

Expert Lecture on 'Legal Excellence' organised at JU

■ STATE TIMES NEWS
JAMMU: The Law School organised a distinguished lecture by Dr. Adish Aggarwala, Senior Advocate, Supreme Court of India, and President, International Council of Jurists, London, on the topic "How to become a Successful Lawyer: Insights, Strategies & Career Paths".

Dr. Aggarwala shared his expertise and insights on the qualities and strategies that define success in the legal field, emphasizing that a successful lawyer must possess integrity, intellectual rigor, and a commitment to justice.

Dr. Seema Rohmetra, Director The Law School presented the welcome address wherein, wherein she welcomed the digni-



Senior Advocate, Supreme Court of India, Dr. Adish Aggarwala along with students and faculty of JU.

taries and highlighted the evolving role of lawyers in today's complex legal landscape, requiring a delicate balance of legal acumen, ethical conduct, and strategic thinking.

The lecture was followed by an engaging interactive

session, where students sought guidance on various aspects of legal research, internship opportunities, and the qualities of a good lawyer. Dr. Aggarwala's responses were enlightening and provided valuable insights to the students.

On the sidelines of the session, Dr. Aggarwala, in his capacity as President of the International Council of Jurists, London, bestowed lifetime membership upon faculty members of The Law School, recognizing their contributions to the society

at large.

The proceedings of the program was expertly conducted by Suhasini and Suhani Sharma, and assisted by Anshika Gandhi, Pratham Gupta and Sushant Sharma. The event was attended by notable legal luminaries, including Subash Gupta, Former District and Sessions Judge and PSC Member, Jayesh K Unnikrishnan, Advocate on Record, Supreme Court of India, Advocate Bharat Singh Jamwal, and Advocate Neeta Verma, alongwith the faculty and students of The Law School.

The event was a resounding success, providing students and faculty with a unique opportunity to learn from one of the most respected legal minds in the country.

Purnima rallies support for BJP, urges cadre to spread achievements, vision for J&K's progress

■ STATE TIMES NEWS
JAMMU: Advocate Purnima Sharma, Spokesperson of BJP J&K and former Deputy Mayor of Jammu, called upon party workers and the public to wholeheartedly support the BJP in the forthcoming Assembly elections in Jammu and Kashmir.

Speaking at the public meeting in East Constituency here today, the senior BJP leader emphasized the importance of reaching out to every corner of the region to highlight the remarkable achievements of the Modi-led government and the party's vision for a seamless and progressive future for J&K. Purnima Sharma urged BJP workers to double their efforts in disseminating the transformative work undertaken in Jammu and Kashmir

under the leadership of Prime Minister Narendra Modi. "We have witnessed historic changes in J&K since the abrogation of Article 370, bringing peace, stability, and unprecedented development. Our responsibility now is to ensure that these accomplishments are communicated effectively to the public," she said. The former Deputy Mayor further elaborated on several key initiatives that have positively impacted the people of J&K, including infrastructural development, healthcare reforms, women's empowerment, and youth-oriented programs. She also lauded the government's relentless focus on boosting employment opportunities and enhancing connectivity across the region.

Highlighting the upcoming Assembly polls, Adv. Purnima

Sharma appealed to the people to place their trust in BJP's governance, which she described as a beacon of hope for the holistic development of the Union Territory. "The BJP stands committed to transforming Jammu and Kashmir into a model region for growth and prosperity. Every vote in support of BJP is a vote for progress, empowerment, and a bright future," she asserted.

Purnima encouraged party workers to intensify their outreach campaigns and work in unison to convey BJP's future plans and initiatives aimed at fostering sustained development. She also expressed confidence in BJP's resounding success in the upcoming elections, underscoring the trust the people of Jammu and Kashmir have placed in the party.

Rekha celebrates World Senior Citizen Day at SCRC



Rekha Mahajan, BJP District President of Jammu South posing with senior citizens at a programme.

■ STATE TIMES NEWS
JAMMU: On World Senior Citizen Day, the Senior Citizens' Rejuvenation Centre (SCRC) in Trikuta Nagar, Bahu Constituency, honored Rekha Mahajan, a distinguished BJP leader and District President of Jammu South, for her exceptional contributions to senior citizen welfare and public service.

The event was organized by notable senior citizens including Shubchander Verma, Founder Member of SCRC; Baldev Raj Gupta, President; Narinder Mahajan, Patron; and TR Taggar, General Secretary, among other members.

They praised Rekha Mahajan for her dedicated efforts in enhancing the lives of seniors, particularly through improved healthcare, social security, and recreational facilities.

During the ceremony, Rekha Mahajan was presented with a bouquet of flowers.

Expressing her gratitude, she reaffirmed her commitment to the welfare of Jammu's senior citizens. "I am humbled by this recognition," Mahajan said. "I will continue to work tirelessly for the well-being of our senior citizens and ensure their voices are heard."

The focus of the meeting was

to address issues pertinent to the elderly community, with Mahajan sharing insights and strategies on how best to meet their needs. She underscored the crucial role senior citizens play in society and the need for ongoing advocacy and support.

Rekha Mahajan, reaffirming her dedication to Jammu South, remarked, "Jammu is my 'Karam Bhooni' (workplace) and 'Janam Bhooni' (birthplace).

As a daughter of the soil, it is my moral duty to engage in social services for the upliftment of all segments of society."

She highlighted her commitment to the region's development through initiatives in healthcare, education, and women's empowerment, emphasizing her responsibility to contribute to the progress of Jammu and Kashmir.

In her closing remarks, Mahajan vowed to continue her efforts for the betterment of Jammu South, reflecting her deep sense of duty to give back to the community that has supported her throughout her life.

■ STATE TIMES NEWS
LEH: The Advisor to the Lieutenant Governor, Ladakh, Dr Pawan Kotwal chaired the UT-Level Sanctioning Committee meeting to finalize the Annual Action Plan of Centrally Sponsored Schemes (CSS) for the Department of Agriculture and Horticulture, at the Civil Secretariat, Leh.

At the outset of the meeting, a comprehensive PowerPoint presentation was made by the Nodal Officer Agriculture Department on proposed Annual Action Plan on various centrally sponsored schemes which includes National Food Security and Nutrition Mission (NFSM), Agriculture Technology Management Agency (ATMA), Sub Mission on Agriculture Mechanization (SMAM), Per Drop More Crop (PDMC), Sub Mission on Agro-Forestry (SMAF). Additionally, Director Horticulture made a detailed presentation on Mission for Integrated Development of Horticulture (MIDH).



Advisor to LG Ladakh, Dr Pawan Kotwal chairing the UT-Level Sanctioning Committee meeting at Leh.

During the meeting, detailed deliberations and discussions were held on the Detailed Project Report based Annual Action Plan under Rashtriya Krishi Vikas Yojana (RKVY) for the year 2024-25 in respect of Agriculture Department, UT Ladakh which included Revised Annual Action Plan (AAP) for Soil Health and Fertility Component, Revised Annual Action Plan (AAP) under

Rainfed Area Development (RAD) component, Revised Annual Action Plan under Paramparagat Krishi Vikas Yojna (PKVY) scheme component of PKVY. The Annual Action Plan proposes to expand the area under cultivation by using technology like drip irrigation and the setting up of advanced testing laboratories.

Advisor Dr Pawan Kotwal highlighted the procurement

of high-quality seeds and the process of producing vermicomposting across Ladakh and its importance for sustainable farming ensuring the production of organic fruits and vegetables. He emphasised on the importance of organic cultivation and sustainable farming for achieving the goal of turning Ladakh into organic state.

Dr Pawan Kotwal directed the concerned officers to promote farming equipments and subsidy schemes ensuring maximum benefits to the farming community. He also stressed on the proper documentation of the schemes or projects so that they could be replicated across the UT after successful completion on pilot basis.

The meeting was attended by Secretary Agri/Horti, Dr

Laltinkhuma Franklin; Secretary GAD/PHE, Michael D' Souza; Secretary RDD, Amit Sharma; Deputy Commissioner Leh, Santosh Sukhdev; Deputy Commissioner Kargil, Shrikant Balasaheb Suse; Director Finance, Dr Safdar Ali; Director Animal Husbandry, Dr Mohd Ismail; Director Horticulture, Tsewang Puncho; Deputy Director PD&MD, Tsering Angdus; Under Secretary Agri/Horti, Amir Suhail; Under Secretary RDD, Mohit Sharma; Under Secretary Forest & Ecology Jigmat Angekh; Head KVK Nyoma Dr Phunsog Tundup; Scientist DRDO/DIHAR Dr Tsering Stobdan.

The Officials stationed outside attended the meeting virtually.

Senior Citizens Service Support Club celebrates World Senior Citizen Day

■ STATE TIMES NEWS
JAMMU: The Senior Citizens Service Support Club Chawadi marked World Senior Citizen Day on Wednesday with a series of meaningful activities aimed at highlighting the importance and significance of senior citizens in our society.

This global observance, celebrated in various forms around the world, continues to gain prominence and was honored in Jammu through a vibrant and impactful event.

The day began with a rally sponsored by the club, featuring enthusiastic students from several schools. The rally commenced from Channi Himmat Chowk and proceeded to Panj Mandir Channi Himmat. The objective was to raise awareness about the value of senior citizens and to advocate for a supportive environment where they can live with dignity. The students carried and chanted slogans such as "Love Elders, Respect Elders, and Help Elders," emphasizing the need for compassion and respect for the elderly.

Dr. Kasturi Lal Gupta, Founder and Chairperson of the Senior Citizens Service Support Club, spearheaded the rally and expressed the importance of nurturing a culture of respect towards senior citizens. Gaurav Gupta, General Secretary of the Jammu Club, was the chief guest at the event. In his address, he urged the younger

generation to show full respect and affection towards their elders, acknowledging them as invaluable guides in daily life. As part of the celebrations, a Dogri Nibhand Pratiyogita (essay competition) was held across various schools in Jammu. The competition aimed to foster understanding and appreciation of the Dogri language among students. The winners of the competition were awarded a cash prize of Rs. 1,000 and certificates of participation. The participating schools included Modern Public School, Channi Himmat, R.M. Public High School, Shiksha Niketan Sr. Sec. School, A.S.N. Hr. Sec. School, Naveen Shiksha Kendra High School, J.S. Luthra High School, Himmat Learning High School, S.D. Tarapuri High School, Jammu Public



Gen Secy Jammu Club, Gaurav Gupta with students and club members.

School, Co-operative School and Tiny Tots High School. Ashok Gupta, President of the Senior Citizens Service Support Club, extended his gratitude to all participants and guests, highlighting the significance of World Senior Citizen Day and its role in fostering a respectful society. The event was efficiently conducted by Maj Gen. S.K. Sharma, AVSM, General Secretary of the club. Dignitaries present included Anil Suri, Ashok Gupta, S.S. Jain, Kaliash Langar, Dr. Vijay Sharma, Ashok Khajuria, Rakesh Sharma, N.D. Sharma, Anju Bansal, Vandana Mani, Dr. Neelam Gupta, and other core members of the management committee. The celebration was a success, marking a significant step towards acknowledging and supporting the elderly members of our community.

■ STATE TIMES NEWS
JAMMU: The Department of Home Science (Human Development), University of Jammu (JU) organized a parent enrichment programme on the theme 'Health lifestyle for optimal child development' for the parents of children in early childhood years. The department of home science runs a laboratory nursery school, which provides quality early childhood care and education to the children in the foundational age of 6 months to 6 years. While elaborating on the objectives of the parent enrichment program Prof. Sarika Manhas, Head of the department mentioned that this program provides parents with knowledge and tools to improve their parenting skills, and contribute effectively towards holistic development of their children.

She highlighted that effective parenting in early childhood is fundamental in shaping a child's cognitive, emotional, and social development, laying the groundwork for future success and well-being.

She further mentioned that Addressing lifestyle issues is essential if the children are to realise their full human potential. The resource persons for the program were Prof. Rajni



Prof. Sarika Manhas and others at a programme.

Dhingra, former Dean Research Studies, University of Jammu, Dr. Archana Bhat, Nutritionist and Assistant Professor; GCW Gandhi Nagar; and Lily Bhan, Parental Coach and Center Head Brainpreneurs, CDC. Prof. Rajni Dhingra in her session talked about challenges and advantages of contemporary parenting.

She was of the view that modern parents benefit from extensive research on child development, more educational resources and technological tools that can provide them support.

However, at the same time, parents today face new stresses such as balancing work and family life, navigating social media influences and dealing with a rapidly changing world. She further suggested that parents need to be more informed and involved in the lives of their

children.

Dr. Archana Bhat, a certified Nutritionist, in her elaborate session discussed the importance of nutrition in the optimal development of the children. She highlighted that a well-balanced diet strengthens the immune system, helping children to fend off illnesses and infections. She explained about the need for balanced intake of carbohydrates, fats and proteins, especially by growing children. She also deliberated on addressing nutritional imbalances through changes in diet and lifestyle such as adopting healthier eating habits, improving food choices, and increasing physical activity. Ms. Lily Bhan, Parental Coach focused on monitoring screen time for children to ensure a healthy balance between digital and non-digital activities. She mentioned that excessive screen time can contribute to a sedentary lifestyle which becomes a precursor for obesity and related health issues. She emphasized that overexposure to digital media and devices can interfere with young children's sleep patterns and can have adverse effect on their language development, social development, and emotional wellbeing.

The programme saw the active participation of the parents, with the experts adeptly answering the queries raised by them. Prominent among those who attended the programme were Prof. Shashi Manhas (Deptt of Home Science, JU), Dr. Chimmoyee Maharana (Deptt of Zoology, JU), Dr. Sandeep Dubey (Deptt. of Dogri JU), Dr. Priyanka Arya (Deptt of Sanskrit, JU), Dr. Sarbjeet Kaur (Deptt of Zoology, JU), Dr. Shelly (Central University of Jammu), Mamta Singh, Pooja Bhatt, and Seema Sharma (Nursery School teachers).

The program was conducted and managed by the students of 2nd semester of M.Sc Human Development, JU namely, Sumaina, Tanisha, Avantika and Ganga.

Col JV Singh motivates cadets at NCC Training Academy Nagrota



Colonel J.V. Singh, Officiating Group Commander, Jammu Group interacting with cadets at NCC Training Academy.

■ STATE TIMES NEWS
NAGROTA: Colonel J.V. Singh, SC, Officiating Group Commander, Jammu Group paid Inspirational Visit to NCC Training Academy in Nagrota.

His visit was aimed at interacting with and motivating the NCC Cadets who have been diligently undergoing rigorous training for the upcoming All India Thal Sanik Camp at Delhi for the last 40 Days.

During his visit, Colonel JV Singh, SC, engaged with the young NCC Cadets, offering words of encourage-

ment and sharing his invaluable insights and experiences.

His inspirational presence provided a significant boost to the cadets' morale as they continue their intense training regimen in the Camp.

Colonel JV Singh, SC, commended the dedication and commitment of the NCC Cadets and emphasized the importance of discipline, leadership and teamwork in their training.

He urged the cadets to strive for excellence and embody the values of the NCC.

IIM Jammu to hold 3-day Orientation Program for incoming fourth batch of Integrated Program

■ STATE TIMES NEWS
JAMMU: The Indian Institute of Management (IIM) Jammu is set to welcome the fourth batch of its Integrated Program in Management (IPM) with a comprehensive 3-day Holistic Orientation Program, scheduled to take place from 22nd to 24th August 2024 in offline mode.

The Orientation Program is designed to introduce the incoming students to the culture, academic opportunities, ethos, and general rules of IIM Jammu.

It aims to create a welcoming environment where new students and their families can engage with faculty, staff, senior students, and key activity heads, fostering open communication and a sense of belonging.

Each day of the Orientation Program will

begin at 6:00 AM with sessions on 'Maximize Happiness and Mindfulness,' conducted by Yoga Guru Sahil Mehra, coordinated by Team Anandam.

These sessions will focus on building strength, awareness, and harmony in both mind and body.

The formal inauguration of the program will take place on 22nd August 2024.

Dr. Milind Kamble, Chairman, Board of Governors, IIM Jammu, on online mode and will deliver the inaugural presidential address, followed by a welcome address from Prof. B.S. Sahay, Director, IIM Jammu.

The programme will also feature a session on Academics at IIM Jammu by Prof. Jabir Ali, Dean Academics, along with various interactive sessions by faculty and officers of the

institute.

Prof. Sahay emphasized that the three-day Orientation Program will include a broad range of interactive sessions and engaging activities, all aimed at equipping the new batch with essential skills, knowledge, and values for their academic and professional journeys.

Prof. Jabir Ali noted the institute's commitment to fostering both academic excellence and holistic growth. He highlighted that the orientation is designed to give the incoming IPM batch a comprehensive introduction to their academic journey, with a focus on critical thinking, leadership skills, and character development.

Dr. Manu Bansal, Chairperson, IPM, IIM Jammu reiterated the transformative nature of the Orientation Program, stat-

ing that it promises to be a diverse and enriching experience. He mentioned that the program is aimed at building not only academic proficiency but also fostering holistic development and cultural enrichment.

The programme will feature prominent speakers and industry leaders, including Prashant Kalra, Senior Director, Delhivery; Akbar Jafri, Director, Deloitte; Tarun Kapoor; VP of Digital Transformation, Mankind Pharma; Pradeep Chavda, Senior Director of Global HR Transformation, Sodexo; and Kamal Joshi, Associate Director of Global HR Shared Services, WTW.

In addition to the sessions, the orientation program will include Inbound & Outbound Activities for students facilitated by IIM Jammu faculty and a cultural program by the Malhar Committee.

Circuit sitting of Central Administrative Tribunal Jammu Bench at Leh



Law Officers at a meeting in Leh

■ STATE TIMES NEWS
LEH: The (A) Secretary of Law and Justice for the Union Territory of Ladakh, Shashi Kant Bhagat, chaired a meeting on Wednesday in preparation for the second circuit sitting of the Central Administrative Tribunal (CAT) Jammu Bench, which is going to be held in Leh on August 22 and 23, 2024. This session will address various cases involving multiple departments of the UT of Ladakh. The meeting commenced with introductions by the Law Officers, who briefed the Chair and Advocate Raghu Mehta, Senior Central Government Counsel, on the cases scheduled for hearings.

In-depth deliberations and discussions were conducted to review and strategize for the cases involving different departments within the UT of Ladakh. In advance of this crucial session, various departments have been actively coordinating to ensure that the proceedings are conducted smoothly and efficiently. This preparation reflects a commitment to a well-organized judicial process and the effective resolution of cases. The meeting was attended by all relevant legal officers from the Department of Law & Justice, who are stationed across various departments and offices within the UT of Ladakh.