

MVD conducts massive drive against traffic violators in Doda, 88 vehicles challaned for violations

■ STATE TIMES NEWS
DODA: The Motor Vehicles Department (MVD) Doda under the supervision of ARTO Doda Rajesh Gupta, carried out a large-scale drive against traffic violators in collaboration with the Traffic Police and District Police.

The joint Naka was established in the downtown area of Doda town, focusing on enforcing strict compliance with road safety regulations and curbing unsafe driving practices. The initiative was part of a broader effort to enhance public safety and reduce road accidents in the region.

During the operation, 88 vehicles were challaned for violations, including over-



ARTO Doda Rajesh Gupta during a drive against traffic violators in Doda.

speeding, driving without valid documents, riding without helmets, and failure to use seat belts.

Twelve vehicles were seized for serious infractions, and heavy penalties were imposed to discourage negligent driv-

ing. Particular emphasis was placed on identifying under-age drivers, ensuring helmet usage among two-wheeler riders, and enforcing seat belt compliance for drivers and passengers in four-wheelers.

The teams also ensured

that public transport vehicles adhered to passenger limits and operational safety standards.

ARTO Doda also issued specific directions to auto-rickshaw drivers to refrain from overcharging passengers and adhere to fair pricing norms.

In addition to enforcement, the drive included a public awareness campaign to educate drivers and pedestrians on the importance of traffic rules.

Drivers were sensitized to the dangers of overspeeding, drunken driving, and reckless behavior on the roads. The campaign highlighted the critical role of helmets and seat belts in preventing

severe injuries during accidents. As a deterrent, two driving licenses were recommended for suspension due to repeated and grave violations.

The initiative demonstrated the administration's commitment to road safety and its zero-tolerance policy towards traffic violations.

The authorities urged all citizens to follow traffic regulations diligently and to report violations for the safety of everyone.

ARTO Doda Rajesh Gupta said that regular drives and awareness programs are expected to continue, emphasizing the need for collective responsibility in ensuring safer roads across the district.

DC Poonch inaugurates eye camp at DH Poonch

■ STATE TIMES NEWS
POONCH: Deputy Commissioner Poonch, Vikas Kundal, inaugurated a one-day eye camp at Raja Sukhdev Singh District Hospital Poonch. This camp was organized in collaboration with Government Medical College (GMC) Rajouri. The initiative aimed to provide specialized ophthalmology services, including free eye check-ups and surgeries for the local population, addressing the increasing demand for eye care in the district. Chief Medical Officer (CMO) Poonch, Dr. Parvez Ahmed Khan, and Medical Superintendent, Dr. Nusrat Bhatti, were present at the event, along with members of the medical team from GMC Rajouri. The event showcased



DC Poonch, Vikas Kundal inaugurating eye camp.

a strong commitment to healthcare improvement and community service, with the active participation of experts from both Poonch and Rajouri. During his address, Vikas

Kundal emphasized the importance of such collaborative healthcare initiatives in rural areas and assured continued efforts to improve medical facilities in the district.

Total Laparoscopic Hysterectomy performed at DH Poonch



Surgical team led by Dr. Manav Dutta (Consultant Surgeon) performing Total Laparoscopic Hysterectomy surgery.

■ STATE TIMES NEWS
POONCH: Under the supervision of Medical Superintendent Dr. Nusrat ul Nisa Bhatti and CMO Dr. Parvez Khan, a successful Total Laparoscopic

Hysterectomy (TLH) was performed at District Hospital Poonch. The procedure was carried out on a 48-year-old female patient suffering from chronic menorrhagia due to a

fibroid uterus and bilateral ovarian cysts.

The surgical team, led by Dr. Manav Dutta (Consultant Surgeon), Dr. Shafeeq Ahmed (Consultant Anaesthetist), and supported by Dr. Shikha Sharma, Dr. Pallavi Banotra (Gynaecologists), Sanjeev Sharma (Theatre Assistant), Jyoti Sharma (Theatre Assistant), and other OT staff, successfully completed the advanced laparoscopic procedure.

This achievement marks a significant milestone for DH Poonch, a remote border district, underscoring the hospital's capability to perform complex surgeries with great success.

GDC Nowshera launches 'Adopt a Tree' initiative to promote sustainability

■ STATE TIMES NEWS
NOWSHERA: Government Degree College (GDC) Nowshera has launched an innovative "Adopt a Tree" initiative, spearheaded by the Departments of Environmental Sciences, Botany, National Service Scheme (NSS), and the Eco Club. Under the leadership of Principal Dr. Shamim Ahmed Azad, this initiative aims to promote environmental sustainability and raise awareness about the importance of tree plantation and maintenance in today's development-driven world.

Led by Dr. Mohd Zeeshan from the Department of Environmental Science, the



GDC Nowshera faculty and students during "Adopt a Tree" initiative.

initiative encourages students to take ownership of trees within the college premises.

Dr. Zeeshan emphasized the crucial role of students in conserving plant diversity and fostering environmental consciousness.

He also highlighted that

this initiative could serve as a model for similar efforts nationwide, contributing to broader environmental conservation.

The program also featured contributions from Dr. Roshni Sharma and Professor Yogesh Sharma from the Department of Botany, who

introduced students to the college's Botanical Garden and various plant identification techniques.

They shared insights on plant care, maintenance, and the challenges and rewards of nurturing plants, fostering a sense of responsibility among students.

The "Adopt a Tree" initiative brings together students from diverse backgrounds and departments, uniting them for a common cause—environmental stewardship.

The first activity took place in the Botanical Garden, where students identified and adopted trees, committing to their care and upkeep.

Principal Dr. Shamim Ahmed Azad expressed appreciation for the students' efforts and encouraged further such initiatives. The program marks an important step towards cultivating environmental awareness and a culture of sustainability among students at GDC Nowshera.

SMVDNSH performs J&K's first combined CABG, Carotid Endarterectomy Surgery

■ STATE TIMES NEWS
KATRA: Shri Mata Vaishno Devi Narayana Superspeciality Hospital, Katra, has achieved a remarkable milestone by performing Jammu and Kashmir's first-ever combined Coronary Artery Bypass Grafting (CABG) and Carotid Endarterectomy (CEA) surgery.

This groundbreaking procedure, performed on 74-year-old Raj Singh, showcases the hospital's expertise in managing complex, high-risk cases requiring exceptional multidisciplinary coordination.

Singh, who was admitted for episodes of unconscious-



Medical team led by Dr. Vinod Bhan and Dr. Romil Dutt with patient after performing surgery.

ness and dizziness, was diagnosed with Cerebrovascular Accident (CVA) after presenting to the Neurology department. Imaging revealed bilateral carotid artery stenosis and double vessel coronary artery disease.

In light of the severity of his condition, the medical team, led by Dr. Vinod Bhan and Dr. Romil Dutt, planned a combined surgical approach to address both his cardiac and neurovascular issues.

On November 6, 2024,

Singh underwent CABG along with right carotid endarterectomy. Supported by a skilled team including cardiac anesthesia specialists Dr. Pankaj Kumar Gupta and Dr. Veenakshi, the procedure was successfully completed, and Singh was extubated the following day.

He recovered without complications and was discharged on November 13, 2024. At his first follow-up on November 18, he was stable and symptom-free.

This complex surgery, which required seamless collaboration between the cardiac and neurology teams, is only performed at a few specialized centers across the

country.

Dr. M.M. Mathavan, Facility Director, praised the hospital's commitment to delivering cutting-edge healthcare, while Dr. Yashpal Sharma, Executive Director, highlighted the institution's ability to perform high-risk procedures.

The Shrine Board's continuous investment in advanced infrastructure and skilled professionals has been pivotal in advancing healthcare in the region.

This achievement strengthens Shri Mata Vaishno Devi Narayana Superspeciality Hospital's standing as a leader in healthcare for Jammu and Kashmir.

Dr Bairwa from CUJ discovers links between Metabolism, Protein Degradation and Genome duplication processes

■ STATE TIMES NEWS
JAMMU: Dr Narendra K Bairwa, Associate Professor and the Director, of the Centre for Molecular Biology, Central University of Jammu discovered crucial links between Metabolism, Protein Degradation and Genome duplication processes.

He investigated the role of molecules (Genes) related to metabolism and DNA replication processes.

These processes are conserved from the simple eukaryote organism to complex multicellular organisms.

The researcher carried out a laboratory investigation using yeast, *S. cerevisiae* as the model organism and reported that ablation of the genes involved in the metabolism and DNA replication process impacted growth, cell size, metabolism, and DNA replication process.

An understanding of the functional role of



genes and their networks is crucial in determining cellular physiology and disease understanding.

Dr. Bairwa published his findings in the SCI-indexed Journal, Journal of Biochemical and Molecular Toxicology (JBMT) with the title "Genetic Interaction between F-Box Encoding UCC1 and RRM3 Regulates Growth Rate, Cell Size, and Stress Tolerance in *Saccharomyces cerevisiae*" in the November 2024 issue.

The published work can be accessed using the following URL (<https://doi.org/10.1002/jbt.70059>).

Dr. Narendra Kumar Bairwa's laboratory studies gene-gene interactions, genome stability regulation, stress response, and screening small molecules for drug discovery. Vice-Chancellor, Central University of Jammu, Prof. Sanjeev Jain congratulated the authors for carrying out the fundamental and applied research work.

PHC Chandak qualifies State Assessment for NQAS, moves to Center qualification

■ STATE TIMES NEWS
POONCH: In a significant achievement, PHC Chandak has successfully qualified the State Assessment for the National Quality Assurance Standards (NQAS). This milestone marks a major step forward in ensuring the delivery of quality healthcare services and brings the facility closer to obtaining the prestigious center-level certification.

The success of this assessment can be attributed to the exemplary guidance

provided by Dr. Parveez Ahmed Khan, Chief Medical Officer (CMO) of Poonch, whose leadership has been instrumental in driving the healthcare mission forward.

Additionally, the hard work and dedication of Dr. Rahul Sharma, Incharge of PHC Chandak, played a pivotal role in meeting the rigorous standards required for the assessment.

The NQAS framework ensures that healthcare facilities maintain high-quality standards in terms

of patient safety, effective service delivery, and efficiency. The qualification for state assessment reflects the collective efforts of the staff and the commitment to providing patient-centric care at PHC Chandak.

Moving ahead, the PHC will now be processed for Center Qualification, which involves even stricter criteria and assessments. This marks another challenging yet achievable milestone, demanding consistent efforts and dedication from the entire team.

GDC Samba, FICCI FLO JKL unite for Women's Health and Hygiene

■ STATE TIMES NEWS
SAMBHA: The Women Development Cell of SPPND Government Degree College Samba, organized a one-day workshop in collaboration with FICCI FLO JKL to raise awareness about key health issues affecting women.

The event focused on dental hygiene, PCOD, menstrual hygiene, and holistic development, with expert speakers sharing valuable insights.

The program began with a welcome address by Assoc. Prof. Sarabpreet Kour, Convenor of the Women Development Cell, who emphasized the importance of



SPPND GDC Samba faculty and FICCI FLO JKL members at a workshop.

health awareness in empowering women.

Kanupriya Garg, a health expert, spoke on holistic health and PCOD management, addressing challenges faced by teenage girls.

Ritu Ahal delivered an engaging session on dental health, discussing oral hygiene and common dental problems. Rajani Sehgal, former Jail Superintendent, concluded the workshop with a thought-

provoking talk on menstrual hygiene, encouraging open conversations and better hygiene practices.

Prof. (Dr.) Twinkle Suri, Principal of the college, highlighted the significance of such

initiatives, particularly for young women from border areas, in equipping them with knowledge to lead healthier lives.

Ruchika Gupta, Chairperson of FICCI FLO JKL, introduced the organization's objectives and stressed the need for effective solutions to women's health issues.

Varma Anand, former Chairperson of FICCI FLO, and Sona Mehta, Treasurer of FICCI FLO, also attended the workshop. Dr. Parvati Rekhi coordinated the event, and Dr. Anupama Sharma delivered the vote of thanks.

Govt Women Polytechnic organises Technical Visit to Baglihar Hydro Electric Power Project

■ STATE TIMES NEWS
JAMMU: Govt. Polytechnic for Women, Jammu under the supervision of Er. Suket Gupta, Principal, Govt.



Students of Govt Women Polytechnic during visit to Baglihar Hydro Electric Power Project.

Polytechnic for Women Jammu organized a one-day Technical Visit/Exposure Visit to Baglihar Hydro Electric Power Project, Chanderkote and Patnitop on Wednesday

for the students of the Electronics & Communication Engineering Department, Electrical Engineering and Office Management & Computer Application. The Students were

accompanied by Er. Kamal Kumar, I/c Training and Placement Cell, Er. Naresh Gupta, HOD, E&C, Seema Pandita, Lecturer Grade-I, Shiveta, Lecturer Grade-I and other faculty

and staff members of this Institution.

The students had an enriching experience exploring the marvels of engineering and the serenity of nature. At Baglihar Hydro Electric Power Project, they gained valuable insights into advanced technology and the critical role of such projects in addressing energy demands.

On their way back, the students visited Patnitop, where they embraced the tranquility of nature. This combined experience of technology and nature provided a perfect blend of academic learning and environmental awareness.

Zoology Deptt GDC Rajouri organises lecture on 'Status of Wildlife in the Union Territory of J&K'

■ STATE TIMES NEWS
RAJOURI: The Department of Zoology organized an extension lecture today under the patronage of Principal Dr. K.K. Sharma on the topic "Status of Wildlife in the Union Territory of Jammu & Kashmir" in the Government PG College Rajouri.

Professor Saleem Ayaz Rather, HOD Zoology presented the formal welcome address followed by the Extension lecture by the speaker, Dr. Suhasani Tandon, HOD, Veterinary Technology. Dr. Tandon gave an insightful and inspiring lecture regarding the wildlife status of J&K Union Territory. Further she discussed about the different species of wild flora & fauna and the dire



need for conservation of the same. The lecture included the interactive session with the students regarding the species present particularly in the Pir Panjal range.

The entire programme was conducted under the supervision of Dr. K. K. Sharma, Principal of the college who also appreciated the efforts of Department of Zoology for organizing such programme which is need of the hour. The

programme was attended by various faculty members including Dr. Tahir Hussain Shah, Lecturer & Dr. Tariq Ahmed Bhat, Lecturer, Dept. of Zoology.

In a gesture of appreciation, Dr. Tahir Hussain Shah presented vote of thanks to Dr. Tandon for her dedication and commitment to promote Animal Husbandry & Veterinary Sciences in the society.

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