

Narayana Hospital gets back 68 years old bed ridden patient on her feet again

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KATRA: How Joint Replacement Surgeries can give fresh lease of life became evident from this moving story of 68 years old Ramita Sharma hailing from Basohli. She was totally bed ridden since beginning of year 2020 and had lost hope of walking again but after undergoing 3 successful Joint Replacement Surgeries (Both knees and Hip) done by renowned Senior Joint Replacement Surgeon Dr VikasPadha at Narayana Hospital Katra, she is back on feet walking comfortably after suffering from agony of around two decades.

This 68 years old female started suffering from pain in both Knees since year 2002 that gradually kept on increasing. In the year 2015, she started experiencing difficulty in walking to the extent that she remained home bound due to severe pain in Knees. In the year 2020 just before COVID era, she became bed ridden as she found difficult to even move out of bed because of her Knee problems.

She and her family had lost all



hopes of fulfilling her dream of walking on her feet again.

In April 2022, her family came to know that a Free Medical Outreach Camp was being organised by Narayana Hospital Katra at Basohli where Senior Joint Replacement Surgeon Dr VikasPadha had to see needy patients. The family decided to give one last try despite losing all hopes. In that Camp when Dr VikasPadha

was told about this bed ridden patient who was unable to move out of her car, he attended her as first patient of that Camp in her car itself. After examining her, Dr Padha told the family that this was a very challenging case as she had very severe Osteoarthritis of Both Knee Joints and because she was totally bed ridden, her bones had become extremely weak. He assured the family that after Total Knee Replacement surgeries of both Knees, she will be able to walk normally. The patient and family decided to go ahead with the planned treatment suggested by Dr Padha.

A successful Total Knee Replacement surgery was performed by Dr VikasPadha in October 2022 after thoroughly investigating her before surgery. After nearly three and half years, she moved out of bed though with the support of walker after this surgery. Physiotherapy was started. As the rehabilitation process was going on, because of her osteoporotic weak bones, she unfortunately sustained fracture in her Hip Joint barely 3

months after her Knee Replacement Surgery. Dr VikasPadha did her second successful Surgery in the form Hip Replacement surgery for her fractured Hip in January 2023. She recovered very well and finally a few months ago, Dr VikasPadha performed successful Total Knee Replacement surgery of her other Knee, her third Joint Replacement Surgery in a row. After undergoing 3 successful Joint Replacement Surgeries, patient started walking again comfortably without any pain for the first time after suffering of so many years. At present, she not only performs her day today chores comfortably but she goes for a walk outside too.

The successful treatment of Mrs Ramita Sharma is a testament to the world class infrastructure and expertise available at Narayana Hospital, Katra for such challenging Joint Replacement Surgeries. It is pertinent to mention that Joint Replacement Surgeries are performed free of cost at Narayana Hospital Katra with Ayushman Bharat Golden Card.

Poonch District completes final training for Polling Staff

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POONCH: The final training sessions for polling personnel were held across Poonch district, marking a critical step in preparations for the Assembly elections. These sessions were held simultaneously in Poonch and Mendhar, ensuring that all personnel assigned to the district's 483 polling stations are well-prepared for their duties.

During the sessions at Government Degree College, Poonch, and in Mendhar, the staff was extensively trained on the operation of Electronic Voting Machines (EVMs) and Voter-Verified Paper Audit Trail (VVPAT) systems. The training also covered election protocols, roles, and responsibilities, with a hands-on approach to resolving any technical challenges that might arise on Election Day. Participating in a Training



An official addressing polling staff.

Session at Mendhar, District Election Officer (DEO) Vikas Kundal emphasized the importance of the training. He said "The effective management of elections rests on the shoulders of our polling personnel.

Ensuring fairness, transparency, and the smooth functioning of the process is paramount to upholding democratic values."

The training was conducted by expert District and

Assembly Level Master Trainers, who provided detailed insights into procedures, fostering confidence among the polling staff to handle any situation that may arise during the elections.

With the final round of training complete, polling personnel across the district are now fully prepared for the Assembly Elections scheduled for September 25th, ensuring that every vote is accurately recorded and accounted for.

Talent Hunt by Radio Mirchi held at SPPND GDC Samba



Organisers along with winner students.

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SAMBA: SPPND Government Degree College, Samba under the leadership of Principal, Prof. (Dr.) Twinkle Suri hosted an exhilarating Talent Hunt competition organised by Radio Mirchi. The event aimed at providing a platform for students to showcase their diverse talents and boost their confidence. A wide range of performances

including singing, dancing highlighted the event, demonstrating the creative potential of the students.

The atmosphere was charged with excitement as students took to the stage, encouraged by their peers and teachers alike. The event was a resounding success, seamlessly managed by the faculty and student volunteers.

The event was part of Radio Mirchi's initiative to

engage with young audience and provide them a platform to shine on a broader stage.

This memorable event stands as a testament to the college's commitment to holistic education and its dedication to providing students with ample opportunities to excel in both academics and arts. The winners of Talent Hunt were honoured with gifts by the Radio Mirchi team.

The title of Mr. and Miss Mirchi Fresher were awarded to Arun and Sheetal Sharma from Semester 3.

Principal lauded the participants for their commendable performances and emphasized the importance of such platforms in fostering creativity and self expression among students.

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RAJOURI: District Election Officer Rajouri, Abhishek Sharma addressed the media to provide an update on the district's preparedness for the upcoming Assembly Elections. He outlined key measures taken to ensure smooth conduct of the elections across the five Assembly constituencies, including three reserved for Scheduled Tribes (ST).

DEO Sharma highlighted that a total of 745 polling stations have been established in the district. This is a notable increase from the 680 polling stations set up for the Lok Sabha elections. "With 65 new polling stations created over the past two months, all have been equipped with Assured Minimum Facilities (AMF)" he added.

To ensure effective voter outreach, Booth Level



DEO Rajouri, Abhishek Sharma briefing media.

Officers (BLOs) are conducting regular visits to respective panchayats, and sector officers are overseeing their jurisdictions. As of today, over 4,44,000 voter information slips have been successfully distributed.

In a bid to encourage voter participation, Systematic Voters'

Education and Electoral Participation (SVEEP) activities have been organized throughout the district. These activities have included a grand Mushaira, balloon rallies, and plantation drives. DEO Sharma also interacted with Electoral Literacy Clubs and first-time voters during field visits to further

enhance voter education.

A significant step toward inclusive voting was marked with the initiation of home voting today, enabling voters with specific needs to cast their votes from home.

Polling parties have undergone comprehensive training, while 25 Model Polling Stations have been set up across the five Assembly constituencies to enhance the voting experience. Advertisements are being pre-certified, and the Media Certification and Monitoring Committee (MCMC) is vigilantly monitoring both print and electronic media. Flying Squads (FST) and Static Surveillance Teams (SST) are actively working across the district to enforce election guidelines.

Special arrangements have been made for the 51 polling stations located

near the Line of Control (LoC), with functional bunkers and alternative provisions in place in case of any cross-border shelling. SSP Rajouri, Randeep Kumar, also briefed the media on the robust security arrangements in place. Area domination exercises have been conducted, and inter-district and intra-district checkpoints (Nakas) have been established. Search operations are ongoing in forest areas, and additional security personnel have been deployed to maintain peace and ensure free and fair elections.

SSP Kumar further stated that important contact numbers have been shared in the public domain for emergency situations, ensuring the public can quickly report any issues that may arise during the election period.

BJP candidate Mohan Lal lambasted NC-Congress Alliance, urges support for BJP's nationalistic agenda

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AKHNOOR: Bharatiya Janata Party (BJP) candidate, Former SSP Mohan Lal Bhagat, strongly criticized the policies and agenda of the National Conference (NC) and Congress alliance, labeling them as anti-national. Bhagat was addressing public rallies in various regions of the Akhnoor Constituency, including Batla, MaanChack, Indri, Rattanpur, Kali Badi, Chack Colony, and Badhlwal Colony. Accompanying Bhagat were prominent BJP leaders, including Senior BJP Leader Ram Saroop Sharma, Ex-Sarpanch and President of the Sarpanch Association Akhnoor, Shamsheer Singh, Bharat Bhushan Gupta, and Mandal President Manga Ram Sharma.

In his address to the public, Bhagat emphasized BJP's commitment to a nationalist agenda aimed at



BJP candidate Mohan Lal Bhagat addressing gathering at Akhnoor.

strengthening democracy at the grassroots level. He stressed the importance of restoring lasting peace, harmony, and equal justice for all sections of society. Bhagat highlighted the efforts of BJP and Prime Minister Narendra Modi in delivering social justice with dignity and honor to every individual, particularly those from marginalized

communities. "The slogan of Sabka Saath, Sabka Vishwas, Sabka Paryas symbolizes Prime Minister Modi's unwavering commitment to the welfare of all citizens, especially the poor and underprivileged," Bhagat stated.

He further asserted that the time has come for voters to decisively reject anti-national and anti-people

parties like Congress, NC, and PDP in the upcoming elections. "Supporting Congress, NC, and PDP means a return to the dark days of militancy, stone pelting, blasts, hartals, and emboldening anti-national forces that seek to destabilize Jammu and Kashmir," Bhagat warned.

Appealing to the public for overwhelming support in

the upcoming elections, Bhagat called for the formation of a BJP-led government in Jammu and Kashmir, promising to empower the people by strengthening grassroots democracy and ensuring equitable development throughout the state.

Senior BJP leader Ram Saroop Sharma echoed Bhagat's sentiments, urging party workers to intensify their efforts to mobilize voters and ensure a high voter turnout. "It is the democratic right of the people to elect representatives and a government of their choice," Sharma emphasized, calling on BJP supporters to work tirelessly toward ensuring maximum participation in the elections.

The rally concluded with a strong call to action, encouraging the public to support the BJP's vision for a peaceful, prosperous, and inclusive Jammu and Kashmir.

GDC R S Pura organises two days activity on SHS campaign



Faculty members along with students during the programme.

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JAMMU: As a part of series of activities to be carried out to commemorate birth anniversary of Mahatma Gandhi, NSS Unit organized two days activities under the guidance of Principal Prof. (Dr.) Preetpal Kour from 18th & 19th September 2024.

Swachhta Hi Sewa (SHS) is a massive mass movement that seeks to create a Clean India.

This drive aimed to promote waste management at

individual and mass level. At the onset of the programme on 18th September, 2024 a cleanliness drive was organized in the vicinity of the campus. On the 2nd day i.e 19th September, 2024 poster making competition was held on theme "Swachhta hi Seva hai".

More than 20 students participated in these activities with great enthusiasm and exuberance. While speaking on these occasions, Principal of the college emphasized the importance

of cleanliness for a healthy, socially responsible, economically dynamic, and progressive nation.

The entire programme was coordinated by Dr. Shivani Manchanda, Dr. Sunil Kumar Mangoch & Dr. Savleen Kour.

Prominent faculty members present on the occasion were Dr. Neena Gupta, Prof. Shifali Abrol, Dr. Santanar Kour, Dr. Raj Kumari Jamwal, Dr. Kiran Pathania, Dr. Akriti Parihar and Dr. Hari Singh.

SVEEP: Democratic Gala events held across multiple locations in Ramnagar

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RAMNAGAR: As the process for Legislative Assembly Election has taken off in J&K, the Systematic Voters' Education and Electoral Participation (SVEEP) activities have been intensified across AC-62 Ramnagar.

The schedule has been doubled, aiming to raise awareness and encourage maximum voter turnout for the upcoming election. Various

programs were held at four distinct locations within the constituency: University Campus Dalsar Ramnagar, Chanunta, Chigla Blota, and Sia Mehri.

At the University Campus Dalsar Ramnagar, around 200 students and local voters gathered to learn more about the electoral process. Newly registered voters were particularly enthusiastic about casting their maiden vote. SVEEP Nodal Officer Rakesh Kumar shared key insights into the election procedures and emphasized the pivotal role SVEEP plays in empowering the electorate. "Encouraging young voters is crucial for the future of democracy," he remarked, underlining how initiatives like these foster an informed voting base.

A mega awareness program was held at Government Higher Secondary School Chanunta,

where Block Development Officer Dirsha Kumari graced the event as the Chief Guest.

The event aimed to boost voter engagement and turnout, drawing around 400 attendees, including grassroots-level officials such as BLOs, Anganwadi workers, Asha workers, and village guards-all part of the Booth Awareness Group (BAG) with an intensive approach. The BAG has been working diligently to educate voters. BDO Dirsha Kumari delivered an inspiring speech on the democratic process and voter participation, applauding the students for their active involvement and remarkable performances.

Simultaneously, the engaging SVEEP activities took place at Government High School in Chigla Blota and Sia Mehri. Dogri artists and SVEEP icons Subash

Brahamanu and Arvind Brahamanu captivated both new and prospective voters through their cultural performances and motivational speeches.

They conveyed a powerful message about the importance of voting on 1st October 2024. These events attracted around 500 participants, including students and local voters. Principal of Government HSS Raslgaadheran, Jagan Nath, served as the Chief Guest at both the events, urging everyone to take part in the democratic process.

These initiatives are part of a broader effort to increase voter participation in low-turnout Assembly Constituency 62-Ramnagar, under the leadership of Returning Officer (SDM) Ramnagar, Rafiq Ahmad Jaral, and with the guidance of District Election Officer Udhampur, Saloni Rai.

Rakesh holds meeting in Akhnoor ahead of Assembly Polls



Rakesh Mahajan, Incharge of All Cells, BJP and others after the meeting.

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AKHNOOR: Rakesh Mahajan, Incharge of All Cells, Bharatiya Janata Party (BJP), Jammu & Kashmir, conducted an extensive tour of Akhnoor today and chaired a high-level meeting with the office bearers of various BJP Cells. The meeting was organized in the presence of BJP candidates for the upcoming Assembly polls, Mohan Lal Bhagat and Rajeev Sharma.

During the meeting, Mohan Lal Bhagat and Rajeev Sharma emphasized that BJP Cells are playing a pivotal role in spreading awareness about the key policies and achievements of the Modi Government, ensuring that the benefits of various welfare schemes reach every corner of the region. Both Bhagat and Sharma highlighted the contribution of these Cells in mobilizing public support and

ensuring BJP's victory in the upcoming elections. Senior leaders, including Ved Sharma, Prabhari Akhnoor, Neeraj Anand, JD Singh, SK Sharma, Ashutosh, Puneet Mahajan, and Narinder Sharma, were also present, underscoring the importance of coordinated efforts across different sectors.

Addressing the gathering, Rakesh Mahajan urged the office bearers to leave no stone

turned in ensuring the BJP's victory in the Assembly elections. "Our Cells are the backbone of the party's outreach. They are instrumental in conveying the government's message to the grassroots level. I am confident that, with your dedicated efforts, we will secure a resounding victory in the polls," he said.

Ved Sharma, in his capacity as Prabhari Akhnoor, stressed the need for a clear and effective roadmap for the functioning of all Cells, particularly in the Akhnoor and Chhamb sectors. He called for a structured approach to mobilize voters and ensure maximum participation in the electoral process.

The meeting concluded with a unanimous pledge to work tirelessly for the party's success in the Assembly elections, reinforcing BJP's commitment to the development and progress of Jammu & Kashmir under the leadership of Prime Minister Narendra Modi.

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