

# Dr Jitendra releases book 'Weight Loss Revolution', cautions against disinformation

## STATE TIMES NEWS

NEW DELHI: Union Minister of State (Independent Charge) for Science & Technology, Earth Sciences, Minister of State PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr. Jitendra Singh today addressed the launch of the book "The Weight Loss Revolution - Weight Loss Drugs and How to Use Them" authored by eminent Endocrinologist Dr. Ambrish Mithal along with Mr. Shivam Vij.

The event was graced by legendary cinema personality Sharmila Tagore and media baron Shobhana Bhartia.

Dr. Jitendra Singh, himself a Professor of Medicine, renowned Diabetologist and author of several books, said this book has come at the right time when India is witnessing a surge in obesity and the related metabolic disorders. While awareness and the right kind of information needs to be propagated, he cautioned against disinformation.

He underlined that India, once called the diabetes capital



Union Minister Dr. Jitendra Singh releasing book "The Weight Loss Revolution - Weight Loss Drugs and How to Use Them" by Dr. Ambrish Mithal, at New Delhi. Also seen are legendary cinema personality Sharmila Tagore and media baron Shobhana Bhartia.

of the world, is now also emerging as the obesity capital, ranking third globally in childhood obesity.

Dr. Jitendra Singh, in his address, highlighted the growing health challenge of obesity and related metabolic disorders such as diabetes mellitus, dyslipidemia, hypertension, coronary heart disease, and fatty liver disease. He pointed out that there is a sudden awakening across the country about these issues and cautioned against the unchecked spread of disinformation through unscientific diet charts and fad regimens.

Diet prescriptions, the Minister stressed, must

always be guided by scientifically validated principles of quantity, quality, and distribution of food intake.

Emphasizing the need for "Indian data for Indian patients", the Minister observed that central obesity-fat deposition around the abdomen poses a more serious risk for Indians than Western populations. "Sometimes a simple inch tape around the waist may be more meaningful than a fanciful BMI chart," he remarked. He also underscored the importance of lifestyle interventions, referring to Indian studies that show regular yoga practice

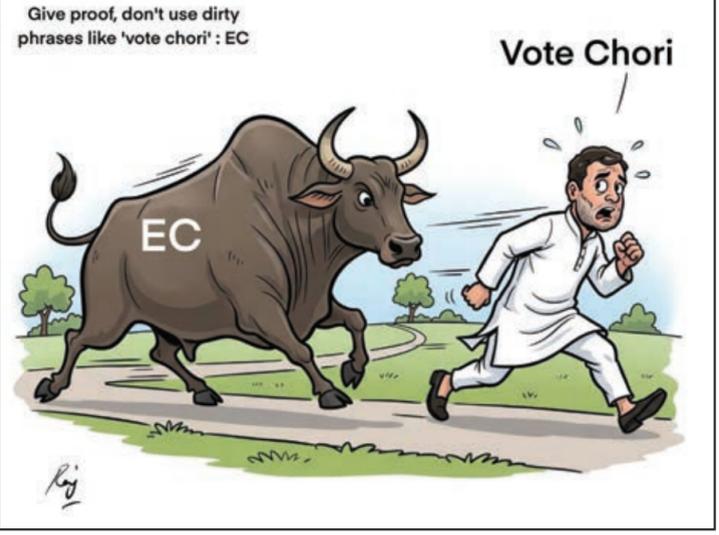
can reduce the incidence of type-2 diabetes by up to 40%. He urged for greater integration of lifestyle modification, modern medicine, and traditional practices to provide holistic solutions.

On the subject of emerging weight loss drugs such as Ozempic and Mounjaro, Dr. Jitendra Singh advised caution, noting that while global experience may be encouraging, clinical outcomes often take decades to manifest. Drawing a parallel with the refined oils episode in India, he said hasty conclusions could be misleading.

Concluding his address, Dr. Jitendra Singh called for prevention-driven strategies, particularly in view of India's young demographic. With more than 70% of the population below the age of 40, he stressed that the country cannot afford to let their potential be compromised by lifestyle diseases, and therefore, prevention must remain the mainstay of all future health programs.

Quoting Mark Twain, Dr. Jitendra Singh remarked that "economics is too serious a subject to be left to an economist," adding that in the same way, diabetes and obesity are too serious to be left only to a Diabetologist. He emphasized that unless there is mass awareness, optimum outcomes in tackling these lifestyle diseases cannot be achieved.

The Minister also praised Dr. Ambrish Mithal for producing a timely and authoritative book which, he said, will not only serve as a valuable guide for medical professionals but will also help the public sift through fact and misinformation in an age dominated by social media and quick fixes.



## Khatana slams NC, Congress for creating double mindset in J&K



Rajya Sabha MP Er. Gulam Ali Khatana hoisting the National Flag.

## STATE TIMES NEWS

JAMMU: Senior BJP leader and Rajya Sabha MP Er. Gulam Ali Khatana hoisted the National Flag at a series of venues across Bathindi, Jammu, and Udhampur during the 79th Independence Day celebrations.

At each ceremony, he paid rich tributes to India's freedom fighters, recalling their valor in resisting British rule and urging that their sacrifices must never be forgotten.

He said the stories of bravery and heroism must continue to inspire future generations to dedicate themselves to the progress of the nation.

During all ceremonies, a two-minute silence was observed to mourn the victims of the Kishtwar tragedy that struck on the eve of Independence Day.

The MP pointed out the

rising enthusiasm among the people in participating in Independence Day celebrations, contrasting it with earlier times when such occasions saw public detachment. "This growing pride is a testimony to the changing spirit of Kashmir after the abrogation of Article 370," he remarked.

Coming down heavily on the National Conference (NC) and the Congress, Gulam Ali said both parties were responsible for creating a double mindset among Kashmiris. "For decades, they exploited people's emotions, fueled anti-India sentiments, and sowed hatred and this all to keep themselves in power," he charged.

Highlighting the tangible shift in the Valley's mood, the MP said Kashmiris are today beaming with hope and eager to be part of the

growth story of the nation, contributing to Prime Minister Narendra Modi's vision of Viksit Bharat.

He added saying that divisive tendencies would be completely wiped out and that a new era of peace and prosperity would dawn in Jammu and Kashmir.

Through the day, Gulam Ali attended multiple flag-hoisting events at Bathindi Residence, Mecca Masjid, Mecca Chowk Bathindi, BJP Party Office Kachi Chawni, Bathindi Morah, Government Middle School Karyani Talab, Mohammad Ilyas Memorial School Bathindi, Panchayat Ghar Sujwain Lower Bathindi, Madrasa Jamia Marki-ul-Maarif, Sydney Ground, Government High School Bathindi, Batra Chowk, and Nursing Dev Institute of Medical Sciences, Udhampur.

## Baba Sidhgoria Dham to host 11-day spiritual conclave from August 21

## STATE TIMES NEWS

JAMMU: An 11-day spiritual festival of faith and devotion will commence at Baba Sidhgoria Dham, Paloura, with the 56th Shat Chandi Mahayagya scheduled from August 21 to 31, 2025 under the divine supervision of Mahant Kuldeep Singh Maharaj. The sacred event aims to provide devotees with an opportunity to participate in rituals, cultural activities, and enlightening discourses, fostering spiritual growth and community bonding.

At a press conference, Mahant Kuldeep Singh and Team Jammu Chairman Zorawar Singh Jamwal officially announced the spiritual conclave and extended a warm invitation to all devotees. The committee also expressed deep sorrow over the recent Chishodi tragedy in Kishtwar, paying tribute to the victims and offering prayers for the bereaved families, hoping for their strength and resilience.



Mahant Kuldeep Singh and Team Jammu Chairman Zorawar Singh Jamwal briefing media persons at Jammu.

A major highlight of the conclave will be the Shrimad Bhagwat Katha delivered by the revered Mahant Dr. Satyanarayan Das Maharaj. The week-long discourse will begin on August 25 and continue daily from 2:00 PM to 5:00 PM, providing spiritual guidance and inspiration to attendees.

The festival will begin on August 21 with a Jal Yatra, followed by Mandap Pujan and Yagya from 8:00 AM to 12:00 PM. The concluding day on August 31 will feature a Prabhat Pheri starting at 8:00 AM, covering Top Paloura, Patoli, Jaggi Darbar, Janipur,

and Muthi Camp, before returning to the Mandir for the Purnan Ahuti and a grand Bhandara at 2:00 PM.

Throughout the 11-day event, a daily Langar will be served, and accommodation and meals for visiting Pandits and Mahatmas will be arranged at the Dham premises. The program will also include Hawan Pujan and Sant Samelan, further enriching the spiritual experience for participants.

The successful organization of the conclave is being ensured through the dedicated efforts of Ashok Chib, Satish Sharma, Atul Sood, Suresh Kumar, Ajay, Sonu Baba, Jyot Baba, Virender Singh, Vasu, Vishu, Chandan, Rampaul, Vinod Kohli, Ashok Singh Manhas, Kuldeep Gupta, and Vijay Arora. Devotees from across the region are encouraged to participate in this auspicious gathering, which promises to be a memorable celebration of faith, devotion, and community harmony.

## Sanskrit is soul of India; making it language of masses once again is need of hour: Sham Lal

## STATE TIMES NEWS

JAMMU: Mahant Rohit Shastri, President of Shri Kailakh Jyotish avim Vedic Sansthan Trust and a dedicated Sanskrit scholar, paid a courtesy visit to Sham Lal Sharma, MLA from Jammu North Assembly Constituency and former Cabinet Minister, with the aim of promoting Indian culture, Sanatan values, and the divine language Sanskrit.

During the meeting, Mahant Shastri presented him with the Trust's published spiritual and research-based book 'Shiv Tatva Amarnath', which is an exceptional confluence of the philosophy of Lord Shiva, the glory of Amarnath, and the Vedic tradition.

The book is proving to be a precious treasure for Shiva devotees, researchers, and lovers of Sanskrit alike.

During the interaction, Mahant Shastri elaborated on the various initiatives of the Trust, such as the Sanskrit Nameplate Campaign, Veda-Purana-based educational workshops, seminars on Jyotish and Dharmashastra, and the writing and publication of spiritual literature.

He stated, "Our goal is to make Sanskrit once again the language of every household and reconnect the collective consciousness of Bharat with its Vedic roots."

On the occasion, Sham Lal Sharma praised the book 'Shiv Tatva Amarnath', stating, "Sanskrit is not merely a language-it is the soul of India, the lifeline of our cul-



President SKJVST, Mahant Rohit Shastri presenting a book 'Shiv Tatva Amarnath' to Sham Lal Sharma, MLA Jammu North Constituency.

ture, and a stream of eternal knowledge. The Sanskrit revival campaign led by committed youth like Mahant Rohit Shastri is a clarion call for a new era." He further added, "The sacred land of Jammu & Kashmir has for centuries been a center of penance, spiritual practice, and Vedic knowledge. A Sanskrit renaissance initiated from here can become a historic and inspirational movement. I am fully committed to extending my wholehearted support to this noble cause."

## Ladakh witnessing a new era of change after UT status: LG Kavinder Gupta

### Siachen, Galwan to be developed as New Tourism Attractions

## STATE TIMES NEWS

JAMMU: Lieutenant Governor of Ladakh, Kavinder Gupta, said that Ladakh had been subjected to neglect and discrimination for decades, but the long-pending aspiration of its people was fulfilled when the Central Government, under the leadership of Prime Minister Narendra Modi, granted Union Territory status to Ladakh.

The Lt Governor was speaking during a felicitation programme organised by Bharat Vikas Parishad in Jammu on Sunday.

The Lieutenant Governor said that Ladakh is "far more beautiful than Switzerland" and has the potential to emerge as the world's most sought-after tourism destination. Highlighting new initiatives, he stated that Siachen and Galwan are also being developed to



Lt Governor Ladakh, Kavinder Gupta speaking at a programme.

promote tourism, thereby offering visitors a unique opportunity to witness the unmatched natural beauty as well as the spirit of courage and sacrifice associated with Ladakh's frontier regions.

He further vowed to promote adventure tourism, spiritual tourism and religious tourism and winter tourism in Ladakh, positioning the Union

Territory as a complete tourism package that blends thrill, tranquillity and faith.

The Lt Governor said that the Central Government has entrusted him with the new responsibility of serving as the head of Ladakh UT. "There are several challenges before us, but I firmly believe that massive change will be witnessed in

Ladakh in the coming years," he assured. "I am determined to ensure that Ladakh not only showcases its breathtaking landscapes, but also its rich heritage, vibrant culture and traditions before the world," he said.

The Lt Governor added that the UT Administration, with the active support of the Central Government, is working tirelessly to upgrade infrastructure, improve connectivity and promote eco-friendly tourism so that visitors from across the globe experience the unparalleled charm of Ladakh.

He emphasised that the UT Administration is committed to inclusive growth, improved infrastructure, and better services while safeguarding Ladakh's cultural heritage and fragile ecology. "Our vision is to build a sustainable and

empowered Ladakh," the Lt Governor added.

Meanwhile, the Lt Governor also released a Directory of Mahajan Sabha Channi Himmat at a function held here.

At the beginning of the programme, students of Panchvaktar Mahadev Pathshala recited Vedic hymns.

The Sabha members highlighted the Sabha's work, particularly its social service activities. It was informed that the directory comprises the biodata of 682 Mahajan families.

The Lt Governor also felicitated the community members for their social service and lauded the Mahajan Sabha for its efforts.

The participants observed two minutes' silence in memory of the victims of the cloudbursts in Kishtwar and Kathua districts.

## CSIR-IIIM remembers Col Sir R N Chopra on his 143rd Birth Anniversary

## STATE TIMES NEWS

JAMMU: Keeping the tradition alive, the CSIR-Indian Institute of Integrative Medicine (CSIR-IIIM), Jammu celebrated the 143rd Birth Anniversary of Col. Sir R. N. Chopra, the Founder Director of IIIM, here on Sunday.

Dr. Zabeer Ahmed, Director, CSIR-IIIM Jammu, along with Scientists, Technical & Administrative Staff, Research Scholars, and other employees paid homage to Col. Sir R. N. Chopra by offering floral tributes to his statue.

The CSIR-IIIM fraternity came together to remember

and honour the vision and dedication of eminent son of the soil.

Addressing the gathering, Dr. Zabeer Ahmed recalled Colonel Chopra's immense contributions to the growth of pharmacology and Indian systems of medicine.

He emphasized how Col. Sir R. N. Chopra, recognised as the Father of Indian Pharmacology, laid the foundation for the preparation of Ayurvedic and Unani pharmacopoeias, bringing traditional knowledge into the fold of scientific study and evolved a way forward for the global relevance of centuries old Indian traditional knowledge.



Director, Staff and Scholars of CSIR-IIIM, Jammu during garlanding the statue of Col Sir RN Chopra, Founder Director of the Institution on his 143rd Birth Anniversary.

He further mentioned that Col. R.N. Chopra was first

to introduced the commercial cultivation of the Mint

in 1968, and thus from simply an importer of Mint,

India is currently the world's largest producer,

exporter, and consumer of mint oil and related products related share of worldwide output is currently between 80 and 85%.

Dr. Ahmed said, "Col. Chopra carried forward his work at a time when research facilities were very limited, yet he was able to make remarkable progress on Cannabis and other medicinal plants. His passion for science and his commitment to serve humanity continue to inspire all of us."

He further reminded the CSIR-IIIM community that the best tribute to Col. Chopra would be to work with sincerity and dedication to fulfil his vision of

taking India's indigenous knowledge systems to the global stage. Dr. Ahmed also noted that CSIR-IIIM's recent progress in medicinal cannabis research, innovations in lavender-based products, and partnerships with the national institutions and industries are in line with the values Col. Chopra stood for.

Prominent among those present were Heads of various research divisions and other senior faculty and staff, including Er. Abdul Rahim, Dr. Asha Chaubey, Dr. Rajkishor Rai, Dr. Suphla Gupta, Dr. PP Singh, Dr. Ajay Kumar, Rajesh Kumar Gupta, and others.