

NCD Screening Camp Organised for Self-Help Group Members at CD Block Thathri

HIMALAYAN MAIL NEWS
JAMMU, JULY 30

Under the guidance of Chief Medical Officer Doda, Dr. Vinod Sharma and the supervision of Block Medical Officer Thathri, Dr. Shakeel Ahmed Kichloo, an NCD Screening and Awareness Camp was organised for members of Self-Help Groups (SHGs) at CD Block Thathri to promote awareness and facilitate early detection of common non-communicable diseases, on 30-07-2026.

The camp focused on screening for hypertension, diabetes, oral cancer, breast cancer and cervical cancer. Healthcare professionals conducted blood pressure and blood sugar examinations, assessed risk factors and educated participants on adopting healthy lifestyle practices, including balanced nutrition, regular physical activity and avoiding tobacco and alcohol.

Participants requiring further evaluation were referred to the appropriate health facilities for diagnosis and treatment.

The camp was conducted by Dr. Shazia Shakeel (I/c NCD), Smt. Sonika (FM-



PHW) and Ms. Rabia Nabi, who also sensitised the SHG members on the importance of regular health check-ups, early diagnosis

and timely management of non-communicable diseases.

The initiative aimed to enhance community

awareness, encourage preventive healthcare and improve the overall health and well-being of SHG members.

Plantation Drive by Manav Utthan Seva Samiti Promotes Green Initiative at SOS HGS School

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Inspired by the teachings and blessings of Sadgurudev Shri Satpal Ji Maharaj, Manav Utthan Seva Samiti, Jammu Branch, organised a plantation drive at SOS HGS School, Gole Gujral, near Talab Tillo, with the active participation of its volunteers, school staff and students.

The drive was organised in cooperation with the school's Principal, Shakun Choudhary, and the teaching staff. It was conducted under the supervision of Mahatma Shama Bai Ji, Mahatma Tripura Bai Ji and Mahatma Sayami Bai Ji, who, along with Premies and schoolchildren, planted a variety of ornamental, fruit-bearing and medicinal saplings across the campus.

The initiative aimed to promote environmental conservation, enhance green cover and create awareness among students about the importance of protecting nature and maintaining ecological balance.

Speaking on the occasion,



Manav Utthan Seva Samiti expressed gratitude to Principal Shakun Choudhary, the school staff and students for their wholehearted cooperation and enthusiastic participation in making the plantation drive a success.

Among the volunteers who actively participated in the programme were

G.R. Sharma, Veer Krishan Pandita, Surinder Krishan Bhat, Hans Raj, Ramesh Sharma, Avtar Krishan Raina, Ashok Kher, Rattan Lal Sharma, Sukarma Dolma, Suman Rajput, Sharda Devi and several other dedicated volunteers.

Gupta meets Dr Farooq, Omar; discusses Jammu's development priorities, party affairs

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Jammu and Kashmir National Conference Provincial President Jammu, Rattan Lal Gupta, on Thursday called on Party President Dr Farooq Abdullah and Vice President and Chief Minister Omar Abdullah in Srinagar and discussed key developmental priorities concerning Jammu division, besides reviewing organisational affairs and the party's grassroots outreach.

During the meeting, Dr Farooq Abdullah and Omar Abdullah congratulated and appreciated the role of National Conference leadership and workers of Jammu Province for the successful and massive 12th July function in Maharaja Hari Singh Park Jammu.

They also lauded the active and effective participation of Jammu's party leadership in the peaceful democratic protest held in



New Delhi on 20th July for the restoration of Jammu and Kashmir's statehood.

The Party President and Vice President further appreciated the sustained public outreach undertaken by the Jammu Provincial leadership, particularly in remote and far-flung areas, and its efforts to remain connected with people during the weather-related exigencies witnessed across Jammu division.

Gupta apprised the leadership of the positive response among the people to the pro-people initiatives and governance measures of the Omar Abdullah-led elected government. He highlighted the growing public appreciation for the government's efforts to address developmental and civic concerns and provide relief to people.

Gupta also congratulated

Chief Minister Omar Abdullah for his hands-on approach and direct intervention in dealing with the post-rain exigencies in Rajouri and other parts of Jammu division. He appreciated the government's efforts to reach out to affected families and ensure that relief and assistance reach those in need.

The Jammu Provincial President also congratulated Dr Farooq Abdullah and Omar Abdullah for taking the peaceful, democratic and constitutional battle for restoration of statehood to the national capital, saying the sustained campaign has helped keep the legitimate demand of the people of Jammu and Kashmir firmly on the national agenda.

The meeting also deliberated upon strengthening the party organisation at the grassroots, intensifying public outreach and ensuring greater coordination between the party leadership and workers across Jammu division.

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General Manager, District Industries Centre (DIC) Jammu, Abhishake Abrol (JKAS), along with Social activist and Chairman of Samvedna Society, Keshav Chopra, today released the devotional bhajan "Maa De Charna Vich Thaan", sung by Sakshi Rajput, a youngster at a function held in Jammu.

Dedicated to Maa Durga, the devotional song carries a message of faith, spirituality and positivity among the youth. The programme was attended by artists, social workers and prominent citizens. Speaking on the occasion, Abhishake Abrol JKAS said, "DIC Jammu is always committed to supporting the youth. We appeal to young people to stay away from drugs and move ahead with their talent and skills. Our office is ready to help every youth who wants to start a business and become self-reliant."



He also appreciated the efforts of Samvedna Society for their contribution towards youth welfare.

Keshav Chopra while speaking said that Samvedna Society is always ready to help youngsters build their careers. I appeal to the youth to adopt the message, 'Say No to Drugs and Yes to Talent,' and work hard towards a brighter future.

The bhajan has been ren-

dered by Sakshi Rajput, while the lyrics and composition have been done by Suraj Singh Chib. The music has been composed by V Kaith, whereas the video has been directed by K. K. Malhotra. The design of the project has been prepared by AK Creative.

Singer Sakshi Rajput expressed her gratitude to the dignitaries for releasing the devotional bhajan and hoped that the song would

spread spirituality and positivity among the masses.

Among others present on the occasion were Manoj Kumar Gandotra, Section Officer, DIC Jammu, and Dr. Nisha Rani, Functional Manager, Nirbhay Slathia Lyricist & Singer, Manoj Tandon, Anil Kumar, Jatinder, Rampaul Sharma who congratulated the entire team and extended their best wishes for the success of the devotional project.

IGNOU admissions for July 2026 cycle closing on July 31

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The admissions for July 2026 admission cycle will close on 31.07.2026 informed the Regional Centre Jammu. The admission was earlier extended by the approval of Hon'ble Vice Chancellor taking into account the surging demand from the student community expressing their inability to submit their admission and re-registration forms online owing to havoc caused by the ongoing monsoon affecting roads, infrastructure, internet, etc. The fresh admission as well as re-registration for the July 2026 session will now close on 31st July, 2026.

To enroll in the next year or semester, learners need to register on the Portal and click "New Registration" button to proceed and provide the correct mobile number and e-mail ID so that the University is able



to send confirmation and other important updates only if the correct mobile number and e-mail ID are entered. The learners must provide their own email ID and Mobile Number at the time of admission in order to rule out any cyber fraud in future.

In case the learners face difficulty in registering on the portal (not getting OTP/ forgot Username/Password or any other difficulty), they need to approach Regional Centre Jammu for re-setting of their account/up-

dating email ID or mobile number at rcjammu@ignou.ac.in. They can apply for IGNOU re-registration July 2026 by visiting the official website of the IGNOU www.ignou.ac.in. The direct link for online re-registration is https://onlineerr.ignou.ac.in/ which can be accessed under the drop-down menu option "Register Online" on IGNOU website.

For filling the admission form online, candidates need to create a User ID and Password on the SAMARTH portal and be

ready with a Mobile No., Email ID, properly scanned academic documents, photograph and Bank Debit /Credit/Net Banking for payment of fee. Applicants can access the IGNOU admission portal 2026 at IGNOU website www.ignou.ac.in or by directly following the link https://ignouadmission.samarth.edu.in.

"The desirous candidates who wish to seek fresh admission or re-register themselves for next year/semester can avail this opportunity of date extension and apply for any of the programmes of their choice well before the admission closes", said Dr. Asha Upadhyay, Regional Director.

"The students must provide their own email ID and Mobile Number at the time of admission in order to rule out any cyber fraud in future", said Dr. Asha Upadhyay, Regional Director, Regional Centre Jammu.

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A joint delegation of Hotel & Restaurant Association, Katra (HRAK), & PHD Chamber of Commerce & Industry (PHDCCI), Jammu

Region Chapter, comprising of President HRAK & Chairman PHDCCI Rakesh Wazir, HRAK Chairman Shyam Lal Kesar, Sr. Vice President HRAK & PHDCCI Katra Head Virender Kesar, HRAK Vice President Nishant Sharma, Executive Member Gaurav Sharma, Kuldeep Sharma and others met Sachin Kumar Vaishya, Chief Executive Officer, Shri Mata Vaishno Devi Shrine Board, and submitted a comprehensive memorandum recommending several measures aimed at enhancing pilgrim facilities, ensuring the sustainable growth of the Shri Mata Vaishno Devi Yatra, increasing pilgrim footfall, extending visitors' stay in Jammu & Kashmir, and strengthening the local economy.

The delegation was of considered opinion that frequent suspension of the Yatra during weather conditions will effect the



Vaishnodevi pilgrimage in a big way.

While appreciating the Shrine Board's commitment to pilgrim safety and acknowledging that the initial suspension following the recent flash flood tragedy was fully justified, but suggested that complete suspension of the Yatra should remain an exceptional measure. Wherever safety permits, pilgrims may be diverted through alternative routes.

Mr. Wazir while speaking on the occasion said that if we examine the historical record of the past nearly 50 years, it becomes evident that on the old track from Adhkuwari to Bhawan, there has not been a single major landslide resulting in the loss of life. Similarly, from Katra to Adhkuwari, except for Gulshan Langar area, there has been no loss

of life due to landslides during the last five decades except that last incident and the last incident where people lost their lives, as described by Shrine Board itself also was a flash flood and can happen any where and for that stoppage of Yatra on regular occasions is not good and even otherwise from last so many decades stoppages of Yatra on weather alerts never happened.

He said that whenever heavy rainfall or Red alert is announced where it is considered necessary to suspend the Yatra, the entire pilgrimage should not be stopped. Instead, pilgrims may be diverted through the safer alternative routes. For example, pilgrims can be guided from Ban Ganga entrance point to newly constructed parallel path way i.e. to new

pathway made between Tarakot Marg to Pony Stand so that they may reach straight pony stand, and thereafter continue on the old track from Ban Ganga to Bhawan. Likewise, if the Tarakot Marg from Katra to Adhkuwari is considered safe, pilgrims may also be routed through that track and then from there to Bhawan on old track. This approach would ensure that the Yatra continues uninterrupted while maintaining the highest standards of safety and this practice is applied from years and years together.

The memorandum cautions that repeated disruptions may adversely affect the long-term growth of the pilgrimage, particularly when major pilgrimage destinations across the country are competing to attract devotees.

Shyam Lal Kesar emphasizes that pilgrimage tourism is the backbone of Katra's economy and a major contributor to the economy of the Union Territory. It stresses the need to continuously improve infrastructure and services so that the Shri Mata Vaishno Devi pilgrimage remains among the finest managed religious pilgrimages in the world.