

ADGP Jammu flags off Bharat Darshan Darshan Tour for Reasi students

STATE TIMES NEWS

JAMMU: The Additional Director General of Police (ADGP), Jammu Zone, Anand Jain, flagged off the Bharat Darshan Tour for 72 students from various parts of District Reasi this morning at Gulshan Ground, Jammu.

This tour has been organized by the Zonal Police Headquarters, Jammu, under the Civic Action Programme (CAP). The students, accompanied by two caretakers from District Reasi, will embark on an enriching journey from Jammu to Delhi, and then from Delhi to Mumbai by air.

The Bharat Darshan Tour Programme is scheduled from July 7 to 11, 2024. This initiative aims to expose the young participants to the diverse cultural heritage and development of the country, thereby broadening their horizons and instilling a sense of national pride.

In his address, ADGP Jammu, Anand Jain, emphasized the significance of the Civic Action Programme,



ADGP Jammu Zone, Anand Jain flagging off Bharat Darshan Tour.

which aims to bridge the gap between the police and the public, especially the youth, by engaging them in constructive activities. He highlighted that such initiatives reflect the commitment of the Jammu and Kashmir Police to the welfare and development of the younger generation.

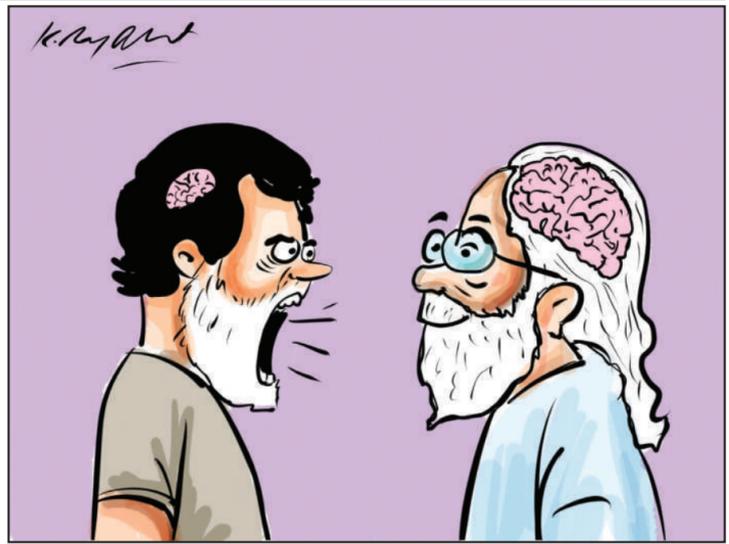
He expressed his hope that the students would return with enriched knowledge and unforgettable memories, which would inspire them to contribute positively to society.

The tour promises to be an educational and memorable experience for the participants, providing them with a unique opportunity to explore the rich cultural tapestry of the nation. The itinerary includes visits to historical landmarks, educational institutions, and cultural hubs in Delhi and Mumbai, offering a comprehensive learning experience.

During the flag-off ceremony, DIG

JKS Range, Dr. Sunil Gupta, SSP Jammu Vinod Kumar, S.O to ADGP Jammu Zone Vishal Manhas, and other officers were present on the occasion. They interacted with the students, encouraging them to make the most of this opportunity and assuring them of their safety and well-being throughout the journey.

The Civic Action Programme has been instrumental in fostering a positive relationship between the police and the community. Through such initiatives, the Jammu and Kashmir Police aim to nurture the potential of the youth and guide them towards a bright future. The Bharat Darshan Tour is one of the many steps taken to empower the younger generation and inculcate a sense of unity and belonging among them. The Jammu and Kashmir Police extend their best wishes to the participants of the Bharat Darshan Tour and are confident that this journey will be a milestone in their educational and personal development.



Dr Ratnakar performs microvascular surgery at GMC Jammu

STATE TIMES NEWS

JAMMU: In a remarkable five-hour-long microvascular surgery at Government Medical College (GMC) Jammu, a team of doctors successfully saved the right hand of Uttam, a labourer.

Uttam had sustained severe injuries from an electrical saw at in a saw mill in Bajalata on July 4, resulting in significant damage to his blood vessels, nerves, and tendons at the forearm level.

At the time of admission, the saturation at his fingers was zero, indicating a complete lack of blood supply to the hand.

The surgical team, led by Dr. Ratnakar Sharma, alongside Dr. Priyanka (Senior Resident), Dr. Vineet Sharma, Dr. Suryansh, and a team of anesthesiologists led by Dr. Anita Wig (HOD Anesthesia) and Dr. Amanpreet (Senior Resident), worked tirelessly to repair the damaged blood vessels, nerves, and



Dr. Ratnakar Sharma.

tendons during the extensive procedure.

Their efforts were instrumental in restoring blood flow and function to Uttam's hand, ultimately saving it from potential amputation. It's noteworthy that such complex surgeries, which are costly worth lakhs of rupees in private healthcare settings, were performed free of cost at GMC Jammu, underscoring the institution's commitment to providing critical medical care to all patients, regardless of financial means.

Dr. Ratnakar Sharma, who hasn't availed summer vacation, is always ready to help the patients at all hours.

Dr. Ratnakar, known for his unwavering dedication and commitment to patient care, has a distinguished record of saving lives in various challenging circumstances, including incidents like the Katra bus sticky bomb blast, Dangri terrorist attack, IED blast at Narwal, bus accident near Tanda Akhnoor, and a terrorist attack on a bus coming from Shivkhori.

His selfless service and readiness to assist patients at any hour exemplify the noble ethos of medical service.

This successful surgery not only highlights the skill and expertise of the medical team at GMC Jammu but also serves as a beacon of hope for patients facing severe injuries, reaffirming the hospital's role as a pillar of healthcare excellence in the region.

Cardiovascular Diseases in rural population uprising: Dr Sushil

STATE TIMES NEWS

JAMMU: With the aim of disseminating awareness regarding cardiovascular disease particularly in rural areas Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long Cardiac Awareness-cum-Health Checkup Camp in association with Punjab Kesari Group in memory of late Swadesh Chopra at Udas Marg Sanstha, R S Pura.

More than 350 patients were examined, evaluated and advised during the camp. Tests like ECG, Blood Sugar was conducted and medicines were also given as per the requirements. While interacting with the people, Dr Sushil said, "The Global Burden of Disease study estimate of age-standardized CVD death rate of 272 per 100000 population in India is higher than the global average of 235 per 100000 population. Some aspects of the CVD epidemic in India are particular causes of concern, including its accelerated buildup, the early age of disease onset in the population, and the high case fatality rate. In India, the epidemiological transition from predominantly infectious disease conditions to non-communicable diseases has occurred over a rather brief period of time. Despite wide heterogeneity in the prevalence of cardiovascular risk factors across different regions, CVD has emerged as the leading cause of death in all parts of India, including poorer states and rural areas.

The progression of the epidemic is characterized by the reversal of socioeconomic gradients; tobacco use and low fruit and vegetable intake have become more prevalent among those from lower socioeconomic backgrounds. In addition, individuals from lower socioeconomic backgrounds frequently do not receive optimal therapy, leading to poorer outcomes." He elaborated that an additional cause of concern in Indians and South Asians is that they tend to have more severe manifestations of CVD



HoD Cardiology GMCH Jammu Dr Sushil Sharma and a dignitary inaugurating a camp.

and higher fatality rates. "Despite having a lower conventional CVD risk factor burden, the incidence of major cardiovascular events and mortality among individuals of low-income countries (96% from South Asia, of whom 83% were from India) was higher than in middle- and high-income countries. The case fatality rates for cardiovascular events in low-income countries, represented largely by India, was 17%; this is much higher than in higher-income countries, which had a

case fatality rate of 6.5%," Dr Sushil said. Dr Sushil Sharma in his concluding remarks told that rural residents face numerous challenges when accessing medical care, including increased travel distance, higher incidence of CV disease risk factors, and higher rates of poverty. These factors have contributed to the exacerbation of rural-urban health disparities observed over recent decades. The focus should not solely be on the referral of patients but also on providing community hospitals with

education, training, and clinical support to ensure patients can receive optimal CV care locally when possible, he added. Management Committee of the Udas Marg Sanstha Bhagwan Dass, Guru Mata Bimla Devi, Daya Ram, H R Dogra, Tarsem Raj, Rajkumar, Harbans Lal, Dilip Chand and Ashok Sakolia appreciated the efforts of Dr Sushil and his team for conducting cardiac awareness cum Health Check up camp in their locality.

DDC Chairman Sgr, Vice Chairman Kupwara meet LG

STATE TIMES NEWS

SRINAGAR: Aftab Malik, Chairman, District Development Council Srinagar, called on Lieutenant Governor Manoj Sinha at Raj Bhawan on Sunday.

Subsequently, Haji Farooq Ahmad Mir, Vice Chairman, District Development Council, Kupwara also met the Lt Governor.

STATE TIMES NEWS

LEH: The Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd) attended Know Your Army Mela organised by 14 Corps at Colonel Sonam Wangehuk, MVC, Stadium in Leh. GOC 14 Corps Lt General H Bhalla; Secretary, Tourism, Vikram Singh Malik; Army officials, ex-servicemen and school students were present during the event.

The Mela, which is being held as a part of 25th Kargil Vijay Diwas, aims to motivate local youth and familiarise the local population with modern weapon technology, tactics and battle-worthiness of the Indian Army.

Terming the Mela a big occasion initiated by the Indian Army, the LG highlighted the contribution of Ladakhi men and women



LG Ladakh, Brigadier (Dr) BD Mishra speaking at Know Your Army Mela.

during the Kargil War in 1999 in which they helped and fought shoulders to shoulders with the Army to defeat the enemy forces and the day is commemorated every year in the form of Kargil Vijay Diwas.

He stated that the supreme sacrifices of martyrs, their courage and achievement are remembered every year and the

entire country shows how much their sacrifice means for the nation on that day.

Highlighting the need to keep the Indian Army 'young', the LG stated that the Government of India introduced the Agniveer Scheme in this regard.

He also stated that the Agniveers who have joined the Army are doing well.

He further stated that the Army can defeat any enemy forces if youth are enrolled in the Indian Army. He further stated that Agniveers, who are not retained in the Army after four years, will be laterally inducted into Police and other services.

The LG complimented GOC 14 Corps Lt Gen Bhalla for organising the event. The LG inspected the weapon and equipment display, medical and dental information camps, information desk for Army recruitment in the Agniveer scheme, ex-servicemen grievance cell, etc and also interacted with the jawans. Band performance, army battle drills such as rescue operations and explosives detection by canine squad, and helicopter fly past were displayed in the event.

MASROOR AHMAD

SRINAGAR: Kashmir is facing an unprecedented heat wave and record breaking temperatures are being witnessed in the Valley, including hilly areas and famous tourist destinations.

According to MET officials the summer season in the months of June and July this year is breaking all previous records. Srinagar recorded a temperature of around 36 degree Celsius recently-highest in the past 25 years.

The heat wave is not only affecting local populace and tourism sector but animals and birds also, which include water bodies and aquatic species. They are also suffering with extensive heat and pollution. In Srinagar, thousands of fish have been found dead in a local

stream Tsoont Koel near Barbar Shah area of Srinagar with officials citing lack of oxygen and pollution as the reason.

According to the officials, the primary cause is the depletion of oxygen in the water bodies. "This is a common occurrence during the summer months," an official from the Fisheries Department said.

He said the high temperatures and humidity has led to reduced oxygen levels in the water, which is fatal for fish.

"Pollution also plays a significant role in exacerbating the situation. Waste disposal and contaminants from surrounding areas further degrade water quality, intensifying the depletion of oxygen," he added.

Meanwhile, local residents have expressed

anguish over the occurrence of deaths of fish and stated that it will impact the livelihood of those dependent on fishing.

"This is not just about the death of fish, it's about the entire ecological balance and our means of sustenance being threatened," said a local resident. Earlier in the year 2023, thousands of fish were found dead in the world famous Dal Lake in Srinagar, with experts saying that the mass death took place due to thermal stratification. However, experts said the fish could have died due to low concentration of oxygen in the lake.

"The pollution and increase of weeds decreases concentration of oxygen in a lake," he said, adding that it has also happened in Nigeen Lake in the past as well.

Jammu Smart City-A Game Changer?

Jammu Smart City Limited has launched major initiatives to transform the city into a smart city. Many projects have been launched and work is going on many works, most of these in final phases. These projects include upgradation of public utilities like roads and pavements, installing solar rooftops and laying parks, LED street-lighting and much more. Jammu Smart City Limited has recently launched E-buses, vertical gardens, speed-brakers, wall painting and many more projects. Here is how the opinion makers view these initiatives.



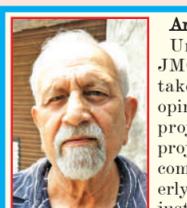
Deepak Kumar
Jammu Smart City project was started with much fanfare but there has been laxity in respect of executing various key projects. There has been no much headway in beautification of the city project. Contractors are complaining that their payments are delayed. No one is paying attention to their issues. I would give 5 marks out of 10 because the work used to get done earlier with much pace but now it is not getting done at all. Overall, I don't appreciate.



Babhu Chand
Earlier the condition of the city was bad but now good work is being done. But unfortunately the pace of work is slow and maintenance is zero. I would like to appreciate the launch of smart buses, which has caught the imagination of commuters. All the people in the Corporation should work with a sense of devotion so that there is no delay in the work.



Rajan
No work is getting completed under the Smart City Project. There is no project with which people are happy. Neither the street-lights are working properly nor is the dilapidated condition of the roads getting fixed.



Anil Gaid
Unfortunately, JMC did not take people's opinion for any project. No project has been completed properly. Money is just being wasted. Toilet complexes have been built but they are not in use. What is the benefit of spending so much money on them?



Suraj Gupta
Smart City Project was launched in the twin capital cities of Jammu and Srinagar simultaneously. Srinagar is transformed but Jammu is still struggling to see a semblance of development. Nothing is visible on ground zero. The people continue to crave for facilities as promises are yet to get translated into reality.



Naresh Ahuja
The works initiated under Smart City Project are yet to be completed. Even the roads are not being repaired. We are facing lot of problems, but nobody seems to be there to resolve these. There has to be some sort of accountability among the policy planners and executing agencies.