

Dr Jitendra visits India's first 'Nano Science' institute, emphasises its futuristic role

■ STATE TIMES NEWS
CHANDIGARH : Addressing the faculty and students of India's very first exclusive "Nano Science" institute , the Institute of Nano Science and Technology (INST) at Mohali near here, Union Minister, Dr Jitendra Singh said, this is India's first exclusive "Nano Science" Institute with a huge futuristic role and has been set up to undertake research and generate products/devices and technology in the area of Nanoscience and Technology for the benefit of the nation .

Dr Jitendra said that Nano-Science along with Bio-Economy will contribute immensely in India's march toward a 5 Trillion Dollar Economy.

Dr Singh said, the institute aims to carry out research in the diverse and rapidly growing areas of nanoscience and technology with specific emphasis on the following



Union Minister Dr. Jitendra Singh formally inaugurating new 'Nano Anusandhan Bhawan' in the campus of Institute of Nano Science and Technology (INST), Mohali near Chandigarh.

areas: Agricultural Nanotechnology, Nanomedicine, Energy and Environmental Science, Quantum Materials and Device Physics, Nano Electronics, Microfluidics Based Technologies, Nanobiotechnology.

The Institute of Nano Science and Technology (INST) is an autonomous research institution of

Department of Science and Technology, Government of India, under the Society Registration Act, 1960, under the umbrella of national mission on Nano Science and Technology (Nano Mission)", which aims to promote growth and outreach of nanoscience and technology.

Dr Jitendra Singh said, the vision of INST is to emerge as a globally competitive India's foremost research institution in Nano Science and technology and contribute to society through applications of nanoscience & and nanotechnology in agriculture, medicine, energy, and environment.

Dr Jitendra said, INST has contributed significantly to promoting science and inculcating the practice of developing technology in India amongst the nation's young generation through its unique and unparalleled outreach program.

He informed that the faculty of INST has directly interacted with more than 15,000 students in about 300 schools across the country and spread awareness about taking science as a career perspective.

INST's roadshow has demonstrated the importance of science in day-to-day life to more than 50,000 students and the general public. INST has reached out to more than 1000 students from marginalized sections of society from

24 schools/colleges across the country towards scientific aptitude training, the Minister added.

Dr Jitendra underlined that the core Mission of INST is cutting-edge research in nanoscience and nanotechnology with an interdisciplinary flavour in the domains of energy, environment, agriculture, health care, quantum materials, etc., to solve global and local challenges.

Our motto is "Knowledge of Nanoscience for the Nation," said, Dr Jitendra Singh.

Dr Jitendra also enumerated some of the core objectives of the INST as-to advance knowledge and educate young minds in nanoscience and technology that will best serve the nation, to impart advanced training courses and laboratory techniques of nanotechnology at the highest level, to encourage innovative and challenging technology/product-based scientific projects.

Former Legislators, Yuva World Brahman Federation J&K call on Lt Governor



Yuva World Brahman Federation delegation and Balwant Singh Mankotia, former Legislator calling on LG Manoj Sinha.

■ STATE TIMES NEWS
JAMMU: A joint delegation of PRI members and Yuva World Brahman Federation J&K headed by Advocate Dakshesh Sharma called on Lieutenant Governor Manoj Sinha at Raj Bhawan, on Sunday. Vibodh Gupta, former MLC also called on the Lt Governor and put forth several issues of public importance of Rajouri

area. Balwant Singh Mankotia, former Legislator apprised the Lt Governor of various development issues of District Udhampur. Later, a delegation of Janipur Market Association led by its President, R C Bali, on behalf of the residents of Janipur Colony, submitted a memorandum of issues and demands to the Lt Governor. Keshav Chopra, Chairman Samvedna Society also called on the Lt Governor. The Lt Governor assured the former legislators and members of the delegations of appropriate action on the genuine demands and issues projected by them during the interaction.

Reinforcement of religiosity/spirituality in lifestyle interventions -need of hour: Dr Sushil

■ STATE TIMES NEWS
REASE: In order to understand and highlight the relationship between religiosity and body mind practices in primordial prevention of cardiac ailments, Head Department of Cardiology GMCH Jammu Dr. Sushil Sharma held a day long Cardiac Awareness cum health checkup camp at Saint Balak Yogeshwar Dass Ji Ashram, Pouni (Reasi).

The camp was inaugurated by Saint Shri Balak Yogeshwar Dass Ji Maharaj, Dr Sushil Sharma along with Rita Sharma (DDC Pouni) in presence of various disciples who gathered during the ongoing 40th Ati Maha Vishnu Maha Jagya in mythological memory of country's Immortal martyrs.

More than 1000 people were screened, evaluated, diagnosed and free medicine and diagnostics were also provided as per the requirements.

While interacting with the people Dr Sushil Stated that Cardiovascular disease (CVD) affects nearly half of all adults, who are 30% more likely to die of CVD (ie, coronary heart disease, heart failure, stroke, and peripheral artery disease) than the overall population.

Prevention and management of major CVD risk factors are key for addressing these persistent CVD disparities for promotion of cardiovascular health. Religiosity may improve health through several mechanisms. He elaborated that Religiosity may improve stress levels and encourage people to live healthy lives, including the prevention of substance or alcohol abuse. Social support among believers may also provide positive effects on their health. Prayer and meditation as a part of religious activities



Saint Shri Balak Yogeshwar Dass Ji Maharaj in presence of HoD Cardiology GMCH Jammu, Dr. Sushil Sharma inaugurating a medical camp.

may also be a form of relaxation. Individuals who have strong religiosity are significantly and likely to have favorable health habits for smoking, alcohol consumption, and exercise, as well as a better cardiovascular metabolic profile with the exception of obesity. Standard modifiable risk factors for CVD are cigarette smoking, excess alcohol, physical inactivity, poor diet/nutrition, high blood cholesterol, obesity, diabetes mellitus, high blood pressure, and psychosocial stress (including depression, anxiety, and personality traits such as hostility) . Each of these risk factors is related in

one way or another to Religiosity/Spirituality.

He maintained that Positive aspects include encouragement to live healthily, provision of mechanisms to regulate stress, and contribution to building a social support network. This could be the result of discouragement of alcohol consumption or encouragement by religious leaders to be physically active. On the contrary, unfavorable interactions with fellow members and religious doubts or discontent can induce increased psychological stress levels, which is a known risk factor for CVDs. These health behaviors can influence cardio

metabolic conditions and subsequently CVD risk. Spirituality is more related to one's emotional self-regulation, which could lead to less stress and therefore lower chances of developing cardio metabolic conditions and CVDs. Support from social networks can also influence this emotional self-regulation, He Said.

Management Committee of the Trust Saint Balak Yogeshwar Dass Ji Maharaj and Davinderjit Singh (Pintu) appreciated the efforts of Dr Sushil and his team for conducting Cardiac awareness cum health checkup 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 Dhanneshwer Kapoor and Dr Yashwant Sharma. Paramedics and volunteers includes Raghav Rajput, Rajkumar , Paramveer Singh, Aman Gupta, Rajinder Singh, Gourav Sharma, Vikas Kumar, Amandeep Singh, Nirvair Singh Bali and numerous disciple of the Trust.

BJP won semi-final, set to win final in 2024: Raina

■ STATE TIMES NEWS
JAMMU: BJP's victory has vindicated the policies of Prime Minister Narendra Modi led government, said Ravinder Raina, President, Bharatiya Janata Party (BJP) Jammu and Kashmir in upbeat mood, while he led the party's victory celebrations at Jammu.



J&K BJP President, Ravinder Raina and other senior leaders celebrating Party's victory in Jammu.

Leaders of J&K BJP on Sunday celebrated the party's landslide victory in Rajasthan, Madhya Pradesh and Chhattisgarh at party headquarters in Trikuta Nagar, Jammu, where hundreds of workers and leaders assembled and danced to the drum beats.

J&K BJP President Ravinder Raina, J&K BJP General Secretary (Org.) Ashok Koul, former Dy. CM Dr. Nirmal Singh, former Dy. CM Kavinder Gupta, former Minister Sat Sharma, general Secretary Adv. Vibodh Gupta, general Secretary Dr. Devinder Kumar Manyal, former Minister Priya Sethi, former MLC S. Charanjit Singh Khalsa, former MLC Vikram Randhawa, former MLA Ashwani Sharma, former MLA Neelam Langeh, former MLA Shiv Dev, Purnima Sharma, and others were amongst the prominent BJP leaders on the occasion.

Dancing to the beats of traditional drums and bursting crackers, jubilant BJP workers celebrated the party's impressive victories in three states where elections were held recently.

Raina said that the BJP has won the semi-finals with a great show and BJP will win the finals of 2024 with a thumping margin.

"The pro people policies of BJP have been accepted", he said, adding, "The victory is also befitting reply to Congress and INDI Alliance, as they are struggling for their survival".

Raina added that people have accepted the policies of BJP in the whole nation and have certainly made up their minds to repeat Modi as the Prime Minister.

In Jammu & Kashmir, the people are standing with Narendra Modi government

as it is taking care of every section of society. In J&K, the next Chief Minister is certainly from BJP, he added.

Raina attributed the peace and progress in all the parts of Jammu & Kashmir and stoppage of Hartal Calls in Kashmir due to the public welfare policies of the Modi government.

"BJP has done unprecedented public welfare works in all fields gaining the trust of people from every region and every religion, particularly the underprivileged and neglected classes", said Raina.

Raina said that the winning trend clearly shows the victory of the developmental agenda and vision of Prime Minister Narendra Modi. People have voted for the BJP for peace, security and development, he added.

Sham Sharma lauds Govt's dedication to welfare on World Disabled Day

Calls for Urgent Action on Pending Disability Demands



Former Minister and BJP Vice-President, Sham Lal Sharma speaking in a programme.

■ STATE TIMES NEWS
JAMMU: Former Minister and Bharatiya Janata Party (BJP) Vice-President, Sham Lal Sharma, expressed the unwavering commitment of the BJP government, led by Prime Minister Narendra Modi, to provide support to all segments of society, with a special emphasis on improving the conditions of the poor, needy, and disabled individuals.

Speaking at an event organized as part of 'World Disabled Day' by the All Jammu and Kashmir Disabled Welfare Trust in Akhnoor on Sunday, under the chairmanship of Trust Chairman Sushil Sharma, Sham Lal addressed the audience as the chief guest.

The Trust Chairman highlighted the challenges faced by differently-abled people during the programme.

Sham Lal commended the efforts of everyone gathered to celebrate 'Divyang Divas,' a day dedicated to honoring this significant section of society.

Sham Lal specifically

praised the Trust management for organizing the event on a day dedicated to disabled persons while ensuring basic facilities for differently-abled individuals.

On this occasion Chairman J&K Disable Welfare Association Sushil Sharma expressed their serious resentment against govt for not giving due attention to their genuine demands which are lying pending.

During the function demands put forth regarding currently, the Social Welfare Department is disbursing a pension of Rs. 1000 per month, which is insufficient to meet the needs of disabled individuals. Therefore, a request is made to increase the pension to Rs. 5000 per month.

The Composite Regional Centre, sanctioned in July 2013, has been allotted land in Vil. Baddlan near AHMS Vijaypur (Samba). The rented building has been acquired, but it has not yet been made functional at the proposed site.

The Ministry of Social

Justice & Empowerment, Government of India, has already established a separate Department known as the Department of Disability Affairs.

A similar separate department for disabled people is requested to be created to address the issues faced by this community effectively.

The Rehabilitation Council of India Act 1992 and the Mental Health Care Act 2017, along with 206 Acts, were extended on 5th August 2019. However, the notification for the implementation of these acts has not been issued yet. The RCI Act 1992 regulates training courses in the field of rehabilitation and special education, while the Mental Health Care Act 2017 focuses on providing mental health care for persons with mental illness. These acts are crucial for the disabled community, and their prompt implementation is requested.

Sham Sharma said that the issues are genuine and will be taken up with the concerned authorities.

Congress Party's efforts lead J&K people on path of development, prosperity: Bhalla



JKPCC Working President Raman Bhalla speaking at a party workers meeting.

■ STATE TIMES NEWS
JAMMU: The District Congress Committee Jammu (Urban) on Sunday held monthly meeting at the Congress office at Shaheedi Chowk to discuss important matters.

The meeting was presided over by JKPCC Working President Raman Bhalla and attended by former Minister and Vice President JKPCC Yogesh Sawhney, Ved Mahajan, Sewadal Chief Vijay Sharma Babbji.

The meeting was organized by new District Jammu Urban President Mannohan Singh.

Bhalla said that the BJP has lost the moral right to go to Jammu people after betrayal after betrayal. Former Minister took a dig at BJP over deceits and a failed government in order to highlight the failures and performance of the Modi Government on various fronts, including economy, foreign policy, communal harmony, inflation, farmers' income, national security, wel-

fare for the Scheduled castes, Scheduled tribes, and other backward classes. "It is not BJP but tireless efforts of Congress party that the people of the J&K are on the path of development and prosperity," he said. Yogesh Sawhney said Jammu people are now realizing their mistake committed in 2014 and 2019 as these people who were sent by the voters to raise their voice remained unheard for nine long years. It is hoped that the people of Jammu will surely correct the past mistake and reject such opportunists and exploiters and show them their place in the future elections. Mannohan Singh alleged that the ruling government's promise of 'achehe din' (good days) was meant only for themselves or a selected group of industrialists and capitalists whose wealth had increased.

Ved Mahajan in his address said that BJP climbed political ladder raising voice against discrimination with people of this region.

Chief Secretary Atal Dulloo pays obeisance at Baba Ballo Devsthan at Mathwar

■ STATE TIMES NEWS
JAMMU: Newly-appointed Chief Secretary Atal Dulloo on Sunday paid obeisance at Baba Ballo Devsthan in Village Mathwar and sought blessings of Babaji.



Newly-appointed Chief Secretary Atal Dulloo along with family paying obeisance at Baba Ballo Devsthan on Sunday.

He also performed Pooja and prayed for peace and prosperity of the people of Jammu and Kashmir. He was accompanied by his wife.

Mahant of Baba Ballo Devsthan, Yashpal Sharma congratulated the newly-appointed Chief Secretary and wished him for effective administration, prosperity and hoped that Babaji may fulfill his aspirations.

Atal Dulloo, a 1989 batch IAS officer having vast experience in the UT, had joined as Chief Secretary of J&K on December 1. He succeeded Arun Kumar Mehta who retired on November 30.

Dulloo holds the distinction of being the first person from Jammu and Kashmir to occupy the top slot in the UT's bureaucracy since 2017, following B R Sharma's tenure from 2015-17.

Mahant Yashpal Sharma said the spiritual land of

India has emanated the message of humanity from times immemorial and guided humanity to peace, prosperity and spiritual bliss.

He urged the devotees to spread the message of love, peace and compassion, which, he said is imperative

for national integration and promoting inclusiveness across the country and in Jammu and Kashmir.

It may be mentioned here that Baba Ballo Devsthan is one of the ancient and widely visited shrine after Mata Vaishno Devi, Shiv Khori and Sudh Mahadev.

Throughout the year, the devotees from various parts of the country visit the shrine to pay obeisance. During the past some decades, the administration has paid special attention for the development of this area in view of the significance of the shrine.