

BVP Taushi Branch organizes talk on 'Preventive Measures for Healthy Heart'

■ STATE TIMES NEWS

JAMMU: The Taushi Branch (Shakha) of Bharat Vikas Parishad (BVP), J&K Prant, on Sunday organized a talk on Preventive Measures for a Healthy Heart by Dr Sushant Kumar, Senior Consultant (Cardiology), Shri Mata Vaishno Devi Narayana Super Specialty Hospital, Katra at Rehari, here. Dr Sushant, who has vast experience of working in reputed medical institutions of the country, sensitized the citizens present about the various means to prevent the onset of Heart disease and also about measures required to be taken by every citizen, especially males above the age of 40 years, for its effective prevention and for detecting its early symptoms. He laid a special emphasis on healthy eating habits and regular exercise for keeping the heart healthy, and spelled out six S's which need to be carefully monitored. These included Sugar, Salt, Smoking, Stress and Sedentary Lifestyle which need to be avoided, with the sixth S standing for Sleep, 8 hours of which, between 10 pm to 6 am, was essential for keeping the heart healthy. Dr Sushant cautioned against watching mobile



Dr Sushant Kumar Cardiologist interacting with citizens during question and answers sessions in the programme.

screens before going to bed which hinders early and restful sleep. He also stressed upon avoiding red meat and other cholesterol producing carbohydrates. He recommended Yoga, meditation and a brisk walk of at least 30 minutes a day for all, especially senior citizens. In the question and answer session, Dr Sushant Kumar answered the individual queries of a large number of participants and clarified their doubts. Earlier, welcoming the speaker and the participants, Ajay Khajuria (Retd), President, Taushi branch of the BVP, Jammu Prant, elaborated upon the ethos of BVP which he disclosed, was a strictly non-political organization dedicated to the devel-

opment and growth of Bharat in all fields of human endeavour. He informed that the talk was organized to contribute in the efforts for developing a healthy society in keeping with the objective of a Sawasth, Samarth and Sanskarit Bharat. He said that the newly created Taushi Shakha, Jammu was committed to taking forward, in letter and spirit, the vision of BVP for empowerment of the people based on the ideals and teachings of Swami Vivekananda ji. In her address, Sumita Gupta, Finance Secretary of BVP, J&K Prant, who also graced the occasion, elaborated in detail about the scope of activities of BVP which were dedicated to the development and growth of Bharat in all

fields of human endeavor and towards promoting a sense of patriotism, national unity and integrity. She outlined the range of activities and programs undertaken by the Parishad in J&K, which, amongst others, included generating health awareness and nutrition consciousness amongst children and women folk, empowering them through skill training in tailoring etc. and providing support to the needy and old people. She appreciated the start made in quickly taking up several relevant activities by the recently created Taushi Branch of Bharat Vikas Parishad. Kuldes Sharma, Sewa Pramukh of Taushi Branch, delivered the vote of thanks. The event, which

commenced with the National Song and lighting of the lamp, ended with the National Anthem. The proceedings were conducted by Professor Ajay Khajuria, Treasurer of the Taushi Branch. Prominent among others who attended and contributed to the success of the event included Er Jagmohan Sharma, Secretary Taushi branch, Kamni Kesar, Vyastha Pramkh, Chander Mohan Sharma, Sanskar Pramukh, Ravinder Jamwal JKAS (Retd), Print/TV & PR Pramukh, Dr Ramakant, Shehri Kheti Pramukh, Ashok Gupta, Krishi Vikas Pramukh, Sushil Kumar Bhola, Ayush Pramukh, Er Arvind Khajuria, Paryavaran Pramukh, Vinod Kumar, Jt Secretary, Sushil Sahni, Member, Er. J. R. Suri, Member, Vinod Sharma, Member and Er Bharat Gandotra, Member of the Taushi Branch. Participants also included V. K. Tandon, former Director Agriculture, Kashmir; Dr Satish Sharma, former Medical Superintendent SMGS Hospital Jammu, Balwant Singh, DAO (Retd) and Ravi Kant Gupta, Yoga Consultant.

101st Birth Anniversary of Veer Ram Chander celebrated



Arya Samaj Dayanand Marg, City Chowk members celebrating 101st Birth Anniversary Veer Ram Chander at Veer Ram Chander Samarak, Bathera.

■ STATE TIMES NEWS

JAMMU: Under the aegis of Arya Samaj Dayanand Marg, City Chowk, the 101st Birth Anniversary of Veer Ram Chander at Veer Ram Chander Samarak, Bathera was celebrated by giving rich tributes. The grand ceremony was initiated by conducting Vedic Sandhya and Hawan with participation from the residents of Bathera as well as nearby areas who were given astute company by the members of all the Arya Samajs of Jammu and Kashmir, core committee members of Arya Pratinidhi Sabha Jammu and Kashmir, students from Arya Kanya Pathshala Kacchi Chawani,

DAV School Kacchi Chawani and Veer Ram Chander Smarak School Bathera. Post that, cultural program was held wherein students participated with pomp and show. Felicitations of meritorious students took place by President Arun Kumar Gupta as well as other dignitaries -Narender Trehan (President, Arya Pratinidhi Sabha, J&K), Balwan Singh (Secretary), Dr. Kulbhushan Mahotra, Sukriti Chowdhary, Mukesh Shastri. To deliver insightful speeches, renowned Swami Vivekananda from Gujarat along with Acharya Yashvir were invited. For eye treat-

ment of the needful, Sharp Sight Eye Hospitals - Gandhi Nagar, held a free eye checkup camp on the premises wherein more than 250 people were diagnosed and free medicines were distributed by Arya Samaj, Dayanand Marg. The vote of thanks was presented by Arun Kumar Gupta (President, Arya Samaj Dayanand Marg City Chowk) who expressed his gratitude to all the attendees for making this event a resounding success. Following this, Rishi Langer was served amongst more than 500 people who participated in the event and kept the legacy of Veer Ram Chander alive till date.

Rajesh urges Amit Shah to stop discrimination with JKP on RHA issue

■ STATE TIMES NEWS

JAMMU: Bahujaan Samaj Party (BSP) J&K General Secretary and Media Head, Rajesh Gupta raised the concern and questions the union government why Jammu Kashmir Police (JKP) getting lesser amount of Risk and Hardship Allowance (RHA)? Which is being paid to different security forces deployed in Jammu and Kashmir Union Territory (UT) with J&K Police (JKP) getting a meager amount. Gupta urged Union Home Minister Amit Shah to stop this discrimination with JKP Jawans those always stands 24x7 for our safety in J&K and level their RHA with other forces. Gupta said, though all of them work in same risky conditions yet there are variations in RHA. J&K UT has International Border (IB) and Line of Control (LoC) with belligerent neighbour Pakistan while the UT of Ladakh which was carved out of erstwhile J&K State on August 5, 2019 has border with China and LoC with Pakistan. Gupta added that despite the fact that all these forces face similar type of challenge and hardship, yet, there are variations in RHA being paid to them.



BSP/J&K General Secretary Rajesh Gupta talking with Home Minister Amit Shah.

An Inspector rank policeman of JKP is getting Rs. 175 per month as risk allowance and his hardship allowance remained 10 per cent of his basic salary. As the menace terrorism and border skirmishes has badly affected J&K, many security forces apart from Indian Army and local JKP have been deployed here for the last about four decades to main-

tain peace and in doing so many of the personnel of these forces have been martyred. BSP leader informed that hardship allowance of 10 per cent of the basic salary in the force is same for all the ranks. He said that hardship allowance of other forces in J&K is about 34 per cent. He said RHA in the Army depends upon the area of deployment and is different for the areas of peace, counter insurgency/counter terrorism (CI/CT) and high altitude. Rajesh Gupta said that in places like Jammu, RHA is paid for deployments even at places like Nagrota, Domana and Sunjwan. He said that RHA also varies with rank and is not same for all the personnel of Army. "It is Rs. 6000 for Junior Commissioner Officers and Other Ranks and Rs. 10500 for officers in peace," he said adding that it is not paid for every posting in Jammu but is more at border and LoC posting. "In places like Siachen it is 42500 for officers and 30000 for Junior Commissioner Officers and Other Ranks," Gupta maintained.

8th Sthapana Diwas of Chandi Mata Temple Team SIBA conducts Free Multispecialty Health Checkup Camp



Team SIBA members and doctors at a health checkup camp.

■ STATE TIMES NEWS

JAMMU: On the occasion of the 8th Sthapana Diwas of Chandi Mata Temple Dhammi, a free multispecialty health checkup camp was organized by Team SIBA on Sunday within the temple premises. The event saw the participation of various entities, including associates from Eetoo and Kanwal (Chowgan), who were instrumental in the organization. Medical assistance was provided by Dukh Nivaran

Hospital, with doctors Parminder Singh and Satwant Singh Babbu offering their services. Path Square Labs Bakshi Nagar Jammu, represented by Vijay Kumar Bhatia (MD) and Sharda Suri, contributed to the event as well. Additionally, Vivekananda Hospital conducted an Ophtho Cancer Navigation Program awareness session by Program officer Aashish, while Sehora Dental College, led by Dr. Kamaljeet and final-year

IDS students, conducted dental checkups. KIRF International Physiotherapy Dr. Inran, Dr Ritasha Bharti, Dr Hitasha Bharati, Dr Raghavi Mahajan, Ortho Clinic, Chand Eye Clinic (Gandhi Nagar), Dr. Pranav with team and Mono Health Care Shiv Chowdhary played vital roles, offering their services and medicines to the attendees. Dr. Irfan led an organ donation awareness session, further enriching the camp's

impact. The event drew an overwhelming response, with more than 1500 people benefiting from the medical services provided. Notable contributions were made by the Sarv Shakti Chandi Mata Committee, especially President Sanjay Gandotra and his team, as well as individuals like Early Post Puneet Gupta and Kanwal (Chogan) Ummar Minto, General Manager of Kanwal Jammu Division. The SIBA team, including co-founders Sidharth Verma and Baljeet Singh, alongside their dedicated members, Ranneek Kour, Meenakshi Verma, Adv. Sumit Verma, Jasmeet Kour, Manmeet, Vishwas, Sumit, Amarjeet Singh, Aakash Singh, Aakash, Renu, Ishan managed the event efficiently, ensuring its success and widespread benefit to the community.

DySP Probationer Suvan interacts with IAS/JKAS aspirants at SRCC

■ STATE TIMES NEWS

JAMMU: The SR College of Competitions (SRCC) organised an interaction-cum-workshop for the aspirants in the college premises at Gandhi Nagar, Jammu. The session was taken by Suvan Sharma who has qualified the UPSC examination 2023. While interacting with the aspirants Suvan shared his journey right from the beginning when the idea of civil services struck to his mind and he started preparing for the same during his college days. He shared in detail his strategy for the competitive exami-



UPSC qualifier Suvan Sharma interacting with aspirants at SRCC.

nations, the problems he faced and the solutions attempted to overcome those problems. He discussed in detail the syllabus, various papers of General Studies, Optionals and the Essay Papers. All the aspects including the scheme and pattern of the exam, approach for Prelims and Mains, sources of study material and the books required, use of online sources, need for coaching

and the relevance of newspaper reading in preparing for the current affairs and writing test series for both prelims and mains were covered comprehensively to the satisfaction of the aspirants. He discussed the entire syllabus, the focus areas and the kind of questions asked in the previous year's papers were also taken up. Aspirants were also guided about the CSAT and Essay papers.

Further, aspirants clarified their confusions about the ethics, integrity and aptitude paper and the approach to handle the theory and the case studies part. Aspirants were suggested to atleast attend one or two comprehensive test series for both prelim and mains examinations. He also motivated the students about answer writing practice on regular basis. He also shared the details of

his UPSC interview/ personality test. The response to the workshop was overwhelming and the attendees appreciated the initiative taken by the SR College of Competitions. The attendees included the aspirants preparing for IAS 2024 & 25 & JKAS 2024and JKAS 2025 and also undergraduates who will be eligible in a couple of years. "Such interactions encourage, motivate and inculcate a sense of confidence in the aspirants that if he can do it why can't we" told Parveen Sharma, Director of SR College. SR College keeps on organising such online and offline workshops, seminars, webinars and interactions with the IAS officers, KAS toppers and various subject experts.

SMC conducts cleanliness drive in Zone East

■ STATE TIMES NEWS

SRINAGAR: Following the directions of Commissioner Dr. Owais Ahmed, the SMC officials, along with the Chief Sanitation Officer and Zonal Sanitation Officer, on Sunday spearheaded a successful cleanliness drive focused in Central Jail and its surrounding areas. The initiative aimed to elevate cleanliness standards and promote hygiene practices by implementing efficient waste collection and disposal methods, along with clearing out unwanted vegetation and grass. By involving the local community in these efforts, the SMC seeks to instill a sense of civic duty among residents while advocating for sustainable and hygienic behaviors. The primary goal of this initiative is to create a cleaner and healthier environment for all residents. Through collaborative efforts and community engagement, the SMC strives to cultivate a culture of responsibility towards maintaining cleanliness and fostering a sustainable living environment.

TNWS commemorates its 31st Foundation Day

■ STATE TIMES NEWS

JAMMU: The Trikuta Nagar Welfare Society (TNWS), registered in Jammu, commemorated its 31st Foundation Day within its premises, here on Sunday. The President of TNWS, Rajinder Parshad Kakkar, extended welcome to the Chief Guest of the function, Arun Gupta, President of CCI Jammu. Kakkar presented a bouquet of flowers and introduced his team to the guest and the audience gathered for the event. The highlight of the celebration was the release of TNWS's annual news magazine for the years 2023-2024, detailing the society's activities, read by President TNWS. Neeraj Puri, former councillor of Ward 54, and Ajay



TNWS members honouring CCI President Arun Gupta.

Kumar Gupta, former councillor of ward 52 in Trikuta Nagar colony Jammu, commend the efforts of TNWS and shared the developmental achievements made during their tenure with the society's inputs. The chief guest pledges to address the issues concern-

ing Trikuta Nagar colony and advocated for its transformation into a model smart colony, complete with beautification, playgrounds, parks, and modernized healthcare facilities. He encouraged other localities in Jammu city to emulate TNWS's proactive

approach in identifying and resolving community issues in collaboration with government and concerned authorities. The Chief Guest assured the residents of Trikuta Nagar colony that CCI Jammu will always support their legitimate demands whenever needed. Som Nath Kaul, Vice President of TNWS, presented a vote of thanks. The event witnesses a large gathering of residents and executive members of TNWS management, including Krishan Gupta, Er Varinder Kumar Kaul, N.K. Bali, K.K. Mahajan, Sandeep Sharma, Amarjeet Singh, Jaswinder Singh, and Shailla Gupta, Indu Puri, and Rubal Mahajan, along with Vijay Gupta.

MPSAT distributes Rs 15.17 lakh among needy persons Bhat re-elected Chairman of MPSAT



MPSAT Jammu member speaking at Annual General Body meeting.

■ STATE TIMES NEWS

JAMMU: Mochi Phali Seat Athrot Trust (MPSAT) Jammu organized Annual General Body meeting of subscribers, special donors and well-wishers at Durga Mandir, here on Sunday under the chairmanship of Veer Ji Bhat. The meeting was called to review its functioning, progress and presentation of income and expenditure for the year 2023-24. Moti Lal Malla, Scholar & Social Activist, presided over the meeting while Kashmiri Lal Bhat, Sr. Advocate and Convener Pt. Prem Nath Bhat Memorial Trust, A.K Raina Retd. Director School Education, Sunil K Thusoo Chairman KMECT and Sharda Foundation Trust, Dr. Ravinder Raina and T.K.Raina EDB were Guests of Honour. The program started with Gayatri Mantar followed by Shradhanjali to the departed souls during the year 2023-24. A.K.Dhar (Gowhar) presented the poetry based on the Nishkaam Karma

before the meeting. Veer Ji Bhat presented the work done report for last 5 years. He stated that MPSAT has distributed an amount of Rs. 15,17,805 including Rs. 3.66 lakh for the financial year 2023-24 on account of Medical, Education, Emergency and Marriage Assistance. The guests supported the mission taken in hand by the MPSAT since last two decades and assured to be on the front foot for every possible help for the welfare of the community. It was decided to organize corner wise meetings to include the quality membership drive to increase the source of income so that we may be capable to serve the needy and deserving members of the community well in time. To strengthen the working group, Surinder Kumar Pandit from TRT Nagrota, Tej Krishan Dhar from Jagti and Jeeta Koul from Muthi were inducted in the panel of executive body. Before the conclusion of

the meeting, as per the Trust constitution guidelines the election process of the office bearers was completed in which Veer Ji Bhat, R.L Bhat, S.K Razdan, S.L Koul were again nominated as Chairman, Treasurer, General Secretary and Joint Secretary respectively for next three years. Moreover, R.L Koul, P.L Koul and Sunil Raina were again nominated as auditors for next 3 years by the participants. Sushil Kumar Razdan, General Secretary presented the vote of thanks. S.L Koul, Joint Secretary composed the program of the meeting. Others present include C.L Bhat, Manoj Kumar, Chand Ambardar (President DMPC Durga Nagar), S.K Raina, A.K Matoo, Satish Koul, Shadi Lal Pandita, Vinod Zutshi, H.K Zutshi, Padam Pandita, Ramesh Pandita, Sumit Pandita, Mayur Khar, Deepak Bhat, M.K Zutshi, Venu Bhat, Basanti Bhat, Sweety Razdan and Rekha Bhat.