

# Modi accomplished Patel’s unfinished task in J&K: Dr Jitendra

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NEW DELHI: Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh on Sunday said that Prime Minister Narendra Modi had accomplished Sardar Patel's unfinished task in Jammu & Kashmir.

Speaking as chief guest at "Ek Bharat Shreshtha Bharat" celebration here, Dr Jitendra Singh said that Sardar Vallabhbhai Patel played a pivotal role in the integration of more than 560 princely states to constitute the post-independence Indian Union. Unfortunately, Patel was not allowed to handle Jammu & Kashmir because the then Prime Minister Jawaharlal Nehru thought that he knew J&K better. Later, Nehru also declared a unilateral ceasefire and thus prevented Indian forces from retrieving back the present 'Pakistan occupied Jammu Kashmir'(PoJK) from the Pak intruders, he said. The Minister further said, had Sardar Patel been given a free hand, the history of Indian subcontinent would have been different. PoJK would not have been there, whole of



Union Minister Dr Jitendra Singh, as Chief Guest, addressing the organisational event to celebrate 'Ek Bharat Shreshtha Bharat', at New Delhi.

Jammu & Kashmir would have been a part of India and this issue would not have lingered on for so many decades, he said.

The anomaly of Article 370 and 35A, said Dr Jitendra Singh, persisted for more than 70 years and the nation had to wait for Prime Minister Modi to come and do the course correction. Therein lies the significance of 'Ek Bharat Shreshtha Bharat' and it is a providential coincidence that the vision of 'Ek Bharat Shreshtha Bharat' was declared by Prime Minister Modi on 31st October, 2015 which happened to be the 140th birth anniversary of Sardar Vallabhbhai Patel.

Dr Jitendra said that in J&K, in the garb of Article 370, those who were votaries of the Article were actually misusing it to sustain themselves in power. Otherwise, what was the political logic of

holding back social reforms like the Dowry Prohibition Act 1961, Prohibition of Child Marriage Act 2006 etc. if not to appease certain sections of society for vote bank, he asked.

Talking about the North East of India, Dr Jitendra Singh said that before 2014, North East used to show up in the news for all the wrong reasons mainly encounters, Dharnas, road blockades, poor rail and road connectivity and violence. But all that has dramatically changed. In the last 9 years, Prime Minister Modi has visited the North East more than 60 times which may be more than the total number of visits made by all the previous PMs put together. He added that earlier governments took North East for granted but today the region is a model of 'Vikas' for the rest of the country.

The Minister further added

that Prime Minister Modi has won the trust of the people of North East by ensuring all round development in the region. Now the youth of North East are in high demand throughout the country for their skill and are excelling in different fields.

Business houses are looking upto North East as an attractive destination for investment. For example, a small Northeastern state like Mizoram with a population of hardly 10 lakh has set up Indian's subcontinent's first-of-its-kind specialised "Citrus Food Park" with Israel's collaboration which has been hailed as a "Centre of Excellence".

Dr Jitendra concluded by saying that the new political culture brought in by Prime Minister Narendra Modi coupled with the tremendous pace in development has broken the mental and physical barriers, and united the country as 'Ek Bharat Shreshtha Bharat'.



## GMC organises CME on fetal imaging



Principal GMC Dr Shashi Sudan Sharma speaking at CME in Jammu.

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JAMMU: Fetal imaging and ultrasound Doppler is very important modality to diagnose fetal anomalies and fetal growth restriction. These are extremely useful to alert the doctors about reduced blood flow to the fetus, which can be because of variety of reasons. Either the fetus is deformed & needs to be identified correctly or the fetus is not receiving proper blood flow, which puts the life of fetus in danger and can lead to stillbirth. These situations can be dangerous for mother's life also.

This was discussed at length in a comprehensive CME held at SMGS Govt Medical College, Jammu on Sunday.

The CME was conducted by Department of Radio-

diagnosis, Obs./Gynae in collaboration with Imaging Masterclasses. Senior faculty from the Deptt. of Radio-Diagnosis included Dr Kulbhushan Gupta and Dr Vipin Magotra delivered talks in the CME. Chief Guest, Bhupinder Kumar addressed the gathering through virtual mode from Srinagar and complimented the organising committee for holding such informative CME. Principal GMC Dr Shashi Sudan Sharma was the Patron of the CME and gave a welcome address. Leading doctors from Delhi had come to discuss all the scientific aspects of these problems which are widespread in India.

The chief coordinator of Imaging Masterclasses, Dr Vivek Kashyap held a live demonstration to highlight

these aspects. Dr Vandana Chadha and others also took part in scientific deliberations.

The Senior Faculty from Gynae/Obs. included Dr Swarn Kanta Gupta HOD of the Deptt., Dr Reema Khajuria, Dr Jyotsna Lamba and many more who participated in the panel discussion.

Eminent Radiologists and Gynaecologists from health department also participated actively in the CME.

Organising Secretary Dr Arshad Bhat said that such CME create awareness amongst the Doctors and the community about fetal imaging and importance of diagnosing problems very early.

He further said that more such CMEs will be held in the future.

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JAMMU: With fast pace of social drift in population and urbanization with each passing day and its detrimental effect on cardiac health Head Department of cardiology GMCH Jammu, Dr Sushil Sharma held a day long Cardiac awareness cum health Check up camp in collaboration with Dogra Brahmin Pratinidhi Sabha, Parade Jammu on the occasion of Maharishi Parshuram Jayanti celebrations with the aim to screen high risk cardiac patients and to disseminate the information regarding primary prevention of cardiovascular diseases by adopting healthy and cardiac friendly lifestyle.

More than 250 people were screened, evaluated, diagnosed and free medicines were given as per the requirements.

While interacting with the patient, Dr Sushil Sharma stated that the disease burden caused by CVD is a serious public health problem and it is suggested that this growing disease burden is driven by social macro factors such as urbanisation and ageing.

These changes in lifestyle and behaviour may affect CVD risk factors including hypertension diabetes, dyslipidemia, obesity and physical activity. Previous studies confirmed that urbanisation is a

## Jammu Club celebrates Baisakhi Festival with enthusiasm

**CS Mehta lauds Club Management for holding gala event**

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JAMMU: Jammu Club celebrated Baisakhi Festival with great enthusiasm in the Club premises here.

On the occasion, Arun Mehta, Chief Secretary was the Chief Guest. The members of Jammu Club along with their families marked their presence on the occasion and enjoyed to their full the Baisakhi Festival Evening at the Club.

The entire staff of Jammu Club had adorned the Punjabi attire specially designed for the occasion. Some of the visitors to the club on the occasion expressed that amid Dhol beats they felt for a moment as if they were participating in a Baisakhi festival somewhere in Punjab.

The rock band group has enthralled the audience which their scintillating performance. The band group has also



Chief Secretary Arun Mehta posing with Jammu Club members.

presented Several Dogri songs which was enjoyed by one and all present on the occasion.

The Chief Secretary lauded the efforts of Jammu Club Management for organising a marvellous programme. While presenting vote of

thanks, Gaurav Gupta, Secretary of Jammu Club expressed gratitude to the Chief Secretary and other guests for sparing valuable time, Executive Members of the Managing Committee, Entertainment Sub Committee members headed by its Chairperson Mrs

Indu Puri and staff members for their wholehearted support to make this event a memorable. He also extended special thanks to the children who mesmerize the audience with their scintillating performance. Several fun items and games were also arranged for children also. He assured the esteemed Club members that such programmes will continue in near future in their general interest. The Club Secretary also expressed gratitude to the Sponsors for supporting the event and making it a memorable one.

Managing Committee members who were present on the occasion include Er Ashok Sharma, Er Vikram Sharma, Er. Ajay Sabherwal, Ashwani Gupta, Er. Sumeet Puri, Aditya Gupta, Aekta Gupta, Indu Puri, Kavita Gupta, Er. Tania Mahajan and Dr Sandeep Singh besides Ex-Secretary K. K. Khosa.

## Urbanisation and Social Drift-Double-edged sword for cardiac ailments: Dr Sushil



HoD Cardiology GMCH Jammu, Dr Sushil Sharma examining a patient.

double-edged sword for health.

Urbanisation offers health benefits including access to services and education, higher incomes and living conditions. However, it also poses risks, such as pollution, transition to Western-style diets and sedentary lifestyles. Changes in CVD risk are easily influenced by social determinants, such as socioeconomic status (SES) and residential environments. In different stages of urbanisation, CVD risks level could be distinct since risk response capacity varies among urbanised residents with different SES. In addition, whether residential environments characterised by increased socioeconomic resources, access to healthy foods and more resources for physical activity have a measurable effect on CVD and the den-

sity of CVD risk factors is also worth exploring. He further maintained that If, on the one hand, the exposure to CVD risk factors is more intense in urbanised areas, on the other hand, it ensures greater access to health services. Thus, greater contact with cities enables the early diagnosis of diseases. These differences between urban and rural areas also reflect the access to health services by the populations. In the case of indigenous populations, this problem is in part mitigated by the existence of a specific subsystem for basic health care.

Tackling these issues requires a multi-stakeholder approach: by working together we can improve health education, strengthen healthcare and fight industry tactics, to address the world's number one killer: The rise of cardiovas-

cular diseases (CVDs) in developing countries has been linked to progressive urbanization. Cross-sectional studies on comparisons of urban and rural areas have demonstrated higher rates of CVD risk factors for urban individuals.

However, this comparison only suggests that the urban population is at higher risk of CVD, but does not give insights as to how these risks develop over time, he added.

Management Committee of Dogra Brahmin Pratinidhi Sabha Ved Prakash Sharma, Jagan Nath Sharma, Subhash Shastri, M.L. Padha, Bareet Ram, Ramesh Sharma, Ritiz Khajuria, Jagdish Dogra, Vijay Sharma and Raman Sharma appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health check up Camp on Birthday celebrations events of Bhagwan Parshuram. Others who were part of this camp includes Dr S K Bali (Nephrologist), Dr Kewal Sharma, Dr Inuran and Dr Barkat. Paramedics and volunteers includes Raghav Rajput, Rajkumar, Rajinder Singh, Mukesh Kumar, Gourav Sharma, Akshay Kumar, Jatin Bhasin, Pankaj Kermi, Janished Ali, Vikas Kumar, Sandeep Pal, Hridanshu Kohli, Arjun Ghuman, Vinay Kumar and Ashish Talwar.

# Three-day 'Basoa Baisakhi Mahotsav' concludes at Mubarak Mandi Heritage Complex

**360-Degree 3D Virtual Reality Video Stall of Tourist Deptt witnesses humongous response from public**



Glimpses of various activities performed during closing ceremony of three-day "Basoa Baisakhi Mahotsav" at Mubarak Mandi Heritage Complex, Jammu.

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JAMMU: In continuation with their endeavour to promote the cultural legacy and heritage of Jammu region, the Directorate of Tourism Jammu under the overall supervision of Secretary, Tourism Department Syed Abid Rasheed Shah, organized multitude of promotional cultural events encompassing Jammu Division to celebrate the "Basoa Baisakhi Mahotsav" with grandeur and fanfare.

The centre of the grand Baisakhi celebrations was Mubarak Mandi where the central lawns were metamorphosed and beautifully decorated into a 'Dogra Village' exhibiting Dogra Heritage with the theme "Mere Desae Da Shalaapa" with live pottery, live parola art, live Basohli Paintings and other artefacts of Jammu region were replicated which received immense response from the visiting public and tourists.

One of the major highlights of the grand Baisakhi Mahotsav was showcasing of various 'Tourist Destinations' of Jammu region

in 360 degrees 3D through VR cameras at Mubarak Mandi which witnessed humongous response from people and there was high demand to make it a regular feature at special counters especially at Jammu Airport, Jammu Railway Station, Katra Railway Station.

The 3D Virtual Reality Stall of Tourism Department witnessed long queues and crowd on all three days of the "Basoa Baisakhi Mahotsav" at Mubarak Mandi.

The 3D VR experience of snow clad mountains of Bhaderwah and Paragliding experience at Aithem was highly appreciated by all visitors. Another popular activity amongst the visiting guests was live pottery stall where the visitors tried their hand at shaping an earthen pot, an earthen Diya and much more.

The live pottery was also appreciated by all visitors especially the youngsters and teenagers who participated in the said activity with great zeal and enthusiasm while visiting the 'Dogra Village' at Mubarak Mandi.

A spectacular "Heritage Walk" was also organized to explore the richness of Jammu's historical lanes and heritage markets which was flagged off by Joint Director Tourism Jammu Sunaina Sharma from Amar Mahal and it culminated at Raghunath Bazaar enroute Mubarak Mandi, PattuChougan, Hanuman Mandir; Pacea Danga, Kali Janni, Raj TilakRoad, Purani Mandi. Around 150 participants from Central University, Jammu University, Parade College of Women, Mubarak Mandi School participated in the first of its kind 'Heritage Walk' organized across old city and were enthralled by the cultural richness and stories of the local markets and lanes of Jammu city.

The Cultural Bonanza at Mubarak Mandi kept the audiences engaged during all festival days with scintillating folk performances of Asha Kesar, Veer Slatia, Nirbhay Slatia, Varsha Jamwal, Ravi Raghuvanshi, Shubham Shiva, Sonali Dogra, Santoor Duo of Ravi Sharma and Rohit Sharma, and many more folk dance

performances especially Jagrana, Suhaag, Sithniyaan which revived the local celebratory fervour. Highlighting the ethnic Dogri dresses, the culminating day witnessed vividly dressed 'Ethnic Fashion Show' which focused on the celebration of Dogra Female attires especially crafted for the occasion by the talented designers of NIFD. The show kept audiences glued to their chairs with the vivid presentation of Dogra Attires well decorated with Gotta Patti and many other designs while elegantly flaunting Parandas embedded in their braids.

Another captivating feature of the Mega Baisakhi celebrations was the display of Basohli Paintings by Antima and Medhavi Sharma which mesmerized the visitors and kept these stalls over crowded with immense response during the Mela.

The Directorate of Tourism Jammu has successfully organized the Baisakhi Festival at Nangali Sahib Gurudwara Poonch, Baba Banda Singh Bahadur Reasi, Jia Pota Ghat Akhnoor, Mansar, Gulabgarh Kishwar in an attempt to keep the festi-

ties going across different regions of Jammu Division.

Director Tourism Jammu Vivekananda Rai said that this year Baisakhi Mahotsav was organized with traditional fervor upholding the rich cultural heritage of Jammu region. It is wonderful to see that the celebrations included every community and were spread over the entire division.

While briefing the media, Sunaina Sharma Mehta (JKAS) Joint Director Tourism, Jammu said that the Tourism Department is committed to work towards the revival and celebration of rich Dogra culture, it's legacy and heritage. She added that enthralling cultural performances, the display of local art-craft and native products like Basohli Art, Pottery items, Raisin Art, etc. were attempted to be revived during the "Basoa Mahotsav" and the Department shall actively engage the audiences and local Stakeholders in future attempts to revive our traditional festivals and cultural ethos. She also appreciated the coopera-

tion and active participation of all local market associations, travel Trade Associations, other local bodies and local stakeholders who supported in the successful organization of this "Basoa Baisakhi Mahotsav" in a grand manner.

Needless to mention here that it was for the first time that the Baisakhi celebrations tempted everyone to participate and to spread the ambience of joy, cheerfulness, exuberance and vibrancy to the entire Jammu province. To make this event a grand affair the Baisakhi Mahotsav was celebrated at Gulabgarh-Paddar Kishwar; Mansar; Dera Baba Banda Bahadur Reasi, Gurudwara Nangali Sahib Ji Poonch, JiaPota Ghat Akhnoor; Peerkho, Rajinder Park Canal Road Jammu Maharaja Hari Singh Park Jammu and Mubarak Mandi Complex Jammu along with prominent chowks of Jammu city, encompassing cultural exhibits, Dhol Beating, Nukkad Natak, Cultural Carnival, Folk performances, Bonfire, fire crackers, Tonga rides etc.