



Jammu Municipal Corporation arranged the health camp for its employees

On the instructions and directions of Hon'ble Mayor, Jammu, Jammu Municipal Corporation arranged the health camp for its employees in JMC complex. Federation of Indian chambers of commerce and industry arranged the medical services of ASCOMS and Hospital, Sidhra with specialist doctors in presence of Principal Dr Pawan Malhotra, Multispeciality. Ayurvedic facilities arranged by Dr Mohan Singh, Director ISM, Ayush J&K, physiotherapy services from Health Foundation Clinic Bakshi Nagar by Dr Abhinav and Dr Mahima, Lab facilities by Kameshwar clinical Lab Purani Mandi through Mr Sanjay Bali and Mr Saransh Bali.

During the camp, the expert doctors provided health services to more than 250 people including free medical check-up and awareness about prevention of various diseases. The camp particularly conducted various tests and examinations including ENT Diseases, Blood Pressure, Blood Sugar Test, Lipid Profile Test, Diabetes, diet counselling, physiotherapy, weight loss and blood tests were conducted. Apart from this, 30 other health services including guidance on heart diseases, diet counselling, diziotherapy, weight loss, eye check-up were also conducted.

Stressing on the need for timely detection and early treatment of various ailments, Expert Doctors from Government Ayurvedic Hospital and ASCOMS said, "Many times, we knowingly or unknowingly ignore the symptoms of uneasiness felt in the body. After some time, by the time we undergo medical examinations, those symptoms become out of control and take the form of a serious disease. This is why getting our medical examination done from time to time is so important. Also, awareness about the disease and its screening modalities is equally important for early detection of the disease."





Hailing the administration of JMC for taking the lead in organising this camp, Hon'ble Mayor, Jammu said that such health camps must be held more frequently as these help a lot of employee's, who are financially weak.

Hon'ble Mayor Rajinder Sharma, Commissioner, JMC Rahul Yadav appreciated the efforts of medical fraternity for giving free medical facilities to the employees of JMC . About 250 people took the benefit of free medical camp arranged by JMC under the guidance of the Commissioner JMC.





1st May 2023



Jammu Smart City Ltd organised a workshop cum demonstration on Food Fortification

In alignment with the Hon'ble Prime Minister Sh. Narendra Modi's vision to reduce malnutrition, Jammu Smart City Ltd organised a workshop cum demonstration on Food Fortification, which is a scientifically proven, cost-effective, scalable, and sustainable global intervention that addresses the issue of micronutrient deficiencies. Jammu Smart city is taking various initiatives under Eat Right to create awareness regarding safe, healthy & sustainable dietary food habits among the citizens.

FSSAI operationalized for fortifying staples namely Wheat Flour and Rice (with Iron, Vitamin B12 and Folic Acid), Milk and Edible Oil (with Vitamins A and D) and Double Fortified Salt (with Iodine and Iron) to reduce the high burden of micronutrient malnutrition in India.

This workshop cum demonstration on Food Fortification was organised under Eat Right Initiatives of Jammu Smart City Ltd (JSCL) at Community Hall, Kameshwar Mandir, Ward No 52, south Extension Trikuta Nagar, Jammu where Chief Guest, Honourable Deputy Mayor Jammu, Sh. Baldev Billawaria launched the workshop and while addressing, he said that this is such an important topic for which stakeholders and the public in general needs to sensitize at mass level and take this movement to every household.

Ward No 52 Corporator/ Ex-chairman, Sh. Ajay Gupta was the Guest of Honour during the programme and he highlighted the importance of such programs and appreciated JSCL initiative for carrying out this campaign at grass root level.

The programme was designed to highlight the essentials of food fortification and what further steps can be taken to sensitize the general public at the mass level and to take this movement to every household, the programme was





by Dr. Sushil Kumar Sharma, Nodal Officer, Eat Right Initiatives, Jammu Smart City Ltd.

CDPO, Gandhi Nagar, Dr Sakshi Mahajan shared facts about the impact of malnutrition on health and other related concerns due to nutrition deficiencies and thanks JSCL for conducting this workshop for ICDS Supervisors and Anganwadi workers.

Mr. Satish Kumar, an IEC consultant from Mavis IT Services Pvt Ltd, New Delhi presented a detailed presentation on the “Role of IEC in Food Fortification awareness” which highlights how information and communication technology is leading the way in this by demonstrating the relevant examples and media content. Associate Professor Ashwani Khajuria, and Dr Divya Sharma delivered presentations on various facets of food fortification practices, nutrition values etc. The Students from Bharat Public High School, Satwari also demonstrated the facets of Food Fortification and explained what activities they are doing in school to implement this topic in true spirit. Later, the function was concluded with a vote of thanks by Dr Sakshi Mahajan.





4th May 2023

An awareness cum interaction programme was organized by Veterinary section to aware the school students regarding the importance of Animal Birth Control Program being implemented by Jammu Municipal Corporation.

An awareness cum interaction programme was organized today by Veterinary section of JMC in collaboration with DPS School, Jammu. The main motive of the programme was to aware the school students regarding the importance of Animal Birth Control Program being implemented by JMC in collaboration with Friendicoes-SECA in all the 75 wards of Municipal Corporation, Jammu and its impact on society.

Joint Commissioner (H&S), JMC Mr. Kulbhushan Khajuria graced the event as a chief guest. Other dignitaries including Principal DPS School, Smt. Ruchi Chabra, Health Officer JMC, Dr. Vinod Kumar Sharma, MVO, JMC Dr. Sushil Kumar Sharma & Dr. Divya Sharma, VAS JMC & other officials of JMC & faculty members of DPS were also present.

MVO, JMC Dr. Sushil Kumar Sharma introduced the faculty & students about the Animal Birth Control Program & its progress in Jammu. He depicted the fact that in an overall stray dog population of about 40,000 in Jammu city, approximately 32000 no. of street dogs have already been sterilized & vaccinated under the ABC programme being run by JMC. He laid emphasis on the fact that as per ABC (Dog) Rules, 2023, stray dogs are not being dislocated from one locality to other, they are only being captured for sterilization & vaccination and are released back in the same area with a permanent identification mark i.e. "Right Ear-notch".

Health Officer, JMC Dr. Vinod Kumar Sharma further guided the faculty & students about rabies prevention, control and immediate steps to be taken in case of dog bite.





VAS, JMC Dr. Divya Sharma presented a power point presentation on implementation, objectives, various Animal Welfare activities & success of ABC/ARV programme run by Jammu Municipal Corporation in accordance with the Animal Birth Control (Dog) Rules, 2023 within JMC limits. She also demonstrated how the stray dog population can be controlled in a time bound manner via effective ABC programme implementation that will also curb the spread of rabies both in human as well as animals.

Joint Commissioner (H&S) JMC in his address appreciated the role of Veterinary services wing of JMC for organizing such type of mass awareness extension programs in educational institutions of Jammu city as it envisages to propagate the awareness upto the grass root level which is very important for the successful implementation of ABC program within JMC limits. He thanked the Principal & all the faculty members of DPS School for their support in organizing such awareness programs for the students. He further requested the general public/ Resident Welfare Associations/ AWOs/ Local animal activists for their cooperation for the effective implementation of ABC/ ARV programme in Jammu city. He also advised the Veterinary wing to organize such kind of awareness cum interaction programs with students in future also.

Smt. Ruchi Chabra, Principal DPS School, Jammu presented her perspective about the ABC/ARV programme being implemented by JMC to control the menace of stray dog in Jammu city and its importance to curb the spread of rabies in both human as well as animal population. She also extended her gratitude towards the JMC authorities for organizing such extensive & informative session on ABC/ARV programme for students of her school.





9th May 2023

Nidhi Aapke Nikat Programme 2.0 held at JMC Townhall, Jammu.

Nidhi Aapke Nikat 2.0, an outreach program, was held at Townhall, Jammu by EPFO RO Jammu, in collaboration with Jammu Municipal Corporation.

The Employers and employees of Jammu were sensitized about provisions of social security, besides covering themes of **EDLI – eligibility, benefits and claims, Keeping track of passbook accounts, Importance of E-nomination, Know Your UAN, UAN Activation, & member profile – KYC, and UAN related issues**. The aim of the program was to ensure broad based participation, awareness, grievance redressal and information exchange network closer to the stakeholders of EPFO.

The session was addressed by Shri Jagpreet Singh Cheema, District Nodal officer , EPFO through presentation slides which illustrated various social security benefits being provided by EPFO in the UT of Jammu & Kashmir viz. PF, Pension and Insurance schemes framed under The EPF & MP Act, 1952 after the implementation of the said in the UTs of J&K and Ladakh from 01st November 2019. He stressed about the importance of these schemes to all the employees and workers especially those working in hazardous and risk prone industries and projects such as road and dam construction, crushers etc. He appealed all the employers to get themselves registered with EPFO and enroll all employees so that no eligible employee is deprived of the social security benefits being provided by EPFO.

EPFO, took this opportunity to provide handholding support to the stakeholders at the venue, besides hearing them (their suggestions, inputs and grievances). Issues and problems faced by the Organizations in implementing the EPF & MP Act. 1952 were heard and necessary guidance were provided accordingly. In addition to above any other relevant issue related to EPFO, which officers or stakeholders desired, were discussed.

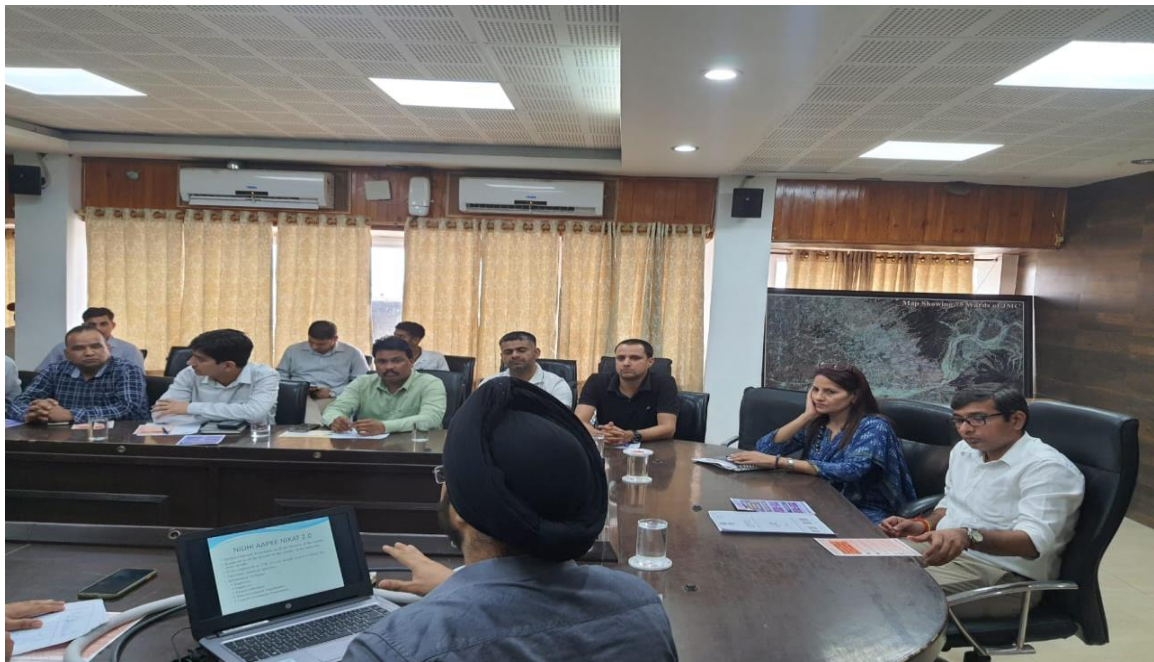




Dignitaries participating from different departments and institutions included Mr. Rahul Yadav (IAS), Commissioner, Ms. Rimpay Ohri, (JKAS), Joint Commissioner (A), Mr. Sandeep Singh (JKAS), Chief Accounts Officer and Ms. Jyoti Bhagat, Dy. Director (Planning), JMC.

Services and benefits of **“Social Security”–Employees’ Pension Scheme, 1995** and enhanced quantum (**up to Rupees Seven Lakhs**) of **Employees’ Deposit Linked Insurance Schemes, 1976** are being rendered to employees of Union territory of Jammu, Kashmir and Ladakh with effect from November 2019 onwards. EPFO, Jammu, Kashmir and Ladakh is open to every valuable suggestion at the Nidhi Aapke Nikat program.





29th May 2023