

WFH has put working women under 'triple burden': Kovind

NEW DELHI, Jan 18:

Work From Home during the COVID pandemic has its benefits but it has also put working women under a "triple burden", says President Ram Nath Kovind.

In a letter to young Indians published in the Manorama Yearbook 2022, he says women already have the double burden of paid work and "unpaid work", that is, domestic responsibilities.

"On top of that, as children attend school from home, their learning has to be supplemented by the parents, and that task usually falls on the mother," Kovind writes in the letter, titled "Arise, The Future Beckons".

"The new stress on family time should be welcome for male employees, so that they can

share some of the responsibilities of their partners. In any case, studies show that hard work in itself can be even counterproductive and as the number of hours spent on work goes up, productivity comes down in some instances," he writes.

The President also says that the pandemic has taught us "exactly those lessons that will come handy for climate action".

The pandemic has been an unprecedented crisis, but it may as well be just a warning of a far bigger crisis that is looming over the horizon.

"Climate change is no longer a matter of scientific research and policy discussions; its impact is already tangible, and we are fast running out of time to keep global warming within feasible limits," he writes (PTI)

PM rescued J&K from shackles of terrorism, separatism: Sat

Excelsior Correspondent

JAMMU, Jan 18: With a mission to provide adequate infra to the public, former Minister and Ex MLA Jammu West Sat Sharma (CA) along with Councillor Sanjay Baru started developmental works for



Ex MLA Sat Sharma along with Councillor Sanjay Baru kick-starting work for construction of lanes at Wazir Lane area of Jammu West.

construction of lanes at Wazir lane area of Jammu West.

The works will be done at an estimated cost of Rs 35 lakhs and the funds were allotted to the Councillor under the Capex budget.

Speaking on the occasion, Sat Sharma said that the works in the area were pending from many years and they had to be taken up in order to avoid public distress. He said such type of works are being taken up in every ward of Jammu West and it is also seen that the works are being done as per the convenience of the public.

Taking a dig at the parties who do not want development to prosper in J&K, Sharma said that when these parties were in power, they chose to fill their own houses and forgot that they

represent public of J&K and their hollow slogans deteriorated the condition of J&K which took it backwards as compared to other States and UTs of the country. He credited PM of taking out J&K from shackles of those parties who supported separatism and terrorism.

Sanjay Baru said that this work will solve many basic problems of inhabitants of the area and he thanked former MLA for providing basic infrastructure to the residents of the ward. He also said that many Central Government

schemes were implemented in the ward with the efforts of former MLA which has changed the lifestyle of the common masses. Baru also said that works taken up will provide relief to hundreds of people residing in the area and also talked about upcoming works to be taken up in the ward.

The leaders were also accompanied by District General Secretary Rajesh Gupta, Mandal President Keshav Chopra, local residents and political activists of the area, including Ashok Wazir, Rakesh Sharma, Bubesh Thappa, Jatinder Khajuria, Rakesh Duggal, Raman Koushal, Rajesh Thakur, Yashpal Shivgotra, S Jangeet Singh, Dalip Mithas, Sanjay Sharma, Parveen Kumar, Naseeb Kumar and others.



A team of doctors at Ankur Maitrika Hospital posing for a photograph after performing a rare surgery.

Rare surgery performed on 2 yr old baby

Excelsior Correspondent

JAMMU, Jan 18: A two year old baby underwent successful permanent pace maker implantation within an hour of admission and the procedure was completed in 20 minutes at Ankur Maitrika Hospital.

The operation was done by Dr. Syed Maqbool, Dr. Nasir Ali Choudhary and cardiac anaesthetist Dr. Rasmeeth Kour.

This was the first of its kind surgery in Jammu. Dr. Syed Maqbool said: "All cardiologists across Jammu are doing a lot of good work but our focus has to be on complex procedures for which a lot of people have to go outside Jammu which is cumbersome to all and particularly to poor patients."

The baby visited Ankur Maitrika Hospital with recurrent cardiac arrests and her ECG showed a complete heart block with a very slow ventricular rate, incompatible with life if not treated promptly.

She had a hole in heart from birth called ventricular septal defect and had undergone an open heart surgery in PGI Chandigarh when she was 8 months old.

A handout of the Hospital stated that without implantation of a pacemaker death is usually inevitable in such cases, but pace maker implantation at such an age is not easy and a very complex procedure compared to adults and has to be carried out very skillfully and carefully taking into consideration the future growth of the child.

SKIMS bags MENA-ISN Research Award 2021

Excelsior Correspondent

SRINAGAR, Jan 18: Hyder Mir of SKIMS, Soura while working with Research Project "Global Influenza Hospital Surveillance Network" has bagged the 2021 MENA-ISN Research Award for his paper.

The paper is titled "Poor Vaccine Effectiveness against Influenza B-Related Severe Acute Respiratory Infection in a Temperate North Indian State (2019-2020): A Call for further Data for Possible Vaccines with Closer Match".

Mir is set to present his work

at MENA-ISN Influenza Day 2022 on October 7th- 8th 2022 in Istanbul, Turkey and will receive a cash prize of 2.5 lacs.

As per SKIMS, PRO, Mir is the first international Scientist to receive the award.

"The work was conducted in Influenza Lab, SKIMS under the supervision of Dr Parvaiz A. Koul and funded by GIHSN, Spain," SKIMS said.

In this connection, Director SKIMS has congratulated Mir and said, such acknowledgements at the International level are a shot in the arm for researchers at SKIMS.



Officers during inauguration of Jammu Skill and Simulation Centre.

Additional Chief Secretary H&M inaugurates JSSC

Excelsior Correspondent

JAMMU, Jan 18: Jammu Skill and Simulation Centre (JSSC)—an experimental learning laboratory was inaugurated today by Additional Chief Secretary H&M Vivek Bhardwaj at RHFH Complex Nagrota in the presence of DG Family Welfare, MCH and Immunization and Director Health Services Jammu Dr Saleem-ur-Rahman.

This is the first of its kind centre established in Jammu whereas Kashmir Skill and Simulation Centre was established in the year 2012.

JSSC will impart hands-on training for in-service health care workers of hospitals of Jammu division in terms of various simulated module trainings so as to enhance the skills and competencies of health personnel (Doctors, paramedics and other supportive staff) by formulating and conducting training programmes including Basic Life Support (BLS), Advanced Cardiac Life Support (ACLS), Emergency Room Trauma Support (ARTS), Skilled Birth Attendants (SBA), Emergency Room Skill Course (ERSC) and other trainings based on modern simulation methodology.

The advanced simulation centre is equipped with state-of-art, hi-tech and hi-fidelity computerised simulators and most advanced mannequins that closely mimic human actions

like breathing, crying, blinking, bleeding and respond either automatically or manually to the physical and medical interventions. All the trainings conducted on various mannequins and simulators shall be continuously monitored and regular feedbacks from the trainees analyzed.

The trainees will be guided through procedures such as challenging airway management, central line placement and other surgical methods by task-trainers. It will also allow the trainees to learn procedural skills and handle critical emergencies in a safe environment.

Once the trainees upgrade their skills on simulation method, their expertise shall be utilised in real time Emergency Rooms being established by the Health Department in all the hospitals.

Following the inauguration, a two days workshop on Advance Life Support, Management of PPH and Neonatal resuscitation has started from today for Medical Superintendents, Anaesthetists, Gynaecologists and Paediatricians at JSSC by Principal RHFH.

Two trainers for the said training have been deputed from LAERDAL Medical Corporation New Delhi—a Norway based company which develops products and programmes for health care providers.

Bail denied to fraudster

Excelsior Correspondent

JAMMU, Jan 18: Chief Judicial Magistrate Jammu Amarjeet Singh Langeh today rejected bail application of Fiyaz Ahmed Rather, who duped youth of Rs 1.30 crore for arranging admission in MD Course at ASCOMS Sidhra.

After hearing APP Kuldeep Bhat for the Crime Branch, the CJM observed, "keeping in view the nature of accusation against petitioner, character of evidence collected by investigating agency thus far, gravity and enormity of seriousness of offences involved in the case, initial stage of investigation and impact of grant of bail on public at large, no case for grant of bail is made out by petitioner at this stage".

"It is also needs to be pointed out that revelations in the investigation only underline that investigating agency sets its energy more stringently on expediting the investigation by focusing on such vital aspects which have till date been glaringly left un-adhered. Only such approach will bring true and further facts to fore", the court said.

"While it is true that parents also need to realize to restrain themselves from vaulting ambition to score seats for their children in professional colleges by hook or by crook, this, however, does not offer any license to any entity to exploit and dupe innocent and gullible parents", the court said, adding "the argument of counsel for petitioner that it is complainant who himself approached petitioner seeking adjustment of his son in MD course in a medical college and therefore, petitioner cannot be said to have defrauded complainant- is thus of no avail to him".

Accordingly, the court directed that the copy of order shall go to SSP Crime Branch, Jammu for information and necessary action in light of observations.

'Save Heart' team helps stabilize patient with heart attack

Excelsior Correspondent

SRINAGAR, Jan 18: Under the 'Save Heart Kashmir' initiative, a patient who suffered a heart attack was today stabilized at the Primary Health Center (PHC) Bijhama in Baniyar area of north Kashmir's Baramulla.

According to doctors at the PHC, a 75-year-old man who was known to be hypertensive and an ex-smoker presented to PHC Bijhama with substernal chest discomfort that had been bothering him for the past day.

"The patient was assessed by on-duty doctors, who suspected him of having a late-presenting myocardial infarction. The patient was given dual antiplatelet therapy and referred to the HQ PHC Bonylar for further assessment," the doctors

said.

They said that the patient was promptly brought to the ER at PHC Bonylar for monitoring and subsequent management.

They said that patient's Top-T was positive, and his ECG indicated a late-presented MI. "Thrombolysis was not an option in this case," the doctors said.

They said that the situation was reviewed with the Save Heart Kashmir team via Whatsapp and that they recommended an emergency referral to SKIMS cardiologist.

"The same was done quickly, and the stated patient was given over to the 108 Ambulance crew for transfer to SKIMS Soura under close surveillance," the doctors said.

Dr Jamwal of SKUAST-J conferred

Dr BP Pal Memorial Award

Excelsior Correspondent

JAMMU, Jan 18: Dr Mahital Jamwal, Deputy Director in the Directorate of Research of SKUAST-Jammu, has been conferred 'Dr B P Pal Memorial Award-2021' by The Society of Tropical Agriculture, New Delhi, India.

Dr Jamwal works as Associate Professor (Fruit Sciences) in SKUAST-J and has a vast experience in teaching and research guidance to UG/ PG students and PhD scholars, besides being a team member for developing crop varieties in SKUAST-J. He has more than 30 research paper publications to his credit in national and international scientific journals, and published many book chapters and articles.

On 'Status and scope of Horticulture and Mushroom Culture in Himalayan States' during the conference.

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Senior BJP leader, Tilak Gupta; Lovesh Gondi; Rajan Verma; Raj Saini, Rajesh Saini, Sushil Sharma, Bablu Khajuria, Reena, Jyoti Gupta, Pawan Kumar and others were also present on the occasion.

Take up rural service as a mission: VP to youths

AMARAVATI, Jan 18:

Vice President M Venkaiah Naidu on Tuesday called upon youths to take up rural service as a mission and stressed the importance of fast-tracking rural development.

"Fast-tracking rural development is integral to the growth of the nation. Industry leaders and youth should take up rural service as a mission, with special focus on women empowerment," the Vice President said.

Venkaiah Naidu, who is on a tour of Andhra Pradesh, interacted with trainees of various skill development programmes at his family's Swarna Bharat Trust at

Atkuru near here.

Skill development, he said, was the key to unlock the demographic dividend and also the inherent talent of the nation's youth.

"I am always enthused to see the energy and quest for innovation in the youth. Strive for excellence in your field and always keep yourself updated with the latest technologies," Venkaiah Naidu exhorted the youth.

He called for individual and private institutional initiatives to complement the government's efforts to promote skill development. (PTI)

BJP spreading falsehood, nothing substantial visible on ground: Bhalla

Excelsior Correspondent

JAMMU, Jan 18: JKPC working president Raman Bhalla while calling upon the people to throw the BJP out of power and bring the issues of price rise, unemployment, agricultural distress and crony capitalism to the centre-stage for their resolution, alleged that the BJP was taking the country on the path of destruction.

While interacting with aggrieved people from different parts of Jammu city here today, Bhalla said all countries had given benefits to common people during the pandemic, but the big companies in India were allowed to earn profit and ordinary people had died walking on roads to their native places. He said all sectors were being handed over gradually to the corporate, while the farmers and small shopkeepers who generated employment were being finished.

"Whenever the elections come, the BJP leaders mislead the people by talking about China or other countries and raise communal issues. What has the Modi government done in seven years of its rule?" he asked.

During the course of the investigation, a team from Police Post SMGS Hospital PSI Harjinder Pal Singh was constituted under the supervision of SHO City Inspector Vijay Kumar, SDPO City Sharad Kalu and SP City Kulbir Handa.

The team did strenuous efforts and with the help of CCTV cameras footages of the area finally arrested the vehicle lifter at Chacha Chowk Narwal District Jammu.

The arrested person was identified as Ajay Kumar, son of Joginder Pal of Tehsil RS Pura District Jammu. On his disclosure stolen vehicle was recovered from his possession.

Further investigation into the case is going on.

DC reviews progress on civic projects in Rajouri township

Excelsior Correspondent

RAJOURI, Jan 18: Deputy Commissioner Rajouri, Vikas Kundal today chaired a joint meeting of officers, MC President and MC members to review ongoing developmental projects of Municipal Council Rajouri being executed by PWD.

During the meeting threadbare discussion was held regarding the ongoing projects/works like Progress on the construction of Multi-story parking, MRF, Shopping complex, repair and renovation of roads, Open Gym and Park and many other projects approved under various schemes.

The SE PWD briefed the meeting about the progress of works on the projects taken up under different schemes. The meeting also discussed the bottlenecks hindering the progress of these projects.

It was informed that the Multilevel parking project with G+2 building is estimated to cost Rs 16 crore and a tender amounting to Rs 4.99 crore for design and construction has been floated.

While reviewing the progress of MRF, the meeting was informed that the civil work is in progress, but vetting of specialised structures is pending.

The Deputy Commissioner directed the PWD authorities to get the vetting done at the earliest. He set March 31, 2022 as the deadline for the completion of the project.

The PWD also informed that the shopping complex is in the tendering phase, while the beautification of crossways and

park/open gym are at different phases of execution and will be completed at the earliest.

The DC impressed upon the concerned officers to gear up the field functionaries so that the approved projects are completed within a set timeline.

The Executive Officer Municipal was directed to follow and complete all projects of the Municipal Council within a time-bound manner.

The ward councillors also raised several issues like irregular water supply, low voltage issue, replacement of worn-out water supply pipes, and non-cooperation of the Departments.

The Deputy Commissioner directed the line departments to extend full cooperation to ULBs and directed SE PWD to establish a special cell for monitoring of city Projects.

While taking note of progress under Atal Mission for Rejuvenation and Urban Transformation, the DC advised the concerned department and members to work in close coordination so that the DPRs can be prepared at the earliest.

The meeting was attended by Additional Deputy Commissioner Rajouri, Sachin Dev Singh; CPO, Mohammad Khurshid; SE PWD, SE Jal Shakti, JP Singh; SE PDD, Sandeep Seth; EXN PWD, Maqbool Hussain, EXN PDD, Narotam Kumar.

Mohammad Arif, President MC Rajouri; Rajesh Gupta; Pushinder Gupta; Iftiqar Dar; Mushtaq Ahmed; Javid Ahmed; Rabia Qureshi; Sameena Javaid attended the meeting.

Dy Mayor inaugurates upgraded park

Excelsior Correspondent

JAMMU, Jan 18: Deputy Mayor Jammu Municipal Corporation (JMC), Purnima Sharma along with JMC Councillor of Ward 11, Anita Sharma here today inaugurated upgraded Jambu Lochan Park with a Gym and many more



Dy Mayor JMC, Purnima Sharma inaugurating improved Jambu Lochan Park in Purani Mandi.

facilities in it at Purani Mandi Chowk, near Hanuman Mandir.

Speaking on the occasion Purnima Sharma said that work of the park and the gym in Ward number 11 was pending since many years and the same was inaugurated with many modern facilities today.

She further said that the

Councillor, Anita Sharma is working as per the agenda which she discussed during the time of election and which include the overall development of her Ward wherein the improved park is a step towards the completion of her agenda.

"Completion of the park is a great step as the old city is congested and there are not many parks for the people and youth of old city to visit," she maintained adding that an open gym has also been installed in the park for the public and youth.

The Dy. Mayor encouraged the youth to participate in healthy practices likes sports instead of falling prey to drugs and alcohol.

Mahant Narsigh Maharaj Ji of Hanuman Mandir, Surinder Gupta, Ankus, Sohni, Sanjay Bali, Vimal Gupta and others were also present on the occasion.

BGSBU postpones exams, asks boarders to vacate hostels

Excelsior Correspondent

RAJOURI, Jan 18: In view of alarming Covid-19 cases, Baba Ghulam Shah Badshah University, Rajouri has ordered postponement of scheduled examinations and also asked the boarders to vacate the hostels at the earliest.

According to a notification in this regard, the Vice-Chancellor has ordered that the practical examinations for B Tech 3rd, 5th and 7th semester, which were scheduled to start with effect from January 28, stand postponed till further order.

Woman dies after consuming poison

Excelsior Correspondent

RAJOURI, Jan 18: A young woman alleged to have committed suicide after consuming poison in Nowshera area of district Rajouri last night.

Police sources said that young Nancy, wife of Ravinder Kumar, resident of Bajnowa/ Ward No.4 in Nowshera allegedly consumed some poisonous substance at her residence last night. She was rushed to Nowshera hospital by family, where doctors provided preliminary treatment and then referred her to GMC, Hospital Rajouri. She died in GMC Rajouri during treatment today.

Her body after postmortem was handed over to the family this afternoon and police has registered a case in this connection.

However, the online examination of B Tech, 1st semester will be held as per schedule.

In respect of all Schools, except SOET, all the ongoing examinations have been postponed with immediate effect while teaching of semester class shall commence in online mode.

Notifying that no research scholar shall be permitted to stay on the campus, the university has ordered that the boarders should vacate the hostels at the earliest since dining hall facility shall be discontinued very shortly.

Bovines smuggling bid foiled

Excelsior Correspondent

JAMMU, Jan 18: Hajar Kotli Police foiled bovine smuggling bid.

As per police sources, on specific information a team from Police Station Hajar Kotli led by SHO Inspector Devinder Singh laid a naka and intercepted a Mahindra Bolera vehicle bearing registration number JK02X-1175.

During checking, police team rescued two bovine animals and seized the vehicle, while the driver managed to escape from the spot by taking benefit of the darkness.

A case under FIR Number 04/2022 under Sections 188 IPC and 11 PCA Act has been registered at Police Station Hajar Kotli and investigation started.

The whole recovery made under the supervision of SDPO Nagrota Parupkar Singh and SP Rural Jammu Sanjay Sharma.