

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

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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 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 deceit wherever it is going

Sunil Sethi further said that this Yatra and political opportunism of Rahul Gandhi will meet its 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.

## 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 Murl, Dr Sudeep Singh, Yougal Kishor, Jasbir Singh, Ravinder Manhas, Gurdeep Singh, Parveen Basotra, Parveen Gupta, Bharat Buahan, Parshotam Kumar, Rakesh Chowhan, Ravi Pangotra, Ram 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

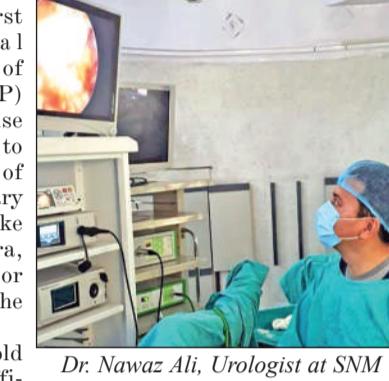
Seeking mass support for Bharat Jodo Yatra from people of Nagrota, Bhalla said, "Don't consider yourself alone, the Congress is your voice, and you are Congress' strength. We have to fight with every decree of the dictator, every attempt to suppress the voice of the people." Urging people to reject the 'politics of hate', Bhalla stressed that the Congress is the 'guarantor' 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.

Leh: SNM Hospital successfully carried out the first Transurethral Resection of Prostate (TURP) which otherwise requires patient to travel out of Ladakh to tertiary care 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 one year was not relieved by medications. On further investigation it was found that he was suffering from Benign Prostatic Hyperplasia (BPH). It is a condition in men in which the prostate gland enlarges and presses against the urethra. Eventually, the urinary bladder loses the ability to empty completely. It is commonly seen in men older than age 50. If remain untreated it can lead to damage of Urinary Bladder & kidney.

Transurethral Resection of Prostate is a scarless



Dr. Nawaz 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

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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, Gulmar, 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 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.

fanned 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 Gulmar, 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 various deputations here this afternoon.

Devender said the unholy



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

## Preventive Cardiology only way to stay ahead of Heart Disease: Dr Sushil

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JAMMU: Keeping in view the importance of primary prevention of cardiovascular diseases which has a larger role in current scenario, Head of Department of Cardiology GMCH Jammu Dr. Sushil Sharma organized Cardiac awareness cum Health Checkup camp at Health & Wellness Center, Govt. Ayurvedic Dispensary Sarore, Jammu. More Than 250 people were screened; evaluated, diagnosed and free medicines were given as per the requirements. While interacting with the Patient Dr. Sushil Stated that the cardiovascular diseases (CVDs) have now become the leading cause of mortality in India. Dr. Sushil elaborated that the Preventive cardiology is a subspecialty of medicine that focuses on lowering the risk of heart disease before a diagnosis or incident, or for patients who have had a first



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

(Panchayat- Agar-jitto), Bimla 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 FICCI FLO JKL & Ritika Trehan's Looks Saloon.

Dr. Purecha ensured all present for an ongoing relationship for the upliftment of Women Entrepreneurs from Jammu.

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 walls 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."

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 atherosclerotic 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. Dhaneshwar Kapoor. Paramedics and Volunteers includes Kamal Sharma, Raghav Rajput, Rajkumar, Akshay Kumar, Harvinder Singh, Ranjeet Singh, Manoj Sharma, Manjeet Kumar, Sahil Sharma, Maninder Singh, Paramvir Singh and Sandeep Kumar.



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 Tulsibagh Govt house as PCC president; he was accommodated at our Law

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."

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