

DC Kathua visits vulnerable locations to review situation amid incessant rains

HIMALAYAN MAIL NEWS
JAMMU, JULY 21

Deputy Commissioner Kathua Rajesh Sharma today visited vulnerable locations across the district, including Logate Morh, Ujh Barrage, Tarnah Nallah, Magar Khad and Chadwal, to assess the situation following incessant rains and review the preparedness of the district administration.

The Deputy Commissioner was accompanied by Additional Deputy Commissioner Mahima Madan and officers concerned.

During the visit, he took stock of the rising water levels and reviewed precautionary measures at the vulnerable locations.

Officers concerned were directed to maintain round-the-clock vigil over rivers, nallahs and other water bodies and ensure continuous monitoring of the situation, field agencies to issue timely public announcements in vulnerable areas and keep evacuation teams and essential resources ready to shift people to safer places if required, and all



departments to remain on high alert for prompt action in case of any emergency.

The Deputy Commissioner urged people not to venture near rivers, nallahs or other water bodies during the prevailing weather conditions, and advised them to strictly follow official advisories and avoid unnecessary movement in flood-prone areas.

In case of any emergency, the public may contact District Emergency Operations Centre Kathua at 01922-238796 or dial ERSS-112 for immediate assistance.

CMO Doda inspects CHC Thathri, reviews healthcare services

DODA, JULY 21: Chief Medical Officer Doda Dr Vinod Sharma inspected Community Health Centre Thathri and reviewed its operations.

Block Medical Officer Thathri Dr Shakeel Ahmed Kichloo briefed the CMO on the hospital's functioning and the status of National Health Programmes. Dr Sharma directed the hospital administration to ensure sanitation, adequate stocks of medicines and consumables, infection prevention and control practices, and effective implementation of National Health Programmes.



RCFC NR-II, NMPB organises Training Programme at Shopian

SHOPIAN, JULY 21: Regional Cum Facilitation Centre, Northern Region-II (RCFC NR-II) National Medicinal Plants Board (NMPB), Ministry of AYUSH, Government of India, SKUAST-K, organized a Training-cum-Awareness Programme on "Opportunities in Cultivation of Medicinal Plants of Kashmir Valley" at Krishi Vigyan Kendra (KVK), Shopian.



The programme focused on promoting conservation, scientific cultivation and entrepreneurship development in medicinal plant sector, aiming to create sustainable livelihood opportunities for farmers, youth, and aspiring entrepreneurs of the region.

Addressing the participants, Dr. Zaffar Afroz Badri, Head, KVK Shopian, emphasized the growing economic importance of medicinal plants and highlighted the initiatives undertaken by RCFC NR-II

for the conservation and promotion of medicinal plants in the valley.

He encouraged stakeholders to adopt medicinal plant cultivation as a means of livelihood diversification and income generation. Dr. Sofi Imtiyaz Ali, Project Manager, RCFC NR-II, delivered a detailed lecture on conservation strategies, package of prac-

tices, post-harvest management, value addition of commercially important medicinal plants, thereby stressing the importance of quality and standardization to meet market demand.

A special emphasis was laid on Rheum emodi (locally known as Pambei Tchalan) a high-value Himalayan medicinal species,

with a caution against its unsustainable extraction from the wild.

Stakeholders were encouraged to adopt its scientific cultivation to promote conservation while enhancing income opportunities. The session also covered economics and emerging opportunities in herbal-based enterprises.

The programme witnessed active participation from farmers, youth, entrepreneurs, and other stakeholders, along with scientists and technical staff of KVK Shopian and RCFC NR-II team.

The event concluded with a strong call to adopt scientific cultivation practices, reduce dependency on wild collection, explore entrepreneurship avenues in medicinal plant sector, and effectively utilize the technical guidance and institutional support provided by RCFC NR-II for building sustainable livelihoods.

DLSA Shopian conducts 3rd UTRC Meeting

SHOPIAN, JULY 21: In compliance to the directions of Justice Vikram Nath, Judge, Supreme Court of India (Executive Chairman, NALSA), District Legal Services Authority (DLSA), Shopian conducted 3rd Under Trial Review Committee (UTRC) meeting in District Court to expedite the identification and review of prisoners who are eligible to be considered for release, as well as to accelerate the regular functioning of UTRC and review all eligible under-trial prisoners (UTPs).

The meeting was chaired by Principal District & Sessions Judge (Chairman DLSA), Shopian, Mehmood Ahmad Chowdhary and was attended by



Deputy Commissioner (DC) Shopian, Shishir Gupta, Senior Superintendent of Police, Mushtaq Ahmad Choudhary, Secretary District Legal Services Authority Shopian, Mu-dasar Farooq, Superinten-

dent Jails (Correctional Home), Pulwama, Dr. Ae-jaz Ahmad, and Deputy Chief LADC Shopian Shah-nawaz Raina. In the meeting, the committee reviewed cases of eligible UTPs/Prisoners shortlisted

by the Secretary, DLSA Shopian for consideration and the committee recommended two under trial prisoners for release on bail subject to the furnishing of surety bonds before the concerned courts.

GCW Gandhinagar Naval NCC Cadets Shine at All India Nau Sainik Camp

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PSPS Government College for Women (GCW), Gandhinagar, Jammu, proudly celebrates the outstanding achievement of its four NCC Naval Wing cadets of 1 J&K Naval NCC Unit, who were selected to represent the Jammu, Kashmir & Ladakh Directorate at the prestigious All India Nau Sainik Camp (AINSC) 2026 and brought laurels through their exceptional performances.

The cadets achieved this remarkable success under the able guidance and constant encouragement of the worthy Principal, Dr. Kulvinder Kour, whose unwavering support for NCC activities continues to inspire students to excel at national-level competitions. The cadets were also mentored and supervised by Contingent Trainer (CT) Dr. Rachna Devi, Associate NCC Officer, whose dedicated training and motivation played a significant role in preparing the cadets



for the camp.

The contingent was led under the dynamic leadership and expert guidance of the Commanding Officer of 1 J&K Naval NCC Unit, Commander Tej Ram Sharma, whose meticulous planning, rigorous training, and inspiring leadership enabled the cadets to perform with confidence and excellence. The Jammu, Kashmir & Ladakh Directorate secured an impressive 8th

Overall Position at AINSC 2026. The achievements of the GCW Gandhinagar cadets are as follows:

LC Diksha Bhagat – Silver Medal in Boat Pulling. Cadet Arpita Sharma – Silver Medal as Captain of the Camp (SW), Best cadet award, Silver Medal in Drill, Bronze Medal in Service Subjects, and Bronze Medal in Health & Hygiene. Cadet Maitri Nayak – Silver Medal in Drill and Silver Medal in On-the-

Spot Examination. Cadet Ananya Chib – Silver Medal in Drill and Silver Medal in Boat Pulling.

Principal Dr. Kulvinder Kour congratulated the cadets, the Commanding Officer, and the NCC training staff for this remarkable achievement and expressed confidence that their success will inspire many more young women to excel through NCC and serve the nation with pride.

SMVDSB extends social support initiatives for underprivileged students at Disha Chhatravas

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As part of its continued commitment towards social support initiatives and community development, the Shri Mata Vaishno Devi Shrine Board (SMVDSB) extended support to 40 underprivileged students residing at Disha Chhatravas, Kadmam managed by Sewa Bharti, Jammu & Kashmir.

The residential hostel presently accommodates children from economically weaker sections of society hailing from different parts of Jammu & Kashmir and provides them with education, accommodation and other essential facilities.

On behalf of the Shrine Board, Shri Alok Kumar Maurya, Addl. Chief Executive Officer, SMVDSB along with officers of the Shrine Board handed over sports equipment, sports shoes and tracksuits to the students at the hostel premises. The items distributed included volleyball nets and balls, footballs, badminton rackets, shut-



tlecocks and nets, table tennis rackets, nets and balls, rings, cricket bats, carrom boards, chess sets, besides 40 pairs of sports shoes and tracksuits.

The Shrine Board, under the Chairmanship of Shri Manoj Sinha, Hon'ble Lieutenant Governor, JK-UT, remains committed to supporting initiatives that promote the welfare, education and overall development of students from underprivileged backgrounds. The initiative also seeks to encourage active participation in sports alongside academics, helping inculcate discipline, teamwork and healthy lifestyle habits

among young students.

Pertinent to mention that the Shrine Board has consistently undertaken a range of community-centric initiatives in the fields of education, healthcare, environmental sustainability in the region. The present initiative further reflects its steadfast commitment towards inclusive growth and the holistic development of society, particularly the younger generation in the Reasi district.

In a parallel effort to promote sporting excellence, the Shrine Board also distributed high-quality sports shoes to ten budding

athletes of the Shri Mata Vaishno Devi Sports Complex, Katra. The support has been extended to encourage promising sports persons from the region by providing them with quality sporting gear, enabling them to train effectively and strive for higher levels of performance.

Among those present on the occasion were Shri Dhruv Gupta, Director Sports; Shri Vinay Khajuria, Assistant Conservator of Forests; other officers of the Shrine Board; representatives of Sewa Bharti; and the beneficiary students.

Resident Commission organizes awareness program on Dogra tradition 'Rutt Raahde' at New Delhi

NEW DELHI, JULY 21: The Jammu and Kashmir Resident Commission, New Delhi, organized an awareness programme on the forgotten Dogra tradition 'Rutt Raahde' in collaboration with the Dogra Welfare Association, Delhi-NCR and J&K Bank Limited, to promote awareness about the region's rich cultural heritage and encourage its preservation among the posterity.

The programme was attended by members of the Dogra community, cultural enthusiasts and officials. It aimed to revive awareness about the forgotten Dogra tradition Rutt Raahde and highlight its cultural, environmental and social significance, particularly among the younger generation.

Speaking on the occasion, Anil Sharma, Additional Resident Commissioner, said that Rutt Raahde is not merely a seasonal tradition but a reflection of the scientific wisdom and practical knowledge of earlier generations, promoting harmony with nature, environmental consciousness and community bonding.

He emphasized that pre-



serving such traditions strengthens the cultural identity, fosters inter-generational learning and social cohesion.

It immensely contributes towards mental and emotional well-being

by keeping people connected to their roots, he asserted.

The Resident Commission reiterated its commitment to preserve and promote the rich cultural heritage of Jammu and

Kashmir. It expressed gratitude to the Dogra Welfare Association, Delhi-NCR, Jammu and Kashmir Bank Limited and all the participants for their support in making the programme a success.