

ASC College of Nursing Education celebrates International Nurses Day

■ STATE TIMES NEWS
JAMMU: Acharya Shri Chander (ASC) College of Nursing Education celebrated International Nurses Day and also organized Oath Taking ceremony and Exhibition under the aegis of NSS Gaillardia Chapter 16, J&K, Jammu in collaboration with J&K Paramedical and Nursing Council, Jammu. Dr. Pavan Malhotra, Director Principal, ASCOMS was the Chief Guest who lit the ceremonial lamp and inaugurated the exhibition.



Director Principal ASCOMS, Dr. Pavan Malhotra lighting a ceremonial lamp.

D.K. Batra, Secretary, ASCOMS & Hospital and Special Guest was Dr. Sandeep Singh, Registrar, Jammu & Kashmir Paramedical & Nursing Council, Jammu.

Other dignitaries present were Poonam Paul, Assistant Professor, GNC, Jammu & Vice President, Gillardia Chapter 16, J&K, Dr. Ravinder K Gupta, Prof & HOD, Paediatrics & Vice Chairman Sports & Cultural Activities, ASCOMS, Dr. Rabinder Rattanpal, Medical Superintendent, ASCOMS Hospital, Dr. Meraj Din Chouhan, DGM (Hosp. Adm & Audit), ASCOMS & Hospital were also present.

Dr. Pavan Malhotra appreciated the wonderful creative work done by the students by using waste materials.

On 12th of May 2023, events of International Nurses Day and Oath taking ceremony of 1st year B.Sc. Nursing and GNM Students were organized. The Chief Guest on this occasion was

Pandita, Matron, ASCOMS Hospital, faculty, staff and students of ASCONE.

Prof (Dr.) Indra Moza, Principal, Acharya Shri Chander College of Nursing Education, welcomed the Chief Guest, Special Guest and other dignitaries. She explained about the importance of International Nurses day and advised the students to follow the footsteps of Florence Nightingale who choose this noble profession of Nursing and used to visit the sick and injured soldiers during day and night in Crimean war and was called as "Lady with Lamp". She was the pioneer of modern nursing. She

defied the environmental theory which is very important to cure a patient which includes a triangle depicting the three main important things, i.e. physical, social and psychological environments.

Special Guest, Dr. Sandeep Singh in his address appreciated the efforts of Dr. Indra Moza, Principal, ASCONE and her faculty, staff and students. He was very much impressed with the creative work done by the students by using waste materials. He also promised to get sanctioned Post Basic B.Sc. Nursing Course to ASCONE which will add another feather to its crown.

The students also presented scintillating cultural performances which were highly appreciated by one and all. Mementoes were also presented to the dignitaries, Faculty and students.

The vote of thanks was presented by Prof. Davinder Kaur, Vice Principal of Nursing College who thanked one and all for sparing their valuable time to grace this occasion.

Rashtriya Hindu Kalyaan Sangathan organizes medical camp



Rashtriya Hindu Kalyaan Sangathan members with doctors at a medical camp.

■ STATE TIMES NEWS
JAMMU: Rashtriya Hindu Kalyaan Sangathan on occasion of Mother's Day organized free medical camp at Shri Guru Ravi Dass Temple Krishna Nagar, here on Saturday in collaboration with Sure Diagnostic Specialized Lab, Sharp Sight Eye Hospital and Department of Ayush.

The camp was organized with an aim to free medical treatment to economically backward and remote inhabitants of Krishna Nagar Jammu.

A team of highly specialized doctors and staff from the Quality Healthcare Hospital were made available under one roof for free medical check-ups, dispensing free

medicines and rendering advice in maintaining good health and nutritional lifestyle to all patients who turned up for health check-up and consultation.

Speaking on this occasion, Dr. Sumedha Mengi, Director and Chief Pathologist Sure Lab and Advocate Pooja Uppal President Women Wing Rashtriya Hindu Kalyaan Sangathan and Sunny Pradhan National President of Sangathan said that organizing such free medical camps is necessary in both rural as well as urban areas and will organize free medical camps in future too.

Adv. Pooja Uppal said that Rashtriya Hindu Kalyaan Sangathan will continue to

serve people. She said the Sangathan has played a pivotal role by extending medical assistance to general public with Quality Care Hospital "in this area where people are deprived of special medical facilities, so their sangathan will help all the public.

Janvi Sharma Vice President Rashtriya Hindu Kalyan Sangathan added that their aim is to serve public and help them.

Rastriya Hindu Kalyan Sangathan extended heartfelt gratitude to team of Dr Dheeraj Sharma and Dr Vishali, Dr. Sumedha Mengi, Dr. Amardeep Singh CEO Diva International Foundation and team of Sharp Sight Eye Hospital.

Dulloo flags off consignment of vegetable seedlings for Gurez

■ STATE TIMES NEWS
SRINAGAR: Additional Chief Secretary (ACS), Agriculture Production Department, Atal Dulloo, on Saturday flagged off a consignment of vegetable seedlings of tomato, brinjal, chillies, kale, saag khanyari, red cabbage, green cabbage for Gurez under Holistic Agriculture Development Programme (HADP). ACS said that efforts are being made for vertical and horizontal expansion of vegetable cultivation and this consignment was part of that. He said that department is endeavoring to extend vegetable cultivation to far flung areas of J&K and sending first consignment of vegetable seedlings to Gurez is one such step in this direction. He said that vegetable cultivation has a huge potential to boost socio-economic landscape of the concerned farmers. ACS said that commercial vegetable farming has been identified as a key factor in achieving the economic prosperity of farming community. Director Agriculture, Kashmir, Chowdhury Mohd Iqbal, Director Horticulture, G R Mir and other senior officers were present on the occasion.

Two days CME-cum-workshop on Mechanical Ventilation begins



Dr. Shashi Sudan Sharma, Principal & Dean, GMC Jammu and others at a workshop.

■ STATE TIMES NEWS
JAMMU: A two days CME-cum-workshop on Mechanical Ventilation being organised by the Department of Anaesthesiology and ICU, GMC Jammu under the aegis of Indian Society of Anaesthesiology (ISA) Jammu branch and Indian Society of Critical Care Medicine (ISCCM) began here on Saturday.

The CME has been organised under the patronship of Dr. Shashi Sudan Sharma, Principal & Dean, GMC Jammu. In her inaugural speech, she lauded the Department of Anaesthesia

for conducting such an academic feast which is going to train doctors of the J&K and improve patient care drastically.

The workshop has been organised under the leadership of Dr. Anju Jamwal, Professor & Head of the Department of Anaesthesia, Dr. Anita Vig, President ISA Jammu Branch and Dr. Anjali Mehta, Vice President ISA Jammu.

The faculty which conducted the training programme included Dr. Saurabh Taneja, Dr. Vinod K Singh and Dr. Niraj Tyagi from Sir Gangaram Hospital New Delhi, Dr. Amit Madaan

from Patil Hospital Jalandhar, Dr. Kishor Mangal from Fortis Hospital Jaipur, Dr. Saurabh Mehra from Fortis Hospital Noida and Dr. Ashish Garg from Garg clinic Chandigarh.

The two-day course is being attended by more than 80 delegates from across the J&K. Under graduates, post-graduation, faculty members and specialists from hospitals like GMC Jammu, ASCOMS Hospital, GMC Rajouri, Narayana Hospital, Gandhi Nagar Hospital, ESI Hospital are taking part and doing hands-on training.

The course includes training the delegates about different criteria of putting critical patients on the ventilator, newer modes of ventilation, management of these patients and early and timely extubation.

Courses like these will go a long way in improving the skill of our doctors across the state, especially those taking care of critical patients, especially those on the ventilators in the ICU.

International Nurses Day celebrated at SMGS Hospital Jammu



Medical Superintendent SMGS Hospital Dr. Dara Singh with nurses and others at an event.

■ STATE TIMES NEWS
JAMMU: International Nurses Day was celebrated on Saturday at Auditorium of SMGS Hospital Jammu.

Principal & Dean GMC & AH, Prof. Shashi Sudan Sharma was the Chief Guest on the occasion whereas Medical Superintendent Dr. Dara Singh was the Guest of Honour.

Program started with National Anthem followed by Traditional Lamp-lighting & Cake-cutting ceremony by the dignitaries marking the birthday of Legendary Mother Florence Nightingale.

All the HODs, HOU's, faculty, registrars, residents accompanied by Medical Superintendents and Dy. Medical Superintendents from GMC & Associated Hospitals, Ex-Matrons & Nursing Supervisors with Junior/Senior Nursing Staff & Students were also present in the event.

Various cultural events including Punjabi and

Dogri Dance items with skit and lectures presented by nursing staff were the highlights of the show. Crown of Glory for year-2023 was presented to Matron Nirmal Kumari by the Chief Guest whereas Nightingale Award of the Year-2023 was presented to Pawanjeet Kour Assistant Matron and President of Nursing Association.

While addressing the gathering, both Chief Guest & Guest of Honour highlighted the sacred and pious role of nursing staff in the treatment of patients and promised to take necessary administrative measures for upliftment and benefit of nursing staff in coming future. Mementoes and gifts were distributed among dignitaries invited and retired officials were honoured with life-time achievement awards for their contribution in healthcare services.

Vote of Thanks was presented by Deputy Medical Superintendent Dr. Rakesh Kumar Sharma.

JU celebrates 2nd alumni meet in collaboration with UJAA

■ STATE TIMES NEWS
JAMMU: The Department of Library and Information Science, University of Jammu (JU) on Saturday organized the SECOND alumni meet in collaboration with UJAA to reunite the alumni and let them remember their good old memories of the department.

The event started with a welcome note from Prof Sangita Gupta, Head of DLIS and Dean, Social Sciences.

Prof. Rajnikant, Dean Research Studies, JU and Prof. Prakash Antahal, Dean Students Welfare, JU addressed the audience and inspired them and guided them towards their role as an

alumni. Prof. Rajnikant also highlighted the importance of this day from the perspectives of the success celebration. Dr. Parkash told the audience to believe in themselves.

The invited guests and alumni also shared their ideas, experiences, and feedback. The whole session was moderated by Diksha Sharma, and Pooja Rana, Research Scholars DLIS. Vote of thanks was presented by Ashwin K Kushwah.

The program ended up with beautiful cultural items. More than 100 Alumni/Assistant Professors, Faculty members and Scholars attended this event.



Prof. Rajnikant, Dean Research Studies, JU and Prof. Prakash Antahal, DSW JU and alumni during a programme.

J&K Cong celebrates party's victory in Karnataka Assembly polls

■ STATE TIMES NEWS
JAMMU: Jammu and Kashmir Congress workers on Saturday burst crackers and danced to drum beats here to celebrate the party's performance in the Karnataka Assembly polls.

According to the latest trends on the Election Commission's (EC) website, the Congress was striding forward in 136 of the 224 Assembly seats in the southern state.

Jammu and Kashmir Pradesh Congress Committee president Vikar Rasool Wani, working president Raman Bhalla, chief spokesperson Ravinder Sharma and other party leaders joined enthusiastic workers outside party headquarters at Shaheedi Chowk, crediting the win to the Rahul Gandhi-led Bharat Jodo Yatra.

"We congratulate the voters of Karnataka for rejecting the divisive politics of BJP and vot-



JKPCC Working President Raman Bhalla leading celebration of Karnataka win at Jammu.

ing for secularism. They tried to mislead the public in the name of Bajrangbali but Bajrangbali favoured Congress," Wani told reporters.

He claimed that BJP's poll campaign revolved around Hindu-Muslim while Rahul Gandhi through his yatra made the people aware about the fall-out of polarisation and spread the message of love.

"After Karnataka result, I do not think they will go for assembly elections in J&K. The peo-

ple here want restoration of democracy and statehood, land and job rights and we will go all out against BJP in the run up to the assembly elections in Jammu and Kashmir," the Congress leader said. Bhalla said the people of Karnataka showed their political maturity by voting against "dictatorship and divisive politics".

"We salute the people of Karnataka. After Congress regaining control in Himachal Pradesh, this election result will

be a trendsetter for the next year's general elections as people have decided to teach a lesson to BJP for its anti-people policies," he said.

Party working president said the change is visible and is expected to reach every nook and corner of the country, an outcome of the 32,18 kilometer yatra from Kanyakumari to Kashmir. District Congress Committee (DCC) Jammu Rural along with Pradesh Youth Congress organized a grand celebration of Congress' imminent victory at Jammu North Assembly Segment here today. The function was held in the august presence of Mula Ram senior Congress leader and former minister, Uday Bhanu Chib President Youth Congress Jammu and Kashmir, Hari Singh Chib President DCC Jammu Rural, Rajni Bala Corporator Ward No 60, Mula Ram, former min-

ister in his address said the victory of Congress in Karnataka elections is just the beginning of the end of Bharatiya Janata Party's misrule that threw democracy and democratic principles to tatters.

Hari Singh Chib, President DCC Jammu Rural said that the credit for the Congress victory in Karnataka goes to Party High Command Sonia Gandhi, Rahul Gandhi, Priyanka Gandhi, Congress Chief Mapanna Mallikarjun Kharge, K C Venugopal under whose supervision the party's well devised strategy for the said polls turned out to be a great success.

Uday Chib, Youth Congress President, in his speech, congratulated the people of Karnataka for the historic win of Congress and asserted that only Congress party can fulfil the aspirations of people of this nation.

Ravi said.

The Heartfulness team comprised of Rachhpal Singh Manhas, Centre Coordinator, Dr Raj Pal, Ashram Manager, Dr Ravi Kant, HFN trainer and Arun Jandial, HFN volunteer.

The team thanked the Medical Superintendent for the opportunity and has urged heads of the educational institutions and organisations interested in the physical and mental wellness of their students and employees to avail their services by contacting @ heartfulness.org or local unit at 9419297299.

improvement in their mental health.

Trainer, Dr Ravi Kant gave the participants practical experience of the Heartfulness techniques including relaxation, meditation, cleaning (rejuvenation) and connecting to the ultimate source through prayer.

"Heartfulness is a simple and subtle practice of meditation that connects each of us with the light and love in our hearts through a network of thousands of global heartspots. It offers the world a daily practice that awakens our potential for simple joyful existence," Dr

Three-days Heartfulness Workshop concludes

■ STATE TIMES NEWS
JAMMU: Three-days Heartfulness Workshop organised by Heartfulness Institute Jammu at Government Hospital Sarval from May 11, concluded on Saturday.

The workshop was organised on the initiative of Dr Vijay Raina, Medical Superintendent of the Hospital, for the benefit of doctors, paramedics and other staff members.

It is in continuation with a series of such workshops being organised throughout the country under the initiative called "Har Dil Dhyani, Har



Participants performing yoga during a workshop in Jammu.

Din Dhyani" to specially emphasize the importance of heart based meditation to be done every day by everyone.

This campaign has been launched by Ministry of

Culture in collaboration with Shri Ram Chandra Mission and Heartfulness Institute for helping individuals and communities discover inner peace, joy and overall being for

Mission Shakti DHEW Jammu celebrates National Technology Day



Shagun Manchanda, District Mission Coordinator, Mission Shakti DHEW Jammu with others at a programme.

■ STATE TIMES NEWS

JAMMU: Mission Shakti, District Hub of Empowerment of Women (DHEW) Jammu celebrated National Technology Day in School of Biotechnology University of Jammu by creating awareness regarding various Govt schemes and services. Shagun Manchanda, District Mission Coordinator, Mission Shakti DHEW Jammu highlighted the working of Mission Shakti DHEW Jammu in empowering women and role of technology to create the diverse fields for the growth of women. Further the proceeding of seminar was continued by Khushboo Kapte Gender Specialist, DHEW Jammu in which she

explained in detail various schemes of the govt meant for the empowerment of women Prof. BK Bajaj Director of School of Biotechnology University of Jammu, Prof. Madhulika, Prof. Ankit and other staff members and students of the department were present in the seminar. It was a very interactive session in which various queries of students and staff related to various schemes were resolved.

Pamphlets of DHEW Jammu were also distributed. At the end of session Director of School of Biotechnology appreciated the staff of Mission Shakti DHEW for their contribution towards the upliftment of women in the society.

IRP-7th Bn organises Yoga session, medical camp

■ STATE TIMES NEWS

JAMMU: IRP 7TH Battalion, Kot Bhalwal (Seri) Jammu on Saturday organised a Yoga session and a Medical camp at Battalion Headquarters under the supervision of Sukhdev Raj, Commandant of the Battalion, Nasir Ahmed, SP, Tilak Raj Rana-SP, Vijay Dhar, DySP, Jitender Singh, DySP, Sushma Kotwal, DySP of the Battalion. BDC Chairperson, Kuldeep Raj Baghat and other civil society members Parvinder Singh, Raj Nargotra, Satyam Gupta took part in the programme. The camp was inaugurated by the Yoga instructor Dr. Himani Butyal. The Yoga instructor spoke about

the importance of Yoga in daily life. Besides, a medical camp was also organized in which the health checkup programs were started. The Medical Team consisted of Dr. Pawan Bhagat, Dr. Sunil Kout and other doctors, under the supervision of Dr. Jitender Bhagat (medical officer). All the officers/officials were screened for hypertension and follow up was done for the known hypertensive. Free drugs were dispensed. Main complaints among the officers/officials were related to back pain and knee pain and which were treated symptomatically. The officers/officials with altered findings to the old treatment were referred to higher centres for further need.