

Regardless of political affiliations, everybody should contribute in development projects: Dr Jitendra

STATE TIMES NEWS

UDHAMPUR: "Regardless of political affiliations, everybody should contribute in accomplishing national level developmental projects", said Union Minister of State (Independent Charge) Science & Technology; (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh here on Sunday.

Addressing a public meeting here, Dr Jitendra said, the developmental projects brought by Prime Minister Narendra Modi do not belong to a particular



Union Minister Dr Jitendra Singh addressing a public meeting at Udhampur on Sunday.

leader or party, instead, they are for the benefit of the masses across all sections. After being felicitated for winning the Udhampur-Kathua-Doda

Parliamentary constituency for a third time, he said, "Prime Minister Modi has followed a policy of making available what is required where, rising above vote

banks", adding that therefore, everyone should offer their suggestions and give inputs as to how these projects can be further improved and executed. If there is any substance in an input received, the administration will be instructed to make the necessary rectifications", he said.

Dr Jitendra appealed to the gathering that the developmental projects, including the Devika River Rejuvenation project, belong to every section of society and the benefits will reach everybody's children.

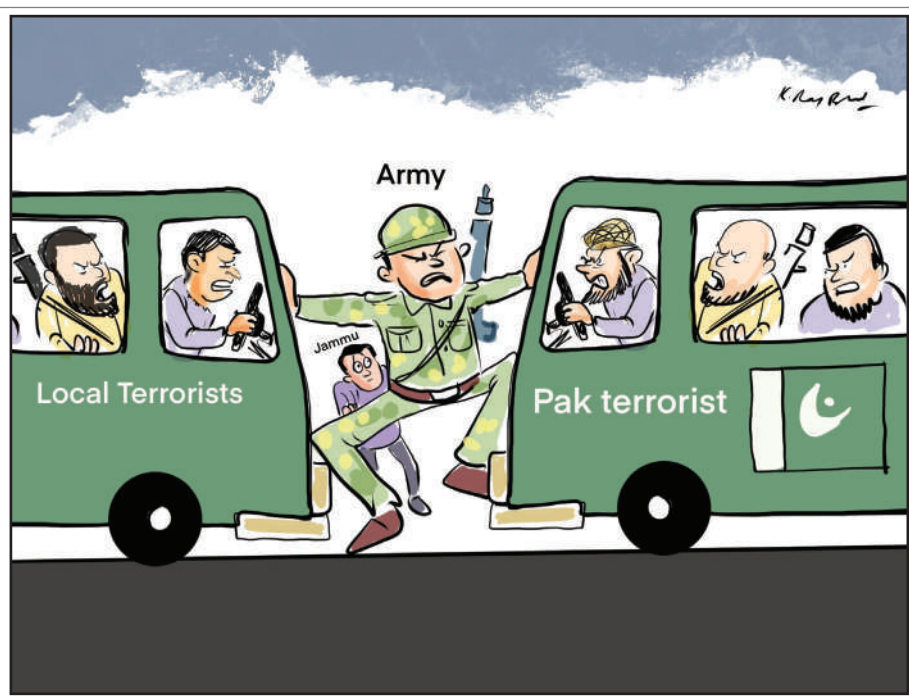
Talking about the famous "Kaladi" product of district Udhampur, the Union Minister informed that the milk-made consumable has already been identified for promotion under the One District One Product

scheme of the government. Branding of kaldi is necessary to increase its acceptability and value", he noted, urging the local Chamber of Commerce to play its part in this endeavour.

In the same vein, Dr Singh pitched for harnessing the lavender, and informed the gathering that its cultivation has already commenced in Dudu-Basantgarh area of the district.

"The Aroma Mission which began in Bharderwah tehsil of district Doda has reached Udhampur", he said, adding that start-ups born from the Purple and White Revolutions have emerged as the new avenues of self-employment and sources of sustainable livelihoods.

"Udhampur is home to numerous milk products which can be converted into brands in the New Industrial Estate coming up here", the Minister suggested. He appealed both to the media and society to create awareness about lavender cultivation and milk products of the area. Underlining that the natural resources of Udhampur have not been fully explored, the Union Minister stated that these resources will add value to India's economy as it rises.



Darakhshan reaches Shahdara Sharief to take stock of Annual Urs celebrations

STATE TIMES NEWS

RAJOURI: Chairperson of J&K Waqf Board, Dr Syed Darakhshan Andrabi on Sunday reached Shahdara Sharief to take stock of the Annual Urs celebrations of Peer Ghulam Shah Badshah (RA).

She was received by the SDM Thammadi, Abid Hussain Shah on her arrival. Dr Andrabi soon chaired a meeting with Waqf officials in the shrine to finalise the facilities for the Annual Urs.

Dr Andrabi instructed the Shrine management to put in all efforts to make all required arrangements for the devotees attending the Urs celebrations.

Dr Darakhshan met some public delegates also and discussed the management of the shrine with them.



Chairperson JKWB, Dr Syed Darakhshan Andrabi visiting Shahdara Sharief.

Ensure resounding victory of BJP in ensuing Assembly polls: Priya Sethi

STATE TIMES NEWS

NOWSHERA: Priya Sethi, National Executive Member of BJP, HQ incharge BJP and former Minister, on Sunday exhorted upon party workers to secure a resounding victory in the forthcoming Assembly elections in Jammu and Kashmir.

The senior BJP leader was speaking while chairing a meeting at different Mandals at Soit, Sunderbani, Lamberi, Kangri, Seri, Lam and Nowshera falling in the Sunderbani Nowshera constituency. In the meeting, District President Neena Sharma, DDC Sangita Sharma, DCC Rajender Sharma, Rajesh Raina and Sukhdev Choudhry were prominent among those who were present.

Addressing a crucial meeting of party workers here today, the former minister underscored the importance of the inclusion of new voters in the electoral rolls. She emphasized that it is imperative for the party cadre to ensure that every eligible voter is included in the re-



sion process, while also diligently cross-checking to avoid leaving behind the eligible voter.

This meticulous approach is essential for the integrity of the electoral process and the success of the upcoming elections, she added.

Priya Sethi highlighted the pivotal role of first-time voters in shaping the vision of a developed India. "First-time voters bring fresh perspectives and aspirations. They are crucial in shaping the future of our nation," she stated. She encouraged party workers to engage with these new voters, understand their concerns, and ensure their active participation in the electoral process. She further emphasized

the need to bring voters to the polling booths.

"It is not just about enrolling voters; we must ensure they turn out to vote. This requires a strong resolve and conviction from our party workers," she said and called upon the party cadre to rise to this challenge with determination and enthusiasm.

Addressing the strategy for the upcoming polls, Priya Sethi stressed the importance of strengthening the support base at the grassroots level. "We need to take our support base to another level in this poll season. Our efforts at the grassroots will be the cornerstone of our success," she said and exhorted upon the party workers to work tirelessly to build a robust and widespread support network.

The meeting concluded with a renewed sense of commitment among the party workers to ensure the inclusion of every voter and to work diligently towards a successful election campaign.

Heart disease and high altitudes; Be cautious : Dr Sushil

STATE TIMES NEWS

JAMMU: With 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 at Shri Ram Mandir, Purani Mandi Jammu to educate the Yatriis 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 interacting with the Yatriis, Dr Sushil stated that 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.

"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. Besides genetic and lifestyle factors, chronic exposure to high-altitude envi-



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

ronments may impact cardiovascular health, disease development and life-expectancy. While acute ascent to high altitudes may adversely affect cardiovascular health in lowlanders, particularly in those with pre-existing diseases, acclimatization diminishes this risk and hypoxia conditioning can even benefit and protect the cardiovascular system. At higher altitudes any place 9,840 feet above sea level or higher the heart needs more oxygen-rich blood, even at rest. Activities at higher altitude can place too much stress on the heart and blood vessels due to lower levels of oxygen and fluctuations in air pressure, temperature and humidity. Even at moderate altitudes, such as 8,500 feet above sea level, fainting can be common and may happen within 24 hours of making the ascent," Dr Sushil said.

He elaborated that unacclimatized individuals may suffer from Acute Mountain Sickness (AMS), High-Altitude Pulmonary Edema (HAPE), or High-Altitude Cerebral Edema (HACE). In order to facilitate the life-sustaining oxygen delivery to the main organs, such as heart, brain, kidney and so on, cardiovascular system plays a crucial role in adaptation to the bad environment of high altitude, including hypobaric hypoxia, low temperature, low humidity and high radiation, Dr Sushil said. However, he added, under certain conditions, the failure of cardiovascular adaptations to acute or chronic high altitude exposure is sometimes associated with several disadvantageous outcomes, including increase of pro-arrhythmic risk, systemic hypertension, high altitude pulmonary hypertension, right ventricular (RV)

hypertrophy, RV failure and so on.

"For people with coronary artery disease higher altitudes may cause coronary arteries to constrict, further limiting blood flow to the heart. This can lead to shortness of breath, chest pain, dizziness and other symptoms, especially if these symptoms have been experienced at sea level. Coronary artery disease also raises the risk for acute coronary syndrome, which includes heart attacks and unstable angina or severe chest pain when at rest. Sudden cardiac death is the most frequent non-traumatic cause of death at altitude. 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 the Shri Ram Mandir Mahant Rameshwar Dass and Dr Satya Narayan appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health check up camp. Yadvir Sethi and his team also lauded the role of Dr Sushil and his team for organising the camp in their area. Others who were part of this humane efforts includes Dr Venkatesh Yellapu, Dr Yashwant Sharma and Dr Dhaneshwar Kapoor. Paramedics and volunteers includes Kamal Sharma, Amish Dutta, Raghav Rajput, Ranjit Singh, Rahul Sharma, Paramveer Singh, Arun Singh, Rahul Vaid, Rohit Nayyar, Jatin Bhasin, Maninder Singh, Makhan Sharma and Nirvair Singh Bali.

NC, Congress, PDP destroyed J&K, looted people: Jugal



MP, Jugal Kishore Sharma addressing 'Voier's ka Abinandan' programme.

STATE TIMES NEWS

JAMMU: National Conference, Congress and PDP destroyed the beauty, name and fabric of Jammu & Kashmir and looted the innocent people befooling them for decades together, said Jugal Kishore Sharma, Member Parliament while addressing a series of 'Voter's ka Abinandan' programmes. Jugal, while addressing the programmes, on the one hand ferociously attacked Congress, NC and PDP for befooling the people of Jammu & Kashmir to loot them and destroying the social, political fabric of the state and demolishing its name and fame on the national international level also praised the BJP leadership and the cadre for their selfless work in the service to the nation. He said that the BJP believes in the nation building and service to the nation and every single activist of party is actively

engaged in the service for 365 days in the year. Jugal thanked the people, who as voters chose Modi Government for the third time in a row and put their faith in the strong and decisive leadership of Modi. He said that the party has worked to strengthen the democracy and give pace to the development in the nation. He also assured the people that he will leave no stone unturned to develop the areas fulfilling the faith of the people that they have put in him and the Modi government. BJP Vice-President and former Minister Sham Lal Sharma, Spokesperson Adv Abhinav Sharma, district President Omi Khajuria, DDC Chairperson were present in a programme.

BJP Vice-President Yulvir Sethi, former Minister Priya Sethi, District president Parmod Kapahi, Rajinder Sharma, Rajeev Charak, Sanjeeta Dogra, Sunil

Prajapati, jatiyar, Raman Parveen, Jai Dev Rajwal, Rajesh Gupta, Anu Gupta, Manav, Karan, Asha, Narotam, Anil Masoom, Dinesh, Nidhi, Suneet, Akshay, Rajinder Sharma and others were present in the other programme.

Dir Agriculture reviews progress under HADP, CAPEX, Dist Plans, deliverables

STATE TIMES NEWS

JAMMU: Director Agriculture Production & Farmers' Welfare Jammu, S. A.S. Reen chaired a meeting of the District Agriculture officers and Sub Divisional Agriculture Officers of Jammu Division to review the progress under CAPEX, HADP and CSS District Agriculture Plans & Deliverables at Krishi Bhawan, Talab Tillo, Jammu on Sunday.

The meeting aimed at suggestions and directions for easy implementation of various Centrally Sponsored Schemes, HADP and CAPEX Budget (Scheme wise/District wise)



Director Agriculture Production & Farmers' Welfare Jammu, S. A.S. Reen chairing a meeting.

2024-25. At the outset, Director Agriculture reviewed in detail the status/progress of various deliverables under Departmental schemes and District Agriculture Plan

including Agriculture Technology Management Agency (ATMA), Seed Distribution, Diversification (Mushroom & Bee-Keeping), Soil Health Cards (SHC),

Protected cultivation, Fertilizer/Pesticide samples, Plant Health Management services besides Farm Mechanization and other Centrally Sponsored Schemes.

He impressed upon the officers to identify and resolve the bottlenecks in successful implementation of farmer welfare schemes. Emphasis was laid on the latest update under various

components of HADP Schemes with the directions for regular reporting of the same.

Directions were issued for achieving the physical targets and need based operations of HADP, PKVY, RKVY and various centrally sponsored schemes in the districts for facilitation of the farmers. It was further impressed upon the officers to report the activities under HADP on daily basis.

The meeting was attended by District and Sub-divisional officers who assured fulfillment of targets for all farmer-benefiting schemes undertaken by the agriculture department.

How do you view infra development in Jammu; monsoon challenges ahead?



Jung Bahadur, Trader

I will start the conversation with myself, my own ears are tired of hearing the name of Jammu Smart City, where is sanitation in our Jammu? Where is Smart City? The corporation is saying big things in the name of smart city but has not done anything yet overall, I don't appreciate any project under Jammu Smart City.



Mann Mahajan, Trader

Water, electricity and roads are basic needs. These basic needs are not being fulfilled. I believe Smart City Project is a failure. The corporation's claims are false. We don't need anything except basic facilities like electricity and water. We don't need such smart city at all.



Abhesh Gupta, Trader

Almost the work is fine but it is not done the way it should be done, by saying this I will talk about our basic need like electricity. If it rains a little then there is no electricity for many hours. There is no proper work done under Jammu Smart City project. I really don't appreciate any of the schemes under the project.



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Saroj, Homemaker

Firstly, during monsoon water gets accumulated on streets. No one can stop the rain from coming but the Government should make all the arrangements so that nobody faces any problem.



Preeti Sharma, Homemaker

Jammu Smart City is working hard for betterment of the people; no doubt about it. But there is also delay in works and I want appeal to the people to give full support to the corporation. The works will be completed only by working together.