

Jammu Sahodaya invites Professor of Eminence Dr Sanjeev Sahni for Talk show

■ STATE TIMES NEWS

JAMMU: Jammu Sahodaya organized a Talk Show under the aegis of renowned OP Jindal Global University Sonipat Haryana on the topic 'Emotional Well Being & Stress Management' by Professor of Eminence Dr. Sanjeev P. Sahni for Teachers, Counsellors, Coordinators, VPs, Principals & Management people.

Prof Sahni is the Principal Director Jindal Institute of Behavioural Sciences; Director for Centre for Victimology & Psychological Studies; Centre for Leadership & Change; Centre for Community Mental Health; Centre for Criminology & Forensic studies; Member of the Governing Body & Advisor to the Vice Chancellor of OP Jindal Global University.

Prof Sahni enthralled the audience with his profound knowledge related to psychology. The audience felt as they were interacting with some renowned psy-



Principal Director Jindal Institute of Behavioural Sciences, Dr. Sanjeev P. Sahni addressing Jammu Sahodaya members during a Talk Show at JKPS Kunjwani.



to think about all those things which provide them mental solace/ emotional succour. It's a must for internal healing and nourishment.

The eighth commandment "Ask for Help & Communicate" called for an applause from the audience. He tried convincing people to never feel shy in asking for help and communicate very openly. Overcoming shyness is as important as physical well being.

The ninth commandment was the development of relationship bank. He stated that "if you are in touch with more than fifty people in life regularly, then you needn't worry; but if this number goes below 20, then you must contact Prof Sahni", he again shared his streak of witty humour.

The tenth commandment drew the attention towards the development of gratitude journal. He shared that expressing gratitude to people nurtures peace within us. If we are sharing our gratitude with more than fifty people every week, then

we'll remain happy beings forever ahead but expressing our gratitude to less than 20 people may push us into stressful situation. Audience left the venue with loads of take aways. Joy writ large over every face spoke volumes about the success of the programme.

Prof Sahni felicitated all the Principals & Vice Principals with a scarf each with a JGU insignia embroidered over it, similar to Harvard University scarf.

He appreciated the team work of Jammu Sahodaya & wished all the Institutions innumerable milestones & glory ahead.

He expressed his thanks to Rajesh Rathore, President, Jammu Sahodaya & Principal, JK Public School, Kunjwani, Jammu for organizing it so flawlessly & efficiently.

He promised to conduct two sessions for the parents & students shortly in the biggest auditorium of Jammu to accommodate the maximum attendees. The Talk show reached its culmination point with the serving of delicious dinner.

NAAC Peer team visits GGM Science College for re-accreditation

■ STATE TIMES NEWS

JAMMU: A three-member peer team from National Assessment and Accreditation Council (NAAC), Bengaluru visited Government Gandhi Memorial (GGM) Science College, Jammu as the college went in for its third cycle of accreditation.

The Peer team comprised of Dr. Namadeo Jagannath Pawar (NAAC Chairman) Former Vice Chancellor, Dr. D.Y Patil Vidyapeeth, Pune, Maharashtra, Dr. Kiran Singh, Professor (NAAC Member Coordinator) of Chemistry, Kurukshetra University and Dr. Sylvanus Lamare (NAAC Member) former Principal, St. Edmund's

District Pulwama Volleyball meet from August 2

■ STATE TIMES NEWS

JAMMU: District Volleyball Association Pulwama shall be holding two-day district championship from August 2 to 4 at Play Field, Srinagar Pulwama in Kashmir.

The competition shall be held in Sub-Junior (boys and girls), Junior (boys and girls) and Senior (men). Those interested clubs and departmental teams as also the institutions have been advised to submit their entries before July 28, a handout issued here on Sunday informed.

The championship shall be held under the aegis of Volleyball Association of J&K and sponsored by JKSC.

Teams can contact the members of the organising committee (9906746603, 7 0 0 6 7 2 2 2 7 1, 9149426602).



NAAC Peer team from Bengaluru posing with faculty of GGM Science College Jammu.

College, Shillong, Meghalaya.

On the first day of the visit, Principal, Dr. Ravender Kumar Tickoo delivered a power point presentation on the role of College IQAC for ensuring quality initiatives.

NAAC Peer Team also interacted with HODs of all teaching departments of the college. They also met with the stakeholders of the college, i.e., parents, students, alumni and representatives from the Department of Higher Education.

The team assessed the

Gupta, IQAC Coordinator, also delivered power point presentation on the role of College IQAC for ensuring quality initiatives.

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The team assessed the

infrastructure of the college and visited various departments and laboratories and interacted with the teaching and non-teaching staff. The team also visited Dr. D. N. Wadia Museum of Geology. The day ended with a cultural programme, presented by the students, showcasing the rich cultural heritage of the region.

Visits to different facilities like the college

Dr. Rakesh Kumar

from the institute have made their entry into the final lists of various prestigious and coveted services like IAS, IFS, IPS, IRS, IFoS, JKAS, JKPS, KCS and many other national and state level services.

The test series for JKAS Prelims 2022 comprises six sectional and six full mock tests of General Studies & CSAT. The students are being provided with answers keys, and a number of students

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Aspirants appearing in demo JKAS test.

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JAMMU: SR College has started a fresh test series for the candidates preparing for the forthcoming 2022 J&K Combined Competitive Examination scheduled for 31st of July conducted by the JKPS in the college premises at Gandhi Nagar.

SR College of Competitions has been providing guidance to the civil services aspirants since the year 2000 and a number of students

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