

Microplastics and Nanoplastics-Hidden Threats to Cardiovascular Health: Dr Sushil

■ STATE TIMES NEWS

JAMMU: In view of the ever increasing incidence of cardiac ailments and lifestyle diseases Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac Awareness cum health check up camp at Nageshwar Temple Janipur, here for educating masses regarding the importance of primary prevention in decreasing mortality and morbidity associated with cardiovascular diseases.

While interacting with the people, Dr Sushil stated that in recent years, the rapid growth of plastic production and its subsequent waste accumulation has emerged as one of the greatest environmental and health challenges.

The world produced nearly 400.3 million metric tons of plastics in 2022 alone, and projections indicate that by 2050, around 13.2 billion tons of plastic waste will accumulate in ecosystems. As these plastics degrade, they form micro plastics (MPs) and nano plastics (NPs) - microscopic particles capable of infiltrating food, water, and even the air we breathe. These pollutants are no longer confined to oceans and soil; they are now entering the human



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

body and posing a direct threat to cardiovascular health.

He elaborated that Humans are exposed to microplastics and nanoplastics through multiple routes: Ingestion of contaminated food and drinking water. Inhalation of airborne particles released from synthetic textiles, industrial emissions, and degraded plastics. Dermal exposure from personal care products and plastic-based materials. Once inside the body, these particles can translocate into the bloodstream and tissues, reaching vital organs including the heart and blood vessels.

The cardiovascular system appears particularly vulnerable to microplastics and nanoplastics due to several mechanisms, Micro plastics can generate reactive oxy-

gen species (ROS), leading to endothelial dysfunction, chronic inflammation, and vascular damage. Persistent inflammation and lipid dysregulation triggered by MPs/NPs may accelerate the development of atherosclerosis, thereby increasing the risk of coronary artery disease. Research suggests that these particles may interact with platelets and clotting pathways, potentially heightening the risk of thrombosis and embolic events. Many plastics contain bisphenol A (BPA), phthalates, and heavy metals that can leach out, exerting direct cardiotoxic and endocrine-disrupting effects. Human observational studies now reveal the presence of microplastics in arterial plaques, suggesting a direct role in cardiovascular disease progression.

Epidemiological data are beginning to link plastic exposure with higher rates of hypertension, coronary heart disease, and arrhythmias.

He added that the widespread presence of microplastics and nanoplastics in food, water, and air means that human exposure is unavoidable. For cardiovascular health, this poses several challenges. Vulnerable groups, including infants, the elderly, and patients with pre-existing cardiovascular disease, may face greater risks. Health systems worldwide will need to prepare for the long-term cardiovascular impacts of this environmental hazard. He Said.

In concluding remarks, Dr Sushil Sharma deliberated that Microplastics and nanoplastics are no longer

just an environmental nuisance they are emerging toxicants with significant implications for human cardiovascular health. By inducing oxidative stress, vascular inflammation, and accelerating atherosclerosis, these tiny particles threaten to exacerbate the global burden of heart disease. Urgent action is required at both the policy and clinical level to reduce exposure, strengthen monitoring, and protect public health.

Management Committee of the Temple Mahant Ramesh Lal, Deepak Dogra, Anil Luthra, Ankush Gupta, Sunita Gupta (Former Councilor) and Chandan Datta (Social Activist) 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 Neeraj Mishra and Dr Bhola Kumar. Paramedics and volunteers includes Kamal Sharma , Ranjeet Singh, Amnish Datta, Mukhtyar Malik, Makhan Sharma, Shubham Sharma, Mukesh Sharma, Vikas Kumar, Gourav Sharma, Rajinder Singh, Rajkumar and Nirvair Singh Bali.



LMD imposes Rs 1 lakh penalty on manufacturer of hardware items for non-compliance

■ STATE TIMES NEWS

JAMMU: Legal Metrology Enforcement Jammu on Sunday imposed a penalty of Rs 1 lakh on a Delhi-based manufacturer of hardware items for violating the mandatory labeling and packaging provisions under the Legal Metrology Act, 2009 and the Legal Metrology (Packaged Commodities) Rules, 2011.

During an inspection, it was found that the manufacturer had failed to provide complete and accurate

declarations on pre-packed commodities used in house construction, thereby contravening legal requirements aimed at ensuring transparency and protecting consumers from misleading practices. Following the issuance of a show-cause notice and the company's acceptance of the omission, a penalty of Rs 1 lakh was imposed on the erring trader. The Department has urged the trading community to

strictly adhere to statutory requirements and ensure that only genuine products with complete and accurate labeling are sold in the market. It reiterated its commitment to maintaining fair trade practices and stated that enforcement drives will continue to curb such violations. The Department has also appealed to consumers to remain vigilant and insist on properly labeled commodities while making purchases.

Dy CM inaugurates awareness camp on JKBOCWBB schemes at Nowshera

Also distributes Rs 12.76 lakhs educational assistance among 263 beneficiaries



Dy CM Surinder Choudhary distributing Rs 12.76 lakhs educational assistance among beneficiaries.

■ STATE TIMES NEWS

RAJOURI: Deputy Chief Minister, Surinder Kumar Choudhary on Sunday inaugurated awareness cum financial distribution camp under Jammu and Kashmir Building and Other Construction Workers Welfare Board (JKBOCWBB) Schemes at Dak Banglow Nowshera here.

The camp was organized by Labour Department, Rajouri, where Deputy Chief Minister distributed financial assistance of Rs. 12,76,000, on account of Education Assistance among 263 beneficiaries.

He also distributed Labour Cards among registered construction workers.

Additional Deputy Commissioner, Nowshera Pritam Lal Thapa, Pradyot Gupta, Assistant Labour Commissioner, Rajouri, large number of people from Nowshera constituency and beneficiaries attended the camp.

Speaking on the occasion, Deputy Chief Minister impressed upon the officers of Labour department to ensure maximum coverage of the beneficiaries under Labour welfare schemes.

He directed the officers to work with zeal and dedication so that large number of construction workers get benefited under the schemes like death assistance, chronic disease assistance, permanent disability assistance, maternity benefit, marriage assistance and scholarship scheme for their wards.

Speaking on the occasion, ALC Rajouri, apprised the gathering about the progress and achievements of the Labour department Rajouri. He informed about different welfare schemes run by the department including JKBOCWBB schemes. He also highlighted the process of registration and documentation required for registration as construction worker under (JKBOCWBB) schemes.

Satish reviews essential supplies in flood-affected Samwan, Kharah Balli blocks of Jammu district



Transport Minister, Satish Sharma visiting rain-hit area.

■ STATE TIMES NEWS

JAMMU: Minister for Food, Civil Supplies & Consumer Affairs, Information Technology, Transport, Youth Services and Sports, Satish Sharma, today undertook an extensive tour of Samwan and Kharah Balli Blocks of Jammu district, besides Battal, Dhakhar, and Jogwan Panchayats to take stock of the situation in the aftermath of recent floods and assess the availability of essential commodities in these areas.

During the visit, the Minister interacted with the local residents and assured them that the Government is fully committed to provide them all necessary support during these testing times. He directed the officers of

Food, Civil Supplies & Consumer Affairs and other concerned departments to ensure adequate stocks of ration, LPG, kerosene and other daily essentials are made available in affected areas without any delay.

The Minister further instructed the administration to adopt a proactive approach, keeping in view the challenges of connectivity and transportation caused by heavy rainfall and floods. He stressed that special attention should be given to vulnerable and low-lying areas, having less supply of essentials due to low accessibility during emergencies.

Satish Sharma also reviewed the status of relief distribution and directed that timely dis-

bursement of aid must be ensured, with priority given to the worst-hit families. He emphasized that the government machinery should remain in full preparedness to tackle any eventuality and close coordination between civil administration, field functionaries, and local representatives is vital for effective response.

Speaking on the occasion, the Minister said, "The recent floods have caused immense difficulties to the people, but the Government stands shoulder-to-shoulder with them. It is our top priority to ensure that no household suffers due to the non-availability of essential items. All departments must work in synergy so that immediate relief and long-term solutions can be provided."

He assured that steps will be taken to strengthen infrastructure and improve storage facilities in flood-prone and remote areas to minimize any disruptions in the future.

The Minister was accompanied by senior officers of district administration, who briefed him about the measures already taken and ongoing restoration measures.

■ STATE TIMES NEWS

JAMMU: Union Minister of State (Independent Charge) for Science and Technology; Earth Sciences and Minister of State for PMO, Department of Atomic Energy, Department of Space, Personnel, Public Grievances and Pensions, Dr. Jitendra Singh addressed BJP party workers in Jammu today during an organizational workshop, delivering an impassioned speech that blended history, politics and a call for unwavering dedication.

BJP Karyakarta of Jammu & Kashmir is different from others because this is the land which inspired the growth of Bharatiya Jan Sangh and carries the imprint of the party's first major campaign launched by Syama Prasad Mookerjee and subsequently his supreme sacrifice which ignited the torch of nationalism symbolised by the party's then symbol "Diya or Deepak", said Dr Jitendra Singh. "BJP Karyakartas of J&K are the torchbearers of Mookerjee's legacy, which is for us both a privilege as well as a challenge", he added.

Dr Jitendra Singh positioned Jammu & Kashmir as not just a region but the ideological soul of the Bharatiya Janata Party, declaring that the sacrifices made here have writ-



Union Minister, Dr. Jitendra Singh addressing BJP party workers meeting in Jammu.

ten chapters of India's political history that continue to guide the party's mission.

Dr. Jitendra Singh reminded workers that it was in Jammu & Kashmir where nationalist icons like Dr. Syama Prasad Mookerjee and Pandit Prem Nath Dogra sowed the seeds of resistance against secessionist and separatist forces. Their sacrifices, he said, dismantled the special status that kept J&K away from the national mainstream for decades and paved the way for the abrogation of Article 370 under Prime Minister Narendra Modi's leadership.

"Every BJP worker must remember-we are not here by accident. We are here because before us, three generations of Karyakartas have devoted their lives and stood against injustice", Dr Jitendra Singh said.

In sharp contrast, Dr. Jitendra Singh targeted the Congress and National Conference, accusing them of clinging to expedient politics and opportunism. "For decades, the Congress, National Conference and their allies ruled this land only to serve themselves. The moment power slipped from their hands, they collapsed like a house of cards. But BJP survived without

generations of Karyakartas have devoted their lives and stood against injustice", Dr Jitendra Singh said.

power for decades because we are not power brokers, we are nation builders," he asserted, receiving thunderous applause from party workers.

The Minister also underscored how, under Prime Minister Modi, Jammu has regained its dignity and rightful place in India's development story. He pointed to landmark projects like AIIMS Jammu, IIT Jammu, and new highways as proof that the Modi government delivers without bias. "Today, Jammu

stands tall as an equal stakeholder in India's destiny," he said.

Calling on workers to embrace a larger vision, Dr. Jitendra Singh cautioned against the dangers of complacency and short-term ambition. "More than 70 percent of Indians are under the age of 40. They expect from us, sincerity and delivery" he said. Dr. Jitendra Singh further emphasized that the BJP is not just a political party but a movement with a mission. "When we walk into a village, when we speak to a farmer, when we meet a youth preparing for competitive exams, we must remember that we carry the hope of millions. We are the torchbearers of Modi ji's vision of Viksit Bharat -a developed India that the world will look up to," he said. Dr Jitendra Singh urged party workers to strengthen booth-level organization, connect with youth and expose the failures of the opposition. "History has given us opportunity, and we cannot afford to be complacent", he concluded, leaving the gathering energized and motivated.

Gulam Ali in flood-ravaged Khairi-Kangar, calls out NC Govt's failures

■ STATE TIMES NEWS

JAMMU: Senior BJP leader and Rajya Sabha MP Gulam Ali Khatana on Sunday toured the flood-hit Khairi-Kangar belt in Jammu, meeting displaced families and inspecting stretches devastated by landslides, soil erosion and flooding.

Locals apprised the MP that soil erosion in the area was worsened by tunnelling and earth works linked to the national highway ring road, which had been left exposed without safeguards.

They said heavy downpours in such conditions inevitably triggered landslides and erosion, resulting in large-scale damage.

Khatana expressed concern over the destruction and assured people that relief and rehabilitation measures were being carried out under the leadership of Prime Minister Narendra Modi and Home Minister Amit Shah, with Lieutenant Governor Manoj Sinha personally monitoring the situation.

He said road clearance, restoration of essential services and delivery of aid were progressing



Rajya Sabha MP Gulam Ali Khatana during visit to flood-hit Khairi-Kangar belt.

swiftly and that normalcy was gradually being restored. The BJP MP also launched a scathing attack on the Omar Abdullah-led government, accusing it of apathy and mismanagement. He said the state government had failed to respond with urgency and had shown indifference to the plight of affected families. "Decisions on disaster declaration and compensation are being delayed, and this neglect is compounding people's suffering," he remarked.

Khatana instructed the local administration to perform its duty effectively, stressing that no scope

for negligence should be left in disaster preparedness and relief so that such tragedies are not repeated in the future. He further highlighted that the poor drainage system in Khairi-Kangar had long been a source of recurring floods and waterlogging, adding that the problem "eries for a permanent solution" as even routine rainfall disrupts life in the region.

Concluding his visit, the BJP MP said the issue was not about politics but about people's lives, and pledged to keep pressing until accountability was fixed and affected families received full relief and rehabilitation.