

Dr Jitendra calls for StartUp awareness campaign in J&K

■ STATE TIMES NEWS

JAMMU: Union Minister Dr. Jitendra Singh today made a compelling call for launching a StartUp awareness campaign across Jammu & Kashmir, stressing the need to inform and empower the region's youth about the multitude of government schemes and incentives rolled out by the Modi Government over the past 11 years.

Speaking at the Lead Impact Conclave in Jammu, Dr. Singh highlighted a prevalent myth that StartUps are exclusive to metro cities, clarifying that nearly 50% of India's StartUps originate from Tier 2 and Tier 3 towns.

However, he expressed concern that Jammu does not currently figure among these contributing regions, and questioned why the youth in J&K are not availing themselves of the same online-accessible opportunities that are benefiting others nationwide.

Dr. Singh urged the organization of workshops and use of social media to promote StartUp



Union Minister Dr. Jitendra Singh addressing the "Lead Impact Conclave" at Jammu on Sunday.

schemes among the youth and emphasized the need to move beyond the traditional 'Sarkari Naukri' mindset.

He said that StartUps today represent a sustainable and lucrative career path, with many young entrepreneurs earning lakhs while also generating employment for others.

Highlighting the StartUp ecosystem in India, Dr. Singh

shared that the country now hosts over 1.7 lakh StartUps, ranking third globally.

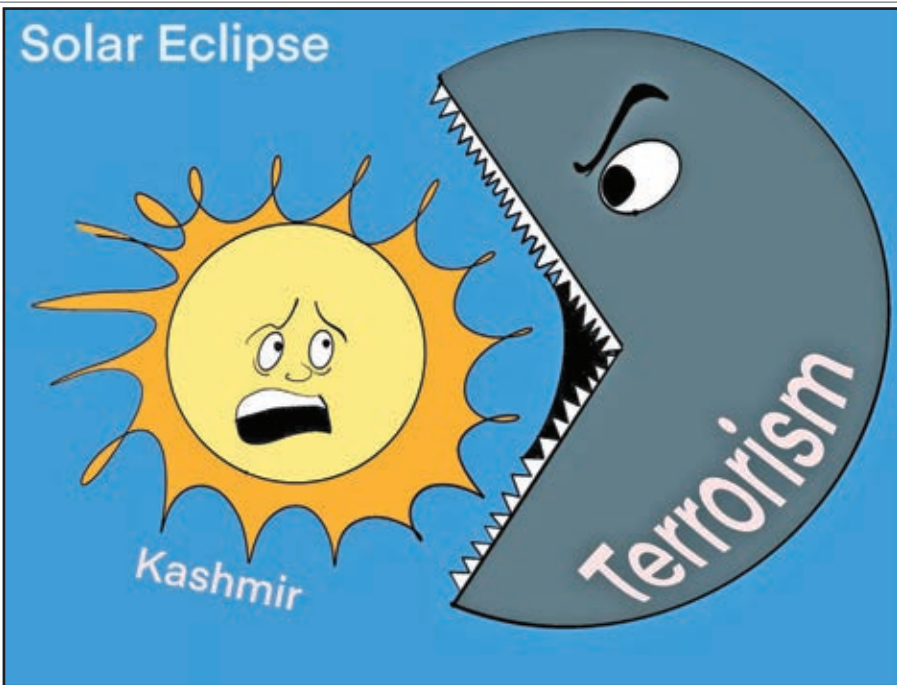
Remarkably, over 60,000 of these ventures are led by women, showcasing the inclusive growth of the sector. He cited the 'Purple Revolution' in J&K-a successful agri-StartUp model centered on lavender cultivation-as a transformative initiative that has inspired states like Himachal

Pradesh, Uttarakhand, and Arunachal Pradesh.

Dr. Singh also spotlighted key government initiatives like Mudra Yojana, PM SvaNidhi Yojana, and PM Vishwakarma Yojana, which aim to financially support small enterprises, street vendors, and traditional artisans. He urged entrepreneurs to also explore opportunities in the Khadi sector, which is being actively promoted under the 'Vocal for Local' campaign.

Calling for greater collaboration between academia and industry, Dr. Singh emphasized the need for future-relevant research, especially in bio-driven technologies such as biofuels and genetically modified crops. He said that these would play a pivotal role in India's self-reliant future.

Dr. Singh said the youth will be at the forefront of a developed India by 2047 and noted that the recently implemented National Education Policy is designed to equip them with the skills necessary for global leadership.



Floods and Cardiovascular Health; The Hidden Crisis: Dr Sushil



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

■ STATE TIMES NEWS

JAMMU: With recent devastating floods and with each passing day and its detrimental effect on cardiac health Head Department of Cardiology GMCH Jammu Dr. Sushil Sharma held a day long cardiac awareness cum health check up camp at Rajeev Colony, Bikram Chowk Jammu with the aim to screen high risk cardiac patients and to disseminate the information regarding primary prevention of cardiovascular diseases by adopting healthy and cardiac friendly lifestyle.

While interacting with the people Dr Sushil Stated that Floods are among the most devastating natural disasters, causing widespread destruction, displacement, and disruption of lives. While the immediate consequences of floods are visible in the form of property damage and loss of life, their hidden impact on human health, especially cardiovascular health, is often overlooked. The physical, emotional, and environmental stressors associated with flooding significantly increase the risk of heart-related problems both during and after such disasters.

He elaborated that Floods expose individuals to acute and chronic stress. The intense fear, uncertainty, and trauma of losing homes, livelihoods, or loved ones lead to heightened sympathetic activity in the body. This stress response can trigger hypertension, arrhythmias, and even precipitate heart failure in susceptible individuals. For those already living with cardiovascular diseases, the

added stress can worsen their condition and complicate long-term management. Natural disasters like floods are strongly associated with a rise in acute cardiovascular events such as heart attacks and strokes. The sudden emotional strain, combined with limited access to emergency medical services, increases the likelihood of fatal outcomes. Studies have shown that hospital admissions for heart attacks surge in the days and weeks following floods, highlighting the profound link between environmental stress and heart health.

He added that another critical factor is the breakdown of healthcare infrastructure. Floods often damage roads, hospitals, and pharmacies, leading to interrupted access to medications and healthcare services. Patients with chronic heart conditions such as hypertension, coronary artery disease, and heart failure are at particular risk when their routine treatment is disrupted. Missing doses of vital medications like anti-hypertensives, anti-Platelets, or diuretics can rapidly destabilize patients' conditions. Importantly, the cardiovascular consequences of floods do not end when the waters recede. Psychological stress, loss of stability, and exposure to environmental hazards such as mold and pollution can continue to affect survivors for months. Post-traumatic stress disorder (PTSD) and chronic anxiety contribute further to sustained cardiovascular strain, increasing the burden of disease well beyond the disaster period, He Said.

Dr Sushil Sharma in his concluding remarks told that floods are not merely environmental calamities - they are also silent drivers of cardiovascular disease. By intensifying stress, triggering acute cardiac events, disrupting healthcare access, and disproportionately affecting vulnerable populations, floods impose a heavy burden on heart health. Addressing this hidden crisis requires proactive measures: ensuring continuity of care during disasters, strengthening healthcare infrastructure, and providing psychological support to survivors. Public health strategies must recognize the dual impact of floods both physical destruction and long-term cardiovascular harm so that communities can better prepare and recover. Protecting heart health in times of disaster is not just a medical necessity but a vital step toward building resilient societies.

Prominent members of the area Rakesh Bhalla, Rahul Mehra, Lalit Sharma, Rahul Sharma, Gopal Sharma and Sunil Mehra appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health check up camp and a moral boost for the people of the area.

Others who were part of this camp include Dr Venkatesh Yellupu and Dr Dhaneswari Kapoor. Paramedics and Volunteers includes Rajkumar, Amnish Dutta, Paramveer Singh, Rajinder Singh, Gourav Sharma, Shubham Sharma, Makhan Sharma, Jatin Bhasin, Rahul Vaid, Rohit Nayyar, Mukhtar Malik, Anmol Singh, Sanjay Singh and Nirvair Singh Bali.

Dy CM takes stock of people's grievances, assesses flood damaged infrastructure

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JAMMU: Reiterating government's commitment towards addressing public grievances at their doorstep, Deputy Chief Minister, Surinder Choudhary on Sunday conducted day-long tour of Dansal and Nagrota blocks and took stock of demands and issues of general public.

During the visit, Deputy Chief Minister visited Panchayat Badsoo in Block Dansal, Panchayat Kattal Battal and Sandhi in Block Nagrota besides adjoining areas hit by flash flood and heavy rainfall recently.

The Deputy CM also held grievance redressal camps at these locations and patiently listened to the grievances of the people, which ranged from issues related to water and power supply to road infrastructure.

He directed the concerned officers to resolve the people's grievances on priority basis, ensuring



Dy CM, Surinder Choudhary interacting flood affected residents

that the issues are addressed in a timely and effective manner.

The Deputy Chief Minister also assured the local representatives that the government would seriously consider all their demands and ensure necessary action. He

said the primary objective of the government is to provide better facilities to the people at their doorsteps and accelerate the pace of development in rural areas.

He also assured them that all grievances and issues would be

handled with utmost seriousness for prompt redressal. He also emphasized on adopting a socially responsible approach in resolving grievances, which will provide relief to the general public.

While inspecting, the damaged roads and bridges, the Deputy Chief Minister directed the XEN to expedite the repair and restoration work of damaged infrastructure. He also exhorted on providing financial assistance as per norms to affected families who lost houses and livestock.

Surinder Choudhary asserted that the government under the leadership of CM Omar Abdullah is actively engaging with citizens to understand and address their concerns especially the people living in far flung and remote areas.

Deputy Chief Minister maintained that development of far-flung areas and improving the lives of the people in rural areas is top priority of the government.

IIM Jammu concludes Yuva Sansad under Hindi Pakhwada



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JAMMU: The Indian Institute of Management (IIM) Jammu concluded the Yuva Sansad (Youth Parliament) on Sunday, marking the finale of a two-day event held as part of the Hindi Pakhwada celebrations.

Hosted at the Mandapam Auditorium, the initiative aimed to deepen student engagement with democratic values, parliamentary practices, and the promotion of the Hindi language.

The concluding ceremony

was graced by esteemed faculty members and administrative leaders, including Prof. Jabir Ali (Dean, Faculty and Research), Prof. Shyam Narayan Lal (Chairperson, Media and Publication), Dr. Anuja Akhouri (Co-Chairperson, Hindi Rajbhasha Samiti), Cmr. Kesavan Baskaran (Chief Administrative Officer), and Dr. Ashish Isher (Hindi Rajbhasha Adhikari), IIM Jammu.

Addressing the gathering, Prof. Jabir Ali described the Yuva Sansad as a vibrant

platform for experiential learning and civic engagement. He emphasized the importance of role-play and active student involvement in understanding the workings of the Lok Sabha and Rajya Sabha, while also highlighting how events like the Kavi Sammelan merged language, culture, and constitutional values into a holistic educational experience.

Prof. Shyam Narayan Lal reflected on the initiative as a proud moment for IIM Jammu, underlining the

importance of youth in preserving and advancing democratic ideals. Citing the inspiration drawn from leaders like Ram Manohar Lohia, Shyama Prasad Mukherjee, and Atal Bihari Vajpayee, he called the youth the living symbol of democracy. He also commended Dr. Anuja Akhouri for integrating the Hindi Pakhwada spirit with the Yuva Sansad, transforming it into a true platform for democratic discourse in Hindi.

Delivering the vote of thanks, Dr. Anuja Akhouri expressed heartfelt gratitude to Prof. B.S. Sahay, Director, IIM Jammu, for his guidance and support. She acknowledged the combined efforts of faculty, staff, and students in making the Yuva Sansad a success.

The event, anchored by Abhinav Pandey, MBA Healthcare student, celebrated democratic expression, leadership, and linguistic pride-reaffirming IIM Jammu's commitment to nation-building through youth empowerment.

Why did Indian British Empire comprise of British India & Indian Princely States?

1857 Swatantra Sangram: Indian Princely States and Princes:

■ DAYA SAGAR

Those who really desire to know, rather at least all those who have born after 1960 in India, in what circumstances, socio political environment & status and level of knowledge about the working of a democratic government & legislature and diversity of expectations of the Indian people & expectations of the rulers of acceding Princely states the Indian leadership had taken over the reins from the British crown where even the elements of Constitution of Democratic Indian republic had yet to be conceived, drafted, debated and finally accepted, leaving aside inheriting a totally depleted economy. Such requirements have become more important in view of the style of political gamesmanship that has become the culture of the day. After passage of the Indian Independence Act of 1947 even making the rulers of Princely states to accede to free India and leave the status & wealth they held was very difficult task. In Constitution of India a separate category of States had to be created as Type - B states with Art-238 (Application of provisions of Part VI to States in Part B of the First Schedule.) there to define their constitutional sta-

tus in free India although later on in 1956 the states were reorganised and Art-238 was omitted/deleted. Type - B states had a Raj Pramukh (Art-238-1 < For the word "Governor" wherever it occurs in the said Part VI, except where it occurs for the second time in clause (6) of article 232, the word "Rajpramukh" shall be substituted> Art-238 -3 < (3) Articles 155, 156 and 157 shall be omitted> Art-238-7 < In article 168, for clause (1) the following clause shall be substituted, namely: - "(1) For every State there shall be a Legislature which shall consist of the Rajpramukh and- (a) in the State of Mysore, two Houses; (&) in other States, one House.">) For the word "Governor" wherever it occurs in the said Part VI, except where it occurs for the second time in clause (6) of article 232, the word "Rajpramukh" shall be substituted.) who was to be from the ruler / from ruling family of erstwhile princely state. The acceded Princely State of J&K was also included as Type-B states but for there was another Art-370 related to J&K which was a temporary provision (where as Art-238 was not temporary) .The erstwhile rulers were given a hefty sum of money as

annual Privy purse-({ *Art-291 - (1) Where under any covenant or agreement entered into by the Ruler of any Indian State before the commencement of this Constitution, the payment of any sums, free of tax, has been guaranteed or assured by the Government of the Dominion of India to any Ruler of such State as privy purse- (a) such sums shall be charged on, and paid out of, the Consolidated Fund of India; and (b) the sums so paid to any Ruler shall be exempt from all taxes on income. (2) Where the territories of any such Indian State as aforesaid are comprised within a State specified in Part A or Part B of the First Schedule, there shall be charged on, and paid out of, the Consolidated Fund of that State such contribution, if any, in respect of the payments made by the Government of India under clause (1) and for such period as may, subject to any agreement entered into in that behalf under clause (1) of article 278, be determined by order of the President. * [Privy purse sums of Rulers].-Omitted by the Constitution (Twenty-sixth



A Look through the Mist

Amendment) Act, 1971, s. 2 (w.e.f. 28-12-1971)}and allowed to retail a lot property/ estates wealth that had been created out of common taxes/ natural state resources. Most of them had not voluntarily vouched for freedom to the people of British India what to talk stepping down from their thrones for simultaneously giving democratically elected peoples government to their subjects. Among other issues it will be of great interest for all to know about the role of the Rulers of Indian states, living under the umbrella of British Crown, in the Indian Independence movement in the British India and any movement for independence going on their states against the rule.

The British Indian Empire had two limbs, the British India and the Indian Princely states. All know that in 1947 British India was divided into two Dominions, the Dominion of India and the Dominion of Pakistan, and the Indian princely states of erstwhile British Indian Empire though also were given independence but were kept out of the two dominions. The princely states were left to the Princes who could

remain like 'independent' Countries or join any one of the Dominion or could make alliance with both or one of the dominions. The young generation of today may not be knowing how hard was the task for the India Dominion leadership / government in 1947 & thereafter to accommodate the demands& conditions of even the rulers of the Princely States (about 565 in number) while drawing out the constitution of the India Democratic Republic. One may ask why were not the princely states that existed in 1947 had also been included in British India like many other states of Indian rulers that British had taken away from the Indian princes and made part of direct rule of British as British India? The brief answer could be that after the 1857 war of independence against the British was lodged by some princes of Indian states and some soldiers in the army of East India Company the British could understand that it will not be wise to totally dislodge the rulers of Indian states and hence British adopted a policy where under the Rulers of local states were allowed to enjoy the wealth of their states, ofcourse accepting the Suzerainty of the British Crown.

British had dislodged many Indian rulers before 1957 and a very few were dislodged after 1958 where after the rule from East India Company was also taken for direct Governance by the British Crown under Government of India Act 1958 of British Parliament. The status & British policy after 1858 as regards "not" dismantling the 'local Indian Princes' well reflects from the fact that at the time of British retreat there were 565 Princely states out of which 552 (may be one or two this or that side) acceded to India Dominion and as per White Paper on Indian States (1950)/Part 11/Privy Purse of Rulers, the Privy Purse of *1NR 5000000 / yr tax free was sanctioned for Hyderabad and just 1NR 2140/ yr tax free for ruler of Dedhrota (merged in the state of Bombay) which was a very tiny ruler but had still been retained as a ruler by the British after 1857 Swatantrata Sangram (even when it failed). Some references mention the amount as Rs 42,85,714.

To be continued (The writer is a senior journalist and analyst of J&K Affairs, can be reached at dayasagr45@yahoo.com)