

# LG interacts with civilian victims of terrorist violence, PRIs, Civil Society Members

**STATE TIMES NEWS**  
SRINAGAR: Lieutenant Governor Manoj Sinha on Sunday interacted with a delegation of civilian victims of terrorist violence, PRI and civil society members, traders, Advocates, Teachers, members of Gujjar and various other communities.

Members of the delegation expressed gratitude to the Government of India and Lt Governor led UT administration for establishing peace, harmony in the society and ensuring inclusive growth.

They also thanked the UT Administration for providing them with a platform to share their views and project their issues and demands.

The representatives from



Lt Governor Manoj Sinha interacting with a delegation of civilian victims of terrorist violence, PRI and civil society members and various other communities at Srinagar.

Awami Welfare Forum Kashmir, Traders federation Handwara, J&K Panchayat Raj Movement, ReT association, members from Gujjar community and others submitted memorandum of demands to the Lt Governor and sought his intervention for the early redressal of the same.

In his address on the occasion, the Lt Governor lauded the significant contribution of civilian victims of terrorism, PRI and peace activists, social members and tribal community in the growth of Jammu Kashmir.

"The dreams and ambitions of a progressive society can be fulfilled only in

conditions of peace. Society should be vigilant against few elements trying to disrupt peace and harmony. It is our collective responsibility to foil their efforts," the Lt Governor said.

Responding to the demands, the Lt Governor shared the efforts of the UT government for the socio-economic empowerment of all the sections of the society.

The Lt Governor called upon the members of the delegation to identify the youth and budding entrepreneurs to avail the benefits under UT and Central Schemes. He assured all support and handholding of the young entrepreneurs by the UT Administration.



# Peaceful J&K is contributing immensely for growth of India: Dr Darakhshan

Presents Human Rights Nobel Awards to prominent contributors of J&K

**STATE TIMES NEWS**  
KATRA: Minister of State & Chairperson of Jammu & Kashmir Waqf Board Dr Darakhshan Andrabi on Sunday participated in Award Ceremony of Global Human Rights Trust as the Chief Guest.



Chairperson JKWB Dr Darakhshan Andrabi presenting Human Rights Nobel Award.

The felicitation ceremony was held at Katra today. These awards were given away in the name of Nobel Laureate Rabindranath Tagore to eminent people for their inspiring contribution in respective fields.

While hailing the contribution of the awardees, Dr Andrabi in her address said that acknowledgement of the exemplary contribution encourages the talented people and inspires others too to put in extra efforts for the nation.

"Under the visionary leadership, this country is achieving remarkable and unprecedented success in all fields of life and our talent is being celebrated globally. The contribution of excellence by talented citizens are ensuring India's

Growth Story", said Dr Andrabi.

She further said that after the end of separatism and the era of violence, J&K is now progressing at a speed never thought of by the earlier regimes.

"Whole world has begun looking to the real Jammu and Kashmir now, the blessed land that is showcasing its immense potential of growth and development. Every positive thinking citizen is contributing dedicatedly for this

change to translate into the real prosperity of all without any discrimination", said Darakhshan.

She said that the youth of J&K are the store-houses of talent and positivity and the congenial atmosphere has boosted this potential immensely.

Dr Andrabi hailed the efforts of Global Human Rights Trust & its President Dr H R Rehman for his efforts in acknowledging the true talent of our land.

# Chandrayaan-3 to make India fourth country to land on Moon: Dr Jitendra

**STATE TIMES NEWS**  
NEW DELHI: Chandrayaan-3, scheduled to be launched from Sriharikota this week, will make India the fourth country to land its Spacecraft on the surface of the Moon.

Stating this here on Sunday in an exclusive interview to a news agency, Union Minister, Dr Jitendra Singh said that Prime Minister Narendra Modi's recent USA visit was marked by significant Space related agreements indicating that the countries which had started their Space journey long before India are today looking upto India as an equal collaborator.

After such a quantum rise in our Space expertise under Prime Minister Narendra Modi's regime, India can no longer wait to be left behind in its march to the Moon, the Minister said.

Dr Jitendra said that Chandrayaan-3 is a follow-on mission of Chandrayaan-2 and is



Union Minister Dr Jitendra Singh in an exclusive interview to a news agency at New Delhi, on Sunday.

aimed to demonstrate India's capability in soft landing and roving on the surface of the Moon or the Lunar surface.

The complex mission profile, he said, required for the Spacecraft to enter the Moon's orbit has been executed very precisely. After the successful landing of Chandrayaan-3 on the surface of the Moon, the rover, which has six

wheels, will come out and is expected to work for 14 days on the Moon. With the support of multiple cameras on the rover, we will be able to receive images, he said.

Giving full credit to Prime Minister Narendra Modi for providing an enabling environment for Space workers and taking path-breaking decisions, like unlocking the Space sector for Public Private Partnership (PPP), Dr Jitendra Singh said, based on the current trajectory of growth, India's space sector could be a 1 Trillion US Dollar economy in the coming years.

Elaborating further, Dr Jitendra said, the primary objectives of Chandrayaan-3 mission are three-fold, a) to demonstrate Safe and Soft Landing on Lunar Surface b) to demonstrate Rover roving on the moon and c) to conduct in-situ scientific experiments.

The Minister recalled that the first in the series of Chandrayaan,

namely Chandrayaan-1, is credited for having discovered the presence of water on the surface of the Moon, which was a new revelation for the world and even the most premier Space agencies like the USA's NASA (National Aeronautics and Space Administration) were fascinated by this discovery and used the inputs for their further experiments. Chandrayaan-3, he said, will be operating at the next level. The Spacecraft will use Launch Vehicle Mark-3 developed by ISRO for its launch, he added.

Dr Singh said, there is tremendous excitement across the country about the launch of Chandrayaan-3, particularly because Chandrayaan-2 Mission could not yield the desired results because of a lapse just about 13 minutes after Spacecraft began its descent on September 6, 2019. Prime Minister Narendra Modi was personally present at Sriharikota to witness the event.

# Every school in UT shall have assured facilities by March, 2024: Alok

**STATE TIMES NEWS**  
SRINAGAR: Principal Secretary, Education Department, Alok Kumar on Sunday chaired a meeting to review the progress of Samagra Shiksha scheme across Jammu and Kashmir.

The meeting was attended by the Project Director Samagra Shiksha, Deep Raj; Director School Education Jammu, Ashok Sharma; Director School Education Kashmir, Tassaduq Hussain; Special Secretary SED Nasir A. Wani; All Chief Education Officers, of J&K, Principals of DIETs, Executive Engineers of SED, State Coordinators/ASCs of Samagra Shiksha and other concerned officers of the department both in person and through video conferencing.

During the meeting detailed deliberations and discussions was held on assured minimum facilities to be provided in government schools including electricity, solar Panels, drinking water, Toilets and ramps and the Principal Secretary passed on strict directions that every School in the UT shall have assured minimum facilities by March, 2024.

Principal Secretary, while reviewing the components, of Samagra Shiksha, interacted with all CEOs on various issues, including provisions for providing quality education of students, ways to further increase learning outcomes of students and bridging the social-gender gaps in schools. He asked them to ensure equity and inclusion at all levels of school education with focus on Children with special needs.

Stressing on bringing drop out ratio to minimal level, the Principal Secretary said that increase in drop out ratio beyond an acceptable level in a given school shall be responsibility of concerned Teacher. He asked them for reducing the dropout rate to a minimal value among all grades, so



Principal Secy, Education Deptt, Alok Kumar interacting with officials at Srinagar.

that the department can achieve Sustainable Development Goal, by 2030 as per National Education Policy, 2020. He also appreciated the efforts of the Teachers and concerned stakeholders for enrolment of more than 130000 students across the UT, during the current enrolment drive.

During the meeting, Alok Kumar asked all the Chief Education Officers, to monitor each and every activity of Samagra Shiksha in their respective jurisdictions and ensure the 100% retention rate, especially among girls is achieved so that the dream of Viksit Bharat may come true. "From the vision of Swachh Bharat to the vision of 'Viksit Bharat' -that of seeing India as a truly developed nation by its 100th anniversary of Independence in 2047, Prime Minister, Narendra Modi has set a progressive and positive agenda for India which can be achieved by educating our young minds", he said.

He also called upon the officers that 100% Literacy rate needs to be ensured for which School Education Department has to make the National Initiative Proficiency in Reading with Understanding and Numeracy successful.

Principal Secretary, during the meeting reiterated that the feedback mechanism has been developed and through Samiksha App, the feedback from students for their teachers and schools should be recorded and necessary measures like capacity building of teachers and

# Plan a gradual ascent to prevent High Altitude Symptoms: Dr Sushil

**STATE TIMES NEWS**  
JAMMU: Keeping in view the ever increasing rush of the devotees enroute Amarnath Yatra which is known for its difficult and high altitude terrains, Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness-cum-health check up camp and delivered lecture at Shri Ram Mandir, Purani Mandi Jammu to educate the Yatrists and masses about the cardiac risks involved at high altitude and ways to prevent them by recognising symptoms and seeking medical care at earliest to prevent mortality and morbidity.

While delivering the lecture Dr Sushil stated that most people who get altitude sickness get AMS, acute mountain sickness. Higher than 10,000 feet, 75 per cent of people will get mild symptoms.

The interactions between the low barometric pressure and partial pressure of Oxygen, climate, individual genetic, lifestyle and socio-economic factors, as well as adaptation and acclimatization processes at high elevations are extremely complex.



HoD Cardiology GMCH Jammu Dr Sushil Sharma and his team examining Shri Amarnathji pilgrims during a medical camp at Jammu.

It is challenging to decipher the effects of these myriad factors on the cardiovascular health in high altitude residents, and even more so in those ascending to high altitudes with or without pre-existing diseases.

He elaborated that there are three categories of AMS: Mild AMS: Symptoms, such as mild headache and fatigue, don't interfere with your normal activity. Symptoms improve after a few days as body acclimates. Acute mountain sickness can progress to high-altitude pulmonary edema (HAPE) with associated shortness of breath or high-altitude cerebral edema (HACE) with associated confusion. Chronic

mountain sickness may occur after long-term exposure to high altitude. If one travel to a high elevation without letting body adjust to the new altitude, one may experience altitude sickness. Symptoms include headache and nausea. If one return to a lower elevation, symptoms will likely go away without needing treatment. In severe cases, altitude sickness can be life-threatening, he added.

Dr Sushil in their concluding remarks told that there are Strategies for a safer trip to high altitudes such as Increasing altitude gradually so the body has time to adjust to lower levels of oxygen, Measures such as climb slowly,

stay hydrated, intake of more carbohydrates, cover with proper clothing, stay away from alcohol, smoking and medications like sleeping pills, Adjusting medications to reduce the likelihood of cardiovascular events, as directed by a medical professional, Working with a health care professional to determine if any additional medications may be needed to treat certain symptoms, especially if they occur while in a remote location, Identifying the symptoms that should prompt an emergency evacuation, Planning a gradual ascent and establishing emergency descent plans, Awareness of the closest hospitals. Sudden cardiac death is

the most frequent non-traumatic cause of death at altitude, according to the statement. It may occur without warning and result in death within minutes if the individual does not receive treatment. Risk factors for sudden cardiac death include history of a prior heart attack, as well as male sex and older age, he said.

Management Committee of Shri Ram Mandir Mahant Rameshwar Dass, Dr. Satyanarian Dass, Shamsheer Singh Manhas (Former MP), Suraj Singh ( DDC Vice Chairman), Anita Sharma (Corporator) and prominent members of the civil society also graced the occasion and appreciated the efforts of Dr. Sushil and his team for creating awareness on this relevant subject. Others who were part of this Camp includes Dr. Yashwant Sharma and Dr. Keshav Sharma Paramedics and volunteers includes Raghav Rajput, Rajkumar, Rajinder Singh, Jatin Bhasin, Jamshed Ali, Vikas Kumar, Aman Gupta, Rajneesh, Nirvair Singh Bali, Ranjeet Singh, Paramveer Singh and Akshay Singh.

# Zorawar distributes free sewing machines, tool kits among young girl entrepreneurs

**STATE TIMES NEWS**  
JAMMU: In continuing with the spirit of undertaking employment best training, Taj Mahallin Austria Trust in Collaboration with Designing Destiny Org Concluded training course of Stitching and tailoring batch during a function organized at Press Club Jammu, here today.

The function was presided by Chairman Religious Tourism and Heritage Cultural Trust Mahant Rajesh Bittu while Chairman Team Jammu Zorawar Singh Jamwal was the Chief Guest during the closing ceremony that was attended by participants hailing from different areas of Jammu. After completion of three months Course, certificates, tailoring machines and other tools kits were handed over to beneficiaries by Mahant Rajesh Bittu and Zorawar Singh Jamwal along with Karuna, Chairman Rotary Club Helping Hand Foundation. During the function, Chairman Religious Tourism and Heritage Cultural Trust, Mahant Rajesh Bittu congratulated all the beneficiaries and gave best wishes for their



Chairman Team Jammu Zorawar Singh Jamwal posing with others during a programme at Jammu on Sunday.

future. He praised the initiative taken by Ajay Mathur and Martin Mathur of Taj Mahallin Austria Trust and Ajay Kumar Chairman Designing Destiny ORG for smoothly conducted the 3 months course and giving chance to women to be self dependent.

He further added that the major objective of this initiative was to inculcate that the habit of saving and banking among the women so that they can be financially independent and as we

can see it has been achieved, and not just this we are going to help them in future setup also and in that my contribution will be their whenever needed.

He said that to expedite the initiative and to make these women financially independent we have to work together and I will give all possible support needed. Chairman Team Jammu, Zorawar Singh Jamwal who distributed the certificates and Sewing Machine, Tool kits among the beneficiaries, in his

address, appreciated the initiative and wished all the certified beneficiaries good luck for their future.

He said that everyone have done a great job as women need to be self dependent and this can help them to earn a decent livelihood that will eventually eradicate the poverty such things pushes is to accountable society. As they can stitch clothes and earn handsome money that will help them to develop credibility and entrepreneurship. This will also help them to earn more income in their hands so that they can lead a better life.

Ajay Kumar, Chairman Designing Destiny gave vote of thanks to be part of the closing ceremony and making it a successful event. Apart from beneficiary the event was attended by Jasvinder Singh Kuku See Rotary Club Helping Hand , DDC Chairman Tarseem Sharma, BDC Chairman Radhe Sham, Sarpanch Arpan Magotra, Sant Samaj Vinay Moni, Ajay Sharma, Gopal Sharma Corporator Anit Gupta, Sunny, Varinder Gupta , Rama Dubey and Ramesh Dubey.