

Delegation of Sikh Coordination Committee J&K calls on LG

■ STATE TIMES NEWS

JAMMU: A delegation of Sikh Coordination Committee Jammu Kashmir led by its Chairman, Ajit Singh called on Lieutenant Governor Manoj Sinha, at Raj Bhawan on Sunday.

The members of the delegation submitted a charter of demands highlighting the concerning issues of the Sikh community living in the UT. They also put forth several demands pertaining to inclusion of eligible Sikh population in Pahari ethnic group, promotion of



Jagmeet Kour Bali, Chairperson, All Sikh Minority Employees Association calling on LG Manoj Sinha.

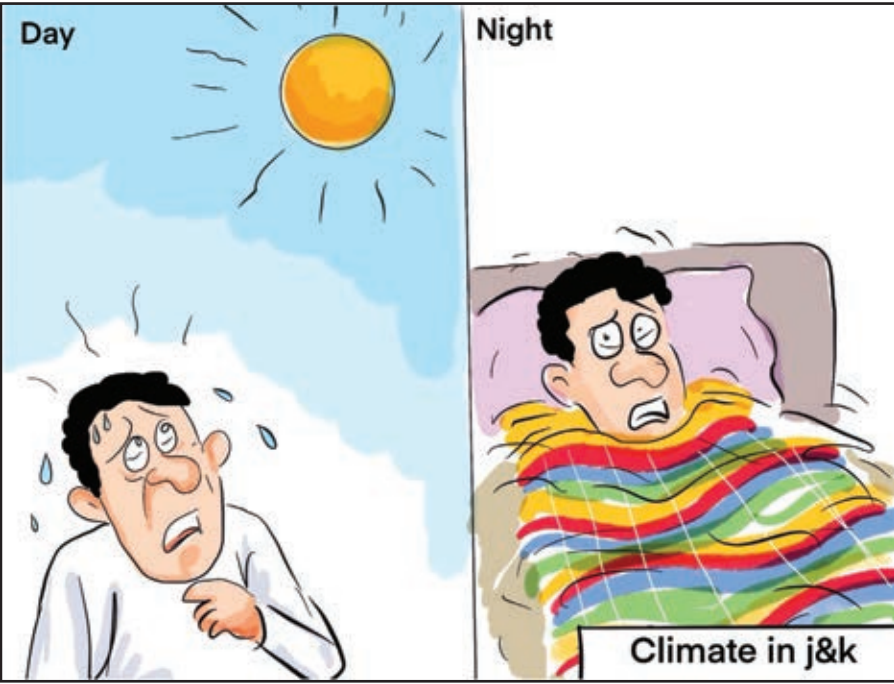
Punjabi language and installation of statue of Maharaja Ranjit Singh at Srinagar.

Ajit Singh further apprised the Lt Governor on various issues pertaining to the Sikh community, including allotment of land for the reconstruction of Gurudwara Sahib at historical village Ser Manjla, Ramnagar, Udhampur. He also expressed gratitude to the Lt Governor-led UT Administration for making sincere efforts to resolve the issues of the community with utmost sensitivity.

The Lt Governor assured the members of the delegation that appropriate action will be taken to redress the issues projected by them during the interaction.

Later, Jagmeet Kour Bali, Chairperson, All Sikh Minority Employees Association and All Employees Joint Association Kashmir (M) also called on Lieutenant Governor Manoj Sinha.

Subsequently, delegations of Jewellers Association Jammu and Swarnkar Sangh Jammu City also called on the Lt Governor at Raj Bhawan.



Yudhvir Sethi launches development work worth Rs 60 lakh in Ward 7

Says every locality will receive equal attention on development front



MLA Jammu East, Yudhvir Sethi launching development works on Sunday.

■ STATE TIMES NEWS

JAMMU: Yudhvir Sethi, BJP leader and MLA Jammu East, along with dedicated party workers and prominent people of the area, on Sunday launched a significant development works worth Rs 60 lakh aimed at improving the lanes and drains in several localities of Ward No. 7 in East constituency. This project will address key infrastructure issues, including poor drainage systems and lanes conditions, ensuring a better quality of life for the residents.

On the occasion, Suraj Parkash, Executive Engineer, AEE Sahil

Arora and JE Sushil Baghotra were also present.

Speaking on the occasion, Yudhvir Sethi said that today's initiative is a small part of the larger vision to bring tangible improvements to the region and ensure every citizen benefits from this development. He emphasized that the BJP under the visionary leadership of PM Modi has prioritized the overall development of Jammu and Kashmir, ensuring that every region of the Union Territory witnesses growth, modernization, and empowerment.

The BJP leader has ensured the people of

Jammu East that every nook and corner of the constituency will receive equal attention and in the coming times, development works will be expanded to every single locality.

Known for his hands-on approach and constant engagement with the public, Sethi has made it his mission to ensure that all areas, including the most underserved, get the attention they deserve. His leadership continues to drive tangible progress in the constituency, and residents have come to rely on his dedication to resolving their issues.

Later, Sethi interacted with the local residents, listening to their concerns about ongoing development projects. He assured the people of East constituency that the BJP remains dedicated to resolving their issues and improving the overall infrastructure of the region. "This project is just the beginning," he said. "We will continue to work towards the development of Jammu East, ensuring that every citizen benefits from our efforts."

Green environments-Treasure for preliminary steps in cardiovascular disease prevention: Dr Sushil

■ STATE TIMES NEWS

JAMMU: In view of the decreasing green spaces left for physical activity in urban areas and ever increasing incidence of cardiac ailments and lifestyle diseases Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness cum health checkup camp at Hari Mandir, Rehari Colony, Jammu for educating masses regarding the importance of environmental factors in primary prevention of cardiac ailments thereby decreasing mortality and morbidity associated with cardiovascular diseases.

While interacting with the people Dr Sushil Stated that Despite recent advances in treatment and management, cardiovascular disease (CVD) remains the leading cause of death worldwide, accounting for 20.5 million deaths per year.

Although some forms of CVD are due to inherited genetic disorders, its most common manifestations can be attributed to a variety of environmental exposures, lifestyle choices, and pathological risk factors.

Recent systematic attempts to evaluate the contribution of environmental factors to



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

CVD risk have led to the development of the concept of the envirome. The natural domain of the envirome comprises natural, non-human elements, inclusive of ecology and geography. Nested within the natural environment, humans create distinct social environments by interacting with nature and with each other.

The resulting social environment consists of built structures such as houses, roads, and public buildings, and is characterized by distinct social networks and cultures, as well as economic and civic organizations. The concept of the envirome provides a useful framework for systemic identification of the influence of the environment on CVD.

He elaborated that the influence of greenness and

exercise particularly in urban areas on CVD appears pervasive; affecting not only the risk of myocardial infarction, but ischemic heart disease, heart failure, and atrial fibrillation as well.

Given that nearly 80% of deaths from air pollution are due to CVD, it remains likely that some of the salutary effects of green vegetation, particularly in urban areas, may be related to the reduction of air pollution levels in those areas.

High levels of neighborhood greenery have been linked also to a decrease in the burden of cardiovascular disease risk factors as reflected by lower rates of hypertension, dyslipidemia, and diabetes.

Those who live in greener environments report better mental health and more fre-

quent social interactions, which can benefit cardiovascular health as well. In this narrative review, we discuss evidence linking green spaces to cardiovascular health as well as the potential mechanisms underlying the beneficial effects of green spaces, including the impact of vegetation on air, noise and light pollution, ambient temperature, physical activity, mental health, and biodiversity.

He educated the masses about the role of exercise and green spaces in urban areas told that given the high incidence of CVD worldwide and the alarming statistics from developed countries showing only minor recent improvements in CVD incidence, it is imperative that we explore all possible avenues for its prevention and manage-

ment.

Even if greenness decreases CVD risk by a few percent, its public health benefits are likely to be significant, given the high incidence of the disease. Therefore, a more firm link between CVD and green spaces in each domain of the envirome could provide not only a new way of preventing CVD and its lethal manifestations, but also help in developing a blueprint for healthier homes and cities in future, he said.

Management Committee of the Mandir Pt Kishore Sharma, Anil Gupta, Naveen Bali, Hans Raj Gupta, Anil Chadda and Baby Sharma appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health checkup camp in their area and shows their heartfelt gratitude. Others who were part of this camp includes Dr Venkatesh Yellupu and Dr Dhaneshwer Kapoor.

Paramedics and Volunteers includes Raghav Rajput, Kamal Sharma, Rajkumar, Maninder Singh, Rajinder Singh, Rohit Nayyar, Gourav Sharma, Makhan Sharma, Arun Singh, Anish Jamwal, Mukesh Kumar and Vikas Kumar.

Human development & character building of children leads to peaceful, moral society: Andrabi

Darakhshan condemns killing of VDC members, says enemies don't want peace here

■ STATE TIMES NEWS

KISHTWAR: Dr Syed Darakhshan Andrabi, Chairperson of the J&K Waqf Board on Sunday attended the 119th Annual Day Celebrations of Islamia Faridia Educational & Research Institute at Kishtwar which is a prestigious educational centre of J&K Waqf Board. Dr Andrabi was accorded a very impressive reception on her arrival at the venue.

Principal of the Institute Mehboob Qazi, Executive Officer Firdous Ahmad Wani, Principal Sessions Judge Bashir Ahmad Munshi & Imam Jamia Kishtwar Fariq Ahmad Kichloo were present on the occasion. A diverse exhibition of the talent and potentialities of the students was held.

The talent of the students was very impressive and assuring. The Principal presented the report card of the



Chairperson JKWB, Dr Syed Darakhshan Andrabi being honoured.

achievements of this Institute during past one year.

He appreciated the developmental initiatives of the Board in transforming the working and facilities in the Institute. Dr Andrabi presented awards of appreciation to the students with excellent performances and also felicitated the participants of the Annual Day celebrations.

Speaking on the occasion

Dr Darakhshan said that she was satisfied with the practical implementation of the guidelines of the Board regarding the New Educational Policy. She also congratulated the teachers and the students for their achievements.

Dr Andrabi said that steps taken for facility upgradation, management excellence and improvisations in educational system has fetched positive results in

all educational institutions under JKWB throughout J&K.

She expressed her pleasure on the fact that the boys & girls from Waqf Schools are showing excellent performances in academic and extracurricular activities including sports and games.

"Human Development & Character Building of children leads to a peaceful & moral society. We need to focus on broadening the horizons of imagination, creativity, thought-processes and visions among our kids so that they are able to understand the true meaning of life through their experience and exposure to knowledge. At the same time, their acquaintance with our spiritual tradition will strengthen them morally and they will be able to live meaningful lives in future", said Dr Andrabi while addressing the gather-

ing.

Waqf Chairperson said that our young are innovative power houses and we all have to provide more and more conducive platforms to them to show their talent.

Dr Andrabi condemned the killing of two Village Defence Guards (VDG) members by terrorists, and said the 'enemies' don't want peace to prevail.

She further said it is a matter of "great concern" that such incidents (of violence) have started again.

"It is a matter of great concern for all of us that such incidents have started again. And this is the trick of the enemies. They do not want peace to prevail in Jammu & Kashmir, nor do they love the people of J&K. They are not liking the prosperity of J&K. Which is why they want to create chaos here again," Andrabi said while speaking to media later.

■ STATE TIMES NEWS

NEW DELHI: Gaurav Gupta, a BJP leader from Jammu and Kashmir, on Sunday called on Tarun Chugh, National General Secretary of BJP, at the party headquarters in New Delhi. The meeting was centered around the ongoing "Sadasyata Abhiyan" primary membership drive, also known as 'Sangathan Parv' to strengthen the presence of BJP in the region.

During the meeting, Gaurav Gupta briefed Tarun Chugh on the present political scenario in Jammu and Kashmir. He also discussed the Party's ongoing membership drive in the region, which aims to build on this momentum and expand the party's grassroots network across J&K. He highlighted that the BJP had secured the highest number of votes, reflecting growing support for the party in the Union Territory.

Tarun Chugh asked Gaurav Gupta to stay firmly grounded and continue addressing the concerns and issues faced by the people of the region. He asked him to focus on the ongoing "Sadasyata Abhiyan".

He emphasized the importance of direct engagement with the public, urging him to remain in close contact with the people to understand their needs and offer solutions.

The senior BJP leader also encouraged Gaurav Gupta to intensify efforts in connecting with the voters who supported the BJP in the Assembly elections.

He stressed the need to maintain the



BJP leader from J&K, Gaurav Gupta calling on Tarun Chugh, National General Secretary BJP.

trust and support of these voters by ensuring that their concerns are prioritized and that they continue to feel valued by the party.

He further underscored the importance of keeping the momentum of the membership drive high to reach every corner of J&K.

The meeting concluded with a strong commitment to further strengthen the BJP's presence in Jammu and Kashmir, with Gaurav Gupta vowing to continue his efforts towards bringing positive change and empowering the people of J&K.

BMO Darhal placed under suspension for gross dereliction of duty

■ STATE TIMES NEWS

RAJOURI: To reinforce accountability in healthcare services, Deputy Commissioner Rajouri Abhishek Sharma has placed the Block Medical Officer (BMO) Darhal under suspension following a surprise inspection at the Sub-Division Hospital, Darhal.

The inspection conducted to review the winter preparedness revealed that the entire hospital staff-except for one doctor and a technician-was absent from duty, raising concerns about the provision of healthcare services in the region, especially as winter approaches.

Taking immediate action, the Deputy Commissioner ordered the suspension of BMO Darhal, attaching him to the office of the Chief Medical Officer (CMO) Rajouri. Additionally, the CMO Rajouri has been assigned the additional charge of BMO Darhal until further orders to ensure uninterrupted healthcare services in the area.

Meanwhile, Additional District Development Commissioner (ADDC) Dr Raj Kumar Thapa has been appointed as the Inquiry Officer to investigate into the instance of gross laxity on the part of the erring officer. The Inquiry Officer has been directed to conduct a comprehensive inquiry and submit the report within three days.

The Deputy Commissioner stressed the administration's commitment to ensuring efficient service delivery, particularly during the critical winter months, and warned that any negligence impacting public welfare will be met with strict consequences.

Central Sanskrit University International Vedic Conference concludes

■ STATE TIMES NEWS

JAMMU: The First International Vedic Conference on "Vedon Mein Vigyan" concluded successfully on 10 November 2024 at the Shri Ranbir Campus of Central Sanskrit University. The event was jointly organized by Central Sanskrit University, Shri Ranbir Campus, Kot Bhalwal, Jammu, and Vigyan Parishad, Jammu and Kashmir. The Chief Guest of the valedictory program was Swami Govindanand Saraswati, who emphasized the importance of integrating Vedic knowledge into modern life to preserve ancient religion and culture.

Special guests included Dr. Somdev Bhardwaj, Shetra Pramukh of Vigyan Parishad, who praised the successful organization of the event, and Prof. B.N. Tripathi, Vice



Dignitaries at International Vedic Conference on "Vedon Mein Vigyan" at Central Sanskrit University, Shri Ranbir Campus.

Chancellor of SKUAST, who commended the conference for achieving its objective and called for future dynamic events. Prof. Prafulla Kumar Mishra, former Vice Chairman of Veda Vidya Pratishthan, Ujjain, highlighted the role of Vedic knowledge in promoting Sanatan culture, while Prof. R.G. Murali Krishna, Registrar of CSU, expressed pride in the integration of science and Vedas.

The conference was presided

over by Prof. Sridhar Mishra, Campus Director, who stated that Vedic knowledge is essential to a meaningful life and ignites the fire of wisdom.

The second day featured three sessions. The fourth session, titled "Integrating Tradition and Technology: Vedic Perspective Innovation," was chaired by Prof. B.N. Tripathi and co-chaired by Pavnesh Abrol, Head of the Computer Department at Jammu University. Keynote

speakers included Prof. Adarsh Pal from the Punjab Pollution Control Board and Prof. Praveen Lehna of Jammu University. Dr. Neha Chaudhary and Dr. R.K. Rai presented the session report, while Dr. Gopal Verma conducted the session. Scholars presented research on Vedic science, Vedic mathematics, and Sanskrit-based skill education. The fifth session, held in hybrid mode on "Knowledge in the Vedas," was chaired by

Prof. D. Pramod Rahe from Malla Reddy University, Hyderabad, and co-chaired by Prof. Taras Shevchenko from National University Kyiv, Ukraine. Keynote speaker Prof. Devendra Kumar Mishra from Lal Bahadur Shastri National Sanskrit University delivered insights, while Dr. Vivek Mani Tripathi from Guangdong University, China, was the special speaker. Reports were provided by Dr. Rohit Sharma and Dr.

Khemnarayan Regnui, with Dr. Anoop Kumar Pandey conducting the session.

The final session was chaired by Prof. Rakesh Sharda of Punjab Agriculture University, co-chaired by Dr. Dheeraj Vyas from IIM Jammu, and featured keynote speakers Prof. A.P. Singh, Prof. Vivek Arya, and Dr. Rohini Bhatt. Scholars like Dr. Ankur Vats and Prof. Vivek Arya presented on topics such as the use of Vedic mantras in traditional agriculture. A total of 100 research papers were presented over the two-day conference. The valedictory program featured a welcome address by Prof. Satish Kumar Kapoor and gratitude expressed by Prof. Sridhar Mishra. The event concluded with acknowledgments to all participants, with Dr. Tej Nath Poudel conducting the stage.