

PCB Chairman lectures IFS Probationers on environment

STATE TIMES NEWS
JAMMU: Chairman, Pollution Control Board, J&K Suresh Chugh, on Thursday addressed the IFS probationers of 2019-2021 batch, undergoing training at Dehradun, through Video Conferencing.

The chairman delivered a detailed lecture on Environment Governance-Issues, Challenges in India.

Giving the details of environmental laws, the Chairman said that despite so many regulations, there are problems of law adherence by citizens and their effective implementation. He added that although some teeth have been given to PCBs, but still lot needs to be done to make citizens of country and stakeholders to comply with the legal provisions under these rules for conservation and protection of environment. He deliberated at length on various



Chairman, PCB, J&K Suresh Chugh chairing a meeting through video conferencing.

Environmental Laws including Air (P&CP) Act, 1974, Water (P&CP) Act 1981, Wildlife (Protection) Act, 1972, Forest Act, provisions of Public Interest Litigations, Biological Diversity Act, 2004. Environmental Protection Act, 1986 and issues of Vehicular Pollution, Solid Waste Management, Bio Medical Waste Management, Hazardous Waste Management and National Green Tribunal through a power point presentation.

He informed that PCBs have to make sincere efforts in implementation of environmental laws and enabling citizens to follow these norms. He expressed satisfaction that directions from National Green Tribunal (NGT) have strengthened the hands of implementing agencies for proper delivery and Polluter Pays' Principle is a landmark step in this direction.

The Chairman also deliberated on the working of PCBs and said that their independent/autonomous working cou-

pled with use of updated technology for transparency will go a long way in improving the environment of the Union Territory of Jammu & Kashmir.

"With the transformation of J&K State to Union Territory, certain laws that were applicable earlier only to J&K State, have been repealed and now Central Laws are being implemented in the Union Territory of J&K" he added.

The meeting was attended by Dr. R.S.Pawar, Director General, Indian Council of Forestry Research and Education (ICFRE) and Director, Indira Gandhi National Forest Academy (IGNFA), Dehradun, Course Director, Dr. S. Senthil Kumar and Dr. B.Balaji, Additional Professor, IGNFA along with 73 IFS Probationers including 02 foreign trainees from Royal Government of Bhutan.

Advisor Baseer Khan meets several delegations

STATE TIMES NEWS
GANDERBAL: The Advisor to Lieutenant Governor, Baseer Ahmad Khan on Thursday visited Ganderbal where various delegations apprised him of issues and grievances of people pertaining to development and public service delivery, here at Conference Hall Mini Secretariat Ganderbal.

Deputy Commissioner Ganderbal, Shafqat Iqbal, Director Rural Development Department, Kashmir, Qazi Sarwar, MD KPDC, Kashmir, SSP Ganderbal, Additional Deputy Commissioner Ganderbal, Chief Engineer KPDC, Kashmir besides other district and sectoral officers were present on the occasion.

During the visit, around 26 delegations from different walks of life of the district Ganderbal including District Traders Association Ganderbal, Pharari Speaking People, Transporters, Fruit Growers, Auqaf, BDCs, ULBs, Sarpanch Association Ganderbal, BJP Delegation, Development Forum Ganderbal, Shia Welfare Front Ganderbal, Gujjar Association Ganderbal, Civil Society, SHG of Engineers, etc. called on the Advisor who apprised him of their grievances and sought his intervention in ensuring out-



Advisor, Baseer Ahmad Khan interacting with delegations.

come-based redressal of the same in time-bound manner. Advisor gave them a patient hearing and said that their grievances would be examined and the concerned departments will be asked to redress all of their genuine concerns.

Delegation of Fruit Growers raised the demand for bringing C-grade fruit produce under Market Intervention Scheme, augmentation of marketing ventures, cold storage facility at Zazna Mandi, transportation facility for higher reaches, Dry Fruit Mandi at Kangan, special development scheme for grape and cherry fruit.

Delegation of District Traders Association Ganderbal raised the issue of Pandach-Beehama road widening, rehabilitation of shopkeepers whose shops came under road widening, operationalization of Buss Yard and street lights in the town.

Regarding street lights, the DC informed the Advisor that proposal is already

finalized and procurement of street lights is under process and installation of lights will be completed within the shortest possible time.

Responding to the demand of macadamization of roads, the Advisor said that funds are already approved for the macadamization of roads and asked the DC to ensure main and important roads including inner and link roads are macadamized on priority.

A delegation of BJP led by its District President, apprised the Advisor about the dearth of staff in District Hospital, functioning of Blood Bank, District Library, establishment of Juice Plant, flood protection bunds along Nallah Sindh, issue of illegal mineral extraction from Sindh, widening and macadamization of Safapoor-Ganderbal road besides Job opportunity to the local educated youth of the area on priority in Z-Morh tunnel.

Regarding encroachment and illegal extraction of minerals from the Nallah Sindh, the Advisor directed the DC

to take stern action against such unscrupulous persons and asked the SSP Ganderbal to maintain law and order during such drive if needed.

Meanwhile, Advisor also met with various PRIs, BDCs and ULBs and took stock of their issues and concerns. He said that PRIs will be more empowered to ensure their maximum role in plan formation to boost developmental scenario in villages.

President Municipal Council Ganderbal demanded removal of bottle necks in town, establishment of Housing Colony, shifting of ARTO Office to overcome traffic jam, etc.

Stressing for responsive administration in the district to bring reforms in the Ganderbal town, the Advisor asked the district administration to take keen interest with respect to sanitation, beautification of town, conservation of environment and embankments of Nallah Sindh and make optimum use of available resources.

Shia Welfare Front from Dub demanded up-gradation of dispensary, development of play-ground, Girls Hr. Sec. School, Community hall, Children park, renovation of shrines, etc.

Development Forum Ganderbal demanded dredging of Tulumallah Nallah, Press Club and other issues of public interest.

International skating events for 2020 cancelled: Khurmi

STATE TIMES NEWS
JAMMU: All the scheduled international skating events by the World Skate and World Skate Asia have been cancelled due to Covid 19 Pandemic.

This was stated by president of the J&K Roller Skating Association, G S Khurmi in a circular issued here on Thursday.

"I have been informed by the Roller Skating Association of India that the world bodies have cancelled all the scheduled international events for 2020. Further, the National body wants to convey the decision to the skaters and their parents," said Khurmi.

Important to mention here that skating has produced numerous international players from J&K and every year a couple of talented skaters from the Union Territories are invited for the selection process.

Kho-Kho registration begins

STATE TIMES NEWS
JAMMU: The Kho-Kho Federation of India (KKFI) has started the ongoing registration of players and technical officials for the state and national level activities.

In this regard, the J&K Kho-Kho Association has advised all the district secretaries to get their regular players and officials registered within stipulated time of one month starting August five.

"The registration with the National body is mandatory as per the new guidelines of the KKFI. Only those registered players and officials will be considered for participation at the State and National level competitions," informed Treasurer of the KKFI and Senior Vice President of J&K Kho-Kho Association, B.S Tirthi.

Balvinder rues death of female COVID patient due to Govt's apathy, demands judicial probe



Social activist, Balvinder Singh addressing a press conference.

STATE TIMES NEWS
JAMMU: Expressing anguish on recent death of a female COVID patient due to alleged apathy of administration, Balvinder Singh, a social activist, on Thursday demanded a judicial probe in the matter besides asking the administration for making necessary arrangements in every district for treatment of COVID positive emergency cases to save precious lives.

While interacting with media, Balvinder Singh along with other civil society members including Majit Singh, Manmohan Singh, Ayaz Ahmad Khan and Mahesh Kotwal, shared a recent case, wherein gross neglect of a COVID positive female by the management was observed. Giving details, he said "A 42 years old woman Sunita Devi from Sunetar Ramnagar was admitted to American Oncology at Batra Hospital. She was operated there but later, along with three other

patients from different localities, was detected corona positive and day by her situation started deteriorating. The other three patients, who were asymptomatic, were discharged from American Oncology Hospital for home quarantine, but Sunita Devi was not provided required medical facilities despite fact that authorities of Oncology Hospital contacted Director Health Jammu, CMO Jammu, Superintendent GMC, Deputy Commissioner Jammu, Raj Bhawan Jammu etc for shifting of patient to GMC, which is the only one designated COVID level-1 referral Hospital in Jammu city, as she was in dire need of intensive care," he added.

Balvinder further stated that concerned doctor, who was unit Head Oncology Unit of American Oncology Hospital, sent a number of mails on 29th July, 30th July, 3rd August and 4th August to all above mentioned authorities but none

of them neither responded to emails nor issued directions for shifting the patient to GMC, which finally resulted in her tragic death on August 5. Demanding judicial probe in the entire incident so that responsibility can be fixed in the matter, Balvinder said that all those responsible must be dealt sternly as such persons have no right to stay on these responsible posts, especially in the hour of COVID crises.

"It is our request to the authorities to look into the matter of referral of COVID-19 positive pregnant women at the time of delivery, as recently two pregnant patients have delivered babies in the ambulance," he asserted.

"What is the need of peripheral District Hospitals and three newly opened Govt Medical Colleges at Rajouri, Doda and Kathua, when they can't handle these patients at the time of delivery. The COVID-19 pregnant patients have to travel long distances for their delivery, which is unacceptable both morally and on humanitarian grounds. As the Government is claiming adequate supply of PPE kits and masks to peripheral hospitals for meeting any eventuality, at least COVID positive emergency cases like trauma, delivery etc should be dealt at respective District Hospitals or nearby Medical Colleges in Rajouri, Doda and Kathua," added Balvinder.

Ex-Central Paramilitary Forces Welfare Association demands 'One Rank One Pension'

STATE TIMES NEWS
JAMMU: Highlighting various issues and demands of para military personnel and their families, including One Rank One Pension (OROP) scheme at par with defence forces, the Ex-Central Paramilitary Forces Welfare Association on Thursday urged the Union Government and J&K administration for fulfilling the same at the earliest for welfare of para military personnel and their families.

While addressing a press conference, Darshan Kumar Chauhan, General Secretary of the association said that para military personnel and their dependents have been deprived of a number of benefits for a long time. The Association has been highlighting the issues and demands, numerous times with various concerned, but

nothing has been done date on ground level.

Various demands highlighted on the occasion included sanctioning One Rank One Pension scheme for para military personnel, releasing DA with effect from January 2020 onwards on priority basis, waiving off 50 per cent corona tax from para-military forces canteens, granting similar benefits to BSF, ITBP and NSG, framing separate Armed Force

Services and Pension Rules instead of CCS Rules, granting exemption from New Pension Scheme (NPS), CSD canteen facilities instead of Central Police Canteen (CPC) as per previous procedure, extending all post-Retirement benefits with declaration of ex-CAPF status similar to defence forces, restorations of stopped pension to BSF personnel who have resigned under BSF Rule 19 as per assurance/clarification of



Ex-Central Paramilitary Forces Welfare Association General Secretary, Darshan Kumar Chauhan addressing media persons.

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MHA and BSF authorities, paramilitary service pay (PMSP) to serving CPMF personnel similar to MSP, appointing a High Level Committee headed by Retired Judge to study and recommend entire problems faced by serving/ retired CPMF personnel by making appropriate Act, Rules and regulations through appropriate platforms, granting first ACP to Head Constable and 2nd ACP to constable to post of Sub-Inspector in accordance with original scheme of ACP 1999 etc.

Others present on the occasion included Gurdial Singh District President Jammu, Balbir Singh General Secretary District Jammu, Noor Mohd, Yashpaul, Lovely Pandita, Ashok Kumar, Mela Ram, Daleep Kumar, Janak Raj and Jagan Nath.

Crime Branch books fraudsters for duping youth on pretext of providing jobs

STATE TIMES NEWS
JAMMU: The sleuths of Crime Branch Jammu on Thursday booked fraudsters for hatching criminal conspiracy and duping complainants on pretext of providing jobs in Defense Border Roads wing, thereby causing huge losses to complainant and wrongful gain for themselves.

"A complaint was lodged by Mandeep Singh, resident of Village Sohal, Tehsil Akhnoor, Jammu and others, alleging that the accused A T Sheikh, who was posted at Mumbai Eng. Records as Sub HC Coy 107 Engr Regd, 56 APO has cheated complainants by luring them for

their appointment in the Defense Border roads wings organisation," said the spokesperson, adding, "The complainant along with others was induced to apply for the post of Pioneer for which he went to Pune for physical test in Army recruitment rally. Thereafter, the accused demanded money from complainants for their appointment on the aforementioned posts and induced to transfer Rs 20 lakh into accused through bank transactions," spokesperson added.

He further said, "The complainant transferred the money to the bank accounts of accused just to be defraud-

ed only. The complainants immediately approached the concerned department and came to know that no call letter has not been issued by concerned authorities etc."

Taking cognizance of the matter, the Crime Branch Jammu initiated a preliminary verification in light of contents of the complaint and during the course of enquiry; the allegations were prima facie established against accused for cheating and duping the complainant and others of their hard earned money on pretext providing Government jobs. Further investigation is going on in the matter, he added.

Tiger Division organises volleyball match

STATE TIMES NEWS
JAMMU: A commemorative volleyball match was organised under aegis of Tiger Division to celebrate the inclusiveness of J&K to the path and prosperity of India.

Tiger Division and Chakroi Tigers team led by Akshay, Student of Government College RS Pura participated.

Chakroi Tigers stood winners of the match by 2-1 in an exciting and closely competed game.

The occasion was also utilised by the army authority to spread awareness in multifarious spheres from employment opportunities as well as proliferation of

UT Government initiatives in the state in various fields, pamphlets of the Govt initiatives were distributed.

Co-existence within COVID-19 was also demonstrated by the attendees by maintaining social distance,



A volleyball match in progress.

whereas masks were also distributed to the participants and spectators. Sarpanch of Lower and Upper Chakroi, SHO PS Chakroi and Head Priest Gurudwara Sahib Chakroi were present.

'Supporting breastfeeding for a healthier planet'

Breastfeeding is the normal way of providing young infants with the nutrients they need for healthy growth and development. Virtually, all mothers can breastfeed, provided they have accurate information and the support of their family, the health care system and society at large. World Breastfeeding Week is celebrated every year for the last 29 years across the world from 1st to 7th August, by various organisations like WHO, UNICEF etc. to protect, promote and support breast feeding. Mother's milk provides ideal nutrition for infants, it has a balanced mix of vitamins, proteins and fats which are provided in an easily digestible form. It contains antibodies to fight viruses and bacteria and lowers risk of having Asthma and allergies. Babies exclusively breastfed for 6 months report to have fewer ear infections, diarrhoea, respiratory illnesses etc. Breast feeding has

been linked to higher intelligence and prevention of sudden infant death syndrome. It is believed to lower the risk of diabetes, obesity and many other diseases. Infact, breast feeding is reported to help mothers in losing weight gained during pregnancy and helps to lower the risk of breast and ovarian cancer and osteoporosis. This year, the theme of the week is "Supporting breastfeeding for a healthier planet."

Breastfeeding is one of the best investments in saving lives and improving the health, social and economic development of individuals and nations. Although global breastfeeding initiation rates are relatively high, and despite international recommendations, only 40% of all babies under 6 months are exclusively breastfed and 45% continue breastfeeding up to 24 months. Additionally, there are large regional and in-country variations in breastfeeding rates. Scaling up optimal breastfeeding

according to the recommendations could prevent more than 8.23,000 children and 20,000 maternal deaths each year. Concerted action is needed in order to achieve the World Health Assembly (WHA) target of at least 50% exclusive breastfeeding for 6 months by 2025.

Human milk provides virtually all the protein, sugar, and fat a baby needs to be healthy, and it also contains many substances that benefit a baby's immune system, including antibodies, immune factors, enzymes, and white blood cells. These substances protect a baby against a wide variety of diseases and infections not only while he is breastfeeding but in some cases long after he has weaned. Formula cannot offer this protection.

If a mother develops cold while breastfeeding, for example, she is likely to pass the cold germs on to the baby-but the antibodies a body produces to fight that cold

also will be passed on through the milk. These antibodies will help an infant conquer the cold germs quickly and effectively and possibly avoid developing the cold altogether.

This defense against illnesses significantly decreases the chances that a breastfeeding baby will suffer from ear infections, vomiting, diarrhoea, pneumonia, urinary tract infections, or certain types of spinal meningitis. Infants under the age of one who were breastfed exclusively for at least four months, for instance, were less likely to be hospitalized for a lower respiratory tract infection, such as croup, bronchitis, or pneumonia, than were their formula-fed counterparts. Even infants in group child care programs, who tend to catch more germs due to their close proximity, are less likely to become ill if they are breastfed or fed their mothers' milk in a bottle.

All humans have a very large number of bacteria that normally reside in their intestines. Some of the bacteria serve normal and healthy functions, and some can cause disease such as diarrhoea. Human milk encourages the growth of healthy bacteria in the intestinal tract of the breastfed baby. It does this by promoting a generally healthy environment and, in part, through substances called prebiotics, which are found in human milk. Since human milk stimulates the growth of these "friendly" strains of bacteria, other bacteria such as E. coli, which are more likely to cause disease, are inhibited from growing, multiplying, and attaching to the lining of the intestine, where they can cause infection. It has been well established that formula-fed infants have much higher rates of diarrhoeal diseases which may require visits to the doctor or sometimes to the hospital for intravenous fluids.

Breastfeeding and Allergies
Breastfeeding is recommended for many reasons. With regard to allergy prevention, there is some evidence that breastfeeding protects babies born to families with a history of allergies, compared to those babies who are fed either a standard cow's milk based formula or a soy formula. In these "at risk" families, breastfed babies generally had a lower risk of milk allergy, atopic dermatitis (commonly known as eczema), and wheezing early in life, if they were exclusively breastfed for at least four months. It is presumed that immune components in maternal milk provide protection against these allergic diseases. Although the long-term benefits of breastfeeding on allergies remains unclear and studies have not carefully evaluated the impact on families without a history of allergy, exclusive breastfeeding is recommended as the feeding of

choice for all infants.

Other Illnesses
Transfer of the human milk antibodies and other immunologic substances may also explain why children who breastfed for more than six months are less likely to develop childhood acute leukemia and lymphoma than those who receive formula. In addition, studies have demonstrated a 36 percent reduction (some studies show this reduction to be as high as 50 percent) in risk of sudden infant death syndrome (SIDS) among babies who breastfed compared to those who did not, though the reasons for this are not fully understood. Recent research even indicates that breastfed infants are less likely to be obese in adolescence and adulthood. They are also less vulnerable to developing both type 1 and type 2 diabetes.

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