

BSF organises Blood Donation Camp at Mankote under NMBA campaign; 26 units collected

HIMALAYAN MAIL NEWS
JAMMU, APR 29

In a commendable humanitarian initiative, the 182 Battalion of Border Security Force (BSF) organized a blood donation camp at its Unit Hospital in Mankote (Uccad), coinciding with the observance of the 1st anniversary of Operation Sindhoor and under the aegis of 100-Day Nasha Mukht Bharat Abhiyan.

The camp, held at the Battalion Headquarters Achhad, witnessed enthusiastic participation from BSF personnel as well as local civilians, reflecting a strong spirit of service and community partnership.

The event was officiated by 2IC/Offg Commandant Y.P.S. Chauhan, in the presence of Chief Medical Officer Dr. Parvaiz Ahmed Khan, who supervised the medical arrangements and ensured strict adherence to all health protocols.

Medical Officer from local PHC Dr. Sajid Mujtaba Khan, Tejender Dr. Moumita Halder, Assistant Commandant/Medical Officer of the unit and Singh, Senior Lab Technician from District Hospital manned the camp.



Around 26 units of blood of different groups were collected. Among the donors were 25 BSF personnel and one civilian.

Large number of people attended the camp and interacted with BSF officials, strengthening civil-force relations. The collected blood was deposited in the

Blood Bank of District Hospital to cater to emergency medical requirements, including accident cases and critical surgeries.

Dr. Parvaiz Ahmed Khan appreciated the voluntary contribution of BSF personnel and termed the initiative as life-saving. He also lauded the efforts of

the Commanding Officer and medical staff of 182 Battalion BSF for organizing the event successfully.

The event concluded on a positive note, highlighting BSF's continued commitment towards social outreach, public welfare and nation-building beyond its core duties.

J&K Judicial Academy organises special session on "Yoga for Mental Fitness"

SRINAGAR, APRIL 29: Under the patronage of Arun Palli, Hon'ble Chief Justice, High Court of Jammu & Kashmir and Ladakh (Patron-in-Chief, J&K Judicial Academy), Arun Palli and guidance of Chairperson and members of Governing Committee for J&K Judicial Academy, the J&K Judicial Academy today organised a special session titled "Yoga for Mental Fitness" at the District Court Complex, Mominabad, Srinagar, for the Judicial Officers and staff of Srinagar district, in collaboration with the Isha Foundation.

The session was inaugurated by Naseer Ahmad Dar, Director, J&K Judicial Academy, who in his address, underscored the importance of maintaining the physical and mental well-being in the discharge of judicial responsibilities. He observed that the effective administration of justice demands sustained concentration, emotional balance and resilience and that structured wellness practices such as yoga can significantly contribute towards enhancing the professional efficiency and overall well-being.

The programme emphasised yoga as a holistic discipline that harmonises the



body, mind, and breath. The participants were encouraged to incorporate simple yet consistent wellness practices into their daily routines to enhance the clarity of thought, reduce stress and build resilience.

The Judicial Academy conveyed its sincere appreciation to the Isha Foundation for its collaboration and expert guidance in

conducting the session. The programme witnessed active participation and was widely appreciated by the attendees. The Academy also extended its gratitude to Haq Nawaz Zargar, PDJ Srinagar, for his valuable logistic support and cooperation. The Academy reaffirmed its commitment towards organising similar initiatives aimed at fostering a culture of health, well-

being, and holistic development within the judicial system. The programme concluded with a vote of thanks presented by Tabasum, Chief Judicial Magistrate, Srinagar, who conveyed her heartfelt appreciation to the Judicial Academy, the Isha Foundation and all the participants for their cooperation and engagement in the successful conduct of the session.

Police Personnel trained in First Aid at Poonch

HIMALAYAN MAIL NEWS
JAMMU, APR 29

In an important initiative aimed at strengthening emergency response capabilities, a comprehensive training session on Basic Life Support (BLS), first aid and Cardiopulmonary Resuscitation (CPR) was organized for police personnel here today.

The training was conducted by Divya International Foundation under the overall supervision of Chief Medical Officer Dr. Parvaiz Ahmed Khan. The session witnessed participation of around 100 police personnel, equipping them with essential life-saving skills.

The training was imparted to the Police personnel by a team of expert comprising Dr. Puneet Kar, Nodal Officer (Basic Life Support), Dr. Anubhav Khaturia, Syed Qamar Abbas Jafri and Ajaz Bhatt. They provided both theoretical knowledge and practical demonstrations, especially focusing on CPR techniques to be used during emergencies and the



crucial "golden hour." Participants were trained in handling critical situations such as fractures, excessive bleeding, dog bites and insect bites. The trainers emphasized the impor-

tance of timely intervention and correct procedures to stabilize patients before advanced medical care becomes available. A practical session on CPR was also conducted,

allowing police personnel to gain hands-on experience. The program concluded with an interactive question-and-answer session, where participants clarified their doubts.

100 Days Nasha Mukht J&K Seminar on Drug Abuse held at GHSS Shangus

HIMALAYAN MAIL NEWS
JAMMU, APR 29

As part of the 100 Days intensified Campaign on Nasha Mukht J&K Abhiyan, Government Higher Secondary School Dethu, Shangus on Tuesday organized a seminar on the theme "How to Safeguard our Society from Drugs" at the school premises.

The seminar witnessed enthusiastic participation from staff, students, civil society members and local residents. It focused on drastic effects of drugs on individuals, families and society, underscoring the need for collective efforts by all stakeholders in safeguarding youth from this menace.

Tehsildar Shangus, Naseer Ahmad attended the event as Chief Guest while Principal of the institute and local civil society members were among speakers.

Addressing the gathering, the speakers highlighted the need for coordinated efforts by families, educational institutions,



community leaders and law enforcement agencies to disseminate mass awareness on harms associated with drug addiction and the ways to tackle it effectively.

They also emphasized the importance of youth engagement, counselling, education and community vigilance in building a healthy and drug-free soci-

ety. At conclusion, the participants pledged support towards strengthening the ongoing anti-drug campaign and working collectively for a healthier future.

Nasha Mukht Khel Mela organised at Border Village Sawjian

POONCH, APRIL 29: The Department of Social Welfare today organised a Nasha Mukht Khel Mela under the ongoing Nasha Mukht Bharat Abhiyan here at Government Higher Secondary School Sawjian, a border village in Tehsil Mandi.

The event witnessed enthusiastic participation from students, taking part in a variety of sports and recreational activities aimed at promoting a healthy and drug-free lifestyle. The initiative sought to engage youth in constructive pursuits while spreading awareness about the ill effects of substance abuse.

The School Principal, staff and locals appreciated the Department of Social Welfare for organising the event in a remote border area. They emphasized the role of sports and community participation in guiding youth towards positive life



choices. At the culmination of the event, the students who excelled in different games were awarded winner and

runner-up trophies in recognition of their performance and sportsmanship. The programme concluded with a strong mes-

sage of collective responsibility towards building a drug-free society and encouraging youth to adopt healthy and active lifestyles.

Div Com Kashmir meets Religious Leaders, invites for participation in Nasha Mukht J&K Padyatra

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Continuing outreach efforts to engage stakeholders in the fight against drug abuse and to build a narcotics-free society, Divisional Commissioner Kashmir, Anshul Garg, today held a meeting with religious leaders from various faiths.

The meeting was attended by Imams, members of the Shia Community, Gurudwara Prabandhak Committee, and representatives of the migrant Hindu commu-

nity. During the interaction, the Divisional Commissioner appreciated the proactive role of religious leaders in the Nasha Mukht J&K Abhiyan, noting their influence in spreading



awareness through religious institutions and community engagement. He emphasized that the role of religious leaders is

indispensable in combating the growing menace of narcotics. On the occasion, he extended a cordial invitation to all religious fig-

ures, across sects and faiths, to participate in large numbers in the Nasha Mukht J&K Padyatra scheduled for May 3.