

Dr Jitendra invokes Dr B.C Roy’s legacy for restoring doctor-patient trust

■ STATE TIMES NEWS
NEW DELHI: Paying rich tribute to Dr Bidhan Chandra Roy, the world renowned physician and doyen of medical academics, Union Minister Dr. Jitendra Singh on Sunday invoked Dr B.C.Roy's legacy to emphasise the importance of restoring doctor-patient trust which was the hallmark of Dr Roy's times in the first half of the 20th century.

Dr Jitendra Singh was, as chief guest, speaking at the Doctors Day celebration organized by the national body of the Indian Medical Association (IMA) here.

National President IMA Dr Bhanushali, President elect Dr Naik and Immediate Past President Dr Asoken were present along with other national office bearers of IMA.

Addressing a packed audience of medical professionals, Dr. Jitendra invoked the legacy of Dr. B.C. Roy, reflecting on his immense contribution to both medicine and nation-building. "One of the greatest traits of Dr. Roy was the unwavering trust he and his contemporaries commanded in society, without compromising his consultation fee or ethics," he said.

"Dr. Roy charged a consultation fee of over ₹66 in the



Union Minister Dr. Jitendra Singh, as chief guest, speaking at the "Doctors Day" celebration organized by the national body of Indian Medical Association (IMA), at New Delhi.

1940s, and nobody questioned it. Today, we must ask ourselves - why has the same trust eroded?" he asked, calling for a revival of the doctor-patient trust, which, he emphasized, was the hallmark of Dr. Roy's era.

Dr. Jitendra urged the medical fraternity to reclaim the dignity, integrity, and social faith that once defined the noble profession, while emphasizing that the changing perception of doctors stems not from individual failings alone but from larger shifts in societal values.

Dr. Jitendra praised the visionaries who gave birth to the Association during politically turbulent times - legendary names such as Dr. B.C. Roy, Dr. M.A. Ansari, Sir Nil Ratan Sircar, and Col. Bhola Nath - noting that

under 42, yet at the same time, we are ageing rapidly. Life expectancy has increased from 50 years in the 1950s to over 70 years today. This shift calls for a new curriculum, a new mindset, and a new model of medical practice," he noted.

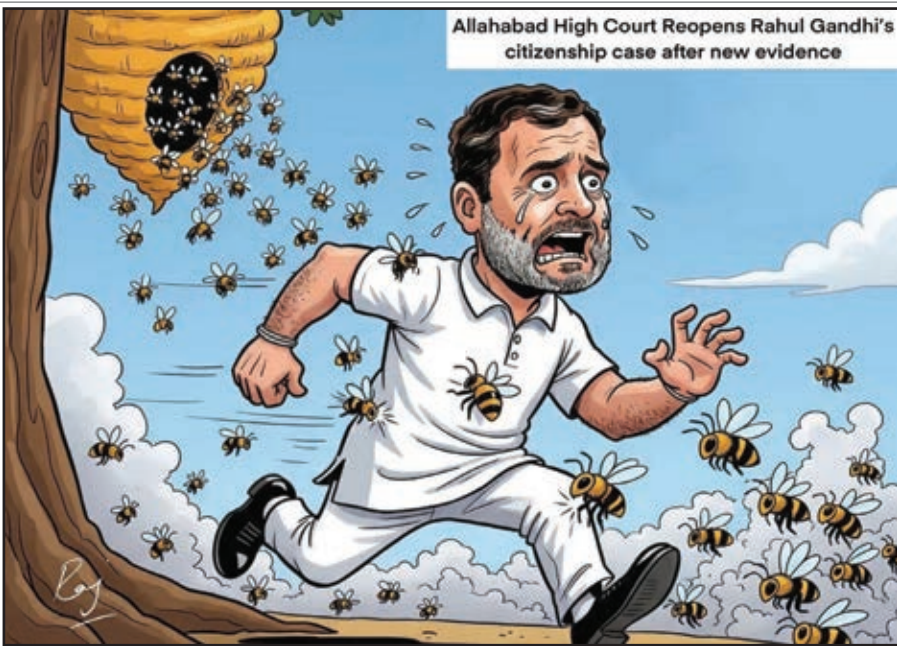
The Minister emphasized the urgent need for a holistic, integrated approach to healthcare, blending modern allopathic medicine with AYUSH systems and cutting-edge technological advancements.

He cited yoga as an effective tool in managing chronic diseases and called for dissolving silos between different systems of medicine, encouraging openness to integration rather than skepticism.

"The time for doubt is over. The world is moving toward integrative medicine - not out of sentiment, but out of necessity," Dr. Jitendra Singh said.

"We are not catching up anymore. We are setting the pace," he remarked, urging young medical professionals to embrace this momentum.

Concluding his address, Dr. Singh called upon doctors to introspect and adapt, emphasizing the importance of "unlearning and relearning" in an era defined by rapid technological change - including AI-assisted surgery, robotic diag-



Allahabad High Court Reopens Rahul Gandhi's citizenship case after new evidence

High altitude cardiac risks among Amarnath Yatra pilgrims: Tread cautions on Sacred Trail: Dr Sushil

■ STATE TIMES NEWS
JAMMU: Keeping in view 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.



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

The Temple serves a base camp for Sadhus undertaking the Amarnath Yatra, where preparations and registration, are carried out before their departure. The camp aimed to provide awareness and education to Amarnath Yatra pilgrims and local residents about the potential cardiovascular risks associated with high altitude travel and to provide guidance on preventive measures. The camp aimed to ensure a safe and smooth pilgrimage for all.

While delivering lecture Dr Sushil stated that the annual Amarnath Yatra, a revered spiritual journey to the 3,888-meter-high holy Amarnath Cave in the Himalayas, draws thousands of pilgrims from across India and beyond. However, this challenging high-altitude trek is not without risks especially for individuals with underlying cardiovascular conditions or those unaware of the physiological stress that high altitudes impose on the heart and lungs.

He elaborated that at elevations above 2,500 meters, the atmospheric oxygen level drops significantly. The body responds by increasing heart rate, blood pressure, and respiratory rate. For individuals with pre-existing coronary artery disease, hypertension, heart failure, or those with

silent cardiac disease, this can precipitate serious complications including Myocardial infarction , Sudden cardiac death, High-altitude pulmonary edema (HAPE) and High altitude cerebral edema(HACE). Moreover, unacclimatized pilgrims are often exposed to abrupt altitude changes, strenuous physical exertion, low temperatures, and dehydration, all of which amplify cardiovascular stress.

He maintained that considerable number of pilgrims may be asymptomatic cardiac patients, especially among the middle-aged and elderly population. Without prior cardiovascular screening, they may be unaware of blocked coronary arteries or poorly controlled hypertension. High altitude can unmask these conditions, leading to cardiac arrest or collapse en route. Recent reports have shown a noticeable increase in sudden deaths during the yatra, with cardiac causes accounting for the majority of these fatalities. Many of these deaths occur within the first few days of ascent when acclimatization is incomplete. Pilgrims should

also be counseled about warning symptoms like Chest pain or discomfort, Shortness of Breath , Dizziness or light-headedness, fatigue and palpitations. He Advised people to follow the Strategies for a safe trip to high altitudes such as increasing altitude gradually so the body has time to adjust to lower levels of oxygen, drinking enough water and fluids to stay hydrated, adjusting medications to reduce the likelihood of cardiovascular events. Planning a gradual ascent and establishing emergency descent plans and awareness of the closest hospitals.

In concluding remarks, Dr Sushil said that for individuals with hidden or known cardiac conditions, the pilgrimage may pose serious risk. The precautions and knowledge of Symptoms during high altitude travel are life savings. A collaborative approach involving pilgrims, healthcare providers, administrators, and policy-makers is essential to ensure that spiritual upliftment does not come at the cost of physical peril. Preventive cardiology must now walk alongside

devotion on this sacred trail.

While wishing all pilgrims a glorious and enchanting Amarnath yatra Mahant Rameshwer Dass told that Amarnath Yatra is a sacred and life-changing experience for many and Pilgrims should follow the Guidelines and precautions as suggested by Dr Sushil Sharma.

Management Committee of the Shri Ram Mandir Mahant Shri Rameshwer Dass and Dr Satya Narayan appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health Check up camp for yatris and local residents. Kuldeep Raj Dubey (MLA Reasi) also grace the occasion . Others who were part of this camp include Dr Venkatesh Yellupu and Dr Dishant Kambhol. Paramedics and volunteers include Kamal Sharma, Raghav Rajput, Ranjeet Singh, Gourav Sharma, Vikas Kumar, Rajinder Singh, Shubham Sharma, Mukesh Kumar, Makhan Sharma, Rahul Vaid, Rohit Nayyar, Anmol Singh and Nirvair Singh Bali.

CS visits Baltal; reviews SANJY 2025 arrangements

■ STATE TIMES NEWS
GANDERBAL: Chief Secretary, Atal Dulloo, on Sunday undertook a comprehensive visit to the Baltal Base Camp to assess the on-ground arrangements for the ongoing Shri Amarnath Ji Yatra (SANJY)-2025.

During the visit, the Chief Secretary chaired a high-level review meeting with the senior officers of the civil and police administration besides other line departments to take stock of facilities being provided to the pilgrims. The meeting focused on ensuring a seamless and comfortable pilgrimage experience for the devotees.

Additional Deputy Commissioner Ganderbal, Syed Fahim Bihagi, briefed the Chief Secretary on various aspects of Yatra management via the Baltal route. These included health and accommodation facilities, water and power supply, sanitation measures, flood mitigation and other essential logistics.



CS Atal Dulloo during visit to Baltal.

The Chief Secretary also had a detailed review of the security and traffic management plans.

SSP Ganderbal, Khalil Poswal, presented an overview of the security arrangements, including deployment of security personnel, surveillance measures and technological interventions like facial recognition systems, CCTV coverage and integrated control rooms for real-time monitoring.

It was informed that round-the-clock monitoring mechanisms have been put in place

to ensure uninterrupted services and address any emergent issues promptly.

Commending the coordinated efforts of all the departments and agencies, the Chief Secretary urged them to work with the same spirit and commitment to ensure a safe and successful Yatra.

Later, the Chief Secretary visited the Base Hospital at Baltal to inspect the medical facilities, availability of emergency medicines and overall readiness to address health-related needs of the pilgrims. He interacted with the medical and paramedical staff and appreciated their dedication. He directed the health department to ensure sufficient deployment of medical personnel, ambulances and essential medicines to meet the influx of Yatris.

The Chief Secretary also visited the Joint Police Control Room (JPCR) Baltal, on-spot registration counters, tent accommodations and Langar areas. He interacted with the pilgrims, service providers and Langar sevadars to get first-hand feedback on the facilities. The pilgrims expressed satisfaction with the arrangements and lauded the administration's proactive approach.

The Chief Secretary was accompanied by Secretary Science & Technology, Dr. Shahid Iqbal Choudhary; DG Rural Sanitation; SSP Ganderbal; ADC Ganderbal; Camp Director Baltal and other senior officers from the civil and police administration.

Panjvaktar Mahadev Mandir to celebrate Sawan Mahotsav 2025 with weekly Bhajan Sandhyas

■ STATE TIMES NEWS
JAMMU: Marking the auspicious month of Sawan, the ancient Panjvaktar Mahadev Mandir is all set to revive a cherished spiritual tradition through Sawan Mahotsav 2025, which will feature a series of Bhajan Sandhyas every Monday throughout the month.

This was announced during a press conference held at the temple premises earlier today.

Commencing from 14th July 2025, these sacred gatherings aim to restore the temple precincts as a vibrant hub for devotional music and classical dance. The Mahotsav stands out as the only festival of its kind in the "City of Temples."

The press conference was graced by several distinguished personalities and cultural contributors, including Suresh Kumar Sharma, Retired Sessions Judge and Receiver, Panjvaktar Mahadev



Receiver Panjvaktar Mahadev Mandir, Suresh Kumar Sharma briefing media.

Mandir; noted singers and musicians Ashutosh Sharma and Pankaj Pradhan; Sanjay Tickoo, Retired Senior Architect; Deepak Kumar, Founder and Director Rangyug; Anil Gupta, Ashish Sharma, and a large number of prominent devotees and cultural patrons from Jammu.

As part of this cultural and spiritual revival, renowned national artists will perform soulful bhajans rooted in Indian classical music traditions.

The evenings will also feature graceful Kathak dance performances by Dr. Priya Dutta and her disciples from the esteemed Nrityanjali Academy.

To further enhance the spiritual experience, Vidarthi (students) of the Panjvaktar Mahadev Ved Pathshala will recite sacred Vedic chants. These devotional evenings will be enriched by the musical brilliance of eminent accompanists: S. Amarjeet Singh (Violin),

Sh. Parshotam Kumar Ji (Pakhawaj), Sh. Rakesh Anand (Flute), and Sh. Vinay Ji (Tabla), whose collective talent promises to create a mystical and immersive musical atmosphere.

The Panjvaktar Mahadev Mandir, one of Jammu's oldest and most revered temples, holds immense historical and spiritual significance. It is believed to have been visited by spiritual luminaries Adi Shankaracharya and Guru Nanak Dev Ji,

and remains a living testament to the region's devotional and cultural heritage. The temple continues to serve as a sacred space for cultural and spiritual revival.

Traditionally, the month of Sawan draws large gatherings of devotees and music lovers to the temple. This year also, Shri Suresh Kumar Sharma, along with the Mandir's Cultural Committee, extended a warm invitation to all residents of Jammu and devotees across the region to attend these spiritually enriching evenings.

"We urge the people of Jammu and devotees everywhere to join us in large numbers for these sacred Bhajan Sandhyas," stated Suresh Sharma. "Immerse yourself in the divine atmosphere, experience the revival of our glorious traditions, and be part of creating spiritually uplifting moments during this holy month."

■ STATE TIMES NEWS
JAMMU: Devyani Rana, Vice President of Bharatiya Janata Yuva Morcha Jammu and Kashmir UT (J&K BJYM), undertook the sacred pilgrimage to the Shri Amarnath Ji shrine and paid obeisance at the holy cave.



Her visit comes during the auspicious month of Shravan, a period revered in the Hindu tradition as especially sacred for the worship of Lord Shiva.

Rana described the experience as deeply spiritual and profoundly humbling.

"There are moments that remind us of who we are, where we come from, and what connects us as a people. This yatra is one such moment. To walk the path so many have walked in devotion, along with feeling the energy of prayer; is both

grounding and uplifting," she said.

The month of Shravan is marked by devotion, fasting, and prayers dedicated to Lord Shiva. It is traditionally during this sacred period that the Shri Amarnath Ji Yatra draws lakhs of pilgrims from all over the country, united in faith and purpose.

Rana lauded the Shri Amarnath Ji Shrine Board, administration, and security

forces for their exceptional coordination and unwavering dedication to the safety, comfort, and well-being of the pilgrims. "From various facilities to logistical support, every detail has been thoughtfully planned and executed." She noted.

As the yatra continues through the holy month, Rana urged devotees from across India to join the divine pilgrimage.

Erring FBOs fined Rs 35,000 by Food Safety Department

■ STATE TIMES NEWS
SRINAGAR: In order to ensure safe and hygienic food to consumers, a special drive has been initiated by the Department of Food Safety in Kashmir Division.

During the drive, the enforcement officers from intelligence cum legal cell and concerned districts inspected various paaneer manufacturers in Village

Nowgam of district Pulwama besides butchers and restaurants in main town Baramulla.

In the pursuit, various Food Business Operators (FBOs) were found violating sanitary and hygienic requirements of Food Safety and Standards Act and an amount of Rs 35000 was recovered as fine from them.

Moreover, some non-food

grade utensils were destroyed on the spot and food business operators were directed to maintain high standards of hygiene within their premises.

The food business operators were also directed not to sell any stale or perished food items which shall attract strict action as per the provisions of Food Safety and Standards Act which may

include imposition of heavy fine and imprisonment also.

Also, an awareness program for butchers was conducted in main town Baramulla in which they were made aware about the Good Hygienic Practices to be adopted within their premises.

The drive against processing and sale of food articles under unhygienic

conditions shall be intensified in coming days.

Commissioner Food and Drugs Administration Smita Sethi has impressed upon the enforcement officers of the department to be vigilant and to adopt proactive approach for ensuring safe and wholesome food to consumers.

In case of any complaint, consumers can dial toll free number 104.



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