



Day 3 of Viksit Bharat Youth Connect Programme at JU

India's journey towards 2047 must be powered by imagination, creativity, cultural consciousness: VC

Jammu, August 2: Emphasizing the importance of holistic development in shaping the future of a developed India, Prof. Umesh Rai, Hon'ble Vice Chancellor, University of Jammu, today said that true progress cannot be achieved by infrastructure and innovation alone.

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

Prof Rai underlined that activities such as sports, NCC, NSS, music, and arts—once considered extracurricular—are now integral to the curriculum under the National Education Policy (NEP), nurturing well-rounded individuals ready to contribute meaningfully to nation-building.

He said that skilling must extend beyond data science and artificial intelligence to include artistic and cultural competencies.

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

A wide array of activities, including academic lectures, heritage visits, creative competitions, and wellness sessions, were organized on the third day, drawing enthusiastic participation from students across schools, colleges and university teaching departments.

The highlight of the day was 'Yuva Rhythm', a vibrant musical event that brought together students from the Institute of Music & Fine Arts (IMFA) and various University Teaching Departments. The performances showcased India's rich musical traditions and contemporary expressions, reflecting the creative aspirations of the youth.

The Vice Chancellor, who attended the event as Chief Guest, appreciated the performers for their artistic excellence and their contribution to promoting cultural consciousness among peers.

Earlier, a special session on Life Skills and Mental Health Awareness was conducted by Dr. Romesh Kumar, noted psychologist and Head, Department of Education, DIET. He highlighted the significance of key life skills such as self-awareness, empathy, critical thinking, communication, and stress management in navigating modern challenges.

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

“Marks are important, but mental well-being is equally vital,” he said and outlined key government initiatives like Manodarpan, Tele-MANAS, and the National Mental Health Programme (NMHP) aimed at strengthening institutional mental health support systems. Practical strategies for students to maintain emotional resilience were also shared during the session.

An important lecture on “Cybercrime Awareness and Prevention” was delivered by DySP Ms. Albeena Malik, JKPS, Incharge, Cyber Crime Investigation Centre for Excellence (CICE), Jammu. The session focused on emerging cyber threats such as phishing, vishing, SIM swap frauds, ransomware attacks, digital arrest scams, cyberstalking, revenge porn, and cryptocurrency-related frauds.

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

The session also covered the limited awareness among victims regarding their rights and reporting mechanisms. Students were guided on using the 1930 Cyber Helpline, official reporting portals, and tools such as the Cyber Coordination Centre (14C), CRIMAX Database, and the Golden Hour Protocol to ensure timely intervention and redressal.

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

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

Led by Prof Suman Jamwal, the visit brought together around 50 students from various institutions, who engaged directly with Jammu’s architectural and cultural legacy. With expert insights from historian Prof. Shyam Narayan Lal and heritage advocate Shri Kripal Singh Ji, the students explored the Dogra-era palace not just as a monument, but as a dynamic symbol of political, cultural, and administrative life. The visit sparked thoughtful discussions around heritage conservation in the face of modern development, highlighting the role of youth and academia in preserving the region’s past for the future.

The Directorate of Sports and Physical Education organized a range of sporting activities throughout the day to promote physical engagement and team spirit. The day concluded with an evening Yoga session, promoting mindfulness and holistic well-being among students and staff. The session saw active participation from university leadership, faculty, and students alike, setting a motivating example for the academic community. Led by yoga expert Mr. Sanjeev Kumar and his team the participants engaged in a sequence of asanas, breathing exercises, and meditation practices focused on stress relief and inner balance.

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