

PG JU dominates opening day of Athletics meet

STATE TIMES NEWS
JAMMU: The Post Graduate (PG) Departments of University of Jammu (JU) dominated the opening day of the 47th Annual Inter-College Athletics Meet (Men and Women), organised by the Directorate of Sports and Physical Education at Athletics Arena on the Campus, here on Wednesday.



Chief guest, Dean Academic Affairs, Prof Anju Bhasin at the inaugural of the JU's Annual Athletics meet on JU Campus in Jammu on Wednesday.

She further highlighted that the Directorate of Sports and Physical Education, JU has made consistent efforts to nurture and engage young minds, who represent various affiliated colleges of JU.

She emphasised that sports and games impart a sense of discipline, fellow-feeling and togetherness. "Sports and games are the right avenues to channelize the energy and vitality of students in a positive direction," she said.

Prof. Lalit Sen Sharma, Provost Boys Hostels and Prof. Shashi Manhas, Provost Girl Hostels, JU were the guests of honour

while S. Ravinder Singh, senior vice president of J&K Amateur Athletics Association was special guest.

Earlier, Dr. Daud Iqbal Baba, Director of the Directorate of Sports and Physical Education briefed about the various events organised throughout the year.

Dr. Komal Nagar, Assistant Director, Directorate of Sports presented the formal welcome address and detailed report of the athletics meet. She informed that around 200 Athletes in both men and women sections from differ-

ent affiliated colleges of the JU take part in this mega Event.

The formal vote of thanks presented by Dr. Mandeep Singh, Assistant Professor Directorate of Sports and Physical Education.

The proceedings of the event conducted by Lakshika Janwal and Aditya Kargotra, students of the Department of Physical Education.

Prominent among others present were Vimal Kishore, Ravish Vaid, Raj Kumar Bakshi, Vikas Karlopa, Gagan Kumar, Jai Bharat, PD Singh, Madan Gopal, Sumeet Dogra, Ravinder Singh, Harinderpal Singh, Richa Mandla, Inderjeet Singh, Manjeet Kotwal and Rishiv Sharma as also Physical Directors, team incharges and other officials.

The Detailed Results:

MEN: JAVELIN THROW: Ashish Khajuria, PG Departments JU, Gold; Adnan Farooq, GDC Doda, Silver; Ovais Shakeel, GDC Poonch, Bronze.

SHOT-PUT: Yuvraj Singh, Dogra Degree College, Gold; Mohd. Azam, PG

Departments, JU, Silver and Mohit Sakolia, GDC Marh, Bronze.

10,000 Meters: Leela Parshad, GDC Doda, Gold; Alam Hussain, GDC Khilothran, Silver and Shivam Sharma, GDC Kathua, Bronze.

800 Meters: Lucky Sharma, GDC Marh, Gold; Nikhil Sharma, GDC Doda, Silver and Amit Singh, GDC Khilothran, Bronze.

LONG JUMP: Amish, GDC Udhampur, Gold; Keshiv Singh, PG Departments, JU, Silver and Rushant Skalia, GDC Kathua, Bronze.

WOMEN: JAVELIN THROW: Sandhay Devi, PG Departments JU, Gold; Rashi Devi, GCW Udhampur, Silver and Meena Devi, GDC Ramkote, Bronze.

SHOT-PUT: Meena Devi, GDC Ramkote, Gold; Sandhay Devi, PG Departments JU, Silver and Arpana Devi, GDC Khilothran, Bronze.

LONG JUMP: Varsha, GDC Billawar, Gold; Prena Tiwari, GDC RS Pura, Silver and Sonika Sharma, PG Departments, JU, Bronze.

VC JU felicitates multi-tasking staff for their contribution towards NAAC A++ Accreditation



Vice Chancellor Prof. Umesh Rai along with JU staff during the programme.

STATE TIMES NEWS

JAMMU: Recognizing the tireless efforts of those who played a crucial role in securing the prestigious NAAC A++ Accreditation for the University of Jammu, Vice Chancellor Prof. Umesh Rai on Wednesday felicitated the multi-tasking staff for their immense contribution to the upkeep of the University Campus.

Prof. Rai commended Dr Bharat Bhushan, Chief Medical Officer and the teams, led by Ajmer Singh, Arboriculturist, and Suresh Sharma, Incharge, Sanitation Wing for their dedicated efforts and round-the-clock commitment to maintain a clean and green campus.

He emphasized that their hard work was instrumental in creating an environment befitting the highest standards of academic excellence, which contributed significantly to the University's remarkable achievement.

Addressing the gathering, Prof. Rai highlighted that the NAAC A++ Accreditation is a collective success, made possible by the commitment of every individual associated with the University.

He expressed deep gratitude to the support staff, acknowledging that their contributions often go unnoticed but are fundamental to the institution's progress. He assured them of continual support for development of the University.

Among other present were Prof. Anju Basin, Dean Academic Affairs, Prof. Meena Sharma, Dean Planning and Development, Prof. Naresh Padha, Convener, NAAC Steering Committee, Prof. Yash Pal Sharma, Convener, Advisory Committee, Health Centre, Prof. Piyush Malviya, Convener, Arboriculture and Landscaping Unit, Dr. Ginny Dogra, Director DIQA, Er Amcet Targotra, Assistant Director DIQA and the officer-bearers of JUNGEU.

The event was organized under the aegis of Directorate of Internal Quality Assurance and the proceedings were conducted by Akanksha Sharma, Assistant Registrar DIQA.

Sacred Heart College of Education organises farewell party



Faculty members and students during the event.

STATE TIMES NEWS

JAMMU: Sacred Heart College of Education on

Body Building trials on March 8

STATE TIMES NEWS

JAMMU: The Body Building Association of Jammu and Kashmir (BBAJK) is conducting selection trials for the Men's, Masters and Divyang teams for the 15th Junior Body Building Championship.

These trials will be held on the 8th March, 2025 at International Gym, Rehari Colony in Jammu starting promptly from 10:30 AM to 12:00 Noon. The trials will be supervised by Rajesh Dutta.

The selected players will represent J&K in the prestigious 15th Junior Body Building Championship, which is scheduled to take place from the March 29 to 30, 2025 at Bilaspur, Chhattisgarh.

For those wishing to participate in the selection trials, must come with a complete Body Building Kit and bring along the document-an Aadhaar Card, a Domicile Certificate, a physical fitness certificate issued by a physician, and six recent passport sized photographs. Once a teams are selected, the chosen players will depart from Jammu on the morning of 25th March, 2025 to Chhattisgarh for the competition.

Wednesday organized grand farewell party in the college premises.

The event commenced with the lamp lighting by Chairperson Rajni Bala, Principal of the College, Dr. K.K Tiwari along with the staff member namely Kiran Manhas, Anuradha Manhas, Pooja Rani, Shilpa Puri, Monika Sharma, Sheetal Khajuria, Nisha Sharma, Shivali, Megha Rawat and

Yudhveer Singh. Sheen Pandita and Ayushi Khajuria, students of 1st Semester, sang Saraswati Vandhana followed by the speech of Chairperson Rajni Bala. She enlightened and extended his best wishes to outgoing students for their bright future.

Sheen Pandita and Ayushi Khajuria hosted the programme. Students participated and performed very well in various fun activities like songs, dances and poetry etc.

Dr. Tiwari wished best of luck to the outgoing students and said that anything can be achieved by dedication and hardwork. Shagun Rajput and Parshotam Singh won the title of Miss Farewell and Mr. Farewell.

All the outgoing students were presented gifts as a token of love.

SPMR College of Commerce organises HIV/AIDS Awareness Programme

STATE TIMES NEWS
JAMMU: Red Ribbon Club of Government SPMR College of Commerce under the aegis of IQAC organized the valedictory function of week-long series of events aimed at raising awareness regarding HIV/AIDS among the students.

The HIV/AIDS Awareness programme began on 24th February 2025 with Poster Making Competition in which 12 students participated.

The participants made posters on various issues such as HIV/AIDS awareness, prevention and the fight against stigma. Ms. Sonakshi Sharma of BBA Sem 4th bagged first prize in the competition whereas Isha Bhagat of B.com Sem 6th and Akhlesh Singh of BBA Sem 2nd secured second and third position respectively.

A Rangoli Making Competition was held on 25th February 2025 in



Faculty members along with students during the programme.

which students expressed their ideas regarding prevention of HIV/AIDS through colorful creations. Stuti, Niharika Mehra and Anish bagged 1st, 2nd, and 3rd prizes respectively.

The third day was marked by an online Debate Competition on the topic "Prevention is better than Cure".

In the competition, Ridham (B.Com 4th Sem), Taranpreet Kaur (B.Com 4th Sem) and Isha Bhagat (B.Com 6th Sem) secured

first, second and third positions respectively. The judges of these events were Prof. Pawan Kumar Gupta, Dr. Reena Rani, Prof. Ashu Manhas and Dr. Chetna Gupta.

The series of events concluded with valedictory function today in which Principal Dr. Rajinder Singh was the Chief Guest. Rajesh Sharma, Assistant Director and Rishesh Sharma, Assistant Director from J&K AIDS Control Society were the resource persons.

The function started with traditional lighting of the lamp. Dr. Jagmeet Kaur, Convener Red Ribbon Club formally welcomed the gatherings.

Rajesh Sharma, resource person shared his valuable detailed insights with the students during his lecture. He highlighted several support centers that assist those affected by HIV/AIDS. Additionally, he mentioned the Helpline number 1097, which individuals can call for information regarding HIV/AIDS. Later Certificates and Medals were distributed among the winners as well as participants.

Dr. Rajinder Singh, the Principal of the college, urged the students during his address to engage in self-reflection and to steer clear of the harmful practices that exist in society. He advised the students that being ambassadors, it is your responsibility to aware masses in your areas about this menace. The proceedings of valedictory function were conducted by Dr. Roomi Rani and vote of thanks was presented by Prof. Binny Kumar.

The entire activities were conducted under the supervision of Dr. Jagmeet Kaur (Convener, Red Ribbon Club), Dr. Deepak Pathania, Dr. Fayza, Dr. Madhu Bala, Prof. Binny Kumar, Dr. Roomi Rani and Ravi Kumar (Physical Director).

Women's U-23 One Day Trophy J&K eves begin campaign in style; outplay Jharkhand by 4 wkts

Bawandeep, Rudrakshi, Sheena, Mariya emerge star performers



STATE TIMES NEWS

TRIVANDRUM: Riding on a superb bowling display by almost all the bowlers led by Speedster Mariya Noorain and a magnificent batting show by the opening duo of Bawandeep Kaur and Sheena Saraf and all-round display of skipper Rudrakshi Chib, the Jammu and Kashmir eves began their campaign in style, teouncing formidable Jharkhand by 4 wickets in the ongoing Women's U-23 One Day Trophy at Sports Hub International Stadium Trivandrum today.

Chasing a decent total of 152 runs, J&K rode on an opening partnership of 87 runs between Bawandeep Kaur and Sheena Saraf and surpassed the required target in 47.2 overs by losing 5 wickets, thus winning the match by 5 wickets.

Bawandeep showed sublimity and elegance to score 51 off 81 balls, studded with 9 delectable boundaries, while Sheena displayed solidity and composure to score 25 runs off 71 balls with 3 crispy boundaries.

After an opening partnership of 87 runs, J&K lost 3 quick wickets in the form of

Sheena, Chitra Singh and Bawandeep to make it 89/3. However, Rudrakshi took the team out of troubling waters and guided her side to 4-wicket victory in 43.5 overs. She remained unbeaten on 43 runs off 40 balls including 7 fours, while Ananya Sharma was unbeaten on 9 with 2 boundaries.

For Jharkhand, Anandita Kishor took 3 wickets, while Neha Kumari and Shefa Hassan claimed one wicket each. Earlier, put into bat, Jharkhand after struggling at 32/5 in 13.3 overs, managed

to score 152 runs in 44.4 overs.

Shikha top scored with 51 runs off 75 balls studded with 6 boundaries while Chandmuni Purti and Anandita Kishor contributed 32 and 20 runs to the total respectively. The duo of Shikha and Chandmuni salvaged the sinking ship and made a partnership of 71 runs between them, thus giving respectability to the team's total. For J&K, Mariya Noorain was the most successful bowler; taking 2 wickets by conceding 22 runs in her 8 overs, while skipper Rudrakshi Chib bagged 2 wickets by giving away 29 runs in her 7.4 overs. Arveen Riyas, Ananya Sharma, Chitra Singh Jamwal and Tahseena Nisar claimed one wicket each. Mariya was the pick of the bowlers, who plotted the early collapse of the rival team.

NSS Unit of GCW Bhagwati Nagar organises door-to-door campaign against substance abuse

STATE TIMES NEWS

JAMMU: NSS Unit of GCW Bhagwati Nagar has taken a proactive step in the fight against substance abuse by organizing a comprehensive door-to-door campaign on Wednesday as part of the Nasha Mukta Abhiyan initiative under NCORD.

The campaign was designed to reach every household in the adjoining community, focused on educating residents about the dangers of substance abuse and promoting healthier, drug-free lifestyles.

The dedicated team of volunteers went directly to the neighbourhoods, engaging in meaningful conversations with residents, distributing informational pamphlets, and answering questions related to addiction prevention and available support services.

"We believe that community awareness is the cornerstone of a safer, healthier society. Our door-to-door approach



allows us to reach people directly and offer them the knowledge and resources needed to combat substance abuse," said one of the NSS volunteer representatives.

This campaign is a key element of the broader Nasha Mukta Abhiyan drive, which seeks to curb the prevalence of substance abuse by fostering informed communities and creating support networks for individuals and families.

NCORD's involvement underscores the commitment to coordinated action, ensuring that local efforts are supported by a larger framework

dedicated to a drug-free society.

The NSS volunteers of GCW Bhagwati Nagar, in partnership with NCORD, plan to continue their outreach initiatives in the coming weeks.

Their ongoing efforts will include follow-up visits and the distribution of additional educational resources, further solidifying community resilience against substance abuse.

The programme was organised under the supervision of Dr. Kamal Deep Singh, NSS Programme Officer of the college.

District Administration Samba wins Pre-Quarterfinal of Samba Premier T20 Cup



Winner team posing for photograph.

STATE TIMES NEWS

SAMBA: In the ongoing Samba Premier T20 Cup, launched as a collaborative initiative between the District Administration Samba and the Excise Department, an exciting pre-quarterfinal match

was played today between District Administration Samba and RJD 11 Star. Deputy Commissioner Samba, Rajesh Sharma, actively participated in the match, demonstrating great enthusiasm and sportsmanship.

The team, led by Captain Abhishek Sambyal, delivered an outstanding performance, securing a 9-wicket victory. Surinder Singh was the standout performer, earning the title of Player of the Match.

International Workshop held at GCoE Jammu

STATE TIMES NEWS

JAMMU: The Government College of Education (GCoE), Jammu, in collaboration with the Centre for Women's Studies (JU) and Rotary Club Jammu Elite, successfully organized a one-day International Workshop and Seminar on the occasion of International Women's Day.

The event, titled "Breaking the Barrier," aimed to empower women, address gender equality, and celebrate the achievements of women across various fields.

The workshop was held under the esteemed guidance of the Chief Patron, Dr. Jyoti Parihar, whose leadership and vision were integral to the success of the event.

The organizing committee, which included Prof. Savita



Nayyar, Dr. Shubhra Jamwal, Dr. Rajinder Kour, Prof. Satish Sharma, Dr. Davinder Kour, Prof. Sarita, Prof. Roopa Kumari, Prof. Sunanda Rani, Prof. Priyanka Mahajan, and Prof. Chanchal Singh, played a key role in ensuring the event's smooth execution.

The one-day international seminar featured distinguished resource persons who shared their valuable insights

on various topics related to women's empowerment and gender equality.

Notable speakers included Dr. Marcia Jane (Senior Lecturer, Department of Language Study, University Teknologi Mara, Malaysia), Prof. Savita Nayyar (Professor of Law, Director, Centre for Women's Studies, JU), Prof. Monika Chadda (Chairperson, Department of English, University of

Jammu), Mandeep Kaur (Inspector, J&K Police), Anuradha Thakur (Deputy Secretary, JKAS Mission Youth), Dr. Sushma Rani (Principal, SCERT Jammu), and Ruchika Gupta (Chairperson, FICCI FLO JKL, Jammu).

The event provided an essential platform for thought-provoking discussions on leadership, empowerment, and the ongoing need for gender equi-

ty. The seminar emphasized the crucial role that women play in various sectors and reaffirmed the commitment of the Government College of Education, Jammu, to fostering a more inclusive, progressive society.

This international workshop was a significant step toward breaking barriers and building a future where women are empowered and celebrated in all spheres of life.