# CII J&K Concludes 3rd Edition of Health Conclave 2026 in Srinagar

**HIMALAYAN MAIL NEWS**
**JAMMU, AUG 30**

The Confederation of Indian Industry (CII) J&K successfully concluded the 3rd Edition of the CII J&K Health Conclave 2026 at SKICC, Srinagar, under the theme "Advancing Healthcare Excellence: Innovation, Resilience & Inclusive Growth." The conclave brought together policymakers, healthcare leaders, medical professionals, industry experts, academicians and innovators to deliberate on emerging trends, opportunities and priorities shaping the future of healthcare in Jammu & Kashmir.

The event was graced by Shri Manoj Sinha, Hon'ble Lieutenant Governor, Union Territory of Jammu & Kashmir, as the Chief Guest.

Welcoming the distinguished guests and delegates, Mr Iqram Ali Shafiee, Chairman, CII J&K UT Council , highlighted the importance of building a resilient, technology-driven and patient-centric healthcare ecosystem in Jammu & Kashmir. He reiterated CII's commitment to fostering collaboration among government, healthcare institutions and industry stakeholders to strengthen healthcare delivery and improve healthcare outcomes across the Union Territory.

The conclave featured three focused sessions addressing key priorities for the healthcare sector. The first session, "Building Jammu & Kashmir as the Healthcare Capital of the Himalayas," explored strategies for positioning the region as a leading healthcare destination through enhanced infrastructure, investment, medical excellence and medical value travel. The second session, "Preventive Healthcare: Moving J&K from Treatment to Wellness," deliberated on the importance of preventive healthcare, early diagnosis, healthy lifestyles and community participation in improving health outcomes. The third session, "Technology & AI: Shaping the Next Era of Healthcare," examined the transformative role of artificial intelligence, digital health technologies, telemedicine and advanced diagnostics in enhancing service delivery and patient care.

Prominent speakers at the event included Prof. (Dr.) Altaf Umar Ramzan, Vice Chairman, Neurosurgery, Paras Health; Dr Shuchin Bajaj, Founder and Director, Ujala Cygnus Healthcare Services; Prof. (Dr.) M. S. Khuroo, Former Director, SKIMS and Director, Digestive Disease Centre; Dr Qazi Haroon, Deputy General Manager, Jammu & Kashmir Medical Supplies Corporation Limited (JKMSCL); Mr Sajad Hussain Lone, Convener, CII J&K Healthcare Panel and Managing Director, Tehqeeq Diagnostic & Dialysis Centre; Mr Stanley Mathew, Head - Sales Operations, India, SAARC, Middle East, Africa & CIS, AAF International; Dr Sandeep Mengi, Director, Maharishi Dayanand Hospital & Medical Research Centre; Dr Masood-ul-Hassan, General Secretary, J&K Private Hospitals & Dialysis Centres Association; Dr Nikhil Mahajan, Member, J&K Private Hospitals & Dialysis Centres Association; Dr Ubaid Hamid, Regional Director, Ujala Cygnus Amandeep Group of Hospitals, J&K; Dr Sabhiya Majid, Chairperson, State Allied and Healthcare Council; Mr Abdul Rasheed Shah, Managing Director, Helpline Medical Systems; Dr Pervez Ahmed Sofi, Managing Director & Unit Head, Ujala Cygnus Kashmir Super Speciality Hospital and General Secretary, Association of Healthcare Providers India (Kashmir Chapter); Dr Rachit Negi, Partner, MAXINOR; Dr Shafat Ahmad Kenu, Medical Superintendent, Paras Health Srinagar; and Mr Khurshid Dar, Director, CII J&K.

Mr Siddhant Chowdhary, Vice-Chairman, CII J&K UT Council, proposed the Vote of Thanks and expressed gratitude to the Chief Guest, speakers, partners, delegates and participants for their valuable contributions towards the success of the conclave.

The conclave witnessed meaningful deliberations on strengthening healthcare infrastructure, promoting preventive healthcare, accelerating technology adoption, harnessing the potential of artificial intelligence and fostering stronger public-private partnerships.

The discussions reinforced the importance of innovation, resilience and collaborative action in building a future-ready, accessible and inclusive healthcare ecosystem for Jammu & Kashmir.

# Governor Kavinder Gupta Calls for Collective Effort to Build Stronger Sports Culture in Himachal Pradesh

**SHIMLA, AUG 30**: On the occasion of National Sports Day, the Hon'ble Governor of Himachal Pradesh, Shri Kavinder Gupta, today held the first-ever interaction with veteran sportspersons of the State at Lok Bhavan, Shimla, bringing together international and national-level players who have brought laurels to Himachal Pradesh and the country.

The interaction was aimed at drawing upon the rich experience of veteran sportspersons, understanding the challenges confronting the State's sporting ecosystem and seeking their suggestions for strengthening sports infrastructure, nurturing grassroots talent and motivating the younger generation to take up sports.

Interacting with the sportspersons, the Governor said that the contribution of veteran players extends far beyond their achievements on the field. Their discipline, perseverance, experience and commitment make them natural role models and mentors for the youth. He said there was a need for a collective and sustained effort to take sports to the grassroots level, particularly in rural and far-flung areas, so that no talented youngster is deprived of an opportunity because of inadequate facilities.

During the meeting, the veteran players highlighted several issues, including the shortage of playgrounds and sports infrastructure in different parts of the State. They pointed out that Shimla faces a particular shortage of playing fields because of its geographical constraints, and suggested that school grounds could be made available to children and young sportspersons after school hours, wherever feasible.

The players also called for strengthening traditional and established sporting disciplines in Himachal Pradesh, particularly hockey, athletics and volleyball, while laying greater emphasis on endurance and fitness. They also expressed concern over the under-utilisation of high-altitude training facilities and stressed the need to make such infrastructure fully functional for the benefit of athletes and other sportspersons.

The veteran players appreciated the initiatives being taken by the Government of India under the visionary leadership of Hon'ble Prime Minister Shri Narendra Modi to promote sports and strengthen sporting infrastructure across the country. They particularly lauded the emphasis being given to grassroots talent, sports training and athlete support under initiatives such as Khelo India, Fit India and the Target Olympic Podium Scheme (TOPS).

The veteran players also lauded the Governor for organising the first-ever interaction with veteran sportspersons, describing it as a valuable initiative to recognise their contribution and share their experience for the benefit of the younger generation.

The Governor said that sports under the leadership of Prime Minister Narendra Modi have received a significant impetus in the country, and stressed the need for Himachal Pradesh to effectively utilise the opportunities and facilities being created under various Central Government initiatives.

Referring to the growing exposure of young people to electronic gadgets and sedentary lifestyles, Shri Kavinder Gupta said there was a dire need to reconnect the youth with sports and physical activity. He said sports play an important role in keeping young people physically fit, mentally resilient, disciplined and focused.

The Governor expressed concern over the growing challenge of drug abuse among youth and said that sports could become a powerful instrument for keeping young people away from drugs and other negative influences.

He also emphasised the need to ensure greater participation of women in sports, saying that India's daughters have carved out a distinct identity in the sporting arena. He said sportspersons such as Mary Kom, P.V. Sindhu and Sania Mirza have inspired the entire nation, while Himachal Pradesh's Sushma Verma, Harleen Deol and Renuka Singh Thakur are inspiring examples of the talent and potential of the State's daughters. "We must ensure that our girls receive equal opportunities, encouragement and support to excel in sports," he said.

The Governor further said that the State should identify and promote its traditional sporting strengths and assured the veteran players that their suggestions regarding the promotion of traditional sports and improvement of sporting facilities would be considered seriously.

Referring to his recent initiative of constituting the Chancellor's Inter-University Viksit Bharat-2047 Task Force, Shri Gupta said that the youth of the State's universities would also be encouraged to contribute to the broader vision of nation-building. He said sports, education, innovation and youth participation must move together in building a developed and confident India.

The Hon'ble Governor urged the veteran players to come forward as mentors and guide young sportspersons by sharing their experience, expertise and lessons from their sporting journeys.

"You have brought pride to Himachal Pradesh and the country through your achievements on the field. Today, your experience is equally valuable for shaping the future of our young sportspersons. I will take the initiative, but your active support and guidance are essential.

Let us work together to ensure that talent in Himachal does not remain confined because of lack of opportunity or facilities," the Governor said.

He also stressed the importance of taking sports beyond major towns and ensuring that children and youth in rural and far-flung areas get access to basic sporting facilities.

The Governor observed that the enthusiastic participation of people in cultural fairs and festivals across Himachal Pradesh in recent times demonstrated the State's strong community spirit. He said a similar collective effort was required to build a vibrant sports culture, with communities, educational institutions, sportspersons and the government working together.

He said the veteran sportspersons could play a pivotal role in this endeavour by motivating young people in their respective areas and encouraging at least a few youngsters to take up sports.

"Our objective should be to make sports a way of life for our youth. A fit and disciplined generation will contribute not only to the sporting achievements of Himachal Pradesh but also to the building of a stronger and more developed India," he said.

On the occasion, the Governor announced ?1 lakh for sports equipment to support sporting activities, while urging the veteran players to submit a comprehensive set of suggestions for strengthening sports infrastructure, training facilities and grassroots sports in the State.

The interaction witnessed participation of veteran international and national sportspersons from different sporting disciplines, who shared their experiences, achievements and suggestions for further strengthening the sports ecosystem in Himachal Pradesh.

# Adulteration of Food: A Serious Threat to Public Health

**HIMALAYAN MAIL NEWS**
**JAMMU, AUG 30**

It is a matter of serious concern that huge crowds are often seen at food junctions, restaurants, sweet shops and other eating establishments.

The food and hospitality industry is expanding rapidly, largely because of its enormous commercial potential. People have every right to enjoy delicious food, but unfortunately, the taste and appearance of many food items often conceal the use of contaminated, adulterated or substandard ingredients. This is gradually pushing innocent consumers towards serious health hazards.

On one hand, the food and catering industry is flourishing; on the other, the medical sector is also expanding rapidly. This unfortunate situation raises an important question: Are we developing an unhealthy food culture that is simultaneously creating more patients for the healthcare system?

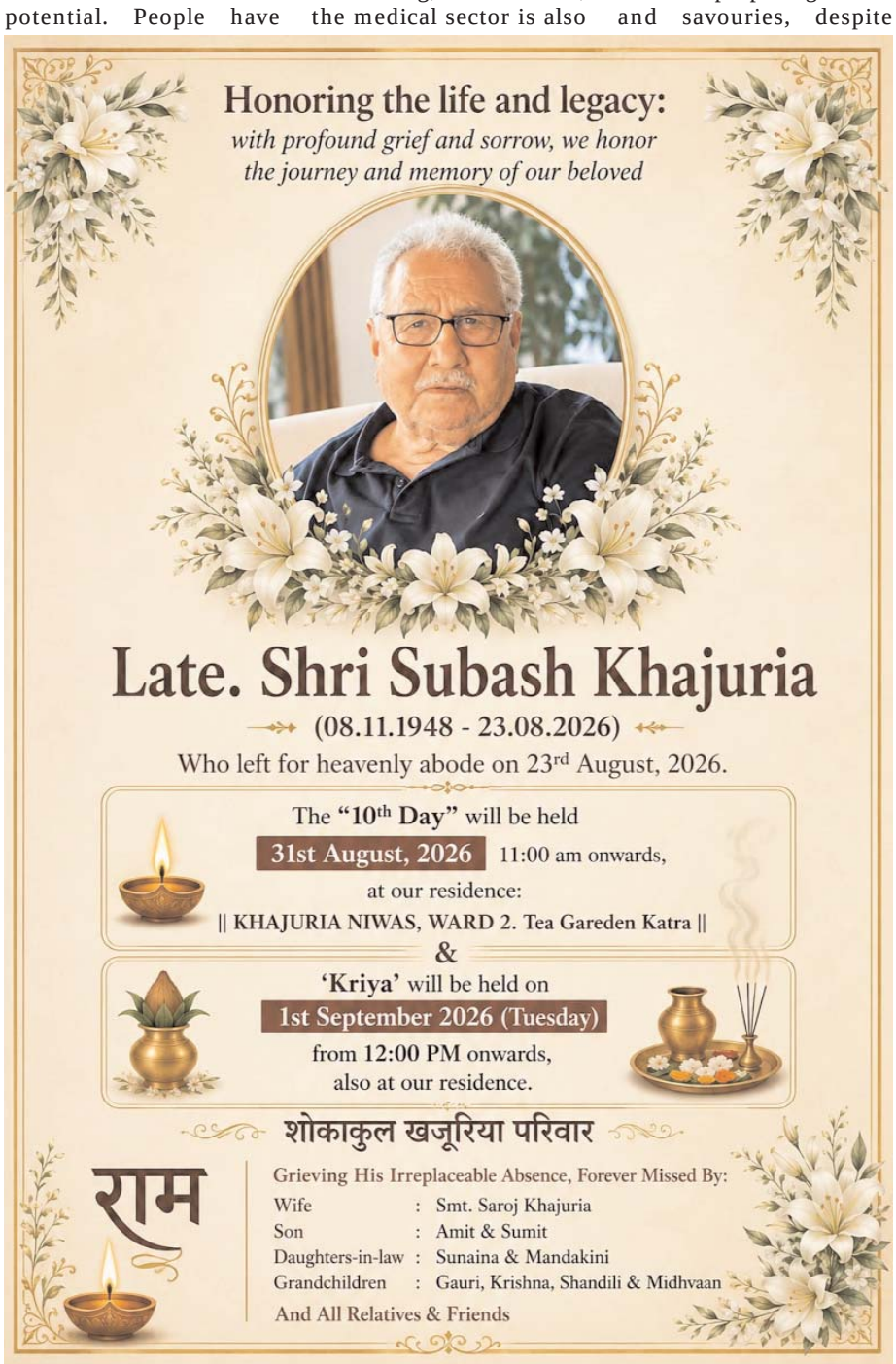
It is alleged that some sweet manufacturers use inferior-quality or repeatedly used cooking oil and other substandard materials while preparing sweets and savouries, despite charging exorbitant prices. Similar practices may also exist in some hotels and restaurants, where commercial profits are sometimes given greater importance than the health and well-being of customers.

Milk, curd, cheese and evaporated solid milk (???) are equally important concerns. Adulteration of these essential food products can have particularly serious consequences for children and elderly people. Contaminated milk and dairy products may expose consumers to harmful substances and increase the risk of illness.

Food adulteration is not merely a commercial malpractice; it is a direct threat to public health. It involves adding inferior or harmful substances to food, substituting valuable ingredients with cheaper materials, or removing essential components for financial gain. Such practices compromise the safety, dignity and well-being of consumers.

Pure and safe food is not a luxury; it is a fundamental necessity. Strict enforcement of food-safety regulations, frequent and surprise inspections, reliable laboratory testing, proper monitoring of food establishments and substantial penalties for offenders are urgently required. At the same time, public awareness should be strengthened so that consumers can recognise and report suspected adulteration.

Through this appeal, we, the Senior Citizens, earnestly request the concerned authorities to treat the issue as a matter of public health and take effective, visible and sustained action against food adulteration. Protecting the health of citizens, particularly children and senior citizens, must remain a priority.




# IAS Divya Mittal resigns after 13 years of service, shares emotional note

**NEW DELHI, AUG 30:** Uttar Pradesh cadre IAS officer and former Deoria district magistrate Divya Mittal has resigned from the Indian Administrative Service, ending her 13-year stint in the civil services.

Mittal, a 2013-batch IAS officer, announced her decision in a post on X.

"Today, I have voluntarily resigned from the IAS, bringing to an end an unforgettable journey of 13 years," she said in her post. However, she did not cite any reason behind her decision to resign.

Reflecting on her journey, Mittal shared that she grew up in a modest environment with dreams of leading a good and successful life. After studying at IIT-Delhi and IIM-Bangalore, she initially took a job in London but eventually returned to India.

"Even after achieving everything, something felt incomplete. The fact that I was not in my country troubled me," she wrote.

Mittal emphasised that her education, confidence, and ability to hold her head high anywhere in the world were her debts to the country, which she wanted to repay. "I returned and was fortunate enough to become an IAS officer," she said. Looking back at her postings, she noted that Deoria taught her that "standing with what is right is not an option but a duty," while Mirzapur showed her that "the impossible is not a fact, but merely an opinion."

Mittal said that while working for needy families, persons with disabilities and farmers during her service, she realised that there was a human being behind every government file.

Originally from Rewari in Haryana, Mittal holds a BTech degree from IIT-Delhi and an MBA from IIM-Bangalore. After working in London following her MBA, she decided to prepare for the UPSC examination.

She cleared the civil services examination in her second attempt in 2013, securing the 68th rank and joining the IAS. In her first attempt in 2012, she had qualified for the IPS.

Mittal served as district magistrate of Sant Kabir Nagar, Mirzapur and Deoria before being posted as special secretary in the Uttar Pradesh government's Revenue Department.

During her tenure as Mirzapur district magistrate, she had gained widespread attention after tap water was brought for the first time to Lahuriadah, a remote hill village in Halia block, 75 years after Independence.

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