

Kathua to get North India's first Govt Homeopathic Medical College: Dr Jitendra

■ STATE TIMES NEWS
KATHUA: "North India's first Government Homeopathic Medical College, centrally funded at a cost of nearly Rs. 80 Crore will come up in Jasrota area of district Kathua in J&K", announced Union Minister Dr Jitendra Singh here on Sunday.
While continuing his consistent spree of development even after the declaration of his mandate for Lok Sabha, Dr Jitendra Singh today visited the proposed site of the college in Jasrota village, where work for the boundary wall has already started.
The Minister was briefed by the engineers and senior experts from the Department of Ayush about the institution. Dr Jitendra reiterated that the agenda of the Udhampur-Kathua-Doda Lok Sabha constituency, which was taken at hand soon after he was elected as Member of Parliament in 2014, will continue uninterrupted till the date of the declaration of election Code of Conduct and will resume immediately after the Code of Conduct is lifted.
Dr Singh expressed his gratitude to Prime Minister; Shri Narendra Modi before whom this requisition was put, and said it was a matter of pride for the people of Kathua that North India's first government Homeopathic College at a cost



Union Minister Dr. Jitendra Singh, accompanied by senior officials, on a visit to the site of upcoming centrally funded Homeopathic Medical College at Jasrota, Kathua on Sunday.

of 70-80 crore rupees will come up here. He said the institution will be spread over an area of more than 8 acres, adding that the adjoining three acres may also be added to the existing premises in due course of time.
"The proposed structure will include a hospital complex, a college, an administrative block and one hostel each for male and female students", Dr Jitendra Singh informed. He further informed that the open space will be utilised later on for construction of an auditorium, playground, etc.
Dr Jitendra said, it will not only be a great boon for aspirants of Homoeopathy degree in North India, which was not available earlier, but this will also provide cost effective treatment to needy patients. "It will also be in keeping with Modi government's healthcare approach which involves syner-

gizing allopathic with Ayush streams of medicine, including Homoeopathy, Ayurveda and naturopathy", the Minister added.
Dr Singh stated that the experience after Covid has further consolidated this view that traditional Indian methods of medicine and cure have a panacea value. Highlighting the medical infrastructure of Kathua built in the last ten years, Dr Jitendra said the district now has a government medical college and a cancer treatment facility being provided by Tata Memorial Centre, Bombay.
"The addition of a government Homoeopathic College will make Kathua an integrated and cost effective healthcare centre of North India in times to come", he underlined.
The Minister added that with this, Kathua is all set to

emerge as North India's cost-effective and state-of-the-art centre of medical facilities.
Talking to media later on, Dr Jitendra said, it is ironically hilarious and laughable that some of the critics who from time to time deny any development having taken place in the constituency over the last 10 years are the ones who are themselves also availing of the facility of projects brought in the last 10 years. For example, the critics and the cynics who say that no development has happened are actually admitting their children in the Medical colleges and other degree colleges established in the last 10 years, he said. He said, this is a rare Lok Sabha Constituency which got three centrally funded medical colleges in the last few years.
Sarcastically, Dr Singh said, some of the critics say that nothing has happened but when they have to travel to Delhi they avail the facility of Vande Bharat Train introduced in the last five years. He said, this is a rare constituency which got two Vande Bharat trains with stoppage at both Udhampur and Kathua and this was also mentioned by Prime Minister Narendra Modi during his address to the public rally in Srinagar recently.
The Express Road Corridor

from Katra to Delhi, said Dr Singh, will also become functional in next few months and six lanes of National Highway will reduce the road travel time from Kathua to Delhi to around four and half hours.
His first five-year term, said Dr Jitendra, was devoted to making up for the lapses of the past governments including the Shalpur Kandi project which had been held up for the last 30 years causing hardship for the people of Kathua. The second five-term, he said, was devoted to setting up new institutions like centrally funded Government Medical Colleges, first ever Seeding Processing Plant, the present Homoeopathic College etc. The next five-year term, he said, will be devoted to consolidating these gains and developing the region as North India's most attractive destination from the point of view of education, trade, tourism and revenue.
Earlier, Dr Jitendra Singh visited a congregation of Jasrota community being held in the vicinity of the under-construction college. He was accompanied by officers and DDC, Vice Chairman, Shri Raghunandan Singh, other DDC members, PRIs, BJP President Gopal Mahajan, Gen Secy Rajesh Mehta, senior leader Prem Nath Dogra, Manjeet Jasrota and others.



Dr. Darakshan Andrabi visits Rajouri Lays foundation stone of Jamia Masjid Ziyarat Shahdara Sharief, Markazi Jamia Masjid

■ STATE TIMES NEWS
RAJOURI: Chairperson, Jammu & Kashmir Waqf Board, Dr. Syed Darakhshan Andrabi on Sunday laid foundation stone for Jamia Masjid at Ziyarat Shahdara Sharief and Markazi Jamia Masjid here.
After inauguration, the Chairperson addressed a mammoth gathering, during which she highlighted that J&K Waqf Board has now become a strong organization and developmental activities in all parts of J&K have been expanded on big scale.
"During the past two years, infrastructure facilities at Shahdara Sharief have got a big boost", Dr. Andrabi said.
She added that in Rajouri district, Waqf Board has taken up many new projects out of Board resources and all projects will be completed within the stipulated time.
The Chairperson expressed gratitude to people of J&K for their immense support to Board in making it more transparent and auditable. "The resources of the Board belong to public and assets have to be utilized as per the broader public requirements and needs", she asserted.
She added that the reformative steps taken by the Board have yielded great results and the process will continue.
Earlier, the Chairperson also presided over Annual Day Celebrations of Himalayan Education Mission and Himalayan College at Rajouri and released their periodical. She also gave away Himalayan Mission Awards to the civil services persons for their exemplary contribution to the society.
The Chairperson was accompanied by Secretary, Civil Aviation and Planning & Monitoring departments, Aijaz Assad and other senior officers.
Later, the Chairperson chaired a meeting with officers of district



Chairperson JKWB, Dr. Syed Darakhshan Andrabi laying foundation stone for Jamia Masjid at Ziyarat Shahdara Sharief.

administration to assess the facilities in place for the forthcoming Ramadan in the district.
During the meeting, she issued instructions to officers to ensure that all required facilities are provided during Ramadan Festival for the residents of the district.
The chairperson, during the meeting, discussed vital issues like ensuring uninterrupted access to water supply across all Jamia Masjids and shrines and facilitating devotees without any inconvenience.
The chairperson directed concerned authorities to maintain optimal water supply throughout the district. She also asked officers of PDD to ensure proper power supply during the festive period.
Furthermore, the Chairperson reiterated the vital importance of infrastructure maintenance, stressing the urgent need for proper repairing and functionality of street lights to enhance safety and accessibility for devotees during night time congregations.
Dr. Andrabi, on the occasion also addressed pertinent concerns regarding transportation infrastructure, highlighting the pressing need for the blacktopping of road notably from Thanamandi to Shadra Sharif for smooth facilitation of devotees.
The Chairperson, during the meeting, also underscored the critical role of healthcare acces-

sibility during the festive period, instructing the Chief Medical Officer to ensure the availability of essential medical services to cater to the health needs of devotees and residents alike.
Dr. Andrabi also asked the Assistant Director of Food, Civil Supplies, and Consumer Affairs Department to intensify market inspections to curb instances of overpricing, profiteering, and black-marketing, thereby safeguarding the interests of consumers and fostering a climate of transparency and accountability.
Dr. Andrabi during the meeting, reaffirmed the government's commitment to promoting pilgrimage tourism in the district, underscoring its potential to not only enrich the local economy but also foster inter-faith harmony and cultural exchange.
Among the others, the meeting was attended by Chief Executive Officer J&K Waqf Board, Majid Jhangir Shah; ASP, Musadiq Majid Basu; Administrator Waqaf, Abdul Quayum Mir; ACR, Mohammad Jhangir Khan; SDM Thanamandi, Abid Hussain; DPO, Mohammad Nawaz Choudhary; DSWO, Wakeel Ahmed Bhatt; CMO, Dr. Rajinder Sharma; EXEN PMGSY Rajouri, Shahid Mustafa; EXEN PMGSY Budhal, Intiyaz Mir and other concerned officers.

J&K people are entitled to all constitutional rights, just like people from any other part in country: Bukhari

■ STATE TIMES NEWS
SRINAGAR: Seeking public support for the Apni Party to secure a clear mandate in the upcoming elections, the party president, Syed Mohammad Altaf Bukhari, said on Sunday that his "party is unwaveringly dedicated to protecting the constitutional rights of Jammu and Kashmir and its people."
He asserted that "the people of Jammu and Kashmir are entitled to the full range of constitutional rights, just like citizens from any other part of the country."
Bukhari was addressing a public rally at Tilgam Pattan, in north Kashmir's Baramulla district, today.
Bukhari, while seeking public support for the Apni Party to secure a clear mandate, said, "Today, I am here to assure you that when you elect your representative from the party, I will take responsibility to ensure that he or she delivers as per your expectations."
"Check our agenda and policies, and you will discover that we have a clear vision to ensure prosperity and development for every area of Jammu and Kashmir. Unlike traditional political parties, we do not sell deceitful dreams, make fake



Apni Party President, S.M.A Bukhari addressing public rally at Tilgam Pattan in Baramulla on Sunday.

promises, or rely on emotional narratives. Our politics is grounded in truth and integrity. We only promise what we believe can be delivered," he added.
He went on to say, "We witness the lack of development in most areas of Jammu and Kashmir because the parties that governed us over the past seventy years never had a genuine vision for development. They had only deceptive slogans such as 'Raishumari', 'Autonomy', and 'Self-rule' to allure you and grab your votes to place themselves at the helm. You placed blind trust in their

false promises, allowing them to deceive you again and again."
Giving the most recent example of the deceitful promises by the conventional parties, Bukhari said, "In the 2019 parliamentary elections, these parties sought your votes with a promise that they would protect Article 370 from being abrogated. You elected all three members of parliament from one of these parties, yet they could not protect Article 370. Even these elected MPs did not even bother to resign in protest of the abrogation of Article 370."

"Then, these parties created a so called alliance named GAPD in 2019, promising that this alliance would get articles 370 and 35A back. They even took your votes during the DDC polls on this promise. Now, you have seen that, for their individual political gains, they dismantled this so called alliance themselves. They did not even bother to tell you why they failed to protect article 370 and 35A in the first place, and why did they deceive you by the name of PADG for the past more than four years."
The Apni Party leader urged people to reject these traditional political parties to punish them for their decades of deceitful politics.
He said, "You must not fall prey to their deceptive slogans any longer. You should not re-elect the same people who promised to protect Article 370 in parliament after receiving your votes. They deserve your rejection for misleading you."
"Earlier, your options were limited. However, now you have the Apni Party as a reliable political alternative. I assure you that we will not disappoint you. Give us your support to secure a clear mandate in the upcoming elections," he added.

PM Modi's visit turns Kaziranga to tourism hotspot



Prime Minister Narendra Modi's visiting Kaziranga National Park.

■ STATE TIMES NEWS
MUMBAI: UNESCO World Heritage Site Kaziranga National Park & Tiger Reserve in Assam is driving an upsurge and is expected to become a popular international tourism hotspot.
Kaziranga National Park & Tiger Reserve is abundantly blessed with nature's beauty. With Prime Minister Narendra Modi's visit today, it will get elevated to the status of an international eco-tourism site.
Located in the state of Assam in India's North Eastern Region, the National Park is a pristine natural site that is home to a variety of flora and fauna. "We are sure, the National Park will attract more tourists in the days to come," sources said.
Kaziranga National Park & Tiger Reserve encompassing an impressive 430 square kilometre area is the largest undisturbed and representative area in the Brahmaputra Valley region.
Interestingly, PM Modi on his visit to the National Park undertook an elephant safari. PM Modi also undertook a jeep safari within the Mihimukh area situated in the Central Kohora range of the National Park.
The Prime Minister undertaking these safaris, will not only make this National Park more popular but also result in the promotion of responsible wildlife tourism.

Kaziranga National Park is known for the world's largest population of one-horned rhinoceroses besides a rich variety of mammals and winged wonders. It is a unique gem among global national parks. Situated in the Golaghat and Nagaon regions of Assam, it is bordered by the Brahmaputra River to the North and the Karbi Anglong mountains to the South. Framed by lush tea plantations, the National Park offers a breathtaking view of scenic landscape. The National Park is crisscrossed by 37 highways, which enhances accessibility, and provides visitors with an immersive experience. Designated as a National Park in 1974, Kaziranga continues to captivate nature enthusiasts with its unparalleled natural beauty. This National Park is a pride of North East India. Recent data reveals a substantial surge in tourism. From October 15 last year, the park has welcomed over 1.80 lakh tourists. The tourism footfall is expected to triple in the next two years.

Heart health and urbanisation-incompatible and irreconcilable: Dr Sushil

■ STATE TIMES NEWS
JAMMU: In view of rapid transition towards urbanisation and proportionate increase in cardiac ailments, Head Department of Cardiology, Dr Sushil Sharma held a day long cardiac awareness cum health check up camp at Hari Mandir, Rehari Colony, Jammu with aim to inculcate cardiac friendly lifestyle along with ongoing advancements in urban areas.
While interacting with the people, Dr Sushil stated that by 2050, it is projected that almost 70% of the world's population will be living in cities, up from 55% today. The fastest urban growth is happening in Asia and Africa, which is also where we're seeing a rapid rise in people suffering from, and dying of, heart



HoD Cardiology, Dr Sushil Sharma with his team examining patients at a camp.

disease. The impact of on the world population's health is growing. Cardiovascular or heart disease is the most common type, responsible for 44 % of all deaths related to this category, Dr Sushil said.
He elaborated that Urban and peri-urban environment are

characterized by a tendency to sedentary lifestyle, a diet rich in sodium and calories, excessive alcohol consumption, socio-professional stress, all this in a context of poverty or social insecurity. Linked in particular to an uncontrolled rural exodus. This results in an increase in biological

risk factors and a vicious circle between non communicable disease which exacerbate poverty and vice versa. The distribution of main risk factors for CVD (i.e., hypertension, type 2 diabetes, hypercholesterolemia, obesity, and smoking) vary widely between

global regions, countries and even within a country. Such differences have been imputed to geographical variation, specifically, to urbanization, i.e., whether an individual lives in a rural or urban settings and, altitude, i.e., how far above sea level the subject resides.
He added about the impact of urbanisation on cardiac health told that building cities for cars and urban sprawl encourages car use, traffic congestion, air pollution and noise. The result is more stress, road trauma and physical inactivity as well as worse health overall and more deaths. It follows that we need better designs for our cities. Research has shown, for instance, that 20% of all deaths could be prevented if cities were designed to meet the recommendations for physical activity, air pollution, noise, heat and green space. Management Committee of the Mandir Naveen Bali, Harsh Sharma, Hans Raj Gupta, Kishore Sharma, Vinod Khajuria, Ashwani Suri and Sanjay Bali appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health Check up Camp in their society and shows their heartfelt gratitude.
Others who were part of this camp includes Dr Yashwant Sharma and Dr Dhaneshwer Kapoor. Paramedics and volunteers includes Kamal Sharma, Raghav Rajput, Ranjeet Singh, Rohit Nayyar, Anish Janwal, Jatin Bhasin, Paramveer Singh, Maninder Singh, Vinay Kumar, Arun Singh, Gourav Sharma and Vikas Kumar.

J&K on transformational mode post-abrogation of Art 370: Rana

■ STATE TIMES NEWS
JAMMU: Senior BJP leader Devender Singh Rana today asserted that Jammu and Kashmir is undergoing a huge transformation following the historic abrogation of Article 370 in August 2019.
"The decisive and bold step, as per the BJP's manifesto, has opened a new chapter in the history of Jammu and Kashmir has paved the way for unprecedented development, prosperity, and peace", Rana said while addressing Senior Citizens Sammelan, organized by the party's Senior Citizen Cell.
Among others, the Convenor of the Cell J. D Singh besides Co-Convenors Subash Gupta and A. K Mahajan (Retd SSP) were present in the Sammelan.
Lauding the visionary leadership of Yashasvi Prime Minister Narendra Modi, Rana said Jammu and Kashmir is



Senior BJP leader Devender Singh Rana addressing party workers.

already on transformational journey since the repeal of Article 370 and Article 35A, and is now witnessing unprecedented progress across various sectors, including infrastructure, economy, education, and governance with thrust on investments, which are pouring in immense measure.

He said the repeal of the special status has removed barriers to investment and development, allowing the region to fully integrate with the rest of the country emotionally, socially and economically. As a result of concerted and continued efforts the huge potential of the Union

Territory is being harnessed optimally.
While the people of all the segments, especially those marginalized are deriving dividends of various welfare schemes, the past nearly five years stand testimony to fillip in infrastructure projects- roads, bridges, utility schemes, smart city projects, health and educational wherewithal and airports.
All these projects are being executed at an accelerated pace, connecting remote areas and enhancing accessibility for residents and tourists alike. Rana said the infrastructural development is not only enhancing much needed connectivity but also stimulates economic growth and creates employment opportunities for the local population.
He said the post-abrogation era has sparked a new dawn for Jammu and Kashmir.