

IIM Jammu, MSDE conduct ideathon and workshop at SBDU Centre at GPW Shakti Nagar

■ STATE TIMES NEWS
JAMMU: To create an enabling environment for transforming informal businesses into formal enterprises across identified locations, IIM Jammu, under the leadership of Prof. B.S. Sahay, Director, IIM Jammu, partnered with the Ministry of Skill Development and Entrepreneurship, Government of India, and Dalit Indian Chamber of Commerce (DICC) to establish 22 Small Business Development Units (SBDUs) in the Union Territories of Jammu and Kashmir and Ladakh. Under this project, the SBDUs will strengthen institutions to deliver quality initiatives for entrepreneurship development across identified locations. Dr. Mahesh Gadekar is the Chairperson of Small Business Development Units at IIM Jammu. In a collaborative effort to foster innovation and entrepreneurial spirit among the youth of Jammu and Kashmir, a one-day Ideathon and workshop was organized at SBDU, Centre at Govt. Polytechnic for Women (GPW), Shakti



Chief Guest Om Prakash Bhagat, Director, Skill Development and Arun Kumar Manhas, Director, I&C and IIM Kammu faculty at a programme.

Nagar, Jammu on Thursday. The event saw enthusiastic participation from individuals representing various districts across Jammu. The event marked the inauguration of the SBDU Jammu by Chief Guest Om Prakash Bhagat, Director, Skill Development, Govt. of Jammu and Kashmir. The Guest of Honor on the occasion Arun Kumar Manhas, Director, Director, Industries & Commerce, Govt. of J&K. The Ideathon and workshop at SBDU at Govt. Polytechnic for Women, Shakti Nagar, Jammu saw enthusiastic participation

from 60 individuals from domains of Bamboo art, Basohli Art collective, Fashion, Agripreneurship and Dairy. O. P Bhagat emphasized the future role of SBDUs in employment generation through the upcoming YUVA (Yuva Udyami Vikas Abhiyaan) plan, recently approved by the J&K Government. He highlighted the importance of effective marketing of these skills and the contribution of SBDUs toward promoting self-employment. Arun Kumar Manhas emphasized the significance of this initiative in empowering local entrepreneurs and

fostering economic growth through structured support and resources. Suket Gupta, Principal of Government Women Polytechnic College Jammu, organized the Ideathon event in association with the IIM Jammu Incubation Centre (i-TBI). The Ideathon featured idea pitches from participants across the districts of Jammu, Kathua, Samba, Poonch, and Rajouri. Dr. Vivek Sharma, Chief Innovation Officer, IIM Jammu discussed the history of SBDUs, and incubation support provided by the IIM Jammu Incubation Centre (DST-i-TBI) at the Jagti (Jammu) campus. Besides him, the pitches were judged by Dr. Ramswaroop Bhaskar, Naren Karunakaran, Consultant, SBDU and Dr. Shahid Jibran, Project Manager - SBDU. The audience were apprised of some innovative ideas from domains of Bamboo art, Basoli Art collective, Fashion, Agripreneurship& Dairy. SBDUs, established by IIM Jammu across all districts of Jammu and Kashmir, aim to provide a platform for young entrepreneurs and innovators to refine their business ideas and address real-world problems. The event saw enthusiastic participation from across the present districts and the presence of principals & staff from various technical colleges. During the valedictory session, Shri Vaibhav of Traveldost, a successful tourism entrepreneur from Jammu, shared his journey and discussed the challenges and opportunities in J&K and the way to grow successful businesses. The vote of thanks was presented by Prof Seema Pandita, Govt Polytechnic, Jammu. Throughout the Ideathon, the IIM Jammu incubator team provided crucial guid-

ance on grants, seed funds, and mentor connectivity, equipping participants with actionable insights essential for securing funding and mentorship-key factors for startup success. The vote of thanks was proposed by Prof Seema Pandita., Govt Polytechnic Jammu. This Ideathon was the fourth of five events planned by IIM Jammu under the SBDU Program, following the first held at SBDU Srinagar on 02nd Sept 2024. These initiatives aim to inspire grassroots entrepreneurship across Jammu & Kashmir; providing the tools and knowledge needed to turn ideas into sustainable ventures. The event provided a unique platform for participants to showcase their ideas, receive expert feedback, and explore opportunities for further capacity building and business incubation. The Capacity Building Program on Small Business Development Units by IIM Jammu sets the stage for transformative growth, empowering aspiring and existing entrepreneurs to realize their dreams and contribute meaningfully to the socio-economic development of the nation.

Tata Motors launches 'Festival of Cars' with incredible prices for its Cars & SUVs



■ STATE TIMES NEWS
JAMMU: Tata Motors, India's leading automotive manufacturer, has launched its biggest ever 'Festival of Cars' with amazing offers for this festive season. With never-before-seen pricing for several of its popular Cars and SUVs plus a bouquet of additional consumer benefits available at our showrooms, customers can enjoy cumulative benefits of up to Rs 2.05 Lakh making it the perfect opportunity for customers to buy their dream car at beyond dream prices. The special, festive offers are available for a limited period till 31st October 2024 on all Cars and SUVs powered by petrol, diesel and CNG. Other highlights of the offer include the Tiago starting at Rs 4.99 Lakh, Altroz at Rs 6.49 Lakh, Nexon at Rs 7.99 Lakh, Harrier at Rs 14.99 Lakh,

and Safari at Rs 15.49 Lakh. Additionally, customers can benefit from exchange offers of up to Rs 45,000 at Tata showrooms. Announcing the Festival of Cars, Vivek Srivatsa, Chief Commercial Officer, Tata Passenger Electric Mobility Ltd, said, "As the festive season unfolds, we are delighted to present a spectacular array of enticing offers for our valued customers. With total benefits of up to Rs 2.05 Lakh on ICE vehicles, this year's festive celebration includes limited time attractive price reductions, along with attractive exchange and cash benefits, making it the perfect moment to embrace the spirit of new beginnings. We are confident that customers will seize this exceptional opportunity to own a Tata car, bringing home the best of safety and design, making this festive season truly special."

Justice Tashi Rabstan, Justice Rajnesh Oswal visit Pulwama; Inaugurate Special court for NDPS, Security Barrack, Satellite OPD (AYUSH)

■ STATE TIMES NEWS
PULWAMA: District Court Complex, Pulwama on Thursday witnessed a momentous occasion with the administrative visit of Justice Tashi Rabstan, Chief Justice (Acting) High Court of Jammu & Kashmir and Ladakh, (Patron-in-Chief & Executive Chairman J&K Legal Services Authority) along with Justice Rajnesh Oswal, Judge of the High Court of Jammu & Kashmir and Ladakh (Administrative Judge for District Pulwama). The dignitaries were warmly received by Naseer Ahmad Dar, Principal District & Sessions Judge Pulwama; Basharat Qayoom, Deputy Commissioner Pulwama; Manzoor Ahmad Zargar, Special Judge (NDPS), Pulwama; Dr. Noor Mohammad Mir, Additional District & Sessions Judge, Pulwama; P.D. Nitya, SSP Pulwama; Jahangir Ahmad Bakshi, Chief Judicial Magistrate, Pulwama; Zahoor Ahmad Ganie, Secretary, DL&A Pulwama; Majid Farooq, Munisif Pulwama, Junaid Bhat, President District Bar Association Pulwama and members of bar. On the occasion, Justice Tashi Rabstan inaugurated the newly created Court of Special Judge (NDPS), Security Barrack constructed for the overall security of the Court Complex, and a Satellite OPD (AYUSH) dispensary. The Chief Justice and Justice Rajnesh Oswal engaged in a fruitful interaction with the Judicial Officers and members of the Bar, focusing on strengthening the legal infrastructure in the district. In his presidential address, Justice Tashi Rabstan underscored the paramount need for developing robust judicial infrastructure and ensuring a safe and conducive environment for effective and speedy justice. He expressed his commit-

ment to promoting an inclusive and responsive judicial system that meets the evolving needs of society. Justice Rajnesh Oswal, in his special address, extended heartfelt gratitude to the Chief Justice for his dedicated efforts in enhancing the judicial infrastructure of the district. He assured the members of the Bar of continued support and pledged to address the remaining issues to further elevate the justice delivery system. In his welcome address Naseer Ahmad Dar, Principal District & Sessions Judge, Pulwama expressed sincere gratitude to the Chief Justice for exceptional leadership and unwavering commitment to the development of judicial infrastructure throughout the UT of J&K and UT of Ladakh in general and district Pulwama in particular. He also expressed gratitude to Justice Rajnesh Oswal, Judge High Court of Jammu & Kashmir and Ladkah who as the Administrative Judge for District Pulwama, has been a constant source of support and guidance. The event was graced by the presence of other dignitaries, including Shahzad Azeem, Registrar General of the High Court of J&K and Ladakh; M.K. Sharma, Principal Secretary to Chief Justice; Amit Kumar Gupta, Member Secretary, J&K Legal Services Authority. The vote of thanks was presented by Junaid Bhat President District Bar Association Pulwama and proceedings were moderated by Zahoor Ahmad Ganie Secretary DL&A Pulwama. This significant visit marks a major step forward in the advancement of judicial infrastructure in Pulwama and reinforces the commitment of the stake holders to ensure accessible, effective, and timely justice for all.

Jodhamal School students shine at Model G20 Summit at Mayo College



Jodhamal School students with faculty at Model G20 Summit at Mayo College.

■ STATE TIMES NEWS
JAMMU: Mayo College, Ajmer recently hosted a Model G20 Summit centred on the themes "Let There Be Light" and "Building a Just World and a Sustainable Planet." The Summit brought together young minds from across the country to engage in discussions and debates on critical global issues, fostering leadership and diplomatic skills among students. Six students from Jodhamal School participated in the Model G20 Summit, showcasing their talents and insights across various tracks. Anandika Menia represented Jodhamal School in the Sherpas Meeting. Soumya Gupta participated in the Finance Track, addressing the topic: "Global Financial Architecture: Replacing the Outdated and Creating the New." Vintika Gupta contributed to the Health Working Group, focusing on "Building a Stronger and More Reliable Healthcare Infrastructure to Aid Recovery and Prevention Against Pandemics." Swarit Dev Singh was a delegate in the Digital Economy Working Group, discussing "Bridging the Digital Divide: Strategies for Universal Connectivity, Inclusive Digital Skills, and How Digital Nomads Can Spearhead Change." Alysha Gupta took part in the Energy Transition Working Group, with a focus on "Ensuring a Just and Inclusive

Energy Transition with Emphasis on Social Impacts and Equitable Access for All." Aryan Bakshi represented the school in the Environment and Climate Preservation Working Group, debating "Global Climate Combat and Sustainability: Promoting Sustainable Resource Management and Climate/Disaster-Resistant Economies Through the ESG Framework." "The Model G20 Summit witnessed participation from several prestigious schools, including Shiv Nadar School, Noida, Lawrence School, Sanawar; Welham Boys' School, Dehradun, Lawrence School, Lovedale, The Daly College, Indore, Mayo College Girls' School, Ajmer; The Scindia School, Gwalior; Welham Girls' School, Dehradun, Pathways World School, Gurugram, Jayshree Periwai International School, Jaipur; The Punjab Public School, Nabha, MGD Girls' School, Jaipur, Mayor School, Ajmer and the host School: Mayo College, Ajmer. This event served as an

invaluable platform for young leaders to engage in high-level dialogue and collaborate on pressing global challenges, reflecting a strong commitment to fostering the next generation of global thinkers. Participation in such activities always gives students an edge, and Jodhamal School has consistently nurtured such qualities in its students, empowering them to excel on both national and international stages. This is noteworthy that Jodhamal Public School is the only School from J&K to be invited to such glorious gathering of students from across various parts of the country to brainstorm on the relevant global issues at a platform provided by the renowned boarding school of the country, Mayo College Ajmer. The school management and the Principal of Jodhamal School complimented the students for their active participation, applauding their dedication, passion, and ability to represent their school on such a prestigious platform.

7.22 lakh electors eligible to vote 7 ACs, 908 polling stations established

■ STATE TIMES NEWS
BARAMULLA: Baramulla district is preparing for elections in the third and final phase of the General Elections for the Legislative Assembly, with more than 7.22 lakh registered voters set to cast their ballots on October 1, 2024. Baramulla district comprises of seven Assembly Constituencies of Sopore, Rafiabab, Uri, Baramulla, Wagoora-Kreeri, Gulmarg and Pattan with a total of 7,22,923 registered voters, including 3,64,517 male, 3,58,394 female and 12 third gender voters. To facilitate the voters for smooth and hassle free electoral participation, the Election Commission of India (ECI) has established 908 polling stations across the district. In order to boost voter turnout and ensure that every voter can exercise their franchise with ease, specialized polling stations have been established across the district including Pink Polling Stations, Youth Polling Stations, PwD manned Polling Stations, Green Polling Stations, Unique Polling Stations and Model Polling Stations. Among all the seven Assembly Constituencies

of the district, 10-Baramulla Assembly Constituency has the highest number of 1,26,321 registered electorate, comprising 63,338 males and 62,978 females and 05 transgender voters. To facilitate a smooth and inclusive voting experience for all registered voters the constituency also houses 158 polling stations, the highest number in the district. The second highest number of electorate in the district, 08- Rafiabab Assembly Constituency has a voter population of 1,13,011, among which 55,760 are males and 55,250 are females and 01 voter is registered as transgender. To facilitate the voters to exercise their franchise, 149 polling stations have been established in this constituency. The 07- Sopore Assembly Constituency comes next with 1,12,793 total registered voters, of which 55,990 are males and 56,803 are females and notably, no voters are registered under the third gender category in this constituency. To ensure thorough voter access, 129 polling stations have been established across the constituency to ensure

smooth and hassle free voting process. Similarly, 09-Uri Assembly Constituency has registered 1,04,813 electorate, among which 53,872 are males and 50,941 are females and no third gender voter is registered in this constituency. A total of 147 polling stations have been set up in the constituency by ECI. Likewise, 13- Pattan Assembly Constituency has 1,03,161 electorate among which 51,251 are males and 51,908 are females while 02 are third gender voters. To facilitate the voters of this constituency, 119 polling stations have been set up. 11 - G u l m a r g Constituency has a total of 90,376 voters, of which 45,524 are males and 44,851 are females besides 01 third gender voters are also registered here. In order to ensure participatory voting process, 108 polling stations have been established in the constituency. Similarly, 12-Wagoora-Kreeri Assembly Constituency has registered 72,448 electorate, among which 36,782 are males, 35,663 are females and 03 transgender voters.

J&K shuttlers bag 4 medals in North Zone meet



Winner J&K shuttlers posing with officials.

■ STATE TIMES NEWS
JAMMU: Jammu and Kashmir Badminton team returned with highest ever medal tally of four in the North Zone Inter-State Badminton Championship which held at Chandigarh under the banner of Badminton Association of India (BAI). While Unnati Jaral bagged women's singles silver medal, Skiedee Kour and Krishika Mahajan returned with Junior girls doubles Bronze.

Unnati and Skiedee also secured a Bronze in women doubles event. Another medal came for J&K in Senior mixed doubles event wherein Bhavya Sharma and Krishika Mahajan finished third to bag a Bronze. Accompanied by general secretary, Balbir Jamwal and veteran shuttler, Rahul Sharma, the team performed exceptionally well, especially the womenfolk had moments of joy.

Seminar on "Rejuvenation of the Spine through Yoga" organized

■ STATE TIMES NEWS
JAMMU: A seminar on "Rejuvenation of the Spine through Yoga" was organized by Vichar Kranti Manch International (VKMI) and Sarv Uthan Trust at Chhanni Himmat Yoga Centre, which has been operational for the past 10 years. The session was led by Dr. Shreyansh Kumar Jain, President of VKMI and Chief Advisor Trustee of Sarv Uthan Trust.

Dr. Jain provided comprehensive knowledge on how yoga and naturopathy can help rejuvenate and maintain spinal health. He emphasized the need for a holistic approach that addresses both physical and lifestyle factors, as modern sedentary lifestyles often contribute to spinal issues. He highlighted the role of yoga postures (asanas) and naturopathic treatments in improving spinal flexibility, strength, and alignment. Dr. Jain discussed several key yoga asanas that benefit the spine, such as Bhujangasana (Cobra Pose), which strengthens the lower back, and Marjariasana (Cat-Cow Pose), which



Dignitaries at seminar on "Rejuvenation of the Spine through Yoga".

enhances spinal flexibility. Other poses like Uttanasana (Standing Forward Bend), Adho Mukha Svanasana (Downward-Facing Dog Pose), and Shalabhasana (Locust Pose) were also demonstrated for their role in strengthening and relaxing different parts of the spine. Additionally, Balasana (Child's Pose) was recommended for gently stretching and relaxing the spine. Dr. Jain also emphasized the importance of pranayama (breathing exercises), such as Nadi Shodhana (Alternate Nostril Breathing) and Bhramari (Humming Bee Breath), in reducing stress and maintaining spinal elasticity. In the realm of naturop-

thy, Dr. Jain recommended hydrotherapy, involving alternating hot and cold compresses on the spine to improve blood circulation and reduce inflammation. He also stressed the importance of an anti-inflammatory diet, rich in fruits, vegetables, and omega-3 fatty acids, to support spinal health. He suggested including calcium and vitamin D-rich foods to strengthen bones and prevent spinal degeneration. Herbal teas like ginger and turmeric were also highlighted for their anti-inflammatory properties. Furthermore, Dr. Jain advocated for massage therapy using herbal oils such as Mahanarayan Oil or Eucalyptus Oil to relieve back pain and support spinal

integrity. The seminar also featured a session on Hasya Yoga (Laughter Yoga), led by Ashok Gupta, Vice President of VKMI and Founder Managing Trustee of Sarv Uthan Trust. Laughter yoga was demonstrated to help relax the nervous system, which in turn benefits spinal health, as the spine is closely connected to the central nervous system. The practical demonstrations by Dr. Jain and Mr. Gupta were followed by a lively question-and-answer session, where participants engaged with dignitaries such as Sh. K.S. Samyal, Yesh Pal Sharma, and Suresh Gupta, among others, to further discuss spinal health and wellness techniques. The event concluded with Yash Sharma delivering a vote of thanks, expressing gratitude to the participants and organizers. The seminar was a success in raising awareness about the significance of spinal health and how a combination of yoga and naturopathy can be effectively used to rejuvenate and maintain the spine.

Hockey Sub-Junior Men trials from Sept 14

■ STATE TIMES NEWS
JAMMU: Hockey J&K shall hold selection trials to name Sub-Junior men team for the 14th Hockey India National Championship to be held at Chandigarh from September 23 to October 3. The trials shall take place at Hockey Playfield, Simbal Camp from 4 pm onwards on September 14 and September 15. After the selection process is complete, the probable shall undergo a brief coaching camp, a handout issued by the Association here today informed. Players born on or after 01-01-2008 are only eligible for trials in addition to registration with Hockey India. Such players need to bring along Aadhaar Card, school certificate, domicile or passport, the handout further said.