

MY Bharat organises district-level 'Nasha Mukh Yuva for Viksit Bharat' competitions at Kathua

HIMALAYAN MAIL NEWS
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Mera Yuva Bharat (MY Bharat), Kathua, under the Ministry of Youth Affairs & Sports, Government of India today organised the district-level competitions under the "Nasha Mukh Yuva for Viksit Bharat" campaign in collaboration with Government Degree College (Women), Kathua.

The programme aimed at generating awareness against drug abuse while encouraging youth to channelise their talent and creativity towards the vision of a healthy, progressive and drug-free India.

Around 200 students from various educational institutions across the district participated in eight competitions, while nearly 290 students, faculty members and guests attended the programme.

The competitions included dance, music, nukkad natak, painting, debate/elocution, short film/reel making, slam poetry and slogan writing.

The winners included Team B, Government Degree College (Women), Kathua in the Dance, Music and Nukkad Natak competitions; Tamanna of Government Degree College



(Women), Kathua in Painting; Hetal Malhotra of Government Degree College (Boys), Kathua in Debate/Elocution; Shivani Sharma in Short Film/Reel Making; Abhishek of Government Degree College (Boys), Kathua in Slam Poetry; and Kashish Bharti in Slogan Writing. The winners will represent Kathua

district at the State-level competitions.

Principal, Government Degree College (Women), Kathua, Dr. Jaipal Singh was the chief guest on the occasion.

Addressing the participants, the Principal highlighted the significance of the "Nasha Mukh Yuva for Viksit Bharat" campaign

and exhorted the youth to remain away from all forms of addiction and adopt a disciplined and healthy lifestyle. He urged students to channel their energy towards sports, education, knowledge, patriotism and excellence, stating that these values contribute to individual growth as well as nation-building.

World Breastfeeding Week observed at AH GMC Doda

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On the directions of the Mission Director NHM J&K Akriti Sagar and Director Health Services Jammu Dr Poonam Sethi and under the guidance of Principal Government Medical College Doda Dr. Dev Raj Dogra and Chief Medical Officer Dr. Vinod Sharma, the World Breastfeeding Week was observed today with an awareness programme at AH GMC Doda.

The programme was organised by the District Health Society Doda and witnessed the participation of Dr. Narinder Singh, Dr. Niraj Kumar and Dr. R.S. Manhas from the Department of Paediatrics, GMC Doda, BMO Ghat, Dr. Abdul Gafoor, Dy Medical Superintendent, AH GMC Doda, Dr. Irfan Tasaduq Kelam, healthcare staff, nursing students and lactating mothers.

During the programme, senior faculty members from the Department of Paediatrics, including Dr. Niraj Kumar, Dr. R.S. Manhas and Dr. Narinder Singh delivered informative lectures highlighting the significance of early initiation of breastfeeding, exclusive breastfeeding for the first six months and continued breastfeeding along with complementary feeding for optimal child growth, development and disease prevention.

CMO and Dy. Medical Superintendent, AH GMC emphasised the importance of



observing World Breastfeeding Week and urged mothers and families to adopt optimal breastfeeding practices for ensuring a healthy start to every child's life.

The programme also featured speeches by nursing students of GMC Doda, who highlighted the health, nutritional and emotional

benefits of breastfeeding for both infants and mothers. The programme concluded with a pledge by the participants to promote, protect and support breastfeeding practices, reinforcing the commitment of the Health Department towards improving maternal and child health across the district.

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DLSA Jammu organises Special Lok Adalat for Matrimonial Cases

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A Special Lok Adalat for Matrimonial Cases was organized today by District Legal Services Authority (DLSA), Jammu under the guidance of Ravinder Nath Watal, Principal District & Sessions Judge/Chairman, DLSA Jammu and under the supervision of Maleeka Sharma, Civil Judge Sr. Division/Secretary DLSA Jammu.

20 benches were constituted to take up matters related to matrimonial disputes.



A total of 155 cases were taken up in the Special Lok Adalat, out of which 34 cases were amicably settled through conciliation and mediation. The objective of

the Special Lok Adalat was to provide speedy and cost-effective resolution to matrimonial disputes and to promote social harmony by encouraging parties to re-

solve their differences mutually.

Similar Special Lok Adalats were held at TLSC Bishnah, RS Pura and Akhnour.

Awareness session on POSH Act held at Jammu

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An awareness session on the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 (POSH Act) was held today at the District Headquarters, Jammu, in which officials of Jammu district were apprised about the provisions of the Act.

The session was chaired by Additional District Magistrate (ADM) Jammu, Anshu Jangwal, who said that the Act provides safeguards against harassment, particularly sexual harassment, of women, whether working at or visiting a workplace for availing services. She called upon all female employees across the government and private sectors to discharge their duties with a sense of security and protection under the Act.

The ADM further informed that SHe-Box, an



online portal (shebox.wcg.gov.in or at the Mission Shakti app) already exists for filing such complaints and that Internal Committees have been constituted in all offices for their redressal.

She added that the complaint redressal follows a transparent mechanism

and ensures that everyone irrespective of the gender is treated fairly.

Posters promoting the SHe-Box portal were also displayed prominently at the office of the Deputy Commissioner, Jammu, for the awareness of all visitors.

A brief presentation on the provisions of the Act

and the rights of women thereunder was given by Advocate Dr Ifra Nasir.

District Social Welfare Officer, Preeti Sharma; Assistant Commissioner General Sania Haq Khan, District Coordinator, Mission Shakti, Shagun Manchanda besides other officials participated in the session.

31st consecutive Nikshay Shivr organised at Central Jail Dhangri

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As part of the ongoing TB Mukh Bharat Abhiyan, the 31st consecutive Medical Camp-cum-Nikshay Shivr, being conducted continuously since 01 July 2026 was successfully organised, the other day at Central Jail Dhangri Rajouri in collaboration with the Medical Superintendent Central Jail Dhangri Rajinder Singh Chib.

The camp was organised under the guidance and directions of Deputy Commissioner Rajouri Abhishek Sharma, Director Health Services Jammu Dr. Poonam Sethi, Additional Deputy Commissioner Kalakote, Dr. Mohammad Tanwir and Chief Medical Officer Rajouri Dr. Manohar Rana.

Speaking on the occasion, Block Medical Officer Kalakote Dr. Iqbal Malik said that tuberculosis (TB) screening was conducted



using a handheld X-ray machine, facilitating the early detection of suspected TB cases. Comprehensive awareness sessions were also organised to educate inmates and jail staff about TB prevention, early diagnosis and the importance of timely treatment and adherence to therapy.

Besides TB screening, the

medical team provided free medical consultations, essential medicines, various laboratory investigations and other healthcare services to the inmates, ensuring comprehensive healthcare delivery within the correctional facility.

The beneficiaries expressed sincere gratitude to the Deputy Commissioner

for his visionary leadership and continuous support in strengthening public health initiatives. They also appreciated the guidance of the senior health authorities and the dedicated efforts of the Health Team Block Kalakote for organising the camp and ensuring quality healthcare services reached the inmates.

NABL Assessment Team visits FQCL Jammu for surveillance assessment

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A two-day assessment by the National Accreditation Board for Testing and Calibration Laboratories (NABL) commenced today at the Fertilizer Quality Control Laboratory (FQCL), Directorate of Agriculture, Krishi Bhawan Talab Tillo Jammu to evaluate the laboratory's compliance with ISO/IEC 17025:2017 standards for testing laboratories.

The opening meeting was attended by Lead Assessor Shiva Kant Dwivedi and Technical Assessor Mohan Lal Dotaniya. Also present were, Agriculture Chemist Jammu Roshan Lal Bhagat; Assistant Biochemist (FQCL) Deepak Singh; Technical Manager/Analyst Pradeep Bhatia; Analysts Pooja Koul, Aparna Ganjoo and Babbar Preet Singh. Dr. Anshuman, Assistant Director, NABL joined the meeting through virtual mode.

Welcoming the assessment team, Roshan Lal Bhagat highlighted the role of the Fertilizer Quality



Control Laboratory (FQCL), Jammu in ensuring the quality of fertilizers under the provisions of the Fertilizer (Control) Order, 1985. He said the laboratory is equipped with modern analytical instruments and qualified technical staff to deliver reliable and accurate testing services. He informed that FQCL, Jammu has been NABL accredited since August 2024 and is committed to maintaining internationally accepted standards of testing quality and technical competence, thereby contributing to the

supply of quality fertilizers to the farming community of Jammu & Kashmir.

Assistant Biochemist (FQCL) Deepak Singh briefed the NABL assessment team on the laboratory's analytical infrastructure, standard operating procedures, quality management system and testing protocols. He highlighted the laboratory's commitment to maintaining accuracy, traceability and reliability in fertilizer testing in accordance with ISO/IEC 17025:2017 standards.

During the assessment,

the NABL team carried out a detailed inspection of the laboratory facilities and witnessed the implementation of laboratory activities to verify continued compliance with NABL accreditation requirements. The assessment covered documentation, technical competence of personnel, testing methodologies, equipment calibration, laboratory infrastructure, quality assurance procedures and overall laboratory operations to verify compliance with NABL accreditation requirements.