

JAMMU & KASHMIR

Women a driving force behind the progress of society: Sakeena Itoo



HIMALAYAN MAIL NEWS
JAMMU, MAR 07

Minister for Education, Social Welfare, Health and Medical Education, Sakeena Itoo today remarked that women are playing a transformative role across all sectors and their contribution towards shaping our society is remarkable.

The Minister made these remarks while addressing grand International Women's Day celebrations at Abhinav Theatre here today, organised by Mission Shakti in collaboration with J&K Academy of Art, Culture and Languages (JKAACL) under the theme 'Give to Gain'.

Addressing a large gathering of women achievers, officers, students and social workers, the Minister highlighted that women today are playing a transformative role across all sectors including education, health-care, administration, entrepreneurship, science, sports and social development and this day is observed to celebrate their achievements and recognitions in diverse

fields. "Women are not only backbone of their families but a driving force behind the progress of society. Their resilience, determination and leadership are shaping a stronger and more inclusive future for our country," Minister Sakeena said.

The Minister reaffirmed that the government is committed to ensure equal opportunities, dignity and safety for women and girls, noting that several initiatives are being implemented by Government to empower women and make them self-sustainable.

She underlined that education remains the most powerful tool for empowering women and enabling them to realise their full potential. She urged young girls to pursue their ambitions with confidence and encouraged families to support the aspirations of their daughters.

"An educated and empowered woman uplifts not only her family but also the entire community. When women progress, the nation progresses," she stated. Citing example of Union

Finance Minister, Nirmala Sitharaman, Minister Sakeena said that her achievement of leading one of the critical and important Ministry in central government is proof that women can lead in every field. She called upon the young girl students to make women like Nirmala Sitharaman as role model and demonstrate that determination and hard work can overcome any barrier.

Congratulating the participants and women on International Women's Day, the Minister reiterated the government's resolve towards strengthening policies and programmes that ensure empowerment, safety and socio-economic advancement of women.

In his welcome address, Mission Director, Mission Vatsalya/Mission Shakti, Nazim Zai Khan said that this special day is commemorated to celebrate the existence, achievements, and resilience of women and girls all across Jammu & Kashmir and entire Globe.

He added that this day is not only a celebration of how far women have come in society, politics, and eco-

nomics, but also a reminder of the work that remains to achieve true equality. "The theme for this year's Women's Day Celebration, 'Give to Gain' encourages us to embrace generosity and action, giving respect, resources, justice and voice to empower women and girls", he said.

He added that these interventions bring visible change at the community level and reaffirm Government's collective commitment to building a Viksit Bharat @2047, where every girl and woman thrives in a discrimination-free environment.

He also spoke about various initiatives taken by the Social Welfare department for the empowerment and welfare of women and children in Jammu and Kashmir.

Secretary, JKAACL, Harvinder Kour while delivering vote of thanks, spoke about the importance of the day for the women folk.

Later, in recognition of meritorious public service, the Minister felicitated Commissioner Secretary, Forests Ecology and Environment, Sheetal Nanda.

On the occasion, students of Cluster University, Jammu presented a thought-provoking skit on the theme "Beti Bachao, Beti Padhao", which effectively conveyed the importance of girl child education and empowerment.

During the event, the Minister also felicitated women achievers from various fields like sports, para-sports, entrepreneurship, administration and meritorious public service, Art and Culture, child welfare and other areas for their outstanding contribution to society and exemplary achievements.

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Jammu: The Indian Railways has launched its official "super app" RailOne to make passenger travel more convenient and comfortable by integrating multiple railway services on a single digital platform. The app allows passengers to access a wide range of services, including ticket booking, train status tracking and e-catering, without the need to use multiple applications. Under the e-catering facility, passengers can order their favourite meals from well-known restaurants through food aggregator platforms Zomato and Swiggy directly through the RailOne app.

With this facility, passengers travelling through key



stations of the Northern Railway Jammu Division, including Jammu, Katra and Pathankot, can enjoy their preferred meals from the comfort of their seats during the journey. Through the

RailOne app, passengers can select food from Zomato or Swiggy using their PNR number, and the meal will be delivered directly to their seat or berth. The system of both food delivery platforms is inte-

grated with train schedules to ensure timely delivery at designated stations.

Senior Divisional Commercial Manager Uchit Singhal said the initiative aims to make rail travel more enjoyable and hassle-free for passengers. "Our primary goal is to provide a single platform where passengers can access ticket booking, live train tracking and now premium food delivery services. This technological collaboration with Zomato and Swiggy ensures that passengers receive hygienic and quality food of their choice directly at their berths," he said. The Jammu Division has urged passengers to make maximum use of the RailOne app and encourage fellow travellers to adopt this all-in-one solution for a smoother and more comfortable journey.

International Women's Day celebrated at Degwar Girls High School

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International Women's Day was celebrated with great enthusiasm at PM Shri Girls High School Degwar-M, Poonch. The event was organized by Durga Battalion in collaboration with PM Shri Girls HS Degwar-M to highlight the importance of women's empowerment and the role of women in nation-building.

Colonel Pradeep Poonia, Commanding Officer of Durga Battalion graced the occasion as the Chief Guest, while, Chief Education Officer (CEO) Poonch, Mukhtar Manhas, attended the program as the Guest of Honour.

As part of the celebrations, a drawing competition on the theme "Women Empowerment" was organized, in which more than 60 students from different schools participated. Students of PM Shri Girls High School Degwar-M also delivered speeches highlighting the importance of em-



powering women and ensuring equal opportunities in society.

Colonel Pradeep Poonia, in his address, congratulated the students and school staff for their active participation and cooperation in making the event successful. He shared inspiring examples of girls from remote areas who have brought laurels to the nation and are today serving in prestigious positions across different sectors.

Speaking on the occasion, CEO Poonch Mukhtar Manhas appreciated the ef-

orts of the Durga Battalion for collaborating with PM Shri Girls High School Degwar-M in organizing such inspirational programs for students. He also highlighted several initiatives of the Government of India aimed at promoting girls' education and empowerment, including the Beti Bachao Beti Padhao scheme.

Mohd Ameen, Principal HSS Islamabad, and Subedar Major Kiran Pal also addressed the gathering and encouraged girl students to pursue their goals with ded-

ication and confidence.

Darshan Kumar, Nodal Officer, emphasized the vital role of women in various sectors of society. He appreciated the Indian Army for its keen interest in guiding and motivating students in shaping their careers.

In the drawing competition, Fatima Sayeed secured the first position, while Falak Zohra secured the second position. Arshi Luthra and Kritika Sharma jointly secured the third position. Misba Sajjad, Shazma Azeem, and Nargis Qureshi received consolation prizes for their efforts.

Mohd Altaf, Poonam Sharma, and Nitu Sudan performed the duty of jury members for the drawing competition and evaluated the entries. The program concluded with a formal vote of thanks presented by Chander Mohan Jaggi, who expressed gratitude to the chief guest, guest of honour, dignitaries, participating schools, and the organizing team for making the event a success.

J&K Bank elevates Ashutosh Sareen, Rajesh Malla Tikoo to CGM Posts

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Strengthening its top-tier leadership further, J&K Bank elevated its two General Managers, Ashutosh Sareen and Rajesh Malla Tikoo, to the position of Chief General Managers on Friday.

Congratulating the officers on their elevation, MD & CEO Amitava Chatterjee



said, "These elevations reflect the Bank's commitment to recognising experience, merit and leadership



potential within the organisation. As we pursue our strategic growth agenda, strengthening our leader-

ship pool remains a key priority." He added that the Bank has institutionalised a structured and transparent career progression framework to prepare the next line of leadership and ensure continuity in driving the Bank's long-term strategic goals. Notably, the elevations are part of the ongoing career progression process across cadres.

Kathua admin holds Health & Nutrition Day across district under Women's Week initiative

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As part of the Women's Week campaign being organised by the District Administration Kathua in the run-up to International Women's Day, a Health & Nutrition Day was observed across the district with a series of awareness and health outreach activities for women and adolescent girls.

Free medical camps were organised at various health institutions where women were provided on-the-spot screening and consultations. The camps offered testing facilities for haemoglobin (Hb), blood pressure, blood sugar and anaemia along with guidance on menstrual health and hygiene. Iron and Folic Acid (IFA) tablets were also distributed to beneficiaries to promote better nutritional health.

Counselling desks were set up to provide expert advice on health issues, nutrition and preventive care. Informative stalls were installed under the



POSHAN initiative showcasing balanced diet practices and locally available nutritious food options. In addition, AYUSH stalls provided information on tradi-

tional and holistic approaches to women's health and wellness.

The day-long activities were conducted under the supervision of the respective

Block Medical Officers (BMOs) across the district, while the overall programme was monitored by Chief Medical Officer Kathua Dr Vijay Raina.

International Women's Day celebrated with enthusiasm at Community Hall Doda

DODA, MARCH 07:

International Women's Day was celebrated with great enthusiasm and passion at Community Hall Doda under the theme "Give to Gain." The programme aimed to highlight the importance of gender equality, women's rights and the empowerment of girls and women in all spheres of life.

The event brought together officers, students and members of civil society to recognize the invaluable contributions of women in building a progressive society.

Deputy Commissioner Doda Krishan Lal graced the occasion as Chief guest.

Among others present were Additional District Development Commissioner Roshan Lal, Chief Planning Officer Manesh Kumar Manhas, District Social Welfare Officer Zubair Ahmed and officials of various government departments and a large number of women and girls from government and private schools.

The programme featured vibrant cultural performances, speeches and awareness presentations highlighting the significance of International Women's Day. Participants presented skits and cultural items reflecting the role of



women in society and the need for equal opportunities.

The Deputy Commissioner also inspected various stalls set up by departments and institutions showcasing initiatives related to women empowerment, skill development and self-reliance.

On the occasion, a Signature Campaign was also organised to promote the message of gender equality and women empowerment. The Deputy Commissioner along with district officers and participants actively took part in the campaign by signing the pledge board, reaffirming their commit-

ment towards ensuring dignity, equal rights and opportunities for women in society.

The campaign witnessed enthusiastic participation from students, officials and the public, reflecting collective support for the cause of women empowerment.

The Deputy Commissioner congratulated the participants and briefly spoke about the history of International Women's Day, recalling its association with the early women's movements and the role of women during the Russian Revolution. He emphasized that the day reminds society to overcome its weaknesses

and ensure equal opportunities for women. He said that women today are working shoulder to shoulder with men in every field, including the Army, Air Force, administration, education and entrepreneurship and encouraged women to come forward to overcome all barriers and achieve success.

He also highlighted the important role of women in strengthening families, society and nation-building. The celebration concluded with the distribution of certificates and mementos to women achievers and participants in recognition of their outstanding contributions and performances.