

Narayana hospital restores vision of 40-year-old man by rare eye surgery

■ **STATE TIMES NEWS**
KATRA: Shri Mata Vaishno Devi Narayana Superspeciality Hospital (SMVDH), a leading healthcare institution, achieved a significant medical milestone by successfully performing a rare eye surgery known as Scleral Fixed Intraocular Lens (SFIOIOL) for the first time in its history.

The pioneering surgery was conducted by the hospital's ophthalmologist Dr. Swati Sharma using the innovative Modified Yamane and X-Nit (MYX) Technique, resulting in the restoration of vision of a 40-year-old man who had suffered a traumatic eye injury in the same eye for the second time.

The patient suffered trauma in his right eye 6 years back & developed traumatic cataract. He was operated at another



hospital & an intraocular lens was placed. Unfortunately he suffered injury in the same eye again - the intraocular lens got dislocated, this time affecting the entire capsular bag.

The case was complicated & needed a revision surgery - however he was refused at most other hos-

pitals in the region citing the complexity involved. The patient then came to SMVDH Narayana, where Dr. Swati Sharma skillfully performed the Scleral Fixed Intraocular Lens (SFIOIOL) surgery, replacing the dislocated lens with a new one using the MYX Technique.

Speaking about the significance of the surgery,

Ophthalmologist Dr. Swati Sharma stated, "The patient's case was quite complex, given the compromised capsular bag support. With the Scleral Fixed Intraocular Lens (SFIOIOL) technique, we securely fixed the intraocular lens to the sclera, behind the iris. This approach has proven to be a better choice for such cases, offering more stability and fewer complications compared to other available options like Anterior Chamber Intraocular Lenses (ACIOLs) or iris-claw lenses."

Dr. Swati Sharma further emphasized the significance of the SFIOIOL procedure, stating, "Scleral Fixed Intraocular Lenses are a valuable alternative when capsular bag support is compromised or absent. Although challenging to perform, SFIOIOLs have demonstrated to be a

superior choice compared to other options for long-term vision restoration."

The surgery was conducted with meticulous precision by Dr. Swati Sharma complemented by the support of Mr. Vishal Sharma, an ophthalmic technician who provided essential assistance throughout the procedure. The patient's recovery is progressing well, with his vision steadily improving day by day.

SMVDH, Jammu continues to be at the forefront of medical excellence, advancing patient care through groundbreaking treatments and innovative surgical techniques. The success of this rare eye surgery represents a testament to the institution's commitment to transforming lives and ensuring a brighter, clearer future for patients dealing with vision-related challenges.

Empowering School Libraries: DIET Doda organises 3-day workshop

■ **STATE TIMES NEWS**
DODA: To rejuvenate and enhance the management of school libraries, the District Institute of Education and Training (DIET) Doda organised a comprehensive three-day workshop.

The event, held from August 28th to August 30th, 2023, took place at the DIET Doda ICT lab. Impressively, out of a target of 50, 49 participants actively engaged in the workshop. The inauguration of this vital workshop was conducted by Varinder Singh, Head of DIET Doda and featured Kismat Singh, Lecturer at DIET, as the resource person.

The success of this initiative was made possible with the dedicated contribution of Zakia Khanum, Librarian at DIET, Musarat Jahan, Senior Lecturer at DIET and Hans Raj, Librarian GDC Doda.

The primary objective of this workshop was to sensitize participants about the strategies necessary for revitalizing and managing libraries that have fallen into disuse and dormancy. Additionally, the event aimed to raise awareness about fostering interest and motivation among children to cultivate a habit of reading within the library's serene environment.

Participants were also enlightened on how to transform the library into a hub for recreation, amusement, and learning. Emphasis was placed on the pivotal role of librarians



DIET officials and others during the workshop.

in sparking curiosity, exploration, investigation, and learning through access to high-quality books within the libraries. They assured to implement the guidelines and training modules provided during the workshop in their respective educational institutions with enthusiasm and dedication.

This workshop undoubtedly marks a significant step towards rejuvenating the role of libraries in the education system of Doda.

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Poonch Admin takes historic initiative to promote tourism



DC Poonch, Yasin M. Choudhary flagging off trekking expedition.

■ **STATE TIMES NEWS**
POONCH: Deputy Commissioner Poonch, Yasin M. Choudhary has taken a significant step towards attracting tourists to the beautiful Pir Panjal region in Poonch district. In collaboration with the Poonch Development Authority (PDA), the Deputy Commissioner Poonch today flagged off a trekking expedition aimed at promoting tourism in the area and attracting visitors from all over the country to discover places of adventure, heritage and religious landmarks of the district.

The trekking expedition, organized in partnership with Indiahikes, saw the participation of trekkers from different states who were specially invited

to Poonch to experience the mesmerizing beauty of Poonch. The group started its journey to Peer Panjal Lakes from Noorichamb Behramgala, near Chandimarh Tourist Park, at 7 am this morning. A total of fourteen (14) trekkers will explore the seven (07) famous lakes as well as other nearby lakes in the region. The event was graced by Dr. Mohammad Tanveer, CEO of the Poonch Development Authority, Rizwan Asgar, SDM Surankote, and several others. On the occasion, Deputy Commissioner Poonch, Yasin M. Choudhary, addressed the gathering and appreciated the trekkers and their commendable efforts towards promoting Poonch as an attractive

SMVD Gurukul dedicates 'Sanskrit Play' on World Sanskrit Day

■ **STATE TIMES NEWS**
KATRA: To mark the occasion of World Sanskrit Day, students of the Shri Mata Vaishno Devi Gurukul presented an impressive Sanskrit play at Auditorium of Spiritual Growth Centre, Katra for commemoration and revival of the ancient Indian language.

World Sanskrit Day, also known as Vishva-samskrita-dinam, is an annual event focused around the Sanskrit language that aims to promote its revival and maintenance. Every year on Sawan Poonima in the Hindu calendar; World Sanskrit Day (also known as Sanskrit Diwas) is observed. While extending greetings on the World Sanskrit Day, Mahamandleshwar Shri Swami Vishveshvaranand Giriji Maharaj, Hon'ble Member, SMVDSB & Chairman, SMVD Gurukul said that "Bharatasya Pratishthe Dve Sanskritam Sanskrititastha" which signifies that India's pride is from Indian culture and Sanskrit.

He added that the efforts being made by the Shrine



Faculty along with students during the event.

Board for the preservation of Devvani Sanskrit through Gurukul are commendable and it is a matter of great pleasure that the students of Shri Mata Vaishno Devi Gurukul are celebrating World Sanskrit Day by dedicating Sanskrit Play on the occasion. He also congratulated the Chairman, Shri Mata Vaishno Devi Shrine Board (Hon'ble Lieutenant Governor Sh. Manoj Sinha), Sh. Anshul Garg, Chief Executive Officer and management of SMVD Gurukul for their sincere efforts in preserving and promoting Sanskrit language in the entire region of Jammu and Kashmir.

Anshul Garg, Chief Executive Officer also extended his greetings on auspicious day underscoring that from the last

13 years the Gurukul is paving the way to develop the students with high moral values well accustomed with the Modern, Traditional, and Spiritual Education for the strong spiritual-cultural foundation of J&K and the affiliation of Gurukul with Central Sanskrit University, New Delhi are some of the important step towards revival of Sanskrit in J&K and connecting students with science and spirituality. Under the constant guidance and directions of Chairman, Shri Mata Vaishno Devi Shrine

Board (Lt. Governor; JKUT Sh. Manoj Sinha) and close monitoring of Mahamandleshwar Shri Swami Vishveshvaranand Giriji Maharaj, Member, SMVDSB and Chairman of the Governing Council, the Gurukul has earned a name not only at regional level but has proved its metal at National level as well by showing its excellence in imparting quality education and exuded confidence that very soon it will emerge as a centre of excellence for imparting education in

Sanskrit / Vedic studies.

He also said that we must not only strive to nurture but also seek to preserve the country's rich cultural heritage and legacy based on Sanskrit and vedic education in a well-coordinated manner in tandem to become Vishwa Guru once again in next 25 years which is being recognised as Amrit Kaal.

Noteworthy, that Shri Mata Vaishno Devi Gurukul was conceptualized as a project by Shri Mata Vaishno Devi Shrine Board with the aim of promoting traditional Sanskrit / Vedic knowledge in tandem with conventional education.

It is pertinent to mention that the students studying from class 6th to Shastri in this fully residential institution established by the Shrine Board in 2010 are being provided education, boarding, lodging, books, uniforms etc. totally free of cost by the Shrine Board.

Tributes paid to Martyr Pritam Singh

■ **STATE TIMES NEWS**
SUNDERBANI: In the memory of martyr, S. Pritam Singh, his family members and villagers paid tribute to martyr on his place and observed Raksha Bhandan program the ladies of the martyr's family tied rakhi to the all soldiers and officers.

This program organised by family members of martyr Pritam Singh at his martyr place, near line of control LoC Lakhnow post tehsil Qila Dharal in district Rajouri today. The soul of martyr always gives duty on border many times saw his, soul & in this area, none of the militants



Family members and army officials paying tributes to Martyr Pritam Singh.

have been able to cross the border and there has never been any loss to the army.

Army officers and family members firstly paid tributes to the martyr Pritam Singh at his martyr place Lakhnow post near Pak border along with locals of the area.

Army soldiers said that the soul of Pritam Singh still gives duty on the border like the soul of Baba Harbadhan Singh who guards the border of Ladakh. In the same way, wherever he was seen by many soldiers, the soldier who slept on duty suddenly gets a shock and raises

his voice that no one should sleep on duty. In this area, none of the militants have been able to cross the border and there has never been any loss to the army.

Martyr Pritam Singh had played great role during 1965 war, his younger brother Ex- Sarpanch Isher Singh said. Singh sacrificed his life for the motherland and saved many people in Nowshera Kalakote and Sunderbani area.

Isher Singh while speaking on the occasion informed about the sacrifice of the martyr. He said his brother a hero of 1965, captured Peer Badassar top while fighting Pakistanis. Singh sacrificed his life for own

motherland on October 6, 1965. Singh said every year on 06 October we were celebrates martyr day on his memorial place near Shaheed Pritam Singh sports stadium Rajova and we invite to all army officers IPS, IAS officers and lieutenant governor of Jammu and Kashmir for visit on martyr day on 06 October 2023.

The glorious tradition of people of Qila Dharal and the family members of martyr Pritam Singh also played a great role to protect the area. He disclosed that Subedar Ranjit Singh, father of martyr Pritam Singh has fought second world war:

Madhu Paramhans makes people aware of importance of Raksha Bandhan

■ **STATE TIMES NEWS**
SAMBHA: On the occasion of Raksha Bandhan, Sadguru Madhu Paramhans Ji Maharaj of Sahib Bandgi came live on Facebook in Rajdi and congratulated all the mothers, sisters and countrymen on Raksha Bandhan. Sahib said that this festival gives us a sign. India is a male dominated country. Here the head of the household is a man. We marry off our daughter, sister and send them to someone else's house. The matter does not end there. Even after that it is our responsibility to protect it. So the daughter-sister goes to her in-laws-a stranger's house. Sometimes some evil-minded people, ambitious people torture him.

This festival makes

the brother aware of the protection of the sister. Even if you sent me away I am a woman You will be responsible for my safety. However, after marriage, she goes to her in-laws house and becomes happy. But still some evil people trouble him. That's why protect it is not just limited to tying thread rakhi. You always have a duty towards him.

Pauras wanted to kill Alexander. One of Sikandar's girlfriend tied a rakhi to Pauras and said to protect my husband. war broke out. Alexander became helpless in that war. Pauras was very proficient in spear handling. When he tried to throw a spear at the fallen Alexander, he remembered that he had promised to protect his

beloved. did not kill Alexander was sure to die in that war. There was no chance of escape.

That's why sister considers brother as protector as well as father. You have sent me away after getting married. It is not your duty till you marry me and send me away. You have to protect me even further. So don't consider this festival limited to thread binding. Our festivals have a relevance. Let us not think negative. If you always think negative, you will become a useless person. Take this festival deeply. It is not a matter of getting rakhi tied by giving only Rs.100. You have to fulfill your duty towards your sister. He has to be protected. Let us see that no one is torturing him.

Digital J&K Week 2023: Tech Expos hosted across Jammu Division on inaugural day

■ **STATE TIMES NEWS**
JAMMU: Setting the stage for week-long promotional activities, Digital J&K Week commenced across Jammu division with the hosting of Digi Mela, which was virtually inaugurated by the Chief Secretary, Dr. Arun Kumar Mehta.

At Udhampur: To promote Digital services in the district, the Digi mela was organized by District Administration Udhampur at Riwayat Banquet Hall Udhampur. District Development Council, Chairperson Lal Chand was the chief guest.

BDC Chairman, Balwan Singh, DDC Member, Puran Chand and Senior functionaries as well as general public attended the

launched by the government. The Chairman inspected the stalls and enquired about the services being delivered to the general public through online mode.

He asked the line departments to put in extra efforts to spread awareness about the online services among the general public so that the real aim and objective of the initiative is realized in letter and spirit. The Digital J&K Week will continue till September 6th.

At Samba: The eagerly awaited Digital Week celebrations commenced in District Samba with the grand inauguration of DigiMela in the presence of esteemed guests, including the DDC Chairperson, Keshav Dutt Sharma, DC Samba, Abhishek Sharma, SSP, Benam Tosh.

Speaking on the occasion, the DDC Chairperson said during the DigiMela, citizens will have access to a plethora of digital services at their doorsteps.

He inspected departmental stalls put up to provide people firsthand knowledge about the diverse range of online services. He expressed his appreciation for the positive transforma-

tion brought about by the digital revolution in the region. The convenience and efficiency of online services are set to improve the lives of the people in Jammu and Kashmir.

DC Samba flagged off the Digiwan. The Digiwan service will traverse across the district to deliver online services to citizens.

At Doda: To celebrate the digital initiatives and achievements made under the Digital India campaign and foster a digitally empowered society, Digital week and Digi- Mela was held in Community Hall Doda with Chairman Municipal Council Doda Ved Prakash Gupta as the Chief Guest.

Several departments have installed their stalls showcasing initiatives under the Digital India campaign. The departments provided on spot e-services being offered by them, including Adhar enrollment, Golden Cards, services of Revenue Dept, Holistic Agriculture Development Schemes, RDD Schemes besides other services that can be availed online by the public. Special attraction of the event was ADBHUT Doda stall, where people were imparted

awareness about different initiatives by extending technical help to the applicants for registration and availing online services.

Ved Prakash Gupta urged the people to avail the benefits of these initiatives that have eased the process of availing various government services.

At Kathua: District Administration Kathua hosted the inaugural event under the Digital J&K Week-2023 celebrations at Government Degree College Hiranagar which witnessed enthusiastic participation of people from all walks of life.

The event began with a live telecast of inauguration of Digital J&K Week by Chief Secretary J&K Arun Kumar Mehta Virtually. The proceedings were attended by officers and Officials of district administration Kathua virtually besides a large number of people at Hiranagar.

As many as 37 stalls were put up by different line departments, agencies, banks etc on the GDC Campus to create public awareness about over 1000 online services launched by the government.

The week-long event will showcase citizen centric IT

initiatives that have helped in bringing about greater transparency in governance and ease of living for citizens besides generating awareness about digital solutions and new technologies.

At Ramban: Digital J&K Week 2023 commenced in district Ramban amid huge public participation.

Different departments imparted awareness to visitors about the online services at their stalls.

District level function of Digital J&K Week was held at district headquarter. Additional Deputy Commissioner, Ramban Harbans Lal along with officers, PRIs participated in the inaugural function which was virtually inaugurated by the Chief Secretary Jammu and Kashmir Dr. Arun Kumar Mehta.

The "Digital J&K week" is also being celebrated in Subdivision Gool, Banihal and Ramsos besides various tehsil and blocks of the district.

At Kishtwar: The Digital Week celebration began with the hosting of a digital Mela in District Kishtwar, under the overall supervision of Deputy Commissioner Kishtwar, Dr. Devansh

Yadav.

The inaugural day witnessed massive public participation, along with PRIs, District Officers, students, and civil society members.

During the event, 18 departments set up stalls depicting various online services offered by them. The resource persons of the departments motivated the public to avail the benefits of the same and handed over pamphlets containing information about the online services of their departments.

In the mela, awareness skits and Nukkad Natak were presented by School students to raise awareness about the government's digital initiative

On the occasion, SSP Kishtwar, Khalil Ahmed Poswal, delivered an insightful lecture on cybercrimes and cyber security, shedding light on the evolving challenges in the digital realm.

He emphasized the importance of awareness and proactive measures to safeguard individuals and organizations from the escalating threats in the cyber landscape. Poswal's expertise in the field provided valuable insights to the

audience, fostering a better understanding of the need for robust cyber security practices.

At Poonch: The three-day Digital Week Mela, organized by the Government of Jammu and Kashmir, commenced today at the bus stand in Poonch district.

Deputy Commissioner of Poonch, Yasin M. Choudhary was the Chief Guest and the event witnessed the active participation of district officers and departments and a large number of locals.

The Mela aimed to showcase the wide range of e-services available to the general public, promoting the utilization of digital platforms and encouraging the community to benefit from government schemes.

Throughout the day, different departments including Social Welfare Department, CSC, the Revenue Department, PO ICDS department, the Assistant Labour Commissioner Department, the health department, the Agriculture Department, banks, the Employment Department etc showcased their e-services and utilized the platform to provide services to 512 visitors.

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