

# DC Rajouri inaugurates disability camp for specially-abled persons, senior citizens | Sawhney raises public grievances from Jammu East with Commissioner JMC

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**RAJOURI:** A disability camp for specially-abled persons and senior citizens was inaugurated by Deputy Commissioner Rajouri, Om Prakash Bhagat at GMC&AH Rajouri.

The camp aims to provide assistive devices and appliances to needy individuals, promoting their physical, social and psychological rehabilitation.

While speaking at the inaugural function, the Deputy Commissioner emphasized on the objective to assist the needy persons with disabilities by providing durable, sophisticated and scientifically manufactured modern, standard aids and appliances that can promote their physical, social and psychological rehabilitation by reducing the effects of disabilities. He also said that the initiative is a significant step towards promoting inclusivity and empowering



specially-abled persons and senior citizens in the region. District Social Welfare Officer Rajouri, Abdul Raheem briefed the participants about the initiative for improving the quality of life

for persons with disabilities, senior citizens and ensuring their access to essential mobility aids. He further informed that such assessment camps are also being organized at Te-

hsil Headquarters of Darhal, Thanamandi, Kotranka, Nowshera, Sunderbani and Kalakote w.e.f 18.07.2024 to 26.07.2024 for the assessment of Physically Challenged persons / Senior Citizens of the District for providing assistive devices/aids and appliances under ADIP and Rashtriya Vyoshri Yojana (RVY) Schemes. Dr. Mehmood Bajjar, Superintendent GMC Rajouri informed that to provide assistance to these specially-abled persons, the District Disability Rehabilitation Centre has been established at District Hospital Rajouri for providing similar facilities to specially abled persons. Among others, District Social Welfare Officer Rajouri, Abdul Raheem; Superintendent GMC Rajouri, Mehmood Bajjar, Doctors from GMC Rajouri, Tehsil Social Welfare Officer Rajouri and experts from ALMICO were present on the occasion.

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**JAMMU:** Senior Congress leader and Former Minister J&K Yogesh Sawhney, ex-MLA Jammu East recently met with the Commissioner JMC to discuss pressing public grievances from the Jammu East constituency.

He was accompanied by Senior Vice President DCC Jammu Urban, Ram Magotra, and Block President Jammu East, Chandershekhar Sharma. Sawhney apprised the Commissioner of local issues and presented a comprehensive list impacting the residential population of the Jammu East constituency. Key among these issues were the dire state of sewage and drainage systems, deteriorating infrastructure, and problems with public utilities like water and electricity.

During the meeting,

Sawhney emphasized the urgent need for remedial action. The Commissioner listened to these concerns and provided assurance to look into the issues.

Speaking on the issues, Sawhney expressed the frustrations of the Jammu East residents mentioning that there is a long list of problematic issues people have conveyed to him during his tour of the area. He stated that one of the first major issues was that of sewage, the sewage system in the area is completely inadequate. During his visits, I have seen firsthand how overflowing sewage and blocked drains are causing health hazards and significant discomfort to the people. This is an issue that demands immediate attention and resolution, he said. He also elaborated on the infrastructural challenges and stated that the infrastructure in Jam-

mu East is crumbling. Roads are filled with potholes, public buildings are in disrepair, and there is a general lack of maintenance. There is need for robust infrastructure that supports their daily lives and contributes to quality of life, he stressed.

The senior Congress leader also highlighted concerns related to PHE and electricity, Sawhney remarked that the entire piping system is in a deplorable state, leading to frequent water supply disruptions. The introduction of smart meters has added to the residents' woes, causing many issues and inconvenience. It is crucial that these issues are sorted out promptly as all these have been neglected by current regime for very long leading to piling of frustration and annoyance among people.

Sawhney also brought to

light the residents' grievances about the electricity supply. He said, erratic electricity supply is disrupting daily lives while at the same time exorbitant electricity bills are burning holes in people's pockets.

Sawhney also highlighted the need for long-term planning and sustainable development in Jammu East. He said that government should also go beyond immediate fixes and think about the future. Comprehensive planning development strategies are essential to prevent these issues from recurring. Administration should invest in infrastructural development, maintenance of public cleanliness, sewage and drainage. If there are no efforts in this direction, things will continue to worsen for general public residing in the area, Sawhney said.

## My Youth My Pride: Summer Activities Kickstart in Kashmir



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**SRINAGAR:** Aiming to reach and engage the maximum number of youths in sports, the J&K Sports Council has launched summer activities for the Kashmir division under the banner of 'My Youth My Pride 2024-25' from Tral in South Kashmir.

The activities were inaugurated at the Indoor Sports Hall, Tral, by Divisional Sports Officer, Kashmir, Divisional Sports Officer, Central, the Manager of Bakshi

Stadium, along with other officials. Approximately 200 athletes (boys and girls) participated in the Thang-Ta event, witnessed by 250 spectators at the Indoor Sports Hall, Tral. Similarly, 150 athletes and 200 spectators were involved in a Kabaddi competition held at the Sports Stadium, Pulwama. The playfield in Pampore was vibrant with Tennis Ball Cricket activities, engaging 48 players and 140 spectators.

Furthermore, the playfield in Devsar, Indoor Sports Hall, and Indoor Hall in Qaimoh, Kulgam, were bustling with Kabaddi, Badminton, and Kho Kho events respectively, attracting 180 athletes and captivating an audience of 240. Also, special sports activities were conducted at the Sports Stadium, Shopian, where six volleyball teams, four cricket teams, and 50 athletes participated in Taekwondo events, drawing the admiration of 700 spectators.

## Workshop on Panchayat Plan & MGNREGA Convergence held

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**GANDERBAL:** The Department of Rural Development & Panchayat Raj today organized a one-day District Level Consultation Workshop for formulating Integrated Gram Panchayat Development Plan and strategies for MGNREGA Convergence in the Conference Hall, Mini Secretariat Ganderbal.

Deputy Commissioner (DC) Ganderbal, Shyambir; Assistant Commissioner Revenue, Assistant Commissioner Development, Chief Planning Officer, DPO and line departments were present during the workshop.

The workshop was aimed to enhance the capacity building and training of frontline workers of line departments, field functionaries and other related stakeholders associated with the formulation of Gram Panchayat Development Plans (GPDP) which focused on devising effective strategies for MGNREGA convergence. The Deputy Commissioner,



presided over the workshop and delivered the welcome address, emphasizing the importance and the critical role of Convergent GPDP in fostering holistic development and achieving the SDG's in rural areas. He emphasized such integra-

tion would lead to more efficient resource utilization and the creation of tangible assets for the welfare of the people. Assistant Commissioner Development, Dr Bashir Ahmad highlighted the critical need for convergence between Panchayat Development

Plans and MGNREGA to foster holistic development and achieve Sustainable Development Goals (SDGs) in rural areas. Shahid Bashir, thematic expert from Department of Rural development & Panchayati Raj, J&K, gave an overview

of the process for preparing the thematic area-wise GPDP. He also elaborated on the issues, challenges, and strategies in preparing convergent GPDPs, along with the expectations from the line departments to facilitate the formation of integrated GPDPs.

He also briefed about the role of BDOs, Panchayat Inspectors, Panchayat Secretaries and line departments. Meanwhile, a question-answer session was also held to clear doubts of participants/stakeholders.

Chief Planning Officer gave a detailed presentation on UT funded schemes to be integrated with GPDP and the role of Administrative Departments.

Block Development Officer Wakura, delivered a presentation on the convergent plan under MGNREGA. The primary aim of the workshop was to showcase optimal strategies, approaches, coordinated efforts, and creative models related to capacity enhancement and training.

## DC Rajouri reviews arrangements for Independence Day celebrations

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**RAJOURI:** Deputy Commissioner Rajouri, Om Prakash Bhagat Thursday reviewed the arrangements for the Independence Day celebrations.

The meeting was attended by officers of line departments, where different aspects of the arrangements were discussed in detail. The Deputy Commissioner emphasized the significance of the day and directed officers to put in coordinated efforts to ensure that all arrangements are put in place well in time. It was decided that the celebrations of the day will begin with Shehnaiz Vadan by the Information Department, followed by the flag hoisting ceremony,



parade and holding of cultural activities. The meeting informed that the main function will be held at District Police Line Rajouri and full dress rehearsal shall be conducted on 13th August, 2024. The Deputy Commissioner instructed officers to ensure adequate security arrangements, cleanliness, medicare, illumination of government buildings, parking facilities, traffic management and proper

seating arrangements at the main venue. He underscored the need for meticulous planning and coordination to ensure a memorable and impactful celebration of the day. The meeting was attended by the ADC, Rajiv Kumar Khajuria; ASP, Musadiq Majid Basu; Officers from Army, CRPF, BSF, CPO, Maqsood Ahmed; ACR, Mohd Jhangir Khan; SE PWD(R&B), Devi Dayal; ACD, Vijay Kumar; ACP,

Sheraz Chowhan; DSEO, Sandeep Sharma; DIO, Mohd Nawaz Choudhary; CEO Education, Mohammad Mushtaq; ARTO, Pawan Kumar; AD FCS&CA, Rohit Kumar; EXEN PWD(R&B) Rajouri, Sardar Khan; EXEN Jal Shakti Rajouri, Ashwini Sharma; EXEN PDD Rajouri, Mohd Rashid; EXEN PMGSY Rajouri, Imtiaz Mir, Executive Officer MC Rajouri and other officers of the district.

## Plant-based oils linked with lower heart disease risk, blood fat analysis confirms

**NEW DELHI:** Analysing blood fat has helped researchers confirm with "even more certainty" that replacing butter and coconut oil with plant-based fats, such as groundnut and olive oils, can lower risk of metabolic diseases. In their new study, the researchers used lipidomics, which helps analyse fats in the blood, or lipids. They showed that it is possible to measure diet-related changes and directly link them to the risk of developing heart disease and diabetes. Their findings are published in the journal Nature Medicine. "Our study confirms with even more certainty the health benefits of a diet high in unsaturated plant fats, such as the Mediterranean diet, and could help provide targeted dietary advice to those who would benefit most from changing their

eating habits," said senior author Clemens Wittenbecher, a research leader at Chalmers University of Technology, Sweden. The Mediterranean diet is rich in nuts, fruits and vegetables, along with whole grains and legumes. The dishes are mainly cooked in olive oil and also include a moderate intake of fish, poultry, dairy and eggs. Red meat and sweets are rarely consumed. A part of this research, involving 113 participants, was conducted in a diet-related study at the University of Reading, UK. For 16 weeks, one group consumed a diet high in saturated animal fats, while the other group followed a diet rich in unsaturated plant-based fats. Blood samples were analysed using lipidomics to identify specific lipids reflect-

ing the diets each participant consumed.

"We summarised the effects on blood lipids with a multi-lipid score (MLS). A high MLS indicates a healthy blood fat profile and a high intake of unsaturated plant fat and low intake of saturated animal fat can help achieve such positive MLS levels," said first author Fabian Eichelmann from the German Institute of Human Nutrition Potsdam-Rehbruecke. The blood fat results were linked with the occurrence of cardiovascular disease and type 2 diabetes, data for which were taken from previous large-scale observational studies. The researchers found that participants having a healthy blood fat profile had a "substantially reduced risk of developing cardiometabolic diseases."

## 'AI improves creativity in stories, reduces diversity'

**NEW DELHI:** Stories created with help of ChatGPT are more creative, engaging their audience with more plot twists, compared to those by writers not using the tool, according to a research. However, researchers also found that diversity in stories by writers using generative artificial intelligence's (GenAI) suffered, therefore increasing the risk of "collective novelty".

GenAI can create content -- text, image, audio or video -- and is based on large language models, which are trained on massive amounts of text data and can, therefore, process, interpret and respond to requests in the natural language that humans use to communicate.

The authors of the study, published in the journal Science Advances, found that writers inherently more creative benefitted the least from ideas generated by ChatGPT, while those less creative became more creative due to ideas suggested by the GenAI model. Therefore, AI "effectively equalised creativity" among all the writers, the team of researchers said.

"While these results point to an increase in individual creativity, there is risk of losing collective novelty. If the publishing industry were to embrace more generative AI-inspired stories, our findings suggest that the stories would become less unique in aggregate and more similar to each other," said study author Anil Doshi, assistant professor at the University College London's School of Management, UK. For the study, 300 participants were tasked with writing a short, eight-sentence story (a "microstory") for a target audience of young adults, of whom 600 were recruited to judge the writers' work.

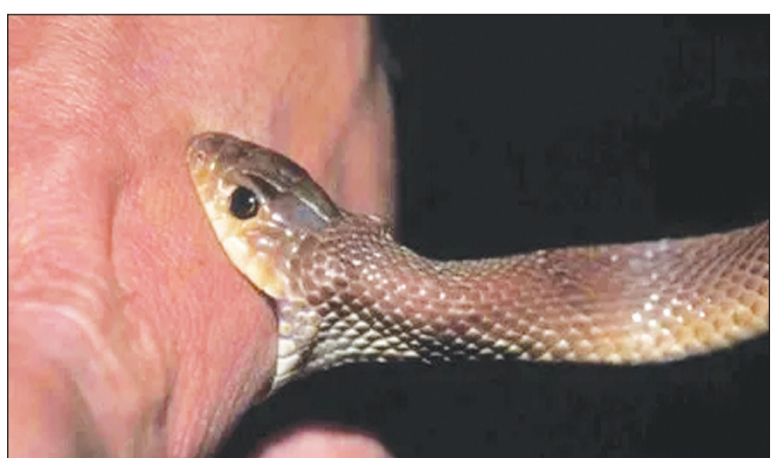
## Common blood thinner possible cheap antidote to snakebite: Study

**NEW DELHI:** A common blood thinner drug could be a possible cheap antidote to treating snakebites, according to a research.

The drug, heparin, could "drastically reduce the terrible injuries from necrosis caused by cobra bites and it might also slow the venom, which could improve survival rates," said corresponding author Greg Neely from the University of Sydney, Australia.

Current antivenom treatments do not effectively address necrosis, or the death of tissues and cells where the snake has struck, which can sometimes result in amputation, according to the researchers.

Using the CRISPR technology to modify human genes, the team identified the different ways in which cobra venom could be blocked. The authors then repurposed blood thinner drugs, including heparin, and after trialling in human cells and mice, found them to be able to stop necrosis caused by cobra bites. The findings are published in the journal Science Translational Med-



icine. Heparin is also produced by many animal and human cells in response to blood clotting. Snake venom is known to bind to it. The blood thinner drugs act as a 'decoy' antidote. By flooding the bite site with 'decoy' heparin-like molecules, the antidote can counter the toxins in the venom that damage tis-

sues and cause necrosis, the authors explained. "After successful human trials, (the heparin drug) could be rolled out relatively quickly to become a cheap, safe and effective drug for treating cobra bites," said lead author Tian Du from the University of Sydney. Du added that heparin is "inexpensive, ubiquitous and a World Health

Organisation (WHO)-listed Essential Medicine", which meant that the drug is intended to be available in functioning health systems at all times.

Around the world, about 45-54 lakh people get bitten by snakes every year, with up to 1.38 lakh dying because of complications, according to the WHO.

Snakebite is one of the priorities of the WHO's programme for tackling neglected tropical diseases, with the UN health agency aiming to reduce its global burden by half by 2030. Most of the snakebite cases occur in Africa, Asia and Latin America.

In India, about 50,000 deaths occur of an estimated 3-4 million snakebites annually, accounting for roughly half such deaths globally, according to the Ministry of Health and Family Welfare.

One of the available antivenom treatments in the country is the polyvalent anti-snake venom (ASV), considered effective against four common species, including the cobra.

## Irregular sleep for week can lead to increased diabetes risk: Study finds

**NEW DELHI:** Weeklong irregular sleep can increase the risk of type 2 diabetes in middle-aged and older people by 34 per cent, a new study has found.

Even as researchers acknowledged assessing sleep duration over seven days may not capture long-term sleep patterns, they said changing this lifestyle factor can help lower the risk of developing type 2 diabetes.

According to the study published in the journal Diabetes Care, the link was "more pronounced" among those sleeping for longer durations and having a lower genetic risk of diabetes.

"Our findings underscore the importance of consistent sleep patterns as a strategy to reduce type 2 diabetes," Sina Kianersi, a research fellow at the Brigham and Women's

Hospital in the US and lead author of the study, said.

The researchers followed more than 84,000 participants from the UK Biobank dataset who were aged 62 years on average and did not have diabetes to begin with. Over seven years, they monitored the development of the metabolic disease through medical records.

The authors wanted to find out if irregular sleep lengths could promote diabetes by disrupting the body's biological clock. They also wanted to examine the effects of irregular sleep in people with a low genetic risk of the disease. The team found that the individuals with a sleep duration changing by more than 60 minutes had a 34 per cent higher diabetes risk, compared to those whose sleep lengths changed by less than 60 minutes.