

CUJ conducts online lecture on "Maharishi Sri Aurobindo's Views on Poet and Poetry"

STATE TIMES NEWS

JAMMU: The Department of Educational Studies, Central University of Jammu (CUJ), concluded its online lecture titled "Maharishi Sri Aurobindo's Views on Poet and Poetry" under the initiative Shiksha Shashtraath, hosted via Google Meet. The event saw active participation from a diverse audience, including students, faculty, researchers, and professionals, highlighting the department's commitment to academic excellence and knowledge dissemination.

Dr. Disha Sharma, the coordinator of the Department of Educational Studies, welcomed the attendees, including Prof. Asit Mantry, Head of the Department, Dr. Charan



CUJ faculty and students listening to online lecture.

Singh Kedarkhandi, the resource person, and other faculty members. She began by emphasizing the significance of poetry and writing as vital skills in contemporary times.

The lecture was delivered by Dr. Charan Singh Kedarkhandi, Assistant Professor at Govt. Postgraduate College,

Jyotirmath, Uttarakhand. Dr. Kedarkhandi explored the philosophical depth of Sri Aurobindo's views on poetry, focusing on its role in both personal and professional growth. He cited examples from classical poets like Valmiki, Wordsworth, and John Keats, explaining how poetry bridges the gap

between reality and aspiration. His assertion that "Poetry serves as a bridge between what exists and what should be" resonated deeply with the audience.

The session also featured references to prominent poets, including Thoreau, John Donne, Rabindranath Tagore, and Aurobindo's Savitri, stimu-

lating rich discussions among attendees. Prof. Asit Mantry expressed his satisfaction with the response to the lecture, noting its relevance in addressing the decline in creativity among young minds. He emphasized that the lecture aimed to inspire students to cultivate essential skills for navigating today's competitive environment.

He also outlined the department's future plans to host more such events to foster continuous learning and collaboration.

Dr. Disha Sharma concluded the event by thanking all the participants, Prof. Mantry, and Dr. Kedarkhandi for their invaluable contributions, highlighting the success of the lecture in fostering a vibrant academic exchange.

Waste collection drive organized by MIER College

STATE TIMES NEWS

JAMMU: The Extension Unit of MIER College of Education (Autonomous) conducted two impactful activities: a waste collection drive and an awareness program on the "Swachh Bharat Mission" in Purkhoo (Kote) village on November 13, 2024.

A dedicated group of 34 students from both SOE and SSSH actively participated, engaging with residents' door-to-door and working throughout various parts of the village to collect waste. This initiative was part of the college's commitment to community outreach, emphasizing waste management and environmental cleanliness. The drive targeted the cleaning of roadsides, public spaces, and common gathering areas. Students collected items such as plastic bags, paper, and other non-biodegradable waste, ensuring that the village surroundings were thor-



MIER College of Education students and faculty at waste collection drive.

oughly cleaned. Equipped with gloves, waste bags, and necessary tools, students carried out the collection safely and effectively. The primary goal of the drive was to raise awareness about cleanliness and discourage open defecation. The students educated residents on waste management, including proper segregation and disposal, while emphasizing the importance of personal hygiene. To maximize coverage, participants were divided into smaller

groups and assigned to different areas. Mrs. Suman Devi, Incharge of the Extension Unit and Coordinator of the Unnat Bharat Abhiyan, organized the program efficiently and expressed her gratitude to the Sarpanch and the residents for their cooperation and support.

Dr. Adit Gupta, principal, MIER, appreciated the efforts of the units for planning and conducting the outreach activities in the community.

ASCOMS Jammu marks milestone by performing total laryngectomy surgery



Dr. Padam Singh Jamwal (Professor & head of Department) with his team after surgery.

STATE TIMES NEWS

JAMMU: Acharaya Shri Chander College of Medical Sciences (ASCOMS) and Hospital performed a total laryngectomy for a very rare indication.

A 88 year old female patient suffered respiratory distress. She was diagnosed to be suffering from bilateral abductor palsy. The patient was initially tracheostomized to relieve her respiratory distress.

She later underwent laser

arytenoidectomy somewhere else. Patient kept on suffering from aspiration and remained on cuffed tracheostomy tube. Since the patient had persistent aspiration, Total laryngectomy was performed at ASCOMS, Jammu

The surgery was performed by surgical team of ENT and HNS surgeons expertly headed by Dr. Padam Singh Jamwal (Professor & head of Department), Dr. Mohit

Goel (Assistant professor), Dr. Iaichika Sethi (Assistant professor). The procedure was demonstrated to Senior Residents Dr. Priyanka Mahajan and Dr. Anju Sharma, Post graduate residents Dr. Tanisha Arora, Dr. Obair Baba, Dr. Hitesh Jasrotia, Dr. Pankhuri Gupta, Dr. Ajit Pal Singh Sodhi, Dr. Munawar Katoo, Dr. Haamid Khan and Dr. Sidrat Farooq.

The team was well supported by team of anesthesia led by Dr. Nandita Mehta (Professor & Head of Department), Dr. Anshu (Assistant professor), Dr. Bushra (senior resident) along with their post graduates.

We would like to thank our Director Principal Dr. Pawan Malhotra for his constant support and we would keep on serving residents of Jammu and Kashmir with better medical and surgical support.

Baithak tradition revived at IMFA's Music Department

STATE TIMES NEWS

JAMMU: The Institute of Music & Fine Arts (IMFA), University of Jammu, has brought back the cherished tradition of Baithak, creating a monthly platform for students to hone their artistic skills, conquer stage fear, and gain valuable performance experience. This initiative, deeply rooted in the heritage of Indian classical arts, is steadily becoming a hallmark of IMFA's commitment to nurturing talent and preserving cultural traditions.

The latest Baithak saw a vibrant showcase of talent, with students delivering captivating performances across various art forms:

Speaking on the occasion, Prof. Sohaib Malik, Principal IMFA, lauded the improvement seen in this Baithak, highlighting its role in boosting students' confidence and creating opportunities for their growth.



Principal Secretary, Culture, Suresh Gupta and others at a programme.

Suresh Gupta, Principal Secretary, Culture, praised the revival of this tradition, commending Dr. Priya Dutta, Head, Performing Arts Department, for her vision and efforts in promoting art and providing a platform for budding artists. Preeti Lange, a third-

year student, performed a graceful Teental, supported by Rajkumar Behrupiya on vocals and lehra, Vijay Kumar on tabla, and Shivani Kapoor on padhant (recitation). Danish Verma, a final-year student, mesmerized the audience with Raag Miya-Malhar, accompanied by

Mohit Kumar on tabla. Navraj Singh, a first-year student, presented a dynamic tabla solo, with harmonium accompaniment by Sujata Rajput. Sobia and Shubham Aryan enchanted the audience with a melodious duet, supported by Prabhat Bali on Tabla.

The event also featured academic contributions, in which Pragya, a first-year Kathak student, presented a detailed report on the previous Baithak, Ajitesh Kannoora from the Violin Department added intellectual depth with a scholarly paper presentation.

Faculty members, students, and art enthusiasts participated enthusiastically, fostering a collaborative environment for learning and artistic growth.

In her vote of thanks, Dr. Priya Dutta expressed gratitude to Dr. Jawed Arahi for gracing the occasion and announced an exciting addition to the next Baithak: an award for the best performer, aimed at further encouraging students.

This monthly Baithak series stands as a testament to IMFA's dedication to fostering excellence in the performing arts and preserving India's classical heritage.

Randhawa starts blacktopping work in Bahu Constituency

STATE TIMES NEWS

JAMMU: In a significant step towards enhancing infrastructure and ensuring smooth connectivity, MLA Vikram Randhawa today commenced the blacktopping patchwork of roads spanning 5 kilometers in Ward No. 50 and 51 in the Bahu constituency. Speaking on the occasion, the senior BJP leader stated that the road blacktopping project is expected to significantly improve the quality of roads, reduce commuting difficulties, and enhance overall mobility for residents. He stated that the Central Government's focus on inclusive growth and holistic development is evident in the unprecedented pace of projects being undertaken across the country. "The vision of Prime Minister Narendra Modi is to ensure that no region is left behind in the journey



MLA Vikram Randhawa starting blacktopping work.

towards progress and prosperity," he said, adding that local development aligns seamlessly with the larger national goals set by the Modi Government.

Explaining the reasons for

the delays in development, Randhawa asserted that the imposition of the Model Code of Conduct during Parliamentary and Assembly elections stalled various ongoing projects.

"The Model Code of Conduct was enforced twice, which inevitably delayed developmental initiatives. However, I assure the people of Bahu constituency that this gap will be bridged shortly, and comprehensive efforts will be made to fulfill all pending commitments," he added.

Vikram Randhawa assured the residents that all pending interim blacktop work and tiling of lanes across the Bahu constituency will be undertaken in a phased manner. "We are determined to address the backlog in development projects and ensure timely completion of pending works. The balance patchwork and tiling will be executed expeditiously to improve the overall infrastructure of the constituency," he said.

Later, Vikram Randhawa also interacted with residents and listened to their grievances, assuring them of his continued support in resolving their concerns. "Development is not just a promise but a commitment that we will fulfill at every level," he reiterated. Locals expressed gratitude for the commencement of the much-needed work and lauded Randhawa's consistent efforts in addressing the region's developmental challenges.

Rising chronic kidney disease 'Fortis Gurugram remains at forefront in offering treatment options in Jammu'

STATE TIMES NEWS

JAMMU: Chronic kidney disease (CKD) and renal health issues are becoming increasingly prevalent in Jammu, driven by factors such as poor dietary habits, inadequate hydration, and limited awareness about early kidney disease symptoms. To address this growing concern, experts from Fortis Gurugram, Dr. Anil Mandhani, Executive Director of Urology and Kidney Transplant, and Dr. Gagan Deep Chhabra, Director & Unit Head of Nephrology and Renal Transplant, shared their insights during a press interaction at the Jammu Press Club. "High salt intake and insufficient water consumption in traditional diets, combined with widespread conditions like hypertension and diabetes, significantly strain kidney function. These risk factors often lead to late diagnosis, with patients requiring complex treatments like dialysis or kidney transplants" said Dr. Anil



Dr. Anil Mandhani, Executive Director of Urology and Kidney Transplant talking to reporters.

Mandhani. Dr. Mandhani emphasized the importance of preventive measures such as regular screening, particularly for individuals with a family history of kidney disease or risk factors like hypertension and diabetes. "Early detection can drastically improve outcomes and reduce the burden on patients and their families," Dr. Mandhani added. He also stressed the need for healthier lifestyle choices, including proper hydration, balanced nutrition, and regular exercise. Dr. Chhabra highlighted the life-

saving potential of renal transplantation in advanced CKD cases, improving both survival rates and quality of life. However, he noted that the success of transplants depends on donor availability and stressed the need for greater awareness about organ donation.

Fortis Gurugram remains committed to addressing kidney health challenges in Jammu, advocating for early intervention, preventive care, and organ donation awareness to ensure patients receive world-class care, they said.

Paras Health introduces advanced oncology OPD services in Jammu

STATE TIMES NEWS

JAMMU: Paras Health announced its upcoming Oncology Outpatient Department (OPD) in Jammu, bringing cancer care and robotic surgery expertise to the region.

The plans for the OPD were unveiled during a press conference on Saturday by Dr. Ashwani Kumar Sharma, Senior Director of Surgical Oncology & Robotic Surgery at Paras Health. "The new OPD, located at Ganeshdaya Nursing Home, Talab Tillo, in collaboration with Dr Mengi's Dental Center, will be operational every 1st and 3rd Saturday of the month," Dr. Ashwani said adding that this initiative reflects Paras Health's commitment to making cancer care accessible and affordable for patients in Jammu and nearby regions.



and patient-centric care, the OPD will offer robotic-assisted surgeries performed by experienced specialists, he said adding that these advanced techniques include Robotic Whipple's Surgery, Robotic Thyroidectomy, Trans-Oral Robotic Surgery (TORS), and Video-Assisted Thoracic Surgery (VATS), which minimize recovery time and hospital stays.

The OPD will also provide specialized treatments such as CRS + HIPEC for advanced cancers, ensur-

ing comprehensive care under one roof.

Dr. Ashwani said, "With the launch of this OPD in Jammu, Paras Health aims to provide world-class cancer care closer to home for patients in the region. Robotic surgery is a game-changer in oncology, offering unparalleled precision and better outcomes. Our goal is to make these advanced treatments accessible and affordable, empowering patients to receive adequate care without having to travel far."

Paras Health has consistently delivered reliable healthcare services in different cities across the country and is now extending its expertise to Jammu. The initiative underscores the hospital's mission to make healthcare accessible to all, ensuring patients can benefit from cutting-edge technologies and personalized care.

BJP reiterates its demand for setting up of separate railway division in Jammu



STATE TIMES NEWS

JAMMU: The railway network is expanding on fast track in Jammu and Kashmir and the BJP reiterates its demand for setting up of a separate railway division in Jammu.

Arun Gupta, Spokesperson, Jammu and Kashmir BJP, said this while addressing media persons at party headquarters, along with Balbir Ram Rattan, senior leader & former VC. Arun Gupta said that 70 divisions in 19 zones manage the railway operations in India and Ferozpur Division

manages operations of railways in Jammu and Kashmir. As the Railway Ministry is working on taking the rail line to Kashmir and other hilly and far flung areas of the UT, it becomes necessary that there should be a separate full-fledged Division in Jammu.

Arun Gupta said that the BJP in the past had approached the PM, the HM, Railway Minister for establishment of a separate railway division. Earlier president Ravinder Raina, now Sat Sharma, MPs Dr. Jitendra Singh and Jugal Kishore

Sharma, time and again, have been taking up the issue with the central leadership of the party as well as the Prime Minister, Narendra Modi, Union Home Minister, Amit Shah, Railway minister, Ashwini Vaishnav and others for an early action in this regard. Expressing hope that the Union Government will take an immediate decision to fulfill the demand of the BJP and various social and trade organizations and sent a clear message that the Modi government acts as per the wishes and aspirations of the people, Arun Gupta said that the establishment of a separate Railway Division in Jammu will serve many purposes like creating new employment avenues, promoting trade and boosting economy, besides giving speed to the railway operations and completing the ongoing projects on time.

Govt Ayurvedic Hospital organizes free medical camp

STATE TIMES NEWS

JAMMU: In an attempt to provide basic health facilities to people residing in remote areas, the Government Ayurvedic Hospital organized a free medical camp at Chodarewala, a remote village in Jammu district, on the instructions of Satish Sharma Minister for FCS&CA, Transport and YS&S. During the Medical camp, genuine medical requirements of the people were addressed and free medical advice and medicines were provided to the patients. The people were provided services in Surgery, ENT, Gynaecology, Medicine and Eye with free check up, diagnosis and medicines. Appreciating the steps taken by Government Ayurvedic Hospital to provide basic health facilities in far-flung areas, the villagers demanded that more such medical camps should be organized on a regular basis. The Medical camp is a testament of the new regime in providing basic and best health services to the people at their doorsteps.



Doctors examining patient at a medical camp at Chodarewala.