

GMC Doda observes World Health Day 2026 with focus on community health

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DODA: Government Medical College (GMC) Doda observed World Health Day-2026 with great enthusiasm and academic fervour, focusing on this year's theme, "Together for Health, Stand with Science."

To mark the occasion, the Department of Community Medicine, under the guidance from the GMC Principal Dr. Dev Raj Dogra and Head of the Department of Community Medicine Dr. Suresh K. Kotwal, organized a series of awareness and outreach programmes at GMC and its associated field practice areas, including Urban Health Training Centre (UHTC) Ghat, Rural Health Training Centre (RHTC) Bhalra and Government Higher Secondary School Ghat, underscoring the importance of collective action and evidence-based approaches in improving public health outcomes. Dr. Waleed K. Balwan, Assistant Professor coordinated the event.

These activities aimed to sensitize the community and healthcare



workers about preventive healthcare practices and the importance of scientific evidence in addressing health challenges. Senior Resident Dr. Imran Zaffer highlighted the importance of preventive healthcare, early diagnosis and maintaining a balanced lifestyle. Demonstrator Dr. Waseem Ahmed

delivered an informative session on medical misinformation and its adverse impact on public health.

Addressing the gathering, Dr. Suresh K. Kotwal emphasized the significance of such academic and outreach initiatives in strengthening community awareness and shaping

responsible future healthcare professionals.

The event witnessed active participation from faculty members, resident doctors, staff and students, reflecting a strong commitment towards public health awareness. Similar activities were also conducted at Government Nursing College Doda and Government Nursing College Kishtwar, further extending the outreach and impact of World Health Day celebrations in the region.

Meanwhile, World Health Day 2026 was observed at Community Health Centre Thathri under the guidance of Dr. Tanveer Ahmed Rather and the supervision of Dr. Shakeel Ahmed Kichloo.

The programme witnessed active participation from medical and paramedical staff of the Hospital.

On the occasion, awareness activities were convened to highlight the importance of preventive healthcare, healthy lifestyle and community participation in promoting overall well-being.

Plantation drive held at PHC Assar to promote environmental sustainability



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ASSAR: A plantation drive was conducted at Public Health Centre (PHC) Assar Tuesday under the supervision of Dr. Syed Mohd Ismail.

The plantation drive was organized with the objective of promoting environmental sustainability and ensuring the effective im-

plementation of the green initiative across healthcare institutions.

A number of saplings were planted within the hospital premises to enhance greenery, improve air quality and create a clean, healthy and eco-friendly environment for patients and healthcare workers.

The activity witnessed enthusiastic participation

from Medical Officers, paramedical staff and other healthcare workers of the facility, who actively contributed towards the initiative. The drive also aimed to sensitize healthcare staff and the general public about the importance of environmental conservation and collective responsibility in building a greener and healthier future.

VVP: Awareness Camp on social security schemes held at Pukharni

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RAJOURI: Labour Department Rajouri Tuesday organized an awareness camp on social security schemes at Panchayat Ghar Pukharni in Tehsil Qila Darhal under the Vibrant Village Programme.

The camp focused on disseminating information about key welfare schemes, including Pradhan Mantri Shram Yogi Maandhan Yojana (PMSYM) and the Jammu & Kashmir Building and Other Construction Workers Welfare Board (JKBOCW-WB) schemes.

The officials from the Labour Department sensitized local residents, particularly unorganized workers, to the benefits, eligibility criteria and registration procedures

for availing these schemes. Detailed information was shared regarding pension benefits available under PMSYM and the provisions of welfare assistance under JKBOCW-WB.

The participants were also facilitated with on-the-spot registration services, while queries raised by the attendees were addressed by the officials.

The camp witnessed active participation from the local populace, reflecting growing awareness and interest in social security initiatives.

The programme aimed to enhance outreach and promote greater enrollment of eligible beneficiaries under various welfare schemes for the socio-economic upliftment of workers.

Incliment weather: Outreach camps for Kashmiri Migrants postponed

JAMMU: The authorities have postponed Outreach Camps by Nodal Officers nominated for redressal of grievances related to immovable properties of Kashmiri Migrants.

"Due to incliment weather conditions and closure of NHW-44, the Nodal Officer and the team of Revenue officials from District Ganderbal cannot be available at RRCM Office Jammu on 8th & 9th April, 2026, as per the schedule notified vide RRCM/Estt/2025-26/745 dated 05.03.2026. The revised dates shall be notified shortly. Inconvenience is highly regretted," a circular issued today stated.

Indian Army celebrate World Health Day at remote areas of Thanamandi

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THANAMANDI: In a continued effort to strengthen its bond with the local community, the Indian Army marked World Health Day at the remote areas of Thanamandi, highlighting vital health topics and encouraging individuals to take proactive steps toward their well-being.

The event commenced with an enlightening speech on the importance of good health, underscoring its pivotal role in leading a productive and fulfilling life.

A representative of the Indian Army emphasized that good health is not only crucial for a long life but also ensures better mental and physical well-being, enabling individuals to un-



lock their full potential. The speech was concluded with the thought-provoking slogan, "Health is Wealth."

A significant turnout

was observed, with 46 local participants, including 40 men and 6 women, including schoolchildren, women and social activists, attend-

ing the event.

The large participation reflected the community's active interest in health awareness and well-being.

The Army's initiative was met with overwhelming appreciation from the local populace, particularly as the event took place in a remote region where access to civil administration services is limited.

This effort to bring essential health knowledge to such areas further strengthens the relationship between the Army and the local people, fostering trust and unity.

This event exemplifies the Indian Army's ongoing commitment to serving the nation by reaching out to underserved communities and creating awareness on critical social issues such as health. The Army continues to work hand in hand with the community to build a healthier and stronger society.

World Health Day lecture conducted at GDC Budhal

BUDHAL: The Indian Army organized a successful lecture on the occasion of World Health Day at Government Degree College, Budhal, on Tuesday, aiming to raise awareness about health, hygiene and overall well-being among students and staff.

The session was attended by 108 participants, including 45 girls, 57 boys and 6 teachers, highlighting the active involvement of the educational community in the initiative. The lecture focused on maintaining a healthy lifestyle, covering key topics such as balanced nutrition, regular physical activity, mental health awareness and preventive healthcare practices. A special emphasis was placed on the role of youth in adopting healthy habits and contributing to the development of a healthier

National Deworming Day: DC stresses inter-sectoral coordination, robust IEC for 100% coverage in Kathua

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KATHUA: A one-day awareness meeting on National Deworming Day (NDD) was held Tuesday in the DC Office Complex, here. The meeting was presided over by Deputy Commissioner Rajesh Sharma.

At the outset, Chief Medical Officer Dr. Vijay Raina presented a detailed overview of the programme, highlighting the disease burden, causes, preventive measures and treatment protocols related to Soil-transmitted helminthiasis (STH).

He informed that the campaign targets the 1-19 years age group and aims at improving nutritional status by reducing worm infestation, a major cause of anaemia and impaired growth among children.

During the meeting, it was informed that NDD shall be observed on April 13, 2026, followed by a



Mop-Up Day on April 18, 2026. The programme involves administration of Albendazole tablets to all eligible children through schools and Anganwadi centres.

Speaking on the occasion, the Deputy Commissioner stressed the need for robust inter-sectoral coordination among Health, Education, ICDS and allied departments to ensure the safety and well-being of target beneficiaries.

He called for intensified IEC activities to enhance awareness among parents, teachers and children.

The DC directed all stakeholders to work in a coordinated manner to achieve the set targets and ensure 100 percent coverage, while maintaining strict monitoring and safety protocols. He reiterated that awareness regarding proper nutrition, hygiene and prescribed dietary practices should be widely

disseminated to prevent recurrence of infections.

Earlier, the Nodal Officer NDD Dr. Rupali presented the implementation schedule and preparedness plan, including adverse event management mechanisms. She emphasized that all necessary arrangements have been put in place to achieve near-universal coverage, with a target of 189689 children to be covered during this round.

The meeting also highlighted the importance of community-level engagement through morning assemblies, Parent-Teacher Meetings and the active involvement of Anganwadi Workers and ASHAs to educate children about hygiene practices and the importance of deworming. Special focus was laid on children registered under POSHAN and those studying in government and private schools.

Rs 24.10L disbursed among road accident victims in Samba

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SAMBA: The District Administration Samba has released Rs 24.10 Lakh in favour of the victims/legal heirs of the deceased under the provisions of the Road Accident Victim Fund Rules, 2022. As per RTO, Deputy Commissioner Samba sanctioned and disbursed the compensation through Direct Bank Transfer (DBT mode) among 22 heirs of deceased persons (₹1 Lakh each); 4 grievously injured persons (₹50,000 each) and ₹10,000 to one person with minor injuries. The disbursement has been made in accordance with the guidelines laid down under the Road Accident Victim Fund Rules, 2022, with the objective of providing immediate financial relief to the victims and their families," informed the Assistant Regional Transport Officer.

Peace, prosperity in J&K impossible without statehood: Former Minister

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JAMMU: The Jammu and Kashmir National Conference (JKNC) Central Zone (comprising Jammu, Samba, and Kathua districts) held a meeting under the chairmanship of former minister and Zone president Babu Rampaul to strategize for the upcoming Panchayat and Urban Local Bodies (ULB) polls. Besides, a detailed discussion was also held on the host of public issues which need immediate attention.

The meeting was organized by Zonal Secretary and Coordinator JKNC, Dr. Vikas Sharma. All the leaders present in the meeting unanimously resolved to fight for the restoration of the statehood to Jammu and Kashmir which was snatched away on August 5, 2019. During the discussion Babu Ram Paul said that now is the appropriate time for the

Centre to restore statehood to Jammu and Kashmir. Former minister maintained that the Central Government must understand that without restoration of statehood, Development, peace and prosperity are not possible in Jammu and Kashmir. The Centre must not deprive rights of the people of J&K. It is our genuine, democratic, constitutional and legitimate demand to restore the statehood of J&K. He also appealed to the PM Modi to fulfil the aspirations of the people of Jammu and Kashmir. He reaffirmed the National Conference's commitment, under the leadership of hon'ble Dr. Farooq Abdullah and Jenab Omar Abdullah, to promoting democratic governance and socio-economic welfare across Jammu and Kashmir.

DC calls for strict enforcement of traffic rules, corrective measures

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UDHAMPUR: Deputy Commissioner Udhampur Mingsha Sherpa Tuesday chaired a meeting of the District Road Safety Committee to review and strengthen road safety measures across the district.

The meeting was attended by the Superintending Engineer, PWD, along with other district officers of the stakeholder departments.

A detailed discussion was held on several critical aspects, including removal of dumped material from city areas, effective implementation of Motor Vehicles Act, identification of accident-prone black spots etc.

The meeting also deliberated on equipping ambulances with trauma kits, ensuring strict enforcement of traffic rules and taking measures to minimize road accidents.



Focus was laid on regular road maintenance, close check on overloading and over-speeding, curbing rash driving and conducting sustained awareness programmes. Other key issues discussed included improving traffic management systems, decongesting busy routes, checking school buses, installing proper signage and carry-

ing out safety audits of all major roads.

The DC exhorted all concerned departments to work in close coordination, expedite execution of safety-related works and regularly monitor vulnerable stretches. Emphasis was also laid on organizing road safety awareness programmes in colleges and other educational institu-

tions.

The Executive Engineers of PWD and PMGSY were directed to ensure proper maintenance of roads to prevent mishaps. They were further instructed to identify black spots and undertake corrective measures such as installation of signboards, road markings and crash barriers at vulnerable locations.

JKAACL pays rich tributes to eminent Punjabi & Urdu Writer S. Saran Singh

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JAMMU: The Jammu & Kashmir Academy of Art, Culture and Languages (JKAACL) Tuesday held a meeting at K.L. Saigal hall to pay rich tributes to noted Punjabi and Urdu writer S. Saran Singh (Retd Chief Conservator of Forests and former Member, Public Service Commission), who passed away in Delhi at the age of 89 years.

Born in Baatpora-Baramura, S. Saran Singh was a distinguished literary figure who made remarkable contributions to both Punjabi and Urdu literature. His writings were marked by deep human sensitivity, social consciousness and a rich cultural ethos.

In Punjabi literature, he authored three acclaimed short story collections — Bhulekhe Te Hor Kahaniyan, Nangi Dhoop De Vairi and Panj Peer. He also penned a novel titled Nangi Dhoop Kaji Kaji. His poetic works include



Parchaviaan Da Jangal and Paper Di Janjh. In addition, he contributed significantly to Urdu literature by translating Nangi Dhoop into Urdu, thereby fostering linguistic harmony and cultural integration. To mourn his demise, JKAACL organized a condolence meeting where eminent literary personalities and officials gathered to pay heartfelt tributes and recall the rich literary legacy of the departed soul.

Among those who paid tributes were Secretary Harvinder Kour; Popinder Singh Paras; Ajit Singh Mastana; Dr. Monojit; Khalid Hussain; Dr. Satwant Singh; Prof.

Gurcharan Singh Raina; M.S. Kamra; Suraj Singh; Balvinder Singh; Prof. Raj Kumar and several others.

The speakers described Saran Singh's demise as an irreparable loss to the literary fraternity and highlighted his immense contribution towards enriching Punjabi and Urdu languages. They also shared personal reminiscences, acknowledging his dedication and passion for literature.

The meeting concluded with a two-minute silence observed in honour of the departed soul, pray for his eternal peace and express solidarity with the bereaved family.

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