

LG honors Nari Shakti with Lal Ded National Award at Srinagar

HIMALAYAN MAIL NEWS
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The Lieutenant Governor, Shri Manoj Sinha today attended the "Lal Ded National Award Ceremony" at Srinagar. The prestigious award event was organised by Sarhad, Pune. Speaking on the occasion, the Lieutenant Governor said the Nari Shakti, honored by Lal Ded National Award, has achieved remarkable accomplishments in their respective fields.

He said the blessings of saints like Lal Ded have nurtured and preserved the nation's vision, its arts, literature, music, folk traditions, and deep spiritual wisdom.

"By setting new standards in their fields, remarkable women achievers have helped shape the soul of society. Women empowerment must be a top priority for both society and government. We must also prioritize women in innovation and entrepreneurship so enterprises led by them become stronger," the Lieutenant Governor said.

The Lieutenant Governor said in today's world, Lal Ded's message can become



a lifeline for humanity and her philosophy of compassion, truth, and morality is the foundation of a global society that seeks peace, inclusion, and fraternity.

"Lal Ded's life teaches society that no matter how great the challenge, a person's inner strength, faith, and courage can turn even the toughest trials into opportunities for growth and learning. Lal Ded became a beacon of hope for all seekers who dared to believe that humanity can truly become better and her ideals guided people toward a more harmonious world," the Lieutenant Governor said.

He observed that Nari Shakti exemplifies sacrifice, compassion, and equality, and it is solemn

duty of society and nation alike to secure full rights for women.

"I believe gender equality is a call for men to stand shoulder to shoulder with women and to be partners and allies, and to jointly build a just society and developed India while fulfilling their responsibilities. I firmly believe that when women progress, families progress and families progress, the nation progresses. Women play a crucial role in nation-building and its evidence is visible across every sphere of life," the Lieutenant Governor said.

The prestigious award was conferred on contemporary Kashmiri poet Smt. Bimla Raina; Sahitya Akademi Award-winning

poet Prof. Naseem Shafaie; scholar, author and Rajbhasha expert, Dr. Sakina Akhtar; Dr. Syed Darakhshan Andrabi Chairperson, J&K Waqf Board and the Lifetime Achievement Award was presented to eminent writer, academician, and translator Prof. Neerja Mattoo.

Smt. Vijaya K. Rahatkar, Chairperson, National Commission for Women; Shri Vijay Dhar, educationist; Shri Sanjay Nahar, Founder President, Sarhad; Smt Sushma Nahar, Founder Secretary, Sarhad; senior officials, members of Sarhad Foundation, and prominent citizens from different walks of life attended the award ceremony.

Director Tourism Jammu Reviews Vibrant Village Programme at Arnia

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Director Tourism Jammu Dr Vikas Gupta today visited border villages Pindi Charkhan and Trewa in Tehsil Arnia and attended Special Gram Sabhas organised by the Block Development Officer, Arnia, Viplov Sudan under the Vibrant Village Programme (VVP). The Director visited the villages in his capacity as Nodal Officer to review developmental requirements and held consultations with local stakeholders for formulation of a comprehensive development plan under the scheme.

During the proceedings, Vikas Gupta interacted extensively with former Panchayati Raj Institution members, local residents and prominent citizens of the area to obtain first-hand feedback regarding the developmental needs and priority sectors requiring



intervention in the villages. He also held discussions with officers of vari-

ous line departments and sought detailed inputs for preparation of a draft ac-

tion plan aimed at ensuring planned and sustainable development.

AIIMS Jammu organises CME on Ophthalmological Diagnostic Innovations

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All India Institute of Medical Sciences Jammu organised a CME-cum-workshop on "Diagnostic Innovations and Clinical Applications in Cornea and Retina" at its Convention Centre on May 16, aimed at enhancing diagnostic and interpretative skills among ophthalmologists, post-graduate students, optometrists and paediatricians.

The academic programme focused on recent advances in corneal and retinal imaging techniques and their clinical applications in patient care. Experts discussed emerging diagnostic technologies and their role in improving treatment outcomes through early and accurate detection of eye disorders.

Renowned experts from Postgraduate Institute of Medical Education and Research, including Prof. Chintan Malhotra and Dr. Deeksha Katoch, along with Dr. Diva Kant Mishra, delivered lectures and in-



teractive sessions during the programme.

Key topics covered included corneal topography and topographic patterns in ectatic disorders, early detection of keratoconus, Retinopathy of Prematurity (ROP) screening guidelines, and the basics of OCT angiography along with its clinical applications.

The CME was conducted under the patronage of Prof. (Dr.) D.N. Sharma and Prof. (Dr.) Meeta Gupta. Speaking on the occasion, Prof. Sharma

stressed the importance of organising such academic programmes regularly to strengthen clinical expertise, promote continuous professional learning and ensure high-quality patient care through the adoption of emerging diagnostic advancements.

The Organising Chairperson, Dr. Bhavani Raina, welcomed the guests and introduced the CME. Co-Organising Chairperson Dr. Nitin Kumar, along with Organising Secretaries Dr. Nazia Anjum and

Dr. Ridham Nanda, moderated the event and encouraged active participation from residents. Senior Residents Dr. Asma Jabeen and Dr. Shefali Verma coordinated the programme.

The CME was attended by Dr. Renu Hashia, Dr. Maneesha Sethi and Dr. Priyanka Sodani. The programme served as a platform for academic exchange and is expected to improve patient care through better diagnostic accuracy and timely intervention.

Awareness activities under Nasha Mukta Abhiyan continue across Bandipora

BANDIPORA, MAY 19:

Awareness and outreach activities under the ongoing 100-Day Nasha Mukta Jammu and Kashmir Abhiyan continued across Bandipora district on Tuesday with anti-drug awareness programmes, pledge ceremonies, rallies and outreach drives organised at various educational institutions and public places.

Various educational institutions across the district organised anti-drug awareness activities under Nasha Mukta J&K Abhiyan. Govt High School Kanzalwan Gurez conducted awareness sessions, rallies, essay writing, painting and slogan writing competi-

tions, pledge ceremonies and parent-teacher interactions to spread awareness against drug abuse.

Similarly, HSS Quilmuqam organised awareness talks, poster-making, slogan-writing, quizzes, counselling sessions and rallies, while HSS Gadakhud organised a grand anti-drug awareness programme in collaboration with Inder Cultural Forum Sonawari Kashmir featuring cultural performances, anti-drug skits and a mass pledge against drug abuse.

Pledge ceremonies and awareness activities were also conducted at HS Panar, HSS Ketson, Govt High School Achoora, HS

Koragbal and GHS Nadihal as part of the ongoing campaign.

District Drug De-Addiction Centre (DDAC) Bandipora, in collaboration with District Administration Bandipora, conducted a large-scale outreach awareness drive across passenger vehicles and public transit points under the ongoing "Mission 100 Nasha Mukta Jammu & Kashmir" campaign.

Awareness teams sensitised passengers travelling in buses, mini-buses, vans, Sumos and auto-rickshaws regarding the harmful consequences of drug addiction and informed the public about free counselling, treatment and rehabilitation services avail-

able at DDAC Bandipora.

Officials of DDAC Bandipora highlighted the importance of awareness, timely intervention, counselling and community participation in tackling the menace of substance abuse.

The outreach drive received appreciation from passengers and members of the public for taking awareness programmes directly to the people.

A comprehensive Nasha Mukta Abhiyan programme was organised at Spaceage Model Higher Secondary Institute Kaloosa, Mehboob-ul-Aalam College of Education Bandipora and Malla Aziz Paramedical Institute Kaloosa.

Ruchi Gujar turns Cannes Red Carpet into Global statement against Ghughat Practices

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At the 79th Cannes Film Festival, Indian actress Ruchi Gujar transformed one of the world's most glamorous red carpets into a platform for social conversation, cultural introspection, and women's empowerment. Dressed in a striking traditional Rajasthani ensemble with a dramatic pink ghughat-inspired veil, Ruchi Gujar made a bold and symbolic statement against forced ghughat practices still prevalent in parts of rural India. While the look celebrated the beauty, craftsmanship, and heritage of Rajasthan, it simultaneously challenged the idea that a woman's identity, voice, or freedom should ever exist behind a veil of compulsion. Her appearance instantly sparked conversations across social media, fashion circles, and international observers, with many calling it one of the most politically and socially charged Indian appearances at Cannes in recent years.

Speaking at Cannes, Ruchi Gujar said: "I did not wear the ghughat as a symbol of silence. I wore it as a symbol of resistance. A woman's dignity should come from equality, confidence, and freedom — not from hiding her face. If my presence at Cannes can start even one conversation about women trapped un-



der social pressure, then this walk had meaning beyond fashion. "My Ghughat Is Not Submission. It Is A Protest."

Coming from Rajasthan herself, Ruchi shared that the issue is deeply personal and rooted in realities she has witnessed growing up. "Culture should empower women, not erase them. Tradition should evolve with time. Respect should never demand invisibility."

Her powerful appearance drew comparisons to several global celebrities who have historically used Cannes and international

fashion platforms to raise awareness about important issues.

Much like Cate Blanchett has used red carpets to advocate for refugees and sustainability, Emma Watson championed ethical fashion and gender equality, and Aishwarya Rai Bachchan brought Indian representation to global luxury fashion conversations, Ruchi Gujar chose Cannes not merely for glamour — but for impact.

Fashion critics noted that her look balanced symbolism and spectacle — a vibrant pink lehenga adorned with intricate sil-

ver zari embroidery, traditional jewellery, bangles, and a translucent ghughat that intentionally covered her face while still allowing visibility — representing countless women whose identities remain visible yet unheard.

The ensemble was designed by celebrated designer Roopa Sharma. Ruchi Gujar also appealed for stronger conversations around women's rights and empowerment in rural India, urging society to distinguish between voluntary cultural expression and forced social control.

She further expressed hope that influential leaders, policymakers, and social institutions would encourage awareness, education, and freedom of choice for women across villages and smaller towns.

Interestingly, this is not the first time Ruchi has generated headlines at Cannes. Last year, she drew massive attention for wearing a special necklace featuring Prime Minister Narendra Modi — a gesture she described as her pride in representing India globally.

This year, however, her statement carried a sharper social edge — positioning her not just as a fashion figure, but as a voice willing to provoke dialogue. As debates continue online, one thing remains undeniable. Ruchi Gujar did not just walk the Cannes red carpet. She used it as a stage for conversation, confrontation, and change.

CS calls for concrete action plan to control Cancer in J&K

SRINAGAR, MAY 19:

Chief Secretary, Atal Dulloo today held detailed consultations with leading healthcare institutions and medical experts regarding the formulation of a comprehensive cancer control strategy for Jammu and Kashmir aimed at strengthening awareness, screening, diagnosis, treatment and preventive oncology across the Union Territory.

The meeting was attended by Commissioner Secretary, Health and Medical Education Department; Director, SKIMS; Principal, Government Medical College, Srinagar/Jammu/SKIMS Medical College; Managing Director, National Health Mission; representatives from Indian Council of Medical Research and Tata Memorial Centre

besides faculty members and experts from various medical colleges and healthcare institutions of the UT.

During the deliberations, the Chief Secretary outlined the broad framework of the strategy to ensure an effective and sustainable impact on the ground.

He emphasized the need for extensive Information, Education and Communication (IEC) activities to generate awareness among the masses about cancer prevention and early diagnosis.

He further stressed the importance of establishing a robust Cancer Registry for collection and analysis of disease-related data, besides undertaking population-based screening in accordance with the guidelines of the Indian Council of Medical Research.

The Chief Secretary observed that early detection and timely management of cancer cases remain critical for reducing the burden of the disease and improving survival outcomes. He underscored the need for ensuring proper treatment of patients strictly in line with established medical protocols while simultaneously promoting preventive oncology measures to safeguard the population from this life-threatening disease.

Reviewing the progress made so far, the Chief Secretary directed the expert committees constituted earlier to come up with concrete action plans within the next one month after conducting a detailed analysis of the prevalence of cancer and the existing treatment facilities available across Jammu and

Kashmir.

He also asked the committees to assess the requirement for capacity building and strengthening of manpower in the healthcare sector for effective implementation of the proposed strategy.

He further instructed the Health and Medical Education Department to establish a dedicated core team of professionals drawn from different medical college faculties to ensure that the formulation and execution of the cancer control plan is taken forward in a coordinated and time-bound manner.

He also called for expediting the framing of comprehensive screening guidelines in collaboration with the Indian Council of Medical Research so that early detection of the disease becomes a practical reality across the UT.