

'BJP set to form Govt in J&K'

Modi Govt committed to fulfill its promises: Sukhnandan

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JAMMU: Senior BJP leader and former Minister Choudhary Sukhnandan Kumar assured the people of J&K that the Union Territory will soon have a popular government of BJP in place, fulfilling the aspirations of one and all.

Addressing the gathering at Village Pakhian in Mishriwala, the Ex-BJP minister said that the announcement of Elections in Jammu and Kashmir is a clear indication that things are moving in the right direction.

Ch Sukhnandan Kumar said, the Modi led Govt at Centre is working day and night for development and peace in J&K and the groundwork for restoring a popular government in Jammu and Kashmir is well underway.

The BJP Government at the Centre is committed to fulfilling all its promises



Senior BJP leader Choudhary Sukhnandan at a public meeting.

es to the people of this region", Sukhnandan said. He further said that the BJP has always prioritized the development, security, and well-being of Jammu and Kashmir. "With the Assembly elections, BJP leadership is confident that the people will once again place their trust in the party to lead the Union Territory towards a

brighter and more prosperous future", he added. The former Minister emphasized the party's commitment to transformative change and urged the citizens to remain united in their support. He believed that with collective effort and continued backing, the BJP can effectively address the challenges facing the region and drive meaningful

progress for the benefit of all its residents. Ch Sukhnandan said that J&K is at the brink of having a new era of peace, progress and prosperity and only BJP can ensure that the dreams and aspirations of our people are realized.

He also asked the party cadre to make optimum use of the time in convincing the electorate to support BJP in the polls for steering the UT to new heights of progress and stability.

Senior BJP leader Sukhnandan Kumar Choudhary also appreciated the efforts and administration of LG Manoj Sinha in maintaining peace in the region. Others who attended and spoke on the occasion include Ex-Sarpanch Rohit Verma, Ex-Sarpanch Naresh Singh, Hony Captain Ranjeet Singh and other prominent residents of the area.



Built Environment, and Early Cardiovascular Disease closely interrelated: Dr Sushil

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JAMMU: Continuing his efforts of providing cardiac healthcare to each nook and corner and aware masses about the ill effects of Cardiac ailments Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness cum health check up camp at Gurudwara Shri Guru Singh Sabha, Basti Govindpura, Simbal Morh, Jammu with main aim of educating masses about the concept of built environment and its influence on cardiac morbidity and mortality.

While interacting with the people, Dr Sushil stated that built environment refers to the physical environment constructed and shaped by humans as opposed to the natural environment. It comprises the transportation system, land-use patterns, and design features that could either promote or undermine population health. There is overwhelming evidence that the environment in which humans live has a profound effect on their overall health and life expectancy. In the prior decades, the concept of the exposome, which encompasses the entire set of aspects people encounter and



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

are exposed to throughout their life course, has had growing scientific influence.

Conceptually, there are two main pathways proposed. The first pathway is between active built environmental exposure and behavioural risk factors. For active exposure, one needs to actively use of the environment to be exposed. Attributes such as walkability, which is comprised of individual elements like sidewalks, connected streets, and proximity to key destinations, can facilitate a more active lifestyle. Access to and availability of certain food resources may either improve or diminish diet quality, depending on whether these food resources are greengrocers or fast-food outlets, for example. The second pathway is between passive built environmental exposure and CVD. This includes

exposures that occur when one is simply present in the environment, such as air pollution, residential noise, and ambient temperature, Dr Sushil said.

He elaborated that epidemiological studies have examined the role of a few environmental factors with early cardiovascular disease, the relationship with the broader environment remains poorly defined. Exposures to environmental and social stressors at various life stages shape the development of CVD differently. Therefore, it is crucial to adopt a life course approach to identify sensitive periods or windows of susceptibility. Robust evidence has demonstrated that individual- and neighborhood-level social determinants of health contribute to cardiovascular risk and the development of CVD.

However, interactions between built and social environments (eg, neighborhood crime and social connections) in relation to CVD risk factors and outcomes have rarely been studied, particularly considering a life course approach. A better understanding of such interactions is essential to design multilevel interventions to reduce environmental and social exposure at the same time that likely optimize their effectiveness, he said.

Management committee of Gurudwara Singh Sabha Jodh Singh, Inderpreet Singh, Manjeet Singh, Tejinder Singh, Anmolak Singh, Gurdev Singh, Sandeep Singh and Gurdeep Singh appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health check up camp in their area.

Others who were part of this camp include Dr Venkatesh Yellupu and Dr Dhaneshwer Kapoor. Paramedics and Volunteers include Ranjeet Singh, Amnish Dutta, Gourav Sharma, Maninder Singh, Rohit Nayyar, Rajinder Singh, Rahul Vaid, Mukesh Kumar, Vikas kumar and Nirvair Singh Bali.

Rahul Sahai deliberates with RBI Regional Director in 63rd Empowered committee meeting

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JAMMU: Rahul Sahai Chair PHDCCI Jammu expressed sincere gratitude to Chandra Shekhar Azad, Regional Director, RBI J&K and Ladakh, for giving PHDCCI the opportunity to present various suggestions, recommendations, and issues concerning the trade and industry sectors in Jammu. Rahul Sahai said PHD Chamber of Commerce & Industry has actively conducted numerous programs on crucial topics such as TReDS, Udyam registrations, and CGTMSSE, serving as a vital bridge between the government and entrepreneurs in policy advocacy. However, as we move forward, we would like to highlight several pain areas that continue to affect trade and industry in Jammu. Firstly, Sahai said that it has been observed that enterprises with slightly shaky CIBIL scores are facing significant challenges in securing loans. Many are compelled to seek funds from open markets at exorbitant interest rates. We urge that decisions be made based on the actual ground position of these entities, allowing for some calculated risk to be taken. It's often seen that those in genuine need of financial support are overlooked, while those less in need are repeatedly offered loans.



Chairman PHDCCI Jammu Rahul Sahai speaking in a meeting.

Secondly, Sahai welcomed the introduction of a new assessment model for MSMEs in the recent union budget. This model will enable public sector banks to develop in-house capabilities for evaluating MSME businesses based on their digital footprint, rather than relying on external agencies. We would appreciate insights on how banks plan to implement this model in practice.

Rahul Sahai said, "The union budget also introduced a mechanism to support stressed accounts, ensuring continued bank credit for MSMEs during periods of financial difficulty. This measure is crucial for preventing closures of small businesses during tough times, and we look forward to understanding how this will be operationalized." Sahai appealed to banks, under their CSR mandates, to consider funding drug de-addiction centres in Jammu, such as the one established by JK Police in Sunjwan. This is a pressing social issue, and addi-

tional contributions are needed to support this cause.

Regarding TReDS, Sahai recommended that the RBI should suggest that government and semi-government departments, both at the state and central levels, be included on TReDS platforms. This would enable enterprises to access bill discounting facilities for payments due from the government.

Rahul Sahai said With the reduction in the turnover threshold for mandatory onboarding on TReDS from Rs 500 crore to Rs 250 crore in the budget, we request that all banks ensure compliance by requiring customers to declare their registration on the platform. Sahai said Additionally, we seek clarification from SIDBI regarding the establishment of new branches in MSME clusters, as announced in the budget. This initiative aims to enhance the bank's reach, providing direct credit within three years, with 24 new

branches scheduled to be opened this year alone. Sahai mentioned that Some other significant announcements in the budget include the introduction of a credit guarantee scheme for MSMEs involved in manufacturing, facilitating term loans for equipment and machinery without collateral. Another scheme aims to pool credit risks for MSMEs within clusters, offering guarantee covers of up to Rs 100 crore.

Furthermore, the limit for Mudra loans has been increased from Rs 10 lakh to Rs 20 lakh for those with a history of timely payments is also a welcome step.

Rahul Sahai said New business opportunities for banks have also been outlined, including financial support for setting up irradiation units within the MSME sector; the facilitation of NABSI-accredited food quality and safety testing labs, and the creation of e-commerce export hubs to help traditional artisans access international markets. Banks should tap these new areas.

Sahai thanked Regional Director RBI and appreciated for his attention to these matters and look forward to your continued support in addressing the challenges faced by the trade and industry sectors in Jammu.

Slimline Clinic of Diabetic and Clinical Nutrition celebrates Independence Day

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JAMMU: Slimline Clinic of Diabetic and Clinical Nutrition celebrated Independence Day with great fervour. The event began with the hoisting of the Tricolour by S.C Gupta, former General Manager of the State Bank of India. Following the flag hoisting, traditional sweets were distributed among attendees, creating a festive atmosphere.

In her address, Mitali Gupta the clinic's dietician emphasized the importance of fulfilling the vision of Prime Minister, who advocates for a Fit India.

She highlighted the role of dietitians in not only aiding weight loss but also in reversing lifestyle dis-



Slimline Clinic of Diabetic and Clinical Nutrition members celebrating Independence Day.

eases through proper nutrition.

She stressed the importance of incorporating millets into daily diets, urging

everyone to make healthier choices.

As part of the celebrations, the dietician announced free services for

underprivileged individuals and a special 25% discount on all weight loss packages.

The event was attended by several dignitaries, including Professor Vijay Lakshmi, former Principal of Pride College, renowned lawyer Ashwani Goswami, and fashion designer Nidhi Arora. And philanthropist Vijay Sharma

The clinic also extended its generosity to children from below the poverty line, distributing sweets and providing their parents with cash to ensure they could enjoy a good meal on Independence Day.

Safai Karamcharis Vicky and Maali Sultan were honoured with cash prizes, making the event truly memorable for all.

Ensure BJP's victory in Assembly elections: Ashok Koul to party Vistaraks



BJP State General Secretary Ashok Koul speaking in a meeting.

■ STATE TIMES NEWS

JAMMU: Urging party workers, particularly the whole timers, to ensure BJP's victory in Assembly elections, BJP State General Secretary Ashok Koul on Sunday gave the task to party Vistaraks (whole timers) as part of the preparations for assembly polls in Jammu-Kashmir.

Koul was chairing a one-day training workshop of party Vistaraks at BJP headquarters, Trikuta Nagar, Jammu along with BJP National Secretary Dr. Narinder Singh Raina, BJP Vice-President Pawan Khajuria, Convenor Vistarak Yojana, Pawan Sharma, and co-convenors Rajinder Singh Chib & Sajjad Raina.

The workshop was divided into 4 sessions. The first session was addressed by Ashok Koul, second by Pawan Khajuria, third by Pawan Sharma and the fourth concluding session was addressed by Dr. Narinder Singh Raina.

Addressing the party Vistaraks Ashok Koul said, "We are all fortunate to have got the opportunity to form BJP govt for the first time in J&K. Now there are just 30 days left for voting in which the workers should remain active among the general public. If you work honestly for even five hours a day for 30 days, you will get the desired results."

Ashok Koul further apprised the Vistaraks of their increased duties during the already notified Assembly elections in Jammu &

Kashmir. He asked the party Vistaraks to do extensive ground-level work and connect with the prominent citizens of the civil society and appeal to them to stand with the Narendra Modi-led Central Government agenda of peaceful, prosperous, and developed new Jammu & Kashmir.

Koul further asked the Vistaraks to support the ground-level party activists to contribute maximum time for the Assembly elections in Jammu and Kashmir.

Dr. Narinder Singh Raina asked the Vistaraks to activate the ground-level working systematically. He asked them to plan meticulously to give pace to the assembly election campaign. He also asked them to prepare the party teams at the booth level.

Pawan Khajuria discussed the organizational structure with the party Vistaraks. He especially emphasized the prominent role of the party's 'Tridev' in increasing the vote percentage for the party in the Assembly elections. He also asked them to ensure the participation of all party workers in the key programmes. Pawan Sharma stressed increased Pravas by the party activists and presented a brief overview of the Vistarak Yojana by assuring the party that the Vistaraks will leave no stone unturned in reaching out to all the people and party activists to ensure the party's victory in Assembly elections in Jammu & Kashmir.

HR Conclave 7.0 at IIM Jammu explores leadership, healthcare, and career growth

■ STATE TIMES NEWS

JAMMU: The Indian Institute of Management (IIM) Jammu wrapped up the 7th edition of its HR Conclave with an impactful second day that built on the success of its first. The event, renowned for its engaging content and thought leadership, featured a series of compelling sessions and discussions on pivotal themes such as inclusive leadership, innovative healthcare delivery, and career strategies for emerging professionals.

The second day of HR Conclave 7.0 began with a keynote address from Aparna Vattikuti, Director of Human Resources at Parexel. Vattikuti's speech underscored the critical role of workplace culture in job satisfaction. She referenced the Mercer report, which positions a positive work culture just behind job security and fair pay in importance. Vattikuti highlighted the need for creating a sense of purpose and belonging, stressing that while technology, including AI, will reshape the work environment, human involvement

remains essential for maximizing these advancements. Following Vattikuti, Priya Ranjan Kumar, Vice President & Head of Human Resources at JSW Steel Ltd., offered insights into inclusive leadership. Drawing from his extensive experience in hiring and career management, Kumar discussed the balance between salary, work culture, and brand value in job selection. He advocated for management internship programs as a means to improve hiring decisions and reduce attrition rates. Kumar also introduced his ABCDEF framework—Agility, Balance, Collaboration, Discipline, Effort, and Fitness—as essential qualities for navigating modern career landscapes. The day's first panel discussion, moderated by Dr. Gaana J from IIM Jammu, focused on "Shattering the Glass Ceiling: Strategies for Inclusive Leadership." The panel featured notable experts such as Kiran Prasad Ivaturi (Group CHRO, Lodha Ventures), Chaya Mangesh (VP - Talent Acquisition Leader; Amazon),



Prof. B.S. Sahay, Director IIM Jammu and other dignitaries posing for a photograph.

and others. The discussion emphasized that breaking the glass ceiling requires a long-term vision and a commitment to aligning company policies with genuine inclusivity, rather than superficial measures. The panelists also discussed how the glass ceiling extends beyond gender to include mindset and judgment issues.

Keynote Speaker Shobhit Srivastava, Associate Vice President - HR at Sony Pictures Network India, delivered an engaging address on "Navigating Career Growth in Dynamic Industries." Srivastava drew parallels between career development

and surfing, highlighting the need for adaptability in an ever-evolving industry landscape. He advocated for staying informed about market trends, continuous learning, and resilience in the face of setbacks.

The sixth panel discussion, moderated by Dr. Vivek Mishra from IIM Jammu, featured a diverse group of IHR experts including Vipin Rajput (Senior Manager - HR, TATA 1mg), Himanshu Makkar (Talent Acquisition Specialist, Morepen Laboratories), and others. This discussion focused on strategies for career development and navigating dynamic industry changes. The panelists shared

insights on the importance of upskilling, continuous learning, and staying agile in response to industry shifts.

The final session of the day, "From Intern to Insider: Securing a Full-Time Career," provided valuable career advice for fresh graduates and young professionals. Moderated by Dr. Jaikamal from IIM Jammu, the panel included Anand Dhruv (Associate Director - HR, NTT Data), Aravind Warrier (Head HR, Volvo), and others. The discussion covered strategies for transitioning from internships to full-time roles, emphasizing the importance of making informed