

Neebha Multispeciality Institute inaugurated in Jammu



STATE TIMES Editor-in-Chief Raj Daluja congratulating Dr Shitiz Gupta during the inauguration of Neebha Multispeciality Institute in Jammu in presence of renowned Gastroenterologist Dr Bharat Bhushan and CCI President Arun Gupta.

■ STATE TIMES NEWS

JAMMU: On the auspicious second Navratri, a new World class Multispeciality centre was inaugurated in Jammu on Sunday.

The existing famous Mediwell Gastroenterology Centre at Shastri Nagar, Jammu has now been renamed as Neebha Multispeciality Institute, a day care centre catering to state of the art Gastroenterology, Plastic & Aesthetic Surgery and Obstetrics & Gynaecology services under one roof.

The Gastroenterology, Hepatology & Medical Services are headed by Dr. Bharat Bhushan Gupta

(DM-Gastroenterology), Ex-Professor & Head, Department of Medicine & Gastroenterology, Government Medical College, Jammu with a vast experience of more than 40 years. New Endoscopy series by Fujinon, Japan have been added recently.

The Plastic, Reconstructive, Aesthetic & Hair Transplant surgery services will be extended by Dr. Shitiz Gupta (M.Ch.-Plastic Surgery).

He has been extensively trained in every aspect of every aspect of Plastic, Reconstructive, Aesthetic Surgery & Hair Transplant surgery from world

renowned plastic surgical centres.

"The aim is to provide high quality, extremely sophisticated procedures that give our patients the bodies they aspire for," Dr. Shitiz said adding that the procedures performed will be both surgical and non surgical facial rejuvenation, breast reduction, breast lift, breast augmentation, liposuction, body contouring, Gynaecomastia, hair Transplant, tummy tuck, arm lift etc.

"The Obstetrics and Gynaecology care will be provided to our patients by Dr. Shikha Dhawan (MS, DNB-Obstetrics & Gynaecology), an ex-Registrar at North

DMC Medical College & Hindu Rao Hospital, New Delhi," Dr. Shitiz said and added, "She has been extensively trained in Laparoscopic Gynaecological procedures & surgeries at Sir Ganga Ram Hospital, New Delhi."

"She is well versed with the management of infertility & high risk pregnancies and Gynaecological ailments and she has special interest in Cosmetic Gynaecology," Dr. Shitiz added.

The Institute motto is to provide these services under one roof at affordable costs for the people of Jammu and Kashmir and adjoining states, he said.

Security forces rendering yeoman's service in Kashmir: Kavinder

Turmoil to end soon as arrests, elimination of terrorists in vogue in Valley

■ STATE TIMES NEWS

JAMMU: Senior BJP leader and former Deputy Chief Minister, Kavinder Gupta on Sunday said that the herculean task which is being accomplished by the security forces in the Valley is incredible because they are the one who have steered out the region from turmoil to tranquillity.

The BJP stalwart said that security forces are rendering yeoman's service in Kashmir as day in day out several terror modules have been busted by them and hundreds of terror mongers have been eliminated and equal numbers of them have been put behind bars to face the law of the land.

The BJP senior leader was addressing a gathering after inaugurating deep drains work at Green Belt area of Gandhi Nagar constituency.

Kavinder said that Ward No 20 of Gandhi Nagar Constituency has witnessed massive development with the profile of the area changing drastically as cemented lanes, blacktopping of roads, renovation of parks, open gyms have become a new norm here and no nook and corner is devoid of these amenities. He applauded the work done in this direction by Corporator Rahul Gupta. He said that today this ward has been transformed into a

Model Ward just because of his dint of hard work and dedication of the aforementioned Corporator.

Meanwhile, Kavinder Gupta also inaugurated Nucleus Centre of Excellence launched its offline classroom centre at Jammu. Kavinder Gupta appreciated the initiative taken by the team for the betterment

of the students and for providing them with the best faculty and facilities in the city. Nucleus centre provides coaching for academic as well as competitive exams for IIT-JEE, JEE Main + Advanced, NTSE, Board, Olympiads & Other Competitive Exams like BITSAT, KPVP etc.

Among others who were present

include Vinay Kumar Gupta District President BJP Jammu, Narinder Koki District Secretary, Sandeep Gupta District Executive Member, Rachit Khosla Secretary BJP Gandhi Nagar Mandal, Rajesh Khullar, Satbir Singh Ward President, Ricky Gupta, Vijay Verma, Mohit Seth, Vishal Gupta.

Two-day workshop under Poshan Abhiyan concludes at GGM Science College

■ STATE TIMES NEWS

JAMMU: NSS unit of Govt. Gandhi Memorial (GGM) Science College organized a two-day workshop Poshan Abhiyan under the patronage of Principal Dr. Ravender Tickoo and guidance of NSS PO Dr. Deepali Mahajan as a part of Azadi Ka Amrut Mahotsav. On the first day Ayush Medical Health Camp was organized in college under the supervision of Director Ayush JK UT Dr. Mohan Singh and Assistant Director Medical Officer Dr. Suresh Sharma.

Today's resource person were Dr. Sangeeta Mahajan and Dr. Vijay Pandita, Jyoti Bali Yoga Instructor and Ajay



Students of GGM Science College posing with faculty members during a programme.

Pharmacist from Ayush Department GoI. Dr. Sangeeta and Dr. Vijay elaborately explained volunteers the importance of nutrition, life style, yoga and herbal drugs in daily life. Jyoti explained the different Yoga Asanas which students followed and took pledge to make this part of routine.

They distributed about 150 immunity kits in the college.

On the second day the awareness workshop aimed at benefits of nourished balanced diet. A pledge was taken "Healthy Khayega India- Say No To Processed Packed Food."

Today's resource person was Dr. Gurmeet Gujral, Masters in

Dietics Certified Food Nutritionist, explained the relation of balanced nutritious diet with immunity and concentration of youth. Healthy food healthy mind healthy lifestyle are essence of life. Dr. Ravender Tickoo applauded the efforts made by NSS in Poshan Abhiyan workshop.

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