

# Samba celebrates 7th Poshan Pakhwada with renewed commitment to child nutrition, health

**■ STATE TIMES NEWS**  
SAMBHA: The District Administration Samba on Monday marked a significant milestone in its fight against malnutrition by organizing a high-impact celebration of the 7th edition of Poshan Pakhwada 2025. The event, held at the District Administrative Complex, brought together key stakeholders dedicated to improving nutritional outcomes across the district.

District Development Commissioner Rajesh Sharma was the Chief Guest. Additional District Development Commissioner Samba, Champa Devi attended as Special Guest, highlighting the administration's commitment to nutrition at the highest levels.

The District Programme Office Poshan Project, under the expert guidance of DPO Dr. Subash Chander coordinated the event with support from Child Development Project Officers (CDPOs). The celebration saw enthusiastic



DDC Rajesh Sharma visiting a stall.

astic participation from ICDS Supervisors, Anganwadi Workers, and community beneficiaries from across the district.

This year's Poshan Pakhwada emphasized four critical areas that align with national nutrition goals.

First 1000 Days Initiative: Recognizing the crucial window of opportunity for child development, the program highlighted interventions targeting pregnant women, lactating mothers, and infants up to two years of

age.

Digital Empowerment: The event showcased the enhanced Beneficiary Module in the Poshan Tracker App, demonstrating how technology is revolutionizing nutrition monitoring and service delivery.

Comprehensive Malnutrition Management: Participants received training on the Community-based Management of Acute Malnutrition (CMAM) Module, strengthening the district's capacity to identify

and treat malnutrition cases.

Obesity Prevention: The celebration introduced innovative approaches to promote healthy lifestyles among children, addressing the emerging challenge of childhood obesity alongside traditional malnutrition concerns.

In his address to the gathering, the DDC emphasized that nutrition security is fundamental to achieving the district's development goals. "The first thousand days of a child's life lay the foundation for their entire future," stated DC Sharma. "Our administration remains committed to ensuring that every child in Samba district receives optimal nutrition during this critical period. The dedication shown by our ICDS functionaries in implementing the Poshan Abhiyaan deserves the highest praise."

The DDC particularly highlighted the role of digital tools in enhancing nutrition governance. "The Poshan

Tracker App has transformed how we monitor interventions and ensure accountability. I urge all stakeholders to embrace these technologies for greater transparency and efficiency," he added.

The event featured interactive demonstrations, informational displays, and testimonials from beneficiaries who have experienced positive outcomes through the Poshan Abhiyaan interventions. Anganwadi workers shared success stories of nutritional transformation in their communities, inspiring others to adopt recommended practices.

The celebration marks the beginning of a fortnight-long campaign that will see nutrition-focused activities across all anganwadi centers in the district. These include community feedings, growth monitoring camps, cooking demonstrations using locally available nutritious ingredients, and door-to-door awareness campaigns.

# Mohan Lal holds public Darbar; issues on-spot directions for grievance redressal



MLA Akhnoor Mohan Lal addressing gathering during public Darbar.

**■ STATE TIMES NEWS**  
AKHNOOR: A Public Darbar was organized at Tehsil Headquarters, Pargwal, under the leadership of Mohan Lal, MLA Akhnoor. The event saw active participation from the local populace and was attended by key administrative officials, including Tehsildar Pargwal, BDO Pargwal, AEE PWD, AEE PHE, AEE Irrigation and Flood Control, among others from various departments.

During the Darbar, numerous public grievances were raised, primarily related to

irrigation water supply, drinking water scarcity, land compensation under defense projects, revenue issues, delay in construction of the veterinary hospital at Pargwal, and demands for development of lanes, drains, and roads.

The MLA gave a patient hearing to all concerns and issued on-the-spot instructions to concerned departments for prompt redressal.

He emphasized the need for corruption-free governance and strictly warned against the involvement of middlemen or agents in revenue and

other public dealing departments.

He urged all officers to work with dedication, transparency, and accountability in the interest of the common people.

The public appreciated the proactive initiative of the MLA for addressing their grievances at their doorstep.

Prominent among those present were Gaurav Manhas, Pawan Singh, Bhupinder Singh, Kulbir, Ajay, Kuldeep Singh, Ram Swaroop, Nisha Devi, Mohan Lal, Anil Sharma, and many others.

# SDM leads drug awareness event at GHSS Chowki Choura



**■ STATE TIMES NEWS**  
JAMMU: In a dedicated effort to combat substance abuse among youth, Sub Divisional Magistrate (SDM) Ankush Hans on Monday presided over a comprehensive drug awareness event at Government Higher Secondary School Chowki Choura. The initiative aimed to educate students about the dangers of drug use and empower them to make informed, healthy

choices.

The event featured interactive sessions, expert talks and engaging activities designed to highlight the harmful effects of drug abuse and the importance of prevention. Students and faculty participated enthusiastically, demonstrating a strong commitment to fostering a drug-free environment within the school and the wider community.

Addressing the gathering,

the SDM emphasized the critical role of education in preventing substance misuse and encouraged students to serve as ambassadors for positive change. The event also provided information on local resources and support systems available for those seeking help with addiction or substance-related issues.

Tehsildar Parmod Kumar, NT Narinder Kumar, Principal Sat Paul, Dr Gurmeet Kaur, Incharge Police Post Vinay Kotwal also spoke on the occasion.

This initiative reflects the administration's ongoing commitment to youth empowerment and public health, reinforcing the message that a drug-free future is possible through awareness, education, and community support.

# Martyr Major Arvind Bazala Boys Higher Secondary School RS Pura organises IEC Campaign against drug abuse

**■ STATE TIMES NEWS**  
RS PURA: An impactful IEC (Information, Education, and Communication) campaign against drug abuse was held today at Martyr Major Arvind Bazala Government Boys Higher Secondary School, RS Pura, aimed at raising awareness among students and the local community about the perils of substance abuse.

The event witnessed the presence of Zonal Education Officer (ZEO), RS Pura, Subash chander, Zonal Education Planning Officer (ZEP), RS Pura, Tara Chand and the former Vice Chairman of RS Pura Municipality, Kishore Sharma who graced the occasion as chief guests.

The programme was held



ZEO RS Pura, Subash Chander speaking during the programme.

under the dynamic chairmanship of Principal Neelam Gupta and Vice Principal Rachna Tomar.

A significant number of students, parents, and faculty members actively participated in the campaign. Representatives from various government departments, including the Police, Medical,

Rural Development, and Social Welfare Departments, were also in attendance, reflecting the collaborative spirit required to combat the growing menace of drug addiction.

The highlight of the event was an enlightening lecture by Rahul Dev Raina, Senior Lecturer of the institution,

who lucidly addressed the grave issue of drug abuse.

He elaborated on the psychological and physical ill-effects of narcotic substances, early warning signs of addiction, and urged the students to pledge themselves to a drug-free life, encouraging them to "Say No to Drugs, Yes to Life."

Adding further depth to the programme, Dharampal Sharma (Master) and Priyanka Sharma (Teacher) also delivered motivational addresses. Speakers from the participating departments provided valuable insights and reiterated the importance of early intervention, community support, and youth engagement in eradicating drug-related issues.

The event was ably anchored by Kanchan Deep

Kour, Teacher, while Dheeraj Singh, Lecturer, served as the Nodal Officer, overseeing all arrangements for the programme.

The function concluded on a solemn and patriotic note with a vote of thanks delivered by Kanta Smailpuri, Teacher, followed by an oath-taking ceremony where students pledged to abstain from drugs, and the singing of the National Anthem.

Such awareness campaigns are of paramount importance in today's time, playing a crucial role in sensitizing the youth and strengthening societal resolve to eliminate the drug menace from the roots. GHSS (Boys) RS Pura remains committed to nurturing not only academically sound but also socially responsible citizens.

# GDC Vijaypur Champions ‘Our Power, Our Planet’ with enthusiastic cleanliness drive on World Earth Day 2025



Faculty members and students during the programme.

**■ STATE TIMES NEWS**  
SAMBHA: Government Degree College (GDC) Vijaypur on Monday echoed the global call to action for environmental protection by organizing a significant Cleanliness Drive within its campus to commemorate World Earth Day 2025.

The Cleanliness Drive, organized by the Eco Club

(GREEN WARRIORS) and the NSS unit (KHIDMAT) of GDC Vijaypur, aimed to raise awareness about the importance of waste management, hygiene, and environmental responsibility among the college community. Participants actively engaged in cleaning various areas of the campus, including gardens, pathways, and

common spaces, collecting and properly disposing of waste. Speaking on the occasion, the Principal GDC Vijaypur, Dr. Ashu Vashisht, emphasized the significance of individual and collective efforts in preserving the environment. She stated that "World Earth Day serves as a crucial reminder of our responsibility towards

Mother Earth and the enthusiastic participation in today's Cleanliness Drive showcases the power we hold, as individuals and as a community, to make a tangible difference in creating a sustainable planet."

The event also included an awareness session where students were educated about the importance of waste segregation at the source, the harmful effects of plastic pollution, and sustainable practices that can be adopted in daily life. Volunteers highlighted the need to reduce, reuse, and recycle resources effectively to minimize the burden on the environment.

The successful execution of the Cleanliness Drive on World Earth Day 2025 underscores GDC Vijaypur's

dedication to fostering environmentally responsible citizens and contributing to a healthier planet. The spirit and enthusiasm displayed by the participants today serve as an inspiring example for others to join the global movement towards a sustainable future, recognizing that indeed, it is "Our Power, Our Planet."

The whole event was coordinated by Prof. Ritu Bhagat (Coordinator, NSS), Dr. Arti Sharma (Convener, Ecoclub) and co-ordinated by Dr. Gunjeet Mahiwal. Other faculty members who motivated the students included Prof. Anita Jamwal, Prof. Mamta Gupta, Dr. Anoop Kumar Bhagat, Dr. Manoj Heer, Prof. Meetu Sharma, Prof. Sonia Devi and Dr. Noreen Jaral.

# DC Poonch conducts inspection of Mughal Road

**■ STATE TIMES NEWS**  
POONCH: In response to ongoing traffic disruptions and the closure of Jammu-Srinagar National Highway (NH 44) due to landslides and blockages triggered by heavy rainfall, Deputy Commissioner (DC) Poonch Vikas Kundal and SSP Shafket Hussain Bhat on Monday conducted a comprehensive inspection of Mughal Road, a vital alternative route connecting the Kashmir Valley with Jammu.



DC Poonch Vikas Kundal, SSP Shafket Hussain Bhat during inspection of Mughal Road.

Accompanied by SDM Surankote, OC BRO, Tehsildar Surankote, traffic and other district officials, the team assessed the condition of the Road to ensure its viability for vehicular traffic.

The Jammu-Srinagar National Highway NH-44 has been severely impacted

by landslides and flash floods, particularly in the Ramban district. This ongoing situation has necessitated the need for reliable alternative routes to facilitate the movement of goods and passengers.

During the inspection, DC Vikas Kundal interacted

with passengers to ensure their safety and comfort. He assured constant monitoring of the road especially during adverse weather conditions and said that the relevant authorities have been directed to keep standby additional manpower and machinery to meet any emergency.

# GDC RS Pura hosts documantary show on components of balanced diet

**■ STATE TIMES NEWS**  
RS PURA: As part of the nationwide Poshan Pakhwada celebration, NSS unit and Department of Veterinary Technology GDC, RS Pura jointly organized an informative and engaging documentary on the components of a balanced diet, under the able guidance of Prof. (Dr.) Preetpal Kour, Principal of the College.

The event aimed at promoting awareness about



Faculty members and students during the event.

nutrition and healthy eating habits among students and faculty.

More than 50 students participated in this event enthusiastically. The documentary showcased the significance of a balanced diet, detailing the essential components-carbohydrates, proteins, fats, vitamins, minerals, fiber, and water and their role in maintaining overall health and well-being.

Speaking on the occasion,

Principal Prof. (Dr.) Preetpal Kour, highlighted the importance of such initiatives in fostering a culture of health consciousness among the youth. "Creating awareness about nutrition at the grassroots level is key to building a healthier society, and educational institutions play a crucial role in this mission," she noted.

The documentary screening was followed by an interactive session, where students shared their perspec-

tives and cleared doubts regarding daily nutrition, diet planning, and lifestyle changes.

The program was coordinated by Dr. Savleen Kour, HOD Veterinary Technology and concluded with a vote of thanks by Dr. Shivani Manchanda, HOD economics.

Prominent faculty members present were Dr. Jugal Kishore, Dr. Hari Singh, Dr. Akriti Parihar and Dr. Sunil Kumar Mangoch.

# Health and Wellness Camp organised under Poshan Pakhwada at GDC Ramgarh

**■ STATE TIMES NEWS**  
SAMBHA: The NSS Unit 'Prabha' of Government Degree College (GDC), Ramgarh, in collaboration with the Department of Social Welfare Samba, SANKALP: Hub for Empowerment of Women, Mission Shakti Samba, and Shakti Udgosh Foundation, on Monday organized a Health and Wellness Camp and a Yoga Session on the College Xapus as part of the ongoing Poshan Pakhwada initiative. The event was supported by the Directorate of AYUSH, J&K, and aimed at spreading awareness about health, nutrition, and well-being.

As part of the health camp, free health check-ups including blood pressure, blood sugar and hemoglobin tests were conducted by the medical team headed by Vinay Sharma, Paramedical officer.

The programme was also provided with free Ayurvedic medicines for common ail-



Students and faculty during the programme at Ramgarh.

ments, immunity boosting, and menstrual health. The Department of Social Welfare, Samba, felicitated the resource persons from AYUSH with mementos as a token of appreciation for their valuable contribution.

Additionally, sanitary napkins were distributed to girl students by the Social Welfare Department, promoting menstrual hygiene awareness.

The programme was held under the guidance and support of the College Principal Prof. (Dr.) Meeru Abrol and attended by Dr. Ruchi Thakur, District Mission Coordinator of SANKALP:

Hub for Empowerment of Women, Mission Shakti Samba Mansi Abrol and Ritika Banotra, Gender Specialists.

The entire event was coordinated by Prof. Bham Dutt, NSS Nodal Officer, with support from faculty members including Dr. Aditi Khajuria, Dr. Snobar, Prof. Sandeep Kumari, Ashok Kumar, Dr. Shivali Panigottra, Dr. Neeraj Bargartra, and Anjali. Jagmeet Kaur, a student of Semester VI, conducted the proceedings of the event.

The resource person, Dr. Mona Prashar Sharma and Dr. Roopsi Gupta, both

Medical Officers from the Directorate of AYUSH, J&K, delivered an informative lecture on Healthy Lifestyle Practices and Adolescent Health Issues in Girls, focusing on the importance of balanced nutrition, mental well-being, hygiene, and early detection of health concerns.

A rejuvenating Yoga Session was also conducted by Rajni Bala, Yoga Instructor, Directorate of AYUSH, where participants were guided through a series of yoga postures and breathing exercises aimed at reducing stress, improving focus and promoting overall health.

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