

History will record, we attended session in two Parliament houses: Dr Jitendra

■ STATE TIMES NEWS
NEW DELHI: "History will record, we attended the session in two Parliament Houses".
This was the instant emotional response of Union Minister, Dr Jitendra Singh when while walking up to the stairs of the new Parliament building today, he found himself surrounded by a group of media persons who wanted him to comment on how he felt while making his maiden entry into the new House to attend the inaugural session to be addressed by Prime Minister Narendra Modi.
It has not occurred to many, said Dr Jitendra Singh, that we, the members of the 17th Lok Sabha are blessed with the unique opportunity of being the only batch of MPs who spent a part of the five-year Parliamentary term in the old Parliament building



Union Minister Dr Jitendra Singh speaking to the media outside the new Parliament building at New Delhi on Sunday.

and will now be spending the rest of the five-year Parliamentary term in the new Parliamentary building. He said, right from the day the independent India adopted the Westminster pattern of parliament based on Lower

House and Upper house, this rare chance was not destined to happen ever in the past and is unlikely to happen for over a century in the future. It is a record in itself, he added.
It is absolutely a historic moment, which happens but rarely in the life of someone, said Dr Jitendra Singh and thanked Prime Minister Narendra Modi for making this moment happen. He said, "While Modi has made this moment happen, Almighty has blessed us to live this moment".
Dr Jitendra Singh said, the earlier Parliament House had also witnessed history in the making and the Constituent Assembly headed by Dr Ambedkar had conducted its deliberations in the iconic Central Hall. But, for the last several decades, he said, it was being realised that the Parliament building which had been

constructed by the British to accommodate a handful of functionaries was now becoming obsolete, inadequate and congested to provide a comfortable working facility to all the Members of Parliament, their Staff, the Secretariat Staff, the Security Personnel and a host of other departments associated with the functioning of the Parliament.
Describing the new Parliament building as the most modern state-of-the-art piece of architecture, simultaneously also blending the traditional India ethos and cultural richness, Dr Jitendra Singh said, in the times to come, visitors from across the world would come to India to have a look at this marvel of creation just as in the past they came looking for Taj Mahal. This is indeed the grand monument of Modi's New India, he said.

Religiosity may improve stress levels by providing an outlet to cope CVD: Dr Sushil

■ STATE TIMES NEWS
RAJOURI: To enlighten the masses regarding the role of religion and spirituality in prevention of cardiac ailments Head of Department Cardiology, GMCH Jammu Dr Sushil Sharma on Sunday organized cardiac awareness cum health check-up camp in association with SVS Charitable Trust at Rajouri.



Shri Shri 1008 Swami Vishwatamanand Ji Maharaj along with Dr Sushil Sharma inaugurating cardiac awareness cum health checkup camp at Rajouri.

one's faith in a personal relationship with God as a higher power include a sense of meaningfulness and well-being. Religious coping strategies and a sense of meaning help the patients suffering from chronic diseases to trust their strengths, accept new conditions, and cope through finding their inner selves.
While interacting with the people, Dr Sushil stated that studies have reported positive relationships between religiosity, general health, and mortality.
Some studies suggested that more frequent participation in religious activities led to lower rates of smoking,

and others reported that practicing religion may be related to lower all-cause mortality, Dr Sushil said adding that religiosity may improve health through several mechanisms. Religiosity may improve stress levels by providing an outlet to cope as it also encourages people to live healthy lives, including the prevention of substance or alcohol abuse. Social support among believers may also provide positive effects on their health. Prayer and meditation as a part of religious activities may also be a form of relaxation.
Dr Sushil elaborated that patients may find purpose, community, and encourage-

ment through religious or spiritual practices and beliefs or other coping mechanisms that can help them engage with and sustain positive lifestyle changes. Several studies found that patients who can cope with their new reality improve their physical and mental performance. Mere emphasis on the physical aspect is not adequate for patients' health and welfare; contribution of other strategies including religious coping ones is required.
"This makes spirituality and religion an integral component of comprehensive care" Dr Sharma said.
Dr Sushil while paying homage to late Dr Shalinder

Sharma remembered him as a great and inspirational asset to the whole of Pir Panjal valley in terms of both professionalism as well as social services which he had rendered in past and his demise as a great loss to whole region, which is irreplaceable.
Others who were instrumental in this effort included Dr Vidushi Badyal, Dr Shahbaz Khan, Dr Poonam Jagiasi, Dr Dhaneshwer Kapoor, Dr Ashwani Sharma, Dr Bharat Bhushan, Dr Raghuveer Singh, Dr Kunal Sharma, Dr Sonali Sharma, Dr Himani Jandial, Dr Monica Sharma, Dr Sourav Gupta, Dr Madhavi Sharma, Dr Ankur Goel, Dr Arun Gupta, Dr Majid Abdullah, Dr Basharat Hafiz and Dr Mir Abrar.
Paramedics and volunteers, who were part of the team, included Raghav Rajput, Gourav Sharma, Vikas Kumar, Jatin Bhasin, Rajinder Singh, Mukesh Kumar, Rajkumar, Aman Gupta, Harvinder Singh, Nirvair Singh and volunteers of the SVS Charitable Trust.

Amrit-Kaal is going to be era of excellence of Indian Women Power: Darakhshan Presents National Women Achievers Awards

■ STATE TIMES NEWS
JAMMU: Chairperson of J&K Waqf Board Dr Darakhshan Andrabi presented the National Achievers Awards to thirty prominent women from different walks of life for their illustrious contribution to society.



JKWB Chairperson Dr Darakhshan Andrabi presenting National Achievers Award to a prominent woman.

Dr Andrabi, as the Chief Guest of the event held at Brigadier Rajinder Singh Auditorium in Jammu University, presented the Awards on behalf of the National Performers NGO Urja Singh, the Chairperson of the NGO, Academician Prof. Shohab Inayat Malik, Journalist Pradeep Dutta & famed actor Dolly Sohi were also present as Special Invitees on the occasion.
Urja Singh said that Dr Andrabi was a strong inspiration for the women of the country and it was a fortunate moment for the Achievers to receive the award from her, who is a National Icon now.
Prominent among those awarded included fashion designer Maansi Gupta, art-curator Maimoona Nargis, writer Santosh Sangra, theatre & film personality Neelam Malvi, social activist Seema Sankhyani, Tarot

reader Jasmeen Kour Khosla, fitness trainer Aarti Mahajan, Kathak dancer Dr Priya Dutta, Ambassador Shahida Parveen, singer Varsha Janwal, entrepreneur Esha Modi folk singer Asha Kesar, Police services Inspector Kirti Sharma, sports person Kritika Khanna among others. Speaking on the occasion Dr Andrabi said that Modern India was the country of the 'rising women power'.
"Women are emerging as the leaders in all spheres of life. Government Schemes & Programmes for Women's empowerment have helped in creating a very conducive atmosphere for the contributing women with exceptional qualities. Amrit-Kaal of India will witness the glory of Indian women", said Dr Darakhshan.
She said that despite remarkable changes in society, much still needs to be done yet.
She hailed the initiatives of the women change-makers in the society and appealed to the people to stand-up with broader visions for making women equal contributors in our growth story.
"A pat & an acknowledgement is enough to boost the morale of the multi-talented women of India and initiatives like this one by Urja Singh are definitely going to have very positive effects in the society", said Andrabi.
Dr Andrabi said that in the next twenty five years India will witness the rise of Women-Power as a significant strength at local and global levels.

Civil Services (Prelim) Exam conducted smoothly



Aspirants appearing in Civil Services (Preliminary) Examination 2023 at Srinagar.

■ STATE TIMES NEWS
SRINAGAR: The Union Public Services Commission on Sunday conducted Civil Services (Preliminary) Examination 2023 throughout 78 cities across India. For Kashmir based aspirants examination was successfully held at twelve centres in Srinagar.
Government of J&K had Nominated Divisional Commissioner Kashmir, Vijay Kumar Bidhuri as State Level Observer for Srinagar

Centers, while the Assistant Commissioner, Central with Divisional Commissioner Kashmir, Aadil Fareed was appointed as Coordinating Supervisor for the conduction of Examination.
Besides, the Office of Divisional Commissioner Kashmir had appointed 12 inspecting officers for the said venues in compliance to the measures undertaken to strengthen the process of conduction the Commission's Examination.

Further, the office of Addl. Deputy Commissioner, Srinagar had nominated Mobile Magistrates for each venue.
Pertinently, Divisional Commissioner Kashmir yesterday had held a meeting in connection with ensuring necessary arrangements for smooth conduction of exam which was attended by all Principals, Venue Coordinators, Inspecting Officers and representatives of Police, Security & Traffic respectively.
Following the directions of Divisional Commissioner Kashmir, the Assistant Commissioner Central, Kashmir visited all the 12 centers on Saturday and took the stock of all the arrangements.
The Total Number of candidates which were supposed to attend the examination was 4211, however the examination was only attended by 2430 candidates in 1st session & 2408 candidates in 2nd session respectively, making the present percentage 57.7 %.

Annual Review Meeting of All India Coordinated Project of Weed Management concludes at SKUAST-Jammu

■ STATE TIMES NEWS
JAMMU: The 2-day 30th Annual Review Meeting of AICRP Weed Management was organized on Sunday at SKUAST-Jammu by ICAR-Directorate of Weed Research (DWR), Jabalpur in collaboration with SKUAST-Jammu at SKUAST-Jammu, main Campus, Chatha.
The concluding session of the Review Meeting was graced by Dr. R.K. Samnotra, Director Research, SKUAST-J as Chief Guest and Dr. J. S. Mishra, Director, Directorate of Weed Research, Jabalpur as Guest of Honour.
Eminent expert, Dr N N Angiras, Retd Professor, CSKHPKV, Palampur; Dr. R. P. Dubey, Incharge-AICRP, DWR, Jabalpur and Dr. B. R. Bazaya, organizing Secretary and PI, AICRP-WM, SKUAST-Jammu were present on the



Dr. R.K. Samnotra, Director Research, SKUAST-J with other dignitaries at Annual Review Meeting.

Dais during the session.
The meeting was attended by more than 75 weed scientists from all over the country. Dr. R.K. Samnotra, the Chief Guest called for framing a comprehensive weed policy for location specific weeds and their management suiting the needs of line departments and farmers of the region as well as at the national level.
"The weeds cause huge losses in crop yields and cause ill effects on human and animal health. This needs to be managed effectively to save the huge losses. Problems of herbicide

resistance need to be addressed on priority nationally as new herbicide development is a lengthy process and takes at least a decade of research for development of new molecules," he suggested. He further maintained that in view of labour shortage the new technologies like herbicide application through drones needs to be standardized and popularized. Location specific weed management strategies for fields, vegetable crops, and fruit crops need to be devised for different agro-ecosystems and must be popularized for the benefit of farmers.
Dr. J.S. Mishra, Director,

DWR, Jabalpur and guest of honour of the occasion briefly highlighted that the weed seed museum will be established at ICAR-DWR, Jabalpur and he also requested to provide seed of different weed species from the respective weed management centers. He also emphasised on publishing in good impact Journals. He also said about the best centre award adding that there will be no best centre award given by the directorate from this year. Now the centres will be judged on the basis of performance. At the last, he congratulated all centers for the effort and work in weed management.
Eminent expert Dr. N. N.

Angiras, Retd. Professor, CSKHPKV, Palampur highlighted the benefits of long-term experiment on weed management to estimate the herbicide residue in soil. He also emphasized the importance of weed survey and surveillance and suggested adding it in the technical programme of weed management. The impact assistance in terms of monetary returns of recommended weed management should be the part of the weed research programme, he added.
The meeting ended with a vote of thanks by Dr. B.R. Bazaya, PI, AICRP (WM), Chatha and organizing secretary of the meeting.

Oscar Academy winner Guneet, Ritu Singh visit Suchetgarh Octroi Post

■ STATE TIMES NEWS
JAMMU: As outreach to brothers in uniform at International Border at Octorai Post in Suchetgarh and honouring martyrs, Dr. Ritu Singh and Guneet Monga Kapoor, Oscar Academy Award winner, accompanied by renowned author and spiritual entrepreneur, Anita Kumar, and producer, Moez Singh and the members of Guneet Monga's family came together to celebrate and address the concerns of the brave soldiers and their families who sacrifice their lives for the nation.
The event, organized by Dr. Ritu Singh and her team, aimed to bridge the gap between the martyrs' families and civilian support groups while providing them with a



Dr. Ritu Singh, Guneet Kapoor, Oscar Academy Award winner and others with BSF troops at Octorai Post.

platform to voice their grievances.
The event commenced with a soul stirring Vedic chants and arti performed by the mahants of the Dharmarth Trust at the famed Shri Raghunath Temple, Suchetgarh for longevity and safety of brave soldiers in the border areas.
Upholding her philosophy and traditions of "Shabad,

Simran, and Sewa", Dr. Ritu Singh, Guneet Monga along with her family offered Langar Sewa and served home-cooked meal to 200 martyr families personally, as a mark of respect and gratitude and ensuring their well-being and nourishment during this solemn occasion.
Earlier, Guneet Monga, Dr. Ritu Singh and other members were received T. Sonam,

Officiating Comdt, Y. S Kumar, DIG (Medical) and Rita Bhatnagar, wife of DIG (Medical).
Witnessing the euphoria and patriotism of the Indian brave hearts, Guneet Monga was overwhelmed and expressed her gratitude and support to the soldiers and their families. Post the retreat, Guneet Monga Kapoor and Dr. Ritu Singh presented Commander T Sonam and his battalion Indian national flag with full protocol and honours, along with Prasad for the entire brigade.
Later, Commander T Sonam and his team graciously hosted the guests and took them on a guided tour of the post, sharing valuable insights into the life and challenges faced by the soldiers at the border. The slo-

gan "Har behenkishaan ho tum, humare Bharat Mata ke veer jawan" echoed through the air, celebrating the valour of our soldiers.
Anita Kumar, Moez Singh, and Dr Ritu Singh expressed their commitment to bridge the gaps between the services and civilian society.
Earlier, Ritu Singh invited Dr Navneet Kour, Chairperson NGO Support Group to conduct Mensuration Awareness Camp for the women of the far-flung villages of the area as a part of her ongoing Amanat initiative. Dr Navneet emphasized the importance of hygiene and women's health. Also seen attending the program were the faculty of all three DPS schools of Jammu, Nagbani, and Katra.

Kavinder slams Mehbooba for supporting life-term convict Yasin Malik

■ STATE TIMES NEWS
JAMMU: Senior BJP leader and former Deputy Chief Minister, Kavinder Gupta on Sunday slammed PDP chief Mehbooba Mufti for supporting terrorist Yasin Malik, for whom the National Investigation Agency (NIA) has sought death sentence from Delhi High Court.



Senior BJP leader, Kavinder Gupta and others paying obeisance at Baba Amboji Devsthan.

Talking on the sidelines of congregation of Khajuria Community here at Baba Amboji Devsthan, Bahu Fort, the BJP stalwart leader said that NIA has rightly moved the Delhi High Court as the crimes committed by the

life-term convict Malik are unpardonable but in the course, the real face of Mehbooba has been exposed as her support to one of the top terrorists of all times in J&K is the tes-

timony to the fact that there might be some connection between the two.
He sought thorough probe into the whole gamut and strict action against Mehbooba if found guilty.