

Department of AYUSH in collaboration with District Administration organises district level seminar at Kishtwar

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KISHTWAR: In an effort to promote the conservation and cultivation of medicinal plants and foster entrepreneurship in the sector, the Department of AYUSH, under the directions of the Directorate of AYUSH, UT of Jammu & Kashmir, Dr. Nuzhat Bashir Director AYUSH J&K, in collaboration with the District Administration Kishtwar and JK State Medicinal Plants Board successfully organized a District Level Seminar on Tuesday.

The event, held at the Conference Hall of the New DC Office Complex, Kishtwar was organised for Promoting Conservation, Cultivation of Medicinal Plants, and Developing Entrepreneurship in the Medicinal Plants Sector.

The event was held under the supervision of Deputy



Dr. Nuzhat Bashir Director AYUSH chairing the meeting.

Commissioner (DC) Kishtwar Rajesh Kumar Shavan. Pawan Kotwal, Additional Deputy Commissioner Kishtwar, graced the event as the Chief Guest.

The seminar featured key resource persons from AYUSH Department including Dr. Shabir and Dr. Muzaffar Mintoo, who provided detailed information on the cultivation and marketing of medicinal plants such as

Ashwagandha, Kutki, Kuth, Pooshkarmool, and others, emphasizing their potential as alternative sources of income for farmers.

Dr. Opendar Surmal, Lecturer in Ethnobotany at Government Degree College Kishtwar, also shared valuable insights into the medicinal plants found in the region and their uses in traditional medicine. In addition, progressive farmers like Dr. Shahnawaz

Ahmed and Jabbar Singh, who have successfully ventured into the cultivation and marketing of medicinal plants, shared their success stories and experiences in setting up businesses in the sector.

The seminar aimed at increasing awareness about the significance of conserving and cultivating medicinal plants, which play a crucial role in both traditional healthcare systems and the modern pharmaceutical

industry. The event also highlighted the immense potential for entrepreneurship in the medicinal plant sector and discussed the growing opportunities within the industry.

The discussions also emphasized the role of medicinal plants in promoting sustainable economic growth in the region. The overall event was held under the guidance of Dr. Vikram Jamwal District Nodal Officer, AYUSH Kishtwar.

The seminar was attended by Senior Officers including DIO Kishtwar Dr Kuldeep Kumar ,DFO Marwah Vishal Choudhary, CMO Kishtwar Dr. Rajinder Kumar, CAO Kishtwar Anjad Hussain Malik, CHO Kishtwar Sajid Mustafa, Chief Scientist of KVK Narinder Pal, staff of AYUSH and various other departments.

GDC Ghagwal collaborates with SDRF Samba to organise fire rescue drill

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GHAGWAL: Under the patronage of Dr. Sujata Slathia, Principal, Government Degree College (GDC) Ghagwal, the NSS Unit, led by Dr. Vani Awasthi (NSS Program Officer), collaborated with the State Disaster Response Force (SDRF) Samba division to conduct a One-Day Awareness Workshop on Fire Rescue Drill.

Today's event marked Day Five of the Seven-Day Special Winter NSS Camp. The workshop was held under the supervision of Incharge Deputy Controller Civil Defence Sanba, DySP Satvir Singh, with ASI Piara Singh leading the SDRF team.

Instructor Jyoti Prakash delivered an insightful lecture and live demonstration on Fire Rope Rescue, equipping students and faculty with essential life-saving skills. The SDRF team also con-



Organisers along with faculty members and students.

ducted a Fire Rescue demonstration with the active participation of NSS volunteers, making the session highly interactive and practical.

Additionally, the NSS Unit of GDC Ghagwal organized a Road Safety Awareness Rally, emphasizing the importance of safe driving and pedestrian rules in the community.

The event received strong support from Meenakshi and Madhu, lecturers in Sociology, who assisted Dr.

Vani Awasthi in organizing the program successfully.

Speaking on the occasion, Dr. Sujata Slathia highlighted the importance of disaster preparedness and commended the NSS Unit for its commitment to social awareness and community service.

The event witnessed enthusiastic participation from students and faculty members, making it a successful initiative toward community safety and preparedness.

GDC Marheen organises Yoga under Fit India Moment



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MARHEEN: The Department of Physical Education of GDC Marheen organized different Yoga asana under the banner of Fit India Moment. The programme was organized under the able guidance of Principal of the college Prof. (Dr.) Anupama Gupta.

In her address she highlighted the benefits of physical activities in daily

life as it improves physical health, mental health, and cognitive abilities. It also benefits reducing stress levels and improving academic performance.

Regular physical exercise promotes increased energy levels, improves socialization, and develops leadership skills.

In addition, physical exercise helps improve the overall school climate, fosters a sense of community,

and promotes healthy habits that last a lifetime.

The event was organized under the supervision of Dr. Balbinder Singh (Physical Director) and he briefed about the objectives behind organizing these programmes in the college.

The event was managed by Prof. Sandeep Chaudhary, Prof. Anoop Sharma, Dr. Munisha, Dr. Shallu, and Prof Manu.

SSP Doda reviews crime-cum-operational preparedness in Bhandarwah area

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DODA: The Senior Superintendent of Police (SSP) Doda, Sandeep Mehta on Tuesday visited Bhandarwah, conducted a comprehensive review of Crime and operational preparedness in Bhandarwah area.

The review meeting, which was attended by senior police officers viz Addl. SP Bhandarwah, SDPO Bhandarwah, SHO PS Bhandarwah along with all IC Police Posts and key personnel of operational grid, focused on assessing the current security situation, operational readiness, and the effectiveness of law enforcement in maintaining peace and order within the sub division.

A review on crime registration during the year-2025 along with back log cases



SSP Doda, Sandeep Mehta chairing a meeting.

and disposal during the current year was held with Supervisory Officers /SHOs who gave brief account of their work done during the current year so far in the area of crime and other allied things.

A threadbare discussion was held with supervisory officers/SHOs /IC PPs on the backlog cases as well as cases registered during the

current year and their disposal.

The officers were directed to ensure maximum disposal of the under investigation cases, inquest proceedings and other allied things to minimize the pendency upto the desired level.

All time line cases should be completed in prescribed time period. Necessary directions were also issued to

them to follow the under trial cases in Courts vigorously to ensure conviction so that justice is delivered to the crime victim.

Supervisory officers/SHOs were directed to go tough against the offenders of NDPS Act, bovine smugglers and other anti-national elements and initiate proceedings against them for the attachment of their prop-

erty.

During the session, SSP Doda emphasized the importance of maintaining strict vigilance and ensuring prompt response to any emerging security challenges. He directed officers to enhance their coordination with other security agencies and continue to foster strong community-police relations to ensure public safety.

The SSP also stressed the need for regular training programs to improve the skills of police personnel deployed in operational grid to deal with counter-insurgency operations, and law enforcement in sensitive areas.

"Ensuring the safety and security of the public is our top priority. We must remain vigilant and proactive in addressing any potential threats while upholding the rule of law," SSP stated.

SWD Reasi organises Volleyball, Poster making competitions under NMBA

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REASI: The Deputy Commissioner of Reasi, Nidhi Malik, inaugurated a volleyball competition under the Nasha Mukh Bharat Abhiyan (NMBA) at Government Degree College (GDC) Reasi.

The event, aimed at promoting a drug-free society, was organized by the Social Welfare Department (SWD) Reasi, headed by District Social Welfare Officer (DSWO), Reasi, Sachin Sharma.

The event began with the lighting of a traditional lamp by the Chief Guest, Deputy Commissioner Nidhi Malik. ADC Reasi Rakesh Kumar also graced the event.

The competition featured both men's and women's volleyball matches, alongside a poster-making competition and a slogan-writing competition.

Students from GDC Reasi participated with immense enthusiasm, showcasing their talent and creativity.



SWD officials along with participants during the event at Reasi.

The event was a step forward in spreading awareness about the importance of a drug-free nation and the negative impact of substance abuse.

While inaugurating the event, Deputy Commissioner addressed the students, encouraging them to actively participate in initiatives like NMBA.

"This campaign is not just about raising awareness, but also about inspiring a lifestyle change. Our youth are the future of this nation, and it's essential to channel their

energy into constructive activities like sports that foster their overall well-being. Let this competition be a reminder that we are capable of achieving great things when we work towards a common cause," she said.

The Deputy Commissioner added, "It not only promoted physical fitness through the volleyball matches but also encouraged artistic expression and creativity through the poster-making and slogan-writing contests. The initiative is in line with the government's vision to create a

drug-free society and keep the youth engaged in healthy and productive activities."

Later, DSWO Reasi distributed medals, trophies, and sports kits among the winners and runner-ups, and the pledge of Nasha Mukh Bharat Abhiyan was taken. An initiative under BBBP, a sanitary napkin vending machine, was also installed in the premises of GDC Reasi by the Social Welfare Department. ADC Reasi Rakesh Kumar, Principal of GDC Reasi, DIO, and other staff from the college were present.

GMS Khorinar organises felicitation programme for outstanding sports achievers

■ STATE TIMES NEWS

POONCH: Government Middle School (GMS) Khorinar West organized its Annual Felicitation Function on Tuesday to honour outstanding sports students who have brought laurels to the school, District Poonch, and Jammu & Kashmir UT.

The event recognized students who represented Jammu & Kashmir UT at the 68th All India National School Games Taekwondo Championship held



ZEO Poonch, Sanjeev Kumar, along with outstanding players of GMS Khorinar during the felicitation function at Poonch.

in Madhya Pradesh and those who secured gold medals in various UT-level Taekwondo championships, organized by the Department of Youth Services and Sports and the Jammu & Kashmir Sports Council.

The event was graced by Zonal Education Officer (ZEO) Poonch, Sanjeev Kumar, as the chief guest.

Other dignitaries present included Jatinder Sharma (HM GMS Khorinar), Balbir Singh (HM GMS Kamsar),

Davinder Kour (Master), Davinder Singh (Sr. Assistant, ZEO Office Poonch), Amit Singh (Teacher), Sanjay Raina (PET), Gaganpreet Singh (Jr. Assistant), Rajinder Singh (Physical Education Teacher), Sunil Sharma (Teacher), Noor Din (Teacher), Zeafait Ali (Teacher), and Majid Hussain.

The event concluded with a welcome address by Jatinder Sharma, Headmaster, GMS Khorinar. Rajinder Singh, Physical Education Teacher,

then highlighted the achievements of the students in sports, attributing their success to the unwavering support of the Department of Youth Services and Sports, which has helped students' excel at the national level.

Speaking on the occasion, ZEO Poonch, Sanjeev Kumar, congratulated the outstanding players of GMS Khorinar for bringing pride to Poonch and J&K UT by representing the region at the national level.

He also commended Rajinder Singh for his dedication and excellence in training young athletes, as well as the entire school staff for fostering an exceptional learning and sporting environment. He encouraged students to actively participate in sports, emphasizing its role in character-building and overall development.

The event concluded with the distribution of certificates to the outstanding players, recognizing their hard work and achievements.

GCW Udhampur organises Shloka recitation competition

■ STATE TIMES NEWS

UDHAMPUR: A one day Shloka recitation competition was organized by Sanskrit department in Government Women College Udhampur on Tuesday. In which BA second and sixth class students of Sanskrit department participated in the competition. This event was organized under the guidance of college principal Prof. Nalini Pathania.

In the beginning of the program, Sanskrit department head Dr. Om prakash told about the scientific nature of singing Sanskrit shlokas and mantras and said that in modern times mental diseases can be cured by singing Sanskrit and useful knowledge is present in Sanskrit literature which is rare in other languages. Along with this, he said that it is necessary for every human being to have knowledge



Faculty members along with participant students.

of this. Head of Urdu department Dr. Moolraj and Head of Mathematics department Dr. Ajay Sharma also told about the usefulness of Sanskrit language in the program. In their views, they said that one who does not know Sanskrit literature cannot know the world, let alone India. They said that it is necessary to

study Sanskrit to know India. Prof. was present as the judge in this program. Manjubala, Prof. Sandesh Kumar, Dr. Ravi Kumar were present. In which ten students participated in singing Sanskrit shlokas. Sonam Seth got the first place, Rajni Devi got the second place and Sakshi Nagra got the third place.

At the end of the program, Dr. Mohinder Kumar gave the vote of thanks. In this program, along with about fifty students, professors of other departments of the college, Prof. Pradeep Singh, Dr. Mukesh Kumar, Dr. Pankaj Sharma, Dr. Pratap Singh, and Malkesh etc. were present.

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