



# Jammu Pensioners' Post

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## LG'S Nasha Mukht Abhiyaan - Mission Successful



Launched on 11th April, 2026 as a 100-day crusade by Lieutenant Governor Shri Manoj Sinha, the Nasha Mukht Jammu Kashmir Abhiyaan has ignited a historic people's movement (Jan Andolan). Breaking all political and religious divides, LG Sinha fearlessly walked a gruelling well-attended Padyatra across all the 20 districts, risking his personal safety to rescue a generation from the brink. Such a missionary zeal to root out a social menace by a head of the State/UT is unheard in the country. This passionate mission has shattered the suffocating chains of social stigma, resulting in a significant rise in patients seeking help at de-addiction facilities. LG Sinha has waged framed this campaign as an absolute war on drug mafia, declaring drug abuse and terrorism as two sides of the same coin funded by cross-border conspiracies. He categorically stated that "no power on earth can save drug peddlers in J&K." Responding to personal appeals from the LG to our President Shri Kuldeep Khoda and General Secretary Shri K B Jandial, the CGPWA, Jammu organised two major events, details given below.

### Nasha Mukht event in Rajeev Nagar School

On 13th May it organised an impressive "Awareness cum Counseling Camp on Drug Abuse" On 13th May, 2026, the Central Government Pensioners Welfare Association organised a comprehensive two-and-a-half-hour "Awareness cum Counseling Camp on Drug Abuse" at the Vasudhaiva Kutumbakam Welfare Sarvodaya Middle School in Rajeev Nagar, Narwal, Jammu. The venue was strategically selected as Narwal is a well-known hotspot for the local drug trade.

The event drew an audience of about 100 participants, including students, parents, local residents, and CGPWA members. The President of the CRPWA, Kuldeep Khoda, was the Chief Guest, while former DGP Dr Ashok Bhan was as the Guest of Honour. The event was presided over by B R Sharma, former Chief Secretary of Jammu & Kashmir. All participants, including the guests, students, and parents, were pinned up with specially designed "Nasha Mukht Jammu".

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### March by Divyangjan in Jammu

The second event was a silent but powerful march on May 26, 2026, which was participated in by over 100 hearing-handicapped Divyangjan students and their parents. They took to the streets of Jammu to support L.G's Nasha Mukht Abhiyaan. Organised by the Central Govt. Pensioners' Welfare Association, Jammu in collaboration with Samaj Kalyan Kendra (SKK), which runs the School for Hearing Handicapped in Jammu, the event was unique in many respect. A distinguished contingent walked alongside the children to amplify their message. They including two former DGPs, Shri Kuldeep Khoda and Dr. Ashok Bhan; former DG DRDO, Dr. Sudarshan Kumar; former member of the PSC & President of



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Students, parents, and community members took a pledge to desist from substance abuse and actively work toward keeping their families, friends, and local neighbourhoods drug-free.

Two rehabilitated students took the stage to share their personal experiences. They narrated their harrowing experiences of falling into the drug trap, detailing the physical, mental, and social toll it took on their lives. Their testimonies served as a powerful cautionary tale, and they strongly urged their friends to stay away from drugs.

Divya Jamwal, a counsellor from the Police De-addiction Centre, conducted an interactive counselling session. She successfully established a warm, friendly rapport with the audience to break the stigma surrounding the topic. Jamwal emphasized that while every student harbours aspirations for the future, falling prey to drug



peddlers completely shatters those life goals. She educated parents and teachers on identifying early warning signs of substance abuse in youth, which include: increased agitation and sudden anger; unusual hostility and behavioural shifts, slurred speech pattern changes, persistent redness in the eyes.

The artists of the Central Bureau of Communication presented highly educative awareness items, including a Nukkad Natak that highlighted the social evils of drug addiction. In turn, school students also participated by performing themed songs and skits that resonated deeply with the parents and youth present.

Shri Kuldeep Khoda told the students to choose the right path to be a good earning hands for the family and make their career. This, he said, is only possible

SKK, K.B. Jandial; Vice President, Brig. (Retd.) Dr. Rakesh Khajuria; former Director of GSI & General Secretary, J.K. Vaid; former IGPs, Prem Gupta, C.L. Banal, & Nisar Ahmad; former Chairman of the Pollution Control Board, Dr. C.M. Seth; former Executive Director of NTPC, Vinod Padha; Advocate Rameshwar Singh Jamwal and Treasurer of CGPWA, O.P.Sharma.

Sporting colourful "angvastras" and badges, primary and senior students carried placards with striking messages like "Nashey ko mitana hai, desh ko bachana hai" and "Jeevan Anmol hai, isko nashey main na jhonko." Through these banners, the Divyangjan, who were deaf and dumb, appealed to the people of Jammu to desist from taking drugs, warning of the destruction of the careers of the youth and their families' lives.

Earlier, the Principal of the school, Shri Roshan Bhan, administered a pledge to work for the removal of drugs from society.

Later, addressing them, Kuldeep Khoda said that by taking out a march against drugs, the Divyangjan have taken a lead in the society to cleanse it from the curse of drugs. Their silent message written on their placards has a greater impact on the youth than anyone else's words. Describing them as highly talented youth who perform well in the BOSE examination every year, he asked them to guard against those destroying the careers and dreams of youth by trapping them in the use of narcotic substances.

Dr Ashok Bhan, in his address, impressed upon the divyang to remain away from drugs and their parents



## From Editor's Desk



When Lt. Governor Shri Manoj Sinha launched his 100-day Nasha Mukta Abhiyaan on April 11, 2026, at Jammu, he issued far more than an administrative directive—a masterclass in transformative leadership. Many dismissed it as yet another diversionary political tactic but with the passage of every day, things started looking different. ***Main akela hi chala tha janib-e-manzil magarlog saath aate gaye aur karvaan banta gaya*** (Majhrooh Sultanpuri). This is what actually happened on the ground in the terrorist-hit UT. People saw in Shri Manoj Sinha an unwavering vision, a fierce determination to protect the youth, and a brilliant strategy of pairing an iron fist with a compassionate heart. He single-handedly elevated this initiative to a historical, self-motivated Jan Andolan. This is precisely what unfolded across the Union Territory. Driven by the LG's unwavering vision and determination to safeguard the youth, the initiative paired an iron fist against crime with a compassionate heart for recovery. What began as a government policy has successfully evolved into a historic, self-motivated Jan Andolan (people's movement), simultaneously dismantling narco-terror supply chains and restoring dignity to thousands of vulnerable families. The enforcement data alone stands as a monument to this visionary leadership and the unwavering execution by the administration. A merciless crackdown on drug networks has resulted in 930 FIRs, arrest of 1000 drug peddlers, crushing blow to economic backbone of these syndicates, with authorities freezing 45.43 crore in wealth, including demolition of 62 illegal structures and attachment of 21 luxury properties. Out of 2,293 identified drug users, 547 youth have been successfully rehabilitated, with 254 linked straight to self-employment schemes to build a secure future. Nothing captures the soul of this profound public awakening better than the extraordinary, silent, yet deeply powerful Nasha Mukta March of hearing handicapped Divyangjan of the J&K Samaj Kalyan Kendra. Walking shoulder-to-shoulder with former top-ranking Police officers & bureaucrats through the streets of Jammu, these brave children delivered the campaign's most resounding message. Without speaking a single word, their presence loudly declared that the war against drug abuse belongs to every single citizen. It came close to the heels of pledge by the residents and students of a slum children school in Jammu's one of the notorious hotspots, signalling a collective yearning for a Nasha Mukta paradise. The CGPWA, Jammu offers its full support to LG's inspiring and historic initiative, refusing to sit on the sidelines of this historic social revolution which is in the offing. ■

to remain vigilant against those who hijack students by giving such initial doses for enjoyment, mostly free of cost initially to make them addict. He said drug peddlers literally capture the brains of the youth to ensure they cannot decide good or bad for themselves. He said, apart from remaining alert against drug peddlers, the source of these illegal trades must be choked in the interest of the society.

Earlier, Counselor of Police Deaddiction Centre Ms. Anisha Dhar gave a motivational lecture to the Divyangjan and said everyone should avoid becoming addicted to anything. Drug addiction is the dangerous of all addiction. It has a devastating impact on the student as well as the family. She said that while the students should choose good friends, parental surveillance is also essential. Parents must monitor their ward's friends and social circles around them to insulate them from peddlers.

Vaid welcomed the guests to the function, while Brig (Retd) Dr Rakesh Khajuria presented the vote of thanks. Principal Roshan Bhan conducted the proceedings. Entire proceedings were simultaneously translated into sign language for hearing - handicapped students. ■

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## Crackdown Continues...

- Over 600 driving licences cancelled.
- 124 passports recommended for cancellation.
- JKP continued to choke the economic lifelines of narco-terror networks through asset freezing.
- Immovable properties valued at 3.5 crore belonging of two drug peddlers in Sirinagar.
- Immovable assets valued at 46 lakh seized in Kathua, Hiranagar & Reasi.
- Local operations have carried out wild cannabis eradication drives and enforcement checks on commercial pharmacies suspected of laundering funds or distributing narcotics.

with hard work and disciplined life. He told students to remember the pledge they have taken; all that is told to them today by the Counselor and others including the message of nukkad play, and help cleaning up their locality and the school.

Dr Ashok Bhan told the students that the God has charted a path for everyone including them which may, at times, have challenges but if they work hard with focused attention on rightful things, they can achieve their dreams. He said that those who are tempted to take drugs for a few minutes of "peace of mind", are going to destroy their career, lives and their families. He said that they have a bright future and should not go towards drugs to ruin them and their families.

Advocate Rameshwar Singh Jamwal, President of the Criminologists Society of J&K, and anti-drug activist, referred to Nukkad skit and said that narcotic substances adversely affect the internal system of the body and gradually destroy organs one after another. He suggested that schools should tell the students in daily assembly about the dangerous effects of these substances on their mind and body.

B R Sharma, in his presidential address, cautioned the students against falling in the trap of their classmates or friends for a 'mental paradise' by taking some substance which are drugs. Such elements actually are their enemies. He referred to the brief speech of Pudina Ram of the locality, and said the types of activities undertaken in an area or city would lend a particular name to it. If good things are happening, the locality or the city will get a good reputation and activities on the contrary would only bring bad name. Earlier, Smt Ruby Sharma, Chairperson of the Vasudhaiva Kutumbakam Welfare Society, which runs two schools for children of slum dwellers, welcomed the guests and said the function was not a ritual but a well-meaning effort to meet the challenge of drug abuse in the society, more so in the locality in the which school is functioning. Nasha Mukta Abhiyan is a serious attempt to bring out the youth from the clutches of the drug menace and guide them towards the constructive path and bright future.

## World Environment Day Celebrated



The CGPWA Jammu organised a Lecture to celebrate the 53rd World Environment Day on 5th June. Upender Pachananda, former Additional Principal

Chief Conservator of Forests and a member of the EC, delivered an illuminating lecture. He gave an overview of the serious environmental issues & threat to humanity, and said it is high time people realize the seriousness of the challenges that pose an existential threat to mankind globally. This year's theme is "Inspired by Nature. For Climate. For Our Future". Dedicated to urgent climate action, it highlights the pressing need to reduce carbon emissions, transition to renewable energy, and protect ecosystems to avoid critical climate tipping points. At its core, the concept of the environment encompasses the entire natural world. It is a complex, interconnected system made up of the atmosphere (air), hydrosphere (water), lithosphere (land), and biosphere (living organisms). These components work together to form an ecosystem that balances life on Earth. Nestled within the ecologically fragile Himalayan Ecosystem, J&K struggles with rapid glacier retreat, erratic winter snowfall, and extreme weather shocks. Local human pressures have severely strained these natural assets. According to a recent CAG report, 74% of the surveyed lakes and wetlands in J&K have either completely disappeared or significantly shrunk due to rapid, unplanned urbanization and encroachment. He noted that Dogra rulers were cautious about environmental upgradation & narrated a legend about Maharaja Pratap Singh who was dismayed to see the barren and rocky Shankaracharya Hill in Srinagar. On his hukumnama, the state authority made the hillock green using unique afforestation methods. They introduced robust, drought-resistant species capable of surviving on rocky, sun-exposed slopes. Over the subsequent decades, the trees took deep root. S.D. Swatantra, former PCCF, suggested actionable sustainability steps such as switching from a car to a bicycle, shifting to e-tickets to reduce paper waste and processing costs.

## Govt of India's SOP for NMBA

For the Nasha Mukta Bharat Abhiyaan (NMBA), educational institutions are the first line of defence against substance abuse. Preventing students from falling prey to drug peddlers requires a high-vigilance, zero-stigma approach from both teachers and parents. SOP for Teachers Teachers are uniquely positioned to spot early changes in a student's daily routine.

- Designate Nodal Officers: Appoint a specific Nodal Teacher to head an Anti-Drug Committee to monitor student well-being and coordinate with local police if suspicious activity is spotted near campus.
- Enforce 500m Drug-Free Zones: Strictly monitor the 500-meter radius around the school; report any unauthorized vendors or loitering "non-students" to the authorities immediately.
- Monitor Attendance and Performance: Watch for "sudden" changes:
- Unexplained frequent bunking or late arrival.
- A sharp, uncharacteristic drop in grades or participation.
- Identify Physical/Behavioural Red Flags: Look for "pinpoint" or dilated pupils, bloodshot eyes, slurred speech, or unusual smells on clothing.
- Use the "Navchetna" Modules: Implement these government-designed modules to teach life skills and "refusal skills," helping students confidently say "no" to peer or peddler pressure.
- Non-Judgmental Intervention: On Suspicion, approach them in a private, safe environment. Avoid labelling them a "user," as this often leads to further alienation and deeper drug involvement. SOP for Parents
- Monitor Social Circles: Know your child's friends. A sudden, complete change in their peer group (especially to older or unruly individuals) is a major warning sign.
- Watch Finances: Be alert to repeated, requests for money or the disappearance of valuables/cash from the home.
- Check Physical Belongings: Keep an eye out for "paraphernalia" like rolled-up currency notes, small foil packets, syringes, or unusual plastic bottles cut into shapes (bongs).
- Observe Behaviour at Home: Note if a child is spending excessive time behind locked doors (especially in bathrooms) or has a reversed sleep cycle (awake at night, sleeping all day).
- Maintain "Teachable Moments": Discuss drugs early and often. Don't wait for a crisis; talk about the dangers of "experimental" use before it happens.
- Collaborate with the School: Attend Parent-Teacher Meetings (PTMs) specifically focused on sensitization to ensure you and the teachers are seeing the same "full picture" of the child's life.

### Reporting & Action

- Confidentiality is key. Both teachers and parents should report suspicious peddling to local police via established, Nasha Mukta Abhiyan channels which often guarantee that the reporter's identity remains confidential. A specific sensitization module: - A PowerPoint outline for the teacher training session
- A checklist/handout designed specifically for parents to take home
- A list of local de-addiction centres or helplines be included
- The Ministry of Education's 3-Year Action Plan (2026–2029) for the "Nasha Mukta Vidyalaya" (Drug-Free Schools) initiative mandates transforming schools into the "first line of defence" through mandatory 500-metre drug-free zones and a statutory reporting framework for violations.

### One-Liner SOP

"Mandatorily declare a 500-metre radius around schools as a 'Drug-Free Zone' and report any violations immediately through designated Nodal Teachers to local police and administration."

### Key Pillars of the Action Plan

- Infrastructure: Mandatory placement of signage at school entrances/exits declaring the 500-metre drug-free radius.
- Accountability: Appointment of State and District Nodal Officers to oversee implementation across all schools.
- Reporting: Requirement for school heads to submit regular ATRs to ensure measurable outcomes.
- Capacity Building: Specialized training for teachers to use the "Navchetna" modules for early identification and life-skills education.
- Student Engagement: Deployment of peer-led initiatives and creative campaigns (posters, signage, and nukkad plays) to drive behavioural change internally.

# J&K Nasha Mukht- Some Suggestions

Prevention of drug abuse requires a structured, multi-tiered approach combining community action, clinical safeguards, and strict legal monitoring. SOP for Commercial Pharmacies & Drug Stores Retail and wholesale pharmacies are the primary line of defence against the diversion of pharmaceutical formulations into illegal drug markets.

**Mandatory CCTV & H-1 Registers:** Install continuous video surveillance facing both the counter and the cash register. Maintain a flawless Schedule H1 Register tracking every sale of restricted narcotics, opioids, and psychotropic substances.

**No Prescription, No Sale:** Strictly forbid the over-the-counter sale of habit-forming medications (e.g., Codeine syrups, Alprazolam, Tramadol). Verify the prescribing doctor's registry number before dispensing.

**Digital Inventory Audits:** Transition to automated inventory software that flags unusual spikes in bulk orders of specific sedative or pain-management drugs.

**Suspicious Buyer Protocols:** Train staff to deny sales and log details (or vehicle numbers) of individuals attempting to buy restricted drugs repeatedly, in unusual quantities, or without valid medical records.

## SOP for Educational Institutions

Schools and colleges must establish an environment that deters substance initiation while providing safe pathways for student rehabilitation.

**Prahari Club:** Establish Prahari Clubs in each school (dedicated internal committee) comprising the Head of the Institution, a staff counsellor, a parent representative, and local police/health liaison officers to monitor student welfare.

**Campus Surveillance & Zero-Tolerance Zones:** Secure all blind spots, campus perimeters, and nearby kiosks.

**Random Baggage & Vendor Checks:** Conduct periodic, respectful inspections of campus lockers and bags. Routinely audit external street vendors operating immediately outside campus gates.

**Anonymous Reporting Boxes:** Provide secure physical drop-boxes or digital portals where students can report peer distress, bullying, or suspected peddling activities without fear of retaliation.

**Mandatory Counselling Pathways:** Instead of adopting immediate punitive action like rustication, students caught using substances should be directly sent to nearby mental health and rehabilitation clinics.

## Tips for Families and Parents

Early intervention within the household remains the single most effective barrier against youth substance abuse.

**Practice Active Listening:** Establish a daily, judgement-free communication routine. Allow teenagers to voice their anxieties, peer pressures, and academic stress without facing immediate criticism.

**Recognize Early Behavioural Flags:** Watch for sudden, unexplained changes in personality, such as deteriorating academic grades, erratic sleep cycles, social isolation, extreme mood swings, or a sudden demand for excessive pocket money.

**Secure Household Medications:** Lock away all prescription painkillers, sleeping aids, and cough formulations in a secure cabinet. Dispose of expired or unused medications safely.

**Educate on Digital Pressures:** Talk openly about how substance abuse is often glamorized or targeted across social media platforms, dark-web marketplaces, or peer groups.

## Community & Citizen Action Tips

Communities can actively choke local supply chains by serving as the eyes and ears of law enforcement.

**Report Local Peddling Anonymously:** Utilize official anti-drug helpline numbers or local police portals to report suspicious gatherings, frequent brief vehicle stops, or abandoned properties being used as drug dens.

**Utilize Community De-Addiction Centres:** Familiarize your neighbourhood with nearby government-run or accredited Addiction Treatment Facilities (ATFs) to ensure immediate clinical access when a resident requires help.

**Organize Healthy Alternatives:** Promote and participate in community sports leagues, cultural youth clubs, and vocational skill-building workshops to keep vulnerable demographics positively engaged

## CGPWA Holds Lecture & Camp on Ayurvedic Therapies

In collaboration with the Vaidyaratnam Vrindavan Ayurveda Chikitsalayam, Baddi Solan, Himachal Pradesh the Central Govt Pensioners' Welfare Association, Jammu organised a Lecture on usefulness of Ayurvedic Treatment and Free Camp at IIPA's Auditorium on 7th May, 2026. Former Chief Secretary, J&K Shri B R Sharma was the Chief Guest and President of CGPWA and former DGP & CVC Shri Kuldeep Khoda presided. Shri Ashok Angurana and Shri Promod Jain were among those who attended the function.

In his 40-minute lecture on the usefulness of Ayurvedic therapies in the modern time, Dr. V M Menon called for revival of golden years' healthcare traditions scripted in our Vedas and other ancient scriptures and recommended classical Ayurvedic Therapies to treat ailments from the roots rather than superficial cure. He said that Ayurvedic healthcare approach is focused on prevention rather than cure. In this context, he said that Panchakarma is the start of Ayurvedic treatment designed to remove deep rooted toxins from the mind and body to restore physical and mental balance.

It was followed by a 40-minute question answer session during which the pensioners got clarification on many issues. Earlier the General Manager Chetan Saklani presented a PPT on the facilities of the Hospital.

Commending the lecture, B R Sharma said that ancient wisdom and old healthcare order is returning, replacing the modern systems but with modern coating. In this context, he gave some examples and said that in their childhood, elders in the family would apply or even make them drink Haldi milk in some health emergencies and now it has come back in rebranded Latte milk or coffee. Its traditional healthcare qualities have been accepted.

Delivering the Presidential address, Khoda said that he was impressed by the lecture of Dr Menon as it



Thirty Pensioner got consultation on Ayurvedic Treatment at one Day Health Camp

unfolded the realities of the ancient healthcare system which are now proven to be true. He said that what many used to call mythology has been found to be true and the gap between ancient texts and modern scientific innovation have been abridged. While some view these as historical realities, others see them as incredible works of ancient imagination that predicted future technologies. Giving examples, he compared 'mythological' Pushpaka Vimana of Ramayana time with modern aircraft; arrows with fire head (Brahmastra) modern age missiles, and Sanjay's narration of Kurukshetra war from a distance to live telecast.

Earlier, General Secretary, CGPWA K B Jandial in his welcome address said that Ayurveda is not just a system of healthcare but a way of life that teaches the mankind how to live in harmony with nature. Calling it as science of life, he said, it has roots in our rich civilization and originated in India more than 5000 years ago and its principle were developed by sages with deep knowledge of nature, human health and balanced living and ingrained in Atharva Veda. The vice President, CGPWA Dr Sudarshan Kumar presented a formal vote of thanks and the proceedings were conducted by V K Magotra.

Later, a camp was held attended by over fifty pensioners and their families.



### Jammu's 1st Ayurvedic WC Opened



Finally, the CGHS has conceded our demand and opened an Ayurvedic Wellness Centre, in Jammu. It is established in WC-2, (1st Floor) Trikuta Nagar. Dr Jitender Dheman is the Doctor Incharge of the WC. The CGHS beneficiaries, desirous of Ayurvedic treatment, may avail this facility.

## CGPWA, Jammu Holds 29th AGM

The Central Govt Pensioners' Welfare Association, Jammu held its 29th Annual General Body Meeting on May 02, 2026 which was presided over by President CGPWA & former DGP & CVC, Shri Kuldeep Khoda.

It was attended by a large number of members including former DGP, Dr Ashok Bhan and former Chief Secretary, J&K Shri B R Sharma.

In his Presidential address, Shri Khoda expressed concern over unusual wording of "unfunded cost of non-contributory pension schemes" in the Terms of Reference of 8th Central Pay Commission and said that coming close to the amendment of pension rules retrospectively from 1972 in Finance Act of 2025 that validates differential treatment of pensioners based on the date of retirement, uncertainty has gripped the pensioners across the country.



Welcoming the visit of 8th CPC to Srinagar to interact with stakeholders, he said that the CGPWA has already sent a detailed representation to it besides the PM and others. The CGPWA is in touch with other Associations in the country to struggle collectively to protect the interests of the Pensioners, he added. He listed many achievements of the CGPWA including empanelment of more reputed hospitals with CGHS for cashless treatment, holding of three medical camps, health talks by superspecialists and efforts to



further improve services of CGHS in Jammu.

Shri B R Sharma who also spoke on the occasion, congratulated the President and his team for holding a very successful and well-attended AGM and vast activities undertaken during the year. He also spoke about Drug Abuse and is coordinating the awareness campaign planned in Rajeev Nagar.

True to his originality of rockstar items of CGPWA, Dr Ashok Bhan brought almost everyone on their feet to dance on his folk song- **Mani Ram- aage agae bagiche mein mani ram ke chore, mani ram ke chore, aise hain mani ram ke chore.** It was full of comedy.

Earlier, he presented two popular Bollywood oldies including evergreen song of 1950 movie samadhi, sung by Lata Mangeshkar, **Gore gore o banke chhore. Kabhi meri gali aaya karo; Gori gori o banki chhori, Chahe roz bulaya karo.**

Earlier, the General Secretary, CGPWA, Shri K B Jandial read the annual report of the activities undertaken by the Association during 2025-26 and said that long delayed transfer of State land to CGHS for establishment of CGHS Hospital has been finally processed for approval of the LG. He welcomed the UT Govt's move to seek establishment of ten CGHS Wellness Centres in Districts to extend this facility to lakhs of UT pensioners who stand covered under CGHS for cashless treatment. The Central Govt pensioners living in these districts can also be benefited. Jandial said that he, on the request of Ladakh Central Govt Pensioners Welfare Association, has raised the demand for establishment of two



CGHS Wellness Centres, one each at Leh and Kargil at the recent meeting of the SCOVA at New Delhi, which was supported by Union Minister for Personnel, Public Grievances and Pension, Dr. Jitender Singh. He also supported CGHS empanelment of AIIMS Vijaypur.

The Treasurer Shri O P Sharma presented the annual statement of receipts and expenditure which was approved by the AGM. He informed that the Department of Pension, Govt of India, under new guidelines, has provided to CGPWA, Jammu a Grant-in-Aid of Rs 1.50 lakhs for the last six months of last year and this year we are striving get grant of Rs. 5 lakh which is based on our performance during 2025-26.

The AGM also approved the engagement of Shri Deepak Sehgal as CA for 2026-27.

Shri V K Padha, member of EC, welcomed the members for attending the AGM in a large number while the Secretary Shri B B Magotra presented the formal Vote of Thanks.



## Prem Gupta & C.L. Banal Honoured

Continuing with its decision to honour its members for exceptional performance at AGM, Shri Prem Gupta IPS (Retd) and Shri C L Banal IPS (Retd) were presented CGPWA Award for their outstanding contributions and participation in most of the meetings and activities since they joined the Association in June 2008. While both are former IGPs, Shri Banal was also appointed as a member of the J&K Public Service Commission even before his



retirement from IPS.

The Awards were presented by the President Kuldeep Khoda. The CGPWA instituted these Awards last year, and the first recipients of these Awards were Shri S S Wazir IPS (R) former President CGPWA, Shri B K Raina GSI (R) former Vice President, Shri J K Vaid GSI (R) former General Secretary and Dr Ashok Bhan IPS (Retd) Life Member & DGP who always brings with him out-of-box ideas for making the Association vibrant besides packages for making events lively.

## Condolence



Our member, S Janak Singh (IA & AD) passed away on 20th June 2026. He joined CGPWA in Dec 2012. The CGPWA mourns his death.

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Our member, Shri P N Raina, IPS (Retd) passed away on 13th June, 2026. He joined the CGPWA in June 2008. The CGPWA mourns his death.

# Bhajan Sandhya Enthralled Senior Citizens

The Central Government Pensioners' Welfare Association (CGPWA) in collaboration with the Bharatiya Sangeet Sansthan (BSS) organised 'Bhajan Sandhya' for senior citizens at K.L. Sehgal Auditorium on 23rd April, 2026.

The 90-minute musical event resonated the Auditorium with spiritual energy and classical richness. It featured 14 budding artists trained under the prestigious Guru-Shishya Parampara by renowned Hindustani classical maestro Vijay Kumar Sambyal, popularly known as 'Rangeeley Thakur' who is the EC member of CGPWA.

The musical evening took off with the serene invocation "**Vartaman Sundar Kar Lo, Prabhu May Jeevan Kar Nirbhaya Ho**" presented by Vanshika, Asmi, Anika, Banat, and Ragnya, setting a deeply devotional tone for the evening. It was followed by two poignant bhajans by Tahyra and Tejasvi—"**Bol Sachidanand Om Om**" and "**Yeh Khel Anokha Saara, Koi Samjhe Samjhan Haara**". Upcoming star, Ridhima Bajpai presented a soulful Dogri bhajan- "**Mannua Neyi Kar Mera Mera, Ae Nagri Maya Nagri Ae, Itthe Rain Basera**", penned by Dr. Nirmal Vinod, who was gracing the function, and composed by 'Rangeeley Thakur'.

V. K. Sambyal accompanied by Ridhima enthralled the audience through profound renditions, including "**Sundar Samujhi Samujhi Pag Dhar Re, Uttam Raah Pakad Re**" and "**Panchhi Kai Din Ka Mehmaan, Soch Samajh Geh Gyaan**", written by noted lyricist of Rajasthan, late Kanh Singh. A deeply philosophical bhajan encapsulating the essence of the Avdhoot Gita, "**Jal Jaaye Jibhva Paap Ni Shri Raam Ke Bina**" was a grand finale of the musical event resonating deep in the mind of the audience.

Kuldeep Khoda congratulated the young articles for their excellent performance and said that contrary to



general impression, the classic music has enthralled everyone and musical notes of every bhajan resonated the minds of the senior citizens deeply. Later, he felicitated all artists with plant saplings. Ms. Vasundhara and Priyamvada honoured Khoda, Jandial and Guru Ji for taking initiative in promotion of classic music

**File No.Z.16025/48/2026/CGHS-III [8388903]**

Government of India Ministry of Health and Family Welfare Department of Health and Family Welfare (CGHS-III Section)

New Delhi-110066

Dated the 20th April, 2026

To  
Chief Adviser, All India CGHS Beneficiaries Association of CBIC

[Email ID: jailoknathjee@gmail.com]

Subject: Regarding representation dated 16.01.2026 on continuation of CGHS.

Sir,

I am directed to refer to your email/representation dated 16.01.2026 addressed to the Hon'ble President of India regarding the continuation of the Central Government Health Scheme (CGHS) and concerns about its possible replacement with an insurance based health model.

2. In this regard, it is informed that, as per information available in this Ministry, no proposal is presently under consideration to discontinue or replace CGHS with any insurance-based model, nor has any decision been taken to cease or curtail its functioning.

3. It is further informed that the Department of Financial Services has intimated, vide OM dated 11.02.2026, about the launch of "Paripoorna Mediclaim Ayush Bima" by The New India Assurance Company Limited on 14.01.2026 for Central Government employees, in addition to the existing CGHS framework.

**Sd/ Ashok Kumar Pal**  
**Under Secretary to the Govt. of India**



## Visit to Vridh Ashram- Unique experience

On 20th June, forty members of the CGPWA visited the Home for the Aged & Infirm, Ambphalla, Jammu, which provides dignified shelter to about 45 elders. The pensioners' delegation included a surprise presence: 93-year-old former IGP, Shri O N Koul. The large turnout underscored the Association's deep interest in supporting a vital welfare institution.

The visit proved highly reassuring, as the inmates expressed complete satisfaction with their care, leaving no grievances to address. The delegation lauded the new management for transforming the facilities and vastly improving the overall living conditions for all residents.

Welcoming the pensioners, President, Vridh Ashram Er. Pankaj Gupta highlighted recent institutional advancements aiming at ensuring dignified care, protection, and emotional strength for the senior citizens. A 20-minute documentary was screened that showcased the upgraded facilities, followed by a



detailed PowerPoint presentation by Secretary Dr. Dinesh Gupta. He outlined major infrastructural milestones, recent welfare initiatives, and a strategic vision for futuristic development projects, explicitly seeking public support to realize them. The institution also serves an educational role, regularly hosting student interns and volunteers who imbibe the spirit of community service. Adding vibrancy to the event, artists from the Department of Information entertained the residents with soulful bhajans and nostalgic songs. CGPWA President Shri Kuldeep Khoda later honoured these artists for their performance. Shri Khoda presented a humble contribution of 11,000 from the CGPWA and a personal contribution of 5,000. In appreciation of the visit, the Home's Management Committee presented a beautiful memento to Shri Khoda.



"The Management is doing exemplary humanitarian service that has led to a large scale satisfaction among the inmates on the issues of dignity, security and quality of life. It is, however, a matter of regret that the social responsibility among the younger generation is gradually declining. The young interns from the prestigious educational institutions within Jammu and beyond visiting the Old Age Home, should carry back a strong message of social responsibility and respect for elders in the society, so that cities do not feel the need such Old Age Homes."

**Kuldeep Khoda IPS ( R )**  
**President, CGPWA**



"My visit has a mix feeling of joy and sorrow. I am deeply relieved with the Home's upgraded facilities, focus on dignity, respect and comfort of the inmates but heartbroken by the pain of elders deserted by their families. The documentary showing laudable amenities to inmates, is an excellent attempt; there is a need to produce another one to exhibit their agony and emotional suffering for losing their love ones. The documentary should be so emotionally powerful that their children should rush to Old Age Home and take their parents back home. We need to revive compassion, respect and social responsibility towards their elders."

**Dr Ashok Bhan IPS ( Retd )**

## CGPWA Celebrates 12<sup>th</sup> International Yoga Day



The Central Govt Pensioners' Welfare Association, Jammu (CGPWA) celebrated the 12 International Day of Yoga on 21st

June by organizing Yoga session in collaboration with the Gandhinagar Greenbelt Morning Walkers.

Anupama and Dinesh Sharma, Master Trainers of Bhartiya Yog Sansthan, took the session which lasted for one hour.

After the yoga session, Dinesh explained that Yoga should not be done casually but with focused attention and slow movement of limbs.

Focus keeps your breath synchronized with your move-ments, he added.

## CGPWA Honours veterans, celebrates birthday



Birthday Celebration in April



Birthday Celebration in May



### Late Sh. M L Toofan, IRS ( R) Presented his Dogri poem "Retiree" On Our National Pensioner's Day Function, 2024



पांए जूठा, कुर्सी दी खातिर गै सेई, सारे लोक हे मान सम्मान करदे ।  
जाना दफतर या विच बजार कदे, अगगे पिछे हे सारे सलाम करदे ॥  
कम्म करवाने तै, मिलने गी दफतेरच, कडढी रिशते जान पहचान करदे ।  
बावू समजदे, आदमी एह साब दा ऐ, फी उसी निंहा कदें परेशान करदे ॥  
तूती बोलनी, जाना भी जिस दफतर कुसे कम्म आस्तै करदा नईं नां कोई ।  
आए पैशनी, पुछदा नेईं बात कोई, निक्के कम्म आस्तै भी करदा नईं हां कोई ॥

दफतर साथीएं, अफसरें मिली सारें, रिटायरमेंट पार्टी ही बड़ी शानदार कीती ।  
दित्ते भाषण हे बडे हमदर्दना, भाषण विच तारीफ ही बार बार कीती ॥  
थुयाउ स्वागत अै, आओ भी कदे दफतर, करगे कम्म थुयाउ सारें इसरार कीती ।  
थोडे दिनें बाद गया हा कोई कम्म लेइयै, गल्ल सुनने कोला गै उनें इन्कार कीती ।  
आखन करदा हा तंग जदों हा एह अफसर, समजदा अपने आप गी हाफन्ने खां कोई ।  
आए पैशनी, पुछदा नेईं बात कोई, निक्के कम्म आस्तै भी करदा नेईं हां कोई ॥  
होए रियाटर चली गई पावरां नै, कन्ने मिलदी अै हुन तन्खवाह अधी ।  
बंद सैर सपाटे सरकारी टूर होए, 24 घंटे गै रौना एह घर वज्जी ॥  
परमिशन चहिदी मिन्स्टरी होम दी ए, वाहर जाने पर पूरी अै रोक लग्गी ।  
दफतर जाने दा लवदा नईं कोई बहाना , नेइयों चलदी अै हुन कोई लगी फव्वी ॥  
आखन चले दा कारतूस इक होर आया, मिल दा जदों भी पिंडं ग्रांकोई ।  
आए पैशनी पुछदा नेईं बात कोई, निक्के कम्म आस्तै भी करदा नेईं हां कोई ।  
पैशनी वाद भी लोक नै याद करदे, सर्विस विच जिनें सेवा निष्काम कीती ।  
बिना लालच, लोभ ते वगैर रिशवत, बेईमानी नेईं सर्विस दौरान कीती ॥  
नाराज होईंगे हे रिशतेदार कोई, गल्ल मंग उंदी निंहा परवान कीती ।  
आदरमान करै, अज समाज उंदा, जिंद ईमानदारी लेईं जिनें कुर्बान कीती ॥  
जो भी मिलदा अै, मिलीयै खुश होंदा, कदें मत्थे त्रिवड़ी नेईं पा कोई ।  
होए पैशनी, पुछदा नेईं बात कोई, निक्के जे कम्म आस्तै करदा नेईं हां कोई ॥