

District admin, AYUSH department organise yoga awareness camp at Birla Park Kathua

HIMALAYAN MAIL NEWS
JAMMU, JUNE 17

As part of a series of yoga sessions ahead of the 12th International Day of Yoga (IDY)-2026, District Administration Kathua in collaboration with District AYUSH Office Kathua conducted an awareness-cum-yoga camp at Birla Park, Kalibari Kathua.

The programme was organised under supervision of District AYUSH Officer Kathua Dr Rakesh Kumar Sharma.

Held under the theme "Yoga for Healthy Ageing," the session encouraged citizens to adopt yoga as a regular wellness practice. Nodal Officer IDY-2026 Dr Bodh Paul conducted the awareness session and sensitised participants about the importance of yoga in maintaining overall health. Yoga Instructor Ankush Modeel demonstrated various asanas and pranayama techniques, while Dr Nittan Sharma highlighted the benefits of yoga in stress



management and holistic well-being. The session also focussed on the harmful effects of substance abuse and participants took a pledge under the Nasha Mukh Bharat Ab-

hiyan and 365 Days Yoga Countdown Campaign.

The programme was attended by officers from various departments, morning walkers, Dr Vishal Malagar along with his

team and other prominent citizens. A total of 70 beneficiaries participated. The programme concluded with a vote of thanks by District AYUSH Officer Dr Rakesh Kumar Sharma.

JKAACL organises release of 'Secrets to a Long and Happy Life' at Jammu

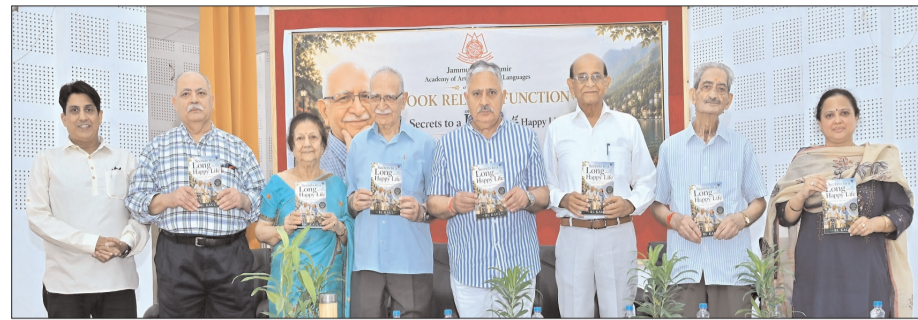
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The Jammu and Kashmir Academy of Art, Culture and Languages (JKAACL) today organised the release of the book "Secrets to a Long and Happy Life" authored by Professor BL Kaul at KL Saigal Hall, Jammu.

Former Vice Chancellor Central University of Jammu Prof Ashok Aima was the Chief Guest, while noted litterateur and President Dogri Sanstha Jammu Prof Lalit Mangotra presided over the function.

Additional Secretary JKAACL Sonali Arun Gupta welcomed the distinguished guests and underlined the importance of such literary initiatives in promoting intellectual discourse and inspiring society towards meaningful living.

Prof Ashok Aima lauded the author for addressing an important phase of human life through thoughtful and



practical work, observing that the book offers valuable insights into healthy ageing and encourages readers to adopt a balanced and purposeful lifestyle.

In his presidential address, Prof Lalit Mangotra described the book as a contribution for readers of all age groups, noting that the values and life lessons it contains are universal and relevant in contemporary society.

Professor PL Koul presented a detailed paper on the book, explaining chapter-wise the various dimensions of leading a long and happy life and highlighting

the author's emphasis on physical well-being, emotional resilience, social engagement and positive thinking. Author Dr BL Kaul shared his reminiscences about writing the book and underlined the importance of remaining active, creative and socially connected during the later years of life.

"Secrets to a Long and Happy Life: A Guide to Your Later Years" addresses one of the most significant phases of human life—the later years. Drawing on experience, observation and an understanding of the challenges and opportuni-

ties of ageing, BL Kaul offers a guide to living with dignity, purpose and contentment. Beyond physical health, the book emphasises mental well-being, emotional resilience, social engagement and a positive outlook, advocating an active lifestyle and encouraging readers to cultivate healthy habits, maintain strong relationships and pursue intellectual and creative interests irrespective of age. The proceedings were conducted by Mitali Gupta, while Chief Editor Gojri JKAACL Dr Javid Rahi presented the vote of thanks.

DC Ramban conducts public outreach programme at Batote, resolves grievances on the spot

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Deputy Commissioner Ramban Mohammad Alyas Khan today conducted a Public Grievances Redressal Camp at Batote to hear public grievances and review developmental issues of the area.

The Deputy Commissioner was accompanied by ACR Ramban Shokat Hayat Mattoo, ACD Sheraz Ahmed, CMO, CAO, CHO, CAHO, Executive Engineer JPDCL, Tehsildar Batote and other district and sectoral officers. Prominent citizens and a large number of residents participated in the programme.

Addressing the gathering, the Deputy Commissioner said that such camps bring governance to the doorsteps of the people and ensure prompt redressal of grievances and effective delivery of services.

On road-related demands, the Deputy Commissioner informed that the Nashri-Patnitop road project under NHAI is nearing completion and that issues concerning the



Sanasar-Champa Dayanuroad have been taken up with authorities concerned, with directions issued for clearance of potholes and widening of sharp curves within the coming weeks.

Executive Engineer JPDCL was directed to immediately replace damaged electric poles and worn-out cables to prevent untoward incidents, and to examine complaints regarding electricity billing and unscheduled power curtailments. Executive Officer Municipal Committee Batote was

directed to initiate construction of the proposed public toilet in the main market immediately. Engineers of the Jal Shakti Department were directed to ensure adequate and uninterrupted water supply to affected areas. The CMO was directed to ensure the proper functioning of Emergency Hospital Batote, with patient care as the foremost priority.

CAO, CHO and officers of all allied sectors were directed to organise regular awareness camps in rural

areas to educate farmers about departmental schemes, and to ensure prompt disposal and disbursement of pending KCC loan cases of eligible farmers. PWD engineers were directed to start sanctioned developmental works and ensure their timely completion.

The ACR and ACD were directed to identify suitable land for playgrounds under the Youth Engagement Initiative of the Nasha Mukh Jammu & Kashmir Abhiyan.

DODA, JUNE 17: The Jammu and Kashmir Trade Promotion Organisation (JKTPO), Industries & Commerce Department in collaboration with District Administration Doda today organised an Export Awareness Workshop, E-Commerce Onboarding Drive and a session on the India-European Union Free Trade Agreement (FTA) at Doda to promote exports, enhance market access and strengthen the entrepreneurial ecosystem.

The programme drew participation from over 90 MSMEs, artisans, farmers, Farmer Producer Organisations (FPOs), self-help groups and aspiring entrepreneurs from the district.

The workshop commenced with introductory remarks by JKTPO Faculty Vishal Ray, who underscored the need for integrating local enterprises with national and international markets and building export readiness among aspiring entrepreneurs of the region.

Additional Deputy Com-



missioner (ADC) Doda Anil Kumar Thakur graced the occasion as Chief Guest and highlighted the district's potential in agriculture, horticulture, food processing, handloom, handicrafts and other value-added products. He urged entrepreneurs, farmers and artisans to capitalise on institutional support and explore export-oriented opportunities.

During the Export Awareness Session, Gaurav

Gupta of FIEO provided insights into export procedures, market opportunities and government support mechanisms for exporters. Ullas Kumar of ECCG apprised participants about export credit insurance and risk management tools for businesses entering overseas markets.

As part of the E-Commerce Onboarding Drive, Reena Shivhare from ONDC and Anant Thakraal from GeM sensitised par-

ticipants about digital commerce opportunities, onboarding procedures and government procurement avenues on their respective platforms.

A dedicated session on the India-EU Free Trade Agreement was conducted by FIEO, focussing on emerging trade opportunities, market access prospects and preparedness required for businesses to benefit from future trade arrangements with the European Union.

Chief Secretary delineates framework for reducing multidimensional poverty in J&K

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Chief Secretary, Atal Dulloo, today chaired a high-level review meeting to assess the current status of the Multidimensional Poverty Index (MPI) in Jammu and Kashmir and deliberated upon targeted interventions required for further reducing poverty levels across the UT.

The meeting was attended by Additional Chief Secretary, Power Development Department; Additional Chief Secretary, Finance Department; Commissioner Secretary, Food, Civil Supplies and Consumer Affairs; Commissioner Secretary, Planning, Development and Monitoring Department; Commissioner Secretary, Health and Medical Education; Commissioner Secretary, Social Welfare Department; Secretary, Rural Development Department and senior officers of the Planning Department. Deputy Commissioners of all districts participated through video conferencing.

Reviewing the incidence of multidimensional poverty in Jammu and Kashmir and the indicators defining deprivation across the three broad dimensions of Health, Education and Standard of Living, the Chief

Secretary underscored the need for identification of vulnerable households in each district, initially laying focus on Antyodaya Anna Yojana (AAY) families, to facilitate outcome-oriented interventions.

He directed the Planning Department to undertake a comprehensive analysis of the updated data emerging from the forthcoming NFHS-6 survey and develop district-specific action plans aimed at improving individual indicators and accelerating poverty reduction over time.

The Chief Secretary observed that several Centrally Sponsored Schemes already provide effective instruments for addressing various dimensions of poverty. He highlighted flagship programmes such as the National Food Security Act, Ayushman Bharat, National Education Policy-2020 initiatives, housing schemes, Ujjwala Yojana and financial inclusion programmes as critical tools for improving living standards and reducing deprivation. He emphasised the need for convergence of these schemes and augmentation through capital expenditure wherever required.

He further instructed the Planning Department to devise a standardized survey format



for district-level assessment of vulnerable households and work closely with district administrations to identify gaps and priority areas requiring focused interventions.

Additional Chief Secretary, Finance, Shailendra Kumar, advised the districts to incorporate poverty reduction initiatives into their annual development plans and stressed the importance of focusing on AAY households for more targeted and actionable interventions.

During the meeting, Commissioner Secretary, Planning, Development and Monitoring Department, R. Alice Vaz, highlighted that the Multidimensional Poverty Index captures poverty beyond income and reflects deprivations experienced by households across multiple dimensions, thereby serving as an important policy tool for poverty eradication.

She informed that the current baseline MPI estimates are based on NFHS-5 data and were released in July 2023, while NFHS-6 data is presently under finalization and is expected to provide updated insights into multidimensional poverty across the country.

The meeting was informed that the MPI framework comprises twelve indicators distributed across three dimensions of Health, Education and Standard of Living. Health includes three indicators, Education two indicators and Standard of Living seven indicators, with equal weight assigned to each dimension. The estimates are derived from household-level data collected through the National Family Health Survey (NFHS).

Highlighting the J&K specific insights, the meeting was informed that the Multidimensional Poverty Head Count Ra-

tio declined sharply from 12.56 percent in 2015-16 to 4.80 percent during 2019-21. During the same period, more than 10.45 lakh people moved out of multidimensional poverty, reflecting the positive impact of sustained welfare and development interventions undertaken across the Union Territory.

It was further informed that Jammu and Kashmir is well on course to achieve Sustainable Development Goal (SDG) target of 1.2, which envisages reducing multidimensional poverty by at least half before 2030. All twelve indicators used for measuring multidimensional poverty have registered improvements, demonstrating the growing effectiveness of government initiatives at the grassroots level.

Among the districts, it was revealed that Doda, Ramban, Rajouri, Poonch and Udhampur

recorded the steepest declines in multidimensional poverty over the assessment period. Rural areas witnessed particularly notable improvement, with the proportion of multidimensionally poor population declining from 16.37 percent to 6.10 percent, while urban poverty reduced from 3.51 percent to 1.09 percent.

The intensity of poverty, which measures the average level of deprivation experienced by multidimensionally poor households, also improved significantly, declining from 44.17 percent to 42.11 percent, indicating sustained gains in living standards and access to essential services.

Presenting district-wise analysis, the meeting was informed that as per NFHS-5 based estimates for 2019-21, nearly 6.39 lakh persons belonging to around 1.28 lakh families in Jammu and Kashmir were identified as living in multidimensional poverty. While the overall poverty headcount ratio stood at 4.80 percent for the UT.

Ramban recorded the highest Multidimensional Poverty Head Count Ratio at 14.86 percent, followed by Reasi (11.40 percent), Kishtwar (10.59 percent), Udhampur (10.23 per-

cent) and Rajouri (8.07 percent), indicating the need for focused interventions and enhanced service delivery in these districts.

Conversely, Jammu district registered the lowest poverty ratio at 0.49 percent, followed by Srinagar (1.34 percent), Shopian (1.54 percent), Pulwama (2.09 percent) and Samba (2.30 percent), reflecting substantial improvements in socio-economic and developmental indicators.

In terms of absolute numbers, Baramulla accounted for the highest estimated multidimensionally poor population, followed by Udhampur, Rajouri, Kupwara and Ramban, underscoring the importance of district-specific strategies that address both the incidence and intensity of poverty.

The meeting also reviewed the contribution of various government schemes towards reducing multidimensional poverty. It was informed that a broad spectrum of welfare and development programmes spanning health, education, housing, livelihoods, social protection and financial inclusion have collectively contributed to improving living standards and reducing deprivation across Jammu and Kashmir.