

## DC Athar, SSP Hari Prasad join Muharram processions in Budgam

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**BUDGAM:** Deputy Commissioner Budgam, Athar Aamir Khan, along with SSP Budgam, Hari Prasad KK visited various areas in Budgam to oversee the arrangements and participated in the procession from Mirgund to Budgam. They were also accompanied by ADC Budgam, Additional SP Budgam, CPO Budgam, CMO Budgam, SDPO, Tehsildar, SHO and other concerned district officers. Elaborate arrangements for security, traffic management, parking, electricity, water supply, health and medical facilities, sanitation have been put in place. The DC along with SSP



also participated in serving water and refreshments to the mourners at various points enroute. The DC

expressed gratitude to all stakeholders, departments, community members and volunteers to their active

role in ensuring smooth and peaceful conduct of the Muharram processions across the district.

## Kupwara observes International Day Against Drug Abuse and Illicit Trafficking

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**KUPWARA:** International Day Against Drug Abuse and Illicit Trafficking was observed across Kupwara district with a series of awareness programmes aimed at sensitizing the public, particularly the youth, about the harmful effects of drug abuse and the importance of building a drug-free society. The main district-level event was organized by the District Administration Kupwara at the district headquarters, featuring a Mega Pad Yatra and Cycle Marathon. The programme was led by Additional Deputy Commissioner (ADC) Kupwara, Gulzar Ahmad Khan, who flagged off the rally from Zanghi Park.



The rally passed through the Lolab Bypass road and culminated at Boys Higher Secondary School (BHSS), Kupwara. A large number of students, cyclists, government officials, civil society members, volunteers, and citizens participated enthusiastically, carrying placards and raising slogans promoting a drug-free society. Addressing the partici-

pants, the ADC emphasized the need for collective efforts involving government agencies, educational institutions, parents, and the community to combat the menace of drug abuse. He urged the youth to adopt healthy lifestyles and become ambassadors of the anti-drug movement by spreading awareness among their peers and communities.

Similar awareness programmes, including rallies and public outreach activities, were organized in the sub-divisions of Handwara, Karnah, and Lolab. The events witnessed active participation from students, officials, and members of the public, who pledged to work together towards eliminating drug abuse and promoting a healthy, responsible society.

## International Day against Drug Abuse and Illicit Trafficking celebrated at Shopian



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**SHOPIAN:** International Day Against Drug Abuse and Illicit Trafficking was observed today at Government Degree College (GDC), Shopian, where Deputy Commissioner (DC) Shopian, Shishir Gupta presided over the programme. The event witnessed participation from officers of various departments besides students, teaching and faculty members, and other public from diverse fields. Addressing the gathering, various speakers emphasized the need for collective efforts to eradicate the menace of drug abuse from society. They stressed the impor-

tance of creating widespread awareness among youth and encouraging them to adopt a healthy and productive lifestyle. Speakers from the Health, Education and Social Welfare Departments highlighted the ill effects of substance abuse on individuals, families and society at large. They also discussed preventive measures, rehabilitation initiatives and the need for sustained youth engagement campaigns and role of parents to curb the growing menace of drug addiction. Students from various educational institutions actively participated in the programme and presented cultural performances, in-

cluding awareness items, depicting the harmful consequences of drug abuse and the importance of staying away from narcotics. The programme concluded with a pledge by participants to work collectively towards building a drug-free society and to spread awareness against the abuse and trafficking of illicit drugs. Among others, Additional Deputy Commissioner, Dr. Zakir Hussain Faaz; Principal, GDC, Prof. Tariq Ahmed; GM, Shurjil Naik; CEO, DIO, Dy.SP, DSWO, Dy.CEO, Principals of HSS, besides officers from police and civil Administration participated in the mega event.

## DSW KU Organises Social Service Camp at Imam Bara Zadibal on Youm-e-Ashura

EARTH NEWS SERVICE

**SRINAGAR:** The Department of Students' Welfare (DSW), University of Kashmir, organised a Social Service Camp at Imam Bara, Zadibal, on the solemn occasion of Youm-e-Ashura. Officers, officials and student volunteers of the University actively participated in the humanitarian initiative by serving safe packaged drinking water and juice to thousands of mourners and visitors throughout the day. The camp was organised to honour the timeless message of sacrifice, justice and compassion embodied by Hazrat Imam Hussain (A.S.). The initiative reflected the University's continued commitment to community outreach, humanitarian service and social responsibility while extending assistance to the mourners participating in the Ashura observances. Vice Chancellor, Prof. Nilofer Khan, said that the observance of Youm-e-Ashura serves as a reminder of the universal values of truth, justice, sacrifice and commitment to humanity. She remarked that the legacy of Hazrat Imam Hussain (A.S.) continues to inspire people across generations to uphold righteousness, dignity and compassion even in the face of adversity. She emphasised that universities have a vital role in nurturing socially responsible citizens, and such initia-



tives provide students with an opportunity to transform these ideals into meaningful action through selfless service. She appreciated the dedication of the volunteers and reaffirmed the University's commitment to promoting the spirit of humanity, inclusiveness and community engagement. Registrar, Prof. Nasser Iqbal, said that serving the mourners on the sacred occasion of Youm-e-Ashura is a humble tribute to the enduring values of Karbala. He observed that the University remains committed to strengthening its bond with society through initiatives that promote compassion, mutual respect and collective responsibility. He appreciated the ef-

forts of the Department of Students' Welfare and the volunteers for rendering dedicated service with sincerity and devotion. Dean Students' Welfare, Prof. Seema Singh, said that the Social Service Camp embodies the University's vision of encouraging students to actively participate in humanitarian activities and community welfare. She noted that the spirit of Youm-e-Ashura inspires values of sacrifice, empathy and service and expressed satisfaction over the enthusiastic participation of student volunteers who worked tirelessly throughout the programme to assist the mourners. Among the other notable function-

aries of the University, Dean, School of Earth and Environmental Sciences, Prof. Pervez Ahmed who also attended the camp said that the message of Karbala transcends religious and geographical boundaries, inspiring humanity with the ideals of courage, justice, patience and selfless sacrifice. He stated that educational institutions should continue to create opportunities that encourage students to practise these values through meaningful engagement with society, thereby contributing to a more compassionate and responsible community. Cultural Officer, Dr. Shahid Ali Khan, said that Youm-e-Ashura represents a profound lesson in humanity, resilience and service to others. He remarked that the Social Service Camp offered students a meaningful opportunity to translate these values into action by serving the mourners with humility and dedication. He appreciated the commitment shown by the volunteers and said such initiatives strengthen the University's culture of social responsibility and humanitarian service. The Social Service Camp was widely appreciated by mourners and members of the public, who acknowledged the University's continued commitment to humanitarian outreach and community service during important religious occasions.

## Health experts urge women, girls to adopt iron-rich diet to combat anaemia

EARTH NEWS SERVICE

**SRINAGAR:** Health experts in Jammu and Kashmir have intensified efforts to raise awareness about anaemia among women and girls, emphasising the importance of proper nutrition, healthy habits, and timely medical care to combat the widespread health condition.



According to medical experts, anaemia occurs when the haemoglobin level in the blood falls below normal, reducing the body's ability to carry oxygen efficiently. The condition can lead to persistent fatigue, weakness, dizziness, headaches, poor concentration, and reduced physical and mental performance, affecting education, work, and overall quality of life.

Dr S. Muhammad Salim Khan, Professor in the Department of Community Medicine at GMC Srinagar, called for educating women and adolescent girls about practical and natural ways to prevent and manage anaemia through dietary and lifestyle

modifications. He said common symptoms of anaemia include extreme tiredness, pale skin, hair fall, dizziness, rapid heartbeat, low energy levels, difficulty concentrating, and, in some cases, irregular or excessively heavy menstrual bleeding. Women of reproductive age, adolescent girls, and those with poor dietary intake are particularly vulnerable and require extra attention. Experts recommend the daily consumption of iron-rich foods as the first line of defence against anaemia. Locally available green leafy vegetables such as Haakh (Kashmiri collard greens),

spinach, bathua, methi, sarson, and kale are considered excellent sources of iron. Pulses and legumes, including rajma, chana, lobia, masoor, soybeans, peas, and whole pulses, also play a crucial role in maintaining healthy haemoglobin levels. In addition, nuts and seeds such as almonds, walnuts, pumpkin seeds, flaxseeds, and sesame seeds provide valuable nutrients that support blood health. Fruits, including figs, apricots, plums, dates, pomegranates, and apples, are also encouraged as part of a balanced diet. Doctors highlighted the importance of traditional and

locally available foods such as ragi, bajra, buckwheat (kuttu), whole grains, and dry fruits. Moderate consumption of ingredients commonly used in Kashmiri Kahwa, including almonds and saffron, can also contribute to overall nutritional well-being.

Medical experts stress that iron absorption can be significantly improved by consuming Vitamin C-rich foods alongside meals. Lemon, amla, oranges, guava, kiwi, strawberries, and tomatoes help the body absorb iron more effectively and should be included regularly in daily diets. At the same time, people are advised to avoid drinking tea, coffee, or cola beverages immediately after meals, as these can interfere with iron absorption. Instead, such beverages should be consumed one to two hours after eating. Beyond nutrition, experts underline the importance of maintaining a healthy lifestyle. Regular physical activity, such as walking, yoga, and light exercise, along with adequate sleep, stress man-

agement, proper hydration, and spiritual well-being, can contribute significantly to overall health and recovery from anaemia.

Women are also encouraged to pay special attention to their menstrual health by ensuring adequate nutritional intake during periods. Those experiencing heavy or irregular bleeding are advised to seek medical consultation to identify and address any underlying health concerns. Doctors further recommend regular haemoglobin testing, noting that early detection of anaemia enables timely intervention and helps prevent complications. Routine health check-ups can help individuals monitor their iron levels and take corrective measures before symptoms worsen. "Eat Right, Live Right, Stay Strong" remains the central message of the campaign, encouraging women and girls to prioritise their health and build a stronger and healthier future for themselves and society, according to health experts.

## DLSA Ganderbal conducts programmes on International Day Against Drug Abuse and Illicit Trafficking

EARTH NEWS SERVICE

**GANDERBAL:** In observance of the International Day Against Drug Abuse and Illicit Trafficking, and in compliance with the directions of the J&K Legal Services Authority under the NALSA (DAWN - Drug Awareness and Wellness Navigation for a Drug-Free India) Scheme, 2025, the District Legal Services Authority (DLSA), Ganderbal organized a series of awareness and outreach programmes across various locations of the district. The awareness programmes were organised under the Chairmanship of Abdul Nasir, Chairman, DLSA Ganderbal, and under the guidance of Sheikh Babar Hussain, Secretary, District Legal Services Authority, Ganderbal.

The programmes were conducted by the Para Legal Volunteers (PLVs) of DLSA Ganderbal at Benhama, Lar, Kondabal, Safapora,

Bamloora and other areas of the district, where extensive interaction was held with members of the public, youth, students and shopkeepers.

During the programmes, the participants were sensitized about the harmful effects of drug abuse, substance addiction and illicit trafficking of narcotic drugs. The PLVs highlighted the physical, psychological, social and legal consequences of drug abuse and encouraged the public, particularly the youth, to adopt a healthy, drug-free lifestyle. Awareness was also created regarding the availability of free legal aid, counselling services, rehabilitation facilities and other support mechanisms for persons affected by substance abuse under the NALSA (DAWN) Scheme.

The participants appreciated the initiative and expressed their commitment towards spreading awareness against drug abuse and supporting

collective efforts for building a drug-free society and safeguarding future generations from the menace of narcotic substances.

As part of the continuing observance of the campaign and to further achieve the objectives of the NALSA Scheme, the DLSA will also organize awareness programmes in educational institutions of the district, with a special focus on sensitizing students about the dangers of drug abuse, preventive measures, legal awareness, rehabilitation support and the collective responsibility of society in ensuring a drug-free future. Through these sustained awareness initiatives, DLSA Ganderbal reiterates its commitment towards promoting preventive legal awareness, empowering communities and strengthening the collective fight against drug abuse in furtherance of the objectives envisaged under the NALSA Scheme, 2025.

## RKD disease wreaks havoc across poultry farms in Kashmir

EARTH NEWS SERVICE

**PULWAMA:** Poultry farms across Kashmir are facing a deepening crisis as outbreak of Ranikhet Disease (RKD) has caused large-scale mortality among birds, pushing many growers to the verge of abandoning the sector altogether.

Farmers from several areas, particularly Lassipora in South Kashmir's Pulwama district, said that numerous poultry units have suffered devastating losses in recent weeks after RKD outbreaks wiped out entire flocks within just two to three days. The disease, known for its rapid spread and high mortality rate, has left farmers struggling to recover from repeated financial

setbacks. Poultry growers, the latest wave of infections has once again exposed the vulnerability of the sector, which has already been battling challenges such as rising feed costs, low market rates and competition from poultry imports from outside the Valley. "We have witnessed birds dying in large numbers within a matter of days. In some cases, entire batches were lost before any effective treatment could be administered," said Javid Ahmad a poultry farmer from Lassipora. "The losses are unbearable and many farmers are now seriously considering closing their farms." Farmers said that the recurring disease outbreaks have created fear and uncertainty among

poultry growers, many of whom invested their life savings in establishing poultry units. They added that repeated losses without adequate support or compensation have made it increasingly difficult to sustain operations. Another poultry grower said that several farmers in Pulwama and adjoining areas have either reduced production or completely shut down their farms due to continuous disease-related losses. "Every few months we face another outbreak. After spending heavily on chicks, feed, medicines and maintenance, seeing thousands of birds perish within days is heartbreaking. Many farmers can no longer bear these

losses," he said. The poultry sector in Kashmir, once considered a reliable source of employment and income for thousands of families, has witnessed a steady decline over the past few years. Farmers claim that disease outbreaks, coupled with poor returns and market challenges, have forced a significant number of poultry units to cease operations. Industry stakeholders said that Pulwama, traditionally regarded as one of Kashmir's major poultry-producing districts, has witnessed a substantial reduction in active poultry farms. They warned that unless immediate corrective measures are taken, more units may shut down in the coming months.

## Sensitization Programme held on International Day Against Drug Abuse and Illicit Trafficking in Budgam

EARTH NEWS SERVICE

**BUDGAM:** On the occasion of the International Day Against Drug Abuse and Illicit Trafficking, the District Administration Budgam in collaboration with social welfare department organized an awareness cum sensitization programme at Paresa, Khansahib Budgam under the Nasha Mukta Bharat Abhiyan. The programme was attended by Anganwadi Workers (AWWs), senior citizens, women, youth and officials

of the Social Welfare Department. The event aimed to create awareness about the harmful effects of drug abuse and to encourage community participation in preventing substance abuse. Besides, Dr. Mukhtar Ahmad Dar, District Social Welfare Officer (DSWO), Budgam, who spoke about the impact of drug manace on individual, community and societal level. He highlighted the role of communities in preventing substance abuse through awareness, early inter-



vention, and rehabilitation. Other speakers from the social welfare department also highlighted the menace of drug abuse and various measures to curb this

menace. Participants actively interacted with the speakers and reaffirmed their commitment to supporting the vision of a drug-free and healthy society.