

Div Com Kashmir directs for uninterrupted power supply during sehri & iftari

SRINAGAR, FEBRUARY 10: In view of the forthcoming holy month of Ramadhan, Divisional Commissioner Kashmir, Anshul Garg, on Tuesday chaired a high-level meeting to review arrangements aimed at facilitating smooth observance of the fasting month across the Kashmir Division.

The meeting was attended by Deputy Commissioners, Senior Superintendents of Police, Chief Engineers of KPDC, PHE and R&B, along with officers from the Food Safety Department, Srinagar Municipal Corporation (SMC), Urban Local Bodies (ULB), Food, Civil Supplies & Consumer Affairs (FCS&CA), and Imams of prominent mosques.

Addressing the meeting, the Divisional Commissioner stressed the need for coordinated and comprehensive measures to ensure public convenience throughout the holy month. He directed Deputy Commissioners to ensure



all the arrangements in their respective districts. Chief Engineer, KPDC, was instructed to ensure uninterrupted electricity supply across the division during peak hours of Sehri and Iftari. To ensure the availability of safe and quality food items in the market, the Divisional Commissioner directed the

shrines. Meanwhile, the General Manager, SRTC, was directed to augment public transport services, especially around the Hazratbal area during evening and Taraweeh prayer hours. Deputy Commissioners were also urged to ensure adequate availability of public transport during evening hours. FCS&CA Department was directed to ensure timely and adequate distribution of ration to meet increased demand during the holy month.

CE, R&B was instructed to repair the damaged roads leading to mosques and shrines while CE PHE was asked to supply tap water during the peak hours especially at Sehri. He was also urged to mobilize water tankers to provide drinking water to the areas facing shortages.

The Divisional Commissioner reiterated that all departments must work in close coordination to ensure hassle-free observance of Ramadhan by the public.

Udhampur Administration organizes one-day workshop-cum-training on Safer Internet Day

HIMALAYAN MAIL NEWS JAMMU, FEB 10

To spread awareness and promote the safe and responsible use of the internet among children, women and young people, District Administration Udhampur, in collaboration with NIC Udhampur, organized a one-day workshop-cum-training session on the occasion of Safer Internet Day under the theme Smart Tech, Safe Choices Exploring the Safe and Responsible Use of AI.

The programme was conducted under the supervision of Deputy Commissioner Udhampur, Saloni Rai, at the Conference Hall, DC Office Complex, Udhampur.

The event witnessed the participation of Additional District Development Commissioner Jugul Kishore, Additional Deputy Commissioner Prem Singh, GM DIC Kishore Singh Katoh, Chief Planning Officer Uttam Singh, besides senior officers from various departments.

While addressing the participants, the ADDC



highlighted the risks associated with excessive internet usage, mobile addiction and online fraud. He said that the main objective of the workshop was to educate diverse internet users about safe online practices, cyber hygiene, major cyber threats and effective mitigation strategies, while fostering responsible internet usage among citizens. He emphasized the importance of maintaining a balanced digital lifestyle and urged participants to remain vigilant against misinformation, disinformation and fake narratives.

The ADDC further stated that the initiative aims to enhance cyber resilience among officers, the public and other stakeholders, ensuring they are well prepared to mitigate digital threats and protect personal data.

On the occasion, District

District Admin Budgam organises Day-long Programme under NMBA

HIMALAYAN MAIL NEWS JAMMU, FEB 10

The District Administration Budgam in collaboration with Information and PR department Budgam today organised a day-long district-level awareness programme under the Nasha Mukht Bharat Abhiyaan (NMBA) at the Indoor Sports Stadium, Budgam.

The Deputy Commissioner (DC) Budgam, Dr. Bilal Mohi-ud-din Bhat who attended the programme as the Chief Guest, delivered a comprehensive address highlighting the serious physical, psychological, social, and economic consequences of substance abuse on individuals, families, and society at large.

It was emphasised by the DC that drug addiction not only destroys individual lives but also weakens the social fabric, thereby posing a grave challenge to the overall development and well-being of the community.

While addressing the gathering, it was stressed that the menace of drug abuse cannot be tackled by enforcement agencies

alone and that a holistic and collective approach is required.

The DC underlined that coordinated efforts of parents, teachers, educational institutions, community and religious leaders, civil society organisations, healthcare professionals, and youth groups are essential for effectively preventing and combating drug addiction.

The DC further said that early awareness, timely intervention, counselling, and rehabilitation are key components in addressing the issue in a sustainable manner. He exhorted the youth to remain vigilant, stay away from drugs, and channel their energy towards constructive and positive pursuits such as sports, education, skill development, and community service. He reiterated that a drug-free youth is the foundation of a strong, progressive, and prosperous society.

The DC also highlighted the importance of strengthening de-addiction and rehabilitation services and ensuring that affected individuals are provided with proper medical, psychological, and social support to

facilitate their reintegration into society.

During the programme, a series of expert talks were delivered by medical professional Dr. Shahid and subject expert DSWO Budgam wherein participants were sensitised about the health hazards of drug abuse, signs and symptoms of addiction, and available treatment and counselling mechanisms.

A short awareness film on the ill effects of substance abuse was also screened, followed by cultural performances and a skit, which effectively conveyed strong messages against drug addiction in an engaging manner.

A pledge taking ceremony under the Nasha Mukht Bharat Abhiyaan was also organised, wherein DC Budgam administered "NASHA MUKHT BHARAT PLEDGE" to the participants and the participants reaffirmed their commitment to remain drug-free and to actively contribute towards spreading awareness against drug abuse in their respective communities. It was reiterated during the event that the District Administration Budgam remains committed

to intensifying awareness campaigns, strengthening inter-departmental coordination, and enhancing support systems for prevention, treatment, and rehabilitation in order to achieve the objectives of the Nasha Mukht Bharat Abhiyaan in the district.

The programme concluded with a formal vote of thanks, followed by the distribution of certificates and awards to participants and contributors in recognition of their efforts towards promoting a drug-free society.

The programme witnessed the presence and active participation of several senior officers and stakeholders, including Programme Officer ICDS, Samar Naik; Joint Director Planning, Budgam, Javaid Ahmad Najjar; Chief Education Officer, Budgam; District Informatics Officer, Budgam; District Social Welfare Officer, Budgam; Chief Horticulture Officer, Budgam; Deputy Chief Medical Officer, Budgam; representatives from the Drug De-addiction Centre, Budgam; doctors from ATF; besides youth, students, civil society members, and media representatives.

Safer Internet Day observed in Doda; Promoting smart tech and safe choices in the Age of AI

HIMALAYAN MAIL NEWS JAMMU, FEB 10

Safer Internet Day was observed today in Doda at conference Hall DC complex Doda with the theme "Smart Tech, Safe Choices: Exploring the Safe and Responsible Use of AI," aiming to raise awareness about digital safety, ethical use of technology and responsible engagement with Artificial Intelligence.

The programme highlighted the growing role of AI and smart technologies in everyday life and stressed the need for users—especially students and youth to make informed, safe and ethical choices while using digital platforms.

The District Informatics Officer (NIC), Doda delivered a PowerPoint presentation emphasizing the importance of online privacy, cyber security, protection from misinformation, prevention of social media ac-



count hacking, deepfake threats, online scams, malware, online shopping frauds, digital arrest scams and the responsible use of AI-driven tools.

District Development Commissioner (DDC) Doda, Harvinder Singh emphasized the importance of such awareness programmes in educating

DC Kupwara reviews functioning of Health Sector in district

KUPWARA, FEBRUARY 10: Deputy Commissioner Kupwara, Shrikant Suse, chaired a series of meetings to review key health sector initiatives including Ayushman Bharat Digital Mission (ABDM) and Tele-Consultation (e-Sanjeevani).

He reviewed block wise performance under ABHA ID generation and scan & share service. The Deputy Commissioner directed underperforming medical blocks to improve performance through intensified enrolment drive. He emphasised coordinated efforts by Health, ICDS and Common service centres to improve performance in the 0–5-year age category.

It was informed that individuals can also self-enrol under ABDM to generate their Health ID through the link (<https://healthid.ndhm.gov.in>). The DC also reviewed the advancement of telemedicine services across the district, designed to enhance specialist healthcare accessibility, particularly in remote and border regions.



Dr. Zaffar Akbar, Chief Medical Officer, Kupwara briefed block-wise progress under E-Sanjeevani OPD and E-Sanjeevani AB-HWC. It was informed that the E-Sanjeevani is being operated through 11 functional hubs, 5 functional hubs cum spokes and 130 functional spokes, enabling doctor-to-patient and doctor-to-doctor consultations to reinforce healthcare delivery.

Taking serious note of low coverage in some medical blocks, he directed BMOs to ensure substantial progress

The meetings were attended by Chief Medical Officer Kupwara, Chief Planning Officer, District Immunization Officer, BMOs and officials from Health, Education, ICDS and others.

The programme was conducted with the objective of strengthening the capacity of Cook-cum-Helpers and enhancing the quality, hygiene, and nutritional value of meals served to students in government schools.

All Cook-cum-Helpers from various schools of Zone Imamsahib actively participated in the programme with great enthusiasm and commitment. The competition component of the event provided an opportunity to showcase their cooking skills, pre-

HIMALAYAN MAIL NEWS JAMMU, FEB 10

In a major welfare initiative under Mission Vatsalya, the Deputy Commissioner Poonch, Ashok Kumar Sharma today handed over sponsorship cheques worth 90 lakh to 243 orphan children belonging to different parts of the district.

The financial assistance aims to support the education, care and overall well being of orphan and vulnerable children and to strengthen the child protection framework at the district level.

During the programme, District Child Protection Officer, Khalil A Bandy briefed the chair about the availability of funds under Mission Vatsalya and explained the procedure adopted for transparent and timely disbursement of the sponsorship amount to eligible beneficiaries.

Addressing the occasion, the Deputy Commissioner reaffirmed the district administration's commitment towards the welfare, protection and holistic development of children in need of care and protection.

It is pertinent to mention that 109 more eligible cases have recently been approved by the District Level Committee headed by the Deputy Commissioner and the sponsorship benefits to these beneficiaries will be released accordingly.

Staff of the District Child Protection Office including, Members CWC and PO NIC were present on the occasion.

Cooking Competition-cum-Training Programme held for Cook-cum-Helpers of Zone Imamsahib

SHOPIAN, FEBRUARY 10: A Training Programme-cum-cooking competition for Cook-cum-Helpers of Zone Imamsahib was organized by the Office of the Zonal Education Officer Imamsahib under the aegis of Samagra Shiksha J&K at Government Higher Secondary School Zainapora.

The programme was conducted with the objective of strengthening the capacity of Cook-cum-Helpers and enhancing the quality, hygiene, and nutritional value of meals served to students in government schools.

All Cook-cum-Helpers from various schools of Zone Imamsahib actively participated in the programme with great enthusiasm and commitment. The competition component of the event provided an opportunity to showcase their cooking skills, pre-



sensation techniques and understanding of balanced diet preparation as per prescribed nutritional guidelines.

Zonal Education Officer Imamsahib, Nisar Ahmad Koli highlighted

the vital role of Cook-cum-Helpers in the successful implementation of the Mid-Day Meal scheme and stressed the importance of maintaining proper hygiene in kitchens, safe storage of food grains, cleanliness of utensils and the preparation of fresh and nutritious meals for students.

The technical experts imparted training on various aspects including hygienic food preparation, personal cleanliness, kitchen management, fire safety measures, proper washing techniques, prevention of food contamination and the importance of balanced nutrition in children's growth and development.

The programme concluded with a prize distribution ceremony wherein the top three performers were awarded cash prizes and certificates of merit in recognition of their outstanding performance. Participation certificates were distributed among all Cook-cum-Helpers as a token of appreciation for their active involvement.