

# JKPS Kunjwani conducts cancer awareness programme in collaboration with Cancer Welfare Society Lucknow



A noted speaker, Nikhil Pandey and Principal, JK Public School Kunjwani, Rajesh Rathore addressing students at assembly session.

■ STATE TIMES NEWS

JAMMU: JK Public School, Kunjwani, in its incessant pursuit of promoting health literacy and holistic well-being among students, organized an enlightening Cancer Awareness Programme in collaboration with the Cancer Welfare Society, Lucknow.

The interactive session was led by Nikhil Pandey, a noted speaker and social activist associated with the society, who addressed the students

and staff on the critical theme of "Understanding Cancer - Causes, Types, Symptoms, Diagnosis, Prevention, Early Detection and Treatment Modalities."

Pandey began by explaining that cancer is not a single disease but a group of related conditions characterized by uncontrolled growth of abnormal cells. He discussed various types of cancers affecting both adults and children, highlighting that lifestyle

choices, genetics, environmental exposure, and dietary habits play crucial roles in the onset of this disease.

Delving deeper, he sensitized the audience to early warning signs and symptoms that should never be ignored, including unusual lumps, prolonged cough, unexplained weight loss, and changes in moles or skin texture. Emphasizing the significance of early diagnosis, he urged students to spread awareness

within their families and communities about timely medical consultation and preventive screening.

In a compelling segment, Pandey elaborated on modern diagnostic and treatment modalities, such as advanced imaging technologies, targeted therapy, immunotherapy, and radiotherapy, which have significantly improved recovery outcomes. He also stressed the importance of regular health check-ups,

maintaining a balanced diet, engaging in physical activity, and avoiding tobacco and alcohol consumption to minimize risk factors.

Expressing gratitude to the guest speaker, Rajesh Rathore, Principal, JK Public School Kunjwani, remarked, "Awareness is the first step towards prevention. Programmes like these instill scientific temper and social responsibility among students. When knowledge

empowers young minds, it not only safeguards their health but also inspires them to become ambassadors of wellness within society."

In his address, Rathore further motivated the students to adopt healthy lifestyle habits, urging them to avoid junk and fast food that may lead to long-term health complications. He emphasized the value of a balanced diet rich in milk, green leafy vegetables, fruits, and dry fruits, comple-

mented by regular physical activity such as walking, cycling, and outdoor games. Quoting the timeless adage, he reminded everyone that "Prevention is better than cure," and encouraged students to make small but consistent efforts toward maintaining physical fitness, mental well-being, and emotional balance.

Director JK Educational Society Shashi Chaudhary graced the occasion with her

benign presence. Other office bearers present were Vice Principal Roopinder Kour, School Coordinator Inderjeet Kour; Academic Coordinator Parvinder Kour; and Primary Wing Coordinator Anju Raj.

The programme concluded with a vote of thanks, acknowledging the efforts of the Cancer Welfare Society, Lucknow, for their noble initiative in reaching out to schools and educating youth on such vital health concerns.

## Inter-collegiate Judo Championship organised by CLUJ at Commerce College

■ STATE TIMES NEWS

JAMMU: The Inter-collegiate Judo Championship for Men and Women was successfully organized by the Cluster University of Jammu at the Government SPMR College of Commerce, Jammu. The event witnessed enthusiastic participation from various constituent colleges under the university umbrella.

Dr. Vinod Bakshi, Director, Physical Education & Sports, Cluster University of Jammu, graced the occasion as the Chief Guest. In his address to the participants and officials, Dr. Bakshi conveyed the message of the Vice-Chancellor and D.S. Manhas, Dean Students Welfare regarding the enhancement of allowances for participants, officials, and supporting staff during inter-university sports events. He also announced



Faculty with medal winner players.

that a comprehensive sports policy is in the pipeline, which will include special provisions and incentives for outstanding sportspersons.

During the competition, several athletes delivered exceptional performances and secured gold medals in their respective weight categories. In the Women's section, Divya Gupta (SPMR

College, 48Kg), Vidanshi Bhardwaj (SPMR College, 52Kg), Sunakshi Devi (MAM College, 57Kg), Tapasvi Mahajan (GCW Gandhi Nagar, 63Kg), Sneha Sharma (MAM College, 70Kg), and Bhumi Bali (GGM Science College, 78Kg) emerged as gold medalists. In the Men's section, gold medals were

clinched by Ankit Kumar (GGM Science College, 60Kg), VishwasJamwal (MAM College, 66Kg), Abhijeet Dogra (MAM College, 73Kg), Navjot Singh (MAM College, 81Kg), Satyam Sharma (MAM College, 100Kg), and Imran Hashmi (SPMR College, 100+Kg). These athletes showcased outstanding skill, determination, and sportsmanship throughout the event. In the Men's section, Govt. M.A.M. College emerged as the champion by securing 20 points, while SPMR College of Commerce claimed the runner-up position with 15 points. In the Women's section, SPMR College of Commerce was declared the champion with 10 points, whereas GCW Gandhi Nagar and Govt. M.A.M. College shared the joint runner-up position, earning 3 points each. A

memento was presented to Dr. Vinod Bakshi by the Incharge Principal of SPMR College, Dr. Reena Sharma, as a token of gratitude for his presence and contributions.

Among the other dignitaries present during the event were Dr. Chetna, Convenor Sports, Prof. Ashraf Nawaz, Prof. Jagmeet Kour, Prof. Sanjeev Verma, Prof. Shaji Khan, Prof. Dr. Vipul Chalotra, Prof. Deepashikha, Prof. Anju Gotra, Ravi Kumar (Physical Director), Anjali Anand (Accountant) and Kajal Permi (Physical Director). The event was conducted smoothly under the supervision of experienced officials, including Rameshwar Singh, Mohit, and Palak Sharma, Many and Priya Sharma, ensuring fair play and adherence to rules throughout the competition.

## JKIIANs shine in All India Open Karate Championship 2025



JK Public School Kunjwani faculty felicitating winner students.

■ STATE TIMES NEWS

JAMMU: JK Public School, Kunjwani made a mark of excellence at the All India Open Karate Championship 2025, held on 12th October 2025 at Gurdaspur (Punjab). The talented JKIIANs showcased outstanding performances, bagging 1 gold, 3 silver, and 4 bronze medals.

A team of seven students represented Team Jammu & Kashmir and brought laurels to the state by winning the

First Runners-Up Trophy. The proud medalists are Viraj Singh Slathia, gold medal, Dhairya Sheel Singh, silver medal, Oriana Sharma, silver medal, Laksh Yadav, one silver medal and one bronze medal. Unika Bhagat, bronze medal, Aagmya, Bronze medal and Ayaan Sahni, bronze medal. Shashi Chaudhary, Director, JK Educational Society, and Rajesh Rathore, Principal, JK Public School, Kunjwani, congratulated the

young achievers during the school assembly. They commended the dedication and commitment of the School Coach, Gopal Dass, and HOD (Sports), Subash Chander, for their consistent efforts in training and motivating the students to excel.

The entire JKPS fraternity takes immense pride in the achievements of its young karate champions, who have once again proved that hard work and discipline pave the way to success.

## KC Public School hosts Inter School Mega Quiz 2025



■ STATE TIMES NEWS

JAMMU: 12 schools of Jammu and neighbouring towns took part in the Inter School Annual Mega Quiz which KC Public School has been hosting since 2012. This year's edition was organized in the multi-sports hall of KC Sports Cub today morning.

The schools that took part were the host school KCPS, Heritage School, KC International, APS Nagrota, APS Akhnoor, APS Ratnuchak, APS Jammu Cantt, Shaurya International School, Model Academy, GD Goenka Public School, International Daily Rising School and KC Gurukul Public School.

Dr. Rakesh Bharti, Assistant Professor at Govt

College of Education graced the occasion as the Chief Guest and gave away the championship trophy and participation certificates.

A responsive audience of about 250 students of KCPS cheered all the teams with great enthusiasm. The quiz began with an Innings round in which all the 12 teams answered 4 questions each as parts of four pools containing three teams each.

At the end of this round, one team from each pool got eliminated on the basis of lowest score. The remaining 8 teams then moved on to the quarter final stage with only 2 teams in each pool. After answering 4 questions each at this stage, 4 teams made it to the semi finals on the basis of their higher score.

The race for the final stage turned frantic with the degree of difficulty in the questions getting tougher at each level. Eventually, APS Nagrota and hosts KCPS made it to the finals. Host school KCPS were able to retain the running trophy for the second year in succession with a small margin.

The Chief Guest in his speech commended all the schools for their excellent performance in the quiz and emphasized the role of knowledge in shaping a student's personality. In his vote of thanks address, Vice Principal Sanjay Pandey conveyed his gratitude to the heads of all participating schools for participating in the event and making it a grand success.

## JKRSA hosts Kathua District Skating Championship

■ STATE TIMES NEWS

JAMMU: The Jammu and Kashmir Rollers Skating Association (JKRSA) presented the Kathua District Skating Championship at Delhi Public School Rajbagh Kathua. This event brought together skaters from various age groups, showcasing their exceptional talent and passion for the sport.

The championship was a vibrant display of skill and sportsmanship, with enthusiastic participation from young athletes eager to demonstrate their prowess on skates. The event not only celebrated the sport of roller skating but also fostered a spirit of healthy competition and camaraderie among the participants.

Medal winners: In (6-8) yrs boys category Saksham Gold , Dakshit and Divit Silver. In girls category Kamakshi Gold and Seerat Silver. In ( 8-10 ) yrs Loose ball bearing boys Divashish Gold , Divyam Silver , Divit Bronze. In girls Category Jasmine Gold , Shrishti Silver, Edika



Bronze. In ( 8-10 ) yrs Quad Professional boys Atharv Gold , Reyansh Silver, Pranishul Bronze. In Jonex Quad Skate boys Aayan Gold , Kanav Silver, Laksh Bronze. In ( 8-10 ) yrs Quad Girls Drishya Gold , Rishita Silver , Rizwal Bronze .

In Inline Category (8-10) yrs age band boys Kartavya Gold , Raza silver, Saksham Bronze. In girls Category Krishita Gold, Jasleen Silver , Amber Bronze. In (10-12 ) yrs Loose ball bearing Girls Navneet Gold , Jivika Silver. In (10-12 ) yrs Quad Professional boys Davik Gold ,

Mehram Silver, Udhav and Tanveya Bronze. In Girls Caregory Suhani Gold , Navreeti Silver, Shajapreet Bronze. In Inline Category (8-10) yrs age band boys Gunvansh Gold , Maheshwar silver, Aakash Bronze. In girls Category Ruhani Gold, Nakshita Silver , Divyanshi Bronze. In Inline Jonex Category (8-10) yrs age band boys Madhvin Gold , Ravinder silver, Ridhaan Bronze. In ( 12-15 ) yrs Quad Professional boys Dhairya Gold , Vansh Silver, Ritvik & Divyansh Bronze. In Jonex Quad Skate boys Antriksh Gold , Atharv

Silver, Gurvansh Bronze. In ( 12-15 ) yrs Quad Girls Aditi Gold , Kavya Silver. In Inline Girls Category Vidhushi Gold . In ( 15-18 ) yrs Quad Professional boys Sarang Gold , Maish Silver ,Reyansh Bronze. In Jonex Quad Skate boys Saksham Gold , vivek Silver, Ansh Bronze. In (15-18) yrs Inline Jonex Boys Thakur Gurdev Gold , Aditya Silver , Parth Bronze. In Inline Professional Category Samarth Gold , Tarun silver, Lakshdweep Bronze. In Senior Quad Category Sushant Gold , Jaipal Singh Silver , Ahemdeep & Chirag Bronze. In Senior Inline Category Parik & Ridham Gold , Rigveed Silver

The medal winners were felicitated by Vivek Arora, Principal of DPS Kathua. G.S. Khurmi, President of the Jammu and Kashmir Roller Skating Association and Kamal Anand General Secretary extended his heartfelt congratulations to all the winners and participants for their outstanding performances.

## Poonch District Volleyball Championship concludes

## Shaheed DySP Manjit Singh Memorial Volleyball Club emerges winner

■ STATE TIMES NEWS

POONCH: The Poonch District Volleyball Championship concluded with great fanfare and enthusiasm, marking a historic milestone as the tournament was played under floodlights for the first time. The championship showcased exceptional talent in both men's and women's categories and highlighted the growing interest in volleyball across the district.

The tournament was organized by the Poonch District Volleyball Association under the aegis of the Volleyball Association of Jammu and Kashmir, with support from the Jammu and Kashmir Sports Council and collaboration with the Shaheed DySP



Manjit Singh Memorial Volleyball Club, Poonch.

In the men's final, Shaheed DySP Manjit Singh Memorial Volleyball Club Poonch defeated Poonch Volleyball Club with

a closely contested scoreline of 26-24, 26-28, 25-23, showcasing skill, resilience, and sportsmanship. In the women's section, the Shaheed DySP Manjit Singh Memorial

Volleyball Club Poonch emerged victorious over Khelo India Centre, Poonch, winning 25-23, 24-26, 15-12, highlighting the competitive spirit of women athletes in the district.

The championship was graced by SP Poonch Mohan Lal Sharma Shukriya Chakkar as the Chief Guest and Khalil Ahmad Bandy, JKAS, District Panchayat Officer, as the Guest of Honour. Distinguished dignitaries present included Dr. Jasbir Singh, Principal, Degree College Poonch, Adv. Rajinder Singh, former Chairman, Municipal Council Poonch, Majid Dar, Neeraj Kumar, DySP HQ, Surinder Singh, DySP Operations, Sachindra Singh, SHO

Poonch, and social activist Pardeep Khanna.

The event received appreciation for its flawless organization, competitive matches, and the successful introduction of floodlights, which allowed evening games and added excitement for players and spectators alike. Organizers emphasized that such initiatives aim to promote volleyball at the grassroots level, encourage youth participation, and provide a platform for emerging talent in Poonch.

The championship concluded with felicitation of winners and runners-up, and participants expressed hope for more frequent district-level competitions to further nurture sports culture in Jammu & Kashmir.

## Inter-college badminton tourney of JU begins

■ STATE TIMES NEWS

JAMMU: The Directorate of Sports and Physical Education, University of Jammu (JU), inaugurated the Inter-Collegiate Badminton (Men and Women) Tournament at the Gymnasium Hall, JU, here on Tuesday.

The opening day witnessed preliminary rounds of the competition in both men and women sections. The event is being hosted by the Directorate under the guidance of Director Sports, Dr Daud Iqbal Baba.

The technical panel in today's matches included Jeevan Lal, Arjun Sharma, Davinder Singh, Ravish Vaid, Vikas Karlopiya, Rishiv Sharma and Inderjeet Singh. The Results: BAD-MINTON: MEN: ASCOMS Jammu beat GDC



Reasi 2-1; GDC Sunderbani beat GMC Doda 2-1; GDC Udhampur beat MIET Jammu 2-0; JAIR Jammu beat GDC Samba 2-1; MIER Jammu beat GDC Jourian 2-0. WOMEN: GCET Jammu beat KC Law College 2-0; GMC Doda beat GDC Reasi 2-0; Dogra Degree College beat GDC Jourian 2-0.