

Rural populace are excellent setting for Community Intervention: Dr Sushil

■ STATE TIMES NEWS

JAMMU: Believing that health equity among rural populations can potentially be attained through relevant interventions that teach people skills to stay well and avoid CVD-related risk factors, Dr. Sushil Sharma conducted a day long health check up cum awareness camp at Udas Marg Sanstha, R S Pura in order to improve the CVD knowledge and awareness among them.

He said that there is a plenty of room for improvement when it comes to raising awareness for cardiovascular risk when recent studies found that one in five adults at risk for heart disease don't recognize a need to improve their health.

CVD is a public health problem that is a major cause of death and disability among people living in India. However, he said, rural population bears a disproportionate burden of CVD and an increased pervasiveness of CVD risk factors due to the prevalence of multiple factors



Dr. Sushil Sharma examining patient at a medical camp.

viz., accessibility, affordability and availability.

As a result, the noble objective of 'Health for All' sometimes takes the backseat, and we fail to see the intended objectives of various health interventions undertaken to improve the overall cardiovascular health among rural populace, he added.

Here, bridging knowledge gaps of CVD through health education interventions, through advocacy and health camps, is an important step towards achieving universal goal of "Health for All" and advancing health equity, especially among underserved and vulnerable rural groups.

Dr. Sushil further informed that a burgeoning literature and studies on Cardiovascular health suggested that people living in rural areas generally have reduced knowledge and awareness about cardiovascular health issues such as knowing the symptoms of a heart attack or a stroke. They are also more likely to have low self-efficacy for reading food labels and cooking heart-healthy foods.

Having limited cardiovascular health knowledge is associated with low perceived risk of cardiovascular disease and stroke.

For example, people living in some rural areas typically

understand the causal factors associated with CVD through a combination of learned medical factors and vicarious knowledge that is gained through the experiences of family members and friends that are diagnosed with heart disease.

However, having a family history of chronic disease, such as stroke, does not predict improved health knowledge and habits, such as a good diet and exercise

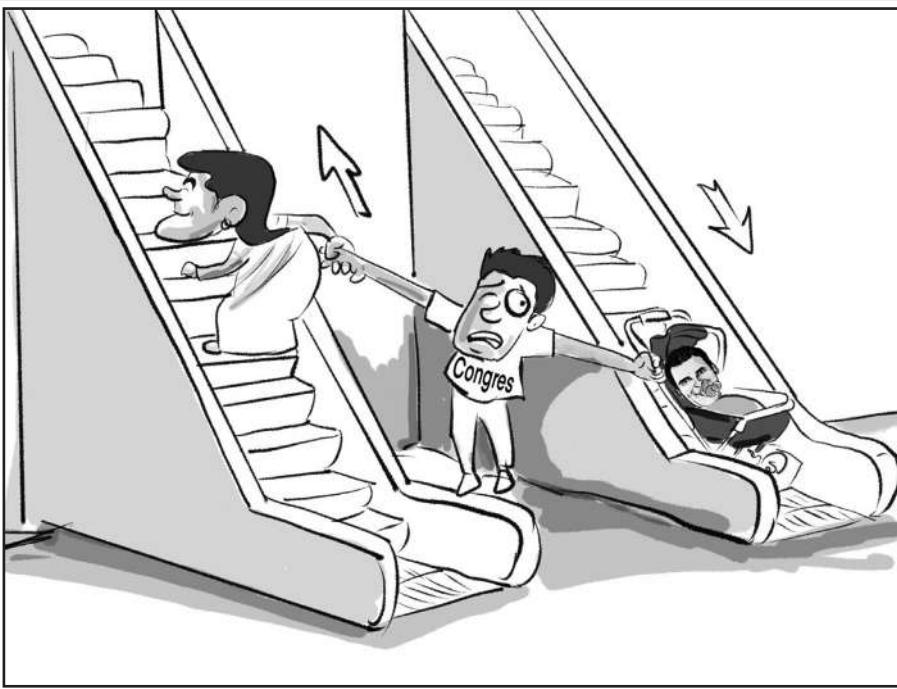
More than 250 patients were examined, evaluated and advised during the camp. ECG, Blood Sugar, HBA1C and Lipid profile was conducted and medicines were

also given as per the requirements

Management Committee of the Udas Marg Sanstha Bhagwan Dass, Guru Mata Binla Devi, Daya Ram, H R Dogra , Tarsem Raj, Rajkumar and Ashok Skolia appreciated the camp conducted by Dr Sushil and his team.

Dr Narinder Singh (National Secy BJP) also grace the occasion and appeal to the people of the area to avail the benefits of Specialists in their area and generate awareness about CVD.

Others who were part of this camp include Dr Dhaneshwar Kapoor and Dr Anitpal Singh Asstt Prof.(Ortho) . Paramedics and volunteers include Kamal Sharma, Raj Kumar, Ranjeet Singh, Maneet Kumar, Raghav Rajput, Maninder Singh, Gourav Sharma, Ankush Kohli, Vikas Sabharwal, Nitesh, Rajinder Singh, Akshay Kumar, Vijay Sharma, Kamal Sharma, Ahuti Sharma and Subhash Sharma.



Administrative Reforms peaking in J&K: Amit

■ STATE TIMES NEWS

SRINAGAR: Secretary, Administrative Reforms, Inspections and Trainings, Amit Sharma, on Sunday chaired a two day conference on 'Contemporary Business Trends' organized by Confederation of Indian Industry in partnership with National Institute of Technology, Srinagar.

The inaugural session was attended by prominent industry experts and eminent academicians who talked about the changing business trends and new ecosystems which are emerging out in the present scenario.

Past Chairman of Young Indians, Youth Arm of CII, Dr Rahul Mirchandani, spoke about various initiatives being taken up by CII in contributing towards conjoining with academic institutes in the past and expressed desire to actively correlate with government in future for becoming a part of ongoing reforms.

Senior Management expert from IIT Roorkee, Professor Zillur Rehman, spoke about expectations of students in the changed pandemic scenario and new opportunities with possible areas of cooperation in future.

In his presidential address, Amit Sharma, appreciated the suggestions given by the speakers assuring that the government is open to all innovative ideas and involve various stakeholders in capacity building of its employees so that they can lead towards better outcomes in today's era of e-Governance driven administration.

Amit Sharma shared the success story of implementing e-Office in all departments of J&K Union Territory in a record time along with hosting of important revenue and CCTNS data on State Data Centre which is accessible to the public. This has led towards significant reduction in darbar move expenditure, total transparency



Secretary, ARI&T, Amit Sharma speaking at a conference.

in government functioning bringing J&K among the Administrative Reforms lead implementers in the nation.

Amit further said that the UT administration is fast moving towards an era wherein all kinds of e-Governance initiatives are being taken such as Ease of Doing Business, End-to-End Digitization of Government Services, Online Public Feedback System and online Grievances Redressal System.

Secretary welcomed this initiative towards giving first hand exposure to NIT Srinagar students along with students of Narsee Monjee Management Institute of Mumbai who are on a study tour here and they all are getting an opportunity for direct industry interaction during this ongoing International Conference.

Amit Sharma gave best wishes to the students towards going for Start-Ups and becoming young entrepreneurs, after having a perfect blend of technical and management knowledge while undergoing Integrated Degree Course at NIT Srinagar.

Earlier, in the welcome address, Director NIT Srinagar, Professor Rakesh Saigal, emphasized the need for proactive collaboration between the industry, government besides academic and professional institutes to revolution the world of business.

JKPF holds Sankalp Sabha at Doda Sheikh Abdullah's policies planted seeds of secession in J&K: Dr Mengi

■ STATE TIMES NEWS

DODA: On the occasion of the country's 75th years of Independence, the Jammu and Kashmir People's Forum (JKPF) held a major homage and resolution gathering at the Sports Stadium in Doda on Sunday to pay respect to the heroes who gave their lives in the struggle against terrorism and for the country's freedom.

Thousands of people joined in refusing to bend down to terrorism and paying gratitude to the sacrifices made by over a thousand locals and security forces personals to maintain their region free from terrorism and foil anti-national designs.

On this day, the families of the sacrificial patriots were also honoured.

Senior Advocate of Supreme Court, Monica Arora, Nationalist Sant Dinesh Bharti, Rashtriya Swayamsevak Sangh, Prant Sangchalak of Jammu and Kashmir Dr. Gautam Mangi, President of Sanatan Dharma Sabha J&K Purushottam Dedechi, Raghu Mehta, a senior official of the Jammu and Kashmir People's Forum, Luminaries from various sections of society, as well as saints and Mahatmas, attended the meeting.

Before the start of the tribute and Sankalp Sabha, Advocate Raghu Mehta, a senior official of the JKPF, gave an overview of the Forum's work and activities, as well as of the programme.

The patriotic people of Doda, Kishtwar, Ramban, and Bhaderwah have not only preserved the country's independence but have



Nationalist Sant Dinesh Bharti addressing JKPF's Sankalp Sabha at Doda.

also battled anti-national forces and the terror they have spread, he said.

Dr. Gautam Mangi, while paying tributes, emphasised the relevance of the Praja Parishad movement and the role of Maharaja Hari Singh in uniting Jammu and Kashmir with India to those present at the homage and resolution meeting.

He said that after India gained independence, Maharaja Hari Singh signed the Instrument of Accession of Jammu and Kashmir, making the state of Jammu and Kashmir a formal part of India and putting an end to the British conspiracy.

"Maharaja Hari Singh had to leave Jammu and Kashmir due to the machinations of Sheikh Abdullah, Nehru, and Mount Batton, and he would never return alive," he said.

Dr. Gautam claimed that Sheikh had entire power over Jawaharlal Nehru.

Article 370 of the Indian Constitution was added as a result of this enslavement. Following this, the former state of Jammu and Kashmir was given its own flag, constitution, and head of state.

While hoisting the tricolour in Hiranagar, Sunderbani, Jourian, and Ramban, Praja Parishad several workers sacrificed

their lives.

As a result of the Praja Parishad agitation, the truth about Sheikh Abdullah became known throughout the country, and Nehru was forced to arrest and imprison the Sheikh. However, the seeds of secession had been planted in the state as a result of Sheikh Abdullah's poison-ous policies.

Later, anti-humanitarian Article 35-A was added by misusing Article 370, he said, adding that the Central Government has now abolished this restriction.

Purushottam Dadhichi, President of the Sanatan Dharma Sabha in J&K, spoke about the displacement of Kashmiri Hindus, the beginning of terrorism in Doda, target killings and massacres, village defence committees, now known as village defence groups, the Doda Bachao Andolan, and the victory over terrorism, among other topics.

Many heroes were targeted by the terrorists, according to Dadhichi, including Ruchir Kumar, Satish Bhandari, Swami Raj Katal, Chandrakant, Anil Parihar, Ajit Parihar, Vibhishan Singh, and others. Even still, the local society is unfazed and continues to struggle.

Dadhichi claimed that during Atal Bihari Vajpayee Govt. At the

Centre, Village defence committees were formed after then-Deputy Prime Minister Lal Krishna Advani visited Doda and learned about the patriotic people's resistance.

Village defense Committees, now known as Village Defense Groups, played an important role in eliminating or managing terrorism.

While paying tribute to the civilians and security forces who gave their lives in the region without succumbing to terrorism, Monica Arora said that fundamentalism and its consequences have been visible around the world and in J&L for the past three decades.

Terrorism and separatism in the Union Territory of Jammu and Kashmir, she claimed, are the outcomes of Nehru and Sheikh Abdullah's machinations.

She praised the nationalist societies of Doda, Ramban, and Kishtwar districts for standing firm in the face of anti-national forces despite terrorist threats, numerous sacrifices, and difficult circumstances.

Monica Arora stated that the separatism seeded by Nehru and Sheikh in Jammu and Kashmir eventually grew into terrorism in the state.

Terrorists killed hundreds of people at Barshala,

Sarvadhara, Sangaldan, Ind, Kot Kunda, Sumbad, Badrakot, Chapnari, Chergi, Thakrai, Desa, Pugal, and Kulhand districts in Doda, Kishtwar, and Ramban districts, according to Monica Arora.

Sant Dinesh Bharti began the tribute and Sankalp Sabha by paying tribute to the heroes who gave their lives in the war against terrorism, as well as thanking the society that is still fighting this battle.

According to Sant Dinesh Bharti, although terrorism is dying due to the efforts of security forces and patriotic local people, the symbols of separatism, Article 370 and 35-A, have been also abolished.

Sant Dinesh Bharti got the collective determination to make the area free from terrorism and to always be attentive in the battle against terrorism by bringing this sentiment to the attention of those present at the meeting.

Hundreds of youth activists join IkkJutt Jammu

■ STATE TIMES NEWS

JAMMU: Scores of youth activists along with their teams on Sunday joined IkkJutt Jammu Party in presence of its President Ankur Sharma and other office bearers.

"Inspired by the leadership, direction and revolutionary orientation of the party, IkkJutt Jammu Party is the first choice of the youth, and therefore after giving a thoughtful consideration to all aspects, we chose IkkJutt Jammu over all other parties" said activists who joined the party today from Suchetgarh, R S Pura and Bishnah areas.

IkkJutt Jammu party represents transformational politics and is successfully fighting against critical issues adversely affecting Jammu Province and its people.

Prominent youth & political activists who joined today are Hardeep Singh, Harjot Singh, Bablu Mottan,



IkkJutt Jammu President Adv Ankur Sharma welcoming newly joined members in party fold.

Shubam Verma, Harjit Singh, Ravinderpaul Singh, Mandeep Singh, Jagdeep Singh, Raminder Pal Singh, Shubham Sharma, Amit Sandhu and other prominent leaders from JJSE.

IkkJutt Jammu Party is consistently fighting for

Jammu Province's Political Empowerment and Liberation since years now.

IkkJutt Jammu Party's political goal is Separate Jammu State and it is consistently fighting against Islamic Fundamentalism & Extremism.

Major successes of IkkJutt Jammu party is on exposing and reversing issues like Demographic Assault

against Jammu Province; Hindu-Sikh Genocide; Fight against Extremist Fundamentalist Jihadist ecosystem, Minority Rights, reversing processes aimed at weakening and disempowering nationalists of Jammu Province.

Mir, Bhalla visit Migrants camp Vesu, Mattan Congress sensitive to problems, sufferings of Kashmiri Migrants: Bhalla

■ STATE TIMES NEWS

SRINAGAR: JKPC President GA Mir along with JKPC Working President Raman Bhalla on Sunday visited Migrants Camp Vesu, Mattan to meet agitating Kashmiri Migrants PM Package employees and others and extended party's support to the various demands of the community.

However Congress leaders denied permission to visit Sheikhpora to meet deceased Rahul Bhat's family and his relatives.

Reacting over this Mir said, "Someone has died, how can it be a law and order issue?. Is it a crime to empathize with family members of Rahul Bhat. Is it too much that we cannot go out to meet aggrieved people and should remain confined in our houses when people are suffering on all counts.

"Congress president Sonia Gandhi always remains sensitive to the problems and sufferings of Kashmiri migrants. We have full sympathy with



JKPCC President GA Mir along with Working President Raman Bhalla addressing KPs rally.

them and previous UPA government under Mammohan Singh tried its best to help the community," he said during his interaction with the community leaders.

The Congress leader said the community's desire to return with safety and security was a right demand and all have to work together to see their genuine rights fulfilled.

"Till then every sort of necessary help needs to be extended to them," he said.

Mir assured the community that Congress will take up their demands on every concerned platform.

He expressed shock over loss of lives of migrants who have been targeted time and again.

He regretted that the BJP led NDA Govt has miserably failed to check the Pak designs and to ensure security and safety of people of Jammu and Kashmir: He said that certain measures are essential to ensure safety and security of minority's people.

Mir assured the people residing in the camps that they will submit their report to Congress President Sonia Gandhi, Ex-President Congress Rahul Gandhi for taking up the matter both

inside and outside the Parliament at the national level.

Bhalla said BJP is completing eight years in power this year. While their manifesto has always spoken of the situation of the Pandits, those who actually live in ghettos in the shape of transit camps feel that there is no value to their lives for the BJP.

He said BJP has done nothing to improve the condition of the community in the eight years that it had.

For months they have been protesting to increase the relief amount from Rs 13,000 per family to Rs 25,000 per family, is this not in the BJP's control? He said their existence in camps even after they voted for the BJP explains how little the party cares about on-ground impact.

Raman Matoo, Gulzar Ahmed Wani, Vijay Sharma, Jatin Vashisht and Farooq Bhat District President Kulgam were also present on the occasion.

Jammu Girl Anvika creates History with a Hat-Trick of Records

■ MALU SHARMA

Little cute Anvika Mahajan is a child prodigy par excellence. At a very young she has brought laurels to the city by entering into India Book of Records in 3 different categories just at the age of 3 years and 11 months.

Anvika D/o Dr. Sukriti and Ankit Gupta, a LKG class student of Jodhamal Public School has broken 2 old records and created a new record within a short period of one week. These records were under the age category of 3 to 7 years.

The first record is titled as "Medicines for maximum symptoms recalled by a kid". She was able to memorize and recall chemical names of generic drugs for 20 symptoms in just 52 seconds.

The second record is titled as "The record for answering the maximum number of General Knowledge questions in one minute". She rapidly answered 56 General Knowledge questions based on various topics in one minute. The record under this category was earlier set by Prathish Rajesh of Dindigul, Tamil Nadu who had answered 55 General Knowledge questions in one minute at the age of 6 years, 4 months and 5 days. However, recently, she has already bettered her own record by answering 67 General Knowledge questions in 1 minute.

The latest record is titled as "The record for answering the maximum number of General Knowledge questions in 30 seconds". Anvika correctly answered 44 General Knowledge questions including national symbols and world capitals in 30 seconds. The record under this category was earlier set



Anvika Mahajan

by Mohammed Rayan K.P. (born on June 1, 2017) of Malappuram, Kerala who answered 41 General Knowledge questions including national symbols, fruits and months in 30 seconds at the age of 4 years, 7 months and 7 days.

Anvika is now preparing to break her own record by recalling names of at least 40 drugs in one minute along with a few other existing records. She is a power packet and like other kids she love chocolate ice-cream and is always enthusiastic to learn more and do new things.