

## EPFO Jammu presents 30 bicycles, Yoga mats to staff, officers to promote healthier lifestyle

### ■ STATE TIMES NEWS

JAMMU: In a move towards making health and environment a priority for all the staff and officers, EPFO Jammu on Thursday presented bicycles and yoga mats to all the staff and officers of the office. The same were handed over by Regional Provident Fund Commissioner - I, Jammu & Kashmir and Ladakh, Rizwan Uddin.

Speaking on the occasion, Rizwan Uddin said that these bicycles may be used by staff and officers for daily commuting which will not only aid in attaining a better health and fitness but also make a positive contribution in making the city clean and green in addition to avoiding and minimising the traffic congestion, especially in the times of increasing trend of sedentary lifestyle where



Regional PF Commissioner - I, Jammu & Kashmir and Ladakh, Rizwan Uddin presenting bicycles and Yoga mats to staff.

lifestyle disorders such as obesity, hypertension, high blood pressure and diabetes among others are on the rise.

Sharing more details, he said that the entire team of EPFO would ride bicycles together as 30 cycles were procured from the award money that the office received after being

declared as 'Best Performing Remote Office'. "The Committee was constituted to use the award money for employees' welfare and Staff Welfare Committee of EPFO, Jammu took a unanimous decision to procure thirty bicycles for the officers and staff," the regional commissioner said, adding, that the decision was taken considering various

factors, including overall welfare of staff, long traffic jams in Jammu, cause of health and environment. Sharing his own experience of cycling, Rizwan Uddin, a passionate cyclist himself, said that initially he pursued cycling as a hobby and has reasons to believe that cycling contributes to a positive lifestyle. The office is around 8 km away from his home and he has been in the habit of using bicycles as a mode of transportation and rides bicycle daily to the office and back home, and further said that cycling not only promotes good health among the staff, but also plays a significant role in reducing carbon footprint which ultimately helps our environment and saves money.

He further said, "When you travel by your car and motorbikes then it consumes fuel and incurs greater expenses.

Bicycling is economic in many aspects- it saves time, gym time, petrol and space on the road. Moreover, it is an option which is good for your health besides boosting your savings."

He also said, "If 20 percent of people start riding a bicycle, then it will reduce pollution as well as make the city smartest. In many countries, it has become an important part of urban planning."

Yoga mats were also distributed to all the staff and officers of EPFO RO Jammu today which will also contribute towards boosting the health and fitness of all staff. Presenting the Yoga mats, Shri Rizwan Uddin, RPFC - I, told that Yoga is a great way to promote preventive healthcare which promotes practitioners health holistically in terms of physical, mental, and emotional well-being.

## YSS Deptt organises live streaming of PM's speech on National Youth Day

### ■ STATE TIMES NEWS

JAMMU: Department of Youth Services and Sports J&K on Thursday organized an impressive function across the UT to Live Telecast the Speech of Prime Minister on occasion of inauguration of 26th National Youth Festival on the Birth Anniversary of Swami Vivekanand ji being held at Hubli- Dharwad in Karnataka State.

The main awareness program was held at Government College for Women Gandhi Nagar Jammu.

Divisional/ Dist level functions were also organized. Director Youth Services and Sports J&K, Subhash Chhiber, Joint Director Youth Services and Sports Jammu, Suram Chand Sharma, District Youth Services



Director YSS J&K, Subhash Chhiber along with other dignitaries and students listening to Prime Minister on inauguration of 26th National Youth Festival.

and Sports Officer, Sukhdev Sharma, Principals of the colleges, staff of Sports Department besides hundreds of Youth drawn from various all walks of life attended & watched the live Telecast at Jammu.

Worth mentioning that a group of 80 youth from Jammu and Kashmir-UT was flagged off by Secretary Youth Services

and Sports J&K Sarmad Hafeez last week to participate in the 26th National Youth Festival being held at Hubli Karnataka to mark the Birth Anniversary of Swami Vivekananda Ji.

### District Poonch Wushu Championship to start today

### ■ STATE TIMES NEWS

POONCH: District Poonch Wushu Association under the aegis of Wushu Association of J&K is going to organize District Poonch Wushu Championship 2022-23 at Indoor Complex, Sports Stadium Poonch from January 13.

It was announced on Thursday in a meeting held by all the members of the District Association, here.

The Championship is being supported by Jammu and Kashmir Sports Council.

All the interested players are asked to reach at Sports Stadium Poonch Indoor Complex on January 13 at 4:30 PM for weigh-in along with Complete Registration forms signed by parents with Date of Birth certificate issued by Municipality Poonch or concerned Sarpanch of the village.

## KC Sports Club wins in New Year T20 league

### ■ STATE TIMES NEWS

JAMMU: KC Sports Club registered two-wicket win against Game Changers in the ongoing New Year T20 Cricket League which at KC Sports Club Ground, here.

Batting first, Game Changers scored 112 runs for the loss of eight wickets in 18 overs. Tanveer (19) and Touheed (13 ) runs were the main scorers. For KC Sports Club, Vishwajeet Singh took two wickets while Krishna, Kanan, Paras,

Avinash and Varun claimed one wicket each.

In reply, KC Sports Club chased the target in 16 overs by losing eight wickets thus won the match by 2 wickets. Vishwajeet Singh played a match winning knock of 64 runs while Kanan added 17 runs to total. For Game Changers, Khalid grabbed three wickets while Tanveer took two and Jahangir claimed one wicket. Vishwajeet later declared Man of the Match.

## Aashuutosh of DPS Jammu lifts U-17 Cricket title



Aashuutosh Mahajan. runs. He was top scorer with

brilliant 113 runs, studded with 7 fours and 11 sixes in the aforesaid tournament.

Principal DPS Jammu, Ruchi Chhabra congratulated Aashuutosh and his parents for the glorious achievement and said him to continue his sportsmanship with the same zeal.

President-RCT, Ajatshatru Singh, Pro VC, Dr. Ritu Singh and Director, S.S Sodhi congratulated Aashuutosh, his parents and extended their best wishes for all his future endeavours.

## Himalayan Degree College celebrates National Youth Day

### ■ STATE TIMES NEWS

RAJOURI: Himalayan Degree College celebrated International Youth Day on the birth anniversary of Swami Vivekananda in which students and staff expressed their views on the topic "Swami Vivekananda's vision of ideal India". All the students spoke about the contributions of Swami Vivekananda through which the youth could be empowered and enlightened to build strong mental abilities in the service of nation. The event was concluded by the Principal by thanking the students and staff for their views and encouraged the students to spread awareness and education about the problems that the youth faced in our country.



Principal Himalayan Degree College addressing students during National Youth Day celebration.

## Ranji Trophy: Punjab gains vital 1st innings lead despite good show by J&K bowlers



Rohit Sharma Umar Nazir

### ■ STATE TIMES NEWS

JAMMU: Punjab gained a vital first innings lead of 56 runs despite a good bowling display by Jammu and Kashmir bowlers in the Ranji Trophy Elite Group-D match at IS Bindra Cricket Stadium, PCA, Mohali on Thursday.

Earlier, resuming their first innings from an overnight score of 176/6, J&K added 36 runs in 10.1 overs to score 212 runs in their first innings. Fazil Rashid who was unbeaten on 46 runs was the first man to go on the same score. However, Umar Nazir (20) and Rohit Sharma (10\*) made a last wicket partnership of 30 runs to help J&K surpass 200-run mark. Baltej Singh was the

most successful bowler for Punjab, who captured 5 wickets by giving away 47 runs in his 15.1 overs, while Sidharth Kaul bagged 4 wickets by conceding 82 runs in his 15 overs. Mayank Markande also claimed one wicket. In reply, Punjab scored 268 runs in their first innings thus gaining a crucial lead of 56 runs. At one point of time, Punjab were struggling on 147/7, however, skipper Mandeep Singh and Gurnoor Brar played sensibly and notched up magnificent half-centuries and made a partnership of 100 runs between them to take the score to 247 runs before Brar was dismissed at his individual score of 64 runs off 60 balls, studded with 5 fours and 3 sixes. Mandeep top scored with 69 runs off 104 balls including 9 boundaries. Abhishek Sharma (32), Nehal Wadhwa (25), Prabhshimran Singh (20) and Sidharth Kaul (19\*) were the other contractors. For J&K, speedsters Umar Nazir and Rohit Sharma took 3 wickets each, while left-arm spinner Abid Mushtaq bagged 2 wickets. Auqib Nabi and Tazeem Younis Tak claimed one wicket each. J&K were 18/1 in 6 overs in their second essay. Skipper Shubham Khajuria was dismissed at his individual score of 8 runs, while Vivrant Sharma (9) and Musafir Ajaz (1) were at the crease. Baljeet Singh took the lone wicket to fall.

## National Youth Day celebrated at GGM Science College



NSS volunteers of GGM Science College posing with faculty members during National Youth Day celebration.

### ■ STATE TIMES NEWS

JAMMU: NSS unit of GGM Science College under the patronage of Principal, Dr. Rajesh Gupta and guidance of NSS PO Dr. Deepali Mahajan organized an awareness workshop on National Youth Day. Rashtriya Yuva Divas is observed to commemorate the birth anniversary of Swami Vivekananda, one of the greatest philosophers and spiritual leaders. The theme of this year was 'Viksit Yuva Viksit Bharat'. NSS volunteers Ananya Mahajan and

Aakriti Sharma made sketches of Swami Vivekananda. NSS volunteers sung NSS Lakshya song. NSS volunteers spoke on the teachings of Swami ji. They also wrote the quotes and philosophies of Swami ji. The workshop ended with Shanti Mantra and pledge to follow the footsteps of Swami Vivekananda. NSS volunteers watched the live session of 26th National Youth Festival inaugurated by Prime Minister at 3.30 PM at Hubli-Dharwad, Karnataka from January 12 to 16, 2023.

## APS BD Bari conferred with A+ + '5 Star Rating School Award 2022'

### ■ STATE TIMES NEWS

SAMBA: Centre for Educational Development (CED) conferred Army Public School (APS) BD Bari, J&K with A++ "5 Star Rating School Award " for the year 2022 under Special Category 'E-Learning School'. The award ceremony was held on January 8, 2023 at 8th Annual Conference SDG 4 & Skill Education hosted by Centre for Educational



Principal APS BD Bari, Neeta Rawal receiving award from Pratibha Shukla, MoS for Women's Welfare, Child Development & Nutrition, Uttar Pradesh.

Development (CED INDIA). Minister of State for Women's Welfare, Child Development & Nutrition, Govt. of Uttar Pradesh.

## Workshop on Phonetics conducted at Model Academy

### ■ STATE TIMES NEWS

JAMMU: Model Academy, the prestigious School of MIER, organised a workshop for the teaching faculty on phonetics. The resource person for the workshop was Rajesh Rathore, Principal JK Public School Kunjwani and President, Jammu Sahodaya.

At the outset, Rathore articulated the importance of "Effective communication skills", being one of the ten potential life skills, suggested by World Health Organization (WHO).

Adding further he said, "This age belongs to brilliant speakers in English.



Principal Model Academy, Dr Pramod Kumar Srivastava honouring resource person, Rajesh Rathore, Principal JKPS Kunjwani.

Professionally trained students get an upper edge over others. English, being a foreign language, requires systematic training on Phonetics to be imparted to students."

While conducting the workshop on Phonetics- the art of pronunciation, he highlighted its significance, which lies in the fact that written English deals with 5 vowels, whereas

## JU Students Cultural Council organises 'Lohri Festival'

JU VC announces formation of various clubs for students' benefit



Vice-Chancellor JU, Prof Umesh Rai with other dignitaries and participating students at Lohri Festival.

### ■ STATE TIMES NEWS

JAMMU: On the occasion of Lohri, a cultural extravaganza was organized by the Student Cultural Council of University of Jammu under the leadership of Sunny Singh Rajput which was attended and celebrated by a huge gathering near the National Flag of the University of Jammu.

Vice-Chancellor JU, Prof Umesh Rai, the chief guest, Prof Umesh Rai appreciated the great efforts made by members of Cultural Council JU. He also announced the fresh initiatives taken by the administration for the benefit of the Students.

Vice-Chancellor announced the formation of various Clubs for the benefit of students such as a Literary Club, Photography Club, Film Club, Theatre club etc.

He also announced that very soon the University will have its

own FM Station.

Earlier in his welcome address, Prof Parkash C Antahal, Dean Students Welfare, appreciated the organizing team for their phenomenal cultural performances.

The audience was enthralled with the cultural items including Group Dance/Bhangra by the students of DDE & other departments.

The gathering and the dignitaries highly appreciated the group song performed by the students of IMFA and Dept of Law.

Among others, Prof Arvind Jasrotia, Registrar, JU, Prof Pankaj Srivastava, Prof Sundeep Pandita, Prof Vishav Raksha, Prof Vinay, Chauhan, Prof Alka Sharma, Dr Anil Gupta, Dr Garima Gupta, Dr Pritam Singh, Dr Shailu Sharma, Dr Hema Gandotra, Dr Abhul Rashid Manhas, Dr Neeral Sharma, and organizing

team comprising of Sunny Singh Thakur, Insha Dawood, Sheena, Ananya, Mrinal, Palvasha, Aaryan, Deepak, Jahnavi, Rohan, Vishavpreet, Aparna were also present on the occasion.

### ■ STATE TIMES NEWS

JAMMU: Aashuutosh Mahajan, a student of Class X of Delhi Public School (DPS) Jammu brought laurels to the institution and his parents by bagging U-17 Cricket title in Provincial Level Inter-District Cricket Tournament organized by the Department of Youth Services & Sports J&K held at Hiranagar, kathua on January 7, 2023.

Aashuutosh, who represented Jammu District, slammed a power packed century thrashed Kathua by a big margin of 90



Principal Secretary, Education Department, Alok Kumar being felicitated during a programme.

endeavour towards maintaining quality of education", he asserted.

He emphasized that we must keep striving for further improvement in the existing education system through modern era technological innovations.

Deputy Advisors NAAC, Pratibha Singh and S Srinivasa; Senior Communication Cum Publication Officer NAAC, Dr. Wahidul Hasan; Director Colleges, Dr. Yasmeen Ashai and other senior officials were present during the event.

The programme was also attended by the Principals, IQAC Coordinators and faculty members of various colleges of J&K.

Dr. Pratibha Singh discussed the agenda of this workshop on NAAC saying that accreditation was the benchmark of quality. She emphasized that the educational institutions must accommodate changes according to the National Education Policy (NEP), 2020, and work to phase out of affiliation system and strive to become autonomous insti-

tutions.

Dr. Yasmeen Ashai, gave a detailed introduction about the objective behind organizing this informative event. She applauded the Higher Education Department for successful transition to NEP 2020 and emphasized that the College should have a robust Internal Quality Assurance Committee to meet the quality parameters put forth by the NAAC. She said that good institutions produce good products so the colleges must focus on self-assessment and improvement.

Dr. S P Saraswat, Nodal Principal, Jammu Division Colleges, highlighted how NAAC and the accreditation process help to assess the performance of institutions.

Dr. Khurshid Ahmed Khan, Nodal Principal, Kashmir Division colleges presented vote of thanks for the inaugural session.

In the second session, pro-



### Nazia qualifies Ph.D

### ■ STATE TIMES NEWS

JAMMU: Nazia Bibi, daughter of Nek Mohd Malik and Nazeera Bibi, resident of Samba has been declared qualified for the award of Degree of Doctor of Philosophy (Ph.D) in Hindi by University of Jammu.

She worked on the topic "Kashinath Singh K Katha Sahitya Mein Janvadi Chetna" under the supervision of Professor Neelam Saraf, University of Jammu.