

SKUAST-K, CPRI join hands to strengthen Potato cultivation in Gurez

HIMALAYAN MAIL NEWS
JAMMU, MAY 20

Working under the leadership of the Vice-Chancellor SKUAST-Kashmir, Prof. Nazir Ahmad Ganai and instrumental support by the Director Extension-cum-Dean Faculty of Horticulture, Prof. Raihana Habib Kanth, the varsity is moving ahead to revitalize further the potato seed production system across Gurez valley.

In this endeavour, the Division of Vegetable Science (FoH) in collaboration with KVK / MAR&ES Gurez today organized a mega Farmers awareness-cum-training programme at village Zedgay Tulail valley under ICAR- Tribal Sub Plan (TSP) All India Coordinated Research Project on Potato (AICRP on Potato) sponsored by ICAR -Central Potato Research Institute (CPRI) Jalandar.

The programme was attended by the Head CPRI Jalandar, Head / Scientist, KVK, MAR&ES Gurez, Scientists from Division of Vegetable Science (FoH), besides large number of tribal farmers /farm-women.

Speaking on the occasion, Head CPRI Jalandar, Prof Anil Sharma informed that Gurez was the most favourable place for growing quality potato under natural and organic pursuits and that CPRI shall provide all support for



overall development of economically important and heritage crop of Gurez valley.

Extending gratitude to Prof. & Head Division of Vegetable Science, the Principal Investigator ACRIP on Potato Prof. Faheema Mushtaq in her message highlighted the initiatives taken by the University for promotion of potato and to develop the area as Seed hub on participatory basis.

Referring to the recent developments done at Badugam and Neera villages of Tulail valley, she informed that in the backdrop of significant results,

the efforts are on to bring other areas of Gurez under the ambit of seed production system to reduce the dependency on imports. Today's programme at zedgay Tulail was a post-script to the efforts in place for the purpose, she informed.

In this endeavour, a one-day awareness-cum-training programme was conducted wherein the beneficiaries were given free of cost quality Potato seeds for sowing under scientific standards.

Block Development Officer (BDO) Gurez, Dr Iftekhar also spoke on the occasion and urged farm-

ers to take full advantage of potential technologies generated by SKUAST-Kashmir.

Meanwhile the efforts of KVK / MAR&ES Gurez for enhancing the livelihood security, income generation and attempt for changing the quality of life through rival of heritage crops besides introduction of novel technologies across Gurez valley were highly acknowledge and appreciated. The beneficiaries extended sincere thanks to organizers for conduct of such an important training programme besides distribution of quality inputs.

Mission Shakti Budgam organises Cyber Safety Awareness Programme at GDC Budgam

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SANKALP Hub for Empowerment of Women (HEW), Mission Shakti Budgam, under the aegis of Beti Bachao Beti Padhao (BBBP), organised an awareness programme on cyber safety in collaboration with the Cyber Police Station Budgam at Government Degree College (GDC) Budgam.

The programme was conducted under the supervision of Bilal Ahmad Mir, District Social Welfare Officer Budgam. The awareness session aimed to educate students about cybercrime, online frauds, digital security, safe use of social media and preventive measures to ensure online safety. The programme witnessed enthusiastic participation from students and faculty members of the college.

During the event, Afroza Ahad, District Mission Coordinator, Mission Shakti Budgam, highlighted the objectives and initiatives of Mission Shakti and stressed the importance of awareness among youth regard-



ing the safe and responsible use of digital platforms.

PW (ASI) Humayoon Kabir from Cyber Police Station Budgam delivered an informative session on emerging cyber threats, cyber bullying, online scams, phishing attacks and methods to safeguard personal information while using the internet and social media

applications. SI Suvaidd Bashir Wani from DTT DPL Budgam also addressed the participants and sensitised students about cyber laws, digital ethics, online safety practices and the importance of remaining vigilant against fraudulent online activities. He encouraged students to promptly report suspicious cyber incidents

and use digital platforms responsibly. The programme also featured a signature campaign and pledge under BBBP, promoting awareness, safety, dignity and responsible digital behaviour among youth. Informative pamphlets on cyber safety and online fraud prevention were distributed among the participants.

CME on World Hypertension Day held at SKIMS Medical College Srinagar

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Department of General Medicine, SKIMS Medical College Srinagar today organized a Continuing Medical Education (CME) programme in the College Auditorium to mark World Hypertension Day, observed globally on May 17.

The CME programme was attended by Principal, SKIMS Medical College, Prof. Dr. Fazal Qadir Parray, Heads of various departments, senior and junior faculty members, Medical Superintendent, residents, nursing staff and students.

Addressing the gathering, the Principal appreciated the Department of General Medicine for organizing the programme on a significant public health issue. He described hypertension as a "silent killer" and stressed the im-



portance of timely diagnosis and proper management to prevent complications.

Head, Department of General Medicine, Prof. Dr. Tariq Bhat, in his welcome address, highlighted the importance of conducting such academic activities and emphasized the clinical relevance of the topics discussed during the CME.

During the scientific sessions, Senior Resident Dr. Khalid Bin Mushtaq deliv-

ered a presentation on "Pre-operative Management of Hypertension," while senior faculty member Dr. Naik Muzafar, who is also a co-author of the Indian Hypertension Society Guidelines for Home Blood Pressure Monitoring, spoke on "Home Blood Pressure Monitoring (HBPM)."

The scientific sessions were chaired by senior faculty members including Prof. Basharat, Prof. Shams Bari,

Prof. Javed Malik, Prof. Tariq and Dr. Manzoor. A key highlight of the programme was the on-site hypertension screening of faculty members using automated blood pressure monitoring apparatus.

The CME concluded with an interactive discussion focusing on early detection of hypertension, lifestyle modification and adherence to evidence-based guidelines for effective blood pressure control.

One-Day Orientation cum Training Programme for PLVs of DLSA Srinagar, Budgam concludes

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In compliance with the directions of the J&K Legal Services Authority, the District Legal Services Authority Budgam, in collaboration with the District Legal Services Authority Srinagar, organized a one-day Orientation cum Training Programme for Para Legal Volunteers (PLVs) of DLSA Srinagar and Budgam at the ADR Centre, DLSA Srinagar.

The programme was conducted under the guidance of Haq Nawaz Zargar, Principal District & Sessions Judge, (Chairman DLSA) Srinagar; O.P. Baghat, Principal District & Sessions Judge, (Chairman DLSA) Budgam and under the supervision of Tabassum Qadir Parray, Secretary DLSA

Srinagar/Budgam.

The initiative aimed at strengthening the role and functioning of Para Legal Volunteers at the grassroots level and enhancing their capacity in delivering legal aid and awareness services effectively.

Chairman DLSA Srinagar, while addressing the participants, emphasized the vital role played by PLVs in ensuring access to justice for all sections of society, particularly the marginalized and vulnerable.

Chairman DLSA Budgam, joined the inaugural session virtually. In his keynote address, he directed the newly empanelled PLVs to work with dedication and stand for the constitutional values.

The welcome address was delivered by the Secretary DLSA Srinagar/Budgam.

During the technical ses-

sions, distinguished speakers deliberated extensively on various important legal and social issues. Lateef Ahmad Khan, Chief LADC Budgam spoke on the role of Para Legal Volunteers in spreading legal awareness and facilitating access to justice for marginalized and vulnerable communities.

Similarly, Faheem, System Officer elaborated on recent developments in the Legal Services Delivery System and the use of technology for efficient functioning of DLSAs. He demonstrated practically step by step operations of e-court services.

Advocate Suhaila Ali, Panel Lawyer highlighted the importance of professional and sensitive interaction with litigants, beneficiaries, and government departments.

Likewise, Nisar Ahmad

Mir, PLV DLSA Budgam discussed the implementation of various NALSA schemes and outreach programmes at village and community levels.

Advocate Mir Naveed Gul delivered an insightful session on family laws, including marriage, maintenance, custody, guardianship, judicial separation, divorce, and inheritance matters. Minhaj, Assistant LADC Srinagar addressed criminal laws relating to bail, arrest, and the rights of prisoners.

The programme concluded with an interactive session involving active participation from the attendees.

The participants appreciated the informative sessions and reaffirmed their commitment to serving society through legal awareness and assistance at the grassroots.

DC Budgam reviews Youth Engagement, Empowerment Plan

BUDGAM, MAY 20: Deputy Commissioner (DC) Budgam, Athar Aamir Khan today chaired a comprehensive review meeting regarding the Youth Engagement and Empowerment Plan at the Conference Hall of DC Office Budgam.

The Senior Superintendent of Police Budgam, Hariprasad KK was also present on the occasion. Besides, ADC budgam, CPO budgam, all SDMs, Deputy Director Employment & Counselling Centre, District Information Officer, Assistant Labour Commissioner, District Youth Services & Sports Officer, Principal ITI Budgam, Functional Manager DIC and other concerned officers were present in the meeting.

During the meeting, the DC held detailed discussions on various initiatives aimed at youth engagement, skill development, employment generation, sports promotion and awareness programmes across the district.



The DC stressed upon all departments to work in close coordination for effective implementation of youth-oriented programmes and schemes at the grassroots level. He emphasized the need to create meaningful opportunities for youth through education, skill development, sports and entrepreneurship initiatives.

The DC directed officers to intensify awareness campaigns among youth regarding various government schemes and ensure wider outreach in all blocks of the district.

He also called for organizing career counselling pro-

grammes, sports activities, motivational sessions and awareness drives to positively engage the youth.

The DC directed the Education Department and Youth Services & Sports Department to jointly prepare a comprehensive plan for large-scale engagement of youth in sports activities across the district.

He emphasized that every child should be encouraged to adopt at least one sport for their physical, mental and overall development.

The DC instructed the Education Department Budgam to formulate a structured plan under which "One Child, One

Sport" could be promoted so that children across the district actively participate in sports and recreational activities.

The DC further directed concerned officers to ensure that specially-abled children are also meaningfully involved and encouraged in sports and other youth engagement programmes through inclusive planning and supportive initiatives.

He also instructed the concerned departments to identify talented and unemployed youth and facilitate their linkage with skill development programmes and self-employment opportunities.

The DC emphasized the importance of constructive youth engagement for the overall social and economic development of the district. He called for coordinated and sustained efforts from all departments towards successful implementation of the Youth Engagement and Empowerment Plan in the district.

GCW Gandhinagar hosts awareness event on 'Drug De-addiction, Rehabilitation; Mental Health: Challenges and Solutions'

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As part of the 100 Day Nasha Mukta Bharat Abhiyaan (NMBA) campaign, Padma Shri Padma Sachdev Government College for Women Gandhinagar Jammu on Wednesday organized an awareness programme on "Drug De-addiction, Rehabilitation and Mental Health: Challenges and Solutions" here on the College Campus. The programme was a collaborative initiative of the Departments of Dogri, Hindi, Sanskrit, Statistics, Physics, Punjabi and Urdu.

The primary objective of the programme was to generate awareness among students, faculty and staff about the harmful psychological, social and physiological effects of drug abuse and to promote de-addiction, rehabilitation, early intervention and mental well-being. The programme also aimed at encouraging youth participation in building a drug-free society through awareness, counselling and collective responsibility.

Senior Superintendent of Police (SSP) Jammu Joginder Singh was the Chief Guest and Presidium Head. Addressing the



gathering, he highlighted the initiatives undertaken by the Police Department in district Jammu to curb drug abuse and promote rehabilitation through awareness campaigns and community participation. He encouraged students to remain vigilant and contribute actively towards the eradication of drug abuse from society.

A documentary on Nasha Mukta Bharat Abhiyaan was screened before the keynote session, sensitizing the participants about the serious consequences of substance abuse and the importance of prevention, rehabilitation and social awareness.

The keynote address was delivered by Dr. Shahnaz Bhatt, Director, Police Drug De-addiction, Rehabilitation and Mental

Health Care Centre, Jammu. She gave a detailed PPT presentation on the topic "Drug De-addiction, Rehabilitation and Mental Health: Challenges and Solutions." She elaborated on the psychological, social and health-related impacts of substance abuse, the warning signs of addiction and the importance of counselling, rehabilitation and emotional support systems. She also highlighted preventive strategies and the role of educational institutions and families in addressing the issue effectively.

The programme was organized under the guidance of the College Principal Dr. Kulvinder Kour, who motivated the students with her inspiring words. She emphasized the importance of awareness,

timely intervention and community participation in combating drug abuse and reaffirmed the institution's commitment towards promoting mental well-being and a healthy academic environment.

The formal welcome address and introduction of the two guests were presented by Dr. Nidhi. The proceedings of the programme were conducted by Dr. Vijender Kumar. The programme also witnessed an interactive session during which students and faculty members raised queries related to substance abuse, mental health challenges, rehabilitation and preventive strategies.

The programme concluded with a formal vote of thanks by Dr. Liaqat Jafri, who expressed gratitude to the Chief Guest, keynote speaker, Principal, organizing departments and participants for making the programme meaningful and successful.

The programme concluded with the message, "Say No to Drugs, Yes to Life," reaffirming the collective commitment towards awareness, action and rehabilitation for a drug-free and healthier society.