

Preventing disease through human resolve: Dr. Sushil's inspiring World Heart Day message

Impressive Walkathon organized to mark World Heart Day



Dr. Sushil Sharma, Head of the Department, Department of Cardiology, SSH leading a day-long walkathon in celebration of World Heart Day at Jammu on Sunday.

■ STATE TIMES NEWS

JAMMU: Continuing its mission to raise awareness about the looming cardiovascular crisis, the Department of Cardiology at Super Speciality Hospital Jammu, under the visionary leadership of Dr. Sushil Sharma, Head of the Department, Department of Cardiology, SSH organized a day-long walkathon in celebration of World Heart Day. The event focused on this year's theme, "Use Heart for Action," reminding individuals, governments, and health organizations to take proactive measures in preventing heart-related conditions, which remain the world's leading cause of death. The day served as an opportunity to spread awareness about cardiovascular diseases and encourage preventative action, ultimately helping people around the globe lead healthier and more fulfilling lives. Read on as we delve into

this year's theme and the history and significance behind this important day. The walkathon commenced at Birkram Chowk and concluded at Super Speciality Hospital, Jammu, with enthusiastic participation from people from all walks of life. Dr. Sushil Sharma, alongside eminent cardiologists, highlighted the importance of heart health, stating, "A healthy heart is the gateway to a healthy life." Dr. Sushil emphasized the alarming reality that millions of people die from heart diseases every year. "To combat this, World Heart Day is celebrated annually on September 29th to raise awareness and encourage preventative measures", he said while putting light on the importance of this day. Dr. Sushil expressed his admiration for the resolve of the people of Jammu, as evidenced by the large turnout at the walkathon and the enthusiastic participa-

tion from various sections of society. The event aimed to address the growing trend of cardiovascular diseases (CVDs), which claim 20.5 million lives annually, accounting for 31% of global deaths. Dr. Sushil stressed the need for lifestyle changes to prevent heart-related problems. "Maintaining a healthy lifestyle, dietary preferences, and engaging in physical activity are crucial for heart health," he suggested. Dr. Sushil highlighted the significance of human resolve in preventing diseases. "Nothing is more powerful than human resolve to prevent any disease," he noted, praising the participants for reaffirming their commitment to heart health. Dr. Sushil pointed out that heart attacks and strokes are the primary manifestations of these diseases, which are often triggered by tobacco use, unhealthy diets, physical inac-

tivity, and excessive alcohol consumption. This year's theme, "Use Heart for Action," encourages individuals to prioritize heart health and urged leaders to take cardiovascular health more seriously. The theme offers a global platform for meaningful action, highlighting the importance of deliberate and impactful efforts. It marks a shift from simply raising awareness to empowering people with clear goals and a sense of purpose. "Action" also encompasses the dual approach of influencing policies and advocating for behavior change and physical activity, underscoring the need for sustained collaboration and commitment. On this occasion, the city of Jammu came together to emphasize the importance of heart health and encourage preventive measures

against cardiovascular diseases. He emphasized the need for awareness among all sections of society to prevent heart disease. "Collective factors like abnormal lipids, smoking, hypertension, diabetes, abdominal obesity, psycho-social variables, and alcohol consumption require early intervention. Dr. Mohan Lal (Former HOD Cardiology GMCH Jammu), Dr. Gurjit Singh (Former HOD CVTS GMCH Jammu) and Dr. Nasir Ali Choudhary provided valuable insights on maintaining heart health and preventing complications in patients with cardiovascular disease. Speaking on the occasion, Director ACB Shakti Pathak called for coordination among all sections of society to create awareness about heart dis-

eases. "Regular exercise is essential for overall health and well-being," he emphasized. He appreciated the Walkathon, stating that such events are crucial for creating awareness among people. Eminent figures, including President of the Chamber of Commerce and Industries

(CCI) Arun Gupta, Koushal Sharma (SSP), Sunil Sharma, Former - chairperson Poonch Municipal Council, Dr. Rajinder Singh (Former Principal GMCH Jammu) Dr. Rehana Superintendent SSH, Dr. Sanjogita Sudan Deputy Superintendent SSH, Dr. Rajinder Singh (

Orthopaedics), Dr. Narinder Singh (Paed Surgeon) Dr. I. A. Mir (Former HOD CVTS SSH Jammu), Jyoti Rokri (AAO), faculty members, Students and staff members of GMCH Jammu attended the event. Dr. Arvind Kohli (Vascular Surgeon) conducted the proceedings of the event.

Cultural & musical performances encourage border area voters of Suchetgarh



DEO Jammu, Sachin Kumar Vaishya and others at a programme at Suchetgarh.

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SUCHETGARH: A mega Systematic Voter's Education and Electoral Participation (SVEEP) programme was organised today at Suchetgarh International Border, a prominent and popular destination in the Suchetgarh Assembly Constituency. The event aimed to raise voter awareness & participation in the upcoming elections particularly targeting border belt resident voters. Special performances by Singers Juhi Singh, Vaushika Jaral and Punjabi artist Sangram Hanjra were key highlights of the event. Their

patriotic songs and repeated calls to voters, encouraged the voters to participate in the upcoming assembly elections, instilling a sense of responsibility and love for the nation. The event also featured cultural items and a skit on voter awareness presented by local school students. District Election Officer Sachin Kumar Vaishya addressed the gathering, urging all eligible voters to exercise their right to vote on 1st October, 2024. He emphasised the role of voters in strengthening democracy and called for active participation in the elec-

toral process. A blimp was also launched on the occasion for voter awareness. A similar blimp was launched in Bishnah as part of SVEEP, the other day. Present at the event were ADDC Jammu Sher Singh, ADC Shishir Gupta, ACD Jammu/ Nodal Officer SVEEP, Dr. Vikas Sharma, RO Suchetgarh Dr. Rajesh Kumar and RO RS Pura- Jammu South Seema Parihar, alongside Senior Officers from BSF. All the attendees echoed the call for greater voter participation to strengthen the democratic process.

Modi Government Strengthens Ties with J&K, Wins Over Public Support: MP Khatana

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RAMNAGAR: Senior BJP leader and Rajya Sabha MP, Er. Gulam Ali Khatana, lauded Prime Minister Narendra Modi for fostering a deep connection with the people of Jammu and Kashmir. Speaking during a campaign rally for the party's candidate in Ram Nagar, Udhampur, on Sunday morning Khatana highlighted the frequent visits of top BJP leaders to the region, underscoring their commitment to engaging with the masses. Khatana praised the pub-

lic's overwhelming support for BJP in the Union Territory, noting that the people of J&K not only backed the party with their votes but also embraced its ideology of nation first, driving significant change in the region. "Our Prime Minister, Shri Narendra Modi Ji, and Home Minister Shri Amit Shah have left no stone unturned in meeting the expectations of J&K's people, who endured decades of misrule and discrimination," Khatana said. He further emphasized that the Modi government has rec-

tified the wrongs committed by previous regimes, ending political dynasties that contributed to societal divisions. "Modi Ji has unified the nation, providing equal opportunities to all, while rejecting the appeasement politics of Congress," Khatana added. He also stressed the government's unwavering stance against terrorism, stating, "The BJP government is tackling terrorism in J&K with an iron hand, ensuring lasting peace and development in the region."

3rd PHASE

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Vote for Better Tommorrow



GOURAV CHOPRA

DPAP Candidate, Jammu West



MUNEER AHMAD MIR

DPAP Candidate, Lolab



NISAR AHMAD LONE

DPAP Candidate, Gurez



CH. GHARU RAM

DPAP Candidate, Jammu South



SAJAD AHMAD DAR

DPAP Candidate, Rafiabod



GOURI SHANKER

DPAP Candidate, Bani



SOBAT ALI

DPAP Candidate, Baku Gandhi Nagar



VINOD MISHRA

DPAP Candidate, Samba



MAHESHWAR SINGH

DPAP Candidate, Jammu North



ASHOK BHAGAT

DPAP Candidate, Marh



SANDEEP KUMAR SARMAL

DPAP Candidate, Ramnagar



AGA SAYED ABBAS RIZVI

DPAP Candidate, Wagoora Kreeni



AJAIB SINGH

DPAP Candidate, Suchetgarh



Azad Jab Ayega, Inquilab layega

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