

Over 2,000 obsolete rules scrapped in last 9 years: Dr Jitendra

■ **STATE TIMES NEWS**
MUMBAI: Union Minister, Dr Jitendra Singh, who is also Minister Incharge DoPT (Department of Personnel & Training), said here on Sunday that over 2,000 obsolete rules and laws were scrapped by the Government of India in the last 9 years, for ease of governance and ease of business.

Speaking as Chief Guest after presenting Yashraj Bharati Samman (YBS) Awards at a 'Gratitude ceremony' organised by the Yashraj Research Foundation (YRF) here, Dr Jitendra said that unlike the earlier governments which found comfort in status quoist approach, Prime Minister Narendra Modi has demonstrated the courage and conviction to do away with such rules which were causing inconvenience to the citizens and many of which that had persisted since the time of British Raj. The ultimate aim of good governance is to bring ease of living to the citizens, he said.



Union Minister Dr Jitendra Singh, as Chief Guest, presenting "Yashraj Bharati Samman" Awards at Mumbai. Also seen is Deputy Chief Minister of Maharashtra, Devendra Fadnis.

The Minister appreciated Yashraj Research Foundation (YRF) for instituting the Yashraj Bharti Samman (YBS) and recognising the exemplary work done by different individuals and organisations in different fields.

He further said that the three categories in which the awards have been presented,

namely innovation in healthcare, transforming people's lives and ethical governance, have always been the priority of the Government led by Prime Minister Narendra Modi.

The Minister recalled that soon after the Government came to power in May 2014, within two to three months, the practice of getting certificates attested by gazetted officers was done away with.

Thereafter within a year, the Prime Minister spoke from the ramparts of Red Fort about the abolition of interview in job recruitment so that a level playing field could be provided. In pension, face recognition technology was introduced so that the elder citizens did not have to go through the tedious process of getting a life certificate. Most of the functioning was converted online and in order to bring in transparency, accountability and citizen participation, the human interface was reduced to the bare minimum.

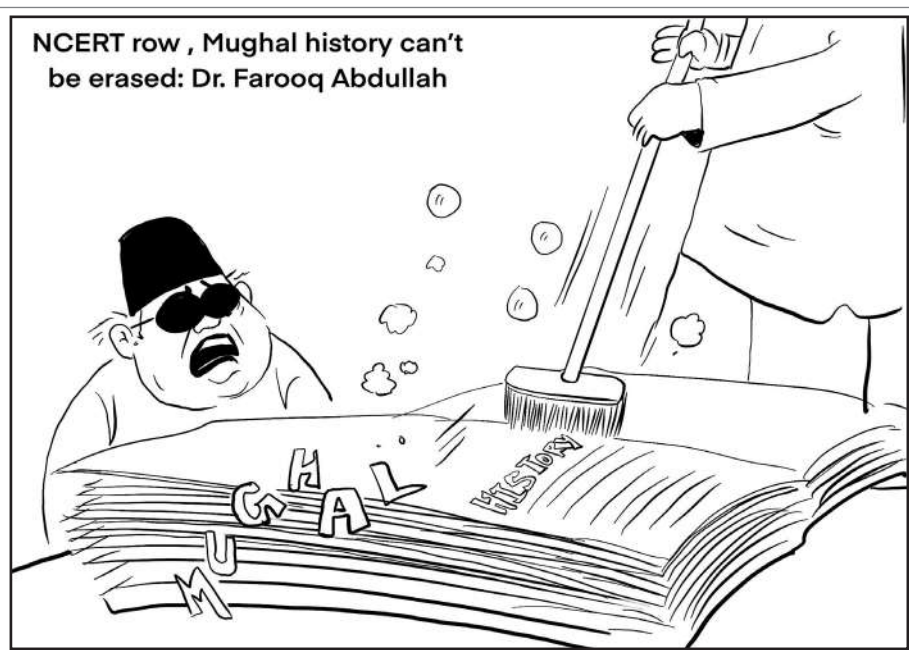
Talking about grievance redressal, Dr Jitendra said that the grievance redressal mechanism was shifted to CPGRAMS as a result of which about 20 lakh grievances are received every year in comparison to just 2 lakhs every year before this government came in because this government followed a policy of time

bound redressal and gained the confidence of the people.

In the field of healthcare, the Minister said that use of technology and telemedicine during Covid pandemic has shown how innovation can deliver healthcare in the remote and rural areas.

This Government has not only promoted technology and innovation but also StartUps to undertake new innovations even in the health sector thereby transforming lives of citizens.

Dr Jitendra concluded that earlier our priorities were misplaced and for seventy years it continued to be misplaced because we were being governed by status quoist governments. But for the first time in 9 years, there is sought to be undone what should have been undone in all these years. He expressed happiness in Yashraj Research Foundation's (YRF) efforts to carry forward the Prime Minister's message to every household in the country.



Dalip's Dogri song 'Tukar Tukar Kaisi Dikhana' released

■ **STATE TIMES NEWS**
JAMMU: Padam Shri Balwant Thakur along with Chairman, Team Jammu, Zorawar Singh Jamwal on Sunday released Dogri song "Tukar Tukar Kaisi Dikhana" produced by Shiv Ishwar Productions, during an event organized at Press Club, Jammu.



Padam Shri Balwant Thakur along with Chairman, Team Jammu, Zorawar Singh Jamwal and singer Dalip Singh Blouria releasing Dogri song "Tukar Tukar Kaisi Dikhana".

This was the second launch within two months by Savita Blouria, head of Shiv Ishwar Productions, as earlier it came with successful Bhaderwahi Bhajan "Vasuki Nag Keri Mahima Shuma" too hit the stands.

The song has been written by Dalip Singh Blouria, retired DySP and jointly song by legendary singer Jeevan Sharma and budding singer Vanshika Jaral with popular music director Ravi Sharma and edited by Shashi Thakur.

Legendary singer Anita Sharma, retired DySP and known artist Kamal Sharma were the special guests on the occasion.

While speaking on the occasion, chief guest, Padam Shri, Balwant Thakur congratulated couple Savita Blouria and Dalip Singh Blouria for such initiatives that promote our art and culture besides generates employment opportunities and also engage youth in productive works.

Balwant lauded the efforts of musicians, singers and artists for promoting and glorifying the diverse culture of J&K by producing songs in Dogri, Bhaderwahi and Pahari languages and hoped that these songs cross borders to reach

their admirers. He also said that such initiatives help the younger generation to remain connected with their roots.

Zorawar Singh, who was the Guest of Honour on the occasion, said that Jammu and Kashmir Government must open its door to the world of music industry besides film industry and ensure its presence felt here in a big way.

He said that there is dire need to provide a platform to budding singers to further harness their talent.

He said that the video track made by Shiv Ishwar Productions involving young budding artists is the greatest example of their intellectual, creative and latent ability that needs to be harnessed for their optimal self-actualisation.

Saying that mind of the creative genius is a strange and wonderful thing, Jamwal also said that the youth who are engaged in such activities should be encouraged both by the Government and social

organisations.

The participation of youth in cultural activities will not only keep away youth from indulging in social crimes but will also keep them in good health and sound mind.

Renowned music director Brij Mohan, singer Suresh Chauhan, president Old Wine Shop Owners Association, Charanjit Singh, Arvind Kotwal were among other prominent present on the occasion.

Dalip Singh Balouria presented vote of thanks while known academican Bindiya Sambyal compered the event.

"My Dogri song 'Tukar Tukar Kaisi Dikhana' now released on Youtube, Instagram and Facebook under the banner of my production 'Shiv Ishwar Production', " Dalip Singh Blouria said and appealed Jammunites to subscribe, like and share the song in big way for promotion of Dogra culture.

Religiosity/Spirituality compliment Cardiovascular Health: Dr Sushil

■ **STATE TIMES NEWS**
JAMMU: In order to educate the masses regarding the ever importance of religion and spirituality in preventing cardiovascular diseases Head Department of cardiology SSH Jammu Dr Sushil Sharma held a day long cardiac awareness cum Health Check up camp at Village Jhiri area of Block Marh, Jammu during the culmination of Shri Virat Vishnu Yagya with a purpose to make people aware of this dimension of healthcare particularly with reference to cardiac ailments.



HoD Cardiology SSH Jammu Dr Sushil Sharma along with team examining patients.

More than 500 people were screened, evaluated, diagnosed and free medicines were given as per the requirements.

While interacting with the people, Dr Sushil stated that the relationship between health and religiosity is complex.

Religiosity can influence the health behaviours of individuals with cardiovascular diseases (CVDs), such as coronary heart disease, hypertension and cerebrovascular disorders, Dr Sushil said adding that CVDs are non-communicable chronic disorders that are highly prevalent globally and are the leading cause of morbidity and mortality worldwide.

He elaborated that religiosity and spirituality can alter the expression of proteins associated with cardiovascu-

lar health, according to the results of a new analysis from the Study on Stress, Spirituality and Health (SSSH).

Spirituality can also serve as a resource for resilience and have a protective effect. Individuals who were more religious were significantly more likely to have favourable health habits and fewer cardiovascular risk factors, except for a higher prevalence of overweight/obesity at baseline, Dr Sushil said.

He added that on the contrary, unfavourable interactions with fellow members and religious doubts or discontent can induce increased psychological stress levels, which is a known risk factor for CVDs.

These health behaviours can influence cardio metabolic conditions and subsequently CVD risk.

Spirituality is more related to one's

emotional self-regulation, which could lead to less stress and therefore lower chances of developing cardio metabolic conditions and CVDs. Support from social networks can also influence this emotional self-regulation, he said.

Dr Sushil Sharma in his concluding remarks told that higher levels of religiosity/spirituality were associated with intermediate/ideal cardiovascular health and Reinforcement of religiosity/spirituality in lifestyle interventions may decrease overall mortality and morbidity associated with cardiovascular diseases. Religiosity may improve health through several mechanisms. Religiosity may improve stress levels by providing an outlet to cope; it also encourages people to live healthy lives, including the prevention of substance or alcohol abuse. Social

support among believers may also provide positive effects on their health.

He further told that religiousness has been shown to enhance self-esteem, generate positive emotions, and promote positive self-care practices by encouraging individuals to refrain from unhealthy lifestyle practices, which in turn fosters well-being. Intrinsic religiousness, spiritual well-being, and attending to one's spiritual needs were related to better physical, mental, and emotional functioning, He Added.

Suresh Shastri Maharaj and Prominent member of the area K K Sharma, Hari Dutt Sharma, Madan Lal Sharma , Shiv Kumar Sharma and Devinder Sharma appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness Cum health check up Camp on the pious occasion of Shri Virat Vishnu Yagya.

Others who were part of this camp includes Dr Nasir Ali Choudhary and Dr Dhaneshwer Kapoor. Paramedics and volunteers includes Raghav Rajput, Kamal Sharma, Rajkumar, Amandeep Singh, Rajinder Singh, Mukesh Kumar, Rajnish Dogra, Gourav Kumar, Jatin Bhasin, Ranjeet Thakur, Sandeep Sharma, Akshay Kumar, Manoj Sharma and Vikas Kumar.

Rana calls on Lt Governor

■ **STATE TIMES NEWS**
JAMMU: Devender Singh Rana, former Legislator and Senior BJP leader on Sunday called on Lieutenant Governor Manoj Sinha, here.

Rana discussed with the Lt Governor several issues of public importance and also gave his inputs on the upcoming G20 meet in Srinagar.

He also expressed gratitude to the Lt Governor for the support and guidance in organizing the Yatra on the Pracheen Mata Vaishno Devi Ji Shrine route. The Lt Governor assured the former legislator of appropriate action on the genuine matters put forth by him.

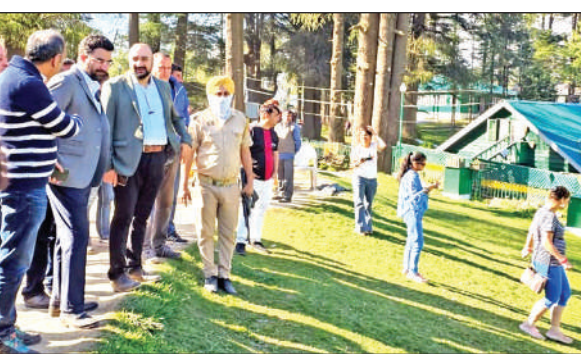


Senior BJP leader, Devender Singh Rana calling on Lt Governor Manoj Sinha.

Secretary holds interactive session with stakeholders on tourism scenario of Patnitop

■ **STATE TIMES NEWS**
PATNITOP: Secretary, Tourism, Dr Syed Abid Rasheed Shah, reviewed tourism scenario of Patnitop in an interactive session held on Sunday with representatives of Panchayati Raj Institutions, Tour Travel Operators, Hotel Associations and officials of Patnitop Development Authority here.

Chairing the session, Secretary said that PDA



Secretary Tourism, Dr Syed Abid Rasheed Shah inspecting tourism scenario of Patnitop.

jurisdiction is a prime and all season destination of J&K which witness annual footfall of lakhs of tourists. He appreciated the efforts of PDA for overall development and promotion of tourism in its jurisdiction. In this regard, he specifically appreciated initiatives like sustained innovative tourism campaign, significant national and international outreach programmes and creation of tourism infrastructure and

avenues. However, a lot needs to be done to not only sustain that position, but keep on improving it and realize the dream of making it a world class destination with the coordinated efforts of all stakeholders and the concerned departments, he said.

The stakeholders voiced their concerns, suggestions and long pending grievances regarding water availability, power, road connectivity, road widening, maintenance of

gardens, registration of hotels with Industries and Commerce Department, among others.

Dr Shah assured them of an appropriate action regarding redressal of their issues.

Also, present in the interactive session were Parkash Chand, Chairman BDC Chenani, Thakur Sher Singh, CEO PDA, Kushal Magotra, President Patnitop Hotels, Restaurants and Bar Association and others.

Mehbooba's tweet on Kashmir situation reflects frustration, hopelessness: Kavinder 'PDP on 'death-bed'; PAGD providing life support system'

■ **STATE TIMES NEWS**
JAMMU: Taking a hard stance, senior BJP leader and former deputy chief minister Kavinder Gupta on Sunday castigated former Chief Minister Mehbooba Mufti for sharing a concocted tweet over Kashmir scenario, claiming that the act reflects the quantum of her frustration and despair as there are no more takers for her party and views in the Valley.

In a statement issued to media persons, the BJP stalwart said that contrary to the depiction made by Mehbooba, the scenario in Valley is full of hope and the people are standing shoulder to shoulder with the government led by PM Narendra Modi.

He said unlike PDP and its ilk's times when the shutdowns, terror attacks, deaths of innocents, closure of schools was a norm, today the scenario has been changed to about 180 degrees as shutdowns, stone pelting, terror attacks and school closures have become a thing of the past.

"What is to be seen today is the flocks of tourists visiting the Valley and having good times with their families and friends, and in turn ensuring the good times for the common masses of Kashmir", he said adding that the tourist influx has broken the records of last 75 years under the BJP government.

He said that it is an open secret that PDP and other parties in Kashmir are on 'death bed' and their last hope is PAGD but deep inside their hearts, the leaders of these parties including the PDP know well that even PAGD cannot do much for their parties' survival although it is providing life support system to the same for the last few years.

Congress committed to protect democracy: Vikar

■ **STATE TIMES NEWS**
BARI BRAHMANA: Pradesh Congress Committee president, Vikar Rasool has criticised the Union Territory administration for being irresponsible towards resolving people's burning problems and instead adding to their woes by unleashing "tax terror" under the falsification of UT of Jammu and Kashmir at par with rest of the country. While people are facing hardships in view of poor civic amenities, unemployment, rampant corruption and repeated destruction of crops due to vagaries of weather, the administration under Lt Governor are only indulging in self-praise merely to grab headlines.

Addressing a mass Dharna held here today in connection with Congress's ongoing "Jai Bharat Satyagrah" in protest against the Narendra Modi government's inaction against unemployment, encouraging crony capitalism and repeated attempts to muzzle democratic institutions against former party president Rahul Gandhi has been raising voice, he said that nothing will deter the Congress leaders and rank and file from carrying forward the mission of Gandhi to expose misdeeds of this government. The crony capitalism being encouraged by Modi through backing handful of his friends is posing a serious threat to the national security as his friendly Adani-group is working in close proximity with some Chinese companies.

The Mass dharna which was followed by protest march organised by AICC member and senior advo-



Congress leaders taking out 'Jai Bharat Satyagrah' rally at Jammu.

being burdened with a mis-conceived tax-regime without doing anything to raise their income and standard of living. "We in the Congress will continue to hit the streets and expose diabolical plans of Narendra Modi government and the bureaucratic regime of the Lt Governor to economically hit the people of UT," he said.

Asking the people to be wary against the BJP's plans to create fissures in the society in the name of religion and caste and use religion as a diversion from the core issues related to bread and butter and, Bhardwaj said that while on one hand people particularly farmers were being deprived of their land which they had been cultivating for decades, on the other side the farming community is reeling under utter distress as unseasonal rains have repeatedly to destroyed their crops. It is shocking that while current crops have been destroyed due to a fresh spate of rains, the farmers are still to receive much promised compensa-

tion for their past losses.

Former MLA Balwan Singh said that Mr Gandhi's fight is against saving democracy and democratic institutions and the current protests are not against cancellation of his Lok Sabha seat. The country is rallying behind him in his fight against authoritarian rule which is breeding crony capitalism and creating monopoly. Mr Modi has been subsidizing Chinese aggression against India through handful of his industrialist friends led by Gautam Adani.

Among others who spoke on the occasion included Gurbachan Kumari Rana (Former Minister), Hussain Ali Wafa (Senior Congress Leader), Ashok Dubey (Organising Secretary PCCI), Ashwani Puri (Organising Secretary PCCI) Sanjeev Sharma (District President), Badri Sharma (Sarpanch), Rajesh Sharma (Sarpanch), Babbal Gupta (Working President) and Roshpal Sharma (Block President Bari Brahmana).