

Self-induced discipline, an urgent need today: Principal JKPS Kunjwani

■ STATE TIMES NEWS
JAMMU: Self-induced discipline among youth can only elevate our nation to the rank of Super powers of the world, said Rajesh Rathore, Principal, JK Public School, Kunjwani.

Reflecting on the most critical aspects of school life, he elaborated upon the importance of self-discipline in life. He said, "Discipline is important to adhere to the rules. It may be described as a student's ability to accomplish an assignment within the stipulated time frame. With the tools of discipline, students can achieve their goals easily. Discipline expedites the process, like a catalyst, and resultantly, individuals achieve excellence in every aspect of their lives. Discipline should be the pole star of every child, which helps in setting the direction



Principal, JK Public School, Kunjwani, Rajesh Rathore addressing morning assembly in the school.

to reach his/her dream destination. Reiterating on the topic, he further added, "those individuals, who adhere to discipline more closely, they are able to manage their hours more judiciously.

Students with good discipline complete their tasks on time rather than making it frittered away on trifles. When students are disorganized, they spend their valuable time in performing the acts that are not

rewarding". He invoked them to be proactive, by creating a schedule and sticking to the same with determination and perseverance. He concluded by saying that "discipline must be self-

induced and never imposed. Imposed discipline is ephemeral, while self-inspired discipline is eternal. Educational institutions must endeavour tirelessly to sow the seeds of self-discipline in their tiny

tots, so that they grow up as the custodians of self-induced discipline". He appealed all the teachers, parents and elders to uphold the high ideals, which we yearn to see in our children.

"Since every child apes his teachers, parents and elders, so it's our moral duty to believe in the tenets of righteousness and be the role models of these children who look upto us every moment", he summed up.

GDC Khour organises Invitation Kabaddi match

■ STATE TIMES NEWS
KHOUR: Department of Sports & Physical Education of the Government Degree College (GDC) Khour organized an invitation Kabaddi match in the college campus on Wednesday keeping in view the forthcoming Inter-collegiate tournament. The match was played between College Kabaddi team and kabaddi team of Krishna Sports Club Khour. The match was inaugurated by Principal, Dr. TK Sharma. Prof. Tarsem Lal Convenor IQAC was also present during the inaugural ceremony. The toss was won by Krishna Sports Club Khour and decided to raid first. Both the teams played well however the college kabaddi team outplayed the opponents and won the match with the final score of 44-38. The match was officiated by Anandeep Singh while the event was organized by Goutam Sharma, Physical Director GDC Khour.

ZPEO Bishnah honours Bishnah Zone team for winning LG Rolling Trophy



Bishnah Zone Cricket team receiving LG Rolling Trophy and ZPEO Bishnah, Surbjeet Kour felicitating team.

■ STATE TIMES NEWS
JAMMU: The Director Youth Services & Sports (DYSS) e- launched LG Rolling Trophy for boys section under age group 19 to 35 yrs with the vision of making J&K youth physically and mentally fit and to eradicate the menace of drug abuses.

Since then, under the directives of higher authorities, Zonal Physical Education Officer (ZPEO) Bishnah, Surbjeet Kour conducted trials at Bhatia Cricket Academy Bishnah in which players of various Panchayats were participated with full enthusiasm. Pankaj Sasun PEL GHSS

Rehal was the chief selector of the team during the trials. Sixteen best players among them were selected at Inter-zonal district level by the efforts of all officials. First league match was played between Arnia and Bishnah at Khel Gaon Nagrota in which Bishnah team won by 21 runs. All the

three league matches were won by Bishnah zone which leads the team to the quarterfinal which was played on October 1, 2022 at the aforesaid venue in which Bishnah team led to victory over Miran Sahib zone by four wickets. In Semifinal, Bishnah defeated zone Jourian by

huge margin of 59 runs. On the concluding day on October 4, 2022, Bishnah Zone got tremendous victory over R.S Pura by 15 runs and lifted the LG Rolling Trophy. The winning Trophy was presented by the Chief Guest, Subash Chander Chibber, Director Youth

Services and Sports J&K UT and trophy for Man of the Tournament was presented by the dignitaries. The cash prize of Rs 50,000 to winner team, Man of the Match and got cash prize of Rs. 10000 and Man of the Match of Rs. 1000 was announced by DYSSO Jammu Sukhdev Raj Sharma. Gourav Manhas was declared as Man of the Tournament as well as Man of the Match and got cash prize of Rs. 10000 and Rs. 1000 respectively. The certificates and medals were distributed by Surbjeet Kour ZPEO Bishnah among the winner team of Bishnah zone at the office chamber of ZPEO Bishnah on Wednesday and also the respective share of the winning prize was distributed among themselves with mode of Direct Benefit Transfer by the office.

Hockey Premier League organised on Poonch Linkup Day



Chief Guest interacting with players and officials.

■ STATE TIMES NEWS
POONCH: To celebrate Poonch Linkup Day, Indian Army organised Hockey Tournament at Sports Stadium, here in support with Department of Youth Services and Sports (DYSS) and J&K Sports Council (JKSC) at Astroturf Stadium, here on Wednesday. In the opening girls match, Sham Lal Hockey Club held Khelo India Centre to a goalless draw. In total, four teams are taking part in this

event. In boys' category, six teams have registered for the competition. In the opening function, Narinder Suri (DPO Poonch), Bashir Ahmed (Manager Sports Council), Narjeet Singh, Narinder Singh, Matinderpal Singh, Ranveet Singh (both Hockey Coaches) and members of the city society. The match was officiated by the technical panel including Rajinder Singh Toofan, Harnik Singh, Sunil Raina and Shokat Ahmed.

5th Poonch District Fencing Championship concludes



Players posing with officials during closing ceremony of 5th district Poonch Fencing Championship.

■ STATE TIMES NEWS
POONCH: Fifth Poonch District Fencing Championship organised by District Fencing Association Poonch under the banner of Jammu and Kashmir Fencing Association concluded on Wednesday at Sports Stadium, here. The championship was sponsored by Jammu and Kashmir Sports Council. In the closing ceremony, DySP Operation Manish Sharma was the Chief Guest while SHO Poonch Ranjeet Singh Rao and Dr Udespal Sharma chairman YPS Foundation Poonch were the Guest of Honours. Bashir Ahmed Incharge Manager Sports Stadium Poonch was the Special Guest of the occasion. Earlier, the gathering was welcomed by Neeraj Sharma, Physical Education Teacher from Department of Youth services and Sports, who was the convenor of the event. Manish Sharma gave his best wishes to all the

players for their future endeavours. He also congratulated District Fencing Association Poonch for organizing this championship. SHO Poonch also gives his best wishes to all the players. Dr Udespal congratulated District Fencing Association Poonch and assured every possible help for the players through YPS Foundation Poonch. All matches were held under the supervision of Sachan Sharma and Sandeep Sharma ReKs of the Department of Youth Services and Sports. Chief Guest distributed medals and trophies among winners and runners up. Prominent others present were Amrisha Sharma PEM, Saurab Sharma PEM, Vijay Kumar PEM, Neeraj Sharma PET, Rajinder Singh Taekwondo Coach, Musthaq Ahmed Boxing Coach Praviat Malik ReK and Asha Hussain Organising Secretary PDTA.

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Badminton, TT Courts inaugurated at Day Care & Recreation Centre for Senior Citizens

■ STATE TIMES NEWS
JAMMU: Former legislator and senior Jammu and Kashmir Bharatiya Janata Party (BJP) leader, Shiv Dev Singh on Wednesday dedicated an Indoor Badminton and Table Tennis courts inside the premises of the Ahata-E-Waqar, A Day Care & Recreation Centre for Senior Citizens at Roop Nagar, here. Shiv Dev Singh also visited the day-care centre set up at the Recreation Centre and greeted the senior citizens present there. While referring to the sports facilities dedicated to the pub-



Former legislator, Shiv Dev Singh inaugurating Indoor Badminton Court in the premises of Day Care & Recreation Centre for Senior Citizens at Roop Nagar.

lie, he said that the people living in the sectors have been given the facility to play badminton and said that it will provide physical benefits to the citizens and make them happy.

He said sports should be included as an integral part of everyone's life. In today's busy life, some time should be spent for sports as this relieves stress, he said. Shiv Dev Singh also praised Prime Minister,

Narendra Modi, for promoting sports infrastructure in the entire country and particularly in J&K. Councillor Ward No 66, Tripta Devi besides Executive body members of Day Care & Recreation

Centre namely Pawan Kumar (Chairman), Shashi Pal Sharma (Vice Chairman), Rajinder Koul (secretary), Baldev Singh (joint secretary), Yashpal Sharma (Treasurer), Mohd Shahbaz Incharge Blind School and Incharge Day Care Sudesh Devi were also present on the occasion. Executive body members expressed gratitude to Director General Social Welfare Department, Vivek Sharma, Social Welfare officers Manta Rajput and Manjit Singh for redressing the issues of senior citizens on priority basis.

JU defeats CCSU Hisar in VC T20 Cup



JU team posing for a photograph with officials after winning the match.

the loss of ten wickets in 10.1 overs. Suheel Fazal was the top scorer with 28 runs followed by Vishal Sudan

who scored 27 run. In reply, CCS University Hisar (Green) failed to chase the target and man-

aged to score only 40 runs. For University of Jammu, Rajesh was the pick of the bowlers who claimed four

wickets whereas, Raj Kumar Bakshi and Balwant grabbed one wicket each. Rajesh was adjudged Man of the Match for his brilliant performance with the ball. Director, Sports and Physical Education JU, Dr Daud Iqbal congratulated the team. Mukesh and Dr Noor ul Asrar Beg from the team management also applauded the team effort for this convincing win.

JKPS Panjtirthi celebrates Gurpurab with great ardency



Glimpses of celebrations of Guru Nanak Dev Birth Anniversary at JK Public School Panjtirthi.

■ STATE TIMES NEWS
JAMMU: Gurupurab was celebrated with great ardency at JK Public School (JKPS) Panjtirthi to mark the birth anniversary of Guru Nanak Dev Ji and Prakash Utsav of Guru Nanak Dev

Ji. Kiran Gupta anchored the celebration. She spoke on the life history, teachings of Guru Nanak Dev Ji and lauded the bravery and valour of

Khalsa Panth. Jakians showcased the religious fervour through Shabad and Kirtan. They emphasized on the importance of unflinching faith in the Guru

through poems and speech. The Sangat made a beeline to pay obeisance to the great Guru. Jakian performed Gatra skills. Principal of JKPS Panjtirthi,

Suman Banbah wished happy Gurupurab to one and all. She advised the students to follow principles of the holy Guru and cultivate values of humanity.

Serenity floated in the air with the humming of the holy Hymns and it paved the way for a beautiful fruitful productive and informative celebration.