

Udhampur Airport proposal to be implemented in two phases: Dr Jitendra

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NEW DELHI: Udhampur Airport proposal is to be implemented in two phases.

This was disclosed here today to the media by Union Minister and Member of Parliament from the Udhampur Lok Sabha constituency Dr Jitendra Singh following a series of meetings he has held over the last two days with Civil Aviation Minister Ram Mohan Naidu, Union Secretary Civil Aviation Samir K. Sinha and members of the Airport Authority of India. Earlier, he also discussed the issue with Chief Minister of Jammu & Kashmir Omar Abdullah and officially wrote to him, in response to which the CM's response was also received. He has also taken the concerned Indian Air Force authorities and the local administration on board.

Efforts to commence civil flight operations from the Udhampur Air Force Station in Jammu & Kashmir have now taken a significant step forward, with the Airports Authority of India (AAI) completing a site feasibility assessment and initiating formal processes for the development of a new Aviation Enclave.

This marks the second major civil aviation initiative in the region attributed to Dr. Jitendra Singh's tenure as MP. Earlier, his efforts were instru-



mental in getting an Airport for Kishtwar included in the UDAN scheme plan, aimed at enhancing air connectivity in the far flung hill region.

The present move follows a sustained follow-up by Dr Jitendra Singh, Union Minister and Member of Parliament representing the area.

The proposal, which aims to connect Udhampur to the national civil aviation network, was initially triggered by a reference from Dr. Jitendra to the Airports Authority of India. Acting on this, a technical team comprising officials from various directorates of AAI visited the Air Force Station at Udhampur on

March 28 and 29, 2025. The visit included a joint review with the Indian Air Force, evaluation of existing infrastructure, and consultations with the district administration and defence authorities.

In a phased plan now under consideration, Phase 1 of the project involves initiating civil flight operations within the existing premises of the Air Force Station. The Indian Air Force has, in principle, agreed to allocate 2,200 square metres for developing a terminal building, which will have the capacity to handle up to 150 passengers and accommodate ATR-72 or Q400 type aircraft. This arrangement is intended as an interim measure to begin operations at the earliest.

Phase 2 of the plan proposes the establishment of a permanent Civil Enclave outside the boundaries of the Air Force Station. A land parcel of approximately 27.6 acres has been identified by the district administration for this purpose. The proposed enclave will cater to larger aircraft such as the Airbus A321 and will include a new terminal, apron, taxiway, and related civil aviation infrastructure.

Following the site visit, Dr. Jitendra formally reached out to the Chief Minister of Jammu & Kashmir Omar Abdullah, requesting support

for land transfer and administrative facilitation. The Airports Authority of India has subsequently forwarded a request to the Ministry of Civil Aviation, seeking its intervention in obtaining the identified land parcel free of cost and free from encumbrances, as per the provisions of the National Civil Aviation Policy (NCAP) 2016.

Dr. Jitendra has also spoken to the Union Civil Aviation Minister Ram Mohan Naidu and held a detailed discussion with the Civil Aviation Secretary Samir Kumar Sinha, underlining the strategic importance of the project for the region. These high-level engagements have helped expedite the inter-ministerial coordination required for moving the proposal forward.

This marks the second major civil aviation initiative in the region attributed to Dr. Jitendra Singh's tenure as MP. Earlier, his efforts were instrumental in getting an Airport for Kishtwar included in the UDAN (Ude Desh ka Aam Naagrik) scheme plan, aimed at enhancing air connectivity in far flung hill region.

If realised, the Udhampur Civil Enclave is expected to improve connectivity for both residents and tourists in this part of Jammu and Kashmir, while also easing pressure on the Jammu airport.

Silent warnings, deadly outcomes: know the signs of a heart attack before it's too late: Dr Sushil

■ STATE TIMES NEWS

JAMMU: As part of his ongoing mission to spread cardiac health awareness Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness cum health check up camp at Play Way House Higher Secondary School Pouni Chak, Block Marh Jammu with focus in educating people to recognize the early signs and symptoms of cardiovascular ailments so that timely intervention is feasible at early stages before its too late. While interacting with the people Dr Sushil stated that cardiovascular diseases including heart attacks, strokes, and heart failure, remain the leading cause of death globally. Yet, despite their high prevalence, many individuals fail to recognize the early warning signs. Often subtle or mistaken for less serious ailments, these symptoms can progress quickly and lead to life threatening events. Early detection and timely medical intervention can be the difference between life and death, making it crucial for individuals to be informed about the symptoms that may indicate a serious heart condition.



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

He highlighted several key symptoms that individuals should never ignore like Chest Discomfort or pain which may feel like pressure, fullness, or squeezing in the center of the chest. Shortness of breath, which can occur with or without chest discomfort. Pain radiating to the arms, jaws, back and abdomen. Fatigue, particularly in women which can be an early sign of heart problem. Palpitation and irregular heartbeats which may indicate arrhythmias or other cardiac conditions. Sweating, especially cold sweats unrelated to heat or exertion. Nausea, indigestion or stomach pain which can

be mistaken for gastrointestinal issues. Swellings in the legs, ankle or abdomen, indicating possible congestive heart failure. Dizziness, lightheadedness or fainting which may result from sudden drop in blood pressure or poor blood flow to the brain. If you or someone around you experiences such symptoms suggestive of a heart attack particularly chest discomfort, shortness of breath, pain radiating to the arm or jaw, or unexplained nausea and sweating do not delay. Call emergency services immediately. Quick intervention, such as clot-busting medication or angioplasty, can save heart muscle and lives.

In addition to recognizing warning signs, Dr Sushil emphasized the importance of adopting a heart healthy lifestyle to reduce the risk of cardiovascular diseases. This includes regular exercise and physical activity, balanced diet rich in fruits, vegetables and whole grains, Stress management techniques, such as meditation or yoga, Regular check-ups and screenings to monitor cardiovascular health. He urges the public to take proactive steps towards heart health by being aware of the warning signs and adopting a heart healthy lifestyle. "In matter of the heart, awareness is power, he says. Be alert, be informed

never ignore what your heart is trying to tell you .

Prominent members of the area Anita Koul, Arun Ambardar, Sanjay Sharma, Mohinder Sharma, Mohit Sharma, Dhivam Sharma, Harsh Sharma, Anisha Thakur appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health check up camp in their area and shows their heartfelt gratitude. Others who were part of this camp includes Dr Venkatesh Yellupu, Dr Neeraj Kumar Mishra and Dr Aditya Sharma. Paramedics and volunteers includes Rajkumar, Ranjeet Singh, Rajinder Singh, Vikas Kumar, Gourav Sharma, Paramveer Singh, Sandeep Kohli. Mukhtar Malik, Manoj Sharma Shubham Sharma, Makhan Sharma and Nirvair Singh Bali.

Dr Sudhaa highlights association of FSH & menopausal symptoms at Malaysia

■ STATE TIMES NEWS

JAMMU: Dr Sudhaa Sharma, Senior Gynaecologist Madaan Hospital and Research Centre Jammu, presented an original paper of a multicentric First Indian Study (FSH) on Relation of FSH (Follicular Stimulating Hormone) levels and Severity of Menopausal Symptoms as Principal Investigator in APMF-Asia Pacific Menopause Federation International Conference at Kuala Lumpur, Malaysia.

Experts from nearly 17 countries participated in this prestigious conference including China, Japan, USA,UK, Australia, India etc.

She highlighted that higher levels of FSH were associated with severe



menopausal symptoms like hot flushes, sexual symptoms, joint & muscle problems in their first such Indian study. Thus FSH levels screening may help the

doctors to predict severity of menopausal symptoms & help in appropriate early management.

President Eleet IMS, Dr Sudha Sharma was also as an expert in the panel discussion on various medical disorders during Menopause.

Dr Annil Mahajan, former Chairperson Research Committee IMS was also an invited Faculty and highlighted in the panel discussion that Osteoporosis should always be treated with suitable medicines along with life style changes and Osteopenia should be considered for treatment when associated with risk factors like family history of fractures, low BMI, menopause, secondary causes of osteoporosis etc.

JCDA holds General Body Meeting

■ STATE TIMES NEWS

JAMMU: Jammu Computer Dealer Association (JCDA) a representative body of the IT fraternity from Jammu province held its General Body Meeting, here on Sunday.

The Executive body of JCDA called its General Body Meeting to discuss various issues facing IT fraternity in Jammu province and also to chart out future course of action to represent its common cause at appropriate forums.

The well attended General Body Meeting was held at Jammu where IT Business owners from Jammu, Udhampur, Akhnoor and other areas of Jammu province registered their presence.

The Meeting began with the customary recital of National Anthem and subse-



quently a two-minute silence for all those who lost their lives since last meeting. Floral tributes were also paid to the martyrs of India-Pakistan war and those who lost their lives in the unfortunate Air-crash in Ahmedabad.

While presenting action taken report since the last Annual General Meeting, Sandeep Malhotra, President, JCDA stressed upon unity among the members of association.

He also informed the members that the association is taking up the issue of online business posing a serious threat to the traditional businesses with various stakeholders.

He informed the house that JCDA being an active member of FAITA, the representative body of all IT associations of the country, was leaving no stone unturned to represent the IT trade at different forums.

He presented an account of

various events organized by JCDA in recent past and congratulated the IT fraternity for their wholehearted support for Run to Fun organized on 27th July 2025 to promote fitness and also to remember the Indian brave hearts who laid their lives for the nation during Kargil war.

He also announced the IT EXPO Jammu 2025 in which JCDA is going to bring all the top IT brands to Jammu to showcase latest

technologies and to make Jammu consumers aware of the latest innovations in IT technologies.

Dr. Gopal Parthasarathi Sharma, General Secretary of the association who informed the association members that JCDA was adjudged as "The Best Regional IT Association of 2024" at a recently held award ceremony in New Delhi. On the occasion, JCDA management requested the public at large, business establishments, and government departments to purchase IT products and services from JCDA Verified Dealers only so that local IT vendors are able to provide them with the best products and services at the most competitive prices.

The vote of thanks was offered by R. C. Sharma, Vice President of JCDA.

Happy Friendship Day



'Holy Tirthankars-In the Light of Heartfulness' book launched

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JAMMU: A book launch ceremony was held at S.S. Jain Sabha, Rani Park, Jammu, in the presence of hundreds of devotees.

The book, 'Holy Tirthankars - In the Light of Heartfulness', is authored by Revered Daaji (Kamlesh D. Patel), the Global Guide of the Shri Ram Chandra Mission/Heartfulness Institute.

Inspired by the Prime Minister Narendra Modi, Revered Daaji compiled this spiritual work to present the lives of the 24 Holy Tirthankars through the lens of Heartfulness meditation techniques. The book uniquely highlights the sacred connection between each Tirthankar and a specific tree, known as the Deeksha Vriksha, under which they meditated and attained Kaivalya (liberation). Each tree carries its own botanical and medicinal significance, deepening the spiritual symbolism. The book also includes simple Heartfulness meditation practices accessible to all, making it a valuable guide for inner transformation. Additionally, the research work of B. Rathinasabapathy on the Holy Tirthankars has been translated from Tamil into English and beautifully integrated into the volume.



Book 'Holy Tirthankars-In the Light of Heartfulness' launched in Jammu.

The Heartfulness Institute has taken a pledge to spread the timeless wisdom of the Holy Tirthankars to the youth, encouraging them to evolve spiritually through meditation and contribute to ecological balance by planting and preserving trees.

Adarsh Sharma, Regional Facilitator of the Heartfulness Institute (J&K), introduced the book to the gathering. A spiritually inspiring poem encapsulating the essence of the book was recited by Shreyansh

Jain, State Yoga Commissioner & Chairman Indian Yoga Association.

The event was graced by the revered presence of Mahasadhvi Shri Kiran Ji Maharaj Sahib (Thane 8), Pramod Jain, Justice Rajnesh Oswal, M.J. Sharma (Former Additional Chief Conservator of Forests), R.C. Gupta, and Santosh Thakur (Working Committee, Heartfulness Institute), along with Suneel Jain, President, S.S. Jain Sabha.

Shiv Sena exposes double standards of Jammu Municipal Corporation

JMC shielding illegal construction at H No. 44 D/C Gandhi Nagar

■ STATE TIMES NEWS

JAMMU: In a serious matter that threatens to erode public trust in the functioning of Jammu Municipal Corporation (JMC), Shiv Sena (UBT) J&K President Manish Sahni has raised strong objections over JMC's deliberate inaction in pursuing a case of blatant building violations against accuse Anita Sharma, wife of Shiv Kumar Sharma.

Manish Sahni said that most of the people are of the opinion that Jammu Municipal Commissioner is honest, but it is surprising that Municipal Commissioner has closed his eyes over the decision passed by Special Tribunal on June 11, 2025, the violation committed by the accuse Anita Sharma, wife of Shiv Sharma over for illegal construction at house number 44 D/C Gandhi Nagar



Shiv Sena J&K President Manish Sahni addressing media persons in Jammu on Sunday.

Jammu, have been ignored.

In its decision, the Tribunal has allowed full violation of Set Backs and illegal constructed rooms. As per the orders of Supreme Court violation of Set Backs cannot be compounded, and, so in every cases of violations where the Tribunal fines for violation Municipality approaches High Court, but surprisingly the Tribunal has not com-

pounded the violation of Setbacks and illegally constructed rooms but has clearly termed it as a minor violation and has passed the decision without fining the accuse Anita Sharma, Sahni said.

"Whenever case of set violations comes to Municipality from Tribunal, the Municipality files appeal in High Court within days. But for the over two

months the Jammu Municipal Corporation and its employees have not dared to file appeal because huge money has been transferred from one end to the other," added Munish Sahni, while talking to media persons in Jammu on Sunday.

The silent attitude of Jammu Municipal Commissioner has raised many eye brows over his honesty, as many Jammuites are facing the wrath of the court for their minor setbacks, Sahni said, adding, "We appeal to the JMC Commissioner to take action under relevant laws so that such violators are punished by the High Court properly."

"If the Jammu Municipal Commissioner wants the label tagged to him for honesty, he shall take the action immediately, otherwise?" questions Sahni.

Dr Darakhshan takes stock of ongoing developmental works, facilities at different sites, Sufi shrines in Jammu

■ STATE TIMES NEWS

JAMMU: Chairperson of Jammu & Kashmir Waqf Board & Minister of State Dr Syed Darakhshan Andrabi on Sunday visited and took stock of the ongoing developmental works and assessed future projects at different Sufi shrines in Jammu.

She inspected the ongoing infrastructure works at the Parking-cum-Office Complex near DC Office Jammu and later visited many Shrines and paid obeisance at Ziarat Peer Baba Panj Peer Manda, Hazrat Peer Baba Shahenshah Wali at Ustad Mohalla, Peer Baba Ilahi Baksh Bakshi Nagar and Peer Baba Chautala Sahib Bari Brahmana Samba and took stock of facilities at these Shrines. Syed Darakhshan empha-



Chairperson JKWB, Dr Syed Darakhshan Andrabi inspecting ongoing developmental work at Sufi shrine in Jammu.

sized on the timely completion of the projects at all costs. She issued directions for upgrading the facilities and services for the visiting devotees at these Shrines in a time bound manner.

Administrator Waqf Board Jammu Abid Hussain

(JKAS), Executive Engineer Sardar Mohammad, Junior Engineer Asif Nawaz, Field Inspector Shakeel Ahmed, Officer in Charge of Ziarats Mohd Yaqoob Shah & other field officials also accompanied the Chairperson during her visit.