

Shab-e-Miraj celebrated at JKPS Panjtirthi



Glimpses of Shab-e-Miraj being celebrated at JK Public School Panjtirthi on Friday.

STATE TIMES NEWS

JAMMU: Shab-e-Miraj, also known as Al-Isra Wal-Miraj or the Night of Miraj, is a significant event in Islam that commemorates the night journey of the Prophet Muhammad from Mecca to Jerusalem and

then to heaven. It is believed to have taken place on the 27th night of the month of Rajab in the Islamic calendar.

Shab-e-Miraj was celebrated at JK Public School (JKPS) Panjtirthi with lot of zest and fanfare.

Dimple Bhatt and Mehnaaz, the Incharges explained the audience about the significance of the day.

Mehnaz added, "As we commemorate the Prophet's celestial journey, let us reflect on the importance of

prayer and strive to connect with Allah on a deeper level."

A skit on the concept of "Unity in Diversity" was exhibited by Jakiians.

Jakiians performed Naats and lauded various slogans merrily to celebrate the festival of prayers and joy.

The Principal of JKPS Panjtirthi, Suman Banbah expressed, "India is a country that is home to different religions, cultures, traditions, ethnicities, and practices"

She further wished, "May the light of Shab-e-Meraj

shine upon you and your loved ones, bringing happiness, harmony, and prosperity."

A quiz related to the festival was conducted by the quiz Master - the Principal herself. The Winners were also rewarded.

MIER College of Education facilitates best practices exchange programme

STATE TIMES NEWS

JAMMU: The Shrimati Shanti Gupta Centre for Women's Studies at MIER College of Education organised a session on sharing best practices for promoting gender equality in higher education institutions.

Through a hybrid format, seven colleges from four states actively participated.

This initiative is geared towards nurturing inclusivity, diversity, and equal opportunities for all genders within academic settings. The session was chaired by Dr.Renu Gupta, Chairperson of MIER.

The session opened with a warm welcome of the resource persons and principals of different colleges by Dr. Bharti Tandon, Associate Professor and Convener SSGCWS.

The best practices were shared by Rupa Gupta, Joint Director MIER and Director SSGCWS from MIER College of Education (Autonomous), Jammu, Dr. Smil Rajpurkar, Associate Professor from Smt. Kapila Khandvala College of Education (Autonomous), Mumbai, Dr. Seema Malpotra, Associate Professor and



Chairperson of MIER, Dr. Renu Gupta chairing a programme.

Convener CWS and Dr. Isha Sharma, Assistant Professor from Govt. College for Women, Parade Ground, Jammu, Dr. Manu Chadha, IQAC Coordinator and Convener CWS, from Guru Hargobind Khalsa College of Education, Ludhiana, Dr. Irvinde Kour, Officiating Principal from Govt. College for Women Gandhi Nagar, Jammu, J. Jasmine, Assistant Professor, St. Christopher's College of Education, Chennai, and Dr. Shalini Rana IQAC Coordinator from Govt. College of Education, Jammu.

In her special remarks, Dr. Renu Gupta, Chairperson, MIER, praised the efforts of all participating colleges nationwide.

All the best practises had great takeaways from the perspectives of women empowerment through gender sensitive and friendly policies introduced in different colleges across pan India. Some of these were 'gender champions club', 'hosting open at clubs', featuring 'regional women writers', running 'gender studies courses' thereby building a community of learners to raise awareness nationally and globally. Dr. Adit Gupta, Principal of MIER College of Education, appreciated the Centre's efforts, describing it as a commendable collaborative endeavour converging on a single platform to exchange best practices and gather insights from one another.

Shrine Board conferred with 'Sport for Social Good' Award at Sportstar Aces Awards

Arjuna awardee Para archer Sheetal Devi receives 2 Awards

STATE TIMES NEWS

KATRA: In a major achievement, Shri Mata Vaishno Devi Shrine Board (SMVDSB) has been conferred with Chairperson's Choice - Sport for Social Good Award at Sportstar Aces Awards-2024 held in Mumbai hosted by the Sportstar in recognition of the significant strides made by the Board for extending its support beyond religious realms.

Nirmala Lakshman, Chairperson, the Hindu Group presented the award to Anshul Garg, Chief Executive Officer, Shri Mata Vaishno Devi Shrine Board.

This annual event was a celebration of sports and sportspersons which was attended by a galaxy of reputed sportspersons across disciplines.

Anshul Garg, who received the Award on behalf of the Board, thanked the Hindu Group and dwelt on the aims and objectives of setting up of the Sports Complex, while



Shrine Board conferring with 'Sport for Social Good' Award at Sportstar Aces Awards.

adding that Shrine Board with a deep-seated commitment to societal betterment has established a comprehensive sports facility in the Katra town in the year 2016 with state-of-the-art sports infrastructure alongwith excellent coaching and training facilities with an aim to identify the talent in the region so that the budding sportspersons can be trained and groomed in the identified key sports to excel and bring laurels in sports events held at various levels.

He further added that this

continuous initiative under the chairmanship of Lieutenant Governor, JK-UT Manoj Sinha has been encouraging the youth and providing them a platform to showcase their talents which reflects the Board's commitment for fostering sportsmanship through competitive physical activities and has played a significant role in developing champions of tomorrow for the country which is being witnessed in the international events represented by our sports persons.

Ranji Trophy: Vanshaj, Abid keep J&K hopes alive as Pondicherry gains 1st innings lead

STATE TIMES NEWS

PONDICHERRY: With an extraordinary bowling display, the left-arm spin bowling duo of debutant Vanshaj Sharma and Abid Mushtaq kept the hopes of Jammu and Kashmir alive after the visitors bundled out for paltry total of 106 runs in the first innings against Pondicherry at Siechem Cricket Stadium, Pondicherry on Friday.

Earlier, winning the toss and electing to bat first, J&K batsmen fell like nine pins and the whole team collapsed at a meagre total of 106 runs. Fazil Rashid (27), Shubham Singh Pundir (21) and skipper Shubham Khajuria (15) were the main contributors, while Abdul Samad also clipped in with 10 runs.

Sidak Singh was the pick of the bowlers for Pondicherry, who captured 5 wickets by conceding 39 runs in 13.4 overs, while Sagar P Udeshi bagged 3 wickets and Rohit D claimed 2 wickets.

In reply, Pondicherry rode on a magnificent fifty by the experienced campaigner Paras Dogra and KB Arun Karthick and scored 172 runs, thus gaining a vital first innings lead of 66 runs. Paras scored 58 off 107 balls studded with 3 boundaries, while Karthick contributed 50 off 50 balls with 5 fours. Akash Kargave and Mohit Mittan contributed 19 and 18 runs to the total respectively.

For J&K, Abid Mushtaq and Vanshaj Sharma spun web around the rival bowlers to take 5 wickets each. Abid took 5 wickets by conceding 64 runs in his 25 overs, while Vanshaj captured 5 wickets by giving away 74 runs in 21.1 overs.

J&K were 0/1 at stumps on day-1 today.

Shubham Khajuria was at the crease on (00), while make-shift opening batter, rather a nightwatchman, Umran Malik (00) was dismissed on the very first ball of the innings.

For Pondicherry, Sagar P Udeshi took the lone wicket to fall.



J&K team players interacting with officials.

Kuldeep to undergo Kabaddi Technical course in Iran

STATE TIMES NEWS

JAMMU: Newly elected general secretary of the J&K Amateur Kabaddi Association, Kuldeep Kumar Gupta has been invited to attend

Referee and Technical Course aiming at the Asian officials.

Being conducted by Iran Kabaddi Federation at Tehran in Iran from



February 12 to February 16,

the event is aimed at improving match officiating skills during the international competitions, a handout issued by the Association here today informed.

Since Kuldeep has been part of the Technical Delegates in the 19th Asian Games, he shall also be sharing his on ground experiences through special lectures to the participating

officials, the handout mentioned.

Earlier, secretary general of Asian Kabaddi Federation, Muhammed Sarwar Rana confirmed Kuldeep's nomination as participant and course instructor as well through a communication to the J&K unit through National body.

Important to mention here that Kuldeep Kumar Gupta

has already attended as similar courses in 14th Asian Games held at Busan (Korea) in 2002; 16th Asian Gasses at Guangzhou (China) in 2012 and 19th Asian Games held at Hangzhou (China) 2023.

Presently, Kuldeep Gupta holds the top position of Chief Manager with The Citizen's Cooperative Bank Limited, Jammu.

Div Level Sensitization Workshop on Tobacco Control hosted



Director Health Services Jammu, Dr Rakesh Mangotra chairing a Divisional Level Sensitization Workshop on Tobacco Control on Friday.

STATE TIMES NEWS

JAMMU: A Divisional Level Sensitization Workshop on Tobacco Control was on Friday organised for key Stakeholders by State Tobacco Control Cell, Directorate of Health Services, Jammu here in the Government Hospital Gandhinagar.

The workshop was held under the supervision of the Director Health Services Jammu, Dr Rakesh Mangotra.

The event was held under the aegis of National Tobacco Control Programme (NTCP) with technical support from Vital Strategies India New Delhi.

Several Officers from diverse departments such as School Education, Police, Higher Education, Food and Drug Administration, Drug Controller, Health attended the workshop. Participants were enlightened regarding

Epidemiology of Tobacco use and overview of NTCP including implementation of Tobacco Free Educational Institutions Guidelines and various provisions of Cigarettes and Other Tobacco Products Act 2003(COTPA-2003) and the Prohibition of E-Cigarettes Act (PECA2019).

Dr Sanjay Sharma, Deputy Director Dentistry, extended a warm welcome to all attendees and encouraged them to take full advantage of this opportunity to educate themselves about their roles and responsibilities in Tobacco Control.

The Nodal Officer from the Directorate of Health Services presented the progress of the National Tobacco Control Programme in Jammu Division and a detailed presentation on ToFEI Guidelines. It was informed that the Programme has been extended to all the districts. Tobacco Cessation Centres

have been set up in all District Hospitals throughout the Division, where trained Psychologists/Counsellors will assist individuals in quitting tobacco. Further, a detailed presentation on the provisions of COTPA-2003 and PECA-2019 was presented by State Project Coordination, NTCP.

The department has been organizing several sensitization programs in schools and colleges, quarterly DLCC meetings, training sessions for law enforcers, and sensitization targeting key departments to eliminate the menace of tobacco from society. Regular awareness campaigns are conducted through both print and electronic media platforms.

The workshop concluded with an interactive session where queries were addressed, and way forward were discussed. The Divisional Coordinator NTCP Jammu delivered the vote of thanks.

RMPS celebrates Sports Day-cum-Foundation Day

STATE TIMES NEWS

JAMMU: R.M Public School celebrated its Sports Day cum 11th Foundation Day with full enthusiasm and zeal.

The festivities kicked off with a grand opening ceremony, where the entire school gathers to pay homage to the founder visionary 'Late Shri Dev Dutt Mengi' who laid the cornerstone of our educational journey.

The event began with the lighting of the Torch to seek the blessings to Goddess Saraswati followed by March past, Seeking the blessings of Shri Ram, different kind of races, display of Martial arts, club as activities, Yoga, Gatka, Shiv Tandav, patriotic dance and the mind bending Bhangra performance. This event filled everyone with oodles of potency, energy, positiveness and self confidence.

The academic achievers and sports achievers for the ses-



RMPS management members felicitating chief guest.

sion 2022-were awarded with cheque of Rs. 1000 each and Medals respectively.

Jyoti Rani Slathia (Special Secretary, Youth Services Dept.) was the Chief Guest while Colonel Anil Commandant 213 Transit Camp was the presiding guest.

ZEPO of Youth Service and Sports, Harvinder Kaur, Naib Sarpanch, Gram Panchayat Gurnam Singh, Director at Model Institute of Education and Research Prof

Adit Gupta, Chairman of Doon International School, G.N Tantray, Manager Rich Harvest School, Gambhir Dev Singh Charak, Managing Director, IDPS, Dr: Dheeraj Jamwal Sharma, Director cum Principal at Mount Litera Seniors Secondary School, Dr. Rahul Kapoor,

Principal Adarsh Shiksha Niketan School, Dr Ritesh Kapoor, Principal JK Public School, Rajesh Rathore,

Principal IDRS Jammu, Dr. Atul Hans, President of Tawi Trackers J&K, Ram Khajuria, outstanding sports climber, Shalini Charak and Abrar Choudhury, an International athlete from Jammu were also present.

Worthy Chairman, Rameshwar Mengi in his empowering speech motivated students and mentioned "Sports Cum Foundation Day is more than just a showcase of athletic prowess; it's a platform for fostering unity and friendship. Regardless of the outcome on the scoreboard, participants and spectators alike come together to celebrate the joy of competition and the bonds forged through shared experiences."

Director, Rakshan Mengi conveyed in his speech that "amidst the thrill of victory and the agony of defeat, there is a palpable sense of belonging and pride that permeates

the atmosphere."

Each triumph is not just a personal achievement but a collective triumph for our school community. The Vice Principal of the school Dr. Harvinder Kour stated the annual report and thanked everyone for their unconditional support.

Suriender Singh the administrator of the school made sure that the entire set up of the event and food packets were provided to each participant and guests at the event.

In the concluding ceremony students, parents and staff together honored the achievements of the day and to reaffirm our commitment to excellence in both athletics and academics. Through this annual tradition, we not only celebrated our sporting heritage but also laid the groundwork for future generations to continue the legacy of greatness.