

JAMMU

In Social

@CM_JnK
Chief Minister flagged off the Jammu Marathon today and also took part in the 21.1 km Half Marathon. He encouraged people from all walks of life to adopt a healthy and active lifestyle, underscoring the importance of fitness and overall well-being in daily life.



@DrJitendraSingh
Newly constituted "Informal Group of Ministers" #IGoM on the evolving situation in West Asia, held its first meeting under the chairmanship of Raksha Mantri Sh Rajnath Singh. PM Sh @narendramodi is personally monitoring the situation and people of India have absolute faith and trust in his capacity and commitment to safeguard the interests of the common man.



In History

DALAI LAMA:
On this day in 1959; At the outset of the 1959 Tibetan uprising, fearing for his life, the Dalai Lama and his retinue fled Tibet with the help of the CIA's Special Activities Division, crossing into India.



In Numbers

688
In the entire Anantnag district of Kashmir division, 688 are the total government middle schools.



Traffic Signs

SPEED LIMIT
This sign designates the speed, as specified in the sign, of traffic on road. The limit specified must be invariably followed to avoid penal action and accidents on the road.



Delegations call on LG Sinha

JAMMU: A delegation of Guidance and Counselling Cell for Youth Development Gurha Slathia called on Lieutenant Governor Manoj Sinha, on Sunday. Sandeep Singh Rissam, Chairman J&K Congress Rajiv Gandhi Panchayati Raj Sangathan called on Lieutenant Governor Manoj Sinha today. A delegation of former Sarpanches from R.S Pura, led by Rashpal Singh, called on Lieutenant Governor Manoj Sinha today. Subsequently, a public delegation from Shopian led by Mohd Yousuf Bhat, BJP leader, and a deputation headed by social activist Anu Gupta also called on the Lieutenant Governor.

3 soldiers injured in accidental firing

SRINAGAR: Three soldiers were injured in an alleged accidental firing incident in Kuwpara district, officials said here on Sunday. The incident occurred when the service weapon of a soldier discharged accidentally, injuring three of his colleagues at an army camp in the Trehgam area on Saturday night, according to an army officer. The official confirmed that three soldiers sustained injuries in the incident and are currently receiving treatment at a local military hospital. Further details regarding the incident are still pending. Earlier, officials had said the firing was a case of suspected fratricide. However, the army officer dismissed the speculations.

CS Dulloo outlines vision for tertiary care expansion in health institutions

EARTH NEWS SERVICE

JAMMU: Chief Secretary, Atal Dulloo, held a detailed review meeting of health experts to assess the progress made by the Health & Medical Education (H&ME) Department in enhancing patient care and healthcare services across the newly established medical colleges and district hospitals across J&K.

The meeting besides Commissioner Secretary, H&ME was attended by Former Director, AIIMS Jammu; Director, SKIMS; Principals of all Government Medical Colleges (GMCs); Executive Director, SMVDIME; Managing Director, National Health Mission; Managing Director, State Health Agency J&K; Directors of Health Services, Kashmir/Jammu, and other senior faculty members of the GMCs.

During the meeting, the Chief Secretary conducted a



detailed review of the action taken on previous directions aimed at upgrading the seven newly established medical colleges into fully functional tertiary care institutions. He emphasized that strengthening these institutions is essential to ensure equitable access to quality healthcare services closer to people's homes.

Highlighting the growing healthcare demands, the Chief Secretary observed that premier institutions in Jammu and Srinagar alone cannot cater to the entire population of the Union Territory. He stressed the need for new medical colleges and district hospitals

to significantly augment their capacities and bridge existing gaps in specialized healthcare delivery.

Outlining the strategic roadmap, the Chief Secretary reiterated that, in the initial phase, each institution should focus on developing six key specialty services including the Trauma and Emergency Care, Critical Care Units (involving the establishment of ICUs, HDUs and CCUs) besides that of the Cardiology, Neurology, Nephrology and Oncology Departments to deliver comprehensive tertiary care to patients within their respective jurisdictions.

He further directed these institutions to work in close coordination with established centers of excellence such as AIIMS Jammu, SKIMS, and the Government Medical Colleges of Jammu and Srinagar. He noted that such collaboration would facilitate capacity building, knowledge sharing and technical support for the emerging institutions.

The Chief Secretary also underscored the importance of leveraging technology-driven initiatives, including Tele-ICU and Tele-Radiology services, to enhance diagnostic and critical care capabilities in

peripheral institutions. He called upon the stakeholders to adopt a forward-looking approach and formulate concrete, time-bound action plans to achieve the targeted outcomes.

In addition to patient care, the Chief Secretary emphasized the need to strengthen medical education by increasing MBBS, postgraduate and super-specialty seats across the institutions, thereby building a robust healthcare workforce for the future.

On the occasion, Commissioner Secretary, Health & Medical Education Department, M. Raju, presented a comprehensive overview of the progress achieved by each of the newly established medical colleges in their journey towards attaining tertiary care status.

He highlighted the institution-wise advancements in infrastructure augmen-

tation, strengthening of specialty services, capacity building of manpower, and the operationalization of critical care facilities, all aimed at elevating the standard of patient care across the UT.

He further elaborated on a well-defined roadmap for augmenting MBBS and postgraduate (PG) seats across these institutions. Emphasizing optimal utilization of existing infrastructure and resources, he underscored the need to expand academic capacity in a phased and sustainable manner thereby improving the overall delivery of healthcare services to the people of J&K.

Speaking on the occasion, former Director, AIIMS Jammu, Prof. (Dr.) Shakti Kumar Gupta highlighted the three foundational pillars of medical science that encompasses teaching, research and patient care.

Excess abdominal fat greater risk factor compared to overall obesity: Dr Jitendra

EARTH NEWS SERVICE

NEW DELHI: Union Minister Jitendra Singh on Sunday shed light on abdominal or central obesity as a greater risk factor compared to overall obesity, particularly in the Indian context, where even lean and thin-looking individuals often carry significant visceral fat.

The minister stated that while overall obesity is rising among both men and women, the prevalence of abdominal obesity remains disproportionately high and acts as an independent determinant of cardiometabolic



risk. "The presence of visceral fat around the abdomen, even without

generalised obesity, has significant clinical implications and requires early detection and targeted

intervention," Singh said during the launch of a book titled 'Advances in Obesity and Lipid Man-

agement in CVD'.

The minister also highlighted the increasing incidence of metabolic disorders, including type 2 diabetes and cardiac events, among younger populations, reflecting changing lifestyle patterns, dietary habits, and reduced physical activity.

Referring to projections indicating a sharp rise in obesity prevalence in India by 2050, Singh also called for strengthened awareness, early screening, and preventive healthcare measures to mitigate long-term health and economic risks.

4 drug peddlers arrested

JAMMU: Four alleged drug peddlers were arrested along with heroin at two different places in Jammu and Udhampur districts of Jammu and Kashmir on Sunday, police said.

Mohit Sharma, Ankit Mahajan and Ankit Bhat were intercepted and subjected to frisking at Muthi in the Domana area near here, leading to the recovery of 7.21 grams of heroin, a police spokesman said.

A private car, which was being used by the drug peddlers, was also seized, he said.

In Udhampur, the spokesman said police arrested Ishaq Ahmed, an inter-district drug peddler, and recovered 5.16 grams of heroin from his possession in the Tikri area along the Jammu-Srinagar national highway.

Two separate cases under the Narcotic Drugs and Psychotropic Substances (NDPS) Act were registered against the arrested peddlers, and further investigation is on, he said.

Digi Yatra, Udan Café among 6 new facilities launched at Jammu airport

EARTH NEWS SERVICE

JAMMU: Union Civil Aviation Minister Ram Mohan Naidu Kinjarapu on Sunday inaugurated six passenger-centric initiatives, including Digi Yatra and Udan Café, at Jammu and Srinagar airports to enhance passenger convenience, accessibility, affordability, and overall travel experience.

The other additions include a community-based "Flybrary" for book sharing, AVSAR retail spaces for local artisans, a dedicated kids play area and free high-speed Wi-Fi, an official said.

The official said key highlights include Digi Yatra, an initiative that leverages Facial Recognition

Technology (FRT) to enable a paperless and contactless airport journey. Under this system, passengers can move through various airport checkpoints, including entry gates, security, and boarding, using the face as a boarding pass.

The Udan Yatri Café has been introduced as a budget-friendly food outlet, offering items like water and tea at Rs 10, and coffee, sweets and 'Samosas' at Rs 20 addressing a long-standing concern regarding high food costs at airports, the official said.

Meanwhile, Srinagar airport in a post on X said: "Hon'ble Union Minister of Civil Aviation Shri Ram-mohan Naidu Kinjarapu ji virtually inaugurated passenger-centric facilities

across airports in India today from Rajkot..

At the Srinagar Airport, the extended terminal portion, including a 650 sqm addition to the security hold area, was inaugurated, significantly easing congestion and enhancing passenger comfort.

The minister also inaugurated key passenger facilities, including seamless DigiYatra, Free Wi-Fi for up to 4 hours, and the Flybrary initiative for an enriched travel experience, the airport said, adding these facilities are significant steps towards a smarter, seamless and more comfortable travel experience for the passengers.

The minister inaugurated the facilities via video conferencing.

Haryana man dies in police custody after complaining of stomach pain

EARTH NEWS SERVICE

JAMMU: A Haryana resident, who was among five accused recently arrested in a job fraud-extortion racket case, died after allegedly complaining of severe stomach pain while at a police station on Sunday, an official said.

The police have initiated inquest proceedings into the incident, and the district magistrate of Jammu has been requested to conduct a magisterial inquiry, police said in a statement here.

On Friday, the police claimed to have busted a job fraud-extortion racket by arresting five persons, recovering Rs 34 lakh and rescuing two victims from

their captivity at a hotel in Kolkata.

Superintendent of Police Jammu city south Ajay Sharma stated that the group had lured unsuspecting youth with promises of securing jobs abroad, only to confine them and extort money from their families.

Parveen Kumar, a resident of Panipat, Haryana, was arrested in a case filed at the Gandhinagar Police Station in Jammu. After being shifted from Kolkata to the Gandhinagar police station on March 25, Kumar, who was on police remand, complained of severe stomach pain and was rushed to the hospital, where he was pronounced dead, the statement said.

The police stated that Kumar, along with four others, had undergone a proper medical examination and transit remand before being placed in police custody. They were on remand till March 30.

"Regular medical examinations of the accused were conducted, and all precautions were taken in the police custody," the statement said, adding that the medical examination of the accused was conducted at the police hospital in Jammu as well.

However, Kumar complained of severe pain later and was rushed to the government hospital in Gandhinagar, where doctors declared him dead, the police said.

Guru Nabha Das Ji transcended message of equality, social justice: MLA Pathania

EARTH NEWS SERVICE

UDHAMPUR: Member of Legislative Assembly (MLA), Udhampur East, Ranbir Singh Pathania, on Sunday paid rich tributes to the revered saint Guru Nabha Das Ji while addressing a large gathering coinciding with observance of Guru Nabha Das Ji Jayanti celebrations at Village Plaiter in Majalta.

Addressing a sea of devotees and followers, Pathania said that Guru Nabha Das Ji's life and teachings stand as a timeless message of equality, social cohesion, and the creation of a just social order. He described the saint as a voice of the downtrodden, poor, and marginalized, who dedicated his life to uplifting those suppressed by social inequalities.



Pathania elaborated that Guru Nabha Das Ji, a prominent Bhakti saint and author, propagated the ideals of devotion beyond caste barriers, emphasizing that spirituality transcends rigid social hierarchies. "His teachings remain deeply relevant even today, guiding us towards an inclusive and harmonious society," he added.

On the occasion, Pathania promised to dedicate a

newly constructed community Bhawan, built out of his Constituency Development Fund (CDF), to the public. The local residents expressed heartfelt gratitude and lauded his consistent efforts for the welfare of marginalized sections, describing him as a true representative and voice of the underprivileged.

Reiterating his commitment to inclusive development, Pathania emphasized that equality must extend across religion, caste, and gender. He particularly stressed the importance of women's dignity, calling it the cornerstone of a healthy and progressive society.

He further expressed satisfaction over the positive impact of the "UMEED" initiative, launched during his tenure as MLA Ramnagar, stating that the program continues to empower women economically and socially. "UMEED will continue to uplift women of the area and strengthen grassroots self-reliance," he asserted.

Calling upon party cadres and the public, Pathania urged collective efforts to build a society rooted in mutual respect, inclusivity, and social justice, in line with the teachings of Guru Nabha Das Ji.

Rajouri deaths: Govt flags pesticide toxins, cadmium in fresh findings

EARTH NEWS SERVICE

JAMMU: More than a year after 17 people died under mysterious circumstances in a remote village in Rajouri district, the Jammu and Kashmir government has cited specific pesticide compounds and elevated cadmium levels as part of fresh, though provisional, findings into the incident.

In a written reply to a starred question, Health Minister Sakeena Itoo said, according to the provisional findings of toxicological analysis conducted by CSIR-Indian Institute of Toxicology Research, Lucknow and PGIMER Chandigarh, the deaths do not appear to be linked to any viral or bacterial outbreak.

"Instead, the presence of certain toxic substances,

including pesticide compounds such as Aldicarb Sulfone, Acetamidprid and Butoxycarboxim, along with elevated Cadmium levels in some samples, indicates a possible neuro-toxic exposure as the cause of illness," she said in her reply on Saturday.

The question was tabled by National Conference legislator Javid Iqbal regarding the final findings into the 17 deaths in his Budhal constituency between December 7, 2024 and January 24, 2025.

Itoo said a Special Investigation Team (SIT) and an Inter-Ministerial Investigation Team constituted by the Ministry of Home Affairs are presently examining the matter in detail to ascertain the exact cause and circumstances. The minister said several members from close-

ly related families developed symptoms such as abdominal pain, vomiting, fever, drowsiness, breathlessness and altered sensorium.

These incidents occurred in four clusters involving a total of 55 affected people, out of which 17 deaths were reported, Itoo said, adding the affected individuals were promptly shifted to Community Health Centre in Kandi, Government Medical College in Rajouri and SMGS Hospital in Jammu for specialised treatment. Immediately after the incidents, she said the Health and Medical Education Department, in coordination with the district administration, initiated extensive containment and investigation measures.

Medical camps were established in the affected area, and door-to-door

surveillance covering 3,577 residents was undertaken. Rapid response teams were also deployed for screening and contact tracing, the minister said.

She said samples of food, water, drugs and biological specimens were collected and sent for laboratory analysis. Isolation wards were established at GMC Rajouri, GMC Jammu and SMGS Hospital Jammu, while ambulance services and round-the-clock medical teams were deployed, she said.

The minister said the matter was reviewed at the highest level by the Chief Minister Omar Abdullah and expert teams from ICMR, NCDC, PGIMER Chandigarh, AIIMS New Delhi and other national institutions were involved for detailed investigation.