

Empowering Educators: JKSCERT Jammu concludes NISHTHA's Inclusive Education Training across all ten districts of Jammu division

■ STATE TIMES NEWS

JAMMU: The State Council of Educational Research & Training (SCERT), Jammu Division, concluded a five-day training programme on "Inclusive Education" under NISHTHA, aimed at strengthening inclusive education practices in the Union Territory of Jammu & Kashmir.

Held from 18th to 22nd February 2025, the programme was designed for teachers, Masters, and lecturers teaching Classes 9th to 12th across ten districts of Jammu Division.

The initiative was conducted under the mentorship of Director SCERT, Prof. Parikshat Manhas, and the visionary leadership of Joint Director JKSCERT Jammu Division, Prof. Dr. Sindhu Kapoor.

This pioneering initiative aligns with the directives of the Supreme Court, focusing on equipping educators with the knowledge, strategies, and best practices necessary to create an inclusive learning environment in schools.

A total of 187 Heads of Institutions (HOIs) and 42 Key Resource Persons (KRPs) were trained earlier at JKSCERT, Jammu in the



month of February only, ensuring uniformity and effectiveness in implementation.

SCERT Jammu Division, in collaboration with all District Institutes of Education and Training (DIETs) of Jammu Division, adopted a cascading training approach to maximize outreach and ensure comprehensive coverage within February 2025. The training programme was conducted at 11 venues across the ten districts of Jammu Division.

The programme was for-

mally inaugurated on 18th February 2025 at Government Polytechnic College, Jammu, by Joint Director SCERT J&K, Jammu Division, Prof. (Dr.) Sindhu Kapoor.

She simultaneously launched the initiative across all ten districts and emphasized that the programme aims to promote inclusive education and equip educators with innovative strategies and best practices necessary to foster an inclusive learning environment.

She highlighted the crucial

role of inclusive education in ensuring equal opportunities for all learners, including children with disabilities, marginalized groups, and those with diverse learning needs.

The training featured insightful and interactive sessions. As per uniform design, 18 sessions were delivered by distinguished resource persons and expert trainers, including education specialists, psychologists, and experienced educators on wide variety of topics including inclusion and Equity, Samagra initiatives on inclusion, Types of disabilities, Legal framework and policies for inclusion, Sign language, resource room activities, Breaking the silence, Addressing mental health needs of parents raising children with special needs, early identification and intervention, universal design for learning, Bridging the technological divide, Inclusive holistic progress card, Teachers' role and responsibilities in adapting teaching methodologies for inclusivity, implementing government policies for special education, and creating an enabling school environment for children with dis-

abilities..

The ongoing training programme saw the participation of participants from Jammu, Samba, Kathua, Udhampur, Rajouri, Poonch, Doda, Kishtwar, Reasi and Ramban culminating successfully with the outreach of 1250 participants.

About 271 participants shall be trained in next phase beginning soon.

In the valedictory function, marking the culmination of the programme, Dr. Yasmeen Ashai, former Director of Colleges, who is a distinguished academician and visionary leader and has played a pivotal role in enhancing academic excellence, fostering research, and promoting inclusive learning environments graced the occasion as Chief Guest.

The valedictory function was graced by esteemed dignitaries, including Prof. (Dr.) Sindhu Kapoor, Joint Director SCERT J&K, Jammu Division, Jagdeep Kumar Padha, CEO Jammu, Talat Mehmood Shawl, Principal Govt. Polytechnic college Jammu, Anjali Gupta, Principal DIET Jammu, and others.

Certificates of participation were awarded to all the participants.

The program was meticulously coordinated by Dr. Sanjeevani Sharma, Assistant Professor, JKSCERT Jammu, under the supervision of Convenor Dr. Neeraj Jandiyl, Associate Professor, JKSCERT, and Co-Convenor Assistant Professor Arti Gupta, along with the dedicated support of the JKSCERT Jammu Division team.

Assistant Professor Arti Gupta, read the comprehensive report on the culmination of the training in all the ten districts. The event concluded with a vote of thanks, by Dr. Neeraj Jandiyl, Associate Professor, JKSCERT expressing gratitude to all contributors and participants.

The successful completion of this training programme signifies a crucial step towards fostering an inclusive educational ecosystem in Jammu & Kashmir, ensuring equal learning opportunities for all students. SCERT remains committed to driving excellence and inclusivity in education through such capacity-building initiatives.

GDC Sunderbani organises plantation drive



Faculty members along with students planting sapling.

■ STATE TIMES NEWS

SUNDERBANI: NCC Unit of GDC Sunderbani in collaboration with Department of Sociology organized a plantation drive in the college campus, GDC Sunderbani is proud to announce the launch of its Green Campus Initiative, aimed at promoting environmental sustainability and increasing green cover on campus. As part of this initiative, the college organized a Plantation Drive on Saturday.

This initiative seeks to create a cleaner, greener, and more eco-friendly learning environment for students, faculty, and staff. The plantation drive will involve the active participation of students, faculty members, and staff, who will plant a variety of native and environment-friendly tree species across the campus.

Dr. Akhil Khajuria, ANO of the college, Prof. Rajat Bhardwaj and Prof. Davinder Kumar also conducted a awareness sessions on the importance of afforestation, biodiversity conservation, and ways to combat climate change. The college invites all students, faculty, and local community members to take part in this meaningful endeavor.

We as a team encourage everyone to join us in making a lasting impact on our environment. Let's plant today for a greener tomorrow!

The whole drive is conducted on the supervision of Dr. Ashu Vashisht, Principal of the college.

J&K's Abhijeet completes Krav Maga Instructor Course in Dubai

■ STATE TIMES NEWS

DUBAI: Abhijeet Singh Chib, a dedicated martial artist from Jammu & Kashmir, India, has successfully completed an intensive four-day Krav Maga Instructor Course in Dubai, UAE, from February 16 to 19, 2025 under the banner of Krav Maga Middle East. This advanced training was led by Chief Instructor Ahmed Ateek from Belgium who brought together instructors from across the globe and pushed participants to their limits, refining their expertise in real-world self-defense techniques.

This milestone marks a significant achievement in Abhijeet's martial arts journey, as it's his first internationally recognized Krav Maga Instructor certification in Close Combat and Hand-to-Hand Combat and moreover he is the first one from the whole of J&K, who achieved this milestone.

He had already completed Level 2 Krav Maga training in India, where he trained military personnel and law enforcement officers in advanced self-defense strategies.

Currently based in Dubai for over a year, Abhijeet has been actively training both children and adults across schools, colleges, and



top clubs in the UAE. His expertise spans multiple combat disciplines, including Karate, Mixed Martial Arts (MMA), Brazilian Jiu-Jitsu (BJJ), and Krav Maga.

He also holds a Brazilian Jiu-Jitsu Fundamental Certification, a result of three months of specialized training, adding to his already vast 16 years of experience in martial arts instruction.

Warm send off to J&K Women's U-23 Team

■ STATE TIMES NEWS

JAMMU: The players and members of support staff of Under-23 Women's team, taking part in Women's One-Day Tournament being organised by Kerala Cricket Association at Trivandrum under the aegis of Board of Control for Cricket in India (BCCI), were given a warm send off at the GGM science College Hostel Ground on Saturday.

Before their departure, the team interacted with Brig. Anil Gupta, Member Administration of the J&K Cricket Association (JKCA) Sub-Committee. Speaking to the team, Brig. Gupta impressed upon the need for a positive mindset of the players to face any team in the tournament and also to play full 50 overs.

He complimented the support staff for taking adequate care of the team and providing them sufficient practice during the



Association members along with coaches and team posing before departure.

last one week in the camp. The J&K team is placed in the Elite Group B and the other teams in the group are Jharkhand, Uttar Pradesh, Mizoram, Goa and Karnataka. The tournament will be commencing from March five with J&K playing against Jharkhand in the opener. The Sub-Committee JKCA has decided to send the team early to Trivandrum keeping in mind the climate variations between Jammu and

Trivandrum. The team will acclimatise and carry out pre-match practice at Trivandrum from February 24 to March two till the other teams join up for the tournament. Foziya Jan, a player with humble background who could not afford a personal kit was presented with a full kit along with bat and cricket boots by the JKCA.

The members of the Sub-Committee wished the team good luck and hoped that it will perform well and bring laurels to the U.T. Led by Rudrakshi Chib, the team included Ananya Sharma, Bavandeep Kaur, Chitra Singh, Madhu Devi, Lalita, Sehrish Tariq, Tahseena Nisar, Mariya Noorain, Arsan Riyaz, Foziya Jan, Sheena Saraf, Ronaq

Jahan, Aditi Aryam and Maroof Anjum. Dr. Roopali Slathia, a renowned coach, is Head Coach of team. The other members of the support staff include Jyoti Bala (Assistant Coach), Irshaad Hassan (Manager), Anuradha Sharma (Co-Manager), Satika Sharma (Trainer), Bisma Gulzar (Physiotherapist) and Mujtaba Wani (Video Analyst).

APS BD Bari celebrates Annual Day

■ STATE TIMES NEWS

SAMBA: APS BD Bari hosted its Annual Day celebrations of foundational stage on Saturday, bringing together students, parents, and faculty for a day of unforgettable performances and achievements. The event, held at Chanakya Hall, was a vibrant showcase of talent, creativity, and the spirit of learning. Mrs Bhawna M Bhanwala, Chairperson FWO, Tiger Division was the Chief Guest for the occasion .She was accompanied by Brig Aniket Dilip Deo, Chairman APS BD Bari, Mrs Snehal Aniket Deo, Chairperson FWO,92 Infantry Bde, Mrs Neeta Rawal, Principal APS BD



Bari along with a galaxy of officers.

The theme of this year's celebration, "TOON BASII", reflected a vibrant and nostalgic celebration of animated characters and cartoons. It evoked a playful atmosphere where classic and modern toons came to life in a lively party setting.

The event commenced with the lighting of the ceremonial lamp by Bhawna M Bhanwala, the Chief guest of the event. It was followed by welcome address and giving out the school Annual Report 2023-24 by Neeta Rawal, Principal APS BD Bari.

The key highlight of the event was the spellbinding

performances by students, ranging from traditional and contemporary dance routines to skits, musical renditions and eloquent compering. Each act resonated with the audience, leaving them mesmerized by the students' talent and confidence. The various performances wove a spell of nostalgia, gently leading the audience into a world where bedtime stories came alive rekindling the wide-eyed wonder of youth and blurring the line between memory and magic.

The event also featured an award ceremony recognizing outstanding academic and extracurricular achievements, reinforcing the school's commitment to nurturing well-rounded individuals.

The Chief Guest, praised

the efforts of the students and faculty, stating, "It is truly inspiring to witness young minds displaying such creativity and enthusiasm. APS BD Bari continues to set high standards in education and co-curricular excellence." Expressing gratitude, Neeta Rawal, said, "Annual Day is a testament to the hard work, dedication, and passion of our students and teachers. We are proud to celebrate their achievements and look forward to many more milestones."

The celebration concluded with a vote of thanks by the Headmistress and the singing of the national anthem, leaving the audience with cherished memories and a renewed sense of school pride.

■ STATE TIMES NEWS

JAMMU: In a bid to support students during the stressful exam season, Non-Governmental Organization 'THE - SARA' under 'Mission Mental Health Support' organized a Yoga session focused on Exam Stress Management at Army Public School Kaluchak Jammu. The event was designed to introduce students to mindful practices and simple yoga techniques to ease tension, improve concentration, and help them maintain emotional balance.

The yoga session, led by field volunteer at 'THE - SARA' Anita Solanki, a certified Yoga teacher and evaluator, mental health wellness instructor from the Ministry of Ayush, involved deep breathing exercises, mindfulness meditation, and yoga



poses that were specifically tailored to reduce anxiety and boost mental clarity. Students actively participated in the exercises and were encouraged to make yoga a part of their daily routine for enhanced stress management.

The session was well-received by both students and faculty. Many students expressed their gratitude for the opportunity to learn stress-relief techniques and reported feeling more confident and relaxed after the session.

Teachers also acknowledged the positive impact of yoga on students' mental health and the importance of providing such initiatives to help students thrive academically and emotionally.

It is pertinent to mention that the Yoga session was part of The-SARA's ongoing commitment to promoting mental health awareness and providing practical wellness tools to students, particularly during high-stress periods like exams.

Selection trials for Sub Junior & Junior Boys Nationals from Feb 24

■ STATE TIMES NEWS

JAMMU: The J&K Handball Association is going to conduct the selection trial for 39th Sub Junior Boys National Handball Championship which is scheduled to be held at Keonjhar (ODISHA) from 25th March to 29th March 2025 and 47th Junior Boys National Handball Championship which is scheduled to be held at Begusarai (Bihar) from 29th March to 2nd April 2025. Both Selection trials will be conducted at Playing Field Shastri Nagar Jammu from 24th to 26th February 2025 at 4 P.M.

All the President/Secretaries of affiliated units of the association are requested to send their players along with DOB certificate at the venue. A Sub Junior Player born on or after 01-01-2010 and Junior Player born on or after 1-1-2005 are eligible to participate in the championship.

Reasi Police inaugurates Volleyball, Badminton Tournament under CAP



Addl SP Reasi Ifkhar Ahmed interacting with players.

■ STATE TIMES NEWS

REASI: In a significant initiative to promote sports and engage the youth of Jammu and Kashmir in positive activities, District Police Reasi, under the Civic Action Programme, organized Volleyball and Badminton Tournament.

The Volleyball Tournament was inaugurated at Talwara, while the Badminton Tournament commenced at the Indoor Hall, Reasi. The event

witnessed enthusiastic participation from local youth, promoting camaraderie and healthy competition.

Iftkhar Ahmed, Addl SP Reasi along with Vishal Singh Jamwal, DySP Hqrs Reasi and SHO Reasi Insp Ranjeet Singh Rao graced the occasion. A large number of spectators, including local youth and public, attended the event, showing great enthusiasm for the initiative.

Speaking on the occasion,

Addl SP Reasi highlighted the unwavering commitment of J&K Police to fostering sports culture in the region. He emphasized that such events not only promote physical fitness and a competitive spirit but also help in channeling the energy of the youth towards constructive and positive avenues, keeping them away from negative influences. He assured that J&K Police would continue supporting such initiatives in the future.

The tournament is being organized under the supervision of SSP Reasi Paramvir Singh with the objective of engaging the local youth in sports activities and fostering a spirit of teamwork and discipline. District Police Reasi remains committed to nurturing young talent and providing platforms for them to excel in various fields.

Cambridge hosts Sahodaya Inter-school Quiz contest

■ STATE TIMES NEWS

JAMMU: Cambridge International School, Purkhoo Camp, Domana in Jammu hosted the highly anticipated Inter-school General Knowledge quiz competition, Mindsphere: A Trivia Journey, for Grade VII students under the patronage of Jammu Sahodaya School Complex.

The event was honoured by the esteemed presence of Dr. K.C.S. Mehta, Principal, IDPS Akhnoor, and mentor JSSC, as the chief guest. The occasion was also graced by Renu Bangroo, Managing Director, Cambridge International School as guest of honour and Dr. Meenakshi Sharma, Director, Institute of Management Sciences (IMS), as special guest.

Pooja Chib, Principal, and Rajni Malhotra, Vice



Dignitaries along with faculty and students during the programme.

Principal, extended a warm welcome to all dignitaries, participants, and guests, underscoring the school's dedication to nurturing young talents. After a fiercely contested battle of wits, IDPS Akhnoor clinched the first position, earning accolades for their outstanding performance.

Hosts Cambridge International secured the second position, making the home team proud with their commendable effort and

resilience. Army School BD Bari claimed the third position, showcasing an impressive depth of knowledge and determination.

The winners were felicitated with trophies and certificates amidst thunderous applause, celebrating their hard-earned success. The event concluded with a heartfelt vote of thanks, expressing gratitude to the esteemed guests, dedicated teachers, and enthusiastic participants who made

Mindsphere a resounding success.

Mindsphere: A Trivia Journey stood as a testament to the power of knowledge, collaboration, and healthy competition, leaving every participant inspired and motivated to pursue greater academic heights.

Dr. K.C.S. Mehta lauded the efforts of the school for hosting such event and also congratulated the participating teams.