

Delegation of JKAS aspirants calls on LG

STATE TIMES NEWS

SRINAGAR: A delegation of around 50 Jammu Kashmir Administrative Service aspirants on Sunday called on the Lieutenant Governor Manoj Sinha at Raj Bhawan.

The delegation led by Mir Junaid, President, Jammu & Kashmir Workers Party (JKWP) apprised the Lt Governor about their demand of raising the upper age limit to 37 for OM candidates and accordingly for reserved category



Lieutenant Governor Manoj Sinha interacting with JKAS aspirants at Srinagar.

After landslide victory in four states, BJP all set to form next Govt in J&K: Kavinder

STATE TIMES NEWS

JAMMU: Kavinder Gupta, BJP's National Executive Member and former Deputy Chief Minister, on Sunday said that after winning elections in UP, Manipur, Uttarakhand and Goa, Bharatiya Janata Party will form the next government in J&K and the party in large numbers are reposing faith in policies adopted by the BJP especially with regard to peace and progress in the Union Territory. The BJP stalwart stated this after attending the national executive meet at Hyderabad. It is pertinent to mention that Prime Minister Narendra Modi also addressed the party workers in Hyderabad to infuse confidence and show them the path to win the hearts of the people of Telangana State.

At the sideline of the national executive meet, Kavinder said that decks have been cleared for the elections in J&K as delimitation exercise have been accomplished satisfactorily by removing the ambiguity which prevailed earlier and also the electoral rolls are



Senior J&K BJP leaders interacting with PM Narendra Modi.

being revised thus making it amply clear that the UT will soon be heading for electing a popular government. Anticipating that the next government in the UT of J&K will be of BJP, Kavinder asked the party cadre especially the grassroots workers to take the charge of the party and disseminate information about party's achievements and upcoming policies among the masses so that more and more people come under the party fold ensuring BJP's victory in the upcoming with big margins. He said that Modi Government's focus on J&K has won the hearts of the people and as the result BJP has become the natural choice of the electorate in J&K but the party cannot take things for granted as dedicated campaigning holds the key to win political contests therefore the party cadre should start its mission to educate masses about what is in the offing for them if they chose BJP in the election as other parties have been fully exposed of being dynastic and anti-people.

had approved relaxation in upper-age limit for the candidates earlier in 2021 and recently the upper-age limit for the candidates was once again relaxed to enable them to appear in Combined Competitive

LG Mathur meets Union Min, discusses issues related to power sector in Ladakh



Lt Governor Ladakh R K Mathur calling on Union Power Minister R K Singh.

STATE TIMES NEWS

LEH: Ladakh Lt Governor R K Mathur on Sunday met Union Power Minister R K Singh in the national capital and discussed a host of issues related to the development of power sector in the Union Territory, an official spokesperson here said.

Mathur raised various issues, including provisions of importing about 70 MW power for Ladakh for the upcoming winter months, the spokesperson said.

The LG also raised issues regarding intervention for the clearance of Right of Way issues and clearance from Wildlife, Forest and Defence departments for the construction of 220 KV Nubra-Zanskar transmission line and review of Power Purchase Agreement with NHPC Ltd for 45 MW Nimoo-Basgo and 44 MW Chutak Hydro-Electric Power projects, the official said.

The spokesperson said the

Lt Governor also sought the minister's intervention in settling issues related to land, expediting the survey and other study-related work for the 10 GW solar project at Pang.

The ministry's intervention was also sought for approval of 66 KV transmission line for Changthang under Revamped Distribution Sector Scheme (RDSS) and establishment of State Load Dispatch Centre for Ladakh by Power Grid Corporation of India Limited (PGCIL), the official said.

Mathur raised the need for extension and implementation of Rooftop Solar Programme in Ladakh, including considering the launch date of the scheme from current financial year (2022-23) and nominating Ladakh Renewable Development Agency (LREDA) and Kargil Renewable Development Agency (KREDA) as UT's nodal

agencies for implementing Phase-II of the grid-connected programme, the official said.

The spokesperson said LG also urged for sanctioning of 10 MW capacity target of Component-A of Pradhan Mantri Kisan Urja Suraksha evam Utthana Mahabhiyan scheme for Ladakh.

The ministry was also urged to sanction 2,000 solar pumps instead of the already sanctioned 600 standalone such pumps under PM-KUSUM Component-B due to demand from public, the official said, adding that.

The L-G also urged the ministry to nominate KREDA as nodal agencies for Kargil district for the implementation of the scheme and extension of the completion time period till October 2023 to achieve the target, the official said.

The Lt Governor also sought sanctioning of balance funds and extension of the time period for the completion of small hydro projects by LREDA, intervention in releasing the pending Rs 1 crore from Ministry of New and Renewable Energy (MNRE) to KREDA for capacity-building programme of the Ladakh Renewable Energy Initiative (LREI) scheme, the spokesperson added.



Best way to prevent altitude sickness is to go slow: Dr Sushil



Dr. Sushil Sharma and others doctors examining pilgrims at a camp.

STATE TIMES NEWS

JAMMU: While conducting a day long health check up cum awareness camp at Shri Ram Mandir, Purani Mandi with the saints and common populace intended to undertake Shri Amarnath Pilgrimage, Dr. Sushil Sharma stated that high altitude provides a unique physiologic challenge to the cardiovascular system.

A new report from the American Heart Association revealed that visiting high-altitude locations may be dangerous for people with high blood pressure or certain heart conditions, Dr. Sushil said.

He expressed that changes in physiological functions during high altitude exposure vary given an individual's physical fitness, rate of ascent, severity and duration of exposure, geographical locations, and genetic variation.

While high altitude is well tolerated by most individuals, patients with cardiovascular and lung diseases are at risk of complications caused by tissue hypoxia and reduced oxygen delivery, sympathetic stimulation, increased myocardial demand, paradoxical vasoconstriction, and alterations in hemodynamics that occur with exposure to high altitude, Dr. Sushil said adding.

If someone develops symptoms like headache, nausea, dizziness, Feeling Tired, Shortness of Breath, faster Heart rate, Trouble Sleeping and loss of appetite, you should stop climbing any higher and return to lower elevation level, Dr. Sushil advised.

He further suggested that people with heart conditions should consult

a doctor about whether they need to adjust heart medications before travel. Together with a health care professional, a plan should be developed before travel, bearing in mind the location and duration of travel, along with the severity of the individual's medical conditions, he added.

More than 250 Yatris and people around the area were examined, evaluated and advised during the camp. ECG, Blood Sugar, HbA1C and Lipid profile was conducted and medicines were also given as per the requirements.

Management Committee of Shri Ram Mandir Purani Mandi Mahant Shri Rameshwar Dass appreciated Dr Sushil and his team for conducting Cardiac Awareness cum Health Check up Camp.

Others who were part of this camp included Dr Nasir Ali Choudhary (Cardiologist), Dr Dhaneshwar Kapoor and Dr Anitpal Singh Asstt Prof. (Ortho). Paramedics and Volunteers include Sukhdev Singh, Kamal Sharma, Raghav Rajput, Ranjeet Singh, Rajkumar, Ashish Sharma, Narinder Sharma, Kamal Sharma, Rakesh Pandit, Vijay Sharma, Aman Gupta, Rajinder Singh, Maninder Singh, Vikas Sharma, Vinay Kumar, Sunil Pandit and Akshay Kumar.

Chairman LWC UP visits Makhan Lal Bindru's family at Srinagar

STATE TIMES NEWS

SRINAGAR: Chairman, Labour Welfare Council (LWC), Government of Uttar Pradesh, Pandit Sunil Bharala met the family of Makhan Lal Bindroo here on Sunday.

During the visit, Bharala met Makhan Lal Bindru's wife and son at their residence and expressed solidarity. Interacting with them, Bharala said that GoI is committed to establish peace in Kashmir valley and resolve issue of settling of Kashmiri Pandits.

Bharala assured the wife of Makhan Lal Bindru that the government is with them and that the central government will always stand



Chairman LWC Uttar Pradesh Govt, Pandit Sunil Bharala interacting with the family of Makhan Lal Bindroo.

shoulder to shoulder with them. He said that Union Home Minister, Amit Shah and Lieutenant Governor, Manoj Sinha have extended all possible support to the family.

Pertinent to mention, Makhan Lal Bindru was killed by terrorists outside his famous medical shop at Srinagar in 2021.

He said that the developmental tempo initiated and sustained by Congress government during its tenure has come to a grinding halt and all tall claims and promises delivered before and after formation of the government proved to be hoax.

Similarly, the people across J&K were facing hardships on account of utility services like power and drinking water, with rations becoming scarce at the sale outlets, especially in remote and far flung areas.

He expressed concern over the under-utilisation of development funds for this financial year due to administrative inertia and said that Jammu and Kashmir is facing a crisis-like situation under bureaucratic rule.

"We proved our-self while in Government and we have now proved our-self in opposition as well," Bhalla said.

Bhalla said govt raking up more controversies by indulging in real politiek

urging upon the people to strengthen Congress, Bhalla claimed that they alone could dispense justice to common masses, poor, downtrodden and the marginalized.

"We proved our-self while in Government and we have now proved our-self in opposition as well," Bhalla said.

Bhalla said govt raking up more controversies by indulging in real politiek

Chairman LWC UP pays obeisance at Amarnath cave

SRINAGAR: Chairman, Labour Welfare Council (LWC), Government of Uttar Pradesh, Pandit Sunil Bharala on Sunday expressed his satisfaction for the arrangements put in place by J&K administration led by Lieutenant Governor, Manoj Sinha for ensuring smooth conduct of ongoing Shri Amarnathji Yatra (SANJY), 2022. Bharala praised LG Sinha for the best facilities that are being provided to devotees at Baba Amarnath. He expressed his heartfelt gratitude to Lt. Governor for the best possible facilities and arrangements put in place for Yatris. Bharala was on a visit to pay obeisance to Mahadev ji at the Holy Amarnath Cave in Kashmir where he also prayed to Mahadev ji for the progress and prosperity of the J&K.

Bharala said that seeing such a wonderful sight, he felt very beautiful and have also wished Mahadev ji, for the welfare of workers in Uttar Pradesh. He said that pilgrims from all over the country are coming to see Baba ji and added that he firmly believed that every pilgrim will return happily after visiting the Amarnath cave while hoping that everyone's prayers will be accepted.

rather than attending to the woes and problems of the people. As a consequence J&K is suffering profusely; he said and added that there seems no cohesion on important matters of governance. He said the government has lost its direction and its myopic vision has caused a developmental vacuum, which if not addressed push the people to wall.

He said that the developmental tempo initiated and sustained by Congress government during its tenure has come to a grinding halt and all tall claims and promises delivered before and after formation of the government proved to be hoax.

Similarly, the people across J&K were facing hardships on account of utility services like power and drinking water, with rations becoming scarce at the sale outlets, especially in remote and far flung areas.

Mahamandleshwar interacted with the students of the Gurukul.

Congratulating the students for their laudable achievements and keeping the tradition alive by choosing traditional ways of studies which teaches "Sarve Bhavantu Sukhinah", he asked them to work hard and optimally benefit from the facilities made available by the Board for imparting top quality education

He was informed by the

Examination (CCE)-2022.

The Lt Governor assured the members of the delegation that their demand given through representation will be looked into. He further announced that a committee under supervision of the Chief Secretary will take up the issue for consideration and redressal.

The members of the delegation expressed their gratitude towards the Lt Governor for the opportunity to discuss vital issues.

Examination (CCE)-2022.

The Lt Governor assured the members of the delegation that their demand given through representation will be looked into. He further announced that a committee under supervision of the Chief Secretary will take up the issue for consideration and redressal.

The members of the delegation expressed their gratitude towards the Lt Governor for the opportunity to discuss vital issues.

Examination (CCE)-2022.

The Lt Governor assured the members of the delegation that their demand given through representation will be looked into. He further announced that a committee under supervision of the Chief Secretary will take up the issue for consideration and redressal.

The members of the delegation expressed their gratitude towards the Lt Governor for the opportunity to discuss vital issues.

Examination (CCE)-2022.

The Lt Governor assured the members of the delegation that their demand given through representation will be looked into. He further announced that a committee under supervision of the Chief Secretary will take up the issue for consideration and redressal.

The members of the delegation expressed their gratitude towards the Lt Governor for the opportunity to discuss vital issues.

Examination (CCE)-2022.

The Lt Governor assured the members of the delegation that their demand given through representation will be looked into. He further announced that a committee under supervision of the Chief Secretary will take up the issue for consideration and redressal.

The members of the delegation expressed their gratitude towards the Lt Governor for the opportunity to discuss vital issues.

Examination (CCE)-2022.

The Lt Governor assured the members of the delegation that their demand given through representation will be looked into. He further announced that a committee under supervision of the Chief Secretary will take up the issue for consideration and redressal.

The members of the delegation expressed their gratitude towards the Lt Governor for the opportunity to discuss vital issues.

Examination (CCE)-2022.

The Lt Governor assured the members of the delegation that their demand given through representation will be looked into. He further announced that a committee under supervision of the Chief Secretary will take up the issue for consideration and redressal.

The members of the delegation expressed their gratitude towards the Lt Governor for the opportunity to discuss vital issues.

Examination (CCE)-2022.

The Lt Governor assured the members of the delegation that their demand given through representation will be looked into. He further announced that a committee under supervision of the Chief Secretary will take up the issue for consideration and redressal.

The members of the delegation expressed their gratitude towards the Lt Governor for the opportunity to discuss vital issues.

Examination (CCE)-2022.

The Lt Governor assured the members of the delegation that their demand given through representation will be looked into. He further announced that a committee under supervision of the Chief Secretary will take up the issue for consideration and redressal.

The members of the delegation expressed their gratitude towards the Lt Governor for the opportunity to discuss vital issues.

Examination (CCE)-2022.

The Lt Governor assured the members of the delegation that their demand given through representation will be looked into. He further announced that a committee under supervision of the Chief Secretary will take up the issue for consideration and redressal.

The members of the delegation expressed their gratitude towards the Lt Governor for the opportunity to discuss vital issues.

Examination (CCE)-2022.

The Lt Governor assured the members of the delegation that their demand given through representation will be looked into. He further announced that a committee under supervision of the Chief Secretary will take up the issue for consideration and redressal.

The members of the delegation expressed their gratitude towards the Lt Governor for the opportunity to discuss vital issues.

Examination (CCE)-2022.

The Lt Governor assured the members of the delegation that their demand given through representation will be looked into. He further announced that a committee under supervision of the Chief Secretary will take up the issue for consideration and redressal.

The members of the delegation expressed their gratitude towards the Lt Governor for the opportunity to discuss vital issues.

Examination (CCE)-2022.

The Lt Governor assured the members of the delegation that their demand given through representation will be looked into. He further announced that a committee under supervision of the Chief Secretary will take up the issue for consideration and redressal.

The members of the delegation expressed their gratitude towards the Lt Governor for the opportunity to discuss vital issues.

Examination (CCE)-2022.

The Lt Governor assured the members of the delegation that their demand given through representation will be looked into. He further announced that a committee under supervision of the Chief Secretary will take up the issue for consideration and redressal.

The members of the delegation expressed their gratitude towards the Lt Governor for the opportunity to discuss vital issues.

Examination (CCE)-2022.

The Lt Governor assured the members of the delegation that their demand given