

‘Vikas Bhi Virasat Bhi’ our resolve to restore J&K’s past glory: LG

■ STATE TIMES NEWS

SRINAGAR: Lieutenant Governor Manoj Sinha on Sunday attended the Cultural Kaarvaan Virasat-2023, organized under the aegis of Ministry of Culture, J&K Academy of Art, Culture & Languages and J&K Tourism Department at Tagore Hall, Srinagar.

In his address, the Lt Governor welcomed the prominent artists and eminent writers, poets from across the country to Jammu Kashmir.

He said the three-day event symbolizes the rich culture, traditions and heritage of J&K UT.

"The fascinating culture of J&K crosses geographi-



Lt Governor Manoj Sinha addressing at Cultural Kaarvaan - Virasat 2023 at Tagore Hall, Srinagar.

cal and cultural boundaries and rules over the hearts and minds of art and poetry lovers. 'Vikas Bhi Virasat Bhi' is our

resolve to restore the past glory of Jammu & Kashmir," the Lt Governor said.

The Lt Governor lauded

the contribution of poets, writers and litterateurs in building a progressive society.

"The artists and eminent personalities of the literary world have always demonstrated their unshakable commitment to social equality. They should continue to encourage and motivate people to march on the path of development to build proud and prosperous J&K," he said.

The Lt Governor called upon every section of society to contribute in nation building with complete dedication and commitment.

Amrit Kaal is an oppor-

tunity to fulfill the hopes and aspirations of the people and the dream of a developed India. We should rededicate ourselves to promote our values, culture and art and move forward with the resolve to achieve the goal of inclusive development," he added.

On the occasion, the Lt Governor released the book authored by Dr Shabnam Ashai.

Padma Shri Prof Ashok Chakradhar; Dr. Syed Abid Rasheed Shah, Secretary Tourism Department; senior officers and eminent literary personalities were present on the occasion.

Chandrayaan to send information about Moon's atmosphere, soil, minerals etc: Dr Jitendra

■ STATE TIMES NEWS

NEW DELHI: Chandrayaan-3 mission is expected to send home information about Moon's atmosphere, soil, minerals etc which may be the first of its kind for the scientific community across the world and of far-reaching implications in the times to come, said Union Minister of State for Space, Dr. Jitendra Singh on Sunday, adding that the Vikram Lander and Pragyan Rover have started performing the Mission objectives exactly as per the schedule.

In an exclusive interview to a media agency, Dr Jitendra said, the main focus of the science payloads onboard Chandrayaan-3 is to provide an integrated assessment of the lunar surface features, including the thermal properties and surface elements of the lunar topsoil (regolith) as well as the plasma environment near the surface, he said. It will also assess the lunar seismic activities and the impact of meteors on the lunar surface. "All these are essential for the fundamental understanding of the lunar near-surface environment and for making future lunar habitat developments for explorations," said Dr Jitendra Singh.

Vikram Lander carries seismometer (ILSA), ChaSTE, Langmuir Probe (RAMBHA-LP), and a laser retroreflector array payloads and the Pragyan Rover carries Alpha Particle X-ray Spectrometer (APXS) and Laser Induced Breakdown Spectroscopy (LIBS) payloads.

"All these payloads are planned for continuous operations from 24th August 2023 till end of the mission," said Dr Jitendra. The Instrument for Lunar Seismic Activity (ILSA) will make continuous observations of the lunar seismic activities as well as the meteors impacting the lunar surface. ILSA is the first-ever seismometer sent to study the vibrations on the lunar surface at higher lunar latitudes.



Union Minister Dr Jitendra Singh in an exclusive interview with a national news agency on Sunday.

"These measurements will help us plan for future habitat developments by understanding the frequency of potential hazards from meteor impacts and seismic activities," said Dr Jitendra.

The ChaSTE (Chandra's Surface Thermo-physical Experiment) is another key instrument mounted on the Vikram Lander, said Dr Jitendra Singh. Ten high-precision Thermal Sensors, mounted on ChaSTE, will dig into the moon's top soil to study temperature variations. ChaSTE is the first-ever experiment to study the thermophysical properties of the first 10 cm of the lunar surface. Surface of the moon undergoes substantial temperature variations during the lunar day and night, with minimum temperatures of < -100 °C around the local midnight, and >100°C around the local noon. The porous lunar topsoil (having a thickness of about ~5-20 m) is expected to be an excellent insulator.

Because of this insulating property and absence of air, very significant temperature difference is expected between the top surface and interior of the regolith. "The low density and high thermal insulation of the regolith enhances its potential as a basic building block for future habitats while the assessment of the wide range of temperature variations are crucial for survivability," said Dr Jitendra. The study of the near-surface plasma of the

Moon and its time variations will be carried out by the Langmuir probe. RAMBHA-LP will be the first-ever in-situ observation of the near-surface plasma and its diurnal variation in higher lunar latitude, where the Sun elevation angle is less, said Dr Jitendra.

"These will help assess the lunar surface charging for future manned missions," he said.

The Alpha Particle X-ray Spectrometer (APXS) and Laser Induced Breakdown Spectroscopy (LIBS), mounted on the Pragyan, will make the measurements of lunar surface elements at the stop-points (once in about 4.5 hours) along the Rover track. These are first-ever in situ study of lunar surface elemental composition in the higher latitudes, said Dr Jitendra. "These measurements can make inference on the potential surface elemental compositions which will be helpful for future self-sustaining habitat developments," he said. Besides probe instruments mounted on the Lander & Rover, the Chandrayaan-3 Mission carries the Spectropolarimetry of Habitable Planet Earth (SHAPE) onboard the Propulsion orbit of the moon.

"It will help identify earth-like exoplanets in future," said Dr Jitendra Singh, adding, "The data will be made available to the students and general public after the initial analysis and consolidations.

Dr Jitendra Singh said that in the past nine years after the Prime Minister Shri Narendra Modi assumed office, been given the freedom to apply space technology to areas of infrastructure development. Dr Jitendra Singh said the ISRO will launch an awareness campaign across the country next month, mobilizing students and the common man in view of the huge interest witnessed in the Live telecast of Chandrayaan-3 Moon Landing.

Dr Andrabi attends ‘Mann Ki Baat’ listening session at Pulwama



JKWB Chairperson Dr Darakhshan Andrabi and others listening to PM's Mann Ki Baat at Rajpora in Pulwama.

■ STATE TIMES NEWS

PULWAMA: BJP District Pulwama hosted successful 'Mann Ki Baat Listening Session' with Waqf Chairperson & BJP National Executive Member Dr Darakhshan Andrabi at Rajpora Constituency in Pulwama district on Sunday.

Pulwama BJP President Mohammed Latief Bhat and many other BJP writers were present in the session.

During the session, Dr. Andrabi shared her insights on various topics, including development projects, community welfare, and regional growth. She said that Mann Ki Baat has touched the hearts of Indians during past nine years and it has emerged as a huge inspiration store house for Indians. "Mann Ki Baat is the most impressive platform where PM shares innovative ideas with all Indians and the country has got benefited from this historic program", said Dr Andrabi. The attendees had the opportunity to express their thoughts, concerns, and suggestions, fostering a sense of participation and inclusivity. The event underscored BJP's commitment to reach out to the people and take the programmes of the Modi led government to the grass roots everywhere.

This listening session serves as a testament to the BJP's dedication to fostering a platform for constructive conversations, ensuring that the voices of the citizens are heard and taken into account in the decision-making.



Healthy heart-Mantra for successful and healthy pilgrimage: Dr Sushil



Shri Shri 1008 Swami Vishwamanand Ji Maharaj inaugurating medical camp.

■ STATE TIMES NEWS

POONCH: Keeping in view the ongoing Holy pilgrimage of Buddha Amarnath Ji Yatra in Peer Panjal ranges Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long Cardiac awareness cum Health checkup camp in association with Municipal Council Poonch in loving memory of Sher-e-Poonch Late Yashpal Sharma (Former MLC), The man behind instrumental in maintaining peace and harmony among all religion in the valley and has played a phenomenal role in preserving and protecting the rich cultural and religious heritage of Poonch district.

The camp was organized at Shri Dashnami Akhara Mandir Poonch for masses with particular focus on pilgrims with cardiac issues.

The Camp was inaugurated by Shri Shri 1008 Swami Vishwamanand Ji Maharaj accompanied by Sunil Sharma (President MCP), Dr Sushil Sharma, Vinay Sharma (SSP Poonch), Sandeep Mehta in presence of Municipal Councillor Poonch Balwinder Singh, Naresh Kumar, Sanjay Khajuria and Mohinder Singh amidst Vedic invocations for universal peace and well-being.

More than 1500 individuals availed the health check-up services, including ECG, Lipid-profile, and Blood sugar tests. Free medicines were distributed as per medical advice.

The main aim of the camp was to screen and educate

people to follow healthy lifestyle in line with healthy heart so they can come for this holy pilgrimage again and again in coming years with hale and hearty health.

While Interacting with the people, Dr Sushil stated that Cardiovascular Diseases (CVDs) currently account for one in three deaths worldwide.

Around 80% of these deaths occur in low- and middle-income countries (LMICs) bringing a double burden of diseases to health systems that are already overstretched by communicable diseases.

The risk of developing CVDs is highly influenced by lifestyle-related factors such as a high consumption of unhealthy food, physical inactivity, tobacco use, and harmful use of alcohol. These disadvantageous health behaviors are becoming more prevalent in LMICs due to elevated exposures and limited preventive services.

He elaborated that Cardiac rehabilitation programmes involving lifestyle modification, psychological interventions, education, and counseling have been shown to limit the adverse physiologic and psychological effects associated with cardiac illness and enhance patient's quality of life.

He further told that religiousness has been shown to enhance self-esteem, generate positive emotions, and promote positive self-care practices by encouraging individuals to refrain from unhealthy lifestyle practices,

which in turn fosters well-being. Intrinsic religiousness, spiritual well-being, and attending to one's spiritual needs were related to better physical, mental, and emotional functioning. On the other hand, spiritual constraint and lower spiritual well-being were associated with poorer physical and emotional well-being.

He further added that worrying is the fact that heart diseases in India occur 10 to 15 years earlier than in the West.

With millions hooked to a roller-coaster and unhealthy lifestyle, the future does not look bright. The numbers don't look so good as compared to the West. In India 30-35% of heart attacks occur before the age of 45, compared to 4-10% in West. This is a reminder that one should not ignore warning symptoms just because they think they are 'too young' to have heart ailment, he said.

Others who were part of this Camp includes Dr Rahul Sudan (DM Gastro), Dr Balvinder Singh, Dr Pallavi Banotra, Dr Hemanshi Verma, and Dr Mohd. Azam.

Paramedics and volunteers includes Farooq Sheikh, Nirvair Singh Bali, Ahmed Raza Khan, Rohan Sharma, Vinkal Bali Fasir Aziz, Mohd Azam, Rajinder Singh, Aman Gupta, Vikas Kumar, Gourav Sharma, Nirjyote Singh, Pankaj Shergill, Yasir Arafat, Jatin Kapoor, Tariq Hafeez, Vikram Jeet Sharma, Harsh Bali, Jagjit Singh and Sumit Sharma.

Should not J&K G.O. No. Rev. (LB) 69 of 2011 be operative for issue of Dogra identity Certificate

■ DAYA SAGAR

Dogras have been recognised as warriors and the areas where they predominantly live have been named as Dogra region. Indian Army also has an infantry Dogra Regiment and regiment has been part of all the wars in which Indian defence forces have been engaged after independence and have remained one of the most decorated and prestigious regiments of the Indian Army. Dogras have also been described as an Indo-Aryan ethno-linguistic clan/ groups primarily living in Indian states of "Jammu & Kashmir" (predominantly areas of Jammu region including areas occupied by Pakistan), Himachal Pradesh , small part of some adjoining areas of Punjab and in some parts of north-eastern Pakistan. The region/ lands associated with Dogra are commonly recognised as Duggar. Dogri is ethnic language of Dogras and is named by some as a member of the Western Pahari group of languages which has several varietal styles but with lexical similarity. As per 2011 census Dogri was spoken by over 25 Lakh people in India and is included in the list of 22 scheduled Indian languages and is one of the 5 official languages of the union territory of Jammu and Kashmir: The Dogras are known warriors but are at the same time very simple , docile, unassuming , accommodating and caring people which may be the reason for their also being not eminently placed in history: No doubt the Dogra

Dynasty that finds identity with Maharaja Gulab Singh who during British times could have the distinction of establishing Jammu & Kashmir as the largest Princely State of British Indian Empire does have some well recorded identity.

No doubt some initiatives have been there to give some place vale to Dogra but they have been only occasional / not regular and with no perusal. Earlier it was Gulam Nabi Azad somewhere in 2007 who had talked of Dogriat but could not stand much with it. But then it was Raman Bhalla in April 2011 the then J&K Revenue Minister (ofcourse with the support of Omar Abdullah) had once again ventured into the subject in the name of Dogra Certificate for all the subjects of Jammu Division and had got issued (J&K Revenue Department Order No. Rev.(LB) 69 of 2011 dated: 25-03-2011 in that regard naming whole of Jammu Division as Duggar . Minister for Revenue Raman Bhalla advised the people of Jammu division to get Dogra Certificate for identity, residents of J&K (PRC) were eligible to get the Dogra Certificate, Tehsildar (Territorial) was competent to issue and above all residents of Jammu division irrespective of ethnicity, cultural background and mother tongue would be classified as Dogras (,provided their forefathers were residents of Jammu Division prior to 1944 / cut-off date of 1944 shall not apply to displaced persons from POJK). But this time it definition of Dogra had

pushed the then government into some 'regional' controversies , on the call of Sayeed Ali Shah Geelani a strike was observed in some parts of Kashmir valley from 2nd to 4th April 2011, even the Middle East's English language daily Arab News said on 8 April that March 25th 2011 Dogra Certificate order of J&K Government may stir unrest in Kashmir.

Defining all people of Jammu Region / Province (irrespective of ethnicity, religion, cultural background and mother-tongue) as Dogra is what appeared having disturbed "the players" ' of conservative political game since that was surely going to weaken the evil designs of those who are working to divide the people of Jammu Region / Division on communal lines. Some of the questions that I had asked then were like i. Why the objections to Dogra Certificate and demands for withdrawal of any orders / policy issued by J&K Government had particularly come only from some leaders belonging to Kashmir Valley ? ii Why there were not any impressive objections to calling whole of Jammu Division as 'Dogra' from any part of Jammu region or Ladakh region ? iii. Why do some leaders react when someone talks of Dogriat where as they themselves talk of Kashmiriat?

No doubt it was appreciable that still in 2011 the NC- Cong Government lead by



A Look through the Mist

National Conference had come up with the plan to officially identify all the permanent residents of Jammu Division of J&K from outside Kashmir Valley as Dogra. Some NC leaders belonging to Kashmir Valley did in low tones criticized the intentions of Revenue Minister Raman Bhalla but since they did not have much political base in Kashmir Valley. By then it were only the people of Kashmir Valley who were more known out side J&K and the basis / guidelines for issue Dogra Certificate was in a way going to disclose to the outside world that there is a large part of J&K known as Dogra extending from Kathua to Doda /Poonch/Rajouri/Mirpur lands of Jammu Division. The identity that would be given to residents of Jammu Division was atleast going to echo identity of oneness worth standing more firmly against the forces who may be there to weaken the socio religious ties amongst the simple & innocent Hindu and Muslim masses of Jammu Division.

What with otherwise pressures mounting and Jammu sambhag leadership remaining 'mum' the then Omar Abdullah led NC-Congress Government issued another Order under No. Rev (LB) 82 of 2011 Dated: April 7, 2011 informing that Dogra certificate will be issued to only those who wanted to apply for jobs in security forces for some relaxations in recruitment stan-

dards. It all did not end there. It was on April 22, 2011 that Union government order under the signatures of Director (Personnel) Ajay K Singh ordered that the relaxation in chest and height, which was earlier applicable to Kashmir; Leh and Ladakh will be applicable to residents of entire J&K State. And J&K Government referring the MOHA order in principle withdrew the orders of March 25, 2011 on April 28, 2011. But the 'Dogra' leadership from Jammu Division did not unitedly got retained the provision of obtaining the Dogra Identity certificate even if it did not deliver some advantage in employment / social benefits . J&K Revenue Department Order No. Rev.(LB) 69 of 2011 dated: 25-03-2011 should have been kept operative atleast Dogra Identity Certificate but that has almost remained an unknown identity after 2011.

A large number of Jammu Dogras believe in Islam as well. To be brief the Dogra Sambhag/region is bound on the north by the Pir Panjal Range of the middle Himalayas, in the south by Punjab, on the east by Ladakh and is bordering Pakistan.

The leaders from Kashmir valley so often talk of Kashmiriat and Kashmiri interests. They do not see any dangers to integrity of J&K when they see J&K only in 'Kashmiriat'. But when Minister in NC lead NC-Congress J&K Government Raman Bhalla talked of DOGRA identity

as whole Jammu Division , the Kashmiri leaders saw dangers to J&K. How funny some Valley leaders were even quoted as having said that Dogra Certificate was intended to divide J&K on Communal / ethnic lines. Whereas Raman Bhalla had named the people of Jammu Division (Jammu Province of erstwhile J&K State of Maharaja Hari Singh) whose elders were residents of J&K in 1944 as Dogras irrespective of the religion, ethnicity. But the then NC-Congress government surely needed support of all other parties to defeat the separatists and pseudo nationalist elements but it was not there . People should have kept on approaching the Tehsildars for issue of Dogra certificate atleast for DOGRA identity sake. The first Param Vir Chakra of Swarntra Bharat was also awarded to a Dogra from today's Himachal Pradesh PVC Major Som Nath Sharma. Demands have been regularly made over last one decade for honoring atleast the first Param Vir Chakra decorated soldier of Swarntra Bharat Maj Som Nath Sharma, a Dogra, by naming the Srinagar International Airport as PVC Maj Som Nath Sharma International Airport Srinagar; it is hoped that what the earlier J&K State Government could not do will surely be done by the present J&K UT Government.

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