

DISHA meeting

Agri StartUps, Lavender entrepreneurship to be extended to Ramban: Dr Jitendra

■ STATE TIMES NEWS

RAMBAN: Soon, district Ramban will also initiate Agri StartUps and Lavender entrepreneurship under Aroma Mission which has been successfully experienced in the adjacent district of Doda.

This was disclosed here on Sunday by Union Minister Dr Jitendra Singh, while chairing the DISHA meeting of district Ramban.

He said, Ramban is a part of the erstwhile Doda district, which shares same geographical and topographical conditions and it should not be difficult to replicate Doda's lavender success story over here. This will provide an alternative and attractive option of livelihood for potential StartUps, he said.

During the meeting, a



Union Minister Dr Jitendra Singh convening district DISHA meeting at Ramban on Sunday.

detailed presentation on the achievements and progress recorded under different Centrally Sponsored Schemes was made, giving an overview of various major projects being executed by different departments and agencies in the district. Senior officials of the District gave the status of scheme-wise physical and financial progress of projects being executed under various CSSSs.

While stressing for the synergy between public representatives and the administration while taking up the projects for execution, Dr Jitendra Singh said better coordination between these representatives and the district administration is key to schemes being implemented on ground.

The Minister took detailed review of all the schemes undertaken by different departments in the district wherein he

enquired about the status of each scheme. On the occasion, public representatives flagged various issues before the minister who issued on spot directions to the concerned for early redressal.

Dr Jitendra also directed the concerned departments to work with renewed zeal and dedication for effective implementation of all schemes and coverage of 100 percent eligible beneficiaries under all schemes.

Two-day consultations on POC SO Act concludes at Jammu



Chairperson JJC, Justice Tashi Rabstan and others at a programme.

■ STATE TIMES NEWS

JAMMU: Two-day consultations on Implementation of POC SO Act, 2012, organized by Juvenile Justice Committee, High Court of J&K and Ladakh in collaboration with the department of Social Welfare U.Ts of J&K and Ladakh and supported by UNICEF India, concluded on Sunday at Police Auditorium Jammu.

The brain storming deliberations of day one had already set the tone and tenor of the second day consultations. Today, fifth session of the conference, on a very important topic relating to mental health and psycho-social support to the survivors and their families was chaired by Justice Sindhu Sharma, Chairperson, J&K Judicial Academy in which Saurabh Sashi Ashok, NIMHANS Bangalore was the resource person. While addressing the participants through virtual mode from Bangalore he shared his experiences with the child victims of intellectual disability.

Justice Sindhu Sharma, in her deliberations emphasised on providing psycho-social support not only to the victims but also to their families particularly parents.

In the last technical session the topic for discussion was the "Role of the Police in the investigation of POC SO cases and intersection of POC SO and Juvenile Justice Act". This session was presided over by Justice Rajnesh Oswal, Member, Juvenile Justice Committee, Anant Kumar Asthana, a prominent Child Rights Lawyer from New Delhi was the resource person. While speaking on the occasion, the resource person informed the delegates that recently the POC SO Act of India has been rated as one of the best legislations in comparison to similar legislations enacted by some developed countries like U.K and Sweden. He also stressed upon the grant of compensation to the child victims under the POC SO Act, which is the sole discretion of the Judge dealing with the POC SO cases. Justice

Rajnesh Oswal, highlighted the grey areas in the legislation and stressed upon the need for having separate agency and institution to deal with the POC SO related crimes. The queries raised by the delegates were responded satisfactorily by the resource persons as well as the Chairpersons.

The closing session was also attended by Justice Tashi Rabstan, Chairperson, Juvenile Justice Committee, who impressed upon the participating delegates to make best use of the techniques gained during the conference in their day to day working vis-à-vis the cases relating to POC SO Act. Justice Rajnesh Oswal, Justice Rahul Bharti and Justice Rajesh Sekhri also remained present during the course of deliberations of the day.

The programme concluded with the vote of thanks proposed by Amit Kumar Gupta, Member Secretary, Juvenile Justice Committee. The proceedings of the programme were conducted by Swati Gupta, Senior Civil Judge.

Need to make common man feel Economic & Admn benefits accruing after Oct 2019

Some erstwhile PRs of J&K who carry myth of 'Special Status' ask what 'YOU' gained after August 2019?

■ DAYA SAGR

Although Narendra Modi had laid the tracks for alround socio-political Empowerment of subjects and the areas of "J&K" of erstwhile State of J&K through the constitutional tools like C.O 272 of 5th Aug 2019, C.O 273 of 6th August 2019 & Act-34 of 2019 but since over 7 decades before that lot many myths and controversies had been allowed to be cultivated in the phrases like "Art-370", a bridge between India and J&K, "J&K having a Special Status in Constitution of India (COI) in terms of Art-370 of Constitution of India", "Art-35A was a great welfare tool for Permanent Residents of J&K" etc still some of the common innocent masses of erstwhile state of J&K (now UT of J&K and UT of Ladakh) are surely to get carried away in case someone tells them NDA-III Government in Delhi has taken away the "special status" of the people of J&K in 2019 which otherwise constitutionally was never there. It is not out of place to quote here that Government of India in reply to Rajya Sabha Q* -138 on 11-03-2015 had in a way informed the nation that neither Art-370 nor any other provision in COI give Special Status to J&K but even after that many 'leadership' even outside Kashmir Valley had been referring to 'special



A Look through the Mist

status' while talking about J&K and not much was done for effectively carry the reply made in Parliament of India to common masses that J&K had no special status constitutionally through Art-370 which was itself a temporary provision.

As regards Art-35A that was projected as a tool for keeping the Indian citizens placed in the category of Permanent Residents of J&K at higher pedestal w.r.t other Indian citizens had been less used to benefit the PRs and more used even harm the interests Permanent Residents of J&K like not keeping any political reservation for the schedule tribe permanent residents of J&K in Legislative Assembly (no doubt reservation for ST has now been provided for Legislative Assembly of UT of J&K), for violating the fundamental rights / human rights of the woman permanent residents of J&K to the extent of not giving her total freedom for choosing a life partner (no doubt after Aug 2019 in the UT of J&K that discrimination has now been removed w.r.t Domicile rules though UT domicile rules had to be got amended a couple of times), keeping the permanent residents of J&K devoid of adequate facilities of quality health cover & medical educa-

tion by barring recruitment of non permanent resident qualified faculty / experienced doctors in government services/

medical colleges even where the candidates are not available from within the state, and like . One would ask why, and simple answer is that the leadership just wanted to show that "J&K" can work to "own" liking and its not like other Indian states where as provisions existed then also for creating better laws/ rules to safe guard the interests of permanent residents of J&K even if other Indian citizens were discriminated. The political governments use the laws made by their legislature more as simple distancing symbols. The wrongs were regularly pointed out to the governments for corrections/ improvements for which channels were available but were not used and that could not be challenged in courts.

No doubt after C.O 272 of 5 Aug 2019 { Constitution (Application to Jammu & Kashmir) Order of 2019), C.O 273 of 6th August 2019 (Notification/ declaration under Article 370(3) of the Constitution amending Art-370) & Act-34 of 2019 some opportunities to some local mainstream leadership (mainly Kashmir valley centric) who have remained in frontline so far for

using provisions like "Art-370, Art-35, State flag as distancing symbols have surely been snatched; and with carving out Ladakh as a UT representative character of geo-political dimension of Bharat & erstwhile princely state of J&K too have shaped in the phrase "Ladakh to Kanyakumari" thereby making the outside world see Bharat beyond Kashmir valley.

Common man has no much time to go for intricate studies and analysis but would like to feel the benefits that would economically & administratively accrue in the immediate domains with the changes that did happen through C.O 272 of 5th Aug 2019, C.O 273 of 6th August 2019 & Act-34 of 2019 concerning J&K affairs. No doubt the provision for political reservations for ST in Legislative Assembly of UT have been incorporated in law and the fundamental rights / human rights have been secured in equal forms to the female subjects of UT of J&K and UT of Ladakh ("erstwhile J&K State") UT but still much more need be done to carry the positive messages to common masses regarding the reforms that were done in August 2019.

To be continued
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Gold coin 10gm...ok
Sweets 2 kg ok
Sund...one kg... Ok...
But sharma Sahib
Apples are only 8.2 kg

SHO gifted 1Gold coin, 10 kg apples, 2kg sweets and 1kg sund As a Diwali Gift...

Diabetes Day celebrated at British International School
Diabetes & cardiovascular disease interlinked and intertwined: Dr Sushil Sharma



HoD Cardiology SSH Jammu, Dr Sushil Sharma with his team examining patients in a camp.

■ STATE TIMES NEWS

JAMMU: To celebrate World Diabetes Day and to educate the people about the increasing prevalence of Diabetes, Head Department of Cardiology SSH Jammu, Dr Sushil Sharma organized a screening-cum-awareness camp at British International School, Sainik Colony here on Sunday.

The camp was inaugurated by Dr Sushil Sharma along with Gita Sharma (Chairperson) British International School. Children of the school, parents and Staffer participated and were educated about the importance of ever rising incidence of diabetes and its relation with the cardiac ailments and primary interventions to decrease the incidence of diabetes and cardiac ailments.

The relevant Screening Tests like Blood Sugar, HbA1C, ECG, Bone Density were performed and medicine were distributed as per the requirement.

While interacting with the people, Dr Sushil stated that the incidence of Diabetes Mellitus (DM) continues to rise and has quickly become one of the most prevalent and costly chronic diseases worldwide.

A close link exists between DM and cardiovascular disease (CVD), which is the most prevalent cause of morbidity and mortality in diabetic patients, Dr Sushil said adding that Cardiovascular (CV) risk factors such as obesity,

hypertension and dyslipidaemia are common in patients with DM, placing them at increased risk for cardiac events.

In addition, many studies have found biological mechanisms associated with DM that independently increases the risk of CVD in diabetic patients.

Therefore, Dr Sushil said, targeting CV risk factors in patients with DM is critical to minimize the long-term CV complications of the disease.

Both type 1 diabetes and type 2 diabetes are independent risk factors for CHD. Moreover, myocardial ischemia due to coronary atherosclerosis commonly occurs without symptoms in patients with diabetes and its relation with the cardiac ailments and primary interventions to decrease the incidence of ischemic symptoms occur and before treatment is instituted. A delayed recognition of various forms of CHD undoubtedly worsens the prognosis for survival for many diabetic patients.

One reason for the poor prognosis in patients with both diabetes and ischemic heart disease seems to be an enhanced myocardial dysfunction leading to accelerated heart failure (diabetic cardiomyopathy).

Thus, patients with diabetes are unusually prone to congestive heart failure. Several factors probably underlie diabetic cardiomyopathy: severe coronary atherosclerosis, prolonged hypertension, chronic hyperglycemia, micro vascular disease, glycation of myocardial proteins, and auto-

immune neuropathy. Improved glycemic control, better control of hypertension, and prevention of atherosclerosis with cholesterol-lowering therapy may prevent or mitigate diabetic cardiomyopathy. Education plays a significant role not only in prevention of diabetes itself but also in preventing its complications.

He further added that the Aggressive life style changes including healthy diet and physical activity can prevent diabetes, Education campaign at all level of Society to reverse the trends of westernization and to remove misconception and cultural myths and to promote a healthier lifestyle are required to stem the rising trends of Diabetes

Management Committee of the British International School appreciated the selfless efforts of Dr Sushil and his team in extending quality healthcare and

Guide children, Parents and staffer about the Diabetes.

Others who were part of this Camp include Dr Nasir Ali Choudhary (cardiologist), Dr Dhaneshwar Kapoor, Dr Syed Rahela and Dr Vivek Arya.

Paramedics and Volunteers includes Akshay Kumar, Raghav Rajput, Kamal Sharma, Ranjeet Singh, Gourav Sharma, Rajinder Singh, Maninder Singh, Harvinder Singh, Navdeep Kapoor, Sahil Sharma and Harjeet Singh.

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