

# Dr Jitendra chairs BJP MLAs meeting, emphasises well studied interventions in Assembly

■ STATE TIMES NEWS  
JAMMU: Ahead of the crucial upcoming Budget session of the Jammu & Kashmir Assembly, Union Minister Dr Jitendra Singh on Sunday chaired a luncheon meeting of BJP MLAs at his Trikuta Nagar residence here.

The meeting focused on key public issues, legislative strategy and the legislative party's approach in the Assembly, setting the tone for an active and engaged participation in the upcoming Budget session of J&K Assembly.

The discussion revolved around pressing current concerns such as drug addiction, land encroachments and illegal mining, which have been affecting people across the Union Territory. Several MLAs voiced the grievances of their respective constituencies, highlighting the challenges faced by the public and stressing the need for strong legislative action.

The MLAs also deliberated on how to effectively counter the ruling party and hold it accountable for what some members described as unfulfilled promises from the ruling party's manifesto.

Dr. Jitendra Singh underscored the



Union Minister Dr. Jitendra Singh chairing meeting of BJP MLAs at his Trikuta Nagar residence. Pic by : Ashok Anand

party's commitment to follow the nationalistic line, raising public-centric issues and bringing pressure on the government to ensure that the governance is transparent and accountable. He urged BJP MLAs to engage constructively in the House and present a united front on matters concerning the welfare of the people of Jammu & Kashmir.

"Personally, in my parliamentary career, I have always followed the dictum of focussing on 'issues' rather than 'individuals' and over the years it has proved to be quite a successful approach", said Dr Jitendra Singh and urged upon the legislators to come prepared and confront the rul-

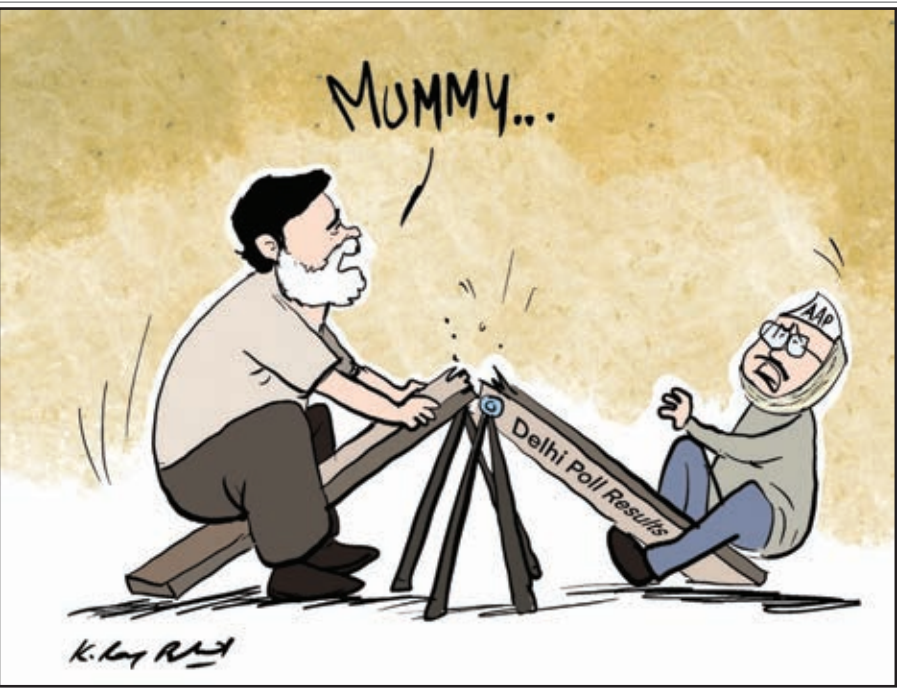
ing party with well studied, evidence based intervention in the Assembly, instead of indulging in inconsequential personal attacks.

Dr Jitendra said, BJP has won the recent Assembly election with a vote share higher than even the ruling party and the people of Jammu region have overwhelmingly reposed faith in the national leadership of Prime Minister Narendra Modi, with a strong urge to have a "double engine" government in J&K, as is the case in several other States. It is therefore imperative upon us, he said, to prove ourselves worthy of the people's confidence and register the aspirations of the people on the

floor of the House.

The meeting was moderated by the Leader of Opposition (LoP) Sunil Sharma, who laid out the plan for BJP's participation in the legislative proceedings. He said, such coordination meetings with the UT and Central leadership of the Party will be a regular phenomenon and briefed the legislators about the calendar of interactions during the next few days. He emphasized the significance of legislative party meetings that would take place before and during the session to fine-tune the party's strategy on a daily basis.

The meeting concluded with remarks from BJP J&K President Sat Sharma, who reinforced the importance of coordination among party members and their responsibility in voicing the concerns of the people effectively in the legislature. With the budget session set to begin soon, BJP's legislative wing is poised to play a proactive role in the Assembly, ensuring that public issues remain at the forefront of the debate, he said. Sat Sharma urged the legislators to carefully draw their strategy for the upcoming Assembly session to play the role of an effective Opposition.



## Dy CM meets delegations; assesses their issues, concerns

Reiterates Gov't commitment towards mitigating public issues

■ STATE TIMES NEWS  
JAMMU: Deputy Chief Minister, Surinder Choudhary on Sunday reiterated Government's commitment towards mitigating the issues and concerns of the people saying that an effective mechanism has been put in place on this account.

"Necessary instructions have already been issued to the concerned to ensure that the public grievances are redressed on priority and developmental initiatives are sped up. An effective mechanism is in place to monitor and expedite execution of all vital developmental works", maintained the Deputy Chief Minister.

The Deputy Chief Minister



Dy CM Surinder Choudhary interacting with deputation.

was interacting with scores of deputations from Nowshera, Sumbhani and other parts of Rajouri district who called on him today to project issues related to their respective areas besides highlighting the service related issues.

Later, former Legislators, Sarpanchs, individuals from

different areas also called on the Deputy Chief Minister and projected development related and other issues of their respective constituencies and areas.

The Deputy Chief Minister assured the deputations that the issues projected by them would be redressed promptly.

## Advocate S K Raina performs Rudraksha Abhishek with Char Pahar Poja at Aap Shumbu Temple

■ STATE TIMES NEWS  
JAMMU: On the auspicious occasion of Mahashivratri Advocate S K Raina performed Rudraksha Abhishek with Char Pahar Poja at Aap Shumbu Roop Nagar Jammu on Sunday.

The poja started with Ganesh Panch Sanan with Ganesh Maharaj Vandhna with shlokes followed by distribution of Prashad to devotees.

Thereafter Poja of Aap Shumbu Mahadev was started with Lord Shiva Mantras which was followed by Rudraksha Abhishek, Shiv Manas poja, Shiv Tandav stotra, Lingashtakam, Bilvastikam, Shiv Mahimna stotra, Shiv Panchshor;



Dwadish Jyoti lingam Rudrakshicam, Shiv Apradh Stotra followed by four times Panch Sanan as per Vedic Parampara.

Aarti and Pusp Archana was performed by hundreds of devotees who were part of the poja for the full night. Prashad was served to all devotees.

Advocate SK Raina has been performing poja at App Shumbu since a decade and no money is being charged from the devotees for participating

in the Puja Archana

Before COVID such poja was performed on every Sunday and afterwards now such Vedic Poja is performed once a month for the preservation of Shivism.

# Two-Day National Startup Festival organised by CSIR-IIIM concludes

■ STATE TIMES NEWS

JAMMU: CSIR-Indian Institute of Integrative Medicine (IIIM) Jammu concluded the National Startup Festival, showcasing remarkable success stories in start-up promotion, innovation and entrepreneurial growth across Jammu & Kashmir. The two-day festival, which concluded on Sunday, was inaugurated yesterday by the Chief Guest, Dr. Jitendra Singh, Union Minister of State (Independent Charge) for Science & Technology and Earth Sciences; Minister of State in the Prime Minister's Office, Personnel, Public Grievances, Pensions, Department of Atomic Energy, and Department of Space; and Vice President of CSIR in presence of Satish Sharma, J&K UT Cabinet Minister for Food, Civil Supplies & Consumer Affairs, Transport, Science & Technology, Information Technology, Youth Services & Sports, and ARI & training departments, Padma Shri Prof. Vinod K. Singh, Chairperson, Recruitment & Assessment Board (RAB), CSIR and Institute Chair



Dr. Zabeer Ahmed, Director, CSIR-IIIM awarding certificate to a startup.

Professor of Chemistry at IIT Kanpur, Dr. Zabeer Ahmed, Director, CSIR-IIIM, Dr. Prabodh Kumar Trivedi, Director, CSIR-CIMAP, Lucknow, Dr. Ajit Kumar Shasany, Director CSIR-NBRI, Lucknow, Dr. Sudesh Kumar Yadav, Director, CSIR-IHBT, Palampur, Dr. Jatinder Kumar, Managing Director, DBT-BIRAC and Dr. N. Zaheer Ahmed, Director General, CCRUM. Recognizing the innovative works of the startup they showcased during the event, Dr. Zabeer Ahmed, Director, CSIR-IIIM awarded the certificates to 45 startups.

The two days mega event

held at Government Women College, Gandhi Nagar which on day 2 also attracted huge crowd of students drawn from various degree colleges and schools of Jammu region to provide a platform to the entrepreneurs, investors, industry leaders, scientists, researchers, bio-incubators, manufacturers, regulators and members of civil society to witness the technologies and innovation showcased during the festival.

In a press handout, it was stated that an overwhelming response of visitors has been seen today as well, more than 800 visitors visited the exhibition and witnessed the demonstration of innova-

tions driven ideas some startups and the products and technologies developed by few of them.

Dr. Zabeer Ahmed, Director, CSIR-IIIM who is spearheading the institute's resolute to nurture the startup ecosystem in the region, while addressing the startup and exhibitors during closing ceremony said that besides the institute's forte in the pre-clinical drug discovery, under the mentoring of Union Minister of S&T and Vice President, Dr. Jitendra Singh, IIIM has equally galvanised agri-entrepreneurship and set up two incubators for incubation support to the startup. To set up a new Incubator at Industrial Biotech Park, Ghatti, Kathua, the Grant-in-aid Letter Agreement (GLA) was also signed yesterday by Director, CSIR-IIIM and MD, BIRAC in the presence of the Union Minister, Dr. Jitendra Singh, he added.

A spokesperson informed that a total of 45 StartUps participated from all over India. Students from various Government Degree

Colleges of Jammu district also actively participated in the event.

Some of the prominent StartUps those took part in the Expo were- M/s Herbal Aura, M/s Gaurico, M/s One Veda, M/s Happico, M/s Gleen Biotech, M/s Himalayan Essential Oils Producer Company Ltd., M/s JK Aroma Ltd. Samast Eco Alternatives Pvt. Ltd. M/s SRANAS POC Pvt Ltd M/s Chenab Valley Zaitoon Tel Ltd M/s Katyani Metal works and the farmers led by Dr. Hygina from Meghalaya. The stalls were also put by young innovators of Jammu district school. The event was organised under the overall supervision of Dr. Zabeer Ahmed, Director CSIR-IIIM, assisted by his team of HoDs and Scientists, including Er. Abdul Rahim, Dr. Asha Chaubey, Dr. Dhiraj Vyas, Dr. Shashank Singh, Dr. Sumit Gandhi, Dr. Naveed Qazi, Dr. Suphla Gupta, Dr. Saurabh Saran, Dr. Raj Kishore, Vikram Singh, Sr. COA, Ajay Kumar, CoFA, Dilip Gehlot, SPO and Rajesh Gupta, AO.

## Fisheries sector possesses vast potential for employment, economy generation in JK: Javed Dar

Reviews Fisheries sector at Kangan, inspects functioning of Trout Fish Farm Mammer

■ STATE TIMES NEWS

GANDERBAL: Minister for Agriculture Production Department and Rural Development Department, Javed Ahmad Dar on Monday underlined the need to tap vast employment potential in the fisheries sector in Jammu and Kashmir.

The Minister stated this during his visit to the Trout Fish Farm Mammer, conducted to review its functioning and assess developments in the fisheries sector.

The Minister was accompanied by MLA Kangan, Mian Mehar Ali besides others.

The Minister highlighted the huge potential of employment and economic generation in the Fisheries sector and urged the youth to take fish farming as sustainable economic activity.

Emphasizing the need for technical awareness among the private fish farmers, the Minister directed the officials to conduct frequent field visits and educate the farmers on modern fish culture practices. He also encouraged the youth to engage in fish farming, highlighting its potential as a viable employment avenue under the Holistic Agriculture Development Programme (HADP).

Earlier, the Minister visited Khyber Aquaculture at Akhal, Kangan, where he reviewed the infrastructure developed by the private company for raising Rainbow Trout using the advanced Recirculatory Aquaculture System (RAS).

The Minister toured the facility, appreciating its eco-friendly practices and state-



Minister Javed Ahmad Dar visiting Trout Fish Farm Mammer.

of-the-art machinery aimed at sustainable trout farming.

Commending the efforts of private entrepreneurs, the Minister emphasized the crucial role of the private sector in boosting the economy of the Union Territory. He remarked that initiatives like Khyber Aquaculture will not only strengthen the regional economy but also create employment opportunities while promoting environmentally conscious aquaculture techniques.

During the visit, Director Fisheries, Abdul Majid Tak, Assistant Director Fisheries Ganderbal and other officials from the Fisheries Department briefed the Minister on the farm's operations.

It was highlighted that the Trout Fish Farm Mammer recorded a production of 7 tons of trout fish and 1.5 lakh seed production during 2024-25. The expected seed production for the current year has been projected to reach 2 lakh.

The Minister was also informed about the private sector contributions, with trout fish production reaching 50 tons and carp production at 20 tons in district Ganderbal from 140 trout and carp ponds which are

operational in the private sector within the district.

Additionally, it was informed that 200 angling permits have been issued this year, further promoting the recreational fishing.

The Director Fisheries informed that live feed seed from the farm is being supplied to other districts in Kashmir division, including the Union Territory of Ladakh.

## Sakeena for strengthening healthcare services across J&K

■ STATE TIMES NEWS

KULGAM: Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo, on Sunday visited Kulgam and inaugurated two newly constructed New Type Primary Health Center (NTPHC) buildings in Lammer and Chowgam villages of the district.

MLA Devsar, Peerzada Feroze Ahmad Shah; Director Health Services, Kashmir; Additional Deputy Commissioner (ADC); Assistant Commissioner Revenue (ACR); senior officers of health department and locals were present on the occasion.

While addressing the gathering on the occasion, the



Health Minister Sakeena Itoo inaugurating NTPHC building at Kulgam.

Minister reiterated Omar Abdullah led government's commitment towards strengthening the healthcare system across Jammu & Kashmir. "Our government is determined to bridge healthcare gaps in underserved areas and ensure quality medical services reach every



Head Department of cardiology GMCH Jammu Dr. Sushil Sharma addressing gathering at 7BN SSB Jammu on Sunday.

diseases. This growing concern demands attention, as it not only affects the health of the personnel but also impacts Family life. Defence personnel operate under extreme pressure, whether in combat, high-altitude areas, or prolonged deployments. The stress of maintaining vigilance, coupled with the burden of responsibilities, contributes significantly to heart-related issues. Soldiers often face erratic

schedules, leading to irregular sleep patterns and disrupted biological rhythms. Chronic sleep deprivation increases the risk of hypertension and other cardiovascular problems.

He elaborated that military rations are designed for sustenance, they may not always provide heart healthy nutrition. Additionally, long-term reliance on preserved or high-sodium foods can contribute to high blood pressure and heart

disease. Defence personnel frequently operate in extreme weather conditions, such as freezing temperatures in high-altitude regions or scorching heat in deserts. These harsh environments can strain the cardiovascular system, increasing the risk of heart attacks and strokes. Active-duty personnel maintain high fitness levels, many veterans experience a decline in physical activity upon retirement. A sedentary lifestyle, coupled with post-service stress, can lead to obesity, diabetes, and heart disease. Routine cardiovascular check-ups can help in the early detection of heart diseases. Implementing annual screenings as part of military medical protocols can ensure timely intervention.

He added that Providing psychological support and stress management training can help reduce the mental burden on soldiers. Mindfulness, yoga, and counseling services should be integrated into military wellness programs. The defence forces should focus on providing nutritionally balanced meals with fresh fruits, vegetables, and heart-healthy fats. Reducing processed food consumption can significantly lower cardiac risk. Ensuring soldiers get sufficient sleep, even in demanding conditions,

can improve cardiovascular health. Policies promoting rest and recovery should be prioritized. Veterans should have easy access to cardiac wellness programs, including fitness routines, dietary guidance, and regular medical check-ups. Encouraging an active lifestyle after service, He Said

In his concluding remarks Dr Sushil Sharma emphasized on the fact that the rise of cardiac ailments in defence forces is a pressing issue that demands immediate attention. While soldiers are trained to endure physical and mental hardships, their health must not be overlooked. By implementing preventive healthcare measures, promoting stress management, and ensuring proper nutrition, the defence forces can safeguard the well-being of their personnel. A healthy soldier is not only an asset to the nation but also a testament to the strength and resilience of the armed forces.

Vikas Singh 2 IC (Offg. Commandant), Sumit Nani 2 IC ( Deputy Commandant) and SHQ SSB Jammu Satish Kumar ( Deputy Commandant) 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 included Dr Venkatesh Yellupu and Dr Dhaneshwer kapoor. Paramedics and volunteers include Kamal Sharma, Ranjeet Singh , Rajkumar , Amnish Dutta , Rajinder Singh ,Vikas Kumar, Makhan Sharma, Mukesh Kumar , Rohit Nayyar , Gourav Sharma , Shubham Sharma and Nirvair Singh Bali.