

H&UDD hosts training cum interactive session on water bodies' rejuvenation

■ STATE TIMES NEWS
JAMMU: The Housing and Urban Development Department on Sunday organised a one day training cum interactive session under the supervision of Commissioner Secretary, H&UDD, Mandeep Kaur.

The session was conducted by Anand Malligavad, Water Bodies Rejuvenation Expert from the Ministry for Housing and Urban Affairs (MoHUA).

Pertinently, the Ministry of Housing and Urban Affairs (MoHUA), Government of India, has included rejuvenation of water bodies and creation of green spaces as one of major project components of the flagship scheme of Atal Mission for Rejuvenation and



JMC and ULBs staff at one day training cum interactive session.

Urban Transformation (AMRUT)-2.0.

The training program, attended by engineering staff from JMC and other Urban Local Bodies (ULBs) of Jammu including Kathua, Rajouri, Samba and Udhampur, focused on the crucial task of rejuvenating water bodies across the region.

Anand Malligavad provided insights into the complete process of lake rejuvenation, ranging from identification of lakes requiring rejuvenation to execution of revitalization strategies.

During the session,

Malligavad shared valuable experiences from various states, highlighting successful case studies such as the rejuvenation of lakes in Bengaluru.

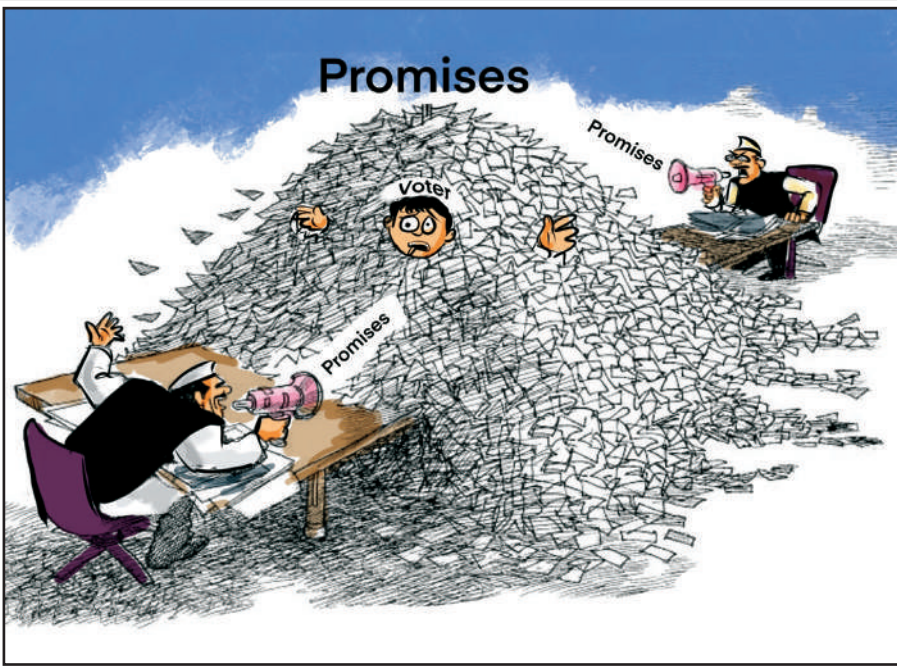
The attendees had the opportunity to learn from these experiences and apply best practices to their respective areas, followed by visit of Tawi River front and pilot project of pond rejuvenation of ward No. 55.

Among the distinguished participants were Narinder Khajuria, Mission Director (AMRUT)-2.0, Puneet Sharma, Director Urban Local Bodies Jammu, Abdul Star, Joint Commissioner (Health and Sanitation) JMC, officers of different department like UEED, PHE, Flood Control, Executive Officers of concerned ULBs and engineering staff from the respective ULBs.

■ STATE TIMES NEWS
RAMBAN: Choudhary Lal Singh, former Member of Parliament and contesting candidate of the Congress party, accompanied by Fairoz Khan, State Youth Working President of Jammu and Kashmir and former National President of NSUI, visited Pernote Village to assess the aftermath of the devastating land subsidence that has affected more than 50-55 families, with all houses in the 2km radius damaged to varying degrees.

Expressing profound concern over the situation, Ch Lal Singh highlighted the pivotal role played by prompt action and the assistance of the local public, NGOs like Team Umeed, QRT, SDRF and local volunteers in rescuing the affected families.

He emphasized the significant impact on agriculture, horticulture, and allied



Lal Singh advocates for immediate relief for Pernote village land subsidence victims



Former MP Ch Lal Singh talking to reporters.

activities caused by the disaster and land has become useless for reuse.

During the visit, it became evident that the makeshift shelters, due to continuous rains, have become uninhabitable, exacerbating the challenges faced by the affected families.

Ch Lal Singh and Fairoz Khan urged the concerned departments to conduct a comprehensive study of the causes of the disaster, emphasizing their belief that

it is a result of man-made activities by dumping of muck into river beds of Chenab and river changed direction and also because no culvert was there in Gool Sangaldan road. Ch Lal Singh reiterated their demand for immediate relief of 10 lakh rupees to each affected family, land equivalent to the amount lost, and one employment govt job or in companies and opportunity for each family whose house has been destroyed.

They assured the affected families of their unwavering support and pledged to champion their cause to ensure that they receive the necessary assistance and support to rebuild their lives.

Fairoz Khan expressed gratitude to Choudhary Lal Singh for his visit and for raising the voice for immediate relief.

He hoped that the authorities would announce relief measures promptly to alleviate the suffering of the affected families. They also stressed the early restoration of the Gool-Sangaldan road.

Ch Lal Singh and Fairoz Khan assured the affected families that the Congress party is steadfast in its commitment to standing with the people of Jammu and Kashmir in times of crisis and working tirelessly for their welfare and upliftment.

Cardiovascular health in developing world - Multifactorial, intersectoral determinants: Dr Sushil



HoD Cardiology GMCH Jammu, Dr Sushil Sharma with his team examining patients at a cardiac awareness cum health check camp.

■ STATE TIMES NEWS
JAMMU: While spearheading his drive to educate and screen masses for cardiovascular and related ailments Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long Cardiac awareness cum Health Check camp at Sarv Shakti Chandi Mata Mandir , Dhammi Nagrota, Jammu with main focus on promotion of cardiac friendly lifestyle in developing countries to overcome major socioeconomic burden alongwith achieving affordable and equitable healthcare.

While interacting with the People Dr Sushil Stated that Cardiovascular disease (CVD) and related chronic diseases are now recognized as the leading causes of death worldwide. Cardiovascular disease risk factors have also increased globally. In addition to the disease burden, global CVD imposes a substantial economic burden on LMICs at both population and household levels. The accelerating rates of unrecognized and inadequately addressed

CVD and related chronic diseases in LMICs are cause for immediate action. Despite several recent calls for action to translate epidemiological data into strategies and policy frameworks, a profound mismatch remains between the compelling evidence documenting the health and economic burden of CVD and the lack of concrete steps to increase investment and implement CVD prevention and disease management efforts in LMICs.

The determinants of the global CVD epidemic are multifactorial and intersectoral, involving interrelated influences that stem from multiple sectors of society, extending beyond the direct domain of the health sector.

The proximate risk factors for CVD are genomic, biological (hypertension, dyslipidemia, diabetes mellitus), and behavioral (diet, physical activity, tobacco). These risk factors are influenced by more upstream and structural factors, such as demographic change, economic development, sociopolitical determinants,

cultural norms, and globalization.

He elaborated that an emerging body of evidence suggests that rapid dietary changes associated with nutritional transition, along with a decrease in levels of physical activity in many rapidly urbanizing societies, also may play a particularly important role in the rise of CVD observed in developing countries. The nutritional transition currently occurring in many low and middle income countries has created a new phenomenon in which it is not uncommon to see both undernutrition and obesity coexist in the same populations.

The exponential growth in the use of tropical oils (specifically palm oil) and partially hydrogenated soybean oil in low and middle income countries is troubling because both these oils contain high levels of fatty acids that are atherogenic and linked to an increased risk of myocardial infarction.

Dr Sushil Sharma, while highlighting the measures

needed to promote cardiovascular health in developing countries, told that we should include a set of specific actions targeted to specific stakeholders, which are intended to encourage a sufficient shift in the global health and development agenda to facilitate critical next steps that will build toward the eventual goal of widespread dissemination and implementation of evidence-based programs, policies, and other tools to address CVD and related chronic diseases in LMICs.

The individual-level actions needed to prevent and treat CVD appear straightforward: eat a healthy diet, remain physically active throughout life, do not use tobacco, and seek health care regularly, he said.

Management Committee of the Mandir Sanjay Gandotra, Vikas Singh Janwal, Davinder Singh, Vikram Bhasin, Jung Bahadur and Balwan Singh appreciated the efforts of Dr Sushil Sharma and his team for conducting cardiac Awareness cum health Check up camp and shows their heartfelt gratitude.

Others who were part of this humane effort included Dr Yashwant Sharma, Dr. Dhaneshwar Kapoor, Dr Shubham Pandoh, Dr Harsh Chauhan , Aditya Chaubey and Dr Abhishek Mahajan. Paramedics and Volunteers who were part of the team included Kamal Sharma, Rohit Nayyar, Rahul Sharma, Anish Janwal, Mukesh Kumar, Rajinder Singh, Rahul Vaid, Jatin Bhasin, Paramveer Singh , Gourav Sharma and Vikas Kumar.

VDGs playing vital role in containing terrorism in J&K: Kavinder

Condemns killing of VDG member Mohd Sharief in Basantgarh

■ STATE TIMES NEWS
JAMMU: Kavinder Gupta, senior BJP leader and former Deputy Chief Minister, has vehemently denounced the recent heinous act of violence resulting in the tragic loss of a Village Defence Guard (VDG) member during a confrontation with terrorists in the remote village of Udhampur district. He asserted that such despicable attacks are aimed at disrupting the prevailing peace in the Union Territory.

In a statement issued here today, Kavinder commended the exemplary courage and dedication exhibited by VDG member Mohd Sharief, a resident of Khand, whose valor in the face of danger exemplifies the unwavering spirit of service and sacrifice. He emphasized that VDG members play a vital role in containing terror-



ism in Jammu & Kashmir, serving as frontline defenders of peace and security in the region.

The senior BJP leader condemned the cowardly actions of Pakistan-

based militants, emphasizing their nefarious intentions to undermine the recent progress and development witnessed in the Union Territory. He underscored the transition from violence to education and technology among the youth of Jammu & Kashmir, a transformation that stands as a testament to the region's march towards progress under the leadership of the Modi Government. He reiterated the firm resolve of Government of India to foster a culture of prosperity and advancement in the region, undeterred by the efforts of those seeking to sow discord and chaos.

Kavinder extended heartfelt condolences to the family members of deceased and urged the Union Territory administration to adequate compensation to the victim family.

Raina reaches out to boat tragedy families in Srinagar



Ravinder Raina, BJP J&K President extending condolence and support to families affected by tragic boat incident.

■ STATE TIMES NEWS
SRINAGAR: Ravinder Raina, President, Bharatiya Janata Party (BJP), Jammu & Kashmir visited the Gandbal-Batwara area of Srinagar to extend heartfelt condolences

and support to the families affected by the recent tragic boat incident. Recognizing the immense loss and pain experienced by the bereaved families, Raina assured them of the party's unwavering com-

mitment to providing all necessary assistance and support during this challenging period. Accompanying Raina were party members, including District President Srinagar Ashok Bhat, Party Spokesperson Altaf Thakur, Media Incharge Adv Sajid Yousuf Shah, Social Media Incharge Sahil Bashir Bhat, and respected Senior Leaders Ali Mohammad Mir and Showkat Gayoor. Their collective presence underscored the solidarity and compassion of the BJP leadership towards the affected community in their time of grief.

Inclement weather: Kashmir hospitals asked to be gear up for emergencies

■ STATE TIMES NEWS
SRINAGAR: Amid forecast of inclement weather conditions and continuous rain across the Kashmir valley for the past few days, the Health Department has directed the hospital authorities to remain vigilant and prepared to cater to any kind of medical emergency that might arise due to potential flooding. In a circular issued by the Directorate of Health Services Kashmir, the hospital authorities have been instructed to maintain sufficient stocks of medicines, life-saving drugs, and other essential supplies at all healthcare facilities.

The comprehensive circular outlines a series of measures to be taken, including activating

emergency plans at hospitals in flood-prone areas, shifting major medical equipment to higher floors, and stocking additional medicines, consumables, fuel, and mess requirements to ensure uninterrupted functioning during floods.

Furthermore, the circular calls for activating disaster management cells at the district and block levels, initiating measures to control outbreaks and epidemic through enhanced surveillance and management and strengthening Primary Health Centers (PHCs) to improve epidemic monitoring and control capabilities. Other directives include organising medical camps as needed, mobilising resources at

the district headquarters, establishing mobile units with trained personnel, testing facilities, communication systems and emergency treatment facilities at the district level.

The circular emphasises the importance of ensuring the availability of survival and emergency kits, including additional fuel and mess arrangements, during disaster situations. It also stresses the need for arranging rubber boats and life jackets from the State Disaster Response Force (SDRF) to provide hassle-free medical services during floods.

Additionally, the circular highlights the necessity of ensuring the availability of secondary power sources at all

health institutions, conducting regular awareness campaigns to sensitise the public about disaster preparedness, and ensuring the presence of trained medical staff to attend to all types of sickness and injury cases, with the creation of backup teams and specialist teams at the district level for deployment in affected areas.

The circular also emphasises the importance of updating contact information for available medical staff, obtaining and transmitting information on natural calamities to central sites, disinfecting water sources to prevent the spread of water-borne diseases, arranging treatment and transportation of the injured in coordination with

emergency services, SDRF and other departments.

It also stresses the need for mapping volunteers for blood donation, implementing vaccination drives against diseases like typhoid, Hepatitis A, and cholera, and managing potential epidemics. Moreover, the circular highlights the importance of ensuring the availability of mortuary facilities at local hospitals, conducting situational assessments and reviewing the status of response mechanisms in vulnerable areas, providing treatment and socio-medical rehabilitation for injured or disabled persons, and coordinating the identification of risk-prone sites to set up relief centres. The circular instructs authorities to ensure the dispatch of personnel and medical supplies to areas requiring disaster relief measures based on post-assessment requirements at the central level. It also refers to the arrangement of ambulance services and emphasises the need for mapping plans to the nearest health units and local transport facilities, including water transport requirements (rubber boats), in the absence of transport facilities. The circular stresses the importance of tracking the locations of pregnant mothers through ANC registrations and those due for childbirth to facilitate transportation to safer and adequately equipped comprehensive emergency obstetric care units with neonatal facilities.

Khatri & Arora Consortium celebrates Annual Foundation Day

■ STATE TIMES NEWS
JAMMU: Annual Foundation Day of Khatri & Arora Consortium was celebrated with enthusiasm, passion and zeal in which hundreds of persons with their families participated.

The main function was held in RM Public School Chowadi, Sainik Colony.

The function was initiated by lighting of inaugural lamps by President of Consortium, Advocate V.K. Grover; Vice-Presidents Adarsh Pandoh and Vandana Maini, General Secretary Rajesh Pandoh; Joint Secretary P.K. Talwar. Lighting of pious Lamp was

also done by Chairman of RM Public School Rameshwar Mengi and Rita Mengi.

The main program started with cultural performances of RM School artists like Sandhya Thakur, Arjun, Sandeep, Vipul, Paramjeet, Keshav, Rahul, Sunny and Sandeep Jamwal.

Joint Secretary cum treasurer, P.K. Talwar presented the Financial Statement of Consortium which was approved by voice vote.

General Secretary Rajesh Pandoh narrated the annual performance of the consortium starting from its inception on 16th April 2023 till date. At



Members of Khatri & Arora Consortium at a meeting.

the start only 18 members had joined it. Now he said that there are 250 families who are actively involved in the functioning of this organization. He further said that during this period three Executive Meetings were conducted, Flag

hoisting Ceremony was performed on Independence Day, A Free Medical Camp was organised in which free medical consultation was provided and free medicines were distributed to more than 150 affected patients.

Grover observed that in nature also when the birds or cattle move only in herds and groups protecting themselves from external enemies and adversaries who can damage or harm their existence.

Similarly, various communities should also live in a congenial and amiable environment to protect themselves from external forces. He also wished to accomplish this goal of sincerity, affiliation, dedication and oneness in the society which originated from the ideals of Guru Nanak Dev, Swami Vivekananda, Mahatma Gandhi, Vallabh Bhai Patel & Bal Gangadhar Tilak and others who laid the foundation of this great nation.

Grover gave the slogan for society "We Rise-By Lifting Others". The function culminated with the singing of the National Anthem.