

# JKTWS holds medical camp for thalassaemia patients

## Dr Isha Moza donates Rs.1 lakh for Thalassaemia Patients

### STATE TIMES NEWS

JAMMU: J&K Thalassaemia Welfare Society (JKTWS) organized Medical Camp for Patients of Thalassaemia at Day Care Centre in SMGS Hospital, here on Saturday.

The Camp was for two days which was actively supported by Department of Paediatrics of GMC Jammu. JKTWS has been holding these camps for the last twenty years and at least twice a year in which reputed haematologist Dr. V.P Choudhary (Former Prof & Head Haematology AIIMS New Delhi) and Dr. J.S Arora (renowned Thalassaemiologist and General Secretary National Thalassaemia Society) come regularly on the request of JKTWS.

This time the society also called one Dental Expert from Canada namely Dr. Isha Moza in the camp for the care of dental issues in these patients.

These experts did a detailed health check-up of the patients and also addressed their specific problems. Monitoring of the disease and related complications was done on each patient clinically and also by assess-



A dignitary inaugurating Medical Camp for patients of Thalassaemia at Day Care Centre in SMGS Hospital.

ing pathology parameters and accordingly treatment of the some of the patients was modified.

Dr Isha Moza gave important tips to the patients and their parents about the dental care which is must for such patients.

Thalassaemia major and Thalassaemia inter-media patients are prone to develop facio-cranial deformities and Dental abnormalities.

She also gifted complete Dental Kits to each patient whom she examined.

She kept some Dental Kits at the disposal of Day Care Staff in SMGS Hospital. Dr Isha Moza also donated Rs.1 Lakh to JKTWS for the welfare of Thalassaemias at the conclusion of the camp.

As desired by the Principal

GMC Jammu, Dr Ashutosh Gupta, the camp was inaugurated by Dr K.K. Koul, Medical Advisor JKTWS and former Professor & Head Department Pathology Jammu in presence of Dr. Dara Singh (Medical Superintendent), Dr Sanjeev Dindra (Prof Paediatrics & I/C Thal. Day Care Centre), Er. Sudhir Sethi (President JKTWS) Executive Members of JKTWS, and staff of SMGS Hospital.

After the inauguration, Principal GMC Jammu Dr Ashutosh Gupta interacted with the visiting faculty and discussed certain issues pertaining to Thalassaemia.

He highlighted the important role of JKTWS in Thalassaemia Care and laid stress that people should

come forward to participate in such noble activities and share the responsibility.

Dr. K.K. Koul gave a brief awareness lecture to patients and their parents on finer and most important things to remember during the treatment, so that the management of the disease becomes more effective.

In Thalassaemia, normal adult Haemoglobin (HbA) is either absent or produced in small quantities in the bone marrow after birth and these children suffer very badly due to turmoil in the bone marrow (Hyperplastic marrow and Premature destruction of red blood cell precursors) and effects of severe anaemia (Chronic Hypoxia i.e. Oxygen deficiency to tissues and organs).

Hence they have to remain lifelong on safe blood transfusion (PRBC) after every two to five weeks, Iron chelating drugs, multi-speciality follow up to monitor the complications of the disease itself as well as of the treatment.

Dr Koul also highlighted the role of Pathologist / Haematopathologist in identifying the carriers on the basis of subtle changes present in RBCs while screening

the blood smear.

He also said that accurate diagnosis of Alpha and Beta Thalassaemia, carriers and compound Heterozygous states (like HbE Thal, HbC Thal etc) is important and appropriate knowledge and experience is required for correct interpretation of the chromatogram of HPLC.

Dr Sanjeev Dindra said that the facility of carrier detection at SMGS Hospital is available and also prenatal diagnosis has also been started. He advised the people to come forward and avail these facilities so that the birth of the Thalassaemia major affected child is prevented.

The camp was successful due to appropriate planning and persistent efforts of Medical Superintendent SMGS Hospital Dr Dara Singh, President Sudhir Sethi and other Executive Members of JKTWS namely Shami Kapoor, Narendra Mahajan, Puneet Gandotra, Rajinder Pathak and Sunandan Anand. Sudhir Sethi presented a vote of thanks.

It is pertinent to mention that Dr. Isha Moza belongs to Jammu and Kashmir UT and at present she is working in Canada.

# Nadda lays foundation stone of POWERGRID Vishram Sadan at AIIMS Bilaspur



BJP National President J P Nadda laying foundation stone of POWERGRID Vishram Sadan at AIIMS Bilaspur in Himachal Pradesh.

### STATE TIMES NEWS

BILASPUR: BJP National President J P Nadda laid the foundation stone of a Vishram Sadan at All India Institute of Medical Science, Bilaspur, in Himachal Pradesh.

The Vishram Sadan at AIIMS Bilaspur will spread in a 4,641.38 square metre area, having four storeys, 250 beds and will be built at an estimated project cost of Rs 26.75 crore, a POWERGRID statement said. Vishram Sadan is equipped with all requisite amenities such as waiting hall, cafeteria, fully equipped rooms/dormitories etc.

"The foundation stone for POWERGRID Vishram Sadan at AIIMS Bilaspur was laid by J P Nadda,

Member Parliament (Rajya Sabha) in presence of Dr. Mansukh L. Mandaviya, Hon'ble Minister of Health and Family Welfare, Anurag Singh Thakur, Union Minister of Information and Broadcasting of India, and Youth Affairs & Sports, and Jai Ram Thakur, Leader of Opposition and former Chief Minister, Himachal Pradesh," it stated.

P O W E R G R I D Corporation CMD R K Tyagi, Dr. Yatindra Dwivedi, Director (Personnel) POWERGRID, Dr. (Prof.) Vir Singh Negi, Executive Director, AIIMS Bilaspur and senior officials from POWERGRID and AIIMS were also present during the ceremony.

POWERGRID is commissioning projects of about Rs 50 crore for AIIMS Bilaspur under its CSR.

An MRI machine worth Rs 16 crore, is offering a safer, more comfortable experience with imaging results that can be generated quickly and accurately. It is also providing 128 Slice CT Scanner machine worth Rs 7 crore.

POWERGRID as a responsible corporate citizen has already constructed seven Vishram Sadans at various hospitals all over India including AIIMS, New Delhi; KGMC, Lucknow, UP; IGIMS, Patna, Bihar; DMCH, Darbhanga, Bihar; SSG, Vadodra, Gujarat; and NIMHANS, Bengaluru, Karnataka, the statement said.

# Hundreds of people throng Shiv Shakti Mandir on 21st Annual Hawan



Devotees at Shiv Shakti Mandir in Jammu.

### STATE TIMES NEWS

JAMMU: Hundreds of people from all walks of life thronged Shiv Shakti Mandir on the 21st Annual Hawan, which was performed in Mandir Complex at Sector-1, Pamposh Colony, Janipur, here on Saturday.

The function was organized by Shiv Shakti Mandir Sanastha under the supervision of President J.L. Bamzai and other members of the Sanstha for the betterment of the Hindu community and world peace.

The programme commenced with Kalash Pooja yesterday, which was followed by Mahayagya, puran ahuti and satsang by devotees.

Vedic Guru and General Secretary of the Sanstha Jai

Krishen Khar performed the hawan.

A large number of people from different walks of life participated in the function and sought blessings of Lord Shiva and Mahmaya Jagat Amba.

Vice President of the Sanstha Subhash Sharma, Surinder Sharma, Raveesh Mengi, BK Mujoo, ON Raina, Rattan Kalla, Surinder Dhar, RK Bhan, SL Raina, AK Saproo, Kohli Sahab, Lalit Luthra, Chander Chawla, TS Negi, Anil Shishu, Ashish Langoo, Baldev (Temple priest), Bupinder Jamwal, Ramesh Sawhney, SK Raina, Vijay Kohli, RK Razdan and many others were present on the occasion.

"Jammu and Kashmir is

the Union Territory of saints and the bonds of amity has given it a distinct identity which needs to be promoted and maintained at all costs", J.L. Bamzai, President of Shiv Shakti Mandir Sanstha said.

He also appealed to the youth to stand together and defeat the nefarious designs of the trouble mongers who are trying to disturb the peaceful atmosphere in the Union Territory of J&K.

He asked the devotees to maintain communal harmony and brotherhood as this is the key for the development of the country in general and Union Territory in particular.

"We all are proud to be citizens of the largest and vibrant democracy of the world and action should be taken against those who try to create problems for the nation", Bamzai maintained.

In the end, President of the Sanstha expressed gratitude to Vedic Guru JK Khar for performing the hawan in a smooth manner and making it a grand success.

Later, a Bhandara was organized for the devotees residing in Janipur and surrounding areas.

# 127th Jayanti of Guru Gyagi Ji celebrated with enthusiasm, religious fervour



Former Minister Sukhmandan Choudhary and other dignitaries at Guru Gyagi Jayanti celebration at Jammu on Saturday.

### STATE TIMES NEWS

JAMMU: The 127th Jayanti of Guru Gyagi Ji, a spiritual saint, was celebrated with great enthusiasm, religious fervour and gaiety at his shrine in Shahzadpur Kothi.

In this connection, a grand religious function was held at Guru Gyagi Ji's temple in which thousands of devotees drawn from different parts of Jammu & Kashmir Union Territory and Punjab State participated. The function was organised by Guru Gyagi Birth Commemorative Committee.

The entire temple complex was fully decorated by the Committee befitting the occasion. The devotees paid obeisance in the temple and prayed for peace and prosperity of mankind. Besides Pooja-Archana, Havan was also held in the holy temple by the devotees.

The devotees also sang hymns in praise of Guru Ji. They were served prasad by the committee. There was a beeline of devotees right from early in the morning waiting for their turn to perform darshan.

On behalf of Guru Gyagi Birth Commemorative Committee, R.L. Kaith wel-

comed the Chief Guest Former Minister Sukhmandan Choudhary, the Guests of Honour SSP M.L. Kaith, DDC Member Balbir Lal, functionaries of Batwal Samaj Ekta Manch Punjab and all other dignitaries present on the occasion. Kaith also highlighted the secular aspect and universal character of Guru Gyagi giving references of global brotherhood and oneness of the mankind.

The Guest of Honour SSP M.L. Kaith said, Guru Gyagi Ji showed us the path of a compassionate virtuous life and an inclusive society. May Guru Gyagi Ji's eternal message guides us on the path of creating a kind and peaceful world.

While the Chief Guest Sukhmandan Choudhary in his

speech said, the auspicious Guru Gyagi's birthday teaches us brotherhood, amity and to work together to fight ignorance, poverty and other problems of society. He further said the spiritual scholars have left indelible mark in public service, which needs to be emulated by people for making this world a better place to live in.

Choudhary counted the achievements made and developmental works executed under Prime Minister Narendra Modi's leadership in the last ten years. He said PM's decisive leadership has transformed Jammu and Kashmir into a peaceful and almost terror-free region. He also praised the economic growth under PM Modi's leadership.

Also to encourage the stu-

dents to work hard and behave diligently in future, Choudhary highly appreciated Batwal community's meritorious students and advised them to follow the path of honesty and kindness.

Corporator Rashpal Bhardwaj said that may Guru Gyagi Ji's noble teachings continue to guide us in our endeavour of building a just and compassionate society.

On the occasion, the representatives of Batwal community and the gathering present in one voice said that this time they are well united and would definitely send one candidate from amongst the Batwal community in the coming legislative assembly.

The Chief Guest Sukhmandan Choudhary

assured the gathering that he would talk to the high command of his party in this regard and ask for the party mandate to the Batwal community.

Prominent among those who participated in the birth celebrations included Messers DDC Member Balbir Lal, ZEO Kasturi Lal Kaith, IADS G.R. Kaith, MC Krishan Lal Kaith, Dr Ram Dyal, Hony Captain Ram Lal Sargotra, Panch Baba Ram Kaith, Hans Raj Loria, Dilay Ram Kaith, Rachpal Kaith, Darshan Lal Motan, Krishan Lal Sandhu, Dr Girdhari Lal Motan, Joginder Singh Behl, Lieutenant Raj Kapoor Sargotra, Hony Captain Om Parkash Kaith, Hav. Des Raj Kaith, Insp. Darshan Kumar Bassa, Mohinder Singh Motan, Darshan Kumar Lakhotra, Tr. Ravi Kaith, Ex Sarpanch Jagdish Sandhu, Sub. Ram Paul Lakhotra, G.C. Sandhu, Darshan Lal, Som Nath, Jagdish Raj Kaith, Surjeet Dogra, Dharam Pal Bassa, Ashwani Kumar Chaujotra, Hira Singh Khalsa, Rajinder Lakhotra, Mani Nandan, Baljeet Kaith and many others.

# Group Captain Rahul Tyagi empowers future leaders in workshop at Sainik School Nagrota



Group Captain Rahul Tyagi interacting with a student.

### STATE TIMES NEWS

NAGROTA: In an invigorating two-day outreach program held on February 23 and 24, 2024, Group Captain Rahul Tyagi, an officer of the Centre for Leadership- Training And Behavioural Sciences (CLABS) of the Indian Air Force (IAF) conducted a transformative session on motivational leadership, human behaviour, emotional intelligence, career opportunities in the IAF, and interactive sessions on Officer Like Qualities (OLQ) Testing at SSB.

The workshop, which took place in the auditorium of Sainik School Nagrota, captivated attendees including staff, cadets, families and other defence aspirants.

Group Captain Rahul Tyagi shared invaluable insights into effective leadership strategies, understanding human behaviour, and the importance of emo-

tional intelligence in leadership roles.

One of the highlights of the workshop was the exclusive interaction with girl cadets and teaching staff, providing them with a unique opportunity to engage directly with a distinguished leader like Group Captain Rahul Tyagi.

The workshop also included interactive sessions on Officer Like Qualities (OLQ) testing at Service Selection Board (SSB), offering the young aspirants valuable insights into the selection process for the armed forces.

Deeply appreciating Group Captain Rahul Tyagi for the impressive and enriching sessions, Captain (Indian Navy) AK Desai, Principal presented the school memento to him and urged the cadets to practise these tips received through these interactive sessions.

# Shiv Sena demands reservation, increase incentive amount, monthly allowance to medal winners

### STATE TIMES NEWS

JAMMU: Shiv Sena (UBT) Jammu and Kashmir unit has demanded reservation in government jobs, increase in incentive amount and monthly allowance along with better facilities for the champions as part of its resolve to uplift sports in the state and provide better facilities and rights to the players.

In a press conference organized at the party state central office today, state chief Manish Sahni said that the sports cell recently formed at the party level sports cell has received dozens of complaints and suggestions.

He said that mainly the players are especially worried about their future. He says that even after years of hard work and winning medals at the national and international level, bringing glory to the country and his state, he still



Shiv Sena J&K chief Manish Sahni talking to reporters.

remains worried about his economic strength and future. To overcome this main problem of his champions and medal winners, Sahni demanded 4% reservation in government jobs.

He said that such recommendations have also been made by the Sports Council. Recently it has been implemented by the Uttarakhand government.

Along with this, he also proposed to increase the incentive amount given to the gold, sil-

ver and bronze medal winners and to give a monthly allowance of Rs 7-5 thousand till the medal winners get a government job and to provide free air travel to the players selected in national level competitions. Demand to provide travel facilities.

Sahni has appealed to share their complaints and suggestions regarding the improvement and facilities of sports in the state by calling on "9419182952", WhatsApp and email on "shivsenasah-

# Guru Ravidas teachings ever relevant, follow these in letter and spirit: Kavinder

### STATE TIMES NEWS

JAMMU: Kavinder Gupta, senior Bharatiya Janata Party (BJP) leader and former Deputy Chief Minister has said that Guru Ravidas Jayanti is a reminder to celebrate human rights, love for one another and practice equality.

He expressed this in his address during a programme organized in connection with the celebration of Shri Guru Ravidas Jayanti by Ravidas Vichar Samiti at Chlhani here today. A large number of devotees were present at the celebration venue on the occasion.



Senior BJP leader, Kavinder Gupta and others paying obeisance to Guru Ravidas.

The senior BJP leader said that the teachings of the great saint are as relevant today as these were during the life times of the great saint. Paying rich

tributes to great saint and social reformer Kavinder Gupta said that the best way of celebrating the occasion is to take a pledge to follow his teachings in letter

# Awareness Programme on HIV/AIDS organized



Ex. Sarpanch, Ajeet Singh Charak speaking at a programme.

### STATE TIMES NEWS

JAMMU: Awareness generation Programs on HIV/AIDS and drug de-addiction was organized by Public Welfare Organization Jammu under the aegis of J&K Aids Control Society at Village Deoli in Bishnah Jammu in which large number people from all walks of life of the area participated besides its office bearers.

Ajeet Singh Charak (Ex. Sarpanch) senior prominent person of the area was the chief guest on the occasion.

The other Renowned persons and social activists of the area Balbir Singh, Hans Raj and Tinka (Ex. Panch) also attended the programs as special invitees.

Ajeet Singh Charak delivered the lecture on the topic of HIV/AIDS and drug de-addiction in detail and imparted awareness to the participants. He impressed upon youth to come forward and dis-

charge their assigned role in the eradication of the drug addiction menace from society for its progress and prosperity.

He also said that drug addiction is a big social evil that needs to be eradicated from society which is the need of the hour.

Balbir Singh, Hans Raj, and Tinka Ji also addressed the programme and imparted awareness to the participants in length on how to take preventive measures to prevent the spreading of HIV/AIDS, a dreaded disease in the society so that our society always remains healthy and fit.

Soni Pandita of Public Welfare Organization also threw light on the subject in detail and appealed to participants to spread this awareness and message of the program to people at the gross root level so that they are benefited and educated with such awareness programs and in the end she also presented vote of thanks.

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