

Dr Jitendra announces first indigenously developed 'Paracetamol' drug for fever, pain

STATE TIMES NEWS
NEW DELHI: Addressing the 40th Foundation Day of the Department of Scientific and Industrial Research (DSIR) at the Dr. Ambedkar International Centre, Union Minister Dr. Jitendra Singh announced India's first indigenously developed "Paracetamol" drug. Developed by the Council of Scientific and Industrial Research (CSIR), this innovation aims to make India self-reliant in paracetamol production, reducing dependence on imported raw materials. Karnataka-based Satya Deeptha Pharmaceuticals Ltd will utilize this technology to produce affordable paracetamol, aligning with Prime Minister Narendra Modi's vision of "Atmanirbhar Bharat."

Dr. Singh highlighted DSIR's and CSIR's significant contributions to India's scientific and industrial progress. He lauded the transfer of 16 technologies during the event, adding to the 57 already transferred under the "100 Days 100 Technologies" campaign in collaboration with



Union Minister Dr. Jitendra Singh, as chief guest, addressing the 40th Foundation Day of the Department of Scientific and Industrial Research (DSIR) at Dr Ambedkar International Centre, New Delhi.

MSMEs through Laghu Udyog Bharati. The transferred technologies, developed by CSIR-CSIO and CSIR-CEERI, focus on IoT-enabled instruments, healthcare, and societal benefits. Additionally, a memorandum of understanding (MoU) was signed between CSIO and ELCIA Bengaluru for sensor development.

Dr. Singh attributed India's rapid technological advancements to Prime Minister Modi's leadership, emphasizing the post-2014 prioritization of innovation and entrepreneurship. He recalled achievements like India's first indigenous antibiotic, Nafithromycin, successful

gene therapy trials for hemophilia, and ISRO's SPADEX mission. He also praised CSIR's contributions, including the Aroma Mission, hydrogen buses, and the development of a 108-petal lotus. The Minister underscored the need for synergy between government and non-government resources, citing the Anusandhan NRF initiative, which aims to raise 60% of research funding from non-government sectors. He also emphasized the importance of transitioning from a service-based economy to a product-driven one, advocating for innovations based on indigenous designs.

Dr. N. Kalaiselvi, Secretary DSIR and DG

CSIR, recalled the Science Declaration's vision for

India as a global economic hub by 2047. Prof. A.K. Sood, Principal Scientific Advisor to the Government of India, stressed the importance of technology-driven economic growth, urging the country to emulate the U.S., where 9% of GDP is technology-based.

The event was attended by senior scientists, industry leaders, and MSME representatives, showcasing India's growing emphasis on innovation and self-reliance in science and technology.



Heart Health in aging, managing cardiovascular disease in elderly home-aged patients-strenuous task: Dr Sushil

STATE TIMES NEWS
JAMMU: Keeping alive the practice of serving all sections of society with utmost dedication and care Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness cum health check up camp at Home for the aged and Infirm Ambphalla, Jammu so as to screen elderly at high risk, educate them about cardiac friendly lifestyle and provide them with necessary medications



HoD Cardiology GMCH Jammu Dr Sushil Sharma with inmates of Home for the Aged and Infirm Ambphalla, Jammu during a health check-up camp.

While interacting with the people Dr Sushil Stated that Cardiovascular disease (CVD) is a major health concern among elderly individuals, particularly those residing in nursing homes or assisted living facilities. The aging process, combined with the high prevalence of comorbidities in this population, significantly increases the risk of developing CVD. Managing these conditions in elderly home-aged patients requires a comprehensive, multidisciplinary approach tailored to their unique needs and vulnerabilities. The most common forms of cardiovascular disease in the elderly include coronary artery disease (CAD), heart failure, arrhythmias, hypertension, peripheral arterial disease (PAD), and valvular heart disease. These conditions

are often driven by a combination of non-modifiable risk factors, such as age and genetic predisposition, and modifiable factors, including smoking, obesity, physical inactivity, hypertension, diabetes, and high cholesterol levels.

He elaborated that the aging process itself contributes to cardiovascular risk through structural and functional changes in the heart and blood vessels. For example, arterial stiffness and endothelial dysfunction increase with age, promoting atherosclerosis and hypertension. In addition, the presence of comorbid conditions such as chronic kidney disease or diabetes exacerbates the burden of cardiovascular disease in this population. Caring for elderly home-aged patients with cardiovascular disease

presents unique challenges. One significant issue is poly pharmacy, as these individuals often require multiple medications to manage not only CVD but also other chronic conditions. This increases the risk of drug interactions, side effects, and medication non-adherence. Furthermore, frailty, characterized by reduced physiological reserves and increased vulnerability to stressors, complicates disease management and heightens the risk of adverse outcomes. Elderly patients often present with atypical symptoms of CVD. For instance, instead of experiencing classic chest pain during a myocardial infarction, they may report fatigue, confusion, or shortness of breath. Cognitive impairment, common in nursing home residents,

further complicates diagnosis and treatment by limiting the patient's ability to communicate symptoms or adhere to prescribed therapies.

He added that Effective management of cardiovascular disease in elderly home-aged patients requires a holistic and patient-centered approach.

Lifestyle modifications, such as a heart-healthy diet, moderate physical activity, and smoking cessation, should be encouraged within the patient's physical and cognitive capabilities. Pharmacological treatment is often essential for controlling blood pressure, cholesterol, and blood glucose levels. Anti hypertensives, statins, and anticoagulants are commonly prescribed, but their use must be carefully monitored to minimize

side effects. For patients with heart failure, medications such as diuretics and beta-blockers can improve symptoms and quality of life. Regular monitoring is crucial for early detection of disease progression or complications. Blood pressure, cholesterol levels, and symptoms such as edema or breathlessness should be routinely evaluated. Additionally, vaccinations against influenza and pneumococcal infections are recommended to prevent illnesses that can exacerbate CVD, he said.

Management Committee of the Home I D Soni, Vijay Bhagotra, R C Vaid, Vijay Gupta and Satpal Gupta appreciated the efforts of Dr Sushil and his team for conducting Cardiac awareness cum health check up camp in their premises and shows their heartfelt gratitude.

Others who were part of this Camp includes Dr Arvind Kohli (Vascular Surgeon) and Dr Dhaneshwar Kapoor.

Paramedics and volunteers includes Kamal Sharma, Rajkumar, Makhan Sharma, Jatin Bhasin, Arun Singh, Akshay Kumar, Gourav Sharma, Nirvair Singh Bali, Paramveer Singh, Shubham Sharma, Amish Jamwal and Vikas Kumar.

J&K Masters Games Association, Rotarians call on LG



Jammu & Kashmir Masters Games Association members calling on LG Manoj Sinha.

STATE TIMES NEWS
JAMMU: A delegation of Jammu & Kashmir Masters Games Association called on Lieutenant Governor Manoj Sinha on Sunday.

Subsequently, Diksha Kaluria and Riya Kaluria, Trustees of General Zorawar Singh Memorial Education and Charitable Trust; representatives of

Fruit Market Association Narwal Jammu, and a delegation of Fire and Emergency Services Aspirants also called on the Lieutenant Governor.

Meanwhile, a delegation of Rotarians from J&K also called on Lieutenant Governor Manoj Sinha.

The delegation comprising of Dr Dushyant

Choudhary, Past District Governor, District 3070, along with Rotarians Ashok Gupta, Shiv Kumar Sharma, Jatinder Gandok and Ashish Langer briefed the Lieutenant Governor about the activities of the Rotary and discussed the future endeavours to organize medical surgical camps in Doda and Kishtwar.

ADGP Jammu conducts review meeting outlining unified fight against drugs

STATE TIMES NEWS
JAMMU: The Additional Director General of Police Jammu zone, Anand Jain conducted a review meeting to assess and reinforce ongoing measures against drug trafficking and substance abuse in the region. The meeting was attended by Inspector General of Police, Crime Branch Jammu, Sunil Gupta, all Range DIsG and District SSSP of Jammu zone; Chief Prosecuting Officer, ZPHQ Jammu; SO to ADGP Jammu zone and Incharge crime, ZPHQ Jammu.

The ADGP took a detailed review of the measures undertaken for combating illicit trafficking of narcotic drugs and psychotropic substances and their consumption. He underscored the criti-



ADGP Jammu zone, Anand Jain chairing a review meeting.

cal need for collaborative action and robust inter-agency coordination to dismantle drug networks operating in Jammu. The meeting focused on strengthening surveillance, improving intelligence sharing, and stepping up community awareness campaigns, especially in high-risk areas.

The ADGP urged continued efforts to combat the

changing tactics of drug networks, acknowledging recent accomplishments in reducing drug-related activity. In order to increase the conviction rate, he directed the officers present to map out vulnerable areas, conduct focused operations, and ensure that the chain of custody and documents are properly maintained to secure convictions.

The ADGP Jammu

emphasized the necessity of thorough investigation and assessment at the prosecutorial level to guarantee the accused's conviction. To improve the outcomes of IOs looking into narco-related crimes, he urged the Crime Branch Jammu to create guidelines and investigative modules.

In addition to directing the attachment of property obtained by the drug trafficking, the ADGP Jammu placed strong emphasis on freezing the accounts/properties and locating known and suspected drug dealers and smugglers in border regions and taking appropriate action against them. He further directed the officers to identify competent and well-versed investigators to be tasked with the investigation of narco cases.

Dy CM conducts surprise inspection of SDH Sunderbani; assesses healthcare services

STATE TIMES NEWS
SUNDERBANI: Deputy Chief Minister, Surinder Choudhary, on Sunday conducted a surprise inspection of Sub District Hospital Sunderbani, and assessed the status of healthcare services being extended to the patients in the institute.

He emphasised the importance of quality healthcare and patient satisfaction while asking the medicos and paramedics to perform their duty with utmost care and concern.

During the visit, the Deputy Chief Minister toured various wards of the hospital and interacted with the patients seeking their feedback on healthcare facilities there. He assured them of the government's commitment towards further enhancing healthcare services and addressing their



Dy CM, Surinder Choudhary during surprise inspection of Sub District Hospital Sunderbani.

needs effectively. Expressing displeasure over the sanitation conditions in the hospital, the Deputy Chief Minister directed the Block Medical Officer (BMO) to

take immediate measures to ensure cleanliness in all areas of the facility. "Cleanliness is a basic requirement and must be prioritized to create a safe and healthy environment

for patients and staff alike," he stated.

The Deputy Chief Minister also instructed the hospital authorities to ensure proper treatment for patients and maintain high standards of hygiene.

While reviewing the progress on the ongoing construction work at the hospital, Surinder Choudhary set a clear deadline for its completion. He directed the concerned authorities to complete all construction works by or before 31st March 2025, ensuring that the upgraded infrastructure is made available to the public without delay.

Javed Dar conducts 2 day tour of Rafiabad constituency

STATE TIMES NEWS
BARAMULLA: Minister for Agriculture Production, Rural Development, and Panchayati Raj, Javed Ahmad Dar, began a comprehensive two day tour of Rafiabad constituency in Baramulla district, aimed at strengthening public outreach, reviewing developmental works and addressing aspirations of the local population.

During his visit, the Minister interacted with several delegations comprising farmers, youth and community representatives, who highlighted pressing issues such as road connectivity, irrigation, rural infrastructure



Agriculture Minister Javed Ahmad Dar interacting with people.

and healthcare services. The Minister assured the delegations of government's commitment towards resolving their concerns in a time bound manner, emphasising inclusive and sustainable development.

The Minister inspected ongoing developmental projects including road construction, irrigation canals and housing schemes. He reviewed progress on these works

and directed the officials to ensure their timely completion with adherence to quality standards. Stressing accountability, he called for active monitoring of all developmental activities to maximize their impact on public welfare.

Javed Dar emphasized the importance of empowering Panchayati Raj institutions for grassroots governance and effective implementation of welfare schemes. He urged the local representatives to play a proactive role in developmental planning and execution to ensure that benefits reach every household.

Highlighting Rafiabad's agricultural potential, the Minister encouraged farm-

ers to adopt modern farming techniques and make use of government initiatives designed to boost productivity and incomes. He reiterated the government's commitment towards supporting the farmers through sustainable agricultural practices and targeted interventions.

The Minister's tour is set to continue tomorrow, with further engagements and on-site inspections aimed at accelerating developmental initiatives and addressing local needs. This visit underscores the government's unwavering focus on strengthening rural infrastructure and promoting grassroots development.

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Secretary RDD inspects progress on Yatri Niwas at Kheerbhawani Temple, Tullamulla



Secretary RDD & PR, Aijaz Asad visiting construction site of Yatri Niwas at Mata Kheer Bhawani Temple.

STATE TIMES NEWS
GANDERBAL: Secretary Rural Development Department (RDD) & Panchayati Raj, Aijaz Asad on Sunday visited the construction site of Yatri Niwas at Mata Kheer Bhawani Temple at Tullamulla Ganderbal inspecting the progress on the project.

The Secretary was accompanied by Deputy Commissioner Ganderbal, Shyambir, Executive Engineer REW, Hamid Iqbal, ACD, Dr. Bashir Ahmad, AEE REW, Ilyaz Mirza, BDO, Gowhar Arzoo and other officials of the department.

The Secretary, while seeking all the details about the project, was informed that the upcoming Yatri Niwas will be a G+2 framed structure which will solve the issue of space requirements for the yatris during Mela

Kheerbhawani to a great extent. The building will accommodate about 900 to 1000 yatris at a time and is being constructed at an allotted cost of Rs 2.80 crore.

Aijaz Asad exhorted upon the Executive Engineer to redouble efforts for ensuring timely completion of the project. He also directed him to bring any issues with regard to clearances, if any, required from the trust with Deputy Commissioner Ganderbal, so that the project can be completed at an earliest.

The Secretary asked the officials to maintain strict adherence to timelines to avoid any further delays. He stressed the importance of completing the project within the approved timeframe to provide improved facilities for the pilgrims.

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