

6-Day Paragliding Refresher Course concludes successfully at Aithem

HIMALAYAN MAIL NEWS
JAMMU, OCT 13

The Directorate of Tourism, Jammu, successfully concluded a six-day Paragliding Refresher Course with an impressive closing ceremony held today at Aithem View Point along the Jammu-Surinsar Road.

The course, organized in collaboration with the Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports (ABVIMAS), Manali, was held from 8th to 13th October 2025 and attended by 20 local paragliders from all ten districts of Jammu region.

Speaking at the valedictory event, Aijaz Qaiser, JKAS, Joint Director Tourism, Jammu, shared that this was the first-ever refresher course of its kind aimed at enhancing skills, safety awareness, and professional standards among local paragliders. He expressed gratitude to ABVIMAS experts for their technical guidance and added that the Directorate will make such training pro-



grams a regular feature to strengthen the adventure tourism ecosystem in the region.

He further emphasized that the refresher course focused on paragliding safety, flight techniques, meteorological assessment, equipment maintenance, and emergency handling, ensuring pilots are better equipped to meet global adventure tourism standards.

The initiative was held under the overall guidance of Dr. Ashish Chandra Verma, IAS, Additional

Chief Secretary, Tourism Department, J&K, and Shri Vikas Gupta, JKAS, Director Tourism, Jammu, who supervised the smooth execution of the training and the valedictory event.

The week-long program featured both theoretical and practical sessions, followed by paragliding demonstrations, interactive sessions, and distribution of participation certificates. The event witnessed enthusiastic participation from trained pilots and officers of the Tourism Department.

Ms. Savita Chouhan, Deputy Director Tourism (Adventure), Jammu, and Mr. Vishal Sadhotra, Assistant Director Tourism, Jammu, coordinated the entire program along with senior adventure staff including Amarpal Singh and Neema Bhat.

The successful completion of the refresher course marks a significant milestone in Jammu's journey toward becoming a premier destination for safe, sustainable, and experience-driven adventure tourism

Amit reviews Timelines for Mizo Fibre Grid Network Project with Railtel

AIZAWL, MIZORAM, OCT 13: Amit Sharma, Secretary to the Government, Information, Communications & Technology Department, and Director Census Operations, Mizoram, chaired an important review meeting today to assess the progress and timelines of the prestigious Mizo Fibre Grid Network (MFGN) Project. The project, aimed at creating a robust Optical Ground Wire (OPGW)-based digital backbone across Mizoram, is being executed by the Public Sector Undertaking, Railtel Corporation of India Ltd.

The meeting witnessed the participation of Railtel's Operations Head and team, the Managing Director of ZENICS, officials from the Power & Electricity Department, SeMT, and the ICT Department.

At the outset, Railtel's Regional Head presented a detailed project overview, outlining the proposed work scope and timelines. Secretary Amit Sharma appreciated the comprehensive presentation but directed the team to realign the timelines in view of the re-



gion's prolonged monsoon period. Emphasizing on inter-departmental coordination, Amit Sharma urged Railtel to work closely with ZENICS Corporation and the Power & Electricity Department, whose infrastructure will be leveraged for the network's implementation across all eleven districts of Mizoram.

He further informed that the Hon'ble Chief Minister and ICT Minister of Mizoram are closely monitoring the progress of this flagship initiative. To ensure ac-

countability, Secretary ICT announced that quarterly review meetings will be held under his chairmanship, and Railtel will be required to submit weekly progress reports to ZENICS highlighting milestones achieved.

During the meeting, Secretary Sharma instructed ICT, P&E, and ZENICS officials to finalize and share a list of Single Points of Contact (SPOCs) for seamless coordination with Railtel. He also directed the commencement of joint

survey work and the establishment of a Central Warehouse in Aizawl for stocking requisite materials.

Concluding the session, the Railtel team assured Secretary ICT that multiple dedicated teams will be deployed to ensure timely completion of the Fibre Grid Network as per the Detailed Project Report (DPR) milestones, under the guidance and supervision of the ICT Department in collaboration with ZENICS and the Power & Electricity Department.

Div Com calls for systematic regulation of traffic on NHs

Decongestion measures in Jammu City ahead of festival season

HIMALAYAN MAIL NEWS
JAMMU, OCT 13

Divisional Commissioner Jammu Ramesh Kumar today directed enforcement agencies to ensure systematic regulation of traffic on National Highways and take effective measures to decongest city roads in view of the ongoing festival season. He directed the concerned departments to ensure smooth vehicular movement and hassle-free commuting for the public.

The Divisional Commissioner Jammu was chairing a meeting of Deputy Commissioners, Traffic Officers, representatives of the National Highways Authority of India (NHAI), Border Roads Organisation (BRO) and other concerned departments to review the traffic related issues in Jammu city and vehicular movement on the National Highways.

At the outset, the Divisional Commissioner took a detailed review of the prevalent traffic scenario in Jammu city as well as along the National Highways viz Lakhampur to Banihal NH, Jammu Pooch road, Mughal road, Doda Kishtwar and other major roads.

He expressed concern over the frequent traffic



jams in the city that are causing inconvenience to the public.

He directed the traffic regulating authorities to take immediate and effective measures to ensure smooth vehicular movement, particularly during peak hours and in the busy market areas of the Jammu city.

The district administrations and Traffic department were asked to intensify patrolling and deploy additional personnel to facilitate smooth movement during the festival season. He also instructed to facilitate movement of fruit laden trucks, essential supplies and seasonal migration of Nomads.

"Facilitate movement of supplies and fruit-laden trucks at all transit point to avoid unnecessary halts

and delays. Also devise a well-coordinated movement plan for the seasonal migration and movement of nomads along with their cattle and livestock," he said observing that it often leads to traffic congestion on the highways.

Referring to upcoming and new infrastructure projects, the Div Com directed the executing agencies to expedite the completion of formalities to fast track construction of four new proposed bridge projects. He further instructed for expediting the black-topping and road renovation works, particularly in areas prone to traffic jams.

The Div Com laid special emphasis on effective traffic management and enforcement, instructing the officers to identify critical congestion zones and take

timely remedial measures. He called for strict action against illegal parking, roadside encroachments and violation of one-way routes. The Div Com also stressed on public cooperation, urging commuters and transporters to follow traffic advisories and extend support to the administration in maintaining order on the roads.

The meeting was attended by Deputy Commissioners of concerned districts, Senior Superintendent of Police (Traffic), officers from NHAI, BRO, PWD and other line departments. The Div Com directed all the participating departments to maintain close liaison and submit periodic progress reports to his office for continuous monitoring.

Education club, YSS team register victories in civic action cricket tournament at Udhampur



UDHAMPUR, OCTOBER 13: In continuation of the ongoing civic action cricket tournament being organized by the IRP 24th Battalion and the District Youth Services & Sports Office, two exciting matches were played today at Subhash Stadium, Udhampur.

The event continues to promote fitness, teamwork and a drug-free lifestyle under the Nasha Mukh Bharat

Abhiyan. In the first match, Young Education Club triumphed over Revenue Young Club in a thrilling encounter. The Education Club, after winning the toss, elected to bat first and posted a competitive total of 177 runs. Parshotam Singh played a fine innings of 62 runs, while Ashtam Malik contributed a solid 77 runs. Sushil Dogra added 6 runs, and Deepak remained unbeaten. For Revenue Young Club,

Paevez and Gulzar took one wicket each.

Chasing the target, Revenue Young Club managed 102 runs, with Azam top-scoring with 42 runs. The Education Club bowlers delivered an outstanding performance. Sanjeev took five wickets, while Mohinder, Parshotam, Pawandeep and Rajeev claimed one wicket each leading Education Club to a convincing 75-run victory.

While speaking on the oc-

casion, the chief guest Additional Deputy Commissioner Prem Singh appreciated the efforts of DYSSO Udhampur and the IRP 24th Battalion for organizing such constructive events under the Nasha Mukh Bharat Abhiyan. He lauded the initiative for fostering discipline, teamwork and community spirit among participants.

In the second match, the Youth Services & Sports Team defeated the Doctors Association in another engaging contest. The YSS, after winning the toss, elected to bat first and scored 108 runs. In response, the Doctors Association was bowled out for 73 runs. Jatin starred with the ball, taking 4 wickets, while Karun claimed 2 wickets and Ankush, Deepak and Kapil took one wicket each, securing a comfortable victory for YSS.

STOP ...!

MOSQUITO BREEDING

PREVENT MALARIA, DENGUE & CHIKUNGUNYA

- Do not allow water to stagnate in and around your surroundings.
- Keep water tanks and other water containers tightly covered with lids.
- Get your Blood tested from Govt. Hospital/ Health Worker in case of Fever with chills, rigors and headache.
- Empty water coolers once in a week.

- Discard/destroy Junk items like old tyres etc.
- Empty air coolers, drums, flower pots and birds bath weekly.
- Use Mosquito repellent creams and Bed nets while sleeping.
- Use netted screens on doors and windows.
- Wear full body clothes to prevent mosquito bites.
- Improve basic sanitation.

Symptoms

- Dengue** : High fever, frontal headache, pain behind the eyes worsening with eye movement, muscle & joint paints, rash on the body, pain abdomen, nausea, vomiting, bleeding and low BP in severe cases.
- Chikungunya** : Fever, joint paints, muscle pain, fatigue, headache, rash.
- Malaria** : High grade fever with chills, sweating, headache, vomiting convulsions, weakness.

Visit nearby Health Institution if any of above diseases is suspected. Investigations & Treatment are free of cost in Govt. Institutions

ISSUED IN PUBLIC INTEREST BY :
STATE MALARIOLOGIST/STATE PROGRAMME OFFICER, NVBDCP, J&K
DIRECTORATE OF HEALTH SERVICES JAMMU

DIP/J-6863/25. Dt: 13.10.2025