at India Expo Mart



Commissioner Secretary, RDD J&K, Mandeep Kaur and others at the valedictory session of 7th India Water Week at India Expo Mart Limited, Greater Noida, Uttar Pradesh.

### ■ STATE TIMES NEWS

JAMMU: Commissioner Secretary, Rural Development Department and Panchayati Raj, Mandeep Kaur, attended the valedictory session of 7th India Water Week that concluded at India Expo Mart Limited, Greater Noida, Uttar Pradesh the other day.

Pertinently, Vice President of India, Jagdeep Dhanakhar, was the chief guest on the occasion.

The Department of Drinking Water and Sanitation, Government of India in collaboration with National Water

Development Agency, organized a 5 day exhibition on theme of India Water Week, 2022 "Water Security for Sustainable Development with Equity".

Eminent speakers who addressed the event were Union Minister for Agriculture, Narendra Singh Tomar and Union Minister of Jal Shakti, Gajendra Singh Shekhawat.

Mandeep Kaur visited various stalls established by the Directorate of Rural Sanitation highlighting the

achievements of the department in ensuring clean Anarnath yatra, 2022.

She was briefed about various activities conducted during the event by the department of Rural Sanitation, J&K. She emphasized the need for adopting new technologies to make SBM (G) successful in all the rural areas in the Union Territory of Jammu and Kashmir.

The event was attended by Director Rural Sanitation J&K, Charandeep Singh along with other concerned officers.

## BJP-led Centre not serious about restoration of J-K's statehood, holding assembly polls: JKPCC Chief

### ■ STATE TIMES NEWS

JAMMU: Congress leader Vikar Rasool Wani on Sunday claimed that the BJP-led Centre is neither serious about holding assembly elections in Jammu and Kashmir nor restoring its statehood.

The J-K Pradesh Congress Committee president also sought support from the people for the 'Bharat Jodo Padyatra' launched by party leader Rahul Gandhi to defeat 'politics of hate and division' in the country.

"The Centre is not serious about fulfilling the commitment of early restoration of statehood and holding assembly elections (in Jammu and Kashmir), and only hoodwinking people by issuing vague statements from time to time for the last three and half years," Wani said, addressing a workers' convention in Samba district.

He said the vague statements by some central ministers from time to time about



AICC joint secretary, Manoj Yadav and J&K Congress leaders at a programme.

restoration of statehood and assembly elections do not inspire confidence and trust among people as the promises were never fulfilled by the BJP government.

The Congress leader questioned the BJP, saying the people want to know the benefits of the abrogation of special status guaranteed to them under Article 370 of the Constitution.

"People had not voted for the BJP to divide and downgrade our historical state into Union Territory and snatch our rights over lands and

jobs, guaranteed to people by the last Dogra ruler through state subject laws.

"BJP only betrayed and befooled people... the situation is worse today than earlier, as Kashmiri pandits, migrant labourers and other minorities are becoming targets of selective killings under the BJP regime," he said.

Union Finance Minister Nirmala Sitharaman had on Saturday hinted at the possibility of the Centre considering restoring state status to Jammu and Kashmir.

She dropped the hint while

talking about the distribution of funds to the states by the Centre as per the recommendations of the 14th Finance Commission.

Wani alleged that the BJP only knows how to divide people in the name of religion and caste for vote bank politics and damage the secular fabric of the nation.

"This is the reason Rahul Gandhi is leading a 'Bharat Jodo padyatra' from Kanyakumari to Kashmir to defeat politics of hate and division in the country," he said, urging people to join the Congress in large numbers when he reaches J-K.

All India joint secretary and co-in-charge J-K affairs Manoj Yadav, in his address, attacked the Narendra Modi-led government for its alleged failure to control unprecendented price rise and unemployment, improving the condition of farmers and addressing security concerns of women.

"Whenever elections are round the corner in any state, BJP adopts a divisive agenda of vote bank politics, which is very dangerous for the nation," he said.

J&K PCC working president and former minister Raman Bhalla also slammed the BJP for "destroying" Jammu and Kashmir and "crushing" the rights of people.

"Statehood and democracy is our right but BJP is delaying restoration of statehood and early elections since it is ruling J-K by proxy. It has carried out distorted delimitation to achieve its political motives through backdoors," he said, asserting that BJP will not succeed in its designs to come to power by such tactics.

He said his party will fight against the "wrong policies" of the BJP tooth and nail and stand for the rights of each and every section of the society.

## Indian Journalists Union plenary adopts resolutions to strengthen media freedom

### ■ STATE TIMES NEWS

CHENNAI: The two-day 10th plenary session of the Indian Journalist Union (IJU) that brought together over a hundred journalists from across the country at Chennai adopted several resolutions to strengthen freedom of press in the country.

The plenary was inaugurated by veteran journalist, a champion for secularism, octogenarian LS Herdenia, 89, who continues to be active in the field of activism and journalism. The plenary was hosted by Tamil Nadu Union of Journalists.

Two senior journalists from Ladakh Journalists Union, Tsewang Rigzin (STATE TIMES Bureau Chief Leh) and Rigzin Wangmo (Sr. Correspondent JK 24x7 Ladakh News) also attended the plenary.

In his inaugural address President IJU Sreenivas K. Reddy said that scribes in the



STATE TIMES Bureau Chief Leh Tsewang Rigzin addressing 10th IJU plenary at Chennai.

country are passing through testing times. "For doing their professional duty and defending media freedom and while exercising their right to freedom of expression, a number of journalists were put behind bars in various states," he said, urging the Union Government to appoint a Media Commission to go into the whole scenario of media in the country.

The session passed several resolutions. A resolution unanimously passed reiterated the demand for pension for all jour-

nalists. "The IJU session urges upon the Central Government to introduce the Working Journalists Pension Scheme at all India level for all working journalists as per the working journalists' definitions in new Labour codes without restricting to only accredited journalists. It may be recalled that the National Democratic Alliance (NDA) government headed by late Prime Minister Atal Bihari Vajpayee promised to introduce a pension scheme for journalists all over the country. That

promise is yet to be fulfilled," the resolution read. It also welcomed the decision of the state governments who have already implemented a pension scheme for journalists in their respective States and urge them to enhance it to minimum Rs 15000. The plenary welcomed the decision of some of the States including, Punjab, Maharashtra, Haryana, Tripura, Bihar, Kerala, Assam, Manipur, Chhattisgarh, Tamilnadu, and West Bengal where pension is being given to journalists.

The plenary of IJU urged upon all the state governments which are yet to implement pension schemes for journalists, to immediately take steps to introduce pension schemes for all working journalists irrespective of accreditation.

Another resolution that also got passed unanimously expressed concern over persistent attacks on media and the

shrinking space for independent media in the country. It called on all democracy loving people in the country to raise their voice against the unabated assault on media and media persons by both State actors and unlawful and vested elements enjoying the state patronage. "Safeguarding media is critical to sustaining democracy and it is the sacred duty of every citizen to protect and stand by independent media. It is a matter of shame for the country that the downward sliding of India on the scale of press freedom has not stopped and it has been given a rank of 150 among 180 countries surveyed in the 2022 World Press Freedom Index released by Reporters Without Borders, a plunge from the rank 142 in 2021 index," it added.

## Lt Gen Dwivedi dedicates 464 bedded modern transit facility for J&K troops

### ■ STATE TIMES NEWS

UDHAMPUR: Northern Army Commander, Lieutenant General Upendra Dwivedi, on Sunday dedicated a 464 bedded modern transit facility for troops deployed in J&K region at New Delhi.

The project which started in 2017 at a cost of approx Rs 18 crore at New Delhi has now been inaugurated.

Currently troops moving to J&K were staying in temporary accommodation, however the operationalisation of this facility would enable troops to be comfortable and will provide necessary ease during transit, defence spokesperson said.

The facility is equipped with modern facilities for



Northern Army Commander, Lt Gen Upendra Dwivedi dedicating modern transit facility for troops deployed in J&K.

ensuring comfortable stay of troops including two Reception Centres, three Dining Halls, Cook Houses, Lift and Fire Fighting systems, spokesperson added.

The Transit facility will ensure that the transiting

troops stay comfortably at New Delhi and will strengthen the existing military infrastructure, spokesperson said adding that it will also ensure the net happiness quotient of troops of Northern Command.

## BJP will win Himachal elections with record margins: Priya Sethi

### ■ STATE TIMES NEWS

JAMMU: Former Minister and senior BJP leader from J&K, Priya Sethi said that BJP is all set to decimate its political opponent, the Congress party with record margins in the ensuing Assembly polls in Himachal Pradesh.

The senior party functionary from Jammu and Kashmir said this while addressing a presser here on Sunday.

Priya Sethi said that BJP has ensured good governance and took keen interest in addressing the issues and problems of the people of Himachal Pradesh during the present stint of its government.

She said that no political party in the country is comparable to BJP as the work accomplished in HP in the last spell of government is exemplary and what the party has in offing is also quite lucrative for



Senior J&K BJP leader, Priya Sethi addressing a public meeting.

the people as women empowerment, youth and farmers' interests shall be on the top and every nook and corner of the State will receive focused attention as far as development goals are concerned.

Highlighting the prominent points in the party manifesto, the senior BJP leader said that creation of 8 lakh jobs, five new medical colleges, number of mobile clinics to be doubled in every assembly constituency, all-weather roads connecting

all villages with an investment of Rs. 5,000 crore, bicycles for girl students, two girls hostels in every district, under the programme 'Shakti' Rs. 12,000 crore will be spent over 10 years duration to for infra and transportation around religious places, Rs 3,000 annually would be given under PM-Kisan Nidhi Yojana; and 10 lakh farmers would be added to the programme, GST would be limited to 12 per cent for apple growers, Rs 51000 for mar-

riage of BPL girls, scooters for girls pursuing higher education, three free LPG cylinders to women under Devi Annapurna scheme, women over the age of 30 belonging to poor families shall be provided pension under Atal Pension Scheme, scholarship to meritorious girl students of class 12th, 33 per cent reservation to women in government jobs, etc would become a reality if the BJP will regain power in the State of Himachal Pradesh.

The senior BJP leader said that voting the BJP Government to power once again will bring win-win situation for one and all therefore looking for other options is in no way a good idea at all. She said that continuation of a double-engine government will steer Himachal to new heights of development and prosperity bringing more convenience into the lives of people.

## Air pollution stubble burning up 120 pc Rajasthan, 20 pc Punjab: Dr Jitendra

### ■ STATE TIMES NEWS

NEW DELHI: Expressing serious concern over Delhi's air quality remaining in the 'severe' category for the fifth day in a row, forcing closure of primary schools, Union Minister, Dr Jitendra Singh cautioned that air pollution related stubble burning cases have gone up by 120% in Rajasthan and 20% in Punjab respectively.

This, he said, implies that the governments in the two States are not doing enough to check stubble burning and are, on the contrary, increasingly contributing to the deteriorating air quality in Delhi NCR.

The Minister said States like Haryana and Uttar Pradesh have recorded progressive decline in the incidents of stubble fire burning.

He said, such inferences



Union Minister Dr Jitendra Singh briefing the media about rising air pollution levels in Delhi on Sunday.

indicate that either the Congress government in Rajasthan and the AAP government in Punjab are not serious about air quality or they have not properly utilized the funds which were provided by the Narendra Modi government to purchase machines for stubble management.

Dr Jitendra pointed out that since 2018-19, on the instructions of Prime Minister Narendra Modi, Centre has provided Rs.3,138 crore to States for stubble management, out of which nearly 1,500 crore was provided to Punjab alone. He said, it is for the people to judge as to why, while many States have done an appreciable job in stubble management and are gradually moving in positive directions, the States of Punjab and Rajasthan continue to show further deterioration raising several questions regarding their intent, sincerity and prosperity.

Referring to findings by India Meteorological Department and Indian Institute of Tropical Meteorology under the aegis of Ministry of Earth Sciences, Dr Jitendra said,

there was 160% and 20% rise in cases of stubble burning in Rajasthan and Punjab respectively in October, 2022 compared to October, 2021.

Rajasthan recorded 318 farm fires in October 2022 compared to 124 last October, which is 160% rise, while Punjab recorded 16,004 fires in October 2022 compared to 13,269 farm fires in October last year, a rise of 20% fire counts.

The Minister also raised alarm that Delhi recorded 7 "Very Poor" Air Quality Days in October this year compared to nil such cases in October, 2021.

Dr Jitendra Singh also pointed out that Haryana and Uttar Pradesh witnessed decline of farm fires incidents by 30% and 38% respectively during the same period.