

# Dr Jitendra holds online feedback session with Doda BJP team

■ **STATE TIMES NEWS**  
NEW DELHI: Union Minister, Dr Jitendra Singh on Sunday held an online feedback session with BJP district Doda office bearers.

The Minister, who happens to be the Lok Sabha MP representing the area, said that he would be personally undertaking an extensive tour of the district in the next few weeks.

He also informed about holding a Lavender Festival in Bhaderwah on the same lines as was done last year.

Dr Jitendra said, Bhaderwah had come in special focus ever since Prime Minister Narendra Modi in his Mann Ki Baat broadcast in the month of March spent nearly ten minutes describing the Aroma mission, lavender cultivation and farming avenues as well as StartUp entrepreneurship that had benefited thousands in the Bhaderwah region.

Dr Jitendra interacted individually with the District President, Vijay Mohan Thakur followed by each of the Mandal Presidents and their respective office bearers. This is part of the recent cycle initiated by him wherein as an MP, he physically visits one district of his constituency every week and tries to connect online with the other district where he is not physically visiting that particular week.

To begin with, the Union



Union Minister Dr Jitendra Singh holding online feedback session with party office bearers of BJP from district Doda of his Lok Sabha constituency, on Sunday.

Minister provided them with an update about some of the latest information regarding the constituency and the new development works approved recently.

As far as the developmental works are concerned, Dr Jitendra Singh informed the representatives that the vital Chattergalla Tunnel has been approved for construction under Bharatmala scheme and is awaiting final approval.

He said, once the tunnel is ready, it will provide an all-weather new National highway from Lakhampur on the Punjab border upto Doda district of Jammu and Kashmir via Basohli-Bani. This will be a gamechanger by generating revenue and employment facilities besides attracting tourists,



he said. The participant in the online meeting also gave inputs regarding the PMGSY roads to be included in the coming year. Dr Jitendra told them that instructions have been issued that the preference regarding which road is to be constructed under PMGSY scheme will be given to Panches, Sarpanches, DDC members and other local body representatives without any interference from the MP's side and therefore they should furnish the list of their preferred roads to the concerned authorities at the earliest.

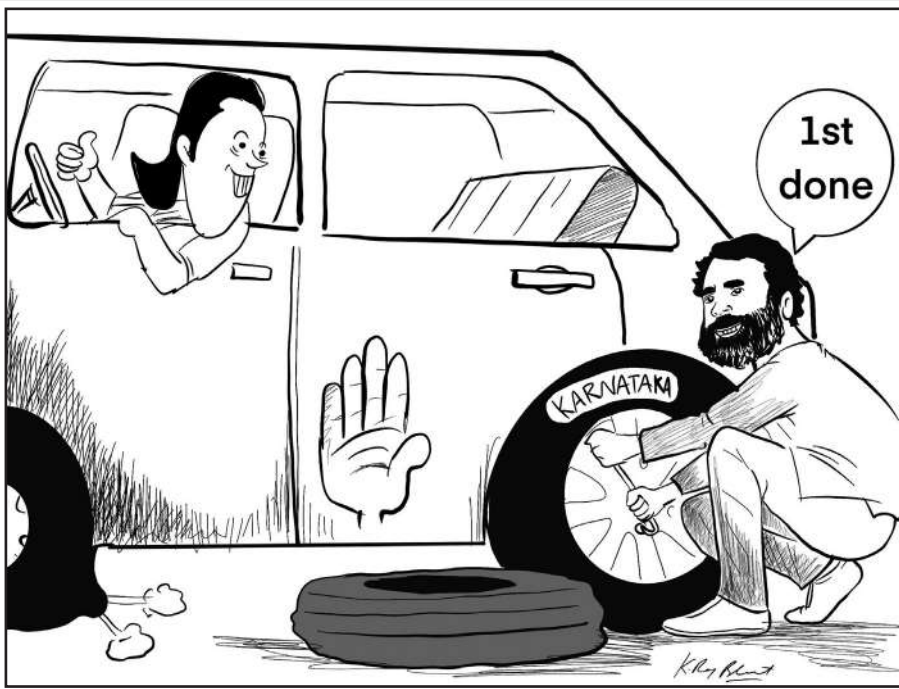
The issue of shortage of teachers in some of the remote area schools also came up for discussion. Dr Jitendra informed that he had

already taken up the issue with the UT authorities and he was personally following up the matter to resolve some of the pending issues at the earliest.

About the proposed Kendriya Vidyalaya in far flung Dessa, Marmat etc., the Minister, on the spot, fixed a meeting of the public representatives with the Deputy Commissioner Kathua for tomorrow so that the process could be expedited.

There were issues related to ration cards etc. for which the Minister advised a meeting with Deputy Commissioner Vishesh Mahajan.

Besides District BJP President Vijay Mohan Thakur, among others who attended the meeting included District Vice President Javed Zargar, Ex. BJP MLA (Bhaderwah) Daleep Singh Parihar, District General Secretary Sanjay Saraf, District Publicity Secretary Arshad Ayub Malik, District Minority Moreha President Kousar Ahmed Natnoo, District S T Moreha President Hasham Din Jalia, District Kisan Moreha President Rakesh Charak, District Executive Member Rakesh Sharma, Mandal Presidents Yudhveer Singh, Bihari Lal, Anjeel Kotwal, Mahatma Singh, Sagar Singh, Suresh Sharma, Muneer Sheikh, Surjeet Singh, Kashmir Singh, Chander Mohan Sharma and Veshan Parihar.



## Hypertension and cardiovascular diseases- Silent and vicious correlation: Dr Sushil



HoD Cardiology GMCH Jammu Dr. Sushil Sharma with his team examining patients.

■ **STATE TIMES NEWS**  
JAMMU: To commemorate World Hypertension Day (which is celebrated every year on 17th May) Head Department of Cardiology GMCH Jammu Dr. Sushil Sharma held a day long cardiac awareness cum health check up camp at Kashiap Sabha, Ram Lila Chowk, Nai Basti Jammu.

More than 300 people were screened, diagnosed, evaluated and free medicine were also given as per the requirements.

While interacting with the people, Dr Sushil stated that Hypertension is one of the most prevalent pathologies affecting approximately one in three adults. Of these patients diagnosed with hypertension, only 54% have adequate blood pressure control. The global prevalence of hypertension is 26.4% which accounts for 1.1 billion people, yet only one in five people have adequately managed blood pressure. One study found that prolonged hypertension eventually leads to heart failure with a median time of 14.1 years.

He elaborated that High blood pressure (BP), smoking, diabetes mellitus, and lipid abnormalities are major modifiable risk factors for Cardiovascular Disease (CVD).

Among these, high BP is associated with the strongest evidence for causation and has a high prevalence of exposure. However, there is considerable evidence that a biologically normal level of BP in humans is considerably

lower than what has been traditionally employed in clinical practice and research, leading to an underrepresentation of the role that BP plays as a risk factor for CVD. Short term consequences like Stroke, Coronary heart disease, Heart failure and Cardiovascular death, Long-term consequences are Hypertensive cardiomyopathy, Heart failure with preserved ejection fraction, Atrial fibrillation, Valvular heart disease, Aortic syndromes, Peripheral arterial disease and Chronic kidney disease.

He added that Hypertension ranks as the most prevalent modifiable risk factor for premature cardiovascular disease and cardiovascular mortality and requires constant surveillance to identifying complications and slow their development. Prolonged hypertension promotes left ventricular hypertrophy which will eventually lead to heart failure (both systolic and diastolic). Eccentric hypertrophy leads to increased oxygen demand by the myocardium which can result in angina or ischemic symptoms.

Hypertrophy of the muscle can disrupt conduction pathways predisposing to atrial fibrillation which leads to ischemic stroke, he said.

Chairman DDC Jammu Bharat Bhushan and S.P Verma ( Padma Shri) also graced the occasion and appreciated efforts of Dr Sushil, his team and members of Kashiap Sabha for

conducting camp and taking this noble mission to help people of Jammu and building awareness about cardiovascular diseases

In his concluding remarks, Dr. Sushil Sharma told that regardless of its exact contribution, high BP is a major risk factor for development of CVD. Prevention of the age-related increase in BP would substantially reduce the vascular consequences usually attributed to aging. It is time to focus greater attention on initiatives for prevention of the typical age-related increase in BP in addition to control of high BP in those with established hypertension. Even partial improvement in the age-related increase in BP would eliminate a large proportion of the existing burden of BP-related CVD.

Management Committee of Kashiap Sabha (Jheewer Biradari) Gurpreet Dogra, Ajay Dogra, Narendra Kumar, Rakesh Kumar, Parveen Kumar, Naresh Kumar, Vinay Kumar thanked Dr Sushil and his team for accepting their request to conduct camp in their vicinity.

Others who were part of this camp includes Dr Nasir Ali Choudhary, Dr Yashwant Sharma and Dr Parvinder Kour. Paramedics and volunteers includes Raghav Rajput, Ranjeet Thakur, Rajkumar, Lovely Malpotra, Jatin Bhasin, Rajinder Singh, Aman Gupta, Gourav Sharma, Vikas Kumar and Sunny Sharma.

## Baramulla-Uri Rail link-dream will come true very soon

■ **SHAKEELA ANDRABI**  
SRINAGAR: Connectivity in Jammu and Kashmir, especially in the Valley is improving day by day.

On the one hand, Kashmir Valley is going to be connected to Kanyakumari by a rail link by the end of this year or in the first month of next year and on the other side in a significant development, the Northern Railway is all set to start

work on the 50 kilo meter Baramulla-Uri stretch in Kashmir, for which tenders have been floated, officials said on Sunday.

Once the project is completed, the border area of Uri will get connected with the railways.

According to senior officials, Northern Railways is mulling to begin Final Location Survey for new Baramulla-Uri line and for which proposals are

being invited by the Ministry.

"Tenders have been floated for Engineering survey work of a Railway line /roadway using modern survey techniques such as Aerial Survey and DGPS (Differential Global Positioning System) leveling and creation of DEM", he said.

He said that the overall track from Baramulla to Uri will be 50 Kilometres.

Chief Area Manager (CAM) Kashmir Railways, Saqib Yousuf also confirmed the development. He said it is good news for the entire Kashmir.

Pertinently, the government has stated that Kashmir will be connected with Kanyakumari through rail link very soon. Earlier on May 11 the long pending demand for the Ratnipora Halt between Awantipora and

Kakpora in Kashmir has now finally been fulfilled.

Prime Minister Narendra Modi hailed the additional halt between Awantipora and Kakpora in South Kashmir by Indian Railways "Good news for deepening connectivity in Jammu and Kashmir," Modi said in a tweet while sharing the news of the addition of a train halt by the Ministry of Railways in South Kashmir.

## Karnataka voters rightly placed their faith in Congress: Bhalla/Sawhney

■ **STATE TIMES NEWS**  
JAMMU: Locals and Congress Party workers of Ward No. 16, New Plot of Jammu East Constituency on Sunday celebrated the party's victory in Karnataka Assembly Elections by distributing sweets.

Working President PCC Raman Bhalla, Ex-MLA Jammu East Yogesh Sawhney and Kanta Bhan were specially invited.

'Halwa' and sweets were distributed among the public to mark the celebrations. The event had been organised by Block Congress Committee Sarwal, Block No.1.

Bhalla said that this is a huge victory for Congress party. The Prime Minister himself visited Karnataka sev-



Working President PCC Raman Bhalla, Ex-MLA Jammu East Yogesh Sawhney distributing Halwa to celebrate party's win in Karnataka.

eral times, yet the people voted for Congress in massive numbers, hence, this is a mandate against PM Modi, Bhalla said.

The Congress has connected with the people and this is the beginning of the strong victories Congress will have in the

coming years.

He further added that the BJP's defeat was unavoidable in Karnataka because of many factors.

Rahul Gandhi's Bharat Jodo Yatra was able to give hope to

people. Further, Congress raised important issues and has a strong plan of action to counter the current challenges faced by the general public.

The election campaigning also went against the BJP's hate politics. People are celebrating the victory of Congress across the country, Bhalla said.

Sawhney thanked the Karnataka voters for casting their votes in huge numbers in favor of the Congress party. He said that the sincere and hard work of the Congress leadership has earned the trust of the people.

This is a beginning of a BJP free India, he added.

He added that the vision of the Congress party resonates with public and that is the reason they have voted Congress to power with clear majority and impressive numbers.

## Apni Party would bring people out of prevailing hopelessness: Bukhari



JKAP President S.M.A Bukhari welcoming newly joined member.

■ **STATE TIMES NEWS**  
SRINAGAR: Apni Party President Syed Mohammad Altaf Bukhari on Sunday vowed that Apni Party would work towards resolving the longstanding issues and bringing the people out of the prevailing mess that has left them in a state of hopelessness and deprivation.

Bukhari gave these remarks while addressing a party event at the party headquarters in Srinagar. The event was organised to welcome a large group of prominent leaders and political activists from north Kashmir's Uri, into the party fold.

Giving a welcome to the new members in to the

party, Bukhari said, "I am excited to greet you into Apni Party, and I would like to take this opportunity to assure you that this organisation will never let you down or leave you feeling disheartened."

The Party will be providing a proper platform for you to serve your people better as we are dedicated to working towards the equivalent development and prosperity across Jammu and Kashmir."

He expressed his satisfaction with the performance of the party's leadership and the grassroots-level cadres, who are driving the party to new heights with each passing day.

He said, "Apni Party has

the discretion of being the only party that earned public acceptance and support in a remarkably short period, having been established just over three years ago, which is a testament to its success. Our unambiguous agenda and policies are attracting a diverse range of people to our party people including experienced political leaders and activists in the party fold."

Bukhari said that Apni Party is preparing a roadmap so that we are fully prepared to implement our agenda of development and prosperity in the region."

"We are creating a blueprint for the equitable development of all regions of Jammu and Kashmir, as our key promise to the people is to ensure equal development in all the regions, and political and economic empowerment of the people, regardless of their caste, creed, political ideologies, or regional and religious identities. Once we are elected to serve the people, we will waste no time in implementing our developmental agenda." He said.

## Promoting Cultural Tourism: Tourism Deptt conducts Heritage Walk at Purmandal Utterbeni

■ **STATE TIMES NEWS**

SAMBA: The Department of Tourism, in collaboration with the District Administration Samba and the Jammu Heritage Walk, on Sunday organized a mega event -the Purmandal Utterbeni Heritage Walk, to connect the youth with the rich cultural heritage of Purmandal also known as chota Kashi on the river bank of Devika.

The event witnessed the participation of more than 200 enthusiastic locals, prominent citizens, and PRI members.

The Heritage Walk was flagged off by the District Development Council Chairman Keshav Dutt Sharma, Deputy Commissioner Abhishek Sharma, DDC member Avtar Singh, Joint Director Tourism Sunaina Sharma, in the presence of local Sarpanchs and prominent personalities.

The participants visited several ancient temples, including the Unapati temple, Radha Krishna Temple (Gadhadhar ji



Jt Dir Tourism Jammu Sunaina Sharma with others during heritage walk to Purmandal.

Temple), Adhmukteshwar, and Ranbhishwarsingh Temple, which have a historic relevance and cultural importance in the region. These temples are based on Shaivism and Vaishnavism Sanatana Dharma.

During the walk, the participants were informed by Ananya Salhotra, founder of the Jammu Heritage walk, about the fresco paintings, architecture of temples, traditional routes, the origin of Gupta Ganga Devika River and mentioned ancient scriptures. Also, the participants enjoyed traditional Dogra cuisine for lunch at Kabir

Mandir which was arranged by the tourism department.

DDC Chairman Keshav Dutt Sharma said that connecting the youth with our heritage is essential to instill pride in them for our rich cultural heritage.

During the Purmandal Utterbeni Heritage Walk, the Deputy Commissioner Samba, Abhishek Sharma, emphasized the importance of preserving our cultural heritage and passing it down to future generations. He urged the youth to take an active interest in their history and heritage, and to be proud of their

roots. He expressed his gratitude to the Department of Tourism, the Heritage Walk Society, and all the participants for making the event a grand success. He also highlighted the importance of involving the local community in the heritage and that interventions like this have a potential not only to generate awareness but also generate employment.

The Joint Director tourism Jammu Sunaina Sharma informed that the tourism department is committed to promote the rich cultural heritage and historical importance of the region

under the guidance of Secretary Tourism, Dr. Syed Abid Rasheed Shah and Director Tourism Jammu, Vivekanand Rai, who have also been actively working towards promoting tourism in the region and creating opportunities for the locals to showcase their culture and heritage to the world.

One participant Ananya Sharma, a student from Jammu University, expressed her appreciation for the informative and engaging tour of the temples, adding that she had learned a lot about the region's cultural and religious significance. Another participant, Vishal Singh, a local resident, commended the organizers for the well-planned event and hoped that more such initiatives would be taken to promote the region's heritage and tourism potential.

Overall, the participants were thrilled to be a part of the heritage walk and expressed their gratitude to the organizers especially the Tourism Department, J&K and District Administration Samba.