

Education driving vision of self-reliant & Viksit Bharat under PM Modi’s visionary leadership: LG Ladakh

■ **STATE TIMES NEWS**
MOHALI: The Lieutenant Governor of Ladakh, Kavinder Gupta, attended the Valedictory Session of the 5th Edition of Shiksha Mahakumbh Abhiyan 2025 at the National Institute of Pharmaceutical Education and Research (NIPER), Mohali, as the Chief Guest.

The three-day event concluded with thought-provoking reflections on the theme "Bharat @ 2047," envisioning India's educational roadmap towards the centenary of independence.

Themed "From Classroom to Society - Building a Healthier World through Education," the event brought together eminent educationists, scientists, policymakers, and students from across the nation to deliberate on the transformative power of education in shaping a progressive and self-reliant India.

In his keynote address, Kavinder Gupta highlighted that India's civilisational strength lies in its timeless quest for knowledge and self-reliance.

"Our rulers may have been



Lt Governor Ladakh, Kavinder Gupta lighting ceremonial lamp.

enslaved, but the soul of Bharat never accepted subjugation. The spirit of Swadeshi continues to guide our progress," he remarked. He praised Prime Minister Narendra Modi's visionary leadership in bringing a paradigm shift through the National Education Policy (NEP 2020), which integrates technology, values, and skills to nurture thinkers and innovators who will contribute to building a Viksit Bharat.

Acknowledging Vidya Bharti's pivotal role, the Lt Governor commended its sustained efforts in instilling discipline, cultural values,

Viksit Bharat 2047. The Union Territory has achieved a 97% literacy rate, emerged as a Fully Functionally Literate Region under the ULLAS (New India Literacy Programme), and developed modern infrastructure, including 150 Smart Classrooms, 171 ICT Labs, and 36 PM SHRI Schools.

"Ladakh's vision is to become the Knowledge Hub of the Himalayas, where modern science blends with traditional wisdom," he said, reaffirming the region's commitment to sustainable,

value-based learning.

The event also featured addresses by Dilaram Chauhan, Bal Kishan, Prof. Dulal Panda, and Prof. Pawan Kumar Singh, along with an award ceremony honouring outstanding educators, researchers, and student innovators. The session concluded with the symbolic handover of the Shiksha Mahakumbh baton from NIPER Mohali to NIT Hamirpur, the next host for Shiksha Mahakumbh 2026, marking the continuation of this nationwide educational movement.



Heart Mind connection-a new era in holistic healthcare: Dr Sushil

■ **STATE TIMES NEWS**
JAMMU: In a significant step towards addressing the critical link between psychological and cardiac health, Dr. Sushil Sharma, Head of the Department of Cardiology GMCH Jammu, held a day-long cardiac awareness cum health check-up camp at Shri Bhairav Mandir, Chowk Chabutra, Jammu.



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

The camp focused on promoting a cardiac-friendly lifestyle and highlighted the urgent need to tackle the intertwined challenges of mental health disorders and cardiovascular disease (CVD), a combination that poses a major socioeconomic burden, particularly in developing countries.

While interacting with the community, Dr. Sushil Sharma stated that the global medical community now recognizes that health cannot be compartmentalized into separate physical and psychological domains.

He elaborated on a pivotal new directive from the European Society of Cardiology (ESC), which, through its latest Clinical Consensus Statement (August 2025), is calling for a cultural shift in how healthcare systems and societies approach this adverse combination.

"The connection between mental health and cardiovascular disease is complex and mutually reinforcing," Dr.

Sharma explained.

He detailed that individuals with chronic conditions like depression, anxiety, and chronic stress face a higher risk of developing hypertension, coronary artery disease, and heart failure. Conversely, CVD patients frequently experience depression and anxiety, which adversely affect their prognosis, treatment adherence, and quality of life.

Dr. Sushil elaborated on the physiological and psychological mechanisms behind this link. "Physiologically, chronic stress and depression lead to over activation of the body's stress pathways, increased sympathetic tone, and elevated inflammation, all of which accelerate atherosclerosis. Psychologically, patients often adopt poor lifestyles and medication noncompliance, further compounding their cardiovascular risk."

He maintained that the 2025 ESC Clinical Consensus Statement is a landmark initiative that underscores the need to normalize mental health screening within cardiology practice.

"It advocates a shift from a purely biomedical model to a bio-psychosocial model of care," he said. The statement recommends that patients with either CVD or a mental health disorder should undergo routine assessment for the other condition, as their coexistence dramatically worsens long-term outcomes.

Beyond the clinic, Dr. Sharma highlighted the ESC's push for a broader cultural shift. "This includes integrating psychological support into cardiac rehab, fostering collaboration between cardiologists and mental health professionals,

and addressing the stigma that hinders early treatment."

The consequences of neglecting this link are severe, he added. "Depression in cardiac patients is associated with a two- to threefold increase in mortality. Therefore, incorporating mental health evaluation into standard cardiac care can substantially improve survival and quality of life." He stressed that this approach demands structural reforms, from training healthcare workers to promoting community-based programs that support mental well-being as a means of preventing CVD. Lifestyle interventions like mindfulness, yoga, and stress management have proven benefits for both the mind and the heart, he said.

In conclusion, Dr. Sushil Sharma emphasized that this call for a cultural shift is a pro-

found redefinition of holistic healthcare. "The intricate interplay between mental and cardiovascular health demands an integrated, compassionate approach. By breaking down the barriers between the mind and the heart, we can move toward a future where emotional well-being and cardiac health are seen as two halves of the same whole. Ultimately, healing the heart must also involve healing the mind."

Management Committee of the Shri Bhairav Mandir Trust Mahant Rumil Sharma, Chandan Datta, Baba Ramesh Lal, Aman Gupta, Prince and Keshav appreciated the efforts of Dr. Sushil and his team for conducting cardiac awareness cum health check up camp in their locality.

Yudhvir Sethi (MLA), Priya Sethi (Former Minister) and Rajinder Sharma (Former Mayor JMC) also graced the occasion.

The camp was coordinated by Dr. Venkatesh Yellupu. The paramedic team and volunteers included Rajkumar, Ranjeet Singh, Rajinder Singh, Maninder Singh, Rohit Nayyar, Rahul Vaid, Gourav Sharma, Gokul Jamwal Vikas Kumar, Shubham Sharma, Paramveer Singh, Vishal Gupta, Sanjay Singh, Anmol Singh, Nirvair Singh Bali and numerous volunteers of the Trust.

Yudhvir, Priya, Pt Rumil flag off bike rally from Shri Kal Bhairav Temple



MLA Yudhvir Sethi flagging off bike rally from ancient Shri Kal Bhairav Temple.

■ **STATE TIMES NEWS**
JAMMU: Jammu East Constituency MLA Yudhvir Sethi in presence of BJP Vice President Priya Sethi and Priest Shri Kal Bhairav Temple, Pandit Rumil Sharma today flagged off a grand bike rally from the ancient Shri Kal Bhairav Temple, Panjtirthi, to mark the auspicious occasion of Kal Bhairav Ashtami.

Ex-Corporator Rajinder Sharma, along with Chandan Dutta, Ramesh, Anil Masoom, Anita Gandotra, Anuradha Sharma, and Preeti Sharma were also present in flagging off ceremony.

The rally, which passed through Dhounthli Bazaar and adjoining areas, witnessed enthusiastic participation from devotees and youth, reflecting deep faith and devotion.

The event was organized to celebrate the divine occasion dedicated to Lord Kal Bhairav, an incarnation of Lord Shiva symbolizing strength and protection. The rally created an atmosphere filled with religious fervour, chants, and vibrant enthusiasm as participants, spreading messages of spirituality and unity.

Speaking at the inaugural ceremony, Yudhvir Sethi extended his greetings to the devotees and lauded the organizers for maintaining the cultural and spiritual heritage of Jammu.

He said, "Festivals like Kal Bhairav Ashtami strengthen our cultural bonds and inspire the younger generation to stay connected with their roots. Such events reflect our devotion, discipline, and collective energy."

He emphasized that Jammu, known for its ancient temples and traditions, continues to be a centre of faith where spirituality and social harmony coexist.

Sethi appreciated the active participation of youth in the rally and urged them to contribute positively towards community service and nation-building.

BJP Vice President Priya Sethi, who also joined the rally, extended her greetings and said, "Events like these reaffirm our rich cultural identity and promote collective participation in preserving our heritage. It is inspiring to see the youth taking such active interest in spiritual and social causes."

Yudhvir Sethi and Priya Sethi also informed the devotees about the upcoming Kal Bhairav Ashtami programs, scheduled from November 2 to 13, 2025, urging citizens to participate in large numbers. They also used the occasion to raise awareness against drug abuse, appealing to the youth to stay away from harmful addictions and instead engage in positive, cultural, and spiritual activities that strengthen society and uphold traditional values.

Pandit Rumil Sharma, representing the Shri Kal Bhairav Mandir Trust, expressed gratitude to all devotees and participants. He said, "This annual rally is a tribute to Lord Bhairav and symbolizes courage, faith, and unity. We are thankful to MLA Yudhvir Sethi and Priya Sethi Ji for their presence and blessings, which made the occasion more special." The rally concluded amid chants of "Jai Kal Bhairav Ji", spreading messages of peace, devotion, and harmony throughout the city. The event witnessed overwhelming public response, with locals lining the streets to welcome the rally and participate in the celebrations with great zeal and reverence.

Zorawar Singh seeks ban on ‘blackmailer’ portal ‘The Daily Truth News’; appreciates ST for exposing fake reporter

■ **STATE TIMES NEWS**
JAMMU: Strongly condemning the rising menace of blackmailing digital portals in Jammu, BJP leader and former General Secretary of the Press Club of Jammu, Zorawar Singh, has called for stringent action against all unregistered and extortionist online platforms masquerading as news portals.

Referring to the STATE TIMES' (ST) expose titled "Blackmailing Portals on Rise in Jammu; FIR Lodged against 'The Daily Truth News' for Extortion Attempt," Zorawar Singh lauded the publication for its "commendable and courageous journalism" in unmasking blackmailing reporters such as Shubham of The Daily Truth News.

"Such blackmailer portals



are a blot on the noble profession of journalism. They must be immediately banned, and strong legal action should be initiated against individuals misusing the media for extortion and blackmail," Zorawar Singh said in a statement issued on Sunday.

He appealed to the government and police to take serious cognizance of the matter and book "The Daily Truth News" reporter Shubham,

who take money in exchange for suppressing fabricated stories.

"I have come to know that this blackmailing reporter of 'The Daily Truth News' portal Shubham Manswal alias Shivam, who demanded Rs 20 thousand for erasing video from his portal is already facing criminal charges for under section 382 of the IPC. This FIR 91/2023 registered at Channi Himmat completely exposes this blackmailer reporter," said Zorawar Singh.

Calling the rise of such portals a "serious threat to media credibility and public trust," Zorawar Singh urged the administration to issue clear directives for regulation of digital and electronic media in Jammu, similar to that order which is issued in

Srinagar.

"There are more blackmailing portals operating in Jammu than in Srinagar. The government must issue strict registration guidelines, licensing norms, and mandatory verification for all online news platforms to prevent the misuse of press credentials," he added. Zorawar Singh, the senior journalist and political leader stressed that freedom of the press should never be used as a shield for blackmailing and extortion.

"Real journalists uphold ethics and accountability. These self-styled portal operators, who threaten people for money under the garb of media, deserve no leniency. They must be exposed, prosecuted, and permanently barred from operating," Zorawar asserted.

He also commended STATE TIMES for "taking a bold and professional stand" against unethical journalism.

"I congratulate STATE TIMES (ST) for exposing such elements. The paper has performed a commendable job by unmasking fake reporters like Shubham who bring disrepute to genuine media professionals," Zorawar stated.

Reiterating his demand, Zorawar Singh appealed to the Lieutenant Governor's administration, J&K Govt led by Chief Minister Omar Abdullah and Information Department to prepare a comprehensive framework for registration, monitoring, and accountability of online news portals to ensure that digital journalism remains a platform for truth and public interest - not for blackmail and extortion.

1857 Swatantra Sangram: Indian Princely States and Princes

Why did Indian British Empire comprise of British India & Indian Princely States?

■ **DAYA SAGAR**
The Nizam of Hyderabad, Afzal-ud-Daulah, remained loyal to the British and did not join the 1857 'Swatantrata Sangram'. Hyderabad's forces were used to maintain order in the Deccan and prevent the spread of the revolt to southern India. The Nizam's support was crucial in ensuring that the rebellion remained confined to northern and central India. Hyderabad's loyalty helped the British maintain control in the south, freeing up resources to combat rebels like Rani Lakshmi Bai in Central India. The ruler of Jammu and Kashmir, Maharaja Gulab Singh (succeeded by Ranbir Singh during the revolt), too supported the British. The state provided logistical support and troops to aid British efforts in the Punjab and North-West Frontier, ensuring that the rebellion did not gain traction in the region. Jammu and Kashmir's support bolstered British control in the north, indirectly aiding their campaign against Rani Lakshmi Bai and other rebels. The Wodeyar rulers of Mysore, under Maharaja Ramachandra

Wodeyar (with administration largely controlled by British residents), remained loyal to the British. Mysore did not participate in the rebellion and provided resources to maintain British authority in southern India. Mysore's loyalty ensured that southern India remained largely unaffected by the revolt, allowing the British to focus on suppressing rebels in Central India, including Jhansi. Several Rajput princely states in Rajputana, including Jaipur (under Maharaja Ram Singh II) and Jodhpur (under Maharaja Takht Singh), remained loyal to the British. These states provided troops and resources to suppress the rebellion in Rajasthan and surrounding areas, preventing the revolt from spreading west ward. The loyalty of Rajputana states ensured British control in western India, allowing them to focus on Central India, where Rani Lakshmi Bai was active. The Nawab of Rampur, Kalb Ali Khan, supported the British during the 1857 revolt. Rampur provided troops and resources to aid British efforts in Rohilkhand and surrounding areas, helping to suppress

rebel activities. The Nawab was rewarded with the 'Most Exalted Order of the Star of India' for his loyalty.

Rampur's support in North India bolstered British efforts, indirectly aiding the campaign against Rani Lakshmi Bai. Sikandar Begum, the regent of Bhopal, was a loyal ally of the British during the 1857 revolt. She provided troops, supplies, and intelligence to assist British forces in Central India, particularly in the Sagar and Narmada territories. Her loyalty was crucial in maintaining British control in the region and was recognized with honours post-rebellion. Bhopal's support in Central India directly impacted the British campaign against Rani Lakshmi Bai, as it strengthened their position in the region.

Maharaja Ishwari Prasad Narayan Singh of Rewa: Sided with the British, contributing to stability in Central India, though less directly involved with Rani Lakshmi Bai. And like. Annual Administrative report of The

A Look through the Mist Part-II



Jammu and Kashmir State for the Samvat 1997-98 (16th Oct 1940-15th Oct 1941) released in 1942 : Lieutenant -General His Highness Raj Rajeshwar Maharajadhiraj Maharaja Shri Hari Singh ji Bahadur Inadar Mahindar, Sipar-I- Saltnat-E-Inglishia Maharaja of Jammu and Kashmir : Reads on page-22< In 1856 , the Maharaja's health began to fail. At the our break of the Mutiny - 1857, when he was on his death bed he called his Council and sent a Contingent of 2000 infantry, 200 cavalry and six guns under the command of his son and heir- apparent , Sri Ranbir Singhji. The Maharaja died in August 1857, at the age of 66 before the Mutiny had been finally quelled. For the . brave part played by the state forces in putting down the Mutiny, Maharaja Ranbir Singh, who succeeded his father ,was offered a Jagir in Oudh, which he declined declaring that he had acted as a loyal friend and ally of the British.>

The rulers of Gwalior, Indore, Bhopal, J&K and Rewa-Maharaja Jayajirao Seindia, Maharaja Tukojirao Holkar II, Sikander Begum, Maharaja Ishwari Prasad Narayan Singh, respectively-were key British allies during the 1857 rebellion, particularly in Central India, where they supported efforts against Rani Lakshmi Bai. Their actions, ranging from military assistance to maintaining loyalty, were instrumental in the British suppression of the revolt, highlighting the divided loyalties among Indian rulers during this period. The ruler of Sampla also supported the British during the revolt. The ruler of Jind sided with the British and helped suppress the rebellion. The ruler of Kapurthala also sided with the British. The ruler of Nabha sided with the British during the revolt. The ruler of Loharu provided troops and supplies to the British. The ruler of Jodhpur provided support to the British.

Princely states, such as Travancore and smaller Rajputana kingdoms, also abstained from the rebellion but played less direct roles in the context

of Jhansi. Some rulers, like Holkar of Indore, exhibited complex behaviour, with initial rebel support from their troops but ultimate loyalty to the British, reflecting the nuanced political dynamics of the time.

Whereas there were others who suffered huge losses / lost their empires / royal titles in the Revolt of 1857 like Bahadur Shah II (also known as Bahadur Shah Zafar): The last Mughal emperor of India, who played a significant role in leading the revolt and was exiled to Burma after the British suppressed the uprising; & Wajid Ali Shah: The Nawab of Awadh, known for his patronage of arts and culture, who was deposed and exiled to Calcutta after the British regained control; some sources mention Nana Saheb also as one of the rulers who lost his title though on immediate historical records Wajid Ali Shah is more commonly associated with the loss of royal title alongside Bahadur Shah II.

To be continued
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