



India moving forward to regain position as world leader: LG

‘Prime objective to empower youth’

JAMMU:

Jammu: Hon’ble Lieutenant Governor Manoj Sinha has called upon the young minds to harness the potential of knowledge and contribute towards social transformation and economic growth of the nation.

“The 21st century is India’s century. It is written in stone. Under the leadership of Prime Minister Narendra Modi, India is moving forward to regain its position as a world leader and our young generation will make the greatest contribution in this journey”, the Lieutenant Governor said while addressing the Viksit Bharat-Yuva Connect Programme’s valedictory event at University of Jammu,

He said, “Our prime objective is to empower youth to become informed and action-oriented citizens and drive J&K’s growth and development. The innovative ideas of youth, their dreams, aspirations and their inclination for change



will play a crucial role in societal transformation”.

The Lieutenant Governor exhorted the youth to understand the needs of the society, dedicate themselves to fulfil it and be prepared to sacrifice everything for the goal of

Viksit Bharat. “The human mind is the greatest miracle and the most powerful force in this universe and our youth can utilise this strength to achieve the goal of building Viksit Bharat. To create Viksit Bharat, **CONTD ON PG 2**

Day-2 of Viksit Bharat sees 1,000 voices rise against drug abuse



JAMMU:

On the second day of the ambitious Viksit Bharat Yuva Connect Programme (VBYP), Hon’ble Vice Chancellor, Prof Umesh Rai flagged off a mega rally.

Besides, scholars, faculty, students and others, SP South, Ajay Sharma, SP Traffic Jammu city, Mr Arvind Kotwal, Prof. Anju Bhasin, Dean Academic Affairs, Prof Neelu Rohmetra, Dean Research **CONTD ON PG 2**

Day 3 of Viksit Bharat Youth Connect Programme at JU India’s journey towards 2047 must be powered by imagination, creativity, cultural consciousness: VC

JAMMU:

Emphasizing the importance of holistic development in shaping the future of a developed India, Prof. Umesh Rai, Hon’ble Vice Chancellor, University of Jammu, said that true progress cannot be achieved by infrastructure and innovation alone.

“India’s journey towards 2047 must be powered equally by imagination, creativity, and cultural consciousness,” the Vice Chancellor said while addressing students during Day-3 of the Viksit Bharat Youth Connect Programme (VBYP) held in the Campus.

Prof Rai underlined that activi-



ties such as sports, NCC, NSS, music, and arts—once considered extracurricular—are now integral to the curriculum under the National Education Policy (NEP), nurturing well-rounded individuals ready to contribute meaning-

fully to nation-building.

He said that skilling must extend beyond data science and artificial intelligence to include artistic and cultural competencies. Commending the efforts of the Utsah **CONTD ON PG 2**

Education; engine of transformation, cornerstone of Viksit Bharat@2047: VC

JAMMU:

Emphasizing the pivotal role of education in shaping India’s future, Prof. Umesh Rai, Hon’ble Vice Chancellor, University of Jammu said that while infrastructure, agriculture, healthcare, and digital economy form the structural foundations of a developed nation, the true engine of transformation remains education.

Ahead of holding the Viksit Bharat Yuva Connect Programme by the University from July 31 to August 3, 2025, the Vice Chancellor, in a certain raiser media interaction, referred to India’s historic contribution of 23 percent to the global economy before colonial disruption, the strength of this great nation once stemmed from an education system



deeply connected to societal needs.

“To reclaim that legacy, it is imperative for India to regain its global standing. If the path to a developed India begins anywhere, it begins in its schools, colleges, and universities”, he added.

Prof. Rai emphasised that the vision of Viksit Bharat@2047, as dreamt by Hon’ble Prime Minister

Shri Narendra Modi, is not just a policy directive but a national mission that must be driven through robust academic institutions. He called for a complete reorientation of academic priorities — from learning to problem-solving, and from job-seeking to job-creation — and proposed a powerful framework rooted in idea, incubation, innovation, and

start-up, underscoring the urgent need to integrate skilling, creativity, and curiosity into curriculum design.

He also highlighted the upcoming Innovation Tower at the University, which will offer facilities for ideation, entrepreneurship, and civil society collaboration. In a heartfelt appeal, he called for value-based education with compulsory courses in emotional intelligence, interpersonal skills, and social ethics. “If we fail to create humane human beings, everything else we build will be meaningless,” he stated.

Prof. Rai also drew attention to the deep link between substance abuse, crime, and terrorism, emphasising that the University’s commitment to Nasha Mukta Bharat must go

beyond token campaigns. “If we don’t eradicate drug addiction, our vision of a developed India will remain incomplete,” he warned. He appealed for continuous engagement and not just symbolic marches.

He also acknowledged the visionary leadership of Hon’ble Lieutenant Governor Shri Manoj Sinha ji, under whose guidance infrastructure and agriculture in Jammu and Kashmir have progressed rapidly. “The support extended by the Hon’ble LG and Hon’ble Chief Minister in enabling educational institutions to overcome systemic hurdles is instrumental in realising the goals of Viksit Bharat,” he added. He urged the students to register on the MY Bharat Portal, selecting their interests wisely to access **CONTD ON PG 2**

India moving

you will have to try to live your endeavour to its fullest. You have to chart the path of the future. Along with modern inventions, you have to keep alive the thirst to achieve new dimensions of consciousness,” the Lieutenant Governor said.

He lauded the University of Jammu for its revolutionary initiatives and enabling the students to realize their true potential. He also called upon the educational institutions to adopt a global approach to education to keep pace with the change, saying: “Our immediate goal should be to make India the third largest economy.” Speaking on the occasion, Prof. Umesh Rai, Vice Chancellor, University of Jammu gave a detailed overview on the pre-activities organized by the University under Viksit Bharat – Yuva Connect Programme.

The Lieutenant Governor felicitated the winners of pre-activities under Viksit Bharat-Yuva Connect Programme. Viksit Bharat Shapath was also administered on the occasion. Aligned with the vision of Viksit Bharat @2047, Yuva Connect Programme leverages My Bharat platform to promote dialogue, empowerment and active participation of youth and bridges the gap between young citizens and policymakers. Senior officials, Heads of Departments, faculty members, staff and students were present at the valedictory ceremony.

Justice Tashi Rabstan

achieving the goals of Viksit Bharat@2047.

He outlined key areas like modernizing governance, promoting alternative dispute resolution, citizen-centric legislation, and the importance of digital legal systems such as litigation monitoring and faceless assessments to enhance transparency.

Justice Rabstan also highlighted the recent repeal of colonial-era criminal laws and the introduction of new legislation such as the Bharatiya Nyaya Sanhita and Bharatiya Sakshya Adhiniyam as major steps toward a modern, efficient justice system. In conclusion, he urged the youth to take full ownership of this national mission and contribute actively as responsible stakeholders, adding, “India’s path to development lies in the hands of its young citizens—this is your time, and your opportunity to shape history.”

Speaking on the occasion, Prof. Pragati Kumar, Vice Chancellor, SMVDU, termed the “psyche of the nation” as central to the Viksit Bharat mission. He challenged narrow definitions of youth, asserting that anyone with a sense of purpose and national spirit—regardless of age—must be seen as part of India’s transformative force. He pointed to a growing disconnect between students and society, not out of disinterest, but due to mounting survival pressures and career anxieties.

Prof. Kumar urged educators to bridge this gap by reorienting learning toward meaningful contribution. He highlighted the government’s commitment in pursuing its 2047 goals. He added that even those unsure of their individual role can trust that the nation is firmly on the path to becoming developed.

In his address, Prof. Umesh Rai, Vice Chancellor of the University of Jammu, said that India’s emergence as the world’s fourth-largest economy in 2025 aligns with the vision of Viksit Bharat@2047, as envisioned by Hon’ble Prime Minister Narendra Modi. The Vice Chancellor called for a transformative ecosystem within educational institutions to promote idea generation, innovation, and startups, urging a shift from rote learning to solution-centric thinking rooted in real-world social challenges. He advocated for a paradigm shift in the education framework, moving beyond the confines of traditional classrooms to embrace experiential learning and the integration of Information Technology.

“The path to a developed India begins in its schools, colleges, and universities, where education must be reoriented from job-seeking to job-creation, embedding skilling, creativity, and curiosity into the curriculum,” he said.

Highlighting five pillars essential for Viksit Bharat—infrastructure, digital economy, health, agriculture, and education—he urged institutions to reimagine their role as incubators of innovation and critical thinking. “The dream of a developed India begins in educational institutions,” Prof. Rai noted. Quoting Swami Vivekananda, he concluded with a stirring message: “Arise, awake, and stop not till the goal is achieved.”

Earlier, Prof. Neelu Rohmetra, Dean Research Studies, extended warm greetings to all dignitaries, including former district judges, deans, heads, faculty, students, officials, and media.

She acknowledged the vision and encouragement of Prof. Umesh Rai, under whose leadership the university continues to shape meaningful national engagements.

Prof. Rohmetra highlighted the tight timeline under which the event was organized and praised the coordinated teamwork of all departments. “This is more than a programme,” she said, adding: “It’s our University’s voice in the national conversation on India’s future.” She acknowledged the efforts of Convenor, Co-convenor and members of various committees in organizing this event. Prof. Prakash C. Antahal, Dean Students Welfare and Co-Convenor of VBYP, shared a detailed overview of the four-day festival, which included sessions on drug-free living (Nasha Mukh Bharat), emotional wellness, youth leadership, and interactive exhibitions on youth-centric schemes.

He emphasized that the programme is designed to inspire action, introspection, and long-term civic engagement among students. A cultural performance titled “Bharat Ki Baat”, brilliantly written and directed by Sumeet Sharma, Drama Instructor at the university, highlighted the Indian heritage and ethos.

The play was performed by the participants of Certificate Course in Theatre offered by Skill Incubation Innovation and Entrepreneurship Development Centre (SIIEDC), in collaboration with the Department of Students Welfare, University of Jammu. A multi-departmental exhibition was also inaugurated, showcasing contributions from eight government departments and various university departments. The displays focused on start-ups, innovation, digital governance, youth welfare schemes, and opportunities for civic participation and entrepreneurship. The inaugural session concluded with a formal

vote of thanks by Prof. Pankaj K. Srivastava, Convenor of VBYP, who commended the dedication of every faculty member, staff, and students involved in curating the event. The proceedings of the event were conducted by Dr. Bhagwati Devi. In the spirit of sportsmanship, a tug-of-war was organized by the Department of Sports and Physical Education in which the various stakeholders of the University participated. Among others present on the occasion included, Prof. Anju Bhasin, Dean Academic Affairs, Prof. Sangita Gupta, Dean Planning and Development, Dr. Neeraj Sharma, Registrar, Padam Shree Prof. Lalit Magotra, Deans, Rectors, Directors, faculty members, officers, staff, scholars, students and prominent members from the civil society.

Education; engine of

the internships and valuable national engagement opportunities made available by GoI.

Prof. Neelu Rohmetra, Dean Research Studies, described the programme as a vital step in translating the Hon’ble Prime Minister’s vision of Viksit Bharat@2047 into grassroots action.

She said the four-day initiative curated under the leadership of Prof. Umesh Rai seeks to inspire participation from students across schools, colleges, and universities, with thousands already registered on the My Bharat Portal. Prof. Rohmetra spotlighted the Viksit Bharat Heritage Yatra on August 2nd, which will take students to the historic Mubarak Mandi complex — a symbolic step towards reconnecting youth with their cultural identity. She also emphasised the importance of life skills and emotional well-being in today’s high-pressure environment and described the programme as a holistic blend of culture, sports, heritage, and personal growth.

Prof. Pankaj K. Srivastava, Director CDOE and Convenor of the Programme, called the initiative a transformative national movement launched by the Ministry of Youth Affairs and Sports, Government of India. He noted that while the year-long programme will unfold in phases, this pre-activity at the University of Jammu focuses on building awareness and participation among youth.

He elaborated on key events including an exhibition of eight government departments, youth leadership lectures, elocution competitions, quizzes, and yoga. Over 1,000 students have already registered on the portal, gaining access to experiential learning across India. He also stressed the programme’s alignment with national themes such as innovation, fitness, entrepreneurship, and drug-free living.

Prof. Prakash C. Antahal, Dean Students Welfare and Co-Convenor of the Viksit Bharat Yuva Connect Programme, spoke in detail about the upcoming activities, placing special emphasis on the Nasha Mukh Bharat Rally. He informed that the rally will see active participation from faculty members, staff, research scholars, and students, collectively reinforcing the University’s commitment to a drug-free India. Prof. Antahal also expressed appreciation for the overwhelming response and collaborative spirit shown by all departments, which has been instrumental in shaping the programme’s successful rollout. Among others present on the occasion included Prof. Sangita Gupta, Dean Planning & Development, Prof. Naresh Padha, Senior Professor; Prof. Vibhakar Mansotra, Head, Department of Comp. Sc & IT; Prof. Garima Gupta, Head DJMS, Prof. Dushyant Kumar Rai; Prof. Pankaj Kumar; Dr. Pritam Singh; and Dr. Pradeep Bali. The proceedings of the event were conducted by Mansi Mantoo, Media Officer, University of Jammu.

India’s journey towards 2047

Clubs, the Institute of Music & Fine Arts, and the participating students from various departments of the University, Prof. Rai praised the organizers, faculty, and media teams for their relentless efforts in delivering a vibrant and impactful day of engagement under the Viksit Bharat banner.

A wide array of activities, including academic lectures, heritage visits, creative competitions, and wellness sessions, were organized on the third day, drawing enthusiastic participation from students across schools, colleges and university teaching departments. The highlight of the day was ‘Yuva Rhythm’, a vibrant musical event that brought together students from the Institute of Music & Fine Arts (IMFA) and various University Teaching Departments. The performances showcased India’s rich musical traditions and contemporary expressions, reflecting the creative aspirations of the youth.

The Vice Chancellor, who attended the event as Chief Guest, appreciated the performers for their artistic excellence and their contribution to promoting cultural consciousness among peers. Earlier, a special session on Life Skills and Mental Health Awareness was conducted by Dr. Romesh Kumar, noted psychologist and Head, Department of Education, DIET.

Dr. Kumar highlighted the significance of key life skills such as self-awareness, empathy, critical thinking, communication, and stress management in navigating modern challenges.

Citing WHO and NCRB data, he drew attention to the rising incidents of mental health issues and suicides among youth.

“Marks are important, but mental well-being is equally vital,” he said and outlined key government initiatives like Manodarpan, Tele-MANAS, and the National Mental Health Programme (NMHP) aimed at strengthening institutional mental health support systems. Practical strategies for students to maintain emotional resilience were also shared during the session. An important lecture on “Cybercrime Awareness and Prevention” was delivered by DySP Ms. Albeena Malik, JKPS, Incharge, Cyber Crime Investigation Centre for Excellence (CICE), Jammu. The session focused on emerging cyber threats such as phishing, vishing, SIM swap frauds, ransomware attacks, digital arrest scams, cyberstalking, revenge porn, and cryptocurrency-related frauds.

Ms. Malik cited real case studies, including the 2025 New Account Fraud in Lucknow and the 2024 Pig Butchering Scam, to illustrate the sophistication of recent cybercrimes. She underscored the far-reaching impact of these crimes—financial loss, data breaches, psychological trauma, and threats to national security.

The session also covered the limited awareness among victims regarding their rights and reporting mechanisms. Students were guided on using the 1930 Cyber Helpline, official re-

porting portals, and tools such as the Cyber Coordination Centre (14C), CRIMAX Database, and the Golden Hour Protocol to ensure timely intervention and redressal.

A Poster Making Competition on the theme “My Idea of Viksit Bharat” witnessed enthusiastic participation from over 80 students, who presented visually compelling interpretations of a developed and inclusive India. A Quiz Competition focused on Viksit Bharat also saw spirited participation from around 10 schools across Jammu. DPS Jammu secured the top position, followed closely by KV Gandhi Nagar.

As part of the programme’s experiential learning component, a Heritage Yatra to the historic Mubarak Mandi complex was organized offering students a rare opportunity to step into the region’s living history.

Led by Prof. Suman Jamwal, the visit brought together around 50 students from various institutions, who engaged directly with Jammu’s architectural and cultural legacy.

With expert insights from historian Prof. Shyam Narayan Lal and heritage advocate Shri Kripal Singh Ji, the students explored the Dogra-era palace not just as a monument, but as a dynamic symbol of political, cultural, and administrative life.

The visit sparked thoughtful discussions around heritage conservation in the face of modern development, highlighting the role of youth and academia in preserving the region’s past for the future. The Directorate of Sports and Physical Education organized a range of sporting activities throughout the day to promote physical engagement and team spirit. The day concluded with an evening Yoga session, promoting mindfulness and holistic well-being among students and staff. The session saw active participation from university leadership, faculty, and students alike, setting a motivating example for the academic community. Led by yoga expert Mr. Sanjeev Kumar and his team the participants engaged in a sequence of asanas, breathing exercises, and meditation practices focused on stress relief and inner balance.

Among others who were present on the occasion included Prof. Anju Bhasin, Dean Academic Affairs, Prof. Neelu Rohmetra, Dean Research Studies, Prof. Naresh Padha, Prof. Pankaj K. Srivastava, Convenor, VBYP, Prof. Yash Pal Sharma, Prof. Prakash C. Antahal, Dean Students Welfare and Co-convenor, VBYP, Dr. Neeraj Sharma, Registrar, JU, Deans, Rectors, Directors, faculty members, conveners of various committees, officers, staff, scholars and students.

Day-2 of Viksit

Studies, and Prof. Sangita Gupta. Dean Planning and Development, were present at the flag off ceremony. Speaking on the occasion, Prof. Umesh Rai, observed that universities are not just places of academic learning but also powerful platforms for shaping values. “When students take the lead in campaigns like Nasha Mukh Bharat, it sends a strong message to society,” he said and added, “Our collective stand today is not just symbolic—it is a necessary step in creating awareness and building a culture where students feel supported, informed, and strong enough to say no to drugs.” Saying that crime and terrorism have a deep connection, the Vice Chancellor observed, “If we want to end crime and terrorism, then we need to become drug-free”, adding: “Everyone has to contribute in it. This is an unconventional war. This is a conspiracy to destroy India. If every citizen of India makes this a mission, then I think we will definitely succeed in ending this war.”

Earlier, the day began with holding of a series of youth-oriented events with focus on heritage, skills and drug free society.

The main event witnessed participation of scholars, faculty, officers and students from various schools and colleges from across Jammu. A well-known youth expert and motivational speaker Ms. Swati Basotra delivered an inspirational lecture.

She exhorted students to bring the values of Bharat into their everyday thinking and conversations.

Referring to the idea of Chetna (awareness), Ms. Basotra reminded the young audience that conscious thought rather than instinct is what makes us human.

Through stories from Indian epics, she highlighted the need for humility, openness, and purpose-driven life and highlighted the greatest gifts of Bharat to the world – Dharma (righteousness) and Shiksha (education), which represent truth, kindness, and fairness. Later, Dr. Pankaj Rastogi, Regional Director, Datopant Thengadi National Board for Workers Education and Development (DTNBWED), Ministry of Labour and Employment, GoI shared useful information about government welfare schemes for youth.

He explained the National Career Service (NCS) portal in making job-searching accessible, easier and quicker. Drawing on international studies, he emphasized on qualities like analytical thinking, communication and adaptability. These soft skills play a critical role in long-term success besides the technical qualifications, he added.

Dr. Rastogi urged the students to build these skills in early stage of their life, as these are important components along with their degrees, and stressed the need for gender-inclusive labour policies in achieving the goal of developed India by 2047.

The day also included an elocution competition where students from various institutions of Jammu shared their ideas about future of India and their role they hope to play in nation building.

The students also participated in an essay writing competition on the topic, ‘India@2047: My vision of a developed India empowered by young minds’.

Around 10 schools from the Jammu City and 70 colleges and University teaching departments participated in various events being organized under Viksit Bharat Youth Connect Programme.

A series of sports and cultural activities were also organized by the Directorate of Sports and Physical Education to reinvigorate the day. The day ended on a strong note with the participation of the faculty, staff and students in ‘Nasha Mukh Bharat’ Rally in support and commitment of a drug-free society.

To mark the day, the students performed a Nukkad Natak, spreading a message of ‘Nasha Mukh Bharat’.

JU organizes academic visit to Mubarak Mandi Heritage Complex

JAMMU: Under the aegis of the Vikshit Bharat Youth Connect programme, the University of Jammu organized an academic visit to the historic Mubarak Mandi heritage complex on August 2, 2025.

The visit was coordinated and led by Professor Suman Jamwal, Member Coordination Committee, Viksit Bharat Youth Connect Programme, with the active participation of approximately 50 students drawn from various institutions located in Jammu region.

The primary objective of the visit was to foster awareness and appreciation of regional heritage among students and to provide them with a direct engagement with tangible aspects of cultural history. Mubarak Mandi, a site of considerable architectural and historical significance, served as the focal point for this exercise in experiential learning.

During the visit, students were provided with scholarly briefings by Professor Shyam Narayan Lal, a noted historian with specialization in the cultural and political history of Jammu and Kashmir and Shri



Kripal Singh Ji, a local heritage conservation advocate. Professor Lal contextualized Mubarak Mandi within the broader historical narrative of the Dogra dynasty, explaining that the palace was founded in 1710 by Raja Dhruv Dev, who relocated his residence from Purani Mandi to a more strategic site overlooking the Tawi River. The complex saw major expansion under Maharaja Ranbir Singh in 1874, who added royal quarters, gardens, and palaces for his sons. During his reign, administrative

buildings were also constructed, transforming the palace into both a royal residence and the administrative center of the Dogra state in the mid-19th century under Maharaja Ranbir Singh. The complex is a unique amalgamation of Mughal, Rajasthani, and European architectural styles, reflecting the cosmopolitan ethos of the Dogra rule. Professor Lal emphasized the imperative of heritage conservation and urged students to critically examine the social, political, and cultural dimensions of such monuments.

Financial literacy session equips youth with tools for personal finance, wealth planning

JAMMU:

A transformative awareness session on Financial Literacy and Personal Finance was held at the Brigadier Rajinder Singh Auditorium (BRSA), University of Jammu, as part of the Viksit Bharat @2047 initiative. The session aimed to empower students and young professionals with the knowledge and discipline required to take charge of their financial future — a critical step towards building a self-reliant and financially confident India. The keynote speaker, Mr. Dinesh Mahajan, a seasoned Certified Financial Planner with over three decades of experience, delivered an engaging and highly practical talk. At the heart of his message was a simple but powerful principle: “Pay Yourself First.” Through relatable examples and compelling visuals, Mr. Mahajan explained the importance of saving before spending. He contrasted two common financial behaviors —



those who save after spending versus those who spend what's left after saving — and stressed that financial security is built by adopting the latter.

Mr. Mahajan guided the audience through the process of setting personal financial goals, which he categorized into short-term, medium-term, and long-term horizons. These included everything from travel and weddings to home ownership, children's education, and retirement planning. He emphasized that clarity in goal-setting is the foundation of sound financial planning. One of the most impactful moments of the session was his explanation of the Power of Compounding. Using a visual graph, he demonstrated how even a modest investment — for instance, ₹1,00,000 invested annually at 10% — could grow exponentially over time. This illustrated the often-overlooked value of starting early and allowing time to multiply one's investments.

Swati Basotra delivers lecture on Bharat's timeless values, vision of education

JAMMU:

In a compelling lecture, youth journalism expert and lecturer Ms. Swati Basotra delivered an inspiring address to an audience of over 500 students, shedding light on Bharat's enduring cultural heritage, educational philosophy, and the relevance of Dharma in modern life. Ms. Basotra captivated attendees with her insightful perspectives, urging the younger generation to incorporate the spirit of Bharat in everyday dialogue and consciousness. Stressing the importance of Chetna (awareness), she reminded students that what sets humanity apart is not instinct, but conscious thought—and that this awareness is essential in building a progressive, value-driven society.

Drawing on ancient Indian wisdom, she recounted the profound story of Laxman seeking knowledge from Ravan, emphasizing the virtues of humility, perseverance, and the importance of learning from all sources—regardless of status or circumstance. She eloquently stated that Bharat has



gifted the world with Shiksha (education) and Dharma (righteousness), the latter encompassing Truth, Honesty, and Kindness. The lecture also featured the powerful narrative of Shiviraja, a noble figure from Bharata's era, as an example of selfless service to the nation. Ms. Basotra inspired students to rise beyond dependence on government employment, encouraging them to harness their education to become innovators, entrepreneurs, and nation-builders.

The event concluded with a token of appreciation presented to Ms. Basotra by Prof. Pankaj Srivastava (Coordinator) and Prof. Prakash Anthal (Dean, Student Welfare), acknowledging the depth and impact of her address.

Her words left a profound impact on the students, inspiring them to embody Bharat's values and pursue excellence with integrity, responsibility, and a deep commitment to the nation's growth.

Awareness session on “Viksit Bharat @2047” focuses on labour welfare, youth empowerment

JAMMU

In alignment with the national vision of “Viksit Bharat @2047”, an awareness session on Government Welfare Schemes for Youths was organized at the Brigadier Rajinder Singh Auditorium (BRSA). The event focused on raising awareness among young citizens and workers about key issues such as labour welfare, soft skills development, gender inclusion, and India's developmental progress. The session was led by Dr. Pankaj Rastogi, Regional Director, Dattopant Thengadi National Board for Workers Education and Development (DTNB-WED), under the Central Board for Workers Education. Dr. Rastogi delivered an informative and engaging address highlighting the urgent need to educate youth and workers to improve their socio-economic standing. He spoke in detail about various Central and State Government welfare schemes, encouraging participants to utilize these programs for their personal and professional growth. Dr. Rastogi also shed light on India's current labour conditions, drawing comparisons with international standards. He emphasized the need for gender-inclusive labour policies, development of soft skills, and building an informed workforce as essential components in achieving the goal of a developed India by 2047. His talk underlined that empowering the youth is key to shaping a self-reliant and equitable nation. Also present at the event were Dr. Ripu Diman Parihar, Assistant Director, Social Welfare (ADSW), Dr. Rashid Manhas, Deputy Proctor, and Ms. Shalpu Sehgal, Deputy Proctor, whose presence added value to the session. Their support reflected the academic community's commitment to youth and worker welfare. The session was attended by students, educators, and professionals who engaged actively with the theme of the event. It concluded with a strong message: that awareness, education, and collective responsibility are crucial for realizing the Viksit Bharat @2047 dream.



JU organizes lecture on Cyber Crime Awareness

JAMMU:

Under the banner of the Viksit Bharat Youth Connect Programme (VBYCP), a significant lecture on “Cybercrime Awareness & Prevention” was delivered by DySP Albeena Malik, JKPS, Incharge Cybercrime Investigation Centre for Excellence (CICE), Jammu. The session aimed at sensitizing the youth about emerging cyber threats and empowering them with practical knowledge on prevention, complaint mechanisms, and legal safeguards. DySP Malik explained various types of cybercrimes such as phishing, vishing, ransomware attacks, SIM swap/OTP thefts, digital arrest scams, revenge porn, cyber-bullying, stalking, blockchain frauds, and financial scams. Real-life case studies like the New Account Fraud in Lucknow (2025) and the Pig Butchering Scam in India (2024) were cited to



highlight the evolving strategies of cybercriminals. She underlined the multifaceted impacts of cybercrimes — ranging from financial and data losses to psychological trauma, national security challenges, and erosion of public trust in digital systems. A special focus was laid on the victims' lack of awareness regarding their rights, complaint procedures, and legal remedies under the IT Act, 2000, along with the new criminal laws (BNS, BNSS, BSA 2023).

Viksit Bharat Youth Connect Program highlights life skills, mental health for youth

JAMMU, AUGUST 2:

As part of the Viksit Bharat Youth Connect Programme (VBYCP), the University of Jammu organized a special session dedicated to Life Skills and Mental Health Awareness, aiming to empower students with essential tools to navigate life's emotional and psychological challenges.

The session was led by Mr. Romesh Sharma, Head of Department, DIET Jammu and a renowned psychologist, who stressed the importance of nurturing life skills such as self-awareness, empathy, critical thinking, problem-solving, effective communication, and stress management. Highlighting the urgency of addressing youth mental health,

Mr. Sharma cited alarming data from the World Health Organization (WHO) and the National Crime Records Bureau (NCRB) that underscore rising cases of mental illness



and suicide among Indian youth.

“Marks are important, but mental well-being is equally vital,” he emphasized. Dr. Romesh Kumar, a mental health expert, further elaborated on key government initiatives aimed at supporting student mental wellness, including Manodarpan, Tele-MANAS, and the National Mental Health Programme (NMHP).

He also shared simple, practical strategies for maintaining mental health, encouraging students to pri-

oritize self-care and seek support when needed. The programme also featured a spirited Quiz Competition on the theme 'Viksit Bharat', moderated by Mr. Ankit Mahajan, Assistant Professor, School of Biotechnology. The quiz brought together enthusiastic student teams from DPS Katra, KC International School, KV No.1 Gandhi Nagar, and DPS Jammu. After a closely contested battle of wits, DPS Jammu emerged victorious, narrowly surpassing KV Gandhi Nagar.

DSPE organizes Yoga Session under VBYCP



JAMMU:

To promote health, wellness, and holistic development among the youth, the Directorate of Sports and Physical Education, University of Jammu, organized a Yoga session on 2nd August 2025 under the Viksit Bharat Yuva Connect Programme (VBYCP).

Prof. Umesh Rai, Vice Chancellor, University of Jammu, along with Prof. Neelu Rohmetra, Prof. Pankaj K. Srivastava, and Prof. Yashpal Sharma, participated actively in the session. Their involvement served as a strong motivation for students, faculty, and staff to embrace Yoga as an integral part of their daily lives.

Speaking on the occasion, the Vice Chancellor, University said: "Yoga is a powerful tool for maintaining physical and mental balance in today's fast-paced life. I am delighted to see such enthusiastic participation from our students, faculty, and staff, which reflects our collective commitment to a healthier lifestyle."

Prof. Neelu Rohmetra said that Yoga is not just an exercise; it is a way of life that builds discipline, focus, and inner peace. Initiatives like this reinforce the importance of adopting Yoga in our daily routines.

Prof. Pankaj K. Srivastava remarked: "Regular prac-

tice of Yoga brings harmony between the mind and body. The University's proactive efforts to integrate such wellness-oriented activities are truly commendable."

Prof. Yashpal Sharma said that the oga session is a reminder of the timeless wisdom of Yoga that continues to benefit us today. Its integration into our lives will significantly contribute to our physical, mental, and emotional well-being.

The Yoga demonstration was conducted by Mr. Sanjeev Kumar and his team, who led participants through a series of Asanas, Pranayama techniques, and meditation practices, focusing on stress management and mindfulness.

The proceedings of the event were efficiently anchored by Dr. Mandeep Singh, ensuring smooth coordination throughout.

The session was held under the direct supervision of Dr. Daud Iqbal Baba, Director, Directorate of Sports & Physical Education, whose vision and leadership played a pivotal role in its successful execution.

The event concluded with an interactive segment, where participants shared their experiences, expressed their gratitude, and pledged to incorporate Yoga into their daily routines to improve their physical fitness, mental clarity, and overall well-being.

Sports events under Viksit Bharat Yuva Connect Programme held

JAMMU:

The Directorate of Sports & Physical Education, University of Jammu hosted a series of sports events under the Viksit Bharat Yuva Connect Programme (VBYCP) from 31st July to 3rd August 2025.

The purpose of these events was to promote physical fitness, encourage competitive spirit, and enhance youth engagement in line with the objectives of the Viksit Bharat initiative. In these three days Sports competitions were conducted across multiple disciplines including Basketball (Women), Handball (Men), Kabaddi (Men), Table Tennis (Women), Badminton (Women), Yoga (Men and Women), and Athletics (Men and Women). Participants from various colleges and departments showcased remarkable performances and sportsmanship throughout the programme.

In Badminton (Women), the PG Department, University of Jammu emerged victorious by defeating MIER Jammu with a commanding score of 2-0. Similarly, in Table Tennis (Women), Government SPMR College of Commerce secured a straight set win of 2-0 against the PG Department, JU. Athletics events witnessed enthusiastic participation across both men's and women's categories. In the Women's 4×400m Relay, GCW Udhampur clinched the Gold Medal with an excellent team performance by Kiran Sharma, Ankita Sharma, Preeti Sharma, and Lakshmi Devi. The Silver Medal was won by the team from the PG Department, JU including Preeti Sharma, Parul Sharma, Gyan Kour, Priya Shama, while Taniya Devi, Reena Devi, Varsha, Rupali from GDC Billawar finished in third place to take the Bronze Medal.

In the Men's 4×400m Relay, the team of GDC Doda including Leela Parsad, Amit, Vikram, and Tofail showed exceptional coordination to secure the Gold Medal, followed by the team of Sumit, Sukhchinder Singh, Mahesh and Varun Singh from the PG Department, JU won

Silver, and GDC Ramnagar who claimed Bronze include team of Rahul, Ravi, Ajay and Samarjeet

In The event of 4×100m Relay (Men) the team PG Department, JU including Keshav Singh Chib, Rajan Sharma, Varun and Mohd. Yaseen Malik sprinting ahead to bag the Gold Medal, while GDC Khour and GDC Doda secured Silver and Bronze, respectively with team of Arvind, Bhanu Partab, Navjeet Singh and Anish from GDC Khour and Javid, Tofail, Vikram and Ankit from GDC Doda. In the 4×100m Relay (Women), GCW Udhampur continued its strong athletics showing by winning Gold with team of Preeti, Lakshmi, Khushi, and Kiran followed by Preeti Sharma, Khushi Verma, Priya Sharma and Parul Sharma from PG Department JU won silver and Reena Devi, Ayushi Thakur, Varsha and Tania from GDC Billawar who won Bronze medal. Individual events also delivered thrilling finishes. In the 100m (Men) race, Uttkarsh Barwal of GDC Udhampur clinched the Gold Medal, Sameer Khan of GDC Rajouri won Silver, while Anish Sadotra from GDC Udhampur took home Bronze.

In the 100m (Women) category, Ankita Sharma from GCW Udhampur claimed the Gold Medal, followed by Khushi Verma of PG Department, JU winning Silver and Hassina Akhter from GDC Reasi earning Bronze.

The successful conduct of these events under the Viksit Bharat Yuva Connect Programme not only highlighted athletic excellence but also reinforced the importance of sports in building discipline, teamwork, and a healthy competitive spirit among the youth. The events not only celebrated victories and medals, but more importantly, the unstoppable energy of India's youth. As whistles were silenced and tracks were emptied, what stayed behind on the grounds of Jammu University was a renewed spirit one that dreams bigger, runs faster and believes firmly in building a stronger, and more vibrant Viksit Bharat.

Sports events bring energy, excitement at JU under VBYCP

JAMMU:

The University of Jammu was filled with excitement and energy as sports events were held under the Viksit Bharat Yuva Connect Programme from July 31 to August 3, 2025.

The events were organised by the Directorate of Sports & Physical Education, aiming to encourage students to stay fit, play together, and build team spirit. Different colleges and departments participated in various games including Basketball (Women), Handball (Men), Kabaddi (Men), Table Tennis (Women), Badminton (Women), Yoga, and many Athletics events for both boys and girls.

In Basketball (Women), the PG Department of Jammu University won against GCW Parade by 11-4. The Handball (Men) match saw PG Department defeating GDC Kathua by 13-7. And in Kabaddi PG Department beat GDC Kathua by 31-20.

Badminton (Women) saw strong matches MIER Jammu beat GCW Parade 2-0, and PG Department of JU defeated Govt. College of Education 2-0 as well.

Athletics Events.

Many students also showed great talent in athletics. Here are some of the main results:

Shot Put (Men): Kamalpreet from PG JU won Gold, Sqoor Ali from GDC Jindrah got Silver, and Jagmohan Singh from PG JU won Bronze.

Shot Put (Women): Farzana from GWC Gandhi Nagar took Gold, Lakshika Jamwal from PG JU won Silver, and Aslesha from MIET took Bronze.

400m Race (Men): Uttkarsh Barnwal (GDC

Udhampur) came first, followed by Tofil (GDC Doda) and Gaurav Sharma (GDC Pouni).

400m Race (Women): Lakshmi Devi and Kiran Sharma from GCW Udhampur won Gold and Silver. Sneha Rajput (GDC Chenani) won Bronze.

Discus Throw (Men): Adanan Farooq (GDC Doda) won Gold, Navdeep Singh (PG JU) took Silver, and Sujal Singh (MAM College) won Bronze.

Discus Throw (Women): Lakshika Jamwal (PG JU) won Gold, Sonia Kour (GDC Pouni) got Silver, and Preeti Sharma (PG JU) won Bronze.

5000m (Men): Leela Parsad (GDC Doda) came first, followed by Shivam Sharma (GDC Kathua) and Nitish Moton (MAM College).

3000m (Women): Parul Sharma (PG JU) won Gold, Priti Khajuria (GCW Udhampur) got Silver, and Taniya Devi (GDC Billawar) won Bronze.

200m (Men): Sameer Khan (GDC Rajouri) was the fastest, with Junaid Latif (GDC Akhnoor) and Rahul Kumar (GDC Ramnagar) in second and third places.

200m (Women): Khushi Verma (PG JU) came first, followed by Ankita Sharma (GCW Udhampur) and Reena Devi (GDC Billawar).

These events were a great success and brought students together in the true spirit of sports. The Directorate of Sports & Physical Education thanked all participants, volunteers, and staff for their support and teamwork. The atmosphere throughout the event was filled with cheer, energy, and a strong message of youth power and unity..

Energy, Excitement, Sportsmanship Mark Day- 3 of VBYCP

JAMMU:

The third day of the Viksit Bharat Yuva Connect Programme 2025 at the University of Jammu turned out to be a celebration of youthful energy, competitive spirit, and unity through sports with students from colleges across the region participating in a wide range of events. From the basketball court to the Kabaddi mat, every player tried the best and didn't give up until the very final moments. Every corner of the university buzzed with excitement. As different colleges and institutes from across Jammu and Kashmir participated in the games and showcased their talent and abilities. In women's basketball game, the PG Department, JU, showcased a commanding performance, beating MIET Jammu 18-06. Earlier, MIET had defeated GCW Parade with a solid 16-04. The team of men's handball from PG Department, JU, secure a clear 17-10 victory over GDC Kathua. But it was the kabaddi match that had everyone at the edge of their seats and makes the day exciting where PG Department narrowly beat GDC Bhaderwah by just one point (43-42) and it turned out to be one of the most thrilling matches of the day.

In women's badminton team, JU's PG Department claimed a straight 2-0 win over GCW Gandhi Nagar. Meanwhile, GCW Gandhi Nagar bounced back later with a 2-1 win against GCW Parade.

The yoga sessions, both for men and women, added a graceful balance to the competitive day. PG Department, JU, bagged the gold in both categories, while GDC Paloura and JAIR Jammu took home silver and bronze in men's yoga. GCW Parade and GCW Gandhi Nagar were the

silver and bronze winners in women's yoga.

In the javelin throw (men), Ashish Khajuria from PG Dept. JU claimed gold, while Adnan Farooq (GDC Doda) and Saquoor Ali (GDC Jindrah) secured silver and bronze.

Women's javelin was dominated by GCW Udhampur Preeti Sharma won gold and Shruti Sharma secured silver while Sanjana Bhutyal from GDC Doda won bronze.

In 800 meter race events Among the men, Bikram Singh (GDC Doda) took the lead and earned gold. Abhi Singh (GDC Pouni) won gold followed by Shaheen Ahmed (GDC Udhampur) who won bronze medal. In the women's category, Lakshmi Devi (GCW Udhampur) bagged gold, followed by Parul Sharma (PG Dept. JU) who won silver and Rupali Devi (GDC Billiwar) won bronze medal.

In long jump (men), Rajan Sharma (PG Dept. JU) grabbed gold and Rushant Suhalia (GDC Kathua) won Silver, Aquib Ahmed Khan (GDC Mendhar) won Bronze Medal in long jump

In women's long jump Varsha from GDC Billiwar led the women's long jump, winning gold and Prerna (GDC R.S Pura) won Silver Medal, and Sonia (GDC Bishnah) won Bronze Medal

High Jump (Men) gold went to Akhlakh Ahmed (GDC Doda), and Prince Shivam Sombria (PG Dept. JU) won Silver Medal and bronze goes to Manthan Saini (GGM College) whereas Khushi Rajput (GCW Udhampur) stood out in women's high jump, finishing at the top and winning gold, Priya Tandon (GDC R. S Pura) win Silver Medal in high jump in women's category.

Jammu University Hosts Exciting Sports Events Under Viksit Bharat Programme