

Dr Jitendra releases national Science monthly magazine in Dogri

■ STATE TIMES NEWS

JAMMU: Union Minister, Dr Jitendra Singh on Sunday formally released the Dogri language version of national Science monthly magazine published by the Ministry of Science & Technology, Government of India, at Brigadier Rajinder Singh Auditorium in the University of Jammu. He also announced that the Kashmiri language version of the same magazine will be launched soon.

Speaking on the occasion, Dr Jitendra Singh said that Prime Minister Narendra Modi strongly favours use of vernacular languages for promoting science communication and also to provide a level playing field to every aspiring youth to compete in science without facing any disadvantage on account of ignorance of English or Hindi languages. He pointed out that of late, there are many youth in different streams who have topped in the All India competitions after doing their graduation in their mother tongue and cited the example of one of the five toppers in IAS/Civil Service Exam few years ago who had done his entire education upto BA in Telugu medium.

Vice Chancellor University of Jammu, Prof Umesh Rai, Vice Chancellor Central University Jammu Prof Sanjeev Jain,



Union Minister Dr Jitendra Singh speaking after releasing Dogri language version of national Science monthly magazine at University of Jammu, on Sunday.

Director IIM Jammu Prof B.S. Sahay, Director IIT Jammu Prof Manoj Gaur, Director AIIMS Jammu Dr Shakti Gupta, former Vice Chancellor Prof Manoj Dhar as well as senior members of academic faculty and students were present on the occasion. Among the prominent scholars and writers of Dogri language were Prof Lalit Mangotra, Prof Sushma Sharma HoD PG Department of Dogri, Jitendra Udhamपुरi and others. All of them profusely thanked and appreciated Dr Jitendra Singh for providing the academic community this dual gift of science and Dogri.

The Minister said, in a technology driven world of knowledge and progress we owe it to the youth of this country to provide them with appropriate curriculum, literature and options to study Science in the language of their choice and be able to compete with the students of English or Hindi

medium.

He said, Prime Minister Narendra Modi's strong conviction in this regard is borne out by the fact that after the historic decision of 5th August, 2019, Jammu and Kashmir became the only UT/State in the country to have five official languages i.e. English, Hindi, Urdu, Dogri and Kashmiri.

While it is an established fact, said Dr Jitendra Singh, that language has no correlation with excellence in Science and countries like Russia, Japan and China have risen to be the first line leaders in scientific progress without the knowledge of English language, the contradiction in India is that for nearly two centuries we followed Lord Macaulay's policy of education as a result of which all the important textbooks and literature in science is available and read mostly in English language. In this regard, he solicited the help of science-

knowing Dogri scholars to help translate the English language science textbooks into Dogri language without compromising the essence and meaning of expression.

Dr Jitendra said, in the next 25 years of Amrit Mahakal when India rises to the world pedestal, this will be primarily on the strength of our scientific prowess and capacity of our StartUps who will be essentially technology driven. It is therefore equally important to focus on the scientific capacity-building of StartUps and youth in the age group of 30s who have another 25 active years to contribute till the year 2047 and whose scientific potential can be utilised to the maximum extent, regardless of which language they speak or read, he said.

Dr Singh said, PM Modi's special thrust on promotion of Science and Technology is fully visible in revolutionary decisions like unlocking of

Space Sector for private players, joint ventures in Atomic Energy initiatives and ably amplified in 75,000 Startups with 100 Unicorns in a very short span of time.

The Minister said, promoting Science communication and education in Indian languages is one of the key focuses of the present government and the efforts are on to make available science textbooks in vernacular languages to the students, He said, a group of resource persons has been tasked in this mission.

Dr Jitendra thanked the Post Graduate Department of Dogri language in University of Jammu and sought continuous support for effective translation of the science literature in Dogri language.

The Minister said, when the most advanced countries like Russia, Japan, Germany and China can have the best of science literature and projects in their mother tongues, India has also taken the lead to communicate modern science and technology in all the Indian languages. He said, our learning becomes deeper when we study in our mother tongue.

It may be recalled that in December, 2021, Dr Jitendra Singh released Science monthly magazine in Hindi, Urdu and English at CSIR, New Delhi.



Rural India witnessing unprecedented rise in metabolic syndrome: Dr Sushil



Dr Sushil Sharma and his team examining patients at a camp.

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AKHNOOR: Metabolic Syndrome is a strong predictor of Coronary Heart Disease (CHD). Studies in urban India have found about one-third of Indians suffer from Metabolic Syndrome. Less is known about the prevalence of Metabolic Syndrome in rural areas, where 70% of the population reside. There has been a striking increase in Metabolic Syndrome in rural populations with prevalence ranging from 16.8% to 28.6% among women. This finding is consistent with projections that cardiovascular disease is increasing and is projected to reach 13.5% among the rural elderly (60-69 years old) based on the rising prevalence of risk factors. The rate of diabetes, hypertension, overweight/obesity and alcohol use has increased significantly in both settings, but rural populations showed the worst trends for all risk factors.

In the rural areas, there was a trebling of diabetes and overweight/obesity, and a doubling of the prevalence of hypertension.

Given India's limited public health resources there is a compelling public health need for health promotion and preventive interventions to reduce the alarming rate of increase in CHD.

While the level of knowledge about modifiable risk factors among India's rural populations is largely unknown, studies in the general population have found low knowledge about heart disease and its determinants.

Keeping all these trends and figures in mind, Department of Cardiology SSH Jammu under the guidance of Dr Sushil Sharma conducted outreach camp at Brahman Sabha, Akhnoor with a aim to screen the people for cardiovascular diseases and simultaneously create awareness among the masses to adopt measures to reduce the metabolic disease which is a direct proportionate of cardiovascular disease.

All this has been possible with the combined efforts of a medical team which included Dr Nasir Ali (Cardiologist) and Dr Dhaneshwer Kapoor. Paramedics and Volunteers included kamal Sharma, Raghav Rajput, Rajkumar, Maqsood Ahmed , Ranjeet Singh, Aman Gupta , Harvinder Singh and Akshay Kumar .

About 150 people were screened for diabetes, hypertension and cardiac ailments and those found positive were advised further evaluation and provided supportive treatment free of cost.

Members of the Jammu and Kashmir Specially Abled welfare

Trust Sushil Sharma (Chairman), Sham Lal (President) and Pawan Gupta appreciated the efforts of Dr Sushil and his team for conducting cardiac Awareness cum health check up camp in their area for the welfare of the society.

Dr Sushil Sharma in his concluding message told that more and more such camps will be organised in rural areas as the focus of cardiac ailments has now shifted from urban to rural areas and we also need to keep ourselves one step ahead in educating masses and make them understand the very basic concept of primary prevention of cardiac ailments which is feasible only by organising such activities. Further he elaborated that there is an alarming rise in the prevalence of Metabolic Syndrome in rural areas that will eventually be reflected in increasing morbidity and mortality from heart disease. There is an urgent need to target interventions to rural women who appear to have the highest prevalence of cardiovascular risk factor. In this population, prevention strategies should target knowledge and management of serum cholesterol and high blood pressure, which are both treatable and represent the most common preventable risk factors in this population.

J&K Waqf Board seals many properties in Poonch for illegally sub-letting rented spaces

Warns for similar action throughout J&K

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POONCH: While continuing her visit to Pir Panjal division, Chairperson of J&K Waqf Board Dr Darakhshan Andrabi on Sunday inspected the rented spaces in Poonch and sealed many commercial properties on spot for illegally subletting the allotted rented spaces on more than twenty times higher rent to the third party.

Dr Andrabi was accompanied by the Chief Executive officer Dr Majid Jahangir, EXn and Administrator of the Board.

"We are probing the huge irregularities in allotment of Waqf spaces to political workers who have sublet the rented spaces illegally to third parties without the permission from Waqf Board. This subletting of rented spaces of Waqf are deemed criminal acts under newly implemented Central Waqf Act & soon sealing of all such spaces will be done throughout J&K state and every offender will be charged with the criminal proceedings by

Waqf in the Tribunal," said Dr Darakhshan.

At Poonch in another programme Dr Andrabi distributed relief-cheques to the needy.

She later visited many shrine complexes in Poonch & Surankote and took stock of the property management by local Waqf authorities there.

Dr Andrabi led a Tiranga Yatra in Eidgah of Surankote & appealed all to make the Har Ghar Tiranga movement a huge success.

Dr Darakhshan Andrabi addressed Waqf Conference in Dak Bungalow Surankote which was attended by Waqf administrators, all heads of Waqf departments, Imams & Khateeb and appealed all to rededicate themselves for retrieving the encroached and illegally occupied land of Waqf from political exploiters who have never governed J&K but looted every resource for more than seven decades.

Dr Andrabi said, "By the honesty of all of Waqf staff,

I expect that all donated money is deposited in Waqf accounts only and whoever advocates for or becomes the instrument for the loot of this donated money of the public will be handed over to law enforcing agencies straightway, we need to take stern steps to streamline the donation system at our shrines. Soon CCTV cameras will be installed at all major Waqf shrines, mosques & other assets."

Dr Andrabi said that the majority of the public was happy with the reformist steps taken by the Waqf Board in J&K but a few people driven by personal issues are opposing the change.

"We cannot allow exploitation of the resources of the Waqf Board anymore. Old record files of the Board are telling alarming takes of irregularities & everybody will face the legal action for every wrong doing & no influences will save any one found guilty," said Dr Andrabi.

CPR training workshop organised at Amar Singh Club



Dr Nandita Mehta and other dignitaries at CPR training workshop.

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JAMMU: A workshop on CPR Cardio Pulmonary Resuscitation was organised at the Health Zone of Amar Singh Club Jammu on Sunday.

Dr Nandita Mehta, in association with India Orthopaedic Association, and her team highlighted the need of Cardio Pulmonary Resuscitation in case of an emergency and how it can be responsible for saving precious human life in the absence of a qualified doctor. Dr Mehta also demonstrated the CPR Technique on a

human dummy and later the members of the Club were also made to practice the same on the Dummy.

Prominent among those present included the Secretary of the Amar Singh Club Anil Kapahi and the Executive members of the Club including Anil K Gupta, Anu Malhotra, Dr Vikram Handa, Dr Neerupam D Mahajan, Raman Gupta and Mr Vikram Puri among others.

The programme was appreciated highly by the Club members who attended it.

Govt contemplating to make J&K world-class sports hub

■ SHAKEELA ANDRABI

SRINAGAR: The government is trying to make Jammu & Kashmir (J&K) a sports hub, by introducing world-class infrastructure and a new sports policy for Union Territory. According to Sports Council of Jammu and Kashmir, around 500 athletes won medals in various games at the national level. There has been a massive change in sports infrastructure across J&K. Many new stadiums of international level have been built while

many others are being constructed in various districts of Union Territory. Sports Council of Jammu and Kashmir is pushing youngsters to take up sports. Kashmir Division has shown immense potential in national games in various sports. Hundreds of medals have been brought home by these young athletes in the national tournaments," said Sports Officer. "We get a lot of time to train. We won so many medals last year at national level, including 70

Gold, around 90 silver and 145 bronze. It is result of continuous efforts of all from last 3-4 years. A lot of changes have been made in the department," he informed. J&K also received a special 200-crore package and special sports festivals are being organised in every district of Union territory to look for budding talent in these areas for providing them necessary training to become professional athletes. "Youth of valley are happy about the changes in the

sports sector. Girls in large numbers are taking up sports and representing India at national and international events. Recently, twin sisters, Ayeera and Ansa Chisti, famously known as Chisti sisters from Kashmir, brought laurels to J&K by winning gold and silver medals in the 56 Kg weight category in International Wushu championship held in Georgia," he informed adding that during last two years, Kashmir athletes have proved their mettle. While Arif

Khan represented India at Winter Olympics in Beijing, Sadia Tariq won India a gold medal at Moscow Wushu Championship. Bilquis Mir, Director Water Sports, also became the first Kashmiri woman to act as a judge at Olympics. The government has also been supporting sports activities to keep youth away from drugs and other illegal activities. The youngsters who pick up sports not only make a name for them but also earn out of it besides inspiring others to a great extent.

Parmar takes holistic review of implementation of JJM, other schemes in Baramulla

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BARAMULLA: Principal Secretary, Jal Shakti, Ashok Kumar Parmar on Sunday visited Baramulla district and held a detailed appraisal of various schemes and programmes implemented by Jal Shakti Department here.

During the visit, the Principal Secretary convened a meeting with the senior officers of district administration at Dak Bungalow here, wherein he took a holistic review of the progress on implementation of Jal Shakti related schemes with special focus on the ambitious Jal Jeevan Mission (JJM). While assessing the progress on various schemes executed by the department, the Principal Secretary exhorted upon the concerned authorities to realize the mission well before the set timeline and assured every kind of administrative and other necessary support. He directed them to



Principal Secretary, Jal Shakti Deptt, Ashok Kumar Parmar during visit to Baramulla.

ensure that all the set parameters, envisaged in JJM, are properly followed in letter and spirit. On the occasion, Deputy Commissioner Baramulla, Dr. Syed Sehrish Asgar briefed the Principal Secretary about progress achieved in the implementation of JJM adding that various initiatives have been taken to achieve saturation in this regard. Meanwhile, the Principal Secretary paid a visit to Jetty Khawjabagh where he inaugurated the Dredging

Machine in presence of Deputy Commissioner and other senior functionaries of the administration. The inauguration of the machine is a step forward to ensure that the dredging of River Jhelum is carried out smoothly and in a timely manner.

The Principal Secretary also paid a visit to Johama Baramulla where he got the first hand appraisal of the water supply scheme that has been inaugurated recently.

Meanwhile, the Principal Secretary also visited Pattan where he took inspection of Jeelpora Bonichakul Water Supply Scheme (WSS) which is being developed at an estimated cost of Rs 5.27 crore, covering 5000 souls of the area. He directed the concerned agencies to ramp up the pace of work so that the project is timely completed.

Later, the Principal Secretary interacted with the PRIs who put forth their grievances and developmental aspirations before the Principal Secretary.

While interacting with them, Ashok Kumar assured them that all of their genuine concerns will be resolved on priority. He asked them to play a proactive role in the implementation of various welfare schemes at the grass root level as PRIs constitute a vital component in the administrative setup.

Make Sanskrit mandatory from class 1st onwards: Sham Lal

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JAMMU: To celebrate International Sanskrit Day, a grand function was organised by Shri Kailash Jyotish Avem Vedic Sansthan (SKJAVS) Trust on Sunday at Kisan Bhawan Gole Pully, Talab Tillo, Jammu. The function, which commenced with chanting of Vedic Mantras, was presided over by Padmashri Prof R K Sinha, Vice Chancellor SMVDU Katra, Prof J P Sharma and Sham Lal Sharma, former minister. DIG Shakti Pathak Director SSF Raj Bhawan, K K Sharma Director Agriculture Department Jammu, Prof Madan Mohan Jha, Director Central Sanskrit University, Shri Ranbir Campus Jammu, R K Chhibber Member Board of Directors J&K Bank and Arun Prabhat, BJYM J&K President were Special Guests on the occasion.

While speaking on the occasion,



Former Minister, Sham Lal Sharma lighting ceremonial lamp.

sion, Prof R K Sinha urged people to make maximum use of Sanskrit language both at home and outside. He regretted that Sanskrit language is getting least priority in our daily lives. Former Minister, Sham Lal Sharma said that community should make out all possible efforts to promote Sanskrit language, which is basic of all other languages. "In order to promote Sanskrit language, it should be made mandatory from class 1st onwards in schools so that students remain

attached with the language," said Sham Lal.

Others who spoke on the occasion included DIG Shakti Pathak, Prof J P Sharma, Mahant Rohit Shastri, Prof K K Sharma, Dr Udham Dass Sharma, Madam Mohan Jha and R K Chhibber. Meanwhile Dr Parbhat Kumar Mahapatra, Pardeep Dutta, Gourav Gupta, Seema Sehgal, Vinod Kumar, Parveen Sharma, Satpal Sharma, Jatinder Singh, Dr Sonali Abrol, Ranjeet Kalra, Surinder

Sharma, Rakesh Jamwal, Pardeep Sharma, Lalit Khajuria and Ankush Jamwal were felicitated on the occasion for their contributions towards promoting Sanskrit language and culture. Others present on the occasion included Advocate Pawan Khajuria, Pramod Sharma, Rakesh Gandotra, Pt Dev Dutt Shastri, Ankush Sharma, Chetan Wanehoo, Arun Parbhat Singh, Sat Pal Sharma, Dr Sanjay Sharma, Prof Sharat Sharma, Prof Pravat Kumar Mahapatra, Dr Yogendra Dixit, Anil Padha, Raj Kumar, Uttam Chand Sharma, Ajay Sharma, Nigam Gupta, Jagdev Singh Chhib, Mannohan Singh Jamwal, Vijay Sethi, Vijay Kumar Sharma, Somil Abrol, Rakesh Singh, Atul Sharma, Rajinder Sethi, Tilak Shastri, Makhan Lal Shastri, Bushan Shastri, Sanjay Shastri and Danish Mishra.