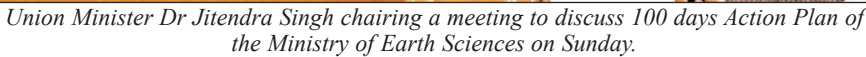


**STATE TIMES NEWS**

Chairing a meeting to discuss the 100 days Action Plan of the Ministry of Earth Sciences, Dr Jitendra Singh expressed pride and happiness on the progress of the "Deep Sea Mission" and India being among the very few nations to achieve this feat. He asked institutes to focus



The Union Minister lauded National institute of ocean technology (NIOT)'s efforts for MatsyaYaan(6000) which is supposed to go6000m deep in the sea. Taking stock of the progress he directed to complete the 1st stage of mission harbor trail (40-50m) deep by September 2024. And carry on with the 2nd stage (500m), 3rd stage (2000m)till 6000 m

Dr. Jitendra Singh appreciated them for working in collaboration with Indian Space Research Organisation (ISRO) to successfully bear extreme pressure by developing 'Titanium Hull'. He also enquired on the development of 'Self -Floation' technology to deal with emergency conditions and be submerged

"Deep Sea Mission has the potential to contribute greatly to the overall growth of Indian economy," said Dr. Jitendra Singh highlighting the multi-fold impact this mission will have on Flora and fauna, deep sea exploration, rare earth metals commercial exploitation, exploration and discovery of metals and poly metallic nodules in the Indian Sea bed. He also directed and motivated scientists and officials to develop indigenous technology and capability and reduce India's dependence.

Dr. M Ravi Chandran, Secretary, Ministry of Earth Sciences along with other senior officials were present for the meeting.



**STATE TIMES NEWS**

At the outset, Shri Shri 1008 Swami Vishwatamanand Ji Maharaj told that Wellness is more than simply the absence of disease. It is an active process directed toward a healthier, happier, and more fulfilling life and includes not only physical but also psychological and emotional dimensions. The related term well-being can be defined as one's cognitive and affective evaluation of one's life.



chronic diseases particularly with reference to cardiovascular diseases. Negative psychological health encompasses depression, chronic stress, anxiety, anger, pessimism, and dissatisfaction with one's current life. Positive psychological health is also multifaceted and may be characterized by a sense of optimism, sense of purpose, gratitude, resilience, positive affect (ie, positive emotion), and happiness. Important goal of the treatment of chronic heart diseases is preserving and improving the quality of life by controlling the symptoms and promoting useful life activities. Coping with the new situation is key to achieve

ing this important goal because living with heart-related ailments and maintaining the treatment regimen are stressors with which patients must cope.

He further maintained that the impact of religiosity on cardiovascular health reminds us as clinicians that a patient is not merely one more physical disease states but a human being for whom we must consider not only physical but psychological aspects. Therefore, we must strive to reduce negative aspects of psychological health and promote an overall positive and healthy state of being. The mind, heart, and body are interconnected and

interdependent. Factors, conditions, and disease states (both physical and psychological) that affect one of these three components of a person can affect the other two components. It is well established that systemic body factors and conditions, including diabetes, hypertension, and hyperlipidemia, can adversely affect the heart and the broader cardiovascular system, he said.

Others who were instrumental in this effort included Dr Vidushi Badyal, Dr Shahbaz Khan, Dr Poonam Jagiasi, Dr Paras Khanna, Dr Amritpal Singh, Dr Shyam Singh, Dr Gurleen Kour, Dr Maneesh Sharma, Dr Kunal Sharma, Dr Sourab Gupta, Dr Mahesh Jagiasi, Dr Rinkhim and Dr Hari Om. Paramedics and volunteers, who were part of the team included Amnisha Dutta, Rajinder Singh, Rohit Nayar, Rahul Vaid, Nirvair Singh Bali and numerous volunteers of the SVS Charitable Trust.



**■ STATE TIMES NEWS**

JAMMU: BJP National General Secretary & J&K Prabhari Tarun Chugh, J&K BJP President Ravinder Raina, General Secretary (organization) Ashok Koul, MP Lok Sabha Jugul Kishore Sharma, MP Rajya Sabha Er. Gulam Ali Khatana, former Dy. CM Kavinder Gupta and former MP (Rajya Sabha) Shamsher Singh Manhas addressed a series of meetings at party headquarters, Trikuta Nagar, here.

Separate meetings of former MPs, MLAs & MLCs, Kashmiri Pandit leaders, and prominent SC leaders were held during the day-long schedule at the party headquarters.

Tarun Chugh, while addressing these meetings, spoke on the unparalleled works of the Modi government for the specific communities during the previous 10 years of Union government and added that the good works of the governments will be taken forward with even more speed in the next 5 years under the Modi 3.0.

Chugh asked the elected representatives and other party leaders to take the achievements of the Modi government to the public as the BJP is the only party that remains active throughout the year. The BJP workers work selflessly for the

welfare of the nation and its people. He said that due to the good works of the BJP activists for the welfare of society, the party MPs have received the overwhelming support of the voters and asked the party leaders to continue their work in the public.

Ravinder Raina, in his address, hailed the effort of all party leaders in winning both the Parliament seats for the consecutive third time and said that the ground-level activist is the biggest asset of the party, which works day and night to strengthen the party. He assured the senior party leadership that the party cadre would leave no stone unturned to bring up the best results in the next elections in Jammu & Kashmir and at the same time asked the party leaders to work in their respective constituencies areas and communities to gain further support for the party.

Ashok Koul, in his address, prompted the party leaders to share their experiences during the just concluded Lok Sabha elections. He also enquired from them about their specific issues in their respective areas and communities and asked them to work upon them in preparation for the future elections.

**STATE TIMES NEWS**

The association strongly condemned the current fare of Rs 35,000 for a same-day return trip, calling it unjustified and financially burdensome for pilgrims. They are demanding that the fare be reduced to Rs 10,000.

In his address, Pt RC Sharma highlighted the unfairness of the current fare structure, emphasizing that it prevents many devotees, especially those from economically weaker sections, from undertaking the sacred journey.

"The existing airfare is excessively high and unjustified. We demand a reduction to Rs 10,000 to ensure that

the pilgrimage remains accessible to all," he stated.

During the meeting, the members unanimously authorized Pt RC Sharma to write a formal letter to Lt. Governor Manoj Sinha, who is also the Chairman of the Shri Mata Vaishno Devi Shrine Board. The letter will urge the Lt. Governor to intervene and slash the airfare to a more reasonable rate of Rs 10,000 for a same-day return trip.

Other prominent members who spoke at the meeting included Jaspal Singh, SwaranLal, Prince Raina, Baldev Singh, Prem Singh, Daleep Sharma, VenaBakshi, and Reeta Sharma. They all echoed the sentiment that the current fare is prohibitively high and needs to be reduced. Jaspal Singh stated, "The pilgrimage to Shri Mata Vaishno Devi is of immense spiritual significance. It should not be treated as a corporate ven-

ture aimed at earning money."

Swaranlal added, "We believe that the proposed fare of Rs 10,000 is fair and will help make the pilgrimage accessible to a wider population." Prince Raina emphasized the need for affordable travel options to ensure that everyone can benefit from the spiritual journey. The association is hopeful that their plea will be heard and that Lt. Governor Manoj Sinha will take swift action to address this issue. Reducing the airfare is expected not only to alleviate the financial burden on pilgrims but also to promote religious tourism and benefit the local economy.

The All J&K Passengers' Welfare Association remains committed to advocating for the rights and welfare of passengers, ensuring that the spiritual journey to Shri Mata Vaishno Devi remains within reach for all devotees.

**STATE TIMES NEWS**

*Different sections of society and social organizations taking out candle march in honour of civilians, devotees, security forces who sacrificed lives in terrorist incidents.*

He said that terrorist attacks in Jammu and Kashmir are not a new thing, security forces and army are doing their work with caution, but the society also has to be alert.

In his address before the conclusion of the candle march at Bharat Mata Chowk, RSS Sah Prant Sanghchalak Dr. Vikrant said that the patience of the society should not be tested.

He said that the society has shown its strength by resisting such attacks in the past, so the government and administration should take care that the society is not forced to take any strict steps.

He said that at present var-

ious religious pilgrimages are going on in Jammu and Kashmir and Amarnath Yatra is also about to start. Lakhs of devotees have also registered for Amarnath Yatra. Therefore, the security of the Yatras should also be a priority.


Sanatan Dharma Sabha Jammu and Kashmir President Purushottam Dadhichi condemned the terrorist attacks and said that at this time various religious pilgrimages are going on in the division, Amarnath Yatra is about to start, security of the pilgrimages is also necessary.

Working President of  
Vishwa Hindu Parishad  
Jammu Kashmir Rajesh


Gupta, while paying tribute to the martyrs in his address, said that many types of terrorism are going on in Jammu Kashmir at this time. He said that the sentiments of Hindus cannot be crushed by downplaying the terrorist attacks. Rajesh Gupta said that the responsibility of creating harmony is not only of the Hindu society always. President of Hindu Jagran Manch Rampal also condemned the recent terrorist incidents.

President of POJK  
Vishapat Seva Samiti Dr  
Deepak Kapoor, while con  
demning the terroris  
attacks, said that now the  
time has come to take back  
POJK. Director of JK Bank  
RK Chhibber, Mukesh  
Kumar from Bharatiya  
Mazdoor Sangh, Colonel  
Sukhvir Singh Mankotia  
from Poorav Sainik Sevaya  
Parishad and Ajay Manhas  
from Hindu Agran Manch  
also expressed their views on  
the occasion and condemned  
the recent terrorist attacks  
and paid tribute to the mar  
tyrs of the terrorist attacks.

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