

LG joins citizens in Walkathon to celebrate Har Ghar Tiranga Utsav in Srinagar

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SRINAGAR: Lieutenant Governor Manoj Sinha on Sunday joined thousands of citizens from all walks of life in a Walkathon from Lalit Ghat to Botanical Garden to celebrate the 'Har Ghar Tiranga' Utsav.

It's a new dawn of hopes and dreams, said the Lt Governor.

The Lt Governor congratulated the organizers and participants of the Walkathon which saw a massive participation of people from all walks of life.

Speaking on the occasion, the Lt Governor recalled the words of Mahatma Gandhi delivered at the Tank Maidan, Mumbai on August 08, 1942 which inspired the people all across the country to overthrow British rule. Today our walkathon is a symbol of the resolve and struggle of Mahatma Gandhi, it is a symbol of penance and supreme sacrifice of the brave



Lieutenant Governor Manoj Sinha along with others participating in walkathon on Sunday.

soldiers of our army, police, paramilitary forces, he added.

Azadi Ka Amrit Mahotsav provided us with an opportunity to inspire future generation by making them aware of the invaluable contribution of our heroes and martyrs, the Lt Governor said.

Addressing the veterans of 1971 war present during the walkathon, the Lt Governor said I

salute all those who have laid the path of progress and prosperity of Jammu & Kashmir and are keeping the nation safe and secure.

Remembering our heroes ignites new ideas and rekindles the spirit of public awakening. This Walkathon is a tribute to our security forces, freedom fighters, and also a symbol of our resolve to build a self-reliant Jammu and

Kashmir, he further added.

We have to take the story of our freedom fighters to the new generation and bring alive the memory, the ideals of the personalities who made significant contributions in the freedom struggle and also pay our tributes to the unsung heroes of India's Independence, said the Lt Governor.

The Lt Governor urged all to take inspiration from our forefathers, who had made significant sacrifices to provide us a free and independent nation, while fulfilling our obligations towards the future of the golden Jammu and Kashmir of 2047.

The Lt Governor said J&K is scripting history in every sector. Unprecedented performance in various parameters has been recorded, improving the standard of living of every citizen with equality and social justice.



Tiranga Tractor rally taken out to mark Azadi Ka Amrit Mahotsav

BJP Govt taking steps for improving conditions of farmers: Sukhnandan

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JAMMU: In connection with celebration of Azadi Ka Amrit Mahotsav, former minister and senior BJP leader

Choudhary Sukhnandan Kumar on Sunday organised massive Tiranga tractor rally in Marh block, wherein over 400 tractors, bikes and other vehicles participated.

Villagers from adjoining villages also participated in rally to convey gratitude to Prime Minister Narendra Modi for selecting a former (kissan) for the post of Vice President.

The Tiranga tractor rally was an impressive eve moment as large number of women, children from all adjoining villages participated to show their respect for the Nation. Sukhnanda said, "All the people in J&K are participating in Har Ghar Tiranga campaign also and this invokes sense of patriotism among the countrymen especially the youth.

Addressing a gathering



Senior BJP leader, Ch. Sukhnandan Kumar leading tractor rally in Jammu.

before the start of Tiranga Tractor rally from Marh to Gajansoo, Sukhnandan said, "Under the leadership of our visionary PM Narendra Modi, the results of all-round efforts made by the Union Ministry of Agriculture and Farmers' Welfare in the last eight years are being reflected in the society. Many innovative steps have been taken by the ministry in the form of initiatives, schemes and programs that are playing a

major role in improving the conditions of farmers, Sukhnandan said.

Urging the people to unfurl Tricolour at their rooftops and business establishments this Independence Day to show solidarity towards the country, the senior BJP leader Sukhnandan Kumar said that the greatness of India is its 'Unity in Diversity' and the National Flag is the symbol of this unity.

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JAMMU: Keeping up the tradition of holding cardiac awareness as well as screening camps Department of cardiology under the guidance of Dr Sushil Sharma held a day long camp at Gurudwara Singh Sabha, Simbal Camp, R.S Pura Jammu with focus on to screen the people for cardiovascular diseases and other health ailments. Besides people were educated in detail about the role of diet in prevention of cardiac ailments and adopt a healthy and sustainable lifestyle.

While interacting with the people Dr Sushil Stated that Evidence shows the effectiveness of healthy dietary patterns and lifestyles for the prevention of CVD. Furthermore, the rising incidence of CVD over the last 25 years has become a public health priority, especially the prevention of CVD (or cardiovascular events) through lifestyle interventions. Current scientific evidence shows that Western dietary patterns compared to healthier dietary patterns, such as the 'Mediterranean diet' leads to an excessive production of pro inflammatory cytokines associated with a reduced synthesis of anti-inflammatory cytokines. In fact,



Dr Sushil Sharma, HoD Cardiology interacting with patients during a medical camp in Jammu.

dietary intervention allows better combination of multiple foods and nutrients. Therefore, a healthy dietary pattern shows a greater magnitude of beneficial effects than the potential effects of a single nutrient supplementation.

Heart disease results from the narrowing of the arteries that supply the heart with blood through a process known as atherosclerosis. Fatty deposits (or plaque) gradually build up on the inside of the artery walls, narrowing the space in which blood can flow to heart. To reduce heart disease risk, follow these heart healthy eating patterns

recommended by the Heart Foundation, Eat plenty of whole-grain, fruit and vegetables Include a variety of healthy protein sources especially fish and seafood, legumes (such as beans and lentils), nuts and seeds. Smaller amounts of eggs and lean poultry can also be included in a heart healthy diet. Consume unflavoured milk, yogurt and cheese. Those with high blood cholesterol should choose reduced fat varieties. Make healthy fat choices with nuts, seeds, avocados, olives and their oils for cooking. Add herbs and spices to flavour foods, instead of adding salt, he Added.

Independence Day Greetings to All Fellow Citizens on Completion of 75 Years of Freedom

Coming 25 years of 'Amrit Kaal' to be 'Kartavya Kaal' of every citizen Let us build together India of our freedom fighters' dreams

“On the occasion of the Independence Day, grateful Indians bow to their countless freedom fighters. As the champion proponents of freedom had joined hands for the cause of independence, in the same way, we have to unite for the development of the country.”

- Narendra Modi

Watch live telecast of the Independence Day ceremony from the ramparts of the Red Fort on Doordarshan from 6:25 a.m. onwards

#HarGharTiranga

