

# JK Group of Colleges celebrate Women's Day with enthusiasm



Glances of Int'l Women's Day celebrations at JK Group of Colleges on Monday.

## The-SARA organises Yoga session on 'Stress Management' at Pareesha



Participants during the Yoga Session.

**■ STATE TIMES NEWS**  
JAMMU: 'The-SARA', a renowned non-governmental organization dedicated to social welfare and well-being, conducted a special Yoga Session on Stress Management at Pareesha-a home for girls, RS Pura, Jammu. The session aimed at promoting mental and physical well-being among the girls of Pareesha, empow-

ering them with effective techniques to manage stress through yoga and meditation. The event witnessed enthusiastic participation from the girls and staff, who actively engaged in various yoga asanas, breathing exercises, and meditation techniques. The session was led by field volunteer at 'The-SARA' Anita Solanki, a certified

Yoga teacher and evaluator, mental health wellness instructor from the Ministry of Ayush, who emphasized the importance of yoga in enhancing mental peace, emotional stability, and overall health.

The initiative was part of 'The-SARA's' continuous efforts to support and uplift marginalized communities by introducing holistic wellness programs under its Mission Mental Health Support.

The participants and management of Pareesha expressed gratitude towards 'The-SARA' for organizing the session and shared how the experience had a positive impact on their mental and physical well-being. The event concluded with a message of self-care, mindfulness, and the importance of integrating yoga into daily life for a healthier and happier future.

## Jammu becomes Kho Kho Champion



Organizers along with winner teams posing for photograph.

**■ STATE TIMES NEWS**  
JAMMU: Hosts District Jammu lifted both men and women titles in the 24th J&K Senior Kho Kho Championship, which was organised by J&K Kho Kho Association in support with J&K Sports Council at Green Play Fields, here today. In the men final, Jammu defeated Budgam while women trounced district Kathua by five points in interesting contests. Jammu district teams demonstrated remarkable prowess throughout the tournament, overcoming formidable opponents with strategic game play and unwavering spirit. "We are immensely proud

of our team's outstanding performance. Their dedication, hard work, and relentless pursuit of excellence have brought this prestigious title to Jammu district," said Jammu District Kho Kho Association president, Dr Baljinder Kour. The closing ceremony was graced by Arun Gupta, president Chamber of Commerce and Industries, who was chief guest. Gupta presented title trophies and other individual prizes. Among the special guest were Dr Manmeet Singh, chairperson Ranjit College of Education; B.S Tirthi, founder JKKA; Harpreet Singh Anand, chairman JSS; general secretary,

Amrinder Pal Singh; treasurer, Pankaj Malhotra; Tarmeeet Raina, Joint Secretary; Makbool, Tejashwar Gupta, Ana Gupta, Sanjeet, Dr Maninder Singh Bawa, Vikas Gupta, Aditya, Gourav, Pankaj, Gagan Kumar, Mahesh Abrol, Anil Gupta, Dheeraj Sharma, Manzoor, and Qyoom. The competition officiated by the panel of technical officials including Sahil Dev Singh, Palbinder Singh, Shubam Bhau, Rohit Sharma, Bashir Ahmed, Pooja Sharma, Keshu Rajput, Sahil Angral, Yogesh, Sandeep Singh Jamwal, Sidharth, Abhishek Singh and Fayaz Ahmad Pala.

## Three-day career progression workshop commences at JU

**■ STATE TIMES NEWS**  
JAMMU: A three-day Career Progression Workshop for MBA (IB) students commenced today at the International Centre for Cross-Cultural Research and Human Resource Management (ICCeR & HRM), University of Jammu.

Organized in collaboration with Mind Bridge Asia, the workshop aims to equip students with essential skills to enhance their career prospects in international business.

Manjot K. S. Gill, CEO of Mind Bridge Asia and a visiting faculty at IIM



Ahmedabad, IIM Sirmaur, and IIM Jammu, is the resource person for the workshop. With extensive experience in training professionals across national and multinational organizations, he will provide par-

ticipants with crucial insights and practical tools for career advancement.

The workshop covers a comprehensive range of topics essential for success in today's competitive job market. Students will have

the opportunity to gain practical experience and expert insights in several key areas including preparation, video introductions, group discussions, extempore speaking, interview techniques, and LinkedIn strategies to enhance their online presence and networking opportunities. This hands-on workshop is designed to bridge the gap between academic learning and real-world professional skills, the sessions will prepare students to confidently navigate the global business landscape.

Speaking on the occasion, Prof. Hardeep Chahal,

Director, ICceR & HRM, University of Jammu, underscored the significance of the workshop in preparing students for the global job market. "This initiative reflects our commitment to equipping students with both academic knowledge and practical skills necessary to excel in international business. I am confident that the insights gained here will significantly contribute to their future success," she stated.

The workshop is coordinated by Dr. Neha Gupta, along with faculty members of the department.

## Delegation of CPL Mazdoors of 3 DOU (Ordinance) calls on LG Brig Mishra



Delegation of CPL Mazdoors of 3 DOU (Ordinance) calling on LG Ladakh, Brigadier (Dr) BD Mishra (Retd).

**■ STATE TIMES NEWS**  
LEH: A delegation of CPL Mazdoors of 3 DOU (Ordinance) led by Vilayat Ali called on the Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd) at Lt Governor's Secretariat to request LG's intervention in the allotment of land to establish a housing colony for their community.

The delegation informed the LG that CPL Mazdoors seek parity in recognition and support to other defence-related entities, such as the Army and Paramilitary forces. However, despite their long-standing contributions and diligent service,

their formal application for land allotment remains unresolved. They requested LG to prioritise their request and grant the land to establish the Housing Colony.

LG informed them that no land had been allotted to any groups for the establishment of the colony, except for the Veer Naris. LG also stated that they will be included if any such land allotment policy is made in future.

Chief Secretary UT Ladakh, Dr. Pawan Kotwal; Deputy Commissioner Leh, Santosh Sukhadave, IAS and the delegation were present during the meeting.

## 49 medals already secured at national scene J&K sighting a record haul of medals at national scene: Tara 1700 athletes participate in NSG, 500 more to take part



season, while 500 more athletes are expected to rub their shoulders with their counterparts from the other States/UTs in various disciplines of sports at the National School Games (NSG). "Jammu and Kashmir has won 49 medals so far in National School Games this year with 10 Gold, 17 Silver and 22 Bronze medals. Moreover, we are expected a good haul of medals in the remaining events as they include the medal winning disciplines,"

maintained Rajinder Singh Tara. Jammu and Kashmir has so far won 16 medals in Fencing with 3 Gold, 5 Silver and 8 Bronze; 15 medals in Wushu with 5 Gold, 6 Silver and 4 Bronze; 7 medals in Judo with 4 Silver and 3 Bronze; 4 medals in Taekwondo with 1 Gold, 1 Silver and 2 Bronze; 3 medals in Soft Tennis with 1 Silver and 2 Bronze; 2 medals in Gymnastics with 2 Bronze and 2 medals in Weightlifting with 1 Gold

and 1 Bronze medal. "Out of a total of 49 medals, the athletes from Jammu Division have bagged 30 medals, while the remaining 19 medals have been clinched by the athletes from Kashmir Division. If we talk of District-wise medal tally, Jammu District has bagged a total of 27 medals with 5 Gold, 8 Silver and 14 Bronze; while District Srinagar has clinched 9 medals with 3 Gold, 3 Silver and 3 Bronze; District Budgam has secured 5 medals with 1 Gold, 1 Silver and 3 Bronze and District Ganderbal has won 2 medals with 2 Silver, while rest of the Districts including Udhampur, Anantnag, Poonch, Shopian, Reasi and Baramulla have claimed 1 medal each," informed Tara.

It is pertinent to mention here that out of 1641 athletes who have represented J&K at the National School Games 2024-25 in 156 events out of a total of 194 events in 34 disciplines of

sports, 20 have participated in different age groups of Wrestling, 36 in Football, 72 in Volleyball, 52 in Judo, 69 in Fencing, 41 in Yoga, 48 in Kho-Kho, 30 in Badminton, 72 in Rugby, 97 in Athletics, 20 in TT, 40 in Archery, 32 in Cricket, 26 in Boxing, 67 in Taekwondo, 108 in Hockey, 40 in Gymnastics, 96 in Handball, 62 in Karate, 11 in Weightlifting, 51 in Shooting, 72 in Basketball, 96 in Softball, 72 in Kabaddi, 30 in Chess, 72 in Netball, 63 in Swimming, 61 in Baseball, 39 in Wushu, 30 in Soft Tennis and 16 in Cycling.

The Director General Youth Services and Sports said that the Government is committed to promote sports in every nook and corner of the Union Territory and the Department leaves no stone unturned in enhancing sports infra and providing congenial atmosphere to the budding athletes in order to blossom at the national scene.

## Epidemiologist of Jammu Division participated in 14th National Conference of Indian Association of Epidemiologists

**■ STATE TIMES NEWS**  
JAMMU: A team from the Integrated Disease Surveillance Programme (IDSP), Jammu Division, participated in the 14th National Conference of the Indian Association of Epidemiologists (IAE), held from March 7-8, 2025, in New Delhi. The prestigious conference, organized by the Indian Association of Epidemiologists in collaboration with the National Centre for Disease Control (NCDC), New Delhi, focused on the theme "Epidemiology in Public Health for Viksit Bharat 2047."

Under the guidance of Nazim Zai Khan, Mission Director, National Health Mission (NHM), J&K and



Team from IDSP Jammu Division at 14th National Conference of IAE at New Delhi.

Dr. Rakesh Magotra, Director Health Services Jammu, and with the support of Dr. Harjeet Rai, State Surveillance Officer, IDSP Jammu Division, the conference was attended by Dr. Simran Nag, State Epidemiologist, IDSP Jammu Division, Umar Anayat, District

Epidemiologist, IDSP Doda and Dr. Sonia Bajaj, District Epidemiologist, IDSP Samba. The team made significant contributions through research presentations at the conference: Oral Presentation on Epidemiological Investigation of

Chickenpox Outbreak in Village Ghata, District Doda - A detailed study on the outbreak dynamics and response strategies and two E-Poster Presentations namely Integrating Human and Animal Health Data for Action in Samba District, 2024 - A study highlighting the One Health approach for zoonotic disease surveillance and Unraveling Cholera Outbreaks in Three Districts of Jammu Division: A Comprehensive Epidemiological Study - A deep dive into the recent cholera outbreaks in three districts namely Udhampur, Reasi and Ramban and interventions made in promoting Viksit

Bharat Sankalp of sustainable public health, safe water access and resilient communities.

The participation of the State Surveillance Unit IDSP and District Surveillance Units of Jammu Division team at this national platform underscores Jammu & Kashmir's commitment to strengthening disease surveillance and public health preparedness for a healthier future.

The conference served as an opportunity for epidemiologists and public health experts to exchange knowledge and strategies to achieve the vision of Viksit Bharat 2047 through enhanced disease surveillance and response mechanisms.

## Varun represents India in World University Games

**■ STATE TIMES NEWS**  
JAMMU: Varun Sharma has been selected for the World University Games in Judo, scheduled to be held from JULY 16 TO July 27 at Germany.

Varun is trained under Danish Sharma, Judo Coach of Shrine Board Stadium, Katra and chief coach of J&K Sports Council, Suraj Bhan Singh. It was after a gap of eight years that Varun has made it to the World University Games. Danish Sharma played for India in the World Universities eight years back. Meanwhile, CEO of Shri Mata Vaishno Devi Shrine Board, Anshul Garg (IAS); Additional CEO, Alok Kumar Morya (IFS) and Director Sports, Dhruv Gupta (JKAS) congratulated both player and coach for their efforts and qualification for the prestigious event.

