



P3 CITY

## BRIDGE UNDER CONSTRUCTION SINCE 2011 COLLAPSES IN SRINAGAR

A major portion of an under construction bridge at Noorbagh collapsed on Monday. The bridge has been under construction for the last ten years and will connect Noorbagh area with Qamarwari...

P6 THINK

## RBI'S INSPECTION REPORTS UNDER RTI

The Supreme Court of India in one its recent orders rightly dismissed several applications made by some private and public sector banks praying for recalling the 2015 judgment against the Reserve Bank..



P5 STATE

## PATTERN OF VIRUS HAS CHANGED, NOW IT IS A SUPER SPREADER: DR KHUROO

As the Covid-19 cases in Jammu and Kashmir are witnessing a steep surge for the last one month, Covid Advisory Committee Chairman and former director...



28<sup>TH</sup> RAMAZAN

Iftar TODAY	Sehri TOMMOROW
FIQAH HANAFIYA 07:25	04:00
FIQAH JAFARIYA 07:34	03:57

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## Kashmiri Man's Oxygen Drive Becoming Hope In Despair

Auqib Javeed

Before using his load-carrier to ferry life-support for his brethren gasping for breath at the moment, Manzoor Ganaie's 'oxygen drive' was defiantly solo—and years away from becoming a fraught community race. But after the invasion of

the invisible enemy—in its second fatal form—created a desperate hunt for oxygen in Kashmir; all-weather oxygen-seekers like Manzoor also became part of the race. Prior to Pandemic's pernicious return, the unassuming simpleton from Ompora, Budgam would earn bread—if not butter—for his family by

fighting his own bad lungs. In the similar act, his pictures lately went viral on social media, showing him carrying an oxygen cylinder in his vehicle. Behind the image that caught everyone's attention, there's a tale of torment. In 2017, when Manzoor was declared an asthma patient by



doctors, his exhaustive hospital visits yielded no relief and ended up creating an existential crisis for this jovial man.

He grieved over his wretched state of health at length. He thought of his family and the impending misfortune in their lives due to his crippling condition.

"Doctors were quite candid about it," thoughtful. [More On P10](#)



## J&K Reports 56 Deaths, 3614 New Corona Cases



Observer Monitoring Desk

SRINAGAR: After days of alarming increase, coronavirus cases on Monday showed a slight decline as 3614 more people in Jammu and Kashmir tested positive for Covid-19, while 56 others succumbed to the deadly infection across the Union Territory during the last 24 hours. [More On P10](#)

### Police Asked To Enforce Strict Lockdown

In an effort to curb the spread of coronavirus, the Jammu and Kashmir police on Monday was directed to strictly enforce lockdown in the Union Territory and only allow vehicles with valid passes on the roads. [The](#) [More On P10](#)

### Train Services Suspended For 6 Days

Railway authorities on Monday decided to suspend train services in the Kashmir Valley for six days, starting Tuesday, in view of the worsening COVID-19 situation. [More On P10](#)

## Senior Doctor Warns Against Steroid Use In Covid Cases

Observer Monitoring Desk

SRINAGAR: A senior doctor at the Super Speciality Hospital here on Monday cautioned people against the use of steroid in severe coronavirus cases saying the same may increase blood glucose levels among the patients.

Dr Khurshid Ahmad Bhat, Consultant, Endocrinologist in Super Speciality Hospital Srinagar said that diabetes and thyroid related problems are also common in J&K but diabetes as such are not more



prone to getting infected with Covid-19 when compared with non-diabetic patients.

"However, in case diabetes is not under control then there can be severity in disease. Besides, stress in infected patients

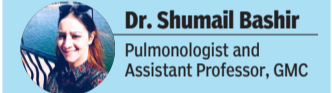
can lead to an increase in sugar level and diabetic patients must monitor their sugar levels during the course of infection. Steroids given during severity of disease can also increase blood sugar levels and [More On P10](#)

## Centre Rules Out Door-To-Door COVID Vaccination

Press Trust Of India

The Centre has ruled out door-to-door vaccination of people and said the inoculation will be done at identified COVID Vaccination Centres (CVC), both government and private, registered on COWIN for "good, germane and rational reasons".

It said in the Supreme Court that four key requirements of CVC under the COVID-19 vaccination programme are availability of adequate space, adequate cold storage facility, adequate number of vaccinators and medical support staff and adequate arrangements for management of Adverse [More On P10](#)



Dr. Shumail Bashir  
Pulmonologist and Assistant Professor, GMC

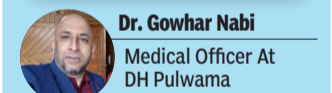
Mucormycosis is a rare fungal infection but it's incidence has been on a rise during the second COVID wave.

Can be prevented by-

- avoiding steroid overuse
- Control of diabetes- No unnecessary antibiotics - Hygienic oxygen: clean concentrators, clean water for humidifier.

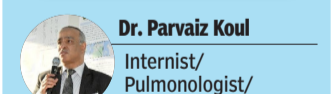
Here are some of the symptoms which can be suggestive of mucormycosis:

- Facial swelling/pain/Nasal discharge(bloody/black) nasal congestionEye pain / swelling/blurred visionBlackish discolouration of nasal bridge or surrounding skinBlood in sputum



Dr. Gowhar Nabi  
Medical Officer At DH Pulwama

Alert. In this wave the increase in positivity of children is a concern. Still large no of asymptomatic carrier children remain a threat in Community /mitigation/spread IS IT TIME TO TAKE CALL ON IMMUNISING CHILDREN AS WELL



Dr. Parvaiz Koul  
Internist/ Pulmonologist/ Researcher

Vaccinate. It could save us from a ferocious third wave. We have to resort to measures to mitigate the transmission (tracing, isolating, treating, etc) and treatment of active cases for the current wave. It is too late for vaccines to help in the current wave. VACCINATE ASAP.

### Virtual Hearing In J&K Courts Till May 31

Amid unrelenting covid-19 cases, Chief Justice Pankaj Mithal on Monday extended by May 31 order regarding the virtual hearing of the cases in both wings of the High Court as well as in the District and Subordinate Courts and Tribunals in J&K and Ladakh. Taking note of the daily rising number COVID-19 infection cases and the prevailing situation due to the [More On P10](#)

## LG's Twitter Handle Suspended Briefly

JAMMU: The official Twitter handle of Jammu and Kashmir Lt Governor Manoj Sinha was suspended briefly due to an "automated systems error" and was restored later.

A Twitter spokesperson, when approached, said, "The account was flagged by our automated systems in error. This action has been reversed, and access to the [More On P10](#)

### Director Health Orders Hiring Of Staff On War Footing

Observer News Service

SRINAGAR: As Jammu and Kashmir struggles to contain the spread of coronavirus, the health department on Monday directed officials to accelerate recruitment process of staff for Covid management through national health mission (NHM). Director Health Services Kashmir, Dr Mushtaq Ahmad Rather Monday held [More On P10](#)

## LG Discusses Covid Situation With Mainstream Leaders

Observer Monitoring Desk

Jammu: Lieutenant Governor, Manoj Sinha on Monday discussed the coronavirus situation in Jammu and Kashmir with the senior leaders of various political parties over the phone, and sought their cooperation and suggestions.

According to an official spokesperson, the LG had a telephonic conversation with NC patron and Member Parliament, Dr



Farooq Abdullah, former Congress MP Ghulam Nabi Azad, former Deputy Chief Ministers Nirmal Singh and Muzaffar Baig, JKPC president Ghulam Ahmad Mir, Apni Party [More On P10](#)

## CRPF Man Injured In Stone Pelting

Observer News Service

SRINAGAR: A Central Reserve Police Force (CRPF) man on Monday was attacked and injured by two alleged stone pelters in Khwaja Bazar area of the Old City. Two motorcycle borne youth hurled a stone on a CRPF man in Khwaja Bazar locality of Nowhatta around 5:25 pm Monday, officials said. The stone hurled by the pillion rider hit the CRPF man on right cheek.

"The injured CRPF man is stable and out of danger. The motorcyclists escaped from a nearby bylane after carrying out the attack [More On P10](#)

## GMC Cautions Doctors 'Stop Using Official Info On Social Media'

Observer Monitoring Desk

SRINAGAR: The administration of Government Medical College (GMC) Srinagar on Monday asked doctors and officers to refrain from posting any institutional information on any social media networking sites, saying that a media desk has been set-up and spokespersons named to 'contain misinformation' amid unprecedented COVID-19 situation. In a circular, the Principal-cum-Dean GMC has impressed upon

all the Doctors, Officers, officials of GMC Srinagar and its Associated Hospitals to refrain from posting any Institutional information on any Social Media Networking site in order to avoid misunderstanding, panic, chaos and law and order situation among masses, officials said Monday.

The officers designated as spokespersons of GMC Srinagar and its Associated hospitals as per the circular include Dr. SM. Salim Khan, Prof. & Head SPM & Nodal officer, Dr. Karwageet Singh, Medical

Superintendent SMHS, Dr. M. Salim Tak, Medical Superintendent CD hospital, Dr. Shabir A Siddique, Medical Superintendent LD Hospital, Dr. Jehangir Bakshi, Medical Superintendent Super Speciality Hospital, GB Pant/ Children, medical Superintendent Dr. Nazir H. Chowdhary, Dr. Suhail Miyan Medical Superintendent Bone & Joint Hospital, Kashmir Nursing Home, Dr. Asif A Khanday and Medical Superintendent and at Psychiatry Disease Hospital, Dr. Ajaz A. Baba, Medical Superintendent. [More On P10](#)

Ministry of Health and Family Welfare  
Government of India

In times of Covid-19

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**1 Registration & Token Generation**

- Verify mobile no. using OTP
- Fill Patient Registration Form
- Request Token
- Upload health records, if any
- Receive Patient ID & Token through SMS

**3 Waiting Room**

- Enter waiting room
- "CALL NOW" button will get activated in sometime
- Initiate VIDEO CALL

**2 Login**

- Wait for SMS notification to login
- Login with Patient ID

**4 Consultation**

- Doctor will show up
- Consult Doctor
- Get instant ePrescription

10:00 AM to 4:00 PM - Monday to Saturday

[eSanjeevaniOPD.in](https://esanjeevaniopd.in)

**System Requirements**  
Android Phone or Laptop/ Computer with Webcam, mic, speakers & Internet

Issued in Public Interest by:

Health and Medical Education Department, J&K

DIPK-NB-677/21