

Over Rs 1,000 cr investment in Space StartUps in 9 months: Dr Jitendra

STATE TIMES NEWS
NEW DELHI: India has witnessed investment of over Rs.1,000 crore in Space Startups in last nine months of the current financial year from April to December 2023, Union Minister Dr Jitendra Singh has said.

During an exclusive interview at the National Zee TV Conclave here, Dr Jitendra said, this has been possible because after a bold decision taken by Prime Minister Narendra Modi, India's Space sector has been opened up for private players, as a result of which there is an overwhelming response from industry as well as investors from private sector. From just one Startup in the Space sector four years back, we have almost 190 private Space Startups after



Union Minister Dr. Jitendra Singh in an exclusive interview at the National Zee TV Conclave at New Delhi.

opening up of the sector and the earlier ones of them have now turned entrepreneurs, he said.

Dr Jitendra said, overall from just about 350 Startups in the year 2014, today we have about 1,30,000 Startups, besides Unicorns.

Stating that Prime Minister Narendra Modi

has provided an enabling milieu with his vision and policy initiatives, Dr Jitendra said, this has created the opportunity for entrepreneurship. In the Space sector, an interphase called "InSPACE" has been established and a public sector unit called "NSIL" also set up to facilitate PPP mode projects, he said.

Dr Singh said, PM Modi has scrapped obsolete rules and focused on citizen-centric Governance through optimum use of technology. In the same vein, the gates of Sriharikota have been thrown open to all stakeholders, he said.

"Not only this, Government has been very much inclined to use technology to the maximum extent and seeks to do away with all those hindrances or obstructionist rules that were not very enabling," he said.

Citing the application of satellites and drones in mapping land ownership under the SVAMITVA scheme and Face Recognition Technology for DLC, Dr Jitendra Singh said, our Chandrayaan Mission was the first to discover evidence of water on the

Moon. Dr Jitendra said, the world will witness integrated technology driven growth in the future. India is now taking the lead in frontier areas of technology, including Artificial Intelligence and Quantum Technology, he said.

Citing the success of Arora Mission, the Union Minister said India has a huge wealth of untapped bioresources, an unsaturated resource waiting to be harnessed, ranging from the Himalayas to the 7,500 kms long coastline.

Stating that the Anusandhan National Research Foundation (NRF) will be an important supplement to this entire ecosystem, Dr Jitendra Singh said it will be majorly funded from non-government sources.

Preventing heart disease by healthy heart diet-Cheap and non pharmacological modality: Dr Sushil

STATE TIMES NEWS

JAMMU: To strengthen their campaign further to aware the common masses about the ill effects of Cardiovascular Diseases, Head of Department (HoD) of Cardiology, Dr Sushil Sharma held a day long Cardiac awareness-cum-health check up camp organized on the eve of Shaheedi Diwas of Shri Guru Teg Bahadur Sahib at Gurudwara Singh Sabha, Sec-14, Guru Nanak Nagar here to educate people to shed sedentary lifestyle and adopt cardio protective food practices for a better and promising future.

The camp was inaugurated by Mahant Manjeet Singh along with Dr Sushil Sharma and prominent member of the Gurudwara Prabandhiak Committee.

While interacting with the people, Dr Sushil stated that heart disease is the number one cause of death worldwide. 10% of all deaths were as a result of coronary heart disease and 25% of deaths were a result of cardiovascular disease. Although there is not one single cause, an unhealthy diet can be one of the contributing risk factors for heart disease. Heart disease results from the narrowing of the arteries that supply the heart with blood through a process known as atherosclerosis.

Dr Sushil, while laying emphasis on healthy heart diet, told that we should limit fried fast



Mahant Manjeet Singh along with HoD Cardiology, Dr Sushil Sharma and his team of doctors at a camp.

food and processed foods and replace energy from saturated fats (such as butter, coconut oil and cream) with healthy unsaturated fats from seeds and plants (such as extra virgin olive oil, avocado, sunflower, canola, safflower, peanut, soybean and sesame) and foods such as nuts, seeds, avocado, olives and soy.

Increase the amount and variety of plant foods - eat more vegetables, fruits and wholegrain cereals. Reduce intake of refined sources of carbohydrates with higher glycaemic index (including foods with added sugars). These small changes in the food eating habits and lifestyle can lead to a drastic improvement in the cardiac health of society as a whole thereby reducing the morbidity and mortality and improve quality of life.

He maintained that evidence shows the effectiveness of healthy dietary patterns and lifestyles for the prevention of CVD. Furthermore, the rising incidence of CVD over the last 25 years has become a public health priority, especially the prevention of CVD (or cardiovascular events) through lifestyle interventions.

Current scientific evidence shows that Western dietary patterns compared to healthier dietary patterns, such as the 'Mediterranean diet', leads to an excessive production of pro-inflammatory cytokines associated with a reduced synthesis of anti-inflammatory cytokines.

He Added that Evidence-based dietary pattern guidance to promote cardio metabolic health includes adjust energy intake and expenditure to achieve and main-

tain a healthy body weight, eat plenty and a variety of fruits and vegetables, choose whole grain foods and products, choose healthy sources of protein (mostly plants; regular intake of fish and seafood; low-fat or fat-free dairy products; and if meat or poultry is desired, choose lean cuts and unprocessed forms), use liquid plant oils rather than tropical oils and partially hydrogenated fats, choose minimally processed foods instead of ultra-processed foods, minimize the intake of beverages and foods with added sugars, he said.

Management committee of the Gurudwara Singh Sabha Jagmohan Singh, Dr Surjit Singh Raina and Kuldeep Singh 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 include Dr Vivek Sharma (Cardiologist), Dr Yashwant Sharma, Dr Anitpal Singh and Dr Dhaneshwar Kapoor.

Paramedics and volunteers includes Raghav Rajput, Kamal Sharma, Amandeep Singh, Harvinder Singh, Rohit Nayyar, Arun Singh, Gourav Sharma, Rajinder Singh, Vikas Kumar, Vinay Kumar, Gagan Gupta, Jatinder Bhasin, Faisal Rashid, Rahul Sharma, Sheikh Abrar, Rajkumar and Nirvair Singh Bali.



Three arrested for attacking policeman in Bemina: DGP

MASROOR AHMAD

SRINAGAR: Three persons involved in an attack on a policeman in Bemina area of Srinagar have been arrested, officials said.

Addressing a press conference in Srinagar, the Director General of Police RR Swain said that the trio has confessed to their involvement in the attack, which was carried at the behest of their Pakistan-based handler.

A policeman, identified as Mohd Hafeez Chak was fired at by the terrorists in Hamdaniya Colony locality of Bemina, on December 9.

Chak was injured in the attack following which he was shifted to the nearby SKIMS Bemina and later referred to Army Base Hospital in Badami Bagh.

"Accordingly, Case FIR No. 112/2023 under Section 307 IPC, 7/27 A. Act, 16, 18, 38 UAP Act, 120-B IPC was registered in P/S Bemina. During the course of investigation, based on inputs subsequently corroborated by technical evidences, few suspects were zeroed in and upon their sustained questioning they confessed to their involvement in the said attack," Swain told reporters.

He said the accused, Intiyaz Ahmad Khanday, son of Tariq Ahmad Khanday, resident of Hamdaniya Colony Sector-A; Danish Ahmad Mala, son of Gh Mohd Malla, resident of Hamdaniya Colony Sector-A and Mehman Khan alias Mehran, son of Mehraj Din



Khan, resident of Khawajapora Rainawari Srinagar were arrested in the instant case.

"Weapon of offence and huge cache of arms and ammunition have been recovered on their specific disclosures," he said.

The recoveries from Intiyaz Ahmad Khanday include a Canik TP09 Pistol of Turkish make, 1 magazine and one round 9mm (weapon of offence). One Canik TP09 Pistol of Turkish make, 1 magazine, 7 rounds (Bullets) 9mm were recovered from Mehman Khan and 57 Rounds of 9mm and 2 magazines were recovered from Danish Malla.

"They further disclosed that they were in touch with one PoK based handler alias Hamza Burhan, who along with these three accused persons hatched a conspiracy to target a police personal in Srinagar City in furtherance of which Danish along with Intiyaz identified a target and executed their plan on December 9, 2023. Further, arms and ammunition were illegally trafficked from across for this attack," he said.

The J&K police chief said that during the course of investigation, it came to fore that the arrested trio had prepared a long list of policemen to be targeted.

"There were others on the list as well but the majority of targets were policemen," he said.

Asked whether it was for the first time that Turkey-made pistols were recovered, the DGP said that in the past such small-arms were recovered as well.

"Such weapons are being dropped from drones and pushed into J&K through other means as well," he said, adding that such weapons being light in weight are easy to carry.

To a query whether there was any connection of the module with the martyrdom of police inspector Masroor Ahmed Wani, who was attacked while playing cricket at Eidgah, Srinagar on October 29, the DGP said the case is being investigated by the National Investigation Agency (NIA).

The DGP hailed police for professionally investigating the Bemina Cop attack case and nailing the accused.

J&K Bank GM calls on Chancellor LPU

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SRINAGAR: J&K Bank General Manager & Divisional Head (Jammu) Sunit Kumar on Sunday called upon the Chancellor of Lovely Professional University (LPU) Ashok Mittal in the University campus of at Jalandhar.

He was accompanied by Zonal Head (Kathua) Sanjeev Kumar and Cluster Head (Mohali) Iftikhar Abdullah besides Branch Manager (Jalandhar) Ravi Sharma.

While highlighting J&K Bank's achievements, Divisional Head Sunit Kumar apprised the Chancellor about the role of J&K Bank in the economic landscape of the country especially J&K and Ladakh.

He also informed the Chancellor about the Bank's



J&K Bank GM & Divisional Head (Jammu) Sunit Kumar with Chancellor LPU Ashok Mittal and others at Jalandhar.

mission of youth empowerment by supporting their pursuits in education and entrepreneurship through specially tailored financial schemes and professional guidance.

Stressing upon the need to foster a collaboration between the Bank and LPU, he highlighted the fact that LPU was

one of the top priority institutions for the students from J&K and Ladakh to pursue higher academic courses.

While acknowledging J&K Bank's vital role in economic development of J&K and Ladakh, the Chancellor LPU Ashok Mittal appreciated the role of the Bank in the lives of

citizens of J&K and Ladakh and hoped that the Bank will continue its journey of excellent economic growth.

He also proposed that the Bank should open a Branch in the university campus for ease of students and the staff especially those belonging to J&K and Ladakh.

On the occasion, Divisional Head assured of immediate action on the proposal of opening a Branch in LPU.

Further, in a separate event, Divisional Head presided over the interactive session with High Net worth customers of the Bank from Jalandhar City wherein a range of issues.

While hailing the services of the local branch and its staff, the customers congratulated the Bank for its splendid performance and its MD and CEO

for the recent honour of receiving India's Impactful CEO Award 2023. They also requested the management to open more Branches in Punjab especially in Jalandhar city, which was acknowledged by the Divisional Head assuring of due consideration.

JK youth had sought land & job security with Rahul during Bharat Jodo Yatra: Rajni Patil



AICC Incharge J&K Affairs Rajni Patil with senior J&K leaders at a public rally in Jammu.

JAMMU: AICC Incharge J&K Affairs Rajni Patil on Sunday said the JKPCC move to seek a big political initiative to seek safeguards for their land and jobs besides natural resources & other identities shall be taken up with AICC, for respecting aspirations of the people Jammu & Kashmir.

Talking to media persons on sidelines of a convention of DCC Jammu urban led by Thakur Mannohan Singh, Patil said the demand of people that they need certain safeguards & protections to their land, jobs other like identities & aspirations with in Constitution which needs to be considered.

She was addressing workers at Afsar Guest House st Shakti Nagar, Jammu.

She said that had the Modi government, been truly sincere, it could have implemented woman reservation for the coming Lok Sabha elections but it has been delayed beyond 2029, which is injustice to half of the population.

She said that huge taxations of various sorts have been imposed by the UT administration besides huge revision of fees and other charges, the same shall be reversed by the Congress party to relieve the people of extra economic burden.

JKPCC President Vikar Rasool Wani asked the party cadres to gear up for the ensuing elections & expose the wrong policies of BJP.

Working President Raman Bhalla, AICC co-Incharge Manoj Yadav, Senior Vice Presidents Ravinder Sharma & G N Monga, Former Minister Shabir Ahmed Khan, Pranab Shagotra, Kanta Bhan spoke on the occasion.

Working President Raman Bhalla lashed out at the BJP for bringing lots of many miseries to the people of all sections especially unemployed youth, common man, farmers, traders, transporters, local contractors & others.

Former Mayor to start political reorientation aimed at honest, corruption free system from Jammu

Forms Ward committees to aware people in every corner about harms of corruption

STATE TIMES NEWS

JAMMU: Senior BJP leader and former Mayor of Jammu city, Rajinder Sharma on Saturday said that efforts are on to ensure that political reorientation in the country may start from Jammu region.

Addressing a function during his ongoing anti-corruption campaign at Ward number-4, the Sharma stressed on following three cardinal principles in letter and spirit to end political corruption in the country which is the root cause of most of the wrong doings.

Sharma informed that to eradicate corruption from every nook and corner of Jammu Ward level committees are being constituted which will take the anti-corruption campaign to every corner of Jammu. "Everyone of us should honestly stop supporting a candidate to be elected as public representative only because of his or her caste but

make considerations for voting to an educated candidate who may have sound knowledge of administrative working and functioning," the former Mayor said adding: "We should also not fall prey to monetary temptations to vote a person while electing a public representative." The function was organised by Mohit Sharma, a prominent Social Activist of Jammu East Constituency and head of the committee formed for Ward number 4 and residents of the Ward expressed enthusiasm towards the campaign. "The recent thumping victory of BJP in three Stated including Hindi heartland was outcome of honest deeds of PM Modi and walking on footsteps of such a revolutionary leader we in Jammu have started the campaign 'Imandar Jammu, Shandar Jammu' which will go a long way in bringing reorientation of the political system," Sharma maintained stressing the gathering and others to download the oath certificates from the website of 'Imandar Jammu, Shandar Jammu' on which exists the tagline 'Kaam Karo Budhi Se, Jeewan Jio Shudhi Se' (work using your knowledge to lead a pure and pious life).

The senior BJP leader also said that the way CMs for the three States were nominated shocked the countrymen on unimaginable honesty and transparency shown by PM Modi.

Prominent among those present on the occasion were Sunil Gupta, Dr. S.P. Sharma, Naresh Gandotra, Dr. Vinod Mangotra, Nitish Verma, Sunil Sadotra, Sunil Verma, Vinod Jain, Rajinder Singh Patyal, Ravinder Nath Sharma, Sarita Sethi, Sunita Devi, Sarla Gupta, Kavita Arora, Nisha and Sheh Lata.

Two-day 4th CUTICON J&K concludes



Participants of 4th CUTICON J&K posing for a photograph at Jammu on Sunday.

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JAMMU: The two-day 4th CUTICON J&K was conducted at The Grand Dreams resort, Jammu, concluded on Sunday.

The conference was attended by delegates including the national faculty.

The conference was inaugurated by Chief Guest Prof. Dr. Vijay Zavar, President IADVL, Guest of Honor; Dr.

Dinesh Devaraj, Honorary Secretary General IADVL, Prof. Dr. Rashmi Sarkar, Prof. Dr. Manjunath Shenoy, Dr. Bhmesh Kumar Kattakam and the organising chairperson, secretary and the finance secretary of CUTICON JK.

Dr. Rajeev Sharma, Dr. Sudhavani and Dr. Rashmi Jindal graced the occasion.

The second day of state annual conference of Indian

Association of Dermatologists, Venerologists and Leprologists J&K Branch concluded with the informative scientific sessions with special emphasis on hair related problems and the treatment strategies.

Eminent national as well as state level faculty presented their talks on various hair related problems in SIG Trichology and hair transplantation and the recent research

and advancements related to hair.

A state level quiz competition was also conducted among post graduate students of Dermatology during this, in which four teams, one each from GMC Jammu, GMC Srinagar, SKIIMS Srinagar and JLNH Hospital Srinagar participated.

Team GMC Jammu comprising of Dr. Akanksha and Dr. Samreen brought laurels to their department by winning the state level quiz competition.

Award paper presentation was one of the highlights of this conference in which students even from outside J&K participated with great enthusiasm.

The conference was not only appreciated for its cultural and academic feast but also for the venue selection and food menu depicting the rich Dogra culture of Jammu.