

# Udhampur to offer unique religious tourism circuit: Dr Jitendra

■ STATE TIMES NEWS

UDHAMPUR: Union Minister Dr Jitendra Singh on Sunday said, Udhampur Parliamentary constituency, in particular the Udhampur sector which also includes Katra and Reasi that were part of erstwhile Udhampur district, is going to offer a unique religious tourism circuit with the integrated development through Rs 190 cr River Devika Rejuvenation Project, Rs 100 cr central Mantalai Project, Mansar lake Project under central Swadesh Yojana, Sudh Mahadev, Surinsar, etc.

Dr. Jitendra said this while convening a review meeting with the district administration Udhampur at Mantalai.

Referring to Mantalai project, which is the venue of today's meeting, Dr Jitendra Singh said, the project was initially started by Late Dharendra Brahamechhari, who happened to be the Yog Guru of the then Prime Minister Indira Gandhi and obtained the land on lease. However, midway through the project, Dharendra Bhrabhmechhari suddenly died following an air crash accident and since then the successive Congress governments did not attend to it and allowed it to turn into a shambles. However, he said, it was only after the Modi government took over in 2014 that the project was revived nearly three decades later and now a State-of-the-art Wellness Centre cum Tourist Resort has come up at this location. Similar is the case of River Devika which had remained



Union Minister Dr Jitendra Singh, accompanied by senior officers, going around to inspect various facilities at newly constructed state-of-the-art Wellness Centre at Mantalai in district Udhampur on Sunday.

unattended all these years and only after Modi took over as Prime Minister, North India's first-ever River Rejuvenation project was approved for the renovation and beautification of River Devika, which is held in holy esteem, he added.

Elaborating further, Dr Jitendra Singh said, the holy town of Katra Vaishno Devi got its railway station only after the Modi government took over in 2014 and now the entire area has been included in the national PRASAD scheme. In addition, the inter-modal Station, the holy spot of Sudhmahadev also received attention only after 2014 and now an alternative national highway is under construction for facilitating connectivity. While Mantalai and Mansar are already being included in the official tourist circuit, Shiv Khori is also expected to become part of it in times to come.

Dr Jitendra Singh observed with

satisfaction, the neighbouring district of Kishtwar, the pilgrimage Machail Yatra lacked basic facilities. In the last 9 years, toilets and mobile towers were provided enroute the yatra and in the absence of power supply, exclusive Solar Power Plant has also been provided.

Dr. Singh said, the Udhampur Parliamentary Constituency is blessed with the treasure of ancient religious tourism sites in the country and it has been possible under PM Narendra Modi that these religious tourism sites have been taken care of and developed for the first time for ease of religious pilgrimage and revival of religious tourism in the country.

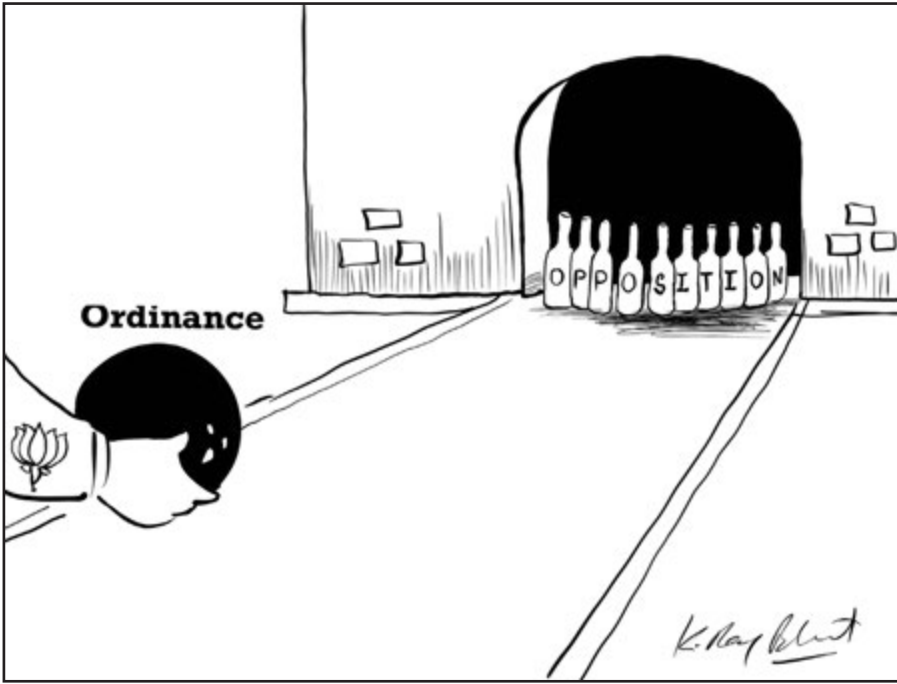
Dr. Jitendra said, Udhampur Parliamentary Constituency is the infrastructural marvel and best ever connected constituency in the country, and has seen tremendous development in the last nine years. The

Delhi Katra Express Highway, historic Kamakhya (Assam) to Katra (Vaishno Devi) train covering a distance of more than 2,000 Km and connecting the two important destinations of religious pilgrimage and Vande Bharat Express are among the best gifts provided by PM Narendra Modi giving boost to the religious tourism in Jammu and Kashmir; Dr. Jitendra Singh added.

Dr. Singh said, the religious tourism circuit in Udhampur Parliamentary Constituency has a very important role in the development and progress of the region as pilgrims across India have a desire to visit these religious sites. From the very first day being sworn in as the Prime Minister of India, PM Narendra Modi put forward a vision to connect places of religious interest across the country with a safe, efficient and comfortable network, Dr. Jitendra Singh added.

Dr. Jitendra said, PRASAD scheme 'Pilgrimage Rejuvenation And Spiritual Augmentation Drive' aims to integrate pilgrimage destinations in a prioritised, planned and sustainable manner to provide a complete religious tourism experience and it is because of this scheme of the government that religious tourism has been revived in India, Udhampur Parliamentary Constituency being the best example of it.

Dr. Singh directed district administration to speed up the work on these religious tourism sites so that the projects are completed in time.



## Tarun Chugh leads BJP's Strategic Planning meeting



BJP All India General Secretary, Tarun Chugh and other leaders lighting ceremonial lamp.

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JAMMU: The Bharatiya Janata Party (BJP) recently held an influential organizational meeting at Hotel Sarovar Viraj in Jammu, spearheaded by the All India General Secretary, Tarun Chugh. The meeting brought together party leaders, including Prabhari Jammu & Kashmir Asheesh Sood, National Secretary Narinder Singh, Party President Ravinder Raina, Member of Parliament Jugal Kishore, and Member of Parliament Ghulam Ali Khatana. The gathering focused on reviewing the successful implementation of initiatives such as Samparak se Samarthan and Mera Booth Sabse Mazboot. Additionally, the meeting aimed to formulate an exceptional strategy for the forthcoming elections.

Under the visionary guidance of Tarun Chugh, the meeting unfolded as a remarkable brain-storming session, where leaders engaged in constructive

discussions, sharing their invaluable insights to frame a winning strategy. The comprehensive overview of recently held programs revealed that people are satisfied with the current regime and are ready to choose us in the coming elections. This satisfaction is a direct result of the party leaders and workers' dedicated door-to-door campaigns.

The Mera Booth Sabse Mazboot initiative facilitated booth-level deliberations, allowing leaders to connect directly with the grassroots level. The enthusiastic atmosphere fostered a spirit of collaboration and positivity among all participants, further strengthening the party's bond with the people. During the meeting, a detailed assessment of each constituency was presented, ensuring that all leaders were well-informed about the unique dynamics and challenges of the region. The discussions extended beyond the scheduled duration, seamlessly transitioning to

the party office in Trikuta Nagar the following day. This extension welcomed additional leaders, reinforcing the comprehensive planning process and further enhancing the strategic framework.

As the two-day meeting concluded, Tarun Chugh rallied the entire cadre, motivating them to redouble their efforts for the upcoming primary and local body elections. With heightened determination and a renewed sense of purpose, BJP members stand ready to embrace the electoral challenges that lie ahead.

The Bharatiya Janata Party remains steadfast in its commitment to serving the people and upholding the principles of good governance. Under the leadership of Tarun Chugh and drawing from the collective wisdom of its esteemed leaders, the party is poised to secure a resounding victory in the upcoming elections, bringing transformative change and prosperity to the region.

## ADGP Kashmir reviews security along NHW, strengthens Amarnath Yatra security measures

■ STATE TIMES NEWS

KULGAM: In an effort to ensure the safety and security of pilgrims and tourists during the ongoing Amarnath Yatra, ADGP Kashmir Vijay Kumar along with DIG Police South Kashmir Range, SSP Kulgam, CO CRPF and other officials, conducted a comprehensive security review at various points, including the Navayug Tunnel on National Highway.

During the review, ADGP Kumar personally inspected the live up and down convoy movements, observing the existing security measures in place.

He provided valuable insights and advised the implementation of additional measures to be adopted by the police and CRPF personnel.

He emphasized upon officers to ensure that SOPs are being adhered in letter and



ADGP Kashmir Vijay Kumar with other officers reviewing security at various points in NH.

spirit.

He directed the officers to be extra vigilant and to ensure that safety and security of pilgrimage is not being compromised. The new measures advised by ADGP Vijay Kumar will enable the police and SFs to better tackle security challenges and ensure the safety and smooth movement of convoys on the National Highway.

Emphasizing the impor-

tance of maintaining smooth traffic flow, ADGP Kumar instructed Kulgam police to extend full assistance to traffic personnel in regulating traffic and preventing any harassment to visitors and locals. Furthermore, ADGP Vijay Kumar stressed the importance of safeguarding the interests of tourists and

the general public. He emphasized the need to create a welcoming and safe environment, free from any form of harassment.

Following the security review, Shri Vijay Kumar convened a coordination meeting at headquarters of 163rd Battalion CRPF, where officials discussed strategies and measures to prevent any potential terror incidents along the designated route. Recognizing the significance of maintaining robust security on this vital transportation route, ADGP Vijay Kumar led discussions on various counter-terrorism initiatives.

While instructing SSP Kulgam, ADGP Kumar emphasized the need to gather specific human intelligence (Humint) to enhance cordon and search opera-

tions on both sides of the National Highway. Recognizing the importance of intelligence-led operations in ensuring the safety of the region, ADGP Kumar emphasized the need for gathering precise and actionable intelligence. The generated Humint will play a crucial role in identifying potential threats and facilitating efficient security measures along the designated route.

ADGP Kashmir's proactive review and coordination efforts reflect the commitment of the security forces to maintain a secure environment for all participants of the Amarnath Yatra. The administration remains vigilant and steadfast in its resolve to provide a safe and memorable experience for pilgrims undertaking this sacred journey.

## Walking and green environments-preliminary steps in CVD prevention: Dr Sushil

■ STATE TIMES NEWS

JAMMU: In view of the decreasing green spaces left for exercise and physical activity in urban areas and ever increasing incidence of cardiac ailments and lifestyle diseases Head Department of Cardiology GMCH Jammu, Dr Sushil Sharma held a day long Cardiac awareness cum health Check up camp at Shri Vishwakarma Sabha, Bakshi Nagar here on Sunday for educating masses regarding the importance of environmental factors in primary prevention of cardiac ailments thereby decreasing mortality and morbidity associated with cardiovascular diseases.

Dr. Sushil Sharma, while educating masses about the role of exercise and green spaces in urban areas, told that given the high incidence of CVD worldwide and the alarming statistics from developed countries showing only minor recent improvements in CVD incidence, it is imperative that we explore all possible avenues for its prevention and management.

"Even if greenness decreases CVD risk by a few percent, its public



HoD Cardiology GMCH Jammu, Dr Sushil Sharma with his team examining patients during a camp.

health benefits are likely to be significant, given the high incidence of the disease. Therefore, a more firm link between CVD and green spaces in each domain of the environment could provide not only a new way of preventing CVD and its lethal manifestations, but also help in developing a blueprint for healthier homes and cities in future," Dr Sushil said.

He elaborated that despite recent advances in treatment and management, cardiovascular disease (CVD) remains the leading cause of death worldwide, accounting for 17.9 million deaths per year.

Although some forms of CVD are due to inherited genetic disorders, its most common manifestations can be attributed to a variety of environmental exposures, lifestyle choices, and pathophysiological risk factors. Recent systematic attempts to evaluate the contribution of environmental factors to CVD risk have led to the development of the concept of the envirome. The natural domain of the envirome comprises natural, non-human elements, inclusive of ecology and geography. Nested within the natural environment, humans create distinct social environments by inter-

acting with nature and with each other. The resulting social environment consists of built structures such as houses, roads, and public buildings, and is characterized by distinct social networks and cultures, as well as economic and civic organizations. He added that the influence of greenness and exercise particularly in urban areas on CVD appears pervasive; affecting not only the risk of myocardial infarction, but ischemic heart disease, heart failure, and atrial fibrillation as well. Given that nearly 80% of deaths from air pollution are due to CVD, it remains likely that some of the salutary effects of green vegetation, particularly in urban areas, may be related to the reduction of air pollution levels in those areas.

The concept of the envirome provides a useful framework for systemic identification of the influence of the environment on CVD. Evidence from epidemiological studies suggest that even small improvements in the amount of daily walking is better than no walking, and greater increases confer larger car-

diovascular health benefits. Patients may accrue short-terms gains such as improved fitness, body composition, He said

Management Committee of Shri Vishwakarma Sabha Raman Chaloetra, Rakesh Chaloetra, Jagdish Kalgotra, Ajay Chaloetra, Pawan Verma, Rattan Lal, Sanjay Chaloetra and Ramesh Lal appreciated the efforts of Dr. Sushil and his team for creating awareness about cardiovascular Diseases.

Zorawar Singh Janwal (Chairman Team Jammu), Surinder Choudhary (Corporator) also graced the occasion.

Others who were part of this camp includes Dr Nasir Ali Choudhary, Dr Yashwant Sharma and Dr Kewal Sharma. Paramedics and volunteers includes Raghav Rajput, Ranjeet Singh, Kamal Sharma, Rajinder Singh, Jatin Bhasin, Jamshed Ali, Vikas Kumar, Nirvair Singh Bali, Akshay Singh, Maninder Singh, Sahil Sharma, Arjun Ghuman, Rahul Sharma, Shivam Gupta, Gourav Sharma and Sandeep Pal.

## Only in peace times, media thrives: Dr Andrabi



Chairperson JKWB Dr Darakhshan Andrabi lighting ceremonial lamp.

■ STATE TIMES NEWS

CHANDIGARH: Minister of State and Chairperson J&K Waqf Board Dr Darakhshan Andrabi on Sunday presided over the 3rd Anniversary of media platform Jazzbaat at Chandigarh.

Dr Andrabi inaugurated the 3rd Anniversary event amid a musical bonanza where eminent artists performed. Jazzbaat begun three years ago with J&K connections and established it's Media Head at Chandigarh. This platform earned immense success & is now ready to go National with 24x7 feed soon.

Darakhshan presented Awards to the professionals attached with Jazzbaat for their exemplary contribution for making this initiative a digital success.

Speaking to the audiences on the occasion, Dr Andrabi said that media thrives only during peace times & when we all are celebrating the emergence of India as a power, we are also witnessing positivities in our print and electronic media fields like never before.

"Unlike earlier regimes, we don't believe in emergencies and curbs and conditions being imposed on media. We respect the freedom of speech of Media and also respect the duties pronounced by our constitution at the same time", said Andrabi.

While hailing the Jazzbaat team for their venture turned into an inspiring success story, Dr Andrabi said that the very conducive environment created by our government is encouraging our enterprising youth to start new innovative platforms which are providing job opportunities to the talented youth and also providing them me and to exhibit their talent.

"India is now a country of boundless opportunities and the youth are facilitated to take lead in becoming leaders of the future of India & the future of the whole of humanity. Our visionary youth are now revolutionising our media spectrums to become the global leaders in this field of truthful expression too", said Darakhshan.

## We do not believe in fake promises or hollow slogans: Bukhari

■ STATE TIMES NEWS

SREINAGAR: Apni Party President, Syed Mohammad Altaf Bukhari, on Sunday said, "Jammu and Kashmir is a part of India not because of the country's Army but because of the people of this land, who chose to be associated with it in 1947. History stands witness to the fact that Kashmiris bravely resisted and pushed back the attackers by using sticks and stones against them."

He also said that the prevailing peace and harmony should be credited to the common people rather than the ruling party or the administration, as the people of this land have played a significant role in fostering peace in recent years.

Bukhari made these remarks today while addressing a largely attended workers' convention at Batagund Tral in south Kashmir's Puhwama district, where people thronged to the rally.

Bukhari emphasised the fact that



Apni Party President, Syed Mohammad Altaf Bukhari and others at a meeting.

Jammu and Kashmir is destined to be with India, and the solution to all the problems will come from New Delhi.

He said, "Apni Party is committed to honesty and integrity and will not resort to falsehoods or make empty promises to the people. Therefore, unlike other conventional parties, we do not falsely promise the moon and stars. Instead, we promise that Apni Party, when given the mandate, will

ensure the protection of the rights of Jammu and Kashmir people and bring prosperity and development to the region."

He further said, "Over the past 75 years, traditional politicians and political parties have misled the people with their deceitful narratives and emotionally charged slogans, such as 'Rai Shumari,' 'Autonomy,' 'Self-rule,' and more. Time has proven all these slo-

gans to be fake and deceptive. The political parties and their leaders used these alluring slogans only to attain power and remain in power."

"Unfortunately, the leaders in whom the people placed their trust repeatedly deceived them for their personal political gains. First, they decided to accede to New Delhi, then after some time, they raised so-called 'Rai Shumari' slogans, and after 22 years, they took a U-turn again and labelled their own two-decade-long struggle as mere 'Awaragardi' (aimless wandering). Then the same party and its leaders tried to befool people in the name of 'autonomy.' They also made people believe that they were for the protection of Article 370. Now, since this article stands abrogated, the same party and its leaders are trying to deceive people by claiming that they will get this abrogation undone. In reality, their sole objective is to attain power by using these deceptive slogans

to secure votes from the public," he added. While talking about the real issues facing the people of Jammu and Kashmir, Bukhari said, "We strongly believe that the solutions to our problems are with New Delhi. We are committed to ensuring that the central government addresses all the issues that are causing hardship for the people here. We are determined to work towards effective resolutions and seek the support and cooperation of the central government in addressing the challenges faced by our region." Syed Mohammad Altaf Bukhari appealed to people to stop falling prey to deceptive political narratives and emotional sloganeering by these politicians. He said, "It is your responsibility to tell these political mimickers that enough is enough. You should not trust those who have been deceiving you continuously for decades. You ought to hold these politicians accountable for their actions and words."