

It was all dignified, but no interaction among parties

Rites Began With Priests Reciting Verses From Gurbani

►From P1

Rahul Gandhi, Mallikarjun Kharge, party chief ministers Siddaramaiah, Revanth Reddy and Shrinivas Kulkarni and other functionaries were at the gate of Nigambodh Ghat that the casket, draped in the Tricolour, was taken in. Laying of wreaths began once the casket was put on a raised platform.

The long list of celebrities present included, aside from Singh's family members, PM Narendra Modi, Amit Shah, the three Gandhis, Rajnath Singh, other NDA govt members, presidents of the LS and RS, Congress leaders and armed forces chiefs. Foreign countries were represented by Bhutan's king and a Mauritian minister.

There was no noticeable interaction between the and other bout between the parties. It was all dignified.

The last rites began with Sikhs reciting verses from Gurbani. Singh's daughter



Former PM Manmohan Singh's youngest daughter Amrit Singh near her father's pyre at Nigambodh Ghat in New Delhi on Saturday

Bhutan king, Mauritian foreign min attend Manmohan Singh's funeral

Bhutan king Jigme Khesar Namgyel Wangchuck and Mauritius' foreign minister Dhananjay Ramal attended Manmohan Singh's funeral on Saturday. Wangchuck laid a wreath on the mortal remains of Singh during his funeral at Nigambodh Ghat. In Bhutan, prayer ceremonies were held for the former prime minister. A mark of respect to Singh, Bhutan's national flag was flown from its mast across country and at its embassies and consulates abroad. A thousand butter lamps were lit at a ceremony held in the king's Kuenrey of Tashichhodzong that was led by the king. The prayer was attended by PM Tshering Tobgay, Indian ambassador Sudhakar Dalela, members of the Royal family and Bhutanese govt officials.

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historian Upinder Singh, the pyre, other family members beside her.

Not long after, the state funeral was over. But politics,

of course, wasn't. A slogan raised from the crowd — 'NMS ko Bharat Ratna do' — was a reminder, if anyone needed reminding.

Congress's Bajwa demands Bharat Ratna for Manmohan

TIMES NEWS NETWORK

New Delhi: Demands for Bharat Ratna for late former prime minister Manmohan Singh ended on the day of his final journey. While chants of "Manmohan Singh ko Bharat Ratna do" started with the laying of wreath at the state funeral, Punjab Congress' Partap Singh Bajwa Saturday demanded that Manmohan Singh be bestowed with the top civilian honour for his transformative contributions to India's economic and social landscape.

Bajwa, leader of opposition in Punjab, said: "It is time to honour Dr Manmohan Singh's unparalleled contributions with the Bharat Ratna. Singh is a beacon of integrity, intellect, and vision. His policies have contributed to India's growth and global standing are unmatched."

"As a proud son of Punjab, he has brought honour to the state and the nation. Bharat Ratna would be a fitting tribute to his lifetime of service and dedication to India's progress," he added.

He noted Singh's pivotal

role in introducing the 1991 economic reforms as finance minister that liberalised India's economy, dismantled the 'License Raj' and attracted foreign investments.

Bajwa also highlighted Singh's achievements as a

PM by mentioning the Indo-US nuclear deal and UPA's social interventions like Right to Education Act and Mahatma Gandhi National Rural Employment Guarantee Act.

When a 91-yr-old MP came to Parl in a wheelchair, to vote

TIMES NEWS NETWORK

New Delhi: Former PM Manmohan Singh's appearance in Raja Sabha last year to attend proceedings in a wheelchair, including a speech to discuss 75 years of India's parliamentary journey, demonstrated his unwavering commitment to the democratic process, despite his advanced age, then SL and

Celeb deaths trigger surge in cardiac CT scans among young adults in Mum

'AVOID MULTIPLE SCANS, LIMIT RADIATION'

DEFINITIONS

> A heart attack is caused by a circulation problem; a clot blocks blood flow to the heart

> Sudden cardiac arrest is caused by an electrical problem; irregular heart rhythm causes sudden loss of activity, leading to death in about 8 minutes

> These two heart conditions are linked; sudden cardiac arrest could happen after a heart attack



were said the cardiac CT trend is pronounced this year, "especially in the last six months". A cardiac CT scan costs between Rs 10,000 and Rs 20,000, depending on the centre. "It is asymptomatic but has a family risk of heart problems and a higher risk to die, then a cardiac CT scan could help the person gauge their risk," said Dr Jhanakaria. A clean scan could mean that the person doesn't have to worry about complications for five to eight years. "As long as this result doesn't reinforce bad behaviour such as smoking, it's good," said the doctor.

Multiple Cardiac CT Scans

However, some cardiologists say people might be getting the CT angiography option from Kerti Vashi Hospital instead. A family had a heart attack a few years back has been repeating CT angiography. Cardiologist Dr Ganesh Kumar from L.H.I. Ranadandani Hospital, Powai, said radiation from each CT scan is equivalent to 10 X-rays. "Radiation can increase the risk of cancer. As exposure is painless, people don't realise it," he said, adding people should consult a cardiologist before seeking a cardiac CT scan.

A senior cardiologist recalled a 72-year-old man who underwent a CT angiography after his friend passed away. "He was diagnosed with moderate blocks that don't need angioplasty if they cause no symptoms, but he wanted it. Unfortunately he developed a rare complication and died," he said.

Another cardiologist said a 22-year-old who was paranoid about heart disease underwent a CT angiography on a friend's advice. "The radiology centre performed the test without asking for a cardiologist's prescription, and the test presumably was clear," he added.

However, Dr Jhanakaria said while radiologists allow self-prescriptions, they advise against a second cardiac CT scan. "I have had only one patient so far who requested a CT angiogram and that was after 10 years," he said, adding that the radiation-exposure-cancer theory hasn't been conclusively proved so far.

THE INDIAN HEART

According to the Indian Heart Association

50% of all heart attacks in Indians occur under 50 years of age and 25% under 40 years

DATA FROM CITY HOSPITALS

S.R. Raheja Fortis Hospital, Mumbai | In 2019, 33 (8%) out of 38 patients brought in with heart attack were in the 20-50 age group

In 2020, 16 out of 24 (66%) were in the same age group

In 2021, 10 out of 18 (56%) were in the same age group

In Mumbai, approximately 27 heart attacks daily are recorded daily

India registers roughly 4 million heart attacks a year; 1 in 3 deaths due to heart attack

TO PREVENT HEART DISEASE

Avoid smoking/tobacco

Do not smoke 15 weeks of moderate exercise

Have heart-healthy diet with vegetables, fruits, fish, lean meats, low-fat dairy foods

Avoid high-salt meals, sugar, highly refined

carbohydrates, processed foods, alcohol, trans fats

Manage seven hours of sleep

Manage stress

Undergo regular tests, especially for blood pressure and cholesterol

