



"Education breeds confidence. Confidence breeds hope. Hope breeds peace." - Confucius

MONTHLY NEWSLETTER



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JU AC approves one seat for transgender candidates in each on-campus programmes

Adopts NCrf along with SoPs for effective implementation; endorses MA History programme, various certificate courses

BHADERWAH:

The JU Academic Council (AC) has approved the creation of one supernumerary seat for transgender candidates in each on-campus programme of the University, as a step towards fulfilling its social responsibility.

The Council, which met under the Chairmanship of Vice Chancellor Prof Umesh Rai, at the Bhaderwah Campus, also endorsed the adoption of the National Credit Framework (NCrf) along with its Standard Operating Procedures (SoPs) for effective implementation.

During the exhaustive deliberations, the Council covered a wide range of academic and research matters, inter alia, approving existing guidelines and statutes related to several academic programmes in accordance with the latest applicable UGC Guidelines.

The M.A. History programme, along with certificate courses in Basic Accounting, Goods and Services Tax (GST), and Filing of Income Tax Returns through Open and Distance Learning (ODL) mode, were



also endorsed under the Centre for Distance and Online Education (CDOE).

Revised statutes governing the Four-Year Undergraduate Programme, Design Your Degree, aligned with NEP 2020, was also approved.

The AC endorsed introduction of a Postgraduate (M.A./M.Sc.) Degree Programme in Disaster Management under the Department of Geology and approved the provision allowing candidates to pursue an academic programme under the Centre

for Distance and Online Education (ODL/Online mode) simultaneously with another academic programme in physical mode at a UGC-recognized University, in line with the revised UGC Guidelines.

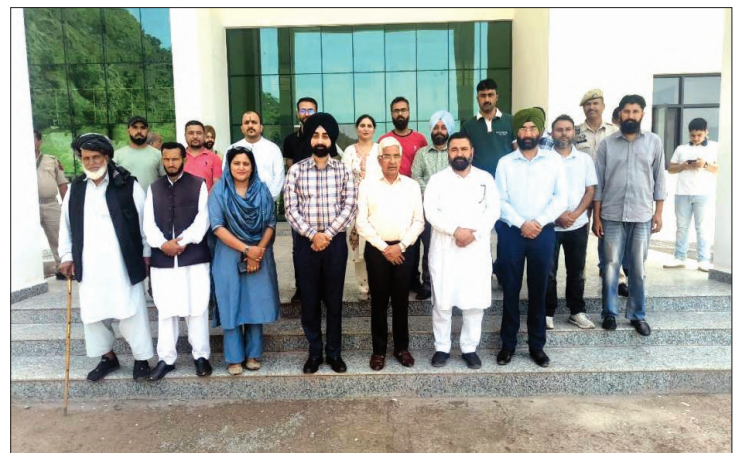
Further, the modalities for signing Memorandums of Understanding (MoUs) for various academic activities were chalked out during a focused interaction with officers of the Indian Army.

At the outset, the Vice Chancellor welcomed all members of the

CONTD ON PG 10

VC visits Poonch Campus; reviews academic progress, infrastructure projects

Explores defence-academia collaboration, community engagement initiatives



POONCH:

To strengthen and to ensure optimum outreach of higher education in border and remote areas, Prof. Umesh Rai, Vice Chancellor visited the University's Poonch Campus and reviewed academic progress and inspected infrastructural projects.

The visit also aligns with the Hon'ble Prime Minister's visionary call for replacing the terminology of "last village" with "first village", signifying a transformative approach to integrating border re-

gions into the national development framework.

During the visit, the Vice Chancellor was accompanied by Hon'ble MLA Poonch, Mr. Ajaz Jaan; Dr. Guneet Singh Sudan, Director IT and OSD, J&K Higher Education Council; Dr. Jasbir Singh, Principal, SKC Government Degree College, Poonch; and local Sarpanchs.

Prof. Rai interacted with faculty, staff, and campus officials, emphasizing the importance of quality education, skill development,

CONTD ON PG 10

UJAA GENERAL BODY MEET

VC emphasizes alumni role in strengthening academic, cultural fabric of JU

JAMMU:

Describing the alumni as cornerstone of the University, Vice Chancellor Prof. Umesh Rai has emphasized their continued role in strengthening the academic and cultural fabric of this great institution.

"An institution that does not celebrate its alumni loses the opportunity to inspire its future," the Vice Chancellor said while addressing the General Body Meeting of the University of Jammu Alumni Association (UJAA) in the campus.

The Vice Chancellor, who is also the Patron of UJAA, said the alumni are not mere former students, but the living legacy of the institution,



hoping that they too will play their significant role in

making their alma mater an institution of overall excellence in academics, sports, intellectual discourse and extra-curricular activities.

The Vice Chancellor urged every department to take ownership by compiling detailed alumni records and reaching out with meaningful, activity-based collaborations. Whether through mentoring, lectures, cultural events, entrepreneurship guidance, or creative arts—he stressed the need to tap into the wealth of experience that alumni across fields such as judiciary, administration, academia, and industry bring back to the University.

Highlighting the emotional connect between alumni and their alma mater, the Vice

Chancellor underlined that time and contribution—not just monetary, but experiential—are the true markers of belonging. He noted that the strength of an alumni network is not built through occasional meetings but through sustained engagement and shared ownership of institutional growth.

"We do not seek your membership fee; we seek your commitment," the Vice Chancellor said and proposed launching a series of focused outreach initiatives—like mentorship programmes—to reconnect with distinguished alumni and build a dynamic platform for collaboration. He concluded with a powerful reminder: "If

CONTD ON PG 10

Certificate Course in Theatre inaugurated

JAMMU:

Skill Innovation Incubation & Entrepreneurship Development Centre (SIIEDC) in collaboration with the Department of Students Welfare organized 2nd edition of Certificate Course in Theatre (Basic) to make students aware about their inner creative and aesthetic capabilities besides providing an opportunity to get acquainted with the immense benefits of theatre for the overall personality development.

The course was inaugurated in presence of Prof. Alka Sharma, Director SIIEDC, Prof. Prakash Antahal, Dean Students Welfare, Prof. Vishav Raksha HoD Sociology, Prof. Garima Gupta, Coordinator SDCPV, Dr. Pritam Singh Associate Dean SW, Mansi Mantoo, Media Officer and Sumeet Sharma Course Coordinator.

Speaking on the occasion, Prof. Alka Sharma informed that Certificate Course in Theatre is designed for students to give them a better understanding of the art forms. It will provide an opportunity to them to get acquainted with the immense benefits of theatre which refine us physically, mentally and spiritually. "Theatre has been acknowledged as one of the most effective tool for personality development and this course will sharpen the soft skills of the students which will help them in their academic pursuits also", she stressed.

In his address, Prof. Prakash Antahal asserted that the course aims at making students aware about different facets of theatre and providing them an insight about its different genres



through practical and theory sessions. Focusing on communication skills, confidence, creativity, team spirit, self-exploration, spontaneity and other skills, the course will be highly beneficial for the participants. He expressed gratitude towards Prof. Umesh Rai, Vice Chancellor under whose guidance such innovative programmes are being launched. Prof. Garima Gupta, in her address, advised

the participants to utilize this opportunity properly by being punctual and dedicated as intervention of Arts and Culture plays an important role in broadening the horizons of our imagination and creativity by making us conscious, compassionate and sensitive about the society. The course had been designed under the guidance of Prof. Garima Gupta, Coordinator Skill Development and

Career Planning Vertical. Sumeet Sharma, Drama Instructor at the Department of Students Welfare was the course coordinator. Being professionally qualified and having an extensive experience of theatre, he imparted enriching knowledge of theatre to the participants.

Visiting faculty and experts in allied arts also enhanced the impact of the course.

It is pertinent to mention here

that Pratibha Devi, an NRI from Australia had come a long way to specially attend this programme.

Other participants included Riya Jandial, Malvika Kalra, Ruhaani, Sohana Gorka, Kananpreet Kaur, Seeta, Anandita Dutt, Bhawna Puri, Kriti Gupta, Rohit Kumar, Aryahann Bakshi, Suresh Gupta, Ashwani Singh, Raman Sharma, Mehak, Alhaana Babar, Mayuri Sharma, Harish Manhas, Arshiya and Aprajit.

Dhwani 91.2 FM, JU hold summer internship program for college students

JAMMU:

The Community Radio Station, 91.2 FM Dhwani JU, held a ten-day Summer Internship Program for students of GGM Science College and Cluster University of Jammu. This initiative aimed at equipping aspiring media professionals with practical exposure and hands-on experience in the dynamic world of radio broadcasting.

The internship offered an immersive learning experience, allowing students to work in a real-time radio station environment. From live broadcasting and radio production to managing technical operations, the program was designed to give students a comprehensive understanding of how a professional community radio station functions.

A series of interactive workshops focused on voice modulation, scriptwriting, content development, and on-air presentation techniques were held. These sessions led by seasoned Radio Jockeys and media industry professionals, ensured that participants receive expert guidance and mentorship throughout their journey.

The inaugural day of the internship was marked by an engaging session with RJ Nitish Sharma of 95 FM Tadka, who shared insights on voice modulation and the nuances of radio presentation.

Earlier in the day, Prof. Monika Chadha, Convenor, 91.2 FM Dhwani JU, provided a detailed overview of the Community Radio Station's operations and its relevance in today's media ecosystem.

Speaking about the initiative, Prof. Chadha emphasized that the internship is a part of the station's larger vision to nurture talent and build capacity in the field of community media. 91.2 FM Dhwani

Prof. Vandana Khajuria, Head, Department of English, GGM Science College, also interacted with the interns, offering her



words of encouragement.

The inaugural session was smoothly conducted by Tushar Bhardwaj, Programming Assistant at Dhwani JU.

It is noteworthy that under the vision-

ary leadership of Prof. Umesh Rai, Vice Chancellor the University became the first higher education institution in the Union Territory of Jammu and Kashmir to establish a community radio station.

Officially inaugurated in 2023 by Shri Manoj Sinha, Hon'ble Lieutenant Governor of J&K UT, Dhwani JU has since emerged as a powerful medium for expression, engagement, and learning.

Media interaction held ahead of Academic Council Meeting

NEP 2020 IMPLEMENTATION, REGIONAL ACADEMIC OUTREACH, AND CIVIL SOCIETY ENGAGEMENT ON THE AGENDA

JAMMU:

Ahead of holding the first ever meeting of Academic Council outside the main Campus of the Jammu University at Bhaderwah on June 15, 2025, Vice Chancellor Prof Umesh Rai said the step aims at evolving approach to inclusivity by directly connecting with its regional campuses, students and civil society.

Interacting with the media persons on June 13, 2025, the Vice Chancellor described the initiative of holding the meeting of the apex academic decision making body of the University in offsite campuses at as a meaningful stride towards deepening academic engagement and enhancing the JU's outreach to the youth and communities in far-flung areas of the region.

He underscored the vital role of offsite campuses in shaping academic vision of the University and integrating them into the mainstream of decision-making.

Terming Bhaderwah as the oldest regional campus of the Uni-



versity, Prof. Rai emphasised its strategic role in catering to the academic aspirations of students from remote and hilly areas.

'Heads of Departments from the main campus, principals of affiliated colleges, academic representatives from other institutions, and senior deans from the University of Kashmir will participate in the meeting to be held first time at Bhaderwah Campus. All members

will be attending the meeting in person, marking a significant institutional shift towards inclusive, region-based academic policymaking', the Vice Chancellor informed the media.

The Vice Chancellor said that such key academic and administrative engagements will also be conducted at other offsite campuses of the University, including Kathua, Udhampur, Reasi, and

Poonch, in a phased manner. The aim is to foster stronger institutional linkages across all regional centres and make them active contributors in the University's governance and growth story.

He dwelt in detail about the events scheduled at the Bhaderwah Campus apart from holding the AC meeting.

Highlighting the University's expanding national collaborations, Prof. Rai also spoke about strengthening ties with the Indian Armed Forces, particularly in areas of student internships and field-based assignments. He shared that a recent meeting in Poonch resulted in the identification of strategic project opportunities, further aligning academic engagement with national service priorities.

Another major announcement made by the Vice Chancellor was the University's plan to launch undergraduate programmes at the main campus. This significant academic expansion will offer a seamless progression pathway

from undergraduate to doctoral levels, in full alignment with NEP 2020.

Describing the Bhaderwah Academic Council meeting as a "defining moment" for the institution, Prof. Rai asserted that the initiative reflects the University's larger vision of becoming globally competitive, nationally aligned, and regionally inclusive.

On the occasion, Prof. Anju Bhasin, Dean Academic Affairs, shared detailed insights into the academic components and events scheduled to be held alongside the Academic Council meeting.

Also present during the press conference were Prof. Neelu Rohmetra, Dean Research Studies; Prof. Sangeeta Gupta, Dean Planning and Development; Prof. Prakash Antahal, Dean Students Welfare; Dr. A. R. Manhas, Deputy Chief Proctor; and Mr. Irfan Goni, Campuses Development Officer.

The proceedings were conducted by Mansi Mantoo, Media Officer.

Walkathon against drug abuse flagged off by VC

6-Day Yoga Workshop held at Bhaderwah Campus



BHADERWAH:

Prof. Umesh Rai, Vice Chancellor flagged off a vibrant Walkathon against drug abuse and inaugurated a six-day Yoga Workshop at the Bhaderwah Campus. The dual events were organized by the Directorate of Sports and Physical Education in collaboration with the Indian Army, District Administration Doda, and Bhaderwah Campus, as part of a broader initiative to foster national integration, a drug-free lifestyle, and holistic well-being among the youth. The Walkathon, carrying the resounding message "National Integration - Now and Always!", witnessed enthusiastic participation from students and faculty members, with participants marching through the town, holding aloft the national flag and banners reading "Say No to Drugs, Say Yes to Sports" and "One Walk, One Community, One Cause." Speaking on the occasion, Prof. Rai emphasized that the event aligns with the vision of the Hon'ble Prime Minister, Hon'ble Lieutenant Governor, and the Hon'ble Chief Minister of JK UT for the holistic development of youth.

"The participation of our youth in such meaningful, community-driven activities is crucial. It helps channel their energy into positive engagements that builds discipline, unity, and a spirit of national pride," said Prof. Rai, adding: "Through sports, wellness, and social integration, we aim to cultivate a generation that is physically strong, mentally resilient, and deeply connected to the nation's values."

Prof. Pragati Kumar, Vice Chancellor, Shri Mata Vaishno Devi University (SMVDU), also addressed the participants and commended the JU for fostering such collaborative and community-oriented initiatives.

As Chief Guest, Prof. Rai also inaugurated the 6-Day Yoga Workshop in the presence of Prof. Anju Bhasin, Dean Academic Affairs; Prof. Neelu Rohmetra, Dean Research Studies; Prof. Sangeeta Gupta, Dean Planning; Prof. Naresh Padha; Dr. Neeraj Sharma, Registrar and other faculty and officers of the University.

Referring to the importance of Yoga, Prof. Rai said that in today's fast-paced world, it is essential to find balance. Yoga offers a holistic approach to fitness that nurtures both the body and the mind. 'We

hope that through this workshop, our students and faculty will not only enhance their physical health but also cultivate mental resilience', he added.

An impressive demonstration of advanced and artistic yoga techniques was presented by the students of the P.G. Diploma in Yoga. The demonstration session was chaired by Prof. Rahul Gupta, Rector, Bhaderwah Campus, along with Prof. Jasbir Singh, Prof. Garima Gupta, Dr. Mujeeb, and Dr. Kuljeet Singh, Principal, Little Millennium School, Bhaderwah Campus.

Earlier, Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education welcomed the dignitaries and outlined the objective behind the events. The proceedings were conducted by Mr. Arif Haleem Khateeb, External Relations Officer.

Prof. Anju Bhasin, Dean Academic Affairs, Prof. Neelu Rohmetra, Dean Research Studies, Prof. Sangeeta Gupta, Dean Planning and Department, Dr. Neeraj Sharma, Registrar also addressed the audience, applauding the commitment of the youth and encouraging them to remain actively involved in such nation-building efforts.

VC releases Punjabi literature anthologies



JAMMU:

In a significant step towards promoting scholarly research and literature, Prof. Umesh Rai, Vice Chancellor released two publications—"Kaav Mehkaan," an anthology of Punjabi poetry, and "Katha Birtaant," an anthology of Punjabi short stories.

Both the books have been edited by Dr. Harjinder Singh and Dr. Pritam Singh, faculty members from the Department of Punjabi.

The publications have been specially curated to align with the objectives of the National Education Policy 2020, highlighting the rich literary heritage and cultural depth of Punjabi literature from Jammu and Kashmir on a national platform.

Speaking at the release event, Prof. Umesh Rai emphasized the vital role academic writing plays in strengthening intellectual traditions within the university ecosystem. "These publications not only enrich the academic resources of our university but also significantly enhance regional and national academic dialogues," he remarked.

He lauded the commendable efforts of the editors and complemented the Department of Punjabi for achieving this literary milestone.

Among others present in the event included Prof. Parkash Antahal, Dean Students Welfare; Prof. J.P. Singh Joorel; Prof. Sucheta Pathania, Head & Dean, Faculty of Arts; Prof. Baljeet Kour; Dr. Harjinder Singh; Dr. Pritam Singh and Dr. Rajbeer Singh.

EDITORIAL

Fit India: A Movement From Awareness to Action

In the tapestry of modern life—woven with endless notifications, extended work hours, and digital distractions—fitness often becomes the first casualty. It is this silent crisis that Hon’ble Prime Minister Shri Narendra Modi sought to address when he launched the Fit India Movement, urging every Indian to embrace fitness as not just a goal, but a way of life.

“If the body is fit, the mind is a hit,” the Prime Minister remarked—a phrase that has since become the rallying cry for a healthier India. Beneath its catchy rhyme lies a profound truth. Physical wellness and mental well-being are not isolated domains; they are intimately intertwined. A healthy body fuels mental clarity, emotional resilience, and sharper focus. And in a country where the demographic dividend is our greatest strength, it is imperative that our youth, our workforce, and our elders stay physically active and mentally agile. The urgency of this message cannot be overstated. India is witnessing a troubling rise in non-communicable diseases like diabetes, hypertension, and obesity—many of which are lifestyle-induced. Alarming, these conditions are no longer limited to older age groups; young people, too, are increasingly vulnerable. This isn’t just a health concern—it’s a developmental challenge. A nation cannot aspire for excellence on weak legs and weary minds.

Technology, which has brought the world to our fingertips, has also bound many to their chairs. Physical activity is being replaced by scrolling, binge-watching, and prolonged screen exposure. The Fit India Movement is not a rejection of technology, but a call to balance. It is a national reminder that wellness cannot be outsourced or postponed. It begins with the self—one step, one choice, one habit at a time.

Importantly, this movement democratizes fitness. As the Prime Minister rightly pointed out, “Investment on fitness is zero, but the returns are infinite.” You do not need an expensive gym membership or advanced equipment to begin. A brisk morning walk, yoga at home, cycling to the market, or choosing stairs over elevators—each small action contributes to a larger transformation.

Fitness, in this sense, is not a performance; it is a philosophy. It is about showing up for your own well-being, not to fit a social image but to enhance your quality of life. It is self-respect in motion. It builds discipline, strengthens immunity, improves sleep, reduces stress, and even improves productivity at work or in academics. Simply put, it makes us better at being ourselves.

The message extends beyond individuals. Healthy citizens build healthy families, and healthy families collectively form a vibrant and resilient society. Fitness must become a shared culture, not an individual pursuit. Workplaces should encourage movement breaks. Schools must integrate activity into daily routines. Communities should reclaim parks and public spaces. The goal is not perfection—it is participation.

But perhaps the greatest achievement of the Fit India Movement is that it has made people think. It has turned health into a conversation. It has brought fitness out of gyms and into everyday spaces. And it has redefined success—not merely as professional milestones, but as sustained personal well-being.

The question we must now ask ourselves is this: Are we moving with the movement, or merely watching from the sidelines? Has fitness become a personal practice or remained a symbolic pledge?

Because the truth is, no government campaign—no matter how visionary—can succeed without public ownership. The Fit India Movement is a national call to action, but the responsibility lies with each one of us.

Let this be our collective resolution: to choose health over haste, movement over monotony, and vitality over indifference. Not just because a fit body leads to a hit mind—but because a fit nation is a forward-moving nation.

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WIDENING NETWORK

JU must be a ‘Bridge’ Between Academia and Society

By O. P. Sharma

A vibrant and dynamic connection between the University of Jammu’s faculty-student community and society at large is steadily emerging as a vital bridge in building a knowledge-driven India. This deepening engagement is essential not only for holistic national progress but also for shaping a better future for the coming generations.

The University of Jammu today enjoys the distinction of an A++ NAAC accreditation. It has grown into one of the leading institutions of higher education in the region, with ample scope to further elevate its academic, research, and co-curricular landscape. It continues to play a pivotal role in nurturing talent, preserving cultural heritage, and promoting values that help shape forward-looking, responsible citizens.

JU @ 56 Years

With a legacy spanning over 56 years, the University of Jammu originated as a part of J&K’s first university. It was later established as an independent entity with Prof. J.N. Bhan, a renowned economist, as its first Vice Chancellor. Over time, the university shifted to a sprawling new campus and steadily carved out its identity as a hub of academic excellence.

JU’s journey has been marked by landmark achievements, enabled by the vision of successive Vice Chancellors, committed administrators, a dedicated faculty, motivated students, and the encouraging role of civil society.

Through its offsite campuses in Kathua, Udhampur, Bhaderwah, Reasi and Poonch, as well as its distance education programs under the Centre for Distance and Online Education (CDOE), the University has extended the reach of higher education to far-flung and underserved communities.

Academic Resources and Public Spaces

The centrally air-conditioned Dhanvantri Library, equipped with digital access and subject-specific resources, is a magnet for researchers, competitive exam aspirants, and students alike.

JU also boasts two modern auditoriums—General Zorawar Singh Auditorium and Brigadier Rajinder Singh Auditorium—both named after legendary Dogra heroes. These serve as key venues for academic, cultural, and institutional events.

The university maintains a robust

media and publication cell, ensuring regular and transparent communication with the public—further strengthening its role as a “bridge” between academia and society.

Marching Forward

The University of Jammu is actively implementing the National Education Policy (NEP) 2020, with a renewed focus on inclusivity, innovation, and holistic learning. Initiatives such as the “Design Your Degree” program and efforts to promote education in the mother tongue reflect JU’s forward-thinking and inclusive academic vision.

The eco-friendly campus houses numerous departments in the humanities, sciences, and technology, and continues to produce graduates who contribute meaningfully to India’s socio-economic growth, both at home and abroad.

Rising Standards

The current leadership at JU is striving to enhance academic standards and institutional excellence. While much progress has been made, the journey continues—with the spirit that “even the sky is not the limit; we must aim beyond.”

In this pursuit, the university has strengthened ties with industries, cultural bodies, and civil society to not only enrich its own growth but also open up diverse career opportunities for its students and scholars—particularly in preparation for competitive examinations and professional advancement.

Goal Set: Miles to Go

A recent high-level meeting at the university campus, chaired by Vice Chancellor Prof. Umesh Rai, focused on strengthening alumni engagement. It was resolved to revamp the University of Jammu Alumni Association (UJAA) and launch a vigorous membership drive to enhance the institution’s support network.

With its strong foundation and ambitious vision, the University of Jammu is well-poised to continue playing a pivotal role in transforming society through education.

The author is a Jammu-based veteran journalist and writer. He is a life member of UJAA (MA History, JU - 1966) and holds a Postgraduate Diploma in Journalism (1964) from Punjab University, Chandigarh. A super-senior citizen—still actively contributing.

Dental Issues and Treatment in Young Adults

DR. GAUTAM SHARMA
(M.D.S.)

Taking care of the teeth is important, especially in 20s and 30s, when life gets busy with work, studies, or starting a family. Many young adults think dental problems only happen to older people, but that's not true. Between the ages of 20 and 30, an individual can face several dental issues that, if ignored, can lead to bigger problems. This article explains common dental problems in young adults and how they can be treated.

Why Dental Problems Happen in Young Adults

The lifestyle, diet, habits and hormonal changes in the body can affect dental health. Poor diet, irregular brushing, smoking, or even stress can damage teeth and gums. Wisdom teeth, which often erupts in the oral cavity during the 20s, can also cause trouble.

Common Dental Issues in Young Adults

1. Tooth Decay (Cavities)

Tooth decay happens when bacteria in the mouth turn sugars from food and drinks into acid. This acid eats away at the teeth, creating holes called cavities. People often get cavities because of sugary snacks, sodas, or not brushing properly.

Symptoms:

- Tooth pain or sensitivity when eating hot, cold, or sweet foods.
- Dark spots or holes on your teeth.
- Bad breath that doesn't go away.

Treatment:

- **Fillings:** A dentist cleans out the decayed part of the tooth and fills it with a aesthetic tooth coloured material like composite. This stops the decay and restores your tooth.
- **Fluoride Treatments:** If the cavity is small, fluoride can help strengthen the tooth and stop early decay.
- **Prevention:** Brush twice a day with fluoride toothpaste, floss daily, and avoid soft, sticky and sweet foods. Regular dental checkups (every 6 months) catch problems early.

2. Gum Disease (Gingivitis and Periodontitis)

Gum disease starts when plaque, a film of bacteria, builds up on the teeth and irritates the gums. Gingivitis is the early stage, while periodontitis is more serious and can damage the gums and bone supporting the teeth.

Symptoms:

- Red, swollen, or bleeding gums, especially when brushing.
- Bad breath or a bad taste in your mouth.
- Loose teeth or gums pulling away from teeth (in severe cases).

Treatment:

- **Gingivitis:** A professional cleaning or Scaling by a dentist removes plaque and tartar. Brushing and flossing daily can reverse gingivitis.
- **Periodontitis:** If gum disease gets worse then need may arise for the deep cleaning (scaling and root planing) to remove bacteria below the gumline. In severe cases, surgery might be needed to repair damaged gums or bone.
- **Prevention:** Brush and floss regularly, use an anti-septic mouthwash, and avoid smoking, which makes gum disease worse.

3. Pericoronitis

Everyday at the Health Centre of the University of Jammu, I see 2-3 cases of pericoronitis. Pericoronitis is an infection around a wisdom tooth (third molar) that hasn't erupted completely in the oral cavity. Wisdom teeth usually appear between ages 17 and 25, so this is a common issue for young adults. The problem happens when food, bacteria, or debris get trapped under the gum flap covering the partially erupted tooth, causing infection.

Symptoms:

- Pain or swelling around the back of your mouth near the wisdom tooth.
- Difficulty opening your mouth or chewing.
- Bad breath or a bad taste from pus in the infected area.
- Swollen lymph nodes or fever in severe cases.

Treatment:

- **Cleaning and Rinsing:** A dentist may irrigate the affected area with an syringe to remove trapped food or debris and recommend rinsing with warm salt-water or an antiseptic mouthwash to reduce bacteria.
- **Antibiotics:** If the infection is severe, antibiotics can be prescribed by the dentist.
- **Wisdom Tooth Removal:** If pericoronitis keeps coming back or the wisdom tooth is causing other problems (like crowding other teeth), the dentist may suggest removing it.



- **Prevention:** Good oral hygiene is key. Brush and floss around wisdom teeth carefully, and see a dentist if you feel pain or swelling in that area.

4. Tooth Sensitivity

Many young adults notice their teeth hurt as soon as they consume ice cream, hot drinks, or brush too hard. This is called tooth sensitivity and happens when the outer layer of your teeth (enamel) wears down, exposing the softer layer underneath (dentin).

Symptoms:

- Sharp pain when eating or drinking hot, cold, sweet, or acidic things.
- Discomfort when brushing or flossing.

Treatment:

- **Desensitizing Toothpaste:** Special medicated toothpastes can block pain signals in your teeth. Use them for a few weeks to see results. Consult a dentists before starting it.
- **Fluoride Gel:** A dentist can apply fluoride to strengthen enamel and reduce sensitivity.
- **Dental Procedures:** If sensitivity is caused by cavities, gum recession, or worn enamel, treatments like fillings, crowns, or bonding may help.
- **Prevention:** Avoid acidic foods (like citrus or soda), use a soft-bristled toothbrush, and don't brush too hard. A mouthguard can help if you grind your teeth at night.

5. Wisdom Teeth Problems (Beyond Pericoronitis)

Wisdom teeth can cause issues even without pericoronitis. They may grow in crooked, crowd other teeth, or get stuck (impacted) in the jaw, leading to pain or damage to nearby teeth.

Symptoms:

- Jaw pain or stiffness.
- Swelling or redness around the back of the mouth.
- Crowded or misaligned teeth.

Treatment:

- **Extraction:** If wisdom teeth are causing problems, removal is often the best solution. A dentist or oral surgeon will take X-rays to see the tooth's position and plan the surgery.
- **Pain Relief:** Painkillers can be prescribed to manage discomfort.
- **Prevention:** Regular dental checkups can spot wisdom tooth issues early, even before symptoms start.

6. Bruxism (Teeth Grinding)

Many young adults grind their teeth at night due to stress, anxiety, or misaligned teeth. This can wear down teeth, cause jaw pain, or lead to headaches.

Symptoms:

- Worn, flat, or chipped teeth.
- Clicking sound of jaw on opening or closing the mouth.
- Frequent headaches, especially in the morning.

Treatment:

- **Mouthguard:** A dentist can make a custom night-guard to protect the teeth while sleeping.
- **Stress Management:** Relaxation techniques like meditation or exercise can reduce grinding caused by stress.
- **Orthodontic Treatment:** If mal-aligned teeth cause grinding, braces or other treatments might help.

How to Keep Your Teeth Healthy

Preventing dental problems is easier than treating them. Here are some simple tips:

- **Brush and Floss:** Brush twice a day for two to three minutes and floss after brushing to remove plaque from interdental spaces.
- **Eat Healthy:** Limit sugary snacks, sodas, and acidic foods. Eat fruits like apples and vegetables that clean your teeth naturally.
- **Visit the Dentist:** Go for checkups every 6 months to catch problems early. Cleanings remove tartar that brushing can't.
- **Don't Ignore Pain:** If your teeth or gums hurt, see a dentist right away. Small problems can become big ones if ignored.
- **Quit Smoking:** Smoking stains teeth and increases the risk of gum disease and oral cancer.
- **Stay Hydrated:** Drinking water washes away food and bacteria, keeping your mouth clean.

When to See a Dentist

If you notice any of these signs, don't wait:

- Pain or swelling in your teeth, gums, or jaw.
- Bleeding gums that don't improve with brushing.
- Sensitivity on consuming hot or cold.
- Bad breath or a bad taste that won't go away.
- Loose teeth or changes in your bite.

Conclusion

Your 20s and 30s are a critical time to take care of your dental health. Problems like cavities, gum disease, pericoronitis, and wisdom tooth issues are common but treatable. By brushing, flossing, eating healthy diet, and visiting the dentist regularly, you can keep your smile bright and healthy. If you're a student or employee of the University of Jammu and have any kind of dental discomfort, you can visit the Dental Wing on the first floor of the Health Centre, where you will be examined and treated for your dental issues.

The author of this article is Dental Surgeon of the University of Jammu

Inter-Departmental Tournament 2025-26 for Men



JAMMU:

The University hosted Inter-Departmental Cricket Tournament 2025-26 for Men, a flagship sporting event organized at the University Cricket Ground. The annual tournament continues to foster a culture of health, fitness, teamwork and sportsmanship among students from various departments.

The tournament was marked by vibrant participation, enthusiastic crowd support and spirited performances from the players, reaffirming the University's commitment to promoting

sports and holistic development on campus.

The tournament was conducted under the direct supervision of Dr. Daud Iqbal Baba, Chairman, Campus Sports Committee and efficiently coordinated by Raj Kumar Bakshi, In-charge PTI, Campus Sports Committee. Their dedicated efforts ensured the smooth execution of the event, with a strong emphasis on discipline, fair play, and organizational excellence.

Match Result – Cricket (Men):

SHTM vs The Law School
In a thrilling semifinal

match, the SHTM emerged victorious over The Law School by 13 runs, thereby earning a spot in the final of the tournament.

SHTM Innings:

Total Score: 148/8 in 15 overs

Top Performer: Sachin played a stellar innings, scoring 73 runs, anchoring the team to a competitive total.

Bowling Highlight (Law School): Aryan showcased an impressive spell, taking 4 wickets for just 12 runs, putting pressure on the SHTM batters.

The Law School Innings:

Total Score: 135/8 in 15 overs

Top Scorer: Abhay kept the

chase alive with a commendable 64 runs, but lacked enough support from the other end.

Bowling Highlights (SHTM): Sachin contributed with the ball as well, picking up 2 wickets, while Sparsh also claimed 2 crucial wickets, halting The Law School's momentum.

In a commanding performance, Physical Education Department defeated DD&OE by 9 wickets in a one-sided cricket encounter. Batting first, DD&OE was bowled out for 101 runs in just 14.4 overs. Jeetinder Singh was the lone standout with a solid knock of 53

runs, for Physical Education, Shoaib Naik delivered a disciplined bowling spell, claiming 2 wickets for just 16 runs.

Chasing the target of 102, Physical Education Department showed remarkable composure and chased down the total with ease, reaching 104 for 1 in only 11.4 Overs. Aryan Bhaleal led the chase with an unbeaten 57, guiding his team to a comprehensive victory.

Match Officials:

The match was officiated and managed by Vijay Kumar, Ashok Singh, Raj Kumar Bakshi and Anirudh Singh



PED wins Inter-Departmental Cricket (Men) Tournament 2025-26

JAMMU:

The final match of the University's Inter-Departmental Cricket (Men) Tournament 2025-26 concluded with a spectacular display of cricketing talent, teamwork, and sportsmanship at the University Cricket Ground. In a thrilling and competitive encounter, the Physical Education Department (PED) emerged as champions, defeating the Department of SHTM by 28 runs in a closely fought contest.

The final drew enthusiastic spectators, including faculty members, students, and sports en-

thusiasts, who gathered to witness the culmination of this spirited tournament. The atmosphere was electric, and the match lived up to expectations with moments of tension, brilliance, and celebration.

Match Highlights

The Department of Physical Education won the toss and opted to bat first, setting the stage for an exciting contest.

Batting first, the Physical Education team posted an impressive total of 163/4 in 18 overs.

Ankush played a sensational knock, scoring 87 runs off 53 balls,

including 9 boundaries and 3 sixes, dominating the SHTM bowlers with elegant stroke play. Aryan Bhalwal anchored the innings with a well-constructed 55 runs off 38 deliveries, forming a crucial partnership with Ankush.

Bowling for SHTM, Rahul Sharma managed to break the momentum by claiming 2 wickets.

Chasing a challenging target, the SHTM team showed grit and determination but was ultimately restricted to 135/6 in 18 overs, falling short by 28 runs.

Anirudh Raina led the chase with a valiant 60 off 47 balls, hit-

ting 6 fours and 3 sixes to keep his team in the hunt, while Ishtiyag contributed a fighting 33 runs off 26 balls.

Shoib Naik delivered a brilliant spell, taking 2 wickets for just 9 runs in 3 overs. Shoaib Malik, Sandy, Jagmohan, and Sachin each chipped in with a wicket, maintaining consistent pressure throughout the innings.

The tournament was successfully conducted under the direct guidance of Dr. Daud Iqbal Baba, Chairman, Campus Sports Committee, who has been instrumental in promoting a vibrant sports

culture on campus. The event was meticulously coordinated by Raj Kumar Bakshi, Incharge PTI, ensuring seamless management and adherence to the principles of fair play. Their combined leadership contributed to the professional execution of the tournament, which emphasized discipline, inclusivity, and healthy competition among departments.

The final match was officiated with fairness and precision by experienced officials including Vijay Kumar, Ashok Singh, Raj Kumar Bakshi, and Anirudh Singh.

Annual Camp for B.P.Ed, M.P.Ed students 2025-26 held at Bhaderwah Campus

BHADERWAH:

The Directorate of Sports and Physical Education inaugurated the Annual Camp for B.P.Ed and M.P.Ed students 2025-26 at the Bhaderwah Campus. This 10-day annual camp, aimed to foster physical fitness, discipline, leadership, and team spirit among the trainees through a series of structured academic and outdoor activities.

The camp included a wide range of events and activities such as daily morning and evening physical training, trekking expeditions, tent pitching and competitive sports all integral components of the curriculum for professional preparation in Physical Education.

Colonel Yogesh Chauhan (4RR) was the Chief Guest of the opening ceremony of sports activities.

In his address, Col. Chauhan emphasized the significance of discipline, physical readiness, and teamwork, and encouraged the students to make the most of the enriching experiences offered by the camp. He also stressed upon the hard work as the key for success.

Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education addressed the gathering and highlighted the critical role such camps play in shaping a vibrant and holistic educational environment. He reiterated that sports not only enhance physical abilities but also improve mental well-being, stress management, and overall personality develop-



ment.

Various institutions that participated in the inter-institutional

sports competitions held during the camp, included PG Department, University of Jammu, Gov-

ernment Degree College Bhaderwah, Govt. Higher Secondary School Nichla Thara Gatha, Govt.

Higher Secondary School Sartan-gal, Govt. Higher Secondary School (Boys), Bhaderwah.

Summer Camp for Children held at JU

JAMMU:

A Summer Camp for Children was organised by the Department of Students Welfare to train the participants in Theatre, Dance and Fine Arts by experts.

The camp was inaugurated by Prof. Prakash C. Antahal (Dean Students Welfare) in presence of Prof. Monika Chadha (Chairperson Campus Cultural Committee), Prof. Sarika Manhas, (Co-Chairperson Campus Cultural Committee), Dr. Harleen Kaur, (Assistant Dean SW), Resource Persons of the workshop, Sumeet Sharma (Theatre), Sunny Mujju (Dance) and Nikhil Singh (Fine Arts).

From this year, the workshop is open for the wards of University Alumni in addition to the University employees as a goodwill gesture. This new initiative aims to further strengthen the eternal bond between the Alumni and their Alma Mater.

While interacting with children, Prof. Prakash Antahal encouraged the participants to get maximum benefit out of the training camp and utilize it to explore their creative potential. He asserted that the aim of conducting such workshops within campus is to kindle confidence and creativity amongst the participants and also to impart a sense of belongingness towards the institution.

Prof. Monika Chadha also interacted with the participants and motivated them to



enhance their creative skills during this camp. Looking at the enthusiasm of the participants, she appreciated and complemented them.

It is pertinent to mention that under the patronage of the esteemed Vice Chancellor, Prof. Umesh Rai, the Department of Students Welfare, keeps on organizing several training programmes for the all round development of students, scholars and stakehold-

ers of the University which are executed by a team consisting of Prof. Prakash Antahal (Dean Students Welfare), Prof. Monika Chadha (Chairperson, CCC) Prof. Sarika Manhas (Co-Chairperson, CCC) Dr. Pritam Singh (Associate Dean SW), Dr. Shalu Sharma and Dr. A.R. Manhas (Deputy Chief Proctors), Dr. Harleen Kaur and Dr. Ripudaman Parihar (Assistant Deans, SW), members of Campus Cultural Committee

and Students Cultural Representatives, Mansi Mantoo (Officer Incharge SW), Sumeet Sharma (Drama Instructor) and Ifra Kak (Cultural Officer).

The camp was coordinated by Sumeet Sharma (Drama Instructor, SW). Children participated in the summer camp included Shiva Gupta Prajwal Antahal, Abhaya Sharma, Nitya Sharma, Rishit Gupta, Khushi Shavotra, Laesha Sharma, Pranya Sharma,

Hamza, Aadhya Mahajan, Ridhul, Prisha Verma, Jhanvi Thakur, Kritya Gupta, Ashvika Verma, Meeshita Mahajan, Varun Thakur, Vedika Sharma, Arya Sharma, Harleen Kaur, Ahil Sharma, Aradhya Sharma, Yakshita Singh, Rajshivay Singh, Sargun Sharma, Kavya Jandial, Nayra Gandotra, Aadhya Thukral, Shambhavi Rakesh, Bhavyashree and Iknor Kaur.

Law School's curriculum-aligned lecture series delves into theories, jurisprudence of punishment

JAMMU:

To enhance learning outcomes through practical insights from leading legal experts, The Law School initiated an interactive session under its Curriculum-Aligned Lecture Series, guided by its Director, Prof. Seema Rohmetra.

The session was led by Advocate Rajnish Raina, High Court of J&K and Ladakh, who delved deeply into the jurisprudence of punishment, examining its theoretical foundations, justifications, relevant case laws, and critical perspectives.

Advocate Raina traced the evolution of various forms of punishment under the Indian Penal Code (now BNS), emphasizing their alignment with the preventive, deterrent, reformative, and compensatory rationales underlying criminal sanctions. A significant focus was placed on the incorporation of community service as a form of punishment, highlighting its role within the reformative



theory by fostering rehabilitation and social reintegration of offenders. Through landmark judgments

such as the Jacob George case, D.K. Basu case, Nirbhaya case, Bilkis Bano case, and Kanhaiya Lal murder case, he illustrated

the complex interplay of theories underpinning criminal justice.

Advocate Raina argued that

a robust criminal justice system cannot rely solely on any single theory of punishment. Instead, an integrative approach is essential—one that carefully synthesizes the strengths of each theory to address the multifaceted nature of justice. He also emphasized the importance of the principle of proportionality—punishment must correspond to both the gravity of the offense and the characteristics of the offender, who may simultaneously require punitive measures and medical or psychological care.

The session concluded with a stimulating Question & Answer segment, where students Megha, Harmannat, Suhani, Parth, Nandita, Saabik, and Tanvi engaged with issues surrounding recent criminal law reforms in the context of the jurisprudence of punishment.

The session was moderated by Suhani Sharma and Nandita Rathore and coordinated by Dr. Nitán Sharma, Faculty member of The Law School.

Journalism Dept inaugurates internship program for students of GCW

Industry experts share expertise on evolving role of journalists in digital age

JAMMU:

The Department of Journalism and Media Studies held a 10-day internship program for students from the Padma Shri Padma Sachdev (PSPS) Government College for Women, Gandhi Nagar, Jammu.

The program aimed to provide hands-on training in media and communication, equipping students with practical skills to navigate the dynamic field of journalism and Mass Communication.

Media industry, invited to guide the students, shared their expertise on the evolving role of journalists in today's digital age.

Roshan Kishore, Data & Political Economy Editor Hindustan Times emphasized the importance of adaptability, ethical reporting, and storytelling in media.

"Journalism is not just about reporting facts; it's about crafting narratives that inform and inspire. This internship will help students master these skills through practical assignments," Kishore said.

Sumit Chaturvedi, Delhi Bureau Chief, Senior News Editor, ET Now also shared his experiences with the students. He highlighted the significance of practical exposure in journalism education.

'The media landscape is evolving rapidly, and programs like this empower students to understand real-world challenges and develop



skills that align with industry standards,' he said.

Earlier, the program was inaugurated with a welcome

address by Prof. Garima Gupta, Head, Journalism and Media Studies.

She emphasized the importance of experiential learning in shaping future media professionals.

"This internship is a platform for students to bridge the gap between academic knowledge and industry demands. It is an opportunity to explore the intricacies of media and communication while fostering critical thinking and creativity," she said and added that this internship program is inspired by the visionary initiatives of the Vice Chancellor, Prof Umesh Rai.

Prof Dushyant Kumar Rai, senior professor of journalism and media studies extended formal vote and thanks. He noted that the internship would provide students with insights into reporting, content creation, and media ethics, preparing them for successful careers.

The 10-day program is designed to offer students a comprehensive understanding of media and communication processes, including news production, digital media, and public relations.

Through workshops, field assignments, and interactions with industry experts, the participating students gained hands-on experience in various aspects of journalism.

The initiative has been lauded by students and faculty alike, with participants expressing enthusiasm for the opportunity to apply their academic learning in a real-world setting.

The stage was managed by Kumerjit Chajgotra and the other faculty members Dr Pardeep Bali and Dr Ramiyan Bharadwaj were also present in the program.

Law school hosts Client Counselling Competition

JAMMU:

The Law School successfully organized an engaging Client Counselling Competition, designed to simulate critical attorney-client interactions for its students.

The event provided participants with a platform to demonstrate essential skills in conducting initial client interviews, assessing complex legal issues, and formulating strategic advice—all centered around client-focused approach. It specifically aimed to hone crucial abilities like active listening, empathy, teamwork, and time management, vital for future legal professionals.

Mr Shiv Kumar Sharma, DIG Jammu-Samba-Kathua Range, graced the occasion as the Chief Guest.

Emphasizing the societal impact of legal counselling, he commended the Law School for integrating practical simulations into legal education, stating, "Such initiatives empower students to navigate real-life disputes with sensitivity and professionalism."

Earlier, Prof. Seema Rohmetra, Director, The Law School, in her welcome address, said: "This competition bridges the gap between theoretical learning and real-world legal practice. By engaging in simulated client interactions, our students develop not just legal acumen but also the human touch required in the profession. Such initiatives align with our vision of producing socially responsible and practice-ready lawyers."



A distinguished panel of High Court advocates, including Adv. Rajnish Raina, Adv. Meenakshi Slathia Kaur, Adv. Aarti Bahl, Adv. Geetanjali Goswami, Adv. Kiran Thakur,

and Adv. Deepak Sangral, adjudicated the competition, bringing invaluable real-world insights. Additionally, Adv. Amit Gupta and Adv. Ilesh Sharma witnessed the proceedings and interacted with participants.

The event was coordinated by Dr. Monica Narang and Dr. Nitán Sharma of the Legal Aid and Legal Literacy Committee, fostering a meaningful exchange of knowledge among students, faculty, and legal experts.

Faculty mentors, including Dr. Shubha Vats, Dr. Bindu Sangra, Dr. Monika Bhardwaj, Dr. Pallvi Mathavan, Dr. Mrinalini Atrey, Dr. Rajneesh Khajuria, Dr. Vandita Sharma, Dr. Upasana Sharma, and Dr. Nitán Sharma, played a pivotal role in guiding participants and upholding academic rigor.

The student organizing committee comprising Navneet Bhagat, Aditi, Simran Sharma, Aamna Sadiq, Musafir, Palak, and Rupal ensured the event's seamless execution. Certificates of Appreciation were awarded to winning teams, judges, participants, and volunteer clients.

The knowledge partner Mr. Kamal Taneja (J&K & Ladakh Law Journal & LEGAL EAGLE E-Library) and Mr. S. Randhir Singh (Study IQ IAS) engaged with students, offering support for competitive exam preparation and legal updates.

The event concluded with a formal vote of thanks by Dr. Monika Bhardwaj, who acknowledged the collective efforts that made the competition a success.

Nehru Hall boys hostel celebrates Ranjesh Singh's Gold Medal victory at 3rd National Para Championship

JAMMU:

To commemorate and congratulate Ranjesh Singh, son of Surinder Kumar, resident of Basantgarh, District Udhampur (J&K), for securing the Gold Medal at the 3rd National Para Championship held recently in Kerala, a felicitation function was held at Nehru Hall Boys Hostel.

With the unwavering support and encouragement of Prof. Lalit Sen Sharma, Provost, Boys' Hostels, and Dr. Joginder Singh, Warden, Nehru Hall Boys Hostel, the extra-ordinary achievement of Ranjesh Singh was celebrated with enthusiasm.

The event was graced by the presence of Dr. Ripu Daman, Assistant Dean Student Welfare, Dr. P.P. Singh, Resident Warden Nehru Hall Boys Hostel and Dr. Nitán Sharma, Assistant Professor, The Law School.

In a significant recognition of his talent and perseverance, Ranjesh has also earned the honour of being selected to represent India at the forthcoming Para Amputee Asian Football Championship, slated to be held in Iran this September. This remarkable accomplishment stands not only as a testament to his personal dedication



and discipline but also as a powerful symbol of the indomitable spirit and potential of persons with disabilities. His journey exemplifies how unwavering determination, when aligned with passion and purpose, can overcome even the most formidable challenges and lead to exceptional success.

Speaking on the occasion, Dr. PP Singh inspired the students and scholars with his words, emphasizing the importance of hard work, sheer willpower and dedication.

Dr. Ripu Daman Parihar and Dr. Nitán Sharam also motivated the students, urging them to invest more and more time in

studies or any productive activity like sports and make every minute count.

Alongside these speakers, the senior scholars; Anirudh Raina, Vijay Sen and Gagandeep Singh also congratulated Ranjesh and talked about the importance of staying positive in life and having a healthy mind in a

healthy body. All the speakers highlighted Mr Ranjesh's resilience and courage as a beacon of hope—not only for aspiring athletes but for anyone striving to rise above adversity.

Several other students and research scholars, including Preteek, Raghav, Mandeep, Gurnam along with Avinash Chaudhary, President, Border Organization, Jammu, were present to celebrate the occasion and extend their heartfelt congratulations to Ranjesh Singh.

The dignitaries presented him with a memento and offered moving tributes, where Avinash Chaudhary spoke about the importance of indulging in sports activities which is an antidote for the youth ruined by drugs. The event underscored the vital role of sports as a means of empowerment, particularly for persons with disabilities, and celebrated the transformative impact of self-belief, community support, and inclusive recognition.

The entire hostel fraternity, University community, and all attendees joined in extending their best wishes to Ranjesh Singh as he prepares to represent India on the international stage.

FROM PG 1

JU AC approves one seat

Council and expressed a ppreciation for their presence—both in person and in virtual mode.

Calling the event a significant step in institutional outreach, Prof. Rai emphasized the need to empower off-site campuses and bring core academic discussions closer to students, faculty, and civil society in remote regions. He acknowledged the collective efforts of faculty, staff, and leadership that made it possible to host the meeting in such a vibrant academic setting.

The Vice Chancellor extended his heartfelt appreciation to several faculty members for their contributions, including Prof. Meena Sharma for leading key infrastructure developments besides Prof. J.P. Singh Joorel and Prof. Rahul Gupta for their committed work at Bhaderwah Campus. He acknowledged transitions across academic leadership and welcomed newly appointed deans and faculty heads.

Referring to the University's progress since the last Academic Council meeting, the Vice Chancellor spoke about the advancements in academics, research, infrastructure, student engagement, digital transformation, and national-level recognition. He appreciated the seamless teamwork that contributed to impressive accreditation, timely admissions, new academic collaborations, and enhanced student opportunities.

Prof. Rai said that multiple infrastructure and academic initiatives have been rolled out in recent months, significantly enhancing the University's physical and digital ecosystem. He also highlighted the University's growing presence in national rankings and its expanding footprint through MoUs and research partnerships.

The Vice Chancellor also took a moment to acknowledge the efforts of stakeholders, who have made significant contributions to the University's growth. He lauded Director DIQA Dr. Ginny Dogra for her instrumental role in securing the prestigious A++ NAAC accreditation, and appreciated the Director of IT Dr. Guneet Singh Sudan for spearheading key digital initiatives that have enhanced administrative efficiency and digital infrastructure. He commended the contributions of many others—including faculty members, staff, and academic coordinators—whose dedication continues to drive the University forward.

While expressing gratitude to faculty members and other stakeholders for their continued commitment, he said, "It is important to celebrate those who work sincerely and consistently for the growth of the institution. Their contributions form the backbone of our collective success."

Earlier, Dr. Neeraj Sharma, Registrar, placed before the Council several key agenda and reporting items. The Council confirmed the minutes of its previous meeting held on November 20, 2025, and ratified the academic decisions taken by the Vice Chancellor in the interim.

Holding of the Academic Council meeting outside the main campus is an unprecedented move that marked a new chapter in the University's outreach vision. Held against the serene backdrop of the Chenab Valley, this landmark meeting reaffirmed the University's resolve to integrate its off-site campuses into the heart of its academic and governance frameworks.

The initiative is a step forward in ensuring inclusive academic governance and meaningful engagement with remote campuses. It resonates with the national vision of empowering far-flung regions through higher education and reimagining institutional functioning through academic outreach initiatives.

On the sidelines of the Academic Council meeting, a soulful song titled "Wah Bhaderwah", sung and produced by Col. Kuldeep Manhas, was released. The song captures the spirit of the Bhaderwah region—its scenic beauty, people, peace, and the harmony that binds the community together.

While the academic deliberations were underway at the Bhaderwah Campus, Prof. Sadaf Shah, Assistant Director, SIIDEC, delivered a presentation on the University's flagship Design Your Degree (DYD) programme. Around 150 students from various local schools and nearby areas participated with excitement and expressed keen interest in pursuing the DYD programme. Later in the evening, a series of sports and cultural activities were organized, with a Mushaira as the central attraction. Faculty members, officers, students, and stakeholders participated with immense enthusiasm and high spirits.

Dr. Sumita Sharma, JR Academic conducted the proceedings.

Among those who attended the meeting included Deans, Directors, Rectors, Heads, officers from the University, Prof. Manzoor A. Malik, Dean School of Physical and Material Science, University of Kashmir, Prof. B. A. Ganai, Dean School of Unani Medicine, University of Kashmir, Dr. Sanjay K. Verma, Principal GDC Udampur, Dr. Naveen Anand, Principal, GDC Women Bhagwati Nagar, Dr. Kulvinder Kour, Principal, GDC Paloura, Dr. Vandana Verma, Principal GDC Sunderbani, Dr. Rakesh Kalotra, Head, Department of Music GDC R.S. Pura, Dr. Mushtaq Ahmed, Convener Board of Studies in Persian, Dr Ahsan Ul Rehman Rizvi Convener Board of Studies in Arabia and Somesh Kumar Convener Board of Studies in Indian Music.

VC emphasizes alumni

we don't take pride in our own alumni, we cannot expect others to respect our institution. Now is the time to step forward, contribute, and become the strength of the University we once called home", he said.

Prof. Rai also made a series of key announcements to deepen alumni engagement with the institution which include provision for a self-supporting supernumerary seat in every teaching department of the University for the life members of UJAA and their wards, University

Guest House to be made accessible to life members of UJAA and their guests on availability, access to the wards of life members to the University library on existing terms and conditions and access to Shri Aurobindo Gyan Kendra at Dhanvantri Library to life members of UJAA.

The GBM began with the adoption of the amended Byelaws of UJAA as notified by the Registrar of Societies, J&K UT.

Among the agenda items that were discussed during the GBM included the announcement of upcoming elections to the UJAA executive body, hiring the services of a professional consultant on a contract basis to manage UJAA's affairs and strengthen its outreach.

Speaking on the occasion, Prof. Neelu Rohmetra highlighted the need for a deeper and more meaningful connection between the alumni and their alma mater.

Prof Rohmetra called for shift from transactional engagement to transformational relationships by empowering current students to lead alumni outreach. Drawing on best practices from national institutions, she highlighted how student-led initiatives can establish strong alumni linkages that drive mentorship, placements, research, and growth.

"The real strength of an institution lies in its ability to stay connected—beyond ceremonies, beyond evaluations. If we build a culture of welcome and ask for support, our alumni will not just respond—they will uplift us," she added.

Ms. Indu Kanwal Chib, JKAS and a proud alumni of the University urged the fellow alumni to look beyond monetary contributions and invest what truly matters—time, presence, and participation.

"No one is asking for your money—we're asking for your time," she stressed, pointing out that involvement is a reflection of belonging.

Drawing parallels with national missions like Swachh Bharat, she called for alumni engagement to be treated with the same urgency and seriousness. She urged every member present to become an ambassador of the University, take ownership of outreach, and inspire others to join.

"When we don't show up, we silently give up the right to expect better. The University needs us—not just for what we give, but for the pride we carry as its torchbearers", she added.

On this occasion, Dr. Neeraj Sharma, Registrar and Mr Deepak Gupta were felicitated for their contributions.

Mr Deepak Gupta was also offered Honorary Life membership.

Earlier, Prof Prakash Antahal, President UJAA, in his welcome address, gave an overview of the activities of the UJAA since its inception. He also presented the agenda items for deliberations.

During the General Body Meeting, the amended Bye-laws were adopted. The General Body also resolved to hold elections of the Association in the coming months.

Dr. Harleen Kaur presented the Financial Report and Audit Report of UJAA. Mr Sanjeev Kumar Rana, JKAS and Vice President UJAA delivered a formal vote of thanks and Dr. Bhagwati Devi conducted the proceedings of the event.

Senior alumni, UJAA office bearers, executive members were present on the occasion.

VC visits Poonch Campus;

and equitable access to higher education in geographically sensitive and underserved districts.

This initiative reflects the University's evolving academic outreach and its alignment with the vision of the Hon'ble Lieutenant Governor Shri Manoj Sinha, Chancellor of the University, who has consistently advocated for the holistic development of youth through expanded academic, cultural, and sporting opportunities across all regions of the Union Territory.

During the Poonch Campus visit, Prof. Rai also indicated that new academic programs are being proposed for introduction at Poonch, and the matter will be formally deliberated during the upcoming Academic Council meeting at Bhaderwah. The objective is to expand course offerings that reflect both regional aspirations and national priorities in education, he added.

Dr. Rubia Bukhari, In-charge, Department of Sericulture, presented a comprehensive briefing on academic activities and development initiatives at the Poonch Campus.

As part of the engagement, Prof. Rai held a productive meeting with Brig Mudit Mahajan to discuss academic cooperation between the University and the armed forces.

The University will introduce tailor-made academic programs—including certificate, diploma, and degree courses—designed specifically for armed forces personnel stationed at Poonch and Bhaderwah. These programs will cater to their operational realities while enhancing lifelong learning opportunities.

The Vice Chancellor said the University faculty will provide practical, technology-supported solutions to address specific needs of the armed forces, and internship opportunities will be extended to students as part of this collaborative framework.

Earlier, Prof. Rai alongwith other officials from the University paid obeisance at Gurdwara Nangali Sahib.

The Vice Chancellor also interacted with various social organizations in Poonch and acknowledged their efforts in supporting youth, education, and community welfare of border areas. He expressed the University's willingness to partner with such groups for initiatives that support youth engagement and education.

Civil society interaction at Bhaderwah Campus ahead of Academic Council Meeting

VC assures time-bound infra-development measures



BHADERWAH:

In a landmark initiative of holding the JU Academic Council (AC) meeting outside the main campus—first time in the Bhaderwah campus—a special interactive session was held with members of the civil society to strengthen regional academic needs and infra development of this institution of learning.

Held ahead of the AC meeting, the event witnessed enthusiastic participation of local stakeholders, including senior citizens, educators, officers from the civil administration, youth leaders, social workers and public representatives.

Presiding over the session, Prof. Umesh Rai, Vice Chancellor lauded the deep community participation.

Responding to the wide-ranging queries raised by the participants, Prof. Rai acknowledged the long-standing aspirations with regard to academics of the people of Bhaderwah and assured that

the University is committed to strengthening the offsite campus through expansion and infrastructural upgrades. Referring to specific concerns—including the demand for science subjects, language courses (Hindi, Sanskrit, Urdu), skill-based self-financing programmes, functionalization of the Seismic Centre, completion of hostel infrastructure, and the establishment of a cricket stadium of international standard—Prof. Rai assured that developmental works have already begun and that the next five to six months will be crucial for delivering results in all these areas on the ground.

He highlighted the introduction of the 'Design Your Degree' (DYD) programme, empowering students to choose flexible, interdisciplinary courses aligned with employment and entrepreneurship.

The Vice Chancellor emphasized that Bhaderwah is not being treated as peripheral, but as a vital centre for

academic innovation and regional progress.

Speaking on the occasion, the Chairman of the District Development Council (DDC), Doda Mr Dhanantar Singh Kotwal extended gratitude to the Vice Chancellor for his second visit to Bhaderwah within a fortnight and lauded the University for its growing commitment to inclusive education.

He recalled Bhaderwah's legacy as a historical academic and administrative hub and emphasized the need to revive its stature. He also assured full cooperation from the District Development Council in supporting the University's vision for Bhaderwah Campus.

Daleep Singh Parihar, MLA Bhaderwah, while addressing the gathering, commended the Vice Chancellor's proactive outreach and described it as a major shift from past practices. He expressed pride in Bhaderwah's cultural and intellectual heritage and pledged support for projects such as

academic, literary and tourism initiatives, and employment-oriented courses. He emphasized that Bhaderwah must not be left behind in the development journey of Jammu and Kashmir and stated that "together, we will place Bhaderwah on the academic and industrial map of the region."

In his welcome address, Prof. Rahul Gupta, Rector, Bhaderwah Campus gave a detailed report of the various programmes being offered by the Bhaderwah Campus and other details related to the infrastructure and research facilities on the campus.

In a culturally rich tribute to Bhaderwah's legacy, the University organized a cultural programme featuring traditional performances. A special highlight was the mesmerizing performance of the region's famed Kud Dance, which captivated the audience and celebrated the spirit of Bhaderwah's folk traditions. Adding to the celebratory mood, the University felicitated distinguished

local contributors from various fields including art, literature, sports, social service, and entrepreneurship as a gesture of appreciation for their service and dedication to the community.

A formal vote of thanks was delivered by Dr. Neeraj Sharma, Registrar who expressed gratitude to all dignitaries, faculty members, and satisfaction over the conduct of successful interaction meeting with all stakeholders and the society with the twin purpose of getting direct feedback as well as close associations with the University administration.

Among others present included Sangita Bhagat, Vice Chairperson DDC Doda, Youdhvir Thakur, DDC member, Prof. Anju Bhasin, Dean Academic Affairs, Prof. Neelu Rohmetra, Dean Research Studies, Prof. Sangita Gupta, Dean Planning and Development, Deans, Directors, Rectors, Heads of various departments; officers and other officials of the University.

Certificate Course in Theatre-- opportunity to transform personalities

JAMMU:

Skill Development & Career Planning Vertical (SDCPV) of Skill Incubation Innovation and Entrepreneurship Development Centre (SIIEDC) in collaboration with the Department of Students Welfare held a well-structured 30-Day Certificate Course in Theatre.

Aimed at offering a platform to students to sharpen their creative skills and transform their personalities to become better version of themselves, the course, in synchronization with the inclusive vision for education of Prof Umesh Rai, Vice Chancellor.

The event was conducted under the supervision of Prof

Alka Sharma, Director, SIIEDC and Prof. Garima Gupta, coordinator SDPCV and being coordinated by Mr. Sumeet Sharma, Drama Instructor, DSW who is also a National Awardee in Theatre Direction.

Besides, experts in the field of theatre and personality development mentored the participants.

The efficacy of the course can

be ascertained from the heartening feedback received from the participants of the previous session who vociferously advocate its success in making them explore their self and surroundings and not just understand their innate capabilities but to use it effectively. The course was designed to provide a fertile ambience and immersive experience to

the participants where their creativity flourishes and confidence nourishes and in addition to attaining the acting skills, they involuntarily imbibe the soft-skills like effective communication and public speaking, understanding of body language, controlling emotions and expressions, confidence, spontaneity, team-spirit and more.

JU, Indian Army organize motivational lecture for Students at Bhaderwah Campus

BHADERWAH:

The Directorate of Sports and Physical Education, in collaboration with the Indian Army and Bhaderwah Campus, organized a special motivational lecture for the students of Bhaderwah Campus and Directorate of Sports and Physical Education.

The event was held at Lal Ded Auditorium, Bhaderwah Campus.

The Chief Guest on the occasion, Commanding Officer 4RR, Col Yogesh Chouhan, delivered an inspiring and impactful motivational lecture.

His address focused on instilling a sense of discipline, patriotism, and determination among the youth. Drawing from his vast experience in the Indian Army, he encouraged students to contribute positively to the nation and embrace challenges as opportunities for growth.

Col Chouhan also emphasized the importance of developing leadership qualities, staying physically fit, and maintaining a positive attitude in life. He urged the



students to dream big and remain focused on their goals, reminding them that hard work, integrity, and resilience are the key pillars

of success. His words struck a deep chord with the audience, especially the youth, who responded with enthusiasm and ad-

miration.

Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, also addressed the

gathering. He emphasized the importance of physical and mental well-being in a student's life and commended the Indian Army for its support in nurturing the spirit of leadership and resilience among the youth. He also underlined the significance of such collaborative efforts in shaping a well-rounded personality.

The formal welcome address was delivered by Arif Haleem Khateeb, who lauded the Indian Army, University of Jammu, and Bhaderwah Campus for their continued efforts towards the holistic development of society. He highlighted the synergy between academic institutions and the defense forces in fostering values of integrity, service, and unity.

The event concluded with a vote of thanks presented by Vimal Sharma, Assistant Professor, Directorate of Sports and Physical Education. He extended heartfelt gratitude to the Indian Army, the University authorities, faculty, and students for making the event a success.

10-Day Sports Camp Organised by RR and JU Commences at Bhaderwah Campus



BHADERWAH:

A ten-day Sports Camp, jointly organised by the Directorate of Sports and Physical Education, University of Jammu and the Indian Army's 4 Rashtriya Rifles (RR), commenced with great enthusiasm at Bhaderwah Campus. The event was inaugurated by Colonel Yogesh Chouhan, Commanding Officer 4RR, who graced the occasion as the Chief Guest. Major Kavinder of 4RR was the Guest of Honour.

While addressing the gathering, Chief Guest Col. Yogesh Chouhan laid special emphasis on the role of youth in nation-building. He encouraged students to adopt disci-

pline, physical fitness, and a sense of responsibility towards society, drawing parallels between sportsmanship and patriotic values. He lauded the spirit of collaboration between the Indian Army and academia in nurturing young minds and building stronger communities in the region. The camp aims to promote a culture of physical well-being, teamwork, and leadership among the youth of the region. Over the next ten days, a wide range of activities including adventure sports, athletic competitions, co-curricular events, and leadership-building exercises will be conducted. This initiative is a testimony to the Indian Army's unwavering commitment towards youth

engagement and constructive community outreach under Operation Sadbhavna.

Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu, presented the formal vote of thanks. He expressed heartfelt gratitude to the Indian Army, particularly the 4RR unit, for their continued support in youth development. He emphasized that such collaborations not only promote sports but also instill a spirit of discipline, teamwork, and national pride among young participants.

Arif Haleem Khateeb, External Relations Officer of Bhaderwah Campus, also addressed the gathering. He appreciated the Indian

Army's dedicated efforts in shaping the future of the youth through such impactful initiatives. He highlighted the importance of institutional collaboration in creating a well-rounded and resilient generation through platforms that blend sports, education, and civic responsibility.

Students from the Directorate of Sports and Physical Education, along with students from various educational institutions across the region, enthusiastically participated in the inaugural event, reflecting the positive response and excitement surrounding the camp.

Also present on the occasion were Dr. Imran Farooq, Dr. Kuljit

Singh, Mr. Mujeeb Sheikh, Rajkumar Bakshi, Ravish Vaid, Vikas Karlopa, Gagan Kumar, Jai Bharat, Harinderpal, Dr. Inderjeet, Rishab, Richa Mandla, and Manjeet Kotwal, along with faculty and staff of the University of Jammu and Bhaderwah Campus. All attendees appreciated the synergy between the Indian Army and academia in organizing this dynamic and inclusive camp.

The programme was smoothly conducted by Lakshika Jamwal and Yamnesh, while Mr. Vimal Kishore presented a formal vote of thanks, acknowledging the efforts of all stakeholders who contributed to the success of the inaugural ceremony.

JU marks World Environment Day 2025 with 'Waste to Wonder'

JAMMU:

Green Campus Task Force (GCFT-JU) and Department of Environmental Sciences organized "Waste to Wonder" Competition celebrating "World Environment Day".

The objective behind organizing this event was to promote sustainability, environmental awareness, creative recycling and educating people about the importance of waste management and reducing pollution.

Prof. Deepika Slathia, Head Department of Environmental Sciences and Convener, GCFT-JU formally welcomed the Chief Guest and Judges of the event.

In her address she introduced the theme of the event and enlightened the audience about the importance of celebrating environment day. She stressed that young minds can demonstrate artistic and innovative ways to reuse waste materials. Chief Guest, Prof. Yash Pal Sharma, Dean Faculty of Life Sciences, shared his valuable insights and motivated the young students and scholars to follow the traditional ways of life that were in harmony with the environment. Creative and innovative models made by the participants were adjudged by the judges, Chander Shekhar, Eminent Cartoonist and Vikas Khajuria, renowned Waste Sculpture Artist. Models were judged based on creativity, innovation, applicability, and presentation by the respective teams. Ideas of reuse of



waste, recycling and upcycling, sustainable use of waste as resources, environmental innovations, etc, were displayed by the

participants.

In all, sixteen teams comprising 32 participants from various departments of University and affili-

ated colleges participated in the event with full zeal and enthusiasm.

Sumriti and Sweetie Manyotra of Kalra College of Education, Kud, won first prize and were awarded Cash prize of Rs. 3,000. Second Prize of Rs 2,000 was bagged by Team from GCW Parade, Jammu comprising of Bhumika Jamwal and Shruti Verma, whereas Pallavi Choudhary and Aishna Jasrotia from Department of Environmental Sciences got the third prize worth Rs. 1,000. More than a competition, Waste to Wonder turned into a celebration of innovation, awareness, and collective desire to protect the planet.

The proceedings of the event were carried by Shivali Sharma. Prof. Piyush Malviya, Dr. Rakesh Kumar, Dr. Neeraj Sharma, Dr. Ravinder Kumar, Dr. Ranjan Sharma, students and scholars from the Department of Environmental Sciences and volunteers from GCFT-JU were also present on the occasion.

The programme concluded with formal vote of thanks by Dr. Anshu Gupta, Assistant Professor in the Department of Environmental Sciences. As event concluded, everyone walked away with more than just certificates and prize. They carried with them a renewed sense of purpose, a belief that even the smallest efforts matter.

Literary Club organises a Multilingual Shakespeare Recital

JAMMU:

The Literary Club, under the umbrella of Utsaah — the club consortium of the University — organised a Multilingual Shakespeare Recital at the Seminar Hall of Brigadier Rajinder Singh Auditorium, Main Campus.

The event featured dramatic and poetic recitations of William Shakespeare's famous sonnets in several languages spoken across Jammu division.

The programme began with a welcome address by Prof. Sadaf Shah, Coordinator of the Literary Club, who warmly greeted the audience and expressed her happiness at being part of such a meaningful event. She shared how initiatives like these celebrate legendary literary figures and help nurture a love for literature and the arts among young people. She also highlighted that the sonnets had been translated and recited in the many languages spoken across the Jammu division, including Dogri, Gojri, Pahari, Punjabi, Bhaderwahi, Hindi, and Urdu.

The chief guest for the event, Padma Shri Prof. Lalit Mangotra — a well-known writer and President of Dogri Sanstha Jammu — addressed the gathering.

He spoke about the positive impact of such literary activities



ties on young minds and appreciated the effort made by the participants in translating and reciting Shakespeare's sonnets in multiple languages.

Prof. Anju Bhasin, Dean Academic Affairs also attended the event and expressed her joy

at witnessing the performances. She praised the participants and encouraged the Literary Club to keep organising such engaging events for the university community.

Prof. Prakash Antahal, Dean Students Welfare appreciated

the initiative, calling it a culturally rich experience that supports students' academic and personal growth. He assured full support from the Department of Students' Welfare for such future activities.

The highlight of the pro-

gramme was the recitation of Shakespeare's Sonnet 18: "Shall I Compare Thee to a Summer's Day?" in various languages. The sonnet, known for its beauty, emotion, and deep reflections on love and time, was brought to life in heartfelt and diverse renditions. Some standout performances were by Anam Preet Kour, Vivek Sharma, Mahlaqua, Harsh, Yasrab Ali, Ajaz Ahmed, Vijay Dhar, Divya Anmol, Ajay Singh, and Shiena Singh.

Ms. Ifra Kak, Cultural Officer at the Department of Students' Welfare, guided the dramatic performances and delivered the official vote of thanks. She expressed gratitude to everyone who contributed to the success of the event.

Certificates were distributed to all the participants at the end of the programme. The event was attended by several dignitaries, including Mr. Ravinder Koul, Prof. Shashi Prabha, Prof. Pritam Singh, club coordinators of Utsaah, mentors of the Design Your Degree Programme, Dr. Bhagwati Devi, Mr. Sumeet Sharma, and others. The programme was hosted by Shiena Singh and Divya Anmol, and the overall organisation was managed by the dedicated members of the Literary Club.

Workshop on Bioinstrumentation for M. Sc. Students held

JAMMU:

The School of Biotechnology conducted fifteen days workshop on Bioinstrumentation, for Master's second semester students as a part of curriculum. Prof. Yash Pal Sharma, Dean Faculty of Lifesciences, chief guest at the valedictory function, said that quality is the key to such events which helps in the overall growth of the students in professional life. He talked about the importance of bioinstrumentation and stressed that workshops and internships are not only about academic knowledge but about practical learning and hands – on experience thereby enhancing students' skills.

He said NEP 2020 supports overall and multi-disciplinary growth, aiming skill based learning and emphasized that students trained on high-end equipments can handle other instruments confidently because the basic approach remains the same.

“Workshop on bioinstrumentation must have not only helped in exposure to advanced research techniques but also in experimental design, data analysis and interpretation. Such workshops enhance research skills, foster innovation and prepare students for career in academia, industry and research institutions”, he said while complimenting the School for equipping the students at masters level with such skill oriented programmes. He also thanked the Director for giving such a great opportunity to the students to learn and grow. Earlier, Prof. Sanjana Kaul, Director, School of Biotechnology, addressed the audience with encouraging words, emphasizing the vital role of bioinstrumentation in modern biological research and daily life. She expressed her gratitude to the research scholars and faculty members of the School for the smooth conduct of the workshop and highlighted how such initiatives are essential for fostering curiosity and academic engagement among students.

Prof. Kaul underscored that hands-on exposure to advanced bioinstrumentation not only helps students understand the technological depth and scientific advancements in the field but also raises awareness about the critical role these instruments play in ensuring a healthy and sustainable environment. She stressed that familiarity with high-end equipment is key to developing practical skills, which are often missing in routine classroom learning.

She expressed gratitude to Prof. Umesh Rai, Vice Chancellor for stressing on experiential learning beyond the boundaries including field visits, internships, workshops and industrial visits in the M. Sc. course curriculum.

The Director proudly men-

tioned the selection of Masters students from the School for prestigious summer internships this year under IASc - INSA - NASI Summer Research Fellowship program to be availed at IISc Bangalore, Jamia Milia Islamia University, N. Delhi and CSIR-National Institute of Oceanography, Goa—further reflecting the School's growing emphasis on skill-based learning and robust curriculum. Dr. Yashpal Khajuria and Dr. Ankit Mahajan Assistant Professors in the School were the coordinators of the workshop and presented a detailed report.

During the 15-day internship programme, the students were equipped with high end equipments.

Commenced on June 3, M. Sc second semester students were acquainted with the bioinstru-

mentation facility in the school during the workshop. They were trained on those equipments, which otherwise are not a part of their routine practicals. The programme aimed to provide students with hands-on experience and exposure to advanced laboratory instruments and techniques beyond their routine coursework. Throughout the internship, students were trained in a variety of cutting-edge tools and technologies. Besides the use and application of basic equipments like thermal cycler, centrifuge, the key sessions included semiquantitative PCR, Sanger Sequencing and data analysis, High Performance Liquid Chromatography (HPLC), and demonstration on biofuel production, biomass conversion, and bioreactors. Further topics included instru-

ments used for secondary metabolite extraction and isolation of compounds such as rotavapor, Flash chromatography, microscopes, besides animal cell culture facility, including the use of flow cytometers and fluorescent microscopes.

The programme also included sessions on Next Generation Sequencing (PGM-Ion Torrent and Illumina Miseq) and a dedicated day for bioinformatics analysis using Linux-based command-line tools.

The students received practical training in plant tissue culture, including callus induction. The students were required to submit a report at the conclusion of the workshop.

On the last day of the workshop a visit of the students' to CSIR-Indian Institute of Integrative Medicine instrumentation

facility was organized wherein they were acquainted with the high end equipments like Scanning and Transmission Electron Microscopes, NMR, and other advanced setups, along with a tour to the animal house and other research labs.

Wrap up session included distribution of certificates to students, research scholars and faculty members. The event was attended by research scholars and faculty members of the School. Prof. B. K. Bajaj, Prof. Madhulika Bhagat, Dr. Ritu Mahajan, Dr. Nisha Kapoor, Dr. Sheetal Ambardar, Dr. Bharatiraja and Dr. Mridhu.

Formal vote of thanks was delivered by Dr. Yash Paul Khajuria, Assistant Professor, School of Biotechnology.

Itika Sharma research scholar in the School conducted the proceedings.



THE BUSINESS SCHOOL UNIVERSITY OF JAMMU EXECUTIVE MBA



Innovative Academic Initiative in Blended Mode

ROLLING ADMISSION NOTICE

SESSION 2025-27

Applications as per the prescribed format are invited from the working professionals with minimum three years post qualification (Graduation) experience.

SALIENT FEATURES & VALUE PROPOSITIONS

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The Application form can be obtained from office of The Business School, University of Jammu or can be downloaded from tbs.jammuuniversity.ac.in. The completely filled application form can be submitted in person to the office of The Business School, University of Jammu or through email at directortbs@jammuuniversity.ac.in.

Note : All communications shall be made with the candidates over email & through website (tbs.jammuuniversity.ac.in)

For queries please contact :

Email:- directortbs@jammuuniversity.ac.in | Mobile:- 9419193750, 7006291663

No.: TBS/JU/25/2326

Dated: 15-04-2025

**Sd/-
Director, TBS**

INTERNATIONAL YOGA DAY 2025 Celebrations



KATHUA

The Senior Division of the 4 J&K NCC Battalion at Kathua Campus initiated preparatory activities for the observance of International Yoga Day 2025 with focus on holding month-long sessions.

The operation was conducted under the patronage of the Rector, Kathua Campus, Professor Arvind Jasrotia. The designated area of operation was the Kathua Campus Lawns, selected to provide a suitable environment for the session. Junior Under Officer (JUO)

Vikrant Singh was tasked as the lead instructor for the session. He demonstrated a series of prescribed yoga Asanas and breathing techniques to all attending cadets. The core objective of the briefing was to reinforce the strategic importance of yoga for

enhancing physical flexibility, improving posture, mitigating stress, and maintaining mental composure. The positive impact of regular yoga practice on the immune system and overall operational readiness was emphasized. Coordination for the event was

managed by Lieutenant Amit Sharma, Associate NCC Officer. He instructed the participants to adopt yoga as a measure for both preventive and therapeutic health maintenance, citing its recognized benefits within modern wellness and medical doctrine.

UDHAMPUR:

Udhampur Campus celebrated International Yoga Day with vibrant participation and collective enthusiasm. Faculty members, non-teaching staff, and students came together in the early morning hours to perform yoga, embracing this year's official theme "Yoga for One Earth, One Health" which highlights the interconnectedness of human well-being and the health of our planet.



JU initiates Computer-Based Recruitment exams with enhanced biometric security

JAMMU:

Under digital initiatives, the University of Jammu initiated online examination (CBT mode) for the recruitment of non-teaching positions. On the first day of the examination, 304 candidates appeared for 10 different technical and non-teaching positions. Prof Umesh Rai, Vice Chancellor inspected the examination centers and expressed his satisfaction for the arrangements made for the smooth conduct of examination. The experts and officers from different organizations and cadre were invited to oversee the complete recruitment examination process. "In another unique initiative, the University has introduced the IRIS Scan and Biometric imaging of all the candidates at every step of the examination till joining in order to avoid the impersonation" said the Coordinator of EEC, Prof Pankaj Srivastava. He informed that the CCTV surveillance, monitoring of live streaming of CCTV at command Centre established in University and monitoring by the senior professors and officers are part of this transparency initiatives of the University. A team of senior officials from the University also visited the centre as flying squad members and observers. The first phase of the recruitment process continued up to 21st of June 2025. "The result of the screening test will be declared soon after giving an opportunity to the candidates to see their response sheets and challenge the answer key", said Kuldeep Raj, Assistant Registrar, EEC.



SCHOOL OF BIOTECHNOLOGY
UNIVERSITY OF JAMMU
(NAAC Accredited "A++" Grade University)

Project Recruitment Notice

Application from eligible candidates in the prescribed format are invited for the post of **Project Associate-I** with monthly emoluments of Rs. 31,000/- + HRA for M.Sc. + NET and Rs. 25,000/- + HRA for non-NET under BIRAC-PACE funded project entitled "**Optimization of evaluated native *Bacillus* sp. Strain D5 based biostimulant for saffron production in non-traditional areas of Jammu, J&K**".

LAST DATE: within **15 days** from publication of this advertisement.

For Application form, eligibility and other details please visit university website:
www.iammuuniversity.ac.in

No: JU/SBT/JV/BIRAC-PC-24-47
Dated : 24-06-2025

Sd/-
Prof. Jyoti Vakhlu (PI)



UNIVERSITY OF JAMMU

IMPORTANT NOTICE

This is to inform all prospective candidates who have applied for various Non-Teaching positions in the University of Jammu that the University is holding its **recruitment tests** through its **Entrance Examination Cell** (schedule uploaded on University website). There are no third-party agencies or individuals engaged for recruitment purposes.

All job openings, application process, and communication related to recruitment is being/ will be posted only on our official website **www.jammuuniversity.ac.in** and/or communicated through our authorized email addresses.


Any individual or entity claiming to represent us for recruitment, offering jobs for a fee, or requesting personal information on our behalf is unauthorized and should be reported immediately.

We advise all applicants to exercise caution and report any suspicious activities to **Registrar, University of Jammu** at the following email **registrar@jammuuniversity.ac.in**

It is reiterated that the University is committed to transparent and fair selections and has taken all necessary steps like having in place IRIS scanning biometric attendance, cameras for surveillance, answer key display etc.

No: Estab./C&R-NTW/25/398
Dated : 09-06-2025

Sd/-
REGISTRAR



SCHOOL OF BIOTECHNOLOGY
UNIVERSITY OF JAMMU

ATTENTION GAT-B 2025 QUALIFIED CANDIDATES

Applications are invited from the eligible GAT-B 2025 qualified candidates for admission to the M.Sc. Biotechnology Program for a total of **twenty (20) seats** (reservation as per GOI norms). Candidates meet eligibility criteria for M.Sc. Biotechnology course if they possess a Bachelor's degree under 10+2+3 pattern of Education in Physical, Biological, Agricultural, Veterinary and Fishery Science, Pharmacy. Engineering/Technology, 4-years B.Sc. (Physician Assistant Course) Medicine (MBBS), BDS with at least **55% marks** and qualified **GAT-B 2025** conducted by RCB, Faridabad.

OR

Have earned 50% credits in UG program under NEP 2020 with 55% marks in Physical, Biological, Agricultural, Veterinary and Fishery Science, Pharmacy. Engineering/Technology, 4-years B.Sc. (Physician Assistant Course) Medicine (MBBS), BDS with at least 55% marks and qualified GAT-B 2025 conducted by RCB, Faridabad.

OR

Have earned 50% credits in NEP 2020 undergraduate Degree Honours/ Honours + Research (4 year) with **55% marks** in Physical, Biological, Agricultural, Veterinary and Fishery Science, Pharmacy. Engineering/ Technology, 4-years B.Sc. (Physician Assistant Course) Medicine (MBBS), BDS with at least **55% marks** and qualified **GAT-B 2025** conducted by RCB, Faridabad.

The candidates intending to seek admission in School of Biotechnology, University of Jammu should submit the filled application form on the link **https://forms.gle/hPY11VWjFeN8StVz9**

Admission will be made strictly as per merit in the GAT - B 2025 score of the applicants.

S.No.	Admission Activity	Date
1	Admission process begins.	09 th June 2025
2	Display of first admission list by the participating Universities/Institutions	09 th July, 2025
3	Display of vacant seats and 2 nd list of candidates, if required	21 th July, 2025
4	Transfer of Candidates (if any)	07 th August, 2025
5	Closure of Admission	20 th August, 2025

No: SBT/JU/25/2227
Dated : 12-06-2025

Sd/-
DIRECTOR
(School of Biotechnology)