

Congenital heart diseases on rise, grim reality: Dr Sushil

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JAMMU: With aim to create more and more awareness regarding the congenital heart diseases and methods for prevention and early diagnosis a health checkup camp was organized by Head Department of Cardiology, Dr Sushil Sharma at Bal Niketan Ved Mandir, Amphalla, here on Sunday wherein caretakers and children were screened for any evidence of congenital heart disease and accordingly advised for further evaluation.

While interacting with the children, Dr Sushil stated that considering a birth prevalence of congenital heart disease as 9/1000, the estimated number of children born with congenital heart disease in India is more than 2,00,000 per year. Of these, about one-fifth are likely to have serious defect, requiring an intervention in the first year of life. Challenges to pediatric cardiac care include financial constraints, health-seeking behavior of community, and lack of awareness.



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

He further added that substantial proportion of births in India occur at home, and the infant is likely to die before the critical, ductus-dependent CHD is diagnosed.

Fortunately, the rate of hospital deliveries have significantly increased due to several incentivized schemes by the Government of India. Ductus-dependent CHD may still escape detection as babies are often discharged earlier.

Pre-discharge screening of newborns by pulse oximetry, which may pick up these CHDs, is often not practiced, especially in rural and semi-urban centers.

Frontline health workers

and primary caregivers are not sensitized to the problem of CHD and a number of them believe that a child with CHD is doomed and will never be able to lead a fruitful life, even if intervened. Delay in referral results in poor outcomes as complications and co-morbidities (such as under-nutrition) may have already set in.

The resources for treatment of CHD are not only inadequate but also seriously mal-distributed. As mentioned earlier, the geographical distribution of these centers is very uneven. Poverty, which is the greatest barrier to successful treatment of CHD, is more common in states with little or no car-

diac care facilities. Transport of newborns and infants with CHD is another neglected issue in India. Which they can barely afford. Though several state government level programs, microfinance schemes, charitable and philanthropic organizations exist for the benefit of economically weaker sections of the society, awareness amongst community about such programs is very low, He said.

In his concluding remarks, Dr Sushil Sharma told that we should try to address modifiable risk factors for CHD whenever possible. Several of these risk factors are routinely addressed by high-quality prenatal care- for example, folate supple-

mentation, education about teratogens, and management of maternal weight and gestational diabetes- and investment in prenatal care can be a first step to addressing CHD in the absence of treatment options. The specific treatment strategy could be individualized, depending on resources, disease characteristics, comorbidities, and local medical expertise.

Management Committee of Bal Niketan Ved Mandir, Suresh Chander Gupta (President), Anita Sharma (Vice-President), Nagar Mal, Alok Sharma and K K Mengi appreciated the efforts of Dr Sushil and his team for conducting Cardiac awareness cum health checkup camp.

Others who were part of this Camp include Dr Nasir Ali Choudhary (Cardiologist), Dr Anitpal Singh (Orthopaedics) and Dr Dhaneshwer Kapoor.

Paramedics and volunteers include Kamal Sharma, Raghav Rajput, Sahil Sharma, Rajnish Dogra, Sandeep Pal, Rajkumar, Gourav Sharma, Amandeep Singh and Akshay Kumar.



Constitute special task force to identify unserved areas; Khatana to Admn

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JAMMU: MP Rajya Sabha Gulam Ali Khatana on Sunday urged the Union Territory of Jammu and Kashmir to give special focus to areas inhabited by tribal and backward communities and appoint a special task force in all the districts to map these areas and augment provide basic facilities like road, electricity, potable drinking water and health-care.

Addressing a well attended meeting at Phallain Mandal organized by Sarpanch Amarjeet Kour, Khatana said that successive governments during past 7 decades have neglected the areas inhabited by tribals, Gujjars, Bakkerwals, Gaddi, Sippies and backward communities and even funds earmarked for their development were diverted for other works.

He said that Prime Minister Narendra Modi led BJP government has focused on equitable development of marginalized sections of society in Jammu and Kashmir. He urged the local administration to con-



MP Rajya Sabha Gulam Ali Khatana speaking at a programme.

stitute a special task force at district level to identify under-developed and undeveloped areas and formulate time based plans to augment the basic facilities in such areas.

Khatana said that divisive forces are trying to create division among the various sections of the society and people should remain beware of such anti-social and anti-national forces. Home Minister Amit Shah thwarted the attempts of such division by reiterating that ST quota of Gujjar-Bakkerwals won't be disturbed and Paharis would be accommo-

dated separately.

Now the divisive forces are trying to create a wedge between the Gujjars and bakkerwals but such attempts would not succeed. We will jointly fight and defeat such forces and expose their evil designs, he said.

Earlier Organizer Alam Din welcomed the MP Rajya Sabha Gulam Ali Khatana and listed the demands of the people of the area.

Others who spoke on the occasion were BDC chairman Madan Lal Bhagat and Sarpanch Prahladpur Amarjeet Kour.

BJP nominates new Prabharis, Seh-Prabharis

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JAMMU: After consultation with BJP National General Secretary & Prabhari J&K Tarun Chugh, Seh-Prabhari J&K Ashish Sood and J&K General Secretary (Org.) Ashok Koul, J&K BJP President Ravinder Raina nominated new Prabharis and Seh-Prabharis for various Divisions and districts in Jammu & Kashmir.

Sunil Sharma, BJP General Secretary has been nominated as BJP Incharge for Kashmir Division; Vibodh Gupta, BJP General Secretary for Jammu Poonch Parliamentary Constituency; Dr. Devinder Manyal, BJP

General Secretary for Kathua-Udhampur- Doda Parliamentary Constituency.

Jagdish Bhagat, has been nominated as Prabhari BJP, SC Morcha J&K-UT; Ajay Gupta (Pargal) as Incharge President's Office, Tour & Programme; Sofi Yousuf, as BJP Seh-Prabhari Kashmir Division; Munish Sharma as Prabhari and Amar Singh as Seh-Prabhari of District Kathua; Jangvir Singh is nominated as Prabhari and Inderjeet Sambyal as Seh-Prabhari of District Pahari Zila (Basholi); Th. Narayan Singh as Prabhari and Munish Khajuria as Seh-Prabhari of District Samba; Rajeev

Charak as Prabhari and Vikas Choudhary as Seh-Prabhari of District Jammu; Sham Lal Sharma as Prabhari and Vinay Gupta as Seh-Prabhari of District Jammu North; Ayodhya Gupta as Prabhari and Adv. Dev Raj Sharma as Seh-Prabhari of District Jammu South; Rajinder Chib as Prabhari and H.S.Pumny as Seh-Prabhari of District Jammu Border. Brajeshwar Rana as Prabhari and Mannohan Singh as Seh-Prabhari of District Akhnoor; Sanjay Baru as Prabhari and Mohinder Pal Sudan as Seh-Prabhari of District Nowshera; Jugal Dogra as Prabhari and Capt. Bal Krishan as Seh-Prabhari

of District Rajouri; Rajinder Gupta as Prabhari and Gurdeep Singh Khalsa as Seh-Prabhari of District Poonch; Arvind Gupta as Prabhari and Pardeep Singh as Seh-Prabhari of District Reasi; Chander Mohan Gupta as Prabhari and Sheel Magotra as Seh-Prabhari of District Udhampur; Puran Chand as Prabhari and Pardeep Parihar as Seh-Prabhari of District Ramban; Pawan Sharma as Prabhari and Rakesh Thakur as Seh-Prabhari of District Doda; Gaje Singh Rana as Prabhari and Swami Raj as Seh-Prabhari of District Kishtwar; Ajay Bharti (former MLC) as Prabhari

and Hira Lal Bhat as Seh-Prabhari of District Kashmir Displaced; Javid Qadri as Prabhari of District Anantnag; Adv. Wajahat Hussain as Prabhari of District Kulgam; Sajad Raina as Prabhari of District Shopian; Altaf Thakur as Prabhari of District Pulwama; Dr. Ali Mohd Mir as Prabhari of District Budgam; Dr. Farida Khan as Prabhari of District Srinagar; Mushatq Noorabadi as Prabhari of District Ganderbal; M.M.War as Prabhari of District Baramulla; Anwar Khan as Prabhari of District Kupwara; Arif Raja as Prabhari of District Bandipora.

Bhikkhu Sanghasena addresses World Youth Conference



Bhikkhu Sanghasena speaking at World Youth conference.

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PUTTAPARTHI: Bhikkhu Sanghasena along with a delegation from Mahabodhi International Meditation Centre (MIMC), Ladakh visited the Sri Sathya Sai International Organization in Puttaparthi to attend the World Youth conference which is being held from the 2nd to 4th December 2022. The world youth conference is held after 20 years and is being participated by nearly 4000 youths from every nuke and corner of India.

Bhikkhu Sanghasena was invited as a special guest speaker to address one of the prominent sessions of the conference. In his

address, he said that today's youth is the biggest power of our country. However, without being guided by spiritual values, this great power can go in the wrong direction and can be used for destructive purposes. He urged the huge gathering of youths to follow the teachings delivered by Sri Sathya Sai Baba in order to build a peaceful and prosperous nation and the world at large. He reminded how fortunate all who are associated with Sri Sathya Sai organisation and have the blessings and guidance of Bhagwan Sri Sathya Sai Baba

Referring to Prasanthi

Nilayam as heaven on earth, he fondly recalled his Darshan of Sri Sathya Sai Baba during the 60th Birthday Celebrations way back in 1985 and added that he had seen 'God Walking on Earth'. He shared his spiritually elevating and life-changing experience during his private meeting with Bhagwan Baba. He further stated that Prasanthi Nilayam, the resident of Sri Sathya Sai Baba and the surrounding area is profusely suffused with divine love and fragrance.

Soon after his talk, he met the Managing Trustee of the Sri Sathya Sai Central Trust, Sri R J Rathnakar and Sri Nimish Pandya, All India President, Sri Sathya Sai Seva Organisations India. They discussed about some of the various important issues including Medical, Education, Universal Compassion, and World Peace. The outcomes of these discussions were extremely positive and agreed to work together in this field for the betterment of our country and the world at large.

District Jammu gears up for ambitious ‘My Town My Pride 2.0’

Week-long Jan Shehri Abhiyan awareness ends with series of activities across all MCs

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JAMMU: Multifarious activities were held across all the Municipal areas of Jammu district on the concluding day of the ongoing 'Jan Abhiyan Shehri'- a prelude to ambitious My Town My Pride Programme 2.0

On the last day of the 'Shehri Jan Abhiyan' awareness cum training programmes, plantation drives, special sanitation drives and other activities were conducted by the line departments across all Municipal areas of the district.

Several development works were started and on the site inspection was conducted at various locations in Akhnoor Township. The MTMP will be held in Akhnoor at Community Hall Kameshwar Temple.

Sanitation drive, distribution of property cards, awareness camps were held in MC Rs Pura, where the MTMP will be held in the Govt. Higher Secondary School.

The MC Khour conducted sports activities, sanitation drive, Awareness on home composting etc and its going to organise MTMP near its



JMC employees carrying out cleanliness drive.

office.

At MC Arnia, the day witnessed activities ranging from an anti littering awareness drive besides departmental awareness drive in different locations of the area.

At MC Gho Manhasa campaigns against anti-littering, inspection of ongoing works and modalities for formulating MTMP 2.0 plan were held during the Jan Abhiyan Shehri. The MTMP will be held at Middle School Gho Manhasan.

At MC Jourian, mega camp was organized wherein stalls of health, social welfare, tourism, Ayush etc were installed where awareness was imparted among the general public about the schemes and programmes

of the departments. The

MTMP will be held in the Govt High School Jourian.

At MC Bishnah, an awareness camp where Health, Social Welfare, Revenue and other departments installed their stalls to educate people about welfare schemes and programmes offered by the departments. The MTMP will be held at Kabir Temple Bishnah.

Pertinent to mention that MTMP 2.0 has been conducted

at 13 different locations in district Jammu including Municipal Committees Khour, Jourian, Akhnoor, Gho Manhasan, R.S Pura, Arnia, Bishnah and five JMC zones.

The MTMP will be held at Town Hall, Convention Centre, PWD Guest House Gandhi Nagar, Engineering Institute Channi Himmat and Auditorium of Polytechnic Shiv Nagar in all five JMC zones of Jammu district.

Dr Ajay Pal gets ‘LBN Kark Charak’ award

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JAMMU: 'LBN Kark Charak', a Lajwanti Bhagatnath Radiations of Hope Trust's Highest Award, awarded to Dr Ajay Pal Singh Sandhu, Clinical Professor and Vice Chair, distinguished senior faculty, Chief of Thoracic Radiation Oncology, Department of Radiation Medicine and Applied Sciences, UCSD, USA at The Manekshaw Auditorium, New Delhi.

The award was presented by Dr Vivek Kaushal, former



Chief of Thoracic Radiation Oncology, Dr Ajay Pal Singh Sandhu receiving 'LBN Kark Charak' award.

Professor and Head Radiation Oncology PGIMS Rohtak and Dr Deepak Abrol, Senior Consultant Radiation

Oncology American Oncology Institute Jammu and Founder Trustee LBNROH on December 2, 2022.

Full Marathon ‘Celebrate Josh’ organised by Tourism department

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JAMMU: To encourage people of Jammu and Kashmir to make health and wellness a top priority and to support Fit India Mission - Directorate of Tourism Jammu, in collaboration with Iron Man Kapil Arora, organised Jammu Marathon on Sunday. Kapil is an International Tri Athlete, Ultramarathoner and a Fit India ambassador. The theme of the event was "Celebrate Josh"

The event was flagged off by ADGP Mukesh Singh and Director Tourism Jammu Vivekananda Rai in presence of Joint Director Tourism Jammu, Sunaina Sharma and Col Ranveer Singh, the First Indian to climb the Seven Summits and triple



ADGP Mukesh Singh flagging-off Marathon and winners receiving trophies.

Everest climber.

Speaking during the flag off ceremony Mukesh Singh, ADGP Police said that the event is being organised to spread awareness about physical fitness and endurance among the citizens of Jammu. Vivekanand Rai, Director

Tourism Jammu said that such marathons shall be added as a regular feature in the calendar activities of the department so that people across the country come to Jammu especially for attending the same. Both Vivekananda Rai along with his

wife Dr. Aruna Singh, and Sunaina Sharma along with her husband SSP Sandeep Mehta also participated in the 10 km race.

This activity is the first major Full Marathon sporting event which happened this year in the UT of Jammu and

Kashmir and over 450 runners and Volunteers from different parts of India participated in this event.

Enthusiasm was electrifying when this group of some of the best runners in the country were running from Gulshan Grounds towards

Sidhra Highway and back. There were three categories of the run viz, 42.2km Full Marathon, 21.1 km Half Marathon, 10km & 5 Km respectively. Race was divided into 2 age groups i.e., 18-40 and 40+ age groups. Sunaina Mehta Sharma,

Joint Director Tourism in the felicitation ceremony briefed the participants that such sporty events shall foster a spirit of adventure, team work, camaraderie and brotherhood among all. The department of Tourism J&K is working to promote sporting events beyond traditional fairs and festivals.

It is worth mentioning that many Senior Citizens also Participated in the said event and were appreciated by all. It was heartening to see Jammuites Running in Biting Cold weather on a beautiful Sunday morning.

Full Marathon, 42.2 km category was won by Sahil Saini Singh in the Below 18-40 age Category and Abhishek Gupta in the 40

and Above age categories respectively.

21 Km Category -Top Rank in Male Category below 40 years was secured by Sanjay Sharma with and Mamta Sharma with a timings of 1hour and 56 minutes in female category.

In the 40 years and above age category Top Position was secured by Vijay Sharma with and Manninder kaur respectively.

In the 10km Category, Top Position was secured by Ritik Sharma with and Rimpi in the Below 40 years category. In the Above 40 years age category, winners were Abhishek Sharma and Princey Bansal respectively.

Event was managed by Cyrans.