

Examples of honesty: Jammu Div returns tourist's mobile phone and unclaimed bag

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JAMMU: Giving top priority to passenger convenience, safety and trust, Jammu Division has once again proved its commitment. Due to the promptness of Jammu Division railway staff, lost valuables in two separate incidents were safely returned to their rightful owners.

Details of both incidents: Mobile Phone Returned; PhD Scholar Ashutosh Tiwari from Aligarh Muslim University had gone to visit Shalimar Garden, Srinagar. During the visit his mobile phone was left behind, which contained all the precious memories of his Kashmir trip. Distressed, Shri Tiwari reached Shri Mata Vaishno Devi Katra by Vande Bharat 26404 and informed the Station Manager's office.

The Station Superintendent, Shri Mata Vaishno Devi Katra, requested the Station Superintendent, Srinagar to search for the mobile. Acting on it, after a search at Shalimar Garden the passenger's



mobile phone was brought to Srinagar Station Master's office. Thereafter, it was sent to Katra through the Train Manager of Vande Bharat 26402 by the Srinagar Station Manager.

As a result, on 20 June Shri Ashutosh Tiwari received his phone safely. The passenger expressed gratitude to Railways and the railway staff after getting his mobile phone back.

Unclaimed Bag Returned; Meanwhile, in Vande Bharat

Express Train No. 26402, security personnel found a black unclaimed tourist bag. After security checks, it was handed over to Ticket Checking Staff Shri Adil Ahmed, who immediately contacted the Station Manager, Shri Mata Vaishno Devi Katra. Continuous announcements were made through the Public Address System at the station. On hearing the announcements, the passenger reached the Station Manager's office.

Jammu Division appeals to all passengers to keep their belongings safe during travel. If any item is left behind, contact the nearest Station Manager's office or Railway Helpline 139 immediately.

Cyber Security & Cyber Hygiene awareness workshop held at DPL

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JAMMU: A Cyber Security and Cyber Hygiene Awareness Workshop was organised at Conference Hall DPL, Jammu on 20th June 2026 from 1200 hours to 1400 hours with the objective of strengthening awareness regarding emerging cyber threats and promoting a culture of secure digital practices among personnel handling information and communication systems.

The workshop was attended by Computer Operators and other police personnel from various Police Stations and other offices, who were sensitised about the evolving cyber threat landscape, cyber-attack methodologies, phishing attempts, social engineering tactics, data protection mechanisms, and the importance of adopting robust cyber hygiene practices.

Special emphasis was laid on the significance of cyber vigilance in view of the forthcoming Yatra, considering the increased reliance on digital infrastructure and communication networks.

The participants were educated on preventive measures, safe handling of official data, protection of sensitive in-



formation, secure usage of digital platforms, and timely reporting of suspicious cyber activities.

The programme served as an important initiative towards enhancing cyber resilience, promoting responsible digital behaviour, and ensuring preparedness against potential cyber threats.

The participants actively interacted

with the resource persons and gained valuable insights into the latest trends, challenges, and best practices in the field of cyber security.

Such awareness initiatives reflect the commitment towards building a secure digital ecosystem and ensuring that all stakeholders remain vigilant, informed, and equipped to effectively counter cyber challenges.

ADC Billawar inspects ongoing construction of AYUSH Hospital

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BILLAWAR: Additional Deputy Commissioner (ADC) Billawar, Vishavjeet Singh (JKAS), Saturday inspected the ongoing construction work of the AYUSH Hospital at Dingimbla.

During the inspection, the ADC reviewed the progress of the project and assessed the quality of work being executed.

He directed the concerned officers and executing agency to ensure timely completion of the hospital while maintaining prescribed quality standards.



The ADC emphasized that the establishment of the AYUSH Hospital will strengthen healthcare facilities in the area and provide better access to traditional healthcare services for the local population.

He also stressed the importance of adhering to project timelines for the benefit of the public.

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DPO Mission Poshan distributes engagement orders to newly selected candidates at Assar

DODA: Child Development Project Officer (CDPO) Poshan Assar Saturday organised an engagement order distribution programme. District Programme Officer (DPO) Mission Poshan Doda Akhter Hussain Qazi handed over engagement orders to seven newly selected candidates, marking their induction into the Mission Poshan workforce.

The District Programme Officer congratulated the selected candidates and urged them to perform their duties with sincerity and responsibility. He stressed transparency, accountability and community participation in delivering services under Mission Poshan. The DPO said the engagement of additional manpower would strengthen implementation of nutrition, health and early childhood care initiatives across Assar block.

Brahmacharya essential for practicing true Dharma, says Swami Ram Swarup

YOL: On the 70th day of the ongoing 78-day Yajna dedicated to the study and practice of all four Vedas at Ved Mandir, Yol, Swami Ram Swarup, Yogacharya, enlightened devotees on the importance of Brahmacharya and its indispensable role in the practice of true Dharma.

Explaining the Vedic meaning of Dharma, Swami Ji said that Dharma consists of performing the noble deeds prescribed in the Vedas. When a person listens to Vedic teachings, understands the distinction between righteous and unrighteous actions, and then incorporates those noble actions into daily life, that conduct is called Dharma. In essence, Dharma is the practice of Veda-ordained virtuous deeds.

Swami emphasized that without Brahmacharya—defined in Vedic philosophy as self-restraint and control of the senses through Vedic spiritual discipline—it is impossible to properly understand and follow the noble actions prescribed in the Vedas. Therefore, adherence to Dharma becomes possible



only when a person embraces Brahmacharya.

He urged devotees to engage in deep reflection and study of the Vedas so that they may clearly distinguish between good and bad actions and choose only righteous deeds. Such conduct, he said, constitutes the true Dharma of every individual.

Quoting Manusmriti (2/6), Swami Ji explained that the roots of Dharma lie in the Vedas, the scriptures and Smritis composed by Vedic sages, the righteous conduct of noble persons, and the inner spiritual happiness attained through Vedic worship and discipline.

Referring to Bhagavad Gita (3/15), he highlighted Lord Krishna's instruction to

Arjuna: "Karma Brahmoddhavam Viddhi" (know that righteous actions originate from the Vedas) and "Brahma Akshara Samudbhavam" (know that the Vedas themselves originate from God).

Swami Ji further cited Rigveda Mantra 10/56/3, stating that the path to attaining true Dharma lies in listening to Vedic knowledge and associating with learned scholars who are well-versed in Vedic wisdom.

Concluding his discourse, he stressed that in order to determine our duties correctly and follow the true path of worshipping God and righteous living, it is essential for society to return to the teachings of the Vedas.

TB awareness session conducted at NHIDCL regional office, Jammu

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JAMMU: State Tuberculosis Officer Jammu Dr Jyoti Jolly and team, along with District Tuberculosis Officer Jammu Dr Anu Saloch, conducted a TB Awareness Session at the Regional Office of the National Highways & Infrastructure Development Corporation Limited (NHIDCL), Jammu, under the TB Mukht Bharat Abhiyan and the 100-Day TB Elimination Campaign 2.0.

During the session, the team shared detailed infor-



mation on tuberculosis (TB), including its symptoms, prevention, early diagnosis,

treatment, nutritional support and the importance of treatment adherence. Participants interacted with the team and raised queries on TB prevention and care,

which were satisfactorily addressed.

which were satisfactorily addressed.

The officials also discussed community participation and the role of the Nikshay Mitra initiative in providing nutritional support to TB patients. Executive Director NHIDCL Ashish Shukla appreciated the efforts of the National TB Elimination Programme (NTEP), Jammu and expressed willingness to support the mission by becoming a Nikshay Mitra and contributing to the goal of a TB-Mukt Jammu.

District administration Ramban welcomes Shri Mata Kheer Bhawani Ji pilgrims at Chanderkote

RAMBAN: District Administration Ramban Saturday accorded a traditional welcome to thousands of devotees undertaking the Shri Mata Kheer Bhawani Ji Yatra 2026 at Chanderkote. Deputy Commissioner Ramban Mohammad Alyas Khan led the reception programme and welcomed the pilgrims.

A large number of devotees passed through Ramban while travelling from Jammu to the shrine of Shri Mata Kheer Bhawani Ji at Tullmulla in Ganderbal district, where the annual mela is being celebrated.

Among those present were SSP Ramban Arun Gupta, Additional Deputy Commission-

er Varunjeet Singh Charak, Additional Commissioner Revenue Shokat Hayat Mattoo, Tehsildar Ramban Deep Kumar, Chief Medical Officer Dr Kamal Je Zadu, Chief Executive Officer Municipal Council Sudershan Kumar, Executive Engineer PWD Ranjeet Singh, besides senior civil and police officers, religious leaders and prominent citizens.

During interaction with the pilgrims, the Deputy Commissioner reviewed arrangements at the Langar sites and sought feedback on the facilities provided to devotees. Pilgrims appreciated the arrangements and hospitality extended by the district administration.

Kathua organises Yoga session at picturesque Purthu, Basohli



KATHUA: As part of the week-long Yoga awareness activities organised ahead of the 12th International Day of Yoga-2026, the District Administration Kathua in collaboration with the District AYUSH Office today organised a Yoga session at Purthu in Basohli, popularly known as the 'Mini Goa of Basohli'.

Among those present were MLA Basohli Darshan Singh, Deputy Commissioner Kathua Rajesh Sharma, ADC Kathua Mahima Madan, ADC Basohli Pankaj Bagotra and CPO Ranjeet Thakur, besides a large number of citizens and Yoga enthusiasts. The

Yoga session was conducted by a team led by District AYUSH Officer Dr Rakesh Sharma and Nodal Officer Dr Bodh Paul, along with other members of the AYUSH department, who guided participants through various Yoga asanas and explained their significance for physical and mental wellbeing.

MLA Basohli Darshan Singh appreciated the initiative of the District Administration and said promoting Yoga at such scenic locations helps spread the message of health and wellness among the masses. He said Yoga is highly relevant today and

called for a collective resolve to adopt "Yoga 365" by practising it daily for a healthier lifestyle.

Deputy Commissioner Kathua Rajesh Sharma said the series of Yoga awareness activities organised across the district ahead of International Day of Yoga-2026 was aimed at sensitising people about the health benefits of Yoga and encouraging its adoption as a way of life.

The DC called upon people to participate in the International Day of Yoga celebrations on 21 June and make Yoga an integral part of their daily routine.

Parivartan leads solidarity gathering in Jammu, raises concern over human rights situation in PoJK

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JAMMU: Parivartan, along with members of the PoJK Displaced Persons community, social activists, members of MJR-1947, and concerned citizens of Jammu & Kashmir, organized a peaceful solidarity gathering near the statue of Maharaja Hari Singh at Tawi Bridge, Jammu, to express concern over the reported human rights situation in Pakistan-occupied Jammu & Kashmir (PoJK).

Addressing the gathering, Romi Sharma, Chairperson of Parivartan, renowned actor, author, and social activist, expressed deep concern over reports of violence, unrest, and the hardships being faced by people in PoJK.

She stated that it is distressing to witness youth, women, and children suffering while seeking basic rights, dignity, and better living conditions. She further alleged that several people participating in peaceful protests for their fundamental rights had lost their lives due to actions of the Pakistani Army and called for accountability and justice.

She emphasized that human rights are universal and that every



individual deserves justice, freedom, and respect, irrespective of geographical boundaries.

She urged the international community and global human rights organizations to take serious note of the situation and ensure that the concerns and aspirations of the people of PoJK are not ignored.

Om Prakash Khajuria, Spokesperson of MJR-1947, stated that the voices of people demanding democratic and human rights should be heard and respected. He urged democratic nations and international institutions to stand in support of

those seeking justice, dignity, and fundamental freedoms.

Speaking on the occasion, renowned educationist Vikas Bhargava strongly condemned the reported atrocities and suppression faced by the people of PoJK. He stated that restrictions on peaceful expression, intimidation, and hardships being faced by ordinary citizens raise serious humanitarian concerns.

He also alleged that food supplies and essential provisions for protesters had been blocked, further aggravating the difficulties faced by those participating in peaceful demonstra-

tions. Col. R.K. Sharma (Retd.) stated that human rights organizations should come forward to protect innocent people in PoJK who are allegedly facing atrocities.

He emphasized the need for greater international attention and humanitarian support to ensure the protection of the rights, safety, and dignity of the affected population. He further alleged that the Pakistani establishment is suppressing the legitimate demands of the people of PoJK.

Speaking to the media, Pahari activist Syed Shafait expressed deep concern over the escalating situation in PoJK and strongly criticized the policies of the Pakistan administration under Army Chief Asim Munir.

He alleged that the people of PoJK continue to face severe hardships and suppression and called for greater international attention to their grievances. Syed Shafait further appealed to Union Home Minister Amit Shah to take all possible constitutional and diplomatic measures for the welfare and rights of the people of PoJK while reiterating his support for the vision of Akhand Bharat.