

Dr Vikas Padha calls for awareness about bone health, knee replacement

■ STATE TIMES NEWS

JAMMU: Dr Vikas Padha, a well-known Joint Replacement Surgeon of SMVD Narayana Hospital Katra, has made a strong case for creating mass awareness among the people about maintaining good Bone Health which would do good to them in older age.

He compared action in maintaining Bone and Joint Health in early age to bank deposits which grow over the years and give financial security and dividend at older age.

Dr. Padha, who is credited with a record breaking over 120 successful total knee replacement surgeries in Narayana Hospital, was delivering Health Talk on 'Bone and Joints problems in Elders' at a function organised jointly by Central Govt Pensioners' Welfare Association (CGPWA), Bharat Vikas Parshad, Taushi Branch, Jammu and SMVD Narayana Hospital Katra at IIPA.

Dr. Padha suggested Lifestyle modification of people which, by & large, relate to diet and exercise. Urging people to give time for self-care by making healthy lifestyle choices in life, Dr. Padha said that junk food must be avoided



Joint Replacement Surgeon of SMVDNH Katra, Dr Vikas Padha speaking at programme.

and instead take nutrient-rich diet having less calories like carbohydrates like cereals, millets, whole grains, fats in the form of polyunsaturated fatty acids available in plant sources like vegetable oils, olive oil, avocado, seeds nuts & flaxseeds, proteins, and fat-free dairy products.

Stressing the need for focusing on daily exercises, Dr Padha said that it is never too late to start it, adding that ideally it should start at the age of 35 years as loss of bone mass and muscle mass starts by then. He said that in the human body, 0.4 % muscle mass and 0.5% to 0.75 % bone mass are lost every year. In women, this loss further increased after menopause. Listing benefits of exercises, he said, these maintain muscle mass, bone mass and strength while increasing cardiorespiratory function

with reduction in risk of high blood pressure, heart attacks, strokes, back-pain and hot flashes. We must strive to maintain midlife weight gain. This can be achieved by mindful healthy lifestyle exercises like 30-minutes daily walking, preferably brisk walk, jogging, swimming and yoga and dancing.

Dr. Padha said that despite advancement of health-care technology there still existed hesitancy to live a painful life with troublesome knees in old age. He sought to remove it by giving reality checks. He said that with advancement of modern techniques of anesthesia and advanced surgical techniques, total knee replacement surgery has become very comfortable with minimum pain. He said that the patient is made to walk with support just a day after total knee replacement surgery and

can walk without support after 2 to 3 weeks depending upon how fast the rehabilitation takes place. He said that patients would lead normal life. This surgery is being done free of cost under CGHS and Ayushman Bharat Golden Card.

Dr. Padha, in his illuminating lecture, dealt with almost all diseases relating to bones and joints among elders. Osteoporosis is a common problem which grows with age. He said that bone depletion is brought out when the rate of bone resorption is more than the rate of bone formation. It resulted in a clinical disorder of bones characterized by an abnormally low bone mass and defects in bone structure. "This deadly combination renders the bone unusually fragile and greater than normal risk of fracture which is known as osteoporosis. Due to osteo-

porosis, bone would reach a state in which a comparatively modest stress or strain would cause a fracture, most common of which are vertebral (spine), femoral neck (hip fracture) and wrist".

Dr. Padha said that deficiency of Vitamin-D normally would lead to inadequate mineralization of bone, and as a result, the bone is 'softened' (osteomalacia). This deficiency is caused due to nutritional lack, lesser exposure to sunlight, intestinal malabsorption, Liver disease, anticonvulsants intake, kidney disease and nephrectomy

He also spoke about low back pain and said that the factors responsible for it included lack of exercise, poor posture. Physical trauma, emotional stress, obesity, and smoking.

Presiding over the function, Dr. Ashok Bhan, former DGP and Life Member of CGPWA, lauded the impressive lecture of Dr. Vikas Padha and said the Mata Vaishno Devi Shrine Board is further upgrading facilities at Narayana Hospital and setting up a Medical College. He said today, the people including elders are unnecessarily infatuated with mobile phones and advised people to give a break to mobile

phone 24 hours in a week and devote that time to other more productive issues including playing with grandchildren or meeting their friends. This technology is responsible for many social problems as people are keeping themselves busy with forwarding messages even after midnight, with which they have no concern.

Chief Guest Dev Raj Sharma, Regional President (North-1) of Bharat Vikas Parshad, (BVP) also appreciated the Health Talk of Dr. Padha and said that this message must be taken forward to benefit people. He apprised the audience with the vision and activities of his organisation for the benefit of people and the country. He listed many people's friendly activities taken up by the BVP.

Earlier the President of Taushi Branch of BVP, Ajay Khajuria in his welcome address, said that Dr. Padha is doing outstanding work in orthopedics' and created many records including successful surgery on a 119 year old patient. He also spoke about the objective of creating the Taushi Branch of BVP and its activities.

Dr Sudarshan Kumar, Vice President of the CGPWA, presented the formal vote of thanks. He also spoke about the technological advancement in health care and the growing number of patients suffering from bone & joint problems.

Swift claims settlement relieves families of J&K Bank customers



J&K Bank's Zonal Head (Udhampur) Rajesh Gupta and Zonal Head (Credit Life - PNB MetLife) Irfan Ali Zargar displaying the symbolic cheque of Rs 2.34 Cr.

■ STATE TIMES NEWS

SRINAGAR: Extending a major relief to the affected families, J&K Bank facilitated the swift settlement of MetLoan & Life Suraksha (MLLS) insurance claims of its deceased borrowers who had their accounts in different branches of the Bank's Udhampur Zone. The claims worth Rs 2.34 Crores have been paid to 48 families freeing them from the severe financial crisis. The Bank's Zonal Head (Udhampur) Rajesh Gupta and Zonal Head (Credit Life - PNB MetLife) Irfan Ali Zargar displayed the symbolic cheque of Rs 2.34 Cr - an amount that was handed over to the nominees/legal heirs of the deceased customers - in presence of Zonal Insurance Coordinator Raghuvver Singh, Branch Heads and other officials of the Bank and PNB MetLife including Regional Manager Ravi Sharma. Expressing satisfaction on the occasion, the claimants thanked the Bank and its Insurance partner MetLife saying, "We are thankful to the Bank for covering these loans under insurance and appreciate their support in timely settlement of the claims. We are also grateful to PNB MetLife for coming to our rescue and relieving us from the difficult burden of growing liabilities." Speaking on the occasion, both the officials from the Bank and the insurance company highlighted the significance of getting the loans insured. "With a single-premium option alongside the bank funding available for the customers, we can safeguard the families of borrowers and the interests of our institution in case of such unforeseen eventualities", said Zonal Head (Udhampur) adding, "Let's always advise the borrowers to get their loans insured for the future wellbeing of their own families." While reminding the customers of the goodwill of J&K Bank, Zonal Head (Credit Life - PNB MetLife) said that the Bank always advises its clients to get their loans insured so that their loved ones are taken care of in case of such unseen contingencies. "We may not be able to compensate the emotional loss of life but with good insurance products we can always support the bereaved families by relieving them of their financial burden", he added.

Workshop on Saral Manak Sanskrit held

■ STATE TIMES NEWS

JAMMU: A one-day Saral Manak Sanskrit Workshop was organized on Monday under the joint aegis of Central Sanskrit University, Shri Ranbir Campus, Jammu, Government Women's College, Parade Ground, Jammu, and Indian Language Committee, Ministry of Education.

Speaking as the keynote speaker on this occasion, Sangathan Mantri of Sanskrit Bharati, Rishi Kumar said that the effort to present Sanskrit to the common people in a simple form is commendable by the Government of India. Such workshops are required to bring Sanskrit into public prac-



Sangathan Mantri of Sanskrit Bharati, Rishi Kumar and other dignitaries at a workshop.

tice. Speaking as the chief guest, Prof. Ram Bahadur Shukla of Sanskrit Department of Jammu University said that Sanskrit is a very simple language. Sanskrit contains very simple words. Therefore, it can be used very easily.

Human values are inherent in Sanskrit, it makes every human being humble. In his Presidential address, Campus Director Prof. Shreedhar Mishra said that the culture of India is rooted in Sanskrit. Sanskrit language can be learned easily through practice and it

can be easily made the language of the people. He further said that Sanskrit is employment oriented. Hundred percent employment is available in the field of Sanskrit.

Principal of Women's College Parade, Dr. Ravindra Kumar Tikku, speaking as a special guest, said that at present there are immense employment opportunities in Sanskrit. Therefore, there is a need to popularize Sanskrit among the people.

The workshop was inaugurated by lighting the lamp. The students of Women's College invoked Goddess Saraswati and

sought Her blessings. The guests were duly welcomed with flower bunches and mementos. The welcome speech was delivered by Dr. Mamta Sharma of Sanskrit Department. Dr. Praveen Mani Tripathi, Dr. Khemnarayan Regmi were present as facilitators in the program. Other professors and students of the college were also present. Workshop coordinator Dr. D. Dayanath expressed the vote of thanks. Certificates were distributed to the participants in the concluding session. The program was conducted by Dr. Tej Nath Paudel.

SKUAST-Jammu organises Woman Health Awareness programme



Dr Arun Arora Professor in Gynaecology and obstetrics in GMC Udhampur delivering lecture at SKUAST-J.

■ STATE TIMES NEWS

JAMMU: National Service Scheme and Health Centre, SKUAST-Jammu, under the patronage of Prof. B. N. Tripathi, Vice Chancellor SKUAST-Jammu and able guidance of Prof. Sudhakar Dwivedi, Dean Students Welfare organised "Woman health Awareness programme on, 'Menstrual Hygiene'" under Fit India Movement for students and female staff of Main Campus, Chatha, SKUAST-J wherein a special lecture was organised.

Prof. Sudhakar Dwivedi, Dean Student Welfare welcome the guest Dr Arun Arora Professor in Gynaecology and obstetrics in GMC Udhampur by presenting a bouquet of flower. He spoke on the occasion and stressed upon the students in particular to be aware about own health and make others too. He appreciates the efforts of health centre and

NSS coordinator for arranging such lecture as these are much needed for the student welfare.

Dr. Sushma Gupta Medical officer of University Health Centre briefed about the need of organising such lectures and also elaborated various problems being faced by students during menstrual cycle. She stressed upon the students to take utmost care during this period and disposing off of sanitary pads.

The highlight of the programme was the elaborate presentation by Dr. Arun Arora about the Menstrual Hygiene and care during pregnancy. He deliberated upon in detail about the role of menstrual hygiene in growing girls. He also explained various causes of breast and cervical cancer and its detection and prevention.

Dr. Rajesh Katoch Dean FVSc. also attended the programme and appreciated Dean students Welfare for arranging such lectures which is useful for the benefit of female students and staff too. A large number of students of Chatha

campus attended the programme and interacted with Gynaecologist regarding various issues.

The programme ended by presenting memento to speakers and with vote of thanks presented by Dr Anil Gupta, Medical Officer.

The proceeding of the programme was looked after by Dr. Subhash C. Kashyap, NSS programme Coordinator and Dr. Sushmita Dadich, Dr. Veena Sharma and Dr. Aditi Lal Koul NSS programme officers.

IN THE COURT of 2ND ADDITIONAL DISTRICT JUDGE, JAMMU

Present:- Deepak Sethi

Nishant Shah Vs Sanjay Kumar Shah & Ors
In the matter of:- Petition for grant of Probate of will dated: 18th day of March 2021 executed by Roopa Wati W/o Late Shamboo Nath Shah R/o Flat No. 6, Block 86, Lane No. 18, Jagti Colony, Kandoli Nagrota, Jammu.

NOTICE TO GENERAL PUBLIC AT LARGE

Whereas the above named petitioner has applied to this Court for grant of probate of will dated 18th day of March 2021 executed by Roopa Wati W/o Late Shamboo Nath Shah R/o Flat No. 6, Block No. 86, Lane No. 18, Jagti Colony, Kandoli Nagrota, Jammu in respect of the below mentioned properties:
Flat No. 6, Block 86, Lane No. 18, Jagti Colony, Kandoli Nagrota, Jammu J&K along with house hold goods/items lime Refrigerator, A.C, Kitchen goods, T.V Bed, Cooking Gas along with two Cylinder, two almiraahs and other household items along with any remaining money in Bank Accounts, Post Office, in the shape of FDs and all other fixed deposits, Jewellery etc.

Whereas through this publication, the public at large in general is informed that if any person/persons has/have any objection in grant of aforesaid probate in favour of the above mentioned petitioner, he/she/they shall file this/her/their objections personally or through any authorized agent in this Court on or before 03-04-2024, the next date fixed in this case. Failing which appropriate order shall be passed. Given under my hand and seal of this Court today the 18th day of March, 2024.

Sd/-
I/C 2nd Additional District Judge, Jammu



THE JAMMU & KASHMIR BOARD OF SCHOOL EDUCATION

ACADEMIC DIVISION (UT OF J&K)
Rehari Colony, Jammu/ New Campus Bemina-Srinagar
e-mail: directoracad@jkbose.co.in, 0191-2952817 (JD), 0194-2493522 (KD)
No: F(Acad-C)/B/HWA/24/5244-45 Dated: 16-03-2024

Public Notice

The Jammu and Kashmir Board of School Education is organising Essay Writing Competition on various themes of Adolescence Education Program (AEP) and School Health and Wellness Program (SHWP) under AYUSHMAN BHARAT Scheme of GoI for students of Class 6th to 12th through e-mode. The students from Govt./Private Schools (affiliated to JKBOSE) can participate in this Essay Writing Competition by sending their entry duly signed by HOI from their institutions' official e-mail-id at aepjkbose@gmail.com by or before 26th of March, 2024. The detailed guidelines alongwith the themes of AEP & SHWP and prize money are available on official website of JKBOSE i.e. jkbose.nic.in. For further enquiries, mail at official e-mail id aepjkbose@gmail.com.

DIP/J-5881-P/23
Dt. 18-03-24

(Dr. Sudhir Singh)
Director Academics

NORTHERN RAILWAY

E-TENDER NOTICE

Sr.DEE/G/FZR acting for and on behalf of The President of India invites E-Tenders (www.ireps.gov.in) against below titled Tenders. Bidders will be able to submit their original/revised bids up to closing date and time only.

Tender No.	Name of work	App. Cost. (in Rs.)	Earnest Money (Rs.)	Completion period	Opening of tender	Website Particulars
251-Elect-T-75-2023-24	Provision of 750 V AC HOG testing facility at four washing lines of ASR coaching depot for LHB Rakes.	2,07,91,733.80	2,54,000.00	04 Months	08.04.2024 after 15:00 Hrs.	www.ireps.gov.in
251-Elect-T-76-2023-24	Annual maintenance contract of Inverters & UPS and replacement of overaged UPS/Batteries of different capacities over Firozpur Division for three years.	1,02,39,004.85	2,01,200.00	36 Months	08.04.2024 after 15:00 Hrs.	www.ireps.gov.in

251-Elect/T.Notic No. 57-Elect/2023-24 Dated: - 17.03.2024

869/24

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(Deputy Commissioner)- Kathua

Email:- dydcokathua@gmail.com

Phone & Fax no:- 01922-234004

Fax No:- 01922-232642

(ELECTION URGENT)

NOTICE FOR THE PRINTERS/PRINTING PRESS

In view of upcoming Parliamentary Elections-2024, it is hereby informed through the medium of this notice to all the Printers/Publishers/Printing Presses operating in District Kathua that Election Commission of India has issued guidelines and norms for the publication of election publicity material like posters, pamphlets, leaflets etc. as mandated under sec 127A of the RP Act 1951.

Therefore, it is enjoined upon all the printers/ printing press owners to furnish printing rates of printing press to the Nodal officer for Media & Member Secretary MCMC (District Information Officer Kathua) within two days of the publication of this notice.

The below stated points must be strictly adhered to by the printers/publishers operating in the District.

1. Mentioning of Name and Address of Printer and Publisher on each and every copy of Election related Printing Material like posters, pamphlets, leaflets or other printed material meant for advertisement of political nature.
2. A declaration is to be taken on Appendix A by the printer from intending publisher for his identity signed by him and attested by two persons to whom s/he is personally known.
3. Printers/Printing press must send four copies of printed material to District Election Officer along with declaration obtained from publisher three days prior of printing.
4. Printer shall give information regarding number of copies of documents printed and price to be charged for such printing on Appendix B.

In case of any query printer may contact Nodal officer for Media & Member Secretary MCMC on 01922-232300.

Encls: - 2 Appendix

DYDEO/KTH/2023/2272A

Dt. 16-03-2024

DIP/J-16225/23

Dt. 18-03-24

APPENDIX - A

Performa for declaration to be submitted by the Publisher of Election Posters, Pamphlets, etc.

(See Section 127-A of the Representation of the People Act, 1951)

I,son/daughter/wife of.....
(Name) resident of.....(village/town).
(District) (State), hereby declare that I as the publisher of (give brief particulars of election poster, pamphlet, etc.)

Being printed by
(Name of the printing press)
Place (Signature of Publishers)
Date
Full Address.....
Attested by (person personally known to publisher)

Signature (name and address) Countersigned by
Signature (Name and address of Printer)

APPENDIX - B

PROFORMA FOR SUBMISSION OF INFORMATION REGARDING PRINTING OF ELECTION POSTERS, PAMPHLETS, ETC.

1. Name and address of printer.....
2. Name and Address of publisher.....
3. Date of Printing order of the Publisher.....
4. Date of declaration of the publisher.....
5. Brief Particulars of election poster, pamphlet, etc.....
6. Number of copies of the above document printed.....
7. Date of printing.....
8. Printing charges (including cost of paper) being charged from the publisher in respect of the above document.....

Place (Signature of Printer) Date
Seal of the printer

Para Athlete Chandep Singh calls on Lt Governor

■ STATE TIMES NEWS

JAMMU: Chandep Singh, International Para Athlete today called on Lieutenant Governor Shri Manoj Sinha at Raj Bhawan.

He expressed gratitude to the Lt Governor led UT Administration for the issuance of driving licence in his favour.