

PM Modi has brought peace & prosperity to J&K: YV Sharma

STATE TIMES NEWS

JAMMU: YV Sharma, the spokesman of the BJP, exhorted the people of J&K to vote overwhelmingly for BJP during the 2024 Lok Sabha elections. He requested the voters to vote for BJP as every vote cast by them is essentially a vote for Narendra Modi who has unleashed an unprecedented growth of peace & infrastructure development in J&K.

He said that the basic element for development, be it economic, infrastructure, education or even spiritual is the necessity of peace. The Govt of Narendra Modi with the able support of Sh. Manoj Sinha, the HLG of J&K combined with the conviction of the local BJP leadership & wholehearted support of the people of J&K has ensured a period of peace in J&K that was just not thinkable a few years back. It is also true that there have been some unfortunate incidents related to terrorism during this period but gone are the days when calendars were issued for observation of strikes & bandhs. Gone are the days when stone pelting was a norm during which scores of youth lost their lives. To keep the schools, colleges, markets & other business establishments open used to be an unprecedented challenge. Under the Modi government open schools



& colleges are a norm & children & youth are busy getting educated. New vistas have opened for skill development. It is these very students who will help in the development of J&K at a later stage.

The Govt under Narendra Modi has enhanced the interaction of the youth of India with the people of the rest of the country through several programmes. The youth of J&K are witnessing the growth story of India with their own eyes. There are several programmes for the students who go for studies in other parts of the country. The development of women centered self help groups is creating a new environment of togetherness & enhancing entrepreneurship which is bound to give boost to the economy in villages & towns across J&K. Thrust is also on tourism & with the advent of philosophy of home stays new areas of the UT are coming on the tourist map with consequent benefits to the local economy.

Modi government has also laid stress on development of health infrastructure. The District Hospitals along with Ayush Health & Wellness Centres & Ayushman Arogya Mandirs are changing the face of the health infrastructure. The Ayushman Card provided to every citizen of J&K under the PMs Ayushman Bharat Yojna has ensured that healthcare is available to every cross section of the society & none feels financially troubled in case of a medical situation.

YV Sharma said that there is a complete thrust on infrastructure development of J&K, be it in roads, railways or air travel. AIIMS are coming up in Jammu as well in the Kashmir Division of the UT. It is understood that the railway track shall be through to Srinagar & Baramulla in the Kashmir Valley by the end of the year 2024. The Modi government has taken up the difficult task of 8 laning of Delhi - Amritsar - Jammu - Katra expressway & the task is going ahead at neck-break speed. The hallmark of the Modi govt has been the huge scale of the projects & the assurance that the are completed at a fast pace. The upcoming ring roads in Jammu & Kashmir Divisions are a befitting example of the vision of the BJP government under the PM, Modi. The newly opera-

tion battery buses in the cities of Jammu & Srinagar have brought in a new sense of comfort while travelling in these cities. They also are an effort of the government to bring down noise & air pollution.

Earlier, Jammu would crave for a university or an engineering college, but the Modi Government has provided IIT & IIM to Jammu. The landscape of Jammu on the Nagrota periphery has completely transformed & Jammu Zoo has provided an additional recreational spot for the people of Jammu. YV Sharma said that in an unprecedented move the government under Narendra Modi is in the process of developing power plants in the Chenab basin that shall have an installed capacity of more than 3000 MW. These power plants are expected to be completed in another 2 to 3 years. The installed capacity of these power houses shall be more than the total installed capacity of power houses that came up in J&K in last 70 years. He further said that the thrust of the government towards digitisation has brought in a new sense of transparency. Many of the civic services are now available on an individual's mobile or a pad. This has also brought in revolution in the education sector too, for students now have

access to data, books & new & modern learning techniques enabling them to understand their area of interest better.

He further said that reservation for the Pahari community, the Gaddis, the displaced people from Pakistan & women in the legislature, Parliament & local bodies has empowered these forgotten communities. Abrogation of Article 370 is the most important feather in the cap of our PM. This long-awaited step brought parity amongst all Indians & gave them a sense of purpose.

He also added that there is thrust on part of the government to establish industrial estates & several key players have already started coming in. The government has also introduced New Industrial Policy for the entrepreneurs to invest in J&K. The fruits of this effort shall also be visible in near future.

YV Sharma requested the voters of J&K that in order to ensure that the fruits of peace & development are further anchored in the UT of J&K & they attain permanency the people of J&K must vote for Narendra Modi in hordes & strengthen his hands. He appealed to the voters to vote for Dr. Jitendra Singh & Jugal Kishore in Udhampur & Jammu Lok Sabha constituencies.

Dr Rajive Gupta performs Laparoscopic Splenectomy

STATE TIMES NEWS

JAMMU: Eminent laparoscopic surgeon, Dr Rajive Gupta successfully treated 36-year-old man from Udhampur, ailing with a large hydatid cyst of the spleen.

Abhishek Gupta, a 36-year-old from Udhampur, presented with a large hydatid cyst of the spleen, Dr Rajive Gupta.

"The standard treatment for such cases typically involves splenectomy, which is traditionally performed via open surgery," Dr. Rajive Gupta, who opted for a laparoscopic approach despite the rarity of such procedures in the region, said.

He added that laparoscopic surgery involves making several small incisions (keyholes) instead of a large abdominal cut.

"This results in less pain, quicker recovery, early return to work, and reduced risk of complications like incisional hernia," he added.

Dr. Gupta successfully removed the spleen and cyst through four keyholes of 5 to 10 mm size. Special precautions were taken during the operation to prevent complications, including the use of scolicidal agents and betadine-soaked gauze, Dr. Gupta said. He added that approximately 900 ml of dark-colored fluid was aspirated from the cyst cavity, which was then refilled with 10% Povidone iodine to kill daughter cysts and scoliosis. The laminated membrane of the cyst was removed.



Dr Rajive Gupta posing with his team along with the patient after laparoscopic splenectomy.

"The specimen was taken out of the abdomen using a lap retrieval endo bag through one of the keyholes extended to 35 mm size to prevent leakage of cyst fluid and daughter cysts, reducing the risk of recurrence," Dr Rajive said.

The operation was performed at Maxxlyfe Hospital under general anesthesia administered by Dr. Vishal, assisted by a competent team including Dr. Ritvik Resutra and senior cameraman, Joginder, along with other OT staff.

The patient's recovery progressed well, with the patient sitting up 4 hours post-operation, starting oral liquids after 8 hours, and walking after 12 hours. Discharge was planned for the next day.

Private Nursing Homes not entertaining Ayushman cards across Jammu, says Dr Rohit Gupta

STATE TIMES NEWS

JAMMU: Apni Party Provincial Secretary and Incharge Membership Drive, Dr Rohit Gupta has demanded action against the private nursing homes across Jammu which do not acknowledge the Govt of India's Ayushman health cards from the patients to treat various ailments.

As per a press release, Dr Rohit Gupta said that the private clinics have allegedly denied treatment of patients who hold Ayushman health cards, thereby the norms of Govt of India are not being obeyed by these private



health institutions by harassing the people.

He said that the Govt should take strict action against the nursing homes which do not consider the Ayushman health cards for medical treatment.

"The health cards were provided so that the needy and financially weaker section can avail the benefits of free of cost treatment up to Rs 5 lakhs in any hospital which also include surgery," he said.

He however pointed out that the private nursing homes are compelling the patients to pay excessive charges even after producing the Ayushman cards.

"There is no accountability of these nursing homes which are openly flouting the norms," he said, while seeking action from the authorities against the nursing homes.

Modi Govt brought marginalized communities back to mainstream in J&K: Kavinder

STATE TIMES NEWS

JAMMU: Senior BJP leader and former Deputy Chief Minister Kavinder Gupta said that the Union Government led by PM Narendra Modi has successfully brought the alienated sections back into mainstream in J&K.

The BJP stalwart leader was addressing an Election campaign meeting here at Badala Nakki area in Bathindi.

The senior BJP leader said that relying on its various initiatives and policies, the BJP has worked tirelessly to integrate the region with the rest of the country and address the grievances of the people. He said that the Saffron party has played a pivotal role in ending the sense of alienation among the people of Jammu



Senior BJP leader, Kavinder Gupta meeting with people during election campaign.

and Kashmir.

Kavinder said as the part of the party, the opposition parties in J&K left no stone unturned to mislead the Gujjar, Bakarwal and Pahadi communities against the Modi government but with sincere approach and policies like Sabka Saath, Sabka Vikas and Sabka

and Kashmir. Kavinder said as the part of the party, the opposition parties in J&K left no stone unturned to mislead the Gujjar, Bakarwal and Pahadi communities against the Modi government but with sincere approach and policies like Sabka Saath, Sabka Vikas and Sabka

of proportion by the opposition parties to hoodwink the aforesaid communities but the integrity of BJP towards all sections of society diffused the tension created by unprincipled political outfits in J&K.

The senior BJP leader said that BJP has also worked extraordinarily towards promoting development and prosperity as the region has witnessed significant infrastructural development, including the construction of roads, bridges, and schools, which has improved the quality of life for the people.

The senior party functionary said that the BJP has been actively engaging with the people by listening to their grievances, and addressing their concerns thus building trust and winning confidence

of the people thereby reducing the sense of alienation that existed in the past. He also advised the opposition parties to shun the habit of dividing communities by forwarding divisive agenda as this can be detrimental for the country in general and for J&K in particular. During the programme, members of Gujjar Community pledged support to BJP in the upcoming Lok Sabha polls.

Prominent among those present in the meeting include Mohammed Rafiq, Mushtaq Ahmed Panch, former Sarpanch Noor Alam, Sadiq Ahmed Panch, Mohammed Yaqoob, Mir Alam, Khurshid Ahmed, Arif Hussain, Bashir Ahmed Sarpanch, Mohammed Yaqoob Panch, Raman, and Anwar Hussain.

PM Modi's vision for India as Vishwa Guru: Rekha

STATE TIMES NEWS

JAMMU: In an attempt to increase its visibility across the union territory of J&K and build confidence among voters, Bharatiya Janata Party (BJP) District Jammu South, under the leadership of its President Jammu South Rekha Mahajan launches, a series of Shaktikendra and Nukkad Sabha meetings in Jammu South.

The main motive as well as prime agenda of the series of local meetings is to aware the common masses about the ten successful years of good governance, under the banner of PM Narendra Modi.

Rekha Mahajan along with Seh Prabhari Jammu North Vinay Gupta, District Vice President and Prabhari Gandhi Nagar Mandal Narinder Gupta, Mandal President Bharat Bhushan, Satpal Choudhary, Abhinav Anand, Vinod Sharma,



BJP District Jammu South President Jammu South Rekha Mahajan addressing public meeting.

Ritika Dhiman were present in the meeting at Diagiana.

While addressing the meeting Rekha Mahajan said PM Modi's vision for India as "Vishwa Guru" (world leader) global order. She said J&K has witnessed unprecedented development under the Union government led by Prime Minister Narendra Modi. With a clear view to further promote the development and the world-class

infrastructure in the region. She stated that the people have made up their minds to vote for the BJP in this upcoming Parliamentary polls. Rekha Mahajan emphasized that Prime Minister Narendra Modi has not taken a single holiday in 23 years. Even when his mother passed away, he just took a 2-hour break for the funeral and then got back to work. That is the type of

commitment the PM has, Rekha added and he has continuously served the nation and its people with love and devotion. She recounted that Prime Minister Narendra Modi is the best as he is strict at work, but kind towards the citizens of India. Rekha Mahajan said that for her, "Messiah" means positive energy, inspiration, passion, motivation, innovation, empowering women, development, commitment and growth.

Vinay Gupta said that these are qualities which Prime Minister Narendra Modi symbolises. He underscored that the BJP party will organize 'Choupal' to discuss all these works by the BJP-led government with the common masses.

Bharat Bhushan elaborates the Modi Sarkar dedication to correcting historical wrong and driving India towards economic growth.

EPFO Jammu records over 42 pc growth in three years

STATE TIMES NEWS

JAMMU: To accelerate the growth of administrative income (thereby increasing membership), Rizwan Uddin RPF-C-I formed a team of DEO for consistent follow-up in "call center mode", e-mails.

"Nidhi Aapke Nikat 2.0" is a landmark platform recently initiated by the Central P F Commissioner Neelam Shami Rao, though which facilitation and hand holding support is being provided to employers (specially Principal Employers).

A significant number of establishments including private firms, companies, malls, industries and other private establishments were not remitting monthly ECRs regularly since long time.

EPFO, Jammu along with major Principal Employers like NHPC, CVPP had played a vital

role in nudging the employers and providing the hand-holding support for bringing the defaulting contractors/sub-contractors into the compliance fold resulting increasing the maximum coverage of the members in the districts like Kishtwar, Doda, Samba, Kathua, Ramban etc.

EPFO, Jammu aimed at increasing income of Administrative Account (Account No 2) during financial year 2023-24 and records over seven percent growth in comparison to 2022-23 (a year in which the office had received Foundation Day Award-for best performing remote office).

Average monthly income in Account No 2 of EPFO, Jammu was 57 Lakhs in 2020-21, 71 Lakhs in 2021-22, 75 Lakhs in 2022-23 and finally 81 lakhs in 2023-24. Over forty two

percent growth in three years.

The EPFO, Regional Office Jammu is functioning in flexi-hours to offload the work related to claims by capitalizing on system speed. EPFO is servicing the entire area from Jammu & Kashmir and Ladakh with regard to settlement of claims, redressal of grievances, and facilitating stakeholders.

EPFO Jammu has set an example for its employee friendly approach by helping number of employees who had been facing problems with respect to updation, correction and other issues related to documents.

Rizwan Uddin personally intervenes in the matters of return rejections. A target of reducing it below 11% is has been set in financial year 2024-25. Employees are fast adopting this customer centric approach.

Employees take pride, the way customers are given importance in EPFO, Jammu. Team building and customer sensitivity are two core areas on which Commissioner Rizwan has been focusing over previous two and a half years. In addition financial are also taken into consideration while spending money for administrative account, to receipts thereof.

Other than this, a team of officials from EPFO Regional Office Jammu under the leadership of Shri RPF-C - I has processed hundreds of pension cases where benefits have been disbursed to their family members and members of deceased persons also. Special emphasis has also been laid on settlement of death claims. Accordingly, multiple such claims have been processed and benefits provided to claimants.

Worship of 12 Jyotirlingas has special significance in Sanatan Dharma: Pt Ved Prakash

STATE TIMES NEWS

JAMMU: On the sixth day of Shri Shiv Mahapuram Katha running from March 30 to April 7 in Lower Gadigarh area of Jammu district, the famous Katha Vachak, Kathavyas Pt Dr Ved Prakash Shastri on Thursday said that Kotirudra Samhita of Shiv Puran tells about the welfare, incarnations and Jyotirlingas of Bhagwan Shiv. In this Samhita, the 12 Jyotirlingas of Bhagwan Shiva have been described, he said.

"In greater India, devotees from North to South and from East to West have been receiving supernatural blessings through the twelve Jyotirlingas since ancient times. We see Bhagwan Shankar in every pebble. By worshipping

Bhagwan Shiv, we get inspiration for the welfare of ourselves as well as others," he said.

"Shiva Puran is an important Puran of Hindu religion and related to Shaivism. In this, the glory of Bhagwan Shiv has been told and in depth light has been thrown on the life of Bhagwan Shiv. There are 24 thousand verses and 6 sections in Shiv Puran, which is also called Samhita. One of these is Kotirudra Samhita," Pt Ved Prakash Shastri said adding that Kotirudra Samhita specifically mentions the 12 Jyotirlingas of Bhagwan Shiv. Apart from this, the thousand names of Shiva have also been described by Bhagwan Vishnu. It is told in Kotirudra Samhita that



Shiv Puran Nivhaan Yag Samiti members with devotees performing Puja of Jyotirlinga with chanting of 108 names of Bhagwan Shiv during Shiv Puran Katha at Gadigarh, Jammu.

Shiva resides in these very ancient Shivalingas in the form of 12 Jyotirlingas and the worship of these 12 Jyotirlingas has special significance in Sanatan Dharma.

He said that 12 Jyotirlingas are Somnath Jyotirling, Mallikarjuna Jyotirlinga, Mahakaleshwar

Shri Shiv Mahapuram Katha enters sixth day

Worship of 12 Jyotirlingas has special significance in Sanatan Dharma: Pt Ved Prakash

Jyotirlinga, Omkareshwar Jyotirlinga, Kedarnath Jyotirlinga, Bhimashankar Jyotirlinga, Kashi Vishwanath Jyotirlinga, Trimbakshwar Jyotirling, Baidyanath Jyotirling, Nageshwar Jyotirling, Rameshwaram Jyotirlinga and Grishneshwar Temple Jyotirlinga.

He said that the meaning of Shiv is welfare. The one who has no deceit, no deception, who is engaged in spiritual practice and is beneficial for himself and the society, is a worshiper of Shiva. "Taking the sufferings of others upon oneself, giving nectar to others and drinking poison oneself is

"In Shiv Purana, Bhagwan Shiva has been depicted as the embodiment of affection, kindness and compassion. By reciting this Purana, a person acquires the best qualities like Bhagwan Shiv. If you want to get the blessings of Bhagwan Shiv then definitely read Shiv Purana. It is believed that by reciting and listening to Bhagwan Shiva Puran, sins are destroyed and all the wishes in life are fulfilled.

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Shivatva," he said adding that therefore, doing welfare of others along with one's own welfare will be the real worship of Bhagwan Shiv. "We try to resemble the one we worship. There is no difference of caste, region or gender in the worship of Bhagwan Shiva. Along with humans, non-human creatures like gods, eunuchs, yakshas, Gandharvas, ghosts and vampires also enjoyed the company of Bhagwan Bholenath. We will receive blessings according to the way we worship," he said.

On the occasion for achieving success, happiness and peace in life of everyone, 108 names of Bhagwan Bholenath were chanted with the Pujan of Bhagwan Shiv Jyotirlinga for getting Bhagwan Shiv

love and blessings by the members of Shiv Puran Nivhaan Yag Samiti and all the devotees present on the occasion.

Pt Dr Ved Prakash Shastri said that chanting of the 108 names of Bhagwan Shiv increases happiness, immense wealth, unbroken good fortune and happiness.

Meanwhile, Samiti members honoured the prominent persons including owner of the venue where Shiv Puran Katha performed, Gourav Bhardwaj and his family, former Mayor Jammu Rajinder Sharma, Ex-Corporator Gourav Chopra, Journalist Ramneek Singh, Lakhwinder Singh, Weightlifting Coach Ajay Sharma, Professor of Delhi University Vijay Sharma,

Didar Singh, Narinder Singh Khalsa and President Gadigarh Gurdwara Committee, Cashier Mohinder Singh, Lalit Sharma, former Sarpanch Gurmeet Kour and others who devoted their lives for religious works and for the welfare of people.

Those who honoured expressed their gratitude towards Kathavyas Pt Dr Ved Prakash Shastri and all the hosts and prayed to Devadhidev Mahadev for the happy and prosperous life of all the people.

Meanwhile, amidst reciting of Bhajans, the Jkanki of the Bhagwan Pashupati Nath was presented during Shiv Mahapuram Katha organized under the auspices of Shiv Puran Nivhaan Yag Samiti at Lower Gadigarh.