

HPV Vaccination Camp held at GHSS Chiralla

HIMALAYAN MAIL NEWS
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A Human Papillomavirus (HPV) Vaccination Camp was organized today at Government Higher Secondary School Chiralla by the Health Department, aimed at protecting adolescent girls from cervical cancer and promoting preventive healthcare.

The camp was conducted under the guidance of Chief Medical Officer Doda Dr. Tanveer Ahmed Rather and under the supervision of Block Medical Officer Thathri Dr. Shakeel Ahmed Kichloo. During the camp, as many as 50 eligible girls were administered HPV vaccination in presence of Principal of the school Vikram Kant and Sr Medical Officer PHC Bhella Dr. Sadeeq Wani.

A dedicated health team comprising Barkat Ali



(CHO), Reena Devi (FM-PHW), Rashid Zargar (MLHP) and Nusrat Begum (FMPHW) along with local ASHAs of the area ac-

tively participated in the successful conduct of the vaccination drive.

On the occasion, health awareness regarding the

importance of HPV vaccination, prevention of cervical cancer and general adolescent health was also imparted to the students.

DLSA Reasi organises legal awareness programmes



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Under the visionary leadership of Khalil Choudhary, Chairman, District Legal Services Authority, Reasi (also Pr. District and Sessions Judge Reasi) and the guidance of Pooja Gupta, Secretary, DLSA Reasi, an awareness programme was organized by TLSC Mahore.

The programme was conducted at High School Nichoch. The awareness session focused on pressing issues of drug abuse and child marriage. During the programme, the participants, especially students were sensitized about the harmful effects of drug addiction on health, society and future prospects. Emphasis was laid on prevention, early identification and the importance of seeking help through proper legal and social channels. The PLV also highlighted the legal provisions related to the prohibition of child marriage, explaining the consequences and penalties under the law.

Students were encouraged to raise voices against such social evils and contribute towards building a safer and healthier society.

The programme witnessed active participation from students and staff, making the session interactive and impactful.

An awareness programme on Social Welfare Schemes was organized at LAC Arnas by TLSC Mahore. During the programme, the participants were sensitized about various social welfare schemes launched by the government including schemes related to financial assistance, pension benefits, education, health services and Welfare measures for marginalized sections of society. The PLVs highlighted the importance of awareness and access to these schemes and guided the attendees on the procedure to avail benefits. The programme also focused on ensuring that the eligible beneficiaries, especially from rural and underprivileged sections, are able to access government support effectively. The participants actively interacted with the PLVs and raised queries regarding eligibility criteria and application procedures, which were duly addressed during the session.

Another awareness programme on drug abuse was organized today at PLV Aid

Clinic, Police Station Chasana by TLSC Mahore. During the session, the PLVs educated the participants about the harmful effects of drug abuse, its impact on health, family and society and the legal consequences associated with substance abuse and trafficking. The participants were also made aware about the role of Legal Services Authorities in providing free legal aid and assistance to the needy. Emphasis was laid on adopting a healthy lifestyle and staying away from drugs, while encouraging community participation in eradicating this social menace. The programme witnessed active participation from the locals, who appreciated the efforts of DLSA Reasi and TLSC Mahore in spreading awareness on such a crucial issue.

An awareness programme on DLSA and its functions was organized at Panchayat Karua by the Para Legal Volunteers (PLVs) of TLSC Katra. During the session, the PLVs sensitized the locals about the role and functions of the District Legal Services Authority, emphasizing the Availability of free legal aid and services for eligible sections of society. The partici-

pants were informed about various schemes, legal aid clinics, Lok Adalats and the Importance of legal awareness in ensuring access to justice. The PLVs also encouraged the public to approach DLSA/TLSC in case of any legal issues and assured necessary support and Guidance. The programme witnessed active participation from the locals, who appreciated the initiative.

An awareness programme on Lok Adalat and other Alternative Dispute Resolution (ADR) methods was organized at Katra by Para Legal Volunteers (PLVs). During the programme, the PLVs sensitized the participants about the importance and benefits of Lok Adalats as an effective mechanism for speedy and amicable settlement of disputes. They highlighted that Lok Adalats provide a cost-effective, time-saving and hassle-free platform where cases can be resolved without prolonged litigation. The participants were also made aware of various ADR methods including mediation, conciliation and arbitration.

Emphasis was laid on how these mechanisms help in reducing the burden on courts while ensuring justice in a more accessible and efficient manner. The PLVs further informed the public about the role and functions of DLSA and encouraged them to take advantage of free legal aid services available for eligible sections of society. The programme witnessed active participation from the locals, who appreciated the initiative and expressed keen interest in resolving disputes through ADR mechanisms.

Ayurvedic Hospital, POSHAN Project organise mega awareness camp to commemorate POSHAN PAKHWADA

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A Mega Awareness Camp was jointly organized by Ayurvedic Hospital Jammu and Poshan Project Kot Bhalwal to commemorate 8th POSHAN PAKHWADA 2026.

The camp witnessed participation of Anganwadi workers/Helpers, supervisors, medical professionals and other staff.

Speaking on the occasion, CDPO, POSHAN Project Kot Bhalwal, Mohit Bharti elaborated on the significance of POSHAN PAKHWADA as a flagship initiative of Ministry of Women and Child Development. He stressed the need for Jan Andolan and community participation to achieve the goals of Suposhit Bharat.

The CDPO extended gratitude to Ayurvedic Hospital Jammu for sharing valuable knowledge and professional, compassionate approach in ad-



ressing the field functionaries regarding the health needs of children below 6 years of age, pregnant women, lactating mothers.

He further reiterated that such collaborated awareness camps will be organized regularly in the coming months. He highlighted that these initiatives will ensure that Anganwadi Workers and Helpers remain professionally updated and equipped with scientific as well as traditional knowledge systems through the expertise of Ayurvedic Hospital staff.

In her welcome address,

Medical Superintendent, Ayurvedic Hospital Jammu, Dr. Aruna underscored the critical importance of right nutrition, emphasizing its long-term impact on the health of children and Pregnant/lactating mothers. She highlighted the role of Ayurveda in promoting holistic nourishment and preventive healthcare.

The camp featured expert sessions by distinguished resource persons, Dr. Arun and Suchi Mohan, Yoga Therapist from MDNIY, New Delhi who imparted in-depth Knowledge on the integration of right lifestyle, Yoga and

balanced nutrition of young children and women. They demonstrated practical dietary approaches rooted in Ayurveda and Yogic principles, focusing on seasonal diets, digestion, immunity building and simple life styles modifications to combat malnutrition and anemia.

The camp concluded with an interactive session where field functionaries clarified doubts on nutrition, child growth monitoring and Ayurvedic dietary practices. The joint initiative was widely appreciated for strengthening inter-departmental.

JKAACL releases three Notable Dogri Books, Celebrates Literary Excellence in Jammu



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The Jammu & Kashmir Academy of Art, Culture and Languages (JKAACL) organized an impressive literary function to release three significant Dogri books, marking a meaningful contribution to the enrichment of Dogri literature.

The event was presided over by Prof. Lalit Magotra, a distinguished senior Dogri writer, while the Chief Guest on the occasion was Krishna Prem, a renowned literary figure. Their gracious presence added dignity and grandeur to the programme.

The proceedings commenced with a warm welcome address by Secretary Jammu and Kashmir Academy of Art, Culture and Languages (JKAACL), Harvinder Kour, who greeted the dignitaries and participants. She highlighted the importance of such literary initiatives, stating that book release programmes are regularly organized by the Academy to provide a platform for both emerging and estab-

lished writers, thereby encouraging and promoting literary talent.

Three introductory papers on the released books were presented by research scholars and writers. Mamta Sharma presented her paper on "Kesar Pushpit Kahaniyan", while Saroj Bala spoke on "Do Ghatt Teraan Kahaniyan." Neha Devi presented a critical note on "Kharh-Khakhhar."

On the occasion, the authors shared insights into their literary journeys and creative processes with the audience. Sumit Khajuria also presented one of his short stories titled "DOR," which received wide appreciation from the audience.

In her address, the Chief Guest congratulated the authors and appreciated their literary craftsmanship

while highlighting the significance of the works. In his presidential remarks, Prof. Lalit Magotra extended his congratulations to the writers and offered valuable guidance on the technical aspects of short story writing. He welcomed the three works into the domain of Dogri fiction and expressed optimism about the bright future of the authors.

He also appreciated the thoughtful themes and depth reflected in the collections and commended the paper presenters for their insightful analyses.

The programme witnessed the presence of eminent literary figures from Dogri, Hindi and Punjabi literature across Jammu and Kashmir, making it a memorable and intellectually enriching occasion.

DC Samba felicitates Trainees at Electrician Skill Development Programme

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Deputy Commissioner Samba Ayushi Sudan today attended a Certificate Distribution and Felicitation Ceremony under the Electrician Skill Development Programme at Sarain Nud Samba, reaffirming the district administration's commitment towards youth empowerment and skill-based development.

The programme was organized by ELFA International in partnership with Sun Pharma with the objective of enhancing employability and promoting sustainable livelihood opportunities among local youth.

On the occasion, the Deputy Commissioner felicitated the trainees and awarded certificates to the successful participants. A total of 50 trainees successfully completed the programme, which focused on imparting practical and industry-relevant electrical skills, safety protocols and technical knowledge to enable both employment and self-employment opportu-



nities. Addressing the gathering, the Deputy Commissioner appreciated the efforts of ELFA International and Sun Pharma for implementing a meaningful skill development initiative at the grassroots level. She emphasized that such programmes play a vital role in bridging the skill gap and empowering rural youth with sustainable livelihood opportunities. She further assured full support from the district administration for scaling up similar initiatives across the district.

The Deputy Commissioner highlighted the importance of convergence between the administration, corporate sector and civil society in ensuring holistic development and creating sustainable avenues for youth engagement.

Earlier, representatives from ELFA International briefed about the programme and its impact, stating that the initiative was designed to equip youth with hands-on training and enhance their employability. They reiterated

their commitment to continue such interventions in collaboration with stakeholders.

Senior district officers, including Assistant Commissioner Revenue Ajay Kumar Bharti; Block Development Officer and other officers were present on the occasion.

Representatives from ELFA International, including CEO Nawab Mehran Khan, along with officials from Sun Pharma, including CSR Executive Priyanka Talwar were also present on the occasion.

EPFO Kashmir conducts awareness session on PMVBRY, EEC at Pulwama

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Regional Office, Employees' Provident Fund Organisation (EPFO), Kashmir conducted an outreach session today at SIDCO Complex Industrial Growth Centre (IGC), Lassipora, Pulwama, to disseminate information regarding the Pradhan Mantri Viksit Bharat Rojgar Yojana (PMVBRY) and the Employment Enrolment Campaign (EEC) 2025.

The session was led by Sunil Kumar Toura, Regional Provident Fund Commissioner-II/OIC, along with the EPFO Kashmir team. The initiative aimed to create awareness among employers and employees about the benefits, eligibility criteria, and procedures under PMVBRY, a flagship scheme of the Min-



istry of Labour & Employment, Government of India, focused on promoting formal employment and encouraging job creation in organized establishments.

During the session, the RPFIC-II/OIC elaborated on the incentives available to employers for enrolling new employees under the scheme and emphasized

the importance of compliance with the Employees' Provident Funds & Miscellaneous Provisions Act, 1952. Participants were also apprised of the digital facilities provided by EPFO to facilitate ease of registration and claim processing.

The programme was attended by the President of the Association and repre-

sentatives of various industrial units, who assured that they would register under PMVBRY.

The EPFO Kashmir team reiterated its commitment to supporting employers and workers in advancing the vision of a "Viksit Bharat" through inclusive and sustainable employment initiatives.