

दैनिक जागरण

Saturday 09th March 2024

स्वस्थ रहने का संदेश देने साइकिल यात्रा पर निकले कैप्टन जेना

राज्य स्रोत जम्मू : मनसिक व शारीरिक स्वास्थ्य का संदेश देने के उद्देश्य से कन्याकुमारी से काश्मीर तक साइकिल पर अकेले यात्रा के लिए निकले भारतीय नौसेना के अधिकारी कैप्टन डॉके जेना का इंडियन इंस्टीट्यूट ऑफ मैनेजमेंट जम्मू में स्वागत किया। कैप्टन जेना 3400 किलोमीटर का सफर साइकिल से तय करते हुए जम्मू पहुंचे हैं। इंडियन इंस्टीट्यूट ऑफ जम्मू के निदेशक प्रो. वीएस सहस्र, फैकल्टी सदस्यों, विद्यार्थियों ने कैप्टन जेना का इंडीस्टीट्यूट में स्वागत किया और उनके होस्टल को सौदाहना की। इस मौके पर कैप्टन जेना के साइकिल सफर पर छोटी वीडियो फिल्म भी दिखाई गई। इस मौके पर अकादमिक मामलों के डीन प्रो. जाकिर अली, अन्य फैकल्टी सदस्य और विद्यार्थी भी शामिल हुए। इंडीस्टीट्यूट ने विप्रेकानंद क्लबसभ्य में सफासत आयोजित कर जेना को स्मृति चिह्न पेट किया और उनके अथले सफर के

• जम्मू के अइआइएम में समासतह आयोजित कर कैप्टन का स्वागत

• कन्याकुमारी से काश्मीर तक ली साइकिल यात्रा को करीने जागरण



कैप्टन जेना (मधु में) को स्मृति चिह्न देते अइआइएम के निदेशक प्रो. वीएस सहस्र • जागरण

लिए शारीरिक सुभवासनकरें हैं।

कैप्टन जेना ने कहा कि वह सेहत के लिए साइकिलिंग, सफासतारी पोषण के पालने, सफासतारी धेजान-वेतार जीवन, दूरदूरा को कम करते हुए मनसिक व शारीरिक स्वास्थ्य के अधिधान सर निकले हैं। साइकिलिंग

करने से स्वास्थ्य ठीक रहत है। उन्होंने कहा कि धरति को स्वास्थ्य के प्रति कभी ध्यान रखन चाहिए। युवाओं को संवेधित करते हुए कहा कि अल्प वयस में जकर दान की सेवा करनी चाहिए। युवाओं को राष्ट्र निर्माण में युक्ति निधाने चाहिए।

Saturday 09th March 2024

IIM Jammu welcomes cyclist Captain DK Jena

GJ REPORT

JAMMU, MAR 8: The Indian Institute of Management (IIM) Jammu recently had the privilege of welcoming Captain (IN) DK Jena, an Indian Naval Officer, at the main gate of its campus as he embarked on an extraordinary solo cycling expedition from Kanyakumari to Kashmir, covering an impressive distance of approximately 3900 kilometers. As an Institution of National Importance dedicated to excellence, IIM Jammu was deeply honoured to celebrate the remarkable achievements of Captain Jena, whose courage, determination, and spirit exemplify the values of resilience and perseverance that the institution strives to instill in its community.

During his address, Captain D K. Jena extended warm wishes for Happy Shivratri and International Women's Day, expressing his desire for a safer planet for women. He commended Prof. B.S. Sahay, Director of IIM Jammu, for the gracious welcome and praised the institution's journey towards becoming a world-class institute



Prof. B.S. Sahay, Director IIM welcoming Captain DK Jena at Jammu.

within a year. He emphasized that his expedition was not merely about covering kilometers but about experiencing India's rich diversity, including its food, culture, and linguistic variety. Advocating the theme of "Shakari Bhojan, Behtaar Jeevan," he highlighted the benefits of vegetarianism in building both body and mind while reducing pollution. He underscored the detrimental effects of non-vegetarian food and emphasized the advantages of cycling for health and the environment, advocating "Burn Fat, Not Fuel." He urged the audience, particularly students, to

prioritize serving the nation and consider joining the Armed Forces if they aspire to contribute effectively to the country's welfare.

Prof. B.S. Sahay, Director of IIM Jammu, warmly welcomed Capt. D.K. Jena and reminisced about hosting Dr. Kiran Seth, Founder of SPIC Macay, who embarked on a similar expedition from Kanyakumari to Srinagar at the age of 75. He highlighted the inspiring nature of cycling across the country and advocated for vegetarian food as a path to both physical and mental well-being, echoing the sentiment of "Burn Fat, Not

Fuel" emphasized by his own family. He elaborated on the campus layout, designed to promote physical fitness by encouraging students to walk between various points in the campus. He stressed the importance of service to the nation, quoting the Hon'ble Prime Minister's vision of making India a developed nation by 2047, and emphasized the need to uplift the entire society. He expressed confidence in India's potential to achieve this goal by taking everyone along. Urging students to embrace their role as future leaders, he commended Capt. D.K. Jena for accepting the invitation and serving as a role model for the IIM Jammu community, encouraging all to contribute to the nation's growth and development.

Professor Jabir Ali, Dean Academics of IIM Jammu, also shared his thoughts, expressing that Captain Jena's journey embodies the spirit of adventure, determination, and commitment to a cause. He conveyed the institution's honor in hosting Captain Jena at IIM Jammu.



Saturday 09th March 2024-Print Version

IIM Jammu welcomes Solo Cyclist Captain (IN) DK Jena

IIM Jammu faculty with solo cycling Captain (IN) DK Jena, Indian Naval Officer.

■ STATE TIMES NEWS

JAMMU: The Indian Institute of Management (IIM) Jammu welcomed Captain (IN) DK Jena, Indian Naval Officer, at the main gate of its campus.

Captain Jena is currently undertaking an extraordinary solo cycling expedition from Kanyakumari to Kashmir, covering a remarkable distance of approximately 3900 kilometers.

As an Institution of National Importance dedicated to excellence, IIM Jammu is deeply honored to welcome and celebrate the remarkable achievements of Captain Jena. His courage, determination, and spirit exemplify the values of resilience and perseverance that our institution strives to instill in its community. A short video showcasing the journey of Captain D.K. Jena was also showcased on this occasion by the students of IIM Jammu.

Captain D.K. Jena, in his address, extended wishes for Happy Shivratri and International Women's Day, expressing his desire for a safer planet for women. He commended Prof. B.S. Sahay, Director of IIM Jammu, for his gracious welcome and praised the institution's journey towards becoming a world-class institute within a year. He emphasized that his expedition is not just about covering kilometers, but about experiencing the rich diversity of India, including its food, culture, and linguistic variety. Advocating the theme of "Shakti Bhujan, Behtar Jeevan," he highlighted the benefits of vegetarianism in building both body and mind while reducing pollution. He underscored the detrimental effects of non-vegetarian food and emphasized the advantages of cycling for health and the environment, advocating "Burn Fat, Not Fuel." He urged the audience, particularly students, to prioritize serving the nation and encouraged them to consider joining the Armed Forces if they aspire to contribute to the country's welfare effectively.

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Cmdr. Kesavan Baskaran, CAO of IIM Jammu, reflected on the remarkable journey of Capt. D.K. Jena, highlighting his dedication to societal causes and nation-building. He stressed that Captain Jena's mission aims to propagate his ideas for nation-building and invites everyone to be a part of this transformative journey.

The IIM Jammu community, comprising faculty, staff, and students, extended a warm welcome to Captain Jena upon his arrival at the main gate of the campus. A felicitation program was organized at the Vivekananda Classroom to honor Captain Jena's extraordinary achievement.

The entire IIM Jammu community participated in the felicitation program, showing their support for Captain Jena's remarkable feat. Following the felicitation, a Q&A session took place.

Let us unite to celebrate his exceptional accomplishment and reaffirm our commitment to promoting a healthy and environmentally conscious lifestyle. The event was meticulously coordinated by the Sports Committee and Student Affairs Office.



Saturday 09th March 2024-Web Version

IIM Jammu Welcomes Solo Cyclist Captain (IN) DK Jena

JAMMU AND KASHMIRTOP J&K NEWS

By Statetimes_editor



Last updated Mar 9, 2024

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<https://statetimes.in/iim-jammu-welcomes-solo-cyclist-captain-in-dk-jena/>

Saturday, 09 March 2024

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NL CORRESPONDENT

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Prof. B.S. Sahay, Director, IIM



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http://epaper.thenorthlines.com/articlepage.php?articleid=NLINE_MAI_20240309_3_5&width=298px&edition=Main&curpage=3

The Himalayan Mail

Saturday, 09 March 2024

IMM Jammu welcomes Solo Cyclist Captain on his extraordinary expedition from Kanyakumari to Kashmir

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showcasing the journey of Captain D.K. Jena was also showcased on this occasion by the students of IIM Jammu. Captain D.K. Jena, in his address, extended warm wishes for Happy Shivratri and International Women's Day, expressing his desire for a safer planet for women. He commended Prof. B.S. Sahay, Director of IIM Jammu, for his gracious welcome and praised the institution's journey towards becoming a world-class Institute within a year. He emphasized that his expedition is not just about covering kilometers, but about experiencing the rich diversity of India, including its food, culture, and linguistic variety. Advocating the theme

of "Shakari Bhojan, Behar Jeevan," he highlighted the benefits of vegetarianism in building both body and mind while reducing pollution. He underscored the detrimental effects of non-vegetarian food and emphasized the advantages of cycling for health and the environment, advocating "Burn Fat, Not Fuel." He urged the audience, particularly students, to prioritize serving the nation and encouraged them to consider joining the Armed Forces if they aspire to contribute to the country's welfare effectively. Prof. B.S. Sahay, Director, IIM Jammu, warmly welcomed Capt. D.K. Jena and reminded about hosting Dr. Kiran Seth,



Founder of SPIC Maray, who embarked on a similar expedition from Kanyakumari to Srinagar at the age of 75. He highlighted the inspiring nature of cycling across the country and advocated for vegetarian food as a path to both physical and mental well-being, echoing the sentiment of "Burn Fat, Not Fuel" emphasized by his own family.

He elaborated on the campus layout, designed to promote physical fitness by encouraging students to walk between various points in the Campus. He stressed the importance of service to the nation, quoting the Hon'ble Prime Minister's Vision of making India a developed nation by 2047 and emphasized the need to uplift the entire society. He

expressed confidence in India's potential to achieve this goal by taking everyone along. Urging students to embrace their role as future leaders, he commended Capt. D.K. Jena for accepting the invitation and serving as a role model for the IIM Jammu community, encouraging all to contribute to the nation's growth and development. Professor Jahir Ali, Dean Academics of IIM Jammu, also shared his thoughts, expressing that Captain Jena's journey embodies the spirit of adventure, determination, and commitment to a cause. He conveyed the institution's honor in hosting Captain Jena at IIM Jammu. Cdr. Kesavan

Baskaran, CAD of IIM Jammu, reflected on the remarkable journey of Capt. D.K. Jena, highlighting his dedication to societal causes and nation-building. He noted Captain Jena's illustrious background as a popular Marathon Runner, with numerous participations in marathon competitions. He emphasized that Captain D.K. Jena's journey, which includes seeking blessings from the Swami Vivekanand Rock Memorial, signifies his esteemed status as a guest traveling from Kanyakumari to Kashmir. He stressed that Captain Jena's mission aims to propagate his ideas for nation-building and invites everyone to be a part of this transformative journey.

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<https://epaper.himalayanmail.com/#5>



Saturday, 09 March 2024

IIM-J welcomes solo Cyclist Captain DK Jena on his expedition from Kanyakumari to Kashmir

EARTH NEWS SERVICE

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REFUGEE MESSAGE BUREAU
 JAMMU, MARCH 9

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that Captain D.K. Jena's journey, which includes seeking blessings from the Swami Vivekananda Rock Memorial, signifies his esteemed status as a guest traveling from Kanyakumari to Kashmir. He stressed that Captain Jena's mission aims to propagate his ideas for nation-building and invites everyone to be a part of this transformative journey.

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NAWAI DUGGAR

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ND News Services

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Daily

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The Excel Express

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IIM Jammu Welcomes Solo Cyclist Captain (IN) DK Jena on his Extraordinary Expedition from Kanyakumari to Kashmir



EXCEL EXPRESS BUREAU
JAMMU, MAR 8

The Indian Institute of Management (IIM) Jammu welcomed Captain (IN) DK Jena, Indian Naval Officer, at the main gate of its campus. Captain Jena is currently undertaking an extraordinary solo cycling expedition from Kanyakumari to Kashmir, covering a remarkable distance of approximately 3900 kilometers. As an Institution of National Importance dedicated to excellence, IIM Jammu is deeply honored to welcome and celebrate the remarkable achievements of Captain Jena. His courage, determination, and spirit exemplify the values of resilience and perseverance that our institution strives to instill in its community. A short video showcasing the journey of Captain D.K. Jena was also showcased on this occasion by the students of IIM Jammu. Captain D.K. Jena, in his address, extended warm wishes for Happy Shivratri and International Women's Day, expressing his desire for a safer planet for women. He commended Prof. B.S. Sahay, Director of IIM Jammu, for his gracious welcome and praised the institution's journey towards becoming a world-class institute within a year. He emphasized that his expedition is not just about covering kilometers, but about experiencing the rich diversity of India, including its food, culture, and linguistic variety. Advocating the theme of "Shakari Bhojan, Behtaar Jeevan," he highlighted the benefits

of vegetarianism in building both body and mind while reducing pollution. He underscored the detrimental effects of non-vegetarian food and emphasized the advantages of cycling for health and the environment, advocating "Burn Fat, Not Fuel." He urged the audience, particularly students, to prioritize serving the nation and encouraged them to consider joining the Armed Forces if they aspire to contribute to the country's welfare effectively.

Prof. B.S. Sahay, Director, IIM Jammu, warmly welcomed Capt. D.K. Jena and reminisced about hosting Dr. Kiran Seth, Founder of SPIC Macay, who embarked on a similar expedition from Kanyakumari to Srinagar at the age of 75. He highlighted the inspiring nature of cycling across the country and advocated for vegetarian food as a path to both physical and mental well-being, echoing the sentiment of "Burn Fat, Not Fuel" emphasized by his own family. He elaborated on the campus layout, designed to promote physical fitness by encouraging students to walk between various points in the Campus. He stressed the importance of service to the nation, quoting the Hon'ble Prime Minister's vision of making India a developed nation by 2047 and emphasized the need to uplift the entire society. He expressed confidence in India's potential to achieve this goal by taking everyone along. Urging students to embrace their role as future leaders, he commended Capt. D.K. Jena for accepting the invitation

and serving as a role model for the IIM Jammu community, encouraging all to contribute to the nation's growth and development.

Professor Jabir Ali, Dean Academics of IIM Jammu, also shared his thoughts, expressing that Captain Jena's journey embodies the spirit of adventure, determination, and commitment to a cause. He conveyed the institution's honor in hosting Captain Jena at IIM Jammu.

Cmdr. Kesavan Baskaran, CAO of IIM Jammu, reflected on the remarkable journey of Capt. D.K. Jena, highlighting his dedication to societal causes and nation-building. He noted Captain Jena's illustrious background as a popular Marathon Runner, with numerous participations in marathon competitions. He emphasized that Captain D.K. Jena's journey, which includes seeking blessings from the Swami Vivekanand Rock Memorial, signifies his esteemed status as a guest traveling from Kanyakumari to Kashmir. He stressed that Captain Jena's mission aims to propagate his ideas for nation-building and invites everyone to be a part of this transformative journey.

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physical fitness by encouraging students to walk between various points in the Campus. He stressed the importance of service to the nation, quoting the Hon'ble Prime Minister's vision of making India a developed nation by 2047 and emphasized the need to uplift the entire society. He expressed confidence in India's potential to achieve this goal by taking everyone along. Urging students to embrace their role as future leaders, he commended Capt. D.K. Jena for accepting the invitation and serving as a role model for the IIM Jammu community, encouraging all to contribute to the nation's growth and development. Professor Jobir Ali, Dean Academics of IIM Jammu, also shared his thoughts, expressing that Captain Jena's journey embodies the spirit of adventure, determination, and commitment to a cause. He conveyed the institution's honor in hosting Captain Jena at IIM Jammu. Cmr. Kesavan Baskaran, CAO of IIM Jammu, reflected on the remarkable journey of Capt. D.K. Jena,

highlighting his dedication to societal causes and nation-building. He noted Captain Jena's illustrious background as a popular Marathon Runner, with numerous participations in marathon competitions. He emphasized that Captain D.K. Jena's journey, which includes seeking blessings from the Swami Vivekanand Rock Memorial, signifies his esteemed status as a guest from Kanyakumari to Kashmir. He stressed that Captain Jena's mission aims to propagate his ideas for nation-building and invites everyone to be a part of this transformative journey. The IIM Jammu community, comprising faculty staff and students, extends a warm welcome to Captain Jena upon his arrival at the main gate of the campus. A felicitation program was organized at the Vivekananda Classroom to honor Captain Jena's extraordinary achievement. The entire IIM Jammu community participated in the felicitation program, showing their support for Captain Jena's remarkable feat. Following the felicitation, a Q&A session took place. Let us unite to celebrate his exceptional accomplishment and reaffirm our commitment to promoting a healthy and environmentally conscious lifestyle. The event was meticulously coordinated by the Sports Committee and Student Affairs Office.



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<https://www.campusvarta.com/article/iim-jammu-welcomes-solo-cyclist-captain-in-dk-jena-on-his-extraordinary-expedition-from-kanyakumari-to-kashmir#:~:text=The%20Indian%20Institute%20of%20Management,distance%20of%20approximately%203900%20kilometers.>



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