

Bharat Jodo Yatra exposes real game plan of Congress: Sunil Sethi

■ STATE TIMES NEWS

JAMMU: Ongoing Bharat Jodo Yatra of Congress led by Rahul Gandhi which is likely to reach Jammu Kashmir on January 20, has exposed real face of Congress who is leaving no stone unturned to divide the National mainstream and has no problem in taking sides with anti India and anti people forces. In a press release JK Bhartiya Janata Party said that as per declared programme so called Bharat Jodo Yatra will be joined by Gupkar alliance parties along with some

other parties and groups who are given to challenge unity of nation and has been finding faults with Abrogation of Art 370 and final integration of JK with National mainstream by removing artificial waterline created by Separatist ideology. Rahul Gandhi has no problem in standing with forces who had opening supporting Pakistan and China interests at the cost of causing political damage to India. It is litmus test of Congress to take stand whether it stands for united and strong India or it wants to weaken



nation by standing with Bharat 'Todo forces and in the way itself becoming harbinger of Disunity. At a time when nation has faced attempts by Pakistan to increase terror activities in JK

particularly, it is strange that Yatra is continuing in Jammu and Kashmir when there is serious threat to peace. It seems Politics and political agenda is more dear to Congress and Rahul Gandhi than welfare and security of people. It was noted by Chief Spokesperson of Jk Bhartiya Janata Party Sunil Sethi that Yatra of Rahul Gandhi has been inappropriately named as Bharat Jodo Yatra whereas in fact it is Bharat Todo Yatra as it is leaving trail of Hatred and deicet wherever it is going

Sunil Sethi further said that this Yatra and political opportunism of Rahul Gandhi will meet it's Waterloo in Jammu and Kashmir where people are ready to ask Congress the account of its performance in the past as to the mind of memory of people of JK it is very clear and live that Congress is majorly responsible for making mess of situation in JK which could be retrieved only by historical decision of Parliament and will power of Modi Govt by abrogating Art 370 and 35 A in essence.

SNM Hospital conducts Ladakh's first Transurethral Resection of Prostrate successfully

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LEH: SNM Hospital successfully carried out the first Transurethral Resection of Prostrate (TURP) which otherwise requires patient to travel out of Ladakh to tertiary car set up like SKIMS Soura, GMC Jammu or AIIMS Delhi for the same surgery. A 65-year old patient with difficulty in passing urine for the past

Transurethral Resection of Prostrate is a scarless



Dr. Navaz Ali, Urologist at SNM Hospital, performing Transurethral Resection of Prostate surgery.

kind of procedure done through normal urethral opening only. It is ideally performed in tertiary care set up and have never been performed in Ladakh till date. Dr. Nawaz Ali, recently appointed Urologist at SNM Hospital, who performed the surgery claimed that the man is the first person in Ladakh to undergo TURP.

It is a historic moment and could only be possible after the formation of the Union territory of Ladakh.



Cong must clear stand on Art 370, PAGD before 'Bharat Todo Yatra' enters J&K: Rana

■ STATE TIMES NEWS

JAMMU: Castigating the Congress for messing up the situation in Jammu and Kashmir during its misrule for decades, Senior BJP leader Devender Singh Rana today asked Rahul Gandhi to clarify his stand over the repeal of Article 370 before entering into the Union Territory for his 'Bharat 'Todo Yatra'.

"This is all the more important as the Congress bandwagon is joining the PAGD Gang in this sensitive part of the country, which is hand-in-glove with those openly supporting the radical Jihadis and beating chests for the terror mentor of Pakistan, responsible for mayhem and blood bath in the Kashmir Valley and parts of the Jammu region", Rana said while interacting with various deputations here this afternoon.

He said it will be interesting to watch Rahul Gandhi hoisting the tricolor in Srinagar, as announced by the Congress, on January 28 while being



Senior BJP leader Devender Singh Rana interacting with various deputations in Jammu.

flanked by the leaders like Mehbooba Mufti, who is on record having stated that there will be nobody to raise Tiranga if the Article 370 is tinkered with. The tricolor, however, is flying high, as high as 100 meters in picturesque Gulmarg, as also in the rest of the Valley by the enthusiasts, ready to sacrifice their lives for its sanctity and glory. The combination of those believing in breaking India, therefore, will be yet another provocation to the compatriots, who have been keenly watching the sinister Congress plan of dividing the society, he added.

Devender said the unholy

alliance of the dynasts is a sign of frustration, who want to regain their lost power by hook and crook? The people of Jammu and Kashmir in general and the Valley in particular still recall the trials and tribulations of their mis-governance.

He described the Congress as a murderer of democracy, the characteristic inherited by their local inheritors who missed no opportunity in trampling with the peoples' mandate just to remain in the cradle of power. The alliance of the trio in the Union Territory will be the anti-climax of the failed yatra from Kanyakumari to Kashmir, he said.

Bharat Jodo Yatra will ensure Govt's accountability towards people's issues: Bhalla



JKPCC Working President Raman Bhalla addressing a gathering at Jammu.

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JAMMU: JKPCC Working President Raman Bhalla accompanied by former Minister Yogesh Sawhney, District Rural President Hari Singh Chib, Corporator Dawarka Choudhary, Corporator Rittu Choudhary, OBC Vice Chairman Sandeep Dogra, Block Presidents Vijay Sharma, Anil Kumar, Pardeep Bhalla, Mandeep Singh convened series of Block level meetings at Block Nagrota, Block-7 Prem Nagar, Gandhi Nagar Block-9 and Guru Nanak Nagar with regard to preparations for forthcoming Bharat Jodo Yatra in J&K. Prominent among those present on the occasion include Sanjeev Jamwal, Suraj Singh Jamwal, Parveen Singh, Pawan Dev Singh, Vijay Singh Chib, Chander Shekhar Sharma, Kulbushan Sharma,

Madhu, Balwinder Singh Rinku, Ashwani Sethi, Satpal Spolia, Suresh Sharma, Vijay Sharma, Arti Gupta, Arvind Sharma, Kishor Singh, Atul Sharma, Sanjay Gupta Murli, Dr Sndeep Singh, Yugal Kishor, Jasbir Singh, Ravinder Manhas, Gurdeep Singh, Parveen Basotra, Parveen Gupta, Bharat Buahan, Parshotam Kumar, Rakesh Chowhan, Ravi Pangotra, Ramn Mangotra, Arif Malik, Som Nath, Mohinder Singh, Gafoor Mohd. Charan Singh, Sai Mohd and Manhas Lal.

Speaking on the occasion, Raman Bhalla said that Bharat Jodo Yatra has been successful in achieving its objective of raising people's issues and going forward it will ensure that the government is held accountable. He also asserted that 'untruths' spread about Rahul Gandhi to malign

his image have been 'demolished' by Yatra

Seeking mass support for Bharat Jodo Yatra from people of Nagrota, Bhalla said, "Don't consider yourself alone, the Congress is your voice, and you are Congress' strength. We have to fight with every decree of the dictator, every attempt to suppress the voice of the people." Urging people to reject the 'politics of hate', Bhalla stressed that the Congress is the 'guarantee' for development, peace and growth of common masses. Yogesh Sawhney, former Minister appealed to the people of different shades of the society to come under the umbrella of Congress in order to strengthen social and secular fabric of the UT and ensure the overall development of each and every sections of the society.

Thakur Hari Singh in his address said that unemployment is at its peak, inflation has pushed people to further backwardness while developmental scenario has received severe setbacks. He alleged that Government is unable to see inflation as it is wearing the 'blindfolds of arrogance' and selling nation's property in 'free fund' to friends.

Chair W20 conducts Public Outreach programme for women in Jammu

■ STATE TIMES NEWS

JAMMU: Dr. Sandhya Purecha, Chair W20 did a public outreach programme at Hari Niwas Palace, here on Sunday to address over 200 women from rural Jammu which included SHGs, rural entrepreneurs and Sarpanchs. The outreach was organised by Ritu Singh, Founding Chairperson FCCI FLO JKL and was supported by The Ashok Kapur Foundation.

The Chief Guest, Dr. Purecha touched upon all areas of the outreach by W20 for the region. She carried forward the mission for W20 by emphasising on all the key areas of women engagement namely Grassroots Women Leadership, Women Entrepreneurship, Bridging the Gender Digital Divide, Creating Pathways through

Education & Skill Development and Climate Change and also emphasised to remove all barriers to women led development, ecosystem for women to thrive, transcend and transform.

Guests of Honor, Indu Kanwal Chib, Director JKRLM assured the Chair of W20 for a fruitful engagement. Guests of Honor, Anoo Malhotra, Director Industries & Commerce welcomed Dr. Sandhya Purecha's outreach for the W20 and gave insightful suggestions for the same, assuring of giving full support to Women of the region. Dr Ritu Singh in her welcome address, gave her presentation on all areas that can be worked on the agenda of W20.

She also showcased works done by the SHG's from the villages from block Bhalwal and



Dr. Sandhya Purecha, Chair W20 with prominent women during public outreach programme at Jammu.

Katra under her directive. She assured the W20 chair of her full and complete support.

The speakers were Khushboo Mattoo, Dr. Nazia Rasool Lattifi, Ridhima Arora, Shivani Vaid, Pooja Kapur, Ritika Trehan, Adishree Singh, Parakh Jain, Swati Dadhechi, Dr. Mitali Gupta, Neetu Bali, Kritika Khama & Neha Mahajan. From rural Jammu President of SHG- Anita Kumari, Sarpanch Premlata

(Panchayat- Agar jitto), Binla Devi from Machine Domana, Chanchla Devi from Bhalwal.

15 women from rural Jammu were given certificates for completion of Beauty, Makeup & Hair courses undertaken by them under project Asha by FCCI FLO JKL & Ritika Trehan's Looks Saloon. Dr. Purecha ensured all present for an ongoing relationship for the upliftment of Women Entrepreneurs from Jammu.

Extra precautions required to reduce risk of high BP, brain stroke during winters

■ SHAKEELA ANDRABI

SRINAGAR: As Kashmir valley is in the grip of 40 days harsh Chillai-e-Kalaan, the temperature is constantly recorded below zero. Jan 5, 2023 was the season's coldest night in Srinagar where the temperature was recorded at minus 6.5 degree Celsius. With the constant dip in temperatures to sub-freezing levels in Kashmir valley, Doctors Association Kashmir (DAK) has said if you catch respiratory infection you are at increased risk of having a heart attack. "Falling temperatures in winter cause hike in blood pressure which increases the risk of heart

attacks and strokes, the two leading causes of death and disability in the valley," said DAK President. He said high blood pressure, also called hypertension, is harder to control in winter. Even healthy people aren't off the hook. They tend to have high blood pressure in winter. "When winter arrives and temperatures drop, there is only one place where mercury rises and that is in blood pressure gauges," he said. According to IMD north India including Jammu is in the grip of cover of fog and cold, people are facing hardships due to lack of proper heating arrangements. On Jan 6, in Utter

Pradesh, 25 people died in a single day due to heart attack and brain stroke and it was claimed that these deaths occurred due to severe cold wave in the city. The DAK President said frigid temperatures constrict blood vessels which increase blood pressure because more pressure is needed to force blood through narrowed vessels. "Hormones, like adrenaline and nor-adrenaline increase in response to cold which cause spike in blood pressure," he said adding, "Lack of sunlight during winter reduces vitamin-D levels which increases blood pressure. While we can't change the weather simple

precautions can help reduce the risk of high blood pressure in winter. Keep yourself warm to prevent from cold temperature. If you move out, dress in layers, wear a hat, gloves and scarf. Avoid going in chill for walk and move your workout inside. Reduce salt intake and take diet rich in vegetables and fruits. Don't forget to take your vitamin D." The DAK further advised, "People who are on treatment for high blood pressure need to monitor their blood pressure more frequently during winter as they may need increase in doses or addition of drugs to keep their blood pressure under control."



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

heart attack or stroke reducing the chance of having another event. It has also been reported that despite having lower coronary risk factors compared to developed countries, incident cardiovascular mortality, cardiovascular events and case-fatality are greater in India. Reasons for the increasing trends and high mortality have not been studied. There is evidence that social determinants of IHD risk factors are widely prevalent and increasing.

Epidemiological studies have reported low control rates of hypertension, hypercholesterolemia, diabetes and smoking. He added that healthy diet can help protect the heart, improve blood pressure and cholesterol, and reduce the risk of type 2 diabetes.

A heart-healthy eating plan includes Vegetables and fruits, Beans or other legumes, Lean meats and fish, Low-fat or fat-free dairy foods, Whole grains and Healthy fats, such as olive oil. Two examples of heart-healthy food plans include the Dietary Approaches to Stop Hypertension (DASH) eating plan and the Mediterranean diet. Limit intake of Salt, Sugar, Processed carbohydrates, Alcohol, Saturated fat (found in red meat and full-fat dairy products) and trans fat (found in fried fast food, chips, baked goods. Dr. Sushil Sharma in his concluding remarks told the gathering that CVD risk exposure is universal and pervasive, and atheroscle-

rotic cardiovascular disease is common, multifactorial, treatable, and preventable. Thus, the new era demands a more efficient and comprehensive approach to risk assessment and treatment with the mandate to detect and treat disease well before it becomes clinically apparent. Prominent member of the area Shri Swami Harishanand Giri, Gopal Singh (Sarpanch), Vinod Singh (Sarpanch), Lovely Sharma and Nitish Sharma Appreciated the efforts of Dr Sushil and his team for conducting Cardiac awareness cum health checkup camp in their locality. Others who were part of this Camp include Dr Dhanesher Kapoor: Paramedics and Volunteers includes Kamal Sharma, Raghav Rajput, Rajkumar, Akshay Kumar, Harvinder Singh, Ranjeet Singh, Manoj Sharma, Maneet Kumar, Sahil Sharma, Maninder Singh, Paramvir Singh and Sandeep Kumar.

Mufti Sayeed was first & last Muslim Home Minister of India & that too from Kashmir

■ BASHIR AHMAD KHAN

Mufti Mohammad Sayeed was the first & the last Muslim Home Minister of India & that too from Kashmir.

How he manoeuvred his way to reach the second top key position in Indian state without any mass base that time around was a political puzzle of sorts showcasing his political craft & skills. That he should have carved it out of a motley group called Janta Moreha & followed it up by stitching alliances across the Board provided insight into his political manoeuvrability & organisational skills. May be he was rewarded with "Home portfolio" for his dexterity to get diverse elements together & bringing them to one platform of Janta Dal. He was the main architect of this. It was puzzling because even front ranking Freedom

movement anti partition Leader Maulana Azad could not make it in his time.

Mufti was no run of the mill politician or any job seeker as one finds in the political arena today.

He was a self respecting & dignified politician who would not compromise on his dignity or his ideals even before the high & the mighty. He didn't receive Rajiv Gandhi at Srinagar Airport even being a Man Friday of then P M Indira Gandhi as he did not consider him matching his political stature. He didn't go begging around political bosses of his time currying for favours nor did he indulge in any feet touching or head longs to secure any position. Going up the ladder via snobbery & flattery was not in his DNA.

Mufti was a master political

strategist who practised politics by his conviction. A democrat to the core, he was instrumental in introducing political competition in J&K breaking many myths & monopoly on the way. When tainted politicians were ruling the roost around him, he remained & emerged unblemished at the end of the day. Mufti was not any self seeking power hungry or property grabbing politician. He would shun power when it compromised his dignity & ideals. He resigned as central Minister when he experienced unease & discomfort. He was one of those rare species politicians who didn't indulge in any unfair practices for his self gain.

When he would be thrown out of any Govt accommodation or would give it up on losing a high position he would have no



place to live. Even when he was the Housing Minister & had established housing Colonies in Srinagar City, he never thought of allotting a plot to himself which he believed would involve conflict of interest.

I recall when he was forcibly evicted from Tulsi Bagh Govt house as PCC president; he was accommodated at our Law

Clerks two room under construction structure on a marshy land near Nowgam, because no one was willing to rent out his space to him in Srinagar city. He lived there as happily as he was in a palace, the dampness of the place notwithstanding.

When he gave up sprawling 10-Akbar Road residence at Leuhtons Delhi after ceasing to

be the Home Minister, a friend accommodated him in a dingy 2-room flat in Mayur Vihar where his room could barely accommodate one Bed. He would live through those hard conditions & religiously come to Delhi Golf Course like a devoted employee to do his politics for the day & return with his meal in a polythene bag in the evening. He would face difficult times with grace & always say-"one must always remain prepared for the Worst."

Mufti had God given capacity to adjust to any conditions- good or bad. He would enjoy the luxury & adversity in the same measure

Adversity or setbacks in life or politics never dampened his spirits or resolve & these had no visible impact on his day to day functioning or his normal conduct or demeanor for that mat-

ter: He had the courage to face any eventuality upfront.

Mufti observed propriety in all his doings & dealings. Never ever did he cross any red line for his self or political gain. He always recognised distinction between work ethics & commerce, public duty & private gain.

He was a visionary & would look ahead of his times. He was conscious & concerned about the Conflict situation in his home state & suffering of his people.

That explains his striving for peace between India & Pakistan which he thought was the only way to save his people from any future disaster. For this he went all the way to bring what he called in his words (South Pole & North Pole) together. But alas he met his end on the way.

It was not in his destiny to make history by bringing warring parties to a common ground, but he will be always remembered as someone who strived for peace & practised politics with dignity & aplomb for public good all along.

Mufti had mastered art of persuasion. Being an ace organiser he had knack of winning over people by argument & could bring round even the hardest nut & make it crack. Here he is coaxing me to join congress which I escaped so narrowly after he evaluated me as unfit for politics.

Remembering Mufti-a friend & a mentor who would always keep me under his wings & watch, on his death anniversary: May God rest his soul in peace.

(The writer is former Chief Justice of J&K High Court)