

# Tawi Trekkers J&K releases calendar of activities

**STATE TIMES NEWS**

JAMMU: Tawi Trekkers J&K, the biggest trekking club of J&K, would give more thrust to Adventure Pienies/short treks to Heritage sights of Jammu especially in Mohore Garh, Dher Garh, Bhupner Garh-Mansar, Devi Pindian near Katra and Naina Devi near Mantalai in Udhampur district for school students during the current year. It was announced by Ram Khajuria, Advisor of the Club, while highlighting the detail of activities included in the Calendar of Activities of the Club for the year 2025-26, which was released in an impressive function held at Press Club of Jammu.

Patron of Tawi Trekkers J&K Ashwani Sharma, former MLA released the Calendar of Activities along with Advisor of the club Prof. Lalit Magotra, Padma Shri Awardee; Co-Chairman of the Club Zorawar Singh Jamwal, Chairman, Team Jammu; Patron of the club Rahul Sharma, Chairman, Sprawling Buds ICSE School, Bantabal, Jammu; Vivek Chauhan, Principal, Oriental Academy Sr. Sec. School, Jammu; Sanjeev Gupta, Chairman, The Shri Ram Universal School;



Dignitaries during the release of Calendar.

Shawetia Khajuria, working president, Arti Sharma, Sr. Vice President; Sonam Sidharth, General Secretary and Seema Kharyal, a senior member of the club.

Highlighting the activities to be undertaken by the club this year Advisor of the club Ram Khajuria mentioned that this year the club shall organize three trekking expeditions in Dhauladhar Range in Himachal Pradesh including one to Triund (10000ft) for Junior members and an expedition to Minkiani Pass (14500ft) for senior members and a trek from Dalhousie to Chamba exclusively for senior citizens. Besides, a Heritage Trekking Programme in Kangra area of Himachal Pradesh shall also be organized for about 200 students during the

months of October to December, 2025.

Another challenging adventure of the club is an ambitious 10 days high altitude trekking expedition in Stok area of Leh. The club plans to depute only 8 members for this prestigious expedition. Besides, the club shall also organize a small, low budget mountaineering expedition to Mun peak in Dhauladhar range of Dharamshala.

To spot the talent in sport climbing at the grass root level and to groom it for future competitions the club has an ambitious plan of conducting year long coaching camps and monthly competitions for sport climbers including physically and visually challenged ones.

A Union Territory level sport climbing competition

exclusively for women shall also be conducted by Tawi Trekkers at sprawling buds ICSE School in the month of July, 2025 besides an Open Union Territory level sport climbing competition in October, 2025.

However, the club has not so far been able to identify the area for the conduct of this year's Himalayan Trekking Programme for school children during summer vacations and the same shall be announced as and when finalized.

While addressing the august gathering Ashwani Sharma hoped that with concerted efforts of the club, the Mountaineering Association of J&K, the J&K Sports Council and with liberal help and active cooperation of local educational institutions,

the Union Territory of J&K would soon become a formidable force in sport climbing and mountaineering at the international level. He appreciated the management of the club for its wholehearted support to international climber Shivani Charak who has the unique distinction of being the only female athlete of J&K to participate in an Asian Games during the last 77 years.

Zorawar Singh Jamwal, Chairman Team Jammu also spoke on the occasion and lauded the achievements of the club during the last over 42 years. He hoped that with sincere efforts of the new young team of the club the participation in the activities of the club would break all records, this year.

Advisor of the Club Prof. Lalit Magotra who was recently conferred with Padma Shri Award was also felicitated on the occasion. He was profusely garlanded after being presented a colourful flower plant and a bouquet. The function concluded with a delightful tea party hosted by the club in honour of Prof Lalit Magotra. The function was very ably anchored by Arti Sharma, senior vice president of the club.

# SCJS celebrates Navratras with devotion, culture, social Service



SCJS members honouring MLA Vikram Randhawa.

**STATE TIMES NEWS**

JAMMU: The Senior Citizens Joy Society (SCJS), in collaboration with Vichar Kranti Manch International (VKMI), organized a grand celebration of Navratras, emphasizing devotion, culture, and social service. The event was graced by Vikram Randhawa, MLA, Bahu Jammu, as the Chief Guest and presided over by I.D. Soni, a distinguished educationist and philanthropist.

The gathering witnessed insightful discourses on the significance of Navratras and the Nine Swaroops of Maa Durga, delivered by Ashok Gupta, President of SCJS, and H.C. Vaid, Executive Member. They highlighted the festival's role in fostering virtue, discipline, and devotion.

A special highlight was the birthday celebration of Dr. Shreyansh Kumar Jain, Chairman/Advisor of SCJS and President of VKMI, recognizing his five decades of contribution to social welfare and yoga. The Chief Guest lauded Dr. Jain's relentless efforts in societal service, emphasizing how Navratras instill cultural values and social harmony.

Prominent dignitaries present included Satya Paul Sharma, State President, Bhartiya Yog Sansthan, Arun Paehanda, Vice President, Bhartiya Yog Sansthan, K.S. Samyal, President, Senior Citizens Rejuvenation Centre, Shubhchander Verma, Former Corporator & President, Trikuta Nagar Council,

Parmod Jain, Former General Secretary, SS Jain Sabha, Y.C. Thaper, Lal Singh Nag, Anjesh Singh, Dr. Usha Tickoo, Vice President, VKMI, Srinagar, Prof. Virender Gupta, Rakesh Verma, Rajesh Vaid, Rishik Mengi, Director, Puspap Vatika, B.B. Sharma, Former State President, Bharat Vikas Parishad, Arun Sharma, Regional Executive, Bharat Vikas Parishad, Sunita Mahajan, National Mahila Sahbhagita, Sunita Gupta, State President, Bharat Vikas Parishad and other members of SCJS & VKMI who shared their insights on the spiritual and cultural relevance of Navratras.

The event also featured soulful bhajans dedicated to Maa Durga, performed by K.S. Samyal, Veena Jain, Rajesh Vaid, and Anju Bansal, enhancing the devotional atmosphere.

The program, skillfully coordinated by Ashok Gupta and Ashok Khajuria, concluded with a heartfelt vote of thanks by Dr. Shreyansh Kumar Jain, followed by the National Anthem, reinforcing the essence of faith, righteousness, and social service.

# NSS SMVDU volunteers participate in National Integration Camp at Hisar, Haryana



Participants posing for photograph.

**STATE TIMES NEWS**

KATRA: NSS volunteers of Shri Mata Vaishno Devi University (SMVDU) recently participated in the 'National Integration Camp' held at Choudhary Charan Singh Haryana Agricultural University, Hisar, from 21st to 27th March 2025.

Representing the Jammu and Kashmir contingent, Ujasvi Sharma and Praveen Giri showcased their talents at this presti-

gious national event.

The week-long camp brought together 200 NSS volunteers from across the country, providing them with a platform to interact, exchange ideas, and celebrate India's cultural diversity.

Participants engaged in various activities, including morning fitness sessions, cultural and literary competitions, and academic lectures by esteemed speakers.

SMVDU's Ujasvi Sharma brought pride to the university by securing second place in the dance competition. Volunteers also explored the Agricultural Garden and Museum, gaining insights into agricultural advancements, and visited Prasar Bharati All India Radio, Hisar, on the last to share their experience about the camp.

Evening cultural programmes allowed participants to represent their states' traditions through dance, music, and drama.

Ujasvi and Praveen proudly showcased Jammu and Kashmir's vibrant culture, leaving a lasting impression.

NSS Programme Coordinator congratulated the volunteers for their achievements, while Vice Chancellor, Prof. Pragati Kumar, praised their dedication in bringing laurels to SMVDU and upholding the spirit of national integration.

**STATE TIMES NEWS**

JAMMU: In observance of World Autism Awareness Day, the Department of Home Science, University of Jammu, in collaboration with Care-North, successfully organized a hands-on workshop on Autism Awareness and Inclusion today. The event provided a platform for educators, parents, and students to deepen their understanding of autism and enhance their capacity to create inclusive environments for children on the autism spectrum.

Prof. Sarika Manhas, Head, Department of Home Science, welcomed the participants and highlighted the objectives of the workshop, emphasizing the importance of early identification and intervention in autism. She mentioned the need for a concerted effort to raise awareness about the needs and challenges of children with autism. Later, she conducted a technical session focusing on creating



JU officials along with participants during the workshop.

inclusive teaching-learning environments.

Dr. Abhishek Chauhan, Consultant Psychiatrist at the Government Psychiatric Disease Hospital, Jammu, was the invited resource person, providing expert insights into autism spectrum disorder (ASD) and its early detection.

Dr. Chand Trehan, RCI-licensed psychologist and Director of Care-North, conducted the third technical session, focusing on behavioral strategies and effective communication

techniques for supporting individuals with autism.

The workshop witnessed enthusiastic participation from teachers of Doon International School, Jammu Sanskriti School, IDPS, Army School, BEE ENN Care, Zavi International School, and Raindrop Preschool, along with parents and students. Their active engagement facilitated meaningful discussions on inclusive education and effective support for children with autism.

This workshop held

immense relevance for teachers, as it equipped them with strategies to create inclusive classrooms that cater to the diverse needs of students with autism. Parents benefited by gaining a better understanding of their child's condition and learning practical techniques to support their development at home. For students, especially those pursuing education and psychology, the workshop provided valuable insights into autism, encouraging a more empathetic and informed

approach toward individuals on the spectrum. Prof. Rajni Dhingra, former Dean Research Studies, graced the occasion as the special guest and distributed certificates to the participants, acknowledging their commitment to promoting inclusivity. She also noted that this initiative marks a significant step towards raising awareness and advocating for a more inclusive society for individuals with autism. The Department of Home Science, JU, remains committed to continuing its efforts in promoting awareness, support, and acceptance for individuals on the autism spectrum.

The event was efficiently coordinated by MDP in Human Development students Tanisha Jain, Sunaina Sharma, Avantika Parihar, and Ganga. Their dedicated efforts ensured the smooth execution of the workshop, contributing to its overall success.

# 26 events marks second day of Students Display Talent UDAAN-2025 in CUJ

**STATE TIMES NEWS**

JAMMU: Cultural festival of Central University of Jammu "UDAAN-2025: Virasat aur Vikas Ki" commenced its second day bringing together students from thirteen different clubs to showcase their creative abilities and talents.

The Fine Arts Club hosted poster-making, painting, and terracotta competitions, providing students with a platform to express their artistic visions following the Dance Club and Music Club mesmerized audiences with their energetic performances, while



the Quiz Club engaged participants in an exciting test of knowledge and intellect.

Adding a cinematic touch, the Film Club conducted a short filmmaking competition, challenging

students to create 2-3-minute films centered on the theme of Udaan 2025.

The event also featured several other clubs contributing their unique creative expressions, ensuring

a diverse and engaging experience for all attendees.

Apart from competitions, the event offered a delightful culinary experience with numerous stalls serving food, drinks, desserts, and ice cream, adding to the festive spirit.

The office of the Dean Students' Welfare ensured the events were well organized with proper arrangements of venues for all competitions in the DDE building and sports ground for a seamless experience for both participants and as well as spectators.

Vice Chancellor Prof. Sanjeev Jain said "UDAAN is more than just an event; it is a journey through culture, art and innovation and an approach to connect youth with their culture and traditions".

With an electrifying atmosphere and an overwhelming response from students, UDAAN 2025: Virasat aur Vikas Ki continues to inspire and celebrate talent, marking another milestone in the cultural calendar of the Central University of Jammu.

# Satish inaugurates photo exhibition on Ambaran 'Buddhist Citadel' in New Delhi

**STATE TIMES NEWS**

NEW DELHI: Minister for FCS&CA, Transport, Youth Services and Sports, Information Technology, Science and Technology, ARI and Trainings, Satish Sharma, inaugurated 40 day long photo exhibition on Ambaran "The historical Buddhist Citadel" at Ajanta Hall of National Museum in New Delhi.

The exhibition was jointly organised by the National Museum of India and Centre for Himalayan Asian Studies and Engagement (CHASE)



Cabinet Minister Satish Sharma speaking at an event in New Delhi.

New Delhi. The photographs have been clicked by veteran photographer Vijay Kranti and his son Akshat Kranti.

While speaking on the occasion, the Minister remembered the efforts of his father late Madan Lal Sharma, who was also Member Parliament, in preserving his historic site which has religious significance to Buddhists.

Satish Sharma said that the photographers of this exhibition acknowledge years of dedicated efforts of former MP late Madan Lal Sharma and his efforts at putting Ambaran and Akhnor on the national map of Buddhist tourism.

The Minister said that the site is known for its terracotta figures that included Buddha heads of various sizes and ornately dressed male and female statues, with clearly seen influences of the Graeco-Buddhist and Gandhara schools of art. The Minister, while sharing the message of Chief Minister, Omar Abdullah, asserted that the government has placed special emphasis on promoting the rich cultural heritage of J&K and its tourism.

Satish Sharma said that Akhnor is blessed with five extraordinary cultural historical natural and technological specialties which are the Buddhist Monastic site of Ambaran, the Akhnor fort, the Jia Pota Ghat, Chenab river and peaceful facet at Akhnor. It is government's commitment to promote and place Akhnor on the tourist map of India, he added.

Satish Sharma also informed that similar kind of photo exhibitions will also be held in Jammu and Srinagar after the conclusion of this exhibition.

The Minister concluded that this exhibition is a photographic tribute to the archeologists of India and people of Akhnor. Pertinent to mention that, Ambaran is one of the latest historical findings of Archeological Survey of India and the oldest Buddhist site found so far in Jammu, Kashmir and Ladakh which is situated at the bank of chenab river. The highest spiritual leader and head of Tibetan Buddhism, 14th Dalai Lama had visited this ancient site in November 2012.

# IGNOU extends last date for submission of assignments, other academic works to April 30, 2025

**STATE TIMES NEWS**

JAMMU: The Indira Gandhi National Open University (IGNOU) has extended the submission deadline of assignments, project reports and other academic works for the June 2025 Term End Examination to April 30, 2025.

The decision has been communicated through a notification issued by the Student Evaluation Division (SED) under reference number F.No. IG/SED/June, 2025 TEE/2025/15568 which aims to provide students with additional time to complete their coursework amid ongoing academic demands.

According to the notification, the last date for submitting assignments, project reports, field work journals, practicums, dissertations, and internship reports has been extended to April 30, 2025. This extension applies to students enrolled in Open and Distance Learning (ODL) programs, online programs, as well as those under the Guyana Online Academy of Learning (GOAL) and the Education via Broadband (EVBB) initiatives. The decision was approved by the



Competent Authority, reflecting IGNOU's commitment to supporting its diverse student base.

The extension is expected to benefit thousands of learners who manage academic pursuits with professional and personal responsibilities. It is worthwhile to note that a huge student-base of Regional Centre Jammu belongs to far off places of the region and a substantial number of students are working professionals which makes them duty bound to personal and professional commitments. Keeping this in consideration, IGNOU has consistently adapted its policies to ensure flexibility and student-centric approach. "This extension comes as a relief to many of our learners, reinforcing IGNOU's reputation as an institution observant to the needs of its students. Students are, therefore, advised to utilize the additional time efficiently and submit their work through the designated online portals or Learner Support Centres well before the revised deadline", said Dr. Sandeep Gupta, Regional Director, IGNOU Regional Centre Jammu.

# CSIR-IIM Field Station Pulwama hosts Tulip Show



**STATE TIMES NEWS**

PULWAMA: In a significant step towards revitalizing the floriculture sector in the district, the Council of Scientific and Industrial Research - Indian Institute of Integrative Medicine (CSIR-IIM), Field Station Bonera, Pulwama organized a grand Tulip Show today.

CSIR-IIM has initiated a strategic programme for indigenous tulip bulb production under the overall supervision and mentorship of Dr. Jitendra Singh, Union Minister

for Science and Technology and Minister of Earth Sciences.

As part of this strategic intervention, over one lakh tulip bulbs have been successfully cultivated on 12 kanals of land at the Field Station. The programme is aimed at reducing import dependency, promoting domestic tulip cultivation and fostering an agritech ecosystem.

The Field Station was opened to the public today, allowing visitors to witness the breathtaking bloom of tulips. The event witnessed an overwhelming

response, with a large number of people, including children and students, attending the festival. The event showcased breathtaking displays of tulips in full bloom, offering a glimpse into the region's floricultural potential and the success of indigenous innovation. This step aligns with the national mission of 'Atmanirbhar Bharat', reducing reliance on imported bulbs while creating economic opportunities for local farmers," said a scientist from CSIR-IIM. CSIR-IIM officials emphasized the importance of scientific intervention and innovation in agriculture, stating that this initiative will pave the way for self-sufficiency in tulip production, benefiting both local farmers and the economy at large. The initiative is expected to strengthen the floriculture industry, providing new opportunities for research, commercial cultivation and employment generation in the sector.