

Ayurveda complements modern healthcare through prevention, healthy living: Sakeena

HIMALAYAN MAIL NEWS
JAMMU, SEP 23

Minister for Medical and Health Education and Social Welfare, Sakeena Itoo, today said that a healthy society requires not only hospitals and medicines, but also awareness, prevention, healthy lifestyles and responsible use of natural resources.

Sakeena Itoo made these remarks while speaking as Chief Guest at the 11th Ayurveda Day 2026 celebrations organised by the Directorate of AYUSH, Jammu & Kashmir, under the theme "Ayurveda for a Healthier Tomorrow".

The Minister said Ayurveda is an important part of India's traditional knowledge and is increasingly receiving global recognition, adding that the theme reflects the growing relevance of Ayurveda in preventive healthcare, wellness and community wellbeing. Sakeena Itoo emphasised the need to strengthen an integrative approach to healthcare in J&K, including greater co-location of AYUSH services in healthcare institutions. She appreciated the contribution of the Directorate of AYUSH through inter-sectoral convergence and its participation in programmes such as Nasha Mukti Bharat, Anaemia Mukti Bharat and prevention and control of non-communicable diseases.

Highlighting the strengthening of AYUSH infrastructure, the Minister referred to the 50-bedded Integrated AYUSH Hospital at Kulgam, progress of hospitals at Kathua and Samba and



the Government Ayurvedic Medical College and Hospital at Amargarh, Sopore. She said District AYUSH Officer posts have been created and filled to strengthen district-level functioning.

The Minister also highlighted J&K's rich medicinal plant wealth and appreciated initiatives such as school herbal gardens, farmer training, buyer-seller meet and medicinal plant cultivation. She noted the participation of approximately 87,110 people in International Day of Yoga 2026 and the contribution of AYUSH services during Shri Amarnath Ji Yatra 2026, where 39,609 Yoga sessions benefited 1,56,672 participants.

Sakeena Itoo added that AYUSH's contribution to

preventive and community healthcare is growing through Yoga, public-health programmes, outreach and awareness initiatives, while the medicinal plants sector is being strengthened through conservation, cultivation, farmer training, value addition and industry linkages.

Dr. Ashutosh Gupta, Principal, Government Medical College Jammu, and Government Ayurvedic Medical College, Akhnoor; Director AYUSH, Dr. Ajay Kumar Tikoo; Director Health Services, Jammu; and former officers of the Directorate of AYUSH, J&K, were present on the occasion.

Dr. Ashutosh Gupta delivered a presentation on "Ayurveda and Cancer,"

highlighting the emerging scope of research and innovation in Ayurveda and the need for systematic research, scientific validation and greater collaboration between Ayurveda institutions, medical colleges and research organisations. Delivering the keynote address, Dr. Ajay Kumar Tikoo highlighted the expanding reach of AYUSH services across the Union Territory and the importance of integrating traditional knowledge with evidence, research and innovation.

The programme concluded with a renewed commitment to strengthening quality AYUSH services, preventive healthcare, healthy lifestyles, research and innovation across Jammu and Kashmir.

Army organises youth career counselling at Govt High School Bhalla

HIMALAYAN MAIL NEWS
JAMMU, SEP 23

The Indian Army organised a Youth Career Counselling Programme at Government High School Bhalla, Doda, Jammu and Kashmir on 22 Sept 2026, as part of its ongoing efforts to guide and empower local youth towards a secure and productive future.

The session focused on creating awareness among students about diverse career opportunities, higher education options, vocational courses, skill-development programmes and various competitive examinations. Students were encouraged to identify their interests, strengths and capabilities and make informed decisions while planning their future careers.

Special emphasis was



laid on acquiring job-oriented skills, making effective use of various Government schemes and maintaining a focused, disciplined and positive approach towards career development. The interactive session also provided

students an opportunity to clarify their doubts and seek guidance regarding different educational and professional pathways.

A total of 65 students and eight teachers attended the programme and actively participated

in the interaction. The initiative was well appreciated by the students and school authorities. Such programmes aim to promote skill development, self-reliance and responsible citizenship among the youth of the region.

DDC Anantnag reviews progress of RRP&MAH Scheme

ANANTNAG, SEPTEMBER 23: District Development Commissioner (DDC) Anantnag, Dr. Bilal Mohiuddin Bhat, on Tuesday chaired a meeting to review the progress of projects being undertaken under Scheme for Revival, Restoration, Preservation and Maintenance of Architecture and Heritage (RRP&MAH) at various important places in the district.

At the outset, the SE PWD briefed the chair about the physical and financial progress achieved under the scheme in the

district so far. He informed that under Phase III, 40 projects have been taken at key religious places including Aishmuqam, Mattan, Thajiwara Bijbehara, Khiram and Nagdandi Achabal in the district. He also apprised the chair of various issues and concerns being faced in the smooth execution of heritage preservation works.

Reviewing the status of these projects, the DDC emphasised close inter-departmental coordination for their timely completion. He directed the concerned officers to identify and resolve bottlenecks, if any, at the earliest and ensure that all works are completed within the stipulated timelines.

Dr. Bilal stressed that heritage projects hold significant importance in preserving the old architecture and called for regular monitoring of the works to expedite the pace of execution besides maintaining quality standards and durability of the structures. He directed the concerned agencies to work in tandem and take prompt decisions on issues requiring inter-departmental intervention.

Concluding the review, the DDC stressed that minor issues should not cause unnecessary delays, instructing the officers to ensure timely and effective utilisation of resources. The meeting was attended by Superintending Engineer R&B, Chief Planning Officer, Executive Engineers of R&B Divisions, CEO MCA, Executive Officers of Pahalgam, Mattan, Seer, Aishmuqam, Bijbehara and Achabal, Municipal Committees and other concerned officials.

DC Rajouri reviews progress under National Tuberculosis Elimination Programme

HIMALAYAN MAIL NEWS
JAMMU, SEP 23

Deputy Commissioner Rajouri, Abhishek Sharma, today chaired a comprehensive review meeting to assess the progress under the National Tuberculosis Elimination Programme (NTEP).

During the meeting, the concerned officer presented a detailed overview of NTEP indicators, targets and achievements, performance parameters and progress recorded so far.

The Deputy Commissioner reviewed the block-wise status and examined gaps in TB case detection, notification and treatment outcomes. He directed all concerned to intensify ef-



orts towards achieving the goal of TB Mukti Rajouri. He directed the health institutions to increase presumptive TB X-ray screening and instructed all BMOs to organize at

least two screening and awareness camps daily in their respective blocks. The CMO was directed to closely monitor daily NTEP progress and share regular reports with the DC

Office.

The Deputy Commissioner further stressed active case finding, improvement of key performance indicators and focused intervention in low-performing blocks to ensure 100% target achievement.

Emphasizing inter-departmental convergence, community participation and timely reporting, the Deputy Commissioner called for concerted efforts to accelerate TB elimination in the district within the stipulated timeframe.

The meeting was attended by ADDC, Malikzada Sheraz Ul Haq; CMO, Dr Manohar Lal Rana; DTO Dr Sajjad Rashid Mirza, all Block Medical Officers and other concerned officers.

DC Rajouri reviews progress of works in Vibrant Village Sariah

HIMALAYAN MAIL NEWS
JAMMU, SEP 23

Deputy Commissioner Rajouri, Abhishek Sharma, today visited Vibrant Village Sariah in Nowshera and reviewed the ongoing development works being executed in the village.

During the visit, the Deputy Commissioner interacted with the residents and took stock of the progress of various developmental initiatives. He also inspected the Amrit Sarovar completed near Ram Mandir in Sariah. He emphasized the need for timely completion of ongoing works and effective utilization of development infrastructure for the benefit of residents.

The Deputy Commissioner further reviewed the implementation of initiatives under the Vibrant



Villages Programme, aimed at strengthening infrastructure, improving basic amenities and promoting sustainable development in border villages.

ADC Nowshera, Pritam Lal Thapa, accompanied the Deputy Commissioner during the visit and briefed him about the on-

going development activities and local requirements.

The Deputy Commissioner directed the concerned departments to ensure coordinated efforts, maintain quality standards and give due priority to works aimed at improving the living

conditions and overall development of residents in the border village.

ADC Nowshera Pritam Lal Thapa; BMO Nowshera Dr. Chander Parkash and Ex PRIs. Besides, Shri Tyagi Ji Maharaj Pujari Ram Mandir Sariah was also present on the occasion.

DDC Anantnag reviews macadamisation works, stresses timely completion of 73 Km target

HIMALAYAN MAIL NEWS
JAMMU, SEP 23

District Development Commissioner (DDC) Anantnag, Dr. Bilal Mohiuddin Bhat, on Tuesday conducted a comprehensive review of ongoing macadamisation and other related works in the district.

The meeting was attended by Additional Deputy Commissioner, Superintending Engineer, PWD(R&B), Chief Planning Officer, District Mineral Officer, Executive Engineers, Assistant Executive Engineers and other concerned officials.

At the outset, the Superintending Engineer apprised the Chair of the progress of ongoing



macadamisation works. It was given out that against the total target of approximately 73 km, 14.3 km has been macadamised so far and the low progress is

primarily attributable to shortage of bitumen and key construction materials.

Taking note of the low progress, the DDC di-

rected the concerned officers to take all necessary measures for expediting the pace of execution on these important road connectivity works.

He asked the District Mineral Officer to make immediate arrangements for ensuring availability of requisite construction materials to the concerned macadamisation plants in accordance with applicable norms and guidelines.

The DDC further stressed the need for uninterrupted execution of the works and directed all concerned agencies to work in close coordination to ensure that the entire targeted 73 km of macadamisation is completed within the stipulated timeframe.

DC Kulgam visits Ganesh Asthapan Mandir at Batpora Hergam Frisal

KULGAM, SEPTEMBER 23: Deputy Commissioner (DC) Kulgam, Shahzad Alam visited the historic Ganesh Asthapan Mandir at Batpora Hergam, Frisal, where a two-day Ganesh Hawan/Yagna was held on September 22 and 23, 2026, after a gap of 36 years.

During the visit, the Deputy Commissioner interacted with the devotees and reviewed the arrangements put in place by the district administration for the smooth conduct of the religious event.



He inspected the facilities at the temple and took stock of arrangements related to security, sanitation,

uninterrupted power and drinking water supply, healthcare, fire safety and other essential amenities.

The Deputy Commissioner appreciated the coordinated efforts of all concerned departments in ensuring necessary arrangements for the devotees.

The two-day religious programme was organised at the temple premises with the participation of devotees and members of the community.

The DC was accompanied by Tehsildar Frisal Javid Iqbal, Dy. SP Hattipora Rajit Chib, EO MC Frisal, Mohammed Irfan and other officers and officials.