

Cardiovascular disease in rural areas; impending burden: Dr Sushil

STATE TIMES NEWS

JAMMU: With the aim of disseminating awareness regarding cardiovascular disease particularly in rural areas a day long screening, awareness cum health checkup camp was organized by Dr Sushil Sharma, Head Department of Cardiology GMC & SSH Jammu at Greenland Palace, Lower Roop Nagar, here on Sunday.

More than 200 people were examined, evaluated and advised during the camp. ECG, Blood Sugar and HBA1C Tests were conducted and free medicines were also given as per the requirements.

While interacting with the patient, Dr Sushil stated that countering the cardiovascular epidemic requires the development of strategies such as the formulation and effective implementation of evidence-based policy, reinforcement of health systems, and emphasis on prevention, early detection, and treatment with the use of both conventional and innovative techniques.

Now cardiovascular diseases (CVD) are a leading cause of mortality among adults in India, and their risk factors (tobacco, hypertension, diabetes, overweight, and obesity) are common, he said adding that most risk-factor surveys have focused on young and middle aged adults.

"We measured the prevalence of risk factors for CVD among elderly (age 60 years or more) in rural India. It is now well known that conventional risk factors (smoking, hypertension, diabetes mellitus, obesity, dyslipidemia, unhealthy diet, and



HoD Cardiology GMC & SSH Jammu, Dr Sushil Sharma with his team examining patients at a camp.

reduced physical activity) together account for more than 95% of population-attributable risk for CVD, and novel risk factors have only a small contribution. These risk factors, attributed to a set of life-style changes are prevalent both in urban and rural India," he said.

He further elaborated that an additional cause of concern in Indians and South Asians is that they tend to have more severe manifestations of CVD 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%.

In India, under diagnosis and underreporting of CVD are more frequent among the poor. Economically underprivileged patients with CVD are less likely to receive evidence-based treatments, because medical

treatment often involves large out-of-pocket payments and with the introduction of Ayushman healthcare scheme this has been overcome and everyone irrespective of socioeconomic strata is able to

achieve equitable and affordable healthcare.

Prominent Members of the area Shamsheer Singh Manhas (Former Member Parliament), Kuldeep Chib (Corporator), Rekha Manhas (Corporator),

Sukhdev Singh Jamwal, Suresh Khajuria, Joginder Chib, Ved Parkash and Dushyant Singh appreciated the efforts of Dr Sushil and his team for conducting Cardiac Awareness Cum health checkup camp in their area.

Others who were part of this camp included Dr Nasir Ali Choudhary (Cardiologist), Dr Dhaneshwer Kapoor and Dr Anitpal Singh (Orthopaedician).

Paramedics and Volunteers includes Kamal Sharma, Raghav Rajput, Ranjeet Singh, Rajkumar, Akshay Kumar, Vikas Kumar, Pankaj Kerni, Aman Gupta and Sunil Pandit.



Minorities in India have progressed during past eight years without any political exploitation: Dr Darakhshan

STATE TIMES NEWS

KULGAM: Chairperson of J&K Waqf Board, Dr Darakhshan Andrabi on Sunday said that Minorities in India have progressed during past eight years without any political exploitation.

She was chairing a convention of BJP Minority Moreha in Damhal Hanjipora of Kulgam district. UT BJP Minority Moreha President Sheikh Bashir and Kulgam District President of BJP Aabid Hussain Khan were also present in the convention. Delegates from all blocks of the district participated in the convention held on the birthday of Deen Dayal Upadhyay.

Mann Koi Baat of the Prime Minister was listened during the meeting on which great deliberations were held. Many prominent citizens of the district joined BJP.

Dr Andrabi said that BJP is the only political party in



Chairperson JKWB, Dr Darakhshan Andrabi talking to reporters.

whole of India which fulfills every promise made to people under the leadership of the honest and dynamic Prime

Minister Narendra Modi.

"The development mantras of Modi have worked wonders within the country and also earned applause globally. Vikas-formula of Modi is transforming India into a world power and after decades of exploitation by politicians in J&K, Modi is ushering the benefits of long term growth in the Ut," said Dr Darakhshan.

She said that Modi has directed all to implement Sabka Vikas, Sabka Vishwas

at all levels by inclusion of everybody without the consideration of cast, creed, religion and region and this direction has delivered beyond expectations of all.

"After seven decades of vote bank relationship of rulers with minorities, BJP has uplifted the minorities of India in the real sense of the term and freed them from political exploitation of all kinds," said BJP National Executive Member.

Welcoming the new entrants

into party fold, Dr Darakhshan Andrabi said that J&K has fortunately come out of the politics of separatism and violence and peace loving people of the UT are finding BJP as their real platform for peace, progress and prosperity.

Later Dr Darakhshan Andrabi visited the Chimer shrine of Nooruddin Noorani on the invite of local management committee and paid obeisance and respects at the shrine.

Dr Sudhaa convenes workshop in PCOS Society Conference



Dr Sudhaa Sharma, Senior Gynaecologist speaking at a conference.

STATE TIMES NEWS

JAMMU: Dr Sudhaa Sharma, Senior Gynaecologist Madaan Hospital Gandhi Nagar, convened a workshop with International Menopause Society during the Annual National Conference of

Polycystic Ovary Syndrome (PCOS) Society of India at Mumbai.

In this workshop, International Speakers Prof Paulin from USA & Prof. Ang Sengbin from Singapore highlighted the role of Hormones in PCOS at Perimenopause & Menopause.

Prof Sudhaa Sharma, Managing Committee Member PCOS Society of India, in her invited Guest Lecture addressed that components of PCOS like Hytension, Diabetes Obesity Metabolic Syndrome, Dyslipidemia etc. continue and most of the times get aggravated during Perimenopause & Menopause and they require special care while instituting Menopause Hormone Therapy.

Dr Sudhaa, Honorary Prof. IMA, also chaired session of Prof. Anuja Dokra from USA who delivered a key note address on "Advocacy & Mentorship" in PCOS during this National Conference.

All aspects of PCOS during Adolescent, Pregnancy & Menopause were very well deliberated by different Speakers during this Annual National Conference.

Despite assurances, Kashmir fruit industry facing major threat

SHAKEELA ANDRABI

SRINAGAR: The apple growers and traders in Kashmir valley are facing several hardships as hundreds of fruit-laden trucks are unable to pass freely on arterial Jammu-Srinagar national highway, trade leaders said. President of Kashmir Valley Fruit Growers Dealer's Association and New Kashmir Fruit Association Bashir Ahmad Bashir said that growers and traders are starving due to massive losses owing to hurdles faced along approximately 300 Km long highway. "We were hopeful after advisories issued by Government that situation will improve, but it seems that same are not being implemented on ground level with spirit," Bashir said.

The traders have been expressing their concerns for over two weeks over what they called an 'unnecessary halt' of fruit-laden trucks. Hundreds of trucks leave with thousands of apple-boxes daily from fruit Mandis across the valley for further export to Bangladeshi markets, where demand for Kashmiri apples is significant, but many traders alleged that

business is suffering due to roadblocks on highway. The transporters said that fruit trucks do not reach Mandis on time, causing damage to produce. Dozens of distraught members of Truck Transport Association Shopian gathered at Aglar Fruit Mandi to stage a peaceful protest against halting of trucks along Srinagar-Jammu National Highway. The transporters said that fruit trucks do not reach outstation Mandis in time, causing big losses to them. The transporters said that trucks were being stopped despite recent assurance by Lieutenant Governor Manoj Sinha about facilitation free movement of fruit trucks.

Meanwhile, a delegation from Shopian Fruit Transport Association called on IGP Traffic Vikramjit Singh and highlighted issues regarding transportation of fruit from Shopian and other adjoining areas. Singh advised association members to increase dispatch of fruit trucks through Mughal Road, which is more convenient for traders.

Accepting suggestions of IGP Traffic, the association members highlighted two main issues with Mughal

Road, one long wait time at Joint Army-Police Checkpoint at Poshana while second is poor maintenance of road including removal of debris from roadside. The IGP assured them of all possible cooperation by Traffic Police in ensuring smooth and speedy transportation of apple trucks from Kashmir to other parts of the country.

On the other hand, apple traders from Bangladesh have threatened to wind up business relations with Kashmir. "The move will hurt business to great extent causing huge losses to traders and if situation continues, we will quit trading here as well," they stated.

While speaking to media, Bangladesh fruit purchasers expressed regret that from past 20 days, they have suffered significant losses due to unnecessary halt of fruit-laden trucks. Bangladesh has become one of the major markets for Kashmiri apples throughout the years and traders are focusing on Bangladesh since returns are higher. Every day, at least 30 trucks of apples depart Sopore fruit mandi for Bangladesh.

Ministry of Finance
Government of India

75
Azadi Ka
Amrit Mahotsav

A Next-Gen Reform for GST Taxpayers

e-Invoice

W.e.f. 1st October, 2022 generating e-Invoice will be Mandatory for B2B supply of Goods or Services or both, or for exports, for taxpayers* whose Aggregate Annual Turnover exceeds ₹ 10 Cr in any of the preceding financial year

e-Invoices bear Unique Invoice Reference Number generated through Invoice Registration Portal

Benefits of e-Invoice

Uniform Schema

Auto reporting to GST portal

Auto generation of e-Way Bill

Lesser compliance burden

Reduction in transcriptional errors

Seamless transmission of invoice

Auto populated GST Return

Less paper work

For more details, please refer to the Notification No. 13/2020-Central Tax dated 21.03.2020 as amended from time to time, last being Notification No. 17/2022- Central Tax dated 01.08.2022

***Please scan for details of exempted categories of taxpayers**

Central Board of Indirect Taxes and Customs

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