

Nirmal, Pawandeep, Rakesh to represent DYSS at National Games

■ STATE TIMES NEWS

JAMMU: The trio of expert athletics officials of the Department of Youth Services and Sports (DYSS) namely Nirmal Singh, Pawandeep Kaur and Rakesh Singh Charak have been nominated as the technical officials (Athletics) for the prestigious National Games of India, being held at Rajiv Gandhi International Stadium, Dehradun from January 28 to February 14, 2025.

Nirmal Singh, Lecturer in Physical Education has been a top national level athlete having the distinction of being an ace Athletics Coach



DYSS athletics officials posing with DG YSS J&K, Rajinder Singh Tara and Dy Director YSS (Central), Jitendra Mishra.

and winner of many awards, while Pawandeep Kaur, a Physical Education Teacher has the distinction of producing national level athletes from Samba and adjoining areas.

Athletics and Rakesh Singh, a Physical Education Teacher has the distinction of producing national level athletes from Samba and adjoining areas.

Services and Sports J&K, Rajinder Singh Tara hosted a 'High Tea' for these officials and appreciated them for their excellence. The DG Sports was accompanied by Deputy Director Youth

Services and Sports (Central), Jitendra Mishra. Tara said to be part of such a sporting extravaganza is always a great experience for any individual, adding apart from helping these officials to be well versed with the latest techniques of the sport, such events also provide opportunity to learn managing and administrative skills.

"The nomination of the departmental officials for such prestigious games adds another feather to the already colourful cap of the Department of Youth Services and Sports. These officials are there assets and deserve salutation," maintained Tara.

Mission Shakti conducts Menstrual Hygiene Awareness Session

■ STATE TIMES NEWS

JAMMU: Mission Shakti SANKALP HEW Jammu-Social Welfare Department conducted an awareness session on menstrual hygiene on Thursday at Government Girls Higher Secondary School Nowabad under the aegis of Beti Bachao Beti Padhao (BBBP).

The objectives of the session was to educate students about menstruation and its biological significance, promote safe and hygienic practices, address myths and misconceptions, encourage confidence and open discussions on menstrual health.

The target audience was the girls from secondary



classes Female teachers and school staff. The officials explained the menstrual cycle in simple terms, the role of hormones and why periods happen, Hygiene & Safe Practices, importance of using clean sanitary products (pads, menstrual cups, cloth pads), how to change and dispose of sani-

tary products properly, preventing infections through proper cleaning and drying of reusable cloth pads, addressing cultural and social stigmas, encouraging open discussions with family members. Further the Officials of Mission Shakti distributed Sanitary Napkins among the girls.

Directorate Placement CLUJ organises placement drive with Gramik Agritech startup



CLUJ faculty with Gramik officials and students at placement drive.

■ STATE TIMES NEWS

JAMMU: The Directorate of Placement, Cluster University of Jammu (CLUJ), organized a placement drive in association with Gramik, an agribusiness startup dedicated to empowering farmers and women.

Around 180 students from School of sciences, GCW Gandhi Nagar and GGM

Science College participated in the drive, eager to explore opportunities in the agribusiness sector.

Following a rigorous selection process, 60 students were shortlisted for interviews and finally 13 students were selected who will undergo a three to six months internship program with a stipend of Rs. 10,000

per month and a package of Rs 3 lakh after placement paying the way for potential full-time placements within the organization.

Prof K.S Chandrasekar, VC, CLUJ congratulated the selected candidates and thanked the representatives from Gramik for providing placement opportunity to the students and adding to their confidence.

On this occasion, Ankur Mahajan, Registrar CLUJ, Prof. DS Manhas Director Placement, CLUJ, Prof Sugandha Mahajan, Coordinator Botany CLUJ, representatives from Gramik Simran Bedi, Senior Manager(Maharashtra, MP and J&K) and Gagandeep, Assistant Manager; Human Resources J&K were present.

Seminar on ‘Sage Agastya: The Mantra Drashtaa’ organised at CUJ

■ STATE TIMES NEWS

JAMMU: The Central University of Jammu (CUJ), under the leadership of Vice Chancellor Prof. Sanjeev Jain, organized a seminar on "Sage Agastya: The Mantra Drashtaa" under the banner of Kashi Tamil Sangamam.

"Sage Agastya has profound influence on Indian knowledge traditions and made pioneering contributions to linguistics, Vedic scriptures, Siddha medicine, and ancient sciences," said Prof. Manoj Kumar Patairiya, a renowned scientist and academician while delivering the keynote address. Dr. Patairiya, who has been Director of CSIR-NIS, shared several anecdotes related to Rishi Agastya which find relevance in today's world.



CUJ faculty honouring resource person, Prof. Manoj Kumar Patairiya, scientist.

including Rishi Agastya and their relevance in modern times through scientific validation.

Prof. Ritu Bakshi, Dean Students' Welfare at CUJ, emphasised on the role of the oneness of the ancient Indian knowledge systems and their importance in national integration in the modern times.

Prof. Bakshi stressed that popularising Rishi Agastya's life and contributions can strengthen national ethos while bridging the north-south divide.

She informed the audience that this special seminar is part of the university's ongoing initiatives to explore and promote India's rich intellectual traditions, aligning with

the National Education Policy (NEP) 2020.

Dr. Shashikanta Mishra, Associate Professor, Department Of Hindi and Other Regional Languages, provided an overview of India's ancient knowledge traditions, shedding light on the contributions of various sages, with a special focus on Sage Agastya's legacy in literature, medicine, and spiritual thoughts.

Dr. Abhay SD Rajput, HoD, Mass Communication and New Media, introduced the keynote speaker Dr. Patairiya while highlighting his contributions in the fields of science and technology communication and the integration of ancient Indian wisdom and modern science and technology. He also delivered the vote of thanks.

CLUJ releases University Wall Calendar for 2025

■ STATE TIMES NEWS

JAMMU: The Cluster University of Jammu (CLUJ) released its University Wall Calendar for the year-2025 on Thursday. The University official New Year Calendar was unveiled by Prof. K.S. Chandrasekar, Vice-Chancellor, CLUJ in a ceremony held at the Vice-Chancellor Secretariat.

The New Year Calendar is a vibrant representation of the University's vision, mission, and achievements. It features important dates and State holidays along with inspiring quotes



Prof. K.S. Chandrasekar, VC, CLUJ and faculty releasing wall calendar 2025.

(Upanishads & Vedas) and images that reflect the values of the University. Prof. Chandrasekar

emphasized the importance of staying connected with the University events and activities. He added that the wall

calendar is going to be a useful medium for our students, faculty and staff to stay informed about the impor-

tant dates and events across the year.

He announced that the New Year University wall Calendar would be available for distribution among students, faculty and the staff.

The event was attended by the Registrar, COE, Deans of the Cluster University of Jammu, FA/CAO, the Principals of the Constituent Colleges of Cluster University of Jammu and Director Placement.

Prof. Chandrasekar personally distributed the copies of the wall calendar to all the attendees of the event.

7 Wushu medals confirmed for J&K in National Games

■ STATE TIMES NEWS

JAMMU: In the ongoing 38th National Games at Uttarakhand, Wushu players have confirmed seven medals for UT of Jammu and Kashmir. Already in the last eight stages of the competition, he medal prospects, Arjun, Surya Bhanu Partap Singh, Ishant Singh, Rohan Kamraan and Ayeera Chisti.

As per the reports reaching here, all the players will fight tomorrow for the silver medal. Vijay Saraf (president), Bhavneet (general secretary) and all the office bearers congratulated the medallists.

In the previous three editions, Wushu remained the highest medal winner for UT J&K in the games. The Secretary Sports Council, Nuzhat Gul and Chef de Mission, Kiran Wattal also congratulated the medal winners and the coaches. Meanwhile,



Dronacharya Kuldeep Handoo congratulated the medallists and thanked J&K Sports Council for the support.

Gymnast Advita wins bronze in 68th National School Games

■ STATE TIMES NEWS

KOLKATA: Keeping the UT's Flag high at the national scene, Advita Chaudhary of Jammu and Kashmir clinched a bronze medal in the 68th National School Games U-14 Girls Rhythmic Gymnastics held at Kolkata in West Bengal on January 29 and 30, 2025.

Student of Class 8th of Army Public School Domana, Advita bagged a Bronze medal in the individual apparatus event.

Advita received appreciations from all the corners, especially from the officers and officials of the Department of Youth Services and Sports.

In a congratulatory message, Commissioner Secretary Youth Services and Sports J&K, Sarmad Hafeez and the Director General Youth Services and Sports Rajinder Singh Tara said "You have set a benchmark for young sportsper-



sons. For which you deserve appreciation. Keep the spirit high and serve as an inspiration for budding athletes. It is always an uphill task to display motor-ability, anticipation and sharp reflexes at the national scene. Congratulations to you for this achievement".

Principal of APS BD Bari conferred with Kalam Memorial Teacher's Award

■ STATE TIMES NEWS

JAMMU: Neeta Rawal, Principal of Army Public School BD Bari, was conferred with the prestigious Kalam Memorial Teacher's Award 2025 on January 28, 2025, at the India International Centre (IIC) in New Delhi.

This honour is awarded annually to exceptional Principals and Teachers across India who demonstrate remarkable leadership, vision, and dedication in shaping the future of young minds.

The Kalam Memorial Teacher's Award recognizes individuals who have made



Neeta Rawal, Principal of APS BD Bari receiving award.

significant contributions to education through innovative teaching methods, ethical practices, and a profound

commitment to the development of responsible global citizens. The award is part of a broader initiative led by

the Centre, in collaboration with various universities and organizations, aiming to foster growth and innovation in education, especially for those in underserved communities.

Rawal's nomination was submitted by Army Public School BD Bari, highlighting her exceptional leadership, innovative teaching strategies, and years of dedication to the educational community. Her achievements include various awards, impactful contributions to education, and her steadfast adherence to ethical standards in her work. Following a rigorous selec-

tion process, which included an interview round, Rawal emerged as one of the 20 distinguished leaders selected from across the country to receive this esteemed recognition.

Her recognition underscores her outstanding commitment to educational excellence and the transformative role she has played in shaping the future of her students. The award not only celebrates her personal achievements but also reflects the broader efforts of APS BD Bari in providing quality education and fostering a nurturing environment for young learners.

Dist level Open Table Tennis Championship concludes



Deputy Commissioner Udhampur Saloni Rai speaking at a programme.

■ STATE TIMES NEWS

UDHAMPUR: The District Level Open Table Tennis championship, organized by the Drugs and Food Control Organization Udhampur in collaboration with District Administration Udhampur under Nasha Mukta Bharat Abhiyan successfully concluded at Subash Stadium, Udhampur.

Deputy Commissioner Udhampur Saloni Rai was the chief guest on the occasion.

State Drug Controller Lotika Khajuria, Assistant Drug Controller Udhampur Sanjeev Gupta and a large number of students and sports enthusiasts attended the programme.

The championship witnessed enthusiastic participation from students in three categories - Under 13, Under 17 and Above 17 years.

Speaking on the occasion, the DC congratulated the Drugs and Food Control Organization for organiz-

ing the event and emphasized the crucial role of sports in fostering physical and mental well-being. She highlighted that sports not only help in personal development but also act as a powerful medium to channelize energy in the right direction.

Encouraging the participants, the DC urged them to become ambassadors in the fight against drug abuse and spread awareness about the ill effects of substance abuse.

GCW Parade organises seminar on Punjabi Sufi Poetry

■ STATE TIMES NEWS

JAMMU: The Department of Punjabi and Department of Music of Government College for Women, Parade Ground, in collaboration with the Punjabi Lekhak Sabha Jammu, organized a one-day seminar on Punjabi Sufi poetry on Thursday.

The program uniquely combined discussions on Punjabi Sufi poetry with captivating performances of Sufi singing by students and faculty from the departments of Literature and Music.

The keynote speaker for the first session was Professor Jagdish Singh, Director of Naad Pragaas, a research-oriented organization based in Sri Amritsar. Professor Singh has played a pivotal role in advancing academic practices through the lens of Shabad Darshan. His lecture explored Punjabi Sufi poetry from two perspectives: the ongoing journey of spiritual experience and a critical worldview.

The second session featured Sufi singing, where teachers, students, and alumni from various institutions, including Govt MAM College, GDC Bishnah, IMFA, and the Music Department of Host College, enthralled the audience with their performances. The seminar aimed to reconnect participants with the rich heritage of Punjabi Sufi music and poetry, delving into its thought processes, mystical experiences, and critical insights.

The seminar was chaired by Dr. Ravender Tickoo, Principal of the college. Dr. Jasmeet Kour, head of the Music Department, expressed gratitude to all the dignitaries whose esteemed presence contributed to the seminar's success.

LG bids farewell to Addl Secy, Physician



LG Manoj Sinha according farewell to Addl Secy, Jatin Kishore and Physician, Dr Vijay Sagar.

■ STATE TIMES NEWS

JAMMU: Lieutenant Governor Manoj Sinha bid farewell to the Additional Secretary, Jatin Kishore, and Physician, Dr Vijay Sagar at a function organised at Raj Bhawan on Thursday. The function was attended by officers of Raj Bhawan.

The Lieutenant Governor felicitated Jatin Kishore and Dr Vijay Sagar with a memento and expressed his appreciation for their professional conduct and sincere dedication with which they discharged their duties at Raj Bhawan.

Governor on Thursday appointed Jatin Kishore as Deputy Commissioner, Ganderbal.

Dr Vijay Sagar is attaining the age of superannuation on 31st January.

The Lieutenant Governor wished them good health, prosperity, and success in future.