

Dr Jitendra inaugurates J&K Bank's ATM in Kathua

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KATHUA: J&K Bank on Sunday dedicated an Automated Teller Machine (ATM) for the public at District Hospital Kathua.

The Union Minister of State in PMO Dr Jitendra Singh inaugurated the ATM in the presence of Bank's General Manager & Divisional Head (Jammu) Sunit Kumar and Principal GMC (Kathua) Dr Surinder K Attri.

Others present on the occasion included Administrative Secretary (H&M Education J&K) Bhupinder Kumar, DC (Kathua) Rakesh Minhas, Vice Chairman DDC Kathua Raghunandan Singh Babloo, CGM Nabard Bhallamudi



Union Minister Dr Jitendra Singh inaugurating J&K Bank's ATM at Kathua on Sunday.

Sridhar, Zonal Head (Kathua) Sanjeev Kumar, Cluster Head Kathua Vinay Gupta and a gathering of valuable customers, attendants and bank officials.

Expressing gratitude to

J&K Bank for commissioning the ATM in hospital premises, Dr Jitendra Singh spoke about the positive role of the Bank as a socially conscious economic institution of Jammu and Kashmir.

He advised the public to avail various schemes of the Bank for their financial upliftment.

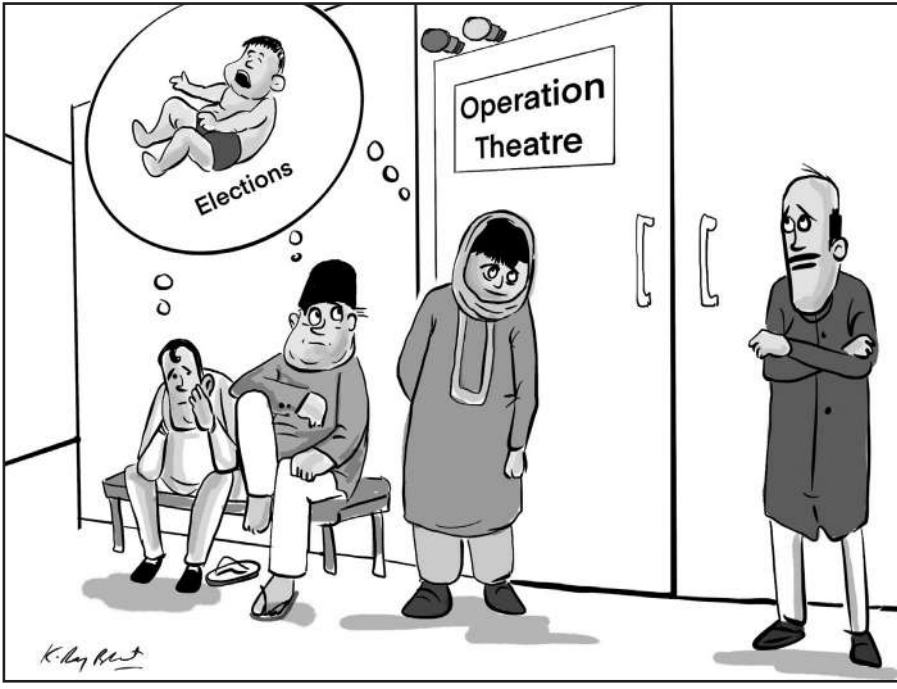
Dr. Jitendra Singh also advised bank and the GMC to look into possibility of automation of medical services in the hospital for easing patients visiting the hospital.

"The patients should be provided with a ID cum Prepaid Card for maintaining medical records of the patient along with payment facility for various services in the hospital", he said.

Urging the people to avail the benefits of digital banking, General Manager Sunit Kumar reiterated the Bank's growing focus on digital and alternate banking channels for the convenience of its customers and people at large.

He said the Bank will continue to provide high-tech banking facilities across its areas of operations to ensure ease of banking for its customers.

Those present on the occasion appreciated the Bank's effort saying the terminal will address the cash needs of people especially patients, attendants and staff beyond banking hours and on holidays.



Younger generation showing increased vulnerability to cardiac ailments: Dr Sushil



HoD Cardiology GMCH Jammu Dr Sushil Sharma with his team examining inmates of Bal Niketan, Ved Mandir Amphalla.

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JAMMU: In order to aware general masses with particular focus on younger lot regarding the increased prevalence of cardiovascular disease Head Department of Cardiology GMCH Jammu Dr Sushil Sharma held a day long Cardiac awareness cum Health Checkup Camp at Bal Niketan, Ved Mandir Amphalla, here on Sunday.

While interacting with the people Dr Sushil stated cardiovascular diseases is the leading cause of Death worldwide and as many as 4pc to 10pc of all heart attacks occur before age 45, and most of these strike men. It's a reminder that men should not ignore warning symptoms just because they are "too young" to have heart disease. And since atherosclerosis can and does start in youth, it's a reminder that prevention should start early in life before problems develop. Because CAD is the most important cause of early heart attacks,

it deserves the most attention. But the other causes

should also be considered. In broad numbers, about 4% of heart attacks in young adults are triggered by inborn abnormalities of the coronary artery anatomy. 5% can be attributed to blood clots that originate elsewhere and are carried in the bloodstream to otherwise normal coronary arteries, where they block the artery. And in another 5%, various disorders of the blood clotting system increase the risk of clot formation throughout the circulatory system, including in coronary arteries. He elaborated that in the past 2 decades, a high prevalence of risk factors for cardiovascular disease, such as obesity, physical inactivity, and poor diet, has been observed among young individuals living in developed countries. The rate of substance abuse (opioids, cocaine, electronic cigarettes, and anabolic steroids) is also increasing among young adults, whereas cigarette smoking might be declining.

Among younger individuals (aged 18-50 years), the

incidence of cardiovascular diseases over the same time period has either been steady or has increased, in contrast to the trend towards a lower incidence of cardiovascular disease in adults aged >50 years. Current observations might, therefore, be used to forecast a potential epidemic of cardiovascular disease in the near future as the younger segment of the population ages.

He added that It used to be incredibly rare to see anyone under age 40 come in with a heart attack and some of these people are now in their 20s and early 30s. Based on what we are seeing, it seems that we are moving in the wrong direction. In order to help younger adults offset risks for having a future heart attack, stroke, or developing heart failure multiple efforts are needed. This includes looking at ways to help young adults, especially those disproportionately affected by heart disease risks, take steps to support their health, he said.

Panel of experts urges stronger measures to protect healthcare professionals



Panelists posing for a photograph on closing ceremony of 19th HXMDP at Jammu.

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JAMMU: In a thought-provoking panel discussion on September 23, 2023, healthcare experts and law enforcement officials came together to address the pressing issue of violence against healthcare professionals in India. The discussion, held at the 19th HXMDP at Hotel Vivanta by AIIMS, Jammu, shed light on the gravity of the problem and outlined comprehensive recommendations to tackle this growing concern. A group of healthcare experts, law enforcement officials, and esteemed panelists gathered to address the alarming issue of violence against healthcare professionals in India.

The discussion was graced by the presence of notable figures in the field, including international consumer policy expert Prof. Bejon Kumar Mishra,

Suleman Chaudhary, IPS, DIG, J&K, and prominent healthcare professionals from AIIMS, Jammu, among others.

During the session, Dr. Kshitija Singh, the moderator, set the stage by emphasizing the necessity for greater awareness and understanding of the escalating violence faced by healthcare professionals in India.

She presented a detailed overview of the current scenario, delved into the root causes of the issue, and analyzed the nature of the violence and its far-reaching impact. Real-life case studies provided a compelling backdrop to the discussions.

Prof. Bejon Kumar Mishra took the floor to underscore the critical importance of healthcare professionals striking a delicate balance between their multifaceted responsibilities, particularly in government hospitals. He

stressed that, under no circumstances, should the quality of healthcare be compromised and called for unwavering accountability, transparency, and an unswerving commitment to patient welfare.

Suleman Chaudhary, IPS, DIG, J&K, shared insights into the preparedness of the police force in dealing with cases of violence against healthcare workers. He emphasized the necessity for robust safety and security strategies within hospitals and urged citizens to report incidents, highlighting their paramount responsibility in such situations.

Dr. Dinesh Rao, HOD Forensic Medicine at AIIMS, Jammu, provided an in-depth exploration of the existing laws and acts pertaining to violence against healthcare professionals and healthcare institutions.

He stressed the pivotal role of administrators in

both preventing and effectively addressing incidents of violence. He further called for more robust legal responses to such cases. Lt Gen (Dr.) Sunil Kant, SM, VSM (Retd.), highlighted the significance of incorporating soft skills and communication curriculum in medical education. He underlined the responsibility of institutions in offering support, including litigation assistance and comprehensive medical insurance coverage, to safeguard healthcare employees. Harbans Nagokay proposed the establishment of media cells within healthcare facilities to enhance doctor-patient communication and improve the overall public perception of healthcare providers. He stressed the need for positive information dissemination directly from healthcare institutions.

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JAMMU: Jammu and Kashmir Pradesh Congress Committee (JKPCC) Working President Raman Bhalla on Sunday accused the BJP of depriving the people of Jammu and Kashmir of the elected government for the last five years.

He said the Election Commission is under the constitutional obligation to hold assembly polls in Jammu and Kashmir as the last time elections were conducted in J&K was in 2014. "Since then, no assembly polls were held here," he said while interacting with the people at Sanjay Nagar Ward-1 during public meeting organized by Dwarka Choudhary along with other Corporators.

On the occasion, Bhalla said, "Except for the Opposition, there is nobody in Jammu and



JKPCC Working President Raman Bhalla interacting with people.

Kashmir while the government dictates the terms and doesn't take people or political leaders on board. The government only knows how to harass people. When we tried to meet the government, it didn't oblige. The time has come for the assembly elections in J&K and it is undemocratic to deprive the people of an elected government for a long time." Bhalla said Congress believes in democratic values and will ensure that various pro-people

initiatives are launched to benefit the weaker sections of people in our society if elected to power. He urged the people to support Congress saying, "Only this party can fight the wrong policies and politics of diversion and hate of the BJP in the whole country".

"Democratic setup means elected representatives become MLAs and run the government because in a democracy this work can be done by elected representatives," he

Specially-abled need opportunity, not pity: Rana



Senior BJP leader Devender Singh Rana presenting laptop to a student.

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JAMMU: Senior BJP leader Devender Singh Rana on Sunday called for creating adequate opportunities for specially abled persons to grow as proud and useful citizens in the society rather than taking pity on them that saps their morale.

"Society has to play a pivotal role towards empowerment and emancipation of specially abled people so that they give their best in return and don't become burden", Rana said while addressing the valedictory function organized by National Federation of the Blind in Collaboration with Saksham Tek Fiesta Jammu and Handicapped Association J&K at Louis Braille Memorial Residential Schools for Girls at Roop Nagar here.

He observed that disability in any form is not a curse but a condition like any other conditions among so-called normal

people, which does not bar them from progression in their chosen fields. He referred to the contribution of differently abled people towards upliftment of society from times immemorial and said with the advent of age and technological advancement they have proved second to none. The only pre-requisite is to create conditions for their healthy growth, he added.

Rana lauded the efforts of the management towards overall development of especially abled girls, hoping that a mechanism is devised so that these important segments of society achieve self-reliance and attain self-confidence.

Seizing the opportunity, Rana paid tributes to Louis Braille for his revolutionary innovation that transformed the lives of generations. It is time to emulate the spirit of Braille and strive for more such innovations for

the differently abled people, he added.

The speakers highlighted the initiatives taken over the years for imparting education to girls and shaping their destiny with a sense of commitment. They said the school is providing free quality education with residential facilities to sightless girls.

On the occasion, Rana also inaugurated Computer lab for the visually impaired girls and lauded the initiative in making them tech savvy.

Prominent among those present on the occasion included Prof. Kusum Lata Malik, President National Federation of Blind, MK Badyal Gen Secretary, Amarjeet, Neeraj Sharma, Secretaries, Rajesh Kumar, Youth Secretary, Arti Chandana, Abrar Ahmed, Principal, Nivedita Shukla, Principal LBM School, Jammu, Varinder Langoo and others.

Finally 'Mohini' sent to Radhe Krishna Elephant Welfare Trust, Jamnagar

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JAMMU: Mohini, the only elephant of Jammu with which people had religious faith, will no longer be seen here because the Forest Department has declared it unwell and unsafe and has sent him back to Gujarat citing Supreme Court order in which elephants are no longer allowed to roam on roads.

Finally putting all speculations to rest, the Supreme Court decided to send Mohini elephant to Radhe Krishna Elephant Welfare Trust, Jamnagar, Gujarat. A three member team came from Gujarat to take Mohini to centre where she is given proper care and love she



deserves. It is pertinent to mention here that Rumpy Madaan, Chairperson, Save Animals &

Values Environment has filed writ petition in the Supreme Court to save the Mohini-a female elephant who was

forced to beg on streets of Jammu by some Babas for years although Babas using her are changed after few years. It has been more than 15 years that she is being abused in heat and cold, forced to walk on concrete roads in 50 degree temperature. When we feel heat of roads through our shoes, imagine plight of miserable Mohini walking in this heat. She was kept inside Narwal Mandi in a under constructed shop belonging to a contractor.

Her handlers walk her all over the city begging in scorching heat and these people are also drug-addicts. These people also beat her with stick forcing her to walk

when she is tired, hungry and suffering from heat. Many people reported the same to us on WhatsApp and even tried to stop them, but arrogant Babas continue torturing her fearlessly, without any fear of law. Please rescue the elephant and send her to an elephant sanctuary where she can spend rest of her days in her natural habitat not living in isolation in this concrete town. She deserves better. Through the columns of your paper, we seek attention of J&K UT administration to please look into the matter at an earliest and make arrangements for rescuing her from this massive abuse by the few drug-addict Babas.