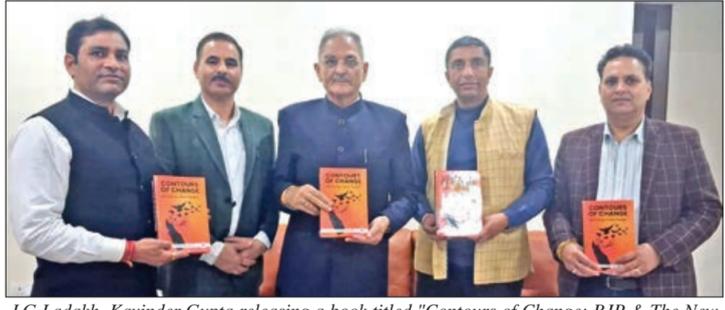


# LG Ladakh releases book 'Contours of Change: BJP & The New Kashmir Paradigm'

**STATE TIMES NEWS**  
**JAMMU:** The Lieutenant Governor of Union Territory of Ladakh, Kavinder Gupta, released a book titled "Contours of Change: BJP & The New Kashmir Paradigm" authored by noted academician Dr. Jeevan Dhar.

On the occasion, Dr. Prem Singh, Senior Associate Professor, Narotam Sharma, former Corporator, and Opinder Sharma were present.

Speaking on the occasion, the Lieutenant Governor appreciated the scholarly effort of Dr. Jeevan Dhar and described the book as a significant contribution to contemporary political discourse on Jammu & Kashmir. He emphasised



LG Ladakh, Kavinder Gupta releasing a book titled "Contours of Change: BJP & The New Kashmir Paradigm" authored by noted academician Dr. Jeevan Dhar.

that such research-based works help society understand historical transitions, democratic processes, and the evolving administrative and developmental framework of the region.

In his address, Dr. Jeevan Dhar highlighted that the book attempts to examine the political, constitutional, and developmental changes in Jammu & Kashmir in recent years and places them within a broader national perspective. He expressed gratitude to the LG for releasing the book and thanked the distinguished guests and audience for their encouragement and support.

Dr. Prem Singh congratulated the author and remarked that academic lit-

erature rooted in regional realities plays an important role in guiding students and researchers.

Narotam Sharma and Opinder Sharma also lauded the author's effort, stating that the book would help readers better understand policy developments and socio-political transformation in the region.

The ceremony concluded with an interactive discussion where participants appreciated the author's balanced academic approach and wished him success in his future research endeavors.



# Life's Essential 8-A New Blueprint for Heart Health: Dr Sushil

**STATE TIMES NEWS**  
**JAMMU:** While continuing relentless drive of organizing screening and awareness camps Head Department of Cardiology GMCH Jammu Dr Sushil Sharma conducted a day long Cardiac Awareness cum health Checkup camp at Village Bhatyari Block Bishnah Jammu laying emphasis on necessary modifications in lifestyle to decrease cardiac morbidity and mortality.

While interacting with the people Dr Sushil stated that cardiovascular disease (CVD) continues to be the foremost cause of death globally, imposing an enormous burden on individuals, families, and healthcare systems. Despite extraordinary progress in interventional cardiology, pharmacotherapy, and imaging, the true victory over heart disease lies in prevention. Recognizing this, the American Heart Association (AHA) has re-envisioned its preventive strategy by updating "Life's Simple 7" to the more comprehensive and scientifically refined "Life's Essential 8." This updated framework reflects modern lifestyle realities, emerging research, and a deeper understanding of how behavioral, biological, and psychosocial factors interact over a lifetime. Life's Essential 8 is not merely a list of recommendations; it is a holistic, measurable, and dynamic model designed to optimize cardiovascular health from early life to old age. He elaborated that Life's Simple 7 laid the foundation for population based cardiovascular prevention. However, advances in research highlighted important gaps particularly the role of sleep, the evolving



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

landscape of nicotine exposure, and the need for a more nuanced scoring system. Life's Essential 8 addresses these gaps by adding sleep health as a core determinant, Expanding the concept of smoking to all nicotine exposure, Introducing a continuous cardiovascular health scoring system and emphasizing equity, lifespan applicability, and real-world feasibility. This evolution marks a shift from a disease-centered model to a health-centered continuum.

The Life's Essential 8 framework is anchored on eight interconnected pillars that form the foundation of optimal heart health:

- Nourishing Diet:** Emphasizing whole, nutrient-dense foods and minimizing processed and unhealthy options.
- Active Lifestyle:** Regular physical activity to sustain heart health and overall vitality.
- Nicotine-Free Living:** A zero-tolerance approach to all forms of nicotine exposure.
- Restorative Sleep:** Prioritizing 7-9 hours of quality sleep per night to support heart health.
- Weight Management:** Sustainable lifestyle-based strategies for optimal weight control.
- Lipid Balance:** Controlling atherosclerotic risk through lifestyle modifications and evidence-based pharma-
- cotherapy,**
- Glucose Harmony:** Protecting the vasculature through early detection and management of blood glucose levels and Blood Pressure Control.
- Sustained blood pressure control** dramatically reduces the risk of myocardial infarction, stroke, heart failure, and chronic kidney disease. The framework underscores consistency and long-term adherence rather than episodic. A defining strength of Life's Essential 8 is its continuous scoring system, which grades cardiovascular health across a spectrum rather than labeling individuals as simply "ideal" or "non-ideal". He Added

Dr Sushil in his concluding remarks told that Life's Essential 8 represents a transformative step in cardiovascular prevention, redefining heart health as a lifelong, multidimensional pursuit rather than a reactive response to disease. By integrating traditional risk factors with modern realities such as sleep health and evolving nicotine exposure, the AHA has created a framework that is scientifically robust, socially relevant, and clinically practical. More importantly, Life's Essential 8 shifts the narrative from fear of disease to empowerment through health, emphasizing that cardiovascular well-being is achievable through consistent, realistic lifestyle choices supported by evidence-based medical care. In a world facing rising cardio metabolic risk, this framework stands as a unifying blueprint-guiding individuals, clinicians, and policymakers toward a future where longevity is matched by quality of life and vitality. Ultimately, Life's Essential 8 reminds us that protecting the heart is inseparable from nurturing the whole person, making cardiovascular health not just a medical goal, but a societal responsibility.

Prominent members of the area Mukesh Kumar Sharma, Ramesh Sharma, Chanchal Sharma and Shastrri Sanjay Ganpatya appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health check up camp in their locality and expressed their heartfelt gratitude.

Others who were part of this Camp includes Dr Venkatesh Yellupu and Dr Adarsh Sharma. Paramedics and volunteers include Raj kumar, Ranjeet Singh, Makhan Sharma, Rohit Nayyar, Gokul Jamwal, Vikas Kumar, Sideeq, Rajinder Singh, Shubham Sharma, Anmol Singh, Jatin Bhasin, Mohd Altaf and Nirvair Singh Bali.

# MGNREGA is a statutory right; dilution will hurt rural poor: Tara Chand

**STATE TIMES NEWS**  
**KHOUR:** The monthly meeting of Congress workers from Akhnour and Chaamb Constituencies was held today at Chak Malal under the leadership of the Working President and former Deputy Chief Minister, Tara Chand. The meeting saw an extensive discussion of current issues facing the people of Jammu and Kashmir, with a particular focus on governance failures, economic challenges, and the ongoing plight of flood victims.

During the meeting, Former Deputy Chief Minister Tara Chand strongly criticized the government for its deliberate attempts to dilute the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), which he called a statutory right of the people. He stressed that MGNREGA has been a crucial lifeline for rural populations, and any efforts to weaken it would directly harm the livelihoods of thousands of families. He urged the government to respect this law and ensure its proper implementation for the welfare of the people.

Tara Chand also expressed his grave concern over the mounting public issues that the Union Territory is currently grappling with. The failure of the government to address basic necessities and to prioritize the welfare of the people was a key point raised during the meeting.



Former Dy CM Tara Chand addressing public meeting.

One of the major demands raised by Tara Chand was the regularization of long-pending daily wagers, need-based, and contractual employees in J&K. He highlighted that these workers, who have been providing essential services for years, continue to live in uncertainty without job security, and it is high time the government fulfills its promises to these dedicated employees.

The former Deputy Chief Minister also questioned the government's handling of flood relief and rehabilitation efforts. More than eight months after the devastating floods, the government has failed to provide adequate relief to the affected families. Many flood victims are still waiting for proper rehabilitation, and the response from the administration has been woefully inadequate, leading to further distress for the people.

Tara Chand also reminded the government of the tall promises made to the people of Jammu and

Reiterating the Congress party's firm stance on the restoration of full statehood to Jammu and Kashmir, Tara Chand called for immediate action from the government to restore the region's identity. He stressed that full statehood is a necessary step toward ensuring the rights and dignity of the people of Jammu and Kashmir and safeguarding the region's unique culture, heritage, and democratic rights.

In his concluding remarks, Tara Chand exhorted party workers to continue strengthening the Congress party organization across Jammu and Kashmir. He emphasized that only through unity, dedication, and hard work can the party ensure that it remains a strong voice for the people, fighting for their rights and pushing for accountability from the government.

The meeting ended on a note of solidarity, with party workers pledging to continue working for the betterment of the people of Jammu and Kashmir and to hold the government accountable for its failures.

Prominent among those who were present on the occasion include Ashok Sharma, Suraj Singh, Jagdish Raj, Capt kalidass, Bodh Raj, Capt Gopal Dass, Devinder Singh Bhanu, Sham Lal Radha, Mohan Lal, Kasturi Lal, Bachno Devi, Veena Devi, Hansraj Bhagat, Ishar Dass, and others.

# Amit talks about early realisation of individual talent during Ranbirites Alumni Meet



DCO & DCR, GoI, MHA for UTs of J&K and Ladakh, Amit Sharma speaking at Alumnus Meet.

**STATE TIMES NEWS**  
**JAMMU:** Amit Sharma, Director Census Operations (DCO) & Director Citizen Registration (DCR), Government of India, Ministry of Home Affairs for the UTs of Jammu & Kashmir and Ladakh spoke about early realization of individual talent yesterday during Alumnus Meet organized in Govt SRML Model Higher Secondary School Jammu wherein he was invited and honoured as a 'Distinguished Alumni' of this heritage schooling institution of the UT of Jammu & Kashmir.

DCO/DCR Government of India, MHA for J&K and Ladakh, Amit Sharma was welcomed at the stage by the organisers to share his journey towards becoming a leading bureaucrat and also to share his experiences as a student of the institution in 1993-95 to bring this school back in the rung of positions by topping in

Commerce stream while studying here.

Amit also took this opportunity to give an emotional tribute to his mother Santosh Sharma, who pass away just few days back and was herself an accomplished teacher and his first teacher of life who made him to learn writing, gave all values and moral education in early phase of life which helped him to become a good human being and an all-rounder in life.

Amit emphatically mentioned that it is not the Institutions which make the Individuals and their future but it is actually the Individuals who make the name and bring laurels to the Institutions like they had broken the jinx during their times and brought name and fame to Government SRML Higher Secondary School during their phase of studying there.

During his short but qualitative address, DCO/DCR Amit Sharma shared several unique instances to the illustrious gathering of almost 200 alumnus who are achievers in various streams like Education, Health, business and multiple Service sectors and officers, staff and most importantly, young students of the school and Amit's journey and exemplary contributions in various roles especially were highly appreciated in the Ranbirites Alumnus Meet.

Amit Sharma especially shared one typical instance wherein as a NCC cadet here, he had performed teacher's role in a play as a teacher forcing students (other actors in the play) to come to him for tuitions in lieu of getting full marks in internal assessment which ultimately helped in awakening the school administration and led in improving study culture and results of SRML School in times to come.

The organisers including Principal of the school Kishore Sharma, Lecturers Vikas Raina and Aparna expressed deep gratitude to Amit Sharma for acceding to their request to join this Ranbirites Alumnus Meet although for a very short stint, in spite of the fact that he is currently going through toughest personal phase of life.

# IIM Jammu hosts Hindi play 'Aap Hamaare Hain Kaun' in association with Natrang



Director IIM Jammu, Prof. B. S. Sahay along with Padma Shri Balwant Thakur and other dignitaries and participants.

**STATE TIMES NEWS**  
**JAMMU:** The Indian Institute of Management Jammu hosted the acclaimed Hindi stage play "Aap Hamaare Hain Kaun", written and directed by Padma Shri Balwant Thakur, at its campus in association with Natrang Jammu. The performance witnessed an enthusiastic response from students, faculty members, officers, staff, and their family members, reaffirming the institute's commitment to holistic education through cultural engagement.

The event was graced by Prof. B. S. Sahay, Director, IIM Jammu, along with Padma Shri Balwant Thakur. Also present were Prof. Nitin Upadhyay, Dean (Academics), Cmdr. Kesavan Baskaran, Chief Administrative Officer, faculty members, officers, staff, and students.

Aap Hamaare Hain Kaun powerfully addresses the challenges faced by the younger generation arising not from external pressures, but from expectations imposed by parents and immediate social surroundings. The play urges parents, educators, and guardians to reflect on materialism, consumerism, and unbridled ambition, serving both as a mirror to society and a compelling call for introspection and

change.

Notably, the production has been selected for presentation at the world's largest International Theatre Festival and will be staged at the LTG Auditorium, New Delhi, under the aegis of the National School of Drama, Ministry of Culture, Government of India.

Addressing the audience, Padma Shri Balwant Thakur expressed his delight at presenting the play at IIM Jammu and described the occasion as the beginning of renewed engagement with theatre.

He shared that Aap Hamaare Hain Kaun, written in 1994, has evolved into one of the longest-running children's theatre productions in India, receiving wide critical acclaim, front-page media coverage, and multiple awards. He emphasized

his vision of developing theatre for children and by children through a structured training methodology, high-lighting discipline, ethical storytelling, and artistic integrity as essential elements of theatre practice. He also expressed gratitude to Prof. B. S. Sahay for his continued support of cultural initiatives.

In his address, Prof. B. S. Sahay congratulated the young performers and applauded their powerful performances. Reflecting on the play, he noted its continued relevance and observed that parental aspirations should not overshadow children's individual dreams. He reaffirmed IIM Jammu's commitment to fostering platforms that promote art, culture, and creativity alongside academic excellence.

The production was supported by music composed by Suraj Singh, rhythm support by Rakesh Kumar, production management by Neeraj Kant, and coordination by Pawan Verma, Kushal Bhat, and Kananpreet Kaur.

The event reinforced IIM Jammu's vision of integrating performing arts into education, positioning the institute as a vibrant space for cultural dialogue and societal reflection.

# Girl child from cut-off Gurez airlifted after serious injury

**STATE TIMES NEWS**  
**BANDIPORA:** In a swift demonstration of effective administrative coordination and emergency preparedness, a girl child from the cut-off Bagtore area of Gurez in district Bandipora was timely airlifted on Sunday after sustaining injuries in a fall from a height of approximately 16 feet, ensuring her immediate access to advanced medical care. An emergency case involving a minor girl was received at NTPHC Bagtore and on clinical evaluation, the child was found to have swelling in the temporal region of the head accompanied by drowsiness, indicating a possible serious head injury. Recognizing the gravity of the situation, the attending doctor administered immediate first aid and referred the patient for higher medical intervention. Given the region's challenging terrain and limited surface connectivity, the matter was immediately taken up with the District Administration Bandipora, which acted swiftly to facilitate helicopter evacuation.