

Dr Jitendra Conferred 'Lifetime Achievement Award For Medicine, Diabetes' At Chennai Meet



CHENNAI, MAR 20 : Union Minister of State (Independent Charge) for Science & Technology, Earth Sciences, and MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh was today conferred the Lifetime Achievement Award in Medicine & Diabetes at the Chennai National Meet for, as the award citation describes, "his outstanding contribution as a distinguished medical professional, author and advocate for advancing Diabetes care and public health".

This is the second Lifetime Achievement Award for medical excellence conferred on Dr Jitendra Singh, the first one having been conferred in July 2024 at an International Meet held at Chennai. The award today was conferred at MVCON 2026, organised by M.V. Diabetes Chennai founded in 1954 by Late Prof M. Viswanathan, popularly remembered as one of the founding fathers of Diabetology in India, along with his equally illustrious contemporaries like Prof M.M.S. Ahuja, Prof Sam J P Moses, Prof B.B. Tripathi and Prof V. Seshiah.

Expressing gratitude on

receiving the honour, Dr Jitendra Singh said the recognition carries special significance as it commemorates the legacy of Prof. M. Viswanathan, regarded as one of the founding fathers of diabetology and diabetes research in India. He described it as a tribute not only to his own lifelong work but also to the rich tradition of medical excellence shaped by the first generation of post-independence physicians and their contemporary stalwarts, whose guidance combined clinical rigour with a deep sense of compassion for patients.

Recalling his formative years, Dr. Jitendra Singh shared that his years at Stanley Medical College, Chennai, played a defining role in shaping his professional journey. He said that the academic environment and mentorship he received instilled in him a lifelong commitment to learning and patient care.

Dr. Jitendra Singh described early grooming, right mentorship and imbibe ment of medical ethics as key pillars of a successful medical career and added that, to gain public trust in medical practice, it is equally important for a doctor to be a good human

being.

Reflecting on the evolution of medical science, Dr Jitendra Singh noted that he has witnessed the transition from an era when diagnosis relied primarily on clinical examination and patient history to the present landscape of advanced technologies and artificial intelligence, describing it as a uniquely enriching experience of being a witness to an amazing transition.

Dr. Jitendra Singh is a renowned diabetologist, academician and public representative with decades of experience in Medicine and Diabetes. A Professor of Medicine and Endocrinology by training, he has contributed extensively to Diabetes research, medical literature, and public health awareness, with over five thousand published articles and several books to his credit. His pioneering work, including research on "Stress Diabetes in Kashmiri Migrants," has received international recognition. Over the years, he has been associated with leading national and global diabetes bodies and has contributed significantly to medical education and policy.

MVCON 2026 marks the inaugural edition of the an-

nual scientific conference of M.V. Hospital for Diabetes and Prof. M. Viswanathan Diabetes Research Centre (MVDRC), Chennai. The chief organiser of MVCON 2026 is Dr Vijay Vishwanathan, a Diabetologist of national and international repute, whose work on 'Diabetes Foot Disease' is widely cited and acclaimed.

The conference is witnessing participation of over 700 delegates, including leading experts from across India and international faculty. The scientific programme includes hands-on workshops, clinical discussions, panel interactions, and research presentations, with a special focus on diabetic foot disease and evidence-based approaches for reducing complications and improving patient outcomes.

M.V. Hospital for Diabetes, established in 1954 by Prof. M. Viswanathan, has built a legacy of over seven decades in clinical care, education, and research.

The institution has developed a comprehensive, multidisciplinary diabetic foot care programme and has successfully helped prevent more than one lakh lower limb amputations through early detection, advanced treatment, and sustained rehabilitation.

Prof. M. Viswanathan Diabetes Research Centre, established in 1972, continues to contribute to advancing scientific understanding of diabetes and has been recognised by leading national institutions including ICMR and the Department of Science and Technology. Its research has also gained international visibility, with scientists associated with the institution featured among the world's top researchers.

Bandipora Admin finalizes arrangements for "Vande Mataram" Special Phase celebrations

HIMALAYAN MAIL NEWS JAMMU, MAR 20

District Administration Bandipora on Friday finalized the preparations for the celebration of "Vande Mataram" Special Phase, commemorating 150 years of national pride, scheduled to be observed from March 23 to March 31, 2026.

The preparations were reviewed during a virtual meeting chaired by Additional Deputy Commissioner (ADC) Bandipora, Zaffar Hussain Shawl, to discuss and finalize necessary arrangements for the smooth conduct of the programme across the district.

During the meeting, detailed discussions were



held regarding the organization of activities aimed at ensuring wide participation from educational institutions and the general public to mark the historic occasion. The ADC stressed the importance of coordinated efforts among de-

partments to celebrate the spirit of patriotism and honour the sacrifices of the nation's bravehearts.

It was informed that a series of activities including mass singing of "Vande Mataram," awareness programmes, and cultural

events would be organized across schools, colleges, and public institutions during the celebration period.

The meeting also highlighted the need to create awareness about the historical significance of "Vande Mataram" and encourage public involvement in the celebrations.

Among others, the meeting was attended virtually by Programme Officer ICDS Bandipora; Sub-Divisional Magistrates of Sumbal and Gurez; principals of degree colleges across Bandipora, Ajas, Sumbal, Hajin, Gurez and Tulail; Deputy Superintendent of Police (Headquarters); District Information Officer; Assistant Regional Transport Officer, and other concerned officers.

DSEJ extends Eid Greetings, invoking compassion, shared humanity

HIMALAYAN MAIL NEWS JAMMU, MAR 20

The Director School Education Jammu, Dr. Naseem Javaid Chowdhary extended his heartfelt greetings to students, their parents, the teaching fraternity, and all staff members of the Directorate.

In his message, Dr. Chowdhary observed that Eid is not confined to rituals or festivity alone; it is, at its core, a reminder of compassion, gratitude and the dignity of sharing.

It calls upon individuals to look beyond themselves, to acknowledge the unseen, to uplift the unheard and to strengthen the quiet bonds



that hold communities together.

Addressing the student community, he emphasized that the essence of Eid resonates deeply with the purpose of education,

instilling discipline, nurturing empathy and guiding individuals toward becoming responsible and conscientious members of society.

To the teaching fratern-

ity and staff, he acknowledged their steadfast commitment in shaping not only academic growth but also the moral and social fabric of the younger generation.

Extending his wishes to parents, he recognized their invaluable role as the first guides and mentors, whose influence continues to shape values and character far beyond the classroom.

He expressed hope that the spirit of Eid would inspire all to carry forward its message in their daily lives, not merely as a moment of celebration, but as a sustained commitment to kindness, harmony and mutual respect.

Kargil delegation meets Union Home Minister Amit Shah, submits memorandum on key developmental demands

KARGIL, MAR 19: A delegation from Kargil, Ladakh met the Union Home Minister Amit Shah in Delhi and submitted a memorandum on key developmental issues.

The delegation comprised of Chairman and Chief Executive Councillor (CEC), LAHDC Kargil, Dr Muhammad Jaffer Akhoun, Member of Parliament, Ladakh, Muhammad Haneefa Jan, Executive Councillor, LAHDC Kargil, Zakir Hussain, called on the Union Minister for Home Affairs, Amit Shah, in New Delhi and submitted a detailed memorandum highlighting key issues and developmental demands concerning district Kargil of the Union Territory of Ladakh. During the meeting, the delegation raised several important issues of public welfare and regional development. A key demand included the creation of two new districts, Sankoo and Shakar-Chiktan, noting that these subdivisions are among the most populous and oldest in Kargil district, fulfil all necessary criteria, and their inclusion in the forthcoming official notification along with other newly announced districts in Ladakh was specifically called for.

The issue of air connectivity was strongly highlighted, with a request for operationalisation of civil flights from Kargil, extension of the existing runway, and expediting the process for establishing a full-fledged civil airport to ensure connectivity, especially during winter months when surface



routes remain closed.

The memorandum also emphasised the need for restoration of Administrative Approval (AA)/ Expenditure Sanction powers up to Rs 5 Crore to the Deputy Commissioner/CEO LAHDC Kargil to ensure timely execution of developmental works at the district level. In the healthcare sector, the delegation sought sanction of a 200-bedded hospital for Kargil, citing increasing patient load and inadequate infrastructure at the existing 100-bedded district hospital. Further, the CEC urged for early execution and operationalisation of the already sanctioned Engineering College in Kargil and called for the establishment of an Agricultural University to strengthen higher education and support the agrarian economy of the region. To boost economic growth, the delegation requested a special financial package for tourism, agriculture, and horticulture sectors, noting the district's growing export of apricots and apples to national and international markets. The memorandum also included demands for raising

a dedicated IRBn battalion exclusively for Kargil district to strengthen law and order and generate employment, as well as sanctioning a Women's Degree College at Sankoo to facilitate access to higher education for girls and eliminate the hardships they currently face in pursuing education outside the district.

Dr Akhoun further raised the issue of five already approved Hydro Electric Projects and "requested the Hon'ble Home Minister to issue necessary instructions to the concerned ministries for their early execution and expeditious completion." The CEC requested the Union Home Minister to take personal interest in these genuine demands and ensure their early consideration and fulfillment in the larger interest of the people of Kargil. "Had a detailed and meaningful meeting with Union Home Minister Amit Shah Ji along with Dr Muhammad Jaffer Akhoun, Chairman and Chief Executive Councillor, LAHDC Kargil, and Zakir Hussain, Executive Councillor, LAHDC Kargil. We discussed several important issues concerning

Kargil and also raised the matter of Ladakhi students and tullab who are still in Iran, requesting urgent steps for their safe evacuation as their families back home are deeply worried about their safety" MP Hanifa Jan said.

MP said that they expressed sincere gratitude to the Government of India for the timely and safe evacuation of our Zawars (pilgrims) from Iran to India and for making all necessary arrangements. Hope that all remaining students and residents will also be brought back safely at the earliest.

"During the meeting, we also submitted a memorandum highlighting key developmental demands of Kargil," he said including the creation of new districts of Sankoo and Shakar-Chiktan, improved air connectivity for Kargil, strengthening healthcare infrastructure, expediting the Engineering College, establishing an Agricultural University, promoting tourism, agriculture and horticulture, and other important measures aimed at the overall development and welfare of the people of Kargil.

SRINAGAR, MAR 20: After experiencing an unusually warm winter, Kashmir is now witnessing below-normal daytime temperatures due to recent rains and snowfall, which could augur well for crops and flowering plants, officials said on Friday.

Since Sunday, most parts of the valley have seen intermittent rains, while many areas at higher elevations received snowfall. There was overnight snowfall in tourist resorts like Gulmarg and Sonamarg, as well as in various locations in the upper reaches of Kashmir. As a result, the mountains and hills in the valley are now covered with fresh, pristine layers of snow, officials noted.

The wet weather has caused a drop in daytime temperatures across Kashmir. Over the past few days, the valley has been experiencing colder days and warmer nights due to cloud cover.

On Thursday, Srinagar city recorded a maximum temperature of 9.5 degrees Celsius, which is over six degrees below the normal of 16 degrees. The maximum temperature on that day was reported to be 3-7 degrees lower than the seasonal average. However, the minimum temperature was approximately two degrees above normal, officials informed.

These lower daytime temperatures mark a departure from the unusually high temperatures seen in the valley in recent weeks. This winter brought a significant rainfall deficit, with Jammu and Kashmir recording its seventh consecutive winter rainfall deficit.

The core winter period from December 2025 to February 2026 ended with



a remarkable 65 per cent shortfall from the normal, receiving just 100.6 mm of precipitation compared to the normal of 284.9 mm.

December's actual rainfall was 13.0 mm versus a normal of 59.4 mm, resulting in a departure of 78 per cent. In January, the area received 73.4 mm against a normal of 95.1 mm, reflecting a 23 per cent shortfall.

Although some Western Disturbance activity in January prevented a total collapse of the season's rainfall, overall precipitation remained below normal and could not compensate for December's deficit.

February's actual rainfall was only 14.2 mm compared to a normal of 130.4 mm, leading to an 89 per cent shortfall and unusually warm conditions with temperatures frequently exceeding normal levels by more than 10 degrees.

In the early weeks of March, daytime temperatures also remained several degrees above normal.

For the first time in history, the famous ski resort of Gulmarg recorded a high of 17.2 degrees Cel-

sus in the first week of March, which is 13.7 degrees above normal. The all-time high for March at the resort is 18 degrees Celsius.

However, due to the recent wet weather, daytime temperatures have decreased and are currently below normal. Experts believe this weather is better suited for the plants, as the warmer temperatures have led to an early spring bloom in some species.

Sameera Qayoom, an agrometeorologist at the Sher-e-Kashmir University of Agricultural Sciences and Technology (SKUAST), stated, "Wherever there has been no flowering so far, the current weather is favourable.

The lower temperatures will delay bud burst and promote more normal flowering." Qayoom noted that there has not been much flowering or pollination yet, so the rains are unlikely to have a significant negative impact, such as flower drop.

"There won't be a huge impact from the rains, but if temperatures continue to decrease, it could delay pollination and harm the flowers," she said.

She emphasised that while this winter has seen abnormal weather patterns, temperatures are expected to stabilise and return to normal.

The warm temperatures this year have accelerated the blooming of tulips, leading to the early opening of the famous Tulip Garden in Kashmir. Qayoom also mentioned that rainfall could extend the lifespan of the tulips as long as temperatures remain average.

The Meteorological Department has informed that there is a possibility of intermittent light rain/snow at many places on Friday, but the weather would improve thereafter. It stated that while the weather is likely to stay generally dry from March 21 to 25, there is a chance of a brief spell of rain/snow at a few places on 23.

Between March 26 and 28, there is a possibility of light rain or snow, particularly in higher elevations, and another spell of rain or snow is likely from March 29 to 31, it said.

The MeT Office has advised farmers to resume agricultural activities after Saturday. (Agencies)