

## Dr Ratnakar Sharma joins as HoD Surgery, GMC Jammu



Prof (Dr.) Ratnakar Sharma assuming charge of Head of Department (HoD), Deptt of Surgery, Govt Medical College, Jammu.

### AAP exposed in money laundering case: Yudhvir

#### ■ STATE TIMES NEWS

JAMMU: J&K BJP Vice President, Yudhvir Sethi on Tuesday asserted that the Aam Aadmi Party (AAP) has exposed in front of people of the country as the senior APP leader and Health Minister of Delhi Satyendar Jain was arrested by the Enforcement Directorate in a money laundering case. In a statement issued here today, Sethi alleged that the AAP chief's Arvind Kejriwal stand on the aforesaid issue shows that he not only condones corruption but is also involved in it. He said that the statement of Arvind Kejriwal in a section of media shielding Jain exposes the Aam Aadmi Party. "Kejriwal always kept mum on corruption charges against his party leaders. The arrest of Jain by the ED has come days after an AAP minister was arrested and sacked in Punjab," he said. Noting that former Punjab Health Minister Vijay Singla was also arrested in a corruption case recently, he alleged that the AAP has maintained a "100 per cent corruption" record.

The allegations of money laundering against Jain are serious, he said and noted that he had so far got no relief from any court. He asserted that if Punjab Health Minister was sacked then what was stopping the AAP leadership in sacking Jain from the Cabinet.

It clearly shows the double standard of AAP towards its leaders, he said. "Aam Aadmi Party always talks about honesty, but now people want to know when the AAP leadership will remove Jain from his Cabinet. Jain should have been arrested much earlier. Kejriwal has been protecting him for years," he added. The senior BJP leader said that the BJP Government at the Centre has zero-tolerance against corruption and will continue to target graft. He maintained that polls keep taking place in the country, and probe agencies cannot be asked to step back from acting despite evidence because of elections. He maintained that corruption was viewed as an essential part of government before 2014 but India witnessed a sea change in the last eight years due to the BJP-led dispensation's zero-tolerance towards graft.

## Flu cases peak amid Monsoon season: Paediatrician suggest flu vaccine for all school-going kids

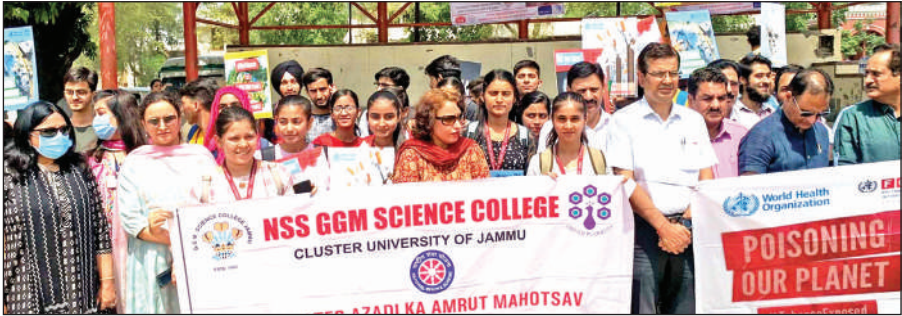
#### ■ STATE TIMES NEWS

GUWAHATI: Transmission of influenza (flu) virus happens through the nose and respiratory tract particularly when kids share close quarters like they do in school classrooms. Children younger than 5 years are at higher risk of developing serious flu-related complications, hence flu vaccination should be made an integral part of the child's back to school plan. This coupled with COVID appropriate behaviors of masking and sanitizing should protect the child from seasonal infections. Experts predict we may be in for a difficult year when it comes to the flu. Highlighting the need for the influenza vaccine for Dr Nirmal Jain, MBBS, MD -(Paediatrics) Gauhati Medical College and Hospital, Guwahati said, "Recently, many children have been exposed to

the external environment and have begun spending time outside. Because children have been staying indoors for the past two years, there could be a resurgence of infectious diseases. With the onset of monsoon season children are most susceptible to respiratory illnesses. Infants under the age of five are especially vulnerable to influenza. Those with comorbid conditions like asthma, heart disease, and people over 65 years of age are also severely impacted. Flu vaccination is considered a necessity to prevent the spread of the disease within the family and the community. Co-infection between influenza and covid has also been observed. Children below the age of 12 do not have access to the Covid vaccine, making it essential to get the flu shot. This will minimize the chances of co-

infection. Diagnostic screening is necessary to differentiate between COVID and influenza in children and to recommend the appropriate vaccine. Washing hands regularly and regular masking contribute to preventing the spread of infections. The Flu vaccine is updated every year in response to changes in virus strains. It is advisable to get the vaccine as early as May, as it takes a few weeks for the antibodies to build up during the Flu season (June-September)". Flu can result in up to 35% increase in OPD visits and excess hospitalisation in children. Vaccination is the most effective way to prevent flu infection, which affects at least 4 out of 10 children in the pre-school age and a minimum of 3out of 10 children in the age group of 6 to 12 years, during outbreaks.

## NSS unit of GGM Science College participates in World No Tobacco Day Awareness Rally



NSS volunteers and faculty members during an awareness rally.

#### ■ STATE TIMES NEWS

JAMMU: GGM Science College under the patronage of Principal Dr. Ravender Tiekoo participated in World No Tobacco Awareness Rally organized by Directorate Health Services.

The rally was flagged off by Director Health Services, Principal GGM Science College and Principal SPMR

Commerce College. The rally started from GGM Science College en-route Jewel Chowk to Dogra Chowk and back to the college.

The event was coordinated by NSS Program Officers of both colleges.

The NSS volunteers raised slogans to make the general public and masses aware of harmful effects of the use of

tobacco.

The World marks World No Tobacco Day on 31st May every year, to raise awareness of the negative health, social, economic and environmental impacts of tobacco production and use.

The theme for this year's No Tobacco Day is 'Poisoning our planet Quit before it kills you'.

## DIPR accords farewell to Gul Hussain Kraipak

#### ■ STATE TIMES NEWS

JAMMU: Department of Information and Public Relations today accorded a warm farewell to Gul Hussain Kraipak, Deputy Director Information (PR) Jammu who is proceeding on superannuation after rendering more than 35 year service.

Joint Director Information Jammu, Namrita Dogra, Deputy Director (HQ), Dr. Rehana Akhtar Bijli and other officers and staff wished the retiring officer a very happy, healthy and prosperous post



DIPR officers according farewell to Gul Hussain Kraipak, Deputy Director Information (PR) Jammu.

retirement life.

Cultural Wing of the DIPR also presented a cultural programme which was highly appreciated by the audience.

Among others, present were Cultural Officer, Parul Khajuria, Field Publicity Officer, Mukesh Kumar besides staff of the Department.

## CGPWA observes Swachhta Pakhwada in Jammu

#### ■ STATE TIMES NEWS

JAMMU: The Central Govt Pensioners' Welfare Association (CGPWA), Jammu observed Swachhta Pakhwada being observed from May 16-31. It conducted several activities during this fortnight.

An awareness camp was organised at the School for Hearing & Speech Handicapped (Deaf & Dumb) Shahedi Chowk where students were apprised in sign language the significance of cleanliness and the role of every citizen in this Swachh Bharat Mission launched by the PM Modi which has been acclaimed world over.

The School Principal Roshan Bhan spoke about its significance in our daily life. On the occasion, two Divyang students too explained the Mission in sign language to their fellow students and pledged to work



CGPWA members posing for a photograph during an awareness programme at Jammu.

for this Mission.

The Association also undertook cleanliness work in segment ten of Greenbelt park of Gandhi Nagar in collaboration with the Greenbelt Morning Walkers Association.

This segment is now kept clean including the open Gym area leading to visits of morning & evening visits of many more walkers from different

areas like Trikuta Nagar, Shastri Nagar and Gandhi Nagar areas in view of cleanliness and environment.

Services of Jammu Municipal Corporation & Parks and Garden Department are also utilised for its upkeep.

The Association also administered Swachhta oath to

### DGP congratulates Shivani, others from J&K for clearing UPSC

#### ■ STATE TIMES NEWS

SRINAGAR: Director General of Police (DGP) J&K Dilbag Singh has congratulated Shivani for clearing the Union Public Service Commission (UPSC) examination result of which was declared yesterday. Shivani has secured 300th rank.

In his message the DGP has conveyed hearty congratulations to Shivani daughter of Girdhari Lal DySP JKAP 7th Bn. and her family for her achievement.

He has also congratulated other UPSC qualifiers from Jammu and Kashmir. The success of these qualifiers will encourage and motivate the aspirants from the UT to follow the path, he said in his message.



## World No Tobacco Day: Public Health Dentistry Deptt organises awareness programme at IDS Sehora

#### ■ STATE TIMES NEWS

JAMMU: As a part of week-long activities to mark World No Tobacco Day, an exhibition-cum-poster competition was organised with an aim to create awareness among outpatients regarding the ill effects of tobacco use.

The exhibition was inaugurated by the Principal Institute of Dental Sciences (IDS) Sehora, Dr Sarabjeet Singh accompanied by Director Academics Dr. Harvinder Singh, Head of the departments and other faculty members.

Informative Posters prepared by students were displayed and competition adhering to the theme for the year 2022 'Threat To Environment' was organised.

## Govt schools of Jammu Div observe 'World No Tobacco Day'



A dignitary addressing students during an awareness programme.

#### ■ STATE TIMES NEWS

JAMMU: To sensitize students as well as other stakeholders regarding ill effects of Tobacco consumption on the health and environment "World No Tobacco Day" was observed by Govt. Schools across Jammu Division via online/offline mediums on Tuesday.

The theme of World No Tobacco Day 2022 is "Protect the environment", highlighting that throughout its lifecycle, tobacco pollutes the planet and damages the health of all the people. The theme focuses on the impact of tobacco on

the environment and aims to expose efforts by tobacco companies to "greenwash" their reputation by marketing themselves as environmentally friendly.

To raise awareness among the students about negative impacts of tobacco so as to inoculate them against Tobacco use, Signature Campaigns, Mass Pledge, Poster Making competitions, Role plays, Debates were held in the Winter Zone Schools. In Summer Zone also, the day was observed through online mode in the form of mass online pledge taking and other

interactive online programs. Director School Education Jammu had already directed all the concerned officers/officials to implement the Tobacco free educational institutional guidelines in letter and spirit.

A virtual pledge ceremony was also organized by counselling cell DSEJ involving District and Zonal counselling coordinators. While speaking on the occasion Dr. Romesh Kumar, Counselling Cell DSEJ informed to use peer counselling model through Prahari clubs to counsel students about ill effects of Tobacco use.



Students of IDS Sehora posing with Principal, Dr Sarabjeet Singh and others.

The main aim of this exhibition was to aware people about harmful effects of tobacco use and to motivate people to avail tobacco cessation services available in the department.

Dr. Esha Bali, HoD, Public Health Dentistry

said that the basic aim of this exhibition including series of events conducted during past week was to highlight the importance of healthy diet, proper oral care routine and also to encourage oneself to get properly educated for

attaining a progressive healthy outlook in the society.

Winners of the competition namely Rehab (final prof), Pirakshi, Ruchita, Sonali and Ridhiman (interns) were felicitated at the end.

## Brahmakumari Ashram, others organise awareness rally on World No Tobacco Day

#### ■ STATE TIMES NEWS

JAMMU: Om Shanti Meditation Centre Brahmakumari Road (B.C Road) in collaboration with staff of Govt. Hospital Gandhi Nagar Jammu & teachers as well as students of a private institution on Tuesday organized an awareness rally on World No Tobacco Day which started from Govt. Hospital Gandhi Nagar Jammu in which Chander Mohan Gupta Mayor JMC was the Chief Guest. Surjeet Chowdhary Councillor of Ward 43 Nanak Nagar, Sudershan Devi I/c Brahmakumari Ashram J&K as well as Ladakh, Brahmakumar Ravinder Bhai alongwith other functionaries of the Brahmakumari Ashram, Medical Superintendent along with Para Medical Staff of Govt. Hospital Gandhi Nagar, School children as well as Arun Gupta & other prominent citizens were also present.



Mayor, Chander Mohan Gupta flagging-off awareness rally.

Addressing to media persons, Mayor appreciated the initiatives taken by Brahmakumari Ashram Jammu as well as staff of Gandhi Nagar Hospital and school children towards this awareness rally by way of special vehicle which was flagged off by the dignitaries present on the occasion on "World No Tobacco Day". He further said that this special vehicle will pass through various parts of the Jammu City and will educate the citizen's especially younger generation about the ill effects

of Tobacco & cigarettes which is a great threat for all of us & also poisoning our planet day by day.

He further appealed to every parent to pay special attention towards their children, spend time with them on daily basis, educate them properly so that they do not fell prey to ill habits of Tobacco & cigarette.

Sudershan Devi said, "We should adopt the habit of doing meditation & yoga in our routine life which also keeps us healthy & fit."

## Apprise people about achievements of Modi Govt of past 8 yrs: Randhawa to cadre

#### ■ STATE TIMES NEWS

JAMMU: Former Legislator, senior Bharatiya Janata Party and Coordination of "Seva, Sushashan aur Garib Kalyan Pakhwada" Jammu Rural, Vikram Randhawa asked the party cadre to apprise the people about the achievements of the Modi Government in the past 8 years by organizing door-to-door campaign.

He stated this while conducting a meeting on the completion of eight years of Modi Government in the Centre at Domana here today.

The meeting was attended by Former Member of Parliament Shamsheer Singh Manhas, former Minister Sham Lal Sharma, former Minister Bali Bhagat, Former MLA Shiv Dev Singh, former MLA Devender Singh Rana, Rajinder Singh Chib, District President BJP Jammu Rural, Baba Chanchal Singh, Karan



Senior BJP leader Vikram Randhawa speaking at a programme.

Singh, Anil Sharma, Ashok Singh and many others.

Randhawa said that door to door outreach programmes will be organized to take the developmental agenda of Modi Government to every nook and corner of the Jammu district. He apprised the people about the achievements of the Modi Government.

Booths are our strength so we have to conduct these programmes at booth level, he asserted.

He asked the party cadre to apprise the people about the

achievements of the Modi Government in the past 8 years by organizing door to door campaign.

"Prime Minister Narendra Modi is also working to mitigate problems of the people and give them respite from miseries which they are facing in the last over seventy years", he said, adding that central dispensation has provided surplus funds for the development works across the Union Territory and that is the reason behind irresistible development trail going on in Jammu and Kashmir.