

JU organises workshop on life skills

■ STATE TIMES NEWS

JAMMU: A three-day workshop on the topic "Life Skills" was organized by the Department of Psychology, University of Jammu (JU).

The workshop was conducted to train the students and scholars how to comprehend and implement life skills in everyday situations, as well as to assist clients in developing these skills while offering counselling services.

Life skills are crucial to students because they are related to their performance and professional growth. They also aid in successful communication with clients.

Sumit Dutta, Senior Counsellor and Trainer was the resource person of the workshop.

Dutta concentrated on skills such as stress management, emotion management, creative thinking, critical thinking, work-life balance, decision-making, and problem-solving.



Resource person speaking at the workshop in JU.

lem-solving.

He also trained the participants how to manage their time, make goals, manage their finances, and deal with problems.

Nidhi Vij, a Research Scholar of the department introduced the resource person of the workshop.

The Workshop began with a welcome address by Prof. Satnam Kour, Head of the Department.

Prof. Satnam discussed the

significance of instilling skills in young psychologists noting that it benefits not only one's well-being but also that of others. She also urged students and scholars to actively engage in such sessions.

The resource person explained to the participants the models of health. He clarified the distinction between the biological and biopsychosocial models via role-playing.

He also discussed the four

categories into which a human is classified: physical, social, psychological, and spiritual. Life skills are linked to the biopsychosocial aspects.

Dutta stated that humans currently act like viruses themselves, drawing a comparison between the diseases that affect people now and those that afflicted people in the past.

Perhaps humans are unaware that they are equipped with vaccinations. It is entirely up to us as humans to decide whether we want to behave like a virus or a vaccination. In reality, stress plays a significant role in the development of a variety of disorders.

Students, researchers, and teachers actively participated in group discussions about stress and stress management.

The participants presented a variety of strategies

for dealing with stressful circumstances.

The Self-actualization model and discussed the causes of stress as they travel up the hierarchy of needs. During the training, there was a thorough discussion about the need for balance.

Further, the resource person mentioned that there are ten life skills for mental health and interpersonal relationships which are interconnected and interdependent.

All the faculty members from the Department of Psychology attended the workshop. Dr. Sarita Sood, Assistant Professor, Department of Psychology proposed a formal vote of thanks. The students and scholars appreciated the hands-on training and found it to be crucial for their professional growth.

KISCE Rowing team to attend 41st Senior National Rowing C'ship

■ STATE TIMES NEWS

SRINAGAR: J&K Sports Council's Khelo India State Centre of Excellence (KISCE) for Rowing in Jammu and Kashmir announced the selection of ten outstanding athletes to represent the J&K UT Rowing team at the highly anticipated 41st Senior National Rowing Championship in Pune.

Conducted by the Jammu and Kashmir Association of Rowing and Sculling, the selection trials unfolded on January 15, 2024, at the Pokhribal Water Sports Club near Badamwari Srinagar.

The athletes, rigorously trained at the J&K Sports Council's Khelo India State Centre of Excellence, Rowing, situated in the scenic Nehru Park, Srinagar, exhibited exemplary skills



KISCE Rowing team posing for a photograph with officials.

during the competitive trials. The KISCE Rowing facility, equipped with state-of-the-art infrastructure and led by experienced coaching staff, has played a pivotal role in nurturing the talents of these selected athletes.

Expressing their sentiments, the athletes stated,

"This achievement is a testament to our dedication and the guidance provided by our training staff. Representing J&K UT at the national level is a source of immense pride for all of us and we are thankful to J&K Sports Council for providing us this platform."

Shivani leaves for 4th Tata Steel Sport Climbing C'ship

■ STATE TIMES NEWS

JAMMU: Shivani Charak, an ace sport climber of J&K left on Saturday for Delhi on the way to Tata Nagar, Orissa for participation in the 4th Tata Steel Sport Climbing Championship scheduled to be held at TSAF Sport Climbing Training Centre, Bistupur, Jamshedpur from 26th to 29th January, 2024.

However, before her departure for Tata Nagar from Delhi Shivani shall have a three days final stint of practice on international standard climbing walls at Indian Mountaineering Foundation and an international climbing Gym.

It may be mentioned here that Tata Steel Championship is India's biggest competition which carries a total prize



Shivani Charak posing with MAJK members before leaving.

money of Rs. 6.50 lakhs. The championship is also unique as competitions are held in Lead and Bouldering (combined) and also in Speed Relay (Team).

Before her departure for

Delhi Shivani Charak who has the distinction of being the first ever woman athlete of J&K to participate in the Hangzhou Asian Games, China called on the President of Mountaineering

Association of J&K Zorawar Singh Jamwal to apprise him about her plans to compete in the forthcoming international competitions. Zorawar Singh assured her all possible help for her future competitions and wished her the best for the Tata Steel Championship. Ram Khajuria and Sumit Khajuria, Sr. Vice President and President respectively and Sonam Sidharth an executive member of Mountaineering Association of J&K who were also present on the occasion gave their best wishes to Shivani and hoped that she would enrich J&K sports by winning more medals from the prestigious competition.

HPS students shine in National Matsogi-Do C'ship

■ STATE TIMES NEWS

SAMBA: In a flabbergasted display of skill and determination, students from Humanity Public School (HPS) Bassi Kalan, escalated to victory in the recently concluded National Matsogi-Do Championship held at Kurukshetra, Haryana.

A total of 21 students from HPS have been selected to represent J&K against more than 1100 students from 16 different states. The school Matsogi-Do team was trained under the guidance of their coach Nikhil Jaral.

The team brought a haul of 14 medals as well as cash prize which included five gold, five silver and four bronze.

The medalist hailed from various grades, Aakriti (4th), Uday (7th), Krish (8th), Sourav (9th) and Ajay (11th) bagged gold medal. Silver medalists were Manvi (5th), Sayam (7th), Paras (7th) Rehan (8th) and Jatin (9th). However Keshav (4th), Kartik (5th), Ikjot (7th) and Ajay (11th) won a



HPS faculty members felicitating winner students on Saturday.

bronze medal.

All the participants were felicitated in a special assembly by Principal, Gaurav Charak and Vice Principal Anku Charak in the presence of students and fraternity of the institution.

The duo congratulated the winners and lauded them for their outstanding performance.

Principal, Gaurav Charak also said that the school management is paying focused attention to promote physical education in school and in this regard sports infrastructure has been upgraded in the school for providing platform to the students to take part in different sports activities at District, State, National and International Levels.

Ranji Trophy: Abid scores fifty, bowlers dominate again; J&K in sight of victory

■ STATE TIMES NEWS

CUTTACK: Abid Mushtaq scored a brilliant half-century at a crucial juncture and Umar Nazir contributed valuable 25 runs to help J&K gain a vital 50-run first innings lead over their rivals before the fast bowling quartet of Rohit Sharma, Umar Nazir, Auqib Nabi and Umran Malik breathed fire to restrict Odisha to 126/7 in 43 overs in their second essay of the ongoing Elite Group-C Ranji Trophy match at DRIEMS Ground Cuttack on Saturday.

Earlier, resuming from an overnight score of 45/4, J&K managed to score 180 runs in their first innings to gain a crucial lead. Abid showed stellar grit and tenacity to notch up a power-



packed half-century, scoring 50 runs off 51 balls studded with 7 fours and one six, while Shubham Singh Pundir contributed valuable 34 runs and Umar Nazir chipped in with brisk 25 runs to the total.

For Odisha, Rajesh Mohanty, veteran of many battles, was the wrecker-in-chief, who took 5 wickets by conceding 64 runs in his 12.4 overs, while

Sunil Kumar Roul bagged 3 wickets. Suryakant Pradhan and Prayash Kumar Singh claimed one wicket each.

Odisha were struggling at 126/7 in 43 overs in their second innings at stumps today, thus gaining a lead of 76 runs with 3 wickets in hand. Sandeep Pattanaik was unbeaten on 47 runs off 108 balls, studded with 6 boundaries, while Suryakant Pradhan was at the crease on 27 runs off 25 balls including one four and one six. Anurag Sarangi (16) was the only other batter to cross double figure mark.

For J&K, speedsters Rohit Sharma, Umar Nazir and Auqib Nabi bagged 2 wickets each, while tearaway fast bowler Umran Malik claimed one wicket.

■ STATE TIMES NEWS

JAMMU: National Conference Additional General Secretary and former Minister Ajay Kumar Sadhotra on Saturday said unwavering commitment of Bhagwan Ram in the principles of righteousness and justice will continue to inspire humanity to uphold ethical standards in life.

Participating in the Shobha Yatra at village Thub which crossed through main villages of Border in Marh, Sadhotra said the life of Shri Ram reflects virtues such as righteousness, compassion, and devotion in immense measure and sets high standards of moral values for humanity to imitate.

It is a matter of happiness that Pran Pratishtha is being done on 22nd January 2024 and to strengthen the Aastha towards Bhagwan Ram, we must read, learn Ramayan and implement its teachings in our day to day life in letter and spirit.

He said Bhagwan Ram's life



NC Addl General Secretary, Ajay Sadhotra participating in Shobha Yatra at village Thub.

resonates as a symbol of moral integrity, fostering a sense of duty among devout, he said while invoking His values as Maryada Purshotam to foster harmony in the society which is grappling with greed, hate and injustice being perpetuated by fellow beings.

These tendencies need to be eschewed for harmonious and inclusive growth of the society, he added.

Sadhotra said all religions stand for peace, anity and love.

Empowering Entrepreneurs: IIM Jammu hosts valedictory Program for Second Batch of Business Accelerator



■ STATE TIMES NEWS

JAMMU: Indian Institute of Management (IIM) Jammu in collaboration with Ministry of Micro, Small and Medium Enterprises (MSME), National SC-ST Hub, Dalit Indian Chamber of Commerce (DICC) and Confederation of Indian Industry (CII) hosted the valedictory programme for the Business Accelerator for the SC-ST entrepreneurs in IIM Jammu Campus at Jagti, here Saturday.

The event was presided over by Prof. B.S Sahay, Director, IIM Jammu, who joined online, and Dr. Mahesh Gadekar, Chairperson, Centre for Diversity and Inclusion,

IIM Jammu.

The event commenced by an address about the program by Dr. Mahesh Gadekar, who stated that the objective of this programme, i.e., to help students understand the nuances of businesses via the programme consisting of various modules.

The participants of the Business Accelerator Program talked about their experiences, praising the curriculum and the faculty's pedagogy at IIM Jammu, for helping them understand the teachings they were given, appreciating this initiative of IIM Jammu for offering such a comprehensive program for SCs and STs.

K.K. Sharma, General Manager, SG (NSSH), NSIC, who joined the event virtually, emphasized the importance of this program in enhancing the competency of the budding entrepreneurs and avail themselves of the benefits of the National SC-ST Hub launched by Prime Minister Narendra Modi.

Prof. B.S. Sahay stressed the significance of providing all program participants with the necessary assistance, inspiring them to persevere, pushing them to come up with more ideas, and guaranteeing that they will receive any help-financial or otherwise. He motivated the participants by stating, "You haven't lost; you possess all your potential. You have to move forward as you are the job creators, not the job seekers."

The program features assistance from the National SC-ST Hub and a scholarship by IIM Jammu.

The vote of thanks was presented by Dr Mahesh Gadekar.

Three-day celebration begins with Sunderkand Path at Shree Raghunathji Temple

■ STATE TIMES NEWS

JAMMU: The three-day grand celebrations in honour of the consecration ceremony of the Ram Temple in Ayodhya kicked off on Saturday with the auspicious commencement of the Shree Sunderkand Path at the Shree Raghunathji Temple in Jammu.

The event witnessed the recitation of the verses of the Shree Sunderkand Path by Pt Sat Pal Raina, Priest of Shree Raghunath Ji Temple.

Devotees from all walks of life thronged the temple to seek the blessings of Shree Raghunath Ji. The spiritual ambience resonated with the sacred verses, fostering an atmosphere of reverence and devotion.

On the occasion, Ajatshatru Singh, Trustee of J&K Dharmarth Trust and former Minister and Dr Ritu Singh graced the occasion and greeted the



Priest of Shree Raghunath Ji Temple, Pt Sat Pal Raina reciting Shree Sunderkand Path.

people as well as devotees visited the temple on this historic occasion.

Ajatshatru Singh and Dr Ritu Singh are personally monitoring and ensuring that the grand celebrations become a grand success.

On this auspicious occasion, Manish Sahni, President Shiv Sena, J&K, graced the event as the Chief Guest. He lauded the efforts of J&K Dharmarth Trust in organizing grand celebrations on this momentous

occasion, appreciating their dedication to preserving and celebrating cultural heritage.

Ajatshatru Singh expressed the historical significance of the consecration of the Ram Temple, describing it as a momentous occasion for the people of the country. Ajatshatru informed that the upcoming events as part of the celebrations. The Akhand Paath of Shri RamCharitmanas is scheduled to commence on January 21, 2024.

In the afternoon at 3 PM, a Bhajan Sandhaya featuring live performances by renowned singers, including Sonali Dogra, and folk artists will be organized at the temple premises.

On January 22, the consecration ceremony will be celebrated at Shree Raghunath Ji Temple with the Bhog of Akhand Paath of Shri RamCharitmanas, Bhajan Kirtan, live performances by renowned singers, and folk artists, followed by Dogri Dham