

# Mind-body activities, mindfulness improve cardiovascular health: Dr Sushil

## ■ STATE TIMES NEWS

JAMMU: Laying emphasis on the need to understand the relation of mind-body axis in relation to cardiovascular diseases and its prevention through spiritual and religious healing, Dr. Sushil Sharma, Head Department of Cardiology, GMCH on Sunday conducted a day long camp at Saint Balak Yogeshwar Dass Ashram, Pouni area of District Reasi.

The camp was inaugurated by Saint Balak Yogeshwar Dass Maharaj along with Dr Sushil Sharma in presence of various disciples who gathered at culmination ceremony of Ati Vishnu Maha Jagya in mythological memory of the Country's immortal martyrs.

More than 800 people were screened; evaluated, diagnosed and free medicines were given as per the requirements.

Dr Sushil Sharma in his opening remarks told that not only can meditation improve heart functions, but a regular practice can enhance outlook on life and motivate to maintain many heart-healthy behaviors, like following a proper diet, get-



Saint Balak Yogeshwar Dass Maharaj along with Dr Sushil Sharma and others at Pouni.

ting adequate sleep, and keeping up regular exercise.

"Sitting and being still isn't the only way to practice meditation. Mind-body activities like yoga are similar to meditation in that they emphasize slow movements, controlled breathing, and mental focus. Even exercises that emphasize steady, repetitive movements, such as riding a bike, swimming laps, or walking can be a form of meditation, if you focus your brain on the task at hand," he said.

He further stated that Research has found that meditation can positively

affect a measure of heart health known as heart rate variability (HRV). HRV reflects how quickly your heart makes small changes in the time interval between each heartbeat. A high HRV is a sign of healthier heart. A 2013 study found that low HRV is associated with a 32% to 45% increased risk of heart attack or stroke among people without cardiovascular disease. As with any new endeavor, it takes time to learn meditation and build confidence in one's ability. Dr. Sharma recommended that one should begin small

and give space to progress at one's own speed. "Doing some meditation, no matter how brief, is always better than nothing," said Dr. Sharma.

In concluding notes Dr. Sharma told that meditation is believed to be efficacious in reducing sympathetic activity, lowering cortisol levels and reducing negative behavioral activity. Studies have shown that in addition to decreasing CV mortality, the beneficial effects of meditation improve conditions such as hypertension, type 2 diabetes mellitus, dyslipidemia,

and high cortisol levels. However, future studies on the effects of meditation on health are essential to establish a nonbiased view of this emerging landscape.

Saint Balak Yogeshwar Dass appreciated the efforts of Dr Sushil and his team for conducting Cardiac awareness cum Health check up camp at such far flung area with special Emphasis on maintaining spiritual well being which indirectly affects Cardiovascular health.

Others who were part of this event includes Dr Anitpal Singh (Ortho), Dr Dhaneshwar Kapoor, Dr Sajan Kumar, Dr Abhinandan Thakur, Dr Neeraj Koul and Dr Sameer Mahajan. Paramedics and volunteers includes Naveen Sharma, Kamal Sharma, Raghav Rajput, Ranjeet Singh, Paramveer Singh, Sandeep Pal, Sahil Sharma, Akshay Kumar, Suraj Parkash, Sandeep Sharma, Mukesh Kumar, Maninder Singh, Vikas Kumar, Amandeep Singh, Harvinder Singh, Gourav Nandal and numerous disciple of the Ashram.

## Nigesh Kumar, others with hundreds of supporters join BJP



State Vice-President JD (U), Nigesh Kumar after joining BJP in presence of senior leaders.

## ■ STATE TIMES NEWS

JAMMU: Senior BJP leader and former deputy chief minister Kavinder Gupta on Sunday asserted that Modi Government's bold decision of scrapping Article 370 has no impact on continuation of democratic processes in J&K rather it has streamlined the

same unlike the Congress and NC regimes in the past which used to linger on polls on account of unfounded alibis.

In a statement issued to media persons, he cited that urban local bodies elections were conducted in 1978 and thereafter in 2005 under the Congress and NC regimes but the BJP Government is very particular in decentralizing powers in the UT and that is the reason behind holding ULB polls in 2018. He said that under the Modi regime, the next ULB elections will also be held as per schedule as the central dispensation is quite serious about implementing grassroots level democracy viz three tier system. He said that NC and Congress regimes in the past were reluctant to keep the

this fact.

Kavinder also assured that

centre led by PM Narendra Modi is committed to hold

Assembly polls in the UT as soon as possible because all the bottlenecks have now been removed.

He said that the Union Government has toiled hard to ensure early polls in J&K as delimitation exercise and the publication of electoral rolls have been accomplished successfully and it is now prerogative of Election Commission to announce the dates for polls.

He said that anytime soon in 2023, the elections could be announced in J&K and therefore people raising fingers should desist from doing this as the government led by PM Modi has completed the homework necessary to hold free and fair elections in J&K.

coming the new entrants, said that policies of Modi Government have won the hearts of all the people. He said that this love spreads across the regions and religions.

He stated that highly motivated by the strong nationalist policies of the BJP and the dedicated leadership of the party, prominent personalities from political and social backgrounds are daily coming forward to join the BJP.

Sofi Yusuf welcomed the new entrants and said that the development policies of PM Modi have today led J&K on the path of peace and progress. He talked of a fresh environment in the whole of Jammu & Kashmir best-suited development.

Dr. Devinder Manyal, while welcoming the new entrants, said that people have full faith on the policies of BJP. BJP has led J&K to a development path with a new vision led by the dreams of local people. This massive joining is self-explanatory that how the policies of BJP are being loved by the people, he said and added these energetic entrants will further strengthen the mission of BJP.

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## Rajani Patil, Vikar, Yadav chair Bharat Jodo Yatra preparatory meeting

## Mir appointed Coordinator of BJJ; Bhalla, Monga as Co-coordinators of J&K

## ■ STATE TIMES NEWS

JAMMU: Rajya Sabha MP and AICC Incharge of Jammu and Kashmir Affairs Rajani Patil and JKPCC President Vikar Rasool Wani chaired Bharat Jodo Yatra Preparatory meeting at Congress office here in presence of AICC Joint Secretary incharge of Jammu and Kashmir Manoj Yadav, JKPCC Working President Raman Bhalla and former MLC GN Monga are appointed as Co-Coordinators of Jammu and Kashmir.

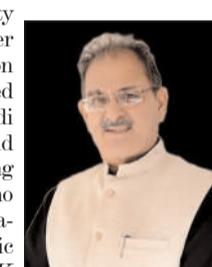
Vikar Rasool Wani President J&K Congress will Look after all the operations and Protocol of Bharat Jodo Yatra in J&K.

Preparation about Bharat Jodo Yatra

## Abrogating Art-370 didn't hamper democratic process, rather streamlined it: Kavinder

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JAMMU: Senior BJP leader and former deputy chief minister Kavinder Gupta on Sunday asserted that Modi Government's bold decision of scrapping Article 370 has no impact on continuation of democratic processes in J&K rather it has streamlined the



power in their hands rather than shifting the onus of running affairs of the erstwhile state directly into the hands of people through Urban Local Bodies formation as the inordinate delay in conduct of these elections is testimony to this fact.

Kavinder also assured that centre led by PM Narendra Modi is committed to hold Assembly polls in the UT as soon as possible because all the bottlenecks have now been removed. He said that the Union Government has toiled hard to ensure early polls in J&K as delimitation exercise and the publication of electoral rolls have been accomplished successfully and it is now prerogative of Election Commission to announce the dates for polls.

He said that anytime soon in 2023, the elections could be announced in J&K and therefore people raising fingers should desist from doing this as the government led by PM Modi has completed the homework necessary to hold free and fair elections in J&K.

## Tourism Deptt celebrates World Mountain Day

### ■ STATE TIMES NEWS

Srinagar: Secretary Tourism, Sarmad Hafeez on Sunday said that winter tourism will be more vibrant and attractive this year as the UT Administration has planned a series of activities in this regard across Jammu and Kashmir.

The Tourism Secretary made this comments while speaking at a function to mark the International Mountain Day organized by the Tourism Department here today.

Addressing the participants including mountaineers, adventure tourists and school children, Sarmad Hafeez said that mountains are an important asset of Nature as these sustain life. He called upon all the stakeholders to promote sustainable tourism so that the ecological balance is maintained and limited strain is put on natural resources.

Highlighting the activities of the Department, the Secretary said that the department is endeavouring to promote mountain treks along undiscovered locations across the Jammu and Kashmir so that the adventure tourists can have the experience of lifetime along



those routes. He called upon all the stakeholders and associations to join hands with the department so that adventure tourism like mountain biking, hiking, paragliding, among others is promoted here.

While speaking on the ongoing winter tourism, Sarmad Hafeez said that the Kashmir valley is witnessing an encouraging footfall of tourists this winter and the Administration has planned a series of activities to make winter tourism more vibrant and attractive this year. He added that apart from destinations like Gulmarg, Pahalgam and Sonamarg, the department is also planning to keep other locations like Doodhpathri, Tosmida, Yusmarg and others open this winter so that tourists have more choices.

On the occasion, the Secretary also distributed prizes and mementos among the winners of different adventurous events like mountaineering, hill climbing, mountain biking and others.

Earlier, Director Tourism, Kashmir, Fazlul Haseeb gave a resume of the activities being undertaken by the Department to further improve the tourist footfall. He said the infrastructure for snow activities is being laid at various destinations so that tourists can enjoy winter activities. Senior officers of the Tourism department, representatives of Tour and Travel Associations, representatives of mountain biking association, school children and a large number of adventure tourists were present on the occasion.



Dr. M.L. Dogra being honoured with "Bharat Bhushan Award-2022-23".

## ■ STATE TIMES NEWS

BHOPAL: Dr. M.L. Dogra, an Indian theatre and multi-talented personality and scholar of Jammu and Kashmir UT, known for bringing creative Dogri and Hindi theatre musical plays internationally was honoured for biggest India's Historical award

"Bharat Bhushan Award-2022-23" along with 50 dignitaries for his exceptional work & outstanding contribution in creative /traditional folk art in the field of Art and Culture by the Chief Guest Major General Tejpal Singh Chouraisa, Nitin Jain, Sunil Kumar, Pankaj, Deepak Kumar, BLSKS Arun Bakshi, Bollywood Star (Multitalented Artists) and Event Organizers Dr. J.K. Subramanian, Director General NahF, Dr. Damaraj, Chancellor of NAHF, Shivam Chouraisa, Nitin Jain, Sunil Kumar, Pankaj, Deepak Kumar, BLSKS

were present on the occasion. The Global Empire award event was organized by National anti-harassment foundation, supported by National United, sponsored by ESO, United Kingdom and certified by NGO Darpan Digital India, Atmam Nirbhar Bharat, Government of India at Hotel Aditya Residency, Bhopal. The Chief Guest Congratulated the awardees for their selfless services towards this and were also felicitated with Gold Medal, Certificate and trophy.

Dr. Dogra one of the few names of the country who

have made a unique contribution in establishing a folk theatre workshops for children of Govt. Schools in coordination with J&K Social Welfare Department, cultural performances, Musical Plays (Opera's) in Jammu and Kashmir and other states of India.