

# HP Governor releases Chandan Negi's Dogri-Punjabi Dictionary



HIMALAYAN MAIL NEWS  
JAMMU, MAY 17

The Hon'ble Governor of Himachal Pradesh, Shri Kavinder Gupta, on Saturday released the Dogri-Punjabi Dictionary authored by Lt. Smt. Chandan Negi at a function jointly organised by the Punjabi Lekhak Sabha and the Jammu & Kashmir Academy of Art, Culture and Languages at KL Sehgal Hall, Jammu. Speaking on the occasion,

the Governor said that literature is not merely a collection of words but a powerful medium capable of giving direction to society and bringing meaningful social transformation. He observed that the creation of any literary work reflects immense patience, sensitivity and deep contemplation.

Reflecting on India's rich linguistic heritage, Governor Gupta emphasised that languages are not merely instruments of communication but living repositories

of civilisation, culture, history and traditions. He paid tribute to the Punjabi literary tradition for spreading the message of love, brotherhood, courage and human values.

Commending the organisers for their efforts in preserving literature and culture, the Governor stressed the importance of connecting the younger generation with their linguistic and cultural roots. He said India can truly become stronger only by safeguarding its rich

heritage and traditions. Highlighting the growing influence of technology, Governor Gupta remarked that despite the rapid rise of the digital age, books continue to remain highly relevant. "Books do not merely impart knowledge; they nurture sensitivity, critical thinking and moral values," he said, while urging the youth to engage more deeply with literature and culture. Concluding his address, the Governor reiterated that literature acts as a true mirror of society and serves as a catalyst for positive social change. He congratulated the family of Lt. Smt. Chandan Negi and extended his best wishes to the organisers.

The function was attended by Prof. Lalit Magotra, Padma Shri awardee and President of Dogri Sanstha Jammu, Khalid Hussain, Sahitya Akademi Awardee, Dr. Baljit Singh Raina, President Punjabi Lekhak Sabha Jammu, noted Punjabi novelist Mrs. Surinder Neer, Dr. Upinder Singh Ghai, Mrs. Arvinder Ghai and Mrs. Manvi Chatwa, among other distinguished guests.

# Nova IVF, Rotary Club host community awareness event on Menstrual Hygiene

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World Menstrual Hygiene Day is observed on 28 May every year. Nova IVF Fertility, Jammu, in collaboration with the Rotary Club, organised an event on 17 May 2026, at Royal Park Greater Kailash, Jammu. The initiative aimed to educate women on menstrual hygiene, PCOS (now renamed as PMOS), irregular cycles, fertility, and seeking importance of timely medical guidance, empowering Jammu's women to take charge of their health. The event saw attendance from x women.

The need for such awareness is important where studies indicate that nearly 20% per cent of women in Jammu are affected by PCOS (Now renamed as PMOS). There is also poor menstrual hygiene practices, where people don't track their menstrual cycles, they have infections in pelvic areas, and are not aware about safe way of using menstrual hygiene products.

At the awareness session, Dr. Poonam Pandotra, Fertility Specialist, Nova IVF Fertility, Jammu, addressed attendees on key topics including menstrual health and hygiene, early



signs of PCOS and hormonal disorders, and when to seek specialist consultation. "Menstruation is a window into a woman's overall fertility and hormonal health. We see far too many young unmarried and married women normalising irregular cycles, severe pain, or excessive bleeding without realising these could be early signals of PCOS (now renamed as PMOS), endometriosis, or other treatable conditions. Through this initiative with Rotary Club Jammu, we hope to break the silence around menstrual health and enable women to seek timely care for the betterment of their fertility health.

The Rotary Club of Jammu, known for its com-

mitment to community service, co-presented the event as part of its ongoing efforts.

RTN Dr. Shivani Choudhary, President, Rotary Club of Jammu, said "At the Rotary Club of Jammu, we believe that a healthy community begins with informed individuals. Menstrual health and Fertility health is a topic that still carries unnecessary shame and silence in many parts of our city, and that silence has real consequences for women's well-being. By bringing together medical expertise and community reach, we were able to create a safe space where women felt comfortable discussing their health, asking questions, and accessing care. We are proud to have

partnered with Nova IVF Fertility in this effort, and we hope this event marks the beginning of continued, open conversations around women's reproductive health in Jammu."

The session concluded with an open Q&A, where attendees interacted directly with Dr. Poonam Pandotra and received personalised guidance. Through this outreach, Nova IVF Fertility and the Rotary Club of Jammu reaffirmed their shared commitment to community health, reinforcing the spirit of World Menstrual Hygiene Day by ensuring that credible, compassionate health education reached the women who needed it most.

# Congress Left India Power-Starved; Modi Government Built an Energy Powerhouse



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Bharatiya Janata Party (BJP) Jammu & Kashmir General Secretary and former Deputy Mayor Jammu Baldev Singh Billawaria, praised the historic achievements India is making in the field of energy security and green energy under the leadership of Prime Minister Narendra Modi. He said that the recent energy cooperation agreement with the United Arab Emirates is a symbol of India's strategic and economic strength. He stated that due to Prime Minister Modi's successful foreign policy and global leadership, major countries across the world are now coming forward to establish long-term partnerships with India.

Billawaria said that the

agreement by UAE's to store up to 30 million barrels of oil in India's strategic petroleum reserves and ensure long-term LPG supply is a highly significant step toward strengthening the country's energy security. He said that this agreement is not limited to the energy sector alone, but is also a visionary decision aimed at ensuring India's economic stability, national security, and future energy requirements. He added that amid constantly changing geopolitical situations, wars, and fluctuations in crude oil prices at the global level, India's move to strengthen its energy reserves will provide the country with stability even during times of crisis.

Billawaria stated that under the leadership of Prime Minister Narendra Modi, India has witnessed historic transformation in the energy sector over the past decade. He said that while India's non-fossil fuel-based energy capacity stood at around 80 gigawatts in 2014, it has now increased to more than 283 gigawatts. This achievement demonstrates that India is no

longer a country dependent solely on conventional energy sources, but is rapidly emerging as a global leader in clean and sustainable energy. He further said that the central government is making large-scale investments in sectors such as solar energy, wind energy, green hydrogen, electric mobility, metro networks, and railway modernization. As a result, environmental protection is being strengthened while new employment opportunities are also being created across the country.

Billawaria said that the Government of India is continuously working to promote electric mobility. The use of electric vehicles is being encouraged nationwide, public transportation systems are being modernized, and metro and railway networks are being rapidly expanded. Targeting the Indian National Congress, Billawaria said that those under whose rule coal scams, power shortages, and policy corruption became synonymous with governance should introspect before speaking on

development and energy security today. He alleged that Congress always placed political interests above national interest, whereas the Modi government is working with the spirit of "Nation First." Billawaria further said that due to Prime Minister Narendra Modi's policies, India has taken strong steps toward reducing dependence on energy imports by diversifying its "energy basket." He stated that today the entire world acknowledges India's growing economic strength, strong leadership, and visionary policies.

In conclusion, Baldev Singh Billawaria said that the central government's people-centric and visionary policies are providing new direction to the country in the areas of energy security, economic strength, and environmental protection. He expressed confidence that under the leadership of Prime Minister Narendra Modi, India will emerge as one of the world's leading powers in the fields of energy, technology, and green development in the coming years.

# 370 Abrogation Played a Vital Role in J&K's Development: Jugal MP

HIMALAYAN MAIL NEWS  
JAMMU, MAY 17

A two-day workshop - Pandit Deen Dayal Upadhyaya Prashikshan Mahabhiyan by the Bharatiya Janata Party (BJP) Jammu South Unit concluded today at Patnitop with enthusiastic participation from party leaders and workers.

The workshop was attended by Jugal Kishore Sharma, Member of Parliament; Vikram Randhawa, MLA Bahu Assembly Constituency; Dr. Narinder Singh, MLA Jammu South; Baldev Singh Billoria, BJP General Secretary; Rakesh Mahajan and Rajeev Charak, BJP State Vice Presidents; Pawan Sharma, State Secretary; Naresh Singh, District President BJP; Parduman Singh; Vipan Sharma; Bijeshwar Rana; Mandal Presidents; Morcha Presidents; former Corporators; former Sarpanches and Panches; and other senior party leaders.



The workshop comprised a series of informative sessions on various organizational and developmental subjects conducted by senior BJP leaders.

Addressing the gathering, Jugal Kishore Sharma highlighted the transformative changes and rapid development in Jammu & Kashmir following the abrogation of Article 370 and 35A. He emphasized the implementation of mega development projects under the leader-

ship of Sh Narendra Modi, Hon'ble Prime Minister of India. He stated that August 5, 2019 will be remembered as a historic day in the history of Jammu & Kashmir, when a landmark decision was taken by Sh. Amit Shah, Hon'ble Union Home Minister, under the leadership of the Hon'ble Prime Minister Sh. Narendra Modi Ji.

Vikram Randhawa apprised party workers about various centrally sponsored

schemes and their effective implementation at the grassroots level.

Dr. Narinder Singh conducted a session focusing on the present scenario and emerging role of Artificial Intelligence (AI) in governance and development.

The workshop concluded with a renewed commitment among party leaders and workers to strengthen organizational efforts and accelerate developmental outreach across the region.

# BJP's growth rooted in nationalism, discipline and public service: Sat



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Bharatiya Janata Party (BJP), Jammu & Kashmir, organized various district-level training camps under the ongoing "Pt. Deen Dayal Upadhyay Prashikshan Mahabhiyan" across different districts to strengthen the organizational structure and ideologically empower party workers.

J&K BJP President and Rajya Sabha MP Sat Sharma, accompanied by Leader of the Opposition in the Jammu & Kashmir Legislative Assembly Sunil Sharma, MLA Shagun Parihar, and District President

Ravi Parihar participated in the district-level training workshop of Kishtwar District in Paddar.

Sat Sharma, while addressing, said that the Bharatiya Janata Party has evolved from a cadre-based ideological movement into the world's largest democratic political organization due to its unwavering commitment to nationalism, organizational discipline, and public service. He said that the BJP draws inspiration from the principles of Pandit Deendayal Upadhyay, Dr. Syama Prasad Mookerjee, and other great nationalist leaders who dedicated their lives to nation-building.

Sunil Sharma spoke on the historic transformation

in J&K after the abrogation of Article 370. He said that the removal of Article 370 and 35A ended decades of discrimination and paved the way for inclusive development, transparency, and stronger democratic institutions. He stressed that under Modi government, J&K has witnessed unprecedented development in infrastructure, tourism, connectivity, healthcare, and public welfare schemes.

Meanwhile, BJP General Secretary (Organization) Ashok Koul addressed the District Level Training Camp of Rajouri district on the topic "Vichar Parivar." Rajya Sabha MP Gulam Ali Khatana, former BJP J&K

President Ravinder Raina, District Prabhari Rajouri Munish Sharma, and District President Nowshera Dev Raj Sharma were also present on the occasion.

Ashok Koul, while elaborating on the concept of "Vichar Parivar," said that the BJP is not merely a political party but part of a larger ideological family committed to nationalism, cultural values, and social harmony. He said that organizations working with nationalist thought collectively contribute towards nation-building while preserving India's civilizational ethos.

In another workshop organized in Ramnagar for Udhampur district, BJP J&K General Secretary Baldev Singh Billawaria, along with District President Arun Gupta, and MLAs R.S. Pathania, Balwant Singh Mankotia, and Sunil Bhardwaj, participated in the programme and inaugurated an exhibition highlighting the party's organizational journey, achievements, and public welfare initiatives.

# VKM Charitable Trust extends support to LG s Nasha Mukht Abhiyan



HIMALAYAN MAIL NEWS  
JAMMU, MAY 17

Shri Vijay Kumar Mahajan Charitable Trust extends Support to Nasha Mukht Abhiyan, Chairperson chhavi Chowdhary Thanks honourable LG Manoj Sinha sahab. The Trust today reaffirmed its commitment to the Nasha Mukht J&K Abhiyan, thanking Hon LG for spearheading the campaign.

Addressing a gathering of dignitaries, chhavi Chowdhary expressed gratitude to the LG, Chief Guest DIG Shri Patil, Shri Rajesh Gupta ji president VHP J&K ladakh, Brahma Kumari didi Ji, Shri Abrol ji, esteemed achievers of Jammu, and all friends and family present.

This mission started by Hon'ble LG is a great initiative for the future of our youth. We are thankful that the Trust is now linked to

this noble cause.

She added Drug abuse doesn't just harm an individual — it breaks families and weakens society. We must all commit ourselves to making J&K a drug-free state.

The trust will work at the ground level to spread awareness, support rehabilitation, and promote education as the strongest weapon against addiction.

The event was attended by senior officials, social

workers, youth achievers, and civil society members who jointly pledged — na karenge, na karne denge.

The Trust will continue to partner with the administration, police, and health department to take the Nasha Mukht Abhiyan to schools, colleges, and villages across J&K.

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