## स्वस्थ रहने का संदेश देने साइकिल पर निकले कैप्टन जेना

राज्य खूरो सम्मू : मनासङ व शासिक स्वासम्य का संदेश देने के उदेश्य से कन्याकृतारी से कल्पीर तक स्थाकल पर अक्से यात्रा के लिए निकरने भारतीय नेवी के अधिकारी केप्टन डीके जेन का डींवयन इंस्टीट्यूट आफ मैनेजमेंट जम्मू ने स्वागा किया। केटन जेन 3900 किलोमीटर का सफा सहित्त से तय करते हुए जम्मू पहेंचे हैं। इतियन इंस्टीट्यूट आफ जम्मू के विदेशक श्री बाएस सहाय फेक्सरी सदस्यों, विद्याधियाँ ने केप्टन जेन का इंस्टोट्यूट में स्थापत किया और उनके होसले के सराहना की इस मीके पर केएन जेन के सहकात सरकर पर सोटो वीडियो फिल्म भी दिखाई गई। इस मीके पर अकादीनक लिए सर्वित गुप्तसामनाई है। मामलों के दीन थी. अधिर असी, फैस्टन जेन ने कहा कि वह सेवत कहा कि व्यक्ति को स्वास्त्र के प्रति अन्य फैकररी सरस्य और विदार्थ र के लिए सहित्रिलिए शासाराई पीजन कपी शान रक्षण चरिए। दुवानी को यो जामिक हुए। इंस्टीट्यूट ने के पायरे, एक्सामी प्रोजन बेटार मोनीपा करते हुए कहा कि आर्थ विकास क्लासम्म में समारोह जीवन प्रतृष्ण को कम करते हुए चंकों में तकर देंग की सेव करती आमीतित कर जेना को स्पृति चिह्न सनतिक व राजिक स्वास्थ्य के नहिए। वृक्तकी को राष्ट्र निर्माण में पेट किया और उनके अपने सफा के अधियान गर तिकारे हैं। साईकिलिंग **प्री**यका निभाने चालिए।

- जम्मू के आहआहरू में समारोह अव्यक्तित कर केय्टन का स्वागत

- कन्याकृत्वये से कामीर तक की बाज कर लोगों को करेंगे जगरूक



केटन जेन (मध्य में) की मुक्ति विश्व देते अक्षत्राध्यम के विदेशक हो, बीएस समय + जानात

करने से स्थारण डीक सहय है। उन्होंने



### 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. National Institution 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 "Shakari 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 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 Office.

#### 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 eampus.

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

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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 HM 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 eovering kilometers, but about experieneing the rich diversity of India, including its food, culture, and linguistic variety. Advocating the theme of "Shakuri 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 studenta, to prioritize serving the nation and encouraged them to consider ning the Armed Foress if they aspire to contribute to the country's welfare effectively.

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The IIM Jamma 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 eelebrate 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

STATE TIMES NEWS

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



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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

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

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## 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 8

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Cmdr. Kesavan Baskkaran, CAO of IIM Jammu, reflected on the remarkable Journey of Capt. D.K. Jena, highlighting his dedteation 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 emphastzed

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 Kanyakumart 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 organtzed at the Vivekananda Classroom to honor Captain Jena's extraordinary achtevement. 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 consclous lifestyle. The event was meticulously coordinated by the Sports Committee and Student Affairs Office.

# NAWAI DUGGAR

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Saturday 9th March 2024

### Saturday, 09 March 2024

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

ND News Services

JAMMU (6th Mayris
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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 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 Kesayan Baskkaran 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 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-

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