

JAMMU & KASHMIR

DIET promotes Cyber Safety Awareness among Students, Teachers; organises 1-Day Workshop

KISHTWAR, APRIL 11: District Institute of Education and Training (DIET), Kishtwar today organised a one-day workshop for dissemination of a research tool aimed at assessing awareness on cyber safety and security among secondary students (Classes IX–XII).

The initiative aligns with the objectives of the National Education Policy (NEP) 2020 and the National Curriculum Framework for School Education (NCF-SE) 2023, which emphasise safe and responsible use of digital technology in education. With increasing digital integration in classrooms, concerns such as online safety, privacy risks, distractions and misuse of digital platforms have gained prominence, necessitating awareness among students and teachers.

During the session, guidelines issued by the Ministry of Education regarding integration of cyber safety and security into the school curriculum were shared.

Participants were also sensitised to the ongoing study undertaken by CIET–NCERT titled “A Study on the Awareness of Cyber Safety and Security among Secondary Students (Classes IX–XII)”. The study aims to assess the awareness levels of students and support evidence-based integration of cyber safety in school education.

The DIET faculty sought cooperation from all Higher Secondary and High



Schools of the district for data collection through the online tool. Heads of Institutions (HOIs) and Nodal Officers have been requested to ensure maximum participation by sharing the survey link and QR code with students of Classes IX–XII.

Notably, over 100 Senior Secondary students of GHSS Boys and GHSS Girls Kishtwar filled the online form on the spot as shared with them and the Nodal Officers, reflecting active participation and engagement.

The workshop was conducted under the overall supervision of the DIET Principal Tirath Lal. Higher Secondary Level Students (XI and XII class) and Nodal Officers from different Higher Secondary Schools of the District participated in the programme.

Dy. SP Headquarters Dr. Ishan Gupta attended the event as Chief Guest and delivered a comprehensive and insightful address on cyber safety and emerging

cyber threats. He elaborated on different forms of cyber crimes including online frauds, identity theft, cyber bullying, phishing attacks and misuse of social media platforms. He also highlighted preventive measures, safe online practices, importance of strong passwords, awareness about suspicious links and responsible digital behaviour.

Emphasising the role of students and teachers, he urged them to remain vigilant, report cyber incidents promptly and adopt safe digital habits to navigate the digital world securely.

Cyber security expert Riaz Ahmed Mir from SSP Office also provided valuable insights on responsible use of mobile devices and online platforms.

Senior Academic Officer DIET Riaz Batt highlighted the importance of integrating cyber safety education into daily classroom practices. He stressed that awareness at an early stage can empower students to

become responsible digital citizens and make informed decisions while using technology.

Other faculty members including Dr. Nadeem Ul Hassan also interacted with students and enriched the session.

The District Nodal Officer (DNO) Vikrant Thakur and Assistant District Nodal Officer (ADNO) Urja Butyal guided participants regarding the use of the research tool and data collection process. Monika Gupta, Work Experience Teacher, also actively contributed to the proceedings.

Earlier, the Workshop commenced with a welcome address by Senior Academic Officer, Riaz Ahmed Giri, who warmly welcomed the chief guest, resource persons, nodal officers and students.

The workshop concluded with active participation and a renewed commitment towards promoting cyber safety awareness among students and teachers across the district.

National Safe Motherhood Day observed at Aspirational Block Mankote



HIMALAYAN MAIL NEWS JAMMU, APR 11

National Safe Motherhood Day was observed at Aspirational Block Mankote under the aegis of Sampoonnata Abhiyan 2.0.

The event witnessed enthusiastic participation from ASHA and Anganwadi workers, besides members of the local com-

munity. Comprehensive health check-ups and ANC services were provided by Dr. Rajiv Sharma, Dr. Rabnawaz Khan, Dr. Sultana Ajaz, Mohd Yasin (Health Educator) and Imtiaz Ahmed (Pharmacist).

Focused awareness sessions were imparted on key maternal health initiatives, including Janani Suraksha Yojana (JSY) and Pradhan Mantri

Surakshit Matritva Abhiyan (PMSMA), emphasizing the importance of antenatal care, institutional deliveries and safe motherhood practices.

The programme was organised under the guidance of Deputy Commissioner Ashok Kumar Sharma and the supervision of Chief Medical Officer Dr. Parvaiz Ahmed Khan.

The programme was coordinated by ABP Fellow Ajaz Ahmed with active convergence and support from the Health Department, ICDS and NRLM.

The convergence of line departments played a pivotal role in the successful organization of the event, contributing significantly towards strengthening maternal and child health outcomes in the region.

Padyatra marks launch of 100 Day Nasha Mukta J&K Abhiyan in Doda

HIMALAYAN MAIL NEWS JAMMU, APR 11

The 100 Day anti-drug Campaign under the Nasha Mukta Jammu & Kashmir Abhiyan took off today in Doda District with a Padyatra, drawing enthusiastic participation from students, officers and members of the general public. The rally commenced from Sports Stadium Doda and culminated at Dak Banglow Doda, reflecting a strong collective commitment towards building a drug-free society.

The programme was held as part of the UT-level mega launch of the campaign by Lieutenant Governor J&K UT Sh. Manoj Sinha at Jammu.

The rally was flagged off by SSP Kartik Shrotriya in presence of ADC Anil Kumar Thakur, who is also the Nodal Officer for the campaign.

Participants actively raised awareness about the harmful effects of drug abuse and emphasized the importance of collective re-



sponsibility in eliminating the drug menace from society.

The event witnessed the presence of District Programme Officer ICDS Akhter Hussain Qazi; Joint Director Education Mohammad Ashfaq; ACP Musharraf Haf; ACD Din Mohammad Afaqi; ASP Headquarters Mohammad Aslam; DySP Headquarters

Krishan Rattan; Chief Education Officer Bhushan Kumar Pathak, District Social Welfare Officer Zubair Ahmed, District Information Officer Abhimanyu Singh along with officials from other government departments, representatives of NGOs and social activists.

Meanwhile, a similar Padyatra comprising students,

teachers, officials and civil society members was organized in Baderwah Town. The rally was flagged off by Additional Deputy Commissioner (ADC) Sunil Kumar Bhutyal from the New Bus Stand. The rally marched through College Link Road, Old Bus Stand, Masjid Mohalla and Seri Bazar before concluding at respective schools.

District Admin launches 3-month long Nasha Mukta Udhampur Abhiyan

HIMALAYAN MAIL NEWS JAMMU, APR 11

District Administration Udhampur today launched a three-month-long Nasha Mukta Udhampur Abhiyan by organizing a padyatra from the DC Office Complex, spreading the message ‘Say No to Drugs, Yes to Life.’

The padyatra was flagged off by DIG Udhampur–Reasi Range Shiv Kumar Sharma, Deputy Commissioner Minga Sherpa, Senior Superintendent of Police, Amrit Pal Singh, in the presence of Additional District Development Commissioner Jugal Kishore, Additional Deputy Commissioner Prem Singh and other senior officers and officials from the civil and police administration.

A large number of stu-



dents and teachers from educational institutions and other stakeholders participated enthusiastically in the rally. The padyatra passed through Dhar Road, Barian, Domail Chowk and culminated at the Sports Stadium.

While briefing the media, the DIG and DC informed that a series of activities

shall be conducted across the district during the three-month-long campaign. Emphasizing the importance of awareness, they reiterated that education and community participation are the most effective tools in combating drug abuse.

Earlier, the DIG, DC, SSP and other senior officers also participated in a signa-

ture campaign, reaffirming their commitment to building a drug-free Udhampur. The programme witnessed enthusiastic participation from all sections of society.

Later, participants also took a pledge to support the Nasha Mukta Bharat Abhiyan and remain committed to fostering a drug-free and healthy society.

Nasha Mukta Abhiyan: DC seeks cooperation of civil society, heads of religious organizations

UDHAMPUR, APRIL 11: Deputy Commissioner Udhampur Minga Sherpa today chaired a meeting with civil society members, prominent citizens and heads of religious organizations, seeking their support in mobilizing community participation and strengthening the anti-drug campaign launched by the Lieutenant Governor Union Territory of Jammu & Kashmir.

The meeting was attended by Senior Superintendent of Police Amrit Pal Singh; Additional Deputy Commissioner Prem Singh; Assistant Commissioner Revenue, Dr Umesh Shan and other senior officers.

While interacting with the participants, the Deputy Commissioner briefed them



about the three-month schedule of activities planned under the Nasha Mukta Udhampur Abhiyan. He emphasized the importance of engaging youth in constructive initiatives,

stating that their active involvement would play a vital role in ensuring the effective implementation of the campaign at the grassroots level.

He informed that a series

of awareness programmes and camps are being organized during the campaign to educate the public about the harmful effects of substance abuse.

100-Day Nasha Mukta Campaign commences in Ramban with mega Padyatra

RAMBAN, APRIL 11: District Administration Ramban today formally launched the 100-day intensive campaign under the Nasha Mukta Jammu Kashmir Abhiyan, marking a significant step towards eradicating drug abuse and building a drug-free society.

The campaign commenced with a series of high-impact awareness programmes held simultaneously at the District Headquarters, Sub-Divisions, Tehsil and Panchayat levels in sync with the UT-level launch.

Deputy Commissioner Mohammad Alyas Khan flagged off the grand padyatra from DPL Chanderog, which witnessed enthusiastic participation from a large number of people representing all sections of society, including students, youth, officers, officials, civil society members and volunteers. The padyatra culminated at the District Administrative Complex, spreading a strong message against drug abuse along its route.

SSP Traffic NHW Raja Adil Hameed; ADC Varunjeet Singh Charak; Addl. SP Mujeeb-ur-Rehman; ACD Shoket Hayat Mattoo; CPO Dr. Shakeeb Ahmed Rather; ACD Sheraz Ahmed, along



with Tehsildars, BDOs, district and sectoral officers and other concerned officials, participated in the padyatra. Meanwhile, SDMs, Tehsildars, BDOs and prominent citizens led similar events in their respective areas.

Addressing the participants, the Deputy Commissioner emphasized the need for a collective and sus-

tained effort to eliminate the menace of drug addiction. He highlighted that the 100-day campaign shall focus on awareness generation, community engagement, counseling, rehabilitation and strict enforcement measures to curb the spread of substance abuse.

Later, the Deputy Commissioner administered

Nasha Mukta pledge to the participants, urging them to act as ambassadors of change and contribute actively towards making Ramban a drug-free district. Earlier, the programme began on a patriotic note with students presenting the National Song and National Anthem, setting an inspiring tone for the event.