

Intensive Lifestyle Modification help Reversal of Coronary Heart Disease: Dr Sushil

■ STATE TIMES NEWS

JAMMU: While recognizing the importance of lifestyle modifications and its impact in reducing cardiac mortality Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long Cardiac awareness Cum Health Check up at Sidh Peer kapila Nath Ji Devsthan Assan Rara, Vijaypur Distt Samba with main emphasis on adoption of cardiac friendly dietary and lifestyle measures for better outcome thereby reducing a major portion of socioeconomic burden and reversing some of coronary ailments in early budding stages. While interacting with the people, Dr Sushil stated that Coronary heart disease (CHD) is responsible for about 15% of all deaths worldwide and is identified as a top priority for decision makers. Both primary and secondary prevention are considered key strategies in the prevention of CHD. Healthy lifestyle factors, including regular physical activity, healthy body composition, non-smoking, and limited alcohol intake, have been associated with the improvement of traditional cardiovascular risk factors



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

such as systolic blood pressure and LDL cholesterol levels. A healthy lifestyle also exerts beneficial effects on insulin sensitivity, cardiorespiratory fitness, and inflammation. Furthermore, a healthy lifestyle is strongly related to reductions in risk of cardiovascular events, mortality, and incident T2D in apparently healthy individuals.

Therefore, optimizing lifestyle habits is a cornerstone in CVD and T2D prevention and a first-line recommendation in the clinical management of established CVD. He elaborated that maintaining a persistently healthy lifestyle or transitioning from an unhealthy to a healthy lifestyle over time was linked to a nearly 50%

decrease in all-cause mortality, cardiovascular mortality, and incident T2D, compared with those with a persistently unhealthy lifestyle.

The findings suggest that even after CVD manifestation, maintaining or adopting a healthy lifestyle can reduce residual cardiovascular risk. Most CVD patients being compliant with guideline-recommended lifestyle behaviors are able to maintain their healthy lifestyle over a period of 10 years. This high adherence rate is consistent with, or even exceeds, adherence rates reported in various research studies about compliance with guideline recommendations in secondary prevention of CVD. He further added that there is a need to

assess the efficacy of non-pharmacologic interventions with multiple lifestyle components in patients with established CHD in comparison to usual care. Multifactorial lifestyle interventions aimed at improving modifiable risk factors in patients with established CHD reduce the risk for fatal cardiovascular events. Therefore, they may have added value in secondary prevention of CHD. Cardiovascular disease (CVD) patients who maintained or improved to a healthy lifestyle had an almost 50% lower risk of death from any cause, cardiovascular-related death, and developing Type 2 diabetes compared with CVD patients who maintained an

unhealthy lifestyle.

Not smoking and compliance with physical activity recommendations were associated with the lowest risk for all-cause and cardiovascular mortality in patients with established CVD, he said. Management Committee of the Devsthan Guru Peer Rattan Nath, Rajinder Nath, Parshotam Nath, Karan Nath , Pawan Nath and Arun Nath appreciated the selfless efforts of Dr Sushil and his team in extending quality healthcare service in far flung area of the Jammu region and expressed hope that such outreach program will be a regular feature in their area in near future.

Others who were part of this compassionate move included Dr Yashwant Sharma and Dr Dhaneshwar Kapoor. Paramedics and Volunteers who were part of the team included Kamal Sharma, Rajkumar, Ranjeet Singh, Amnish Dutta, Gourav Sharma, Rohit Nayyar, Rahul Vaid, Maninder Singh, Arun Singh, Paramveer Singh, Jatinder Bhasin, Rajnish Dogra , Vikas Kumar and Nirvair Singh Bali.

PM Modi take oath for 3rd time



Asha Kiran Welfare Society elects Office Bearers



Newly elected office bearers of Asha Kiran Welfare Society.

■ STATE TIMES NEWS

JAMMU: A meeting of Executive Body was held on Sunday to elect the new office bearers of the Society.

The Executive Members of the Society unanimously elected the office bearers namely Dr. J.P. Gupta (Chairman), Dr. Vikrant Sharma

(President), Jaswant Manhas (Senior Vice President), Kamal Natar Gupta (General Secretary), Sri Niwas Abrol (Cashier), Hari Chand Sharma (Joint Secretary), Anil Kohli (Publicity Secretary), and Vinod Kumar (Organising Secretary).

Dr. J.P. Gupta, Chairman thanked all the members present in the meeting and also stressed upon them to continue the efforts to increase of social activities in the area for welfare of people.

Fresh traffic directives issued in Sopore to end congestion near educational institutions

■ STATE TIMES NEWS

SOPORE: In view of the persistent traffic congestion observed at various places, particularly near private educational institutions in Sub-District Sopore and in the town, the Additional Deputy Commissioner Sopore, Shahir Ahmad Raina on Sunday issued the order directing all Proprietors, Chairmen, and Heads of Institutions (HOIs) of both private and government educational institutions in Sub-District Sopore to comply with the traffic rules. It was mandated that student pick-up and drop-off must occur within the premises of the respective institutions, to avoid occupation of public roads. Furthermore, it was directed that owners and drivers of private vehicles must possess legitimate vehicle documents.

Those found violating directives, including lacking a driving license, commercial permit, vehicle fitness certificate, or other required documents, will be held accountable.

As per the order, the school authorities are required to verify that no vehicle is using LPG gas as fuel, in violation of traffic regulations, and report any such instances to the ARTO for legal action.

Nirmal, Kavinder greet Dr. Jitendra on his tremendous victory in LS polls



Senior BJP leaders Kavinder Gupta and Dr. Nirmal Singh presenting bouquet to former Union Minister and Member of Parliament Dr. Jitendra Singh.

■ STATE TIMES NEWS

NEW DELHI: Senior BJP leader and former Deputy Chief Minister of Jammu and Kashmir, Kavinder Gupta, along with former Deputy Chief Minister Dr. Nirmal Singh, met with former Union Minister and Member of Parliament Dr. Jitendra Singh on Sunday in New Delhi and extended their heartfelt congratulations to Dr. Jitendra Singh for his remarkable and third-time victory from the Doda-Udhampur Lok Sabha constituency in the Union Territory of Jammu and Kashmir.

Speaking on the occasion, Kavinder praised Prime Minister Narendra Modi for giving significant representation to Jammu and Kashmir by including Dr. Jitendra Singh in his panel of Ministers during the last two

terms of the Modi government.

Reflecting on the expectations from the newly formed Modi government, Kavinder said that the people of Jammu and Kashmir have high hopes from Modi Govt 3.0.

He believed that under Prime Minister Modi's visionary leadership, the J&K UT will witness unprecedented growth and development. Kavinder emphasized that the BJP's strong leadership and focus on good governance have been pivotal in gaining the trust and confidence of the people.

"The continuous support from the electorate is a clear indication that they resonate with the BJP's vision of a prosperous and developed Jammu and Kashmir," he said. Kavinder emphasized that the Modi Govt 3.0 will continue to strive for the welfare and progress of the region, aligning with the aspirations of its people. Dr. Nirmal Singh also emphasized the strategic importance of Dr. Jitendra Singh's role in the Modi government and highlighted how his leadership has positively impacted the region, fostering growth and development. Dr. Jitendra expressed gratitude towards Kavinder and Dr. Nirmal Singh for their support and encouragement, acknowledging their significant role in fostering unity and progress within the BJP and the region as a whole.

He reiterated his commitment to serving the people of Jammu and Kashmir diligently and pledged to work tirelessly towards addressing their concerns and aspirations.

Ramakunda Cultural, Tourism Mela draws enthusiastic participation



Chairperson District Development Council Ramban, Dr. Shamshad Shan inaugurating the Mela.

■ STATE TIMES NEWS

RAMBAN: The Managing Committee of Gool Mela, in collaboration with the Sub-Divisional Administration, led by Deputy Commissioner, Baseer-Ul-Haq Chaudhary on Sunday organized a vibrant and colourful cultural cum tourism promotion event-Ramakunda Festival, at breathtaking environs of Ramakunda to celebrate the region's rich cultural heritage and huge tourism potential.

The event featured an array of cultural programs, sports events and a trekking expedition, attracting significant participation from the local community.

Chairperson District Development Council Ramban, Dr. Shamshad Shan inaugurated the Mela and flagged off the trekking expedition from the picturesque Ramakunda pastures. The event showcased cultural performances in different languages, including Dogri, Kashmiri, Gojiri, Pahadi,

and Punjabi, reflecting the region's linguistic diversity and cultural richness.

The event was attended by Additional Deputy Commissioner Varunjeet Singh Charak; Sub-Divisional Magistrate, Pawan Kumar Goswami; Tehsildar Harjeet Singh; SDPO Nihar Ranjan, members of the Managing Committee Gool Mela and several other officials and prominent citizens. Their presence highlighted the importance of community engagement and cultural preservation in the region.

the need for providing basic facilities at the site for the convenience of visitors.

Speaking on the occasion, the Deputy Commissioner Ramban highlighted that the event marks a significant step in promoting tourism, cultural activities, and fostering community spirit in Gool. He stated that the civil society of Gool and the Sub Divisional Administration plan to continue such initiatives to enhance local culture and unity. He also announced that a Sports Meet will be organized at the same venue to promote the tourist destination at a national level, keeping in mind the enthusiastic local participation. Earlier, The Chairperson and the Deputy Commissioner also inspected the stalls set up by various departments and locals.

The Committee Members said that Gool Mela not only showcased the region's cultural heritage but also served as a platform for community engagement and tourism promotion, setting the stage for future initiatives aimed at showcasing the rich cultural tapestry of the region.

Terror attack on bus carrying pilgrims in Reasi sparks widespread condemnation

■ STATE TIMES NEWS

JAMMU: The terror attack on the bus carrying pilgrims to Shiv Khori in Reasi district has sparked widespread condemnation from various political, religious, and community leaders.

The Jammu & Kashmir High Court Bar Association (JKHCBA) Jammu strongly condemned the heinous act of terrorism targeting Hindu pilgrims returning from Shiv Khori Shrine.

Senior Advocate Vikram Sharma, President JKHCBA Jammu, vehemently urged the UT and the Central administration to wake up to this alarming situation and destroy the network of enemies outside and within.

"The armed forces must be given absolute freedom to deal with the terrorists," he said.

He exhorted the army/police to deal a death blow to all those involved in this barbaric act as also to those who have perpetrated the attack.

"This is an attack on Hindu pilgrims aimed at shaking the secular fabric of this great country in which design the terrorists and their masters would never succeed," he said.

"The JKHCBA Jammu is with the families of those who have lost their kith and kin in this attack and prays for peace to the departed souls and courage to the bereaved families," he said.

Gaurav Gupta, former General Secretary of the Chamber of Commerce and Industry Jammu, has strongly condemned the terrorist attack on a bus carry-

ing pilgrims in Reasi district. In a statement issued today, Gaurav Gupta expressed profound shock and sorrow over the loss of innocent lives in this senseless act of violence.

"The targeting of pilgrims, who were on a sacred journey, is a despicable and cowardly act. My heart goes out to the families of the victims, and I extend my deepest condolences to them during this difficult time," he stated.

Expressing grave concern, Gaurav highlighted that militants and anti-national elements are relentlessly attempting to disrupt the peaceful atmosphere of the Jammu and Kashmir. He demanded that the government should brace-up the security grid and mobilize the intelligence network to ensure that such horrendous attacks should be stopped in the coming time.

He urged the government to come up with a foolproof security strategy to ensure the safety of all in the Union Territory in view of upcoming Amarnath Yatra. He also extended heartfelt condolences to the bereaved families and prayed for the speedy recovery of the injured personnel.

Apni Party President, Syed Mohammed Altaf Bukhari, while condemning the attack, described it as an attempt to disrupt communal harmony. He emphasized the broader implications beyond the immediate loss of life and injury. His called for specialized treatment for the injured pilgrims and ex-gratia for the families of the deceased. Additionally, He

asked government to ensure the safety and security of pilgrims across Jammu and Kashmir highlights the need for proactive measures to prevent future incidents.

Former Minister J&K and Senior Congress leader, Yogesh Sawhney expressed sincere condolences to the victims' families. Urging authorities to take swift action, he emphasized the urgency of addressing security concerns and ensuring justice for the victims.

JKPCC Working President Raman Bhalla and senior Congress leader Ch Lal Singh condemned the attack. They expressed shock and solidarity with the victims' families. They emphasized the need for a thorough investigation into security lapses and accountability for the perpetrators. They advocated for justice and deterrence against future attacks. They called for bolstering the counter-terrorism grid highlighting the imperative of proactive measures to safeguard civilians.

Rattan Lal Gupta, Provincial President of JKNC Jammu strongly condemned the attack and emphasized the urgent need for enhanced vigilance and protective measures. Gupta called for serious attention from the Central Government to address escalating terrorism activities.

K K Khosa, President Kashmiri Pandit Sabha Jammu condemned the attack and emphasized the need for a serious onslaught on the perpetrators of terrorism. He highlighted the vulnerability of pilgrims and

called for increased security measures to safeguarding public safety.

Kashmiri Displaced People Wing of Democratic Progressive Azad Party leaders condemned the attack and urged the government to ensure foolproof security measures for the safety of pilgrims and tourists.

They also called for cooperation from civil society and strict vigilance from security and intelligence agencies. Urging government action to provide ex-gratia to the families of the deceased and specialized medical care to the injured, they advocate for comprehensive support for the victims and their families.

President, Shri Ram Sena, J&K UT, Rajiv Mahajan condemned the terrorist attack on pilgrims and highlighted its stance against terrorism and violence. He denounced the attack targeting innocent civilians and disrupting peaceful spiritual activities. He reaffirmed the importance of upholding communal harmony and societal values. He called for enhanced security measures against future threats and a commitment to safeguarding public safety.

Shiv Sena (UBT) Jammu-Kashmir unit president Munish Sahni strongly condemned the attack and warned against attempts to disrupt the upcoming Amarnath Yatra. He questioned the failures of intelligence agencies and asked terrorists to refrain from such cowardly acts.

"Terrible news from Reasi in J&K ... I unequivocally

condemn this attack. It is unfortunate to see areas that had previously been cleared of all militants see a return of militancy. May the deceased rest in peace & may the injured make a swift recovery," Former chief minister Omar posted on X.

In a statement issued by the NC, the party said such violent acts pose a significant barrier to attaining enduring peace in the region.

"They (Farooq and Omar) called on all communities to unite during these challenging times and back initiatives aimed at achieving lasting harmony. They also extended their heartfelt condolences to the victims and their families, expressing their deep sympathy during this tragic period," the statement said.

PDP president Mehbooba said, "Shocking news coming from Reasi ... My deepest condolences to the families & their loved ones."

DPAP chairman Ghulam Nabi Azad also condemned the attack and said this "inhuman act deserves the strongest condemnation..." J&K BJP president Ravinder Raina said the attack was carried out by "cowardly Pakistani terrorists" who cannot face the Indian Army, police and paramilitary forces.

"The terrorists who have carried out this audacity will have to pay a heavy price for their crime," he said.

Pradesh Congress committee president Vikar Rasool Wani also expressed sympathies with the families of those killed in the attack and prayed for speedy recovery of the injured.

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NOTICEINVITINGTENDER
E-NITNo:EDR/04 of 02024-25 Dated:07.06.2024

For and on behalf of Lieutenant Governor, Union Territory of J&K, e-Bids are invited fromregistered Electrical Suppliers/Firms/Manufacturers for below mentioned work falling underthejurisdiction ofElectricDivision, Rajouri.

S.No.	NameofWork	TenderFee (only in the shape of TR.)	Earnest Money	ValidityofRates
1	Annualratecontractforsupply ofmaterialsrequiredfrom time to time in divisionalworkshopsforrepaairofdamaged distribution transformersduringthefinancialyear2024-25forElectricDivision Rajouri.	Rs.1000/-	Rs.50000/-	1 Year/tillfinalization of nextyearcontract.

TheTenderDocumentsconsistingofterms&conditions,SBD,BillofQuantitiesandotherdetailscan bedownloaded from <http://jktenders.gov.in>asper followingscheduleofdates:

DateofPublishingofe-NIT	07-06-2024
DocumentDownload/Saleand e-BidClarificationStart Date	07-06-2024
DocumentDownload/Saleand e-BidClarificationEnd Date	28-06-2024
e-BidSubmissionStartDate	07-06-2024 1000 Hrs.
e-BidSubmissionEndDate	28-06-2024 1400Hrs.
e-Bid Opening Date	01-07-2024 1300Hrs.

IntendingbiddersareadvisedtostudySBDandsubmittheirofferaccordingly. Submissionofe-Bid againstthisNIT shallbedeemed tohavebeendoneafter carefulstudy and examination of the procedures, terms and conditions of the BOQ, Standard BiddingDocument with full understanding of its implications by the bidder. The e-Bids will be openedelectronically in the office of the Executive Engineer, Electric Division, Rajouri on datedmentioned above or any other working day whichever is convenient to the opening authorityinpresenceof thosecontractors/firms who are willing to remain present.

The Bidders need to submit the proof/cost of e-Bid document as stated in the above table through **Treasury Receipt** Only pledged to **Executive Engineer, JPDCL, Electric Division,Rajouri**, in **0801** Power Heads against the e-NIT No. mentioned on the top of TR Receipt.

NOTICE:NON-SUBMISSIONOFHARDCOPYOFCOSTOFTENDERDOCUMENTBEFOREDUEDATEWILLRESULTINREJECTIONOF E-BID.

No.: EDR/TR/88-91
Dated: 07.06.2024
DIP/J-444-P/24
Dated: 09-06-2024

Sd/-
Executive Engineer
JPDCL Division Rajouri