

Raj Bhawan hosts Tripura, Meghalaya, Manipur Statehood Day celebrations

■ **STATE TIMES NEWS**
JAMMU: Jammu Kashmir Raj Bhawan on Sunday organized a mega cultural event to celebrate the Tripura, Meghalaya and Manipur Statehood Day.

Security personnel, students and the people of the Tripura, Meghalaya and Manipur living in J&K UT were the special invitees.

On the occasion, Lieutenant Governor Manoj Sinha extended his greetings and best wishes to the people of Tripura, Meghalaya and Manipur on their Statehood Day.



Lieutenant Governor Manoj Sinha witnessing cultural event to celebrate the Tripura, Meghalaya and Manipur Statehood Day.

He said the celebration foster the spirit of Ek Bharat Shreshtha Bharat, strengthen the bond and promotes unity in diversity.

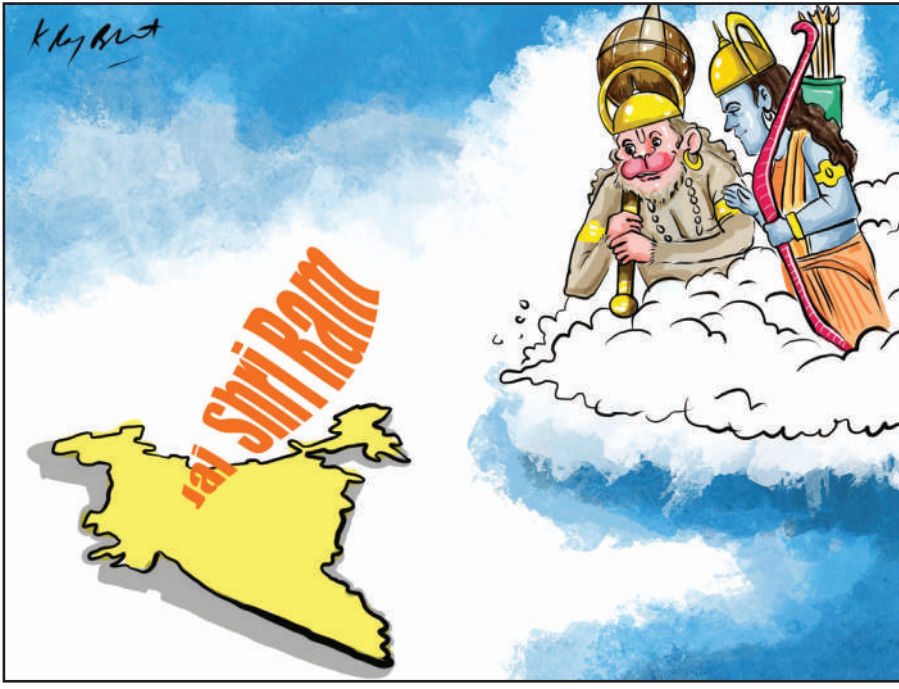
Tripura, Meghalaya and Manipur, the three of the

North-Eastern states are known as a treasure of spirituality, culture and art, the Lt Governor said.

"Under the leadership of Prime Minister Narendra Modi, Northeast is transforming into one of the country's growth engines," he observed.

He also recalled the significant contribution of the Litterateurs, Farmers, Artistes and other great personalities of Tripura, Meghalaya and Manipur in nation building.

Enthralling performances by the Artists of Jammu Kashmir Academy of Art, Culture and Languages showcased the famous folk music and dance forms of the north-eastern states.



Thousands throng Shree Raghunathji Temple, witness Grand celebrations Starting of Akhand Paath, Bhajan Sandhya by renowned singers, Bhandara mark culmination of day-2



Ajatshatru Singh, Trustee JKDT and others dancing during Bhajan Sandhya at Raghunathji Temple.

■ **STATE TIMES NEWS**
JAMMU: On the second day of the three-day grand celebrations at Shree Raghunathji Temple in Jammu, thousands of devotees gathered to witness the grand celebrations in connection with consecration ceremony of the Ram Temple in Ayodhya.

On the second day, Akhand Paath of Shree Charitmanas was commenced by the priests specially called from Chitrakoot, Ayodhya.

The Shree Raghunathji

Temple was adorned with vibrant flowers and radiant lighting, creating a divine ambiance for the worshippers. The atmosphere resonated with devotion and spiritual fervor as the community came together to celebrate this significant event.

In the auspicious presence of Ajatshatru Singh, Trustee of J&K Dharmarth Trust, and Dr Ritu Singh, Trust's President Brig R.S Langeh, Secretary Ashok Sharma, the ceremony was attended by

prominent personalities of Jammu and numerous devotees.

Notable attendees included Manu Bhatnagar, wife of Advisor to Lt Governor, former MLA Devender Rana, Former Minister Gulchain Singh Charak, Shiv Sena leader and members of RSS and Yuva Rajput Sabha.

The day continued with a mesmerizing Bhajan Sandhya in the temple premises, featuring renowned singers like Sonali Dogra, Ravi Raghuvansi, Raman Slathia, Nirbhay Salathia, and others who captivated the audience with soulful Ram Bhajans.

During the Bhajan Sandhya, Ajatshatru Singh along with Dr Ritu Singh released the music albums of Sonali Dogra and Hira Lal Abrol, Chairman of Healthy India and Stronger India.

Later, Bhandara was also organized for the visiting devotees.

Dogri Sanstha, Team Jammu release Dogri Novel "Putliyan" on increasing Drug Menace in Society

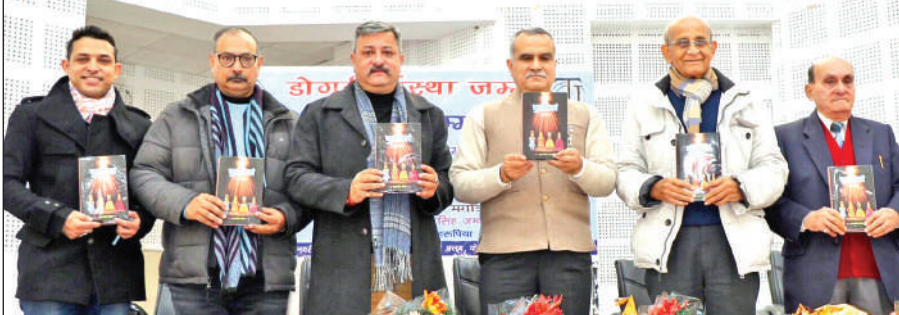
■ **STATE TIMES NEWS**
JAMMU: Dogri Sanstha along with Team Jammu on Sunday formally released a Dogri Novel "Putliyan" focussed on increasing Drug menace in the Society.

The Novel that hit the stands today has been written by eminent Dogri writer Inderjeet Kesar.

Deputy Inspector General (DIG), Jammu-Kathua-Samba Range, Shakti Pathak was the chief guest on the occasion while President, Dogri Sanstha, Jammu, Professor Lalit Magotra presided over the function organized at K L Sehgal Hall Writers Club, Jammu.

Chairman Team, Zorawar Singh Janwal was the Guest of Honour on the occasion. Noted writer, Rajkumar Behrupia read a detailed paper on the Novel "Putliyan".

In his address, Shakti Pathak said, "Drug menace can be controlled by the joint efforts of different sections of



DIG JKS Range, Shakti Pathak and other dignitaries releasing Dogri Novel "Putliyan".

the society. Family members, teachers, religious heads, social groups, Associations, sports and youth clubs their icons, doctors, journalists, civil and police administration and so on". Pathak further said, "Close cordial and caring supervision by parents and family members in coordination with teachers can nip the evil in the bud. Religious heads can preach through sermons."

Prof. Lalit Magotra, President of Dogri Sanstha, in his address emphasized that the released book is 27th book

of Kesar and 8th Novel in Dogri which in itself is a rare feat. His contribution to Dogri literature is outstanding and Dogri expects even much more from him. He also said the unique quality of the novels written by Kesar is their social relevance and a positive contribution towards creating a healthy society. This novel also highlights the ills of the drug addiction and the problems of the older generation, especially their loneliness. The novel, as expected from Kesar, ends at a very positive note. Zorawar

Jamwal in his speech said that Social groups and associations can mobilize the resources to de addict the victims and to identify the criminal peddlers. He laid stress on engaging youth in different sports and cultural activities by organising events and inviting youth icons. Doctors can help not only in treating the victims but also by educating them about the side effects of substitutes/supplements. Journalists can spread the positive stories and messages".

Team Jammu Chief further

said that "Civil administration must provide platforms to engage youth in creative activities. Police must not criminalise the amendable consumers/victims and simultaneously deal firmly against suppliers. Drug is harmful not only to the health of the individual but also a threat to the security and economy of the nation".

Earlier, Inderjeet Kesar, the author of the novel, said that he was inspired to write about the curse of drug addiction in this book by the exemplary work of Team Jammu, which is doing a commendable job in making the youth aware about the dangers of drugs and also helping those addicted to get rid of this curse. He said that every new book written by him and it's enthusiastic reception by the readers inspires him to write further. He shared some interesting anecdotes of his creativity with the audience. Eminent Poet Pawan Verma compered the program.

Challenges in Cardiovascular Disease-Call to Action: Dr Sushil

■ **STATE TIMES NEWS**
JAMMU: Continuing his relentless efforts in screening and educating the masses at grassroots levels so as to provide healthcare at each and every doorstep, Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long Cardiac Awareness cum Health Check Up Camp at Village Rohi Morh, Tehsil Gadigarh, here in the memory of Lt. Shri Yashpal Sharma who was a visionary and philanthropic figure of whole Pir Panjal area and contributed his whole time in upliftment of downtrodden sections of society in all fields particularly with respect to health and education.

Dr Sushil Sharma, while remembering the contributions towards community awareness regarding various aspects of health and rich legacy left behind by Lt. Yashpal Sharma,

stated that Cardiovascular mortality trends differ substantially among different groups, and the evolving picture is complex and multidimensional.

Outcomes and quality continue to vary by sex, race, and ethnicity. Disparities may be attributable to lower access to basic primary care and treatments to modify cardiovascular risk factors, challenges with social determinants (eg, income and educational attainment), and modifiable risk factors (eg, diet, physical activity, and smoking).

He called upon to lay stress on risk factor modifications, patient engagement and involvement, correct diagnosis, adherence and proper use of first-line treatments, proper use of advanced treatments, and better use of supportive services so as to provide equitable and affordable cardiac healthcare in each nook and



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

corner and hence overcome the major challenges in delivery of services right from the base to apex of societal pyramid.

He elaborated that cardiovascular diseases (CVDs) are the leading cause of death globally. Over three quarters of CVD deaths take place in low- and middle-income countries. Most cardiovascular diseases can be prevented by addressing behavioural risk factors such as tobacco use, unhealthy diet, obesity, physical inactivity and

harmful use of alcohol. At least three-quarters of the world's deaths from CVDs occur in low- and middle-income countries.

He added that the past half-century has witnessed remarkable and unprecedented progress in addressing cardiovascular disease (CVD), marked by a large and continuing reduction in CVD-related mortality. Yet, even with this progress, CVD remains the leading cause of death and dis-

ability. Various risk factors call for a shift toward more upstream prevention rather than the current emphasis on downstream treatment. For example, a 10% increase in hypertension treatment could prevent 14000 deaths each year; and a 10% increase in treating low-density lipoprotein cholesterol or in preventive aspirin could prevent 8000 deaths. In addition to clinical factors, several large gains in cardiovascular health have

come from larger, non health-care interventions such as anti-smoking campaigns, cigarette taxation, and related public health policies, he said.

Prominent members of the area Sunny Sharma, Manohar Lal, Babu Ram, Vijay Sharma, Vicky Soodan , Dushyant Sharma and Vicky Sharma appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health Check up Camp in their society and shows their heart-felt gratitude.

Others who were part of this Camp includes Dr Yashwant Sharma and Dr Dhaneshwer Kapoor. Paramedics and volunteers includes Raghav Rajput, Ranjeet Singh, Rajkumar, Aman Gupta, Rohit Nayyar, Amish Janwal, Jatin Bhasin, Vikas Kumar, Faisal Rashid , Amnish Datta, Maninder Singh , Arun Singh, Vikas Sabharwal, Ankush Kohli and Nirvair Singh Bali.

DM reviews digitisation of Jamabandis

■ **STATE TIMES NEWS**
JAMMU: District Magistrate Sachin Kumar Vaishya reviewed the status of digitisation of Jamabandis, the textual records of land ownership at a meeting with officers of Revenue Department held here on Sunday.

The meeting focussed on the procedure being followed for finalising, freezing and digitising the Jamabandis of all the villages in the district.

The meeting was apprised that that updated Jamabandis of all the villages would be made public after January 23 onwards in a phased manner. The DM also encouraged the officers to give wide publicity to the digitised Jamabandis and the benefits they would bring to the citizens.

It was informed that a total of 908 Jamabandis

have been digitised with thorough quality checks. The DM appreciated the efforts of the revenue officers in completing the task.

The DM directed the Tehsildars to conduct field visits, exercise their Magisterial powers optimally and resolve the public grievances in a timely manner.

He also gave instructions to the Rural Development Department regarding the implementation of MGNREGA and instructed all the concerned officers to meet the target of man days under the scheme and ensure the timely payment of wages.

The meeting was attended by ADC Ansuya Jamwal, ADC Shishir Gupta, ACR Piyush Dhotra, ACD Preeti Sharma, SDMs, Tehsildars and other concerned officers of revenue department.

Irrational reorganizations of District Administrative Units done in 1979/2007 need be undone in 2024

■ **DAYA SAGAR**
It has to be kept in focus that Rajouri and Poonch are two Districts in Jammu Region of Indian State of Jammu & Kashmir that have a reasonably large part of Indo-Pak LOC as it exists in two regions of UT of Jammu and Kashmir. And to add to all that they have been victim of regular LOC disturbances as well as infiltration attempts from the across the LOC. The areas of these two districts have lesser geographical compactness, have comparatively bad terrain & lesser facilities of communication.

Education, agriculture, horticulture, tourism and local crafts of the people there too have not received the needed attention from the governments and in addition they have been victim of displacements due to disturbances engineered from across the LOC as well as attempts made by 'separatist' from across the valley for cultivating their ideologies through emotional exploitation. So, under the circumstances J&K cannot afford to see more of civic disturbances / agitations and that too also outside Kashmir Valley. The large commercial tourism potential there too has remained unexploited more so because the demands

for seeking required attention have remained feeble since the common people there have not been politically and administratively empowered duly. People there have lived & are still living in educational as well as administrative backwardness even after 7 decades of Independence.

No doubt present Government / leadership in Delhi has since day one expressed strong commitment towards mission peace & stability in J&K for ensuring equitable development of all regions/ sub regions of J&K including meeting any shortfalls anywhere by pumping in additional material / human resources.

To quote , in 2017 /18 the people of Nowshera, Sunderbani, Kalakote held demonstrations / candle marches demanding atleast one more new District Administrative Unit for them by reorganizing the existing revenue district of Rajouri and adjoining areas. Some locals in their eighties had offered to lead a hunger strike in case the district status was not granted to Nowshera. Any how the demands then did not receive adequate attention and support from the political parties. People still have hopes.

In the interest of 'preserving' peace and stability in J&K the agitations like the one that had been started in Rajouri District for carving out atleast one



A Look through the Mist

districts out of present Rajouri District that in 2006 itself already had 7 Tehsils spread over 2630 sq Km area

Particulars	District Rajouri 2630	District Shopian 312 sq km as per 2011 Census, Digest of statistics 2007-2008 also says 313 sq km.Planning site says 312 sq. km (but district website on1601 2024 say 612.87 ?	District Shopian 312 sq km as per 2011 Census, Digest of statistics 2007-2008 also says 313 sq km.Planning site says 312 sq. km (but district website on1601 2024 say 612.87 ?	District Gugum 2011 Census 410 sq km (403 as per website of 16 Jan 2024)	District Bandipora 2011 says 345sq km (345sq km as per Dist web site of 16 Jan 2024)	District Ganderbal 2011 says 259 sq km (district website on 16 Jan 2024 mentions 1045 sq.km ?)
Area sq km	2630	312	312	410	345	259
Population Census 2011	642415	266215	424483	392232	297446	
Population Density/sqkm 2011	244/ sq km for 2630sqkm	853 for 312 sq Km	1035 for 410 sq km (1051 as per website of 16 Jan 2024)	1137 for 345 sq km	1148 for 259 sq km	
Status before 2006	District	Tehsil of Pulwama District	Tehsil of Anantnag District	Tehsil of Baramulla District	Tehsil of Srinagar District	
Status after 2006	District					
Tehsils in 2006	7	1	3	3	3	
Tehsils in 2014 after Rev(s)169 of 18-07-2014	6+7=13+1* reserved for relocation	1+6 = 7 website says tehils?	3+4+7	3+4 =7	3+3=6	

more district out of the erst-while (as exited before 2014 reorganisation) Tehsils of Surankote, Nowshera, Kalakote , Rajouri,

K o t r a n k a / B u d h a l , Thanamandi and Darhal must not be allowed to seed again since there is all justification in making atleast two

(Digest of statistics 2007-2008 mentions it as 2727 Sq. km) but instead of bifurcating a district like Rajouri a new district of Shopian was

made in Kashmir Valley in 2006 with just one Tehsil and a meager area of 312 sq km as per 2011 Census (Digest of statistics 2007-2008 mentions it as 313 Sq. km and District website on 16 Jan 2024 mentions it as 612.87 sq.km).The present Union Government holding reins both in Center as well as in UT should have applied corrections immediately after 2018,any how still it is high time to do so .

After the irrational reorganization of district administrative units was once again done in 2006 (Congress - PDP Government SRO 185 of 22 May 2007) by Ghulam Nabi Azad (when through reorganization districts in Jammu Division were increased from 6 to 10 as against 9 recommended by Wazir Commission in 1984 and districts in Kashmir Division were also increased to from 6 to 10 as against only 7 recommended by Wazir Commission in 1984) and to some extent in view of creation of new Tehsils in 2014 by the BJP-PDP Government some more demands for new district status from areas like Akhnor; R. S. Pura, Bani, Basohli, Billawar, Rammagar and like have started mushrooming. Earlier in 1979 Sheikh Mohd

Abdullah lead Government had divided the 3 Valley districts of Baramulla, Anantnag, Srinagar; in Valley to make 6 districts there (SRO 306 of 6/6/1979 Baramulla, Kupwara, Anantnag, Pulwama, Srinagar, Badgam) but the already existing 6 districts of J a m m u , Kathua, Udhampur, Doda, Rajuri and Poonch outside in Jammu Division were not split further.

The ground realities do justify for acceptance of demands being raised by some people like that of Rajouri district could be well sensed from a brief information as contained in Table - A.

It is true that creating 'tiny' districts like Shopian would be of no much meaning a purpose than that of simply creating posts DDCs and ADCs where as administration could still be brought more near to the people only by providing more tehils/ niabats/ patwars where ever needed. But no doubt demands for more district administrative units would still be coming quoting Shopian like district but since wrongs as repeated in 2006 cannot be reversed so wisdom lies in accepting genuine demands like that came from some people of Rajouri district since government can only

defer the decision for accepting such demand but cannot logically turn it down. As already suggested , without waiting for more agitations , it will be wise to immediately appoint a high power Reorganisation Commission (with private members also) for recasting some more district administrative units so as to correct the wrongs done over as opined by the people of the backward areas like that of Bani/Basoli/ Billawar; Nowshera/ Sunderbani/ Kalakote, Akhnor ; Rajouri, B u d d a l / M e n d a r ; Mohore/Gool, Rammagar; Bhaderwah / Thathri/ Gandoh, Gulabgarh/Paddar, Hiranagar, R.S.Pura; Ramban, Kargil , Zanskar; Leh, Nubra, Changthang , Sha, Dhahan, Doda, Kishtwar and like. The discriminations must be addressed by those in government well in time before they flare up as disturbing resentments since the policies held so far have helped only a few where as the common man in Kashmir valley too is still socially, administratively and politically weak enough to stand against the ideological exploitation being done by the 'people' 'one' believes in.

(The author is Sr Journalist and social activist & analyst J&K affairs)