

# O P Vidyarthi's book released at JKAACL

**STATE TIMES NEWS**  
JAMMU: Principal Secretary, Culture and School Education, Suresh Kumar Gupta, on Friday released a Hindi book titled "PushpitPulkit Path Pe" authored by Dr. O.P. Vidyarthi at an event held at K.L. Saigal Hall.

The function was organised by the Jammu & Kashmir Academy of Art, Culture, and Languages (JKAACL), bringing together a galaxy of eminent writers, thinkers and literary enthusiasts. The event was presided over by Dr. Ashok Bhan, former Director General of Police and graced by Deepika Sharma, Secretary in Culture Department; prominent Dogri writer; Professor Lalit Mangotra; author Dr. O.P. Vidyarthi besides Dr. Javaid Rahi, Chief Editor, Gojri and Head of Jammu Division, JKAACL. In his keynote address,



Principal Secretary, Culture and School Education, Suresh Kumar Gupta and other dignitaries releasing a Hindi book titled "PushpitPulkit Path Pe" authored by Dr. O.P. Vidyarthi at Jammu on Wednesday.

Suresh Kumar Gupta lauded Dr. O.P. Vidyarthi's deep connection with the biodiversity of Jammu & Kashmir. He praised the author for his prolific contribution, having penned 51 books dedicated to the themes of environmental conservation and the beauty of Mother Earth. Calling him a "living encyclopedia of forests and forest products," Gupta emphasized the importance of such literary

works in raising awareness about environmental issues. Deepika Sharma highlighted the need to disseminate Dr. Vidyarthi's knowledge among the younger generations. She advocated for organizing similar programs in educational institutions to inspire students to connect with and conserve the environment. Dr. Ashok Bhan, in his presidential address,

described the book as a poetic representation of the forests' beauty, the anguish of nature during disasters and the healing touch of environmental balance. He read select excerpts from the book, sharing their profound impact with the audience. Dr. O.P. Vidyarthi shared insights from his journey, reflecting on the life experiences that inspired him to

write and dedicate himself to environmental conservation. Eminent art historian Lalit Mangotra commended Dr. Vidyarthi's unparalleled contributions, advocating for his recognition on a national scale. Professor Lalit Mangotra also spoke about the author's remarkable literary contributions, particularly in Dogri literature, and shared his personal associa-

tion with him. Earlier, Dr. Javaid Rahi, said that the objective of the event was to honor Dr. O.P. Vidyarthi's significant contributions to Dogri and Hindi literature, as well as his efforts in promoting environmental awareness. The program featured scholarly presentations by Maharaj Krishan Santoshi and Pooja Kapoor Suri, who shared critical analyses of the book and the author's literary journey. The proceedings were conducted by Rajkumar Behrupia, while S. Popinder Singh Paras, Editor Punjabi, JKAACL, delivered the vote of thanks. This event celebrated a writer whose works not only enrich regional languages but also serve as a call to action for environmental preservation, inspiring future generations to value and protect nature.

# Praneel Mahajan of JKPS Panjtirthi shines at District Jammu Wushu Championship 2024

**STATE TIMES NEWS**  
JAMMU: Praneel Mahajan, a talented student of Class 1 at JK Public School (JKPS) Panjtirthi, clinched both gold and silver medals at the District Jammu Wushu Championship 2024 organised by District Jammu Wushu Association, here recently.



Principal of JKPS Panjtirthi, Suman Banbah honouring winner Praneel Mahajan.

Competing in two events, Changquan-C and Qiangshu-C, Praneel showcased exceptional skill and determination, securing top honors in both categories. The Principal of JKPS Panjtirthi, Suman Banbah, expressed immense pride in Praneel's remarkable achievements. She congratulated him, stating, "Congratulations on your success. You've set a high bar for yourself, and I know you'll continue to give your best. Your achievement has made us very proud."

# Govt SPMR College of Commerce shine in Inter-college Wushu Men and Women Tournament of CLUJ



Government SPMR College of Commerce faculty and students posing for a photograph.

**STATE TIMES NEWS**  
JAMMU: Govt. SPMR College of Commerce organised Inter-college Wushu Men and Women Tournament of Cluster University of Jammu on Wednesday. Prof. Dr. Rajinder Singh graced the event as the Chief Guest during the opening ceremony, while Dr. Pawan Gupta was Guest of Honour. Additionally, Prof. Ashu Manhas, Prof. Rekha Gupta, Dr. Chetna Gupta, Prof. Isha Abrol, Kajal Permi Physical Director of GCW Gandhi Nagar Neelam Choltra Asstt. P.TI of MAM College were present during the competition.

The competition was conducted under the overall Supervision of Ravi Kumar, the Physical Director Govt. SPMR college of Commerce and Sports Committee of the College. SPMR College of Commerce emerged as a winner and MAM College as a runner-up in Men Section while in Women Section Kanya Sharma, Anshika Gupta and Meenakshi of SPMR College won gold medal and Priya Kumari of PSPS GCW Gandhi Nagar won gold medal. The Competition was officiated by Amit Kumar, Sahil Sagar, Ranjeet Singh, Rohit Thakyal and Madhu Sharma.

# J&K Strength Lifting Association reviews activities, sets ambitious development plans

**STATE TIMES NEWS**  
JAMMU: The J&K Strength Lifting Association convened meeting on Wednesday to review its ongoing activities and chart an ambitious roadmap for the development of strength lifting and inclined bench press across Jammu and Kashmir. The meeting, chaired by Senior Official Ashok Singh Jamwal, focused on expanding grassroots participation, organizing future championships, and enhancing engagement with government bodies to secure better support for athletes.



J&K Strength Lifting Association members at a meeting on Wednesday.

The session began with detailed feedback from district-level representatives, addressing challenges and outlining actionable strategies to promote the sport. A key highlight was a proposal by Narinder Singh Manas to organize the Jammu District Strength Lifting and Inclined Bench Press Championship in February 2025. The proposal received unanimous

approval, with the district association tasked with submitting a comprehensive blueprint within a week for swift implementation. In a further boost to district-level participation, championships in Samba and Kathua were scheduled for completion by March-end. Additionally, Senior Vice President and national player Anis Choudhary announced plans to host a divisional-level championship in Srinagar next

month. He emphasized the importance of collaboration with local clubs and gyms to ensure the event's success. Choudhary, recognized for organizing high-quality tournaments, reaffirmed the association's intention to approach the J&K government for cash incentives for strength lifting medalists. He cited Assam's athlete reward policy as a model and highlighted the

potential to attract more youth to strength sports by implementing similar incentives in the Union Territory. The association also discussed updating its governance framework by aligning with national-level rules and regulations to enhance athlete support and improve participation in national championships. Prominent attendees included Narinder Singh (National Referee), Rakesh Kumar (International Player), Raman Sharma (Active Member), and senior lifters Iqbal Singh, Sumit Thakyal and Vijay Singh Chib. Anis Choudhary, Ajay Gupta, and Nirdosh Kumar joined the discussion via video conferencing. The J&K Strength Lifting Association reiterated its commitment to nurturing a dynamic sporting culture, empowering athletes with greater opportunities, and establishing a strong platform for the growth of strength sports in Jammu and Kashmir.

# Sajad of KCPS excels at National Indian Combat League 2024-25



**STATE TIMES NEWS**  
JAMMU: Sajad Ahmed, a Class 11 student of KC Public School has demonstrated excellence in sports by achieving success at the National Indian Combat League Season 8, held in Dehradun recently. Sajad brought pride to the school by securing a silver medal in the Bantam Weight category. His outstanding performance and dedication to the sport have set a new benchmark of success for aspiring young sportspersons of Jammu and Kashmir. The management, Principal, Vice Principal, staff, and fellow students of KCPS congratulated Sajad on his outstanding achievement in this martial combative sport and extended their best wishes for his future endeavours in it.

# KIWG: 428 athletes from 19 teams to take part in 5-day meet

**STATE TIMES NEWS**  
LEH/JAMMU: The Khelo India Winter Games (KIWG) 2025 that starts on Thursday will feature 428 athletes from 19 competing teams. Sports Minister Mansukh Mandaviya is set to declare the Games open in Leh on Thursday. Nineteen teams, comprising states, Union Territories, and institutional outfits, will compete over five days across two events - ice hockey and ice skating - marking the first part of KIWG 2025. A traditional Ladakhi-style opening ceremony has been planned to welcome 594 participants, including 428 athletes. The second part, featuring snow games like skiing, will be hosted by Jammu and Kashmir from February 22 to 25. "Sports Minister will attend the opening ceremony at the iconic Nawang Dorjay Stobdan Sports Complex in Leh on Thursday and will declare the games open," an official spokesperson said.

Mandaviya will be joined by a host of dignitaries, including the Lieutenant Governor of Ladakh, Brigadier Dr BD Mishra, and senior officials from the Sports Authority of India and the Ladakh Autonomous Hill Development Council. This will be the second time Ladakh hosts the Winter Games, now in its fifth edition, the spokesperson said. "All teams have arrived in Leh, which is at an altitude of 11,562 feet. Himachal Pradesh has the largest contingent, comprising 78 athletes and support staff," he added. Haryana (62), hosts Ladakh (52), and Maharashtra (48) will compete in the Ladakh edition. Uttarakhand, which will host the National Games later this month, has the smallest team, comprising just one athlete. The fifth edition of the Khelo India Winter Games will be held across two phases in Ladakh and Jammu & Kashmir, from January 23 to 27 and February 22 to 25, respectively, covering

two ice and four snow disciplines, the spokesperson said. Apart from identifying talent, the Khelo India Winter Games aim to showcase a region's art, culture, heritage, and promote tourism through sports. Several young skaters will compete at the Nawang Dorjay Stobdan Sports Complex and Gupuks Pond, the venues for short- and long-form skating events. Ice hockey matches will be played at the NDS Complex and the Ladakh Scouts Regimental Centre. The technical conduct of the events will be supervised by the Sports Authority of India (SAI) with support from national sports federations. The KIWG opening ceremony will be covered live by Doordarshan Sports, and events will be live-streamed daily until January 27. The ice hockey competition is expected to be fiercely contested, with teams from the Army, ITBP, Himachal Pradesh, and UT-Ladakh vying for supremacy.

# Rajan elected president of Jammu Karate



**STATE TIMES NEWS**  
JAMMU: Senior member and coach, Rajan Jamwal has been elected president of the Jammu District Karate Association in an election meeting held at Roop Nagar; here. All the senior and active members of the Association from the district voted for the new team. Earlier, this election meeting held under the chairmanship of Shihan Ambedkar Gupta, president Amateur Karate do Association of Jammu and Kashmir. Sourav Mehra was elected as vice president, while Ganesh Gupta made general secretary. Vikas Charak and Kalyan Khajuria elected as joint secretary and treasurer respectively. Other members who were present in the meeting were Deepa Sharma, Poonam Sathia, Sahil Singh Langeh and Rajat Singh. The election meeting was also joined by three international players and five National level of players, a handout issued here to said.

# Students of GDC Kathua shine at Display Your Talent

**STATE TIMES NEWS**  
KATHUA: The students of Govt. Degree College, Kathua have brought laurels to their institution by excelling in the Display Your Talent, Ravi Zone competition organized by the Department of Students Welfare, University of Jammu. The event, held from November 19 - 21, 2024, at Kathua Campus, witnessed enthusiastic participation from students across various semesters in a wide range of literary and cultural activities.



GDC Kathua faculty felicitating winner students.

The talented participants of college competed in events such as Folk Group Dance, Western Solo Song, Western Group Song, Folk Instrumental Solo, Light Vocal Solo, Indian Group Song, Quiz, Debate, Rangoli, and Clay Modelling.

Their exceptional performances earned them accolades in several categories, including first prizes in Rangoli, 2nd prize in Western Group Song, Folk Light Vocal Solo, and Quiz. 3rd prize in Western Group Song and Clay Modelling and Certificate of merit in Instrument folk(flute). Prof. Seema Mir, the worthy Principal of the college, congratulated all the winners and participants for their outstanding achievements. She also commended the relentless efforts of the

Cultural Committee Convener, Prof. Ambika Rajput, and her dedicated team for guiding and supporting the students. The shining stars of the competition include Umesh, Bharat, Suneel, Ankush, Deepak, Manjali, Bhumika, Tabid, Rahul, Ayan, Bidhary, and Shivika, along with her team. Their accomplishments are a testament to their talent, dedication, and hard work, bringing pride to the college and setting a benchmark for future participants.

# GDC Udhampur felicitates students for success in Display Your Talent

**STATE TIMES NEWS**  
UDHAMPUR: GDC Udhampur organized a felicitation ceremony to honour the students who achieved remarkable success in Inter-Zonal Level "Display Your Talent-2025" competition held at University of Jammu from January 17 to 20, 2025. While exhibiting their talent, the students of GDC Udhampur, enthusiastically participated in 12 events and, through their domineering and exhilarating performances, grabbed many prizes into their coffers. Laksh bagged 3rd prize in Light Vocal Solo, Aditi, Ambica, Anjali, Rupali, Ridhima, Diksha, Simran, Janvi, Ayushi and Ridhima got 3rd in Folk Dance, 3rd prize in Skit by Sonu, Sachin, Mridul, Mohit, Monica and Mahi, 3rd prize in Photography by Shivansh,

and 2nd prize in Cartoonying by Rahul. In his congratulatory address, the principal of the college, Dr Sanjay Kumar Verma, lauded the landslide performance of the participating students. While interacting with the students, the principal exclaimed that it does not matter whether you won or lost; the unflinching determination and dedication to participate matters. He further assured the students to provide the necessary prerequisites and opportunities to continue their excellence in their future. In his address, he also commended the efforts of the college cultural committee: Dr. Revika Arora, Prof. Rakesh Singh, Prof. Kaku Ram, Dr. Sakshi, Dr. Vijay, Dr. Sumati Anthal, Dr. Richa Sharma, Dr. Jasmeet Kour and Prof. Rajesh Singh Manhas.

# Jodhamal students win State Level Wild Wisdom Global Challenge

**STATE TIMES NEWS**  
JAMMU: Two students of Jodhamal Public School Jammu, Tanisha Singh of Class 8 and Alvin Singh of Class 7, won the State Level Round of the prestigious Wild Wisdom Global Challenge organized by WWF India. World-Wide Fund for Nature (WWF) is among the world's top conservation groups to protect the natural environment and create peace among human beings and nature. Every year WWF organizes Wild Wisdom Global Challenge which engages more than 95000 students across the



school round. In the second phase, out of 30 students, top two students got selected to compete with the students of other schools. Jodhamal Students represented the school in State Level Competition and became the State 'Toppers' by winning the Quiz. The students were mentored by Elizabeth who coordinated the whole event at the School level. They were felicitated in the morning assembly and were awarded Certificates, Books, Pencil Pouches, Water bottles, Bags and Trophies by WWF India.

**STATE TIMES NEWS**  
NAGROTA: Under the aegis of IQAC, an awareness lecture was organized at the Government Degree College (GDC) Nagrota on Sexual Harassment at workplace as per provisions of POSH Act 2013. Dr. Preeti Choudhary and Monisha Singh from Shakti Udghosh Foundation were keynote speakers for the occasion. Dr. Preeti Choudhary delivered her lecture on "Accelerate Action" on Sexual Harassment. The lecture was very interactive and students actively participated and shared their experi-

# GDC Nagrota organises awareness programme on Sexual Harassment at Workplace

ences with her. She urged the female students especially not to ignore the daily harassment if any; instead they should be vocal about it and promptly act against it. She also highlighted various provisions of POSH Act 2013. Dr. Preeti Choudhary also



encouraged the students to come forward for volunteering at the NGO for which she received an enthusiastic response from the students. Her lecture was very well supported with talk by Monisha Singh, a mental Wellness Coach. She guided the students

about how harassment of any kind deeply affects mental health in a long way. The programme was organized by the College Internal Complaints Committee against Sexual Harassment (ICCASH) of the College. Formal vote of thanks was delivered by Dr. Vandana Ghai (Convener ICCASH). Prof. Anjali Mahajan, Principal GDC Nagrota praised the efforts of the Committee in organizing such programs to make young minds aware of such sensitive issues. She encouraged students to strongly come forward and raise their voice against any kind of harassment.