

# Sham Lal visits landslide-hit areas, ensures quick relief and rehabilitation

■ STATE TIMES NEWS

JAMMU: Sham Lal Sharma, MLA Jammu North, conducted a detailed tour of Panchayat Keran and Panchayat Kanger, two of the worst-affected areas following the recent spell of heavy rainfall.

These villages have witnessed large-scale land sliding and land sinking, causing severe damage to residential houses, agricultural land, and basic infrastructure.

The visit was aimed at closely assessing the situation and ensuring that urgent relief measures are delivered on time.

During the tour, Sharma personally interacted with local residents and inspected the damaged sites. He observed that many families had lost their homes or suffered major structural damages, forcing them to live in vulnerable conditions.

Expressing concern over the plight of the affected people, Sharma urged the administration to immediately provide temporary shelters, tents, and other essential facilities, ensuring that no displaced family is left



MLA Jammu North, Sham Lal Sharma interacting with flood-affected area residents.

without basic support.

Sharma further directed the officials on the ground to carry out a comprehensive evaluation of the damages caused by the calamity. He instructed them to expedite the relief and rehabilitation process with utmost priority, stressing that the entire operation must be swift, well-coordinated, and people-centric.

He assured residents that timely assistance would be provided to restore a sense of safety and normalcy in their lives.

Highlighting the seriousness of the situation, the

MLA called for immediate stabilization and healing of the affected land in Panchayat Keran and Kanger to prevent further damage. He pointed out that unchecked land sliding and sinking could pose long-term risks to the region, threatening both lives and livelihoods.

Sharma also emphasized the urgent need for clearing debris, restoring road connectivity, and resuming essential services such as water and electricity without any delay.

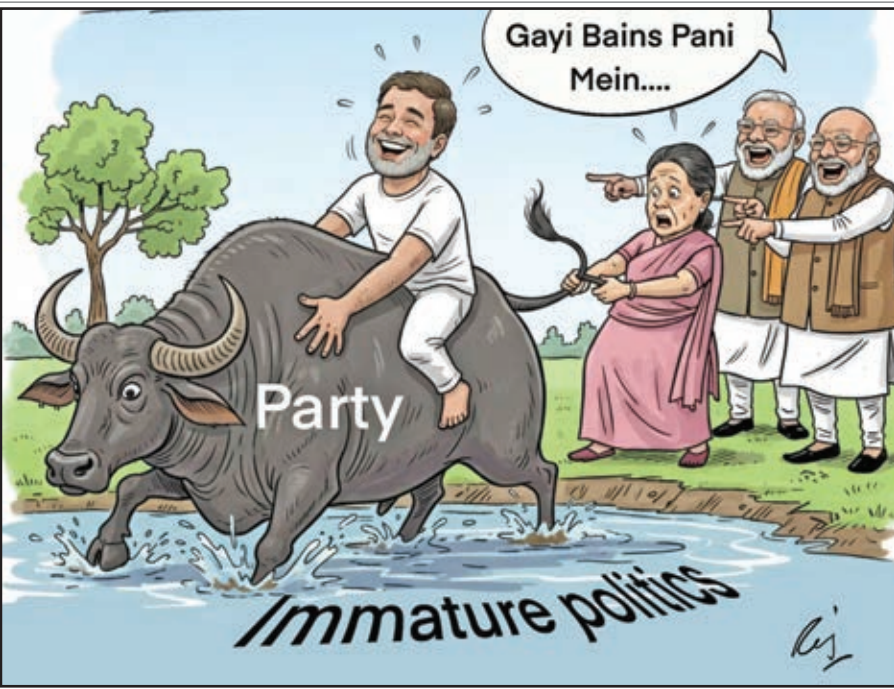
In addition to the landslide-hit areas, Sharma also visited sites damaged by flash

floods. His inspection covered key affected locations, including the cremation ground near Ring Road in Panchayat Bhalwal Upper-A and Mohalla Darkhli in Ward No. 6, Bhalwal Upper-B, where infrastructure and public facilities were badly impacted. He assured that these damages too would be addressed on priority.

The MLA was accompanied by senior officers and prominent local representatives who pledged full support in tackling the crisis. Among them were Tehsildar Bhalwal, Monika Sharma (BDO Bhalwal), Dr. Sunil

Sharma (AEE Jal Shakti), Rohit Wadhwa (AEE Flood Control), M.P. Singh (AEE), Sandeep Singh Katoch (SHO Gharota), Ex-BJP District President Sukhdev Singh, Mandal President Rohit Verma, Mandal General Secretary Charanjeet Singh, Rajnesh Sharma, Ex-Sarpanch Narinder Singh, Asgar Ali, and Mohd. Ameen. Their presence reflected the seriousness with which the administration and party leadership are approaching the issue.

Concluding his visit, Sham Lal reaffirmed his commitment to stand by the affected families during this challenging period. He assured that all relevant government departments would work in close coordination to ensure speedy relief, proper rehabilitation, and long-term safety measures for the residents. Expressing solidarity with the people of his constituency, he emphasized that their safety, welfare, and livelihoods will remain his highest priority until normalcy is fully restored.



## LG Kavinder, First Lady pay obeisance at Gurudwara Pathar Sahib

Reaffirms commitment to preserving Ladakh's cultural & religious heritage

■ STATE TIMES NEWS

LEH: The Lieutenant Governor of Ladakh, Kavinder Gupta, along with First Lady Bindu Gupta, today paid obeisance at the ancient Gurudwara Pathar Sahib, one of the most revered religious and historic sites in the region.

On their arrival, the Hon'ble Lt Governor and First Lady were received by Sikh soldiers of the Indian Army, who maintain the Gurudwara. The Army takes care of the Shrine, its facilities, and the 'Sacred Boulder' associated with Guru Nanak Dev Ji, revered by devotees as a miraculous symbol of faith.

The Lt Governor and Lady Governor offered prayers for peace, prosperity, and the well-being of the people of Ladakh and the nation. They also interacted with the Army personnel and lauded their efforts in preserving and maintaining the shrine with devotion and discipline.



LG Ladakh, Kavinder Gupta, along with First Lady Bindu Gupta being honoured at Gurudwara Pathar Sahib.

pline.

Kavinder Gupta highlighted the significance of Gurudwara Pathar Sahib as a symbol of communal harmony, spirituality, and service to humanity. He appreciated the Indian Army's role not only in safeguarding the borders but also in upholding Ladakh's cultural and spiritual legacy by maintaining this centuries-old shrine.

The Lt Governor assured all possible support from

the Administration for strengthening facilities for the visiting devotees, so that pilgrims from across the country and abroad may continue to have a comfortable and spiritually enriching experience. He further reaffirmed the UT Administration's commitment to preserving Ladakh's rich cultural and religious heritage, ensuring that the Union Territory continues to remain a land of peace, harmony, and inclusivity.

## Tara Chand demands early disbursing of relief package

■ STATE TIMES NEWS

JAMMU: To assess the comprehensive damages caused by the recent rains, Former Deputy Chief Minister and Working President of Pradesh Congress Committee, Tara Chand visited various villages in Pargwal Sector of Akhnor and assessed the situation arose due to heavy rains and floods.

Touring villages like NS Pura, Bhalwal Bharth, Bhalwal Mullo, Rangpur, Pindi, Takwal, Hamirpur Kona, Gurha Manhasa, Sajwal and Pargwal, Tara Chand demanded immediate sanctioning of special package by the Central Government in favour of affected families in



JKPCC Working President Tara Chand inspecting damage after flash flood in Pargwal sector.

Jammu as the team deputed by Ministry of Home Affairs has assessed the loss and supposed to submit its report.

He said Govt. should immediately announce the package and the executing agencies also start disbursing such relief to the public which is in dire need of rehabilitation.

Tara Chand also demanded immediate construction of protection bands along the River Chenab which has suffered severe damages amidst the recent spell of torrential rains. He said that there is also need to devise a multi-pronged strategy aimed at diverting the flow of River

water, protecting critical assets and also to minimize the risk to life and property. The existing crates need to be raised at required height and the work for strengthening these crates should also be initiated at war footing. The plugging of weak points along the embankment also need of the hour. Former Dy CM urged to the union territory administration to work in coordination with Army and BSF along the Border for strengthening the infrastructure in this sector.

He also appealed to the various NGOs working in and outside J&K to come forward and mitigate the problems being

faced by the people. He said during 2014 floods various voluntary organizations did commendable job in providing relief to the public even in far-flung and inaccessible areas. UT Govt. should also contact these reputed organizations immediately so that relief can be disbursed on various fronts.

Prominent among those who accompanied him were Daljit Singh [Block President], Balbadar Singh, Jagdish Singh, Vijay Sharma, Kuldeep Raj, Dharga Singh, Parveen Singh, Shamsheer Chand, Sahil Kumar, Ranjeet Singh, Milkhi Singh, Capt. Ashok Singh, Rattan Lal and others.

## BJP holds state-level workshop on 'Seva Pakhwara'

■ STATE TIMES NEWS

JAMMU: J&K BJP President Sat Sharma and Party General Secretary (Organization) Ashok Koul, along with General Secretaries Sanjita Dogra, Baldev Singh Billawaria, and Gopal Mahajan, addressed a state-level workshop on "Seva Pakhwara" at the party headquarters, Trikuta Nagar, Jammu.

Addressing the workshop, Sat Sharma said that every year the BJP celebrates the birthday of Prime Minister Narendra Modi from 17th September to 2nd October through diverse seva and social programmes under "Seva Pakhwara." He described PM Modi as an embodiment of dedication and hard work, whose inspiring journey continues to motivate the party and society alike.

"Under his dynamic leadership, India has witnessed historic and unprecedented reforms for the upliftment of the poor, underprivileged,



BJP J&K General Secretary (Organization) Ashok Koul chairing a meeting.

and deprived sections of society," Sat Sharma said.

Sharma further recalled the Prime Minister's Independence Day call for strengthening national security, achieving self-reliance, global leadership in technology and innovation, and ensuring social justice for all. We must carry these messages to the grassroots during the activities of Seva Pakhwara, he added.

Ashok Koul, in his detailed address, highlighted the extensive programmes to be undertaken during the fortnight. These include blood

donation camps, cleanliness drives, medical camps, exhibitions, intellectual meets, seminars, felicitation of specially-abled persons and eminent citizens, drawing and sports competitions, booth-level activities marking the birth anniversary of Pandit Deen Dayal Upadhyaya, promotion of Khadi on Gandhi Jayanti and 'Vocal for Local' campaigns, distribution of books and literature, besides other programmes.

He emphasized that the entire party cadre, from state to booth level, will actively participate in the pro-

grammes to strengthen the culture of Seva (service) in society.

On the occasion, BJP also allocated responsibilities for the planned activities, with senior leaders guiding at the state level and micro-distribution of work among district teams. Suggestions and feedback from senior leaders were sought to ensure the successful conduct of programmes.

The proceedings of the workshop were conducted by Gopal Mahajan, while Baldev Singh Billawaria delivered the vote of thanks.

## Amit conducts series of meetings, site visits regarding historical rail inauguration for Mizoram

■ STATE TIMES NEWS

MIZORAM: In the run-up to the historic inauguration of Mizoram's first-ever railway line to its capital city Aizawl, Secretary to the Government of Mizoram, Information & Communications Technology (ICT) Department and Director Census Operations & Citizen Registration, Amit Sharma, conducted a series of high-level meetings and field visits to ensure complete preparedness.

The much-anticipated rail line, culminating at the newly built Sairang Railway Station, is set to revolutionize connectivity in Mizoram.

Chairing an inter-departmental meeting at the State Secretariat, Amit Sharma reviewed the preparedness of all key departments involved in the project, including Railways, Power & Electricity, PHE, PWD, Forest, Protocol, Fire & Emergency Services, and Information & Public Relations. He instructed all departments to complete their respective assignments within the stipulated timelines to ensure a smooth and dignified inauguration ceremony.

Following the review meeting, Sharma undertook a field inspection via special Media Coaches arranged by the Railways, covering stations from Bairabi to Sairang. During the inspection, he assessed on-



Secretary ICT Department, Government of Mizoram, Amit Sharma with others during inspection via special Media Coaches.

ground arrangements and preparedness levels across all en-route stations.

He emphasized the importance of the rail line as a transformative project, calling it a "game changer" that will not only boost Mizoram's GDP but also bring down transportation costs, enhance market accessibility, and open up tourism potential in this pristine Northeastern state.

"This railway line will serve as a major medium of commutation, making Mizoram more accessible and attractive for the rest of the country. It will be an economic and social game-changer," Sharma said during the visit.

Later, a focused site meeting was held at the Sairang Railway Station, the flag-off point for the inaugural event. As the des-

ignated venue in-charge from the Mizoram Government, Sharma evaluated the final stage of preparations and coordinated with key officials to ensure all arrangements are on track.

In his capacity as Secretary, ICT Department, Sharma also chaired a crucial meeting with senior officials from the Department of Telecom, Railways (Telecom & Signals), BSNL, Airtel, and Jio.

He directed that robust telecom connectivity with adequate bandwidth be ensured during the VIP inauguration. He insisted on two to three rounds of live testing before the event to guarantee fool-proof network coverage. Officials assured full compliance with these directives.

## Sudden cardiac death, unseen threat to young hearts: Dr Sushil

■ STATE TIMES NEWS

JAMMU: Keeping in view sudden spurt in sudden cardiac deaths Head Department of Cardiology GMCH Jammu, Dr Sushil Sharma held a day long cardiac awareness cum health check up camp at Gurudwara Dhan Guru Angad Dev Ji area of Preet Nagar Jammu so as to screen high risk individuals alongside educating them about need for primary prevention of cardiac ailments.

While interacting with the people Dr Sushil stated that Sudden Arrhythmic Death Syndrome is a silent but powerful threat that robs families of loved ones. The loss feels especially tragic because it strikes people in the prime of life athletes on the field, students in classrooms, or young professionals at work often with no previous signs of illness. Among the most concerning culprits is Sudden Arrhythmic Death Syndrome (SADS), a condition caused by lethal disturbances in the heart's electrical system that lead to sudden cardiac arrest. While its unpredictability is daunting, the ESC study shows that prevention is possible. Through targeted screening, improved ECG interpretation,



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

genetic testing, and greater awareness, we can dramatically reduce the number of these tragedies.

He elaborated that European Society of Cardiology (ESC) study revealed that SADS is responsible for nearly 22% of sudden cardiac deaths in young people. This finding underscores a critical need for early identification, increased awareness, and proactive prevention strategies to combat this invisible threat. The ESC study identified key early warning signs that, if recognized, could save lives such as Unexplained Syncope (Fainting): Passing out dur-

ing exercise, emotional distress, or even at rest should never be ignored. It often signals arrhythmias that briefly cut off blood flow to the brain, Seizure-like Episodes: Many cases initially thought to be epilepsy or neurological disorders were later revealed to be cardiac in origin. A seizure-like episode may actually represent a temporary cardiac arrest, Abnormal ECG Findings: Subtle changes, like prolonged QT intervals or Brugada-type ECG patterns, are crucial diagnostic clues. These changes are often overlooked in routine medical check-ups if doctors are

not specifically looking for them, Sudden Cardiac Death: SADS often runs in families, making detailed family medical histories an essential part of risk assessment.

He added that the road forward requires a multi-layered approach. Comprehensive Cardiac Screening, Routine ECGs and detailed health histories for all young individuals and at-risk populations. Early testing in families with a history of sudden cardiac death, Educating communities about fainting, seizures, and other warning signs as potential cardiac issues. Every sudden death is not just

a medical statistic but a profound personal tragedy. By raising awareness and implementing systematic screening measures, we can turn these "unseen threats" into opportunities for prevention. The battle against SADS is not only a medical challenge but also a moral obligation to ensure that young lives, full of potential, are not lost to a silent, preventable killer; he said. Management Committee of the Gurudwara Ajinderpal Singh (Chairman), Satpal Singh (President), Ranbir Singh, Karnail Singh, Gurdeep Singh and Lakhwinder Singh appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health check up camp in their locality and screening younger individuals for cardiovascular health.

Others who were part of this Camp include Dr Dhaneshwer Kapoor and Dr Bhola Kumar. Paramedics and Volunteers Includes Raghav Rajput, Ranjeet Singh, Harvinder Singh, Paramveer Singh, Rahul Vaid, Rohit Nayyar, Maninder Singh, Makhan Sharma, Sanjay Singh, Mukhtar Ahmad, Anmol Singh, Nitish Mahajan, Gourav Sharma and Rajinder Singh.

## World Radiotherapy Awareness Day, a call for universal access to lifesaving cancer care: Dr. Deepak

■ STATE TIMES NEWS

JAMMU: On the occasion of World Radiotherapy Awareness Day,

Dr. Deepak Abrol, President of the Association of Radio Oncologists of India (North Zone Chapter), emphasized the need for equitable access to advanced radiotherapy treatment across India and beyond.

"Radiotherapy has evolved remarkably, from its primitive origins to a modern era defined by precision technology," Dr. Abrol stated. "On this important day, let's raise awareness about the critical role radiotherapy

plays in curing cancer, relieving symptoms, and offering hope to millions."

Dr. Deepak



said. Aligning with the global initiative "One Voice for Radiotherapy," Dr. Abrol urged healthcare stakeholders to advocate for universal access. He also honored the dedication of radiation oncologists, medical physicists, therapists, and the wider oncology community.

"Together, we can make cancer care more accessible, compassionate, and effective," he said, adding, "Let's join hands to collectively fight cancer."