

# Representatives of Political Parties from J&K calls on Lt Governor

**■ STATE TIMES NEWS**  
SRINAGAR: A delegation of Dr Farooq Abdullah, President JKNC, M.Y Tarigami, CPI(M) Central Committee Member and Dr Mehboob Beg, General Secretary, JKDPDP called on Lieutenant Governor Manoj Sinha, here on Friday. They submitted a memorandum to the Lt Governor seeking his intervention on recruitment of doctors, paramedical staff at SKIMS, Srinagar and several other issues related to health sector.



Delegation of Dr Farooq Abdullah, President JKNC, M.Y Tarigami, CPI(M) Member and Dr Mehboob Beg, General Secretary, JKDPDP calling on Lieutenant Governor Manoj Sinha.

of the best public health care facilities in the country. The UT administration is working with sensitivity to ensure common man has access to quality healthcare and our performance on 10 health parameters are better than national average, which is a testimony to our commitment of quality of life and transformation in health sector of Union Territory," the Lt Governor observed.

The Lt Governor further noted that more than Rs. 7000 crores have been spent strengthening health infrastructure and Rs. 881 Crore to upgrade the dilapidated infra in districts. With 2 new AIIMS, 7 new medical colleges, 5 new nursing colleges, upgradation of 10 nursing colleges and 2 Bone & Joint hospitals, Jammu Kashmir is redefining healthcare delivery system in the Country. 2 state-of-the-art cancer institutes are also coming up, one each in Jammu and Srinagar, and MoU with Tata Cancer Institute has been signed to provide best care and ensure trained manpower. The work on Bone & Joint Hospital, Srinagar has been expedited and is expected to be completed by end of this year.

Dialysis facilities are available in every District Hospital, besides universal health coverage of Rs Five Lakh is provided to every household of Jammu Kashmir under Ayushman Bharat-SEHAT Scheme. Around 98% population has access to Ayushman Bharat, which has proved to be a boon to the poor, marginalized section of society as well as the middle class. Earlier there was no facility for critical care ambulances, however, it is now available round the clock across the Union Territory.

"Accessible, affordable and quality healthcare for every citizen of J&K UT is our top priority," the Lt Governor said.

Meanwhile, Chanchal Kumar, Managing Director, National Highways & Infrastructure Development Corporation Ltd. (NHIDCL) called on Lieutenant Governor.

The Managing Director NHIDCL briefed the Lt Governor on the status of various road projects of NHIDCL in Jammu Kashmir. Discussion was also held on the expeditious completion of Z-Morh and Zojila tunnels. The Lt Governor assured all cooperation and assistance of J&K UT administration to NHIDCL.

Later, Sunil Sharma, former Minister also called on Lieutenant Governor Manoj Sinha. The former Minister apprised the Lt Governor about various development issues of Kishtwar and other matters of public importance.

# Regular exercise, managing cholesterol and healthy lifestyle can prevent stroke: Dr Vivek Gupta

**■ STATE TIMES NEWS**  
JAMMU: "For the patients of brain stroke, a new ray of hope has emerged after the advanced Neuro-interventional treatment such as Mechanical Thrombectomy, which can help save patients even after 24 hours of suffering a stroke", said Dr Prof Vivek Gupta, Additional Director of Interventional Neuroradiology, Fortis Hospital, Mohali.

"Talking to reporters here on Friday, Dr Prof Vivek said, "Brain stroke is a predominant factor for long-term disability and even death. The life-threatening medical condition occurs when blood supply to a part of the brain is cut off, leading to irreversible damage of the brain cells. Mechanical Thrombectomy is a minimally-invasive procedure wherein an interventional radiologist uses specialised equipment to remove a clot from a patient's artery."

A team of doctors headed by Dr Prof Gupta recently treated an 87-year-old patient from Chandigarh through Mechanical Thrombectomy, even when the patient reached Fortis Mohali 10 hours after



Dr Prof Vivek Gupta, Addl Director of Interventional Neuroradiology, Fortis Hospital, Mohali talking to reporters.

suffering a brain stroke. "Upon examination, the patient's right side was paralyzed and blood supply to the right side of the brain was blocked. Mechanical Thrombectomy was performed to remove the clot from his artery. The patient was discharged four days after the surgery", the doctor said.

On Fortis Hospital, Mohali, being a stroke-ready hospital, Dr Prof Gupta, said, "Fortis Hospital Mohali is a Stroke-ready Hospital and equipped with an expert team of doctors comprising of expert neurologists, interventional neuroradiologists, neurosurgeons and anesthesiologists that provide 24x7 stroke treatment such as thrombolysis or mechanical thrombectomy. The hospital provides all services related to stroke diagnosis, treatment and rehabilitation, all under one roof. Fortis Mohali has also set up a dedicated Stroke Helpline-9815396700-for acute stroke patients."

Stressing on adopting a healthy lifestyle to prevent stroke, Dr Prof Gupta, said, "Physical activity and regular exercise, keeping a tab on cholesterol and blood sugar levels, regulating blood pressure and following a healthy lifestyle can help prevent a stroke. A sedentary lifestyle leads to various diseases such as hypertension, heart disease, diabetes and even stroke. Brisk walking for at least 20-30 minutes every day or cycling will not only help you keep fit, but keep several diseases at bay."

# Many political activists join Apni Party



Apni Party President S.M.A Bukhari posing with newly joined members.

**■ STATE TIMES NEWS**  
SRINAGAR: A group of prominent political activists from the Kreeeri area of north Kashmir's Baramulla district, on Friday, joined Apni Party in the presence of the party president, Syed Mohammad Altaf Bukhari, during an event organised at the party head office in Srinagar.

The new entrants included a prominent businessman, Haji Ghulam Hassan Wani, Syed Bahaul Haq, Ghulam Rasool Bandy, Hilal Ahmad Akhoun, Mohammad Arif Wani, Shabir Ahmad Wani, Bilal Ahmad Wani, Syed Shamsul Haq, Syed Bilal Ahmad, Syed Aijaz Ahmad, Syed Waseem Shabir, Ghulam Mohammad, and others. Besides Syed Mohammad Altaf Bukhari, the party leaders, including the party in charge for Kreeeri, Shabir Ahmad Shah, senior leader Noor-Din Andrabi, and others, were present.

On this occasion, while welcoming the new entrants into the party fold, Bukhari said, "I wholeheartedly welcome you all to the Apni party,

# Director Horticulture led JIT conducts visit to M/S Shaheen Foods & Spices at Khanmoh

**■ STATE TIMES NEWS**  
SRINAGAR: The Director Horticulture Kashmir, G R Mir led the Joint Inspection Team (JIT) on Friday on a visit to M/S Shaheen Foods and Spices at Khanmoh, Srinagar, to conduct the second Joint Inspection of the unit.

During the visit, Director Horticulture highlighted the importance of establishing more post-harvest units, as significant quantities of fruits are lost due to post-harvest and transport-related losses. By encouraging the establishment of such units, the horticultural sector can significantly reduce wastage and enhance economic gains for farmers.

Later in the day, Director Horticulture proceeded to Walnut Nursery Zawoor, Srinagar, where he assessed the various ongoing activities. He paid particular attention to the inspection of the Post Entry Quarantine (PeQ) facility under development as part of the Holistic Agriculture Development Programme (HADDP).

Moreover, Director G R Mir also visited the Centre of Excellence (CoE) in Zawoor, where he gained insights into the center's functioning and its contributions to the horticulture sector's growth.

The Director was accompanied by a team of horticulture experts, including Joint Director, Z. A. Bhat, Chief Horticulture Officer Srinagar, and the District Horticulture Officer Srinagar.



Director Horticulture Kashmir, G R Mir interacting with officials.

# DC Kupwara chairs DCDC Meeting

**■ STATE TIMES NEWS**  
KUPWARA: In order to increase the viability of PACS and diversify their business activities to make them vibrant economic entities at grassroots level, a meeting of District Level Cooperative Development Committee (DCDC) was on Friday held at DC Office Complex Kupwara under the Chairpersonship of District Development Commissioner (DDC) Kupwara, Ayushi Sudan. During the meeting, it was informed that there are a total of 22 PACS (Primary Agricultural Credit Societies) in the district wherein 19816 members are associated.

22 Panchayat Halqas of the district are covered by PACS. It was also apprised that a total of 89 Cooperatives stand registered in the district.

Speaking on the occasion, the DDC deliberated on the objectives of the meeting and stressed on the committee members to make best efforts to strengthen the cooperative movement in Kupwara district so that people can take benefits of Cooperative societies.

The DDC emphasised for making PACS as vibrant economic entities. She directed all 22 PACS to operate as Jan Aushadi Kendras for improving access to generic medicines in villages.

# OFFICE OF THE PRINCIPAL & DEAN, GOVERNMENT MEDICAL COLLEGE JAMMU

Tel: 0191-2584247 Principal & Dean Fax: 0191-2584234 E-mail: pmc-gmcjammu@jk.gov.in

**Sub: - Type Test for posts of Data Manager for Addiction Treatment Facility Programme under National Drug Dependence Treatment Centre.**

**TYPE TEST NOTICE**

In pursuance to Advertisement Notice No. GMCJ/2023/Projects/121-128 Dated: 01-04-2023, the Type Test for Posts of Data Manager for Addiction Treatment Facility Programme under National Drug Dependence Treatment Centre of Govt. Medical College, Jammu shall be held on 27-07-2023 in the Govt. Polytechnic College, Jammu.

Time : 10:30 AM to 01:00 PM (S.No. 01- to 36)

Time : 01:30 PM to 04:00 PM (S.No. 37 to 72)

List of the candidates for appearing in the above mention type test is enclosed.

No:-GMCJ/Project/2023/176-184

Dated:- 19-07-2023

DIP/J-5411/23

Dated:- 21-07-2023

S. No.	Form No.	Name & Parentage	Address	Post Applied	Qualification	Eligible Not Eligible	Remarks
1	1	Suresh Sharma S/o Hem Raj	V.P.O. Mahanpur Distt. Kathua	Data Manager	B.SC (Computer App.)	Eligible	
2	2	Ruby Kumari D/o Bachan Lal	Gazipur Kullian, R.S Pura	Data Manager	DCA	Eligible	
3	3	Sandeep Kumar S/o Giridhari Lal	Vill. Chalnai P.O Malnai Teh Bhalla Distt. Doda	Data Manager	B.ED, D	Eligible	
4	4	Sonia Dhiman D/o Raghu Patti Dhiman	Nala Mallian P/o Chowki Teh. Ramnagar Distt. Udhampur	Data Manager	B.A	Eligible	
5	5	Majid Khan S/o B ader Din Khan	Halore P/o Khiltran Teh, Ghandoh	Data Manager	Computer Diploma	Eligible	
6	6	Meenakshi Thakur D/o Rashpal Singh Thakur	Ahama, Dharmasta, Banihal, Ramban	Data Manager	B.SC, M.SC	Eligible	Domicile Certificate not attached (Committee will be decided)
7	7	Arifa Shyal D/O Lt. Mohd. Latif	H.No. 164/22 W.No.1	Data Manager	Graduation DFA	Eligible	
8	8	Anchal Didwal D/O Lt. Suminder Singh Didwal	H.No. 45, Lno. 27, Rajpura Mangotrian	Data Manager	BCA, MCA Typing Course	Eligible	
9	9	Adil Zahoor S/O Zahoor Ahmad Lone	Achalab Soppre Baramulla	Data Manager	B.Tech Computer Science	Eligible	
10	10	Rafiq Kousar D/O Ghulam Mohi u din Kraipak	BantalabJammu	Data Manager	BSC, DCA	Eligible	
11	12	Jayoti Devi D/o Dev Raj	R/o Badyal Brahmma	Data Manager		Eligible	
12	13	Anil Kumar S/o Sita Ram	Jandiail Jhatri, Jammu	Data Manager	Diploma in Computer & Automobiles	Eligible	
13	14	Danish Amin S/o Abdul Hamid	Teeawal Dragger Karnah Kupwara	Data Manager	Diploma in computer	Eligible	
14	15	Danish Ali S/o Shabir Ahmed	Village Dandichar, Tehsil Surankote Distt. -Poonch	Data Manager	B.Tech Computer Science	Eligible	
15	16	Suman Sharma S/o Shree Dutt	Kishtwar Jammu & Kashmir	Data Manager	B.Tech Computer Science	Eligible	
16	17	Shrutika Kachroo D/O Pairy Lal Kachroo	Lane- 9, Block-45, flat-22 Jagti Township Nagrota	Data Manager	BSC, 1 year Computer Science	Eligible	
17	17a	Anmol Sharma S/o Ramesh Chander Sharma	129 Sec. 2 Sanjay Nagar Jammu	Data Manager	1 yr.Diploma in Computer	Eligible	
18	18 a	Manpreet Kour D/O Harmeet Singh	Babilana	Data Manager	B.Sc Nursing, DCA	Eligible	
19	19	Sonali Dogra D/O Ashwani Kumar	H.No 100 Near High Court Road Old Janipur Jammu	Data Manager	Diploma in computer & Stenography	Eligible	Graduation Marksheets not attached (Committee will be decided)
20	20	Pankaj Sharma S/O Romesh Chander	H.No 427/1 Janipur Jammu	Data Manager	Diploma in computer	Eligible	
21	21	Ahsan Ahmed S/O SikanderPar	Kohiband Udhaypur,Distt. Doda	Data Manager	Diploma in computer	Eligible	
22	22	Abhishek Gupta S/p Sham Lai	Gole Mela Near Jagannath Temple Udhampur	Data Manager	Diploma in computer application	Eligible	
23	23	Nitika Kapoor D/O Raj Kumar Kapoor	Ward. No. 4, Bashedi, Distt. Kathua	Data Manager	PG Diploma in computer application	Eligible	
24	24	Gautam bakshi S/o Rajinder Kumar	H.No. 333. Near Baba Lal Ji Temple Bakshi Nagar Jammu	Data Manager	Diploma in Hardware and Networking	Eligible	
25	25	Mohd. Javed Bali S/o Mohd. Din Bali	R/o Pogal, Ramsu, Ramban	Data Manager	DCA Softw	Eligible	
26	26	Pooja Sharma D/o Thoru Ram	Pathwar,P/o Surinsar	Data Manager	Diploma in computer application, Short Hand	Eligible	
27	27	Diksha Sharma D/o Raj Kumar Sharma	H.No 15 Durga Nagar Sec-1 Roop Nagar Jammu	Data Manager	B.Tech.	Eligible	
28	28	Aditya Singh Jammwal S/o Tilak Singh	Birpur	Data Manager	BCA	Eligible	
29	29	Rahul Kumar Baboria S/o Sham Lal	Rehal Kalondin Distt Jammu	Data Manager	B.A	Eligible	
30	30	Suhail Hussain S/o Zammer Husain	H. No.101, Nai Basti Jammu	Data Manager	Diplomatin in Informatin Tech.	Eligible	
31	31	Deepak Gupta s/o Romesh Kumar	ward No. 04 Near post Office Billawar	Data Manager	Computer Diploma	Eligible	
32	32	Danish Nanda S/o sunil Nanda	h.no. 313, New Plot,prem nagar, Jammu	Data Manager	M.C.A typing Certificate	Eligible	Domicile Certificate not attached (Committee will be decided)

S. No.	Form No.	Name & Parentage	Address	Post Applied	Qualification	Eligible Not Eligible	Remarks
33	33	Ruby choudhary D/o sham Lal	Vill. Abdal, Tehj.R.s Pura Distt.Jammu	Data Manager	B.A.M.D.C.I.S.M	Eligible	Domicile Certificate not attached (Committee will be decided)
34	34	Harish sharma S/o sudesh Kumar	Ward No.02,Near GMS REHA Tandi Bilawar	Data Manager	DCA, CIFA	Eligible	
35	35	Sumit Bali S/O Vijay Kumar	H.no 366 Jullakha Mohallah Jammu	Data Manager	MCA	Eligible	
36	36	Aasia Taqi D/o Taqi Mohd.	Pogal Paristan Distt, Ramban	Data Manager	Diploma in computer application	Eligible	
37	37	Sunil Kumar S/o Dharampaul	Sai kalan Suchetgarh Jammu	Data Manager	Diploma in computer application	Eligible	
38	38	Ajay Kumar S/o Prem Lal Sharma	Panchari Udhampur	Data Manager	Diploma in computer application	Eligible	
39	39	Sharadha Sharma D/o Satyaarthpati Sharma	Ramnagar Distt. Udhampur	Data Manager	Diploma in computer application	Eligible	
40	40	Sushant Sharma D/O Rattan pal sharma	Vill. Jakh Tehsil Vijaypur Distt. Samba	Data Manager	Computer Engineering	Eligible	
41	41	Amr Jallundani S/O Bothi Raj Jallundani	H.No 3 H.No. 35 Bye Pass Bishnah Jammu	Data Manager	M.Sc Computer Engineering	Eligible	
42	42	Davinder Sharma S/o Suresh Kumar Sharma	R/o Hirachack Teh. Marh Jammu	Data Manager	Computer Operator	Eligible	
43	43	Vishal Sharma S/o Bothi Raj	V.P.O Badyal Brahmma Basti Prem Nagar/Tehsil R.S Pura	Data Manager	Medical Assistaant	Eligible	
44	44	Sahil Bandal S/o Yaspaal Singh	MCJ 807 Near Peer Baba Janipur Colony Jammu	Data Manager	Computer Application Programme	Eligible	Marksheets not attached (Committee will be decided)
45	45	Karan Kumar S/o Rakesh Kumar	Nai Basti	Data Manager	Computer Science	Eligible	Domicile Certificate not attached (Committee will be decided)
46	46	Khem Raj S/o Chander Parkash Sharma	Lower Gadigarh Jammu	Data Manager	BCA	Eligible	
47	47	Rajni Devi D/O Satpaul	Ismailpur Kothey Distt. Jammu	Data Manager	DCA	Eligible	
48	48	Neha Raina W/o Vikas Sharma	H.No F12 Bharat Nagar Talab Tilo Jammu	Data Manager	BCA	Eligible	
49	49	Ashraf Sajid Mir S/O Abdul Khaliq Mir	R/O Vill Buthli Teh. Chilli Distt. Doda	Data Manager	DCA	Eligible	
50	50	Rinu Devi D/O Swaran Singh	Sehani Butla	Data Manager	COPA	Eligible	
51	51	Karan Dalmotra s/o Subash Dalmotra	H.No.-171; new Plot	Data Manager	B.C.A	Eligible	
52	52	Sourav Khajuria S/o Om Parkash	R/o Mehrote Tehsil Kalakote Distt. Rajouri	Data Manager	B.Tech.	Eligible	
53	53	Sahil Mooman D/o George	H.No.190 Christian colony Residency Road Jammu	Data Manager	Degree In Computer Applications	Eligible	
54	54	Mrdhu Magotra D/O Kuldeep Kumar	H. No.120 Patoli Mangotrain, jammu	Data Manager	M.A Sociology,B.ED Diploma in computer	Eligible	
55	55	Kanika Gupta D/o Harish Gupta	H. No.22 Sec-03, Channi Himmat	Data Manager	M.A in Human in Human Development B.Ed	Eligible	
56	56	Chetan Parkash S/o Madan lal	Pindi Sarochan Kalan	Data Manager	One year computer Diploma	Eligible	
57	57	Sunaina D/o Raju	Patoli, Brahmanna	Data Manager	Diploma in Computer, Phlebotomy	Eligible	
58	58	Raj Singh S/o Ranga Singh	Sangar	Data Manager	Computer Operator &Progming Asst.	Eligible	
59	59	Vishal Singh S/O Swaran Singh	Village Logate Morh	Data Manager	Diploma in Computer Application	Eligible	
60	60	Radhika Kuman D/O Sanjay Kohli	H.No 440 Bakshi NagarJammu	Data Manager	Diploma In Computer	Eligible	
61	61	Kiran Sharma S/o Jayant Kumar Sharma	Village Southa Tehsil Bhalla Distt. Doda	Data Manager	B.tch. Diploma In Computer	Eligible	
62	62	Moheen akhter D/o Mohd. Hafiz	Tharang, Darhal Distt. Rajouri	Data Manager	M.A diplom Diploma Computer	Eligible	Graduation Previous Year Marksheets not attached (Committee will be decided)
63	63	Monika Sharma D/o Bansil Lal	VPO Kishanpur (Dungara)Distt. Kathua	Data Manager	ADCPA/Co	Eligible	
64	64	Vishal Sharma S/o Shadi Lal	R/o Rara Ramgarh Distt. Samba	Data Manager	DCA	Eligible	
65	65	Rohit Kumar S/o Sham Lal	Kabir Nagar, Bari Brahmanna Ward. No 11	Data Manager	Degree In Computer Applications	Eligible	
66	66	Renu Baia D/o Babu ram	R/o Dabra, P/o Kirpalpur Teh. Akhnour	Data Manager	Diploma In Computer	Eligible	
67	67	Ari Khajuria D/o Bishan Dass Khajuria	H.NO 70B Mubarak Mandi Jammu	Data Manager	6 months Certificate in CA	Eligible	
68	68	Ravinder singh S/o Rattan singh	H.No.105, Toph Sherkhania, Near Shiv Temple	Data Manager	One Year Computer Course	Eligible	
69	69	Pallavi Sharma D/o Sunder Kumar Sharma	H.No.128, Ward No.4, Karmalkhan, Poonch	Data Manager	One Year Computer Diploma	Eligible	
70	70	Sourav Sharma D/o Sunder Kumar	H. No.246, Extra Janipur Colony Jammu	Data Manager	Six Month CA	Eligible	
71	71	Zoravar Singh S/o Karnail Singh	Vill Path, P/o Kainth Gali Udhampur	Data Manager	Diploma in Computer Application	Eligible	Marksheets not attached (Committee will be decided)
72	889	Aamir Mukhtyar Bhat S/o Mukhtiar Ahmed Butt	Badanoo Thatri	Data Manager	B. Tech	Eligible	CPA to Sage calculation document not acached