

# JAMMU & KASHMIR

## Mega Yoga Session Held at Sanasar as Prelude to 12th International Day of Yoga

## Education cornerstone of social, economic development of society: Sakeena

### DC Ramban Calls for Healthy and Drug-Free Lifestyle

HIMALAYAN MAIL NEWS  
JAMMU, JUNE 19



Amid the serene and picturesque surroundings of Sanasar, the District Administration Ramban, under the leadership of Deputy Commissioner Ramban Mohammad Alyas Khan, today organized a grand Mega Yoga Session as a prelude to the 12th International Day of Yoga. The event witnessed overwhelming participation from people of all age groups and sections of society, transforming the scenic tourist destination into a vibrant centre of wellness, positivity and collective enthusiasm.

The programme was attended by SSP Ramban Arun Gupta, Additional Deputy Commissioner Varunjeet Singh Charak, Assistant Commissioner Revenue Shokat Hayat Mattoo, Assistant Commissioner Development Sheraz Ahmed, CPO Dr. Shakeeb Ahmed Rather, district and sectoral officers, tourists, students, youth, employees and local residents. Their enthusiastic participation reflected the growing awareness regarding the importance of yoga in achieving physical fitness, mental well-being and a balanced lifestyle.

The event was jointly coordinated by the Department of AYUSH, Youth Services & Sports Department, Rural Development Department, School Education Department and Information & Public Relations Department. Members of the Art of Living Organisation, Ud-

hampur, also participated in the programme and conducted a series of yoga demonstrations and meditation sessions. The experts guided participants through various yoga postures, breathing exercises and relaxation techniques aimed at improving flexibility, concentration and overall health.

Addressing the gathering, the Deputy Commissioner emphasized the significance of yoga as a timeless gift of India's rich cultural and spiritual heritage to humanity. He stated that yoga transcends boundaries of age, religion and nationality and has emerged as a global movement for promoting peace, harmony and holistic health. He noted that the observance of the International Day of Yoga every year has played a significant role in spreading awareness about its benefits across the world. The Deputy Commissioner urged citizens, particularly the younger

generation, to make yoga an integral part of their daily routine. He encouraged students and youth to adopt healthy habits and utilize yoga as a means of enhancing their productivity, confidence and overall quality of life.

Highlighting the importance of social responsibility, the Deputy Commissioner also called upon the participants to actively support the Nasha Mukta Jammu & Kashmir Abhiyan. He stressed that substance abuse poses a serious challenge to society and can only be effectively addressed through collective efforts involving families, educational institutions, community organizations and government agencies. He urged youth to stay away from drugs and become ambassadors of the anti-drug campaign in their respective communities.

The Deputy Commissioner further stated that yoga plays a vital role in

strengthening self-discipline, improving mental resilience and promoting positive thinking, all of which are essential in preventing substance abuse and fostering responsible citizenship. He urged the people to participate in the International Day of Yoga events being organized by the administration at the district, subdivision, tehsil, block and institutional levels across the district, thereby contributing towards building a healthier, more aware and progressive society.

The programme concluded with a pledge by the participants to embrace yoga as a way of life and contribute towards building a fit, healthy and drug-free Jammu & Kashmir. The event successfully promoted the message of holistic health, mental well-being and healthy living through yoga while reinforcing the vision of a healthier and more productive society.

HIMALAYAN MAIL NEWS  
JAMMU, JUNE 19

Minister for Education, Social Welfare, Health and Medical Education, Sakeena Itoo distributed regularisation orders among 261 Contingency Paid Workers (CPWs) of education department and also virtually laid foundation stone of various educational infrastructure projects across multiple schools of Jammu division at Abhinav Theatre here today.

Project Director Samagra Shiksha, Bhawani Rakhwal; Director School Education Jammu, Dr. Naseem Javid Choudhary; Joint Director SCERT, senior officers of school education department, CEO Jammu, Principals, Lecturers, educationists and officers of district administration were also present on the occasion.

Addressing the gathering, the Minister reiterated the Government's commitment to providing quality education, strengthening school infrastructure, and ensuring the welfare of employees associated with the education sector. She emphasized that education remains the cornerstone of social and economic development of society adding that various initiatives are being under-



taken to transform the educational landscape of Jammu & Kashmir.

While congratulating the regularised CPWs, the Minister appreciated their contribution towards the functioning of the education department. She added that regularization of CPWs has been a long pending demand and the present Government has fulfilled its commitment under the dynamic leadership of Chief Minister Omar Abdullah to provide social security and dignity to these workers who have been serving the department for years.

The Minister, on the occasion, also called for zero tolerance towards teacher attachments from far-flung areas to cities. She asked the Director School Education and CEO Jammu for immediate repatriation of all such teachers to their original place of postings in villages.

"The shortage of teachers is manufactured because teachers avoid far-flung postings. Need of the hour is to send them back so that children in villages do not suffer," she asserted.

The Minister also said that a transparent transfer policy for School Education Department is under process, on the lines of the policy already framed for Higher Education department. The Minister, on the occasion, also virtually laid the foundation stone for various infrastructure development works of School Education Department in Jammu Division like Elementary Hostel at Government Middle School Hiranagar, upgradation and modernization of Government Higher Secondary School Nagrota Gujroo, and construction of additional classrooms at Government Higher Secondary School

Pallan. These initiatives are expected to significantly enhance educational facilities and create a more conducive learning environment for students in these areas.

She also released several educational publications prepared by SCERT Jammu & Kashmir, aimed at enriching teaching-learning processes and supporting the implementation of contemporary educational reforms.

Earlier, in his welcome address, Director School Education Jammu, Dr. Naseem Javid Choudhary gave a detailed overview of CPWs regularization process and ongoing academic initiatives. He also highlighted that department is undergoing a phase of developments for strengthening of education sector across Jammu and Kashmir.

## Ladakh to Become First UT/State in India to Complete Census Work by September 2026: Amit

HIMALAYAN MAIL NEWS  
JAMMU, JUNE 19

Chief Principal Census Officer (CPCO) and Director Census Operations (DCO), Jammu & Kashmir and Ladakh, Amit Sharma, on Friday said that the Union Territory of Ladakh is set to become the first State/UT in the country to complete all Census work by September 2026.

He made these remarks while chairing a comprehensive review meeting at Baroo, Kargil to assess the progress of the ongoing House Listing Operations (HLO) under Census 2027 in the district.

The meeting was attended by Assistant Director Vijay Kumar, District Census Prabhari Sadique Hussain, Additional District Development Commissioner Ghulam Mohd, Chief Planning Officer K. Mohd Hussain, besides Charge Officers, Supervisors and technical staff associated with Census operations across Kargil district.



During the meeting, Amit Sharma said the reference date for Census figures in Ladakh will be October 1, 2026 at 0000 hours. He termed Census one of the most significant national exercises, stating that reliable Census data forms the backbone of evidence-based governance, developmental planning and equitable resource distribution.

He reiterated that data collected during Census

2027 remains strictly confidential and is protected under the Census Act, 1948, making it non-shareable with any outside agency and inadmissible even in courts of law. Reviewing the progress in Kargil, Amit Sharma appreciated the district administration for its preparedness and noted that conducting Census in Ladakh's difficult mountainous terrain, remote border villages and scattered

settlements requires meticulous planning and strong coordination.

He stressed the need for maintaining accuracy during data collection and directed enumerators and supervisors to ensure every entry is carefully recorded and verified. He also instructed officials to carry out regular field inspections and quality checks to maintain data integrity.

Special emphasis was laid on ensuring complete coverage of households in remote areas, border villages, seasonal settlements and migratory populations residing in higher reaches of the district.

Later, while interacting with media, Amit Sharma highlighted the extensive preparations being undertaken for the smooth, timely and error-free completion of Census operations and appealed to the people of Ladakh, especially residents of Kargil district, to extend full cooperation to Census enumerators by providing accurate information.

## Joint Director Employment Jammu reviews Mission YUVA progress in Doda

HIMALAYAN MAIL NEWS  
JAMMU, JUNE 19

Joint Director Employment Jammu Paramjeet Singh visited the Small Business Development Unit (SBDU) Doda and chaired a review meeting to assess progress of Mission YUVA and other employment initiatives in the district.

He reviewed performance across all key indicators under Mission YUVA and directed the SBDU and BHD members to clear all pending verifications within prescribed timelines. He instructed the Cluster Head J&K Bank and BHD Leads to resolve all cases pending with banks for more than 60 days within ten days through regular follow-up.



Reviewing the Hybrid Entrepreneurship Training Programmes, he directed the SBDU to ensure enrolment of all disbursed beneficiaries who have not yet completed the mandatory hybrid course within one week to facilitate timely release of the first subsidy tranche and instructed the Enterprise Development Expert to ensure prompt

submission of Work-in-Progress and Completion Reports.

Reviewing the ongoing Udyam Jagriti 5.0 Campaign, he directed Block Programme Managers to intensify mobilisation of SHG women and Lakhpati Didis for entrepreneurship and economic empowerment and instructed BHDs to utilise Motivators for

identifying potential entrepreneurs from their respective Panchayats under Mission YUVA.

Among those present were the Cluster Head J&K Bank, Employment Officer Doda, Branch Managers, Block Programme Managers, members of SBDU and BHDs and other stakeholders associated with Mission YUVA.

## Divisional Fund Office Jammu holds Nasha Mukta awareness session at NZATI

HIMALAYAN MAIL NEWS  
JAMMU, JUNE 19

Divisional Fund Office Jammu, in collaboration with the Directorate of Health Services Jammu and Northern Zonal Accountancy Training Institute (NZATI) Jammu, today organised a workplace awareness session on the Nasha Mukta Bharat Abhiyan at NZATI Jammu.

The session was conducted under the guidance of Director Finance/Principal NZATI Rajesh Talwar and Joint Director Divisional Fund Office Jammu Deepshikha Sharma and was attended by officers and officials of Funds Organisa-



tion Jammu and trainees of NZATI Jammu.

Expert lectures were delivered by State Epidemiologist Dr Rashmi Sharma, Medical Officer Epidemiology Office Directorate of

Health Services Jammu Dr Prem Lata and Divisional Nodal Officer Nasha Mukta Bharat Abhiyan Government Hospital Gandhi Nagar Jammu Dr Akhil Menia, who addressed the physical,

psychological and social consequences of drug abuse, along with preventive strategies, treatment options and the role of society in combating drug abuse.

## Dogri Cinema is a powerful bridge to promote Duggar's rich heritage: Sat

JAMMU, JUNE 19:

BJP J&K President and Rajya Sabha MP Sat Sharma felicitated the artists associated with the recently released Dogri movie "Shah Shahni" during a function held at the BJP Headquarters, Trikuta Nagar, Jammu.

The artists honoured on the occasion included Janak Khajuria, Madan Rangila, Kusum Ticku, J.R. Sagar, Jagdish Singh Bhabli, Vagesh Sharma, Rajesh Raina, Amanjit, and Preeti for their outstanding performances in the film.

The programme was attended by BJP General Secretary Baldev Singh Billawaria, All Cells In-charge Ved Raj Sharma, Convenor Sanskritik Art and Culture Cell Narinder Singh Jij, Co-Convenors Sahil Mahajan, Raman



Slathia and Vinod Bhalla, Executive Members Nishesh Magotra and Chhaju Singh Kattal, District Convenors Santosh Singh Chib and Nagar Mal Salotra, Library Incharge Kulhushan Mohtra, Senior Leader and former Convenor Bharat Bhushan, besides other party functionaries.

Sat Sharma, while honouring the artists, said that Dogri language is the soul of the Duggar region and deserves greater promotion and recognition at every level. He said that the rich cultural heritage, traditions, art forms and history of Duggar land are invaluable treasures that must be preserved and propagated.

"Movies, media and social media are among the most effective platforms to promote our language, culture and traditions among the younger generations and audiences across the globe. The artists, writers and creative professionals associated with this field are rendering a remarkable service to society."