30th July 'NISAR' launch to upscale ISRO's international collaborations: Dr Jitendra

NEW DELHI: Union Minister Dr Jitendra Singh said here today that the 30th July "NISAR" launch from Sriharikota will upscale ISRO's international collaborations.

Briefing the media, the Minister for Science and Technology disclosed that the much-anticipated launch of the NASA-ISRO Synthetic Aperture Radar (NISAR) satellite mission is scheduled for July 30, 2025 at 17:40 hrs from the Satish Dhawan Space Centre, Sriharikota. As the first joint Earth observation mission between the Indian Space Research Organisation (ISRO) and the United States' National Aeronautics and Space Administration (NASA), the event marks a defining moment in the journey of Indo-US space cooperation as also in ISRO's overall international collaborations, he

The mission will be launched aboard India's GSLV-F16 rocket.

Dr. Jitendra Singh, who has been monitoring the mission closely, said the launch reflects the maturing of strategic scientific partnerships and India's emergence as a credible global player in advanced Earth observation systems. While expressing his wish to be physically present at Sriharikota to witness the historic event, the Minister acknowledged that the ongoing Parliament session may hold him back in Delhi.

"This mission is not just about a satellite launch-it is a moment that symbolises what two democracies committed to



science and global welfare can achieve together. NISAR will not only serve India and the United States but will also provide critical data for countries around the world, especially in areas like disaster management, agriculture, and climate monitoring," said Dr. Jitendra

Dr Jitendra Singh further noted that this mission lives up to Prime Minister Narendra Modi's vision of India becoming a 'Vishwa Bandhu'-a global partner that contributes to the collective good of

The NISAR mission combines the technological expertise of both agencies. NASA has contributed the L-Band Synthetic Aperture Radar (SAR), a high-rate telecommunication subsystem, GPS receivers, and a deployable 12-meter unfurlable antenna. ISRO, on its part, has provided the S-Band SAR

modate both payloads, the GSLV-F16 launch vehicle, and all associated launch services. The satellite weighs 2,392 kg and will be placed in a sun-synchronous orbit, offering repeat imaging of the entire Earth's land and ice surfaces every 12 days.

From an applications standpoint, Dr. Jitendra Singh highlighted that NISAR's capabilities extend well beyond traditional Earth observation. "It will allow continuous monitoring of ecosystem disturbances and help assess natural hazards such as earthquakes, tsunamis, volcanic eruptions, and landslides. It will track even subtle changes in the Earth's crust and surface movement. Importantly, the satellite's data will also be used for sea ice classification, ship detection, shoreline monitoring, storm tracking, crop mapping, and changes in soil moisture-all of which are vital for governments, researchers, and disaster management agencies," he said.

A key feature of the mission is that all data generated by NISAR will be made freely accessible within one to two days of observation, and in near real-time in case of emergencies. This democratization of data is expected to support global scientific research and decision-making, especially for developing countries that may not have access to similar

Notably, the NISAR mission is the first time a GSLV rocket is being used. to place a satellite in sun-synchronous polar orbit, signalling ISRO's growing

diverse space missions. The dual radar pavload aboard NISAR will employ SweepSAR technology for high-resolution, all-weather, day-and-night imaging of the Earth's surface with a wide swath of 242 kilometres.

Dr. Jitendra Singh also underlined the importance of Earth observation missions in the context of climate resilience and sustainable development. "Missions like NISAR are no longer confined to scientific curiosity-they are instrumental in planning, risk assessment, and policy intervention. As climate change impacts intensify, timely and accurate data from satellites like NISAR will be indispensable for governments to act proactively," he said.

While the mission has seen a long gestation period of over a decade and a joint investment exceeding \$1.5 billion, the payoff in terms of global utility and technological advancement is expected to be transformative. The launch of NISAR is being closely watched by agencies, environmental researchers, and policymakers world-

As the countdown to July 30 begins, Dr. Jitendra Singh reiterated that India's space programme under the guidance of Prime Minister Modi is steadily transitioning from traditional utility-based missions to those that position the country as a knowledge contributor to the global commons. "NISAR is not just a satellite; it is India's scientific handshake with the world," he said.



Drug peddlers must be treated as anti religion & community by civil society: Zorawar

STATE TIMES NEWS

JAMMU: In a powerful display of unity and determination, students from various colleges affiliated with the University of Jammu gathered on Sunday at Team Jammu's head office in Shakti Nagar.

The event marked a significant step in the fight against the rising drug menace in Jammu and Kashmir, as students pledged their full support to raise awareness and actively participate in community driven anti-drug campaigns.

This youth-led initiative, sup-



students at a programme.

Empowering Health: crucial role of lifestyle and behavioral choices in preventing CVD: Dr Sushil hol use, and managing body

■ STATE TIMES NEWS

JAMMU: In view of the ever increasing incidence of cardiac ailments and lifestyle diseases Head Department Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness cum health Checkup camp at Sidh Peeth Khaatushyam Hanuman Dham, Badyal Qazian, R S Pura Jammu for educating masses regarding the importance of primary prevention in decreasing mortality and morbidity associated with cardiovascular diseases

While interacting with the people, Dr Sushil stated that Cardiovascular Diseases (CVD) remain the leading cause of mortality worldwide, posing immense challenges to public health. Increasingly, scientific research underscores the significant role of lifestyle and behavioral factors in determining cardiovascular risk, often surpassing genetic predisposition and other nonmodifiable elements.

By synthesizing findings from recent articles published in Circulation, it becomes

HoD Cardiology GMCH Jammu Dr Sushil Sharma with team examining patients. apparent that a proactive approach emphasizing healthy habits offers immense potential in mitigating cardiovascu-

lar risk and saving millions of

He elaborated that growing body of evidence connects certain lifestyle behaviors with markedly reduced risks of hypertension and heart failure. Drawing on data from the longitudinal Nurses' Health Study II, researchers identified six pivotal lifestyle factors: maintaining a healthy body mass index (BMI < 25kg/m²), consuming a low-sodium diet rich in fruits, vegetables, and low-fat dairy products, engaging in an average of 30 minutes of vigorous exercise daily, moderate alcohol consumption, infrequent use of nonnarcotic analgesics (less than once per week), and regular folic acid supplementation (?400 μ g/day). Adherence to these habits correlated with a substantially lower incidence of self-reported hypertension, suggesting that cardiovascular risk is highly modifiable through deliberate lifestyle

He added that beyond individual habits, broader behavioral patterns emerge as the number one factor driving premature death, outpacing

genetic, social, and environmental contributors. The American Heart Association (AHA) has distilled these critical behaviors into "Life's Simple 7": avoiding cigarette smoking, controlling hypertension, preventing obesity, engaging in regular physical activity, maintaining healthy blood glucose and cholesterol levels, and following a nutritious diet. The preventable death toll linked to each factor is staggering-smoking alone claims 465,000 lives annually, while hypertension and obesity account for 395,000 and 216,000 deaths, respectively. Collectively, these patterns

offer a clear roadmap to reducing CVD burden on both personal and societal levels, He

Dr Sushil Sharma in his concluding remarks called for action for Healthier Living. Our daily choices wield immense power over our cardiovascular health. While genetics cannot be altered, lifestyle and behavioral interventions offer a practical and effective route for securing better health outcomes and extending life expectancy. Adopting a balanced diet, prioritizing regular exercise, avoiding harmful substances like tobacco, moderating alcoweight are not just individual preferences; they are lifesaving decisions supported by robust scientific evidence. As healthcare systems and individuals alike seek to confront the rising tide of cardiovascular disease, there is no intervention more accessible or more effective than cultivating healthy behaviors starting today.

Management Committee of the Dham Narinder Dass and Sitaraman Dass appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health Check up camp in their area shows their heartfelt gratitude.

Others who were part of this camp include Dr Venkatesh Yellupu , Dr Dhaneshwer Kapoor and Dr Neeraj Kumar Mishra. Paramedics and Volunteers include Kamal Sharma, Ranjeet Singh, Raikumar, Gouray Sharma, Paramveer Singh, Makhan Sharma, Maninder Singh, Sanjay Singh, Shubham Sharma, Rajinder Singh, Vikas Kumar and Nirvair Singh Bali.

ported by Team Jammu, aims to mobilize students across the region to educate their peers, engage in outreach efforts, and play an instrumental role in steering society away from the grip of addiction. Zorawar Singh Jamwal, Chairman, Team Jammu, lauded the students for their commitment and expressed hope for a united front against drug menace.

"This day marks a turning point in our ongoing battle against the drug menace. These students are not just supporters they are torchbearers of a movement that aims to educate, uplift, and protect our youth. Their commitment to creating awareness and driving positive change gives us renewed hope that together, we can steer Jammu and Kashmir toward a brighter, drug-free future," he said.

Zorawar emphasized the need for an uncompromising approach "There shall be no mercy for drug peddlers, big or small, regardless of their religion, community, caste or rich background. Crime has no religion, and those who destroy lives through drugs must be held accountable for their actions. When drugs enter

your home, they don't see your religion they simply destroy whole backbone. That's why we must all take responsibility, stay alert, and act before it's too late. If we don't stand up to protect our families and future generations, no one else will."

The initiative will also empower students to become grassroots ambassadors for a drug free society, engaging in campaigns across educational institutions and local communities. Their involvement is expected to amplify Team Jammu's efforts and foster a cultureofawareness. resilience, and collective responsibility.

Team Jammu chief reaffirmed its commitment to eradicating the drug threat while promoting the cultural and social integrity of Jammu and Kashmir. The active engagement of students is expected to play a pivotal role in shaping a healthier, safer future for the region.

Among others present in meeting included Tanishq Singh Rathore, Aman Sharma, Raghav Jamwal, Lovish Charak , Kunal Sharma , Abhishek Kumar and Sachin

Pakistan has done enough to disturb peace & stability in J&K even after 1947 and UNO has failed to make Pakistan behave

Pakistan has run away from 1972 Shimla Agreement

Iron is hot & Pak is weak-Time for NDA-III to Prove Dr Farooq wrong by getting POJK vacated

DAYA SAGAR

r. Farooq Abdullah , 3 times J&K Chief Minister , has often dragged his self into controversies, some have accused him even 'anti national 'when ever he has during his public addresses & media interviews suggested that in his opinion the only possible solution as regards the areas of Indian State of J&K that have been occupied illegitimately by Pakistan would be converting the LOC into Indian borders arguing that otherwise he does not see any end to the 7 decades old turmoil unrest in which people of J&K are living or let there be any other solution that could be achieved without any further delay. Dr. Farooq Abdullah has at occasions also made reference of suggestions that transpired between him and the then Indian PM Sh. Atal Behari Vajpayee ji

But even if some solution of the type is considered by the Government of the day still unless the Parliament is involved no any territory of indian state of J&K can be given to some other country and that should not be done.

Right through 1989 till 14 February 2019 militant attack on the CRPF convoy near Pulwama (J&K) where in more than 40 Indian jawans were martyred it has been the considered opinion of Government of India that Pakistan has been and is acting against Indian interests by diplomatically and materially supporting the militant & separatists for inflicting material as well as ideologically damages in the Indian state of J&K including inflicting atrocities also on the people of J&K living in the areas occupied by Pakistan since 1947/48 and the most brutal/ inhuman killing of tourists on



A Look through the Mist Part-II

22 April 2025 in the Pahalgam valley by 'nomination' has to been seen as engineered/ tailored /sponsored by Pakistan.

After the 14th February 2019 attack

on CRPF convoy the emotions in India ran very high and even the Government had initiated a surgical strike involving Indian Airforce destroying huge militant installations / camps across LOC in Balakot Pakistan. Indian people and all the parties in opposition too had put their weight behind Government of India for any course that the government may deem fit for action against Pakistan/ militants and as regards the areas of Indian state of J&K as occupied by Pakistan by aggressions. But in the interest of International peace GoI did not adopt the military means to retrieve Indian territories even in 2019. But now when Operation Sindoor was launched against the militant camps/ training hubs / hides in Pakistan on 6th /7th May 2025 that too was with clear policy that no civilian population across LOC/IB should be harmed and even the operation was temporarily halted on the request of DG Military Operations Pakistan in the afternoon of 10th May when people of India were hoping that this Pakistan will be taken to task and even the POJK areas too would be retrieved.

Going by the claims / indicators that have come from the government now after launch of Operation Sindoor Pakistan Government has-been more pushed to the wall by the policies of the





present India government as well as by the response / support that has been there from all Indian community.

The assessments and information that has been shared in media in 2025 with the reference of government of India sources / or as claimed to be assessed by GOI about the political/economic/military status of Pakistan has been that the Pakistan economy is shattered, Pakistanis also less equipped to bear the brunt of a full attack if done by India and the 'democratic' Pak Government was just a puppet of Pak Army. No doubt earlier even 16th November 2017 then Union Minister Hansraj Ahir had said on the

sidelines of function in Delhi that Pakistan-occupied-Kashmir is a part of India and if we try to get PoK back, no one can stop us because it is our right. One would ask why did not India government execute her right for getting 'Indian' lands vacated by Pakistan

And now after six years it was on 22 April 2025 that Militants killed 25 Indian tourists and a local in a tourist spot around Pahalgam in broad day light after taking the religious identity of those who were are adult males. Whole India nation was in shock and came at the back of Government of India for strong action against

Pakistan, many even hoped that India may use the occasion for retrieving some of the POJK areas (some senior ministers also from the Union too had been making statements on POJK areas and their retrievals in the recent past) and completely dismantling the terrorist camps in POJK/ Pakistan territory. No doubt Indian defence forces launched Operation Sindoor on 6th/7th May inflicting heavy damages on the anti India camps / militant barracks through air strikes but the Indian forces did not go for any common man damage thereafter even when the Pakistan forces resorted to heavy gun/ drone attacks on the LOC/ Borders in J&K causing losses to men/ materials in civilian Poonch/ Rajouri areas but Indian forces except attacking some Pakistan defence force bases still even then did not go for regular attack and it was on 10th May that India accepted a ceasefire (temporary suspension) request received by Indian DGMOs from Pakistan side through Pakistan

Government of India has in very plain words said that Operation Sindoor has been suspended temporarily and in case any attempt to violate peace in Indian areas is made by Pakistan the action against Pakistan will resume with any pre warning and would be very very damaging on Pakistan. No dialogue with Pakistan except militancy. India has even suspended the IWT 1960. Pakistan too has said that Shimla Agreement 1972 no more binding for Pakistan.

So, going by all that the people of J&K are in more of confusions since over 77 years and have been lost in turmoil / local conflicts / political gimmicks / era of myths & controversies /

LOC/ IBs. The Families displaced from the areas of J&K occupied by 'Pakistan' in 1947/48 (POJK DPs) are waiting for their return since they have not been considered as refugees & and are also not paid claims for the properties / c left behind . It appears to be now the appropriate time for Government of India to : (i) Issue a final call on Pakistan to immediately withdraw her forces/ people from the areas of Indian 'state' of J&K, by a particular date, that have been illegally occupied after 1947/48 otherwise no option will be left with India than to get vacation by other possible means including militarily action (ii) Inform UN Security Council that it has been now more than 7 decades since India requested UNSC to prevail upon Pakistan to vacate the illegally occupied areas of Indian state of J&K but still no result has come, instead Pakistan has waged direct & wars on India at occasions after that, and hence India is asking, in the interest of peace, Pakistan to withdraw her forces by a particular date since India cannot afford to wait for more time as the POJK areas are being also used by some forces under the patronage of Pakistan to disturb peace / stability including Indian state of J&K through militant / terrorist/ separatist activities; and the continuing conflict is consuming our material, emotional and operational energies which could be used for our constructive purposes (iii) Use open force in case Pakistan does not respond favorably in the given immediate time: even Operation Sindoor is live. (The writer is Sr Journalist & ana-

lyst of J&K Affairs)