

## National Symposium on Medicinal and Aromatic Plants held at CUJ

### STATE TIMES NEWS

JAMMU: The Department of Botany, Central University of Jammu (CUJ) organised a National Symposium on "Conservation, Utilisation and Promotion of Medicinal and Aromatic Plants" to highlight the importance of conserving plant biodiversity and promoting the sustainable utilisation of medicinal and aromatic plant resources. The event witnessed the participation of academicians, experts, researchers and students.

The symposium was held under the patronage of Prof. Sanjeev Jain, Vice Chancellor, Central University of Jammu. Eminent speakers included O. P. Sharma, Retired PCCF, Department of Forests, J&K; Vijay Kumar, Wildlife Warden, Kathua, Department of Wildlife Protection, J&K; Dr. Wahid Ul Hassan, Technical Officer, J&K Medicinal Plants Board, Directorate of AYUSH, J&K; Dr. Bushan Kumar, Department of Botany, CUJ. Prof. Sunil Dhar, Dean, School of Life Sciences, and Prof. Deepak Pathania, Department of Environmental Sciences, Central University of Jammu, also graced



Students along with faculty of CUJ and dignitaries at a symposium.

the occasion.

The programme began with the ceremonial lighting of the lamp. Dr. Yogesh Kumar, Head, Department of Botany, welcomed the guests and emphasised the importance of medicinal and aromatic plants, particularly in the biodiverse region of Jammu and Kashmir.

He highlighted that such events help promote research, collaboration and awareness regarding conservation and sustainable utilisation of these valuable plant resources. The programme was coordinated by Dr. Ashok Kumar, Organising Secretary of the symposium. During his address, Vijay

Kumar shared his field experiences from the Chenab Valley and discussed the project "Resource Augmentation of Medicinal Plants in Marwah Forest Division," funded by the Ministry of AYUSH. He emphasised the role of community participation and initiatives such as the "AYUSH Aapke Dwar" campaign in promoting the cultivation and conservation of medicinal plants.

Dr. Wahid Ul Hassan spoke about the Central Sector Scheme on Conservation, Development and Sustainable Management of Medicinal Plants and encouraged faculty members and students to

explore research and start-up opportunities in this sector. Prof. Deepak Pathania highlighted the future scope of medicinal plant research and entrepreneurship, encouraging young researchers and students to explore opportunities in this field. Prof. Sunil Dhar highlighted India's rich plant diversity and stressed the need for proper documentation, conservation and value addition of medicinal plants.

Dr. O. P. Sharma delivered a lecture on medicinal plants of the Northwest Himalaya and highlighted the importance of conservation through initiatives such as the Tree Talk Campaign. Dr. Bushan Kumar discussed the bio prospection of medicinal and aromatic plants from the Western and Trans-Himalayan regions and emphasised the importance of integrating traditional knowledge with modern scientific research.

The symposium ended with an interactive session focusing on the conservation and sustainable utilisation of medicinal and aromatic plants, followed by a vote of thanks by Dr. Sapna Devi, Department of Botany, CUJ.

## HPS remembers founder Captain Gandharb Singh Charak on his 8th death anniversary



HPS faculty paying tributes to founder Captain Gandharb Singh Charak.

### STATE TIMES NEWS

SAMBA: On the eighth death anniversary of their beloved Chairman Captain Gandharb Singh Charak, Humanity Public School remembered his unwavering dedication to education and humanity. His legacy continued to inspire them to strive for excellence. Captain Charak's vision of providing quality education to all regardless of background had enabled countless students to shape their futures. His selfless service and commitment to social welfare were remembered. A special assembly was conducted to pay tribute to Captain Gandharb Singh Charak

where Principal Gaurav Charak, Vice Principal Anku Charak, Administrative Incharge Akashdeep Raina along with incharges of distinguished wings, Higher Secondary Wing Incharge Parsidh Singh, High Wing Incharge Namrta Sharma, Primary Wing Incharge Vandana Sharma, Pre-primary wing Incharge Aparna Billowria, IT Incharge Er. Varinder Kumar and Sports Incharge Mahan Singh offered floral tributes. The assembly featured a poem presentation by Aadhya from Class 1st and Namita Class 2nd highlighting Captain Charak's remarkable life and

service. Seema a teacher from Pre-primary wing enlightened all about the visionary thoughts of Chairman Gandharb Singh Charak. Principal Gaurav Charak said, "Captain Charak's ideals and values guide us every day. We're committed to carrying forward his vision and making him proud." Vice Principal Anku Charak added, "His passion for education and kindness towards all will continue to inspire our school community to make a positive impact." The school community paid tribute to Chairman Captain Gandharb Singh Charak's remarkable life and service.

## J&K Roll Ball teams felicitated for National triumph



### STATE TIMES NEWS

JAMMU: Roll Ball Association of Jammu and Kashmir today felicitated the J&K men and women teams for bringing laurels to the UT winning medals in the 2nd North Zone Championships.

The J&K men team won Bronze while women team excelled with a Silver medal in the North Zone

Championship which held at Meerut in Uttar Pradesh.

In this Zonal competition, seven teams participated. The J&K women lost in the final to Uttar Pradesh 1-2 to contain with Silver.

Meanwhile, the felicitated teams expressed their gratitude to the parents, Roll Ball Association and the J&K Sports Council for the support and encouragement.

## MVIS Prep Wing hosts tiny tots extravaganza

### STATE TIMES NEWS

SAMBA: MV International School (MVIS) organised an exceptional display of skills during the 'Tiny Tots Extravaganza' in the School Auditorium today.

Program was graced by the Chief Guest Ayushi Sudan, Deputy Commissioner Samba. DDC members namely Sarjit Singh Johal; Shilpa Dubey & Anita Choudhary were present as the Special Guests along with Surinder Singh Bagal, Ex-Cricketer & Chief Selector of Ranji Trophy Team for Uttarakhand. The event was honoured by the presence of Dr. Koh-E-Safa, IAS Achiever and a proud alumna of MVIS (Class 12th Medical Batch 2018). School management members Hira Lal Abrol Chairman; Savita Abrol Vice-Chairperson and Directors Gourav Abrol and Aakriti Daluja Abrol graced the occasion along with school Principal



DC Samba, Ayushi Sudan being honoured by MVIS faculty.

and Staff in presence of a large gathering of enthusiastic parents. The program commenced with the lamp lighting ceremony, followed by a vibrant welcome dance by the LKG students. Principal Kundan Lal Dogra welcomed the dignitaries and guests. He congratulated the young graduates from class UKG while appreciating the dedication of teachers in nurturing the students. Ex student of Class UKG, reflecting their confidence and communication skills. Annual School Magazine,

and Staff in presence of a large gathering of enthusiastic parents. The program commenced with the lamp lighting ceremony, followed by a vibrant welcome dance by the LKG students. Principal Kundan Lal Dogra welcomed the dignitaries and guests. He congratulated the young graduates from class UKG while appreciating the dedication of teachers in nurturing the students. Ex student of Class UKG, reflecting their confidence and communication skills. Annual School Magazine,

was unveiled by the Chief Guest along with the Special Guests and School Management. The Chief Guest in her address appreciated the efforts of students, teachers and parents for presenting such an outstanding performance. She gave a special highlight to the confidence by which the UKG students handled the proceedings on stage in front of a large gathering. She heartily presented the certificates of appreciation to the UKG students who were dressed in graduation robes and caps. Chairman of the school Hira Lal Abrol appreciated the remarkable performances of the tiny students and lauded the efforts of the teachers for shaping young minds with dedication. The program concluded with the vote of thanks by the Principal, who appreciated the efforts of the Prep Wing Team along with Coordinator Baljeet Kour for organising a successful event.

## SAI holds trials for STC Jammu from March 16

### STATE TIMES NEWS

JAMMU: Sports Authority of India (SAI), in collaboration with J&K Sports Council (JKSC) shall hold three-day selection trials for its residential and non-residential training facilities at Sports Training Centre (STC) Jammu from March 16.

Interested athletes between 12 years and 18 years of age, having represented at National, State and District Championships and won first, second and third position are eligible to appear in the selection process, an official handout issued by the SAI, here today informed.

Such candidates need to report at the venue at 9 am along with original and photocopy of Date of Birth cer-

tificate, Aadhar Card, Residential proof, four passport size photographs and sports achievement certificates.

The selection shall be held in the disciplines of Volleyball (Residential boys), Basketball (Residential Boys and Non-Residential Girls), Badminton (Non-Residential Boys and Girls) and Wushu (Non-Residential Boys and Girls).

For further queries, eligible athletes may contact Aman Sharma (9796490588), Touseef Ahmed (9872618649), Vikram Saini (6006223952), Sonu Kumar Haldwani (8077416343), Preety (6005832685), Prateek Kumar (9999327553) and Sachin Dogra (8803274312).

## MLA Ramgarh distributes sports equipment at District Level Sports Meet in Samba

### STATE TIMES NEWS

RAMGARH: MLA Ramgarh Dr Devinder Kumar Manyal distributed sports equipment among various youth clubs during a District Level Sports Meet organized under the MY Bhara, Ministry of Youth Affairs and Sports, Government of India, at The Shri Ram Universal School (TSUS), Jakh District Samba. The event was organized by the Nations Development Association (NDA) Registered with NTI Aayog, Government of India to promote sports culture among the youth.

Dr Devinder Kumar Manyal, MLA Ramgarh and former Minister for Health and Medical Education, J&K, attended the programme as the Chief Guest. Sanjeev Gupta, Chairman TSUS Samba, was the Guest of Honour, while Sonika Mahajan, Principal of The Shri Ram Universal



MLA Ramgarh Dr Devinder Kumar Manyal with officials and winners.

School Jakh, was also present on the occasion.

Addressing the gathering, Dr Manyal emphasized the importance of sports in the overall development of young people. He said that sports help in building discipline, teamwork, leadership qualities and a healthy lifestyle among youth. He appreciated the efforts of the organizers for providing a platform to young players to showcase their talent and encouraged them to balance sports with academics.

Earlier, Sushil Singh

Charak, Chief Functionary, Nations Development Association (NDA), informed that youth from four Blocks of Samba District Samba, Ramgarh, Vijaypur and Rajpura participated in the district-level competitions. He said that cluster-level sports meets were earlier organized in different blocks and the winners of those competitions qualified for the district-level event.

The competitions included group events such as men's volleyball and women's tug

of war, while individual events featured the 200-metre race and shot put (men), badminton and rope skipping (women).

Medals, trophies, certificates and sports materials were distributed among the winners and participants to encourage greater youth participation in sports. Several dignitaries, sports enthusiasts and Amit Dubey, Harvinder Singh, Narinder Singh Jamwal, Naveen Sharma, Nancy Choudhary, Asha Rani were present on the occasion.

## Badal Club, Guru Nanak Nagar register wins in Shaheed Bhagat Singh Sub-Junior Hockey C'ship

### STATE TIMES NEWS

JAMMU: The 11th Shaheed Bhagat Singh Sub-Junior Men Hockey Championship 2026 is being organized by the Shaheed-e-Azam Bhagat Singh Foundation in collaboration with Hockey Jammu & Kashmir at the KK Hakku Astroturf Hockey Stadium.

A total of seven teams are participating in the tournament.

In the first match played today, Badal Hockey Club Srinagar registered a dominating 10-0 victory over Shaheed Bhagat Singh Club. Owais was the star performer of the match, scoring six field goals in the 8th, 18th, 20th, 38th, 48th and 56th minutes of the game. Varun (Jersey No. 27) added two goals by successfully converting penalty corners in the 4th and 45th minutes. Tanish and Sukhpreet also contributed one goal each to complete the convincing win for Badal Hockey Club.



Participating teams posing for a photograph with dignitaries.

In the second match of the day, Guru Nanak Nagar Hockey Club defeated Maharaja Ranjit Singh Hockey Club by a margin of 8-1. Shivam Mehra scored two goals in the 14th and 48th minutes, while Captain Ramandeep netted twice in the 37th and 54th minutes. Mohad, Harmandeep, Tejvir and Gurnur also scored one goal each for Guru Nanak Nagar Hockey Club. The lone goal for Maharaja Ranjit Singh Hockey Club

was scored by Captain Amandeep Singh in the 6th minute. The first match was inaugurated by Dr. Taran Singh, while the second match was inaugurated by S. Iqbal Singh, a veteran hockey player and retired bank manager.

The first match was officiated by umpires Kirandeep Singh and Saksham, with Meenakshi as scoring judge, Jagjeet Singh as technical officer, Gurpreet Singh as timing judge and Saksham as reserve umpire.

According to the fixtures for March 14, Badal Hockey Club will face Bandhu Rakh Club at 1:00 PM, while Guru Nanak Nagar Hockey Club will take on Khalsa Hockey Club at 3:00 PM.

## SPMR enters finals after thrilling tie against CLUJ-XI in semi-final



Participating teams posing for a photograph with faculty members and officials.

### STATE TIMES NEWS

JAMMU: In the second semi-final of the ongoing cricket tournament played on Friday in JKCA ground adjoining GGM Science College, SPMR College of Commerce faced Cluster University of Jammu in a closely contested match that ended in a tie.

Earlier CLUJ-XI won the toss and elected to field first. Batting first, SPMR College of Commerce posted a competitive total of 136 runs for the loss of 10 wickets in 19 overs. Asif Bhat scored with 29 runs, while Naresh Kumar contributed 21 runs to the team's total.

For CLUJ-XI, the bowlers performed well to restrict the opposition. Nageshwar picked up 2 wickets for 12 runs, Mukesh claimed 3 wickets for 23 runs, and Akash took 2 wickets for 30 runs.

In reply, CLUJ-XI scored 136 runs for the loss of 10 wickets in 16.3 overs, resulting in a dramatic tie. Sunil scored 32 runs with five boundaries, Ankush (Captain) contributed 29 runs with four fours and 1 six, Nageshwar added 36 runs with five boundaries and 1 six.

For SPMR College, Akash delivered an excellent bowling spell, taking 4 wickets for 45 runs, while Nazar claimed 3

wickets for 24 runs.

With both teams finishing on the same score, the match was decided through a Super over, in which SPMR College emerged victorious to secure their place in the finals of the tournament. Nageshwar was declared the Man of the Match for his outstanding performance. The match was officiated by Deepak Gupta and Manish Sharma as umpires, while Prateek Malhotra served as the scorer and Mrs. Arti Kapoor as Manager. The tournament is being conducted under the supervision of Dr. Vinod Bakshi, Director Physical Education & Sports.

## DC Doda reviews arrangements for Eid-ul-Fitr, Navratra celebrations

### STATE TIMES NEWS

DODA: Deputy Commissioner Doda, Krishan Lal, accompanied by SSP Sandeep Kumar Mehta, today convened a comprehensive meeting with officers of line departments and representatives from civil society to review preparedness for the celebration of Eid-ul-Fitr and the holy festival of Navratra. The meeting discussed key arrangements required to ensure smooth and peaceful observance of the festivals across the district. Detailed deliberations were held on drinking water supply, power availability, security arrangements, traffic regulation, cleanliness, stray animal management, availability of essential commodities and market monitoring. During the meeting, the Deputy Commissioner directed the Public Health Engineering (PHE) Department to ensure an adequate and uninterrupted supply of potable drinking water during the festive period. The Power Development Department (PDD) was instructed to maintain uninterrupted power supply, particularly during peak hours. The Police Department was asked to put in place robust security arrangements and maintain necessary vigilance at important locations, while the ARTO was directed to ensure proper traffic regulation and

smooth vehicular movement in busy market areas. The Municipal Council Doda was tasked with maintaining cleanliness and sanitation in and around the towns, markets and religious places. The CA&FCS Department was directed to ensure adequate availability of food grains and other essential commodities in the markets and to strictly enforce sale at government-approved rates.

The Deputy Commissioner Doda also emphasized the need for effective monitoring and directed the formation of supervisory squads and monitoring committees to check overpricing, maintain hygiene standards and ensure compliance with regulations during the festive period.

The meeting was attended by district officers, representatives of various line departments, President of Sanatan Dharma Sabha Doda, members of the Seerat Committee Doda, representatives of the Butcher Association and other stakeholders. Discussions also covered security arrangements, drinking water and power supply, traffic management, cleanliness of markets and slaughterhouses, fire and emergency services preparedness, availability of essential commodities and deployment of deputy magistrates to ensure smooth conduct of the upcoming festivals.

## Police inaugurate Police Martyrs' Volleyball Tournament



### STATE TIMES NEWS

GANDERBAL: Police in Ganderbal on Thursday inaugurated the Police Martyrs' Volleyball Tournament at Chattergal, Kangan under the Civic Action Programme, with the aim of promoting sportsmanship, encouraging youth participation, and strengthening police-public relations in the region.

The tournament was inaugurated by Rajeev Raina, SDPO Kangan, who was accompanied by Yousif Ahmad Khan, SHO Kangan, who graced the occasion as chief guest. Speaking on the occasion, SDPO Kangan highlighted the importance of sports in channelizing the energy of young people toward constructive activities and keeping them away from social evils.

He also paid rich tributes to the brave police personnel who sacrificed their lives in the line of duty to safeguard the peace and security of the nation. Emphasizing the signif-

icance of such initiatives, he said that sports tournaments not only promote physical fitness but also help in building discipline, teamwork, and a spirit of healthy competition among the youth.

A total of 16 teams from Sub-Division Kangan are participating in the tournament, making it an exciting platform for young players to showcase their talent and sportsmanship. The inauguration ceremony witnessed the participation of local youth, sports lovers, and members of the community, who appreciated the efforts of the police in organizing such an event.

Police officials reiterated that they remain committed to engaging youth through sports and constructive activities under the Civic Action Programme to promote harmony, teamwork, and a positive social environment across the district.