

GCW Gandhi Nagar hosts Anti-Drug Awareness Wall Art Activity, Pledge under NMBA

HIMALAYAN MAIL NEWS
JAMMU, APR 30

PSPS Government College for Women (GCW), Gandhi Nagar organized an Anti-Drug Awareness Wall Art Activity on the campus under the IEC 100 Days Campaign of the Nasha Mukta Bharat Abhiyan (NMBA), aimed at promoting a drug-free campus and society. The initiative was a collaborative effort of the Departments of Philosophy, Home Science, Food Science, and Geography, conducted under the aegis of the Directorate of Colleges, Jammu and Kashmir.

The programme was organized with the primary objective of sensitizing students to the severe physical, psychological, and social consequences of drug abuse, while encouraging them to adopt a healthy, disciplined, and responsible lifestyle. The activity witnessed enthusiastic participation from students, who showcased their creativity through impactful wall paintings and posters conveying strong anti-drug messages.



The occasion was graced by the esteemed Principal of the college, Dr. Kulvinder Kour, who addressed the gathering with motivating and insightful remarks. She emphasized the pivotal role of educational institutions in shaping the attitudes and behavior of youth and appreciated the efforts of the departments and students in organizing such a meaningful awareness programme.

The event was meticulously organized by a dedicated team of faculty members, including Dr. Anita Kotwal (HOD, Philosophy),

Dr. Shivani Sawney (HOD, Home Science), Dr. Monika Hans (HOD, Food Science), and Dr. Tufail Choudhary (HOD, Geography), along with the active participation of students from the respective departments.

The programme concluded with a solemn collective pledge undertaken by faculty members and students, reflecting their strong commitment to the vision of a drug-free India. The participants pledged to abstain from the use of drugs and intoxicants and to actively discourage oth-

ers from engaging in such harmful practices. They affirmed their responsibility to uphold the values of a healthy lifestyle, self-discipline, and moral integrity. The pledge reinforced a collective determination to combat the menace of substance abuse through awareness, unity, and proactive engagement.

The event was successfully coordinated by the NCORD Committee of the college, headed by Dr. Rachna Devi, whose efforts ensured the smooth conduct and impactful execution of the programme.

Development gaining Momentum in Bani under Omar led govt: RL Gupta

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The Jammu and Kashmir National Conference Provincial President for Jammu, Rattan Lal Gupta, said that the Omar Abdullah-led government is actively working to unlock the tourism potential of Bani and transform it into a thriving hub on both the regional and national tourism map. He said Dr. Rameshwar Singh MLA Bani doing his best efforts for the inclusive development of Bani Constituency.

He made these remarks while addressing a workers' gathering in Bani. The meeting was chaired by Thakur Beliram and saw active participation from senior party leaders and local functionaries, including Rakesh Singh Raka and Advocate Rakesh Singh, Rattan Lal Kalandri, Sanjay Singh and Jaswant Singh.

In his address, Gupta stated that Bani's tourism potential had long remained untapped under successive non-NC regimes.

He alleged that no substantial efforts were made by the BJP over the past 11 years to improve the condition of the region or uplift



the lives of its people. "Local schools, college, and health centers in Bani were in a dilapidated state due to non-functional attitude of LG regime.

A young girl from Halwai even had to write to the Prime Minister seeking intervention to repair her school, but no action was taken during the LG administration. There was hardly any visible development, and critical projects were neglected," he said.

Gupta, however, added that the situation has improved since the Omar Abdullah-led government assumed office. "The government has allocated ₹228 crores for development projects in Bani. Several projects have been

completed, while others are nearing completion. Healthcare and educational infrastructure are being upgraded. The school that the young girl had written about has now been constructed and completed, reflecting the intent and commitment of the elected government," he said.

He further noted that road infrastructure, including inner routes, is being upgraded, and previously stalled projects are now progressing. "People are relieved as the local administration has become more responsive and accountable," he added.

Reiterating the government's commitment, Gupta said that Bani's

tourism potential will be fully explored, with destinations like Sarthal being developed into major tourist attractions. "The Omar Abdullah-led government is focused on inclusive development, without discrimination based on region, religion, or sect. Despite limited resources and various challenges, the government is making steady progress in improving civic amenities, ensuring ration supply, generating employment, protecting heritage and ecology, and promoting local art, craft, and tourism," he said.

Mr Gupta urged all the party functionaries to gear up the party cadre for Panchayat elections.

Director Agriculture Jammu reviews supply, stock position of Fertilizers

HIMALAYAN MAIL NEWS
JAMMU, APR 30

Director Agriculture Jammu Anil Gupta, who is also the Controller of Fertilizers for the Union Territory of Jammu & Kashmir, today chaired a high level meeting here at the Krishi Bhawan to assess the preparations for the visit of Parliamentary Standing Committee on Chemicals and Fertilizers to Jammu & Kashmir in last week of May, 2026.

The meeting was attended by the representatives from the fertilizer companies and officers from the enforcement wing. During the visit, scheduled from May 22 to May 30, 2026, the Committee shall visit multiple locations across the UT to assess the availability, distribution and regulation of fertilizers, as well as initiatives taken for strengthening the domestic fertilizer sector.

Detailed deliberations were held to assess the current status of fertilizer availability in the Union Territory, streamline dis-



tribution mechanisms and identify any potential instances of misuse or diversion. The discussions also aimed at ensuring that all necessary arrangements and data inputs are in place for the upcoming visit of the Parliamentary Committee.

Joint Director Agriculture (Extension) Sanjay Anand; Assistant Director Law Enforcement (ADLE) Kuldeep Singh; JAEO I/c Fertilizer Section, (DoAJ) Kamal Sharma and Heads of leading fertilizer companies including Chambal Fertilisers and Chemicals

Limited (CFCL), Indian Farmers Fertiliser Cooperative Limited (IFFCO), National Fertilizers Limited (NFL) and Indian Potash Limited (IPL), participated in the meeting.

The Director emphasized the critical importance of maintaining an efficient and transparent fertilizer supply chain in the Union Territory. The concerned officers and representatives from fertilizer companies were asked to ensure adequate stocking and timely supply of fertilizers across all districts, while strictly adhering to regula-

tory norms. They were asked to compile comprehensive and accurate district-wise data on availability and consumption patterns for effective presentation before the Parliamentary Committee. "Strict vigilance shall be maintained to prevent any misuse or irregularities," he stressed and directed to take prompt corrective measures wherever necessary. The Director asked for designating nodal officers for smooth coordination and facilitation during the Committee's visit.

Agriculture Department Kishtwar pushes Crop diversification

HIMALAYAN MAIL NEWS
JAMMU, APR 30

In a major push towards strengthening vegetable cultivation and enhancing farmers' income, the Department of Agriculture Kishtwar today concluded a 3 day sale and distribution drive of hybrid seedlings in the district.

The initiative was carried out under the directions of Deputy Commissioner Pankaj Kumar Sharma and under the guidance of Chief Agriculture Officer (CAO) Kushal Chandel.

The three-day distribution drive, conducted from April 28 to April 30, witnessed an overwhelming response from the farming community, culminating in the sale of approximately 72,000 seedlings.

Hybrid seedlings of brinjal, tomato and marigold flowers were made available to farmers at highly affordable prices through two designated sale counters—one at the AEO Office and another at the New DC Office.



Farmers from various parts of the district availed themselves of the opportunity to procure high-quality planting material aimed at boosting crop productivity and improving economic returns.

The CAO reiterated the department's commitment to agricultural development in the District through the promotion of improved crop varieties and modern farming practices. Beneficiary farmers expressed gratitude for the initiative, highlighting that the timely availability of quality hybrid seedlings would significantly support their upcoming cultivation season and improve overall yields.

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SKIMS Medical College Leads Drug Awareness Program Among Students Under Nasha Mukta Abhiyan

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As part of the ongoing 100-day Nasha Mukta J&K campaign, SKIMS Medical College organized a comprehensive awareness and sensitization programme at a coaching centre in Srinagar, engaging around 130 students in a focused dialogue on substance abuse, stress management and strategies.

The session commenced with trainee doctors Zara and Farhaan, who highlighted the growing pressure faced by aspirants preparing for competitive examinations. They stressed the importance of managing stress through positive methods rather than resorting to harmful substances. "Competitive exams can be stressful, but turning to drugs or smoking for relief only deepens the problem. Healthy coping mechanisms and self-discipline are key to long-term success".

Professor Ashfaq from the Department of Community Medicine delivered a compelling message, describing substance abuse as "a trap with easy entry but a very difficult exit." He urged students to adopt a firm stance against smoking, calling it "the first step towards saying no to



drugs." His remarks underscored the critical need for early prevention and awareness among youth.

Clinical Psychologist Kausar Sidiq conducted an engaging session on the psychological and social impact of substance abuse. Drawing from real-life experiences at the Addiction Treatment Facility of SKIMS Medical College Bema, she provided valuable insights into how addiction affects individuals and families.

"Substance abuse not only damages physical health but also disrupts

emotional stability, relationships, and future aspirations".

The programme also featured an interactive question-and-answer session, where students actively engaged with the experts, raising queries on addiction, mental health and stress management. The panel addressed their concerns with practical guidance and evidence-based responses.

Concluding the session, trainee doctor Zaid emphasized the importance of maintaining clarity of purpose and direction in life.

"When young people remain focused on their goals and values, they are far less likely to fall into the trap of substance abuse," he said.

The organisers reaffirmed their commitment to extending such outreach initiatives to more educational institutions across the region.

The programme was conducted under the guidance and leadership of Principal Prof. Dr. Fazlul Qadir Parray, with the team pledging continued efforts to strengthen awareness and prevention under the Nasha Mukta campaign.

Free health check-up camp hosted for drivers at Ramban

RAMBAN, APRIL 30:

In a significant initiative aimed at promoting the health and well-being of the transport fraternity, the Motor Vehicles Department (MVD) Ramban, in coordination with the Health Department, today organised a free medical health check-up camp for drivers, conductors and other members of the transport operators here at the Community Hall.

The camp was organised in line with the directives of Deputy Commissioner Mohammad Alys Khan to promote physical fitness and health awareness among the transport workers, who play a vital role in public transportation and road safety.

More than 100 drivers and conductors participated in the camp and un-



derwent comprehensive health screening conducted by a team of doctors deputed by the Health Department, including a General Physician and an Ophthalmologist. The medical examination focused on overall physical fitness, vision assessment and other health parameters essential for safe driving.

The programme also formed part of the ongoing 100-Day Nasha Mukta Jammu & Kashmir Ab-

hiyan, being actively implemented across the district to create awareness against substance abuse and promote a drug-free society.

During the interaction, participants were sensitised to the harmful effects of drug addiction, particularly the grave risks associated with driving under the influence of intoxicants. Drivers and conductors were urged to become ambassadors of the anti-drug campaign by spreading

awareness within their communities and strictly refraining from the use of any intoxicating substances.

During the camp, participants were also educated about road safety measures, including defensive driving practices, adherence to traffic regulations and maintaining alertness while operating vehicles.

The transport union members appreciated the initiative and expressed gratitude to ARTO Varun Bhasin for organising the much-needed health check-up camp for the transport community.

The ARTO informed that similar free medical check-up camps shall be organised in Gool, Ukhral, Banihal, Batote and other areas of the district in the coming months.