

Dr Jitendra launches vital road project in Udhampur-Ramnagar sector

STATE TIMES NEWS

RAMNAGAR: Union Minister of State (Independent Charge) Science & Technology, MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh on Sunday laid the foundation stone of the much awaited, vital road project in Udhampur-Ramnagar sector from Ramnagar to Roun Domail here.

He said the vital connectivity project, with an outlay of Rs 22.96 crore rupees, had got caught up in litigation for a long time. But, due to the personal efforts of Dr Jitendra Singh, the litigation was sorted out and the foundation stone of the road was laid.

The Minister said that under the leadership of Prime Minister Modi, road connectivity has been ensured in the remotest regions of the hill



Union Minister Dr. Jitendra Singh laying the Foundation Stone of the road project from Ramnagar to Roun Domail on Sunday.

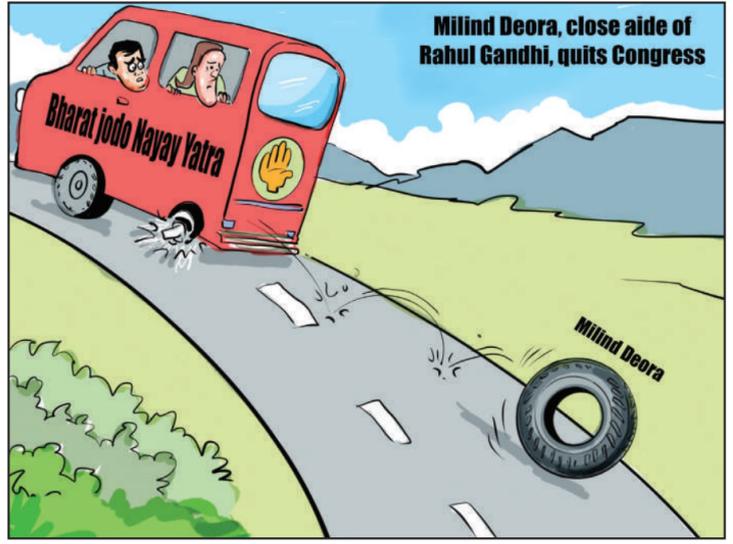
district of Udhampur. Dr Singh recalled that the PMGSY began under the then Prime Minister Atal Bihari Vajpayee, but the next 15 years till 2014, the total length of PMGSY roads built in the country was just about 3.7 lakh kilometres, whereas in the last nine and a half years under Prime Minister Modi, the total length has doubled to more than 8 lakh

kilometres. Dr Jitendra Singh Udhampur has figured among the first three top PMGSY road projects in all the districts of the country. The minister lamented that this region had not received the kind of attention it deserved from previous governments. But, since Prime Minister Modi had committed that his government will develop all regions equitably

and bring it at par with developed regions. Dr Singh said

that under the patronage of Modi, the government has been able to upgrade all those facilities to remote areas which people had never imagined before.

Dr Jitendra informed that his constituency is the only one which got two Vande Bharat Express trains, three Centrally-funded medical colleges, other Centrally-funded multiple projects, including Devika River Rejuvenation project, Katra-Delhi Express road corridor, North India's first Industrial Biotech Park, national level Shahpur Kandi Irrigation project.



Milind Deora, close aide of Rahul Gandhi, quits Congress

Cardiac health hazards of dense fog and harsh winters-innocuous and unanticipated: Dr Sushil

STATE TIMES NEWS

JAMMU: In view of drastic climatic changes every year with winters and fog more in severity as compared to previous ones, and increased rates of hospitalisations due to cardiovascular diseases Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long Cardiac awareness cum health Check up Camp at Shri Vishwakarma Mandir, New Plot Jammu with special focus on educating people to prevent themselves from the ill effects of harsh winters although dense fog so that morbidity and mortality is minimised.

While interacting with the people, Dr Sushil Sharma stated Air pollution is a heterogeneous, complex mixture of gases, liquids, and particulate matter.

Epidemiological studies have demonstrated a consistent increased risk for cardiovascular events in relation to both short- and long-term exposure to present-day concentrations of ambient particulate matter.

Several plausible mechanistic pathways have been described, including enhanced coagulation/throm-



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

bolysis, a propensity for arrhythmias, acute arterial vasoconstriction, systemic inflammatory responses, and the chronic promotion of atherosclerosis.

As winter intensifies, fogs descend on most of northern India and parts of eastern India. Fogs cause the cold to penetrate through the layers of warm clothing, adding to your distress. Early morning humidity caused by winter fogs puts patients with any kind of cardiovascular disease at risk.

Elderly people, in particular whose circulation has become sluggish due to age, are at great risk of developing cardiac distress on foggy mornings. Lower tempera-

tures can cause blood vessels to narrow.

This means that heart must work harder to move blood throughout the body. Since fog steals body warmth, it causes heart rate and blood pressure to increase as the heart works harder to do its work, Dr Sushil said.

He elaborated that air pollution has adverse effects on health, particularly cardiovascular and respiratory system. It can precipitate acute myocardial infarction, heart failure, arrhythmia and even cardiac arrest. Air pollution with particulate matter (both fine and coarse) has been correlated to both CVS and total mortality.

While intervention at societal level is most effective some personal steps can be taken to reduce its risk. Tips to reduce health risk in individuals exposed to air pollution such as During high pollution days stay indoors, avoid physical exertion in an outdoor activity located near the source of pollution, Reduce outdoor air permeation to inside, Purifying indoor air using air filters, Take food which is rich in sulphurane based antioxidants like broccoli, cabbage, cauliflower, brussels sprouts, Fish oil supplementation and use of respirators, face mask, Dr. Sushil said.

He added that Exposure to air pollution is the largest

environmental health risk and ranks ninth among modifiable disease risk factors, above other common factors such as low physical activity, high cholesterol, and drug use. Most of the excess deaths attributable to air pollution exposure are due to acute ischemic/thrombotic cardiovascular events.

In addition to excess mortality, air pollution is associated with significant reductions in healthy life years and worker productivity, he said.

Management Committee of The Shri Vishwakarma Mandir Joginder Angotra, Balwant Kataria, Ramesh Angotra, Ramjan Chahotra, Mohinder Lal and Omkar Singh Appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum Health Check up camp in their area.

Others who were part of this Camp includes Dr Venkatesh Yellapu and Dr Dhaneshwer Kapoor. Paramedics and volunteers includes Raghav Rajput, Rajinder Singh, Mukesh Kumar, Gourav Sharma, Jatin Bhasin, Anmish Datta, Paramveer Singh, Arun Singh and Nirvair Singh Bali.

Provide top-notch police services, help in providing justice to people: DGP J&K



Director General of Police R R Swain addressing officers and Jawans at Kupwara.

STATE TIMES NEWS

SRINAGAR: Provide excellent police services, work closely with public, maintain a strong system of accountability, transparency, and help in providing justice to people who seek your assistance.

The was advised by the Director General of Police, J&K, R R Swain to officers and Jawans of J&K police during Bara Khana at District Police Lines Kupwara this evening.

The Bara Khana among others was attended by DIG North Kashmir Range, Vivek Gupta, SSP Baramulla Amod Nagpure, SSP Handwara Dawood Ayoub, SSP Kupwara Yongal Manhas, SSP Traffic Kashmir R P Singh, CO IRP 4th Bn. Shovkat Ahmad Dar, and AIG T&P Manoj Kumar Pandith.

All gazetted & Non Gazetted officers and jawans of the Kupwara district participated in the programme.

In his address, the DGP said that Jammu and Kashmir Police has tremendous responsibilities on its shoulders.

As the primary law enforcement agency in the region, the force is entrusted with safeguarding public safety, maintaining law and order, and ensuring that the public receives top-notch policing services.

He said that people in tough times visit Police Stations with a hope that their problems and

issues will be solved, it is then an opportunity and a crucial role for Police officers to ensure justice, he added.

Police as an enforcement agency has a great duty of helping people get justice, DGP said, adding that the force is entrusted with immense responsibility and it must act within the boundaries of law and uphold the principles of justice and fairness.

He directed the officers and Jawans to work closely with the public and maintain strong system of accountability and transparency.

He impressed upon them to be committed in safeguarding and promoting the overall well-being of the society.

He said that J&K Police as a crucial component of administration has to work tirelessly to protect the citizens against violence, crime, and other nefarious activities. With a diverse range of roles and responsibilities, we have to ensure that law is applied fairly and equally to all.

He said that critical aspect of the Police's role is to provide public services, such as traffic management, emergency response etc. The Police are often the first point of contact for the public, and the force is relied upon to provide prompt and effective assistance in times of need. By offering these services, we have to demonstrate the commitment to serving the public and pro-

moting the well-being of the community.

The DGP also directed for identifying the officials who have put in best efforts in ensuring better service and justice to the public who he said would be acknowledged and rewarded.

The DGP J&K also listened to the grievances and requests of Police personnel and directed for the redressal.

In his welcome address, the IGP Kashmir Zone V.K. Birdi welcomed all the officers & jawans for participating in the Bara Khana adding that this dinner is being organised on the directions of the DGP J&K.

He informed the personnel that DGP J&K has been very much keen to visit the district Kupwara and listen to the issues of citizens and also interact with the jurisdictional officers and jawans.

IGP Kashmir said that J&K Police personnel are known as cutting edge level Police personnel and the work of J&K Police is being appreciated at all different levels. He said that subordinate staff or jawans are the backbone and source of energy of any force.

He said that J&K Police is facing different challenges whether working in harsh winter weather or fighting internal security or performing normal duties and added that the force is facing every challenge with fortitude.

Azad celebrates Lohri Festival with Blind Children Ensures that all problems of Blind Children will be solved soon

STATE TIMES NEWS

JAMMU: Chairman Democratic Progressive Azad Party (DPAP), Former Chief Minister J&K, Ghulam Nabi Azad celebrated Lohri Festival with blinds children & National Federation of the Blind J&K in Louis Braille Memorial Residential BB School for sightless girls at Roopnagar, here.

Azad was the Chief Guest of the program and Ex- Ministers R S Chib, Jugal Kishore Sharma, Garu Ram, DPAP Media Incharge & Spokesperson Vishal Chopra, Anita Thakur Gurmeet Kour, Fatima, Prabha Slathia, Maheswar Singh, Abhishek Kapoor, Mahinder Kumar, Kulwant Singh, Gourav Chopra, Anil Kholi, Shammi Slathia, John and Manik Sharma were also presented.

General Secretary National



Chairman DPAP and former Chief Minister J&K, Ghulam Nabi Azad celebrated Lohri Festival with blinds children.

Federation of The Blind J&K, M K Badyal highlighted the problems of the visually impaired fraternity like upgradation of the Louis Braille

Memorial School from 8th to 12th classes because only single school is running for sightless girls in entire UT and strength of the students

increasing day by day and number of visual impaired students not getting the admission due to lack of the space and accommodation of the school.

He also demanded adjoining land should be allocated for the school so that such type of students get the admission without any problem. Badyal pointed out the problems of the unemployment of the qualified, Specially abled youth.

Azad listened to all the problems carefully and ensured that all problems will be solved shortly.

"We will try to approach to the concerning authorities together and my doors are always open for you," Azad said.

Superintendent of Blind School Boys, Vikrant Sharma, the principal of LBM School Navedita and all staff members participated in the program.

More is need for public services to behave & deliver smartly than is need to make a city physically look Smart

To make a city Look Smart it is Smart Public Servant that matters more than the Financial inputs Unchecked Prohibited Dazzling lights on Vehicles can result in Slow vehicular Traffic & Accidents "Dazzling or Blinding" lights should be removed also by RTO even after passing / registration of vehicles

DAYA SAGAR

To make cities "smart" no doubt the need also to make them physically look smart but more is the need to make the agencies / public services behave & deliver smartly. To make cities behave and look smart it is not only the money but truthful governance & delivery of utilities and services by the human resources deployed that matters more.

In a Public Interest Litigation (PIL), a Division Bench of Jammu & Kashmir High Court comprising Justice Magrey and Justice Dhiraj Singh Thakur had on 19th December 2019 observed that many directions, passed by the court as regards managing the vehicular traffic / regulating the vehicles in the cities had not been complied like parking public & private vehicles, amending the existing norms with respect to registration of vehicles that the owner of the vehicle seeking registration has a parking space/ garage space at his residence, banning the use of city roads for

overnight parking purposes and like. No doubt Jammu city has disproportionately high population of vehicles and limited road space to accommodate the traffic but first all efforts have to be made to use the available space, man power and facilities as best as possible and only then one would reason the jams / traffic disorders in lack of men & materials. But position is more of mismanagement and less of available resources.

Both Jammu and Srinagar cities receive a very large number of tourists (Jammu city receives much more than Srinagar) so delivery of public services in a SMART way is more important for these cities. It is good that the Jammu City walls are being painted/ decorated (it is hoped that they will be maintained also on yearly basis) but imagine what "smartness" must be reflecting to a visitors / tourists when he/ she finds no three wheeler taxi to report with metered fare charge. Ofcourse there is no metered taxi cab service in the city

and had that been there may many locals would not use private vehicles/ cars for short distances which would take off from city roads atleast 25 to 30 percent local traffic. People have been complaining that they do not receive support from traffic police when three wheeler taxi does not run on meter and hence they do not complain.

Undisciplined hands on the wheels, those using mobiles while driving even two wheelers and those using banned lights (dazzling / blinding light during night) need be subjected to regular checks instead of occasionally by putting Nakas to avoid accidents on roads and for smooth flow of traffic, but that feature of "smartness" is regrettably lacking even this day of e governance. There are not many traffic signal lights in the City of Jammu but even these are often found irregularly functioning even



A Look through the Mist Part-II

when they can surely add to "Smartness" of Jammu city without any additional financial implications.

Others features that are related to delivery of services with the employed men & materials and are in 2024 raising questions on the "Jammu Smart CITY" banners' around are

Others features that are related to delivery of services with the employed men & materials and are in 2024 raising questions on the "Jammu Smart CITY" banners' around are the unknown vehicles regularly parked by outsiders in other localities even during night which can cause serious law & order problem or may provide shelter to some criminal plans (night parking on the roads on both sides like one would find in exchange road / in the inner by lanes of old city / Rehari by outsiders. People finding unknown vehicles parked in their lanes bearing registration numbers

of other districts or registration numbers not familiar to them. There have been disputes also in some areas and some respectable citizens had to make compromises. Local police officers must ensure that no vehicle is parked during the nights in 'foreign' areas), the staff at the paid public parking lots does not bear any identity badges nor is there notified/nominated managerial staff for attending the quarries and complains of overcharging (particulars of the official agency owning the parking lot and the contractor managing site not prominently displayed), no dedicated local taxi service in Jammu city that in 2024 is receiving nearly a crore of visitors, fast conversion of even inner residential colonies into commercial areas and vehicles parked creating traffic blocks & even scuffles between residents / commuters.

No doubt Sr. officers have been found at occasions requesting and advising their junior colleagues for taking up the services seriously but not much improve-

ment could be seen on ground. Officers like DG Police, Divisional Commissioner, IG Traffic, Director weights& measures and Commissioner Transport cannot move from lane to lane/ office to office and hence may not be aware of all the menace on ground. It could be said that the common people / public too cannot be absolved of the social responsibility of cooperating with the government / administration. So, in greater common cause the people can also become the "ears and eyes" of administration / government / Vehicle Smart City and can inform about the defaulters who come in their notice. In case someone, in view of the "environment" that prevails this day, feels scared of naming the defaulters still without disclosing identity the information / suggestion could be conveyed by post (it will cost just Rs.5) which would surely help them to apply corrections more effectively.

(The author is Sr Journalist and social activist).