

Record 1400 participation in J&K Athletics Championship

STATE TIMES NEWS

JAMMU: The organising team of the Jammu and Kashmir Amateur Athletics Association (JKAAA) received a record participation of 1400 athletes from different parts of the Union Territory of J&K at Synthetic Tracks, University of Jammu (JU) grounds, here on Tuesday.

The championship was formally declared open by Prof. (Dr) Ashutosh Sharma, president J&K Olympic Association (JKOA) in a well attended inaugural function.

Speaking on the occasion, the chief guest, Prof. Sharma appreciated the efforts of the organising team for the arrangements and facilities being extended to the participating athletes. He also all praise for the organizers for holding the mega event using latest techniques such as Electronic Photo Finish System and Electronic Device for Measurement (EDM) in support with Athletics Federation of India.

This championship is being held under the auspices of Athletics Federation of India and in collaboration



Winner athletes posing for a photograph with dignitaries at Jammu on Tuesday.

with University of Jammu, Department of Youth Services and Sports and sponsored by the J&K Sports Council.

Around 1400 Athletes from all 20 districts of J&K UT are participating in this two-day long championship in Under-14, Under-16, Under-18, Under-20 and Open categories of Boys and Girls.

Prominent among others present included Suneel Mahajan (president (JKAAA)); Sharat Chander Singh (secretary general JKAAA); Rajan Sharma general secretary J&K Amateur Boxing Association; Vinod Bhatia, joint secretary JKAAA, Vikas Gupta (joint secretary JKOA), Yudhvir Singh (gen-

eral secretary J&K Weightlifting Association; Ravi Salgotra, Vikas Abrol, Tajinder Singh and Rajesh Kumar (treasurer JKAAA).

The technical panel constituted for this event comprised Pawandeep Kour, Sarabjeet Singh, Harvinder Singh, Guracharan Singh, Harsimran Singh, Reena Chhetri, Amardeep Singh, Parveen Kumar, Gafoor Mir, Aman, Parveen Kour, Kiran Kumari under the overall supervision of Nirmal Singh, chairman technical committee.

The Results:
BOYS: Under-20: 5000 meters: Vishal Singh Bhau, Jammu, Ist; Hashim Riyaz, Ganderbal, 2nd; Vishal Kumar, Jammu, 3rd. Open: Ritik Sharma, Kathua, Ist;

Gulbadan Himmatyar, Ganderbal, 2nd and Brij Bhushan, Kathua, 3rd. 800 mts: Open: Sourab Choudhary, Jammu, Ist; Barkat Ali Wani, Srinagar, 2nd and Balvinder Singh, Jammu, 3rd. Under-20: Mukundan Motan, Jammu, Ist; Ankush Kumar, Kathua, 2nd and Anshul Sharma, Udhampur, 3rd.

GIRLS: Under-20: 5000 meters: Anjali Rajput, Reasi, Ist; Sapna Devi, Udhampur, 2nd.

BOYS: Under-16: 800 mts: Aryan, Reasi, Ist; Anshuman, Jammu, 2nd and Shah Ali Mir, Jammu, 3rd. Under-14: 600 mts: Zakir Manzoor, Baramulla, Ist; Mohd Fareed, Rajouri, 2nd and Rahul Manhas, Reasi, 3rd. Under-20: Shot

Put: Sulakshaya Singh, Jammu, Ist; Basit Bashir, Baramulla, 2nd and Arun Singh Bandral, Jammu, 3rd. Open: Shot Put: Manpreet Singh, Jammu, Ist; Mohd Saleem, Jammu, 2nd and Abhishek Padha, Jammu, 3rd.

GIRLS: Under-14: 600 meters: Abida Shamser, Jammu, Ist; Samya Shaheen, Ramban, Ist; Radhika Gupta, Kishtwar, 2nd. Under-14: Shot Put: Urvashi Saini, Samba, Ist; Aradhya Rajput, Jammu, 2nd and Radhika Gupta, Kishtwar, 3rd. Open Women: Samreen Kour, Jammu, Ist; Supriya Devi, Kishtwar, 2nd Priya Rani, Kishtwar, 3rd. Under-20: 400 mts: Sakshi Thakur, Reasi, Ist; Sarika Kumari, Kathua, 2nd and Arti Devi, Udhampur, 3rd. Under-18: 400 mts: Anshika Sharma, Udhampur, Ist; Sunakshi Thakur, Reasi, 2nd and Kajol, Kathua, 3rd. Shot Put: Himani Manhas, Doda, Ist; Riya Bvoria, Jammu, 2nd and Akshita Verma, Jammu, 3rd. Under-16: 300 meters: Muktika Sambyal, Jammu, Ist; Ronak Mahajan, Udhampur, 2nd and Sandhya Sharma, Kishtwar, 3rd.

Adolescent Education Programme held at MIER College

STATE TIMES NEWS

JAMMU: Smt. Shanti Gupta Centre for Women's Studies, MIER College, in collaboration with Model Academy School, organised a one-day Adolescent Education Programme for the students of classes 9th and 10th.

The programme was conducted in two sessions on the theme, "Mental Wellbeing: Challenges and Strategies". Dr. Rajinder Kumar, Psychiatrist Consultant, Pulse Hospital, Jammu, was the resource person.

The Adolescent Education Programme places a strong emphasis on learning practical skills as the best way to deal with the difficulties of adolescence and on the acquisition of different skills to navigate through them.

Speaking in the session, Dr. Kumar explained that adolescence is a critical period marked by emotional and psychological challenges, including identity formation, peer pressure, and academic stress. Mental health issues like anxiety, depression, and low self-esteem are common.

He comprehensively discussed different strategies such as brief behavioural



Resource person, Dr. Rajinder Kumar with MIER faculty.

activation, reinforcement and modelling that can enhance mental wellbeing, including fostering strong support networks with family and friends, promoting open communication, and encouraging healthy coping mechanisms. Early intervention and creating a safe, supportive environment are essential for promoting resilience in adolescents.

This was followed by an active Q&A session where students clarified their doubts and queries.

Rupa Gupta, Jt. Director MIER, and Director SSGCWS appreciated the joint efforts of the Centre and the Model Academy School for conducting a workshop on the pertinent topic.

She said mental wellbeing strategies are essential abilities and competencies that enable individuals to navigate and cope effectively with the challenges and demands of everyday life.

Alisha Vaid, Gender Champion, ably conducted the programme. Anjali Jain and Ishu Sharma, Gender Champions of the club, introduced the resource person and presented a formal vote of thanks.

The event was organised under the supervision of Dr. Bharti Tandon, Convener CWS, Principal, Pramod Srivastava, Vice-Principal J. K. Dhiman and Dr. Pooja Mishra, Academic Manager, Senior Wing, Model Academy.

Jodhamal's Tabish wins two gold medals in National Championship



Tabish Haider from Jodhamal Public School after receiving gold medal.

STATE TIMES NEWS

JAMMU: Tabish Haider, a talented student from Jodhamal Public School, has brought laurels to the institution by winning two gold medals in the recently concluded National Skating Championship held at Pollachi, Coimbatore, Tamil Nadu and has become the National Speed Champion in 9-11 years category.

He won one gold medal in

500+D Rink Race while another gold medal in 1000 M Rink Race in his age-category in Inline Speed Skating.

A talented speed-skater, and the State Champion in his age-category, Tabish has always outshone his rivals on the rink. In past also, he had clinched the bronze medal at the SGFI School Nationals held in Satna, Madhya Pradesh, and demonstrated his prowess at

the 5th National Ranking Roller-Skating Championship, Amritsar, where he had secured another Bronze Medal.

Tabish's success is a testament of his perseverance and dedication. We are extremely proud of his achievement and wish him continued success in his future endeavours.

He is an inspiration to his fellow students and a shining example of what can be achieved through dedication and passion. His Coaches and Mentors in the School Kamal Anand and Ritish have expressed their pride in his stupendous achievement.

Nandan Kuthiala, Trustee, Arati Kuthiala, Director, Girish Kumar, Principal, and Amita Arora, Vice Principal congratulated Tabish for his remarkable feat, and wished him greater glories in times to come.

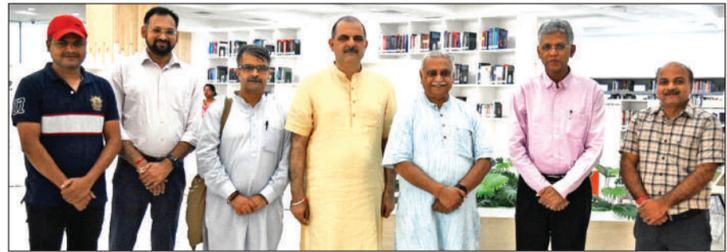
Dr. Manmohan Vaidya delivers lecture at IIM Jammu

STATE TIMES NEWS

JAMMU: The Indian Institute of Management (IIM) Jammu, through its Hindi Rajbhasha Samiti, on Tuesday, hosted a distinguished guest lecture by Dr. Manmohan Vaidya, a prominent All India Executive Committee Member of the Rashtriya Swayamsevak Sangh (RSS).

The event, held at the Mandapam Auditorium, was attended by Prof. B.S. Sahay, Director of IIM Jammu, and Shri Rupesh Kumar Mehta, Prant Pracharak of J&K RSS.

Dr. Vaidya's lecture, titled "Indian Concept of India," delved into the essence of Indian nationhood and its cultural and spiritual underpinnings. He emphasized the necessity for India to define its national identity clearly. According to Dr. Vaidya, a nation cannot progress effec-



Dr. Manmohan Vaidya, All India Executive Committee Member of RSS and faculty of IIM Jammu.

tively without a clear understanding of its identity. He portrayed Bharat as distinct in its spiritual essence, a core value that transcends cultural boundaries and forms the bedrock of its identity. Dr. Vaidya argued that India's cultural diversity should be viewed as a strength and that a unified vision of this diversity is crucial for national development. He drew parallels with countries like Japan

and Israel, which have successfully defined their identities and trajectories, suggesting that India should follow suit to achieve progress and coherence. Prof. B.S. Sahay welcomed Dr. Vaidya and highlighted the significance of such discussions in academic contexts. He agreed with Dr. Vaidya's view that India's lack of a unified understanding of its identity has impeded its direction and

progress. Prof. Sahay also reflected on IIM Jammu's growth, noting its expansion from 47 to over 1,000 students and the addition of various programs. He stressed the importance of engaging with intellectual discourse like Dr. Vaidya's lecture to gain deeper insights into India's core values and thought processes. Prof. Sahay encouraged attendees to prioritize national develop-

ment and to seek ways to contribute meaningfully to India's future.

The event began with the lighting of the lamp and a welcome address by Dr. Anuja Akhouri, Co-Chairperson of the Hindi Rajbhasha Samiti. It concluded with a Q&A session, where participants engaged in a meaningful dialogue with Dr. Vaidya. The program also featured IIM Jammu faculty members, including Dr. Ashish Kumar, Dr. Nitin Upadhyay, Dr. Rashmi Ranjan Parida, Dr. Sarbjit Singh, and Cmr. Kesavan Baskkaran.

The event ended with the National Anthem, leaving attendees inspired and more connected to India's cultural and spiritual roots. It underscored the importance of embracing India's heritage as a foundation for its future progress and unity.

Educational visits of Shemford Futuristic School to CUJ

STATE TIMES NEWS

JAMMU: Central University of Jammu under the leadership of Vice Chancellor Prof. Sanjeev Jain organized the study visits of students and Teachers of Shemford Futuristic School, Birpur Jammu of district Samba on Tuesday.

The Study visit of around 50 students and teachers was organized by the office of Dean Students' Welfare and Public Relations.

A team of coordinators were framed with the purpose of orienting the students about the University.



Students during an educational visit.

The students and teachers from Shemford Futuristic School visited the different departments of CUJ,

Campus including the Pandit Madan Mohan Malviya Shiksha Bhavan, Auditorium, ISRO, DRDO, Computer labs, and Library. The educational tour forms the part of their modern teaching-learning process, wherein the students learned first-hand experience with respect to real-time working of

Central university of Jammu.

The departments of university welcomed the students and teachers and oriented them about the specialty of each department. Prof. Asit Mantry, Head department of education briefed them about the Department of Education. Dr. Rajan Badyal, Public

Relation Officer briefed the students about the initiatives by the Central University of Jammu.

During the visit, special arrangements of refreshment were also made available for students and faculty members. The students and teachers felt very happy and entertained. They expressed their gratitude and shared their valuable feedback regarding their exposure to university life. They left the place with the rich vivid experience of university life. The whole event was carried out smoothly under the guidance of Hon'ble Vice Chancellor Prof. Sanjeev Jain who is always a source of inspiration and very committed for school university partnership thereby encouraging academia community participation.

Shuvam of GDC Mahanpur felicitated by DC Kathua



GDC Mahanpur faculty honouring Shuvam Pathak.

STATE TIMES NEWS

MAHANPUR: Shuvam Pathak, a pass out student of GDC Mahanpur, has been felicitated by Rakesh Minhas, District Commissioner Kathua on the occasion of Independence Day. He was honoured for his outstanding performance in academics.

A felicitation ceremony was also organised in GDC Mahanpur on Tuesday to honour Shuvam Pathak for this achievement. He was honoured

by the Principal of the College, Dr. Sangeta Sudan along with the faculty members.

Shuvam Pathak has not only secured the highest marks in the College but has also actively participated in intra-college and inter-college co-curricular activities.

Moreover, he was also an NSS volunteer and has represented the College many times. Besides this, he has also been selected to undergo training for Merchant Navy from

September 2024. He has brought laurels to the College.

Students like him are not only an asset to the institution they belong but also to the society and nation they belong, said the principal.

He was trained and motivated by the faculty of GDC Kathua. He had shown all round performance in academics as well as other curricular activities in the college. He had brought laurels to the college by fetching appreciation on occasion of 78th Independence Day by District Administration of Kathua.

Other faculty members who were present Dr. Mohinder Sharma, Dr. Sudesh, Nisha Devi, Dr. Sapna Devi, Dr. Rupalee Jasrotia (NSS PO), Dr. J S Soodan Physical Director GDC Kathua and Dr. Hilal Ahmed.

Saroj qualifies Ph.D

STATE TIMES NEWS

KATRA: Saroj, a researcher from the School of Economics at Shri Mata Vaishno Devi University (SMVDU), has successfully completed her Doctor of Philosophy (Ph.D.) in Economics under the guidance of Dr. Pabitra Kumar Jena and Dr. Kirti Ranjan Paltasingh, faculty members at the School of Economics, SMVDU.

She conducted an empirical analysis on "Contract Farming, Market Risk and Farmer's Welfare: A Case of Wheat Growers in Haryana". Her research has been published in high-impact factor international journals ranked in the ABDC, SCI, and SCOPUS. Additionally, Ms. Saroj has presented her research work at numerous national

and international conferences. Currently, she serves as an Assistant Professor (Economics) at Alkal University, Bathinda, Punjab. She extends her heartfelt gratitude to the School of Economics at SMVDU for their essential resources and unwavering support throughout her research journey.

Prof. (Dr.) Pragati Kumar, Vice-Chancellor of SMVDU, Professor Ashutosh Vashishtha, Dean, Faculty of Management, Dr. Roop Lal Sharma, Head, School of Economics, and other committee members congratulated Saroj and wished her a bright future.



Wushu trials from August 23

STATE TIMES NEWS

JAMMU: The Wushu Association of J&K will be conducting selection trials for the UT J&K Senior Wushu team on the 23rd and 24th of August 2024 at the Sher-i-Kashmir Indoor Sports Complex (SKISC) in Srinagar.

These trials are intended to shortlist athletes for the 33rd Senior Wushu Championship, which will take place in Dehradun, Uttarakhand, from 21st to

26th September 2024.

A selection committee, chaired by Dronacharya Awardee Kuldeep Handoo, along with other members, including international player Rajinder Singh, Maqsood Rather, Nisar Ahmed Mir, Kamal Kishore, Ajaz Hassan, Ramees Ahmed, Irfan Ahmed, Yash Pal and Observer JKSC, has been formed to oversee the trials.

All participants are required to bring their proof of date of birth, a medical fit-

ness certificate, and four passport-size photographs, as without these documents, they will not be allowed to participate.

Following the selection trials, a 21-day coaching camp will be organized for the selected athletes in Srinagar from 30th August to 19th September 2024, in line with Jammu & Kashmir Sports Council (JKSC) norms. The team will depart for Dehradun on 20th September 2024.

Ravi Kumar qualifies Ph.D

STATE TIMES NEWS

JAMMU: Ravi Kumar, son of Narayan Chand and Bindrawati Devi, resident of Chakranthi (Jatheli), Tehsil Mohalla, District Doda, has been declared qualified for the award of Degree of Doctor of Philosophy (Ph.D) in Education by Bhagwant University Ajmer,

Rajasthan. He worked on the topic, "A study of educational problems of Gujjars and Bakarwals in Doda district of Jammu and Kashmir" under the supervision of Prof. Dr. R.K.S Arora.



Hockley trials from Aug 21

STATE TIMES NEWS

JAMMU: Jammu & Kashmir Sports Council is going to conduct open selection trials for raising J&K UT contingent Junior (Men) Hockey team prior to participating in 14th Hockey India Junior Men National Championship at Jalandhar

from September 7 to 17, 2024.

The three days selection process shall take place at KK Haku Stadium Jammu from 4:00 PM onwards from August 21 to 23, 2024. Players born on or after January 1, 2005 who are registered with Hockey India

are eligible for selection trials. Players should bring Adhaar card, school bonafide Certificate, passport during the trials.

For any enquiries players can contact Dalvinder Singh hockey coach (9419236450), Jagjit Singh hockey coach (7006636082).