

Dr Jitendra chairs Joint Ministerial meeting, calls for 'whole of Govt' approach

STATE TIMES NEWS
NEW DELHI: While chairing the Joint Ministerial Meeting of the Secretaries of all the Science Ministries and Departments of the Government, Union Minister, Dr. Jitendra Singh called for aligning all the government departments as well as the Centre and State efforts with a "whole of Government" and "whole of Science" approach to realise Prime Minister Narendra Modi's vision to transform India into "Viksit Bharat" by 2047.



Union Minister Dr. Jitendra Singh chairing the Joint Ministerial meeting of the Secretaries of all the Science Ministries and Departments, at New Delhi.

The Minister urged the respective State Scientific Councils to take an active role in advancing scientific initiatives during the Monthly Meeting of Science Secretaries held here on Sunday. Highlighting the importance of cooperative federalism in science, Dr. Jitendra Singh stressed the need to integrate all the stakeholders to create a sustainable and progressive ecosystem. The meeting served as a key

platform for evaluating ongoing programs and discussing future strategies to strengthen India's scientific ecosystem. Dr. Jitendra emphasized the vital role of State Scientific Councils in fostering innovation, advancing regional development, and contributing to national goals. He called on states to act as catalysts for cultivating a scientific temperament, promoting grassroots innovation, and leveraging local expertise to address unique challenges.

Dr. Jitendra highlighted the need to scale and market cutting-edge solutions from government-backed institutions to attract investment and address pressing issues in sectors such as healthcare, agriculture, and climate resilience. "Scientific innovation must not remain confined to laboratories. It should translate into impactful, market-ready solutions that empower industries and improve lives," he stated. He cited examples of successful government-supported

innovations, encouraging departments to use these stories as models to inspire trust and investment from private stakeholders. By effectively marketing technologies, India could establish itself as a global leader in innovation and technology-led solutions. Dr. Singh advocated for frameworks that enable public-private collaboration to fast-track the commercialization of lab-scale breakthroughs. He stressed that such partnerships are essential for bridging the gap between research and real-world applications, ensuring that innova-

tions are accessible, scalable, and impactful. Dr. Jitendra reiterated the need for cooperative federalism in the science ecosystem, urging states to align with central initiatives to create a unified scientific framework. This approach, he noted, would foster regional growth, build scientific temper, and ensure equitable access to the benefits of technological advancements across the country. The team of senior Secretaries and officers was led by Principal Scientific Advisor to the Govt of India, Prof Ajay Sood.



Healthy and hale lifestyle cornerstone in prevention of cardiovascular diseases: Dr Sushil

STATE TIMES NEWS
JAMMU: With the aim of disseminating information regarding prevention of cardiac ailments by adopting a cardiac friendly lifestyle Head Department of Cardiology GMCH Jammu Dr Sushil Sharma conducted a day long cardiac awareness cum health check up camp organized by Shaheed Committee Jandi in collaboration with Non Gazetted Police Pensioner Welfare forum in memory of Shaheed Amar Jawans at Village Jandi area of Hiranagar, Kathua with sole purpose of educating people about small changes in their dietary and routine habits which can contribute much larger in reducing morbidity and mortality on a vast scale at community level.



HoD Cardiology GMCH Jammu Dr Sushil Sharma with his team and others at cardiac awareness cum health check up.

While interacting with the people, Dr Sushil Stated that Cardiovascular Diseases (CVDs) remain a leading cause of morbidity and mortality worldwide. "Lifestyle modifications have gained increasing recognition as key interventions in preventing and managing CVDs. A heart-healthy diet plays a critical role in reducing cardiovascular risk. A

heart-healthy diet helps lower levels of low-density lipoprotein (LDL). High LDL is a major risk factor for the development of atherosclerosis. By reducing dietary intake of saturated and trans fats, a heart-healthy diet can help maintain optimal cholesterol levels and prevent the formation of plaque. A heart-healthy diet promotes the control of blood pressure, another significant risk factor for CVDs. A diet rich in fruits, vegetables, whole grains, and low-fat dairy products, known as the Dietary Approaches to Stop Hypertension (DASH) diet, has been shown to effectively lower blood pressure and indirectly reduces the burden

of CVD. The AHA recommends at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week, along with muscle-strengthening activities at least two days per week and AHA strongly advises against smoking and supports comprehensive smoking cessation programs," Dr Sushil said. He maintained that screening camps like this one are vital in addressing the growing burden of cardiovascular diseases. They serve as a bridge between healthcare providers and the public, making preventive care accessible and affordable. These initiatives also play a

crucial role in reducing healthcare costs by promoting early detection and prevention, rather than waiting for conditions to progress to more severe stages. By fostering awareness and encouraging proactive lifestyle changes, the camp exemplified how simple yet effective interventions can make a profound difference in preventing cardiovascular diseases. Such initiatives should be scaled up and integrated into broader public health strategies to create healthier communities and reduce the global burden of CVD. As the saying goes, "Prevention is better than cure," and this camp underscored the importance

of living by this principle to safeguard heart health and overall well-being, he said. Management Committee of Shaheed Committee Jandi Ram Krishan Sharma (Chairman), Durga Dass Sharma, Tirath Ram, Ramesh Lal, Yograj Singh, Surinder Singh, Ramesh Sambhal and Ajeet Singh (President-N.G.P.P.W.F) appreciated the efforts of Dr Sushil and his team for giving their valuable time and conducted cardiac awareness cum health check up camp at such far flung area and shows their heartfelt gratitude. Others who were part of this humane effort includes Dr Sushil Razdan (Neurologist), Dr K K Pandita, Dr Rajni Razdan, Dr Yashwant Sharma, Dr Dhaneshwar Kapoor, Dr Pallavi, Dr Shivani and Dr Tarseen Singh. Paramedics and volunteers includes Ranjeet Singh, Rajkumar, Vishal Padha, Rohit Nayyar, Maninder Singh, Rahul Sharma, Makhan Sharma, Rajinder Singh, Rahul Vaid, Vikas kumar, Ravinder Sharma and Nirvair Singh Bali.

J&K Branch of ICAI concludes Certification Course on GST



Participants of Certification Course on GST posing with officials.

STATE TIMES NEWS
JAMMU: The J&K Branch of the Institute of Chartered Accountants of India (ICAI) concluded its much-anticipated Certification Course on Goods and Services Tax (GST). The course witnessed enthusiastic participation from over 50 members across the region, reflecting the growing interest and com-

mitment of professionals to enhance their knowledge in this critical area of taxation. The meticulously designed course provided a comprehensive overview of GST, delving into its inception and evolution. The curriculum encompassed key topics such as: Constitutional provisions related to GST, Time and place of supply, Input tax credit, GST implications on

import and export, E-way bills and e-invoicing, Audits by tax authorities, Refunds, inspections, and search and seizure processes, Appeals, revisions, and annual returns, Latest case studies and judicial announcements. Participants lauded the course for its practical approach and relevance to real-world scenarios, with expert faculty delivering insights into the complexities of GST. Special emphasis was laid on contemporary issues and challenges, equipping attendees with the skills and knowledge required to navigate the dynamic GST landscape effectively. The J&K Branch of ICAI remains committed to providing high-quality professional education and training to its members, fostering excellence and innovation in the field of accountancy and taxation.

Tribal Art Workshop inaugurated at Kala Kendra

STATE TIMES NEWS
JAMMU: Principal Secretary, Culture and School Education, Suresh Kumar Gupta and Secretary, Rural Development Department, Mohammad Aijaz, jointly inaugurated a Tribal Art workshop at the GR Santosh Gallery, Kala Kendra, Jammu on Sunday. The workshop was a collaborative effort of the Kala Kendra Society, Jammu and the Department of Painting, Institute of Music and Fine Arts (IMFA), University of Jammu.



Principal Secretary Culture, Suresh Kumar Gupta with other dignitaries and participants.

Speaking on the occasion, Suresh Kumar Gupta emphasized the need for artists, painters, and sculptors to explore indigenous art forms and promote tribal culture through their creative works. He lauded the enthusiasm of the participants for

engaging with themes related to tribal life and heritage. Mohammad Aijaz highlighted the role of art in tribal and rural development. He urged officers from the Rural Development Department to integrate local artists into the Rural Livelihood Mission and guide rural women in adding creative dimensions to their traditional arts. Dr. Javaid Rahi, Secretary

of Kala Kendra Society, informed that the event saw participation from 30 Fine Arts students. The workshop aimed to inspire the young generation to focus on Tribal Art alongside other contemporary forms. Renowned artist Madhusudan Das from Delhi was invited to train the participants in the nuances of Tribal Art.

Dr. Milan Sharma, Head of the Painting Department, IMFA, shared that the workshop showcased 30 unique artworks focusing on Tribal Art. She noted that this initiative has offered the students a deeper understanding of Tribal Art, fulfilling a critical gap in their academic and creative journeys. Madhusudan Das, the visiting expert, appreciated the

rich tribal art traditions of Jammu and Kashmir, which he believes need greater recognition. He expressed his commitment towards popularising the Tribal Art among the younger generation across India. The workshop was coordinated by IMFA faculty members Rachita Dutta and Ankush Kesar. Rohit Verma, Sukhjeet Singh and Anish Tickoo stated that this workshop will help in conceptualising new dimensions towards Tribal Art. They, in their separate lectures, remarked that the workshop's practical approach has allowed the students to explore the vibrant imagery, colours and stories inherent in Tribal Art, paving the way for a new creative language in their works.

Principal Secy reviews J&K power scenario, asks KPDCCL to ensure strict adherence to curtailment schedule

STATE TIMES NEWS
SRINAGAR: Principal Secretary, Power Development Department (PDD), H. Rajesh Prasad, on Sunday had a review meeting regarding the status of power scenario in the Union Territory here at Civil Secretariat.

"Ensure strict adherence to the power curtailment schedule besides avoiding unscheduled cuts," the Principal Secretary asked the PDD officers.

Program (LCP). It was informed that around 8-10 percent of additional electricity is being supplied to valley in comparison to previous year. On an average, 1600MW are being supplied to valley with peak load to the tune of 1750MW.

Present in the meeting were officers of KPDCCL/JKPTCL including Mahmood Ahmad Shah, Managing Director KPDCCL, Engineer Rubaila Wani, Managing Director JKPTCL, Chief Engineers of various wings, Superintending Engineers, Chief Electrical Inspector and Executive Engineers of O&M and STD divisions. A brief report about present power scenario in valley and availability of buffer stock for winter season was discussed in detail during the meeting. Chief Engineer Distribution KPDCCL presented the details of load scenario and deliberated on the operational Load Curtailment

The Principal Secretary asked the officers of KPDCCL for providing power as per Load Curtailment schedule without any unscheduled cuts with strict monitoring of the deviation (if any). He also asked for regular monitoring of AT&C loss of every 11kV feeder so that corrective measure be taken to plug the loss so as to provide quality and reliable power supply across the valley. He directed the officers for intensifying enforcement drives to curb the menace of power pilferage and use of unauthorised excess load. Rajesh Prasad also reviewed the availability of transformers (DTs) and spare material with the Divisional and Central Store of KPDCCL to tackle any urgency. Chief Engineer Distribution apprised that sufficient stock of buffer DTs and spare material is available for quick restoration of power supply in case of any outages.

JKRLM's 3 day exhibition 'Ashakari' inaugurated

STATE TIMES NEWS
JAMMU: Principal Secretary, Culture, Suresh Kumar Gupta and Secretary, Rural Development Department, Mohammad Aijaz on Sunday inaugurated a three day exhibition of art, craft and cuisines "Ashakari" by the skilled and empowered SHG members of Jammu & Kashmir Rural Livelihoods Mission (JKRLM) at Kala Kendra Jammu.



Mission Director, JKRLM, Dr Shubra Sharma with SHG members at Kala Kendra Jammu.

Being organised by the JKRLM, the event celebrates the talent and craftsmanship of women Self-Help Group (SHG) members from across the Union Territory. The exhibition, being held from December 14 to 16, features 40 vibrant stalls showcasing the rich art and craft of J&K. Suresh Kumar Gupta, praised the economic independence and empowerment of women, stating that it was a shared goal with the Prime Minister to see more and more "Lakhpati Didis." He commended the women for their resilience and ability to stand on their own feet, as demonstrated by the exhibition. Secretary RDD, spoke about the symbol of hope that the

Ashakari represents for the self help groups. He mentioned the significant impact of over 90,000 SHGs in Jammu and Kashmir, covering 7.5 lakh households. The Secretary also emphasized the success of the Lakhpati Didi initiative, part of Prime Minister's vision to economically empower women. He said that JKRLM is not just a scheme; it's a movement. Women in even the remotest areas have overcome obstacles and demonstrated their strength. The journey ahead will continue to break barriers, he added.

They also visited different stalls which offer a mix of handicrafts, handlooms and culinary delights representing both the Jammu and Kashmir divisions. A distinctive highlight of the exhibition was the live demonstration of traditional art forms including pottery, grass handicrafts, Basholi art and Crewel embroidery. The visitors can witness artisans skilfully crafting their products, a testament to the region's cultural legacy. The exhibition brings together an eclectic mix of products that highlight the diverse cultural

heritage and craftsmanship of J&K. Some of the featured items included Chabhri Binna from Reasi, Saffron from Pulwama, Black Zeera from Kishtwar, essential oils and Natural Fragrance diffusers from Bhaderwah, handicrafts and handlooms from Anantnag, spices and pottery items from Samba, Picanut and Wheat Pine Baskets from Poonch, Jute bags and crochet items from Jammu, Willow baskets and handbags from Ganderbal, hand-ground maize flour and pickles from Rajouri, Paper-Mache items from Bandipora, Basholi Pashmina shawls and Basholi paintings from Kathua and Crewel embroidery curtains and cushion covers from Kupwara and Budgam. Mission Director, JKRLM, Dr Shubra Sharma, said that the exhibition symbolizes how women with skills can bring new hope for their empowerment. "Through this platform, they can showcase their handmade and handcrafted products, engage with the public and boost their confidence," she said. Sharma highlighted the efforts being made to prepare women for

Ashakari mela showcases rich cultural heritage

JAMMU: The vibrant 3-day Ashakari Mela, organized by the Jammu and Kashmir Rural Livelihood Mission (JKRLM) under the Department of Rural Development and Panchayati Raj, is in full swing at Kalakendra, Jammu. The event celebrates the rich cultural heritage, craftsmanship and culinary traditions of Jammu and Kashmir, attracting a large number of visitors.

The Mela features a wide range of traditional crafts, artisanal goods, and regional delicacies, offering a unique platform for skilled women artisans and craftsmen to showcase their talents. Dynamic live demonstrations of crafts such as pottery, grass handicrafts, Basholi art and intricate Crewel and Sozni embroidery have been the highlight of the event, capturing the spirit of rural artistry and the cultural legacy of the region.

The event became a focal point for promoting the cultural richness of Jammu and Kashmir, while also fostering economic empowerment for women artisans. The Ashakari Mela will continue till December 16, providing an enriching experience for all and serving as a testament to the vibrant traditions of Jammu and Kashmir. Mission Director JKRLM, Dr. Shubra Sharma, highlighted the empowerment of women artisans through this initiative.

She said, "Platforms like the Ashakari Mela enable women Self-Help Groups (SHGs) to display their hand-crafted products, connect with the public and gain confidence. This event provides a glimpse into the vibrant culture of J&K while giving SHG members an opportunity to shine." Dr. Sharma also emphasized the dual benefit of the Mela, for visitors, it is a chance to explore and purchase unique handmade items, while for artisans, it serves as a valuable avenue for recognition and economic growth.

such events, including skill development in embroidery, food preparation and other crafts. "Our mission is to enhance women's skills, enabling them to earn a livelihood and become economically empowered. This platform gives them the opportunity to interact with buyers and build

their confidence," she added. She also invited the people of Jammu to attend the exhibition, urging them to support women artisans by purchasing their products. Among others the exhibition was attended by Secretary JKAACL, Harvinder Kour,

Secretary Kala Kendra, Javaid Rahi, Director Rural Development, Jammu, Mumtaz Ali, Director, Panchayati Raj, Sham Lal, Chief Operating Officer, Himayat, Rajneesh Gupta, Director Animal Husbandry Jammu, Dr Waheeda Parveen and others.

