



1st GENERAL BODY MEETING

Friends of GMC Jammu

(Reg. No. 744-CSA of 2024 under Societies Registration Act 1860)

27-06-2026, PMC Conference Hall, GMC Jammu

Agenda Points

- Opening remarks (Chairperson)
- Conduction of business (Secretary)
- Presentation and approval of the Annual Financial Report (Treasurer)
- Presentation of Membership Report (Secretary)
- Presentation of FoGMCI Activities Report (Joint Secretary)
- Discussion on the Future Vision and Roadmap of the Society (Chairperson)
- Any other item with the permission of the Chair.

MELINES

st meeting: 01-2024
ard resolution: 15-01-2024
S Application: 06-05-2024
C Registration: 23-12-2024

Government of Jammu & Kashmir
REGISTRAR OF SOCIETIES, JAMMU

1ST FLOOR,UDYOG BHAWAN, RAIL HEAD COMPLEX, JAMMU, J&K

CERTIFICATE OF REGISTRATION
UNDER SOCIETIES REGISTRATION ACT, 1860
(Act XXI of 1860)

REGISTRATION No. 744-CSA of 2024

Dated: 23-12-2024

I hereby certify that Friends of GMC, Jammu located at GMC
Faculty Club Maheshpura Chowk, Bakshi Nagar, Jammu, 180001
has been registered under SOCIETIES REGISTRATION ACT, 1860.

Given under my hand at on this 23rd day of December Two
Thousand Twenty Four



A. Manhas
23/12/24
Registrar of Societies
Jammu, J&K Government.
Societies / Firm
Govt. Jammu



Government of India

Form GST REG-06

[See Rule 10(1)]

Registration Certificate

Registration Number : 01AABAF4878P1ZD

1. Legal Name	FRIENDS OF GMC, JAMMU		
2. Trade Name, if any			
3. Additional trade names, if any			
4. Constitution of Business	Society/ Club/ Trust/ AOP		
5. Address of Principal Place of Business	Building No./Flat No.: FACULTY ROOM Name Of Premises/Building: FACULTY CLUB Road/Street: Bakshi Nagar Road Nearby Landmark: Government Medical College Locality/Sub Locality: Bakshi Nagar City/Town/Village: Jammu District: Jammu State: Jammu and Kashmir PIN Code: 180016		
6. Date of Liability			
7. Period of Validity	From	10/02/2025	To Not Applicable
8. Type of Registration	Regular		
9. Particulars of Approving	Centre		
Signature			
Validity unknown Digitally signed by DEEPAK KHOKHAR AND SERVICES TAX AGENT, JAMMU, IN Date: 2025.02.15 12:30:16 IST			
Name	Deepak Khokhar		
Designation	Superintendent		
Jurisdictional Office	CHANDIGARH		
Date of Issue of Certificate	10/02/2025		

Note: The registration certificate is required to be prominently displayed at all places of business in the State.



JKBMERC00417945@jkb



AIM

- To function as a forum for the former and present faculty and the Alumni of GMC, Jammu (herein after referred to as the Life Members) to interact amongst themselves and also with the Administration, present faculty and the under graduate (UG) and post graduate (PG) students of GMC, Jammu.
- To bring together the former and present faculty and alumni of GMC, Jammu and to promote exchange of ideas and expertise between them and the present faculty, UG & PG students, social workers and other organizations for the benefit of college and society at large especially the patients.

INITIATIVES

- To organize and conduct academic meets such as conferences, workshops, seminars, symposia, lectures, etc., by eminent personalities from various walks of life for the members as well as for the medical students, present faculty, and general public on various current subjects/topics of interest.
- To invite any Expert/Life Member of the society from India and across the world to share their expertise with the present students and faculty of the College.
- To conduct various extra-curricular activities such as get-togethers, sports, games, picnics, excursions, cultural programmes, etc.
- To institute the awards/prizes for the meritorious students of the College in the fields of academics, sports, and other extracurricular activities as and when required.
- To institute merit-cum-means based scholarships for the needy and deserving students of the College.
- To contribute/facilitate towards the welfare of the students, faculty members, and patient care.
- To undertake activities such as career counselling, medical check-up camps, and other similar programs for the benefit of the general public.
- To publish magazines and newsletters highlighting the activities and achievements of the Society and GMC Jammu.
- To promote and facilitate collaborative research projects between GMC, Jammu and other institutions in India and abroad.
- To spread public awareness about National Health Programmes, especially prevention of anemia, HIV/AIDS, and to achieve a healthy lifestyle by adopting a yogic way of life.
- To constantly work for the improvement of all preventive, promotive, and curative services at all levels for the welfare of the community as a whole.
- To conduct any other activity as may be decided by the Governing Body of the society for furtherance of the aims and objectives of the society.



Friends of GMC Jammu

GMC Faculty Club, Maheshpura Chowk, Jammu

Online Membership

Offline Membership

9419132100 , 9419186541 , 9900000000

friendsofgmcjammu@gmail.com

Home

About Us ▾

Initiatives

Connect

Contribute

News

Gallery

Events

Contact



[Our Brochure](#)

<https://friendsofgmcjammu.org>



Friends of GMC Jammu

GMC Faculty Club, Maheshpura Chowk, Jammu

9419132100 ,9419186541 ,9906091412

friendsofgmcjammu@gmail.com

Registration Form

Membership Type*

t

Personal Information

Name of the Applicant*

Father's/Husband's Name*

Group*

Qualification*

Alumni/Ex-Faculty/Present Faculty/Spouse*

t

Select

Year of GMC Jammu Alumni (Year of passing out)

In case of Ex-Faculty/Present Faculty (Designation & Department)

Upload Coloured Passport Photograph*

Choose File No file chosen

File should not exceed 50 KB.

JKBMERC0041794



Executive Body of "Friends of GMC, Jammu"



Dr T. R. Raina

Chairperson

Former Professor Head, Department of Transfusion
Medicine, GMC, Jammu



Dr Pavan Malhotra

Co-Chairperson

Director Principal, ASCOMS & Hospital, Jammu



Dr Indu Kaul Khoda

Vice Chairperson

Former Professor Head, Department of Obst/Gyne, GMC,
Jammu



Dr Dushyant Choudhary

Secretary

Medical Director, MaxLyfe Hospital, Bathindi, Jammu



Dr Sandeep Dogra

Joint Secretary

Professor Head, PG Department of Microbiology, GMC,
Jammu



Dr Bella Mahajan

Treasurer

Former Principal, GMC, Kathua



Dr Gurjeet Singh

Former Professor Head, Department of CTVS, GMC,
Jammu



Dr Tariq Azad

Former Principal, GMC, Doda



Dr Baldev Sharma

Former Director, Family Welfare, Health Department,
Jammu



Dr Rakesh Bahl

Professor, Department of PSM, GMC, Jammu



Dr Anil Mehta

Former Professor HOD, Obst/Gyne, GMC, Kathua



Dr Lovi Padha

Former Professor, Orthopedics, ASCOMS, Jammu



Dr Shally Mahajan

Medical Officer, Health Department, Jammu

Official Spokesperson



Dr Parveen Yograj

Financial Report

Dr Bella Mahajan, Treasurer

- Society commenced its operations in the last quarter of **FY 2024-25**. Key achievements during the initial phase included:

- Successful registration of the Society with Registrar of Societies, J&K.
- Opening of an bank account with The Jammu & Kashmir Bank Ltd.
- Successful GST Registration and compliance framework.
- Enrolment of members and mobilization of resources.
- Organization of a series of successful events attended by distinguished dignitaries and members.

Membership Report

- Alumni
- Past Faculty
- Present Faculty
- Associates

74

LIFE MEMBERS

The Beginning... (06-01-2025)



CME on Hypertension at Udhampur



International Yoga Day 2024



Celebration of International Yoga Day 2024

Organised by

Friends of GMC Jammu (Society)

in association with

Administration of GMC Jammu

June 21, 2024





from the corridors
of GMC, Jammu



to the corridors
of the Parliament



Dr Jitendra Singh

Union Minister of State
(Independent Charge)
for Science and Technology,
Earth Science and
Minister of State for PMO,
Department of Atomic
Energy, Department of Space,
Personnel, Public
Grievances and Pensions

FELICITATION OF MEDICO MLAs OF J&K UT

By

FRIENDS OF GMC JAMMU

(Registered under Reg. No. 744-CSA of 2024 under Societies Registration Act 1860)

23-03-2025 (Sunday)

ESTEEMED CHIEF GUEST

Dr Jitendra Singh



FELICITATION OF MEDICO MLAs OF J&K UT

By

FRIENDS OF GMC JAMMU

(Registered under Reg. No. 744-CSA of 2024 under Societies Registration Act 1860)

23-03-2025 (Sunday)

ESTEEMED CHIEF GUEST

Dr Jitendra Singh



HON'BLE MEDICO MLAs



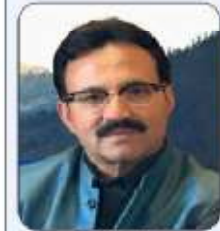
Dr Devinder Many
Hon'ble MLA, Ramg
constituency



Dr Bashir Ahmad Shah Veeri
Hon'ble MLA, Bijnahara
(Anantnag) constituency



Dr Bharat Bhushan
Hon'ble MLA, Kathu
constituency



Dr Sajad Shafi
Hon'ble MLA, Uri (Baramulla)
constituency



Dr Rajeev Bhagat
Hon'ble MLA, Bishn
constituency



Dr Rameshwar Singh
Hon'ble MLA, Bani (Kathua)
constituency



Dr Shafi Ahmad Wani
Hon'ble MLA, Beerw
(Budgam) constituency



GMC-J alumni get membership

Friends of GMC Jammu confers life membership on Dr Jitendra

Excelsior Correspondent

of Space.

JAMMU, Mar 26: The newly formed "Friends of GMC Jammu," a registered society, convened a meeting today under the chairmanship of Chairperson Dr. T.R. Raina. The meeting witnessed the participation of members, including Dr. Pavan Malhotra, Dr. Indu Kaul Khoda, Dr. Dushyant Choudhary, Dr. Sandeep Dogra, Dr. Bella Mahajan, Dr. Gurjit Singh, Dr. Tariq Azad, Dr. Baldev Sharma, Dr. Rakesh Bahl, Dr. Anil Mehta, Dr. Lovi Padha, and Dr. Shelly Mahajan.

In a unanimous decision, the society conferred honorary life membership upon Dr. Jitendra Singh, Minister of State (Independent Charge) for the Ministry of Science and Technology and Earth Sciences; Minister of State in the Prime Minister's Office; and Minister of State for the Ministry of Personnel, Public Grievances and Pensions, Department of Atomic Energy, and Department

The society extended life membership to all alumni of Government Medical College (GMC) Jammu, as well as present and former faculty members of the institution.

The "Friends of GMC Jammu" society has been established with the primary aim of serving as a platform for former and current faculty members and alumni of GMC Jammu to foster engagement among themselves and with the administration, current faculty, and students of the college. The society's core mission revolves around enhancing patient care and promoting public awareness regarding preventive and central health initiatives. Key focus areas include the prevention of anaemia, HIV/AIDS, thalassemia, sickle cell anaemia, and non-communicable diseases such as diabetes, cancer, hypertension, and obesity. The society remains committed to contributing towards the advancement of healthcare and medical education in the region.



Govt Medical College, Jammu,

in collaboration with

'bcpbf-The Cancer Foundation' & 'Friends of Jammu'

cordially invites you to the CME

'MISSION CANCER'

on **4th Feb 2025** at the **Auditorium, Govt Medical College**



World Health Day @ FoVS&AH



IYD 2025: Central Govt. Pensioners Welfare Association



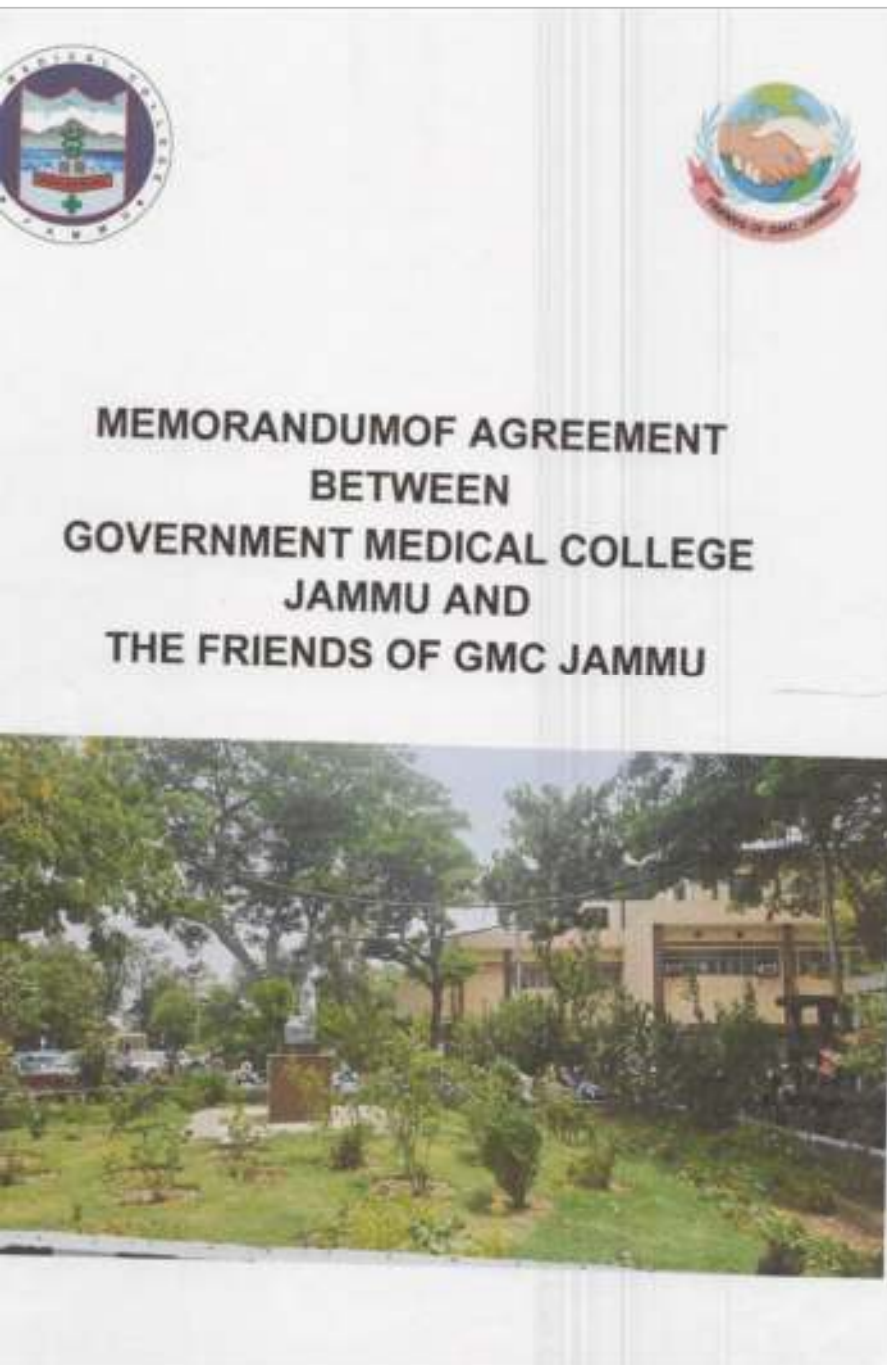


FoGMC & Indian Medical Association CME



Felicitations of Dr Arya by FoGMC







Felicitation of Dr R. L. Matto



Pre Takeover Pictures



Post FoGMC Takeover Pictures



FoGMC & BSF Multispeciality Camp

16-09-2025, Chachwal, Rajpura, Samba



FoGMC & BSF Multispeciality Camp

16-09-2025, Chachwal, Rajpura, Samba



BORDER SECURITY FORCE
MULTI SPECIALITY MEDICAL CAMP BY BSF
IN COLLABORATION WITH
"FRIENDS OF GMC JAMMU"
(REG SOCIETY) ON 16 Sept. 2025





DR. SUDHIR BHADOTRA
MS (Aphthology)



DR. SUBHYAN
General Physician



DR. PARVEEN YOGNAJ
M.B.B.S, MS (Surgery)



DR. RAJESH SHARMA
MD Phys Spl.



DR. RAJENDER SINGH DETHO
M.B.B.S, MS(ORTHO)



DR. SANJEEV GUPTA
MS (Orthopedics)



DR. SANDEEP DOGRA
MD (Microbiology)



DR. SURJEET SINGH
MS, FRCR (Cardiothoracic Surgery)



DR. MOHAN LAL
MD, DM (Cardiology)



DR. DEEPAK KUMAR
Medical Superintendent
State Cancer Institute
Jammu



DR. T R RAINA
MD, (Pathology)
& Yoga & Holistic
Health Specialist



DR. NAVISH DUPEA
MD, DCH, (Paediatrics)



DR. SUNIL KOTWAL
MS, ENT



Outreach Programme – Dr Anil Mehta

Involved distribution of about 100 prophylactic kits for buying within an hour time during a cardiac emergency.

Program was attended by about 50 residents of the locality



FoGMC & IMPA Sidhra (10th June 26)



VSJ NATIONAL WALKATHON

FORWARD TOWARDS AMPUTATION FREE INDIA



Jammu



BLOCK THE DATE :-

1st of November 2025
Time : Jammu Club
Starting: 7.00 am



Scan QR
Code to
Register

Jammu Vascular Society | Jammu Club Jammu
Friends of GMC Jammu
Swami Vivekanand Medical Mission Jammu

www.vascularsocietyofindia.com



XIAOMI 12 PRO | ABHI CLICKS



XIAOMI 12 PRO | ABHI CLICKS

Health Awareness Camp, Domana



FoGMC & ASCOMS – GISICON 2025



Mega Free Superspeciality Medical Camp

Akhnoor





ਸ. ਰਣਜੀਤ ਸਿੰਘ
ਜਥੇਦਾਰ ਸੰਗਤ
ਜ਼ਿਲ੍ਹਾ ਗੁਰਦੁਆਰਾ ਪ੍ਰਬੰਧਕ ਕਮੇਟੀ, ਜੰਮੂ
ਫਿ.ਬ.ਯੂ.ਐਮ.ਟੀ ਰੋਡ, ਲਾਹੌਰ ਸਾਹਿਬ



S. Ranvir Singh

Joint Secretary
District Gurudwara Parbandhak Committee, Jammu
GGPC Member, Constituency AKH000A



Head Office :
Gurdwara Tapa Aithan
Bani Baba Sunder Singh Ji, Address
Office : 94993-43008

Residence :
VPO Naran-Bala
Tehsil Mera Mandragan
Mobile : 9797431212

Appreciation

The officers and jawans of the Border Security Force (BSF), under the able command and guidance of Subjunder Singh DSO (Medical), rendered exemplary services during today's Free Super-Specialty Medical Camp organized at Gurdwara Tapa Aithan Sant Baba Sunder Singh Ji. The BSF team performed their duties with utmost sincerity, discipline, and dedication, ensuring smooth coordination and successful conduct of the camp. Their active participation and humanitarian spirit were highly appreciated by the patients and members of the Sangat present on the occasion. Several senior and experienced doctors from Jammu, including renowned specialists from different medical fields, also rendered their valuable services voluntarily with great devotion and commitment towards humanity. The doctors examined a large number of patients with patience and compassion and provided expert medical consultation and guidance to the needy. Their noble contribution reflected the true spirit of selfless service and social responsibility. The combined efforts of the BSF Frontier Jammu team, medical specialists, volunteers, and organizers made the medical camp highly successful and beneficial for the general public. Free medicines and medical advice were provided to the patients, and the entire event was conducted in a peaceful and well-organized manner. The services rendered by all officers, jawans, doctors, and volunteers remained highly commendable and worthy of appreciation. We highly appreciate the team of "Friends of GPC" (a registered society) for their comprehensive efforts made for the success of Medical camp. Thanks to all senior most doctors served and spared time for this Medical camp, leaving aside their other commitments.

Also special thanks to S. Ranvir Singh, SSP for overall supervision of multi-specialty Free Medical camp with great devotion and dedication, they shown the example of their devotion when being serving Guru Ka Langer to Sangat.

S. Ranvir Singh

GGPC member Akhayer and GGPC joint secretary Jammu
S. Ranvir Singh
Joint Secretary
District Gurudwara Parbandhak
Committee Jammu





Media Coverage

BSF organises multi-specialty medical camp for Samba flood-victims

Border Security Service
Sep 15

Border Security Force (BSF) in collaboration with the local society 'Friends of Samba' and local administration, on Tuesday organised a multi-specialty medical camp at Kailashwasi Resort, Chachwal of Rajpura district to support affected populations in the area.

Officers of BSF, Govt Medical College, and the Health Department provided consultation across a wide range of specialties, including genitourinary, paediatrics, orthopedics, ophthalmology, ENT, oncology, pathology, cardio-



thoracic surgery and microbiology.

During the camp, approximately 400 villagers from Chachwal, Chilyari, Sarthian, Manguchak and adjoining villages were examined and provided with medicines.

"This initiative reflects the unwavering commitment of the Border Security Force towards the welfare of border communities, ensuring that essential healthcare reaches the people during times of need," said PRO BSF Jammu.

बहु-विशेषज्ञ चिकित्सा शिविर का आयोजन



शिविर का उद्घाटन करती हुई डॉक्टर विधि कोहली, सीएसओ, सांचा व अन्य।



सवेरा न्यूज/निखिल शर्मा
सांचा/घग्गवाल 16 सितंबर : सीमा सुरक्षा बल सांचा जम्मू ने फेडरल ऑफ जोएम्सो जम्मू (पंजीकृत संस्था) के सहयोग से 82 वीं वाहिनी के सीमावर्ती क्षेत्र के ग्रामीण एवं स्थानीय नागरिकों के स्वास्थ्य को ध्यान में रखते हुए 16 सितंबर 2025 को गांव चक्वाल, तहसील राजपुरा, जिला सांचा (जम्मू-कश्मीर) में एक बहु-विशेषज्ञ चिकित्सा शिविर का सफलतापूर्वक आयोजन किया। इस पहल का उद्देश्य सीमावर्ती क्षेत्रों में हाल ही में आई बाढ़ से प्रभावित दूर-दराज के सीमावर्ती क्षेत्र में रहने वाले लोगों को निःशुल्क चिकित्सा परामर्श, जांच और दवाइयां उपलब्ध करवाना था, जहां स्वास्थ्य सेवाओं तक पहुंच सीमित है।

शिविर का उद्घाटन डॉक्टर विधि कोहली, सीएसओ, सांचा द्वारा, बीएसएफ के वरिष्ठ अधिकारी विदुर भारद्वाज, डीआईजी, सेक्टर मुख्यालय इन्द्रेस्वर नगर, डॉक्टर सुखजिंदर सिंह, डीआईजी (मेडिकल), फ्रंटियर मुख्यालय जम्मू और फ्रेंड्स ऑफ जोएम्सो, जम्मू के प्रतिनिधि डॉक्टर मोहनलाल, एमडी डीएम (कार्डियो) और नवीन चंद्र परगई, कमाण्डेंट, 107वीं वाहिनी, मनोज कुमार सिंह, कार्यवाहक कमाण्डेंट, 82वीं वाहिनी की

उपस्थिति में किया गया। इस शिविर में विभिन्न विभागों के 15 विशेषज्ञ चिकित्सकों जैसे हृदय रोग, न्यूरो सर्जन, प्रसूति एवं स्त्री रोग, नेत्र रोग, हड्डी रोग, ईएनटी (कान, नाक, गला) रोग, त्वचा रोग, फिजिशियन, बाल रोग, सर्जरी एवं सामाजिक सुधारक, रीजनल ऑन्कोलॉजी केंद्र मेडिकल सुपरिन्टेंडेंट, पैथोलॉजी और योग / सामाजिक स्वास्थ्य, मनोचिकित्सक, माइक्रोबायोलॉजिस्ट विशेषज्ञ मौजूद रहें। उन्होंने सीमा क्षेत्र के लोगों को स्वास्थ्य जांच को और मुफ्त परामर्श एवं दवाइयां उपलब्ध कराईं। इसके अलावा, शिविर में ब्लड प्रेशर, ब्लड शुगर और सामान्य रक्त

जांच जैसी कई जांचें भी की गईं। लगभग 400 स्थानीय इस शिविर का लाभ उठाया। अक्सर पर, बीएसएफ के विदुर भारद्वाज, डीआईजी मुख्यालय इन्द्रेस्वर नगर ने हम अपनी सीमाओं को साथ-साथ, सीमावर्ती क्षेत्र वाले हमारे नागरिकों के लिए भी प्रतिबद्ध हैं। इस शिविरों का उद्देश्य न केवल बेहतर स्वास्थ्य सेवाएं उपलब्ध हैं, बल्कि सीमा पर तैनात और स्थानीय नागरिकों के विश्वास एवं सहयोग संबंध अधिक मजबूत बनाना भी

जांच जैसी कई जांचें भी की गईं। लगभग 400 स्थानीय इस शिविर का लाभ उठाया। अक्सर पर, बीएसएफ के विदुर भारद्वाज, डीआईजी मुख्यालय इन्द्रेस्वर नगर ने हम अपनी सीमाओं को साथ-साथ, सीमावर्ती क्षेत्र वाले हमारे नागरिकों के लिए भी प्रतिबद्ध हैं। इस शिविरों का उद्देश्य न केवल बेहतर स्वास्थ्य सेवाएं उपलब्ध हैं, बल्कि सीमा पर तैनात और स्थानीय नागरिकों के विश्वास एवं सहयोग संबंध अधिक मजबूत बनाना भी

Dr Raina delivers lecture on stress management

Excelsior Correspondent

JAMMU, Apr 25: As a resource person, Dr T.R.Raina, a resource person of "Friends of GMC Jammu," a registered society & former Prof Head Blood Bank Government Medical College Jammu delivered a lecture on the topic "Science of Stress & its management through Yogic Way of Life" during three days training Programme on Mastering Time & Stress Management in Institute of Management, Public Administration & Rural Development J&K Sidhra Jammu which was attended by Block Medical Officers of Health, Head masters of Education & Officers of Agricultural Departments of Jammu province.

During presentation, Dr Raina said that in this era of development and fast life, everybody is under stress & strain & it has been proved scientifically that this is the main cause of more than 95 % of all diseases.

He further said that the only way to get rid of this menace is to adopt a yogic way of life which is very simple & easy to adopt in daily life like correct posture, yogic way of eating & breathing & to avoid sedentary habits..

During his two hour presentation & active interaction with the participants, Dr Raina sensitized the audience regarding the scientific basis of yogic way of life which can lead to health, happiness & harmony in the society.

He also gave practical demonstration of few simple yogic techniques which can bring immediate relaxation of body & peace of mind which was appreciated by all.

पशु चिकित्सा विज्ञान एवं पशुपालन सकार्य आर.एस.पुरा में विश्व स्वास्थ्य दिवस का आयोजन

शिव टाइम्स संवाददाता

आरएस पुरा। जम्मू के कुलपति प्रोफेसर बीएन त्रिपाठी के कुशल मार्गदर्शन और डीन राजेश कटनच के नेतृत्व में राष्ट्रीय सेवा योजना (एनएसएस) के तत्वाधान में फ्रेंड्स ऑफ जीएमसी जम्मू के सहयोग से

विश्व स्वास्थ्य संगठन (डब्ल्यूएचओ) द्वारा एक वैश्विक पहल-विश्व स्वास्थ्य दिवस-हर साल 7 अप्रैल को बीमारियों और चिंताओं, निवारक देखभाल के महत्व और अच्छे स्वास्थ्य को सर्वोच्च प्राथमिकता के रूप में बढ़ाने के बारे

में लोगों की प्रस्तुतियाँ वास्तव में ज्ञानवर्धक रही हैं और उन्होंने वैश्विक स्तर पर से जुड़े महत्वपूर्ण मुद्दों के बारे में हमारी समझ को समृद्ध किया है। उन्होंने तनाव प्रबंधन के बारे में चर्चा की। कार्यक्रम में संगानित चिकित्सा अभिकारी डॉ

री डॉ ए के गुप्ता ने महत्व पर जोर दिया। डीन प्रो राजेश कटनच ने महिलाओं के स्वास्थ्य के बारे में विस्तार से बात कहा कि आशाजनक लिए आज का दि



पशु चिकित्सा विज्ञान एवं पशुपालन सकार्य, आरएसपुरा में विश्व स्वास्थ्य दिवस का आयोजन किया गया। इस वर्ष विश्व स्वास्थ्य दिवस का विषय "स्वस्थ शुरुआत, आशापूर्ण भविष्य" था, जो दीर्घकालिक स्वास्थ्य को आकार देने में नाट्य एवं नवजात स्वास्थ्य की महत्वपूर्ण भूमिका पर प्रकाश डालता है।

में जागरूकता बढ़ाने के लिए मनाया जाता है। फ्रेंड्स ऑफ जीएमसी जम्मू के चेयरपर्सन और सरकारी मेडिकल कॉलेज, जम्मू के ब्लड ट्रांसफ्यूजन मेडिसिन विभाग के पूर्व प्रोफेसर और प्रमुख डॉ टी आर रैना इस कार्यक्रम के अतिथि वक्ता थे। उन्होंने अपनी अमूल्य अंतर्दृष्टि और विशेषज्ञता साझा की।



विनेद शर्मा और मैक्सलाइफ अस्पताल और ट्रॉमा सेंटर, बडिही, जम्मू के प्रबंध निदेशक डॉ दुष्यंत चौवरी भी शामिल हुए। सर्कस्ट-जम्मू के चिकित्सा अधिक

महत्वपूर्ण है कार्यक्रम एनएसएस प्रशिक्षकों लाल कौल, डॉ दिवेंद्र कवरदीप कौर और डॉ सास्न द्वारा किया गया





LYEXCELSIOR.COM

PWA, FoGMC hold workshop on Yog, Medical Sciences - Daily Excelsior

क विकास की कहानी का हिस्सा बने जम्मू-कश्मीर : जितेंद्र

जम्मू-कश्मीर में विकास की कहानी का हिस्सा बनने के लिए हमें एक ऐसी योजना बनानी होगी, जो न केवल विकास को बढ़ावा दे, बल्कि समाज के हर वर्ग के लोगों को लाभ पहुंचाए।



जम्मू-कश्मीर में विकास की कहानी का हिस्सा बनने के लिए हमें एक ऐसी योजना बनानी होगी, जो न केवल विकास को बढ़ावा दे, बल्कि समाज के हर वर्ग के लोगों को लाभ पहुंचाए।

जम्मू-कश्मीर में विकास की कहानी का हिस्सा बनने के लिए हमें एक ऐसी योजना बनानी होगी, जो न केवल विकास को बढ़ावा दे, बल्कि समाज के हर वर्ग के लोगों को लाभ पहुंचाए।

जम्मू-कश्मीर में विकास की कहानी का हिस्सा बनने के लिए हमें एक ऐसी योजना बनानी होगी, जो न केवल विकास को बढ़ावा दे, बल्कि समाज के हर वर्ग के लोगों को लाभ पहुंचाए।

जम्मू-कश्मीर में विकास की कहानी का हिस्सा बनने के लिए हमें एक ऐसी योजना बनानी होगी, जो न केवल विकास को बढ़ावा दे, बल्कि समाज के हर वर्ग के लोगों को लाभ पहुंचाए।

जम्मू-कश्मीर में विकास की कहानी का हिस्सा बनने के लिए हमें एक ऐसी योजना बनानी होगी, जो न केवल विकास को बढ़ावा दे, बल्कि समाज के हर वर्ग के लोगों को लाभ पहुंचाए।

स्वास्थ्य और शासन से जुड़े बुद्धिमान विधायक जितेंद्र सिंह ने जम्मू-कश्मीर में विकास की कहानी का हिस्सा बनने के लिए हमें एक ऐसी योजना बनानी होगी, जो न केवल विकास को बढ़ावा दे, बल्कि समाज के हर वर्ग के लोगों को लाभ पहुंचाए।

जितेंद्र सिंह ने जम्मू-कश्मीर में विकास की कहानी का हिस्सा बनने के लिए हमें एक ऐसी योजना बनानी होगी, जो न केवल विकास को बढ़ावा दे, बल्कि समाज के हर वर्ग के लोगों को लाभ पहुंचाए।

"Friends of GMC Jammu" celebrates International Yoga Day 2024

NORTH TRUTH

JAMMU: GMC Jammu celebrated International Yoga Day 2024 with a difference. In a first of its kind initiative, GMC Jammu joined hands with newly formed Alumni association "Friends of GMC Jammu" to celebrate International Yoga day. Taking this opportunity, the founding members of the association which included former and present faculty and the Alumni of GMC Jammu invited the present faculty and alumni of GMC Jammu to join this collective initiative conceived by the Principal & Dean Dr Ashutosh Gupta. The event was well attended by the distinguished alumni members, ex-faculty, faculty, members of the hospital administration and medical students.

The founder members of the association are Dr T R Raina, Former Professor Head, Department of Transfusion Medicine, GMC Jammu as Chairperson, Dr Pavan Malhotra, Director Principal, ASCOMS & Hospital, Jammu as Co-Chairperson, Dr Indu Kaul Khoda, Former Professor Head, Department of OBGYN, GMC Jammu as Vice-Chairperson, Dr Dushyant Choudhary as Secretary, Dr Sandeep Dogra, Professor & Head,



Department of Microbiology, GMC Jammu as Joint Secretary, Dr Bella Mahajan, Former Professor & Head, Department of Microbiology, GMC Jammu as Treasurer. Executive members include Dr Gurjeet Singh, Former Professor Head, Department of CTS, GMC Jammu, Dr Tariq Azad, Former Principal, GMC Doda, Dr Baldev Sharma, Former Director, Family Welfare, Health Department, Jammu, Dr Rakesh Bahl, Professor, Department of PSM, GMC Jammu, Dr Anil Mehta, Former Professor HOD, OBGYN, GMC Doda, Dr Lovi Padha, Former Professor, Orthopedics, ASCOMS Jammu and Dr Shally Mahajan, Medical Officer, Health Department, Jammu.

Dr Sandeep Dogra in his opening address spoke on the power and reach of alumni and the potential it holds to connect the past with present and collectively work for highlighting achievements, support mentorship, practice philanthropy, explore collabora-

tions and inspire current students with the legacy that GMC Jammu has created. Dr Dushyant Choudhary elaborated on the Aims and Objectives of the association and requested the audience to come forward and join the network. Dr Pavan Malhotra lauded Principal & Dean Dr Ashutosh Gupta for conceiving and supporting this long due initiative and going against all the odds to make it happen.

Dr T R Raina gave an interactive lecture on the art and science of stress management through Yoga which included many hands-on sessions where he enlightened the audience with many practices which one can perform to alleviate daily stress. Dr Ashutosh Gupta in his address spoke on the impact of his own alumni on him and the inspiration he drew from it. He emphasized that such associations enable alumni to give back and contribute to the institution's growth and development. He urged all the former and present faculty to join this noble initiative to leverage our collective strengths to take GMC Jammu to new heights.

The event ended with vote of Thanks by Bella Mahajan who lauded the support extended by the administration of GMC Jammu to enable formation of this association.

जम्मू कश्मीर को एकीकृत पारिस्थितिक तंत्र की आवश्यकता : जितेंद्र सिंह



कार्यक्रम में विचार रखते केंद्रीय मंत्री डॉ. जितेंद्र सिंह। सोनभद्र

अमर उजाला ब्यूरो

जम्मू। पीएमओ में मंत्री डॉ. जितेंद्र सिंह ने कहा कि भारत आज जीवन विज्ञान, जैव विनिर्माण में वैश्विक खिलाड़ी है। जम्मू-कश्मीर को एकीकृत पारिस्थितिक तंत्र की आवश्यकता है, ताकि वह भी भारत की विकास कहानी का हिस्सा बन सके।

एक एकीकृत दृष्टिकोण में सरकार, निजी उद्योग और अनुसंधान संस्थानों के बीच अधिक सहयोग हो। यहां खिवार को डॉ. सिंह ने फ्रेंड्स ऑफ जैमसी जम्मू सोसायटी के एक कार्यक्रम में विधानसभा में एग् डॉक्टर सदस्यों (विधायक) को जम्मू-कश्मीर मेडिको विधायक से सम्मानित किया। इनमें डॉ. देविंद्र कुमार मनियाल, डॉ. राजीव भगत, डॉ. भारत भूषण, डॉ. शशी आदि शामिल रहे।

डॉ. सिंह ने भविष्य की अर्थव्यवस्था को आकार देने में जैव प्रौद्योगिकी और चिकित्सा अनुसंधान की क्षमता पर बात की। कहा, भारत द्वि-विनिर्माण क्षेत्र में एशिया-प्रशांत क्षेत्र में शीर्ष तीन में शुमार होकर बिल गेट्स जैसी हस्तियों की रुचि सहित वैश्विक सहयोग को और आकर्षित कर रहा है। उन्होंने चिकित्सक

विधायक बने डॉक्टर सम्मानित किया गया

विधायकों से आग्रह किया कि स्वास्थ्य और शासन के क्षेत्र में उदात्त, खासकर ग्रामीण जहां चिकित्सा पेशेवरों को जीवन को सीधे प्रभावित करने वाली नीतियों को आकार देने में महत्वपूर्ण भूमिका निभा सके। सरकार द्वारा संचालित पर निर्भरता कम कर स्वास्थ्य सेवाओं में निजी को प्रोत्साहित करना जैसा बताया कि पहला एंटीबायोटिक, नैफिथ्रोमाइड हीमोफिलिया के लिए जीन देश का अग्रणी कार्य शक्ति। उन्होंने जैनीमिक अनुसंधान व्यक्तिगत चिकित्सा और सेवा में एक गेम-चेंजर बताया कि पर फ्रेंड्स ऑफ जम्मू के संस्थापक प्रोफेसर डॉ. जैमसी जम्मू के रैना, जैमसी जम्मू के डॉ. आशुतोष गुप्ता, प्रोफेसर मलहोत्रा ने विचार रखे।



जम्मू-कश्मीर की खसत जैमसी के लिए स्कैन

Remembrances

CONDOLENCE

We condole the sad demise of our beloved
Dr Mandeep Singh Sudan Husband of Dr.
Surinder Kour Arora R/o Guru Nanak
agar, Jammu.

We pray to almighty to bestow peace to the
departed soul in heaven and courage to the
family to bear this irreparable loss.

**Chairman, All members and Friends of
MC Jammu**



**Dr Mandeep
Singh Sudan**

HEARTFELT CONDOLENCES

We are deeply saddened by the
profound loss of one of our own. Our
thoughts are with his family, friends,
and all who had the privilege of
working with him.

**Sincere condolences
FRIENDS OF GMC JAMMU
EGD. SOCIETY)**



**(1971-2025)
Dr Raj Kumar Thapa
(MBBS, JKAS)
Additional DDC, Rajouri**

UTHALA

Dr. N.S. Pathania (1926-2025)

It is with deep sorrow that we share the passing of Dr.
N.S. Pathania, Founder Principal of Government
Medical College, Jammu, and former Director General
of Health and Medical Education. He departed peacefully
on May 23, 2025, at the age of 98.

The **Uthala** will be held at Panj Mandir, Green Belt Park,
Gandhinagar, from 4:00 to 5:00 PM on Monday, 26th
May 2025.

A beloved teacher and visionary, Dr. Pathania was a man
of great strength, wisdom, and compassion. His contribu-
tions to medicine and medical education touched countless lives, and his legacy
will live on.

We are deeply grateful for the outpouring of love, prayers, and support from all
who knew him.

He will be forever missed and lovingly remembered.

Mrs. Sushma Pathania (Wife)

Brig. U.P.S. Pathania (Son)

Mrs. Rekha Pathania (Daughter-in-law)

Sanjana Pathania (Granddaughter)

Sumanridhi Pathania (Granddaughter)

(M) 9711198857, 9419228635



**DR N S PATHANIA
(1926-2025)**

VISION for future!

Motto: "Serving Our Alma Mater, Advancing Healthcare, Inspiring Generations."

- The Society envisions becoming the premier alumni-driven charitable and professional organization dedicated to strengthening GMC Jammu, supporting its students, empowering its alumni, and serving society through excellence in healthcare, education, research, and community service.
- In the coming times, the Society shall strive to transform itself into a dynamic institution that meaningfully contributes to the growth of GMC Jammu while preserving its rich heritage and fostering lifelong engagement among alumni.

Strategic VISION for future!

1. Strengthening Alumni Engagement

- Build a vibrant global network of GMC Jammu alumni.
- Encourage mentorship, collaboration, and lifelong association with the alma mater.

2. Student Support and Academic Excellence

- Establish awards for excellence in academics, research, innovation, sports, and community service.
- Facilitate career guidance, mentorship, and leadership development programmes.

3. Community Healthcare and Social Responsibility

- Organize regular health camps, blood donation drives, awareness programmes, disaster relief initiatives, and preventive healthcare campaigns.
- Support public health initiatives in underserved and remote areas of Jammu & Kashmir.

4. Professional Development

- Conduct Continuing Medical Education (CME) programmes, workshops, conferences, and leadership training.
- Promote interdisciplinary learning and collaboration among healthcare professionals.

5. Financial Sustainability

- Build a permanent corpus fund through alumni contributions, philanthropy, CSR partnerships, grants, and endowments.
- Ensure transparent, accountable, and professionally managed financial governance.

Medicine is not merely a profession—it is a lifelong commitment to humanity.
Our Society represents that noble commitment.

Let us leave this hall not merely as members of a Society, but as custodians of a proud legacy of Dr N.
S. Pathania.

Together, let us reaffirm our commitment to excellence in medical education, compassionate patient
care, meaningful research, and selfless service to society.

<https://friendsofgmcjammu.org/>