

Stress, cardiovascular diseases in defence forces interlinked and on rise: Dr Sushil

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JAMMU: Realizing the need to boost the morale of the security forces who are working under extreme stressful conditions due to constant tensions on borders and staying away from loved ones and family, Head Department of Cardiology GMCH Jammu, Dr. Sushil Sharma held a day long health checkup cum Cardiac awareness camp at Frontier HQ BSF Paloura, here on Sunday.

The Camp started with a lecture on "Stress and Cardiovascular diseases, Possible Causes and Prevention" by Dr. Sushil Sharma with main aim to disseminate knowledge of primary prevention of cardiac ailments and screen high risk individuals and advise regarding further management.

While delivering the lecture, Dr Sushil stated that the coronary heart disease is a significant public health issue, due to its high prevalence and mortality rate.

A number of clinical and experimental studies indicate



HoD Cardiology GMCH Jammu, Dr. Sushil Sharma with his team INa camp at BSF HQ, Jammu.

that strong emotions, especially negative emotions, such as hostility, anger, depression and anxiety, precipitate coronary heart disease, Dr. Sushil said adding that on the one hand, coronary heart disease patients have difficulty in coping with stress and depression and experience negative emotions, like anger or frustration. On the other hand, positive emotions, especially hope, contribute to health benefits and lead to lower levels of coronary heart disease and other diseases. He added that stress is a multifactorial response that leads to significant behavioral modifications and alterations on

homeostasis and physical and psychological status.

The stress response is regulated by the autonomous nervous system, increasing the sympathetic modulation when a threat is perceived and causing increases in the physiological response (heart rate, blood pressure, breathing frequency, glucose levels, etc.). When stressors disappear, the parasympathetic modulation increases, returning the organism to the homeostasis state. Stress has become a challenge for humans because of its negative physiological and psychological implications, which are normally related to cardiovascular diseases. A chronic

activation of the autonomous sympathetic nervous system could trigger acute heart diseases and hypertension.

Regarding military population, military operations and combat training simulation exposure are important stressors that influence chronic stress response in soldiers, affecting their performance and physical integrity and cardiovascular health.

Dr Sushil elaborated that although researchers have no specific evidence as to why a greater amount of active-duty personnel have high blood pressure and cardiovascular diseases, we can always look at some of the risk factors, including high amounts of stress, emotions, smoking tobacco, and a high sodium diet which may contribute to this. In order to achieve ideal cardiovascular health every one of us including our defence personnel should Reduce salt intake.

Salty foods increase your blood pressure which can increase your risk of heart disease. The Heart Foundation recommends adults to eat less

than 2000 mg of sodium a day, which is less than a teaspoon. Deal with stress in a healthy way. It is important to avoid excessive drinking or smoking to deal with stress. Try encouraging your loved one to reach out to others for help, use daily exercise and practice healthy eating patterns. Yoga is also a good tool that may lower blood pressure, reduce stress and blood glucose levels.

DIG Frontier HQ BSF Dr K S Kumar and Dr Lokeshwar Khajuria appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health checkup camp for the welfare of BSF Jawans and imparting knowledge, awareness about cardiovascular diseases.

Others who were part of this camp includes Dr Nasir Ali Choudhary (Cardiologist) and Dr Dhianeshwer Kapoor. Paramedics and volunteers includes Kamal Sharma, Raghav Rajput, Rajkumar, Sandeep Pal, Lovely Malpotra, Sunil Kumar, Gourav Sharma, Akshay Kumar and Paramjeet Singh.



LG pays tributes to former PM Vajpayee, Madan Mohan Malviya on birth anniversaries

■ STATE TIMES NEWS

JAMMU: Jammu and Kashmir Lt Governor Manoj Sinha on Sunday paid tributes to former prime minister Atal Bihari Vajpayee on his birth anniversary, which is celebrated as the 'Good Governance Day'.

In a message, the Lieutenant Governor said "humble tributes to Atalji. As a statesman and able administrator, Atalji kept the nation first. His visible presence in Indian politics for more than six decades shaped India's future and raised India's global stature".

"Atalji strongly believed in people-centric governance and equal opportunities to the people. He ensured economic and social justice fully reaches to the people and they become partners in the system. Under his leadership, India became stronger both economically and socially," he said.

On this day, the Lt Governor said "let us reaffirm our pledge to work for the realization of the dream of making India a developed nation."

In a separate message, Sinha also paid

tributes to Mahamana Pandit Madan Mohan Malaviya on his 161st birth anniversary.

"Tributes to Mahamana Pt. Madan Mohan Malaviya Ji. A statesman, educationist, social reformer & legislator, Mahamana's contribution to the making of modern India has been immense. He was one of the foremost architects of industrialization and dedicated his whole life in the service of the nation," he said.

The Lieutenant Governor said, as an educationist and leader of the Indian National Movement, Mahamana created a modern template of education and polity which has nourished the holistic vision of nationalism and Indian values for many generations.

"He laid great emphasis on women's education and empowerment and it should inspire us to redouble our efforts in this regard. On this occasion, I urge youth to imbibe wisdom from the valued teachings of Mahamana and strive to translate his ideals into action," the Lt Governor said.

Several political, social activists join BJP in Jammu

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JAMMU: Several political and social activists including a District Development Council member joined the BJP here on Sunday, a party spokesperson said.

DDC member from Surankote (Poonch) Sohail Malik and others were welcomed into the party fold by Jammu and Kashmir BJP president Ravinder Raina and other senior leaders at the party headquarters here, he said.

Raina said the joining of Malik, who is also a lawyer



Adv. Sohail Malik, DDC member Surankote, others along with supporters joining BJP.

and belongs to the Pahari community, and others will further strengthen the BJP. Malik thanked the BJP

leadership and said the party has carried out unprecedented development in Jammu.

Dr Jitendra launches DoPT's National Portals to mark Good Governance Day

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NEW DELHI: To mark the Good Governance Day and culmination of Good Governance Week, Union Minister, Dr Jitendra Singh, on Sunday launched national level revamped versions of Probity Portal and e-HRMS (electronic Human Resource Management System) Portal for government employees, developed by the DoPT (Department of Personnel & Training).

Delivering the keynote address, the minister noted with satisfaction that the Department of Personnel & Training (DoPT) is fast emerging as a key Human Resources Nucleus for the Government of India.

Dr Jitendra said, in the last 8 Years of Modi Government, the Ministry of Personnel, Public Grievances & Pensions has become a "Facilitatory Ministry" dedicated to the service of both the personnel as well as the common man.

Dr Singh underlined that the transformative reforms undertaken by DoPT, Department of Administrative Reforms (DARPG) and Department of Pensions in the last 8 years brought increased transparency, increased accountability and technology driven changes moving from 'Timeline to Real time through Dashboard mechanism to follow the ultimate goal of Prime Minister's Mantra of "Maximum Governance, Minimum Government".

Paying rich tributes to former Prime Minister, Bharat Ratna, Atal Bihari



Union Minister Dr Jitendra Singh delivering the keynote address on the occasion of Good Governance Day and culmination of Good Governance Week, at Civil Services Officers' Institute (CSOI) New Delhi on Sunday.

Vajpayee, on whose birth anniversary Good Governance Day is observed, Dr Jitendra said, this year's event is also special in the sense that we have celebrated the 75th Anniversary of India's Independence and also assumed the Presidency of G-20 to make a mark on Global Issues and Challenges in years ahead.

Dr Jitendra said, this year's event is also significant that Mission Karmayogi has graduated to a new level and is now available on Mobile App to learn and engage anytime from anywhere.

He also pointed that Mission Karmayogi has also moved to the next generation after Prime Minister Modi launched the Karmayogi Prarambh module on 22nd November, 2022 during the 2nd edition of Rozgar Mela. The Minister said, the Prarambh module will be of immense help to new entrants

into the government service to prepare for future role in a perfect fashion.

Earlier Dr Jitendra Singh launched Revamped e-HRMS (electronic Human Resource Management System) 2.0 Portal, as the earlier iteration of the e-HRMS was limited in scope, where employees could avail limited services and it was not connected with other HR applications.

As a result, the employees were unable to get full benefits of digital service deliveries and seamless connection with HR applications and initiatives of the Govt. The revamped e-HRMS 2.0 Portal will provide the following services in a digital mode to the employees - Transfers (Rotation/Mutual),

Deputation, APAR, IPR, iGOT Trainings, Vigilance Status, Deputation Opportunities, Service Book and other basic HR Services like Leave, Tour,

Reimbursements etc

The revamped e-HRMS 2.0 is the first digital system in Govt. of India to provide end-to-end HR Services. Presently, no other Government Service Cadre System in India is as advanced in its reach and applications, as the revamped e-HRMS 2.0. would be with the launch of this system, DoPT will be moving towards total digitization of HR Services. Revamped e-HRMS 2.0 will save several thousand man-hours and tons of printing paper. This will also go a long way in improving employee satisfaction, promoting ease of doing/processing HR work and enhancing productivity and transparency in administrative functioning.

The Minister also launched Mobile Application of iGoT Karmayogi Portal by Karmayogi Bharat (SPV) with an aim to create professional, well trained and future ready civil service for India, Mission Karmayogi was launched by the Govt. of India. The iGOT Karmayogi platform is envisaged as a democratised, competency driven solution space that all of the government can access to enhance their execution capabilities.

Dr Jitendra Singh also launched the Revamped Probity Portal - In 2017, a dedicated online portal (<https://probity-do.pt.nic.in>) was made functional for obtaining the data from all the Ministries/Departments/Autonomous Organizations/Public Sector Banks.

BJP Govt committed to implement good governance on ground in true spirit: Koul, Sethi



Yudhvir Sethi, J&K BJP Vice President addressing a gathering during a programme.

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JAMMU: Bharatiya Janata Party on Sunday celebrated Good Governance Day on birth Anniversary of former Prime Minister Bharat Ratna Atal Bihari Vajpayee at Jammu East constituency.

In this connection, a function was held at Jambu Lochan Hall in which Ashok Koul, General Secretary (Org) was the Chief Guest while Yudhvir Sethi, J&K BJP Vice President presided over the function.

On the occasion, Ashok Koul, Yudhvir Sethi along with party leaders and workers paid heartfelt tributes to the former Prime Minister.

While paying rich tributes to the late PM Vajpayee, Ashok Koul highlighted the principles of good governance as extracted from the ancient Indian ethos and based upon the basic democratic tenets of Indian scriptures.

He said that it is an irony that successive governments at the Centre for about seven decades paid no heed to these fundamental principles that led ultimately to chaotic situations and it would not be wrong to say that the menace of terrorism

that the nation especially Jammu and Kashmir is facing today is the result of ignoring the good governance principles by successive Congress governments at the Centre and the NC led Government in Jammu and Kashmir.

Ashok Koul said that BJP Government stands fully committed to implement the good governance on ground in true spirit and the graph of terrorism in J&K has come down today mainly because of the good governance principles being followed especially post Article 370 and 35A abrogation.

He asked the party cadre to adopt these principles in every sphere of life to ensure a disciplined society and the nation.

Yudhvir Sethi enlightened all with the significance of Good Governance Day. He said that it was the vision of Atalji to provide such governance to people which is embedded with virtues of dedication and discipline becomes good governance.

He said that today, Prime Minister Narendra Modi is progressing with the same principle in mind which ensures benefit to the last person standing in the last

line in society.

Sethi said that Vajpayee's biggest contribution is the establishment of a complete road network across the nation especially the National highways and the state of art express highways on which even Jet Fighters can land and take off from are the result of the project initiated by the great visionary PM Vajpayee.

He said that the greatest tribute to him would be to carry forward his legacy of good governance in letter and spirit.

Sethi also complemented the party workers to make this programme a successful. He assured that he shall leave no stone unturned in disseminating the essence of good governance principles besides following the path shown by the visionary PM Atal Behari Vajpayee. He also assured to carry the schemes launched by the PM Narendra Modi led Govt to every household across the Union Territory.

Senior leaders, District Office bearers, Corporators, Mandal Presidents, Mandal team, Booth Presidents and respectable supporters of BJP were present on the occasion.

■ STATE TIMES NEWS

NAGROTA: Exuding confidence that the BJP will form next government in Jammu and Kashmir with absolute majority, senior BJP leader Devender Singh Rana today said, given the overwhelming support of the people, the Union Territory is all set to usher in a new era of peace, progress and holistic development.

"The die is cast and the people are eagerly awaiting to mandate the BJP to have a government that represents their urges and aspirations", Rana said while addressing a gathering, held to pay tribute to former Prime Minister and veteran leader Atal Bihari Vajpayee on his 98th birth anniversary and listening to 'Man Ki Baat' by Prime Minister Narendra Modi with thousands of party workers from Nagrota Assembly Constituency at Khanpur.



Denior BJP leader Devender Singh Rana addressing a gathering.

Devender Rana said the BJP under Modi has envisioned a dream for Jammu and Kashmir to prosper and progress with development touching newer heights, economic activity gaining momentum, growth in industrial sector, fillip to health and education, creating abundant avenues of employment to jobless and providing equal opportunities to all to grow as per cherished agenda of Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Prayas.

Time has come to realise

this vision into reality with full steam as the beginning has already been made in terms of designing schemes and programmes for vigorous implementation. Investments are pouring in and growth is being registered in every sector. Naya Jammu and Kashmir is in the making with overwhelming support of the people, he added.

Referring to the 'Man Ki Baat', Rana said this is the occasion for the nation to be witness to the resolve of the Prime Minister in making the country self-reliant in

Jammu Got Talent-Season-9 launched

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JAMMU: Bhanu Pratap Singh, President, Jammu Got Talent and Super Model Club Events officially announced the launch of Jammu Got Talent Season 9 in a press conference here.

Bhanu Pratap invite the talents from all regions of Jammu and Kashmir to showcase their talent in Jammu Got Talent-Season 9.

Special guest Superstar Singer Season 2 runner-up Sayesha Gupta and Miss India Droom 2021, Samiksha Sharma and oth-



Bhanu Pratap Singh, President, Jammu Got Talent and others at a press conference.

ers were also present in the press conference.

Bhanu Pratap said that the our purpose is to give a platform to the growing

talent of Jammu and bring it in front of the whole world.

"With a programme in which we involve each and

every sphere and pursuing India's journey of becoming the Vishwaguru. In this regard, he referred to India holding the presidency of G-20 and preparing for the big event to happen across the country, including Jammu and Kashmir. The stature given to the nation by the PM is envious, making every compatriot proud, he added.

Paying tribute to Atal Bihari Vajpayee, the senior BJP leader described the late leader as an eminent parliamentarian, able administrator, prolific writer, mesmerising orator and above all a great human being, who all along worked for the betterment of the people and progress of the country.

"Bharat Ratna Atalji will be remembered for bringing systematic changes in the governance, strengthening the democracy and improving the lives of the people", Devender Rana added.

Speaking on the occasion, Member Parliament Jugal Kishore Sharma described the BJP as a power to reckon with, saying the largest democratic party of the world has taken path breaking initiatives in the nation's growth story. He said the country in general and Jammu and Kashmir in particular are witnessing huge transformation in terms of progress and development. This odyssey is continuing with renewed vigour, he added.

While remembering Vajpayee as a legendary and visionary leader, Sharma said that the nation will always remain indebted to him for his highest values of leadership and contribution for the development.

"Atalji was a statesman and one of the tallest leaders of Indian politics, who always strived for the betterment of the lot of the people", he added.

Throwing light on various facets of Atalji's life, senior BJP leader Prof. Kulbushan Mohtra said that good governance was the hallmark of the cherished political career of the former Prime Minister, who worked relentlessly for steering India peace, progress and development.

Mohtra remembered the qualities of head and heart of Atalji, saying his oratory was par excellence, filled with knowledge and wisdom. A gentleman politician and a statesman, the former Prime Minister will continue to remain a source of inspiration for the younger generation in general and the BJP Karykarts in particular, he added.