

LG calls for collective efforts for spreading nobility, contributing to nation building

STATE TIMES NEWS

SRINAGAR: Saying that Jammu and Kashmir Union Territory is the land of divine and wisdom besides energy field of science and spirituality, Lieutenant Governor Manoj Sinha on Sunday called for collective efforts to spread nobility and contribute to nation building.

The Lt Governor was speaking at the 'Ekadash Samman Samaroh' of Shrimad Jagadguru Sharada Sarvagya Peetham and Hindi Kashmiri Sangam at Nund Rest Auditorium, SKUAST-Kashmir. The programme was organized by the Administrator, Sarvagya Sharada Peetha, Dr Raja Langer.

Jagadguru Shankracharya Swami Amritanand Dev Tirth Ji Maharaj, Peethaadheeshwar, Shrimad Jagadguru Sharada Sarvagya Peetham was present on the occasion. Congratulating the organizers and eminent personalities felicitated on the occasion, the Lt Governor said the endeavor has brought people from different walks of life on a common platform. The Lt Governor released various publications including several books were released and authors were also honoured by Lt Gov Manoj Sinha and Swami



Lieutenant Governor Manoj Sinha felicitating HoD Surgery GMC Jammu, Dr Ratnakar Sharma at a function in Srinagar.

Amritanandaji. The books which were released include "Jurisprudence of Experiential Learning Law: challenges and perspectives from the Precepts of National Educational Policy 2022", by Prof K. L. Bhatiya, "Antermanna Swar", by Ragini Prasad, "Ishq Samundar to Nahi", by Jaspreet Kaur Falak, "Zindagi ko Talashate Kinneer", by Beena Budki and "Kashmir evam Sharada Peeth ka Itahask evam Sanskritik mahatav; ek drishti", by PremLata. The occasion also marked the conclusion of the International Conference organized on the role and influence of Adi Shankaracharya, Sufis and Saints in Kashmir; and histori-

cal and cultural significance of the Sharada Peeth. Dr. Beena Budki from Hindi Kashmiri Sangam and Dr. Raja Langer, Director, Sarvagya Sharada Peeth highlighted the aims and objectives of Sharada Sarvagya Peeth and Hindi Kashmiri Sangam. On the occasion, Lieutenant Governor Manoj Sinha also felicitated HoD Surgery Government Medical College (GMC) Jammu, Dr Ratnakar Sharma; Om Prakash Pandey, Space Scientist and famous custodian of Sanatan Sanskriti Samrakshan, Kashi Vidyut Parishad Parivaar; Ram Narayan Dwivedi, Mahamantri Kashi Vidyut Parishad; Padma Shri Prof Vishwamurti Shastri,

President Kashi Vidyut Parishad, Jammu; Vasudha Mishra IAS, New Delhi, Administrative Dept; Satish Chandra, Chairman Lok Seva Aayog, J&K; Dr Darakshan Andrabi, Chairman Waqf Board, J&K; Raja Babu Singh IPS, BSF, Kashmir; Karuna Sagar, IPS, Tamil Nadu; Shiv Singh Sarang Deol, Vice Chancellor University, Janardan Ray Nagar; Prof. J P Sharma, Vice Chancellor SKUAST Jammu; Prof. Nazir A Ganai, Vice Chancellor, SKUAST Kashmir; Prof. Akbar Masood, Vice Chancellor, BGSSBU Rajouri; Prof. Ramesh Pandey, Ex VC, LBS Sanskrit University, New Delhi; Swami Keshvanand, Founder & Director

International AdiShankara research and Awareness Foundation, Netherlands; Dr. Akhilesh Sharma, Ayurveda, America; and Dr. Ruby Bakshi Khurdi, Switzerland.

Others present were Satish Chandra, Chairman, JKPS; Vasudha Mishra, Secretary UPSC; Prof. S.S. Sarangdevot, VC, Janardan Rai Nagar Rajasthan Vidyapeeth; Prof. Ramesh Kumar Pandey, former VC, SLBS National Sanskrit University; Dr. Karuna Sagar, Director, (Modernization), BPR&D; Om Prakash Pandey, Space Scientist; Acharya Raghunath Das Vedantiji; Ram Narayan Dwivedi, Mahamantri, Kashi Vidyut Parishad; Swami Keshvanand, Founder & Director International Adi Shankaracharya Research and Awareness foundation, Netherlands; Dr. Ratnakar Sharma, HoD Surgery GMC, Jammu; Dr. Ruby Bakshi Khurdi, educationist and author from Switzerland; Dr. Akhilesh Sharma from USA and members of Shri Kashi Vidyut Parishad.

Pandurang K Pole, Divisional Commissioner Kashmir; Vijay Kumar, ADGP Kashmir besides prominent citizens from all walks of life also attended the felicitation ceremony.



Sudden Cardiac death, unprecedented rise: Dr Sushil



Cardiologist Dr Sushil Sharma and his team members examining patients.

STATE TIMES NEWS

JAMMU: As mass awareness regarding Sudden Cardiac Death is very less with very meagre population knowing about it, so keeping in view all these factors Cardiac awareness cum health check up as well as screening camp was organised by Department of Cardiology SSH Jammu at Shiv Mandir, Indra Nagar, Miran sahib area of R S Pura.

Those people having cardiac risk were encouraged to have healthy and cardiac friendly lifestyle which can lead to gradual decrease in the number of sudden cardiac events.

While interacting with the people, Dr Sushil Sharma stated that Sudden Cardiac Death (SCD) is death due to a cardiovascular cause that occurs within one hour of the onset of symptoms.

A sudden cardiac arrest occurs when the heart stops beating or is not beating sufficiently to maintain perfusion and life, he said adding that SCD is a catastrophic event, which has a huge adverse impact on the health care system.

Coronary artery disease is the most common cause of sudden cardiac death, accounting for up to 80% of all cases, he said adding that Cardiomyopathies and genetic channelopathies account for the remaining causes.

The most common causes of non-ischemic sudden cardiac death are cardiomyopathy related to obesity, alco-

holism, and fibrosis, he said. There are various symptoms one may encounter before experiencing a sudden cardiac arrest. Chest discomfort, irregular heart palpitations, short spells of breathlessness, sudden feeling of weakness and light headedness that can lead to unconsciousness. Most people who are indulged in a sedentary lifestyle that involves incessant smoking, drugs, drinking too much alcohol, obesity, lack of a balanced diet, irregular sleep cycles and being involved in a high stress work environment.

These factors can increase the risk of having a sudden cardiac arrest or can lead to other medical conditions and complications too. People who have had a family history of heart diseases and diabetes may also have high chances of suffering from SCD, he added. Further Dr Sushil Sharma told that management of SCD involves the crucial step of performing a Cardiac Resuscitation (CPR) within the first 6 minutes. This can greatly improve the chances of survival as it immediately restarts heart functions and provides blood supply to the brain. He further elaborated that to stay on top of your health one must start following healthier lifestyle practices on a day-to-day basis.

A healthy regime that includes eating a nutrition rich balanced diet, exercis-

ing regularly, refraining from and overcoming habits such as smoking and drugs, regulating alcohol consumption and sleep cycles and management of stress.

Fortunate to have survived a SCD and are at a risk to experience it again, an ICD (Implantable cardioverter defibrillator) or Cardiac resynchronization therapy (CRT) devices might be implanted to monitor, regulate and improve your heartbeat and pump performance and provide electrical shocks during potentially fatal cardiac arrhythmias to restore normalcy.

More than 200 patients were examined, evaluated and advised during the camp. ECG, Blood Sugar and HBA1C was conducted and medicines were also given as per the requirements.

Prominent Members of the area Harjeet Singh, Manjit Singh, Balwinder Singh, Mamta Malhotra (Panch), Vijay Sharma and Kamal Sharma 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 Nasir Ali Choudhary (Cardiologist) and Dr Dhaneshwar Kapoor. Paramedics and Volunteers Include Kamal Sharma, Gourav Sharma, Maneet Kumar, Ranjeet Singh, Rajkumar, Mukesh kumar, Milan Kapoor, Maninder Singh, Nitesh Mahajan and Akshay Kumar.

YRS activists stage agitation, block Tawi Bridge

STATE TIMES NEWS

JAMMU: A large number of activists of the Yuva Rajput Sabha (YRS) on Sunday staged a strong agitation and blocked the Tawi Bridge to press their demand for declaring a holiday on the birth anniversary of Maharaja Hari Singh, the last Dogra ruler of Jammu and Kashmir, on September 23.

YRS leaders said they had been making the demand for the last 10



YRS activists raising slogans during a protest at Jammu on Sunday.

years but the administration was yet to fulfill it.

"We do not know the fate

of the committee formed by the government on our demand for a public holiday as a tribute to our great Maharaja who was the one who made J&K the crown of India by signing the instrument of accession."

Meanwhile, hunger strike of the YRS members continued in Jammu.

Leaders of various social and political organizations also supported the YRS workers.

Gujarat Conclave to explore State specific technologies: Dr Jitendra

STATE TIMES NEWS

AHMEDABAD: The two-day Gujarat Science Conclave of State Science & Technology (S&T) Ministers, to be inaugurated by Prime Minister Narendra Modi, at Science City here will explore State specific technologies and innovations for adoption and scaling up through integrated approach with Centre's collaboration.

This was stated to media by Union Minister, Dr Jitendra Singh after a thorough review of preparations for the two-day conclave beginning on September 10, 2022.

Dr Jitendra said, the broad theme of the conclave will be to present a Vision 2047 for S&T sector with particular reference to meeting the S&T challenges and needs of States and Future



Union Minister Dr Jitendra Singh, accompanied by senior officers, reviewing preparations at Science City Ahmedabad, for the upcoming 2-day National Science Conclave to be inaugurated by Prime Minister Narendra Modi.

Growth Pathway and Vision for STI in States.

He said, a broad mapping of priorities, challenges, expectations and technology needs of each of the States and UTs can be met through collaboration with various S&T departments of the Centre.

The Minister said, the States/UTs can work in convergence for optimum outcomes with 6 Science Departments - DST, DBT, CSIR, MoES, DAE and DoS. All these departments as well as Industry representatives will participate in the Conclave, he

added.

Dr Jitendra informed that "Doubling Private Sector investment in R&D by 2030" and supplementing the country's and State's overall economy will also be a key agenda of the Science Conclave in tune with Atma Nirbhar pitch of Modi Government. He said, dialogue on increasing private sector investment in R&D and developing collaboration for Indian states will feature prominently during deliberations. Dr Jitendra informed that important plenary sessions with State S&T Ministers will be organized during the summit on issues like Agriculture underlying Technological Interventions for improving the farmer's income, Innovation for producing portable drinking water includ-

ing application of technologies like Desalination, Heli borne methods developed by DST, Clean Energy for All including S&T role in Hydrogen mission, Deep Sea Mission of MoES and its relevance for Coastal States/UTs as well country's future economy, Digital healthcare for All and Synergizing Science with National Education Policy.

Dr Jitendra Singh said, a special session with the CEOs of over 100 Start Ups and industry will try to explore state specific solutions for unique problems faced by individual states. The Minister promised all support from all the 6 Science Departments to the potential start-ups willing to work with state governments with funding from all stakeholders.

J&K has not so far seen even any fair Reorganisation of District Administrative Units

Some people may still allege discrimination, will LG Sinha undo SRO 306 of 1979 & SRO 185 of 2007 & prove them wrong

Let there be rationalisation of District Administrative units of UT of J&K, people look at LG for that

DAYA SAGAR

LG UT of J&K Manoj Sinha has messaged his people on this 2nd Sept (while speaking in a function organised for dedicating the Jammu Smart City projects to the people), Quote " 'Lekin Ek Baat Hamein Dhiyaan Rakhne Ki Hai, Jab Bhi Jahan Koyi Karykram Hota Hai, Abhi Bo Jo Hamare Dimmag Mein Baith Geya Ke jammu Ke Saath Vedh Bhav Huya.. Jammu Ke Saath Vedh Bhag Huya, Mein Balut Binamrata Poorvak Nivedan Karna Chahata Hoon Is Fobia Se Ab Bahar Nikalne Ki Jaroorat Hai, Ab Jo Prashasan Hai... Ya Desh Mein Jo Sarkar Hai, Hum Log Har Bhashan Mein Kehate Hain Sab Ka Saath Sab Ka Vikas, Fir Is Baat Ki Gunjaesh Nahin Reh Jati, Jammu Bhi Hamara kashmir Bhi Hamara " unquote.

He has also been quoted as opined that those who raise the bogey (of discrimination) are trying to fail the plans of Prime Minister (Narendra Modi) and the Government of India which want complete UT's integration with Centre, both Jammu and Kashmir are getting their due. True Manoj Sinha has been regularly expressing very intimate & 'immediate' concern for bringing equitable development of all the people & regions of J&K by bringing the local administration near to common man both in approach & time. It appears that he may be getting feed backs suggesting that people outside Kashmir valley 'still' feel that they are being discriminated by the

government even in 2022 and hence he has tried to reach the common man of the 'region' suggesting that 'now' he is there for equitable development and undoing the wrongs of the earlier 'elected' governments in the erstwhile state of J&K. His word should be believed and instead making isolated observations all those who feel concerned for their people must provide regular feedback on the on ground progress & shortfalls, if any, as regards implementation of the policies of UT government and comment only, ofcourse after giving him some time for applying corrections.

No doubt so far all these years the areas outside Kashmir Valley had not been treated politically & administratively with fairness by the democratically elected governments and hence in case some people outside Kashmir valley still carry 'prints' of the discriminations they need be attended sympathetically and where ever needed corrections need be applied.

The neglect that the areas outside Kashmir valley have been facing well reflects from state of affairs concerning exploitation of huge potential for commercial tourism that existed outside Kashmir valley, lack of programmes for commercial development even of pulses (like Rajmas), Horticulture (even citrus & mango) etc like it well reflects from the condition of the ordinary road project from Basohli to Bhaderwah that was started somewhere in 1962 or so where even in 2022 the track from Bani to Bhaderwah is

named by some as 'fair weather road' worth commercial tourism which has been surely due to lack of due voice of the people outside K. Valley in legislature / administration. People outside Kashmir valley surely looked at LG Manoj Sinha with great hopes for atleast undoing the unfair treatment meted to them in the past, particularly as regards representation in the Legislative Assembly and positioning of district Administrative units.

Anyhow as regards the Legislature Manoj Sinha cannot get applied any needed corrections since the Delimitation Commission 2020 has already issued final orders in 2022 allocating lesser seats in the Legislative assembly of UT of J&K to areas that had constitutionally more elected MLAs in the Legislative council of J&K State, which could be now reviewed only after 2031. Anyhow as regards rationalisation of District Administrative units is concerned Manoj Sinha can surely still do that, will he? The unfair treatment that the areas outside Kashmir Valley have received after 1947 could well be seen by LG UT of J&K from the brief being quoted here after: Before 1947 Kashmir valley was junior partner to other areas of princely State of J&K and it was rather the only, promoted destination for commercial tourism. For the purposes of administration the princely state was divided into three administrative units (1) Jammu



Province (2) Kashmir Province (3) District of 'Ladakh'. As per the administrative report of Maharaja's government published in 1942 Kashmir Valley spread over just 3 districts of Anantnag, Baramulla and Muzaffrabad was 8539 sq miles (nearly 22200 sq km), Jammu region spread over 5 district plus 2 Jagirs (Mirpur, Jammu, Kathua, Udhampur, Reasi plus two Jagirs Poonch and Chenani) app12401 sq miles (app 32200 sq km) and Ladakh was 63554 sq miles (app 165000 sq km). Provisional population as per 1941 census was only 17,28,686 souls for Kashmir Valley where as it was 20,01,557 soul for Jammu region and 3,11,915 souls for Ladakh region. Even after 1947, excluding the areas of POJK, the area of Jammu Region has been 26293sq km and Kashmir Valley has been only 15948 sq km. Upto 1978 there were 6 District Administrative units in Jammu Region and only 3 District administrative units in Kashmir valley.

District Reorganisations done in 1979 (SRO 306 of 6/6/1979. Anantnag, Srinagar, Baramulla to (Anantnag, Pulwama, Srinagar, Badgam, Baramulla, Kupwara and no increase in Jammu division) & 2007 (Congress i headed PDP-Congress Government SRO 185 of 22 May 2007 (Kashmir region Anantnag, Kulgam, Pulwama, Shopian, Srinagar, Ganderbal, Badgam, Baramulla,

Bandipora, Kupwara and Jammu Division Poonch, Rajouri, Jammu, Samba, Kathua, Udhampur, Reasi, Doda, Kishtwar, Ramban) by Elected Governments so unproportionally increased the Districts in Kashmir valley from 3 to 10 and the districts in Jammu Division too from 6 to 10. (Kashmir Valley from Anantnag, Srinagar, Baramulla to Anantnag, Kulgam, Pulwama, Shopian, Srinagar, Ganderbal, Badgam, Baramulla, Bandipora, Kupwara and Jammu Region from Kathua, Jammu, Rajouri, Poonch, Udhampur, Doda to Jammu, Samba, Kathua, Rajouri, Poonch, Udhampur, Reasi, Doda, Kishtwar, Ramban). Open discrimination meted to areas outside Kashmir Valley by the Congress-PDP 'popular' Government could be easily read by caring person in LG Manoj Sinha from the fact that the Rajouri District that had 7 Tehsil in 2006-07 was not bifurcated while in Kashmir Valley Shopian was carved out as a new District with only one tehsil. The concept of planning in India is based on the principle of local level planning. In a State / UT of India a District occupies a pivotal position in planning because its location and administrative status becomes immediate & working source of data and information to carry out plan programmes. So, to have a rational view of the neglect of requirements (particularly of the distant/ remote area) people it will be worthwhile for any rational analyst to

have a look at the number of districts that existed in Kashmir valley in 1957 (3) & that are there in 2022 (10) and that existed in Jammu Division in 1957 (6) & that are there in 2022 (10) or Tehsils and Niabats that existed in different districts before issue of No. Rev(s)169 of 18-07-2014 for creating more new Tehsils in 2014 i.e when District Shopian was there with only one tehsil and Rajouri District of Jammu was there with 7 Tehsils spreading over 2630 sq km. (i. Ganderbal with 3 tehsils and 259 sq km 2011 census and 1045 sq km as per website) (ii) Bandipora with 3 tehsils and area of just 345 sq km district website/ census-2011 (iii) Kulgam with 3 tehsils and area of just 410 sq km (census 2011) and 1067 sq km as per website. The data on the district websites has been quoted for idea only and is subject to correction). Some districts in Valley may be very small but it may not be possible to reverse reorganisation so the correction can be applied only by increasing districts outside Kashmir Valley in UT of J&K. Keeping in view the performance of elected governments of past and even the fate of agitations done by people of Rajouri district in 2017-18 hopes for justice rest more only in LG Manoj Sinha in whom the common man has started seeing signs of 'Aam Purash' care take.

To be continued (The author is a Sr Journalist & analyst of J&K Affairs. dayasagr45@yahoo.com).