

Four-Day workshop on Peace Education by Eqra Foundation concludes at GCW Parade

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JAMMU: A transformative four-day workshop on Peace Education, organized by Eqra Foundation in Collaboration with Department of Political Science, concluded today at Parade College for Women, drawing participation from over 60 students of the Department of Political Science and the Design Your Destiny (DYD) programme. Held from 21st to 24th July, the workshop sought to engage young minds in critical reflection, dialogue, and value based learning-essential tools for cultivating a more peaceful and just society. The workshop was part of Eqra Foundation's ongoing effort to introduce Peace Education in educational institutions across Jammu and Kashmir. Throughout the sessions, students explored diverse themes such



GCW Parade faculty and Eqra Foundation members with student at a programme.

as identity and belonging, nonviolent communication, conflict transformation, inner peace and emotional regulation, and the role of historical memory and inter-generational trauma in shaping communal relationships. Interactive activities, reflective exercises, and group discussions were designed to foster empathy, critical thinking, and a deeper understanding of systemic violence and structural inequalities. Students were

encouraged to interrogate conventional ideas of peace and justice while developing tools for building resilient, inclusive communities grounded in respect, dignity, and compassion. Speaking at the valedictory session, Simran Kour, Co-founder and President of Eqra Foundation, shared the organization's mission and journey. Founded in 2020, the Eqra Foundation is a civil society organization committed to nurturing conscious and mindful living

through programmes rooted in Mental Health, Peace Education, and Religious Pluralism across Jammu and Kashmir. Reflecting on her personal journey, Kour stated, "I've come to realise that peace is deeply intertwined with justice, equity, sustained harmony, and collective well-being. This is the foundation on which EQRA operates." The principal of Parade College, Dr. Ravender Kumar Tickoo, commended the initiative. The workshop was coordi-

nated by Prof. Jasneet Kour, Political Science Department, who played a key role in facilitating student engagement and anchoring the sessions over the four days. The four day workshop was conducted by facilitators and trained resource persons from Eqra Foundation, including Simran Kour Raina, Janvi Kour, Simran Kaur, and Sarleen Kaur. The valedictory session was also graced by Prof. Alpana Vohra, Coordinator of the DYD Programme, along with esteemed faculty members Prof. Randheer Kour, Prof. Savita Rana, Prof. Suman Bala, and Prof. Gurpreet Kour. Their presence and active involvement added great value to the workshop and underscored the college's commitment to holistic and transformative education.

BJP leadership believes in bringing forward dedicated workers: Balbir

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JAMMU: Senior leader of Jammu Kashmir Bharatiya Janata Party and former Vice Chairman, Balbir Ram Rattan, on Saturday extended congratulations to the newly appointed State Vice President of the party Rajiv Charak. Balbir described Rajiv Charak as a dedicated worker, well versed with the ideology, principles and policies of the BJP and said that his organisational capabilities and connection with the workers make him an effective leader. He said that Charak's new responsibility in the party will definitely prove to be helpful in strengthening the organisation further. Balbir said, "Rajiv Charak is a worker who has been serving the party for years and who has worked to take the party's policies to the people at every level. His appointment makes it clear that the BJP leadership believes in bringing forward dedicated and ideologically strong workers." He further said that the real strength of BJP is its dedicated cadre, which works with the spirit of nationalism, development and good governance. He said that BJP workers are not limited to elections only, rather they adopt the service of the society as a mission. Balbir expressed confidence



that Rajiv Charak will take the party to new heights with his experience and leadership skills and further strengthen the organization at the grassroots level. He also said that such appointments serve to boost the morale of workers within the party and send out the message that honesty and dedication are respected at every level.

Inner Wheel Club Jammu Sampark pays tribute on Kargil Vijay Diwas



Inner Wheel Club Jammu Sampark members commemorating Kargil Vijay Diwas.

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JAMMU: Inner Wheel Club Jammu Sampark commemorated Kargil Vijay Diwas with solemnity at Balidan Stambh, paying heartfelt homage to the brave soldiers who sacrificed their lives for the nation. Club President

Smt. Rattan Prabha, Vice President Kusum Kesar, Charter President Reva Raina, and other members offered floral tributes and saluted the martyrs. Notable participants included Ravinder Raina, Anuradha Sharma,

Anuradha Manhas, Lalita Khajuria, Avinash Sharma, and Daisy Vakar. The ceremony reflected the club's deep respect and gratitude towards the armed forces for safeguarding the country's sovereignty and integrity.

Modi Govt set new dimensions of development at ground level: Baru

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JAMMU: BJP Senior Leader and former JMC Councillor Sanjay Kumar Baru, along with Shaktikender Parmukhs Bubesh Sharma, Jatinder Khajuria, and local leader Jatinder Sethi, tours and listened to the grievances of the residents at Talab Tillo Bohri in Jammu West Assembly Constituency. During the tour locals informed the leaders that the street lights in Bohri and adjoining areas are non-functional. Residents also complained of waterlogging in by-lanes during the rainy season due to the lack of proper drainage in some localities. After listening to the problems of the people during the visit, Sanjay Baru said that the Union Government led by Prime Minister Narendra



BJP Senior Leader and former JMC Councillor Sanjay Kumar Baru meeting residents.

Modi has worked to upgradation of Infrastructure and provide facilities to the people at ground level in Jammu and Kashmir. Baru said that during his tenure as JMC Councillor between 2018 and 2023, he got work done in his ward worth about 32 crores and even last week, construction work of sewerage project has been started at a cost

of 21 crores. He further said that to solve the electricity problem of Talab Tillo area, a new PDD station has been set up in Poonch House Ground, the work of which has been completed and it will also be inaugurated in the next few

days, which will reduce the problem of unscheduled electricity cuts in this entire area. Baru assured the residents that the sewage problem would soon be resolved and the issues related to upgradation of lanes and drains, he

mentioned that the matter had been taken up with the JMC authorities with the intervention of public issues are always a priority for the BJP leaders. He assured the residents that all the concerns raised were genuine, and he will work to resolve them one by one. Jatinder Khajuria, Bubesh Sharma, Jugal Sharma, Lokesh Bhagat, Bachan Lal, Ar Anil Wali, President of RARWA Society; Dr. Sanjay Pandita, General Secretary; Pyare Lal Pandita; Kuldeep Parmoo; Krishen Ji Bhat; Bal Krishen Bhat, all Executive Members; Shakeel Ahmed; Ramesh Kumar; and Rajan Gupta were present at the occasion.

DIS Jammu commemorates Kargil Vijay Diwas, holds investiture ceremony

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JAMMU: Doon International School, Jammu, commemorated Kargil Vijay Diwas with immense patriotism and pride, marking the occasion with a series of impactful events-including an awareness program on Operation Sindoor and the annual Investiture Ceremony. The event was graced by distinguished dignitaries including Brigadier Sumeet Sharma, Colonel Livin V. Kootungal, and Major Gurdeep Singh, who brought honor and valuable insights to the occasion through their esteemed presence and inspirational words. The guests were formally welcomed by the Principal, Dr. Vikesh Kaur, who expressed her gratitude for



DIS faculty with army officials during a programme.

their presence and highlighted the importance of instilling patriotic values and leadership skills in young minds. A special highlight of the celebration was the formation of the new Student Council. In a formal ceremony, council members were presented with

badges, symbolizing their roles as emerging student leaders. The Investiture Ceremony served as a proud and symbolic moment, instilling leadership, accountability, and dedication among the students. Brigadier Sumeet Sharma delivered a powerful and moti-

national address, urging students to embrace discipline, resilience, and a spirit of service. He encouraged them to consider careers in the Indian Armed Forces, emphasizing the noble sacrifices and virtues that define a soldier's life. The program also featured an

awareness session on Operation Sindoor, presented by Major Gurdeep Singh, who shared valuable insights about the operation. He highlighted the strategic importance of the mission and narrated real-life experiences that showcased the bravery, dedication, and tactical skills of the Indian Army. The occasion was further honored by the presence of Chairman G.N. Tantray, Vice Chairman M.A. Tantray, Directors Leesan Ul Nabi and Elhsaan Ul Nabi, Vice Principal Dr. Sarita Moza Kaul, Academic Heads Gazia Khan and Silma Shrish, Headmistress Shivali Singh Pathania, Chief Coordinator Surinder Singh. The program concluded with a vote of thanks delivered by Vice Principal Dr. Sarita Moza Kaul.



CBSE expert delivering a lecture during workshop.

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JAMMU: In a significant initiative aimed at empowering its workforce with essential money management skills, Army Public School BD Bari conducted a workshop on Financial Literacy for its teaching and non-teaching staff on Saturday. The session focused on

equipping participants with practical knowledge on topics such as budgeting, savings, investments, tax planning, digital banking, and retirement planning. The workshop was facilitated by CBSE expert in financial education, Naveen Kumar, who offered insights into the

importance of disciplined financial habits in achieving long-term stability and security. This initiative reflects APS BD Bari's commitment to the holistic well-being of its staff-ensuring that they are not just educators but also financially aware and empowered individuals.

Plant a tree in honour of your mother, gift a greener tomorrow: Yudhvir



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JAMMU: In a bid to promote environmental sustainability and pay tribute to motherhood, BJP J&K Vice President and MLA Jammu East, Yudhvir Sethi, launched a plantation drive under the nationwide campaign "Ek Ped Maa Ke Naam" at Government Primary School Aitham and

Pracheen Shiv Mandir Tute Di Khui in Jammu East Constituency. Organized in collaboration with the Forest Department and supported by volunteers and community members, the initiative saw enthusiastic participation from locals and environmental enthusiasts. Speaking on the occasion, Yudhvir Sethi high-

lighted the emotional and ecological value behind the campaign. "Planting a tree in your mother's name is more than a symbolic gesture-it is a living tribute to the nurturing spirit of motherhood. This campaign, initiated by Prime Minister Narendra Modi, inspires every citizen to connect with nature while honouring the one who gave us life," he said. Sethi appealed to the people of Jammu to take the message of this campaign seriously. "If each of us plants just one tree in our mother's name, imagine the kind of green revolution we can achieve. It's a step towards healing our planet and securing a better future for our children," he added. He also stressed the impor-

tance of environmental consciousness in daily life. "Environment protection is not a one-day affair; it's a continuous responsibility. Small acts like tree plantation can lead to big changes. Let us come together and make green habits a part of our culture," Sethi remarked. The plantation drive included educational interactions with students and community members about the long-term benefits of afforestation, particularly in urban areas battling rising pollution and loss of green cover. Sethi was joined by prominent persons including Shri Sharma, Sham (Ex-Sarpanch), Bishan Singh, Sardar Singh, Madan Singh, Rimpi Bazir, and Hamid Ahmad.

Festivals like Teej connect us to our roots and culture: Rekha Mahajan

BVP celebrates Hariyali Teej Festival with fervour



Vice President BJP J&K Rekha Mahajan with winner women and others at Hariyali Teej festival.

■ STATE TIMES NEWS

JAMMU: The Bharat Vikas Parishad (BVP), Trikuta Nagar Branch, celebrated the vibrant and traditional Hariyali Teej Festival with great enthusiasm and cultural splendour. Vice President BJP J&K Rekha Mahajan was chief guest on the occasion. Anita Mahajan Prant President, was also esteemed guest. The event was organized under the leadership of Vanita Kohli (President), Kalpana Chopra (Secretary), and Ritu Gupta (Treasurer) along with active participation of the BVP Ladies Club members. The program commenced with the lighting of

the ceremonial lamp and the recitation of Vande Mataram, setting the tone for a culturally rich and spiritually uplifting evening. The chief guest on the occasion was Rekha Mahajan, Vice President of BJP Jammu and Kashmir, who was warmly welcomed by the organizers. In her address, Rekha Mahajan lauded the efforts of Bharat Vikas Parishad and the Ladies Club for organizing such a colorful and meaningful event that celebrated womanhood, tradition, and Indian culture. Speaking on the significance of the occasion, she said, "Hariyali Teej is one of the most cherished

festivals in India that signifies the beauty of nature, devotion, and the sacred bond of marriage. Women across the country pray for the well-being and long life of their husbands and for conjugal bliss." She further emphasized the importance of participating in such cultural festivals, stating, "These celebrations serve as a bridge connecting us to our roots. By actively engaging in traditional events like Teej, we not only preserve our customs but also pass them on to the younger generation." The Teej Mahotsav 2025 featured a variety of engaging and entertaining activities, including tradi-

tional dance performances, folk music, games, and a special highlight - the Teej Queen Competition, where women showcased their talent, elegance, and festive spirit. The event brought together members and guests for an evening of joy, laughter, and shared cultural values. Suresh Balli won the title of the evergreen Teej Queen (above 50) and Vanshika Gupta as the Teej Queen (under 50), representing both maturity and youthful energy. The Hiriyali Teej festival is such a vibrant celebration, and having two distinct Teej Queens could really highlight the diversity of the participants and their celebrations. The venue was beautifully decorated in green hues symbolizing prosperity and harmony, in tune with the spirit of Hariyali Teej. Guests relished festive delicacies and participated enthusiastically in the cultural programs. The function concluded with a vote of thanks and the collective sentiment of reviving and rejoicing in India's rich cultural heritage.

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SOPORE: The North Kashmir Education Fest 2025, themed 'Taleem Se Taraqqee', a mega educational extravaganza, dedicated to shaping the future of the Valley's youth through transformative learning opportunities. Organized by the Army in collaboration with the District Administration of Kupwara, Baramulla and Bandipora, the event at Sopore's Subhan Sports Stadium emerged as a vibrant platform connecting aspiring students with prestigious educational institutions from across the nation. Over 3,000 students eagerly explored an extensive spectrum of academic disciplines-science, business, engineering, humanities, arts and social sciences-while receiving insightful, aptitude-based career counsel-



The event also featured the enlightening

'Know Your Army' campaign. This landmark initiative symbolized hope, progress and unity, strengthening Army-civil ties and paving the way for a self-reliant, empowered and peaceful 'Naya Kashmir'.