

Fight against Diabetes a national responsibility, requires collective effort: Dr Jitendra

STATE TIMES NEWS

JAMMU: Union Minister Dr Jitendra Singh, who is also a nationally renowned Diabetologist, today released the Jammu related data of the 'first of its kind' world's largest survey 'ICMR-India Diabetes 'INDIAB' Study to assess the prevalence of Diabetes in India, including in Jammu & Kashmir.

Dr Jitendra Singh said, the fight against Diabetes is a national responsibility, no longer confined only to the medical fraternity and calls for collective effort by all because it threatens to drain away the vital youth energies meant to be devoted to the task of making 'Viksit Bharat'.

According to the survey, the overall burden of the disease in Jammu region covering its 10 districts is 18.9 percent, with 26.5 percent in urban areas and 14.5 per cent in rural areas which is higher than the national average.

Expressing concern over the rising cases of Diabetes in the region, Dr Jitendra Singh called upon everyone, including medical institutions, NGOs and the media to create awareness in the society about the disease in order to prevent and control it before it assumes an alarming proportion. He said the study offers an opportunity for prevention and control of Non-Communicable Diseases (NCDs). He called for adopting a multi-sectoral approach involving the government, non-governmental agencies, the community at large as well as the individual to slow down or stop the rising tide Diabetes and other



Union Minister Dr Jitendra Singh speaking after releasing Jammu related data of the "first-of-its-kind" ICMR-India Diabetes 'INDIAB' Study to assess prevalence of Diabetes in India, at Jammu on Sunday.

NCDs.

Describing the ICMR-India Diabetes (INDIAB) nationwide study as landmark, he said its findings will help to estimate the health burden due to Diabetes, prediabetes and metabolic NCD. He added that the study will also help in shifting focus to the prevention and control of Diabetes and other NCDs in the Union Territory of Jammu and Kashmir.

Dr Jitendra Singh further said that the findings of the study are expected to help policymakers, health professionals and stakeholders to develop targeted interventions for prevention and man-

agement of Diabetes and other NCDs in Jammu and across India as it was a national responsibility. He also mentioned the need for early detection of the disease as well as the need to break the chain of passing from one generation to another by focussing diabetic pregnant women.

The Union Minister said that all-out efforts must be made to prevent the youth from falling prey to this preventable disease. Calling the youth architects of a Viksit Bharat, the Minister said that proper care of their health and well-being must be taken by all the stakeholders. He said that the energy and potential of youngsters cannot be consigned to this silent killer, but must be nurtured and preserved to realise the goal of a developed India by the year 2047.

Dr Jitendra Singh informed that the Government is setting up nearly 1,50,000 Health and Wellness Centres all over the country with a focus on prevention and control of NCDs like Diabetes, hypertension and some forms of cancer. The Union Minister credited Prime Minister Narendra Modi with bringing in a preventable healthcare ecosystem in the country, saying prior to COVID pandemic, this concept was alien to India. "Credit goes to Prime Minister Narendra for awakening the nation to the virtues of preventable healthcare, using traditional medicines like Ayurveda and Unani, and practising yoga for health", the Minister noted. "It is at the initiative of PM Modi that

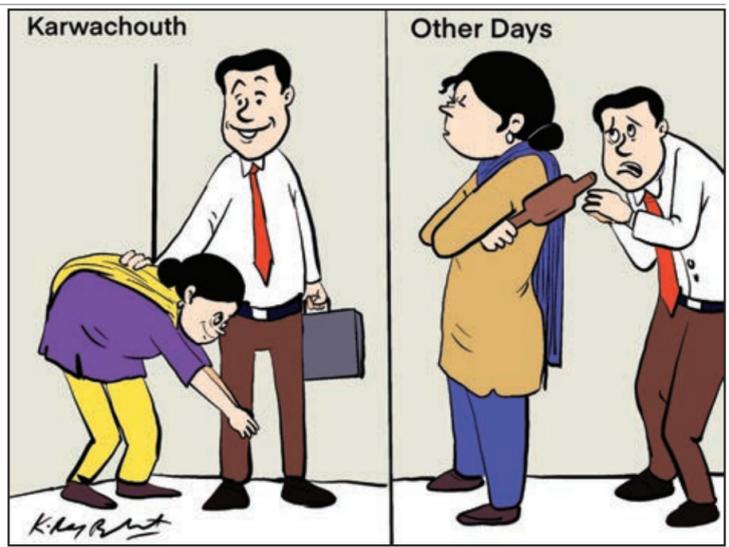
1.5 lakh Wellness Centres are to be opened across the country", the Minister said.

Dr Jitendra Singh called for tapping the vast expanse of unexplored Himalayan resources of J&K. He said these resources have a huge potential for making value addition to India's economy. He expressed happiness at the recent impressive economic growth of India and said that India has now joined the league of top five economies of the world while mentioning that the journey from fragile five to top five economies of the world has been momentous.

Further elaborating Dr Jitendra Singh said if the vast bio resources of J&K are tapped, they will contribute to India's growth story in the times to come.

According to the ICMR-INDIAB study, 10.8 per cent of the population in Jammu region is affected by prediabetes, emphasizing the urgent need for action against the growing burden of NCDs in the region.

The Jammu phase surveyed 1,520 participants across urban and rural areas, providing critical insights into the region's health landscape. As per the survey, the overall prevalence of hypertension, generalised obesity and abdominal obesity in Jammu is 27.1%, 41.7% and 62.7% respectively. The study was conducted by the Madras Diabetes Research Foundation with the collaboration of ICMR and the Department of Health Research.



Satish receives rousing reception; credits Omar for empowering Jammu



Minister for FCS&CA; Transport Satish Sharma addressing a public gathering in Jammu.

STATE TIMES NEWS

JAMMU: Jammutes on Sunday hosted a rousing reception for Minister for Food, Civil Supplies & Consumer Affairs; Transport; Science & Technology; Information Technology, Youth Services & Sports and ARI & Trainings Departments, Satish Sharma by organising a grand rally which culminated at Chandan Vihar Muthi.

Addressing a mammoth gathering of local supporters, workers and prominent citizens and civil society at Muthi, Satish Sharma, credited Chief Minister Omar Abdullah for empowering

Jammu by giving him charge of Food, Civil Supplies & Consumer Affairs, Transport, Science and Technology, Information Technology, Youth Service and Sports, ARI & Training departments.

He thanked the voters of Chammb constituency for paying back to the work of visionary leader and his father Late Madan Lal Sharma, who served J&K as MLA Chammb, Minister as well as Member of Parliament.

Satish assured the locals and Civil Society members that under the leadership of visionary Chief Minister Omar Abdullah, marginalized and needy people will

get the due consideration. The Minister assured that present government will ensure to bring back the statehood so that the jobs can be assured and aspiring entrepreneurs are supported.

He remarked that the government will be working with the public and for the public and will ensure development of communities without any distinction of religion, caste or area. The Minister said that he is overwhelmed with the way people have shown their trust in him and he will work round the clock for the people especially downtrodden, poor and people standing last in the queue.

JAKFA delegation calls on CM



JAKFAS delegation calling on CM Omar Abdullah.

STATE TIMES NEWS

JAMMU: A delegation from the Jammu and Kashmir Finance & Accounts Society (JAKFAS), led by its President, Rashim Deepika Razdan, meet Chief Minister of Jammu and Kashmir, Omar Abdullah at his official residence, Jammu. During the meeting, the President of JAKFAS briefed the Chief Minister on the various challenges and concerns being faced by the Accounts Cadre, highlighting key issues that require immediate attention and resolution for the betterment of the department.

Among other present on the occasion were Rahul Mahajan, Vice-President, JAKFA and Dr Anand Thakur, Finance Secretary, JAKFA were also present on the occasion.

Dr Deepak Abrol takes over as President of North Zone Association of Radiation Oncologists of India

STATE TIMES NEWS

JAMMU: Leading Oncologist from Jammu, Dr Deepak Abrol, takes over as President of North Zone Association of Radiation Oncologists of India in general body meeting in the recently concluded 28th Annual Conference of Association at Medanta Hospital Gurugram. Dr Abrol had already served as coordi-



nator, executive member, general secretary, and vice president of this prestigious association.

In recently held elections Dr Deepak Abrol was elected as President while Dr Muninder Negi from AIIMS Bilaspur, Dr Kamika Sood from Dharamshila NII New Delhi, Dr Jaskaran Sethi from Rajiv Gandhi Cancer Institute New Delhi and Dr Pradeep Garg from BPUHS Faridkot were elected as Senior Vice President, Junior vice president, Editor In Chief and General Secretary respectively.

Results of election were declared by duly appointed election Commissioner Dr Harpreet Singh from Oswal Hospital Ludhiana.

Dr Abhishek Shankar from AIIMS Delhi and Dr Vipul from Himalayan Institute

Dehradun were nominated as joint secretaries. Dr Deepak Abrol is working as Senior Consultant Radiation Oncology in American Oncology Institute ASCOMS Jammu and is involved in academics, cancer awareness, and patient welfare activities. Pertinent to mention that North Zone AROI is the

biggest chapter of Association of Radiation Oncologists of India and include Jammu and Kashmir, Laddakh, Punjab, Haryana, Himachal, New Delhi and NCR, Chandigarh and Uttarakhand.

Dr Deepak Abrol said that his focus will be to involve residents and Postgraduates in high-level academics and research and further the objectives of the association. Senior Oncologists Dr Manoj Gupta, former Dean AIIMS Rishikesh and President of National AROI and Dr Rajesh Vashistha Associate Director, Max Bhatinda and Chair AROI extended their full support to newly elected body and wished them a successful tenure.

Police honours families of martyrs, offers gifts as tokens of gratitude for valor, supreme sacrifice

STATE TIMES NEWS

JAMMU: As the nation prepares for the upcoming Police Commemoration Day, a solemn tribute to those who laid down their lives in the line of duty, police teams across the Rural zone have begun honoring the families of fallen

heroes. In a heartfelt gesture, ICPDs from PP Chinore, PP Sidhra and BPP Gajansoo visited the homes of martyrs, offering gifts as tokens of gratitude for the valor and supreme sacrifice these families have endured.

This touching initiative

aims to remind the public of the courage and selflessness displayed by the officers who made the ultimate sacrifice for the safety and security of the nation. Their families, often carrying the weight of loss with quiet dignity, were acknowledged with heartfelt appreciation

by the local police. Police Commemoration Day is not just an annual observance; it is a poignant reminder of the sacrifices made by men and women in uniform. It serves as a solemn moment of reflection for the police forces and the wider community, reinforcing

the bond between law enforcement and the citizens they protect.

As the day approaches, the police continue their efforts to ensure that the legacies of their fallen comrades are celebrated and remembered with the respect and honor they deserve.



Ritika Mahajan wins coveted title at State Times' Karwa Chauth event held at Hotel Lemon Tree. An evening of laughter, games and Live music made it unforgettable.

JA drugs growth has been poor: Only PM Modi has been promoting JA but others in Govt have been idling

Had prescription writing by Chemical name been enforced Lakhs Cr of INR would not have been Fleeced When PM can work promoter of a welfare programme why can not the officers below?

Faster Prescription by Chemical name is enforced, demand for Jan Aushadi outlets will grow at triple the pace

DAYA SAGAR

Annual Report 2021-2022 of the Department of Pharmaceuticals Ministry of Chemicals & Fertilizers GOI among other things mentions that India provides generic medicines to more than 200 countries and India Pharma Sector output in 2020-21 was quoted to be Rs 4,27,109 Crore. But despite the country being one of the leading exporters of generic medicines to the world, During 2020-21, total pharma export was Rs 180555 cr against the total pharma import of Rs 49436 crore. The report also said that still the majority of Indians lack sufficient access to affordable medicines. So question that need be taken and replied to is why the majority of Indians lack sufficient access to affordable medicines?

The brief answer to the question lies in the facts that (i) a very large population in India is economically very weak (which could be supported with reasons like over 80 crore population of India depends for survival with 5 kg grains/ration per head given free by the government) and majority of Indian people having lost in the delivery of services by government hospitals except a very few like PGI Chandigarh/ AIIMS Delhi) inspite of Government spending Lakhs of Crs on the salaries/ materials (ii) the branded patent bound medicines, even the patent free branded 'generic' medicines manufactured by a number manufacturers under different brand names are sold at significantly /disproportionately higher prices than they could be sold and it has been found that even where generic medicines (patent free) are available at different MRPs the prescription writers are prescribing the generic branded medicines which have higher MRP though they are identical in their therapeutic value.

Serious notice was taken of the unfair trade practices of labelling even the patent free medicines sold under brand names to the extent with MRP as higher as even 3 to 5 times than what could be possibly marked with reasonable trade practices was taken notice of by the Union Ministry of Chemicals & Fertilizers which was then in 2008 headed by Shri Ram Vilas

Paswan and it was decided in 2008 that Public Sector Pharma PSUs will manufacture the patent free allopathic medicines and market these medicines with no brand name but only the Generic name (chemical name of the technical grade material used) through the retail outlets in private sector named Jan Aushadhi Stores (centres) operated by Bureau of Pharma PSUs of India (BPPI) - a society registered under Registration Act, 1860 on 01-12-2008) Under Jan Aushadhi Campaign. The first Jan Aushadhi Kendra was started on 25-11-2008 in Amritsar. The pharma companies marketing the medicines by generic name / chemical name were in microscopic numbers in India in 2008 (are even in 2024).

It was decided that where ever possible atleast the patent free drugs should be prescribed by prescription writers by their chemical name and not the trade name and where ever needed instructions / orders be issued by Ministries of health for writing prescriptions by chemical name. But since the Jan Aushadhi scheme did not suit the trade & the 'associates' very less was done by the concerned government agencies / BPPI to promote the JA medicines and enforcing for prescription writing by chemical name (even by the Government Doctors while in Government Hospitals / in their private clinics where ever PVT. Practice was / is allowed).

But the progress of the Jan Aushadhi Outlets had been very very poor which well reflects from the balance sheet / trade account of BPPI for 2015-2016 where only nearly INR 11 Cr supplies were made to JA Stores/ Kendras (Rs.11,05,39329.91) ending year 31-03-2016 on all India basis (janaushadhi.gov.in/brochure.html) in a country of over 650000 villages. It could also be said for reference that out of INR 400000 Cr MRP label worth market around Rs 360000 Cr drugs are being sold Indian domestic market that



A Look through the Mist Part-II

are free from any patent rights / as generic branded or generic medicines. Why so low share of trade for Jan Aushadhi when prices are so fair/ genuine?

It was after 2015 (2016-2017) that Narendra Modi, the Prime Minister of India took notice (may be from his private sources he got some feedback on poor state of affairs of JA Scheme (which is surely a very definite common man relief programme without any load on the state exchequer) of the so poor performance of the Jan Aushadhi Scheme and Modi almost personally took the 'marketing' / promotion of Jan Aushadhi medicines and even upto 2024 although the achievement has not been very appreciable but still there has been comparably very reasonable increase in turn over. PMBI Revenue ending year 31 March 2022 has been no doubt only Rs 567.58 Cr (INR 567, 57,93,922/=) but it has been reasonably meaningful when we look at 2015-16 which was not even Rs 12 Cr for a 7 year old programme. Targets for over 10000 stores have been set for 2024-25 or so after the scheme has been named as PM Bhartiye Jan Aushadhi Pariyojna. The way the JA stores are growing at present it may take decades to cover the geographical limits of India and the way the promotional and marketing agencies are working on ground by then INR Lakhs of Crs will be got drained unfairly out of the pockets of the Indians.

Even taking the pharma industry output only limited around INR 246564 Cr (MRP 400000 Cr INR) and market around Rs 350000 Cr MRP for patent free drugs may be there in India. In Government must mobilise the machinery to enforce prescription writing by Chemical name / generic name so that the patients visit the JA Kendras in more numbers and in case that happens the drug manufacturers will also think of stopping unfair MRP marking practices.

So in case the prescription writing by chemical name (generic name) is enforced it will give multidimensional gains like (i) the visitors to JA stores would increase there by motivating more people to open JA stores (ii) more people going to JA stores some companies may also start reasonably marking MRP on lower side so that the retail outlets can better service the prescriptions written by Generic/ Chemical name (iii) with prescription writing by Chemical name growing even the conventional retail outlet owners will approach the JA distribution agencies like BPPI / of Pharmaceuticals & Medical Devices Bureau of India - PMBI to also supply them JA products for sale and with this the JA outlets number would also grow indirectly, no doubt the terms for giving JA outlets should be relaxed but at the same time for these outlets the cost of incentives that the BPPI/ PMBI give to outlet holder too would reduce (iv) faster the prescription writing by chemical name grows, faster will be the check on the undue flow of money out from common man pockets.

Good, it has also been decided to include items other than Medicines marketed under the franchise of Pharmaceuticals & Medical Devices Bureau of India-PMBI instead of BPPI which would further reduce fleecing of patients.

So the highest in administration in States/ UTs must join in promoting the PM Bhartiye Jan Aushadhi Pariyojna by enforcing prescription writing by generic name by government doctors while on duty / while in their pvt. Clinic where practice is allowed / practicing retired government doctors is strictly enforced. The general public should also report the cases / prescriptions where the brand names are written but generic name could be written to the Chief Secretary of J&K/ Administrative Secretary Health.

When PM can work promoter of a welfare programme why can not the officers below?

(The writer is a social activist and leading columnist on J&K affairs).