

JK Public School Panjtirthi students visit Dogra Art Museum

'Our monuments are beautiful reflections of our ancient cultural roots'



Glimpses of JK Public School Panjtirthi students' visit to Dogra Art Museum.

STATE TIMES NEWS
JAMMU: The Department of Archives, Archaeology and Museums organised a visit

for the students of JK Public School (JKPS) Panjtirthi at Dogra Art Museum. The Jakiians were guided

towards the various galleries of the Museum where they were made aware of history and significance of various

art objects by well-trained guides. Jakiians were further escorted towards the special

exhibition of Miniature Paintings of Jammu. A powerpoint presentation on various monuments was

also shown to the jakiians. The jakiians appreciated the craft objects and artifacts which were on display.

The Principal of JKPS Panjtirthi, Suman Banbah expressed, "Our culture and natural heritage are both

irreplaceable sources of life and inspiration. They are our touchstone, our points of reference and our identity."

Golden Debut for J&K at Masters Nationals

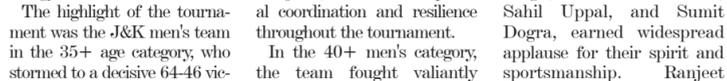
One Gold, One Silver-UT's Basketball Teams Leave Their Mark

STATE TIMES NEWS
JAMMU: In a moment of immense pride for the Union Territory of Jammu and Kashmir, its Masters Basketball teams have etched their names in the annals of Indian sports history by clinching one gold and one silver medal at the 7th Masters National Games held in Dharamshala. Making their debut at the prestigious tournament, the teams delivered standout performances that have inspired a wave of celebration and admiration across the region.

Organized by the Masters Games Association Himachal Pradesh under the aegis of the Super Masters Games and Sports Federation (India), the tournament witnessed Jammu and Kashmir's athletes shine on a national platform, proving their mettle and leaving an indelible mark. Leading the charge was the dynamic Iqbal Singh, whose performance was nothing short of spectacular. With over 30 points to his name, Singh's leadership and skill on the court earned him the coveted title of Best Player of the Tournament. His influence extended far beyond the scoreboard, motivating his teammates and lifting the entire squad with his energy and focus. The highlight of the tournament was the J&K men's team in the 35+ age category, who stormed to a decisive 64-46 victory over Haryana in the final match, capturing the gold medal. The team, composed of Bhanu Partap Singh, Iqbal Singh, Ranbir Singh, Sumit Kumar, Varinder Dabgotra, Sahil Sharma, Vaneet Pangotra, Mohan Singh, Sachin Bhambra, Sahil Uppal, Sumit Dogra, and Sandeep Khajuria, showcased exceptional coordination and resilience throughout the tournament. In the 40+ men's category, the team fought valiantly

against Kerala in a tightly contested final, ultimately securing the silver medal with a narrow 50-57 defeat. The squad, including familiar faces like Iqbal Singh and Bhanu Partap Singh, along with Ranjeet Singh Chib, Sumit Kumar, Varinder Dabgotra, Vaneet Pangotra, Mohan Singh, Sachin Bhambra, Sahil Uppal, and Sumit Dogra, earned widespread applause for their spirit and sportsmanship. Ranjeet Singh Chib, President of the Jammu and Kashmir Masters Games Association

(JKMGA) and a former international handball player, hailed the victory as a landmark achievement for the UT. He extended his gratitude to key institutions such as the Directorate of Youth Services and Sports, led by Sh. Rajinder Singh Tara (JKAS), the J&K Police, and the Secretary of the J&K Sports Council, whose collaborative efforts were instrumental in creating a supportive environment for the athletes. The remarkable achievements of J&K's Masters Basketball teams are more than just wins on the court; they represent a triumph of perseverance, unity, and the indomitable spirit of the region's athletes. Their success has ignited a renewed passion for sports across Jammu and Kashmir and serves as a powerful reminder of what can be achieved when talent meets opportunity. As the dust settles on a historic tournament, the legacy of these athletes is only just beginning.



Medal winners posing for photograph.

Dr Tarseem wins Badminton titles in JU Staff meet



Dr Tarseem Singh along with organisers and others.

STATE TIMES NEWS
JAMMU: Dr Tarseem Singh made it a double title by excelling in Badminton finals in the ongoing Staff Sports Meet of the University of Jammu, organised by the Directorate of Sports, here on Thursday.

In the singles final, Dr. Tarseem defeated Dr Sandeep Arya 2-1. Semifinals, Dr Sandeep Arya outplayed Munish Sharma 2-0 and Dr Tarseem beat Vishal Sudan in straight sets.

Dr Tarseem made it a double title winning the men's doubles Badminton title too. Pairing with Dr Shubnandan Singh, Dr Tarseem defeated the duo of Dr Sandeep Arya and Dr Noor-ul-Asrar 2-0. Semifinals: Dr Sandeep Arya and Dr Noor-ul-Asrar Beg beat Aman

Singh and Narinjan Singh 2-0; Dr Tarseem Singh and Dr Shubnandan Singh Jamwal beat Neeraj Bhardwaj and Munish Sharma 2-0.

Meanwhile, in women's singles title clash, Dr Chinmoyee Maharana shall take on Dr Sushma Devi. Semifinals: Dr Chinmoyee Maharana beat Sonika Sharma 2-0; Dr Sushma Devi beat Komal Bakshi 2-0.

CARROM: In women's Carrom event, the singles title went to Sunny Bhat, who beat Deepika Singh 2-0 in the final. Similarly, in doubles title clash, the duo of Pooja Manhas and Riya Bajral trounced the pair of Dr Samita Wadhwa and Mamta Verma 2-0.

In men's singles final, Dr. Deepak Anand beat Popinder

Singh 1-0. In doubles title clash, Dr. Noor-ul-Asrar Beg and Sachin Bhatia outplayed Vishal Sharma and Vaibhav Puri 2-0.

CHESS: Preliminary Round: Women: Sonika Sharma beat Sunny Bhatt; Pooja Manhas beat Dr. Sushma Devi. Men: Ankit Badyal beat Dalip Kumar; Dr. Sandeep Arya beat Raman Abrol; Akshitpal beat Manoj Kumar; Rajesh Kumar beat Karan Kumar; Summet Kapoor beat Prince Partap Singh.

Today's events officiated by the technical panel including Raj Kumar Bakshi, Ravish Vaid, Vikas Karlopa, Gagan Kumar, Jeevan Lal, Dr. Inderjeet Singh, and Rishiv Sharma.

DAA BGSBU chairs meeting to finalize academic calendar

STATE TIMES NEWS
RAJOURI: Prof. M. J. Warsi, Dean Academic Affairs (DAA), Baba Ghulam Shah Badshah University (BGSBU), on Thursday chaired a key meeting to finalize the University's academic calendar. The meeting focused on streamlining academic and examination processes in line with recent reforms introduced by the University. In his opening remarks Prof. Warsi Dean Academic Affairs reiterated the vision of the Vice Chancellor Prof Jawaid Iqbal for strengthening the academic fraternity and elevating the University to new heights. Prof. Warsi apprised the members of several significant initiatives undertaken in recent months to strengthen academics and research across the University. These efforts reflect

BGSBU's commitment to academic excellence and timely delivery of academic outcomes. During the meeting it was resolved that all examinations should be completed by 5th June 2025, following which summer vacation will commence from 6th June. In a major reform, the University has decided to abolish the coding system in examinations. This move is part of a broader strategy to implement examination reforms that will ensure timely evaluation and declaration of results. The meeting attended by Associate Deans, Heads and Coordinators of various departments concluded with a reaffirmation of the University's vision to promote a student-centric academic environment backed by efficient and transparent processes.

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FICCI FLO JKL empowers young women: culminate Digital Literacy Program at GCW Parade

STATE TIMES NEWS
JAMMU: FICCI FLO JKL marked the successful culmination of its Digital Literacy Program in Financial Awareness in collaboration with NIT Foundation at Government College for Women (GCW), Parade. This impactful initiative aimed to equip young women with essential financial and digital skills, fostering confidence and independence as they prepare for future careers. The program concluded with a ceremony where certificates were distributed to the 30 women students by NIT Foundation, recognizing their dedication and successful completion of the course. Resource persons, who played an instrumental role in the program's delivery, Dr. Seema Malhotra, Convener of the Women Study Centre, along with faculty members



Participants posing with certificates.

including Dr. Nitu Sharma, Prof. Mohd. Qayoom, Prof. Sukhvinder Kour, and Dr. Isha Sharma were felicitated by FICCI FLO JKL for their invaluable contribution and effort in making the program a success. Their dedication and specialized training ensured the delivery of an engaging and

impactful course, covering topics like financial planning, mobile banking, and insurance. Aarti Chowdhary, Chairperson, FICCI FLO JKL, expressed her gratitude to Dr. Ravinder Tickoo, Principal of GCW Parade, for his unwavering support, which was instrumental in the program's effective implementation. She emphasized the importance of financial literacy and its role in empowering women to achieve financial independence. She reiterated FICCI FLO JKL's commitment to such initiatives and encouraged the students to carry forward the knowledge they gained to create a positive impact in their lives. The event saw heartfelt feedback from students and teachers, highlighting the effectiveness of the interactive modules. Many students expressed their enthusiasm to apply the financial concepts they learned in their daily lives and professional journeys. Teachers also commended the initiative, acknowledging its role in enriching the students' understanding and skills. They thanked FICCI

FLO JKL for bringing this transformative program to GCW Parade and announced plans to commence the next batch soon. Present on the occasion were core team members Immediate Past Chairperson Ruchika Gupta, Past Chairperson and National Initiative Head for Collaborations and Partnership Varuna Anand, Sr. Vice Chairperson Vansha Bansal, Vice Chairperson Rupika Sahai, Secretary Nandita Bajaj, Jt. Treasurer Shipra Aggarwal. The ceremony concluded with a commitment from the college to continue collaborating with FICCI FLO JKL for empowering women students. This program served as a testament to FICCI FLO JKL's vision of fostering skill development and education for holistic empowerment.

Inter School Zonal Level Tournament of Zone Basohli held

STATE TIMES NEWS
BASOHLI: The Inter School Zonal Level Tournament of Zone Basohli was successfully conducted at Government Model Higher Secondary School, Basohli, in alignment with the Activity Calendar issued by the Worthy Director General YSS, Jammu & Kashmir UT, and under the guidance of the Worthy DYSSO Kathua, Sh. Sunil Singh Sambyal Ji. This sporting spectacle was meticulously coordinated by the Zonal Physical Education Officer, Sh. Tara Singh Ji, alongside the dedicated team of physical education staff of Zone Basohli. The event featured enthusiastic participation in the disciplines of Athletics and Yoga, with boys from the Under-14 and Under-17 age groups competing with great zeal. A total of 713 boys from various government and private schools across Zone Basohli took part, reflecting the vibrant sporting spirit of the region and a collective commitment to physical excellence and holistic development. In the 100 meters Under-14 category, Sahil from Govt GMS Basohli showcased his remarkable speed to secure selection. In the Under-17 category, it was Ritik Thakur



from VSHSS Basohli who impressed with his swift sprint to the finish line. The 200 meters race saw Bhiregav Balotra of VSHSS Basohli take the lead in the Under-14 group, while Amit Kumar from MHSS Basohli emerged victorious in the Under-17 race. Field events also brought forward outstanding young talent. In Javelin Throw (U/14), Krish from VSHSS Basohli stood out with his powerful performance. The Shot Put event crowned Kamal Singh of Cluster Bhoond as the Under-17 champion, while Wasim Hussain secured the top position in the Under-14 category. The Long Jump event brought accolades to GHS Sandhar, with Mohit Verma and Mohd Sahid winning first place in the Under-14 and Under-17 categories, respectively. These results reflect not only individual talent but the strength of

athletic training and encouragement across schools. The tournament also featured some spirited running events. Avnish Kumar from GHS Darann claimed first place in the 100 meters, showing exceptional sprinting prowess. Salman Khan of HS Janu took the top spot in the 200 meters, while Varun Singh from HSS Sandhar triumphed in the 400 meters. The 600 meters race was clinched by Manjeet Thakur of HSS Darann, who ran with persistence and power. The event was a grand celebration of youthful enthusiasm, talent, and sportsmanship. It reflected not only physical strength but also discipline, teamwork, and the collective spirit of Zone Basohli's educational institutions. This tournament stood as a testament to the bright future of sports in the region, with young athletes carving paths to glory and setting the foundation for greater achievements ahead.

Govt SPMR College holds comprehensive programme on promoting nutrition, healthy eating habits

STATE TIMES NEWS
JAMMU: The NSS Units of Govt. SPMR College of Commerce Jammu, in collaboration with ICCASH and SPARSH under the aegis of IQAC, organized a comprehensive program focused on promoting nutrition and healthy eating habits as part of the nationwide Poshan Pakhwada initiative. The event which was a part of ongoing NSS camp, aimed to raise awareness and encourage students to adopt healthier lifestyles. The programme started with assembly and singing of NSS song by NSS Volunteers. A key highlight of the program was the screening of an insightful documentary centered on the importance of a healthy diet and lifestyle. This visual presentation effectively conveyed crucial information about balanced nutri-



Faculty members and students during the programme.

tion and its impact on overall well-being. To further engage students and foster a spirit of healthy eating, a "Healthy Food Competition" was organized. This interactive event provided a platform for students to showcase their creativity and knowledge of nutritious recipes. The competition witnessed enthusiastic participation and highlighted the delicious possibilities of healthy cuisine. In the competition judged by Dr. Chetna Gupta and Dr. Roomi Rani, Tanish Kumar got 1st prize while the second prize was shared by Pranav Verma and Vashu Choudhary, while Rasneet

Kour and Palvi shared the third prize. Speaking on the occasion, the Principal of Govt. SPMR College of Commerce Jammu, Prof. (Dr.) Rajinder Singh, emphasized the pivotal role of nutrition in academic success and overall development. He lauded the efforts of the NSS units and collaborating organizations for organizing such an impactful event. He said that healthy eating and healthy living are the cornerstone of a successful lifestyle. A screening of an informative video lecture by Dr. Sushil Sharma, a renowned cardiologist was also organized. Dr. Sharma's expert insights provided valuable perspectives on the crucial link between diet, lifestyle, and cardiovascular health. Adding a motivational dimension to the event, a

video showcasing the healthy lifestyle practices of the Prime Minister of India, Narendra Modi, was also screened. This provided a real-world example of how incorporating healthy habits can be integrated into a demanding schedule. A cleanliness drive in the college campus was also conducted by NSS Volunteers. The entire programme was organized by Dr. Deepshikha Sharma (NSS PO) and Dr. Deepak Pathania (NSS PO), Dr. Reena Rani (Convener ICCASH), Prof. Rekha Gupta, Dr. Neeru Devi Anand from ICCASH Committee, Dr. Madhu and Dr. Rajni from SPARSH. Among those who were present on the occasion included Dr. Mohd. Azam, Dr. Chetna Gupta, Prof. Ashraf Nawaz, Prof. Shaji Khan, Dr. Sunal Sharma and others.