

ANIL KUMAR HAMPIRPU: The Sub-Divisional Legal Services Authority (SDLSA) organised a one-day legal awareness camp for the transgender community at Hotel Sun Sky, Baelang, under the chairmanship of Surjit Thakur, district vice president of Vishwa Hindu Parishad. Advocate Sanjeev Thakur informed the participants that several government schemes and facilities are available for the transgender community, which they are entitled to avail. He added that if members of the community require assistance anywhere, they can approach the Legal Services Authority free of cost to resolve their issues legally.

0.83 Km of structure length of the said National Highway) until they are repaired completely. The total road length eligible for toll collection is now reduced to 48.935 Kms from Maura Toll Plaza, excluding the aforesaid stretches undergoing repair work." The order directs the NHAI, Maura Toll Plaza management, and other concerned authorities to ensure toll charges are levied solely on the operable, safe sections of the highway pending full repair. "This order will come into effect with the condition that NHAI and the concerned authorities, including the Maura Toll Plaza management are directed to ensure that toll collection is initiated on the reduced tollable length only. In addition, adequate signage display helpline numbers along with traffic management measures are to be put in place for the safety and convenience of the public," read the order.

Many social workers and youth of the area participated enthusiastically in the camp. Members of Brahmakumari

A large classroom filled with students sitting at desks, listening to a teacher standing at the front. The students are diverse in age and appearance, and the teacher is a woman with dark hair, wearing a white top and a dark skirt. The classroom has wooden desks and a chalkboard in the background.

SHANTI GAUTAM
BADDI: The Institute for Research and Growth (IRG), in collaboration with Glenmark Foundation under the RCH project (Reproductive Child Health), organized special awareness programmes in three schools of Baddi block — Government Primary School Bilawali, Government Primary School Malpur, and Government Middle School Malpur. The objective was to educate children on balanced diet, personal hygiene, and the harmful effects of plastic. During the sessions, children were guided on incorporating nutritious food in daily meals, the importance of regular hand washing and personal hygiene, and the risks posed by plastic to health and the environment. More than 200 children also underwent MUAC (Mid-Upper Arm Circumference) assessment to evaluate their nutritional status. Interactive quizzes and group activities made the sessions engaging for the students.

AJAY KUMAR UPADHYAY
BILASPUR: In a remarkable step towards public health transformation, the Bilaspur district administration, Deputy Commissioner Rahul Kumar, honored the representatives of 29 TB-free panchayats at a special event organized by the Health and Family Welfare Department at Savings Bhawan. In a proud moment for the district, 11 panchayats achieved TB-free status for the second consecutive year and were elevated to the Silver Category, receiving a silver statue of Mahatma Gandhi. These panchayats included Gatwad, Lanjata, Marhana, Maihari, Kathla, Salon Uparli, Kothipura, Bainhal, Lahri, Road Jaman, Tarsuh, and Toba Sangwana. Additionally, 18 new panchayats were honored in the Bronze Category for achieving TB-free status for the first time. Deputy Commissioner Rahul Kumar commended the efforts of panchayat representatives and health workers, calling it a proud achievement for Bilaspur. He emphasized the importance of grassroots participation in eradicating TB and urged representatives to run sustained awareness drives, promote early diagnosis, and ensure timely treatment at the panchayat level.

SURESH SOLAN: In a major breakthrough for sustainable healthcare, Dr. Radha, Assistant Professor and In-Charge of the Herbarium and Drug Museum at the School of Biological and Environmental Sciences, Shoolini University, this year in 2025 has filed four patents for pioneering plant-based health products and eco-friendly extraction methods developed from Himalayan medicinal plants. This is the first time traditional tribal remedies from the region have been scientifically validated and transformed into modern, additive-free functional foods and natural antimicrobial solutions. Among the filed patents is a nutrient-enriched jam made from *Bombax ceiba* flowers and apple pulp. Packed with dietary fibre, phenols and flavonoids, the jam draws on the flower's antioxidant and anti-inflammatory properties and is entirely free from artificial preservatives and colourants. Another patent application covers a ready-to-serve drink made from *Bombax ceiba* flower extract, blending the plant's traditional cooling and restorative qualities with modern food science to deliver bioactive compounds in a convenient format. Two of the patents involve innovative extraction methods for medicinal plants. One is for *Prinsepia utilis* leaves, producing extracts rich in natural compounds that can fight harmful bacteria, including drug-resistant strains—marking the first time this Himalayan plant has been shown to have such effects.



A group of Tibetan Buddhist monks in red robes are shown in a protest. They are holding a portrait of the Dalai Lama and a flag with Tibetan script. The background is a plain, light-colored wall.

SANJAY AGGARWAL
DHARAMSHALA: China's repression continues in Tibet over the Tibetan religious leader Dalai Lama. Apart from Tibet, his followers celebrated his birthday on a large scale all over the world. China had imposed so many restrictions in Tibet that people could not even celebrate his birthday openly. According to a report, Chinese officials had deployed a large number of police in Karje Monastery, due to which Buddhist monks and nuns were confined within the monastery premises. They were barred from participating in any kind of public or community ritual. According to the report, Chinese officials also monitored any kind of ritual in homes and strictly banned burning of smoke to suppress the centuries-old religious practice of burning juniper branches. The Chinese administration not only increased surveillance on Tibetans, but also monitored communication with those who are in exile, as well as detained some people. China's repression cycle on Tibet has been continuing like this for the last several decades. The Chinese army is constantly torturing the Tibetan people living in Tibet. Tibetan monasteries are being damaged. Many types of restrictions have also been imposed on Buddhist monks by China. Overall, even today China is bent on violating human rights in Tibet. The whole world knows the kind of barbarism that China has done to the residents of Tibet since its occupation.

SHIMLA: In a pioneering step towards preventive healthcare, Auckland House School for Girls organised its first-ever Cervical Cancer Vaccination Drive at the Indira Gandhi Medical College (IGMC), Shimla. The initiative witnessed enthusiastic participation with more than 120 students, aged 9 years and above, receiving the HPV vaccine. The vaccination drive was the result of a health awareness workshop held two months ago by Dr. Alok, where parents, teachers, and students were sensitised about the importance of vaccination in preventing cervical cancer and ensuring a healthier future. Speaking on the occasion, Principal Ms. Smaraki Samantaroy said, "At Auckland House School, the health and well-being of our children matters more than anything else. This vaccination drive was organised at concessional rates because for us, it is not about business but about safeguarding the lives of our students. As a responsible institution, we are equally committed to the health of our students and society at large. After all, when a woman is healthy, she safeguards the well-being of an entire family." She also expressed her gratitude towards IGMC staff for making it a grand success. The school's initiative reflects its dedication to not only academic excellence but also holistic development, nurturing healthy and responsible citizens for tomorrow.



MPM Shri Government Senior Secondary School Amb's student Akarsh son of Mahendra Pal has brought laurels to the school and the region by securing a seat in the Chemical Engineering Branch at NIT Hamirpur with hard work and dedication. The school's Principal Vinod Vanyal congratulated Akarsh, his parents and all the teachers including spokesperson Banwari Lal Bhogal, Jyoti Chauhan, Anika, Satish, Neha on this achievement. He said that Akarsh has been a very hardworking student in studies since the beginning and has been consistently performing excellently in sports as well. Last year this child had won a silver medal in the state level sports competition, which is a proof of his versatile talent. The Principal expressed confidence that students like Akarsh will bring glory to the school and the region in the future too. Motivating all the students, he said that learning from Akarsh's achievement, they should also set high goals in life and keep working continuously to achieve them.

KISHORI LAL BAINS

UNA: The Himachal government's Rajiv Gandhi Van Samvardhan Yojana is dedicated to both environmental protection and rural empowerment. The scheme aims to turn barren and unused forest land into green cover while providing employment and income opportunities for local communities. Implemented in a planned manner across the state, it places special emphasis on community participation in forest management. In Una district, the scheme is progressing rapidly. DFO Una, Sushil Rana, informed that registered women's groups, youth clubs, self-help groups, and other community organizations are being involved in afforestation activities. Each group is allotted 1 to 5 hectares of land for plantation and its maintenance for five years. For every hectare, groups receive financial assistance of up to Rs. 1.20 lakh, along with incentive payments based on annual survival rates. If more than 50 percent survival is ensured, an additional Rs. 1 lakh is provided. Plantation is being carried out across all forest ranges in Una, along with maintenance of old plants and replacement of damaged ones.



AJAY KUMAR UPADHYAY
BILASPUR: A meeting of the Sri Naina Devi Ji Mandal was held today at the Circuit House under the leadership of Mandal President Nand Lal Thakur. The gathering saw the special presence of MLA of the constituency, Randhir Sharma, who was warmly honored upon his reappointment as the BJP's media department in-charge. Addressing the Mandal workers, Randhir Sharma discussed key organizational strategies and urged everyone to gear up for the upcoming Panchayati Raj elections. In a sharp critique of the Congress-led state government, Sharma said the people of Himachal Pradesh are feeling betrayed by the hollow promises of the Congress party.

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