



P3 CITY

'TRAINING OF TRAINERS' PROGRAMME INAUGURATED AT JLNH HOSPITAL

In a bid to prevent further spread of Covid-19 in rural areas of Jammu and Kashmir, the Financial Commissioner (FC), Health and Medical Education (H&ME) Department, Atal Dulloo today said that the govt...

P6 THINK

POETS OF MISOGYNY ON KASHMIR'S SOCIAL MEDIA

Recently, a video posted by an Instagram user who styles himself as a content creator drew a lot of flak for his offensive and uninformed statements about working mothers. Much to the...



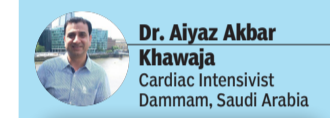
P5 STATE

PERSONS WITH FIRST COVAXIN DOSE ASKED TO REGISTER FOR SECOND JAB

The government has asked the general public who have taken the first dose of Covaxin outside the Union Territory of Jammu and Kashmir and are due...



Widom Quote!
The only thing worse than being blind is having sight but no vision.
—Helen Keller

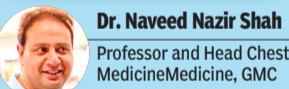


Dr. Aiyaz Akbar Khawaja
Cardiac Intensivist
Dammam, Saudi Arabia

It has been observed that many healthcare workers are not using the Personal Protective Equipment (PPE) properly during the Covid-19 pandemic which can prove very dangerous for healthcare workers and their contacts. Many healthcare workers are seen wearing a surgical mask under the N95 mask, which renders the N95 mask useless.

Moreover, Basic Life Support (BLS) training is important for all healthcare workers which is supposed to be repeated yearly to maintain the skills needed to resuscitate a person who collapses suddenly, thus saving many lives. I hope most of our healthcare workers possess this valid certificate.

In a similar pattern, we need to introduce the Basic Infection Control Skills Licence Programme that is already in place in many countries. It is a one day course conducted by the Department of Infectious Disease Control to educate the healthcare workers on topics like: how to control and contain infectious diseases, donning and doffing of PPE, et cetera to save our healthcare workers, their families and the society. It's the need of hour, especially during this pandemic. Hope the concerned authorities will take the matter into consideration.



Dr. Naveed Nazir Shah
Professor and Head Chest Medicine, GMC

Mucormycosis is not a new disease neither is contagious. We just need to avoid self medication like steroids, identify high risk patients and keep blood sugar under control.



Dr. Shazia Shafi
Ophthalmologist

Excessive steam inhalation makes nasal mucosa weak. In extreme cases it can burn the mucosa also & enhance crusting, thus paving a way for fungal infections #Mucormycosis
Do everything in moderation & if advised please.

MHA Extends Covid-19 Guidelines Till June-End

States, UTs Told To Focus On Local Curb Strategy

Press Trust Of India

NEW DELHI: The Centre on Thursday directed states and union territories to continue the ongoing COVID-19 guidelines till June 30 and asked them to go for intensive and local containment measures in districts with a high number of cases to check the spread of the deadly disease.

In a fresh order, Union Home Secretary Ajay Bhalla said strict implementation of containment and other measures has led to a declining trend in the number of new and active cases, across states and union territories, barring some areas in the southern and



northeastern regions. "I would like to highlight that in spite of the declining trend, the number of active cases presently is still very high. It is, therefore, important that containment measures may continue to be implemented strictly. "Any relaxation by states and UTs, may be considered at an appropriate time, in a graded manner, after assessing the

J&K Logs 37 More Deaths, 2769 New Cases

Firdaus Ali

Jammu and Kashmir reported on Thursday 37 more deaths due to coronavirus while 2769 more people tested positive for the virus across the Union Territory during the last 24 hours. Among victims, [More On P10](#)

Sehrai's Sons Tests Positive In Jail

The two sons of late Muhammad Ashraf Sehrai, who were booked under the Unlawful Activities (Prevention) Act (UAPA) for allegedly raising 'anti-national slogans at the funeral of their father on [More On P10](#)

Tele-Consultation Facilities For Patients Soon

Union minister Jitendra Singh on Thursday said tele-consultation facilities are being set up for COVID-19 patients in Jammu and Kashmir to reduce the burden at district hospitals. Interacting [More On P10](#)

SKIMS Store Room Catches Fire, Patients Safe

Panic gripped SK Institute of Medical Sciences (SKIMS) Soura on Thursday after fire erupted in a store-room in a ward meant for dialysis patients. Eyewitnesses said the flames and smoke was seen billowing out of a window from the hospital ward, prompting the attendants to run helter-skelter. The fire and emergency department men were immediately called in, who reached the spot and doused-off the flames, they said. An F&ES official confirming the incident said that [More On P10](#)

Pandemic Slowed Anti-Militancy Ops In Kashmir: DGP

Press Trust Of India

SRINAGAR: Jammu and Kashmir's Director General of Police (DGP) Dilbagh Singh on Thursday said that while the Covid pandemic has affected the fight against militancy in the valley, security forces are focussed and the operations against the ultras will be stepped up in the coming time.

Talking to reporters in south Kashmir's Kulgam district after touring many areas to review the security measures, the DGP said that during the review meetings, a special focus was laid on enhancing the anti-militancy operations across south Kashmir.



"We cannot deny that the Covid pandemic has affected anti-militancy operations to some extent because there is a need to take precautions. Many policemen and security forces [More On P10](#)

HAJJ-2021

Number Of Pilgrims To Be Decided Within A Week: J&K Hajj Committee

Zaid Bin Shabir

SRINAGAR: The Hajj committee of India is likely to take the final call on the number of pilgrims to be allowed to Saudi Arabia for the annual pilgrimage as coronavirus continues to wreak havoc across the world, a senior J&K Hajj Committee official said Thursday.

"As of now, no communiqué has been forwarded by the Indian Hajj Committee about the number of pilgrims from Kashmir to be allowed to perform the holy pilgrimage this year. However, a decision in this regard is to be expected within a week," J&K Hajj Committee's Executive Officer Abdul Salam Mir told



Kashmir Observer Thursday. Mir said that around 8200 people have submitted applications with the J&K Hajj Committee to [More On P10](#)

Girl Killed, Mother Injured In Shell Explosion

Ajaz Ali

SRINAGAR: A teenage girl was killed and her mother injured on Thursday when a shell exploded in their house in Handwara area of Kupwara district.

Sara Begum and her daughter Gulnaza Bano (19) were cleaning vegetables collected from a nearby forest area on Wednesday, at their home in Sherkoat Taratpora village Handwara on Thursday afternoon when an explosion took place, officials said. Both the injured mother-daughter duo, officials said, were removed to the sub-district hospital Handwara for treatment. However, the teenage girl succumbed to her injuries, while her mother has [More On P10](#)

UNGA President Pitches For Peaceful Solution To Kashmir

Press Trust Of India

ISLAMABAD: The peace, stability and prosperity in South Asia hinged on normalisation of relations between Pakistan and India, a top UN official said here on Thursday as he urged the two neighbours to work for a peaceful solution to the Kashmir issue.

UN General Assembly President Volkan Bozkir, a former Turkish diplomat and politician who is in Pakistan on an official visit, made the comments during a talk on the Importance of Multilateralism at the National Defence University here.

Bozkir said peace, stability and prosperity in South Asia hinged on normalisation of relations between Pakistan

and India, which was possible by the resolution of the Kashmir issue.

"I urge India and Pakistan to work for a peaceful solution to this problem," he said.

"I have always urged the parties to refrain from changing the status of the disputed territory," Bozkir said, apparently in a veiled reference to India's move to bifurcate Jammu and Kashmir into two union territories in August, 2019.

Bozkir, who arrived in Islamabad on Wednesday for an official visit at the invitation of Foreign Minister Shah Mahmood Qureshi, also held talks with him in the Ministry of Foreign Affairs and among other matters discussed [More On P10](#)

Health and Medical Education Department, J&K

Prone Process

(Lying with Stomach down)

Shri Manoj Sinha
Hon'ble Lieutenant Governor

Helpful in increasing Oxygen level in COVID-19 Patients

Stay Protected from COVID-19

Wear mask

Maintain 6 ft. (2 Gaj) Physical Distance

Frequently wash your hands with soap

Get tested if you have symptoms

Get vaccinated

What is COVID-19 Prone

- Prone is the process of turning a patient from their back onto their abdomen (stomach) so that the individual is lying face down
- A medically accepted position to improve breathing and oxygenation
- Beneficial for COVID-19 patients with compromised breathing

Importance of Prone Lying

- Improves ventilation & makes breathing easy.
- Prone is required when SpO2 level decreases below 94.

Positioning of Pillow

- One pillow below the neck
- One or two pillows below the chest through upper thighs (Abdomen area should be free)
- Two Pillows below the shins

For Self-Prone

- You will need 4-5 Pillows
- Regular alterations in lying position
- Don't spend more than 30 minutes to 2 hours in each position
- One can be prone for up to 16 hours a day in multiple cycles, if it is comfortable for the patient.

- 30 minutes to 2 hours Lying on your belly
- 30 minutes to 2 hours Lying on right side
- 30 minutes to 2 hours sitting up
- 30 minutes to 2 hours Lying on left side
- Then back to first position Lying on your belly

Avoid Prone in conditions like

- Pregnancy
- Deep venous thrombosis (If treated in last 48 hours)
- Major Cardiac Conditions
- Unstable spine, femur or pelvic fractures
- Avoid prone for an hour after meals

Timely PRONING could save many lives...

- Regular Monitoring of SpO2 (Using pulse oximeter), Temperature, Blood pressure & blood sugar during home isolation.
- Missing out on oxygen Hypoxia (Compromised oxygen circulation) may lead to worsening of complications.

For any sort of query including medical advice - 24x7 Divisional Control Room

Jammu: 0191-2549676 / 2520982 / 2674444 / 2674115 / 2674908 | Kashmir: 0194-2440283 / 2430581 / 2452052 / 2457313 / 2457312

For any kind of Covid 19 query log on to www.covidrelief.jk.gov.in

@jkinformation @dipr-jk @diprjk