

SAI celebrates Women's Week; girls' volleyball match organized



SAI and VAJK officials posing with the participating volleyball teams at MA Stadium, Jammu.

STATE TIMES NEWS

JAMMU: The Sports Authority of India (SAI) successfully celebrated Women's Week from March 3 to 9, 2025, with a series of engaging activities aimed at promoting fitness, empowerment, and well-being among women.

The event featured a 5 km run, Zumba dance sessions, a nutrition and diet awareness program, self-defense training, yoga sessions, a volleyball match, and a Pink

Cyclotron.

The main function took place on Saturday at M.A. Stadium, Jammu, where an exhibition volleyball match for girls was held to mark International Women's Day.

The event was graced by Basanti Bhatt, DSP, Jammu & Kashmir Police, as the Chief Guest. Other guests included Kriti Gupta (Yoga Instructor), Aasma Jaan (Dietician, Khelo India Center, MA Stadium Jammu), Kuldip Magotra

(CEO, Volleyball Association of J&K), Vijay Kumar Magotra (General Secretary, Volleyball Association of J&K), retired SAI Handball Coach Devraj, retired SAI Volleyball Coach Sudesh, Rajeev Dogra (Retired SAI Volleyball Coach), H.S Gill (Secretary, Volleyball Association of Jammu), Mulkhraj Khajuria (Volleyball Coach and Link Officer of SAI), Touseef Ahmad (SAI Volleyball Coach), Prateek Kumar (SAI

Badminton Coach), Vikram Saini (SAI Basketball Coach), Sachin Dogra (SAI Wushu Coach), and Somu Haldwani (SAI Wushu Coach). Their presence added grandeur and inspiration to the occasion.

As part of the event, the team captains of both volleyball teams were honoured with mementos presented by the Chief Guest.

In her address, DSP Basanti Bhatt encouraged girls to step forward in all

spheres of life and emphasized the importance of women's empowerment. She particularly stressed the role of sports in fostering confidence, physical fitness, and overall well-being among women.

Adding to the significance of the event, the Chief Guest distributed certificates to players who recently represented Jammu & Kashmir in the Senior National Volleyball Championship (Men & Women) held in Jaipur, Rajasthan. Recognizing their hard work and achievements, she applauded the efforts of female athletes in making a mark in the sports arena.

To honor her contribution, the Sports Authority of India and the Volleyball Association of J&K presented a memento to the Chief Guest.

The event concluded on a high note, with an overwhelming response from participants and a strong message of inclusivity, empowerment, and encouragement for women in sports.

SSP Jammu celebrates International Women's Day with Women Police Officers/officials



SSP Jammu, Joginder Singh with women police officers and officials at a programme.

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JAMMU: On the occasion of International Women's Day, Senior Superintendent of Police (SSP) Jammu joins his women work force for a special lunch hosted at Model Police Station Gandhi Nagar to honor the

dedication and contributions of women police personnel.

The event was attended by SP City South, SDPO South, SHO Model Police Station Gandhi Nagar, SHO Women Police Station Gandhi Nagar, along with

other staff and women folk of Jammu South.

During the informal gathering over lunch, SSP Jammu expressed deep appreciation for the hard work, resilience, and sacrifices made by the women in the police force. He further acknowledged the invaluable role of women in police force and highlighted their dedication and daily challenges they overcome in line of duty. The officers also emphasized that women personnel not only contribute to law enforcement but also bring a sense of compassion and approachability that strengthens the bond between police and the community.

Yuvrani Chitrangada Raj Singh inaugurates Special Photo Exhibition at Amar Mahal Museum

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JAMMU: On the occasion of International Women's Day, Yuvrani Chitrangada Raj Singh, sister of Union Cabinet

Minister Jyotiraditya Scindia and wife of Yuvraj Vikramaditya Singh, inaugurated a special photo exhibition at Amar Mahal Museum. The exhibition, curated from the museum's archives, was dedicated to the grace, strength, and legacy of Maharani Tara Devi and Maharani Yasho Rajya Lakshmi of Jammu & Kashmir, celebrating their remarkable stories of resilience and regality that continue to inspire generations.

The event was part of Day 2 of the Tawi Festival hosted by the Hari Tara Charitable Trust. Among the distinguished guests were Yuvraj Vikramaditya Singh and R.K. Martand Singh, Trustees of Hari Tara Charitable Trust, Dr. Jyotsna Singh, Director of Amar Mahal Museum, Dr. Rajendra Pawar, Chairman & Co-Founder of NIIT Ltd., and Maharani Shailja Katoch of Lambagraon, Kangra.

The exhibition received widespread appreciation for its portrayal of the powerful legacy of the royal women of



Yuvrani Chitrangada Raj Singh with others after inaugurating Special Photo Exhibition at Amar Mahal Museum.

Jammu & Kashmir, leaving a profound impact on the audience.

Earlier, Day 2 of the Tawi Festival commenced with the inauguration of the photo exhibition from the archives, followed by a talk by Lalit Mangotra on Dogri literature, accompanied by an exhibition of works from the Dogri Sanstha.

The day also featured readings from contemporary Dogri literature and the release of a book by Amit Dutta, an award-winning filmmaker and writer, who spoke about his first book of Dogri poems, 'The Backyard Book', translated into English and illustrated by Ayswarya Dutta.

A panel discussion on New Writing in the Region: A Multilingual Region and poetry readings added depth to the day's events.

Gayatri Sinha, an art critic, curator, and author, presented insights based on her new books on the History of Photography in India.

An engaging conversation followed between Dr. Karan Singh ji and Rajendra Pawar, Co-founder and Chairperson of NIIT, alongside Sh. Harbans Singh, exploring the role of arts in Dr. Karan Singh's personal journey and the vision behind the Amar Mahal Museum and Library.

The festival concluded with a report by a rapporteur and closing remarks by the trustees of Hari Tara Charitable Trust.

The release of 4 Lammi Paakh, Dogri songs recorded for the museum by Smt. Asha Kesar, followed by a soulful music performance, marked a graceful end to the day's celebrations.

BGSBU celebrates International Women's Day



Vice Chancellor BGSBU, Prof. Jawaid Iqbal interacting with women employees from General Duty Helper and Safai Karamchari cadre.

STATE TIMES NEWS

RAJOURI: Baba Ghulam Shah Badshah University (BGSBU) marked International Women's Day with a special interactive session led by Vice Chancellor Prof. Jawaid Iqbal, engaging with women employees from the General Duty Helper and Safai Karamchari cadre.

Recognizing their unwavering dedication and invaluable contributions, Prof. Jawaid Iqbal hailed them as 'Nari Shakti' - the embodiment of strength and resilience.

He acknowledged their pivotal role in ensuring the smooth functioning of the university and emphasized that every woman, regardless of her position, is a pillar of

progress and development. During the interaction, the Vice Chancellor advocated for greater participation of women across various domains within the university.

He reaffirmed BGSBU's commitment to fostering an inclusive, equitable, and empowering environment, ensuring increased opportunities for women to excel in academia, administration, and support services.

Prof. Jawaid Iqbal reiterated the university's dedication to the welfare and empowerment of its women workforce. He assured that BGSBU would continue to cultivate a supportive and inclusive work environment, recognizing

and valuing the contributions of all employees.

The women employees expressed their gratitude to the Vice Chancellor for his encouragement and appreciation of their efforts. They lauded the university's commitment to dignity and equality in the workplace.

The event concluded with a resounding message of empowerment, underscoring the collective responsibility to build a more inclusive and respectful society.

Those present on the occasion included Dean Academic Affairs BGSBU Prof. M J Warsi, Media Advisor Dr. Danish Iqbal and Head Department of English Dr. Mariya Aslam.

International Women's Day celebrated at Kathua

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KATHUA: Itinerary Forums of Kathua namely Sabras Sahitiya Sangam and Triveni Kala Kunj celebrated International women's day at Vishwakarma Mandir Kathua which was attended by large number of people especially womenfolk. Anuradha Devi SHO Women Police Station Kathua was the Chief Guest on the occasion. Tilak Raj Sumbria President Sabras Sahitiya Sangam and Dr Usha Monga President of Triveni Kala Kunj welcomed Smt Anuradha Devi SHO Women Cell by presenting buccas.

Multi-lingual Kavi-sammellan was also organised in which local Women poetesses namely Sunita Devi, Tania, Pratima Khajuria, Lata Sharma and Dr Usha Monga recited their poems. Earlier Sushil Gupta Advocate in his inaugural speech threw light on the origin and importance of International women's day and exhorted the womanfolk to take initiative in every field and end the monopoly of men, be it sports, politics or armed forces. Dogri Poet Vijay Sharma compared the proceedings.



Praful slams cracking ton to guide Durga Warriors to 62-run victory

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JAMMU: Praful Dhar slammed a power-packed century to help Durga Warriors thrash Zimbabwe Fighters by a big margin of 62 runs in a practice match at K2 Ground, Nardani, near here on Saturday. Earlier, batting first, Durga Warriors rode on a magnificent century by Praful to score a good total of 166 runs in the stipulated 20 overs. Praful scored unbeaten 106 runs off 70 balls studded with 11 fours and 5 massive sixes, while Tazahir was the only other batsman to cross double figure mark, scoring 12 runs. Praful hit bowlers with utmost ease, showing explosiveness, sublimity and elegance.

For Zimbabwe Fighters, Pateesh Sharma bagged 2 wickets, while Himanshu, Pranav and Chandan claimed one wicket each.

In reply, Zimbabwe Fighters bumbled out for paltry 104 runs, thus losing the match by 62 runs. Mohit top scored with 23 runs, while Kritin and Chandan contributed 22 and 17 runs to the total respectively. Parteesh Sharma and Rajat Sharma contributed 10 runs each.

For Durga Warriors, Atul Watloo, Praful Dhar, Charukesh Zutshi and Gousia Yousof took 2 wickets each, while Ayush claimed one wicket. For his brilliant all-round display, Praful Dhar was adjudged as the player of the match.

24th J&K UT Kho Kho Championship 2025 kicks off



Dignitaries posing for a photograph with participating kho-kho teams at Jammu on Saturday.

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JAMMU: The much-anticipated 24th Jammu & Kashmir UT Kho Kho Championship 2025 began with a spectacular opening ceremony at the Green Field, Gandhi Nagar, Jammu. The championship, which is scheduled from March 7th to 9th, 2025, has attracted over 22 teams from across the Union Territory, reflecting the growing enthusiasm for this traditional Indian sport.

The opening ceremony was graced by DIG SSB (Retd.) Subash Kumar, Director KKFI, who, in his address, reaffirmed the government's commitment to promoting

sports at the grassroots level. He emphasized the importance of championships like this in nurturing young talent and fostering a spirit of sportsmanship.

Dr. Baljinder Kour, President of JKJKA, encouraged girls to participate actively in Kho Kho and highlighted the role of sports in empowering women. Special guest Rohini Aima, Principal of JSS, applauded the efforts of the association and motivated the players to pursue sports with dedication.

Other notable guests included S. Mammet Singh, Smt. Neeti Kour (General

Secretary, JKJKA), Sh. Mahesh Abrol (DFO), Ajay Gupta (Manager, JKSC), Anil Sharma, Raghav Sharma, Aditya from G.K Educational Trust, Mamta, and Mausmi, all of whom expressed their support for the event.

Match Results

MEN: Baramulla beat Poonch by 5 points; Udhampur beat Srinagar by 3 points; Kishtwar beat Anantnag by 4 points; Budgam beat Pulwama by 2 points; Rajouri beat Srinagar.

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A dedicated team of officials ensured the smooth conduct of matches, including Palbinder Singh, Pooja Sharma, Sahil Dev, Sunil Sharma, Shubham Singh Bhanu, Sidharth Singh, Gourav Chibber, Sandeep, Bashir Ahmad, Fayaz Ahmad Pala, and Aijaz Ahmad Rana.

Secretary Amrinder Pal Singh congratulated all participating teams and encouraged them to play with true sportsmanship. Among other distinguished attendees were Pankaj Malhotra (International Player & Treasurer JKJKA), Tarmeet Raina (Joint Secretary JKJKA), Dheeraj Sharma (Coach NIS), Gagan Kumar (University Coach), and David (President, Strategic Swimming).

The championship continues to showcase the best of Kho Kho talent in Jammu & Kashmir, fostering a new generation of athletes who aspire to take the sport to greater heights.

JU's Udhampur campus Interactive meet on International Women Day



JU's Udhampur Campus faculty during the International Women's Day celebration.

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UDHAMPUR: On the occasion of International Women's Day, Udhampur Campus (Garni-Lotta), University of Jammu, organized an interactive meet with the rural inhabitants of village Sanasar for students and faculty members of Udhampur Campus. Besides the interactive meet, a group of enthusiastic undergraduate and postgraduate students embarked on this educational trip, which provided them with valuable insights into environmental sustainability, biodiversity, and cultural preservation. The visit was an opportunity for students to connect theoretical knowledge with practical exposure, enhancing their understanding of nature, ecology, and social issues. The trip was graced by the presence of O.P. Vidyarthi as the Chief Guest, who organized the 1,596th Tree Talk focusing on the link of women folk with nature, how they are involved in conserving and preserving the natural resources. In this interactive session, he provided insightful information about various flowers and their local names, such as Nargis (Daffodil) and Heer Meenjar, fostering an appreciation for indigenous flora and traditional knowledge. Highlighting the call given by the Honorable Prime Minister to address obesity, he urged the youth to adopt healthy eating habits rooted in traditional foods

rich in nutrients. He also expressed his concerns about the deteriorating state of the environment, particularly glacier melting and rising pollution levels. He urged the young generation to lead from the front in addressing these challenges, advocating for sustainable practices and proactive environmental conservation efforts.

Addressing the gathering, Prof. Yash Pal Sharma, Rector, Udhampur Campus, extended warm greetings on International Women's Day and aligned his address with the UN theme for International Women's Day 2025: "For All Women and Girls - Rights, Equality, and Empowerment." He also expressed his gratitude to the Honorable Vice-Chancellor, Prof. Umesh Rai, for his unwavering and continuous support in organizing such events in alignment with the NEP 2020. As part of the Women's Day celebrations, sweets were distributed among the women, adding a festive and inclusive touch to the occasion. The field visit successfully blended education, environmental awareness, and social responsibility, reinforcing the University of Jammu's commitment to holistic learning and gender inclusivity. The initiative was well-received by students and faculty, making International Women's Day 2025 a truly memorable and impactful occasion.

Secretary, JKJKA), Sh. Mahesh Abrol (DFO), Ajay Gupta (Manager, JKSC), Anil Sharma, Raghav Sharma, Aditya from G.K Educational Trust, Mamta, and Mausmi, all of whom expressed their support for the event.

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JAMMU: In a remarkable event held at the Press Club Jammu, the much-anticipated coffee table book 'Facets of Art' by Master Sansar Chand Baru was officially released amidst an audience of prominent citizens and art enthusiasts from Delhi, Jammu, and Himachal Pradesh. The event was graced by senior journalist Mahesh Baru, who compiled and published the book, alongside notable personalities such as Sunny Dua, Kunwar Shakti Singh, Dr. Naseeb Singh Manhas, Mr. Surinder Singh Dogra, and renowned cartoonist Chander Shekhar. Speaking at the event, Mahesh Baru expressed his excitement and pride in presenting the book to the art community. "We are happy to present here our new pictorial

coffee table book 'Facets of Art,' available in both hardbound and Kindle versions. This book explores the timeless connection between man's creative spirit and the portrayal of life and nature. From the cave murals to the sculptures that adorn palaces and temples, art has been a reflection of human thought and emotion." "Facets of Art" delves into various dimensions of art,

highlighting aestheticism, landscapes, sketches, war, portraits, and the portrayal of women, among other themes. Through its simple and accessible language, the book guides readers to appreciate the love, emotions, and beauty that reside in the mind of an art lover. The detailed illustrations add further depth to the book's content, making it an enriching visual and intellectual experience.

Kunwar Shakti Singh and Dr. Naseeb Singh Manhas lauded the efforts of Mahesh Baru in compiling such an exhaustive and beautifully illustrated book, which serves as a tribute to the rich legacy of fine art. Chander Shekhar, while expressing his admiration for the book, emphasized the importance of preserving and promoting the diverse facets of art in today's fast-paced world. "Facets of Art" is now available on major platforms, including Amazon and Flipkart, in both hardbound and Kindle versions. The audience was encouraged to explore and experience the essence of fine art in its purest form through this thoughtfully curated collection.