

Two-day 'Gathering on Khunak' by local futures concludes



Participants of 'Gathering on Khunak'.

STATE TIMES NEWS

LEH: A two-day residential workshop called 'Gathering on Khunak' organised by Local Futures concluded at Ladakh Ecological Development Group, Hostel, near Shanti Stupa in Leh on Saturday. Local Futures is an international non-profit organization dedicated to renewing ecological and social well-being by strengthening communities and local economies worldwide. The workshop was organised to create a platform for critical young Ladakhis to vent their distress and concern about the rapid socio-economic and cultural changes happening in Ladakh, to deepen their critique of the problems emerging in

Ladakh, and aimed at making efforts to see what could be done by individuals and communities through different platforms. The workshop was attended by entrepreneurs, journalists, activists, singers, and wildlife enthusiasts & photographers.

Many people in Ladakh often express their concerns on the melting of glaciers, springs being dried up, air getting polluted, roads getting congested, threats being faced by wildlife on account of modern development, rural-urban migration, and so on.

However, there are Ladakhis, young Ladakhis, who are taking small little steps in order

to cope with the grief. There are photographers, young agriculturalists, artists, entrepreneurs, earth builders, thinkers, researchers, journalists, environmentalists, and so on who are not only concerned about the changes happening in Ladakh but are also doing small little efforts in order to acknowledge, cope, address, and deal with the eco-cultural destruction happening in Ladakh.

The efforts of such Ladakhis could seem like they are happening in their own individual villages or in their individual efforts. However, whether it is the effort of earth builders, or concerned entrepreneurs or young agriculturalists there is a connecting thread that runs through their efforts. The connecting thread is that there is a concern and love for our homeland, Ladakh.

Local Futures, therefore, has started this series of workshops of such Ladakhis to have discussions on problems and issues emerging in Ladakh in today's fast changing time.

SRMWC re-constituted, Onkar Sharma retains post of President

STATE TIMES NEWS

JAMMU: A meeting of Shri Ranbirshwar Mandir Welfare Committee (SRMWC) held at Shri Ranbirshwar Temple.

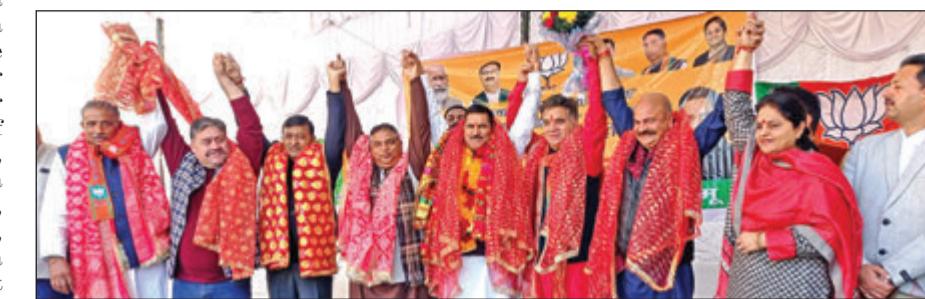
The meeting was presided by Mahant of the Temple Shri 108 Rishi Ban

(Chairman). Nitin Chadha (Secretary), Sunil Gupta (Secretary), Advocate Jyoti Mishra (Senior Legal Advisor and Chief Spokesperson), Dr. Sunny Gupta (Secretary, Health), Mandeep Sharma (Joint Secretary), Ravi Kumar Kakkar (Cashier), Anubhav Suri (Chief Advisor) and Pawan Sharma (Secretary).

Mahant Rishi Ban appealed to all members of the committee to work for upliftment of the committee and to celebrate Maha Shivratri in a big way which is falling on February 18, 2023.

Onkar Sharma thanked all members for giving him one more chance to work as President of the committee and assured all members that he will work as per the expectations of the members and society.

Newly nominated BJP District Presidents felicitated, assume offices



J&K BJP President, Ravinder Raina with newly nominated BJP District Presidents.

STATE TIMES NEWS

JAMMU: Newly nominated District Presidents of Bharatiya Janata Party assumed offices, on Sunday and felicitations by the party colleagues.

District Jammu President PARMOD KAPAHI assumed office in the presence of J&K BJP President Ravinder Raina, former President Sat Sharma and party General Secretary Adv. Vibodh Gupta. Newly nominated Vice-President Chander Mohan Gupta, Yudhvir Sethi, former Minister Priya Sethi, Prabhari Rajeev Charak, Ayodhya Gupta, former Presidents Munish Khajuria

& Vinay Gupta and other senior leaders were especially present on the occasion.

District Jammu South President Rekha Mahajan assumed her office in the presence of General Secretary BJP J&K Vibodh Gupta, Ex Minister Priya Sethi, Vice President BJP Amuradha Charak, Chief Spokesperson Sunil Sethi, Deputy Mayor JMC Baldev Billowria, Rajni Sethi, Sakina Bano, Rajiv Charak and other senior leaders.

District Jammu North President Omi Khajuria assumed office in the presence of senior party leaders. Ravinder Raina congratulated the newly nominated District Presidents and said that the party has high hopes on their capacity to run the affairs of the party in good faith. He said that the former District Presidents of the party have served the party holding party principles in their hearts and minds and now it is the responsibility of new District Presidents to strengthen the party base further in every nook and corner of the region.

Baru reviews developmental works at Hazuribag



Councilor Sanjay Baru starting development work.

STATE TIMES NEWS

JAMMU: JMC Councilor Sanjay Kumar Baru along with BJP Mandal President Keshav Chopra and local party leaders today, toured the Ward to review the ongoing development works.

People from all corners of kargil appreciated the efforts of AL-REZA HC & RF for bringing Internationally renowned doctors at their doorstep for the poor patients in this chilling winter of Minus 10 degrees.

President JUIAK, Sheikh Nazir Mehdi

Mohammadi thanked the visiting Doctors for sparing their precious hectic schedule in Dubai and travelling such a long distance in winter only to help and treat the poor patients of this far-flung region in winter. He also thanked the CEC and LAHDC Kargil, District administration, CMO, Medical Superintendent and RMO District Hospital Kargil, and Media Persons for their tireless support. He appreciated the tireless efforts of Doctors in uplifting the District Hospital Kargil as a centre of excellence. He also appreciated the anaesthetists and surgeons for doing surgeries till 11pm late night in these 2 days of the camp, besides all O.T

staffs n volunteers of AL-REZA.

President ALREZA HC & RF, Dr Mohd

Abass thanked the Volunteers of AL-REZA

for their tireless support in managing the

camp, helping the patients and for their 24

hour services for the patients in the camp.

While giving information about the present work, Baru said that the construction work of deep drain with an estimated cost of 4.5 Crores from Dewan Breweries Bohri Chowk via Hazuri Bagh upto Santra Morth Nullah in Ward-41 has been started to meet the needs of common masses. He said that the total length of the project will be 1365 meters and the project will cover near about half of the Ward 41. The main areas to be covered are Bohri, Colonel Colony, Surya Vihar, old and new Hazuri Bagh.

UEED officials, BJP Ward-41 President Ashok Wazir; Jaideep Singh Samyal, Jatin Sethi, Rakesh Sharma, Babesh Thappa, S.Jangjeet Singh, Naresh Gupta local BJP Leaders and permanent citizens were present on the occasion.



Doctors performing surgery.

Hysterectomies, Cystocele repair, excision of Large Ovarian Cysts/mass, and Uterine Adenomyomas were performed by Dr Usha Kiran - renowned International Gynaecologist who was the leading Gynaecologist at Cardiff University Wales, Britain for 10 years and now Head of Department of Gynaecology, Prime Hospital Dubai. She was assisted by Dr Zohra Banoo and Dr Fatima, (Consultant Gynaecologists), Dr Sajjad Hussain, Dr Mohd Abass (Consultant Surgeons) and Anaesthetists Dr Mohd Asif, Dr Shazia and Dr Abass Ali, at District Hospital Kargil.

Around 136 psychiatry patients were examined by Dr Bhavna and free medicines were distributed among them along with counselling of patients. Dr Fatima Nissa - incharge Mental Health and Rehabilitation Kargil executive member and her team assisted Dr Bhavna in the camp for future follow-up and medications.

In the Surgical camp, 15 major, complicated gynaecological surgeries including Total abdominal hysterectomies, Vaginal

Laparoscopic Gynaecological procedures were also performed including Laparoscopic ovarian cystectomies, Diagnostic Laoaroscopy and Laparoscopic tubal patency test. Dr Usha Kiran also attended 38 female patients in Opd inspite of her hectic schedule in O.T and Surgical workshop.

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DE9TO holds talk show on Dental Health

STATE TIMES NEWS

JAMMU: Dr Gautam Sharma, Periodontist of University of Jammu and former President of Indian Dental Association (IDA) Jammu gave a lecture on topic 'How dental diseases impact general health', during a live talk show organised by DE9TO, an online platform for providing information about dental education.

Dr Gautam Sharma, in his presentation, informed that oral health and general health are inter-linked to each other.

He informed people that pathogenic and virulent bacteria, which cause dental infections, can transport and spread via blood to cause infections in vital organs through inflammation.

"A common reason for occurrence of gum disease is infection due to bacteria which, if left untreated, may progress to periodontitis causing destruction of the supporting structures of tooth."

The human body responds to these bacteria by activating an immune response leading to

CIC directs for providing updated information on registered migrants

STATE TIMES NEWS

JAMMU: In RTI application by Girdhari Lal Raina, former MLC seeking information about actual number of displaced families registered as 'Kashmiri Migrants' in J&K, NCR Delhi and other states in India, it was informed that 44,167 families have been registered as Kashmiri Migrants. Pertinent to mention here that Information was sought after a statement by Home Minister Amit Shah in reply to debate on Jammu and Kashmir Reorganisation Bill 2021 on February 13. The same was repeated by G Krishna Reddy, Union MoS Home on March 17 2021. However, annual reports of MHA and other Government records show that the number of

inflammation which is a protective response against the harmful stimulus.

But when this inflammation is excessive then it may cause damage to the normal body tissues," he informed.

Dr Gautam further stressed that periodontitis, which is a disease of supporting tissues of teeth, may act as a risk factor in heart problems, complications during pregnancy, COVID-19

complications, lung and kidney problems etc. He further advised participants that brushing twice daily with a soft bristle toothbrush is basic requirement to keep good dental health. "Bleeding during tooth-brushing or after biting on hard surfaces like an apple, recession of gingiva, swollen gums and loosening or

mobility of teeth may be the features of periodontitis. The margins of gum are red, puffy and swollen due to the adherence of a film known as plaque on the tooth surface.

The film contains a lot of bacteria in its structure and if remains uncleared changes into a hard structure called calculus which is visible as yellowish-white deposits on the tooth," said Dr Gautam, adding that in case, these symptoms are observed, then patient must immediately report to a specialist doctor.

Dr Gautam thanked Yash Bansal, Founder & CEO of DE9TO, Mohit Kapoor, Co-Founder and CFO, Dr Pankhudi Dixit, Dr Saanika Bali and Dr Jaspreet, senior dentists from DE9TO team for organizing live talk show for general public.

MD Dairy Development JK visits Handwara, reviews implementation of various CSS

STATE TIMES NEWS

KUPWARA: Mission Director, Dairy Development J&K, Dr Narinder Singh Bali on Sunday visited Handwara Subdivision of Kupwara district.

He convened a review meeting regarding implementation of various Centrally sponsored schemes at Handwara and took stock of various works/ schemes undertaken by the Animal Husbandry Department.

He directed officers to work with dedication so that people can get maximum benefit of Centrally sponsored schemes especially Dairy Development in the district, so that rural people, especially educated youth in particular set up their income generating units, Dairy units/farms, milk cooperative societies etc.

The meeting was attended by Chief Animal Husbandry Officer Kupwara, Dr M Ashraf, Officer in charge ABS DR. Intisar Amin Makhdoom, Dr. Firdous Ah Baba VAS Handwara and other officers/ officials.

Dr Jitendra leads high-level Indian delegation to UAE international summit



Union Minister Dr Jitendra Singh talking to media before leaving for Abu Dhabi on a visit to United Arab Emirates (UAE), on Sunday.

space power in the region and has made rapid strides in the last 25 years of its space journey. In July 2020, UAE launched its Mars mission named Hope Probe which entered into Mars orbit in Feb 2021. This made the UAE the first Arab country and the sixth in the world to achieve this feat. The UAE is planning to launch Rashid Rover or the Emirates Lunar Mission shortly. In Sep 2019, Hanzala Al Mansoori became the first Emirati to go to Space when he went to the International Space Station (ISS) for eight days through a Russian space vehicle from Kazakhstan. This year, another UAE astronaut was selected to travel to the ISS on NASA's crew rotation flight, SpaceX Crew-6 for six-months period. Dr Jitendra said, Space Reforms of Prime

Minister Narendra Modi have opened many new vistas and only last month, India made a new beginning in India's Space journey by launching India's first ever private Rocket.

He said, the reforms have also unleashed the innovative potentials of start-ups and within a short span of time, from a couple of Space Start-ups three-four years back, today we have 105 start-ups working in cutting-edge areas of space debris management, nano-satellite, launch vehicle, ground systems, research etc.

Dr Jitendra Singh is also likely to pitch for joint start-up ventures between India and United Arab Emirates in advanced and emerging space technologies during the delegation level talks with Sarah Al Amiri, UAE Minister for Advanced Technology and Chairperson of UAE Space Agency.

Dr Jitendra will also attend the Ministerial Plenary on the 'Role of Foreign Policy in Enabling Space Diplomacy and International Cooperation' along with the Minister Foreign Affairs of the UAE, Foreign Minister of Bahrain and Minister of Advanced Technologies of Israel.

The Minister is also scheduled to hold delegation level talks with Sarah Al Amiri, UAE Minister for Advanced Technology and Chairperson of UAE Space Agency.

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