

KVK Reasi celebrates International Women's Day

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REASI: Krishi Vigyan Kendra (KVK), Reasi under the aegis of Sher-e-Kashmir University of Agricultural Sciences and Technology-Jammu (SKUAST-J) celebrated the International Women's Day here today at Bhaga village in Reasi district of J&K which was enthusiastically attended by a large number of rural women of the area. The programme was organised under the dynamic stewardship of Hon'ble Vice Chancellor Prof. B.N. Tripathi and able guidance of Director Extension Prof. Amrith Vaid of SKUAST-J. The programme was inaugurated by the Chief Scientist & Head of KVK Reasi, Dr. Banarsi Lal. While speaking during the inaugural session he spoke on the significance of event and spoke in length on gender equality and women's rights. He applauded the extraordinary contribution of women in the development of the society. He highlighted the balanced diet and guided the participants on Nutri-Garden, Biofortified varieties of different crops and Nutri Thali. He also guided the women for value addition in the fruits and vegetables. He said that women play a pivotal role in the crops production and productivity but their contribution is marginalised. He suggested the participants to form the Self Help Groups (SHGs)/Farmers Producer Organisations (FPOs) and start the micro-enterprises in the rural areas so that their socio-economic condition can be improved. Earlier Jugal Kishore Sharma, Nodal Officer, JKRLM started the programme with warm welcome of the participants. He stressed on the empowerment of rural women as they play a crucial role in raising the economy of the nation. He



Officials with rural women during celebration of International Women's Day in Reasi.

highlighted the equal rights of women in economics, social and political sectors. He said that there is need to create gender balance in the society for the overall development of the nation. He urged participants to tackle the persistent barriers against gender equality. He stressed on the female literacy and asked participants to provide quality education to their female children. Smt. Anita Kumari, an award-winning woman farmer of the area spoke on entrepreneurship development in agriculture and stressed on the post-harvest technologies by which extra income and employment can be created among the rural

women. She thanked KVK Reasi for guiding the rural women on post-harvest technologies. The dignitaries also distributed award certificates to the progressive women farmers during the event. They also visited the processing units of SHGs and were highly impressed by observing the results of various products prepared by them. In this event programme, participants interacted with the officials and raised various queries which were answered satisfactorily by experts. The programme was assisted by Sh. Summer Qureshi and concluded by Smt. Anita Kumari with the formal vote of thanks.

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Gender Sensitization Workshop Held

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BHADERWAH: To mark the occasion of International Women's Day, the Agriculture Department under the Jammu and Kashmir Climate Innovation Programme (JKCIP) organised a one-day training and workshop on Gender Sensitization at Dak Bungalow in Bhaderwah of Doda District on Sunday. The Department of Agriculture, Sub Division Prano, organised the Gender Sensitization and Inclusive Awareness Workshop aimed at promoting equality, respect and empowerment of women, particularly women farmers. The workshop focused on creating awareness about gender equality, women empowerment and the crucial role women play in agriculture and rural development. Participants were sensitised about gender-inclusive policies, capacity building of women in agriculture and the need to recognise their contribution towards sustainable farming and household livelihoods. Additional Deputy Commissioner Bhaderwah Sunil Kumar Bhutiyal was the chief guest on the occasion,



ADC Bhaderwah Sunil Kumar Bhutiyal along with participants during the workshop.

while CDPO Bhaderwah Farhat Shamim Khan attended as the guest of Honour. SDAO Prano Amir Rafiqi presided over the function. Officers and experts from the Agriculture Department highlighted the importance of ensuring equal opportunities for women farmers and promoting their participation in decision-making processes. While addressing the gathering, ADC Bhaderwah Sunil Kumar Bhutiyal emphasised the significance of gender equality and highlighted the vital role women play in agriculture and rural development. He stressed the need to ensure equal opportunities, respect and recognition for women in every sector of society. During the event, Sub

Divisional Agriculture Officer (SDAO) Prano Amir Rafiqi elaborated on various government schemes being implemented by the Agriculture Department to support farmers. He also highlighted the crucial role of women farmers in agricultural activities and encouraged their active participation in modern farming practices, capacity-building programmes and departmental initiatives. The event witnessed active participation from departmental officials, field staff, local farmers and women participants, reflecting the collective commitment towards building a more equitable and inclusive agricultural community. Several women farmers, Self

Help Group members and field functionaries also shared their experiences and emphasised the importance of training and institutional support to strengthen women's role in the agricultural sector. On the occasion, seeds were also distributed among the participants. The organisers reiterated their commitment to continue such awareness programmes to promote gender equality and empower rural women under the initiatives of the Jammu and Kashmir Climate Innovation Programme. The programme concluded with a vote of thanks and a pledge to continue promoting gender equality and empowerment through such awareness initiatives.

Haq Insaaf Council hosts International Women's Day programme

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POONCH: International Women's Day was celebrated with great enthusiasm and dignity at Historical Town Hall Poonch by Haq Insaaf Council, bringing together prominent public representatives, civil society members and women achievers from across the district. The programme was held under the chairmanship of Advocate Zeshan Syed, Chairman Haq Insaaf Council. The theme of the event was "Challenges of Women in Border Districts: Safety, Education, Livelihood." The programme commenced with the National Anthem, followed by a welcome address by Ikhlaq Mahmood Parry, who highlighted the importance of recognising the contributions and resilience of women in border districts. The event witnessed the presence of distinguished guests including MLA Haveli Ajaz Ahmed Jan, MLA Surankote Ch Mohd Akram, Additional SP Poonch Mohan Sharma (Shaurya Chakra), Former DDC Member Raiz Naaz, Alhaj Syed Zaki Haider (Chairman ACT Trust), Narinder Singh Talwar



Dignitaries during the programme.

(COAS Medal Recipient), Prof Shamim Bandy, Dr Nusrat Shah and Prof Fateh Mohammad Abbasi. The programme featured panel discussions focusing on women's empowerment and the challenges faced by women in border areas. The first panel discussion, hosted by RJ Faieza Tabasum, featured MLA Haveli Ajaz Ahmed Jan and Advocate Zeshan Syed as panellists. The second panel discussion was hosted by RJ Touseef Ganai, with DDC Chairperson Tazeem Akhter, Additional SP Poonch Mohan Sharma, and DDC Member Riaz Naaz as panellists. The third panel discussion was hosted by journalist Sharaz Ahmed, with MLA Surankote Ch Mohd

Akram participating as a panellist. The panelists emphasised the importance of women empowerment, safety, education, economic opportunities and leadership participation, particularly in border districts where women face unique social challenges. Speaking on the occasion, Dr Shamim Bandy highlighted the importance of education and awareness in strengthening women's empowerment and building a progressive society. The programme was gracefully hosted by renowned moderator Pradeep Khanna. During the event, several women achievers from various fields were felicitated for their outstanding contributions to society in different categories including Lifetime

Achievement Award, Courage Under Conflict, Education Excellence, Youth Leadership, Grassroots Health Worker and Security. The awardees included Tazeem Akhter (DDC Chairperson), Anjuman Shaheen (Principal GHSS Poonch), Rani Mughal (Principal GDC Surankote), Prof Nighat Chowdhary, Taj un Nisa Kazmi (Former CDPO), Dr Shamim Bhatti (Former Chief Medical Officer), Kailash Sharma (Radio/Media), RJ Faieza Tabasum, Er Falak Hameed, Shamsad Akhter (Self Help Group Leader), PSI Dr Avinash Rajput, Anjali Sharma (Martyr Family) and Simran Yaqoob (Kurash), Ekta Kapoor (Taekwondo Champion), Pakiza Irshad (Taekwondo Champion). The organisers stated that the event at district Poonch is aimed to recognise the courage, leadership and contributions of women in border districts while encouraging greater participation of women in social leadership and nation building. The programme concluded with the felicitation ceremony and media interaction.

Cluster of Block Level Sports Meet held at Ramgarh

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RAMGARH: MY Bharat under the Ministry of Youth Affairs and Sports, Government of India, organized a Cluster of Block Level Sports Meet at Ramgarh with enthusiastic participation of youth from the area. The event aimed to promote sports culture, physical fitness and youth engagement at the grassroots level. Dr Devinder Kumar Moyal, MLA Ramgarh and Former Minister for Health and Medical Education J&K, attended the programme as the Chief Guest. He appreciated the efforts of the organizers for encouraging young talent and creating opportunities for youth to participate in sports activities. Speaking on the occasion, Dr Moyal said that sports play an important role in shaping the personality of youth and keeping them away from social evils. He highlighted that the Government of India under the

leadership of Prime Minister Narendra Modi is giving special focus to youth development and promotion of sports across the country. The sports meet featured several competitions including Volleyball for boys, Tug of War for girls, 200 meter race and Shot Put for boys, while girls participated in Badminton and Rope Skipping events. The competitions witnessed active participation and great enthusiasm among the players. Sports kits were also distributed among the participants to encourage them to continue their involvement in sports and maintain an active lifestyle. Sushil Singh Charak, Chief Functionary of Nations Development Association (NDA), also spoke on the occasion and emphasized the importance of sports in youth development. Several local residents and youth were present during the event.

SWD organises International Women's Day celebration in Poonch



DC Ashok Kumar Sharma addressing gathering at Poonch.

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POONCH: The Department of Social Welfare, Poonch celebrated International Women's Day 2026 at the Conference Hall of Government Degree College Poonch under the theme "Give To Gain." Ashok Kumar Sharma (JKAS), Deputy Commissioner Poonch, graced the occasion as the Chief Guest. The programme began with the lighting of the ceremonial lamp, followed by the National Anthem. On the occasion, the Deputy Commissioner also planted a sapling to mark the significance of the day. The event started with a welcome address by District Social Welfare Officer, Poonch, Sh. Khalil A. Bandy, who highlighted the importance of the day and reiterated the department's commitment towards the welfare and empowerment of women. During the programme, Dr. Fazana delivered a lecture on health and hygiene, while

Advocate Sadaf Mir spoke about legal rights and support systems available for women. Three skit performances were presented by Anganwadi Workers and inmates of Gujjar and Pahari Hostels, highlighting various schemes, social issues and the important role of women in society. On the occasion, women achievers from different fields were felicitated in recognition of their contributions and achievements. School bags were also distributed among participants as part of the programme. Speaking on the occasion, the Deputy Commissioner Poonch elaborated on women's rights, opportunities and the challenges faced by women, emphasizing the need for greater awareness and collective efforts for their empowerment. Among others presented were ACR Muhammad Sayeed, Dr. Jasbir Singh, Principal Government Degree College Poonch, Ms. Neelam Sharma, District Education Planning Officer (DEPO), Anjuman Shaheen, Principal Government Girls Higher Secondary School Poonch, professors of the college, members of civil society, staff of the Social Welfare Department and other participants.

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Army promotes women's health awareness



Army officials along with participants during the event.

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RAJOURI: The Indian Army organized an awareness lecture on Women's Health and Nutrition at the Government Degree College, Budhal, district Rajouri, on the occasion of International Women's Day. The event aimed to educate and empower young women by emphasizing the importance of a balanced diet, proper hygiene and a healthy lifestyle. The session, led by a medical expert, highlighted the role of adequate nutrition in promoting physical well-being, strengthening immunity and enhancing overall quality of life. Common health concerns faced by women were addressed, along with practical guidance on adopting healthy dietary habits and routine health check-ups. Students and faculty actively participated in the interactive session and commended the initiative for promoting awareness on a vital issue. The event reinforced the message that empowered and healthy women are pivotal to building a progressive society, reflecting the Indian Army's commitment to community welfare and social awareness in remote areas.

KVK Samba celebrates International Women's Day

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SAMBA: KVK Samba under the dynamic leadership of Professor. Bhupinder Nath Tripathi, Hon'ble Vice-Chancellor, SKUAST-Jammu and the direct supervision of Dr. Amrith Vaid, Director Extension SKUAST-Jammu celebrated "International Women Day" at Birpur of District Samba. The programme was attended by 147 women farmers of the village. The theme for International Women's Day 2026 is "Give To Gain," a campaign focused on fostering collaboration, mentorship, and resource-sharing to accelerate gender equality and empower women worldwide. The initiative emphasizes that when society invests in women through education, funding, and opportunity-everyone benefits. The programme was initiated by Dr. Sanjay Khajuria, Chief Scientist & Head of KVK Samba with warm welcome of the participants. In his speech, he honored women and their important role in the soci-

ety and talked about breaking stereotypes in our society, excelling in Women's leadership and empowering women to shine in different fields. He stressed upon that Women are playing multi-dimensional roles in agriculture. They are contributing in every field of agriculture from sowing to planting. He briefed the Role of women in agriculture in doubling the farm-women income and International Women Day serves as a reminder to strength of women and struggle for equality. Dr Sanjay Khajuria focused on Malnutrition and emphasized that is not to be viewed merely as an offshoot of poverty having adverse effects on health and development of individuals but as a national problem that results in loss of productivity and economic backwardness. Time has come to create a moment so as to improve nutrition at the individual level. He said that, series of convergent and well-coordinated actions in different sectors are required to be undertaken in the mission

mode approach to address this big network problem of malnutrition. He also described the basic objective of this annual event is to intensify awareness about Nutri Garden and Importance of pulses and green leafy vegetables in daily diet under nutrition. He discussed in detail about the various schemes for the welfare of the women. He told them to avail benefit of every scheme so that their health as well as standard of living can be improved. Lecture cum demonstration on low-cost nutritious recipes for grassroots level functionaries like, village women and mahilasamitis were conducted. He encouraged rural women to actively participate in Women Self-Help Group activities, broaden their horizons, and enhance their self-confidence. He also acknowledged the multifaceted roles women play in families, urging them to strive for success. Mini exhibition on nutrition displaying low-cost nutritious diets for different age groups will also be organized at grassroots level.

Teachers in Poonch demand revocation of TET Order



Teachers after the meeting at Poonch.

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POONCH: The Teachers Joint Action Committee held an important meeting at the District Headquarters Poonch to discuss the recently issued order by the Government of Jammu and Kashmir regarding the Teacher Eligibility Test (TET). The meeting was jointly presided over by UT General Secretary Mr. Najim-ul-Hasan Jaffri and District President Syed Mohammad Yousaf Shah. Teachers from all eleven zones of District Poonch attended the meeting in large numbers and expressed serious concern over

the order. During the meeting, speakers stated that during the difficult period around the year 2000, when militancy was at its peak and the region was facing severe challenges, it was these very teachers who kept educational institutions functional and continued to serve society. They also recalled that many teachers worked for the first five years on a very meagre honorarium of ₹1000-₹1500 per month and were appointed strictly according to the government policies and criteria of that time. The participants expressed disappointment that

the long services and sacrifices of these teachers are now being overlooked, terming the situation unacceptable. The teachers also thanked the Hon'ble Education Minister Ms. Sakina Ito for keeping the order temporarily in abeyance. However, they demanded that the order should be completely revoked to remove the prevailing uncertainty among teachers. The Teachers Joint Action Committee reiterated that the teaching community stands united to safeguard its dignity and rights and urged the government to resolve the issue at the earliest.

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