

LG interacts with Haj pilgrims; 1st batch of 145 pilgrims leaves for Saudi Arabia

■ STATE TIMES NEWS
NEW DELHI/ BUDGAM: Lieutenant Governor, Manoj Sinha on Sunday interacted with the first batch of Haj-2022 pilgrims from Jammu & Kashmir.
The Lt Governor extended greetings and best wishes to the people undertaking sacred pilgrimage. "I pray for a successful Haj pilgrimage & peace, amity and prosperity for UT of J&K", said the Lt Governor.
The Lt Governor urged the pilgrims to apprise the administration instantly, in case they face any issue anywhere during the pilgrimage.



Lt Governor, Manoj Sinha interacting virtually with the first batch of Haj-2022 pilgrims of J&K.

Kashmir apprised the Lt Governor about the arrangements being put in place for the Haj pilgrimage from J&K.
Around 6000 pilgrims from Jammu & Kashmir and Ladakh will perform this year's Haj pilgrimage which resumes after two years following Covid-19 restrictions. Out of total 6000 pilgrims, 5856 pilgrims will leave from Kashmir valley and others from Delhi Airport.
Keeping in view the safety and convenience of the pilgrims, a facility of RT-PCR Covid-19 test at JVC

Hospital Bemina and e-rickshaw and other facilities at Haj House have been made available to pilgrims, he informed.
Rajeev Rai Bhatnagar, Advisor to Lt Governor; Nitishwar Kumar, Principal Secretary to Lt Governor; Vijay Kumar, IGP Kashmir; Vijay Kumar Bidhuri, Commissioner/ Secretary to Government Revenue Department; Shahbaz Ahmad Mirza, Deputy Commissioner Budgam, besides senior officers of Airport Authority, Civil and Police administration were present on the occasion.



Spiritual & religious dimensions indispensable for healthcare: Dr Sushil



Shri Shri 1008 Swami Vishwatamanand Ji Maharaj inaugurating medical camp.

■ STATE TIMES NEWS
RAJOURI: Head of Department Cardiology, Government Medical College, Jammu, Dr Sushil Sharma on Sunday organized free medical camp in Rajouri, which was inaugurated by Shri Shri 1008 Swami Vishwatamanand Ji Maharaj amidst Vedic invocations for universal peace and health for all.
Highlighting the fact that spirituality and medical awareness can help improve quality of life for people with chronic diseases particularly with reference to cardiovascular diseases, Dr Sushil Sharma along with a team of doctors held a day long health check up cum awareness camp at SVS Degree College, Rajouri in association with SVS Charitable Trust.

religion an integral component of comprehensive care.
Dr Sushil Sharma further stated that numerous studies described that religion and spirituality are the main sources of coping for chronic and life-threatening diseases.
Patients may find purpose, community, and encouragement through religious or spiritual practices and beliefs or other coping mechanisms that can help them engage with and sustain positive lifestyle changes.

He specifically mentioned the recent analysis from the study on stress, spirituality and health published in Scientific Reports which demonstrates that spiritual struggles in particular significantly modify the impact of unique proteins on risk of developing cardiovascular disease in U.S. South Asians, a community that has especially high rates of CVD.

The American College of Cardiology and other major cardiovascular societies recommend palliative care for heart failure patients.

Spirituality is a core domain of palliative care, with the goal of identifying and addressing spiritual concerns and providing patients with appropriate spiritual and religious resources, he informed.

Swami Vishwatamanand Ji also showered the divine blessings on the team of doctors for providing best healthcare facilities to the residents of border town.

In his address Swami Ji laid emphasis on the religious and spiritual dimensions of healthcare so as to lessen the overgrowing burden of Cardiovascular and other ailments in order to improve the quality of life. Others who were instrumental in this effort included Dr Shalinder Sharma, Dr Nasir Ali Choudhary, Dr Shahbaz Khan, Dr Anitpal Singh, Dr Kunal Sharma, Dr Poonam Jagiasi, Dr Sourav Gupta, Dr Sonali Sharma, Dr Himani Jandial and Dr Rajiv Jindal. Paramedics and volunteers, who were part of the team, included Vikas Kumar, Akshay Kumar, Raghav Rajput, Rajkumar, Ranjeet Singh, Rahul Sharma, Mandeep Sharma, Vishal Doshi, Ankush Kohli, Lalit Bali, Vinay Kumar, Shubham and volunteers of the SVS Charitable Trust.

1,941 candidates appear in Civil Services (Preliminary) Examination 2022 at Srinagar

■ STATE TIMES NEWS
SRINAGAR: The Civil Services (Preliminary) Examination-2022 was held on Sunday successfully across all the 12 centers established in Srinagar.
The examination was held amid fool proof arrangements made by the Divisional Administration Kashmir, in close coordination with Degree colleges and Higher secondary institutions.
The Divisional Commissioner (Div Com) Kashmir, Pandurang K pole personally monitored all the arrangements for the smooth conduct of Examination, here. The Examination was held in 2 shifts in which 1941 candidates appeared. The Government of UT of J&K had Nominated Divisional Commissioner Kashmir, Pandurang K. Pole as State Level Observer for Srinagar Centers.
To ensure necessary arrangements, Divisional Commissioner Kashmir had conducted inspection of the centers.
Pertinently, Divisional Commissioner Kashmir, Pandurang K Pole had chaired a meeting yesterday which was attended by all the stake holders including 12 inspecting officers, Principals of all Institutions, Coordinators and representatives from Police and other civil Departments.

Targeted killings: BJP appeals to KPs, Dogra employees to stay back; assures safety

■ STATE TIMES NEWS
JAMMU: As migrant Kashmiri Pandit and Dogra employees have been demanding the government to shift them out of the Valley in the wake of targeted killings, the BJP on Sunday appealed to them to stay back and said the government is determined to defeat the "Pakistani conspiracy".
Calling Jammu and Kashmir the country's crown, the BJP's chief for the union territory Ravinder Raina said, "We have to stand together to scuttle the nefarious designs of Pakistan, which has chalked out the conspiracy of targeted killings through its sponsored terrorists to force out minorities and nationalist Muslims from the Valley."

"We are fighting a Pakistan-sponsored proxy war for the last 32 years and our army, police and paramilitary forces have given a befitting reply by eliminating thousands of terrorists over the years to frustrate the evil designs of the neighbouring country," Raina said, addressing a gathering of Kashmiri Pandits at the party headquarters here. He said when terrorism started in the Valley in the early 1990s, Pakistan's plan was to drive out the "nationalist forces", and hence it targeted Kashmiri Pandits and nationalist Muslims in the BJP.
"Our people fought back bravely... Prime Minister Narendra Modi-led government has given a free hand to the army, police and paramilitary forces, and the security situation in the Valley has

improved satisfactorily, which is evident from the fact that there is no Hurriyat Conference-sponsored strikes and stone pelting during anti-terrorism operations," he said.
As Pakistan saw the restoration of peace in the Valley, it conspired with the terror groups to bleed Kashmir again and chalked out the strategy of targeted killings to create fear and force fresh migration, he alleged. "We appeal to all nationalists, including Pandits, Dogras and those who have come from different parts of the country to stay back as we have to join hands to defeat the conspiracies of the enemies," he said, adding the government has already announced their relocation to safer paces and provided them adequate security.



Nation Resolves To Ensure Benefits of Strong Infrastructure Reach 100% People



- PM Gati Shakti
 - Rs 100 lakh crore Multi-Modal Master Plan for building the infrastructure of New India
 - Better coordination between all schemes as well as departments through a single unified portal
- In last eight years, pace of highway construction increased from 12 km per day to 29 km per day; transport gets boost
- Under PM Gram Sadak Yojana, 3.27 lakh km of roads built in last eight years; more than 99% villages connected by pucca road
- Number of airports in country increased from 74 to 140, more than 96 lakh people avail benefits of affordable air travel under UDAN scheme
- Metro trains now running in 20 cities as against 5 cities earlier; urban commute becomes easier
- Focus on building world-class rail infrastructure and increasing speed of trains; Important initiatives like Eastern and Western Dedicated Freight Corridors, 'Made in India' Vande Bharat Trains and Kisan Rail undertaken
- Cargo movement on inland waterways grows nearly 7 times, delivery of goods is now cheaper
- Cargo handling capacity doubled at major ports, push to trade
- Atal Tunnel, world's longest tunnel at an altitude of 10 thousand feet, reduces travel time
- Prime Minister himself reviews execution of projects through Pragati Platform for time bound implementation





“ New India of the 21st century is building one of the best modern infrastructure today. Better roads, better rail network, better airports, these are not just infrastructure projects, but they transform the entire region and change lives of people completely. ”

— Narendra Modi —

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