

IRC Jammu organises scintillating programme to celebrate Red Cross Day

Div Com emphasises on reaching out to all those in need of help

■ STATE TIMES NEWS

JAMMU: As a mark of respect to the founder of Red Cross Movement, Sir Jean Henry Dunant, Indian Red Cross Society on Sunday celebrated World Red Cross Day here at Red Cross Bhawan Kachi Chawni with this year's theme "#BEHUMANMANKIND" - endorsing the Power of Humanity of spreading the message on being human and be kind now and in the future as well with our social responsibilities."

The function started with the lighting of a ceremonial Lamp and the hoisting of the Red Cross Flag by the Chief Guest, Ramesh Kumar, Divisional Commissioner (Chairman, IRCS, Jammu Region), Sat Pal Sharma, Secretary, Indian Red Cross Society, Jammu Region and the Executive Committee Members Sanjay Bansal, Anil Kapahi, D.K. Kapoor, Dr. Ramesh Gupta, Neeraj Anand, Deepak Khajuria, Prof. Sunil Uppal and Deepak Gupta.

The Chief Guest (Divisional Commissioner) was presented with a bouquet and Badge by Sat Pal Sharma, Hony Secretary. In his address, the Divisional Commissioner Jammu called for exploring



Div Com Jammu, Ramesh Kumar along with students and officials during World Red Cross Day celebrations at Jammu.

including the team of Executive Members of Indian Red Cross Society, Jammu Region and other Districts.

Floral Tributes were paid to the Red Cross Founder by Ramesh Kumar, Divisional Commissioner (Chairman, IRCS, Jammu Region), Sat Pal Sharma, Secretary, Indian Red Cross Society, Jammu Region and the Executive Committee Members Sanjay Bansal, Anil Kapahi, D.K. Kapoor, Dr. Ramesh Gupta, Neeraj Anand, Deepak Khajuria, Prof. Sunil Uppal and Deepak Gupta.

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In his address, the Divisional Commissioner Jammu called for exploring

full scope for holding activities in a more coordinated and scientific manner to reach out the masses who are in need by giving them Red Cross support.

"This is a unique organization, which with the Govt. support, takes care of every section of society especially the sick and the sufferers in times of disaster and accidents: he said and solicited the cooperation of all departments and members of public for reaching out to the unreached.

Earlier in his address, the Honorary Secretary briefed about the activities being carried out and the future plan of action prepared by the society for unprecedented times.

He also welcomed the Chief Guest, distinguished guests, dignitaries, and the august

audience and participants for making the event successful.

Cultural Items were presented during the function which included Prayer Dance by Students of Carmel Convent School, Kunjwani Jammu, Red Cross Song by Students of Govt. Girls High School, Kachi Chawni, Jammu, Skit on the World Red Cross Day theme #BEHUMANMANKIND by students of Air Force School, Symposium on the theme by 5 different schools.

Doctors and Volunteers who attended 2 day First-Aid Orientation and TRIAGE programme were facilitated by the Chief Guest.

Besides, 5 Sewing machines for further distribution to the widows of BPL families already identified by their respective districts along

with Search/ Rescue kits were also distributed to all the District Branches of Jammu Division to make the Red Cross Volunteers well equipped enabling them to utilize their services during any disasters in their respective districts for disaster preparedness. Moreover, Sewing Machines were distributed to 15 beneficiaries/ women from Jammu District to enable them to achieve financial independence by enhancing their skills.

Meanwhile, in the past one week, IRC Jammu hosted First-Aid Awareness camps at SMVD University, Katra; in the office of Hospitality and Protocol Jammu and BEE ENN Nursing School, while Medical Checkup Camp was held at Pragyal in collaboration with the Indian Army.

Similarly, a Medical check-up and Menstrual Hygiene camp was organized for the women of Maratha Colony, Blood Donation Camps were held at Hotel Radisson Blu and Sant Nirankari Bhawan, Shastri Nagar, Jammu.

The Programme was anchored by Dr. Navneet Kour Founder and Chairman NGO Support and Dr. Shelly Mahajan, M.D Anesthesia, Medical Officer, IRCS Jammu Region.



High time to prioritise preventive & rehabilitative care to support Healthy Aging: Dr Sushil



Dr. Sushil Sharma along with doctors and others during a camp.

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JAMMU: Highlighting one of the important, though often overlooked, relationship between retirees and prevalence of cardiovascular diseases and its associated risk factors, Dr. Sushil Sharma conducted a health check up cum awareness camp in collaboration with Central Government Pensioners Welfare Association at Day care cum wellness centre, Exhibition ground, Jammu.

At the outset, he informed that though the potential health effects of retirement are largely neglected in the policymaking but there is a growing body of academic literature on the health effects of retirements. Numerous studies across the world concluded that retirees had a higher risk of being diagnosed with CVD than working people.

Retirement may influence the development of CVD through behavioral pathways, such as changes in smoking, alcohol consumption, physical activity, and diet. These health behaviors themselves are risk factors for CVD, and can affect other CVD metabolic risk factors, such as diabetes and

hypertension.

Moreover, retirees' CVD risk may also be influenced by retirement-related changes in mental and physical health.

Dr. Sushil emphasized that numerous studies echoed increased leisure time following retirement responsible for promoting sedentary behavior. However, there is strong evidence that retirement increases adiposity measures among those especially retired from physically demanding jobs.

Studies conducted to evaluate the association between anthropometric variables and CVD risk factors unequivocally concluded that retirees have a higher risk for CVD than non-retirees and weight and body mass index are the major determinants.

Going forward, it will be important to further explore the mechanisms potentially linking retirement and CVD since the mechanisms differ from countries to countries, gender, socio-economic status, type of family, ageing and unhealthy behaviours viz., intake of alcohol, smoking and poor diet. Additionally, a sustained government support and a

sense of belongingness and collaboration among families, communities, institutions of civil society, and the insurance sector helps in addressing the changing lifestyles, healthcare costs and regulating certain modifiable risk factors for CVD among retirees.

It's high time to prioritize preventive and rehabilitative care to support healthy ageing for all retirees, who once served our society with utmost dedication and sincerity, he added.

More than 150 individuals were screened, evaluated for Cardiovascular, Orthopedics and Eye related problems. Blood Sugar, Lipid Profile, HBA1C Levels were screened besides ECG. Free medicines were also given as per the requirements

Management Committee of the Central Govt. Pensioners Welfare Association Kuldeep Khuda (President), K B Jandial (Gen. Secy), O P Sharma (Treasurer) expressed their heartfelt gratitude to Dr. Sushil and his team for organising Medical Cum Health awareness camp.

Others who were part of this camp include Dr. Rajinder Singh (Consultant Orthopaedics), Dr. Dhaneshwer Kapoor, Dr. Anjumand Nazir, Dr. Shagufta Iqbal, Dr. Romana Mir, Dr. Tapan Sharma, Dr. Rukhsana Kouser, Dr. Neharika Verna and Dr. Kritika.

Paramedics and Volunteers includes Kamal Sharma, Ranjeet Singh, Rajkumar, Manav Sharma, Maninder Singh, Milan Kapoor, Akshay Kumar, Rajinder Singh, Gourav Sharma and Vikas Kumar.

Sunjwan Ward-74 out of purview of JJM's 'Har Ghar Nal Se Jal'

Taps remain dry, water supplied once in a fortnight

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JAMMU: Despite big claims of the government to provide tapped water to every household whether in rural or urban areas under the Central Government's sponsored scheme Jal Jeevan Mission (JJM), the Sunjwan area falling in ward no 74 seems to be out of purview of this scheme because the water supply remains affected for days together forcing the people to buy water from private tanker operators.

This situation has forced the people to face the brunt during the summer months as drops of water falls in the taps of the people on fortnightly basis thus making their lives a virtual hell. What is more agonizing is the fact that despite complaints and



queries the people sitting at helm are unmoved and have done nothing substantial to rectify the problem. The area falling well within the JMC's jurisdiction is facing this problem for quite some time now but there is no one to listen to the plight of the affected lot as people are buying

water for daily needs and life has become miserable.

Surinder Gupta, a local, said that a feeling comes in mind as we are the second class citizens. He said that people of this ward are victims of official apathy as they only know how they are managing things in the absence of

regular water supply.

Another resident Rupesh Kumar said that water tankers are the only source of drinking water for the people living in the vicinity. "From government side people are not getting any help as the promise of tapped water to every household seems to be a sham because our taps remain dry for days together", he said, adding that JMC should come out of slumber to do something to ensure water supply at least once a day.

While talking to STATE TIMES, Sobat Ali, Councillor Ward No 74 has confirmed that this ward is worst affected as there is no one to listen to the plight of people who are struggling to cope up with acute dearth even the

potable water leave aside the ease of water for other purposes. He said it is irony that the government is boasting about making Jammu a Smart City but the reality is that people here are lurching for tapped water and are relying on private contractors to cater to their daily needs regarding water.

It is a matter of great concern that those responsible for providing water to the localities falling under aforesaid ward are indifferent and in no mood to act in the direction to provide the water to hundreds of households affected by their lethargic approach towards duty.

Despite repeated attempts, Mayor Chander Mohan Gupta could not be contacted for comments.

Delimitation Commission final report, order a slap on opposition's face: Abhinav

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JAMMU: "The submission of the final Delimitation Commission report on Jammu and Kashmir and the Order thereafter in this regard has added yet another feather to the cap of Bharatiya Janata Party and its Govt at the Centre led by PM Narendra Modi. This has proved beyond doubt that BJP is relentlessly continuing its endeavour to fulfill its promises made to the people of the world's largest democracy especially to the people of Jammu and Kashmir."

This was stated by Abhinav Sharma, Spokesperson, BJP, J&K while commenting on the Delimitation Commission Report submitted by the Commission here today.

In a statement issued here today, the senior BJP leader said that ending decades old regional discrimination besides discrimination against various communities in Jammu and Kashmir has been finally brought to end with the landmark report and the order in this regard on its implementation. He asserted that this historical development is a big slap on the opposition parties with their leaders parroting 24X7 a false narrative that BJP Govt is a Jumla government doing nothing except making false promises to fool the people.

Abhinav Sharma said that the delimitation of constituencies in Jammu and Kashmir has been

possible only because of the decision of abrogating Articles 370 and 35A by the Modi led Govt at the Centre and this part of the nation is slowly but steadily undergoing an unprecedented transformation and New Jammu and Kashmir is in the offing. Abhinav Sharma said that it is high time that the opposition party leaders stop criticizing every achievement, step or measure taken by the BJP and its Govt without going into merits. He quipped that unlike the party that ruled India for maximum period post independence, his party believes in working for the welfare of the people by fulfilling the promises made by it before going to elections or while being in governance. The senior BJP leader asserted that the Party believes in deeds and not in mere words. "The BJP Govt at the Centre received global accolades for handling the Covid-19 pandemic and the vaccination programme against the deadly virus. It is only the nation's opposition party leaders who continue to create false narratives with the sole aim of maligning BJP and the Union Govt led by PM Modi," he added.

Abhinav Sharma said that people cannot be fooled by creating false narratives anymore as they have already understood the game plan of these parties and are fully prepared to teach them a lesson in the coming Assembly elections in J&K which will be announced any time now.

Abdullah asks youth to take proactive role in voluntary social service

■ STATE TIMES NEWS

SRINAGAR: National Conference (NC) president Farooq Abdullah Sunday urged the youths of Jammu and Kashmir to proactively take part in voluntary social services.

In his message on the Red Cross Day, Abdullah said the Red Cross's importance in the prevention and alleviation of human suffering assumes more importance in contemporary times. He said it was a privilege for him to have his mother Madar-e-Maharban Begum Akbar Jehan Abdullah as the state head of J-K Red Cross society from 1947 to 1957. She used the platform of the Red Cross to help the people across the state. She organised peace committees in Srinagar in 1946 and established state branch of Indian Red Cross Society in 1948-49 and was its first president.

She worked for the welfare of children and women, and established J&K Mahaz-e-Behboodi e Khwateen, Miskeen Bagh in November 1975, he said. Laying emphasis on the involvement of youth in Red Cross programmes and extending services to people, Abdullah said the youth of today should voluntarily come out for such services whenever they get a chance. The Red Cross, he said, is a body dedicated to the help and welfare of poor and destitute.

I take this opportunity to applaud the role played by the Red Cross during the calamities and hours of challenge. Moreover, the society should make students more aware of the activities of the Red Cross and encourage them towards serving the cause of humanity," he said.



youths.

The unemployed and the other under-employed youth were the most disappointed lot with the Govt treating them as mere expendables. He said that absorption of educated unemployed youth in gainful employment, regularization of DRWs and contractual needed to be the priority of the AAP in the days to come.

Kejriwal assured Singh of a fair deal to the educated unemployed youth.

He said that Delhi Govt had provided jobs to over 10 lakh youth and was in the process of creating additional avenues as a measure of

youth empowerment.

He said that he was committed for timely regularization of the temporary employees.

Kejriwal further reiterated the commitment of the party to provide free power and drinking water to the people of UT in case the party was voted to power.

He wished good luck to Harsh Dev Singh and expressed the hope that party would benefit immensely from his political acumen and experience.

Those who were present in the meeting included Gagan Pratap Singh, Purshotam Parihar and Sudesh Dogra.

Harsh Dev holds meet with Kejriwal, discusses J&K issues

■ STATE TIMES NEWS

NEW DELHI: Former minister and AAP leader Harsh Dev Singh held a meeting with Arvind Kejriwal, National Convenor of the party and Delhi CM and discussed several issues pertaining to the UT of J&K at New Delhi on Sunday. Pertinent to mention that Harsh Dev Singh had only yesterday joined AAP along with several other senior leaders and prominent political persons of the UT.

Apprising Kejriwal about the present scenario prevailing in J&K, Harsh Dev said that the erstwhile state had been rattled due to the reckless conduct of the powers that be.



AAP leader Harsh Dev Singh during a meeting with Arvind Kejriwal, National Convenor AAP and Delhi CM.

With mal-governance galore, the economy, trade, tourism and general development had received the deadliest blow during the last few years.

The power and water crisis had created massive resentment against the government

in the entire UT. A deep rooted culture of patronized corruption was prevalent in the UT with the general masses having lost their faith in the prolonged central rule forced over the erstwhile state for the last more than 3 and a half

Congress holds workers' meeting in Akhnoor

Non-responsive approach of BJP Govt hurting every section of society: Bhalla

■ STATE TIMES NEWS

AKHNOOR: JKPC Working President Raman Bhalla on Sunday claimed that people of all sections are completely fed up with the BJP's performance in the Govt and its anti-youth, anti-poor and anti-people policies, as there is uncontrolled price rise, record unemployment in J&K, besides anti employees, anti trade, anti farmers and anti people policies of BJP.

Former Minister was addressing public meeting at Maira Mandrian in Akhnoor organized by Congress leader Satish Sharma.

Prominent among those present on the occasion include Kuldeep Verma Ex MoS, Praveen Kumar BDC Chairman, Jaswant Singh, Gian Chand, Sham Lal, Bachan Singh, Ashok Kumar, Bodh Raj, Madan Lal, Om Prakash, Kuldeep Sharma, Darshan Kumar.

Bhalla said that Congress had been at the forefront to oppose the anti-people policies being imposed on the people through the backdoor by the bureaucrats as there was no elected government in J&K for the past three and half years now.

He said people had no representation or forum to raise their voice against the anti-people policies of the BJP.



JKPC Working President Raman Bhalla and others during a rally.

He said that having failed to give employment to a huge percentage of educated unemployed youth, the Centre and the J&K administration were beating about the bush and finding faults in the past governments.

He claimed that people want change, as BJP has failed on all fronts of governance especially unchecked price rise, record unemployment besides other anti employees, in anti trade, anti poor politics.

Bhalla said that people of all sections have turned against BJP, that is why elections are being delayed in fear of losing elections.

Congress party stands for change and people will throw out BJP in next assembly elections, he claimed and said that party will go to the people with BJP's anti-people policies.

Bhalla ask workers to visit every single area of the constituency and convey the Congress party's agenda of

development, peace and communal harmony.

Accusing the BJP of polarizing the country to "hide its failures and neglecting people of J&K", Bhalla said, "It is time to and give a befitting reply to those who were hell bent on trying to destroy the social fabric of the J&K."

Bhalla asked the workers to caution the people in not falling prey to the divisive agenda of communal forces and elect a developmental, peace loving and communal harmony supporting Congress party.

"This Tehsil is very old and it has its own historic importance. The creation of a separate District will help the residents of Akhnoor for effective administration and development," said Bhalla.

Satish Sharma in his address maintained that BJP government failed in providing basic amenities like water, power to the common person of J&K.