

CM launches website for Khelo India Winter Games 2025

STATE TIMES NEWS
JAMMU: Chief Minister Omar Abdullah on Monday launched the official website for Khelo India Winter Games 2025 (kwig2025.com) at the Civil Secretariat.

The launch event was attended by Deputy Chief Minister Surinder Choudhary, Ministers Javed Ahmad Rana and Satish Sharma, and Gulmarg MLA Farooq A. Shah. Also present were Chief Secretary Atal Dulloo, Additional Chief Secretary to the CM



Chief Minister Omar Abdullah launching official website for Khelo India Winter Games 2025 on Monday.

Dheeraj Gupta, Secretary Law, Commissioner Secretary Deputy Commissioner Baramulla, Secretary J&K

Sports Council and other officials, both in person and virtually.

Speaking on the occasion, Chief Minister Omar Abdullah extended his best wishes to the organizers and inquired about the arrangements and finalization of dates for the event.

In her presentation, Secretary J&K Sports Council announced that the event will now take place from March 9-12 at Gulmarg. She detailed the schedule, including the arrival of teams on March

7, a night skiing demonstration, fireworks, a laser show, cultural programs, competition events and the award ceremony.

She also highlighted the key features of the newly launched website, which will provide real-time updates and comprehensive event-related information.

With fresh snowfall, Jammu & Kashmir is set to host the second leg of KIWG 2025 in Gulmarg from March 9 to 12, ensuring a world-class winter sports experience in one of India's premier snow destinations.

The event, initially scheduled for February 22-25, was postponed due to insufficient snowfall. The Khelo India Winter Games 2025 will feature four major events-Alpine Skiing, Ski Mountaineering, Snowboarding, and Nordic Skiing-which will take place at Kongdoori and Gulmarg Club in Gulmarg.

ECI recognises Atal Dulloo as 'Exemplary Leader' for successful holding of LS elections

STATE TIMES NEWS
JAMMU: The Election Commission of India (ECI) had recognized the services of Chief Secretary, Atal Dulloo, for successful holding of elections for the 18th Lok Sabha in the UT of J&K.

The Chief Secretary, J&K was presented with a 'Certificate of Exemplary Leadership' signed by Chief Election Commissioner and two of the Election Commissioners for his excellent service towards successful conduct of the 18th Lok Sabha Elections-2024 in J&K.

This appreciation by the Commission was received by the Chief Secretary for holding of trouble free elections in the UT in which a substantial 58.11% polling was recorded for the first time for the general elections held here since 1989 across the districts of the UT. The same was over 14% more than that of the elections of 2019 during which the overall percentage of polling was just around 44% across the



Chief Secretary Atal Dulloo receiving a Certificate of Exemplary Leadership from the Election Commission of India.

districts of the UT. Pertinent to mention here that these were the first general elections of the J&K after its reorganization in the year 2019. A total of 87,26,281 voters were eligible to exercise their franchise in these elections. For this purpose, 11,629 polling stations had been established and 80,724 polling personnel had been trained and made available to ECI for holding of elections across the villages and towns of J&K.

Moreover, for the first time administration had established 83 women manned, 70 youth manned, 73 PwD manned, 88

Green Polling Stations, 180 Border Polling Stations, 152 Model Polling Stations and 46 Unique Polling Stations under specific themes in all districts of Jammu & Kashmir. These were aimed to revolutionize the electoral process by ensuring accessibility and representation for all segments of society.

With a special focus on women, youth and Persons with Disabilities these stations were equipped with amenities tailored to meet their unique needs, fostering an environment conducive for their active participation in the democratic process.

Delegations call on LG Sinha



Delegation of CII, J&K UT Council calling on LG Manoj Sinha on Monday.

STATE TIMES NEWS
JAMMU: A delegation of Confederation of Indian Industry (CII), J&K UT Council led by its Chairman Dr MA Alim called on Lieutenant Governor Manoj Sinha.

Members of the Management team from Jammu Sanskriti School also called on Lieutenant Governor. The delegation briefed him on school management's future plan to set up an advanced school dedicated to children with special needs.

DM Jammu urges drives against MVA violations, number plate tampering

Emphasises enforcement, awareness and infrastructure during road safety meeting

STATE TIMES NEWS
JAMMU: District Magistrate Sachin Kumar Vaishya on Monday chaired a meeting of the District Road Safety Committee to review ongoing road safety measures and strategise future actions.

The meeting was attended by Senior Superintendent of Police Joginder Singh, SSP Traffic Faisal Qureshi, Additional District Magistrate Anshu Jangwal, Regional Transport Officer Jasmeet Singh, Superintending Engineers from PWD, GM NHIDCL, PD NHAI Jammu-Udhampur, besides others.

During the meeting, the DM directed the RTO to conduct special enforcement drives to ensure strict compliance with the Motor Vehicles Act, particularly in rural areas. He also called for a focussed crackdown on vehicles with obscured or tampered number plates.

Ensuring road cleanliness and maintenance was another key agenda. The DM instructed officers from Irrigation & Flood Control



District Magistrate Sachin Kumar Vaishya chairing a meeting.

Department to promptly clear desilting refuse to prevent accumulation on roads, which increases the risk of accidents. Additionally, he stressed the need to maintain functional street lights in all key areas to improve nighttime visibility and safety. The DM directed that awareness drives be conducted in schools and colleges to educate students about traffic rules and safe driving practices. Further, the Chief Medical Officer was instructed to organise block-level eye check-up camps for drivers, ensuring they meet the required vision standards.

Officers were also directed to immediately remove hazardous hoardings and obstructions that could contribute to road accidents. The Power Development Department Executive Engineers were asked to ensure the swift removal of fallen poles, if any, to prevent traffic disruptions and potential mishaps. To improve road safety infrastructure, the DM ordered the installation of

signages and reflectors near dividers and the continued deployment of traffic marshals at diversions along National Highway projects. The National Highways and Infrastructure Development Corporation Limited officer was also instructed to install CCTV cameras along the Jammu-Akhnoor National Highway. Regular anti-

encroachment drives were also stressed to ease congestion and remove road obstructions, ensuring smoother traffic flow and safer roads.

The meeting also saw discussions with Superintending Engineers and Executive Engineers of the Public Works Department regarding routine road maintenance and the removal of potholes. Officers from Jammu Smart City Limited were directed to coordinate efforts for pothole removal, ensuring safer travel conditions. Additionally, the installation of reflectors and convex mirrors at accident-prone spots was discussed to further enhance road safety.

38th Convocation of IGNOU on March 5

STATE TIMES NEWS
JAMMU: IGNOU Regional Centre Jammu will be celebrating the 38th Convocation function of the University on 5th March, 2025. This would be the 29th Convocation ceremony at the Regional Centre ever since its establishment in the year 1998.

IGNOU Regional Centre Jammu will be celebrating the 38th Convocation function of the University on 5th March, 2025. This would be the 29th Convocation ceremony at the Regional Centre ever since its establishment in the year 1998. The Regional Centre Jammu started its operations in the 1998 for the entire erstwhile State of J&K on the invitation of the then Government of J&K with around 1000 students and an offering of about 40 Programmes linked to one Learner Support Centre in the University of Jammu. In the 38th Convocation of the University on 5th March, 2025, more than 3 lakh learners will be presented with the degree/diploma/certificate at IGNOU New Delhi Headquarters and 39 Regional Centres across the country. Under the Jammu region, as many as 11292 learners have been declared successful and eligible to receive Diplomas and Degree Certificates in the 38th Convocation function at Jammu which includes 4988 learners of Master Degree programmes, 5852 learners of Bachelor Degree programmes, 316 learners of Diploma/Post Graduate Diploma programmes and 137 learners of Certificate/Post Graduate Certificate programmes. Dharmendra Pradhan,

Union Minister of Education will be the Chief Guest on this occasion at the New Delhi HQs. of IGNOU. Dr. Jitendra Singh, Union Minister of State (Independent Charge) of the Ministry of Earth Sciences, will be the Guest of Honour and deliver Convocation address in the 38th Convocation function of Regional Centre Jammu being organized in the Auditorium of Convention Centre, Near Circuit House, Canal Road, Jammu on 5th March, 2025 at 10AM.

As per the details provided by New Delhi HQ., 1421 qualified learners have submitted the requisite fee online out of which around 200 learners have consented to receive their respective Degree/Diploma certificates in person in the Convocation function at Regional Centre Jammu. The participating students need to reach the venue by 9:00AM and register themselves at the registration counter well in time in order to avoid rush and chaos. The male students should wear White / Off white or cream coloured Bharatiya Paridhan (Indian Dress) preferably made of Handloom / Khadi and female students should wear White / Off white or cream coloured Bharatiya Paridhan (Indian Dress) Sari or Salwar Kurta or Salwar Kameez, etc. preferably made of Handloom / Khadi.

"This is the prestigious ceremony for the University as well as the Regional Centre and along with the awardees a number of Alumni and other dignitaries are expected to grace the occasion in Jammu this time around", said Dr. Sandeep Gupta, Regional Director.

Shiv Sena protests demanding for special privileges under Section 371

Demand for strict laws on drug and cow smuggling

STATE TIMES NEWS
JAMMU: Leaders of Shiv Sena (UBT) Jammu and Kashmir unit held a strong protest on Monday demanding special privileges under Section 371 for Jammu and Kashmir; liquor ban in the "city of temples Jammu", strict laws on drug and cow smuggling.

Shiviks Sain, under the leadership of party state head Manish Sahni, gathered at Indra Chowk and staged a protest and raised slogans holding placards with demands like "Strict laws should be implemented on drug and cow smuggling", "Privileges under Section 371 should be



Shiv Sena activists staging protest in Jammu.

restored", "Sons of the soil should have the first right on jobs and educational institutions" etc.

Sahni said in his address that in the last decade, narco terror has created terror in Jammu and Kashmir. On the

other hand, liquor shops opened in every nook and corner of Jammu city are an attack on religious faith and a tampering with the future of the youth. The statistics of drug abuse and smuggling are also terrifying. In Jammu and

Kashmir, which has a population of about 1.25 crore, every tenth person is addicted to some kind of drug. The number of drug addicts coming to de-addiction centers has increased 100 times in the last 5 years. Every 10-15 minutes, a drug addict is reaching the OPD of government hospitals for treatment. He said that if timely measures are not taken, then in the coming times, the Pakistan-sponsored terror will be replaced by narco-terror, which can wipe out an entire generation.

Sahni has demanded from the BJP MLAs to bring and support a proposal against

privileges under Section 371, prohibition of liquor; drug and cow smugglers.

On this occasion, Meenakshi Chhibber, Vikas Bakshi, Bharat Mahajan, Raj Singh, Sukhwinder Kaur, Vicki Sharma, Davinder Kumar, Sunita Kumari, Yashpal Singh etc. were present.

Meanwhile, Shiv Sena (UBT) Jammu and Kashmir unit chief Manish Sahni has demanded from the Lieutenant Governor of Jammu and Kashmir Manoj Sinha to take strict cognizance of the increasing criminal incidents in Jammu and fix accountability.

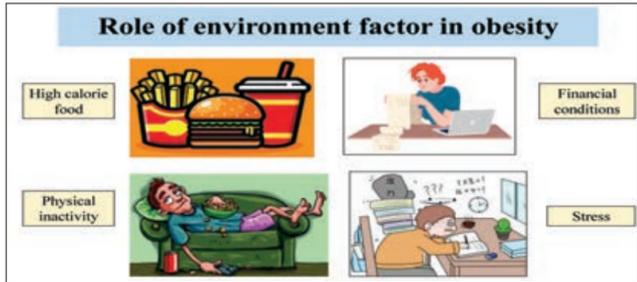
World Obesity Day: A Growing Health Crisis

DR GAURAV GUPTA
The Rising Burden of Obesity

Obesity has emerged as a major public health crisis and one of the leading risk factors for non-communicable diseases (NCDs). The prevalence of overweight and obesity has risen to alarming levels worldwide, nearly doubling since 1990. According to the World Health Organization (WHO, 2024), approximately 2.5 billion adults (43%) were overweight in 2022, with 890 million (16%) living with obesity.

The Indian Context
India is facing a growing obesity epidemic, with over 135 million people affected. The Economic Survey Report 2023-24 has also highlighted the growing obesity problem. Estimates indicate that the adult obesity rate in India has more than tripled. The National Family Health Survey (NFHS-5) data confirms this trend. The percentage of men with obesity (ages 18-69) increased from 18.9% in NFHS-4 (2015-16) to 22.9% in NFHS-5. Among women, obesity prevalence increased from 20.6% to 24%. In children, the rate of overweight individuals rose from 2.1% (NFHS-4) to 3.4% (NFHS-5), highlighting an alarming trend.

Prime Minister's Concern
Recognizing the seriousness of the



issue, Prime Minister Shri Narendra Modi, in his Mann Ki Baat address, urged citizens to take action against obesity. He emphasized the importance of lifestyle modifications, awareness, and preventive healthcare strategies to curb this growing crisis.

Understanding Obesity: Causes and Risk Factors
Obesity results from a complex interplay of biological, behavioral, environmental, and genetic factors.

- 1. Energy Imbalance**
Obesity develops when calorie intake exceeds energy expenditure. Unhealthy eating patterns, such as high intake of processed foods, sugary beverages, and trans fats, combined with sedentary lifestyles, contribute to excess weight gain.
- 2. Lifestyle and Environmental Factors**
 - Lack of Physical Activity: Modern sedentary lifestyles, prolonged screen time, and desk jobs have significantly reduced physical activity levels.
 - Poor Sleep and Stress: Chronic stress and sleep deprivation disrupt hunger-regulating hormones, increasing the likelihood of overeating.
 - Environmental Barriers: Lack of access to green spaces, pedestrian-friendly infrastructure, and affordable healthy food options exacerbates obesity risks.
- 3. Medical and Genetic Influences**
Certain medical conditions, such as polycystic ovary syndrome (PCOS), metabolic syndrome, and hypothyroidism, predispose individuals to weight

REVISED DEFINITION OF OBESITY	
Stage 1	Stage 2
Increased adiposity without impacting organ function or causing functional limitations in daily activities.	Involves increased adiposity affecting physical and organ functions, causing functional limitations, and leading to comorbid conditions.
Diagnostic Criteria <ul style="list-style-type: none"> BMI ≥25 kg/m² defines generalized obesity. Rare cases with BMI <25 kg/m² but excess body fat should be classified based on fat percentage. WC and WHR can be used for abdominal obesity (optional but recommended). *WC, Waist circumference; W-HR, Waist to height ratio 	Diagnostic Criteria (Must meet 2 of 3) <ul style="list-style-type: none"> BMI ≥33 kg/m² (mandatory) plus either WC or WHR. Body fat measurement is optional. Symptoms of functional limitations (e.g., shortness of breath, joint pain, palpitations). Presence of comorbid diseases (T2D, CVD, hypertension, NAFLD, osteoarthritis, depression, PCOS, etc.).
Management for Stage 1 Obesity <ul style="list-style-type: none"> Lifestyle interventions: Medical nutrition therapy, physical activity, and behavioral interventions. Pharmacotherapy (selective cases): <ul style="list-style-type: none"> High risk for progression to Stage 2 obesity (e.g., strong family history of diabetes, CVD). Substantial weight gain (≥10%) despite lifestyle changes. BMI ≥33 kg/m² 	Management for Stage 2 Obesity <ul style="list-style-type: none"> Lifestyle interventions (aggressively applied). Early pharmacotherapy for weight management.

gain. Moreover, genetic studies have identified over 15 obesity-related genes, making some individuals more susceptible. Additionally, medications like antidepressants, steroids, insulin, and beta-blockers may contribute to weight gain.

Health Complications of Obesity
Obesity is not merely about excess weight; it is a serious disease that significantly increases the risk of over 200 medical conditions, including:

- Cardiovascular Diseases (CVDs): Hypertension, heart failure, stroke
- Metabolic Disorders: Type 2 diabetes (T2D), hyperlipidemia, Non-alcoholic fatty liver disease (NAFLD)
- Cancers: Increased risk of breast, prostate, and colorectal cancers

- Respiratory Conditions: Obstructive sleep apnea, asthma
- Mental Health: Depression, anxiety, social stigma, and reduced quality of life

Severe obesity is associated with reduced life expectancy and increased mortality, independent of age, region, or socioeconomic status.

Tackling the Obesity Epidemic

- 1. Policy-Level Interventions**
Governments and health authorities must enforce policies promoting healthy food environments, urban planning for active lifestyles, and public health awareness campaigns.
- 2. Individual and Community Efforts**
 - Balanced Nutrition: Adopting a diet rich in whole grains, lean proteins,

and healthy fats while minimizing processed foods.

- Regular Physical Activity: Incorporating daily exercise, including aerobic and strength-training activities. WHO recommends at least 150 minutes of moderate aerobic activity per week for adults and 60 minutes daily for children.
- Screen Time Reduction: Encouraging outdoor activities over prolonged digital engagement.
- Sleep and Stress Management: Prioritizing quality sleep and mindfulness techniques to combat emotional eating.

3. Medical and Technological Innovations
Public health initiatives integrating telemedicine and digital weight management programs can empower individuals to take control of their health.

Conclusion
Obesity is a silent pandemic affecting millions globally. Addressing it requires multi-sectoral collaboration, policy reforms, and individual commitment toward a healthier lifestyle. World Obesity Day serves as a reminder that prevention, early intervention, and community-driven action are key to reversing this escalating crisis.

Let's take action today for a healthier tomorrow!
(The author is Associate Professor, General Medicine, AIIMS Jammu.)