

# Mission Karmayogi enables institutionalised capacity building of govt functionaries: Dr Jitendra

**STATE TIMES NEWS**  
NEW DELHI: Mission Karmayogi, inspired by Prime Minister Narendra Modi, enables institutionalised capacity building of government functionaries.

This was stated by Union Minister of State (Independent Charge) Science and Technology; Minister of State PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr. Jitendra Singh while addressing the first-ever National Training Conclave organised by the Capacity Building Commission here today. He said, Mission Karmayogi is inspired by the Prime Minister's vision of consistent capacity building.

The Minister said, Mission Karmayogi has been designed as a comprehensive program which would enable civil servants as well as other government servants to acquire the skills, knowledge, and abilities necessary for delivering high-quality public service in a rapidly evolving world. Encouraged by its successful



Union Minister Dr Jitendra Singh addressing the first-ever National Training Conclave organised by Capacity Building Commission (CBC), at Pragati Maidan Convention Centre, New Delhi on Sunday.

use among civil servants, it has now also been introduced for the new appointees in Rozgar Mela as Mission Karmayogi Prarambh, he said.

The National Training Conclave witnessed participation from over 700 National Civil Service Training Institutes spread over 33 States and UTs across the country.

Dr Jitendra highlighted the various initiatives undertaken by the government under the leadership of Prime Minister Narendra Modi to

deliver on the promise of 'Minimum Government-Maximum Governance'.

Giving credit to Prime Minister Modi's deep insight, Dr Jitendra Singh said, following the directions of the Prime Minister, the first-ever Capacity Building Commission (CBC) has been established.

This first-of-its-kind institution in India fulfilled the need to have a dedicated

agency for the purpose of improving skill, provision for periodic training for government functionaries. The

Capacity Building Commission facilitates preparation of annual capacity building plans of departments, Ministries and agencies, aims to create shared learning resources, exercise functional supervision over all Central Training institutions and undertakes audit of human resources in government and outcome of the capacity building efforts.

Dr Jitendra pointed out that in 2014 the government has done away with the colonial era practice which required a citizen to get cer-

tificates and documents attested by a gazetted officer or file affidavits for government-related work.

Dr Singh mentioned, the Government of India, in pursuance to its commitment to 'zero tolerance against corruption' has taken several measures including the recent amendments made to the Prevention of Corruption Act, 1988. The amendment introduces a number of new provisions including criminalising the act of giving bribe also in addition to taking bribe and at the same time putting in place an effective deterrence for such actions by individuals as well as corporate entities. The act also includes a robust mechanism to protect an honest and performing officer.

The Union government has abolished the process of taking interviews for Group-B (Non-Gazetted) and Group C posts since 2016.

At the beginning of the session the Union Minister unveiled the copyright certificate provided to the 'National Standard for Civil Service Training Institution'.

# Srinagar administration is planning to restore, redevelop 11 religious places, Heritage sites

**SHAKEELA ANDRABI**  
SRINAGAR: A meeting of District Level Coordination-cum-Implementation Committee held under the Chairmanship of the Deputy Commissioner (DC) Srinagar, Mohammad Aijaz Assad, to review the progress of works being executed on development and restoration of Religious Places/Assets in the District.

At the outset, the Deputy Commissioner discussed the Action Plan prepared for carrying out the restoration, revival, preservation and maintenance of Architecture and Heritage of Religious Places/Heritage Sites in Srinagar in the financial year 2023-24.

On the occasion, the DC accorded approval for carrying out the restoration, revival, preservation and maintenance of Architecture and Heritage of Religious Places/Heritage Sites of Srinagar District including Khan Kahi eMoula of Mir Syed Ali Hamdani (RA), Shiv Temple at Vicharnag, Nowshera Srinagar, Khankaah eNaqashband Sahib (RA), Bhairav Mandir Chattabal, Zeashta Devi at Zeatlyar, Aali

Masjid at Eidgah, Shrine of Baba Ghulam-ud-din (RA) at Breine Nishat, Narayan Mutt Temple in Tulsibagh, Shiv Temple Danapora, Basant Bagh, Pond and Masjid at Maqdoom Mandal, and Restoration of Historical Kalai of Naagar Nagar Nowhatta.

With regard to Rs 1.36 crore project approved for Development of Ziyarat of Hazrat Sheikh Dawood RA, Batamaloo, the DC was apprised that due to lack of cooperation from Management committee of the said Shrine the proposed renovation restoration project has been withdrawn.

During the meeting, the DC also took a detailed review about the progress of ongoing works being executed on Restoration of Temple at Ganpatygar, Restoration & Conservation of Shrine of Syed Mohammad Hussain Mazandarani, Khankahie Sokhta, Reconstruction of Mangleshwar Bhairav Asthapan at Brari Nambal, Babadamb, Development & Restoration of Ram Mandir at Safakadal.

On the occasion, the Deputy Commissioner was apprised

that on Rs 62.64 lakh project of Restoration of Temple at Ganpatygar work is going on in full swing and over 90 percent of work has been completed so far.

Similarly, the DC was given appraisal about progress of Rs 1.62 crore project being carried out on Reconstruction of 700-year-old Mangleshwar Bhairav Asthapan at Brari Nambal, Babadamb.

With regard to the Rs 2.16 crore project for Development & Restoration of Ram Mandir Safakadal, the DC was informed that work has been started by the R&B Department.

On the occasion, the Deputy stressed on all concerned executing agencies to adopt a coordinated approach to ensure time bound completion of all historical and heritage religious places/assets of the District. The DC further asked the Officers of the line Departments to ensure transparency and effective onsite monitoring of the projects, besides follow value-based methodologies and integrated approach to complete the conservation projects efficiently.

# Chakra Meditation session held at Hari Niwas Palace

**STATE TIMES NEWS**  
JAMMU: Chakra Meditation session, designed to guide individuals towards a deeper understanding of their inner selves and promote harmony, balance, and well-being, was held at Hari Niwas Palace, here on Sunday.

Chakra Meditation is a time-honored practice that focuses on aligning the body's energy centers, known as chakras, to achieve optimal physical, mental, and spiritual, this was a unique opportunity for individuals to explore the depths of their consciousness and tap into their limitless potential.

The meditation session was followed by making of Detox Water live work shop held by Dr. Mitali. Detox water is an invigorating and refreshing beverage that promotes hydration and wellness. The live demonstration was given by Dr. Mitali, who said "Detox Water has gained significant popularity due to its health benefits, such as boosting metabolism, aiding digestion, and supporting the body's natural detoxification process".

And the session concluded



Dr. Mitali, speaking Chakra Meditation session at Hari Nawas Palace, Jammu.

with bake the healthy cake by Aparna Bhat, renowned home baker renowned for her healthy cakes, live demonstration of cake baking was given, cakes were baked from oats, Raagi and whole wheat and Jwar the audience witness the magic unfold in a mesmerizing live demonstration that left everyone you in awe.

The event was supported by Team Hari Niwas and Ritu Singh and in the opening of the work shop Ritu Singh said that this is the first ever work shop in Jammu focusing on chakra meditation and healthy

millet cake baking. She appreciated the initiative taken by Dr. Mitali Gupta and Aparna. The event was supported by Nimbark, Frontier Photo Lab, Aadi Giri Group, Pack Fresh, Mahakali Traders, Pans and Pots Cakes by Saburi. The session was attended by Joint Director Tourism Sunayna Mehta, president JK Bank Sunit Gupta, Chief Engineer PDD Sandeep Seth, Ex-Principal Parade College, Prof. Vijay Luxmi Anaincer All India Radio Sunita Bagat and others.

# Heart Attack 'Time is Muscle' need to aware masses: Dr Sushil

**STATE TIMES NEWS**

JAMMU: Keeping in view the benefits of golden hour of heart attack in preventing mortality and morbidity, and need to educate the masses about same Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness cum health check up camp at Udas Marg Sanstha Satsang Ashram, R S Pura Jammu where people were educated about the importance of shifting patient with heart attack to nearby hospital for definitive therapy as soon as possible so that benefits of golden hour is delivered in timely and appropriate manner.

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

While interacting with the people, Dr Sushil stated that any individual, who may have a heart attack, receiving immediate medical attention is extremely critical. In the case of an attack, the short-term, as



HoD Cardiology GMCH Jammu, Dr Sushil Sharma examining patient during a camp.

well as the long-term consequences, will depend on the extent of the damaged or dead heart muscles. With the help of fast medical treatment, doctors can quickly open the blocked artery and can save most of the heart muscle. The golden hour provides a window of opportunity to the patients, their families, and doctors to take appropriate and fast actions to save their lives. The reason is heart muscles start to die within 80-90 minutes after it stops receiving blood, and within 6 hours, nearly all the affected areas of the heart could be completely damaged. It

means, the faster normal blood circulation is restored, the lesser the damage will be.

He elaborated that myocardial infarction (commonly called a heart attack) is an extremely dangerous condition that happens because of a lack of blood flow to your heart muscle. The lack of blood flow can occur because of many different factors but is usually related to a blockage in one or more of your heart's arteries. Without blood flow, the affected heart muscle will begin to die. If blood flow isn't restored quickly, a heart attack can cause per-

manent heart damage and death. That's why speedy treatment plays a major role in surviving a heart attack.

The phrase often used by cardiologists is "time is muscle," meaning the longer it takes to get treatment during a heart attack, the more damage the heart muscle sustains. Timely treatment can save lives by reducing or even preventing damage to the heart.

He added that while in the case of heart attack, an attendant or rescuer has the golden hour to take the patient to a hospital, in the case of cardiac arrest, one has got precious, golden

seconds. Therefore, it is all the more important to identify the symptoms of cardiac arrest and take immediate action. When a person suffers cardiac arrest, one should immediately call for ambulance, and simultaneously perform cardiopulmonary resuscitation (CPR) till the time medical help arrives, he said.

Management Committee of the Udas Marg Sanstha Bhagwan Dass, Guru Mata Bimla Bhagat, Daya Ram, H R Dogra, Tarsem Raj, Rajkumar and Ashok Skolia appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health check up camp in their premises.

Others who were part of this camp include Dr Harish Kumar. Paramedics and volunteers includes Raghav Rajput, Rajkumar, Rajinder Singh, Mukesh Kumar, Jatin Bhasin, Jamshed Ali, Vikas Kumar, Maneet Kumar, Rajneesh Kumar, Faisal Rashid, Moosa Mushtaq, Vinay Kumar, Sahil Mottan and Paramveer Singh.

# To promote tourism, Aryans Group of Collages organises 2nd Shikara Race at Dal Lake

**MASROOR AHMAD**

SRINAGAR: Aryans Group of Colleges, Rajpura near Chandigarh on Sunday organised a 2nd Shikara Race in world famous Dal Lake, here.

More than two dozen Shikara participated in this race, and this event is an initiative of Aryans JK Students aimed at promoting tourism in Jammu and Kashmir.

The race commenced after the flag off by SDM Srinagar, Syed Murtaza and the winners were rewarded during felicitation ceremony.

SDM said that Kashmiri students have great potential in every sphere to lead the country.

"I have interacted with Aryans students many



times in Empowering JK: Empowering Youth and it gives me immense pleasure that again I am motivating them," he said adding that J&K administration will always support Aryans JK students whenever they will be taking initiative for the betterment of

country.

Chairman of the Aryans Group of Collages said, that Aryans is the only campus where majority of students from Kashmir are studying.

"Our Kashmiri students are academically strong as well they are doing good in

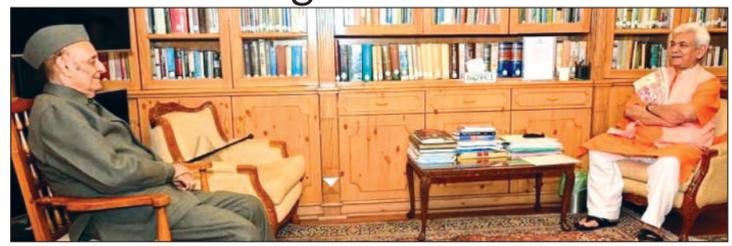
innovations, placements, sports, cultural activities etc. I must congratulate my all Kashmiri students for their initiatives. He said that Aryans Kashmiri students organise various events every year in Jammu and Kashmir. It is expected that the Shikara

race and other events will be very fruit full for Kashmir valley and large number of tourist will come and see the natural beauty of the Kashmir," Chairman said.

Chairman, Aryans Group of Colleges said that in past also J&K students have done various innovations including ShikaraApp, Solar Boat, Ramadham App, Anroid App, eMunshi App, Safety Helmet, Save Kashmir and Life Saving Glove for the Valley.

It is mentioned that over the 2000 Kashmiri students are studying in Aryans in various colleges of Engineering, Management and Technology, Nursing, Law and College of Pharmacy.

# Dr Karan Singh calls on LG Sinha



Former Union Minister, Dr. Karan Singh calling on Lieutenant Governor Manoj Sinha.

**STATE TIMES NEWS**

SRINAGAR: Dr. Karan Singh, former Union Minister and Member of

Parliament called on Lieutenant Governor Manoj Sinha, here on Sunday.

Dr. Karan Singh discussed various issues of public welfare and development scenario in Jammu Kashmir.

# 'Public Welfare Schemes have revolutionized the lives of the people under Modi regime: Darakhshan

**STATE TIMES NEWS**

SRINAGAR: Minister of State and Chairperson Jammu & Kashmir Waqf Board (JKWB), Dr Darakhshan Andrabi on Sunday chaired the beneficiaries meet organized by Bharatiya Janata Party at Pulwama in South Kashmir. BJP District President Pulwama Mohammad Lateef Bhat, Party Incharge for Shopian Sajjad Ali Raina and DDC Member Avtar Singh also participated in the programme.

This programme was organized by the party in connection with completion of nine years of government led by Prime Minister Narendra Modi.

Beneficiaries of government schemes from all the Tehsils and blocks of the district participated in the Convention.

In her address Dr Darakhshan Andrabi said that the public welfare Schemes of Modi-Govt have



Chairperson JKWB, Dr Darakhshan Andrabi after chairing the beneficiaries meet on Sunday.

provided immense opportunities to the youth for creating employment for themselves and for others.

"Public welfare schemes like Ujjwala Yojna, Aawas Yojna or the Ayushman Bharat have changed the lives of the marginalized people in the country. J&K has seen unprecedented social change after the implementation of all central government schemes and programmes of Narendra Modi led government", said Dr Andrabi.

Dr Darakhshan said that the visionary schemes like Jan Dhan, Digital India, Khelo India or Skill India schemes have transformed the lives of all sections throughout the country. These public welfare schemes have created possibilities of developments and opportunities for the people in all sectors.

After the interaction with the beneficiaries, Dr Andrabi spoke to media and said that she was thrilled to listen to the success stories of the youth.

# Delegations of Bio-enzyme Entrepreneurs Academy of India, religious leaders call on Lt Governor

**STATE TIMES NEWS**

SRINAGAR: Delegation of Bio-enzyme Entrepreneurs Academy of India (BEAI), led by its President, Priti Rao, called on Lieutenant Governor Manoj Sinha on Sunday.

The members of the delegation including Shrekanth RG and Er. Abdul Rashid Bhat, a noted Environmentalist, discussed with the Lt Governor the promotion of sustainable solutions using Bio-enzymes and various pressing environmental issues in J&K.

They also briefed the Lt



BEAI Delegation calling on Lt Governor Manoj Sinha.

Governor on the BEAI's endeavours to train the youth in enzyme technology and extending support

to budding entrepreneurs under Skill Development programs, and the remediation activities being car-

ried out in J&K UT.

The Lt Governor assured the delegation that their valuable suggestions and inputs will be taken into consideration for strengthening the efforts of environment conservation and protection.

Meanwhile, a delegation of religious leaders, led by Dr Darakhshan Andrabi, Chairperson J&K Waqf Board, called on Lieutenant Governor Manoj Sinha.

The members of the delegation including scholars, preachers and Ulemas of Kashmir Division, dis-

cussed various matters of public importance, and the significant role of religious leaders in promoting spiritual heritage and social harmony in the region.

The Lt Governor assured all support and assistance from UT administration in furthering the spirit of unity, fraternity and brotherhood in Jammu Kashmir.

The delegation was comprised of Syed Ghulam Jeelani Andrabi, Haji Fayaz Ahmad Mir, Mohd Yousuf Baba, Bilal Ahmad Dar, Showket Ahmad Bhat, Showket Samad and Bilal Ahmad.