

Jammu Hemophilia Society Jammu organises Hemophilia update 2025 conference

STATE TIMES NEWS
JAMMU: The Jammu Hemophilia Society Jammu recently organized the Hemophilia update 2025 conference in collaboration with the Department of Paediatrics of Shri Maharaja Gulab Singh Hospital and the Indian Association of Paediatrician Jammu Kashmir, where guests agreed that disability certificates should be issued to patients suffering from hemophilia under the Government of India's guidelines. This move aims to provide better treatment and facilities for hemophilia patients.



Dr. Ashutosh Gupta, Principal of GMC Jammu and others during the conference.

Principal of GMC Jammu, said that better treatment is the right of patients and there is no problem in providing medicines in hospitals twenty-four hours. This is a life-long cure and everyone needs to be sensitive towards patients.

He agreed to the Comprehensive Treatment Center at GMC and SMGS Hospital. He said that awareness campaign should also be launched on the disease. The GMC administration is committed to all possible assistance of the patients. Director Health Services Jammu Dr. Rakesh Magotra said that now there is a lack of awareness among the people about this disease, but more work will be done for

this in time. He also gave his consent on the demand to make nodal officers in the districts. He said that proper guidelines will be issued to the Chief Health Officers to ensure that there is no problem in issuing disability certificate to children suffering from hemophilia.

Dr. Amarjeet Singh Bhatia, Principal of Government Medical College Rajouri, assured that there will be all arrangements for the treatment of Hemophilia patients. He said that GMC Rajouri also has the facility to make blood components. There will also be clinical and treatment facilities for patients with hemophilia. Dr. Praveen Akhtar Lone, Principal of Indira Gandhi

Dental College Jammu also assured all possible treatment.

Earlier, the head of Hemophilia Federation of India, Prem Roop Alva, Deputy Principal Jagdish Sharma demanded to build integrated hemophilia hemoglobin paratha centers for Hemophilia patients in Jammu and to provide diagnostic and treatment facilities up to district level at district level. He asked to provide factory in medical colleges and district hospitals twenty-four hours.

President of Jammu Chapter Rohit Jandiyal, read the vote of thanks. In the conference, Dr. Ghanshyam Saini, Head of the Department of

Pediatrics, Dr. Sanjeev Dhinra, Medical Superintendent of SMGS Hospital, Dr. Dara Singh, CD Hospital Medical Superintendent Dr. Rakesh Sharma, Professor Dr. Vishal Tandon in Pharmacology Department, Dr. Bharat Bhushan, in-charge of Emergency, Dr. Bharat Bhushan, Acharya Shri Chandra College of Medical Sies, Principal Dr. Ravindra Gupta, East HOD, Dr. Ravindra Gupta. Doctors were present from the districts.

Pediatrician Dr. Ghanshyam Saini, Dr. Sanjeev Dhigra, Dr. JB Singh from the Department of Medicine, Dr. Bilal Sheikh from Srinagar, Dr. Jaskarn Singh from Srinagar, presented their views on the current status of treatment, challenges and future prospects at the conference.

There was also a panel discussion in which doctors from Jammu and Kashmir and outside participated. Apart from doctors, patients suffering from hemophilia also attended the conference.

Sainik School Nagrota hosts Sadbhavana Contingent from Billawar

STATE TIMES NEWS
NAGROTA: Being a premier residential school of national repute, Sainik School Nagrota had the privilege of hosting a Sadbhavana contingent from Billawar, J&K, on Monday.



Students of GHS Machedi and Barnota during visit to Sainik School Nagrota.

This educational visit was part of the Sadbhavana Trip organized by 84 Brigade of 22 Garhwal Rifles and 29 Division of the Indian Army. The contingent comprised 92 students, including 60 boys and 32 girls, from Government High School Machedi and Barnota in Malhar Tehsil, Billawar. The aim of this initiative was to provide exposure to students from remote areas, offering them an insight into national-level educational institutions and facilities of significance.

The visit was coordinated by Capt Utkarsh, Sub Bharat Singh, and Naik Anil, along with four accompanying teachers from the respective schools.

The students received a warm welcome at the school gate before being

escorted to Lakshya-NDA Hall, where they viewed documentaries showcasing the rigorous routine followed by cadets and the rich legacy of Sainik School Nagrota, a premier institution with a proud history spanning over 50 years.

The visiting students were taken on a tour of the school's state-of-the-art infrastructure, including the Cadets' Mess, Hostels, Academic Block, Stadium, Playfields, and Gymnasium. Capt (IN) Shibu Devasia, Principal of Sainik School Nagrota, interacted with the students, encouraging them to

imbibe the spirit of nationalism and pride, which would contribute to shaping them into responsible and ideal citizens of the country.

Following a session of interaction and refreshments, the contingent proceeded to HQ 16 Corps, where they had the rare and prestigious opportunity to meet and interact with the General Officer Commanding (GOC).

This visit provided them with firsthand exposure to the discipline and commitment associated with the armed forces, leaving a lasting impact on their aspirations.

GWC Parade organises seminar on 'New Career Avenues'

STATE TIMES NEWS
JAMMU: The Social Activity Club of GCW, Parade Ground, Jammu organized a seminar on 'New Career Avenues' on Monday. The seminar was organized with a vision to enlighten the students about new alluring career opportunities.

At the onset, Dr. Shally Chadha, Convenor Social activity club address the gathering. Atul Vinod Duggal, Film Maker - AVD Motion Pictures, Founder Crown City Academy of Film & Television is the resource person for the event. He highlighted the importance of graphic designing, video editing, acting and social media influencing in modern era.

He interacted with the students with an opportunity to enroll them in the J&K's first Govt. Certified

Sub-Junior Kabaddi Champ from March 15

STATE TIMES NEWS
JAMMU: The 23rd Sub-Junior J&K UT Kabaddi Championship shall be hosted by the District Udhampur Kabaddi Association from March 15 to 17.

"The three-day competition for both boys and girls shall be held at Indoor Hall, Subash Stadium, Udhampur," informed General Secretary of J&K Amateur Kabaddi Association, Kuldeep Kumar Gupta.

Earlier, the senior Kabaddi Championship held in district Poonch. "To spread and popularise the game of Kabaddi in all the districts of J&K, the Association has decided to hold events at different venues at district level," informed Gupta.

Dire need to promote sports culture to prevent youth from falling prey to drugs: Rattan Lal

Rising Spartans triumph in Legal Fraternity Cricket Tournament

STATE TIMES NEWS
JAMMU: The cricket tournament organized by Advocate Zeeshan Rana and Additional Spokesperson Jammu concluded today with the Rising Spartans emerging victorious over Legal Star by a margin of 57 runs in the final match.

The event was graced by Advocate Rattan Lal Gupta, Provincial President of the Jammu and Kashmir National Conference (JKNC) Jammu, as the Chief Guest, and Baldev Singh Advocate, Vice President Bar Association Jammu as the Guest of Honour.

Other attendees included JKNC leaders Vijay Lochan Chairman SC Cell, Tejinder Pal Singh Aman Provincial



Provincial President JKNC, Advocate Rattan Lal Gupta along with winner team.

President Jammu, Rakesh Singh Raka Vice President Central Zone, Mohinder Kumar Rana Joint Secretary Central Zone and Sunil Sharma.

Advocate Gupta congratulated the Rising Spartans on their impressive performance and commended both teams for their sportsmanship. He emphasized the

importance of such tournaments in fostering camaraderie and unity within the legal community. He emphasized that such events play a pivotal role in fostering unity and brotherhood among professionals, echoing his previous sentiments on the importance of sports in promoting community bonding.

The senior NC leader also raised serious concern over the escalating drug menace affecting the youth in the region.

He emphasized the urgent need to promote a robust sports culture as a preventive measure against substance abuse. He highlighted that engaging young individuals in sports and other

constructive activities can serve as a deterrent to drug use, fostering discipline, teamwork, and a healthy lifestyle.

He urged the community and authorities to collaborate in creating more opportunities for youth participation in sports, thereby steering them away from the dangers of drug addiction.

Rattan Lal Gupta also highlighted the NC's commitment under the leadership of Omar Abdullah Chief Minister Jammu and Kashmir and Young Sports Minister Satish Sharma already organizing sports events Khelo India and other sports activities that encourage fellowship and holistic development within society and the young world.

Delhi on its way to becoming the obesity Capital

STATE TIMES NEWS
NEW DELHI: A silent killer is creeping into Delhi's homes-sometimes through fast food, sometimes through a sedentary lifestyle, and sometimes through prolonged screen time on mobile phones, laptops, and TVs. Obesity, a physical condition that forces us to think but remains difficult to control, is on the rise in the national capital. Data indicates that nearly 81% of people in Delhi-NCR are overweight or obese.



Speaking at a press conference on World Obesity Day, Dr. Sachin highlighted the growing concern of obesity and its impact on daily life. According to him 4 out of 10 individuals are overweight. Females in urban areas are more affected followed by males and children. He explained that a Body Mass Index (BMI) above 26 falls under the overweight category, while a BMI above 29 is classified as obese.

India's obesity rates also significantly increased as a result of COVID 19.

Discussing the key factors contributing to rising obesity rates, Dr. Sachin emphasized the influence of social media, easy access to comfort foods at the click of a button, supermarket marketing strategies, increased automobile dependency, prolonged screen time, sedentary jobs, stress, and sleep deprivation. He further highlighted lifestyle habits that unknowingly contribute to weight gain. "Spending excessive time on mobile phones while sitting on the toilet or mindlessly eating while watching

screens are also contributing factors," he warned. "Obesity can make even routine activities challenging. We frequently see patients struggling with hygiene issues, leading to severe infections in private areas because they are unable to clean themselves properly," Dr. Sachin noted.

Citing real-life examples, he pointed out that many obese individuals hesitate to step out due to limited seating options. "They often find it uncomfortable to sit in cinema halls, and even air travel becomes a challenge, as they are sometimes required to book two seats," he added.

Dr. Sachin Ambekar emphasized, "Obesity is not merely a cosmetic concern but a severe medical condition that can lead to diabetes, high blood pressure, heart disease, and even various types of cancer. Modern medical advancements, particularly Minimal Access Surgery (MAS), provide effective

solutions to this problem. Techniques such as ballooning, 3D laparoscopic vertical sleeve gastrectomy, 3D mini gastric bypass, and 3D laparoscopic Roux-en-Y gastric bypass are available for weight loss surgery."

He identified processed and high-calorie diets, sugary soft drinks, large portion sizes, junk food, and stress-induced overeating as major contributors to obesity. Additionally, rapid urbanization and shrinking living spaces have led to reduced physical activity, while excessive screen time (TV, mobile, laptop) has further fueled a sedentary lifestyle.

Obesity not only affects body shape but also increases the risk of heart disease, high blood pressure, type-2 diabetes, infertility, and osteoarthritis. It can also cause breathing issues and elevate the risk of cancers such as breast, stomach, colon, and kidney cancer. Furthermore, obesity is

linked to mental health concerns like depression and anxiety.

Mansi Bansal Jhunjhunwala, Founder & CEO of MASSH Group of Hospitals, highlighted that at MASSH, we believe in the P5 approach-Personalized, Participatory, Predictive, Preventive, and Precision care-ensuring the right treatment at the right time. Our vision goes beyond treating illness; we focus on addressing its root cause to minimize the footprint of disease. Obesity, like any other health challenge, must be tackled at the grassroots level through proactive prevention and timely intervention.

According to a NFHS-5 survey, 80.7% of people in Delhi-NCR are obese, yet 78.5% still consider themselves to be of normal weight. Areas such as Punjabi Bagh, Rohini, Greater Kailash-2, South Extension, and DLF have been identified as obesity hotspots.

GCE organises Five-Day Civil Defence Training Program

STATE TIMES NEWS
JAMMU: The Government College of Education, Jammu, successfully on Monday inaugurated a five-day Civil Defence Training Program. The program aims to equip students with essential disaster preparedness skills and emergency response techniques.

The inaugural session witnessed the esteemed presence of Chief Warden Paramjeet Kumar, Deputy Chief Warden R. Vijay Magotra, Training Incharge SI Ram Dayal Saini, and Training Instructors Rajinder Kumar and Sujet Singh. Their expert guidance and practical demonstrations provided invaluable insights to the participants.

The event was meticulously organized under the leadership of NSS Programme Officer Professor Sarita Dogra and Women Development Cell Convenor Dr. Shubhra Jamwal. The Principal of the College, Dr. Jyoti Parihar, along with faculty members Dr. Rajinder Kour, Dr. Davinder, Professor Deepali, and Roopa Kumari, also graced the occasion with their presence, encouraging students to actively engage in the training. More than 100 students participated in this initiative, showcasing their keen interest in learning life-saving techniques. The training covered critical aspects such as first aid, fire safety, disaster management, and emergency evacuation procedures.

Speaking at the event, Principal Dr. Jyoti Parihar emphasized the importance of Civil Defence training in empowering youth with the skills needed to respond effectively to emergencies. She lauded the efforts of the Civil Defence team and faculty members in making this training a success.

The program will continue for five days, fostering a spirit of preparedness and resilience among students.

Bihar to host Junior Boys Handball meet

STATE TIMES NEWS
JAMMU: The Handball Federation of India (HFI) has granted the hosting rights of the 45th HFI Junior Boys National Handball Championship to the Bihar Handball Association.

As per the reports reaching here, the event shall take place from March 26 to 30 at P M Venkateshwar Nagar, Rajabazar, Jehanabad.

Only players born between January one 2005 and 31st December 2008 (both dates inclusive) are eligible to participate, the reports said.

Entrance exam for Agniveer candidates of Leh, Kargil, Lahaul & Spiti to be held at Ladakh Scouts Regt Centre on 9 March

STATE TIMES NEWS
JAMMU: The Common Entrance Exam for Agniveer candidates of Leh & Kargil districts of UT Ladakh and Lahaul & Spiti (HP) will be conducted at Ladakh Scouts Regt Centre on 09 March 2025. According to an official communique, the candidates are inform to report at Drill Ground, Ladakh Scouts Regt Centre for Collection of Admit Card on 06 March 2025 at 8 AM.

Annual Athletics meet of JU from March 5

STATE TIMES NEWS
JAMMU: Directorate of Sports and Physical Education of University of Jammu shall hold the 47th inter-college annual athletics meet, followed by the valedictory function of all the inter-college sports events held during the year, on the campus ground, here.

The three-day sports meet shall take place from March five. The Directorate of Sports expects a participation of around 400 athletes from different affiliated colleges of JU taking part in various fields and track events.

Important to mention here that the Athletics meet marks the end of annual sports competitions of the JU.

World Para Athletics Grand Prix to be held in New Delhi from March 11-13

STATE TIMES NEWS
NEW DELHI: Para athletes from more than 20 countries will participate in 90 events across three days as India hosts its first-ever World Para Athletics Grand Prix here from March 11-13.



The athletes participating in the Grand Prix to be held at the Jawaharlal Nehru Stadium are from countries such as Germany, Japan, Australia, Saudi Arabia, Brazil, Russia, Kazakhstan, Uzbekistan, among others.

The event will be attended by Majid Rashid, the Asian Paralympic Committee (APC) president, and Tarek Souei, CEO of the Asian Paralympic Committee.

"Hosting the Grand Prix in India is a testament to our nation's dedication to para-sports. This event is not just about competition; it's about setting a precedent for future international tournaments in the country," Paralympic Committee of India President Devendra Jhajharia said.

Rishabh Pant nominated for Laureus World Comeback of the Year Award

STATE TIMES NEWS
NEW DELHI: Indian cricket team's swashbuckling batter-keeper, who returned to action after surviving a horrific car accident in December 2022, has been nominated for the prestigious Laureus World Sports Award 2025 in the comeback of the year category. The awards ceremony will take place in Madrid on April 21. Pant suffered the near-fatal car accident on December 30, 2022 while driving from Delhi to his hometown Roorkee.



After undergoing initial treatment at a hospital in Dehradun, Pant was airlifted to Mumbai where he was under the care of the BCCI's specialist consultant. Once the surgeries to reconstruct all three ligaments in his right knee were performed, Pant did his rehabilitation at the National Cricket Academy in Bengaluru. The 27-year-old made a remarkable recovery and returned to action for his then IPL franchise Delhi Capitals against Punjab Kings last year in Mullanpur. Pant then made a triumphant return to Test cricket, scoring a century against Bangladesh in his first game in the format since his car accident. His performance helped India secure a 280-run victory.