

Chandragupta Maurya awakened national consciousness: Sinha

■ STATE TIMES NEWS
GHAZIPUR: Describing Chandragupta Maurya as the symbol of India's pride and progress, Lieutenant Governor Manoj Sinha on Sunday said he had awakened national consciousness by building a united and prosperous India and set the stage for our country to occupy the position of Vishwa Guru. Addressing a seminar on "the legacy of Chandragupta Maurya's good governance in shaping the modern administrative framework" here, the Lt Governor, in his address, highlighted the remarkable contribution of Chandragupta Maurya, founder of the Maurya Empire, in promoting ideals of equity, inclusiveness, responsiveness, rule of law and citizen

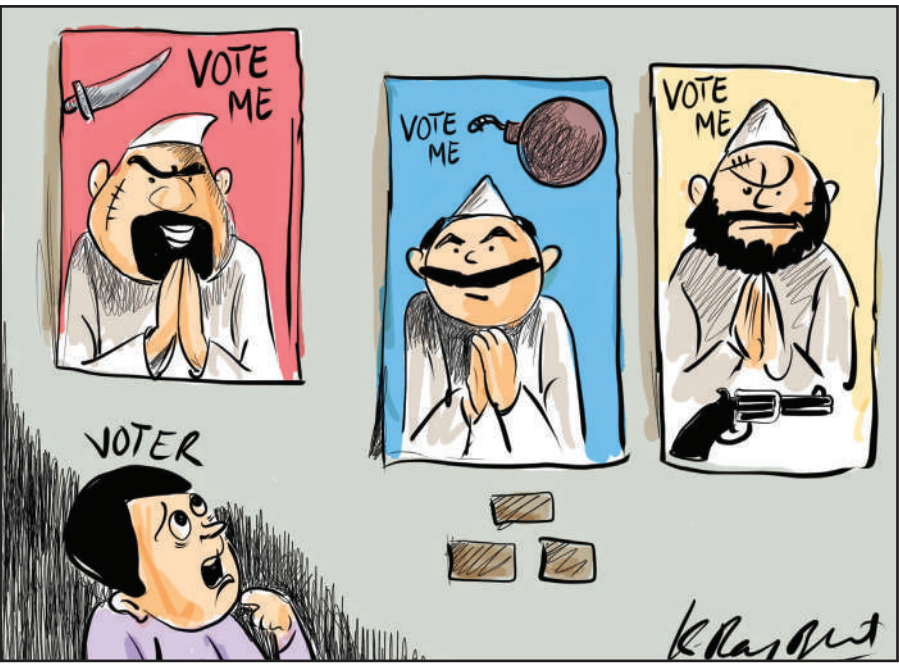


Lieutenant Governor Manoj Sinha paying tributes to Chandragupta Maurya at Ghazipur.

participation. He said the governance system of Chandragupta Maurya, the creator of united India and famously known as the ideal emperor, influenced the development of modern citizen-centric administration in which the welfare of people and empowerment of marginalised section of

society was paramount. Chandragupta Maurya placed new economic policies for inclusive development and public welfare at the center of the governance system. With the ultimate aim of equality and social justice, he made the institutions accountable to the public. With the help of 8 main departments he built a prosperous country and the citizens were expected to perform their inherent duties through public participation, the Lt Governor said. The Lt Governor also shared the views of Chanakya on Chandragupta Maurya's Governance System. Chanakya had highlighted that during the rule of Chandragupta Maurya, the happiness of the citizens was

supreme. He dedicated himself for public welfare and policies were formulated on the basis of public dialogue and consensus, the Lt Governor said. Apart from infrastructure development, Chandragupta Maurya laid emphasis on education and special attention was given to art and spiritual-cultural development to awaken the national consciousness, he further added. At Kush Smarak Balika Vidyalaya, Dildarnagar, Ghazipur, the Lt Governor also felicitated the students conferred with Medhavi Chhatra Samman. He called upon the students to make their important contribution to India's development journey.



Apni Party will ensure dignified life for people of J&K: Bukhari

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SRINAGAR: Continuing its public outreach programmes, Apni Party, on Sunday, held public rallies in Srinagar's Chanapora and south Kashmir's Pulwama. Addressing the rallies, the party president Syed Mohammad Altaf Bukhari said that Apni Party is committed to ensuring a dignified life for the people of Jammu and Kashmir. We have a clear vision to ensure the economic and political empowerment of the people of J&K, and we possess the will and potential to implement this vision on the ground. He made these remarks while addressing a public rally in Lal Nagar area of Srinagar's Chanapora constituency today. Bukhari urged people to vote and support the Apni Party for a better and brighter future for Jammu and Kashmir and its people. He said, "Unlike conventional parties, the ideology and agenda of the Apni Party are rooted in the politics of integrity and truthfulness. We do not believe in lies and deceptions for the sake of political gain. That is why the Apni Party does not attempt to allure people with tall claims and false promises. We will never promise to deliver the moon and stars to you. We only promise what we believe is possible to fulfill." He said, "And, we believe that we can ensure a dignified life



JKAP president S.M.A Bukhari and others at public rally.

for the people of Jammu and Kashmir. We will ensure permanent peace, enduring prosperity, and equitable development across Jammu and Kashmir, and we will ensure that the people of this region are economically and politically empowered." Addressing the rally in Pulwama, Bukhari said, "Once Apni Party receives a public mandate, we will ensure that the 1400 youths currently in jails are released back to their homes so they can resume a normal life with their families. Also, we will expedite the pending police verifications for job aspirants and passport seekers. We are committed to preventing any form of injustice against the people." Criticizing the traditional political parties, Bukhari said, "The traditional parties have always misled and deceived people through their deceptive narratives and hollow slogans. These slogans include calls for 'Raishumari', 'Autonomy', 'Self-rule', and more. They kept people occupied with these emo-

tionally charged slogans only to attain and retain power for themselves. The party which raised the slogan of 'self-rule' perhaps meant by this slogan a rule by the family members of its leader. Now, the third generation of the family is aspiring to attain power to rule Jammu and Kashmir."The President of the Apni Party blamed the traditional parties for unleashing corruption in Jammu and Kashmir. He said, "One of the leaders looted the funds meant for sports in Kashmir. His case is open and shut. I don't demand his arrest, but at least the accused should feel some guilt, thus bowing his head in shame." Urging people to vote for the Apni Party, Bukhari said, "This election is a battle between truth and falsehood. It is the time when you need to choose change to end the politics of false narratives, fake promises, and hollow slogans perpetuated by traditional parties. I request that you support Apni Party for a better and brighter future.

■ STATE TIMES NEWS
JAMMU: Continuing his drive and passion to transform the society into cardiac friendly and to educate the masses about the measures to promote cardiac health Head Department of Cardiology GMCH Jammu, Dr Sushil Sharma conducted a day long cardiac awareness cum health checkup camp at Bhagwan Shri Parshuram Bhawan , Parade Jammu.

The camp was organized in collaboration with Dogra Brahmin Pratindhi Sabha on the eve of celebration of Birthday of Bhagwan Shri Parshuram Ji with main focus to strengthen the measures already in place for primary prevention of cardiac ailments right from primary to tertiary healthcare levels and to enlighten masses to further attend such camps in future to make them aware of policies to enhance cardiac health and measures to achieve them. While interacting with the people, Dr Sushil Stated that Cardiovascular diseases (CVD) are well established as leading contributors to the burden of diseases in the developing countries, as well as the developed world. An estimated 29.2 per cent of total global deaths, result from the various forms of CVDs, many of which are preventable by action on the major primary risk factors



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

such as unhealthy diet, physical inactivity and smoking. Eight risk factors of CVDs account for 61% of cardiovascular deaths and they include alcohol use, tobacco use, high blood pressure, high body mass index/adiposity, high blood cholesterol and glucose, low fruit and vegetable intake, and physical inactivity. While individual choices play a part in these behaviours, government and policymakers also play an important role in ensuring people have access to the tools they need to live a healthy life, including clean air, affordable healthy food, and well-planned urban spaces that encourage an active lifestyle. Health policies that create environments where healthy choices are not only available, but also affordable, are essential for motivating people to adopt and sustain healthier

lifestyles. He elaborated that knowing your numbers is an important part of keeping your heart healthy. Checking your blood pressure, cholesterol levels and blood sugar levels on a regular basis is important to help determine and control your risk of developing cardiovascular disease. High blood pressure, or hypertension, is one of the biggest causes of heart attack and stroke. It usually has no symptoms, so it's important to get it regularly checked and, if needed, take the necessary measures to lower it, which may include dietary changes, increased physical activity, and medica-

tions. High levels of cholesterol in your blood also increase your risk of cardiovascular disease, including heart attacks and strokes. Blood cholesterol can normally be controlled through a healthy diet and, if necessary, by appropriate medication. Dr Sushil Sharma in his concluding remarks told that there are deficiencies in CVD knowledge among general population, which could turn into insufficient preventative behaviours and suboptimal patient outcomes. There is an apparent need to establish more wide-spread and effective educational interventions, which should be sensitive to the perceptions, attitudes, and abili-

ties of targeted individuals. There is urgent need to establish more wide-spread and effective educational interventions, which should be sensitive to the perceptions, attitudes, and abilities of targeted individuals, he said. Management Committee of the Sabha Vaid Prakash Sharma, Verinder Magotra , Nanak Sharma, Rajesh Bagotra , Davinder Sharma, P C Sharma, Subhash Shastri and Reetiz Khajuria appreciated the efforts of Dr Sushil Sharma and his team for conducting cardiac Awareness cum health Check up camp and shows their heartfelt gratitude. Others who were part of this humane effort included Dr S K Bali (Nephrologist), Dr Venkatesh Yellupu and Dr Dhaneshwar Kapoor: Paramedics and Volunteers who were part of the team included Kamal Sharma, Raghav Rajput, Ranjeet Thakur, Nitish Mahajan , Rohit Nayyar, Anish Jamwal, Rajinder Singh, Arun Singh, Jatin Bhasin, Rajkumar, Maninder Singh, Jatin Bhasin, Paramveer Singh , Gourav Sharma and Vikas Kumar.

JU gears up for admission of second batch of UG Program Design Your Degree; VC interacts with students, parents

■ STATE TIMES NEWS
JAMMU: Gearing up for admission of the second batch of students under innovative Under Graduate 'Design Your Degree' programme, the University of Jammu has launched the schedule for generating awareness among prospective students and their parents in the Campus. While the first such session witnessed enthusiastic participation of the students and their parents, the other two sittings have been scheduled for May 17 and 24 this month to offer further opportunities for personalized interactions between participants and faculty members, ensuring that all queries and concerns are thoroughly addressed. Such initiatives underscore the University's commitment to empowering students in making informed decisions about their academic futures. The registration process for the Entrance Examination began on April 22 and the last date to apply is May 29, 2024. The Entrance Examination will be held on June 1 and the academic session will begin from August this year. During the first awareness

cum interactive session with the students and the parents, Vice Chancellor Prof Umesh Rai delved in detail on the significance of this UG programme and its alignment with the National Education Policy 2020 (NEP 2020), emphasizing its motto, "Teach to Transform, Educate to Empower and Learn to Lead." Explaining the key features of the programme, specifically designed for undergraduate students, Prof. Rai said it has been carefully structured to meet the needs of the market and offers a well-rounded and interdisciplinary learning experience. The "Design Your Degree" initiative is intentionally crafted to empower students to shift from seeking jobs to creating opportunities, granting them the freedom to choose subjects aligned with their passions and aspirations and encouraging them to march to the beat of their own drum, he added. The Vice-Chancellor said the initiative is aimed at cultivating a broad spectrum of skills among students, including essential abilities like life skills, soft skills, teamwork, analytical capabilities, digital



VC JU Prof Umesh Rai interacting with students and parents.

and technical proficiency, problem-solving prowess, mathematical abilities, and critical and creative thinking. Participating in the interaction, Prof. Alka Sharma, Director of the Skill Incubation Innovation Entrepreneurial Development Center (SIIEDC), in an engaging presentation, elaborated on the Foundation Year Undergraduate Program (FYUP) of DYD and emphasized its relevance in the current educational landscape. She also provided a comprehensive overview of the program's structure and its key features. The first batch of second-semester DYD students actively participated in the event, engaging closely with prospective students and their parents. They offered valuable feedback and addressed numerous queries, contributing to a productive

Prof. Sadaf Shah, Associate Director of the Skill Incubation Innovation Entrepreneurial Development Center (SIIEDC), in an engaging presentation, elaborated on the Foundation Year Undergraduate Program (FYUP) of DYD and emphasized its relevance in the current educational landscape. She also provided a comprehensive overview of the program's structure and its key features. The first batch of second-semester DYD students actively participated in the event, engaging closely with prospective students and their parents. They offered valuable feedback and addressed numerous queries, contributing to a productive

dialogue. Faculty members adeptly responded to these questions, further enriching the discussions. The energetic participation of students added depth to the conversation, with insightful suggestions being shared. The University of Jammu is making a big leap forward in transforming higher education through its "Open House Interaction", which focuses on the innovative four-year undergraduate Degree program: Design Your Degree. This event aimed to raise awareness and understanding among students and parents about the program's transformative possibilities, demonstrating the university's commitment to empowering students, as they navigate their educational odyssey. The University is committed to encouraging more conversations and ensuring prospective students and their parents have clear information. Among those present in the interactive session included Prof. Charak, Head of the Department of Mathematics, Dr. Sandeep Arya, Dr. Sunil Kumar, Dr. Shailu Sehgal, with Dr. Pallavi Sachdeva hosting the proceedings.



Union Minister Dr. Jitendra Singh addressing a BJP election meeting of Howrah Lok Sabha constituency on Sunday.

■ STATE TIMES NEWS
KOLKATA: Union Minister Dr. Jitendra Singh said here on Sunday that regardless of the opposition claims, the common masses across the country are with Narendra Modi and it is the common man walking in the streets of this country who is calling for 400 plus mandate for Narendra Modi to become Prime Minister for the third time. Addressing a BJP election meeting of the prestigious Howrah Lok Sabha constituency, Dr Jitendra said, no matter what Mamata Banerjee or the TMC leaders might state, the matter of fact is that in hearts of heart, the common man walking down the lanes of Howrah and Kolkata has made up his mind to vote for Modi led BJP, even though he may not openly say so for the fear of being intimidated or threatened by TMC goons. In the last ten years and particularly in the last five years, Dr. Jitendra Singh said, Modi's welfare

schemes have not only penetrated every household but have also earned a place of respect and reverence in every individual's heart. It is for the first time since independence, he said, that even those households which had earlier not voted for BJP but were deprived of a decent toilet facility or a gas cylinder or a pucca house have been provided the same without any discrimination and this has made a deep impact on the minds of the common citizens particularly the women folk. As far as the Howrah Lok Sabha constituency is concerned, Dr Jitendra Singh said, in 2019 BJP lost this constituency to TMC with a margin of one lakh votes but this time all the factors are in favour of BJP winning this seat. For example, he said, on the one hand the BJP's organisational structure is much more stronger with an outreach much more than last time, secondly Modi's benefits have penetrated even those pockets

which were earlier not so supportive and thirdly there is also an increased anti-incumbency against the TMC. All these factors combined together, he said, Howrah Lok Sabha Seat has become winnable for BJP and, therefore, he appealed to all the BJP Karyakarta to put in their full might into election work for the next 15 days before the constituency goes to polls in the fifth phase on 20th of this month. Devoid of issues, Dr. Jitendra Singh said, the opposition parties have taken resort to create false narratives through social media and other means. He called upon the Party Social Media team to build their own narrative to demolish the Opposition propaganda. Dr. Jitendra Singh also suggested small group meetings by women Karyakartas and Mahila Morcha at the Booth level. He also suggested separate meetings in groups with the youth who are going to be the key voters this time.

Gulab, a spectacular first of its kind Night soirée at Hari Niwas Palace

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JAMMU: In a dazzling display of creativity and community spirit, Ritu Singh, unveiled the first-ever Gulab - A Spectacular Night Soiree at the iconic Hari Niwas Palace. This transformative event, held on May 4th, 2024, immersed guests in a celebration of Jammu's art, culture, and entrepreneurial prowess. The ambience of Hari Niwas Palace provided the perfect backdrop for Gulab, which unfolded into a captivating marketplace featuring 68 stalls showcasing the vibrant tapestry of Jammu's cultural heritage. Among these, 16 stalls were put up by AWWA (Army Wives

Welfare Association), offering a glimpse into the talents and endeavours of military families. Gulab showcased an array of diverse brands that illuminated the cultural and entrepreneurial landscape of Jammu. From the intricately crafted designs of Chitran to the delectable flavours of Vanilla Beans, each brand offered a unique glimpse into the region's rich heritage and innovative spirit. The participating brands included Chitran Heal Alchemy Numaish by Shikha Vanilla Beans Virtues Khatta Mitha Poshak Designer Studio Kiyari Plant Nursery October Poshak Bridal Emporio by



Dignitaries inaugurating Gulab- A Night Soiree at the iconic Hari Niwas Palace.

Monika Bhatia The Kansvin Nazrana by Ridhima & Parakh Label Nidhi Aggarwal Jewels by Pooja Khurana Jogmaya Creations Traditions Boutique I Said Yes Sama Organics Tumble Town D Decor Dubai Prints by Max Spark Designs

Maple & Ivy Renuka Cakes Goyam Foods Trend by Sanah Malhotra House of Liggey Pans and Pots Co. Artistique Living by RG Label Ashwi Mahajan. Label Lehnaaz from Amritsar.Bean Verse PP Concepts by Pooja Puri

Chander Bhaga by Sarita Dharini. Jammu Motor Vehicles - Mahindra Anagad Creations Ravish Designs Tarot by Rashmi Bali Studio Kava Kyaari Brew Birds Art City by Lyoti Crafts of India The Choco Junction, 16 Pop

Up by AWWA. Culinary delights took centre stage at Gulab, with stalls offering a delectable array of dishes representing the finest cuisines of Jammu and Kashmir: From traditional delicacies to modern interpretations, the culinary offerings delighted the palate of every guest, elevating the cultural experience. The evening was enlivened by the melodies of the renowned singers Sonali Dogra and Rikki .The rhythms of local musicians, artisans, and dancers from Ramnagar Kudh and bhaderwah in collaboration with cultural academy who captivated attendees with their

performances. Their artistry served as a testament to the cultural richness that defines Jammu and its people. With over 4000 guests in attendance, including representatives from various chambers of commerce and industry, Gulab - A Spectacular Evening Carnival served as a testament to the vibrant spirit of Jammu. Distinguishing guests, including R.R Bhatnagar, Advisor to Governor, Major General Gaurav Gautam GOC, Dr. Shakti Gupta, Director AIIMS, Anu Malhotra - Director General Rural Sanitization J&K Indu Chib, Anisa Nabi graced Gulab with

their presence. Gulab was made even more special by the generosity of its gifting partners, who added an extra touch of luxury and delight to the soirée. Glamour by Esha Creations, Photography Partner Klick It Production, Amar Mahal Museum and Library, Baniya Super Shopper Toy World and Thyrocare provided thoughtful gifts that complemented the festive atmosphere, leaving guests with cherished memories. The first of its kind Night Soiree at the iconic Hari Niwas Palace illuminated a path towards a future where creativity thrives.