

## JKAACL organises release of "Secrets to a Long and Happy Life" at Jammu

JAMMU, JUNE 17: The Jammu and Kashmir Academy of Art, Culture and Languages (JKAACL) today organised the release of the book "Secrets to a Long and Happy Life" authored by Professor BL Kaul at KL Saigal Hall, Jammu. Former Vice Chancellor Central University of Jammu Prof Ashok Aima was the Chief Guest, while noted litterateur and President Dogri Sanstha Jammu Prof Lalit Mangotra presided over the function.

Additional Secretary JKAACL Sonali Arun Gupta welcomed the distinguished guests and underlined the importance of such literary initiatives in promoting intellectual discourse and inspiring



society towards meaningful living.

Prof Ashok Aima lauded the author for addressing an important phase of human life through thoughtful and practical work, observing that the book offers valuable insights into healthy ageing and encourages readers to adopt a balanced and purposeful lifestyle.

In his presidential address, Prof Lalit Mangotra described the

book as a contribution for readers of all age groups, noting that the values and life lessons it contains are universal and relevant in contemporary society.

Professor PL Koul presented a detailed paper on the book, explaining chapter-wise the various dimensions of leading a long and happy life and highlighting the author's emphasis on physical well-being, emotional resilience, social engage-

ment and positive thinking. Author Dr BL Kaul shared his reminiscences about writing the book and underlined the importance of remaining active, creative and socially connected during the later years of life.

"Secrets to a Long and Happy Life: A Guide to Your Later Years" addresses one of the most significant phases of human life—the later years. Drawing on expe-

rience, observation and an understanding of the challenges and opportunities of ageing, BL Kaul offers a guide to living with dignity, purpose and contentment. Beyond physical health, the book emphasises mental well-being, emotional resilience, social engagement and a positive outlook, advocating an active lifestyle and encouraging readers to cultivate healthy habits, maintain strong relationships and pursue intellectual and creative interests irrespective of age. The proceedings were conducted by Mitali Gupta, while Chief Editor Gojri JKAACL Dr Javaid Rahi presented the vote of thanks.

## JKEDI empowers 229 students through Summer Internship Programme in Jammu Division



JAMMU, JUNE 17: The Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) has concluded its Summer Internship Programme at its Regional Office, Bari Brahmana, and District Centres in Jammu and Udhampur.

The programme was conducted under the supervision of Director JKEDI Mohammad Younis Malik and Joint Director JKEDI Chand Kishore Sharma

under the aegis of the Centre for Entrepreneurship Education and Research (CEER), JKEDI. It was conceptualised in line with the National Education Policy (NEP) 2020, which emphasises skill development, innovation and experiential learning.

The 10-day, 60-hour programme provided undergraduate students with practical insights into entrepreneurship, startup

promotion, business planning and institutional support systems available for aspiring entrepreneurs. A total of 229 students from various colleges across Jammu Division completed the programme through eight batches - 169 students in six batches at JKEDI Regional Office Bari Brahmana, 40 students in one batch at District Centre Jammu and 20 students in one batch at District Centre Udhampur. Participants were exposed to the startup ecosystem, innovation, self-employment opportunities and government support mechanisms through interactive sessions, practical assignments, expert interactions and mentoring. JKEDI faculty and resource persons guided participants in developing entrepreneurial competencies, leadership.

## District administration and AYUSH department organise yoga awareness camp at Birla Park Kathua



KATHUA, JUNE 17: As part of a series of yoga sessions ahead of the 12th International Day of Yoga (IDY)-2026, District Administration Kathua in collaboration with District AYUSH Office Kathua conducted an awareness-cum-yoga camp at Birla Park, Kalibari Kathua.

The programme was organised under supervision of District AYUSH

Officer Kathua Dr Rakesh Kumar Sharma. Held under the theme "Yoga for Healthy Ageing," the session encouraged citizens to adopt yoga as a regular wellness practice. Nodal Officer IDY-2026 Dr Bodh Paul conducted the awareness session and sensitised participants about the importance of yoga in maintaining overall health.

Yoga Instructor Ankush Model demonstrated various asanas and pranayama techniques, while Dr Nittan Sharma highlighted the benefits of yoga in stress management and holistic well-being. The session also focussed on the harmful effects of substance abuse and participants took a pledge under the Nasha Mukta Bharat Abhiyan and 365 Days Yoga Countdown Campaign. The programme was attended by officers from various departments, morning walkers, Dr Vishal Malagar along with his team and other prominent citizens. A total of 70 beneficiaries participated. The programme concluded with a vote of thanks by District AYUSH Officer Dr Rakesh Kumar Sharma.

## DC Kathua reviews progress under NCORD and Nasha Mukta Jammu & Kashmir Abhiyan



KATHUA, JUNE 17: Deputy Commissioner Kathua Rajesh Sharma today chaired a meeting to review the progress of initiatives under the Narco Coordination Centre (NCORD) and Nasha Mukta Jammu & Kashmir Abhiyan (NMJKA) in the district. The meeting discussed increasing awareness among youth, strengthening community participation, functioning of helpline mechanisms and coordinated identifica-

tion and support of persons affected by drug addiction. Departments concerned were directed to intensify awareness campaigns and ensure effective outreach at the grass-roots level. While reviewing enforcement measures, the DC directed agencies concerned to take strict action against drug peddlers and ensure that persons involved in drug-related activities do not avail benefits under government schemes.

## DC Kishtwar chairs DLAMC meeting, directs intensive outreach for 100% Aadhaar coverage

KISHTWAR, JUNE 17: Deputy Commissioner Kishtwar Pankaj Kumar Sharma today chaired a meeting of the District Level Aadhaar Monitoring Committee (DLAMC) to review the progress and implementation of Aadhaar-related services across the district.

The meeting assessed progress under various directives of the Unique Identification Authority of India (UIDAI) and reviewed Aadhaar-linked service delivery mechanisms. The Deputy Commissioner examined the status of Aadhaar enrolment, Mandatory Biometric Updates (MBU) for children aged 5-17 years, verification of centenarians and other Aadhaar-related activities and called for stronger inter-departmental coordi-



ination to ensure seamless service delivery. Chief Education Officer (CEO) Kishtwar was directed to issue a roster for Aadhaar enrolment and updation camps in schools across the district to cover all left-out children aged 5-18 years. PO ICDS Kishtwar was directed to achieve 100% Aadhaar saturation of beneficiaries aged 0-5 years across all Anganwadi Centres and

Chief Medical Officer (CMO) Kishtwar to ensure all public and private delivery centres implement Birth Registration-Based Aadhaar Enrolment (BRBAE) for newborns and achieve real-time Aadhaar saturation of all eligible infants. The CMO was further directed to submit comprehensive details of all delivery centres in the district along with month-wise BRBAE.

## Justice Sanjeev Kumar inaugurates New Court Complex at Bhandarwah

BHANDARWAH, JUNE 17: A significant milestone towards strengthening of judicial infrastructure in Doda district was achieved today with the inauguration of the newly constructed Court Complex at Bhandarwah by Justice Sanjeev Kumar Shukla, Acting Chief Justice of the High Court of Jammu & Kashmir and Ladakh.

The inaugural ceremony was graced by the presence of Justice Sindhu Sharma and Justice Rahul Bharti, Administrative Judge for District Doda, along with Judicial Officers, members of the Bar, civil administration officers and prominent citizens of the region. The programme commenced with the ceremo-



niation of the Court Complex by the Justice Sanjeev Kumar, followed by an inspection of the newly established judicial infrastructure and facilities created for the litigants, advocates, judicial

officers, and court staff. In his presidential address, Justice Sanjeev Kumar Shukla, Acting Chief Justice of the High Court of Jammu & Kashmir and Ladakh, described the inauguration of the new

Court Complex as a landmark development for the people of Bhandarwah and the entire district. He emphasized that access to quality judicial infrastructure is an essential component of effective justice delivery and reaffirmed the High Court's commitment to strengthening the judicial system through continuous infrastructural and technological advancements.

Justice Sanjeev Kumar appreciated the collective efforts of all agencies and stakeholders involved in successful completion of the project and expressed confidence that the new Court Complex would serve as a beacon of justice for the region. Balbir Lal Jaswal,

Principal District and Sessions Judge, Doda, in his address, highlighted the importance of modern judicial infrastructure in ensuring efficient and accessible justice delivery. He expressed gratitude to the High Court for its continued support in strengthening the judicial system in the district. Addressing the gathering, Justice Sindhu Sharma underscored the pivotal role of robust judicial infrastructure in enhancing the quality and accessibility of justice. She emphasized the need for a litigant-friendly environment and appreciated the efforts made in establishing the new Court Complex, which would significantly benefit the legal fraternity.

## JMC launches plantation drive at Kot Bhalwal dumping site

JAMMU, JUNE 17: Jammu Municipal Corporation (JMC), in collaboration with the Urban Forest Division Jammu, today launched a plantation drive at the municipal dumping site at Kot Bhalwal. The initiative was inaugurated by JMC Commissioner Dr Devansh Yadav and aims to plant 5,000 saplings in and around the site to create a green buffer zone and improve environmental conditions. The drive is being undertaken under the National Clean Air Programme (NCAP).

Under the programme, a dense urban forest will be developed using the Miyawaki Method, a technique that facilitates rapid



growth of native plant species and creates a self-sustaining ecosystem. Nearly 70% of the bioremediation work at the Kot Bhalwal dumpsite has already been completed under Swachh Bharat Mission-Urban 2.0, with

the remaining work targeted for completion within the next two months. The plantation drive complements the ongoing remediation efforts and reflects JMC's commitment to converting environmentally stressed sites.

## DC Udhampur chairs district-level Telecom Committee meeting

UDHAMPUR, JUNE 17: Deputy Commissioner Udhampur Minga Sherpa today chaired a meeting of the District Level Telecom Committee to review the progress of key telecom infrastructure projects and address bottlenecks affecting their implementation across the district.

Among those present were Additional Deputy Commissioner Prem Singh, Assistant Commissioner Revenue Dr Umesh Shan, representatives of telecom service providers and officers from various line departments. The Deputy Commissioner reviewed several telecom and digital



infrastructure initiatives, including BharatNet and 4G saturation, composite billing, smart metering and CAF, 5G street mapping and infrastructure development, land allotment for new 4G sites, capacity-building help desks, onboarding of offices and users and digitisation of legacy records.

All stakeholder departments were directed to ensure saturation of 4G network coverage, expedite BharatNet implementation and maintain close coordination with telecom operators for prompt resolution of pending issues and timely execution of telecom projects across the district.

## DC Reasi holds Block Diwas at Arnas, reviews development works and addresses public grievances

REASI, JUNE 17: Deputy Commissioner Reasi Kumar Abhishek today conducted a Block Diwas at Arnas to review developmental issues and hear public grievances.

Residents, public representatives and officers from various departments participated. Locals raised issues related to road connectivity, drinking water supply, power supply, healthcare, education, pending MGNREGA wages, disbursement of land compensation under the railway project and other civic amenities. PMGSY authorities were directed to ensure proper maintenance and clearance of roads and install night reflectors at accident-prone locations. The Sub-Divisional Magistrate was directed to take up cases of land



subsidence with the Border Roads Organisation. Officers concerned were directed to secure all requisite approvals and expedite the execution of PWD and PMGSY

works in Block Arnas. The Chief Medical Officer was directed to facilitate installation of X-ray and ultrasonography facilities at the Primary Health Centre. During the

visit, the DC inspected the under-construction building of PHC Arnas and directed the executing agency to complete the remaining work within the stipulated timeframe. He inspected the local playground and directed agencies concerned to undertake its levelling and improvement. He also visited Government Higher Secondary School Arnas, inspected the under-construction examination hall and directed authorities concerned to ensure its timely completion for the benefit of students. Among those present were MLA Reasi Kuldeep Raj Dubey, ADDC Krishan Lal, CPO Narinder Kumar, SDM Dharmari, ACD and Executive Engineers of PMGSY, PWD and JPDC, besides other officers.