

Seminar on 'Stress Management Transforms Lives' held at JK Public School Kunjwani



Glimpses of Seminar on Stress Management Transforms Lives being held at JK Public School, Kunjwani.

■ **STATE TIMES NEWS**
JAMMU: JK Public School, Kunjwani, hosted a transformative seminar on stress management featuring renowned spiritual Life

Guide MAAsterG alias Rajesh Kumar. With a mission to empower individuals and foster a culture of inner peace, the seminar focused on unlocking per-

sonal potential and managing life's challenges effectively. MAAsterG, known for his impactful insights and transformative talks

('Vaanis'), captivated the audience comprising students of classes X, XI, and XII. Drawing from his own journey of spiritual awakening sixteen years ago,

MAAsterG shared profound wisdom on navigating life's complexities with resilience and grace. The seminar emphasized the importance of holistic

well-being, urging attendees to cherish and respect their bodies as divine gifts. MAAsterG highlighted the correlation between spiritual alignment and mental

well-being, encouraging students to embrace positivity and shun detrimental habits like drug addiction. During the session, Director, of JKPS

Kunjwani, Shashi Chaudhary, applauded MAAsterG's initiative and encouraged students to integrate the learnings into their daily lives. She emphasized the significance of optimism and a spiritual outlook in fostering personal growth and resilience.

Rajesh Rathore, Principal, JKPS Kunjwani, expressed gratitude to MAAsterG for his mission ('Mission 800 Crore') to reach millions with transformative spiritual insights. He encouraged students to imbibe the essence of the seminar in facing life's challenges with renewed vigor and positivity. The session concluded with an interactive query session, where MAAsterG addressed queries, further enriching the attendees' understanding of stress management and spiritual well-being. MAAsterG's mission to spread spiritual awakening and empower individuals resonates deeply in today's fast-paced world, where stress and challenges abound. The seminar at JKPS, Kunjwani, stands as a beacon of hope and enlightenment, inspiring students to embark on a journey of self-discovery and inner peace.

'Sarbat Da Bhalla' National level Invitational Hockey Tournament begins

■ **STATE TIMES NEWS**
JAMMU: Transport Commissioner J&K, Rajinder Singh Tara on Monday inaugurated Sarbat Da Bhalla National level Invitational Hockey Tournament, organized by Sikh Progressive Front at K.K Hakku Stadium, here.

The tournament is being dedicated to the 555th Birth Anniversary of Sri Guru Nanak Dev. The tournament shall be played on knock out basis.

The inaugural match was played between SGPC Hockey Team and Round Glass Hockey Academy.

The result of the match was not declared due to the bad weather as the SGPC Hockey team leads with the two goals and the Round Glass Hockey Academy till now scores only one goal.

As per the organizer, the rest of the match which will be played tomorrow.

Today's match was officiated by Amit Sharma and



Transport Commissioner J&K, Rajinder Singh Tara inaugurating Hockey Tournament.

Ashwani Kumar international umpire and the Technical delegate Mahesh Kumar monitored the match.

Transport Commissioner, Rajinder Singh Tara was the Chief Guest, who declared the tournament open in presence Guest of Honour, DSO JK Sports Council, Baljinder Singh.

Speaking on the occasion, Chief Guest appreciated the organisers of the tournament for organising such a mega sports event in Jammu after a very long time.

The team participating from outside the State will be

an inspiration for the budding youths of the State especially young players.

While welcoming the Chief Guest Manjit Singh, Organising Secretary gave the brief account of the participating teams from outside the State besides local teams who will be playing in the next six days.

Balvinder Singh, President SPF, in his address said that different type of programmes are being organised throughout the world to celebrate the 555th Birth Anniversary of Shri Nanak Dev.

"Our organization decided

to organise this mega event to spread the message of humanity and universal brotherhood and to promote hockey in J&K," he said and thanked Chief Guest, Spectators, sponsors, co-sponsors and specially thanked Sports Council of J&K and Hockey India for their wholehearted cooperation to make this event a big success.

The opening ceremony was held under the guidance of Balvinder Singh, Manjit Singh, Rajinder Singh Soodan Joint Secretary, Janak Singh Member, Iqbal

Singh, Paramjit Singh, Dr Harbinder Singh and other prominent persons.

Specially thanks to Ajay Gupta Manager KK Hakku Stadium, Coaches and the team of JK Sports Council.

Tomorrow's Fixtures: Bathinda X1 vs Vijay Club Baramulla at 9:00 AM; Y.B Hockey Club Sujjanpur vs G.N.N Hockey Club at 15:45 PM; Power House Hockey Club Poonch Vs Sangar Sales Hockey Club Anantnag at 17:45 PM.

Sub Prominent personalities who witness the match included Surjit Singh General Secretary DGPC Jammu, Tejinder Singh Member DGPC, Jaswinder Singh Kukku, Sharanjit Singh Shunty, M.S Reen. Satbir Singh (Indian Airforce Coach), Dalvinder Singh, Jagjit Singh, Anjali Thakur JK Sports Council Coaches and Baljit Kour, Sonia Sharma assisted the Hockey India Officials during the conduct of matches .

Punjab Wrestler Kamaljeet Lifts 67th Moori Kesari Dangal Title

■ **STATE TIMES NEWS**
KATRA: Wrestler Kamaljeet of Doomechari (Ropar), Patha Raju Pahelwan in Punjab lifted 67th Moori Kesari Dangal Title 2024 by defeating Pahelwan Abdul Gani of Mallerkotla in Punjab in the first main bout that lasted for 23 minutes at Village Moori. The winner of first bout Kamaljeet was awarded with a cash prize of Rs. 55,000 by chief Guest Shiv Kumar Sharma, while runner-up wrestler Abdul Gani got a cash prize of Rs. 45,000.

Shiv Kumar Sharma, Former Joint Secretary J&K State Sports Council was the chief Guest on the occasion who distributed cash prizes of Rs. 3,25,000 among the winner and runner-up Wrestlers.

Naresh Kumar (Pappu Lakri), Rajinder Kumar Ramotra, Deep Singh (Pinka) and Lochan Singh Guests of Honour.

In all, 49 bouts were played in the one day long Dangal. The bouts were officiated by Sat Paul Verma, Om Parkash



Shiv Kumar Sharma, Former Joint Secretary JKSC with wrestlers of main bout and others dignitaries.

Verma, Raj Singh, Tulinder Kumar; Deepak Wazir; Lochan Singh and Pappu Lakari.

Dangal was organized by Peer Baba Dangal Committee Moori in association with J&K Indian Style Wrestling Association under the overall supervision of Former Sarpanch Ramesh Chander Sharma (President), Tarsem Kumar and Om Parkash.

Second main bout was won by Kapil Dhamma of Guru Hanuman Akhara Delhi who defeated Mam Hussian of Domel. Winner Kapil got Rs. 9,000 while runner-up wrestler Mum Hussian got Rs. 6,000. Third bout was won by Surjit

Singh of J&K Police Reasi who defeated Shakar Noor of U.P. The winner Wrestler Surjit Singh got Rs. 8,000 while runner-up wrestler Shakar Noor got Rs. 6,000.

Another third bout was won by Neeru Gujjar of Chandigarh who defeated Bablu of Basantgarh. The winner wrestler Neeru got Rs. 8,000, while runner-up wrestler Bablu got Rs. 6,000.

Ajay Sharma of Udhampur beat Ankush of Rohtak, Munner of J&K Police beat Palvinder of Jakhwal Akhara of Mathura (U.P), Madan Singh of Roun Domel Akhara beat Arvind of Mathura (U.P) and Usman of Mathura (U.P) beat Amir Khan of J&K Police.

Members of Peer Baba Dangal Committee Moori who helped for conduct of this one day long dangal were Former Sarpanch Ramesh Kumar (President), Tarsem Kumar, Om Parkash, Mohan Singh, Devinder Singh, Ajit Singh, Hans Raj, Parveen, Mohinder Kumar, Naseeb Chand and Dharam Chand.

Proceedings of the Dangal were conducted by Anil Kumar while welcome address was presented by former Sarpanch Ramesh Kumar. The vote of thanks was presented by Tarsem Kumar.

Wrestler Muneer of J&K Police of Nagrota was honoured by Shiv Kumar Sharma.

Maria gets nod of national selectors for U-23 High Performance Camp

■ **STATE TIMES NEWS**
JAMMU: Maria Noorain, a product of the JKCA talent hunt belonging to Kulgam district, has been selected by the National Women Selection Committee to attend the U23 Women High Performance Camp organised by BCCI.

The Camp will be held at Bengaluru from 26th April to 16th May. The camp conducted under the control of NCA, Bengaluru wherein the best coaches in different disciplines will train the players.

This was communicated by VVS Laxman, Director NCA to Brig Anil Gupta, Member Administration of JKCA.

Maria is an outstanding



Right Arm Medium Pacer with regular wicket taking capability. She represented JKCA in the national T20 tournament in the league phase and took 11 wickets in seven matches with an economy rate of 5.06.

The Sub Committee members have expressed satisfac-

tion on her selection and advised Maria to make best use of the afforded opportunity. Only the talented and good performers are selected for such camps stated Mithun Manhas, Member Cricket Operations and Development.

It's a matter of pride for JKCA that it's players have been selected in all age group high performance camps this season. This augurs well for the women cricket in Jammu and Kashmir where the women athletes have also started shining in the recent years said Brig Anil Gupta. Mr Sunil Sethi felt that the credit should also go to the selectors and coaches as well.

■ **STATE TIMES NEWS**
JAMMU: The Department of Psychology, University of Jammu (JU) hosted an Extension Lecture titled "Clinical Psychology: Benefits of Therapy and Treatment."

At the helm of the session stood Dr. Sanjay Kumar, Associate Professor hailing from GJUST, Hissar. With his wealth of expertise, he adeptly steered the discussion, offering invaluable insights into the topic at hand. The event commenced with Dr. Sarita Sood, Assistant Professor, introducing Dr. Kumar to the audience. Following this, Prof. Satnam Kour, the Head of the Department, extended a formal welcome to Dr. Kumar and



A dignitary speaking at a programme in JU.

underscored the significance of therapy and treatment in our modern, fast-paced society.

The session commenced with a reflection on WHO's 2012 theme, "Depression: A Global Crisis," setting the tone for a discussion on the significance of courses in Clinical Psychology. Dr. Sanjay Kumar, our resource person, underscored the vital role of Clinical Psychologists in addressing mental health challenges. Distinguishing between Clinical Psychologists and

Psychiatrists, he emphasized the growing importance of the former in today's society. Highlighting tools like the Rorschach Inkblot Test, he demonstrated the practical aspects of the profession.

Furthermore, Dr. Kumar stressed the value of field visits in honing skills and shaping career trajectories. Delving into the dynamics of therapeutic relationships, he outlined essential guidelines for aspiring clinical psychologists. Closing the lecture,

he illuminated various career avenues within psychology, including roles as School Counselors, participants in District Mental Health Programs, and contributors to centers like Sukoon Kendras and Traumatic Kendras. Dr. Kumar's insights provided a comprehensive understanding of the field's nuances and opportunities.

The session attracted a significant crowd, with more than 40 research scholars and students from the Department of Psychology actively participating. Dr. Sarita Sood skillfully coordinated the session, ensuring its smooth progression. Notably, the presence of faculty members including Dr. Dharvinder Singh, Dr. Karuna Gupta, Dr. Lovely Sabarwal, Dr. Mrudula Bali, and Dr. Princy Koul enhanced the academic atmosphere.

Awareness lecture held at MIER College

■ **STATE TIMES NEWS**
JAMMU: The Shrimati Shanti Gupta Centre for Women's Studies at MIER College organized an enlightening awareness lecture titled "Sexual Harassment of Women at Workplace: Prevention, Prohibition, and Redressal" for students of the School of Education and faculty. The resource person for the session was Supreme Court Advocate, Neeta Verma.

The lecture was organised under the UGC guidelines for all Higher Educational Institutions to implement gender sensitization against sexual harassment.

Dr Bharti Tandon, Associate Professor and Convener CWS extended a cordial welcome to

the esteemed resource person and the audience.

Rupa Gupta introduced Advocate Neeta Verma, highlighting her remarkable achievements and extensive experience in the legal and administrative domains. She is the State President of Human Rights Mission and Women Protection, Student Counsellor Kendriya Vidyalaya, Jammu, Member Bar Council Supreme Court of India, and Member International Council of Jurists, London, England.

Advocate Verma commenced her discourse by elucidating on the grave issue of sexual harassment at the workplace, emphasizing its detrimental impact on creating a hostile work environment for women.

Advocate Verma meticulously delineated preventive strategies, stressing the importance of clear communication of policies, fostering a respectful work culture, and establishing robust reporting mechanisms. Through real-life examples and enactments of laws and policies, she effectively conveyed the nuances of the subject matter. The session culminated in an engaging question-and-answer segment, allowing for interactive dialogue and clarification of doubts among faculty and students.

Anjali Sharma, a B.Ed. Semester III student, presented vote of thanks. The event was conducted by Ms. Alisha Vaid, a B.Ed. Semester III student.

Punish Puri clinches gold at 67th National School Games Roller Skating

■ **STATE TIMES NEWS**
JAMMU: Puneesh Puri, a student of Class VIII D at Heritage School, has brought immense pride and glory to the institution by securing the Gold Medal in the 1000m rink race at the 67th National School Games, Under-14 category, in Roller Skating. The prestigious event took place in Satna, Madhya Pradesh, from April 11th to April 15th, 2024.

Puneesh's victory underscores his unwavering commitment to excellence. He has consistently outperformed in various local and national-level competitions, showcasing his exceptional talent and dedication to the sport. His recent triumph adds to his impressive track record, further solidifying his position as one of the top skaters across India.

The Heritage School family extends heartfelt congratulations to Puneesh Puri.

CUJ hosts ISRO's Prestigious START-2024 as Nodal Centre

■ **STATE TIMES NEWS**
JAMMU: The Central University of Jammu (CUJ) has been selected by the Indian Space Research Organisation (ISRO) to host its prestigious START-2024 Programme as a nodal centre.

The programme is designed to impart advanced knowledge in the area of space technology and its applications to undergraduate and postgraduate students.

The programme will provide an opportunity for young minds to learn from experts in the field of space technology and explore the vast opportunities that the space sector offers. With India setting its eyes on space exploration and commercialization, the START-2024 Programme holds immense significance in harnessing the potential of students in this field.

Prof. Sanjeev Jain, Vice-Chancellor, Central University Jammu, congratulated for being selected as the nodal centre for the START-2024 Programme. He stated, "We are deeply honoured to have this opportunity to



host such a prestigious program for the second time. This selection is a testament to the excellence of CUJ and our commitment to advancing education and research in the field of space science and technology. We look forward to working closely with ISRO to ensure the success of the START-2024 Programme at CUJ to foster a culture of innovation and excellence in the field of space technology".

The Central University of Jammu (CUJ) is proud to be associated with the programme and is committed to providing world-class infrastructure,

resources, and faculties to facilitate the programme. The nodal centre will collaborate with ISRO to create an atmosphere of innovation, learning, and research to create space scientists and technologists of the future.

With this initiative, the Central University of Jammu (CUJ) is set to become one of the leading centres for space technology education and research in the country. Space Science and Technology Awareness Training (START) 2024 programme will be conducted during April-May 2024. In this connection, CUJ solicits registrations from various educational institutes/Universities/Colleges within the region and of course pan India who are offering UG/PG courses in physical sciences and technology. The START-2024 Programme is set to begin its online classes and is looking forward to hosting the second batch of students.

Prof. Vinay Kumar, Convener, Satish Dhawan Centre for Space Science and Technology, CUJ will coordinate this program as nodal officer.