

India’s quantum leap testified by global success stories ‘Vaccine’, ‘Chandrayaan’: Dr Jitendra

■ STATE TIMES NEWS
NEW DELHI: Union Minister Dr. Jitendra Singh said here on Sunday that India's quantum leap was testified by global success stories like "Vaccine" and "Chandrayaan".

He was speaking after inaugurating the new premises of "Vigyan Bharati" in the national capital, describing the same as a long-felt need. He emphasized that the office would serve as a center for exchange of ideas and a seat of learning.

Addressing the ceremony, Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr. Jitendra Singh stated that India is witnessing a transformative era in science under the leadership of Prime Minister Narendra Modi. He highlighted how the Prime Minister not only encourages but also provides unwavering support to the scientific community, strengthening it with resources and enabling collaborations with non-governmental sectors to achieve the best outcomes.

Reflecting on the advancements of the past decade, Dr. Jitendra Singh stressed



Union Minister Dr. Jitendra Singh speaking after inaugurating the new office of "Vigyan Bharati" at New Delhi.

that while India has always had immense scientific acumen and talent, the missing element was commitment and prioritization from the political leadership—something that is now being actively addressed under PM Modi's governance.

Dr. Jitendra Singh underscored the significant progress India has made, particularly in healthcare. He noted that India, once not taken seriously in curative healthcare, is now emerging as a global leader in preventive healthcare. He proudly mentioned India's achievements, including: The first DNA vaccine developed during the pandemic. The first indigenous HPV vaccine to combat cervical cancer and rapid advancements in space technology, despite a

late start in the sector. He also spoke about India's commitment to global climate change efforts, reaffirming the country's target of achieving net-zero emissions by 2070.

Dr. Jitendra Singh highlighted the importance of Traditional Knowledge Digital Library (TKDL), calling it a valuable repository of indigenous wisdom. He cited examples such as: The Konark Temple in Odisha, which remained intact even after the super cyclone of 2000, showcasing India's architectural resilience.

The growing interest in traditional medicine, as seen during the pandemic when the West explored homeopathy and naturopathy for potential remedies. He also referenced India's

success in using steel slag for road construction in Arunachal Pradesh, in collaboration with the Tata Group, drawing parallels with the durable routes of Ajanta and Ellora that have withstood the test of time.

Quoting Dr. Syama Prasad Mookerjee, Dr. Singh remarked, "By remaining committed to our legacy, we should not deprive ourselves of what is happening across the world." He urged Vigyan Bharati to act as an interface for identifying initiatives and fostering collaborations, similar to how INSPIRE and BIRAC have become successful platforms for the space and biotechnology sectors, respectively.

He also proudly announced India's recent

breakthrough in pharmaceuticals with the creation of the indigenous antibiotic 'Nafthromycin', positioning India as a leader in both traditional and cutting-edge technologies.

Dr. Jitendra Singh emphasized that integration is no longer an option but a necessity and called upon Vigyan Bharati to become a key medium for broader scientific integration. He expressed confidence that such efforts would drive India's continued rise as a global powerhouse in science and technology.



Cardiac ailments and exercise-a vital relationship: Dr Sushil

■ STATE TIMES NEWS

JAMMU: Continuing with his relentless efforts to aware masses regarding prevention of cardiac ailments by encouraging healthy lifestyle practices ultimately leading to healthy heart. Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness cum health check up camp at Akhara Deewan Mandir Jammu so as to disseminate information regarding concept of hale and healthy heart at grass root level as much as possible.

While interacting with the people, Dr Sushil told that Cardiac ailments, including conditions like coronary artery disease, heart failure, and arrhythmias, affect millions of people worldwide.

These conditions can severely impact a person's quality of life and increase the risk of severe complications such as heart attacks or strokes, he said.

"While medical treatments and lifestyle changes play a crucial role in managing heart disease, exercise is one of the most effective ways to improve heart health. However, for individuals with cardiac ailments, engaging in physical activity requires careful planning and medical supervision," Dr Sushil said.

Elaborating the importance of exercise for heart health, he said, "Exercise plays a significant role in maintaining cardiovascular



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

health and preventing heart-related complications. It strengthens the heart muscle, improves circulation, and enhances the efficiency of oxygen delivery throughout the body. Regular physical activity also helps control key risk factors for heart disease, including high blood pressure, high cholesterol, diabetes, and obesity. Additionally, exercise reduces stress and promotes overall well-being, which can further benefit heart health. Exercise is a powerful tool for preventing and managing cardiac ailments. When done correctly and under proper supervision, it can improve heart function, enhance overall health, and reduce the risk of complications. However, individuals with heart conditions must follow medical advice and adopt a safe, structured exercise regimen. By balancing physical activity with necessary precautions, heart patients can enjoy a healthier and more

active life."

He advised that for heart patients, not all forms of exercise are suitable. "The type, intensity, and duration of physical activity should be tailored to an individual's condition and fitness level."

Low-Intensity Exercises like Walking, Cycling, Swimming or Water Aerobics, Yoga. These activities are generally safe for most cardiac patients and provide gentle cardiovascular benefits. Moderate-Intensity Exercises like Brisk Walking, Light Jogging, Dancing and Resistance Training For individuals with stable heart conditions, moderate-intensity activities can offer additional cardiovascular benefits. Certain high-intensity activities like High-Intensity Interval Training, Heavy Weightlifting, Sprinting or Intense Cardio Workouts, Competitive Sports with Sudden Bursts of Activity may put excessive stress on the heart and should be

avoided unless advised by a healthcare provider. Individuals with cardiac ailments should take necessary precautions before starting an exercise program," he said.

Management committee of the Akhara Deewan Mandir Bodh Raj, Sanjeev Kerni, Swaran Lal, Rajkumar, Rajinder Singh, Vishav Pratap, Pankaj Mehra and Dheeraj Sharma appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health check up camp in their premises and shows their heartfelt gratitude.

Others who were part of this camp includes Dr Yashwant Sharma and Dr Dhaneshwar Kapoor. Paramedics and volunteers include Kamal Sharma, Raghav Rajput, Ranjeet Singh, Rajkumar, Rohit Nayyar, Rahul Vaid, Maninder Singh, Gourav Sharma, Vikas Kumar, Rajinder Singh, Arun Singh and Nirvair Singh Bali.

Sunil Sharma meets Home Minister Amit Shah, discusses key issues of J&K

■ STATE TIMES NEWS

NEW DELHI: Leader of Opposition in the Jammu and Kashmir Assembly, Sunil Sharma, met Union Home Minister Amit Shah to discuss pressing issues impacting the region.

During the meeting, Sharma highlighted the alarming rise in drug abuse and narcotics trafficking in J&K, emphasizing the need for urgent intervention.

He also pushed for major infrastructure projects, particularly in road connectivity and tourism, to boost economic growth and employment.

Sharma further underscored the importance of strengthening and expanding Village Defence Committees (VDCs) and Village Defence Guards (VDGs), citing their crucial role in countering terrorism.

He raised concerns over recent terror attacks, including the brutal assault on an ex-serviceman's family in Kulgam, and urged the government to ensure complete rehabilitation and education for victims' families.

In response, Amit Shah assured full support and committed to addressing the issues raised.

He also agreed to meet all BJP MLAs from Jammu and Kashmir, a move expected to strengthen the party's position and address lawmakers' concerns.

The discussion also covered the upcoming J&K Assembly budget session, political developments, and law & order



Leader of Opposition in the Jammu and Kashmir Assembly, Sunil Sharma meeting with Union Home Minister Amit Shah.

issues. Sharma's meeting with the Home Minister is seen as a significant step in addressing the challenges faced by the people of Jammu and Kashmir.

Progress on works in Jammu migrant camps reviewed

■ STATE TIMES NEWS

JAMMU: A meeting was held on Sunday under the chairmanship of Relief and Rehabilitation Commissioner (M) J&K Dr. Arvind Karwani to review the ongoing development works in the migrant camps at Jammu.

Deputy Commissioner (Relief), Vijay Kumar Sharma; Assistant Commissioner (Relief), Dr. Deepak Kumar; Chief Accounts Officer Shiwani Bhan; Assistant Commissioner (Relief) Kailash Devi; Assistant Commissioner (Relief) Sanjeev Kumar; Executive Engineer PW(R&B) Department Jammu Sunil Thusoo, and concerned officials of PW(R&B) Department and Relief Organization attended the

meeting. The Executive Engineer PW(R&B) Department, apprised about the progress of works going on in the migrant camps viz Migrant Camp Jagti, Migrant Camp Nagrota, Migrant Camp Muthi & Buta Nagar and Migrant Camp Purkhoo.

He was directed to expedite the completion of approved repair and renovation works.

The meeting decided to constitute a work monitoring committee headed by the concerned camp commandant with representatives from the local residents to prioritize the repair/renovation works. "The works will be taken up in order of priority fixed by this committee and the payments shall be released to the contractors only after obtaining satis-

factory work completion certificate from this committee," the meeting decided.

Further, the site engineers were directed to capture pre-execution, during execution and post execution geo-tagged photographs of each work.

The PW(R&B) authorities were directed to expedite submission of the Detailed Project Reports of the comprehensive repair/renovation works at all migrant camps, regarding which estimation stands already completed so that required projection of funds is made timely to take up these works during the financial year 2025-26.

The Executive Engineer assured timely completion of ongoing works and close supervision of the quality of works being executed.

Director Agriculture Jammu inspects developmental activities at RS Pura Sub Division

■ STATE TIMES NEWS

JAMMU: The Director of Agriculture Production & Farmer Welfare Jammu, Arvinder Singh Reen, conducted a comprehensive inspection of the ongoing developmental activities in the RS Pura Sub Division today. The visit aimed to assess various field activities and highlight the advanced farming techniques being implemented in the region. On this occasion, Ex-Sarpanch Balbir Kour; SDAO RS Pura Surinder Gupta, Subject Matter Specialists, Agriculture Extension Officers and the staff of the Sub-Division Agriculture Office RS Pura were also present. The tour began with a demonstration of drone technology for foliar spraying of Nano Urea and Sagrika in the Panchayat Treva area of RS Pura. Wheat crops were sown using a super



Director Agriculture, Arvinder Singh Reen interacting with farmer.

seeder, and the fertilizers were precisely applied using drones, ensuring uniform distribution and minimal wastage. Nano Urea, which enhances nitrogen use efficiency, and Sagrika, a growth-promoting fertilizer, were the key inputs. Director A.S. Reen emphasized the revolutionary approach to modern farming and the potential to improve crop yield and reduce labor costs with this technology. "The use of drones in this

demonstration is a game-changer for farmers," said Director Agriculture. "It not only highlights an innovative method for crop management but also shows how technology can reduce costs and enhance productivity in the agricultural sector." Later, Director A.S. Reen visited the Polycarbonate Structure (Nursery Unit) of Beneficiary Tlak Raj in Village Puro Bhana. This nursery, with a size of 111 sq. meters, is part

of the Promotion of Commercial Floriculture (HADP) initiative. The Director also inspected a Green Shade Net House (148 sq. meters) under the same program, where he discussed the advantages of these structures in promoting commercial floriculture in the region. Further, the Director visited the Potato Seed Village at Arnia, where he examined the ongoing harvesting operations. He also inspected a Hi-Tech Polyhouse (500 sq. meters) under the Promotion of Exotic Vegetables (HADP), belonging to Beneficiary Raman Gupta in Village Badyal Brahmina. Director highlighted the immense benefits of the polyhouse for cultivating exotic vegetables, including employment generation for local communities. Continuing his tour, Director A.S. Reen visited the

Micro Irrigation Unit (Drip Irrigation) of Beneficiary Rajinder Kumar in Village Badyal Brahmana, Zone Kripind. He underscored the importance of micro-irrigation in enhancing water use efficiency, particularly in dry and water-scarce regions. The Director also visited the exotic vegetable fields, where he inspected broccoli crops and interacted with local farmers to understand their concerns and how the Agriculture Department's schemes have benefited them. The final stop of the inspection was the Round-the-Year Controlled Conditioned Mushroom Unit of Farmer Raman Gupta. Arvinder Singh Reen highlighted the advantages of controlled environmental conditions for mushroom cultivation, which ensures year-round production and improved quality.

Omar Sahib is preparing grounds for 2025-26 J&K Budget & people hope will fulfill Election Manifesto promises

■ DAYA SAGAR

J&K Chief Minister had started pre-budget consultations with his colleagues, the legislators, the senior officers in the administration and key stakeholders since 5th Feb in relation to preparations of the UT budget that is to be presented for the year 2025-26. Of course the Chief Minister must also be very particularly concerned for the issues and priorities which may be very much in hand with him in relation to the promises made by him/his party in the election manifesto related to the basic duty to requirement of the common masses of the UT which the people have been very hopefully waiting for over last three months.

Ofcourse the common man of J&K

in the "unorganised civic sector" too is ofcourse key stake holder. The common man of J&K wants Omar Abdullah to take on the promises made by his party/ his alliance related to immediate local needs and the delays in any form in executing processes/ proposals worth delivering a number commitments made in manifesto cannot be disposed off under the excuse that as Chief Minister of UT he has limited powers/ delegations since it is expected that before contesting elections he was well aware of the fact that he was going to be the legislature of a UT LG too has a direct / even exclusive jurisdiction on some important matters and there should not be any prob-

lem for him to initiate notes/ proposals for the consideration of LG. Initiating any new process of examining the implications or appointing committees for the purpose after forming government is surely no any delivery of promises.

The issues that common people accept Omar Abdullah to also particularly address in the Budget 2025-26 could be pinned as (I) To- fill up all vacancies in government departments within 180 days (II) Making Job Application free for all the examinations (III) Provide 200 units of electricity free (IV) Provide Rs. 5000 per month to female heads of households



A Look through the Mist

to EWS (V) Provide 12 cylinders free of cost per year to EWS (VI) Enhancing widow pension to 3000 (VII) entitle woman to travel free in all public transport (VIII) Increase FREE rice allocation to 10 kg per person per month (IX) Entitle the general public also to 10 kg rice/Atta per head/month.(X) Free education for all upto University level (XI) regularization of Daily wages and Contractual Employee (XII) one-time settlement for pending electricity bill arrears in both rural and urban areas (XIII) providing Free, Clean and Safe Drinking Water to All.

Though not part of election manifesto but still people expect Omar Abdullah Sahib to also address the wages / honorarium issues related to the Special police Officer (SPOs) and Anaganwadi Workers.

No doubt programmes that involve finances would require matching inputs but people expect that any such limitations must have been assessed by the vote seekers before making electoral promises.

One of the most encouraging aspects of the 2024 elections has been the high voter turnout, reflecting the enduring faith of the people in democratic processes and people now look up to the Government with many hopes and expectations

It is not out of place to mention here that Union Finance Minister has in the Union Budget 2025-26 presented on 01-02-2026 has includes a total allocation of around Rs 41,000 crore to Jammu and Kashmir (almost same like Rs 42,277 crore allocated in the previous fiscal) . For the J&K Police, which is under the administrative control of the Union Home Ministry, Rs 9,325.73 crore have been allocated including Rs 8,897.72 cr for revenue expenditure and Rs 428.01 crore for capital expenditure. Lt Governor Manoj Sinha hailed the Budget as a "pragmatic Budget for Viksit Bharat".

(The writer is a Sr Journalist & a known analyst of J&K affairs)

