

Free Medicine Distribution Camp held at Mathwar on Sanskrit Month

HIMALAYAN MAIL NEWS
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In a significant initiative dedicated to seva, compassion and public welfare, a mega free medical check-up and medicine distribution camp was inaugurated on Sunday at Baba Ballo Ji Dev Sthan, Mathwar, on the auspicious occasion of Sanskrit Month.

The camp was inaugurated by Mahant Yashpal Maharaj Ji of Baba Ballo Ji Dev Sthan, along with Sham Lal Sharma, MLA, Jammu North Assembly Constituency, in the presence of doctors, medical professionals, members of the Trust and local representatives.

The camp was organized under the joint aegis of Shri Kailakh Jyotish Evam Ved Sansthan Trust, Raipur Thather; Shri Mata Vaishno Devi Narayana Superspeciality Hospital, Katra (Kakryal); and the AYUSH Department, Jammu, with the objective of taking quality healthcare services to the doorsteps of people residing in rural and underserved areas.

A large number of people from Mathwar and adjoining rural areas participated in the camp and availed themselves of free medical consultations, health check-ups, diagnostic tests and medicines. The initiative provided residents an opportunity to access essential healthcare services close to their homes.

Speaking on the occasion, MLA Sham Lal Sharma lauded the organizers for bringing quality healthcare facilities closer to the rural population and said that initiatives of this nature represent the true spirit of



seva and social responsibility.

He said that healthcare should not be a privilege determined by geography or economic circumstances, and that people living in villages and remote areas deserve the same access to quality medical care as those living in urban centres. He emphasized that taking healthcare services to the doorstep of the people is particularly important for elderly citizens, women, economically weaker families and those who face difficulties in travelling long distances for medical consultation.

Sham Lal Sharma further said that public service is meaningful only when it reaches the people who need it the most. He appreciated the collective efforts of the Trust, Shri Mata Vaishno Devi Narayana Superspeciality Hospital and the AYUSH Department for joining hands in this noble cause. He said that such initiatives not only provide immediate medical assistance but also create awareness about preventive healthcare and encourage people to take greater responsibility for their health. He called for more such collaborative outreach programmes in rural and underserved areas and assured that every pos-

sible effort would be made to support initiatives that directly benefit the common people.

Mahant Yashpal Maharaj Ji, while inaugurating the camp, said that seva to humanity is among the highest ideals of Indian culture and Sanatan tradition. He said that helping those in need and extending care and compassion to society is the true essence of service. He expressed his gratitude to the doctors, medical team, Trust members, volunteers and everyone associated with the organization of the camp.

Dr. Yash Pal Sharma, Executive Director, Shri Mata Vaishno Devi Narayana Superspeciality Hospital, said that the hospital remains committed to extending quality healthcare beyond its premises and reaching people who may otherwise face difficulties in accessing specialized medical services. He said that such outreach camps help in early health assessment, timely medical consultation and awareness about preventive healthcare.

Mahant Rohit Shastri, President, Shri Kailakh Jyotish & Vedic Sansthan Trust and State Awardee, said that organizing the medical camp during Sanskrit Month carries a special

message of seva, karuna and lok kalyan. He said that Sanskrit and Indian cultural traditions have always placed humanity and welfare at the centre of social life.

He further said that a healthy society is the foundation of a strong, prosperous and empowered society, and assured that the Trust would continue to organize initiatives aimed at serving society, particularly in rural and underserved areas. Prominent members and trustees, including Shri R. K. Chibber, Shri Radhey Sharma, Shri Kulbhushan Jamwal, Shri Bobby Singh, Shri Suman Lal Shastri, Shri Lucky Sharma and Shri Rakesh Malhotra, among others, were present on the occasion.

The doctors and medical team of Shri Mata Vaishno Devi Narayana Superspeciality Hospital, AYUSH Department officials, members of Shri Kailakh Jyotish Evam Vedic Sansthan Trust and local volunteers played an important role in ensuring the smooth and successful conduct of the camp.

The initiative was widely appreciated by local residents, who expressed gratitude to the organizers for bringing free and essential healthcare services to their doorstep.

SR College conducts JKAS-2026 Prelims Test ; Students Get Exam-like Experience

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As part of its ongoing JKAS-2026 Prelims Test Series, SR College of Competitions, Jammu's 26-year-old premier institute for civil services coaching, conducted another round of tests today for JKAS Prelims aspirants.

The test series, which commenced on 12th July 2026, has been designed strictly in accordance with the latest JKAS examination pattern to provide aspirants with real-exam exposure. The programme comprises 23 tests in total, including 17 sectional tests and 6 full-length tests covering CSAT, aimed at ensuring comprehensive syllabus coverage while strengthening conceptual clarity, accuracy and time management skills among candidates.

Each test at SR College is followed by detailed discussion sessions where faculty members explain the rationale behind answers, highlight common mistakes and share effective strategies to enhance speed and accuracy. Students also receive



individual performance analysis and feedback to help them identify strengths and areas needing improvement. To further support aspirants, the institute provides expert mentorship and free one-on-one counselling, guiding students on preparation strategy, revision planning and exam temperament.

What distinguishes SR College's test series is its proven track record of success. Over the years, numer-

ous questions and concepts from our test series have appeared directly in the actual JKAS and other competitive examinations, giving our students a distinct advantage and greater confidence on the day of the exam.

Speaking on the initiative, the management stated: "Our focus is to build analytical ability and exam temperament in aspirants. Through regular testing, comprehensive discussions and personalized mentor-

ship, we ensure that students are not merely covering the syllabus but are truly learning how to crack the examination."

For more than two decades, SR College of Competitions has guided thousands of aspirants towards success through quality teaching and result-oriented mentoring. The institute is also currently conducting the JKSSB FAA Test Series alongside JKAS preparation.

Yogasana Sports Championship held

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The Jammu District Yogasana Sports Championship 2026 was organised by the Yoga Association Jammu & Kashmir under the aegis of the Yoga Federation of India and J&K Olympic Association at the Brahma Kumaris Om Shanti Meditation Centre, Jammu.

Around 100 yoga players, both boys and girls, from different schools and clubs of the district took part in the championship.

The championship was declared open by lighting of a candle by Program Chairperson Rajyogini B.K. Sudarshan Didi Ji & Brahma Kumaris, Sh A.P.Choudhary, IRS Assistant Commissioner Audit Jammu, was the Chief



Guest and B.K. Ravinder Bali Ji was the Guest of Honour. They awarded medals and certificates to the winners in the presence of Secretary General Vinod Bhatia and other members of the Association. Sabita Sharma, Anjali

devi, Naresh Kumar, Vaishali Sharma and Sunita Raina.

They also spoke about the benefits of yoga for health and harmony in the nation, and encouraged the players to work hard for the upcoming J&K UT

Yogasana Sports Championship 2026 on 16 August.

The championship was officiated by national referees and judges of the Yoga Federation of India: Sh. Mukesh Sharma, Aryaaveer Singh, Sonia Sharma and Anushka kaul

BJP takes out Tiranga Bike Rally



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As part of the nationwide celebrations of Har Ghar Tiranga Abhiyan, the Bharatiya Janata Party, Jammu & Kashmir, under the leadership of its Yuva Morcha and Mahila Morcha, organized a grand Tiranga Bike Rally from Balidan Stambh, Jammu. The rally witnessed an overwhelming participation of party leaders, workers, youth, and women carrying the National Flag and raising patriotic slogans that echoed throughout the city.

The rally was led by BJP J&K President and Rajya Sabha MP Sat Sharma (CA), General Secretary (Organization) Ashok Koul, Lok Sabha MP Jugal Kishore Sharma, Rajya Sabha MP Er. Ghulam Ali Khatana, General Secretaries Sanjita Dogra and Gopal Mahajan, MLAs Ch.

Vikram Randhawa and Yudhvir Sethi, BJYM President Arun Prabhat, and Mahila Morcha President Adv. Neha Mahajan.

The rally passed through various parts of Jammu amid enthusiastic participation, with people waving the Tricolour and chanting patriotic slogans, creating an atmosphere of national pride and unity.

Before the Tiranga Bike Rally commenced, BJP leaders and hundreds of enthusiastic party workers gathered at Balidan Stambh, Jammu, where they paid rich tributes to the brave martyrs who laid down their lives for the nation. The leaders offered floral tributes and reaffirmed their commitment to safeguarding the unity, integrity, and sovereignty of India.

Addressing the participants, Sat Sharma said that the Tiranga is not merely a flag but a symbol of India's

pride, sacrifice, unity, and the aspirations of every citizen. He said the Tricolour represents the courage of the armed forces, the sacrifices of countless freedom fighters, and the resolve of every Indian to keep the nation united and strong. He urged every household to proudly hoist the National Flag and actively participate in the Har Ghar Tiranga campaign, making it a people's movement that reflects the spirit of patriotism and national unity.

Ashok Koul said that the BJP has always placed the nation above politics and has consistently worked to strengthen the feeling of nationalism across the country. He said the Tiranga Rally is a tribute to the brave martyrs who dedicated their lives for India's freedom and security. He emphasized that every citizen, particularly the youth, must draw inspiration from their sacrifices and re-

main committed to protecting the unity, integrity, and sovereignty of the nation.

Jugal Kishore Sharma said that the enthusiasm witnessed in the rally reflects the deep patriotic spirit among the people of Jammu & Kashmir. He said Prime Minister Narendra Modi's call for Har Ghar Tiranga has transformed the Tricolour into a symbol of people's participation in nation-building and inspired every citizen to celebrate India's unity with pride. Er. Ghulam Ali Khatana said that the National Flag rises above every religion, region, language, and political difference, reminding every Indian that the nation comes first. He urged the youth to uphold the values of patriotism, discipline, and national service while contributing towards building a strong, prosperous, and developed India.

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In a significant step towards inclusive development and empowerment of border communities, the Indian Army, organised a Distribution Camp for Divyangjan at Bisali, Rajouri, bringing essential assistive aids and the benefits of Government welfare schemes closer to residents of remote and far-flung villages.

The camp was organised under the Assistance to Disabled Persons (ADIP) Scheme and

Rashtriya Vayoshri Yojana (RVY), in coordination with the Ministry of Social Justice & Empowerment, Government of India. The initiative reached specially abled persons and eligible senior citizens from border villages of Rajouri, where difficult terrain, distance and limited accessibility often pose challenges in accessing such welfare facilities.

Based on the assessed requirements of beneficiaries, prosthetic and orthotic devices, mobility aids and other assistive appliances were distributed during the camp. Beyond providing physical assistance, the initiative sought to enhance mobility, independence and dignity, enabling beneficiaries to participate more con-



fidently in their families and communities.

The camp represented a meaningful convergence of the Indian Army, Government welfare agencies and local stakeholders, ensuring that the benefits of national welfare schemes reached deserving citizens at the last mile.

By taking essential support closer to their doorsteps, the initiative helped bridge the accessibility gap faced by communities residing in remote and border areas.

The endeavour reflects the Indian Army's commitment to nation building and inclusive growth beyond its

operational responsibilities. Through sustained engagement with border communities and effective coordination with Government agencies, the Army continues to contribute towards creating opportunities, improving quality of life and empowering those who need support the most.

The initiative at Bisali further strengthened the enduring bond between the Indian Army and the people of Rajouri, underscoring a shared commitment towards an inclusive and empowered society where geographical remoteness does not become a barrier to dignity and opportunity.

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