

# Dr Jitendra addresses Hyderabad National meet, advocates Diabetes screening in early pregnancy

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HYDERABAD: Addressing the inaugural session of the Annual National Conference of "Diabetes in Pregnancy Study Group India" (DIPSI), Union Minister Dr. Jitendra Singh, a renowned diabetologist and professor of medicine, emphasized the urgent need for early diabetes screening, particularly in pregnant women.

He called for universal blood sugar screening for every pregnant woman, regardless of her medical history, to curb the rising diabetes epidemic in India.

Dr. Singh highlighted that gestational diabetes is not just a medical concern but a national responsibility, given its long-term impact on maternal and child health. He stressed that preventing diabetes during pregnancy could help halt its rapid spread and must be integrated into mainstream healthcare programs.

The Minister warned that India's growing diabetes crisis, particularly among young people, could impact the country's workforce by 2047, the centenary of independence. He pointed out that 15-20% of pregnant



Union Minister Dr Jitendra Singh, flanked by B.C. Roy Award recipient Padam Shri Prof V. Seshiah, releasing the latest edition of "Text Book of Diabetes Mellitus" during the Annual Conference of "Diabetes in Pregnancy Study Group India" at Hyderabad on Sunday.

women in India suffer from gestational diabetes, a rate significantly higher than the global average. Without early intervention, the nation could face a surge in diabetes-related complications, including cardiovascular diseases, kidney failure, and neurological disorders. He called for nationwide awareness campaigns, lifestyle interventions, and early screening measures to combat this crisis.

Dr. Singh praised Padma Shri Dr. V. Seshiah, the founder of DIPSI, for introducing the 'spot test' for diabetes in the 1980s, which was

initially met with skepticism but is now widely accepted. He recommended implementing simplified screening procedures in government hospitals and outpatient departments, where volunteers could conduct basic BMI and glucose measurements for early diabetes detection.

Highlighting the importance of public-private collaboration, Dr. Singh urged for greater synergy between the government and private sector in tackling diabetes, citing India's recent breakthroughs in COVID-19 vaccine development, gene ther-

apy trials, and the first-ever indigenous antibiotic as successful models. He emphasized that public-private partnerships have transformed India's scientific landscape and should now be applied to healthcare and diabetes prevention.

The Minister also expressed concern over India's rising childhood obesity rates, currently the third highest in the world, which is fueling an early onset of type 2 diabetes. He called for intensified awareness campaigns focusing on lifestyle modifications, particularly for expectant

mothers, to prevent future diabetes-related complications in children.

As the conference concluded, Dr. Jitendra reaffirmed the government's commitment to diabetes prevention, urging healthcare professionals, researchers, and policymakers to take proactive measures. "The only way to secure India's future is to ensure our next generation is not burdened with preventable diseases. The time to act is now," he asserted, emphasizing collective efforts to tackle diabetes and improve public health.

# Suboptimal Cardiac Care in Women-Need to address Gender Disparity: Dr Sushil

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JAMMU: In view of increasing cardiac morbidity and mortality in women on unprecedented scale and minimalistic access to cardiac care setups in most of regions Head Department of Cardiology GMCH Jammu Dr Sushil Sharma in collaboration with Tawi Welfare Society held a day long cardiac awareness cum health check up camp at Sure Chak area of Jammu in which particular focus on cardiac issues of women particularly younger age group and educated them about the healthy heart lifestyle for better future of coming generations and reduce both social and economic burden.

While interacting with the people Dr Sushil Stated that Cardiovascular disease is the leading cause of death among women worldwide, yet research and clinical care often fail to adequately address sex-specific differences in symptoms, diagnosis, and treatment. Historically, heart disease has been perceived as a predominantly male condition, leading to disparities in prevention, diagnosis, and treatment for women. The reasons behind suboptimal cardiac care in women, its consequences, and possible solutions to bridge the gender gap in cardiovascular health. One of the primary reasons for suboptimal cardiac care in women is the persistent



HoD Cardiology GMCH Jammu Dr Sushil Sharma along with his team and members of Tawi Welfare Society during the medical camp on Sunday.

gender bias in medical research and clinical practice. Many clinical trials on heart disease have historically focused on men, resulting in diagnostic criteria and treatment guidelines that do not fully account for sex-specific variations. Women often experience different symptoms of heart disease than men; for instance, they may present with nausea, fatigue, or back pain instead of the classic chest pain commonly associated with heart attacks. These atypical symptoms can lead to misdiagnosis or delayed treatment, increasing the risk of severe complications or death. He elaborated that studies have shown that women are less likely to receive timely interventions such as angioplasty or coronary artery bypass surgery compared to men. They are also prescribed life-saving medications like aspirin, statins, and beta-blockers at

lower rates. Such disparities contribute to poorer health outcomes and higher mortality rates among women with CVD. Several factors contribute to the suboptimal cardiac care women receive, including Lack of Awareness, Both healthcare providers and the general public often underestimate the risk of heart disease in women. Many women are more concerned about conditions like breast cancer, despite heart disease being a leading cause of death. Women tend to delay seeking medical help due to caregiving responsibilities, underestimating their symptoms, or fear of being dismissed by healthcare professionals. Women remain underrepresented in clinical trials, leading to gaps in understanding how cardiovascular disease affects them differently from men. Women from low-income backgrounds or racial minorities face additional barriers such

as limited healthcare access, financial constraints, and systemic biases in healthcare settings.

He added that To address these disparities, several steps must be taken, Public health campaigns should emphasize that heart disease is a major threat to women's health. Additionally, medical professionals need better training to recognize sex-specific symptoms. Routine screening for cardiovascular risk factors such as high blood pressure, cholesterol, and diabetes should be promoted among women. Healthcare providers must adopt a gender-sensitive approach in diagnosing and treating heart disease, ensuring women receive the same level of care as men. Greater efforts should be made to include women in clinical trials to develop treatment guidelines that reflect their unique physiological differences, He Said

Dr Sushil Sharma while addressing the gathering laid stress that Women face unique challenges in the diagnosis and treatment of heart disease, leading to delayed interventions and poorer outcomes. Addressing these issues requires a concerted effort from healthcare providers, researchers, policymakers, and society as a whole. By increasing awareness, promoting gender-inclusive research, and ensuring equitable treatment, we can bridge the gap and improve cardiovascular health outcomes for women, He added.

Management Committee of Tawi Welfare Society Jammu Kavi Raj , Yash Paul , Surinder Gupta , Nand kishore and Amarjeet kour ( Ex Sarpanch) appreciated the efforts of Dr Sushil and his team for accepting their request and conducted cardiac awareness cum health check up camp in their premises and shows their heartfelt gratitude.

Others who were part of this camp includes Dr Vijay Kumar Sharma ( BMO Sohanjana ) , Dr Venkatesh Yellupu, Dr Dhaneshwer Kapoor .Paramedics and volunteers includes Kamal Sharma , Raghav Rajput, Ranjeet Singh , Rajkumar , Rohit Nayyar, Makhan Sharma , Rahul Vaid , Maninder Singh, Shubham Sharma , Gourav Sharma and Vikas kumar.

# Jammu police ramps up anti-mining operations 13 vehicles seized under Operation Ploughing

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JAMMU: On the direction of SSP Jammu, SP South launched a focused operation code-named "Ploughing", aimed at cracking down on illegal mining activities in the region. The operation was headed by SDPO South and SDPO East and executed by the Sub-units of South Zone i.e. SHOs and ICPPs, resulting in a significant seizure of vehicles engaged in illegal mining. In the series of operations conducted across the South Zone, police teams seized one JCB machine, eight tractor-trolleys, and four dumpers involved in unauthorized mining activities. PP Belicharana intercepted two tractor-trolleys while transporting illegally excavated material, PP Greater Kailash intercepted one tractor trolley, PP Chhatta intercepted one tractor trolley, PP Sanik colony intercepted one tractor trolley, PP Chhatta intercepted four Dumpers along with one tractor trolley and PP Phallian Mandal successfully detained two tractor trolleys and one JCB machine engaged in illicit excavation.

Following the seizure, the District Mining Officer was informed for further legal proceedings and some vehicles were also detained under MV act. Police teams have also been directed to intensify patrols in vulnerable areas to prevent future violations.

Jammu Police remains committed to protecting public resources and taking stringent action against those involved in illegal mining. Citizens are urged to report any such activities to their nearest police station or control room.



# NC committed to women empowerment: Farooq Abdullah

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JAMMU: The Jammu & Kashmir National Conference (JKNC) organised a grand convention on the occasion of International Women's Day, underscoring its enduring commitment to women's empowerment and active participation in societal development.

Dr. Farooq Abdullah, President of JKNC and former Chief Minister, was the chief Guest.

He emphasized the necessity for women to assert their rights and engage actively in societal roles. He called upon the administration to facilitate greater inclusion of women across various sectors and highlighted the importance of respecting women both within the family unit and the broader community.

Reflecting on his tenure as Chief Minister, Dr. Farooq recalled implementing a 50% reservation for women in medical colleges, illustrating his dedication to promoting gender equality in professional fields.



President JKNC, Dr. Farooq Abdullah speaking during an event.

He stressed that while policy initiatives are essential, a fundamental shift in societal mindset is crucial for genuine women's empowerment. Encouraging women to step forward boldly, he assured them that with determination, they could overcome any injustice.

Remembering Madr-e-Meharban, Begum Akbar Jehan Abdullah, Dr. Abdullah acknowledged her pivotal role in the socio-political movement of Jammu and Kashmir.

He recounted how, during challenging times when his father, Sheikh Mohammad

Abdullah, was imprisoned, Madr-e-Meharban courageously managed party affairs and championed the cause of women's rights and education, laying a strong foundation for future generations.

Bimla Luthra, senior NC leader and former MLA, threw light on the hardships faced by the women of J&K due to the ineffective policies of previous governments, emphasizing the need for more robust support systems.

Sakina Ittoo, Minister for Health, Education and Social Welfare, highlighted initiatives taken by the

Omar Abdullah-led government for women's welfare, including free travel in government buses and enhancements in pending welfare schemes.

Nasir Aslam Wani, Senior JKNC Leader, pointed out the stagnation in development over the past decade and reiterated the current government's commitment to addressing the pressing issues of the people.

Ajay Sadhotra, Additional General Secretary, emphasized the party's dedication to progressive policies.

Rattan Lal Gupta, Provincial President, addressed the rising unemployment issue in J&K due to anti youth policies adopted by the previous government, highlighting the "Mission Yuva," an initiative aimed at fostering entrepreneurship among the youth. He encouraged young individuals to take full advantage of the schemes introduced by the Omar Abdullah government.

Mubarak Gul, former

Speaker and Chief Whip of the National Conference in the Assembly, addressed the gathering with a fervent appeal to remain vigilant against anti-national elements. He emphasized the importance of maintaining communal harmony and brotherhood, urging society to stand united in the face of divisive forces.

Ajaz Jan, MLA Poonch, called upon the youth to come forward and strengthen the hands of the Omar Abdullah-led government, emphasizing their crucial role in the region's development. The convention concluded with a renewed pledge from the JKNC to continue its legacy of supporting and empowering women, ensuring they occupy their rightful place in society.

Among those who were present included Aftab Kaloo MLA Pahalgam, Shamshad Begum and Pooja Thakur, DDC Chairpersons, Vijay Lochan, Ayub Malik, Rakesh, Rajni Devi, Shammii Begum and Dilshad Malik.

# Union Tourism Minister Shekhawat applauds Amar Mahal legacy on golden jubilee

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JAMMU: The three-day annual Tawi Festival-3, organized by the Hari Tara Charitable Trust (HTCT), concluded on Sunday at the historic Amar Mahal Palace, Jammu.

The event marked the commencement of the Golden Jubilee Year celebrations, commemorating 50 years of the Amar Mahal Museum and Library.

The occasion was graced by Union Tourism Minister Gajendra Singh Shekhawat as the Chief Guest, alongside Maharaja Dr. Karan Singh, former Sadr-e-Riyasat of J&K and Chairman Trustee of HTCT.

The event witnessed the presence of personalities including Vikramaditya Singh, Ajatshatru Singh, Martand Singh-Trustees of HTCT; Dr. Jyotsna Singh, Director of Amar Mahal Museum & Library; Chitrangada Raje Singh; Ritu Singh; Ranvijay Singh; and several renowned artists and distinguished guests.

In his welcome address, Vikramaditya Singh expressed gratitude to the Union Tourism Minister and other dignitaries for their presence. As a gesture of appreciation, he felicitated the Union Tourism Minister by presenting a miniature of the iconic Basohli painting, symbolizing the rich cultural heritage of the region.

Dr. Jyotsna Singh, Director of the Amar Mahal Museum and Library and Chief Coordinator of the Tawi Festival, highlighted that the festival is a vibrant celebration of creativity, inclusiveness, tradition, and modernity.

She emphasized that the Amar Mahal Museum and Library, established in 1975 by Dr. Karan Singh and Maharani Yasho Rajya Lakshmi in a 150-year-old historic building, has become a cultural landmark of Jammu City. In his address, Dr. Karan Singh underscored the pivotal role of the Amar Mahal Museum in preserving and promoting the rich cultural heritage of Jammu & Kashmir. He expressed that such festivals serve as vital platforms for showcasing the region's diverse traditions, art forms, and communal harmony. Shekhawat lauded the efforts of HTCT in organizing the festival and acknowledged the significance of such events in boosting tourism and promoting the cultural heritage of Jammu & Kashmir.

The Union Tourism Minister highlighted the remarkable role of Dr. Karan Singh in preserving the cultural heritage of Jammu &



Union Tourism Minister Gajendra Singh Shekhawat being honoured during the event.

Kashmir through the Amar Mahal Museum, which stands as a testament to the region's rich history and traditions. The Union Minister also announced that the Modi Government is committed to preserving over one crore manuscripts across the country under the National Manuscript Mission, ensuring that invaluable texts and scriptures are safeguarded for future generations.

Expressing admiration for the Basohli painting tradition, he conveyed his interest in furthering the Gurn-Shishya Parampara of this art form, which is currently being preserved by the Royal Family of Jammu and Kashmir.

Martand Singh presented the vote of thanks, expressing gratitude to the sponsors and team members for their dedicated efforts in making the three-day Tawi Festival-3 a grand success. He also lauded Maharaja Dr. Karan Singh for his unwavering commitment to preserving the legacy of Amar Mahal Museum and Library. Expressing his personal sentiments, he stated that he feels privileged to continue nurturing this esteemed institution, which stands as a symbol of Jammu's rich cultural heritage.

Earlier, the main highlight of the third day was the vibrant Mela organized in the lawns of Amar Mahal, featuring folk dances, folk music, and satirical performances showcasing the rich cultural traditions of the region. The event also included captivating acts by young bands presenting contemporary Dogri music. A food court offering a variety of street foods from the region and special sweets from Jammu, added to the festive spirit.

# Dy CM lays foundation for road link, inspects mining sites

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JAMMU: Deputy Chief Minister, Surinder Choudhary, on Sunday reiterated government's commitment to speed up the infrastructure development besides addressing the environmental concerns.

He was interacting with the locals after laying foundation stone for a road project from Santokh Vihar besides allied links at Kunjwani.

The road will address the connectivity concerns of a large number of population living in the area and is being undertaken by the R & B Department.

The Deputy Chief Minister



Deputy Chief Minister, Surinder Choudhary laying foundation stone of a road link,

also inspected the pace of work on the Buffalo farm being constructed at an estimated cost of Rs.12.67 crore at Chatha. The stipulated time for completion of the project is 2 years.

He inspected the ongoing construction work to assess the progress and address any bottlenecks in smooth execution of the project.

A team of DIQC officers was also accompanying the

Dy CM which conducted an on spot assessment of the material being used in construction of the ongoing project.

In addition to infrastructure development, the Dy CM visited several mining sites to evaluate adherence to environmental norms. He emphasised the importance of responsible mining practices, urging the officials and stakeholders to prioritise ecological balance while extracting the resources.

"The government is committed towards sustainable development and is ensuring all projects must align with the environmental regula-