

Buddhist Meditation Retreat Emphasises Mental Health, Emotional Resilience

HIMALAYAN MAIL NEWS
JAMMU, JUNE 22

The Department of Buddhist Studies, University of Jammu, in collaboration with the University of Life, concluded its ten-day residential summer meditation retreat, "Journey to Inner Peace", at McLeod Ganj, Dharamshala, on Sunday. The Himalayan town is home to His Holiness the 14th Dalai Lama.

Set against the tranquil backdrop of the Himalayas, the retreat brought together participants from diverse backgrounds seeking mental well-being, spiritual growth, and inner transformation through Buddhist contemplative traditions.

The programme was designed to help attendees reduce stress, cultivate mindfulness, and deepen their spiritual practice through authentic Buddhist meditation techniques.

Throughout the ten-day retreat, participants engaged in a range of activities, including:

Guided Vipassana and mindfulness meditation sessions;



Walking meditation amid serene pine forests; Teachings on Buddhist philosophy and ethics;

Periods of Noble Silence for deep introspection; and Interactive group discussions and question-and-answer sessions with meditation experts and scholars.

During the valedictory session, organisers underscored the growing importance of mindfulness practices in promoting mental health, emotional resilience, and holistic well-being in today's fast-paced world. They highlighted that the retreat provided a

unique opportunity for participants to disconnect from daily pressures and reconnect with themselves in a peaceful and spiritually enriching environment.

Participants expressed gratitude for the transformative experience and appreciated the guidance provided by experienced meditation teachers and Buddhist scholars.

The Department of Buddhist Studies and the University of Life reaffirmed their commitment to promoting contemplative education and fostering inner peace through such initia-

tives. Organisers also indicated their intention to host similar retreats in the future.

The valedictory session was attended by Dr. Maruti Sharma and Mrs. Shilpa Gupta, Retreat Coordinator from the University of Life, along with Dr. Rajesh Sharma and Dr. Vivek Sharma from the Department of Buddhist Studies, University of Jammu. Twelve participants from different parts of the country successfully completed the programme and shared their enriching experiences during the concluding session.

Resident Commission J&K New Delhi marks 12th International Yoga Day with focus on healthy aging

NEW DELHI, JUNE 22: The Resident Commission, J&K, New Delhi celebrated the 12th International Day of Yoga 2026 with enthusiastic participation from the officers, officials, staff members and representatives of its subordinate offices.

This year's theme, "Yoga for Healthy Aging," underscored yoga's role in promoting longevity, mobility, mental well-being and preventive healthcare. The theme holds added significance amid rising life expectancy and a growing focus on holistic health and wellness.

The event was organized under the overall supervision and guidance of Additional Resident Commissioner Anil Sharma and coordinated by the Government Ayush Dispensary, Resident Commis-



sion. Dr. Jyotsna Mukhi, Nodal Officer, Directorate of Ayush, Jammu & Kashmir, hosted the programme. Expert instructors from the Morarji Desai National Institute of Yoga conducted a 45-minute yoga session. They

demonstrated various yogic practices and asanas designed to enhance flexibility, balance, strength and overall well-being.

Speaking on the occasion, Anil Sharma emphasized the importance of adopting yoga as a way of

life for maintaining physical fitness, mental well-being and healthy aging. He also appreciated the efforts of the Directorate of Ayush, the yoga instructors and all the participants for making the event a success.

Secretary Dharmarth Trust inspects arrangements for Sudh Mahadev Mela

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Shri Ashok Sharma, IPS (Retd.), Secretary, J&K Dharmarth Trust, visited the historic temple of Sudhmahadev Temple, District Udhampur, to assess and review the arrangements for the forthcoming Sudh Mahadev Mela, scheduled to be held from 27th to 29th June, 2026.

During the visit, Shri Sharma inspected the ongoing preparations at the temple complex and reviewed the facilities being created for the convenience of devotees expected to participate in the historic mela.

He also inspected the ongoing painting and beautification works being undertaken within the temple premises and directed the concerned staff to ensure that all works are completed well before the com-



menement of the mela. The Secretary interacted with the officers and employees deployed at the temple and conducted a detailed briefing regarding

their duties and responsibilities during the mela period. He emphasized the importance of maintaining cleanliness, discipline, security, and proper manage-

ment of pilgrim facilities so that devotees may have a smooth and spiritually fulfilling experience.

Shri Ashok Sharma also attended a review meeting chaired by the SDM Chenani, wherein various arrangements relating to security, sanitation, drinking water, traffic regulation, medical facilities, and other essential services were discussed.

The SDA has assured full cooperation and coordination with the J&K Dharmarth Trust for the successful conduct of the historic mela.

The Secretary appreciated the efforts of the district administration and all concerned departments and expressed confidence that, through coordinated efforts, the Historic Sudh Mahadev Mela would be organized smoothly and successfully, preserving the rich religious and cultural heritage associated with the sacred shrine.

ICICI Bank Introduces Education Loan Scheme for SMVDU Students

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ICICI Bank has introduced an Education Loan Scheme for students at Shri Mata Vaishno Devi University (SMVDU), aimed at making higher education more accessible and financially manageable.

The scheme supports students across disciplines and faculties and is designed to help both existing and new enrollees benefit from student-friendly banking and loan services.

The loan facility covers a wide range of educational expenses, including tuition, hostel charges, examination and library fees, study materials, instruments, laptops, and other course-related requirements supported by documentation. It also offers flexible repayment support, fee reimbursement options, and convenient application terms for eligible students. In addition, the scheme includes fam-



ily-based co-applicant or guarantor options, no pre-payment penalty, and simplified access for qualified applicants.

The initiative is expected to provide meaningful support to students pursuing higher education at SMVDU.

The Hon'ble Vice Chancellor, Prof. Pragati Kumar, Shri Mata Vaishno Devi University, said that

such initiatives will help make education accessible to those at the lower end of the financial spectrum.

He added that the university is working through the Admission Cell to improve access to educational finance through the Vidyalakshmi portal and by including more banks, and that these efforts will soon be reflected in practice. Officials from ICICI

Bank, Mr. Jaideep, Mr. Rohit, Mr. Rajesh and Mr. Sandeep Sharma Zonal Head ICICI Bank J&K, were present. Registrar and Finance Officer SMVDU along with Prof. Amit Kant Pandit from Admission Cell, also appreciated the initiative and the collaborative effort and thanked the honorable vice chancellor for guidance and support.

RANGYUG Launches Summer Internship for MAM College

JAMMU, JUNE 22: Rangyug, Performing Arts Foundation today inaugurated its Summer Internship Programme for the students of Government MAM College, Jammu, marking yet another step towards experiential and skill-based learning through the performing arts.

The programme, designed for nearly 50 male and female students, aims to provide a dynamic platform for creative exploration and holistic personality development through theatre, music, dance, voice and

speech, comping, creative writing and related art forms.

The inaugural ceremony was graced by the Prof. Sanjay Kumar Verma, Principal, Govt MAM College, Jammu, as the Chief Guest, while Dr. Shivani Raina, Head, Department of Music, Govt. MAM College, attended as the Special Guest.

Among others present on the occasion were Deepak Kumar, Director Rangyug, Pankaj Pradhan, eminent classical singer, Ashish Sharma, Coordinator Rangyug and other senior

faculty members of the college and large number of students.

Addressing the gathering, Prof. Sanjay Kumar, appreciated the Rangyug for its consistent efforts in creating meaningful platforms that go beyond classroom learning.

He observed that such initiatives play an important role in nurturing creativity, confidence, communication skills and leadership qualities among students, preparing them for both academic and professional challenges.

IIM Jammu Inaugurates Leadership Skills Development Programme for NBCC Managers

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The Indian Institute of Management (IIM) Jammu inaugurated a three-day Management Development Programme (MDP) on Leadership Skills for Managers for executives of the National Buildings Construction Corporation (NBCC) Ltd. at the Vedanta MDP Centre, IIM Jammu. The programme, scheduled from June 22-24, 2026, aims to strengthen leadership capabilities, strategic thinking, managerial effectiveness, and decision-making skills among professionals engaged in nation-building initiatives. The inaugural ceremony was presided over by Mr. Debasis Satapathy, Executive Director, NBCC Ltd and Prof. Jabir Ali, Dean, Faculty & Research, IIM Jammu. The inaugural ceremony was graced by Programme Directors, Dr. Vaseem Akram, Dr. Malaya Ranjan Mohapatra, and Dr. Pratik Maheshwari. The training program consisted of 29 participants from across India.

Mr. Debasis Satapathy, Executive Director, NBCC Ltd., em-

phasized that while professional competence is important, leadership capabilities and continuous learning are equally critical for future growth. He noted that as organizations undergo leadership transitions, managers must prepare themselves for greater responsibilities by strengthening their professional competencies and leadership skills. Appreciating the state-of-the-art infrastructure and Nalanda Library at IIM Jammu, he encouraged participants to make the most of the learning opportunity. Drawing lessons from the Mahabharata, particularly the episode of Abhimanyu in the Chakravyuh and the contrasting journeys of Arjuna and Jaydrath under Guru Dronacharya, he highlighted how focus, perseverance, and continuous self-improvement enable individuals to attain excellence. Referring to the principle of "sharpening the saw," and using practical examples and engaging animated videos, he underscored that focus, adaptability, and lifelong learning are essential attributes of effective leadership and sus-



tained professional success.

In his address, Prof. Jabir Ali, Dean, Faculty & Research, IIM Jammu, emphasized that every training programme is designed to sharpen professional skills and prepare individuals for greater leadership responsibilities. He observed that while the nation has made remarkable progress in creating infrastructure and institutions, there remains significant scope for further contribution and development. Highlighting the importance of transitioning from

skill-based roles to leadership-oriented responsibilities, he encouraged participants to leverage the programme to broaden their perspectives, enhance their competencies, and contribute more effectively to their organizations and the nation.

Addressing the gathering, Prof. Prashant Mishra, Chairperson, Executive Education & Consultancy (EE&C), IIM Jammu, welcomed the participants and highlighted NBCC's significant contribution to nation-building and infrastruc-

ture development. He provided an overview of the Executive Education and Consultancy initiatives at IIM Jammu and emphasized the Institute's commitment to delivering impactful learning interventions for organizations. Stressing the value of peer-to-peer learning, he encouraged participants to learn, unlearn, and relearn through interactions with faculty members and fellow professionals, and make the most of their learning experience at IIM Jammu.

Welcoming the participants, Dr. Pratik Maheshwari, Programme Director, IIM Jammu, provided an overview of the three-day intensive training programme and highlighted its multidisciplinary nature. He emphasized that the programme has been carefully designed to address contemporary leadership and managerial challenges through a series of power-packed sessions spread across diverse domains. He noted that the initial sessions would be crucial in setting the tone for a transformative learning experience and encouraged participants to actively engage throughout the programme.

The programme features a comprehensive curriculum covering contemporary themes including Integrated Business Planning; Management Skills based on Indian Vedas and Scriptures; Personal Branding and Communication; Mindfulness and Resilience for Leaders; Financial Decision-Making in Turbulent Business Environments; Project Management and Profitability; Strategic Thinking; Economics for Leaders; Fundamentals of Public-

Private Partnerships (PPP); Change Management; Resolving Conflict and Negotiating Solutions; Empowering Leadership; and Building High-Performance Teams. Through expert-led sessions, case studies, discussions, and experiential learning exercises, participants will gain practical insights to strengthen their leadership effectiveness and organizational impact.

The inaugural session concluded with a vote of thanks proposed by Dr. Vaseem Akram, Programme Director, IIM Jammu, who expressed gratitude to the dignitaries, participants, faculty members, and organizing team for their support and participation in making the programme a meaningful learning initiative.

The programme reflects IIM Jammu's continued commitment to fostering leadership excellence and managerial competence through high-impact executive education programmes, thereby contributing to the development of capable leaders for public sector organizations and the nation at large.