

MLA Bahu Ch. Vikram Randhawa Launches Restoration Work of Gorkha Nagar Cremation Ground



GY CORRESPONDENT JAMMU, OCT 20
Continuing his commitment to serve the people with compassion and dedication, MLA Bahu Ch. Vikram Randhawa today kick-started the restoration work of the Cremation Ground at Gorkha Nagar, which is being undertaken by the Jammu Municipal Corporation (JMC).

The cremation ground had been completely washed away during the

recent floods, causing great hardship to the local residents. Responding to public concern, MLA Randhawa announced 710 lakh from his Constituency Development Fund (CDF) for immediate restoration of the facility. In addition to this, the Hon'ble MP Sh. Jugal Kishore Sharma also gave 710 lakh from his MPLAD Fund, while the Jammu Municipal Corporation (JMC) has also extended full financial and

technical support to ensure the project's timely completion with modern amenities. The event witnessed the presence of JMC officials, former Corporators of Ward No. 47 and several prominent citizens of the area. Speaking on the occasion, MLA Ch. Vikram Randhawa said, "The cremation ground is the last and permanent house of every individual. It is not just a place of rituals, but a

sacred space that deserves dignity, respect, and care. We are committed to rebuilding it with all modern facilities such as a waiting shed, solar lighting, greenery, and proper boundary walls. I sincerely thank the Hon'ble Member of Parliament and JMC for joining hands in this noble cause."

He further added, "Development is meaningful only when it touches human lives with sensitivity. My mission is to ensure that Bahu Constituency becomes a model of cleanliness, infrastructure, and compassion — where every public facility, big or small, reflects respect for the people." Local residents warmly welcomed and expressed heartfelt gratitude to MLA Vikram Randhawa, the Hon'ble MP, and the JMC for their joint initiative and quick response in restoring this vital community asset.

Students of Architecture of SMVD University studied Katra Town



GY CORRESPONDENT JAMMU, OCT 20
The first year students of Bachelor of Architecture Degree program of School of Architecture & Design (SoALD) of Shri Mata Vaishno Devi University headed to the Pilgrim Town of Katra to study the architectural and planning values under the supervision of Ar. Aditya Kumar Singh, Associate Professor, SoALD. The study tour has been duly supported & cooperated by the Shri Mata Vaishno

Devi Shrine Board (SMVDSB). The officials of SMVDSB have guided the students to appreciate the architecture, specifically of the Spiritual Growth Centre, Sports Complex & Niharika Bhawan Complex. Apart from the appreciation of buildings, the students also have perceived the socioeconomic activities of the town thereby exploring how a living pilgrimage creates the habitat image & esthetics of the town.

The tour has been successfully coordinated by the Design studio coordinator, Ar. Aditya Kumar Singh, Associate Prof. & Ar. Abhinay Gupta, Assistant Prof., SoALD. Such educational tour gives an awareness opportunity to the students of architecture during the guided exposure to the existing built environment. Prof. Pragati Kumar, Hon'ble Vice-Chancellor, SMVD University has always been a constant

encouraging source for such educational tours of students for their exposure to the physical world that enhances their professional skills. With such inspiring leader, it is pertinent to mention that SMVD University has been constantly imparting the quality higher technical education since 2004 and has achieved 23rd NIRF 2025 rank in Architecture among the approximately 400 schools of architecture across the country.

DSS holds Shok Sabha/ Shardhanjali Meet for Th. Gulchain Singh Charak



GY CORRESPONDENT JAMMU, OCT 20
Dogra Sadar Sabha in an extraordinary meeting paid rich tributes to late Th. Gulchain Singh Charak on his tragic and sudden demise as Sabha's beloved President who took to his heavenly abode on the 17th of October 2025.

An ardent believer of Dogriyat and secularism, bold and courageous promoter of the cause of Dogras and communal harmony, Th. Gulchain Singh Charak devoted his life for the wellbeing and upliftment of Dogras as he pursued their concerns in every walk of life and spontaneously helped one and all sincerely. He held many responsible

positions in life and remained in the frontline of activities in J&K. He was Minister of Education & R&B (PWD), MLC, General Secretary of AICC, President Rajput Sabha, Patron Akhil Bhartiya Khatriya Mahasabha, Chairman Dogra Education Trust, President Laxmi Narayan Mandir Management Trust & President of the Dogra Sadar Sabha. He put untiring efforts to promote the revival of Dogra Heritage sites, cause of grassroots leadership, Panchayat, Numberdar/ Chowkidars and to help the suffering population of Ramban and border areas. His sudden demise after a brief ailment has left a

great vacuum in the society that will be difficult to fill. Rich tributes charged by emotions were paid by various dignitaries, his fans and lovers. His cheerful affectionate nature and ever ready response to help everybody as a leader, ready without discrimination made him dear to all who came in touch with him from any walk of life. Prominent persons from all walks of life participated in the Shok Sabha/ Shardhanjali. Among those who spoke during the Shok Sabha were Col Karan Singh, Adv. HC Jalmaria, G.A Khwaja, Arvinder Singh Amn, Col. Virendra K

Sahi, V.C. Prem sagar Gupta, H.A. Siddiqui, Abdul Majid, Dr. S.P. Verma, Lt. Gen. Rakesh Sharma, Brig Vijay Sagar Dhimani, Chhatar Singh Sharma, Madan Rangela, J.S. Babli and others. Others who participated in the Shok Sabha were Maj Gen Sunita Kapoor, Jagdeep Singh, Chhatra Singh, Mrs. Lalita Tapasvi, Rajinder Gupta, Dr. Kamal Sharma, Ms. Katoh, Dr. G.S. Charak, Ehtsham ul Haq, sandesh Vir Mohd Shahir, Krishan Kumar Farid Khan, Rashid Ahmed, Arun Bakshi, Shankar Singh, Raman Kant Singh, Pawan Sharma, Kuldeep Wahli, Harbansh Sharma, Narinder Singh, Ravi Singh Slatia and others.

Kulgam's remote village gets road connectivity after 7 decades

GY CORRESPONDENT KULGAM, OCT 20
For the first time since Independence in 1947, the remote Seerpora village in south Kashmir's Kulgam district has got road connectivity under the Pradhan Mantri Gram Sadak Yojana (PMGSY), bringing immense joy and relief to the residents.

The work on the project, estimated to cost Rs 4.05 crore, has begun. Locals celebrated the historic moment in a traditional way — beating drums and dancing to folk tunes to express their happiness. Residents, as per the news agency, hailed the new road as a "true blessing" after decades of isolation and neglect. A local resident, Ghulam Mohammad Hajam, said, "Since 1947, this road had never been constructed. Our mothers and sisters used to face a lot of difficulties due to the lack of road connectivity. We hope that in the future, the authorities will continue to listen to the concerns of poor people like us and take care of us. We had been suffering, a lot, especially our mothers and sisters, but



today we have been freed from that hardship." Another local, Abdul Rashid Gorsi, said, "This road has been constructed here for the first time. Earlier, there was not even a proper path to walk on. It is a matter of great happiness for us that this road now extends up to Lankul. We are very thankful to Sakeena Itoo for making this possible and we are also grateful to the government for approving this project. This area is hilly and receives heavy snowfall, so having a proper road here is truly a blessing." Syed Hilal Ahmad, Executive Engineer PMGSY Kulgam, said Seerpora has been

included under PMGSY Phase-IV. The completion time for this project is about one and a half years. Under this phase, habitations with a population of less than 500 people will be connected. "In Kulgam district, 13 projects have been sanctioned under PMGSY-IV. Out of these, seven projects are in Damhal Hanjpora area. Today, we have laid the foundation stone for three of these projects," he added. About Seerpora road, he said, "This is very tough terrain to build a road in. When someone falls ill, when children go to school, or when people have to take their produce

to the market, it takes a lot of time and effort. We are trying to complete this road before the one-and-a-half-year deadline. Once completed, it will be an all-weather road. The estimated cost of this road is around Rs 4 crore. This is the first time since 1947 that this village is getting road connectivity. Previously, there was absolutely no road access. So, after Independence, this is the first time they are getting a proper paved road." He further stated that under PMGSY Phase I-III, 93 roads have been constructed in Kulgam district. "Now, under PMGSY-IV, 13 new projects have been approved. Another phase is also coming up, for which 28 more project proposals have already been submitted and are expected to be sanctioned soon." "People are very happy. Road connectivity is the first step toward development. Once a road is built, electricity, water supply, health facilities, and education all follow. Development always begins with roads," the officer added —

Devastating Fire Reduces Lakhs Worth of Property to Ashes in Bunjwah: Locals Demand Better Fire and Emergency Services

GY CORRESPONDENT BUNJWAH, OCT 20
On the tragic night of October 20, 2025, the Bunjwah region was plunged into shock as a massive fire erupted around 1 a.m. The blaze ignited in the hamlet of Chakroon, Binoon Bunjwah, swiftly engulfing commercial and residential properties owned by local businessman Mohd Shafi Khan. The inferno spread with alarming speed, overwhelming firefighting efforts and ultimately causing extensive damage, with estimated losses reaching several lakhs of rupees.

Among the properties devastated by the flames were shops rented by Intiyaz Hussain Naik, a beloved figure in the community. His well-established general store, stocked with essential goods, and a popular karyana (grocery) shop, which had faithfully served the residents for over a decade, were both reduced to ashes within the span of just one hour. The fire's intensity and rapid spread obliterated these vital businesses, resulting in staggering financial losses that ultimately exceeded 5 to 6 lakhs. Witnesses reported hearing the roar of the flames and the crackling of burning timber, as



smoke billowed into the night sky. Neighbours rushed to assist, forming a human chain to help salvage what little they could, while others called for emergency services. Unfortunately, the speed of the fire rendered those efforts futile. The heartbreaking loss of the shop, a hub of social interaction and support for the community, left many residents reeling and underscored the profound impact of this catastrophic event. This incident adds to a troubling legacy of fire-related disasters that have long plagued the Bunjwah area. In 2005, a catastrophic blaze devastated the historic Jami Masjid, one of the region's most significant

cultural landmarks, along with some local shops that served as the backbone of the community's economy. This event instilled a deep sense of fear and urgency among residents regarding fire safety and emergency preparedness. Despite repeated and fervent calls from the community for the establishment of a dedicated Fire and Emergency Service in Bunjwah, local authorities have consistently failed to take any substantial action. This neglect has become increasingly apparent, as residents witness their pleas for improved fire protection measures go unanswered. The lack of effective infrastructure to combat

fire hazards has left the community vulnerable, contributing to a pervasive feeling of abandonment. As their representatives continually fail to meet their commitments, the individuals in this tight-knit community are left to grapple with the stark reality of inadequate safety measures, fearing for their homes and livelihoods.

This latest disaster serves as a crucial wake-up call for the local authorities, underscoring the urgent need for robust fire safety infrastructure and enhanced emergency response services in Bunjwah. The absence of well-maintained fire hydrants, properly trained personnel, and accessible escape routes has become glaringly evident in the aftermath of this incident. To prevent similar tragedies in the future, it is imperative to invest in comprehensive fire safety measures, including regular safety drills, community awareness programs, and the establishment of a dedicated emergency response team equipped with modern firefighting equipment. The time for action is now, as the safety and well-being of residents depend on these vital improvements.

Osteoporosis a silent threat to bone health, say doctors

'It has usually no symptoms until fracture occurs, mostly impacting spine, hip'

GY CORRESPONDENT SRINAGAR, OCT 20
Osteoporosis is often referred to as the "silent bone disease", which is very common yet frequently overlooked condition that weakens bones, making them fragile and more likely to fracture.

Osteoporosis is a medical condition characterised by decreased bone density and deterioration of bone tissue, which leads to brittle bones. Health experts said that awareness, timely diagnosis, and lifestyle modifications can significantly reduce its impact — especially among women and the elderly who are more prone to the disease. According to doctors, bone mass peaks by the age of 30, after which it gradually declines. If bone loss occurs faster than bone formation, it leads to osteoporosis. Speaking to the news agency —, Dr. Javid Ahmad Reshmi, an orthopaedic, said that osteoporosis can result from multiple factors and the most common causes include hormonal changes, nutritional deficiencies, and certain medical conditions or



medications. He said that drop in estrogen levels in women after menopause and decreased testosterone in men can accelerate bone loss. "Calcium and Vitamin D are vital for bone strength, but their deficiency weakens bones over time," he said. Dr. Reshmi added that lack of physical activity, especially weight-bearing exercises, contributes to bone thinning besides that long-term use of steroids, thyroid problems, and certain autoimmune disorders increase the risk. Dr. Aadil Hussain Wani, another orthopaedic, said that women are at a much higher risk than men, particularly postmenopausal women due to the sharp decline in estrogen levels. Other high-risk groups

include individuals with a family history of osteoporosis, people over the age of 50, overweight or underweight individuals, and those with chronic illnesses or on long-term steroid therapy. "The major complication of osteoporosis is bone fractures — even from minor falls or routine activities," he said. "Hip and spine fractures are particularly serious, often leading to long-term disability or even life-threatening complications in older adults. Spinal fractures can also cause chronic pain, loss of height, and a stooped posture."

Doctors caution that osteoporosis can severely affect quality of life, independence, and mobility, especially in the elderly population. They said that although osteoporosis cannot always be completely cured, its progression can be slowed and managed effectively through medication and lifestyle changes. A diet rich in dairy products, green leafy vegetables, nuts, and fish supports bone health, doctors said. Experts stress that prevention should begin early — ideally in adolescence and young adulthood — when bone-building is at its peak. "People must maintain an active lifestyle with regular weight-bearing exercises like walking or jogging, ensure adequate calcium and vitamin D intake, avoid smoking and alcohol use and get bone density tests (DEXA scans) regularly if you are at risk," they advised. Doctors said that osteoporosis is no longer a disease confined to the elderly, with changing lifestyles, poor diet, and lack of awareness have made it a growing public health concern. They urge people, especially women after 40, to undergo regular bone health checkups and adopt healthy habits early to prevent complications later in life.