

LG attends 7th Annual Day Celebration of Guidance & Career Counselling at Gurha Slathia



HIMALAYAN MAIL NEWS
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Lieutenant Governor Shri Manoj Sinha today asked the youth to dream big, aim high and pursue it with full courage and unshakable resolve. “Your future is waiting for you. Take a pledge to build brighter J&K and work with dedication. The history remembers those who dared to challenge limits, conquered fear, and turned the impossible into reality,” the Lieutenant Governor said. He was addressing the youth at the 7th Annual Day Celebration of Guidance & Career Counselling Cell for Youth Development (GCC), Gurha Slathia in Samba. The Lieutenant Governor called upon the youth to serve as the architects of social change and contribute towards the vision of “Viksit Bharat”.

“History teaches us that people who changed the world did not rely on extraordinary circumstances but

extraordinary thinking. Youth are not just the hope of tomorrow; they are the greatest power of today. Young people of J&K should dare to dream big for the UT of J&K and the nation. When dreams soar high, paths for developed society must be carved through hard work, patience and unwavering courage,” the Lieutenant Governor said. He said the Youth who are taking small steps toward their dreams every day will one day lead the transformation. “Only those who truly believe in their own potential, who trust in themselves go on to create history,” he further said. The Lieutenant Governor observed that innovation and entrepreneurship are the key to society's progress. He asked the Youth of UT to embrace fresh ideas to solve problems and create opportunities for self-employment as powerful drivers of economic empowerment. The Lieutenant Governor

reiterated the commitment of the Government of India and UT administration towards the complete rehabilitation of families affected due to the recent natural calamities. He said the Government of India, on the request of the UT Administration, has approved a comprehensive allocation of Rs 1437 crore for reconstruction of damaged public infrastructure and implementation of disaster mitigation measures in affected areas of Jammu Kashmir. “The damaged railway bridges will be restored within three months, while the restoration work of national highways’ stretches damaged due to floods will be completed in the coming 4 months,” the Lieutenant Governor said. Responding to the demand pertaining to construction of railway overbridge in Samba projected by Member of Legislative Assembly Samba, the Lieutenant Governor assured that the issue will be taken up with the railway officials

for its early redressal. He further asked the Member of Legislative Assembly for development of a pond in the area with the volunteer support from youth and social organisations. The Lieutenant Governor expressed gratitude to the Radha Soami Satsang Beas and High-range Rural Development Society-HRDS India for their selfless service to society. He also commended the Guidance & Career Counselling Cell for Youth Development for their dedicated endeavours towards youth empowerment. During his visit, the Lieutenant Governor also reviewed the progress on the Auditorium and upgradation work for Government Higher Secondary School in Gurha Slathia, Samba. He directed the officials for installation of proper sanitation and sports facilities. Shri Surjit Singh Slathia, Member of Legislative Assembly, Samba; Shri Ramesh Kumar, Divisional Commissioner Jammu; Shri Shakti Pathak, Director Anti-Corruption Bureau; Shri Shiv Kumar Sharma, DIG Jammu-Samba-Kathua Range; Ms Ayushi Sudan, Deputy Commissioner, Samba; senior officials; members of Guidance and Counselling Cell for Youth Development (GCC) and youth in large number attended the event. Maj Gen Goverdhan Singh Jamwal (Retd.) and various prominent personalities from diverse fields were also present.

‘Sports achievements reflect strength of youth, SRIJAN paving way for inclusive sporting ecosystem’

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Minister for Food, Civil Supplies & Consumer Affairs, Transport, Youth Services & Sports, Information Technology, ARI & Trainings, Satish Sharma, today said that the remarkable achievements of Jammu and Kashmir's youth are a powerful testament to what can be accomplished through fair opportunities, modern infrastructure and unwavering government support. Addressing the gathering during the SRIJAN initiative conference, the Minister stated that the success of young athletes clearly demonstrates that with the right ecosystem in place, the UT youth are capable of overcoming every challenge and competing confidently at national and international platforms. Highlighting the core focus areas of the SRIJAN programme, Satish Sharma said "the initiative is playing a transformative role in strengthening the sports landscape of the Union Territory by expanding grassroots sports infrastructure across Jammu, Kashmir and other regions. This is being done by ensuring transparent, merit-based selections free from any bias; integrating sports with education and skill development; promoting



greater participation of girls and enhancing inclusivity and establishing sports as a dignified and sustainable career option with viable livelihood opportunities, he asserted. Reaffirming the government's firm commitment, the Minister informed that sustained efforts are underway to create international-standard sports facilities, including modern cricket stadiums in Jammu and Srinagar. He also highlighted the strengthening of Khelo India Centres, promotion of traditional sports such as Dargal and enhanced collaboration with the Union Ministry to transform Jammu & Kashmir into a national sports

hub. “As Sports Minister, I assure our athletes that the government stands firmly with them. Our focus is not only on infrastructure creation but also on nurturing talent, discipline and confidence among the youth,” he said. The Minister lauded the determination, resilience and dedication of young sportspersons, describing them as the living legacy of the SRIJAN mission. He urged them to continue training with passion, remain disciplined and dream fearlessly, assuring them of full institutional support at every step of their journey. Satish Sharma expressed

hope that the conference would serve as the foundation of a new era where every talented child, from the mountains of Kashmir to the plains of Jammu, is provided an equal opportunity to shine on the global stage. He concluded by reiterating the government's resolve to make sports a powerful vehicle for youth empowerment, social inclusion and regional pride in Jammu and Kashmir. Director General, Youth Services and Sports, Anuradha Gupta and prominent persons from different fields and states along with senior officers of the Youth Services and Sports Department, were also present on the occasion.

Indian Army Conducts Winter Diseases and Prevention Awareness Lecture at Sindhra, Rajouri

RAJOURI, JAN 18: A lecture on Winter Diseases and Prevention was organised on 18 January 2026 at Danni Mohalla, Sindhra village, District Rajouri, with the objective of creating awareness among local residents about common health issues during the winter season and the importance of preventive care. The initiative was aimed at addressing the challenges faced by people in remote areas, where cold weather, lack of awareness and limited medical facilities

often aggravate health problems. During the interaction, villagers were informed about diseases commonly caused by low temperatures, including cold, cough, fever, breathing difficulties and joint pain, which particularly affect the elderly, children and vulnerable sections of society. The lecture emphasised simple yet effective preventive measures such as wearing adequate warm clothing, keeping the head, hands and feet covered, consuming hot freshly cooked

food, drinking warm water, and ensuring regular exposure to sunlight. Guidance was also given on maintaining personal hygiene, keeping surroundings clean, avoiding smoking and alcohol and adopting healthy daily habits to strengthen immunity during winter. The session encouraged participants to share the acquired knowledge with their families and neighbours, thereby extending its impact across the community.

The initiative was aimed at educating the local population predominantly comprising Below Poverty Line (BPL) families about key Government programmes designed to improve livelihoods, healthcare, education and social security. The interactive session was conducted in close coordination with local Panchayat members, ensuring effective outreach and bet-

Sant Nirankari Mission organises blood donation camp at Bishnah

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With the divine blessings of Her Holiness Satguru Mata Sukksha Ji Maharaj, Sant Nirankari Mission organised a Voluntary Blood Donation Camp today at Sant Nirankari Satsang Bhawan, Bishnah. Donors from Vijaypur, Ramgarh and Pandorian also participated in this camp. A total of 133 units of blood donated by the donors. The camp was inaugurated by Ajit Singh, Zonal In-Charge of Sant Nirankari Mission. While speaking on the occasion, he stated that the Mission works for the welfare of entire humanity. Its core objective is to enlighten people through spiritual awareness and connect them with the Almighty Nirankar, while actively serving society through various humanitarian initiatives. He highlighted that Sant Nirankari Mission plays a leading role in social service activities across the world, including cleanliness drives, relief work



during natural calamities, tree plantation campaigns, Several Medical/Eye Checkup Camps and blood donation initiatives. As part of this noble cause, the Mission organises nearly 500 blood donation camps every year across India, and today's camp at Bishnah was a continuation of this humanitarian effort. Emphasising the importance of blood donation, he reiterated the Mission's inspiring message: “Blood should flow in veins, not in

drains.” He further explained that “Nar Seva is Narayan Seva”—serving humanity is serving God and the Mission firmly believes in seeing God in every human being. He described blood donation as a supreme act of service, as it saves precious lives. Losing even a single life due to lack of blood is a stigma on society, and therefore everyone should come forward voluntarily to donate blood and contribute towards saving lives.

Satpal mukhi branch Bishnah presented the vote of thanks. Other local dignitaries presented on the occasion were Rakesh Jamwal SHO Bishnah, Sat Paul Chadgal Mukhi Vijaypur, Gian Chand Khetriya Sanchalak Jammu. The blood collection was managed professionally with full safety and medical supervision by Blood & Transfusion dept. of Govt. Medical College Jammu, under the supervision of Dr Rashmi and Dr Abida.

Satish Sharma attends Devika Champions League finals at Udhampur; reaffirms govt's commitment to sports development

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Minister for Food, Civil Supplies & Consumer Affairs (FCS&CA), Information Technology, Transport, Youth Services and Sports, Satish Sharma, today attended the final match of the Devika Champions League at Udhampur, a major grassroots sporting initiative aimed at promoting competitive sports and nurturing young talent in the region. The finals witnessed enthusiastic participation from teams representing different areas of the district and attracted a large gathering of youth, sports lovers and local residents. The vibrant atmosphere at the venue reflected the growing momentum of organized sports activities across Jammu and Kashmir. Addressing the gathering, Satish Sharma reiterated the Government of Jammu and Kashmir's firm commitment towards building a strong, inclusive and sustainable sports culture throughout the Union Territory. He emphasized that sports play a pivotal role in shaping disciplined, confident and healthy youth, while also acting as an effective instrument for



social integration and nation-building. The Minister stated that the government under the leadership of Chief Minister, Omar Abdullah is implementing a comprehensive sports development strategy, with a special focus on expanding access to quality infrastructure, professional coaching and competitive platforms for young athletes. He said that creation of dynamic sports infrastructure across Jammu and Kashmir—particularly in rural, border and far-flung areas—remains a top priority of the government. Modern playgrounds, indoor sports complexes, sta-

dium upgradation projects and community-level sports facilities are being developed to ensure that no talent remains untapped due to geographical limitations. Satish Sharma highlighted that district-level leagues such as the Devika Champions League serve as an important link between grassroots participation and professional sporting opportunities. Such tournaments, he said, not only help in talent identification but also promote teamwork, discipline, leadership and a spirit of healthy competition among youth. The Minister appreciated the efforts of the organizers, district administration

and sports associations for successfully conducting the league and providing a well-structured platform for young sportspersons. He encouraged sports bodies and civil society organizations to continue partnering with the government in strengthening the sports ecosystem. Interacting with the players and officials, the Minister motivated the athletes to pursue sports with dedication and perseverance, assuring them that the government remains fully committed to extending institutional support, scholarships, training exposure and career opportunities for promising players.

Indian Army Conducts Awareness Lecture on Govt Welfare Schemes at Salani, Rajouri

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An awareness lecture on Government welfare schemes was organised at Salotri Mohalla, Salani on 17 January 2026 to benefit residents of border villages in Poonch District, Jammu and Kashmir.



The initiative was aimed at educating the local population predominantly comprising Below Poverty Line (BPL) families about key Government programmes designed to improve livelihoods, healthcare, education and social security. The interactive session was conducted in close coordination with local Panchayat members, ensuring effective outreach and bet-

ter understanding among villagers. Participants were briefed in a simple and accessible manner about a range of flagship welfare schemes, enabling them to understand eligibility criteria and long-term benefits. Key schemes discussed included vaccination initiatives, Pradhan Mantri Em-

ployment Generation Programme (PMEGP), Ayushman Bharat, Pradhan Mantri Gramin Digital Saksharta Abhiyan (PMGDISHA), Atal Pension Yojana, Sarva Shiksha Abhiyan, Pradhan Mantri Kisan Maan Dhan Yojana and Pradhan Mantri Ujjwala Yojana. Emphasis was laid on health security,

employment generation, digital literacy, education, old-age financial support and clean cooking fuel for women. Villagers actively participated in the interaction, raising queries and seeking guidance on availing benefits under various schemes. The initiative helped bridge the information gap and encouraged greater integration of remote border communities with mainstream development efforts. Such outreach activities reflect a sustained commitment towards awareness, empowerment and nation building, strengthening trust and cooperation with local communities in far-flung and sensitive areas.