

Obesity and Cardiac Ailments -A Silent but Deadly Connection: Dr Sushil

JAMMU BULLETIN NEWS
JAMMU, MAR 2:

With the impending pandemic of obesity and cardiac ailments Head department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness cum health Check up Camp at Hari Mandir , Rehari Colony Jammu where people from all walks of life were educated to follow cardiac friendly lifestyle and adopt environmental friendly approach to decrease the morbidity and mortality and improve quality of life.

While interacting with the people Dr Sushil stated that in today's fast-paced world, lifestyle diseases have become a growing concern, with obesity emerging as a major health issue. Obesity is not just a matter of appearance; it is a serious medical condition that significantly increases the risk of various diseases, particularly cardiac ailments. The link between obesity and heart disease is well-established, with excess body fat contributing to high blood pressure, diabetes, and cholesterol imbalances, all of which can lead to severe cardiovascular complication. Obesity is defined as an excessive accumulation of body fat, typically measured by the Body Mass Index (BMI). A BMI of 30 or above



is considered obese. The primary causes of obesity include poor dietary habits, a sedentary lifestyle, genetic factors, hormonal imbalances, and environmental influences. Excessive consumption of processed foods, sugary beverages, and unhealthy fats, coupled with a lack of physical activity, leads to weight gain and ultimately obesity. New studies reveals that People with pockets of fat hidden inside their muscles are at a higher risk of dying or being hospitalized from a heart attack or heart failure, regardless of their body mass index.

He elaborated that Obesity is a significant risk factor for cardiovascular diseases, as it affects the heart in multiple ways. Hypertension (High Blood Pressure): Excess fat tissue requires more blood supply, increasing the heart's workload and leading to high

blood pressure. Over time, this can damage the arteries and increase the risk of heart attacks and strokes. Obesity often leads to Type 2 diabetes, a condition that affects the body's ability to regulate blood sugar levels. High blood sugar damages blood vessels and the heart, significantly raising the risk of cardiovascular disease. Obesity is associated with high levels of bad cholesterol (LDL) and low levels of good cholesterol (HDL). This imbalance contributes to the formation of fatty deposits in the arteries (atherosclerosis), restricting blood flow and increasing the risk of heart attack.

He added that Preventing obesity and its associated cardiac ailments requires a commitment to a healthier lifestyle. Some essential steps include Balanced Diet: Eating a nutrient-rich diet with plenty of fruits, vegeta-

bles, whole grains, and lean proteins while reducing processed and high-fat foods. Regular Exercise: Engaging in at least 30 minutes of moderate physical activity daily, such as walking, jogging, swimming, or cycling. Weight Management: Maintaining a healthy weight through portion control and mindful eating. Regular monitoring of blood pressure, cholesterol levels, and blood sugar to detect early signs of heart disease. Practicing relaxation techniques like meditation and yoga to reduce stress, which can contribute to unhealthy eating habits and heart problem. He Said. In his concluding remarks while addressing gathering Dr Sushil Sharma told that Obesity and cardiac ailments are deeply intertwined, with obesity acting as a catalyst for various heart-related complications.

Addressing obesity through a healthy lifestyle, proper diet, and regular exercise is crucial to reducing the risk of heart disease. By making informed choices, individuals can protect their hearts and improve their overall well-being, ensuring a longer and healthier life.

Management Committee of the Hari Mandir Ashwani Suri (President), Anu Bali (Former Corporator) , Sanjay Bali, Saudaghar Gupta , Anil Gupta ,Bhupinder Bhasin, Anil Chadda, Vijay Suri , Hans Raj Gupta and Kishore Sharma appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health check up camp in their premises . Arvind Gupta (MLA Jammu West) and Dr Jitendra Udhampuri (Padma Shri) also graced the occasion.

Others who were part of this camp includes Dr Yashwant Sharma , Dr Nipun kalsotra and Dr Abhinav Choudhary. Paramedics and Volunteers include Raghav Rajput, Ranjeet Singh , Mukesh kumar, Paramveer Singh, Jatin Bhasin, Amnish Datta , Amish Jamwal , Rahul Vaid, Rohit Nayyar , Rajinder Singh , Gourav Sharma, Vikas kumar , Maninder Singh, Makhhan Sharma, Himanshu Vaid and Shubham Sharma.

BJP committed to address people's issues with dedication: Vikram Randhawa

JAMMU BULLETIN NEWS
JAMMU, MAR 2:

Reaffirming the Bharatiya Janata Party's (BJP) unwavering commitment to public welfare, senior BJP leader and MLA Bahu Constituency, Vikram Randhawa, today conducted an extensive tour of Ward No. 20 in Gandhi Nagar today. The visit was part of his outreach programme aimed at directly engaging with the people to understand and resolve their issues. Accompanied by officials from Jammu Municipal Corporation (JMC), Public Works Department (PWD), Power Development Department (PDD), and key party leaders including Naresh Singh (District President), Rahul Kumar (Mandal President), Riki Gupta, Sandeep Gupta, Ritika Trehan, Pankaj Bral, Naresh Gupta, Dr. Sunita Puri, Satvir Singh, and Vijay Verma, the MLA listened to people's issues.

During the visit, Vikram Randhawa interacted extensively with the locals, who apprised him of the pressing related to drains, lanes, defunct street lights, etc. in



the area. The MLA listened patiently and directed the concerned officials to take immediate steps for resolving these issues. He asserted that addressing people's concerns has always been his foremost priority. "If I came to this ward to seek people's vote during Assembly polls, it's also my duty to reach out to them now to resolve their civic problems," Randhawa remarked, emphasizing the BJP's commitment to service beyond elections.

The senior BJP leader further assured the residents that necessary funds would be allocated for upgrading basic infrastructure, including repair of drains, maintenance of lanes, and installation of new street lights. Randhawa highlighted Modi govern-

ment's various initiatives aimed at urban development and improved civic amenities. He directed the officials to expedite pending works and ensure that the grievances of the people are addressed without delay. "My doors have always been open for the general public. I am committed to making Bahu Constituency a model for development and efficient governance," he stated. The residents expressed their gratitude to the MLA for his proactive approach and appreciated the BJP's efforts in resolving local issues. The tour concluded with a pledge by Randhawa to continue such outreach programmes regularly to bridge the gap between the administration and the people.

National Public High School, Ahtal celebrates Annual Day with great enthusiasm and grandeur

JAMMU BULLETIN NEWS
RAMGARH, MAR 2:

The Annual Function of National Public High School, Ahtal, Ramgarh was held with great enthusiasm and grandeur. The event was graced by the esteemed presence of Dr. Devinder Kumar Manyal, MLA Ramgarh and Former Minister for Health and Medical Education, J&K, who was the Chief Guest for the occasion. In the presence of distinguished guests, including Chairman of the School, Ram Paul, and Principal of the School, Devinder Singh Bhatti, the function witnessed a celebration of the school's academic and co-curricular achievements. Dr. Devinder Kumar Manyal, MLA Ramgarh, addressed the gathering and emphasized the importance of education in shaping the future of children. He also urged the parents and teach-

ers to devote more time to the development and growth of students. Present on the occasion were Mandal Paradhan Ramgarh, Nancy Choudhary; Former Sarpanch, Tijinder Singh; Krinal Singh; Bharat Bhushan; Garmal Singh, Vice President DGPC; Amit Dubey; Tilak Thappa; Panku, Former Naib Sarpanch; Trilok Singh; Dheeraj Kumar; Baljeet Kaur; Satish Sharma; Manu; Kalu; Rattan Singh; and Pritam.

The function also highlighted the achievements of students who had brought laurels to the school in academics and various co-curricular activities. These exceptional students were felicitated in recognition of their hard work and dedication. Both the Chairman and Principal of the school appealed to MLA Ramgarh, Dr. Devinder Kumar Manyal, to ensure that justice is being

done to all regions of the State, particularly in the field of education. To mark the occasion, mementoes were presented to the Chief Guest and other dignitaries as a token of appreciation for their support and encouragement. The event was a resounding success, showcasing the academic excellence and overall development of the students at National Public High School, Ahtal. Dr. Manyal announced today during the school annual program that the long-awaited construction of roads and streets in Ahtal, Ramgarh, will begin soon. This project addresses a long-standing demand from the local community and aims to improve connectivity and living conditions in the area. Dr. Manyal assured the residents that the construction will be completed in the coming days.

Congress OBC Dept demands a fair and transparent caste survey in J&K

JAMMU BULLETIN NEWS
JAMMU, MAR 2:

The Jammu and Kashmir Pradesh Congress Committee (JKPCC) OBC Department strongly condemns the submission of false reports by the Jammu and Srinagar Municipal Corporations regarding the door-to-door OBC caste survey. This deliberate misrepresentation is a serious violation of directives issued by the Jammu and Kashmir Advisory Board for the Welfare and Development of OBC, in consultation with the Social Welfare Department. The failure to conduct this survey is not just negligence but a deliberate attempt to suppress OBC rights, denying them fair representation in policy-making, education, employment, and social welfare.

Our Leader of Opposition, Shri Rahul Gandhi, has con-

sistently championed the need for a transparent and scientific caste census, recognizing its importance in achieving social justice and equality. The refusal to implement this survey is a direct attack on this vision and an insult to backward communities, who have long fought for their due recognition. A caste survey is not just a bureaucratic formality—it is a constitutional necessity to ensure fair policies and welfare benefits. The OBC community will not remain silent in the face of this injustice. We demand the immediate cancellation of fabricated reports, a fresh and verifiable door-to-door survey, and strict action against those responsible for misleading the administration. This is not just a demand; it is a constitutional duty of the government.

Madan Lal Chalotra

(Chairman, OBC Department JKPC), Darshan Mehra (General Secretary, OBC Department JKPC), Jagdish Kashyap and Prem Sagar (Joint Coordinators, OBC Department JKPC), and Amit Mehra (State Coordinator, OBC Department JKPC)—who formally handed over the official objection letter to Divisional Commissioner Jammu, Shri Ramesh Kumar, IAS—strongly urge the administration to take immediate corrective action. Failure to act will erode public trust and invite serious legal and political consequences. The JKPC OBC Department, along with various social organizations, refuses to be a mute spectator to this injustice. We will continue our struggle until transparency and fairness are fully restored. OBCs will not be ignored any longer.

Baramulla Police registers first-ever e-FIR via WhatsApp

JAMMU BULLETIN NEWS
SRINAGAR, MAR 2:

In a significant step towards digital policing, Police Station Pattan has registered its first electronic First Information Report (e-FIR) following a complaint lodged via WhatsApp on 28th Feb 2025. The complaint was filed by a resident of Bemina, Srinagar (name withheld), a government employee in the Horticulture Department. The complaint is against Shakeel-Ur-Rehman, who is also a government employee in the same department. The complainant has accused him of sexual harassment, attempted rape and criminal intimidation. After examining the complaint, the Police took cognizance of the matter and registered an e-FIR under case FIR No. 30/2025 under the relevant sections of law at Police Station Pattan. The investigation of the case has been initiated.

Police arrests 4 drug peddlers in Srinagar, Budgam; contraband substances recovered

JAMMU BULLETIN NEWS
SRINAGAR, MAR 2:

In its ongoing mission to eliminate the scourge of drugs from society, Police have arrested four drug peddlers in Srinagar & Budgam and recovered contraband substances from their possession. A Police team of Police Post Noorbhagh at a checkpoint established at Noorbhagh Chowk, intercepted a vehicle (KUV-100) bearing registration number JK01AD-2899 with three persons on board. They have been identified as Ahmad Bin Ishaq Kawa son of Mohd Ishaq resident of Nawakadal, Daniyal Ahmad Basati son of Ajaz Ahmad resident of Palpora Noorbhagh and Taha Yasir son of Yasir Ahmad Bhat resident of Aalikadal Srinagar. During search, 184 grams of Charas was recovered from their possession. They have been arrested and the vehicle used in the commission of crime has also been seized. Meanwhile in Budgam, a Police party of Police Station Magam at a checkpoint established at Aripantnag, intercepted a suspicious person identified as Ishaq Ahmad Ganie son of Ghulam Mohammad Ganie resident of Saranhal Batpora Budgam. During search, 03 sticks of charas like substance wrapped in corn husk, weighing about 61 grams was recovered from his possession. Subsequently, he was arrested. Accordingly, cases under relevant sections of law have been registered at respective police stations and investigations have been initiated. We appeal to the public to report any instances of drug trafficking or other criminal activities in their vicinity by contacting the nearest police station or dialing 112.

Police organizes awareness programmes on New Criminal Laws in Bandipora

JAMMU BULLETIN NEWS
SRINAGAR, MAR 2:

Police in Bandipora organized an awareness programme on three new criminal laws at various public places, educational institutions in the district. These programmes aimed to enlighten the general public, faculty, staff and students about the latest developments in the Indian legal framework. The laws discussed included Bharatiya Nyaya Sanhita, Bharatiya Nagarik Suraksha Sanhita and Bharatiya Sakshya Adhiniyam. These programmes were chaired by respective jurisdictional police officers and attended by teachers, students, civil society members and general public of different areas of the district. The chairing officers explained the nuances of the new laws, clarifying their implications and stressing the importance of adherence to legal statutes for maintaining societal order. These programme witnesses active participation from students and the general public who engaged in interactive discussions, questions and sought clarifications on the legal provisions presented.

Police along with civil administration conducted surprise market checking in Bandipora

JAMMU BULLETIN NEWS
SRINAGAR, MAR 2:

In order to keep a check on overpricing, profiteering and black marketing especially during the month of holy Ramadan, Police in Bandipora alongwith concerned departments of civil administration held intensive market checking at various markets in the district. While interacting with the shopkeepers, the team members asked them to display rate lists, keep shops neat and clean and ensure that all packaged commodities sold to consumers must bear MRP, Package date, Net Content and other related information. They also appealed the general public to bring into the notice of the administration if they found anyone indulging in overcharging of essential commodities so that timely action against the culprits will be taken. Also fine was collected from erring shopkeepers who also were directed to be corrective in future otherwise strict action under law will be taken against them. Unhygienic/rotten fruits/vegetables & expired items were destroyed on spot. Locals appreciated the act of police and hoped that such drives would continue in future as well.

NSF pays tributes to Sarojini Naidu on her 76th death anniversary

JAMMU BULLETIN NEWS
JAMMU, MAR 2:

National Secular Forum (NSF) paid tributes to Sarojini Naidu on her 76th Death Anniversary at University Campus, who laid her life for the country. Ankush Abrol Provincial Joint Secretary, JKNC was the Chief Guest and Dr Vikas Sharma, Secretary Central Zone and Coordinator Jammu Distt, J&K National Conference presided over the function. Dr Sukhdev Singh State President NSF was the guest of honour.

Speaking on the occasion Ankush Abrol appreciated the initiative taken by the University Unit NSF to remember the death anniversary of those who have con-

tributed their lives for the Country. He also said that the right tribute to Sarojini Naidu would be to launch the struggle for restoration of full status of Jammu and Kashmir State. He also said that she was born in Hyderabad on February 13, 1879, she played a pivotal role in India's freedom movement and remains a symbol of strength and eloquence.

On this occasion, Dr Vikas Sharma threw light on the life and supreme sacrifices of "Sarojini Naidu". Sharma said that the real tributes to Sarojini Naidu would be eradicating evils prevailing in the society like drug addiction. He also said that we all should take oath not to sit silent and continue our endeavor to regain Jammu

and Kashmir State. He mentioned that people have suffered a lot during the last five years especially after the abrogation of Article 370, bifurcation of Jammu and Kashmir and downgraded of State to a Union Territory.

Dr Sukhdev Singh also said that Sarojini Naidu was a follower of Mahatma Gandhi and played a significant role in the Indian National Movement, which aimed to achieve independence for the nation. After independence, she also became the first governor of Uttar Pradesh. Above all, she is a pioneering figure in Indian English poetry. Vikashy Vashist State Secretary NSF delivered the welcome address, Abhishek Uppal was delivering the vote of thanks.

Movement Kalki's protest continues on 134th Day

JAMMU BULLETIN NEWS
JAMMU, MAR 2:

The Movement Kalki's Satyagraha demanding 'National Mother' status for Cow Mata, formation of the Sanatan Board, construction of Gaushalas, and a strict law against cow slaughter entered its 134th consecutive day today. With the Jammu and Kashmir Assembly session beginning, Movement Kalki has warned the government that if a strict anti-cow slaughter law and the proposal to declare Cow Mata as 'National Mother' are not passed in the assembly, it will expose the government's apathy towards Sanatan Dharma. The movement is gaining massive support from saints, religious leaders, and Sanatan Dharma devotees across the region. A delegation of Movement Kalki led by Advocate Harmeet Singh

met Sahil Ji Maharaj today to seek his support for the movement. "Cow Mata is the soul of Sanatan culture. It is our duty as saints to stand up for her protection. Soon, I will personally join the protest site to strengthen this pious movement."

Under the leadership of Sunita Kundal, a delegation of Movement Kalki participated in the Havan-Yagya, Bhajan-Kirtan, and Bhandara organized at Baglamukhi Mata Temple. During the program, Pandit Madan Gopal Ji Maharaj extended his support to the movement, saying—"We all want the government to declare Cow Mata as 'National Mother' and enforce a strict anti-cow slaughter law at the earliest."

Board Member Sunita Kundal reaffirmed the movement's commitment, saying—"We will fight for the honour and protection of

Cow Mata till our last breath. This movement is not just ours but the voice of the entire Sanatan society. Our struggle will continue until the government grants Cow Mata the status of 'National Mother' and enforces a strict law against cow slaughter."

"This movement will not stop until the government grants 'National Mother' status to Cow Mata and implements a strict anti-cow slaughter law. This is not just a protest—it's a spiritual revolution to protect the soul of Sanatan Dharma. We will take this movement to every village, every home, across the nation." Movement Kalki appeals to saints, religious leaders, and Sanatan Dharma devotees across the country to join this divine movement and demand a strict law against cow slaughter and 'National Mother' status for Cow Mata.

BJP Constituency Secretary & Mann Ki Baat Incharge joins Shiv Sena in Anantnag

JAMMU BULLETIN NEWS
SRINAGAR, MAR 2:

Further strengthening its base in the state, a joining program organized by Fayaz Malik at District Anantnag where different Political Parties members joined Shiv Sena in presence of Umer Yaqoob Vice President Yuva Sena Kashmir Division & in District Pulwama Where 30 members Joined Shivsena in Presence of Fayaz Baba District Vice President Pulwama & Ab. Rashid Najar Constituency President. Rajya Pramukh Sh. Ashwani Gupta , State Secretary (org) / Prabhari Kashmir Division Sanjay Bhat Join through Video Conference. Addressing the party karyakartas Sh. Ashwani Gupta said that under the guidance of Hon'ble Dy. Chief Minister State of Maharashtra and Shiv Sena National President Sh. Eknath

Shinde Ji has a clear vision as how to bring out the country out of mis-management & mis-rule of last 60 years . While welcoming to the party the State President Ashwani Gupta said that every party member has to take the teachings and the ideology of Bala Sahib Thackeray to each and ever corner of Kashmir. The problem of the public has to brought to the knowledge of administration. Further Ashwani Gupta said party workers to gear up for the upcoming municipal & panchayat elections. On this occasion Sanjay Bhat State Secretary (Organisation) / Prabhari Kashmir Division highlighted the overall development of the nation & its integration. He also stressed the need for making aware about the various self-employment schemes announced by the Central Govt. so that they can take

advantage these schemes. Umer Yaqoob said that the state unit of Shiv Sena is actively carrying forward the ideology and teaching of Balasahib Thackeray and even the party chief Sh. Eknath Shinde Ji . Fayaz Malik, in his speech assured his full support to the Youth in taking up the youth related issues at all levels and stressed upon the need to encourage youth. Further Joining Program in Pulwama Fiyaz Baba assured the newly joined members to help solve issues of public importance & assured them of all possible support. While addressing the function in Pulwama Ab. Rashid Najar Constituency President said Shiv Sena will fight for the rights of public & asked all members to work for the betterment of the society. Newly Joined member Fayaz Malik thanked the Party Leadership for giving me chance to serve the people.

Rekha Mahajan meets chairperson National Commission for Women

JAMMU BULLETIN NEWS
JAMMU, MAR 2:

Bharatiya Janata Party (BJP) leader Rekha Mahajan recently met with Vijaya Rahatkar, a prominent politician and chairperson of the National Commission for Women in Delhi. This meeting was a significant step forward in promoting women's empowerment, especially in Jammu and Kashmir (J&K). Rekha Mahajan and Vijaya Rahatkar engaged in a fruitful discussion on various issues related to women's empowerment, with a focus on J&K. They emphasized the importance of creating opportunities, enhancing skills, and ensuring safety and equality for women in every sphere of life. Vijaya Rahatkar, who has always worked towards empowering women, assured Rekha Mahajan that she would visit Jammu in the near future to

further promote women's empowerment in the region. Vijaya Rahatkar's commitment to women's rights and justice is unwavering. As the National Secretary of the BJP and former National President of the BJP Mahila Morcha (Women Wing of BJP), she has been instrumental in promoting women's empowerment and ensuring justice for victims of gender-based violence. Her experience as the former chairperson of the Maharashtra State Commission for Women has also equipped her with the knowledge and expertise to address the unique challenges faced by women in different regions.

The meeting between Rekha Mahajan and Vijaya Rahatkar is a testament to the BJP's commitment to women's empowerment. The party has been at the forefront of promoting women's

rights and ensuring their participation in the political process. The Shakti Vandan Abhiyan, launched by the BJP, aims to empower women and recognize their contributions to society.

The assurance by Vijaya Rahatkar to visit Jammu in the near future is a significant step forward in promoting women's empowerment in the region. Her visit is expected to boost the morale of women in J&K and provide them with a platform to voice their concerns and aspirations. In conclusion, the meeting between Rekha Mahajan and Vijaya Rahatkar is a significant step forward in promoting women's empowerment in J&K. The BJP's commitment to women's rights and empowerment is unwavering, and the party will continue to work towards creating a society that is inclusive and progressive.