

J&K Branch of NIRC of ICAI signs MoU with DSEJ

■ STATE TIMES NEWS

JAMMU: Committee on Career Counselling of The Institute of Chartered Accountants of India (ICAI) with the support of J&K Branch of NIRC of ICAI signed a Memorandum of Understanding on Sunday with Directorate of School Education, Jammu (DSEJ), Government of Jammu & Kashmir for promoting Commerce Education amongst Government and Government aided Secondary and Higher/Senior Secondary school students.

This MoU has been signed for a period of 5 years during the Outreach meeting held with Principals of High Secondary and Higher Secondary Schools, Jammu.

The chief Guest for the programme was Dr. Ravi Shanker Sharma, Director School Education, Jammu.

The ICAI was represented by CA Hans Raj Chugh, Chairman Committee on Career Counselling, CA



ICAI and DSEJ representatives after signing MoU.

Purushottam Khandelwal, Vice-Chairman Committee on Career Counselling, Dr. Mitali Pathak, Secretary Committee on Career Counselling and CA Nakul Saraf, Chairman of J&K Branch of Institute of Chartered Accountants of India.

CA Hans Raj Chugh, Chairman Committee on Career Counselling said that the prime objective of this MOU is to bring out the true potential of students belonging to Jammu.

He emphasized that the commerce education plays an

important role in the inclusive growth of industry and the whole economy. With Jammu having a rich pool of talent, the young students need to be nurtured in the proper way so that the young generation of today shall be able to contribute to the nation and society through its knowledge & skills.

CA Purushottam Khandelwal, Vice-Chairman appraised the gathering about the various initiatives taken by ICAI for the benefit of the students and members at large.

He further explained about

the financial handholding done by the Institute in the form of 75 % waiver of the course fee for all levels of CA course for students from the Union Territories of Jammu & Kashmir, Ladakh & for North-Eastern States.

He further added that institute also provides scholarship to the deserving students. CA Nakul Saraf, Chairman of J&K Branch assured that Branch shall take up Career Counselling Programmes in full swing for dissemination of information regarding Chartered Accountancy Course.

Dr. Ravi Shanker Sharma, DSEJ appreciated about the initiatives taken by institute for the students so that benefit can reach to each student spread across the nook and corner of the country. He assured full support to ICAI for fulfilling the objective of providing Career guidance and promoting Chartered Accountancy Course in all the schools of Jammu division.

CA Vineet Kohli, Secretary J&K Branch conducted the proceedings, CA Sourav Pargal, Executive Member, J&K Branch present a detailed presentation about Chartered Accountancy Course and CA Vikas Purdhani, Vice Chairman of J&K Branch, presents formal vote of thanks.

CA Ayush Sawhney, Treasurer along with members of the profession, principals of the schools from the education department of Jammu, and Chartered Accountants of Jammu Region also graced the event.



Growing prevalence of heart attacks in younger population raised alarms and concern: Dr Sushil

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JAMMU: Contrary to the popular belief that CVD only targets the geriatric segment of population, Dr. Sushil Sharma asserted that a growing body of literature and clinical observations suggested that CVDs is happening to younger adults more and more often.

He briefed that the etiology of the rise in cardiovascular diseases in younger adults is multifactorial and has occurred concomitant with an increase in the proportion of populations that are overweight and obese; have prevalent hypertension, hyperlipidemia, less physical activity, involve in smoking, alcohol consumption and consume highly processed foods.

These health factors and habits are influenced further by ethnic, socioeconomic, and gender disparities resulting in a higher incidence and prevalence of cardiovascular disease in select community-based populations, Dr. Sushil said.

He shared these observations at health awareness cum check up camp in village Salehar, Tehsil Bishnah. More than 250 patients mostly adults 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.

Taking cue from the data that India accounts for one-fifth of all non-communicable diseases related deaths worldwide and most of these deaths are from the younger population, Dr. Sushil highlighted



Dr Sushil Sharma examining a patient during a camp.

that heart diseases has also deviated from its routine pattern of targeting the older population and those with pre-existing heart conditions and have found a way to affect the younger population too.

Although there is no definitive age to experience a heart attack, the kind of lifestyle choices we make, our diet plans, our workout routines and how we manage our stress levels can influence our probabilities, he added.

While there are several modifiable risk factors associated with cardiovascular disease in the young, the most common are smoking and drug use, high blood pressure, and elevated LDL cholesterol. Hypertension alone is a risk factor that causes 13% of deaths worldwide. A sedentary lifestyle, alcohol abuse, and unhealthy eating also contribute to these risk factors, he elaborated.

Exploring the distribution of cardiovascular risk factors among youth is primordial as the development of chronic diseases begins in the early stages of life, Dr. Sushil said, yet it is a neglected issue in the

literature.

Furthermore, keeping in view the fact that majority of the young population is unaware of the prevalence of CVDs, it is highly urgent to take actions towards raising awareness among youth about chronic diseases risk factors and highlighting their preventability as well as promoting healthy lifestyles in order to prevent future disease development, he urged.

Prominent Citizens of the Village Salehar Rakesh Pant, Suresh Choudhary (Panch), Satpal Singh (Panch), Parveen Kumar (Panch), Subash Chander (Naib Sarpanch), Akhil Sharma, Naresh Kumar and Bharat Bhushan appreciated the camp conducted by Dr Sushil and his team. Others who were part of this camp include Dr Dhaneeshwar Kapoor and Dr Anitpal Singh Asstt Prof.(Ortho). Paramedics and volunteers Include Kamal Sharma, Raj Kumar, Ranjeet Singh, Raghav Rajput, Gourav Sharma, Vikas Sabharwal, Nitesh Mahajan, Vijay Sharma, Kamal Sharma, Aman Gupta, Milan Kapoor and Amandeep Singh.

Press Club Jammu organises camp for Ayushman, Aadhaar cards for journalists



Vice-president PCJ Zorawar Singh Jamwal after inaugurating a camp at Press Club Jammu.

■ STATE TIMES NEWS

JAMMU: To facilitate members and their families to easily get the "Ayushman Bharat Card" (free health insurance of Rs 5 lakhs) and to update their existing Aadhaar cards, the Press Club of Jammu in the collaboration with the Samvedna Society organized a day-long camp on the premises of the Press Club.

Office bearers and members of the management of the Press Club Jammu inaugurated the camp along with the chairman of the Samvedna Society Keshav Chopra.

The camp was organized on the demand of the members who turned up in large numbers to get their existing Aadhar cards corrected and applied for the

Ayushman Cards also.

Speaking on the occasion, Keshav Chopra said that aim of organizing this camp was to help journalists and their families easily get Ayushman cards on the premises of their own club, which is the second home to the journalist.

"Due to their professional assignments, journalists usually remained busy so they could not spare time to visit camps to get Ayushman Card or update their Aadhar cards", Chopra said and announced that such camps will be organized for the members of the Press Club after repeated intervals.

While expressing gratitude towards the Samvedna Society for holding the camp on the

premises of the Press Club, the management committee assured the members that similar events would be organized in the future for the journalists and other categories members.

The management committee further mentioned that earlier on May 10, Press Club Jammu with the collaboration of SIBA Event Management, Amandeep Group of Hospitals, and Sharp Sites had organized a health check-up camp.

Over 200 media persons and their family members were examined by teams of doctors from Amandeep Group of Hospitals. Free medicines were also provided to media persons and their family members.

President of Press Club Sanjeev Pargal, vice-president Zorawar Singh Jamwal, secretary-general Dinesh Manhotra, treasurer, Channi Anand, executive committee members namely Nishi Kant Khajuraj, Vishal Bharti, Deepak Khajuria, Kunal Shrivatsa, Dinesh Mahajan, Ajay Menia and Govind Chouhan monitored the camp with the members of Samvedna Society.

Mass-contact programme to highlight divisive politics' of BJP: J&K Cong Chief



Senior Congress leaders at Nav Sankalp Chintan Shivir.

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JAMMU: Jammu and Kashmir Congress president G A Mir on Sunday said his party's mass-contact programme will highlight the BJP's "divisive politics" and its fallout on the unity and integrity of the nation.

Mir was speaking at a 'Nav Sankalp Chintan Shivir' organised by the party in Jammu's Paloura area where discussions were held on the prevailing law and order situation in Jammu and Kashmir.

A resolution was passed to demand the restoration of statehood of Jammu and Kashmir, reject the delimitation commission report and condemn the spurt in selective and targeted killings in Kashmir, a Congress spokesperson said.

Emphasizing on the need to re-establish its connection with the people, Mir said, the Congress has decided to launch the 'Bharat Jodo Yatra' from October 2 on the occasion of Gandhiji Jayanti from Kanyakumari to Kashmir.

"A major purpose of the initiative to go back to the people is to warn them against the destruction that can be brought about by the divisive politics of the BJP which is weakening the institutions and also dividing people in communities," he said.

Mir said the yatra will see participation of all party leaders. "The yatra is to strengthen the bonds of social harmony that are under stress, to preserve the foundational values of our Constitution that are under assault and to highlight the day-to-day concerns of crores of our people," he said.

Criticising the ED summons issued to Congress president Sonia Gandhi and Rahul Gandhi, Mir said the party will not be frightened by the politics of vendetta being pursued by the BJP government against opposition leaders.

Waqf will be developing shrines with help of financial cooperation from business persons: Dr Darakhshan

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SRINAGAR: Chairperson of J&K Waqf Board Dr Darakhshan Andrabi today visited cave shrine of Hazrat Daryauddin Wali (ra) in Ganderbal and took stick of the facilities for pilgrims and the donation management system at the shrine. She was accompanied by Waqf Board Members Dr Ghulam Nabi Haleem & Waqf Board CEO Dr Syed Maajid



Chairperson of J&K Waqf Board Dr Darakhshan Andrabi speaking at a programme.

Jahangir & Incharge Executive Officer Ishtiaq Mohiuddin. ExMLA Ganderbal Ishfaq Jabbar was also present on the occasion.

A meeting of locals was addressed by Dr Andrabi in the campus of the shrine in which she assured that expansion of this historical site will be considered by the Board. Later Dr Andrabi led team of J&K also visited

the shrine of Syed Shah Sadiq Qalandar at Lar Ganderbal and Shrine of Bara Sadaat at Telbal Srinagar. She interacted with the public gatherings at these shrines. Speaking to media, Dr Darakhshan Andrabi said that Waqf will be developing the shrines with the help of financial cooperation from eminent business persons and well off citizens of the believers in Sufi thought.

Cong DDC member joins BJP in Rajouri

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JAMMU: A District Development Council (DDC) member affiliated with the Congress joined the Bharatiya Janata Party at a public rally in Rajouri district on Sunday, a BJP spokesman said.

Abdul Qayoom Mir, an elected DDC member from Thanamandi, joined the BJP in the presence of party's Jammu and Kashmir unit president Ravinder Raina, the spokesman said.

Raina welcomed the new entrants into the party fold

and said Mir is a prominent Congress leader who has strong hold in the Pahari community in both Rajouri and Poonch districts.

"His joining the BJP along with his supporters is bound to strengthen the party at the gross-roots level," he said.

He said Prime Minister Narendra Modi has made a permanent niche in the hearts of the masses across the country, as a result of which people are joining the party in large numbers with each passing day.

Raina said Modi's slogan of

'Sabka Saath, Sabka Vikas, Sabka Vishwas and Sabka Prayas' is winning the hearts. He threw light on various development works initiated by the Union Government for the betterment of Jammu and Kashmir and the plethora of schemes that have benefitted people.

He appealed to people to maintain peace and thwart the designs of those trying to create communal divide.

"We are all Indians irrespective of our religion. We need to stay united to frustrate divisive forces," he said.

Differentiate between sedition & anti-nationalism while expressing views: Ketkar

Journalists honoured on Devarishi Narad Jayanti

■ STATE TIMES NEWS

JAMMU: Cautioning the society while expressing their views related to the country, Prafull Ketkar, editor Organizer reminded journalists, thinkers, spokespersons and media associates to differentiate between sedition and anti-nationalism during debates at any forum.

He emphasized that everyone has freedom of expression and can express their views, but it needs to be kept in mind not to start speaking the language of sedition in anger.

On the occasion of the birth anniversary of the world's first journalist Devrishi Narad, the editor of Organizer Prafulla Ketkar expressed these views as a keynote speaker in a programme organized by Trikuta Samvad Kendra on Sunday in the Press Club.



Trikuta Samvad Kendra members presenting awards to STATE TIMES Sr. journalist Malu Sharma, Cinematographer Sanjay Gupta and Sr. Editor of Times Now TV channel, Pradeep Dutta at Jammu.

Sudarshan Kumar, former Director General of Defense Research and Development Organization (DRDO) was present as the Chief Guest in the programme which was presided over by Dr. Satyadev Gupta, President, Trikuta Samvad Kendra.

On this occasion, Rashtriya Swayamsevak Sangh's Prant Sangchalak Dr. Gautam Mengi, Sangh's Prant Prachar Pramukh Deepak Sharma, Co-Provincial

Publicity Chief Dr. Vivek Mahajan were also present. Rajeev Kumar Nagotra conducted the proceedings of the function.

The programme was inaugurated jointly by the Chief Guest, president and keynote speaker Prafulla Ketkar with the lighting of the lamp.

The program ended with the presentation of vote of thanks by Prant Prachar Pramukh Deepak Sharma and the song Vande Matram

was sung after felicitating the journalists.

Before the launch of the programme, tribute was also paid to journalist Ashok Pehalwan who had passed away recently.

Dr. Gautam Mengi, in his address, urged the media persons to work keeping the national interest at the center while doing journalism in Jammu and Kashmir.

Prafulla Ketkar, editor of Organizer magazine, said

that Devrishi Narad has been considered the icon of journalists.

His portrait was published at the time of publication of the first magazine in the country.

Devarishi Narad always provided information so that the upcoming developments would be known in entirety regardless of the consequences, he said adding that when the first film was made in the country, it was made in

Marathi, the film was based on Ramayana and it also featured Devarishi Narad role.

Similarly, in the current environment, it is necessary to know about its veracity and its discourse while writing the news.

There is a need to adopt the three basic mantras of the book composed by Devarishi Narad so that the readers or the audience can be made aware of the events, he said.

Prafulla Ketkar said that as

after the attack on America's Twin Tower, not much was shown about the injured and the dead but later tributes were paid to them. But in India, terrorist attacks are often reported in such a way that everything is shown in graphic details which furthers the agenda of the terrorists.

Second, it is okay to criticize the government while reporting in TV channels, newspapers and social media, but due to freedom of expression, it needs attention as to what discussion are being presented. One must be careful about that.

Sudarshan Kumar said that at present technology presents the solutions to the challenges faced in the field of journalism.

Good journalism can be done by using technology and fake news can be avoided.

He said that now such tech-

nology has come which can make journalism more effective.

Dr. Satyadev Gupta informed the journalists regarding the significance of Narada Jayanti.

Veteran journalist Gopal Sachar was awarded Lifetime Achievement Award on this occasion.

Apart from this, State Times Head of Digital Media and Senior female journalist Malu Sharma, Sr. Editor of Times Now TV channel, Pradeep Dutta, Video Journalist Sham Sundar, Cinematographer Sanjay Gupta, Young Journalist Rajat Vohra, Dainik Jagran's Chief Deputy Editor Sumit Sharma, Pallavi Sareen for Social Media and Sanjeev Pargal were honoured. Prafull Ketkar was presented with a picture of Mata Vaishno Devi on behalf of Trikuta Samvad Kendra.