

Jammu Walkathon Raises Strong Voice Against Drug Abuse



HIMALAYAN MAIL NEWS
JAMMU, MAY 24

A grand Jammu Walkathon in support of the Nasha Mukta Bharat Abhiyaan - Drug Free India Campaign was organised by KIRF-J&K in collaboration with Jammu Tourism at Maharaja Hari Singh Park on Sunday.

The event was supported by the Jammu & Kashmir Cricket Association as part of the National 100 Days Drug Free India Campaign.

The walkathon witnessed overwhelming participa-

tion, with people from different walks of life assembling early in the morning to show solidarity with the mission of building a drug-free society. Prominent runners, sportspersons and fitness enthusiasts from across Jammu actively participated in the awareness drive.

Aijaz Qaisar attended the event as the chief guest, while Anissa Nabi was the guest of honour.

Addressing the gathering, Aijaz Qaisar encouraged youth to adopt sports and healthy activities to stay away from substance

abuse and lead disciplined lives. He appreciated the organisers for their continued efforts in spreading awareness against drug addiction.

Speaking on the occasion, Anissa Nabi highlighted the harmful physical, mental and social impacts of drug abuse and stressed the importance of community participation and youth engagement in making the campaign successful.

Dr. Imran Khan, Chairperson of KIRF-J&K, expressed gratitude to all participants, guests and

supporting organisations for making the event successful.

He said that more awareness programmes and fitness initiatives would be organised in the coming months with a special focus on educating youth and promoting a healthy lifestyle.

The event concluded with the distribution of mementos to sponsors, leaving behind a strong message of unity, fitness and collective responsibility towards building a Drug Free Jammu & Kashmir and a Drug Free India.

TOI Education Expo 2026 Opens New Career Avenues for Jammu Youth

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Satish Sharma, Minister for Food, Civil Supplies & Consumer Affairs, Transport, Science & Technology, Information Technology, Youth Services & Sports and ARI & Trainings Departments, on Saturday inaugurated the Times of India Education Expo 2026 at Country Inn & Suites by Radisson.

Organised by the Times of India Group, the one-day education expo brought together leading universities, colleges, education experts and career counsellors from across the country under one roof, offering students and parents an opportunity to explore higher education and career prospects.

Speaking on the occasion, the minister appreciated SP Smart for sponsoring the event and contributing towards quality educational guidance for the youth of Jammu. He emphasised the need for more such educational outreach programmes in the region to



help students make informed academic and career choices.

The expo, held from 10 am to 5 pm, witnessed participation from a large number of students, parents, academicians and professionals seeking guidance on admissions, scholarships and career planning.

The minister also appreciated the efforts of Graphic Era for its contribution to quality education and highlighted that ARNI University has specially designed scholar-

ship schemes for sports students. He encouraged aspiring athletes and students to explore such opportunities for higher education and career advancement.

Visitors at the expo interacted directly with representatives of reputed institutions and universities, including IIM Jammu, ARNI University, Chandigarh University, Sri Sukhmani Group of Institutions, Chitkara University, Graphic Era, Dehradun University, Thapar Institute of Engi-

neering and Technology and CGC Landran, among others.

The event also featured expert counselling sessions, scholarship guidance and information on emerging academic programmes, skill-based education and industry-oriented courses. Organisers said the expo aims to become a major academic outreach initiative for students of Jammu and Kashmir seeking quality higher education opportunities within and outside the region.

KVK trains farmers in scientific livestock rearing at Village Khalloo-Doda

DODA, MAY 24: Krishi Vigyan Kendra (KVK) Doda, under the aegis of Sher-e-Kashmir University of Agricultural Sciences and Technology Jammu (SKUAST-Jammu) on Sunday organized a comprehensive training programme on deworming, vaccination and animal nutrition at Village Khalloo.

The Animal Husbandry Department also coordinated in hosting the event.

The programme aimed at creating awareness among livestock farmers regarding scientific animal healthcare practices and sustainable dairy farming techniques.

The training programme was conducted under the guidance of Vice Chancellor, SKUAST-Jammu Dr B.N. Tripathi and under the supervision of Director Extension, SKUAST-Jammu Dr. Amrish Vaid.

A large number of livestock farmers, dairy farmers and rural youth participated enthusiastically and interacted with experts on various issues related to



animal health and dairy management.

The programme was organized by Chief Scientist and Head, KVK Doda Dr. Amit Singh Charak. FPO Development Officer Arsalan Gana, under the Competitiveness Improvement of Agriculture and Allied Sectors Project (JK-CIP), welcomed the participants and highlighted the importance of Farmer Producer Organizations (FPOs), government welfare schemes and scientific livestock man-

agement practices for enhancing milk production and improving farmers' livelihoods.

During the technical sessions, Dr. Vishal Kotwal from the Animal Husbandry Department delivered expert lectures on balanced feeding of dairy animals, prevention and control of common livestock diseases, vaccination schedules, clean milk production techniques and scientific management practices. He stressed that proper nutri-

tion, timely vaccination, regular deworming and hygienic milking practices are essential for improving milk quality, enhancing animal productivity and increasing farmers' income.

The experts also emphasized the importance of maintaining cleanliness in cattle sheds, proper sanitation during milking operations and regular health check-ups of animals to minimize disease outbreaks and ensure sustainable dairy farming.

Tribal Welfare & Jan Sunwai Camps strengthen last-mile governance across Kishtwar

KISHTWAR, MAY 24: In continuation to the 7-day Mega IEC Campaign "Jan Bhagdaari Sabse Door-Sabse Pehle," the district administration Kishtwar on day-6 organised a series of Awareness, Tribal Welfare and Benefit Saturation Camps across remote tribal belts of the district to ensure inclusive governance and last-mile delivery of welfare schemes.

The camps were held at various locations including Kither Block Bounjwah, Kwartanji Block Nagseni, Cherji Block Nagseni, Yordu Block Marwah, Loundri Block Drabshalla and Ajna Block Nagseni with active participation from tribal communities, public representatives and departmental officials. At the awareness/Beneficiaries Saturation Camp-cum-Jan Sunwai held at PS Know, Block Bounjwah, the programme was presided over by Additional District Development Commissioner (ADDC) Vinod Kumar Bhalal.

During the public inter-



action, the ADDC patiently listened to the grievances and developmental concerns raised by the tribal population. He emphasised that the active involvement and empowerment of tribal women in developmental activities is essential for the progress of society.

Several public issues were raised during the Jan Sunwai, particularly by the residents of Kither area. The major concerns in-

cluded soil erosion in nallah areas, damaged water supply pipes, requirement of electric poles, construction of bridges, urgent restoration of "khuls" (traditional irrigation canals) and construction of roadside drains to prevent water from damaging agricultural land.

The ADDC issued on-the-spot directions to the concerned departments for immediate redressal of several issues.

The Jal Shakti Department was directed to address water supply and soil erosion concerns, while the Power Development Department was instructed to ensure electrification of every household.

Directions were also issued for early construction of bridges and immediate restoration of irrigation channels through the concerned authorities and Tehsildar.

Congress Will Continue Its Struggle Until Statehood is Restored: Bhalla

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A significant programme under the Congress party's "San-gathan Srijan Abhiyan" was organized at Shakti Nagar in Jammu. The programme was organized by Manmohan Singh and Yogesh Sawhney, while District President Urban Jammu Yogesh Sawhney presided over the function. A large number of Congress leaders, office bearers and party workers attended the event. Jammu and Kashmir Congress Working President Raman Bhalla, former minister Mula Ram, former minister Gurbachan Rana, former MLC Subash Gupta, Mangal Baral, Sanjeev Panda and several senior leaders were present on the occasion.

Addressing the gathering, Congress Working President Raman Bhalla strongly criticized the Central Government and the BJP. He said that due to the anti-public policies of the BJP, the country, especially Jammu and Kashmir, is facing serious challenges today. He alleged that the BJP divided Jammu and Kashmir into two parts for its political interests

and hurt the sentiments of the people of the region. He said that after the removal of statehood, the democratic rights of the people have weakened and the voice of the common people is no longer being heard effectively.

Raman Bhalla stated that the Congress party has consistently been demanding the restoration of full statehood to Jammu and Kashmir and that the party's struggle will continue until statehood is restored. He said that the BJP government had made several promises regarding employment, development and better governance, but the ground reality is completely different. According to him, unemployment is continuously rising, inflation has badly affected common families and traders are struggling due to economic difficulties.

He further alleged that the BJP government is more focused on political gains rather than addressing the real issues faced by the people. Raman Bhalla said that Congress has always stood with the people and fought for their rights, and it will continue to raise the voice of the public with full strength



in the future as well. He appealed to party workers to strengthen the organization at the grassroots level and take the ideology and policies of Congress to every household.

Former minister Mula Ram also criticized the policies of the BJP government during his address. He said that the poor, farmers, labourers, traders and youth across the country are suffering because of the wrong policies of the BJP. He added that rising inflation and unemployment have made the lives of common people extremely difficult. Mula Ram said that the BJP government only

makes promises during elections but has failed to resolve the real problems of the people.

He said that the people of Jammu and Kashmir are now disappointed with the BJP and are looking towards Congress as a strong and reliable alternative. According to Mula Ram, Congress is the only party that has consistently protected democracy, the Constitution and the rights of the people. He urged party workers to reach out to the masses, listen to their grievances and spread the policies and vision of Congress among the people.

Mula Ram further said that

Congress will contest the upcoming Panchayat and local body elections with full strength and confidence. He expressed hope that the party would perform strongly with the support of the people. He emphasized that Congress is not fighting merely for power, but for the dignity, rights and welfare of the people of Jammu and Kashmir.

District President Urban Jammu Yogesh Sawhney, while addressing the gathering, stressed the importance of strengthening the party organization. He said that Congress workers must remain united

and work actively at the booth level to make the organization stronger. Yogesh Sawhney stated that the BJP government had failed to fulfill its promises of employment and development for the youth. He added that the public now wants change and is looking towards Congress with hope and expectation. He urged party workers to maintain close contact with the public and work tirelessly to strengthen the organization in every ward and locality.

Manmohan Singh, while speaking on the occasion, emphasized that strengthening the Congress organization at the grassroots level is the key to the party's future success. He said that party workers are the real backbone of Congress and their dedication and hard work will further strengthen the party across Jammu and Kashmir. He urged workers to stay united and actively participate in organizational activities at the booth and block levels. Manmohan Singh said that the Congress party has always worked for secularism, democracy and public welfare, and workers must continue spreading these

values among the people. He also stressed the need for discipline, unity and continuous public outreach to make the organization stronger and more effective. Other leaders also criticized the policies of the BJP government and emphasized strengthening the Congress organization at the grassroots level. Gurbachan Kumari and Subash Gupta appealed to party workers to remain united and work dedicatedly for the growth of the party.

The programme was attended by a large number of party workers from Block Shakti Nagar, Jammu. Prominent members present in the meeting included Sanjeev Panda, Kewel Krishan Jogi, Balli Ji, Rajinder Singh Jamwal, Rajeev Saraf, Pritam Parihar, Prabhu Dayal, Pradeep Sharma, Rakesh Kumar KC, Ranjeet Ji, Bhavishya Sudan, Om Parkash, N.K. Bali Ji, Monu Bali Ji, Pawan Sharma, Sushil Sharma, Kousal Sharma, Prabhu Mehra, Manjeet Singh Bedi, Munish Sharma, Arun Nayyar, Kirti Gupta Ji, Krishan Lal Dogra, Dev Raj Bhagat, Jagdish and several other party workers.