

CGPWA celebrates Senior Citizen Day with talk on cancer

STATE TIMES NEWS

JAMMU: The Central Govt Pensioners' Welfare Association, Jammu (CGPWA) organised a function last evening to celebrate the 33rd World Senior Citizen Day with talk on dreaded cancer disease. The Principal and HOD of Deptt of Oncology, Govt Medical College, Jammu, Dr Ashutosh Gupta gave an illuminating and informative talk on Cancer which is also a major cause of mortality among senior citizens. He said majority of cases of male cancer are reported from age group of 60 to 80 years and female cases from age group of 40 to 60 years. He said that there are more than 100 types of cancers any part of the body can be affected. Referring to the magnitude of Cancer in India, he said that about 10 lakh new cases are diagnosed annually and about 4 lakh patients die every year.

Dr Ashutosh referred to the growth of cancer in India said that cancer was not among the ten major killer diseases in India at the time of Independence but now it is among the five major killer diseases. Lung cancer and head & neck are among the five top cancers detected among males while breast cancer and cervical



Principal GMC Jammu, Dr Ashutosh Gupta speaking at a meeting at Jammu.

cancer are seen mostly among women. He said that among cancer is the leading killer world-wide with smoking found to be a major factor for it. There are 80% lung cancer deaths in men and 75% in women. He said that smoking, alcohol, iron deficiency (deficiency in micronutrients, infection with helicobacter pylori and high salt food / high use of smoked food are the major risk factors for cancer.

Speaking on prevention of cancer, Dr Gupta advised to take a low-calorie diet with fruit and vegetables, poultry products and fish, fibrous food, daily intake of 6 to 8 glasses of water, use of vegetable/olive oil, quality protein, minerals, calcium rich food etc. He cautioned against consumption of a high fat content diet that includes red and processed meat, sugar rich desserts, high-fat dairy products and fried foods, spicy, very hot, very cold, or highly

acidic foods. He recommended cervical cancer screening of young girls and said that Medical College has launched a cervical vaccine for girls in the age group of 12 to 18 years to prevent cervical cancer among women. Dr Ashok Bhan who was the Guest of Honour, cautioned the elders that their loneliness & Social isolation and said that it would bring to them avoidable anxiety, depression, cognitive decline, high BP, heart diseases, dementia including Alzheimer and obesity. He suggested wide range of remedies that include mental attitude of not giving up, regular exercises, healthy eating, remain connected with family, friends, engage in some activities or at least join community groups.

He narrated a unique activity undertaken by a retired DGP of Mumbai, initially during COVID, of supplying Roti

among the patients at their homes but now it is transformed into a Roti Bank.

To the delight of senior citizens, Dr Bhan picked up Vijay Sambyal, Ashok Sharma Vishishth and Kamal Sharma, known artists and sang the opening 'mukhra' of some old popular songs of fifties to bring home his point that life can be enjoyed despite age. He also helped erasing the 'gloom' that has seemingly descended on the minds of many after hearing about the dreaded disease of cancer.

B R Sharma, State Election Commissioner, in his presidential address, said that getting old is like climbing a mountain and feel out of breath but on reaching the top the view is rewarding.

"So, there are always twinkle in your wrinkle." Calling senior citizens as Senior Adults, he said that laughter is timeless, imagination has no age and dreams are forever. Sharma said that elders are the target of cyber-crimes and there is need to sensitise them against such frauds by making them technology savvy by holding workshops for them. The General Secretary of CGPWA, K B Jandial in his welcome address, said that the Association has

been celebrating such Days with Health Talk to create awareness about the diseases distressing senior citizens. Cancer is one such disease that afflicts elders. As per the available data, 14.61 lakh cancer cases were reported in India during 2020 and incidence of these cases is estimated to increase by 12.8% by 2025. He also explained the birth of the Day by USA President Ronald Reagan in 1988 and two years later UNO adopted to recognise the contributions of the senior citizens. The Vice President of CGPWA, Dr Sudarshan Kumar while presenting a vote of thank said senior citizens should strive to remain fit as fitness would be no burden on the society. He also advised them to be the mentor of their families rather than advisor. Earlier, Dr Bhan and B R Sharma honoured Dr Ashutosh Gupta for his illuminating lecture.

Besides members of the CGPWA, senior citizens from the association for the welfare of senior citizens, Home for Aged, Police and Defence veterans, morning walkers associations of Gandhinagar Greenbelt and Rajinder Nagar parks, IIPA, Bhartiya Yoga Sanathan and State pensioners.

DCC Rural receives Yuva Rajput Sabha rally at Jammu North Assembly segment

Hari Singh, Rajni seek suspension of Sarore Toll Plaza

STATE TIMES NEWS

JAMMU: The District Congress Committee (DCC) Jammu Rural on Tuesday demanded suspension of toll collection at Sarore Plaza due to the poor road conditions and a damaged bridge at Dayalachak.

In this regard, Congress activists, led by Hari Singh Chib, President DCC Jammu Rural, and Corporator Ward 60 Rajni Bala, gathered at Paloura in the Jammu North Assembly segment and received the rally of Yuva Rajput Sabha, which is heading towards the toll plaza at Sarore.

Speaking to reporters, Hari Singh Chib expressed that the Congress Party fully supports Yuva Rajput Sabha until their demand is met. He assured the Yuva Rajput Sabha that Congress is with them in their quest to address the issues faced by the poor and Dogra's of Jammu. Chib demanded the release of Yuva Rajput leaders who were detained yesterday. Hari Singh cautioned



DCC Jammu Rural leaders and workers taking out rally.

against testing the patience of the general public, especially as the approaching 2024 polls draw nearer. He asserted that the public's sentiment cannot be taken for granted, and indicated that the upcoming polls would serve as an opportunity for the people to express their dissatisfaction. He appealed to the government to immediately suspend the toll plaza at Sarore until the Jammu Pathankot National Highway is properly restored failing which the party has no other option to come on roads. Addressing the concerns of the public, Rajni Bala questioned why the

Bharatiya Janata Party (BJP) is silent on this matter, despite its government being in power at the Centre and in Jammu and Kashmir. She called on the people to support the Congress Party, as it is the only party that can meet their expectations and address their concerns effectively.

Among those who were present include Uttam Singh Chib, former Corporator; Som Nath Sharma, President BCC Pata Paloura; Sunil Singh, Assembly President Youth Congress Jammu North, and other Congress activists.

Protests emerge against Smart Meter Installation, Sarore Toll Plaza

STATE TIMES NEWS

JAMMU: Block Congress Committee Marh, Youth Congress Committee Marh, and local residents of GhoumanasanMarh Area have come together to protest against the introduction of smart meters and to show support for the Yuva Rajput Sabha's stance against the Sarore Toll Plaza. The protest, held on August 22, 2023, brought concerned citizens together to express their discontent.

Former Power Minister Mula Ram, a prominent Congress leader, highlighted concerns about the impending implementation of smart meters. He stressed that increased electricity tariffs associated with these meters could pose challenges, particularly for economically disadvantaged and rural communities. Mula Ram reaffirmed the Congress Party's opposition to the installation of smart meters in Jammu & Kashmir. He pointed out the potential financial strain on vulnerable segments of the population and emphasized the



BCC and YCC Marh leaders taking out rally.

economic hardships faced by rural areas where incomes are often tied to farming and labour. Mula Ram expressed his confidence that the Congress Party serves as a beacon of hope for the people of Jammu & Kashmir. He promised that, if given the chance, the party would work to reverse the implementation of smart meters to mitigate potential hardships for residents.

The rally included various speakers addressing the assembled crowd. Rattan Lal Sharma, a former Chairman of Ghoumanasan, Rajinder Kumar Happy, Vice President of District Congress Rural Jammu, Bittu Rampal, Vice

Chairman of Ghoumanasan Municipal Corporation, and Ajay Lakhota, President of NSUI Jammu, were among those voicing their concerns. The protest showcased unified public sentiment against smart meters and demonstrated solidarity with the Yuva Rajput Sabha's opposition to the Sarore Toll Plaza.

As community concerns grow louder, the need to address these issues becomes more pronounced. The protest's collective voice underscores the importance of authorities addressing citizens' worries and making decisions that prioritize the well-being of the people.

Jammu Bar advocates urgent solutions for toll plaza, smart meter issues

STATE TIMES NEWS

JAMMU: The Jammu & Kashmir High Court Bar Association (JKHCBA) has taken a proactive stance in addressing critical issues impacting the community. Led by President Sr. Advocate Vikram Sharma, the association recently held a packed press conference emphasizing the need for timely resolution of grievances related to the Sarore Toll Plaza and smart electric meters.

President Vikram Sharma passionately urged the National Highways Authority of India (NHAI) to respond to the genuine concerns of both the public and commuters traversing the Jammu-Kathua segment of the National Highway. Despite significant damage caused by recent floods rendering the highway unsafe, toll collection continues at the Sarore Toll Plaza. Sharma emphasized the importance of suspending toll collec-



Jammu Bar President Vikram Sharma talking to reporters.

tion until the damaged highway segment is restored for safe passage. He reaffirmed the JKHCBA's track record of advocating for Jammu's causes and expressed optimism that the NHAI and Ministry of Road and Transport would swiftly address the public's grievances.

President Sharma also drew attention to the issue of malfunctioning smart electric meters, citing reports of faulty and inflated bills in recent press cov-

erage. He assured the public that consumers across the Jammu division have dutifully paid their electricity dues regardless of the meter type. However, he called on the electricity department and the Jammu Power Distribution Corporation Limited (JPDC) to ensure accurate billing that aligns with actual units consumed by each consumer.

In addition to these concerns, the JKHCBA urged the administration to streamline property tax

calculations and broaden the base for tax exemptions. The association's aim is to make the tax calculation process more accessible for ordinary citizens, facilitating better understanding and compliance.

The press conference featured a lineup of prominent figures in the association, including Amit Gupta (Vice-President), Parvash Singh Salaria (General Secretary), and other dedicated members. Their united efforts and commitment underscore the association's resolve to champion the rights and welfare of the Jammu community.

As the spotlight remains on these pressing matters, the Jammu & Kashmir High Court Bar Association anticipates a swift and effective response from relevant authorities, hoping to alleviate the burdens faced by the public regarding toll plaza charges and electric meter accuracy.

Suspend toll collection at Sarore: Vikramaditya

STATE TIMES NEWS

JAMMU: Former MLC, Vikramaditya Singh has anguished over collection of toll charges at Sarore despite the severe damage caused to the national highway at Chadval in district Samba. In a statement released on Tuesday, the former MLC emphasized that the Tarnah Bridge in district Samba, which was recently damaged in flash floods, will require months to resume traffic.



He stated that until the bridge is repaired and traffic flow is restored, the authorities responsible for toll collection should refrain from charging toll taxes at Sarore. Instead, they should allow free movement of vehicles on the highway from the toll plaza, sparing commuters from any form of harassment, he said.

Singh cited a similar incident of Himachal Pradesh, wherein toll collection was suspended at Sanwara Toll Plaza due to the damage caused to National Highway No. 5 between Solan and Parwanoo in the Solan district during the recent flash floods. Acknowledging the similar situation in Himachal Pradesh, the former MLC stated, "We have no objection to paying toll, but the condition of the national highway stretch from Jammu to Lakhapur is not appropriate for toll collection at the moment."

He asserted that there is no issue on toll operations at Ban Toll Plaza, as the concerned road is in relatively good condition. However, he urged the NAHI authorities to prioritize the repair work on the Jammu Lakhapur National Highway. Once the Jammu Lakhapur National Highway is functional, they can resume the toll collection, he said.

The former MLC urged the authorities to prioritize the convenience of the people and refrain from harassing them under the guise of toll collection. He emphasized that the damaged national highway has caused significant inconvenience to commuters and should be addressed promptly.

High Court Rules: No vested right for contract continuance and regularization after expiry

STATE TIMES NEWS

JAMMU: In a significant legal verdict, Justice Sanjeev Kumar of the Jammu & Kashmir and Ladakh High Court has dismissed a series of petitions, asserting that individuals terminated after their contract's expiration do not possess a vested right for continuation and subsequent regularization. The court's ruling emphasizes that the petitioners, by accepting their engagement on a contractual basis, have inherently accepted the terms and conditions associated with their engagement.

The case pertains to a group of post-graduate individuals engaged as Subject Specific Teachers (SSTs) under the Rashtriya Madhyamik Shiksha Abhiyan (RMSA), now part of the Smagra Siksha scheme. The petitioners were engaged to serve in 110 upgraded High Schools on a

purely contractual basis for a duration of one year, each earning a consolidated salary of Rs. 30,283/- per month.

The initial contractual engagement concluded after a year, but the Government issued an order permitting temporary re-hiring of 550 SSTs, including the petitioners, for a period of one month. However, this re-hiring was explicitly outlined to last until certain conditions were met. Subsequently, the petitioners' contracts were terminated in accordance with the stipulations of the order.

Justice Sanjeev Kumar's ruling underscores that the petitioners' engagement was contractually defined, clearly communicated at different stages, including through advertisements and engagement letters. The court emphasized that the nature of the engagement was temporary

and contractual from the outset, with no inherent right to extension or regularization.

The petitioners' plea for re-hiring and subsequent regularization was based on the assertion that the need for their roles still existed. However, the court's verdict dismisses this claim, asserting that the petitioners were informed about the temporary nature of their engagement and the conditional re-hiring from the beginning.

This ruling highlights the legal principle that contractual employees, once their term expires, do not possess a vested right for continuation or regularization and must adhere to the terms initially agreed upon. The judgment carries implications for contractual employment practices and the expectations of continuity and regularization beyond contract expiration.

Dy Mayor starts lanes and drains work at Ekta Vihar

STATE TIMES NEWS

JAMMU: Deputy Mayor Jammu, Baldev Singh Billawaria on Tuesday started the lanes and drains at Ekta Vihar in RS-Pura Jammu South Constituency.

Billawaria said that earlier in the name of development only drums and name plates were seen on the walls but the development has been started by the Modi Government from the ground level. He said that the general public was exploited by the Congress in the name of development while no development was done on ground.

Deputy Mayor Jammu further said that the elders would remember the condition of the Congress regime, there was no electricity, but now the situation has changed now the faulty transformers are replaced on the same day. He said that the BJP is the only party that is



Dy Mayor, Baldev Singh Billawaria starting lanes and drain work.

committed to solve the problems of the people and as a local representative he is bound to solve every problem of the people not in his ward but the entire Jammu. Local residents and social activists said that the Congress party had previously misled them about development work in the area. The Local residents and social workers expressed their gratitude to

Deputy Mayor. They assured full support to the BJP in the upcoming elections.

Mandal President Ranjit Singh, Harbans Choudhary, Jugal Kishore, Rakesh Sangral, Om Nath, Bansil Lal, Darshan Lal, Nikish Bhasin, Manjeet Singh, Govinder Singh, Ashok Kumar, Capt. Roop Singh, Harvinder Singh were also present.

Landmark Verdict: Life Imprisonment and Fine in Acid Attack Case

STATE TIMES NEWS

JAMMU: In a precedent-setting decision, the Principal Sessions Judge Srinagar, Jawad Ahmed, delivered a resolute judgment in a highly publicized acid attack case, sentencing Irshad Amin Wani and Umer Noor to life imprisonment and imposing a substantial fine of Rs 5 lakhs on each convict. The ruling comes as a response to their involvement in a brutal acid attack that left the victim

permanently scarred, both physically and emotionally.

The court's verdict, handed down after careful consideration of the prosecution's arguments presented by Special Public Prosecutor Abdul Aziz Teeli, has garnered attention for its emphasis on the victim's enduring suffering and the need for justice to be served. Advocates Malik Ahmed and Yawar Khan represented the accused during the trial.

While recognizing the potential for rehabilitation and personal growth of the young convicts, Judge Jawad Ahmed underscored the irreversible impact of their heinous act on the victim. The scars, both visible and psychological, will forever serve as a haunting reminder of the attack that altered the trajectory of her life.

The court's verdict underscores a balanced approach, taking into account the vic-

tims ordeal and the convicts prospects for change. The Judge highlighted the convicts harmful and hateful mentality and their readiness to conspire and execute such a reprehensible act due to envy and jealousy. Consequently, the court determined that reintegration of such individuals into society is untenable. Judge Ahmed's ruling outlined the severity of the offense and the profound impact on the victim, leading to the imposition of life imprisonment and a substantial fine of Rs 5 lakhs on both convicts for their offense under Section 326-A of the Ranbir Penal Code, coupled with Section 120-B. The court also handed down a 10-year prison sentence and a fine of Rs 25,000 for the offense of criminal conspiracy (Section 120-B RPC). Concurrent sentences were ordered for multiple offenses. Furthermore, the court's

commitment to ensuring justice for the victim extended to recommending the victim's case to the Member Secretary of the Jammu and Kashmir Legal Service Authority for maximum compensation in line with the J&K Victim Compensation Scheme, 2019.

The case record is slated to be submitted to the High Court, in accordance with legal procedures, for confirmation of the life imprisonment sentence. The convicts, Irshad Amin Wani and Umer Noor, have been informed of their right to appeal against the judgment and sentence order.

This landmark verdict not only sets a precedent for addressing acid attacks with unwavering severity but also highlights the judiciary's dedication to safeguarding victims' rights and delivering justice that resonates with the gravity of the crime.

PTTI Vijaypur in association with Samvedna Society organizes medical camp

STATE TIMES NEWS

VIJAYPUR: Police Technical Training Institute (PTTI) Vijaypur under ongoing "Meri Maati Mera Desh- Mitti Ko Naman, Veeron Ka Vandan" Abhiyan in association with Samvedna Society Jammu organized a medical camp in the Institute.

During Camp, Dr Arvind Sharma (General Physician), Dr. Monika Kudyar (Sr. Physiotherapist) of Medanta Hospital Gurgaon provided services along with their medical staff and conducted medical /clinical examination of staff and trainees and also conducted laboratory tests viz. Blood Sugar, PPT, ECG etc.

Shiv Kumar, SSP RPPC PTTI, Vijaypur inaugurated the Medical camp in presence of



Doctor examining a patient during a camp.

Dhushyant Sharma (Vice Principal), Khushwant Singh (DySP Admn.) and Kuldeep Raj (DySP Indoor/Tech.) PTTI Vijaypur. Principal PTTI Vijaypur thanked Keshav Chopra, Chairman Samvedna Society for providing valuable support in organizing Medical camp in the Institute. Besides this, a rally

was also organized under theme "Meri Maati Mera Desh" in which all staff and trainees participated. Suram Singh, SSP, Commandant JKAP 6th Bn. (Chairman Examination Board PTTI) and other Members of the Examination Board including Surinder Kumar Sharma, SP and Mohinder Paul, DySP also par-

ticipated in the rally.

Among other Sandeep Singh (Assistant Marketing Manager, Medanta Hospital Gurgaon), Inspr. Javed Hussain (RI), Inspr. Vishal Kumar (CDD), Inspr. Surrinder Paul (CLI/CTI), Inspr. Anil Kumar, Inspr. Tariq Mehmood, Inspr. Mulkh Raj, Inspr. Vivek Kalsotra, Inspr. Bhopinder Singh, Inspr. Kanwal Raina, Inspr. Himanshu Dutta, Inspr. Ashish Dharmat, SI Shakesh Singh (LO), ASI Darshan Kumar, ASI Rash Paul, Narinder Kumar, Azhar Bhatti, Akash Sharma, Ishrat, Mahesika Slathia, Ashay Kumar, Sapna Rani, Ankush, Ritesh Peer, Divyansh Gupta, Manoj Tandon and Sushil Gupta were present on the occasion.

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