

# Growing tourism living example of ‘change in J&K’: Dr Jitendra

■ STATE TIMES NEWS

NEW DELHI: Asserting that the growing tourism is a "living example" of the 'Change in Jammu & Kashmir', Union Minister Dr Jitendra Singh said here on Sunday that the UT has seen a footfall of more than two crore tourists in the last one year. In an exclusive interview to PTI, Dr Jitendra Singh said, "And that has happened because terrorism has declined. Previously due to growing terrorism, not many tourists used to visit Kashmir," he added. Responding to a question on the opposition's allegations that BJP is against the elections in J&K, Dr. Jitendra said that Home Minister Anit Shah has made it clear several times in the Parliament that elections will be held at an appropriate time.



Union Minister Dr. Jitendra Singh in an exclusive interview to PTI on Sunday.

Citing Supreme Court's rule on the elections, he said, "Now the Supreme Court has even ordered that the elections in Jammu & Kashmir should be conducted by September and the Home Minister has also stated that. If Congress is still alleging that BJP

doesn't want the elections to be conducted, whose words will they believe now?"

The Minister said that the Bharatiya Janata Party does not run away from elections and the party is ready for elections whenever the Election Commission decides. In response to a question on Rahul Gandhi's 'Bharat Jodo Nyaya Yatra', Dr. Jitendra Singh said that the Congress leader had earlier also undertaken a journey from South to North, but the benefit of it couldn't be comprehended. "They had taken out a yatra from South to North and if they would have reviewed its impact before starting, that would've been better. Now they will be heading from West to East. Don't know what they are going to think when they come out. But now they think

that by adopting the working style of Bharatiya Janata Party, they will earn some credibility, then credit should be given to BJP for this. When asked whether the biggest challenge for the BJP in the 2024 elections is Congress or regional parties, Union Minister Dr. Jitendra Singh said, "I do not think that any party is in a position to give a serious challenge to the BJP at this time." But the Bharatiya Janata Party takes every election seriously." The Minister asserted that no party is a challenge to the Bharatiya Janata Party in the upcoming Lok Sabha elections.

He further underlined that the previous governments in Jammu & Kashmir had kept the people of the region deprived of development due to their politics of appeasement.



## Unemployment speedily growing in J&K: Tara Chand



Former Dy. Chief Minister and senior Congress leader, Tara Chand addressing public gathering at Khour.

■ STATE TIMES NEWS

JAMMU: Chairman Campaign Committee J&K Congress and former Dy. Chief Minister, Tara Chand showed serious concern over speedily growing unemployment in Jammu and Kashmir.

Addressing a massive monthly meeting in border village Khour, former Dy Chief Minister urged the present government in J&K to explore the possibilities of employment both for educated as well as trained unemployed youth.

"Youth of rural areas especially border villages only had hope to serve the country in army and paramili-

tary forces but the present Centre Govt had snatched their right by introducing Agniveer Yojna," Tara Chand said.

Before 2014, he said, the previous governments led by Congress organized Special Recruitment drives for border villages and gave this opportunity to lakhs of youth.

Appreciating the Congress led Govt in J&K, Tara Chand said that Rehber-e-Taleem, Rehber-e-Zirat, Rehber-e-Khel were the schemes brainchild of then Govt to educate trained unemployed youth.

About 70000 daily wagers/casual labours were

engaged in PHE, PDD and other allied Department but the present government after a gap of about 10 years didn't take single initiated to regularise them and gave only repeated assurances, he said adding that elections in UT if held, will fight only on local issues as present dispensation degraded our State and snatched the special status which we earlier had.

Tara Chand appealed to the workers present in the meeting to aware the general public about the evils of Bharatiya Janata Party and their callous attitude towards we Jammuites.

Congress will strongly fight to restore the Statehood for J&K before holding elections, he asserted.

Prominent among those present on the occasion include Jagattar Singh, Madan Lal, Jagdish Sharma, Pawan Kumar, Jaguram, Jameet Ram, Mangesh Kumar, Devinder Singh, Capt Kali Dass, Ramesh Verma, Hansraj, Tarsem Singh, Bachan Lal and Parbhat Singh.

## Aging can cause changes in Heart and Blood Vessels: Dr Sushil

■ STATE TIMES NEWS

JAMMU: In order to enlighten masses particularly older population in these harsh winters when cardiac ailments are on rise Head Department of Cardiology GMCH Jammu, Dr Sushil Sharma held a day long Cardiac awareness cum health Check up camp at Home for the Aged and Infirm, Amphalla Jammu to overcome the increasing trend of cardiovascular diseases and hence by decrease the morbidity and mortality.

While interacting with the people Dr Sushil stated that globally, the population is ageing, with older people becoming a proportionally larger share of the total population.

"The incidence of cardiovascular disease increases with age from 40% in adults aged 40-59 years, to 75% in those 60-79 years, and 86% in those >80 years. This has been linked to several factors, such as increased oxidative stress, inflammation, apoptosis, and overall vascular and myocardial deterioration associated with ageing, as well as to a higher risk for



HoD Cardiology GMCH Jammu, Dr Sushil Sharma during a medical camp at Home for the Aged and Infirm, Amphalla Jammu.

other morbid conditions including frailty, obesity, and diabetes. Given that CVD begins at a young age, primordial and primary prevention strategies to address risk factors should start early to prevent CV events at older age. While, data show that it is never too late to initiate risk factor management strategies, the goal of preventative medicine in older adults is somewhat different; focusing not only on reduction of morbidity and mortality but also more significantly on maintenance of function and preservation of quality of life," Dr Sushil said.

He elaborated that in

older people, the ability to follow lifestyle or pharmacological strategies can be impacted by cognitive and emotional factors.

"Cognitive decline shares many risk factors with CVD, including high cholesterol, high blood pressure, obesity, diabetes, physical inactivity, smoking, and poor diet. In addition, higher levels of cardiac troponin T have been associated with cognitive decline in older adults independent of CVD. The importance of primary prevention is underscored by the fact that CV events have been associated with accelerated cognitive decline over time. While older adults with preserved function should often be treated similar to younger adults, those with advanced frailty and functional dependence should have their hypertension management reassessed, with consideration of

depresscribing and blood pressure leniency to avoid further functional impairment from adverse effects. Clinical decision-making for older adults in between these two spectrums is most challenging, requiring a tailored approach considering comorbidities, life expectancy, function, frailty, as well as patient preferences in a process of shared decision-making," Dr Sushil said.

He added while highlighting the ever growing need for easy accessibility of cardiovascular healthcare for elderly population told that the growing elderly population worldwide represents a major challenge for caregivers, healthcare providers, and society. Older patients have a higher prevalence of cardiovascular (CV) disease, high rates of CV risk factors, and multiple age-related co morbidities. Although prevention and

management strategies have been shown to be effective in older people, they continue to be under-used, and under-studied.

In addition to hard endpoints, frailty, cognitive impairments, and patients' re-assessment of important outcomes (e.g. quality of life vs. longevity) are important aspects for older patients. In the complex environment of the older patient, a multidisciplinary care team approach with the involvement of the individual patient in the decision-making process can help optimize prevention and management strategies, he said.

Management committee of the Home for the Aged and Infirm I D Soni (President), Vijay Bargarotra, Vijay Gupta and M L Vaid appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health check up camp in their premises.

Others who were part of this Camp includes Dr Dhaneshwer Kapoor. Paramedics and volunteers includes Raghav Rajput, Kamal Sharma, Jatinder Bhasin, Dishant Sharma, Rohit Nayyar, Aman Gupta, Ranjeet Thakur, Rajkumar, Rajinder Singh, Gourav Sharma, Vikas kumar, Faisal Rashid, Shahrukh Khan and Milan Kapoor.

## Raina sounds bugle for 2024 LS Polls in East Constituency

Yudhvir expresses confidence in PM Modi's third consecutive term at Centre

■ STATE TIMES NEWS

JAMMU: In a fervent rally attended by thousands of enthusiastic party workers at the Jammu East Constituency, Ravinder Raina, J&K BJP President, set the tone for the upcoming 2024 Lok Sabha Polls.

Accompanied with Yudhvir Sethi, J&K BJP Vice President, Priya Sethi National Executive Member BJP and former minister, Parmodh Kapahi District President and a multitude of dedicated party workers, Ravinder Raina paid obeisance at the revered Shri Raghunath Ji Temple in Jammu, symbolizing the spiritual strength that guides their political journey.

Addressing the party workers, Ravinder said India is all set to enter into a glorious chapter of its economic and developmental odyssey post-independence to become the world's third blooming economy with Prime Minister Narendra Modi leading the



Ravinder Raina, J&K BJP President with senior leaders visiting Raghunath Temple Jammu.

party to its third consecutive term in 2024 general elections.

He said that strong foundations have been laid during the past over nine years since 2014 due to relentless efforts of the Prime Minister Narendra Modi in every sector that have caught the imagination of the world across continents.

Highlighting the achievements and strong foundations laid during this period, Ravinder Raina stated that India, under the leadership of

Prime Minister Modi, is poised to secure a third consecutive term in the 2024 general elections.

He emphasized that the Prime Minister's initiatives have not only resonated within the nation but have also captured the imagination of the world.

J&K BJP President emphasized the collective responsibility of the Party in steering the nation towards a path of progress and prosperity.

He expressed confidence in

the unwavering support of party workers and underscored their crucial role in achieving victory in the upcoming elections.

Yudhvir Sethi, J&K BJP Vice President, expressed confidence in the Party's capability to form the next government at the Centre, citing the BJP's track record of governance, development initiatives, and commitment to the welfare of the nation.

He underscored the importance of unity within the party and encouraged workers to actively engage with the public, conveying the party's vision for a prosperous and secure India.

Sethi highlighted the need for a united front, effective communication, and relentless dedication to the party's principles.

He conveyed a strong message of unity, resilience, and the unwavering belief that the BJP will emerge victorious in the 2024 Lok Sabha Polls.

Priya Sethi solidified the

Party's commitment to its visionary leadership under Prime Minister Narendra Modi by emphasizing "Modi Ki Guarantee".

She reiterated that the guarantee represents not just a promise but a track record of transformative governance, decisive leadership, and unwavering dedication to the well-being of every citizen. He outlined the numerous accomplishments under Prime Minister Modi's leadership, from economic reforms and infrastructure development to social welfare programs, illustrating how the guarantee is a testament to the party's pledge to deliver on its promises for a progressive and prosperous India.

The former Minister called upon party workers to champion this guarantee, making it a cornerstone of their engagement with the public as the BJP prepares to shape the future of the nation in the upcoming 2024 Lok Sabha Polls.

## ANTF apprehends drug peddler, recovers 4,860 intoxicating capsules

■ STATE TIMES NEWS

JAMMU: To wipe put the menace of drug abuse from society under the program Nasha Mukht Bharat Abhiyan, Anti-Narcotics Task Force (ANTF), a specialized unit of Jammu and Kashmir Police, apprehended one drug peddler and recovered 4860 intoxicating capsules from his possession.

On a specific input, ANTF Jammu team apprehended one smuggler Hazrat Ali, son of Sobat Ali, resident of Ward 60, Gujjarabad, Roop Nagar, Jammu. The

team recovered 4860 intoxicating capsules from his possession which is a commercial quantity from Bus Stand (ISBT) Narwal Jammu.

As per ATNF official, the trap was laid by team of PS ANTF Jammu under the guidance of Shamsheer Singh, DySP, SIO ANTF Jammu and under overall supervision of SSP ANTF J&K Raj Kumar.

In this regard, case FIR No. 002/24 under Section 8/21/22 NDPS Act was registered at P/S ANTF Jammu and investigation set into motion, official

said adding that Inspector Nayat Ali, who is investigating the case, shall work on forward/backward linkages and shall conduct financial investigation into the matter.

ANTF Jammu has appealed the general public particularly the youth to stay away from drugs and to share information regard illicit drugs related activities with ANTF so that strict legal actions may be taken against such drug dealers. The identity of the informant as well as whistleblower shall be kept confidential, official said.

## Muzaffar Beigh, wife Safina rejoin PDP

■ SHAKEELA ANDRABI

SRINAGAR: Senior politician and former Deputy Chief Minister, Muzaffar Hussain Beigh and his wife, DDC Chairperson Baramulla, Safina Beigh, rejoined the People's Democratic Party (PDP) at the Bijbehra graveyard on the death anniversary of PDP founder and former Chief Minister of Jammu and Kashmir late Mufti Mohammad Sayeed on Sunday.

The rejoining ceremony, attended by PDP President Mehbooba Mufti and other top party leaders, witnessed a warm welcome for the returning members.

Muzaffar Beigh and Safina Beigh along with PDP workers, visited the grave of Mufti Mohamad Sayeed at Darashoka, Bijbehra, creating a political atmosphere in which tribute was paid to the legacy of Mufti Mohammad Sayeed.

After joining the party Muzaffar Hussain Beig said that he never left PDP and that he did not carry out political activities from some time.

Speaking to media persons in South Kashmir, "Beig said that he didn't



remain active in politics for quite some time but he never left PDP, the relation between me and party is like a single soul."

When asked about his possible election as Lok Sabha candidate from north Kashmir, Beig replied that it is up to the party leadership to decide and take a call on it.

Speaking on the occasion, Mehbooba Mufti said that Mufti Sayeed was a visionary leader and made several efforts for the welfare of the people and played a vital role in the opening of

Srinagar-Muzaffar Abad road. Regarding the rejoining of senior party leader Muzaffar Hussain Beig, she said that it was a short gap between the leaders, I personally welcome him and his wife Safina and I hope we will work jointly for the betterment of the party.

Notably, Muzaffar Beigh had previously joined the People's Conference but later distanced himself from it, while Safina Beigh, once an active member of the People's Conference, has now rejoined the PDP alongside her husband.

## Annual Day congregation of All Chopra Biradari of J&K held

■ STATE TIMES NEWS

JAMMU: The Annual Day congregation of All Chopra Biradari of J&K was held on Sunday at Baby Caterer, Rehari here.

The function started with Havan and Pooja of Kuldevta and Kuldevi. Large members of Chopra Biradari participated in the religious function to seek the blessings.

Annual Day celebrations started by welcome address by Prof. S.P Chopra.

While addressing the gathering, Dharamvir Chopra, President, Chopra Biradari highlighted the importance of the day and contributions made by various Biradari members towards society, J&K state and Nation as whole.

The annual accounts of Biradari were also presented before the gathering.



All Chopra Biradari members during congregation.

Today's Chief Guest Dr. Naresh Chopra addressed the gathering to work together in harmony and welfare of State. He applauded the contributions and efforts made by Chopra Biradari in various fields.

Impressive cultural programme was presented followed by distribution of prizes to various Biradari members

and students who excel in their field and bring honour to State and Biradari.

Larger was organised where in a large number of devotees participated and took Parsad.

Prof S.P. Chopra conducted the proceedings. The other executive members present were Kartar Nath Chopra, Vishal Chopra, Manjit Chopra, Narotam Chopra,

Gourav Chopra, J.K Chopra, Pawan Chopra, Bharat Bhushan Chopra. Gorav Chopra Ex Corporator also appealed to youth to come forward and contribute to society and nation toward its progress.

The persons who were awarded the prizes include Vijay Chopra, Manjeet Singh Chopra, Raj Rani Chopra, Krishan Kumar Chopra, Kamal Kumar Chopra, Sanjay Chopra, Ashwani Chopra, Vedhiya Bhushan Chopra, Dr. Urvashi Chopra, Nidhi Chopra, Vishal Chopra, Bharat Bhushan Chopra, Gaurav Chopra, Sumesh Chopra, Karan Chopra, Tanishkha Chopra, Tannay Chopra, Aaliya Chopra, Anbar Chopra, Chopra, Aparna Chopra, Muskan Chopra and Priyansh Chopra.