

# Udhampur achieves maximum saturation in Central agriculture, health benefit schemes: Dr Jitendra

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NEW DELHI: Udhampur district of Jammu & Kashmir has achieved maximum saturation in all the agriculture and health benefit schemes rolled out by the Central government under the leadership of Prime Minister Narendra Modi.

Speaking to the media after reviewing the implementation of various people welfare Central schemes in his Lok Sabha constituency of Udhampur-Kathua-Doda, the Minister said, district Udhampur has always been ahead of others.

Of the various agriculture sector schemes, Dr Jitendra informed that district Udhampur has achieved 100% saturation in PM Kisan Yojana by providing annual support of Rs.6,000 to 5,1035 farmers. Similarly, 100% saturation has also been achieved by providing Kisan Credit Cards to 5,1035 farmers, he added.

As far as the Soil Health Card is concerned, the Minister said, he was glad to share that here too 100% saturation had been achieved by giving the benefit of the card to 63,880 agriculturists. The PM Maan Dhan Yojana has also achieved 100% saturation by providing a monthly pension to 10,585 farmers above the age of 60, he said.

On the health front, Dr Jitendra disclosed that nearly 100% saturation



Union Minister Dr. Jitendra Singh speaking to the media on Sunday.

had been achieved by providing Golden Cards for Ayushman Bharat insurance to 4,31,738 beneficiaries which amounts to 97.8 % of the eligible target and 100% is expected to be met shortly.

Dr Singh conveyed his appreciation of the district administration of Udhampur and all the concerned departments for having moved on fast track to fulfil Prime Minister Narendra Modi's commitment to his countrymen. He also praised the BJP Karyakartas and the elected representatives for their proactive role in ensuring the implementation of the central welfare schemes and also reaching out to the people in every Panchayat by associating themselves

with "Modi ki Guarantee wali Gadi"

Pertinent to mention that for the last 3 to 4 years Udhampur has been consecutively securing rank 1 or one of the top 3 ranks among all the districts of the country in the implementation of Central PMGSY road projects.

North India's first river rejuvenation project "Devika", said Dr Jitendra, is complete for inauguration and we shall be requesting Prime Minister Modi to inaugurate it. The Devika project was launched also by Prime Minister Narendra Modi, he recalled.

Dr Singh said before 2014, this district suffered discrimination in the hands of the ruling parties because of vote bank consideration. As a result, it was ignored with respect to development and also in providing to the people benefits through the government resources. He said, it was only after Shri Narendra Modi took over as Prime Minister that the region has witnessed fast track development and every household is receiving the benefit of the various schemes initiated by Prime Minister Modi. Today, said Dr Jitendra, there is a network of roads being established even in far flung hilly terrains of Udhampur and in some of the peripheral villages, where people had never seen an automobile or a transport vehicle, are today plying on roads on scooter, motor cycle

and motor car. Asia's longest road tunnel was also inaugurated here by Prime Minister Modi, which takes off from Chenani and is the first such project to be named after Dr. Syama Prasad Mukherjee, he added.

Similarly, Dr Singh said, Udhampur railway station has been expanded and is possibly the first railway station of the country to be named after a martyr soldier Captain Tushar Mahajan. With the Kashmir Valley soon to be linked by railway with the rest of the country in next few months, Udhampur is going to emerge as the most important railway junction in North India, he said and added that we have already demanded that a full fledged Division Headquarters of Railways be set up at Udhampur.

Dr Jitendra also referred to the Government Medical College Udhampur which was also allotted from central funds by the Modi government and is one of the three centrally funded Medical colleges in this Lok Sabha constituency, which is possibly the only constituency to have got three centrally funded Medical Colleges in a single term.

Dr Singh also disclosed that he has asked the district administration to take active steps to promote one district one product "Kalari" and plan holding a "Kalari Food Festival" in near future.



## Safeguard Your Heart in winters before it's too late: Dr Sushil



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

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JAMMU: In view of the upcoming harsh winters and looming pandemic of cardiovascular disease, Head Department of Cardiology GMCH Jammu, Dr Sushil Sharma held a day long cardiac awareness-cum-health

check up camp at Shiv Mandir, Apna Vihar Jammu enlightening the masses about the ways to prevent winter heart ailments and reduce mortality.

While interacting with the people, Dr Sushil stated that Cardiovascular Diseases (CVDs) are the number one cause of death worldwide.

"An estimated 20 million people died from CVDs, representing 30% of all global deaths. Seasonal variation in morbidity and mortality due to CVDs has been noted in both the northern and southern hemispheres, with higher incidence rates during the winter than in the summer. This variation linked with multiple risk factors, such as temperature, physical activity, air pollution, infections, and food habits," Dr Sushil said.

He elaborated that when temperature drops, blood vessels narrow in your skin and fingers and toes, so that less heat is lost. But this narrowing (called 'vasoconstriction') creates more pressure in the rest of the circulation, meaning the heart has to work

harder to pump blood around the body, increasing heart rate and blood pressure.

This is a normal response to the cold, but the extra strain can lead to heart symptoms for people who have an existing condition, especially during exercise, Dr Sushil said adding that people with angina may experience a worsening in their symptoms during the winter months, or find that they are less able to be physically active when it's cold.

At the same time, he said, the blood itself can become thicker and stickier and more likely to form clots - which can lead to a heart attack or stroke.

"So if anyone has a heart condition, it's important to stay warm in winter. If you find that you feel worse when it's cold, stay in on the coldest days if you can, and exercise indoors," he suggested.

While highlighting the increased prevalence of cardiac ailments in winters, he added that behavioural and physiological responses to seasonal change modulate susceptibility to cardiovascular seasonality.

However, given the size of the problem and a range of possible targets to reduce seasonal provocation of CVD in vulnerable individuals, scope exists for both greater recognition of the problem and appli-

cation of multifaceted interventions to attenuate its effects, he said.

He advised people to follow these tips to stay healthy in the cold weather like Limit the time you spend outside when it's cold. If you go out, dress warmly in several layers. Cover your head and hands, and wear warm socks and shoes, don't exert yourself too much. It can lead to angina, heart attacks, heart failure, and sudden death.

Management Committee of the Apna Vihar Residence Welfare Association Neeraj Tandon, Adv V R Chauhan, Col. Vikram Bhasin, S P Bhatti, Vijay Sharma, Sharad Khajuria and H K Pagotra appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health check up camp in their society and shows their heartfelt gratitude.

Others who were part of this camp includes Dr Venkatesh Yellapu, Dr Dhaneshwer Kapoor, Dr Rattan Pal and Dr Subhash Gupta. Paramedics and volunteers includes Raghav Rajput, Kamal Sharma, Maninder Singh, Paramveer Singh, Rohit Nayyar, Amish Janwal, Arun Singh, Jatin Bhasin, Vinay Kumar, Ranjit Singh, Vikas Kumar, Goutav Sharma, Rajinder Singh, Faisal Rashid, Amnesh Dutta and Nirvair Singh Bali.

## DGP J&K visits Martyr Insp. Masroor's home, expresses condolences

Visits BB Cantt Hospital to enquire about injured Police official



DGP J&K, R.R. Swain sharing grief with the bereaved family of martyr Inspector Masroor Ahmad Wani.

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Srinagar: The Director General of Police (DGP), J&K, R.R. Swain on Sunday paid a solemn visit to the home of the martyr Inspector Masroor Ahmad Wani in Srinagar and expressed deep condolences and shared grief with the bereaved family.

DGP was accompanied by ADGP Law and Order Vijay Kumar, IG Kashmir V. K.

Birdi and other officers to share the grief of the family.

The DGP met the father and other members of the family and conveyed that J&K Police family will remember the supreme sacrifice of the martyr for decades to come.

He assured that the institutional strength of J&K Police will take care of the family.

The DGP J&K conveyed

the unwavering support and gratitude of the entire law enforcement community for the ultimate sacrifice made by the martyr. He alongwith the officers prayed for the peace of martyr.

R. R. Swain along with other officers also visited Military Hospital BB Cantt. Srinagar to enquire about the health of the injured Police Selection Grade Constable Mohammad Hafeez who was fired upon by terrorist yesterday evening.

The DGP met the doctors treating the official and impressed for all possible treatment for his early recovery.

He assured the injured that all possible help and assistance will be provided.

## Chairman, All J&K Sikh Coordination Committee calls on Lt Governor

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JAMMU: Ajit Singh, Chairman, All J&K Sikh Coordination Committee called on Lieutenant Governor Manoj Sinha, at Raj Bhawan on Sunday.



Lt Governor Manoj Sinha with Haji Farooq Ahmad Mir.

Commission, etc. The Lt Governor assured the Chairman All J&K Sikh Coordination Committee of the appropriate redressal of the issues put forth by him during the interaction.

Meanwhile, Haji Farooq Ahmad Mir, Vice-Chairman District Development Council Kupwara also called on Lieutenant Governor Manoj Sinha.

## VBSY: Jugal distributes Ayushman Cards at Panchayat Dhok Jagir

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JAMMU: As part of the ongoing Viksit Bharat Sankalp Yatra (VBSY), several activities were organised in different panchayats of Akhnoor on Sunday. The Yatra aims to spread awareness about government schemes and programs and encourage public participation in building a developed India.

At Panchayat Dhok Jagir, a

special VBSY van reached the village and was welcomed by a Swagat Committee comprising PRI members and local residents. Member Parliament Jugal Kishore Sharma, Sarpanch- Prabh Dayal, Panches, besides government functionaries including Tehsil Supply Officer, Pradeep Balgotra, officers from different departments and others were also present. Students of

GHS Dhok Jagir showcased their talent through cultural performances. The MP distributed Ayushman Cards among beneficiaries and felicitated students and players with medals for their achievements.

Representatives of various departments distributed pamphlets and brochures and answered queries from the public. At Panchayat Kaik Jagir, the yatra was welcomed at

GHS Sohal. Sarpanch, Kishori Lal, Block Development Officer Akhnoor, Rupinder Kaur, Principal of GHSS Sohal, Dr. Madhu Sharma, and PRI members were also present at the event.

Various departments, had set up stalls at the venue. Students participated in a cultural program. Block Development Officer Rupinder Kaur felicitated the students with trophies

and medals. Free health care services were provided under the Pradhan Mantri Jan Arogya Yojana at both locations. The VBSY Yatra received a positive response from the locals, who gained valuable knowledge and awareness about government schemes. The Yatra successfully delivered the message of development and reached out to the unreachable population.

# LEAD's Grand Mahotsav 2023 event concludes



Glimpses of closing ceremony of two-day Mahotsav 2023 being organised by LEAD at Gulshan Ground, Jammu on Sunday.

### ■ STATE TIMES NEWS

JAMMU: Ladakh, Jammu and Kashmir Economic Growth and Development Dialogue (LEAD), the first of its kind successfully organized by LEAD, Mahotsav 2023 concluded on Sunday.

On the concluding day MP Jugal Kishore Sharma, MP Ghulam Ali Khatana, along with LEAD officials, participated in various programs on the second day of the two-day Mahotsav 2023 at Gulshan Ground.

Other dignitaries who visited on the concluding day of the Mahotsav 2023 were Brigadier retired Anil Gupta, administrative member of Jammu Kashmir Cricket Association, JKCA member Sunil Sethi, co-organizer of Swadeshi Jagran Manch Satish Kumar, Padma Shri Dr Jitendra Udhampur,

President of Sanatan Dharma Sabha Jammu Kashmir Purushottam Dadhichi. Internationally renowned Para Archer Sheetal Devi, resident of Kishtwar district of Jammu and Kashmir, was also present.

On the second day of the Mahotsav 2023, being Sunday more than 25000 common people from different areas of the city and also from the outskirts visited Gulshan Ground and visited more than 100 stalls. Apart from showing special interest in exhibitions based on Dogra, Kashmiri and Ladakhi traditions, including a special exhibition organized by the Army, they also registered their presence in various programs. During this, the artists from Aryan Valley of Ladakh and cultural programs based on

Kashmiri tradition were also presented in traditional style.

The objective of the two-day Mahotsav 2023 organized by LEAD was to make the local people aware of indigenous products, entrepreneurship, craftsmanship and cultural heritage etc. The second major objective of the Mahotsav 2023 was to showcase the local invaluable possibilities to the world, promote the spirit of entrepreneurship, besides promoting a sense of deep unity and pride among the people of Jammu and Kashmir and Ladakh.

The second day of the Mahotsav 2023, focused on five major events. Under this, Natya Utsav, Duggar Malati, Prerna Pravah, Sports Samman Utsav, Gatka and Rang Tarang programs were organised.

A traditional wedding cele-

bration based on Dogra culture was organized at Gulshan Ground. The organizer of LEAD felicitated the representatives of organizations and institutions participated in the Duggar Malati programme. Everyone present at the venue appreciated the display of Dogra wedding culture under Duggar Malati and this presentation was the center of attraction. In this, Barat, Sandh, Dogri folk dance etc. were shown.

On the second day of Mahotsav 2023 organized by LEAD, Drama festival was also organized in the auditorium. This program was presided over by Sanatan Dharma Sabha President Purushottam Dadhichi. On this occasion, co-coordinator of the program Sanjay Gupta, Dr. Chandramoji Raina, Swami Divyanand,

Mahamandaleswar Swami Suchetanand Shaktidutt Sharma etc. were present. Under the Natya Utsav, plays inspired by religious folk tales and scenes from Ram Leela were staged. The audience mesmerized the emotional presentations, like Bharat Milap and Sita Haran. At the end of the program, Purushottam Dadhichi honored the representatives of the organizations participating in the program.

Under the Prerna Pravah programme, 36 NGOs working in Jammu and Kashmir were honored for their invaluable contribution to the society. This program was presided over by Padma Shri Dr. Jitendra Udhampur. The main speaker in the Prerna Pravah programme was Satish Kumar, All India Co-Organizer of Swadeshi

Jagran Manch. Dr. Gautam Maingi, MP Jugal Kishore Sharma, LEAD Director Manish Ahluwalia, Swami Yagyanarayan were specially present in this program. All the above mentioned people jointly started the program by lighting the traditional lamp. In his address, Satish Kumar drew people's attention towards Swadeshi and stressed on adopting it in the interest of the country. On this occasion The NGOs those were honored included Ram Krishna Mission, Ved Mandir, Ekal Vidyalaya, Chudamani Sanskrit Sansthan, Vishwasthali, Art of Living, Pacer from Ladakh, Purmandal Uttarahini Teerth Seva Trust, Shri Narsingh Seva Kendra Khoon, Udhampur, Sanjeevani Sharda. Kendra, Indian Institute of Yoga, Arya

Pratinidhi Sabha, Seva Bharati Athruti, Mukti Society, Sahara Jagriti Manch etc. are included.

In the sportspersons honor ceremony, mothers of players who have brought glory to the Union Territory and the country at the national and international level were honored first time in the history of Jammu and Kashmir. The attraction of this program was Para Archer Sheetal Devi, a resident of Kishtwar district of Jammu Kashmir. Sheetal Devi has become the world's number one Para Archer. Sheetal Devi had won two gold medals for the country in Para Asian Games. Sheetal Devi was awarded the Jija Bhai Award. Sheetal Devi's mother Shakti Devi received this honour. Players and their mothers honored with the Jija Bhai Award include Naseem

Bibi, mother of Abrar Chaudhary in athletics, and Varsha Khajuria, mother of cricketer Shubham Khajuria.

The event was jointly presided over by Jammu Kashmir Cricket Association officials Brigadier Anil Gupta and Senior Advocate Sunil Sethi along with Director LEAD Sunil Shah. State President of Krida Bharti Shiv Kumar Sharma was also present on this occasion.

The Mahotsav 2023 concluded with the cultural programs on the second day with the Rang Tarang program late in the evening. Local artists enthralled the program with their performances. In the end, the Mahotsav 2023 came to an end with the LEAD officials felicitated those who contributed in making the Mahotsav 2023 a grand success.