

Doctor's Day Conclave

India at crossroads of health-tech revolution: Dr Jitendra

STATE TIMES NEWS

NEW DELHI: While delivering a thought-provoking keynote address at the Doctor's Day Conclave organized by the Times Now, Union Minister of State (Independent Charge) for Science & Technology, Dr. Jitendra Singh, who is also a noted Professor of Medicine and Diabetologist, emphasized that India stands at the crossroads of a health-tech revolution and at the threshold of a grand new chapter; with its economy moving from the 10th to the 4th largest globally and the further ascent continuing.

The Minister cited Indian astronaut Shubhanshu Shukla's mission to the International Space Station, carrying indigenous life science kits, as a milestone that may soon give birth to a new medical discipline: Space Medicine.

Dr Jitendra called for a "synergized, inclusive and futuristic healthcare ecosystem" in alignment with the vision of Viksit Bharat @2047.

"Very soon, we might have a dedicated stream in medical academics called Space Physicians. This is the future we must be ready for," said Dr. Jitendra.

Addressing the theme of



Union Minister Dr. Jitendra Singh delivering keynote address at the Doctor's Day Conclave organized by Times Now, at New Delhi.

health and demographic change, the Minister spoke of India facing a "bi-phasic challenge" - a rising number of elderly citizens due to increased life expectancy, alongside a youthful population. He explained: "While more than 70% of India is under 40, the elderly population is also growing rapidly. In 1947, the average life span was 50-55 years; today it is nearing 80".

Dr. Jitendra noted the dual burden of disease, as India simultaneously tackles both communicable and non-communicable illnesses, particularly in the post-COVID era. To address this, he stressed mass screening, early detection, and prevention, calling for greater public-private partnerships and optimal use of technologies

like AI, telemedicine, and machine learning.

Highlighting India's recent global achievements, Dr. Jitendra stated that India has emerged as a global leader in preventive and precision healthcare. He noted that India developed the world's first DNA vaccine for COVID-19 and an HPV vaccine to help prevent cervical cancer. Further, India successfully conducted its first gene therapy trial for haemophilia, with the results published in the prestigious New England Journal of Medicine.

The Minister also announced the launch of Nafthronycin, the country's first indigenously developed antibiotic molecule, marking a significant milestone in India's pharmaceutical

innovation landscape.

He attributed these successes to early-stage collaboration with private industry, stating "These achievements were possible because of seamless integration of public and private sectors from the outset."

"Touching upon the need for integrated institutions, Dr. Jitendra revealed that IIT Kanpur and IISc Bengaluru are planning to establish medical schools within their campuses. He also lauded India's affordable healthcare models like Ayushman Bharat and institutions like Sree Chitra Tirunal Institute in Trivandrum, which integrates research, manufacturing, and clinical care.

In the context of cancer care, Dr. Jitendra emphasized India's move toward targeted radiation therapy and highlighted Tata Memorial Centre as a pioneer in 100% digital and cashless hospital systems.

He also shed light on India's hygiene innovations during massive public gatherings like Kumbh Mela, where radiation-based faecal sludge treatment plants (FSTPs) ensured sanitation for over 40 crore pilgrims without health hazards.

On climate-related health

resilience, Dr. Jitendra mentioned the recently launched Mission Mausam, focusing on early warning systems for health-related impacts of climate disasters.

Concluding his address, Dr. Jitendra underscored the need for a transformative approach to India's healthcare future. He called for wider synergy across sectors, emphasizing the importance of collaboration between academia, research institutions, industry, and government. He also advocated for early-stage integration of the private sector in both research and healthcare delivery to ensure sustainability and scalability. Furthermore, he urged institutional innovation, citing proposals by premier institutes like IIT Kanpur and IISc Bengaluru to establish medical schools within their campuses - a step he believes will foster interdisciplinary excellence and create a new model of holistic education and healthcare.

"Let us not hand over everything to the technocrats. A bit of the doctor must remain. We must carry forward both the science and the soul of medicine," he said.



Sukhnandan Choudhary remembers Shyama Prasad Mukherjee



Former Minister and BJP leader, Sukhnandan Choudhary paying tributes to Shyama Prasad Mukherjee.

STATE TIMES NEWS

JAMMU: Under the leadership of Former Minister and senior BJP leader Sukhnandan Choudhary, the 123rd edition of "Mann Ki Baat" broadcast by Prime Minister Narendra Modi was heard in village Flore Harmkund under Marh area and also paid tribute to Dr. Shyama Prasad Mukherjee on his martyrdom day by paying tribute to him.

Along with this, plantation was also done under the program "Ek Ped Maa Ke Naam".

Sukhnandan Choudhary said that this event not only reflects the unity and organization of the party, but also promotes environmental protection and respect for women power. Remembering

the sacrifice of Dr. Shyama Prasad Mukherjee and trying to adopt his ideology is a commendable initiative.

In his address, former minister Sukhnandan Choudhary shed light on the biography of Dr. Shyama Prasad Mukherjee and said that Mukherjee wanted to make Jammu and Kashmir a complete and integral part of India. In his speech in Parliament, he also strongly advocated the abolition of Article 370.

In August 1952, in a huge rally in Jammu and Kashmir, he had expressed his resolve that "either I will get you the Indian Constitution or I will sacrifice my life to achieve this objective". To fulfill his resolve, Dr. Mukherjee set

out on a tour of Jammu and Kashmir in 1953 without a permit. As soon as he reached there, he was arrested. He died in mysterious circumstances in jail on 23 June 1953. His death in jail shook the country and the permit system ended. He had given a slogan regarding Kashmir, "Two constitutions, two heads and two flags will not work in one country".

On the occasion, BJP district spokesperson Deepak Pandey, BJYM District Secretary Atul Sharma, Pawan Sharma, Master Raj Kumar Sharma, Ramesh Chouhan, Bhushan Mehta, Rajinder Choudhary, Lucky Kumar, Jagdish Chouhan, Himanshu Sharma and other dignitaries were present.

Amarnath Yatra is symbol of spirituality, communal harmony: Darakhshan

'Muharram reminds us of great sacrifice of Imam Hussain (AS), his family for righteousness'

STATE TIMES NEWS

SRINAGAR: Chairperson of J&K Waqf Board and Minister of State, Dr Syed Darakhshan Andrabi on Sunday visited many Imambaras to review the facilities for the people during Muharram.

She was accompanied by DDC Member and senior BJP leader Er Aijaz Hussain. Andrabi met many public delegations and listened to their problems and issues. She resolved the problems on the spot by contacting the concerned departmental officers. Andrabi spoke to media after the tour and said that Muharram has universal and eternal relevance and whole of humanity endorses the greatest sacrifice of mankind given by Imam Hussain (AS) and his entire family for righteousness and the truth.



Chairperson JKWB, Dr Syed Darakhshan Andrabi during visit to Amarnath Yatra Base Camp at Pantha Chowk.

"Yazids of all ages in different guises try to crush the truth and the righteousness, but ultimately the truth lives till eternity, inspiring the generations to come", said Andrabi. She said the life and teaching of the great Imam (AS) will remain inspiring the whole humanity forever.

Andrabi also visited Pantha Chowk Camp for Shri Amarnathji Yatris and took stock of the arrangements.

She interacted with the management and those offering services to the pilgrims. Andrabi said that Amarnath Yatris are our revered guests and we are waiting to welcome them here with warmth and care.

"Amarnath Yatra is the symbol of communal harmony and we all are committed to strengthen this bond of spirituality and togetherness at all costs", said Dr Darakhshan.

Uniting for Heart Health: Bridging Cardiovascular Care Gap in Rural India: Dr Sushil

STATE TIMES NEWS

POONCH: To strengthen their campaign to aware the common populace about the ill effects of cardiovascular Diseases Head Department of Cardiology GMCH Jammu in Collaboration with management of Gurudwara Sant Bhai Bahadur Singh held a day long Cardiac awareness Cum health Checkup Camp at Dharamsal Khari Poonch.

The camp was inaugurated by SSP Poonch Shafket Hussain, Dr Sushil Sharma along with ADC Tahir Mustafa, Harcharan Singh, Hardev Singh, Sunil Sharma (President Bar Association Poonch), Naresh Chander Raj (Ex Councillor MC), Mohinder Singh (Ex Councillor MC) and others prominent members of the area.

The camp offered free medical consultations, distribution of essential medicines, and on-site diagnostic evaluations, aiming to detect and manage conditions early, especially among underserved populations.

While interacting with the people Dr Sushil stated that Cardiovascular Disease (CVD) continues to be the leading cause of mortality globally, and India is no exception.

While urban India has witnessed significant advance-



SSP Poonch, Shafket Hussain in presence of HoD Cardiology GMCH Jammu, Dr Sushil Sharma inaugurating medical camp at Poonch on Sunday.

ments in cardiac care, rural India lags dangerously behind. In 2025, despite the existence of several healthcare policies, cardiovascular health in rural regions remains a pressing concern.

With over 65% of India's population living in rural areas, the burden of CVD is disproportionately high in these regions. As per the Global Burden of Disease (GBD) 2024 report, cardiovascular diseases account for nearly 28% of total deaths in rural India.

This alarming statistic is driven by a lack of timely diagnosis, poor access to trained specialists, and inadequate follow-up care. We need to work together to bridge the cardiovascular care gap in rural India and improve health outcomes for millions of people.

He elaborated that over 80% of India's cardiologists

are located in major cities. This urban-centric distribution leaves rural areas with few or no specialists.

As a result, patients are often forced to travel long distances for even basic cardiac consultations or procedures. Most rural health centers lack essential diagnostic tools such as ECG machines, echocardiography, TMT facilities, and even basic lab equipment. Many centers also struggle with power shortages, insufficient medical staff hampering emergency care and routine screenings alike.

Low awareness about symptoms of heart disease, and risk factors such as hypertension, diabetes, smoking, and obesity, leads to late presentation and complications.

According to ICMR data from 2023, nearly 40% of rural adults with high blood

pressure were unaware of their condition.

The lack of structured EMS systems in rural areas means patients suffering from acute events like myocardial infarctions (heart attacks) often miss the critical "golden hour" for intervention. The resulting complications include irreversible damage, heart failure, and sudden death, He added.

Dr Sushil Sharma in his concluding remarks told that cardiovascular care in rural India stands at a tipping point. The burden is heavy, but so is the potential for impact through dedicated, inclusive, and coordinated efforts. This community-driven medical camp not only delivers immediate care but also sets an example of how medical science and social responsibility can unite to uplift underserved populations. As India progresses, ensuring equal access to life-saving heart care should be viewed not merely as a health objective - but as a moral imperative.

Events like these show us that when doctors and communities come together,

healing reaches even the most forgotten corners.

Chairman of the Gurudwara, Harcharan Singh emphasized on mental health with spirituality, highlighting the profound impact of mental wellbeing. By combining Spiritual practice like meditation and prayer can calm the mind and reduce feelings of overwhelm.

It also featured a Gurmat Samagam by the Istri SatSang Sabha, encouraging a holistic approach that combines medical care with spiritual wellness. Others members of the Gurudwara Committee Hardev Singh.

Santokh Singh, Harvinder Singh, Dilbagh Singh, Harbans Singh, Rajinder Singh, Ranjeet Singh, Manmeet Singh and Inderjeet Singh appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health Checkup camp in their premises and shows their heartfelt gratitude.

Other who were part of this camp include Dr Parvez Ahmed Khan (CMO Poonch), Dr Anil Mahajan, Dr DP Gupta , Dr Anitpal Singh, Dr Rahul Sudan, Dr Jaspreet Singh Raina, Dr Harpreet Singh and Dr kamaljyot Singh.

Paramedics and volunteers include Randhir Singh (Shanty) Rajkumar, Shubham Sharma, Maninder Singh, Paramveer Singh, Rajinder Singh, Vikas Kumar, Sumit Sharma, Nirvair Singh Bali, Sukhjyot Singh, Nirjyot Singh and numerous volunteers of the Gurudwara.

Jammu Police intensifies security grid ahead of Shri Amarnathji Yatra 2025

Udhampur Police conducts mock drills

STATE TIMES NEWS

JAMMU: In view of the upcoming Shri Amarnathji Yatra 2025, Jammu Police has significantly bolstered the security arrangements by establishing joint Nakas (checkpoints) at multiple strategic locations across the district.

These Naka points have been set up in coordination with paramilitary forces to ensure a seamless and secure pilgrimage experience.

The joint Nakas are operational round the clock in high-sensitivity and high-mobility zones including National Highway points, city peripheries, and routes leading to the Bhagwati Nagar base camp.

Personnel from J&K Police, CISE, CRPF, ITBP and other agencies have been deployed for intensive frisking, surveillance, and verification operations.

Senior officers of Jammu Police have been personally monitoring the Naka operations to ensure alertness, professionalism, and public convenience. The Naka teams have been directed to maintain a balance between rigorous checking and respectful behavior towards pilgrims and civilians.

Special attention is being given to vehicle checking, identity verification, and suspicious movement detection, supported



by technical inputs and facial recognition tools (FRS) at vulnerable locations at crowded areas.

Instructions have also been passed to conduct random checks on hotels, guest houses, and lodgement centres.

Jammu Police urged all citizens and pilgrims to cooperate with naka teams, keep valid ID proofs, and report any suspicious activity immediately. Public support remains crucial in maintaining peace and order during the holy yatra.

This security initiative reflects the unwavering commitment of District Police Jammu to ensure a safe, secure, and spiritually fulfilling Amarnathji Yatra for all devotees.

Meanwhile, In view of the upcoming Amarnath Yatra 2025, Udhampur Police conducted multiple preparedness

exercises to ensure the safety and security of pilgrims.

A mock drill was carried out simulating a landslide scenario on NHW, followed by a response drill to a Langar site attack-testing coordination, readiness and rapid response capabilities of the security forces deployed in the area.

Other security forces and sister agencies including CRPF, CISE, Army, and SDRF also actively participated in the drills, further strengthening inter-agency synergy and operational preparedness.

Additionally, a comprehensive naka briefing was held for all checkpoint personnel to reinforce surveillance measures, verify SOPs and maintain high alertness along the Yatra route.

Udhampur Police remains committed to ensuring a safe and smooth Yatra experience for all devotees.

Sham Lal felicitates meritorious students, calls for equal opportunity and youth empowerment

STATE TIMES NEWS

JAMMU: A felicitation ceremony was held on Sunday at Jagdamba Palace, Jammu North, to honour the outstanding achievements of students who excelled in the recent Class 10th and 12th board examinations.

Over 55 meritorious students from various schools across the Jammu North Constituency were recognised for their academic brilliance and dedication.

The event was graced by the MLA Jammu North, Sham Lal Sharma, who felicitated each student with certificates and mementoes, applauding their hard work and perseverance.

In his address, Sham Lal Sharma extended heartfelt congratulations to the students, their parents, and teachers for their vital role in shaping the future of the nation. He emphasized the need for holistic education,



MLA Jammu North, Sham Lal Sharma posing with students during felicitation function.

encouraging students to grow not only academically but also in character, values, and civic responsibility.

Shri Sharma strongly advocated for gender equality in education, highlighting the importance of equal opportunities for both boys and girls.

He reiterated his support for initiatives like "Beti Bachao, Beti Padhao", stating that, "When girls are educated and empow-

ered, they contribute significantly to economic growth, healthcare, and social progress."

However, he also voiced concern over ongoing discrimination and violence against girls, stressing that such challenges limit their potential and hinder national development.

He urged parents to actively engage in the overall development of their children, especially in nurturing the health, educa-

tion, and empowerment of the girl child.

Addressing the challenges facing youth today, Sharma encouraged students to stay away from drugs and social evils, and adopt a healthy and disciplined lifestyle.

He called upon the younger generation to become brand ambassadors of the Swachh Bharat Abhiyan, and to take pride in keeping their surroundings clean and hygienic.

Concluding his speech, he inspired the students to align themselves with the vision of a "Viksit Bharat by 2047", contributing towards building a progressive, inclusive, and self-reliant India.

Sham Lal reaffirmed his commitment to fostering an environment where education, equality, and youth development remain top priorities.

He assured the gathering that his office would continue to support such initiatives that celebrate merit and promote a culture of learning and civic engagement.

The event ended with a note of gratitude to the organisers and was followed by a community lunch, bringing together students, parents, educators, and local citizens in celebration of academic achievement and shared commitment to nation-building.