

Dr Jitendra convenes high-level security meeting at Udhampur, briefed by incoming GoC

■ STATE TIMES NEWS
UDHAMPUR: Union Minister Dr. Jitendra Singh visited Udhampur on Sunday, where he conducted a review of the security arrangements at a meeting of senior officials of concerned agencies.

Speaking on security concerns, Dr. Jitendra said that appropriate security responses will be ensured. "We will address all concerns and constraints to ensure peace and safety. Miscreants will be dealt with firmly," he added.

Dr Jitendra also disclosed that he had also been briefed and had a detailed meeting with Lt Gen Pratik Sharma who is to take over as GoC Northern Command Udhampur from 1st May.

He appreciated the role of the Indian Army in keeping the morale of the



Union Minister Dr. Jitendra Singh chairing the high-level security meeting at Udhampur on Sunday.

general public high through their strategic presence at sensitive points.

He also extended good wishes to Gen Pratik Sharma who is taking over command at a time when J&K is in focus.

Dr. Jitendra also expressed his appreciation to the district administration, for their ongoing efforts in maintaining law and order and supporting developmental initiatives.

Detailed discussion about hot spots, vulnerability and strategies to plug the same were discussed in length and breath. Directions were issued to work in sync and coordination with all security agencies.

The media was not allowed into the high level security meeting. However, later Dr Singh speaking to the media, said that such details can't be shared in public.

He said, there are certain inputs which are available only with the concerned security agencies and they act accordingly without speaking about it openly but the positive outcomes become visible to public after the success of their action, he said.

Nevertheless, the Minister said , the security forces had spelt out a plan to keep the confidence of the general public high and not let them feel insecure by any means.

Senior officers DIG Udhampur Reasi Range,

Sarah Rizvi , DC Udhampur Saloni Rai, SSP Anod Nagpure, ADDC Rajinder Singh, ADC Prem Singh, ACR Umesh Shan, SDM Chennai Ranjit Kotwal, SDM Ramnagar Rajinder Singh Rana, SDM Dudu Mammeet Kumar & SDM Basant Garh, Waheed Ul Rehman, SDPO Ramnagar, Sultan Mirza, SDPO Chenani Sukhvair Singh, DY SP HQ Prahlad Sharma, Dy SP PC Udhampur Asgar were present on the occasion.

Religious places can become powerful allies in our fight against heart diseases: Dr Sushil

■ STATE TIMES NEWS
JAMMU: In order to educate the masses regarding the ever importance of religion and spirituality in preventing cardiovascular diseases, Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long cardiac awareness cum health check up camp at Sarv Shakti Chandi Mata Mandir, Dhammi Nagrota , Jammu with a purpose to make people aware of this dimension of healthcare particularly with reference to cardiac ailments.

While interacting with the people, Dr Sushil stated religious places act as platforms where large numbers of people gather regularly.

"These gatherings present an opportunity to disseminate valuable health information. Religious leaders, often respected and trusted by their communities, can play a pivotal role in delivering messages about CVD prevention, emphasizing the importance of regular check-ups, healthy eating, and physical activity. Religious texts and sermons can be interpreted to promote body care as a spiritual responsibility, reinforcing healthy behaviors. Religious institutions have traditionally been seen as spiritual sanctuaries, but their influence extends far beyond the realm of faith. One significant, yet often overlooked, contribution of religious places lies in their potential to promote public health-particularly in spreading awareness and



HoD Cardiology GMCH Jammu Dr Sushil Sharma and his team carrying out check up of patients.

encouraging prevention of cardiovascular diseases (CVD). Through various channels, including teachings, community gatherings, and lifestyle influence, religious places can actively shape knowledge and behaviors related to heart health," Dr Sushil said.

He elaborated that previous studies have reported positive relationships between religiosity, general health, and mortality. Some studies suggested that more frequent participation in religious activities led to lower rates of smoking, and others reported that practicing religion may be related to lower all-cause mortality. Religiosity may improve health through several mechanisms. Beyond diet and education, religious communities provide a sense of belonging, emotional well-being, and support. These psychosocial factors are crucial in managing stress, a well-known contributor to cardiovascular disease. People who feel emotionally supported are more likely to adopt and maintain healthy behaviors. Prayer, meditation, and communal worship also contribute to mental peace, further reducing cardiovascular risk. Interestingly, while religiosity offers numerous health benefits, some studies point out a paradox-greater religiosity has also been associated with higher rates of obesity in some communities. This suggests that while religious involvement promotes certain healthy behaviors, it might also coincide with sedentary lifestyles or unhealthy communal eating habits, especially in the absence of health-oriented guidance, he added.

Dr Sushil Sharma in his concluding remarks told that religious places hold untapped potential as hubs for health promotion, especially in the realm of cardiovascular disease awareness and prevention.

They influence not only spiritual lives but also physical well-being through education, lifestyle guidance, emotional support, and communal strength. By incorporating health-based messages into religious teachings and encouraging heart-friendly practices, these institutions can contribute significantly to the fight against CVD. As such, engaging religious leaders and communities in public health strategies could yield profound benefits for individual and collective health.

Management committee of the Sarv Shakti Chandi Mata Mandir Sanjay Gandotra, Dr Deshvir Singh Jamwal, Vikas Singh Jamwal, Davinder Singh, Gourav Bhasin appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum health check up camp and shows their heartfelt gratitude .

Others who were part of this camp include Dr Yashwant Sharma, Dr Venkatesh Yellupu , Dr Dheeraj Jamwal, Dr Rohit Sharma and Dr Tarun Sharma.

Paramedics and volunteers include Raghav Rajput, Rajkumar, Ranjeet Singh, Gourav Sharma, Mukesh Kumar, Rahul Vaid, Makhan Sharma, Paramveer Singh, Mukesh Sharma, Nirvair Singh Bali, Vikas Kumar and numerous volunteers of the Mandir.

Trikuta Nagar Development Council celebrates Foundation Day with zeal

■ STATE TIMES NEWS
JAMMU: The Trikota Nagar Development Council celebrated its Foundation Day with great enthusiasm, marking a significant day of unity and progress.

Arun Gupta, President of the Chamber of Commerce and Industries, graced the occasion as the Chief Guest, along with MLA Vikram Randhawa. Special invitees included MLA Yudhvir Sethi, City BJP leader, and former minister Priya Sethi, who added prestige to the celebration.

The event commenced with the traditional lighting of the lamp by Arun Gupta and special guest Rekha Mahajan, symbolizing the start of a prosperous journey ahead.

Shubh Chandra Verma, while addressing the gathering, reaffirmed his commitment towards the development of Trikota Nagar, promising dedicated efforts for the welfare



Arun Gupta, President of the Chamber of Commerce and Industries and others dignitaries during the event.

of senior citizens.

On this memorable occasion, many distinguished personalities were honoured for their contributions, including Sunit Kumar Gupta, President of J&K Bank, KL Gupta, Ashok Gupta, Dr. Gautam Mengi, and Mansoor Raizada, K.S Sambyal, TC Taggar, Dr Umang and Prof. Vijay Luxmi.

The memory of veteran artist Vijay Gupta was fondly recalled, with his family presenting honors to outstanding artists of the state - Yogendra Gupta, Manoj Chopra, and Pallavi Ghosh - celebrating their artistic excellence.

Delivering the welcome address, K.S Sambyal expressed heartfelt gratitude to all present. The vote of thanks was delivered by T.C Tagore, appreciating the overwhelming support.

Speaking on the occasion, MLA Vikram Randhawa emphasized the importance of community development and assured

full support to the residents of Trikota Nagar.

Arun Gupta reaffirmed that the Chamber of Commerce and Industries stands ready to assist the citizens in every possible way.

The program was graced by a mesmerizing classical dance performance by Pallabi Ghosh and a heartfelt song rendition by Deep Sehgal.

On this special occasion, heartfelt tributes were paid to Vijay Aggarwal, the esteemed founding member of the Nagar Development Council. His immense contributions and lasting legacy were warmly remembered and celebrated.

In his honour, Nitika Aggarwal, his daughter-in-law, graciously accepted the recognition on his behalf.

The event concluded with a strong resolve to work towards a brighter and united future for Trikota Nagar.

High-altitude tourist destinations opened for visitors in Bhaderwah

■ STATE TIMES NEWS
BHADERWAH: The famous high-altitude tourist destinations of Guldanda and Chattargalla in this scenic area of Doda district were reopened for visitors on Sunday amid heightened security arrangements including deployment of army, officials said.

The two much-sought after tourists destinations along the Bhaderwah-Pathankot national highway were closed for visitors as a precautionary measure in the wake of a deadly terrorist attack in south Kashmir's Pahalgam hill resort on April 22 that left 26 people,



mostly tourists, dead.

After fresh review of the security arrangements along with deployment of additional forces, both the destinations were opened this morning with Army and police deployments

enhanced the security grid around all the famous destinations to ensure foolproof security to the tourists after the barbaric Pahalgam terror attack dented the tourism prospects of entire Jammu and Kashmir and left thousands of people jobless.

The high-altitude tourist destinations of Bhadarwah valley, including Chattargalla, Guldanda, Padri, Bhal Padri and Jaie, came to life again with hundreds of tourists from across the country flocking the areas, some of which are still snow-bound, to enjoy their holidays.

After making all the necessary arrangements to ensure the safety of tourists by deploying extra columns of Army, Special Operations Group of Jammu and Kashmir Police and CRPF on the strategic interstate highway, the officials said the tourist traffic was allowed from Nalthi Check post towards Chattergalla and beyond this morning.

He said the patrolling along the Ashapati and Kailash Glaciers have also been intensified to boost the confidence of the tourists.

Troops of four Rashtriya

Rifles, after checking the vehicles, welcomed the tourists with roses as a goodwill gesture. Tourists mostly from Maharashtra, Gujarat, Rajasthan and Uttar Pradesh were seen enjoying the mundane beauty of the Glaciers and while enthusiastically playing with the snow without any fear. According to the data issued by Bhadarwah department Authority, over 3700 tourists have crossed the Nalthi check post till 3 pm, which is a good sign keeping in view the security concerns following Pahalgam terror attack.

Medical student in Jammu hangs self in hostel room

■ STATE TIMES NEWS
JAMMU: A 22-year-old MBBS student committed suicide inside his hostel room in Government Medical College (GMC) here on Sunday, officials said.

Palak Sayed Khan, a resident of Harni village in Poonch's Mendhar area, was found hanging with the ceiling fan inside the boys hostel of the GMC at Bakshi Nagar after the door of his room

was forcibly opened, the officials said. They said Khan was in the second-year of his course and the motive behind his extreme step was not known immediately.

The body was handed over to his family for last rites after completion of legal formalities including post-mortem, the officials said, adding that police have started inquest proceedings to investigate his death.

GMC Jammu's Department of Pediatrics, & IAP City Branch organises CME-'Pediatric Hematology Update-2025 Jammu'

■ STATE TIMES NEWS
JAMMU: Department of Pediatrics, GMC Jammu in collaboration with Indian Academy of Pediatrics (City Branch Jammu) organized a CME on "Pediatric Hematology Update 2025" at SMGS Hospital, Jammu.

This CME was dedicated to encouraging and advancing the knowledge and practice of Pediatric Hemophilia and Thalassemia in India.

Dr. Ashutosh Gupta, Principal & Dean, Govt. Medical College, Jammu was the Chief Guest of this event. While speaking on this occasion he appreciated Department of Pediatrics, for organizing this scientific event which is focused on improving the care for children with Hemophilia&Thalassemia disorder and to spread the knowledge regarding various aspects pertaining to Establishment of Hemophilia and Thalassemia Day Care Centers and the budgeting for care and management of Hemophilia

patients. On this occasion, Dr. Ashutosh Gupta announced that the Genetic OPD shall be conducted in SMGS Hospital, Jammu on every Moday& Thursday and also released the Uniform Guidelines for management of Hemophilia in UT of J&K. He also stressed upon establishment of Hemophilia and Thalassemia Care Centers at newly established Govt. Medical Colleges of UT of J&K which will provide care to the patients at nearest centers.

On this occasion the organizing chairperson of the CME Dr. Ghanashyam Saini, Former-Professor & HoD Department of Pediatrics welcomed the delegates and apprised the gathering about the facilities available for Thalassemia and Hemophilia patients in Department of Pediatrics, SMGS Hospital Jammu.

Dr. Sanjeev Kumar Digra , Professor and HoDPediatrics and organising secretary of this CME while speaking on this occasion



Dr. Ashutosh Gupta, Principal & Dean, Govt. Medical College, Jammu and others during launch of CME.

said that the Thalassemia and Hemophilia are not just medical terms-they represent the lives, struggles, and hopes of people affected by Thalassemia and Hemophilia and their families across the globe. Despite advancements in medicine and technology, access to early diagnosis, affordable treatment, and lifelong care remains a challenge, especially in low and middle-income countries. He said that in Jammu & Kashmir, Thalassemia is

prevalent in Jammu region while Haemophilia is prevalent in Jammu as well as Kashmir region. Therefore efforts are needed to establish "Comprehensive Hemophilia and Thalassemia Care Centers" at newly established Govt. Medical Colleges in Jammu region and "Hemophilia Care Centres" in Kashmir region, which will enhance and strengthen the patient care for such patients and further mitigate their sufferings. This CME was organized keeping in view the

challenges involved in establishing such centres.

During this CME program, the eminent and renowned guest faculty including Pediatricians and other experts from UT of J&K and other States of India delivered lectures, talks and held deliberations on the newer developments in the diagnosis and management of Hemophilia and Thalassemia. The faculty of the CME included: Dr. V.P. Choudhary, Director, Hematology Division Paras

Hospital, Gurgaon, Dr. K. Koul, Former Professor &HoD, Department of Pathology, GMC Jammu,Dr. Naresh Gupta, Professor & Advisor in Hemophilia, Lok Nayak Hospital, Delhi Govt., Dr. Bilal Ahmed Sheikh, Professor & Head, Dept. of Pathology / Blood Centre & Immunohematology, Govt. Medical College Srinagar; Dr. J.S. Arora, General Secretary, National Thalassemia Society, Dr. Shruti Kakkar, Professor, Department of Pediatrics,

Consultant, Clinical Hematology and Stem Cell Transplant Unit, Christian Medical College and Hospital, Ludhiana, Dr. Sanjeev Kumar Digra, Professor &HoD Department of Pediatrics GMC Jammu, Dr. Varun Koul, Professor Pediatrics, Guru Gobind Singh Medical College & Hospital, Faridkot, Punjab, Dr. Surjit Kumar, Assistant Professor Department of Pediatrics GMC Jammu, Dr. Deepika Gupta, Clinical Hematologist, SMVDIME, Kakryal.

Other eminent and renowned Pediatricians / Experts and dignitaries present on this occasion were: Dr. Rakesh Behl, Principal, GMC Doda; Dr. Dara Singh, Medical Superintendent, SMGS Hospital, Jammu; HoD Medicine Dr. Fayaz Wani; HoD Gynae & Obst. Dr. Reema Khajuria; HoD Dermatology Dr. Dev Raj Dogra; HoD Microbiology Dr. Sandeep Dogra; HoD Pathology Dr.Jyotsana Suri;

HoD Anaesthesia Dr. Anita Vig; HoDPediatric Surgery Dr. Saleem Nazki; Dr. Vishal Tandon &Dr. Nusrat Bhat, Professor Pharmacology; Dr. Sunil Dutt Sharma &Dr.Mohd Razaq, Professor Pediatrics; HoD Pediatrics, GMC Kathua Dr. Virender Kumar; HoD Pediatrics, GMC Udhampur Dr. Deepak Kumar; HoD Pediatrics, GMC Doda Dr.Najmus Saqib; Former HoDPediatrics GMC Jammu Dr. Ashok Gupta; Sr. Pediatricians of Jammu: Dr. S.S. Slathia; Dr. N.K. Pargal; Dr. Mahesh Gupta, Dr.Som Nath Bassan, Consultant Anaesthesia GMC Kathua, Dr Parvinder Kumar, Deputy Coordinator Institute of Human Genetics, University of Jammu, Er Sudhir Sethi, President J&K Thalassemia Welfare Society, Rohit Jandial President Haemophilia Society of Jammu, Jagdish Sharma Vice President Finance HFI and Akash Kohli President Haemophilia Federation Society Jammu.