

VBSY: A Lifeline of Healthcare and Welfare in the Heart of J&K

In the icy embrace of the Union Territory of Jammu and Kashmir, the Viksit Bharat Sankalp Yatra, propelled by the Modi ki Guarantee wali Gadi, has not only braved sub-zero temperatures but has also emerged as a harbinger of health and welfare in rural areas of the region.

As the Viksit Rath traverses through the challenging terrain, it is met with a heartfelt welcome, a testament to the unwavering enthusiasm of the people who defy the harsh cold conditions to actively participate in this transformative Yatra.

Integral to the success of this Yatra is the pivotal role played by the Viksit Rath in delivering on-the-spot services, particularly in the realm of healthcare. In rural Jammu and Kashmir, over 5 lakh individuals have been screened in health camps, addressing various health concerns and providing much-needed medical attention.

A significant focus has been on preventive healthcare, with more than 1.8 lakh persons screened for Tuberculosis (TB) and over 13 thousand individuals screened for Sickle Cell Anemia. These proactive measures aim not only to identify health issues at an early stage but also to ensure that timely interventions are made for a healthier community.

The impact of the Yatra extends beyond screenings to tangible improvements in the lives of women in rural areas. Over 15 thousand new beneficiaries have been enrolled under the PM Ujjwala Yojna, providing free gas cylinders and stoves. This initiative has not only eased the burden on women who traditionally used wood-burning methods for cooking but has also contributed to improved health outcomes.

In a substantial stride towards comprehensive healthcare, more than 27 thousand new Ayushman Cards have been issued, offering free healthcare services up to 75 lakh. This initiative aligns with the broader vision of accessible and affordable healthcare for all.

Crucially, under the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB PM-JAY), free health insurance coverage up to Rs 5 lakh is available to the people, providing a safety net against unforeseen medical expenses. More than 32 thousand individuals have been enrolled under the Suraksha Bima Yojana, while 12 thousand are beneficiaries of the Jeevan Jyoti Yojna, further strengthened the welfare of people in the region.

In conclusion, the Viksit Bharat Sankalp Yatra is not just a political journey; it is a lifeline of healthcare and welfare weaving through the fabric of rural Jammu and Kashmir.

Beyond the rousing welcomes and commendable enthusiasm, this Yatra stands as a beacon of hope, bringing essential services to the doorstep of those who need them the most.

The strides made in healthcare and welfare under the Viksit Rath exemplify the commitment to holistic development, ensuring a healthier and more prosperous future for the people of Jammu and Kashmir.

Viksit Bharat Empowering Communities: The Impact of Jal Jeevan Mission in J&K

In India's pursuit of holistic development, the Viksit Bharat Sankalp Yatra is actively fostering the realization of government schemes, particularly in the Union Territory of Jammu and Kashmir (UT of JK). The mission aims to extend the benefits of these initiatives to every citizen, emphasizing inclusivity at the grassroots level.

Amidst significant public engagement, the Yatra highlights a collective commitment to propel India toward becoming a developed nation by 2047.

Jammu and Kashmir has witnessed substantial progress over the past four years, particularly in providing water connections to both hilly and plain areas. In 2019, approximately 7.82 lakh houses in JK had water connections, a number that has impressively surged to 14 lakh houses, marking a significant achievement in the ambitious Jal Jeevan Mission.

A notable success is the Water Supply Scheme (WSS) in Hergawas, serving two villages with a predominantly Scheduled Tribe (ST) population. This project, implemented with a budget of Rs. 47.0 lakhs, stands as a testament to the mission's commitment to reaching remote areas, benefiting 134 households and 2158 individuals.

In regions along the Line of Control (LoC), the 'Jal Jeevan Mission' has turned dreams into reality by providing drinking water through pipes, significantly improving daily life, especially for women. Villages like Baltan and Nilphan Top Village in Larnoo, Anantnag, have experienced transformative changes, ending a 50-year wait for clean tap water.

Nazia from Budgam shared her story during the Viksit Bharat Abhayan, expressing gratitude for the provision of water connections, which has not only eased their lives but also allowed them to utilize time more productively.

Achieving a milestone of crossing 75% coverage under the Jal Jeevan Mission in Jammu and Kashmir is a cause for celebration. Out of 18,69,821 rural households, the UT is now providing clean tap water to 14,02,693 rural households, showcasing the government's commitment to ensuring access to safe drinking water.

Success stories from various villages highlight the transformative impact of the Jal Jeevan Mission. In Hergawas, the rhythmic flow of tap water brings joy to every home, particularly among the ST population. The government's continuous efforts are evident in the recent approval of 102 new Water Supply Schemes worth Rs 476.71 crore, aiming to cover an additional 54,752 rural households. Chaman Lal of Kalakote, Rajouri, appreciates the government's efforts under the Amrit Sarovar Programme to revitalize the ancient water body in their village, known for fresh and tasty water.

The involvement of various stakeholders underscores the collaborative approach to achieving the mission's objectives. With about 3300 schemes planned under the Jal Jeevan Mission at an estimated cost of Rs. 12,975.00 crore, the UT is making significant strides in providing access to safe drinking water.

The introduction of the Har Ghar Jal Certification process by Gram Panchayats ensures transparency and community ownership. In conclusion, the journey of Jammu and Kashmir under the Jal Jeevan Mission is a remarkable story of progress and transformation. The collective efforts of the government and local communities are shaping a future where access to clean and safe drinking water is a reality for every household in Jammu and Kashmir.

Ensuring socio-economic transformation and empowerment of farming community

■ PARVEEN KUMAR & RAJ KUMAR GUPTA

Located in the lap of Pir Panjal range of the mighty Himalayas and amongst one of the 20 districts in the Union Territory of Jammu and Kashmir, Ramban as an independent district was carved out of erstwhile Doda District in the year 2007. Standing on the banks of mighty Chenab on the National Highway-1A (now NH44), it is almost at equal distance from both the summer and winter capitals of the UT.

Originally Known as Nashband, the history of its settlement is very interesting. Before the formation of the J&K State in 1846, there was a small village consisting of 15 houses on the right bank of Chenab known as Nashband (now 'Ramban'). When Raja Gulab Singh of Jammu became the Maharaja of J&K State, he adopted Jammu-Udhampur-Banihal route to reach Srinagar for the movement of royal Carvans. In this process, Ramban got the status of halting station for the royal Carvans. The Dogras constructed a pucca building near present Ramban and a wooden bridge for the crossing of Chenab River. As mentioned in the book 'Maharaja Ranbir Singh' by Sukhdev Singh Chadak, Maharaja directed for a cart road from Jammu to Srinagar via Banihal and a suspension bridge over Chenab River at Ramban. In due course of time, this road became national highway; the halting station Ramban also developed a lot and now it is a district and referred to as the gateway to Kashmir.

Ramban district is mostly rural and only 4% of population resides in its towns i. e Ramban, Batote and Banihal. With a total geographical area of 1,329 km2, the district has eleven blocks. As far as climate is concerned, it varies according to the altitude; from intermediate in low altitude areas to temperate in high altitudes. The intermediate zone falls within the altitude of 700 to 1000 m amsl. It covers 15% of the total area of which 95% is unirrigated. Sildhar, Kanthi, Seeri, Maitra, Chakna, Thopal, Parnote, Kangha, Chanderkote, Kunfer, Adhna and Marog fall in the Intermediate zone. The temperate zone falls in the mod to high altitudes at an elevation of 1000 to 3000 m amsl and cover area of Ramban, Gool, Ramsoo, Batote, Khari, Ukheral, Rajgarh, Banihal and Sangaldan. It covers 85% area of the district of which 95 per cent is unirrigated. About 95% of the total area under paddy cultivation is in this zone. The average annual rainfall in the district is 1330.7 mm.

Agriculture is the main source of livelihood in the district along with Horticulture and Livestock also as other important sectors contributing to the livelihood security of the population of the region. Crops are grown from an altitude of 723 meters in Ramban to about 3000 meters amsl in Gool. The wide range of altitudinal difference and the unique topography of this region provide the much needed agro-climatic diversity for year round pro-

duction of vegetable crops like French beans, Tomato, vole crops, cucurbits, Brinjal, potatoes and peas. The cropping intensity of the district is more than 150 and most of the cultivated area is under double cropping of Maize-Fodder, Maize-Wheat and Paddy-Fodder/Oilseeds. Maize along with mix cropping of Rajmash is also grown here. Although on a negligible area, Millets like Kodo millet, Barnyard millet, Fox tail millet, Buck wheat, Amaranthus are also grown in some villages. Garlic, Onion and Turmeric are also cultivated in this district.

The total area of the district according to village papers is reported to be 1, 13, 787 ha of which net cultivated area is 19,195 ha (16.87%). The area under fruit crops 14, 209 ha, area under social forestry is 1, 218 ha and area under forestry is 641.71 km2 which is about 53% of total area of the district. The net area under irrigation is only 7% which means the district is

Endeavour of KVK-Ramban

largely rainfed. As far as size of landholdings is concerned, the average size of landholdings is 0.30 ha. Of the total 31,880 farm operating families, 26,586 (83%) are marginal one having less than 1 ha of land. About 4,700 (15%) of them are small having 2 ha of land, 531 (1.67%) fall in semi medium category having land up to 4 hectares and less than 1% falling in the medium category with land up to 10 hectares. There is no large farmer in the district. The Department of agriculture of the UT of Jammu and Kashmir is serving farming community. It is comprised of two sub divisions of Ramban and Gool and further divided into 65 agricultural circles and 13 agricultural zones.

Krishi Vigyan Kendra-Ramban: Krishi Vigyan Kendra-Ramban under the administrative control of Sher-e-Kashmir University of Agricultural Sciences and Technology of Jammu was established in the year 2022 as a front line agriculture extension institute of the district catering to the diverse information, advisory, training, diagnostic and mobilization needs of farming community including farm women and rural youth. KVK-Ramban and KVK-Kishtwar both were established in the same year. KVK-Ramban has been established at Dhalwas about 15 kilometers before district headquarters located at Ramban.

Soon after its establishment, it engaged in its various mandated activities besides involvement in different national level programmes and collaborations with various agencies and departments to uplift the socio-economic status of the farming community of this region. Information related to different technologies and various sustainable agricultural practices is being disseminated through various awareness and sensitization programmes being conducted by KVK Ramban in different

Viksit Bharat Sankalp Yatra: Realizing Homeownership Dreams with PMAY-G

tangible difference being made in the lives of people through the provision of affordable homes.

In essence, the Viksit Bharat Sankalp Yatra serves as a catalyst for transformation, embodying the spirit of 'Hamara Sankalp Viksit Bharat.' Through the collaborative efforts of the government and the community, the journey towards housing for all is not just a vision but a tangible reality, bringing dignity and security to countless households.

Empowering Lives through PMAY-G

Abdul Rashid, from Gurdhan Bala Panchayat in Rajouri, lacked the resources to construct a house. He expresses gratitude to the Modi Government for providing financial assistance under PMAY(G) for the construction of his house.

Rampyari of Kathua shares how the PMAY Scheme has saved them from the struggles of monsoon rains and other weather vagaries in the absence of a pakka house. She expresses gratitude to the Modi government for its pro-poor policies.

Raziya Begum from Jhulas, Poonch, expresses gratitude for the financial assistance under PMAY that enabled her financially shattered family to build a house. She is thankful to the government for its pro-poor policies.

Mohd Naseem from Poonch expresses gratitude for the PMAY Scheme. He built a home with the financial support received under the scheme. He states, "This powerful initiative of the Modi government to provide homes for homeless people is playing a pivotal role in making housing dreams come true for poor people, like him.

As the Viksit Bharat Sankalp Yatra continues its journey, it becomes evident that the PMAY-G is not just a housing scheme; it's a lifeline for those who have long struggled with inadequate living conditions. The commitment to 'Housing for All' is not merely rhetoric but a guiding principle that influences every step of the Viksit Bharat initiative.

YOUR COLUMN

Contentment is more valuable than all possessions

Dear Editor,

Through the columns of your esteemed paper I would like to express my ideas highlighting the values of contentment in the world.

Contentment in itself is as big as its deeper meaning. No other possession in the world is more valuable than all possessions that one has. Contentment is above all possessions that one gets in one's life. In the today's world one goes an amassing wealth beyond one's wishes to the extent of any limit. One may get big palatial farm houses, landed property. One may get the enjoyment of having very costly cars, also have numberless costly suits to be worn, One may get very costly jewels, gold, silver, copper as his possessions. One may get enjoyment by air throughout the world. One may get the highest position to be PM, President, CJI. One may become the wealthiest person in the world. Despite having all possessions as stated above, one cannot have contentment that is to say peace of mind in one's whole life.

Honesty is one of the forms of contentment. The wealth earned by the form of honesty for passing one's prosper life leads to be an honest man. Honesty is

villages of the district. To augment the production of different crops including vegetables, KVK Ramban provides HYV seeds of maize and different vegetables. Various Front Line Demonstrations (FLDs) of Maize have been laid out in farmers fields. The results have been encouraging. The yield of these demonstrations plots are much higher than the varieties the farmers used to grow. The high quality vegetable seed provided to the farmers also ensures nutritional security of rural women who are more vulnerable to various nutrient deficiencies. The government is also focusing on skill and entrepreneurship development of the youths. There are various areas in agriculture and allied sectors like mushroom production, vermicomposting, seed production, poultry rearing, fisheries etc in which youth can upgrade their skills and set up their own enterprise to create job opportunities for others also. For the youths of the district, KVK Ramban conducts various skills oriented training programmes.

Last year, KVK-Ramban organized a mega Kisan mela for the farming community of the region. Various stall depicting different technologies, inputs/products/models were displayed by different stakeholders. Recently KVK-Ramban participated pro-actively in the Viksit Bharat Sankalp Yatra that went through every nook and corner of the district sensitizing the farming community about various agricultural related schemes. KVK-Ramban has also been selected for 'Out scaling Natural Farming through KVKs' a national level initiative of Ministry of Agriculture and Farmers' Welfare aimed at awareness and training of the farming community about natural farming practices. Motivated by KVK-Ramban, many farmers in this district have taken to Natural farming and are satisfied with the outcome in terms of reduced cost of cultivation and positive impact on environment. Cultivation of millets is also being promoted through sensitization of farmers on role of millets in ensuring nutritional security and in minimizing the negative impacts of climate change. Important national and international days like National Farmers' Day, World Soil Day are being celebrated with the active participation of farming community. KVK Ramban is also developing an integrated model demonstration farm at village Dhalwas which also acts as a learning center for the farming community. The farm center is also working on mobilizing the producers into various collective associations like Self Help Groups, Farmer Producer Companies (FPCs) and Farmer Producer Organizations (FPOs).

Although still in the initial years of its establishment, yet under the dynamic leadership of Prof. B. N. Tripathi and the supervision of Prof. Anrishi Vaid, Director Extension; KVK- Ramban will soon emerge as a knowledge, learning and skill center in this region ultimately contributing to the socio-economic upliftment of the farming community of this district.

The success of PMAY-G in Jammu and Kashmir, with 1.45 lakh homes constructed in the last five years, showcases the tangible impact on the ground. The Viksit Bharat Sankalp Yatra serves as a medium to amplify the voices of those who have benefitted from the scheme, turning dreams of a stable, secure home into reality.

Abhishek's journey from a kuchha house to a pucca house encapsulates the essence of the PMAY-G initiative. His story resonates with countless others who have seen their living conditions transformed, thanks to the government's unwavering commitment to providing affordable housing. Anil Singh's expression of joy during the Viksit Bharat Yatra underlines the communal celebration of positive change brought about by PMAY-G.

The testimonials shared by beneficiaries during the Viksit Bharat Sankalp Yatra underscore the multifaceted impact of the PMAY-G. Abdul Rashid, Rampyari, Raziya Begum, and Mohd Naseem represent a cross-section of society, each with a unique story of triumph over adversity, thanks to the government's pro-poor policies.

The commitment of the Modi government to ensuring 'Housing for All' is not just an economic or infrastructural investment; it's an investment in the dignity, security, and well-being of the people. The Viksit Bharat Sankalp Yatra acts as a conduit to share these stories with the nation, illustrating the transformative power of government schemes when implemented with empathy and dedication.

In conclusion, the Viksit Bharat Sankalp Yatra, coupled with the success stories of PMAY-G beneficiaries, paints a vivid picture of a nation striving towards inclusivity and equitable development. The journey towards 'Housing for All' is not a distant dream but a reality unfolding, brick by brick, as the government and the people collaborate to build a stronger, more resilient India.

rows. Has anybody got an idea ever in his mind from where he/she gets a contentment ? How a pilot steers a heavy tonnes of plane's load along important passengers on board heaves a sigh of relief with contentment when a plane lands safely at another aerodrome. Yet another example to be quoted here is that When a boatman lets out, suddenly comes across with mighty storm of winds faces challenges of strugglefull journey reaches another shore safely alongwith passengers on board gets contentment. A boat might be wrecked into storms and passengers drowned by a tragic accident. One derives contentment when one saves a precious life from being burnt into the flames of fire broke out in a house suddenly due to short circuit. A doctor feels a good deal of contentment when he saves a precious life of patient suffers from a massive heart attack. The members of the rescue team feels satisfied with great contentment when it serves precious lives being driven away by the mighty Tsunami storm from the Arabian Sea. A team of fire Brigade derives contentment when it saves a life of wild animals from being burnt into the flames of a fire broke out suddenly in a forest. A teacher feels greater contentment from his teachings with devotion and dedication in his life when he sees his worthy students to be great scientists, pilots, doctors, lawyers, politicians, administrators and like others. Any kind of free-service to be done by one to others gets radiated fragrance of contentment through its truthfulness.

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