

Dr Jitendra holds ‘Public Durbar’ at Ramban, on spot decisions taken

■ **STATE TIMES NEWS**
RAMBAN: Union Minister, Dr Jitendra Singh on Sunday held a "Public Durbar" here and directly interacted with groups and delegations of public, in the presence of senior Central govt officers including those from NHA and UT government officers led by Deputy Commissioner.

This was Dr Jitendra Singh's second such public durbar at Ramban in recent months.

Several on the spot decisions were taken. Dr Jitendra Singh gave a patient listening and for each matter, issued immediate instructions to the officers of the concerned department.

Dr Jitendra Singh said, the government has taken several path breaking measures in the last decade to scale up infrastructure development in Ramban district of Jammu and Kashmir.

The Minister said, during the period, the steps taken were two-pronged. The first



Union Minister Dr. Jitendra Singh holding 'Public Durbar' at Ramban on Sunday.

and foremost was to overcome the deprivations of the past as well as resume the stalled projects, and latter to initiate ambitious projects to boost connectivity in the district. Dr Jitendra Singh said, earlier the travel from Jammu to Ramban would take an entire day; now, the distance is covered less than two hours. He stated that Dr Syama Prasad Mukherjee Tunnel connecting Ramban with Udhampur is one such

The Union Minister said that the government is focussed on bringing state-of-the-art facilities to rural areas of the country under the auspices of Prashasan Gaon Ki Aur programme, and improving grievance redressal mechanism besides ushering in more transparency in governance.

Highlighting the role of public representatives in governance, he said members of the PRIs have been instrumental in reaching services to the grassroots and alleviating public sufferings. He said together with the district administration, these representatives have formed an essential part of the team to serve common citizens in the last 10 years. Dr Jitendra Singh expressed the hope that the team will get strengthened with the participation of newly elected MLAs to better serve the people and improve their living standards matching the constituents of the national mainstream.

Dr Jitendra Singh urged the administration to address public issues on priority for their expeditious resolution.



Safeguarding Young Athletes: Understanding, preventing heart conditions: Dr Sushil

■ **STATE TIMES NEWS**
JAMMU: To strengthen their campaign further to aware masses about the ill effects of Cardiovascular Diseases Head Department of Cardiology GMCH Jammu Dr Sushil Sharma conducted a day long cardiac awareness cum health check up camp in collaboration with Sikh Unity Forum Poonch, Rahul Dravid Cricket Academy and Committee of Char Sahibzade at Sports Stadium to commemorate Safar-E-Shahadat Chahar Sahibzaade, with more emphasis on Physical activity to reduce the cardiac mortality and morbidity.



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

disorders. Hypertrophic cardiomyopathy (HCM) is one of the most common and serious conditions, characterized by abnormal thickening of the heart muscle that can obstruct blood flow. Another critical condition is congenital coronary artery anomalies, where abnormal coronary artery development can restrict blood flow during exertion.

He elaborated that Electrical abnormalities, such as long QT syndrome and Wolff-Parkinson-White (WPW) syndrome, disrupt the heart's normal rhythm, increasing the risk of life-threatening arrhythmias. Additionally, myocarditis, an inflammation of the heart muscle often caused by viral infections, can lead to sudden cardiac events, especially during intense physical activity. While these conditions can be asymptomatic, they may also manifest as warning signs, including

chest pain, fainting, or palpitations during exercise. Participation in sports offers young athletes numerous physical, mental, and social benefits. However, underlying heart conditions can pose significant risks, potentially leading to serious outcomes like sudden cardiac arrest (SCA). While these events are rare, prevention and early detection are essential to ensuring the safety of young athletes.

He added that the first line of defense against heart-related issues in young athletes is a thorough pre-participation screening. "This involves a detailed medical history and physical examination. The medical history should assess personal symptoms such as chest pain, fainting, or shortness of breath during exercise, as well as family history of cardiac diseases or sudden death. Physical examinations should include listening

for heart murmurs, checking blood pressure, and assessing for any physical signs of cardiovascular issues," he said.

Dr Sushil Sharma in his concluding remarks told that preventing heart conditions in young athletes requires a multifaceted approach that includes comprehensive screening, education, access to life-saving equipment, and promotion of healthy habits. "Heart conditions in young athletes, though rare, demand attention to ensure their safety during sports participation. Early detection and timely intervention not only save lives but also empower young athletes to pursue their passions with confidence and well-being. Ultimately, a proactive and collaborative approach among athletes, families, and medical professionals is key to safeguarding the health of the next generation of athletes, Dr Sushil said.

Organizing Committee of the Camp Onkar Singh Baghi (President Sikh Unity Forum Poonch), Adv Sunil Sharma (President Bar Association Poonch), Naresh Chander (Ex- Councillor), Harcharan Singh Khalsa, Parvez Ahmad Afridi, Imran, Mohinder Singh (Ex Councillor), Balvinder Singh Baghi (Chairman DGPC), Parvinder Singh (Ex Councillor), Matinder Pal Singh (Hockey Coach) , Hazara Singh , Jugal Kishore , Surjan Singh , Jatinder Pal Singh, Nirjyote Singh and Mannohan Singh (Sonu) appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health check up camp in their area for welfare of the society .

Others who were part of this camp includes Dr Parvez Khan (CMO Poonch), Dr Shahbaz Khan, Dr Pallavi Sharma and Dr Amarpreet Singh.

Paramedics and volunteers includes Rajkumar, Rahul Vaid, Rohit Nayyar, Vikas Kumar, Rajinder Singh, Gourav Sharma, Amnisha Datta, Paramveer Singh, Harsh Bali, Ritik Sharma, Shaista Parveen, Rubina, Basharat Anjum, Anil Sharma, Sumit Sharma, Ajit Pal Singh, Vikram Sharma, Droub Sharma, Randhir Singh and Nirvair Singh Bali.

Dy CM visits Katra; addresses concerns of local residents



Dy Chief Minister, Surinder Kumar Choudhary speaking at public meeting.

■ **STATE TIMES NEWS**
KATRA: Deputy Chief Minister, Surinder Kumar Choudhary, on Sunday visited Katra to assess and address the issues and concerns of local residents.

During the visit, several delegations called on the Dy CM and apprised him of their grievances and demands as well seeking prompt redressal of the same.

The Dy CM also visited Shalimar Park and Katra

Bus Stand and took stock of facilities there.

While interacting with the deputations, the Deputy Chief Minister said the government stands firmly with the people and is fully committed to their welfare and development.

The Dy CM assured the people that their grievances and demands will be looked into on priority for redressal.

Acknowledging the

importance of addressing public grievances, he assured the delegations of the government's commitment towards welfare of the people.

"The government remains committed towards upholding the rights of every individual while ensuring no one is deprived of the benefits of schemes being implemented by the UT administration, maintained the Dy CM."

Yudhvir pledges comprehensive development for all sections of society

Vows to make East Constituency a model of progress & harmony

■ **STATE TIMES NEWS**
JAMMU: Senior BJP leader and MLA Jammu East Constituency, Yudhvir Sethi today addressed a large public meeting at Belicharana area of Ward No. 71, where he listened to the grievances and aspirations of the residents. During the interaction, the people apprised the MLA of pressing issues, including upgradation of lanes and drains, schools, street lighting, etc. They also highlighted the urgency of addressing these challenges to improve the quality of life in the area. Responding to the concerns, Yudhvir Sethi assured the residents of his unwavering commitment to resolving their problems. "For the next five years, as your MLA, I am fully dedicated to the development of every section of society, irrespective of caste, color, or religion. My mis-



MLA Jammu East Constituency, Yudhvir Sethi addressing public meeting.

sion is to ensure holistic progress across all corners of my constituency, and your trust fuels my determination," he said. Sethi emphasized that his approach to governance is deeply inspired by Prime Minister Narendra Modi's vision of Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Prayas. "Under PM Modi's leadership, India has witnessed unprecedented development and progress. My aim is to replicate this success in

Jammu and Kashmir, ensuring that every individual benefits from Modi government's welfare initiatives," he added. The BJP leader highlighted the transformative impact of various Central Government schemes like Swachh Bharat Mission, Ujjwala Yojana, and Ayushman Bharat, which have uplifted the underprivileged and improved living standards. He also urged the public to actively participate in the development process by providing

suggestions and monitoring progress. "Development is not a one-way street. Your suggestions, support, and involvement will strengthen our resolve and ensure effective governance," he added. He assured the residents that the issues raised during the meeting would be addressed on a priority basis. He also announced plans to initiate development projects in Belicharana, including upgrading infrastructure and improving basic amenities.

The event witnessed enthusiastic participation from locals, party workers, and community leaders, who expressed confidence in Sethi's leadership and his ability to bring about meaningful change in the constituency. He reiterated his dedication to making East Constituency a model of progress and harmony.

JKKKA, Col Ranveer, others meet LG Sinha



Col Ranveer Singh Jamwal and J&K Kho Kho Association delegation calling on Lieutenant Governor Manoj Sinha.

■ **STATE TIMES NEWS**
JAMMU: A delegation of J&K Kho Kho Association headed by its President Dr Baljinder Kour called on Lieutenant Governor Manoj Sinha, on Sunday .

The members of the delegation extended invitation to the Lieutenant Governor for the inaugural function of the Kho Kho World Cup 2025.

The upcoming Kho Kho World Cup is set to take

place in New Delhi from 13th January to 19th January, 2025.

Abhijeet Jasrotia, BJP Spokesperson was also present during the interaction.

Meanwhile, Tazeem Akhter, Chairperson, District Development Council Poonch called on Lieutenant Governor Manoj Sinha.

Subsequently, public delegation led by Sangita

Sharma, Member, District Development Council Seri; BJP delegation from Nowshera, and representatives of Beopar Mandal Rajouri also called on the Lieutenant Governor.

Later, Col Ranveer Singh Jamwal, an international mountaineer and three-times Everest Summittee also called on Lieutenant Governor.

The Lieutenant Governor lauded Col Jamwal's

extraordinary achievements in the field of mountaineering and bringing pride to J&K and the nation.

Col Jamwal also presented a coffee table book "Har Shikhar Tiranga". The book chronicles the unparalleled journey of climbing the highest peaks across the country.

This mission was conceptualized and led by Col Jamwal.

IIM Jammu hosts transformative angel investor masterclass

■ **STATE TIMES NEWS**
JAMMU: Indian Institute of Management (IIM) Jammu, under the leadership of Prof. B.S. Sahay, Director, IIM Jammu, hosted the second session of its Angel Investor Masterclass series, at the STEM program being organized in association with SIDBI. Organized in association with Entrepreneurship Development Cell (EDC) of IIM Jammu, the session brought together aspiring entrepreneurs, angel investors, and industry leaders to explore the nuances of angel investing and startup funding.

The event featured an exceptional lineup of speakers lead by Suraj Malik, a Private Client and Funds Structuring Expert. It was joined by Pranav Ohlroi,

Syndicate Lead Manager at Allhuvium Capital. Naveen Jain, Founder of Centriti and Co-Manager at Atrium Angels and Saurabh Sharma, Investment Funds Specialist and Angel Investor.

The session was moderated by Vivek Sharma, CIO Jammu, IIM Jammu, who served as a bridge between the esteemed speakers and participants. His ability to simplify the complex topics and foster meaningful dialogue created an engaging and interactive atmosphere, ensuring the session's success.

Suraj Malik played a pivotal role as the facilitator, contributing significantly to the session's organization and execution. The event commenced with insights



Vivek Sharma, CIO IIM Jammu with faculty members at a programme.

from Pranav Ohlroi, who shared his extensive experience evaluating over 100 startups and investing in more than 10 early-stage ventures in the past year.

He emphasized the dynamic nature of India's startup ecosystem, highlighting the importance of understanding

regional variations- "the many mini Indias within India." Discussing key evaluation criteria for pitches, he stressed the significance of a founder's vision, competition analysis, industry trends, and the startup's unique value proposition. Drawing from his journey, he advised

participants to cultivate an independent perspective and diversify investments to manage risks effectively.

A highlight of the event was the mock pitch session, where Naveen Jain presented Centriti, an end-to-end procurement solution tailored for the HoReCa sector;

to Pranav Ohlroi, who acted as the investor. This session offered participants a real-world glimpse into the dynamics of startup pitching, challenges, and strategic solutions.

Following the mock pitch, an engaging discussion unfolded. He shared insights

on managing business intricacies, addressing seasonality in the HoReCa industry, and scaling businesses to new locations. Saurabh Sharma provided valuable perspectives by analysing major competitors and illustrating how businesses can manage and leverage data effectively to gain a competitive edge.

The masterclass provided attendees with actionable insights on crafting compelling, investor-ready pitches while addressing challenges in the HoReCa sector and uncovering potential opportunities. Participants gained a strategic understanding of thriving as a startup in emerging markets, equipping them with essential tools to navigate today's

competitive landscape.

The session concluded with an interactive Q&A session led by Saurabh Sharma and other angel investors, exploring sector-specific investment opportunities. Contributions from STEM (Skill to Enterprise Module) members enriched the discussions further.

The Entrepreneurship Development Cell of IIM Jammu, in collaboration with STEM members, extends its gratitude to the speakers, participants, and angel investors for making this session an outstanding success. The masterclass demystified angel investing and empowered participants with actionable insights to navigate their entrepreneurial and investment journeys.