

Dr Jitendra holds 'Public Durbar', several issues resolved on the spot

STATE TIMES NEWS
HIRANAGAR: Union Minister, Dr Jitendra Singh held a nearly two-hour "Public Durbar" in block Marheen in Hiranagar sector, district Kathua on Sunday as part of his ongoing spree of reaching out to the public directly to listen to their issues and concerns. Several issues raised by individual citizens and delegations were resolved on-the-spot. Instructions for immediate action were issued in several other cases. The entire district administration led by Deputy Commissioner Rakesh Minhas and senior officers from PWD, PDD, NHAI, Police, Revenue and other departments were also present during the Public Durbar for instant intervention and follow-up. This is the third such Public Durbar in different parts of district Kathua in

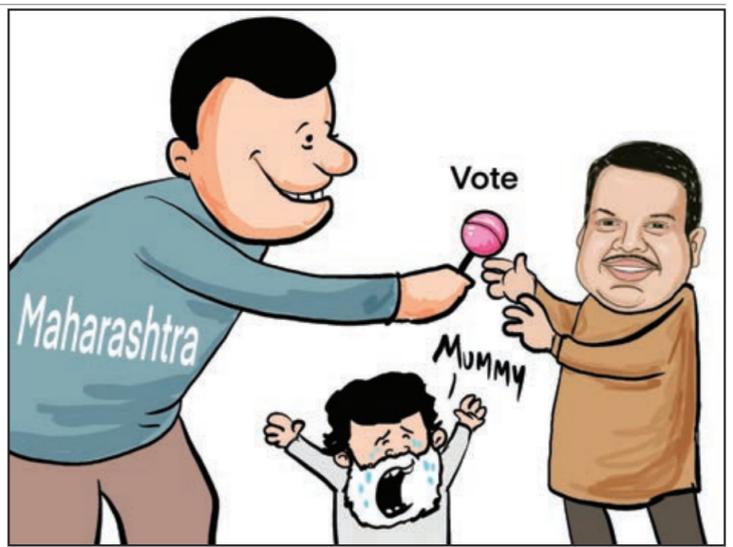


Union Minister Dr. Jitendra Singh holding a "Public Durbar" and interacting with local people in presence of DC Kathua and other officers of District Administration at Marheen, Hiranagar on Sunday.

recent months. Dr Jitendra Singh said, elected representatives owe the obligation of not only addressing the genuine requirements of the electorate but also to seek to convince them that they are cared and heard. And, a Public Durbar like this serves that purpose, he added. Speaking on the occasion, Dr Jitendra Singh asserted that the NDA government led by Prime Minister Narendra Modi is committed to serving common citizens and reducing public inconvenience. He said, the government is focused on delivery of public services at

their doorsteps, with an objective of ensuring ease of living for the citizens, rising above the narrow considerations of politics, caste, creed and region. During the public durbar, Dr Jitendra was briefed by the administration about the status of matters brought to his notice by the general public on previous occasions. While interacting with them, Dr Jitendra assured the visiting delegations that he would himself monitor the status of their issues raised today, and take all possible steps so that they are addressed by the district administration in a time-bound manner. Lately, the Union Minister has been criss-crossing districts falling under his Parliamentary constituency of Udhampur-Doda-Kathua as part of this public-outreach measure to meet numerous public delegations

under one roof, with an objective to seek redressal and resolution of their issues with the local administration. Dr Jitendra Singh travels to the interiors of these districts to meet a cross-section of the public, leveraging the direct interface of the Public Durbar to address citizens' issues, guided by the motto of Sabka Saath Sabka Vikaas. Today's Public Durbar was attended by the entire district administration led by Deputy Commissioner, Kathua, Rakesh Minhas.



SSP Reasi reviews security of Shiv Khori Shrine, adjacent areas

STATE TIMES NEWS
REASI: Paramvir Singh, Senior Superintendent of Police (SSP) Reasi, conducted a comprehensive security review of Shiv Khori Shrine in Ransoo and its adjoining areas to ensure robust security measures and effective crowd management for the safety of pilgrims and locals. The SSP was accompanied by officers from CRPF 126 Battalion, DySP Hqrs Reasi Neeraj Padyar, DySP PC Pouni Ashwani Sharma, SHO Ransoo, and CRPF personnel stationed at Shiv Khori. During the review, DySP PC Pouni presented a detailed briefing on the deployment of manpower and current security arrangements in the area. SSP Reasi inspected the security arrangements along the Yatra route, including the main track, where additional measures have been implemented to enhance surveillance. He emphasized main-



SSP Reasi, Paramvir Singh interacting with security force personnel during visit to Shiv Khori Shrine.

taining strict vigilance against anti-national and anti-social elements and issued specific directions to the District Police and CRPF officers for bolstering security protocols. The review covered all security drills related to the Shiv Khori Shrine, the Yatra route, and safety arrangements for the thousands of pilgrims visiting the holy site daily. SSP Reasi also inter-

acted with Road Opening Party (ROP) commanders enroute from Pouni to Ransoo to assess their preparedness. Highlighting the importance of preemptive measures, SSP directed officers to carry out verification and census of migrants, workers, pony porters, and other individuals operating in Ransoo town and surrounding areas. Random checks of hotels and residential accommodations were also instructed to verify the antecedents of visitors and prevent any suspicious activity. Acknowledging recent attempts to revive militancy in certain parts of Reasi district, SSP Reasi instructed officers to revisit the list of Over Ground Workers (OGWs) associated with police stations in the area. He also stressed the need for rigorous monitoring of social media platforms such as Facebook and WhatsApp to counter emerging patterns of radicalization. SSP Reasi also supervised ongoing Cordon and Search Operations (CASOs) in the Pouni-Ransoo belt and reiterated the importance of inter-agency coordination and cooperation. He urged all security forces deployed in the area to work in synergy to prevent any untoward incidents.

Ex-DGP highlights role of AG's Office at closing ceremony of Audit Diwas

STATE TIMES NEWS
JAMMU: Former DGP, Dr. Ashok Bhan, attended the closing ceremony of Audit Diwas, organized by the Principal Accountant General (PAG) Office, Jammu, at IIM Jammu. In his speech, Dr. Bhan highlighted the vital role of the Comptroller and Auditor General (CAG) of India, the oldest constitutional body in the country, in safeguarding India's democratic framework. He praised the AG office for its transparent and systematic functioning, describing it as a crucial bridge between stakeholders and the government. The event showcased cultural performances, including an enthralling act by the ICCR team Natya Rang, led by Mohammad Yaseen, alongside vibrant



Former DGP, Dr. Ashok Bhan welcoming at closing ceremony.

displays of Jammu and Kashmir's rich heritage. The ceremony marked the conclusion of a week-long celebration of Audit Diwas, which began on November 16 with an Audit Run. Activities during the week included a blood donation camp, Rangoli and painting competitions, sports events like cricket and volleyball matches, and workshops promoting awareness of audit and accounting procedures. The event was attended by Dr. Zabeer Ahmed, Director IIM, and Rajesh Kumar, Director ICCR, as Guests of Honour. The closing ceremony concluded the celebrations on a high note, showcasing the PAG Office's dedication to transparency, governance, and public engagement.

ADGP Jammu Zone conducts surprise visit of Police Station Bishnah



ADGP, Jammu Zone Anand Jain inspecting register at Police Station Bishnah.

STATE TIMES NEWS
JAMMU: Additional Director General of Police (ADGP), Jammu Zone Anand Jain, accompanied by Senior Superintendent of Police (SSP) Jammu Joginder Singh, paid a surprise visit to Police Station Bishnah. The visit aimed to review the functioning of the police station. The ADGP Jammu was received by SP Headquarters Jammu, Irshad Hussain Rather, SDPO RS Pura, Nikhil Gogna, and SHO Bishnah, Sushil Choudhary.

ADGP Jammu Zone took a detailed review of the workings of Munshiyat and CCTNS of the police station. During the visit, the ADGP issued directions to the officers to conduct regular casual inspections, ensure the proper updating of police registers, including the NCR (Non-Cognizable Report) register, and maintain the cleanliness of the police station premises. The ADGP also emphasized the importance of meticulous upkeep of official records, including all the reg-

isters, and ensuring transparency and accountability in all processes. He personally inspected various registers, beat books, patrol books, etc. of the police station to evaluate the maintenance/updates of police registers. Additionally, the ADGP visited the staff quarters to assess living conditions and encouraged officers to address the welfare of personnel promptly. The visit was aimed at fostering a supportive working environment and ensuring that efficiency is complemented by well-maintained facilities. During the interaction, the ADGP appreciated the efforts of the police personnel for their commitment to duty and encouraged them to continue working diligently to maintain law and order in the region. He reiterated the importance of community-oriented policing to enhance public trust and cooperation. The visit concluded with instructions to implement measures for improving efficiency, especially maintenance and updating of all the police registers and records and enhancing the overall functioning of the police station.

Cardiovascular ailments in winter-upsurgings, unwavering trend: Dr Sushil

STATE TIMES NEWS
JAMMU: In view of recent climate change and upcoming winter season Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness cum health checkup camp at Panchayat Kotli Arjun Singh, Block R S Pura, Jammu with main focus on the ways to reduce the impact of winter season on cardiac ailments and decrease the morbidity and mortality. While interacting with the people, Dr Sushil stated that seasonal variation in morbidity and mortality due to CVDs has been noted in both the northern and southern hemispheres, with higher incidence rates during the winter than in the summer. "This variation linked with multiple risk factors, such as temperature, physical activity, air pollution, infections, and food habits. Another potentially important seasonal risk factors such as seasonal variation in the plasma level of fibrinogen, cholesterol, Hormones



HoD Cardiology GMCH Jammu Dr Sushil Sharma with his team examining patients.

and vasoactive substance including vasopressin (AVP), norepinephrine (NE), epinephrine (E) and angiotensin II, aldosterone and catecholamine which tends to rise in the winter is suggested to play an important role in the seasonal change of CVDs. However, the influence of these factors on the onset and course of cardiovascular events is not well understood. Several mechanisms have been suggested to explain this association," Dr Sushil said. He elaborated that Most of these theories commonly point

out the fact that environmental factors such as temperature and air pollutions are play an important role in the occurrence of CVDs diseases in both sexes particularly in advance age patients. He said, "Although biological aspects are also known to contribute to the development of these disorders. This finding may have important implications; it seems that the risk of cardiovascular diseases appears to be the greatest during the winter months, particularly in elderly people. The knowledge of the role of environmental and biological factors could be used to improve prevention measures and educational strategies, especially in

people with a risk of diseases. People should be informed of the increased risk of cardiovascular disease during the cold seasons, and educated about the importance of regular physical activity and dressing warmly in winter. Furthermore, people should be motivated to maintain health dietary habits including a nutrient rich in vitamin D and low fat intake." He added that people who are at a high risk of a heart attack in winter are those with a prior history of heart problems, who have had a heart attack previously, those with high blood pressure and high cholesterol, Smokers and heavy drinkers and those who lead a sedentary

lifestyle and advised people to manage heart Attack in the Cold Weather such as Dress for the weather: If you go outside, limit the time you spend out in the cold weather; dress warmly, in several layers, cover your head and hands, and wear warm socks and shoes. Get a flu shot, avoid alcohol, don't let yourself become overheated and maintain Hygiene, he said. Prominent members of the area Harbhajan Singh, Joginder Singh, Sarain Singh, Antar Singh, Gurdeep Singh and Shamsher Singh appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health checkup camp in their area and shows their heartfelt gratitude. Others who were part of this camp includes Dr Yashwant Sharma, Paramedics and Volunteers includes Kamal Sharma, Ranjeet Singh, Maneet Kumar, Rohit Sharma, Rohit Nayyar, Anish Jamwal, Makhana Sharma, Rahul Sharma, Raman Sharma, Shubham Sharma, Maninder Singh, Rajinder Singh, Manoj Sharma, Rajkumar, Jatin Bhasin, Vikas Kumar and Nirvair Singh Bali.

Charai Muttal site cleaned by AAM Dept, CLUJ students

STATE TIMES NEWS
JAMMU: Department of Archives Archaeology and Museums (AAM) Jammu and Kashmir, initiated a special cleanliness drive at Charai Muttal Temple and Bowl Complex, a notified monument. The department organized a site visit of the students of Department of History, School of Social Science, Cluster University of Jammu. The event was the part of World Heritage Week celebrations by the Department from 19 - 25 November, 2024. The students along with the faculty members and Dean, Social Science, Vishal Kumar voluntarily participated in the cleanliness drive. The work for the development and restoration of the said site is being undertaken by the Department under the



AAM Jammu officials and CLUJ students at cleanliness drive.

Scheme for Revival, Restoration, Preservation and Maintenance of Architecture and Heritage in Jammu and Kashmir (Phase-1). The event was organized on the directions of Director Archives, Archaeology and Museums, Kuldeep Krishan Sidha. To make the students aware of this notified site/monument, he is very particular to create awareness among students regarding their cultural heritage. The students and facul-

ty members were briefed about the history of the site by Mukul Magotra, Curator, Archives, Archaeology and Museums, J&K. The Department also organized/facilitated visit to Bahu Fort and Dogra Art Museum for the migrant students from the Govt. Mixed Hr. Sec. School, Purkhoo Camp, wherein students were made aware of the history and significance of Bahu Fort and were also given a guided tour of Dogra Art Museum.

Process begins to procure LINAC for cancer treatment in J&K: Sakeena

STATE TIMES NEWS
SRINAGAR: In a significant step to bolster healthcare infrastructure across Jammu and Kashmir, the government has initiated the process of procuring Linear Accelerator (LINAC), a State-of-the-Art medical equipment for cancer treatment for Sher-e-Kashmir Institute of Medical Sciences (SKIMS), Soura. Linear accelerator (LINAC) is a sophisticated device, having integrated CT Scanner or an integrated MRI for image guidance, generates high-energy X-rays and Electron Beams, which can precisely destroy cancer cells while minimizing damage to surrounding healthy tissues. LINAC is a cornerstone in cancer treatment and fundamental to obtain the highest rates of cancer cure in majority of cancer patients. Speaking on this significant development, Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo underlined that the government led by the Chief Minister Omar Abdullah is committed to provide advanced healthcare services to the people of Jammu and Kashmir. "Health sector is priority sector for Government and we are determined to provide world class medical facilities to people here", Sakeena said. "This measures has been taken in that direction and is one among many efforts government has initiated for enhancing cancer treatment facilities across J&K". The Minister highlighted that Government's initiative to procure LINAC is expected to significantly improve cancer treatment outcomes in Jammu and Kashmir. Sakeena Itoo added that patients, especially belonging to economically weaker sections, will no longer need to travel outside for advanced cancer treatment after establishment of this facility in SKIMS. The Minister also said that this facility will also reduce financial burden on families going through tough times during treatment phase of their patients. Pertinently, LINAC will be procured by SKIMS for State Cancer Institute, under the NPCDCS scheme through JKMSCL for an estimated cost of Rs. 29 Crs.

Rana asks TRI to intensify dev activities for tribal welfare

STATE TIMES NEWS
JAMMU: Minister for Tribal Affairs, Javed Ahmed Rana, today asked the Tribal Research Institute (TRI) to intensify development activities under the ambitious "Support to TRI" scheme. The proposed activities included robust research and documentation initiatives to record and preserve the heritage and traditions of tribal communities in Jammu and Kashmir. The Minister emphasised upon the TRI to undertake capacity building programs aimed at equipping tribal communities with the skills and resources necessary to adapt to evolving socio-economic challenges. In a move to empower tribal youth, the Minister directed for targeted activities under skill development, livelihood enhancement and educational support. Special focus will be placed on providing coaching for tribal students aspiring to clear competitive examinations



Tribal Affairs Minister, Javed Ahmed Rana talking to TRI official.

and creating fellowship opportunities for action research proposals, he added. These measures aim to bridge educational gaps and promote career readiness among tribal youth, maintained the Minister. The Minister also stressed the importance of preserving and promoting the rich cultural legacy of tribal communities. He asked the TRI to initiate programs to safeguard tribal art, traditions and languages, ensuring their continuity for future generations. Highlighting the need for

immediate action, the Minister directed the Director, TRI to chalk out a comprehensive plan of action for the TRI, ensuring that interventions address the core socio-economic challenges faced by tribal communities. The Minister reiterated the government's commitment towards holistic development of tribal population, underlining the role of TRI in driving this mission forward. Director, TRI was instructed to expedite these initiatives, ensuring timely implementation and measurable impact on the ground.