

## Awareness Program on Women Empowerment, Welfare Schemes, Cyber Safety conducted at Chinta

HIMALAYAN MAIL NEWS  
JAMMU, FEB 22

On the directions of the District Social Welfare Officer, Sankalp Hub for Empowerment of Women (SHEW) Doda in collaboration with One Stop Centre (OSC) Doda, organized an awareness programme at Village Chinchora Chinta in coordination with Dr. Amar Singh Memorial Public School.

The programme highlighted women-centric welfare schemes, helplines and support services. Participants were sensitized about Women Helpline 181 and Childline 1098 and informed about OSC and DHEW services including legal aid, counselling, rehabilitation, and crisis intervention.



Special focus was laid on cyber safety, cautioning adolescent girls against online exploitation and urging parents to monitor digital activities.

Awareness on menstrual hygiene was imparted, with sanitary napkins distributed among women and girls.

Baby kits were also provided to newborn girls from BPL families, reinforcing maternal and child care support.

## DHS Jammu undertakes comprehensive review of Health facilities in Rajouri District

HIMALAYAN MAIL NEWS  
JAMMU, FEB 22

Dr. Abdul Hamid Zargar, Director Health Services Jammu, conducted an official visit to Rajouri district to review the functioning of health institutions and assess the quality of health-care services being delivered to the public.

During the visit, a comprehensive review meeting was convened at Community Health Centre Thanamandi of Block Darhal, which was attended by In-charge Medical Officers, Block management unit, District Resource Persons, BAC, MLHPs and Nodal Officers of various health programmes.

Detailed deliberations were held on the implementation of National Health Programmes, service delivery indicators, infrastructure status, man-



power deployment, availability of essential drugs and proper maintenance of records. Block Medical Officer, Dr. Ruksana delivered a detailed PowerPoint presentation highlighting the performance of the block, achievements under various schemes, gaps identified and the action plan for further strengthening healthcare services.

Director Health emphasized strengthening patient

centric services, ensuring discipline and accountability, maintaining updated registers and enhancing monitoring mechanisms at all levels. He directed all concerned officers and officials to work with dedication and professionalism to further improve healthcare delivery in the district.

The meeting was also attended by the Divisional Coordinator, ASHA & Community Processes,

Jonson Chandail along with District Resource Person, Romesh Kumar who actively participated in the review proceedings.

Local residents also expressed gratitude to the Director Health Services Jammu for visiting the remote area and personally reviewing healthcare facilities, appreciating the department's commitment towards improving medical services in the district.

## ADC Bhaderwah leads plantation drive at Village Domanda

HIMALAYAN MAIL NEWS  
JAMMU, FEB 22

Additional Deputy Commissioner (ADC) Bhaderwah, Sunil Kumar Bhutyal today led a massive plantation drive at Village Domanda to promote environmental conservation and greenery in the region.

The drive was conducted in collaboration with the Forest Department and local community members. DFO Bhaderwah Davinder Kumar, Tehsildar Bhaderwah Kamalpreet Singh, along with officials and staff members of the Forest Department, actively participated in the event.

During the plantation drive, more than 500 saplings of Deodar and Kail were distributed among the locals.

The plantation drive witnessed enthusiastic participation from villagers, who joined hands with the ad-



ministration to plant the trees and spread awareness about the importance of preserving the environment.

Speaking on the occasion, the ADC emphasized the need for collective ef-

forts to protect forests and maintain ecological balance.

He appreciated the active involvement of the local community and encouraged them to take responsibility for nurturing the

planted saplings to ensure their survival and growth.

The event concluded with a pledge by the participants to continue such initiatives in the future for a greener and cleaner Bhaderwah.

## CM Dhama approves action against ineligible beneficiaries drawing dual pensions



DEHRADUN, FEB 22: Uttarakhand Chief Minister Pushkar Singh Dhama has approved action against those found drawing both government pen-

sion and other benefits under various social welfare pension schemes.

The direction came on Saturday after a recent data analysis by the Comptroller and Auditor General of India (CAG) related to government pensions in Uttarakhand uncovered alleged irregularities, revealing that 1,377 people in the state were receiving double pension benefits.

The chief minister di-

rected that such beneficiaries' pensions be discontinued and legal proceedings initiated against them. He also ordered a thorough probe into the matter and asked officials to fix accountability at every level.

Dhama issued strict instructions to ensure that the benefits of public welfare schemes in the state reach eligible individuals and that there be no negligence in their implementa-

tion. The chief minister said the use of benefits such as old age and widow pensions under social security schemes by state government pensioners is against the rules.

He also directed officials to take action against those found guilty after a thorough investigation of such cases and to work vigilantly to prevent such recurrence in the future.

## ASTRO ZINDAGI

(Weekly Horoscope Feb 23 - Mar 01, 2026)

### ARIES :

This week blends fiery passion with quiet reflection in your love life. With Mars pushing for intensity and the Venus highlighting your emotional needs, you may crave both thrill and emotional grounding. Singles might reconnect with someone from the past or feel intrigued by a familiar energy. Couples benefit from deeper emotional exchanges, small gestures and honest conversations will strengthen bonds. Financially, Mercury clears up confusion, helping you make bolder, well-considered moves. A long-awaited payment may arrive, easing stress. Freelancers and business owners see signs of growth. Opportunities may arise through networking so just read the fine print in partnerships. Career-wise, efforts begin to bear fruit. Recognition comes with responsibility, so lead with calm confidence. Handle team tensions with tact. Creative problem-solving will serve you well. Academically, try new study methods to break monotony as progress may feel slow, but it's steady. Physically, you are energized, but emotionally, stay grounded. Gentle routines and self-expression will keep you balanced.

### TAURUS :

This week, you are experiencing a subtle but powerful shift in your emotional life. Whether it's rebuilding trust in an existing relationship or opening up to someone new, you are learning to trust more deeply. The energy encourages quiet reflection and meaningful conversations, where listening takes precedence over speaking. If you're single, focus on genuine, heartfelt connections. A heart-to-heart talk could clear up past misunderstandings, and your emotional growth will feel steady and gradual. On the financial front, your approach remains cautious. Saturn's influence strengthens your focus on long-term security, so take your time before making big purchases or financial decisions. Small, thoughtful changes to your spending habits will add up. In career matters, take on leadership opportunities with quiet confidence, but avoid pushing yourself too hard. Feedback might be delayed, but use this time to refine your work. In education, structure and planning will support your success, don't be afraid to seek advice. For health, listen to your body and stay flexible, as maintaining both physical and mental balance is key to your well-being this week.

### GEMINI :

With Mercury and Venus working in your favor this week, heartfelt communication becomes your superpower. In love, this is your chance to clear misunderstandings and grow closer. Speak with honesty, but choose gentle words. If you are single, someone clever or quick-witted may catch your attention. Let real conversations guide the connection. Financially, Mars urges caution as unexpected expenses could show up, especially around home or travel. Stick to a careful budget and avoid impulse buys. Now is a smart time to plan for future earnings, not to rush into risky decisions. At work, things may feel scattered, but your words carry weight. Use them wisely in pitches, meetings, or networking. Stay steady and don't promise more than you can deliver. For students, staying focused is key, cut down distractions and dive deeper into your subjects. Your natural curiosity helps when paired with structure. Health-wise, energy levels may rise and fall. Balance is essential, eat well, rest often, and avoid overdoing it. Slow and steady wins this week.

### CANCER :

This week begins with a reflective mood in your love life, guided by the gentle influence of the Moon and Venus. You are drawn inward, seeking clarity on your emotional needs. In relationships, quiet support means more than words, simple acts of care go a long way. If single, someone emotionally grounded may catch your attention. Trust your instincts, but don't rush. Deeper connections are forming quietly, so allow them to unfold naturally. Emotional honesty brings comfort and strengthens bonds. Midweek, Jupiter's energy supports smarter financial decisions. You are likely to reassess your budget, focusing on long-term goals. A small opportunity, possibly through a friend may pop up, so stay alert. If self-employed, slow but steady progress is possible. Avoid emotional spending, especially when stressed. Career-wise, your efforts are being noticed. A new role or task may come your way, trust your gut and don't hesitate to delegate when needed. In academics, early-week focus helps organize and clarify tough subjects. Health-wise, listen to your body. Rest early, stay active midweek, and recharge emotionally by weekend for overall balance.

### LEO :

As the week begins, Venus invites a softer, more introspective approach to love. Instead of chasing thrills, you will crave emotional depth and meaningful connection. Couples grow closer through quiet support and sincere dialogue, while single are drawn to honest, grounding connections possibly with someone previously overlooked. Let trust, not impulse, guide your heart. By midweek, Mercury brings a sharp focus to finances. You may spot budget adjustments that boost comfort without sacrifice. A modest gain from a side project or creative idea is likely. Avoid lending or borrowing large sums, as shifting circumstances could complicate outcomes. In your career, the Sun emphasizes steady growth over rapid gains. You will revisit past plans, fix loose ends, and gain respect from mentors or senior figures. Patience now secures stronger results later. North Node influences your intellectual realm, making it a powerful time for study, innovation, and leadership in shared learning. South Node encourages emotional wellness and disciplined self-care. By weekend, a sense of clarity and renewal empowers you to align your actions with long-term goals, personally and professionally.

### VIRGO :

The week begins with Venus highlighting your charm and emotional warmth, making relationships feel more open and inviting. For couples, small surprises or kind gestures can reignite passion, while singles may find light-hearted conversations turning into deeper connections. Authenticity and emotional openness help you attract the right kind of attention. By midweek, Mercury and Jupiter support financial growth through learning and networking. Whether it's a workshop or casual chat with a professional, new paths to income may unfold. Avoid big purchases and focus on repaying minor debts. Smart negotiation around contracts or salary could arise, prepare well and trust your value. In the latter half, Mars brings fresh drive in your career. You will feel motivated to tackle challenges and refine your approach. Entrepreneurs can benefit from subtle branding tweaks. Be cautious not to overcommit; prioritize and delegate wisely. On the academic and health fronts, discipline pays off. Structured learning brings results, and steady routines support both physical stamina and emotional calm. Let balance guide your progress all week long.

### LIBRA :

At the start of the week, Mercury may stir some tension in your relationships. Misunderstandings with your partner or someone you are dating could test your patience. Stay calm, and talk things through instead of jumping to conclusions. If you are single, someone may show interest, but their intentions might seem unclear, let their actions speak louder than words. By mid-week, Venus supports important financial talks. Whether it's about shared resources, a business deal, or future planning, take time to go over details. An unexpected expense could pop up, so having a flexible mindset will help. Creative ideas around income may come to you, don't ignore them. Toward the end of the week, Mars gives you the push to try new approaches at work. Breaking from routine could lead to fresh solutions. If a new opportunity appears, trust your instincts. The South Node encourages letting go of outdated thinking. Focus also shifts to practical learning—hands-on tasks bring great progress. Take care of your body too; light movement and rest keep you energized.

### SCORPIO :

This week begins with heightened emotions and strong desires in love, influenced by the Moon and Mars. If you are in a relationship, physical closeness and emotional connection deepen but stay mindful of communication, as small tensions could escalate. For singles, magnetic encounters may spark, but emotional depth will be your true filter. Let go of old expectations and allow space for more authentic love to grow. Mid-week, the Sun and Mercury shine on your finances. Career-related income could rise through bonuses or recognition, but smart money management remains essential. Review investments and avoid financial risks, especially in joint matters. Trust your judgment and stay grounded. Professionally, South Node influence stirs reflection. Focus on quiet observation and avoid office drama. Meaningful leads could arrive through mentors or past contacts. Quality over quantity brings recognition. On the academic front, your mind is sharp. Dedicate time to study or planning future goals. In health, energy improves, opt for steady routines, gentle exercise, and immune support. Balance is your key to lasting success.

### SAGITTARIUS :

This week opens with a strong desire to express your feelings and deepen emotional bonds. Thanks to Venus and Mercury working in harmony, you are more open-hearted and articulate in love. If you are in a long-term relationship, thoughtful gestures or shared dreams can reignite the spark—just be mindful to listen as much as you speak. For singles, your natural charm draws interest, but with South Node stirring emotional echoes, take time to assess intentions before committing. Financially, Saturn's influence urges a disciplined review of your expenses and obligations. Now is the time to renegotiate terms, clear old dues, and avoid overcommitting. True gains will come through steady effort rather than shortcuts. Professionally, your quiet efforts begin to attract recognition. Mars energizes your ambition, but don't rush into changes—clarity and consistency matter. Leadership roles may surface, but they come with scrutiny. In studies and health, fresh methods work best. Explore new learning styles and honor your body's need for calm. North Node reminds you: growth comes from balance and mindful pacing.

### CAPRICORN :

As the week opens, the Moon's influence heightens emotional awareness, urging you to assess the give-and-take in your love life. In relationships, heartfelt conversations help heal unspoken tensions. Singles may feel pulled toward someone with quiet strength and shared values—a slow-burning connection with long-term potential. Trust your gut over surface appearances. By mid-week, Mercury supports financial clarity. A previously delayed payment or shelved idea may finally move forward. Don't rush—shared financial dealings need transparency. Keep expectations pragmatic and focus on small, smart decisions that build lasting value. A potential new source of income may catch your attention—trust your instincts here. In your career, Mars fuels determination. It's time to resolve delays or take the lead in team efforts. Flexibility will help entrepreneurs tackle unexpected hurdles. Review any financial investments with care. South Node supports renewed academic planning whether it's a course, certification, or research, your discipline shines. Toward the weekend, balance a busy schedule with body awareness. Short, mindful breaks will protect both energy and focus.

### AQUARIUS :

This week begins with emotional intensity as the Moon connects with the South Node, bringing up past feelings or memories. It's a chance to heal, not to dwell. Venus encourages deep love and honest talks. Singles may feel drawn to someone familiar, while couples can rebuild closeness through shared goals. Small disagreements may come up, but Mercury supports clear and kind communication to strengthen understanding. Mid-week, your view of money matures. Saturn helps you stay focused and patient, even if some payments are delayed. Mars gives energy to create smart money strategies, while Mercury brings helpful advice from others. Avoid risky spending, Jupiter reminds you to think long-term. This is a good time to review your savings and budget. In your career, Mars boosts confidence and leadership. You may impress others with bold ideas. South Node helps transform old habits. It inspires new learning, while North Node reminds you to rest. Stay mindful of your mental and emotional health to stay strong all week.

### PISCES :

The week opens with the Moon enhancing your emotional sensitivity, helping you pick up on subtle shifts in your love life. Venus deepens your romantic intuition, but with Mercury also active, don't let assumptions replace real conversations. In relationships, this is a good time to revisit shared goals. If single, Mars may pull you toward someone with emotional depth and artistic flair. North Node influence urges you to stay grounded while seeking soulful connection. Financially, Jupiter brings productive energy, especially in creative or entrepreneurial areas. Early in the week, Venus may attract small but meaningful gains. By mid-week, Mercury supports discussions around collaborations or short-term gigs—just review details carefully. Saturn helps you stay disciplined with spending. In career, the Sun tests your adaptability as multiple responsibilities arise. North Node may introduce surprise opportunities—evaluate them wisely. In studies, Mercury and Mars help blend creativity with focus. Physically, listen to your body. Moon and Saturn suggest rest, balanced meals, and emotional check-ins to maintain wellness.