

Futuristic schools sharpen Debating skills of students: Principal JKPS Kunjwani

STATE TIMES NEWS

JAMMU: Principal JKPS Kunjwani, Rajesh Rathore appreciated the brilliant debaters from Shashi Tharoor Club for conducting the JAM session. A comprehensive list of topics was given to them in advance. Students participated with full fervour.

"Public speaking skill is the most essential skill for every child. It's the best way to verbalize one's feelings. From planning the line of argument to stuffing the script with invincible points, debating can prepare a student to take on any challenge life may present before him/her", reflected the Principal.

"Debating is an art & it must be nursed with great patience and skills. It's not engaging oneself into a full-blown argument. Instead, it calls for a compelling, strategically-designed argument rather than simply attacking the opponent blindly", he further added.

Reflecting on the need of grooming children for debating, Harnet Kour shared, "While one may not engage



Principal JKPS Kunjwani, Rajesh Rathore addressing students during morning assembly on Thursday.

oneself in a debate every single day, yet one gets the opportunity to reflect the differences of opinion and small disagreements on almost-daily basis. Debating, rather than arguing, helps children conquer a situation if practised regularly over the period of time. Instead of raising one's voice, one should sharpen one's line of argument and carefully choose words and expression".

"Debating empowers students with critical thinking

skills that are essential in day today life. Critical thinking is the ability to make rational and well-reasoned arguments while questioning the evidence behind a particular conclusion or stance", she added.

"It helps you become curious about new ideas while also building a healthy attitude to questioning. It even helps an individual become more humble, as one is not going to be right all the time", she further added.

Pitching in with her reflective probing, another debate mentor Shaveta Khajuria asked, "Have you ever experienced the feeling when you simply groped for the ideas or words? Words which you had in your mind yet failed to download from your memory. Debating can help you become a master at recollecting several topics in a jiffy".

"From your favorite book's plotline to complex mathematical equations, debating helps you identify your audi-

ence and choose an appropriate tone. If your tone is too formal, you're going to distance yourself from your listeners, while being too relaxed will undermine any arguments you try to make. Planning and articulating your thoughts is an essential skill that every debater must have to produce a sharp and well-planned argument", Shaveta added.

"Just as important is the method with which you construct your debate. Your

arguments need to be coherent, and they must make sense. Good debaters keep all of these things in mind and the core elements that they have accumulated through education, that is, finding and reading sources, drafting and writing a speech, and being able to listen and confidently speak", she further added.

Highlighting the modus operandi of the Club for the rebuttal session, another mentor Rajni Sharma

shared, "thinking outside the box, and identification of any gaps in the counter-arguments of opponent is a prerequisite. Responding to comments and questions is an essential debating skill, as hesitating could cost an individual precious time and points. Thinking quickly prepares a debator for any situation that life presents, when time is crucial, and a decision must be made faster".

"Good debaters can also maintain an element of com-

posure and poise, addressing the issue at hand rather than letting it carry them away. In fact, managing our emotions is not only a useful skill when it comes to debating but also earns us respect in almost all other aspects of our daily life", she added.

"Our presentation also plays a vital role in how we are perceived as an individual by others and how we are perceived as a debater. Speaking slowly with clear enunciation, and considering carefully the content of the speech paves the way for strong debating skills", she further added.

Principal JKPS Kunjwani lauded the endeavours of Debate mentors for sharpening the debating skills of students. "Debating is undoubtedly an excellent school tool to encourage high order thinking skills. It teaches students to arrange their thoughts in the spur of a moment & makes them modulate their voice to the most pleasant register, while also developing their analytical and research skills", he summed up.

Handball trials from Nov 26

STATE TIMES NEWS

JAMMU: To raise J&K team for the upcoming 37th Sub-Junior Girls Handball National Championship to be held at Saran in Bihar from December 14 to 18, the Handball Association has organised trials.

The two-day trials shall take place at S D Sabha High School Rehari ground, here on November 26 and November 27 from 4 pm onwards, a handout issued here today mentioned.

Those selected probable in the trials shall undergo a coaching camp at the same venue. The district units have been advised to send their outstanding players for the selection process, the handout mentioned.

IHRSC Skaters win 43 medals in J&K UT Championship 2022

STATE TIMES NEWS

JAMMU: Showing exuberance and technical skills of par excellence, the speed skaters (Quad and Inline) of Indian Hawks Roller Skating Club (IHRSC) J&K brought laurels to the club by winning 43 medals in the just concluded J&K UT level Roller Skating Championship held here at MA Stadium Skating Rink.

Those who got medals include Samaira Gandotra, (two bronze medals), Ahana (three gold medals), Viraj Gandotra (one silver, one bronze), Tabish (three gold medals), Tamanna Saini (three gold medals), Prageet Kour (three silver medals), Sarvi Grover (three bronze medals), Puneesh Puri (two



Medal winner IHRSC skaters posing for a photograph.

gold, one silver medal), Samarjot Singh (one gold, two silver), Udhay Narayan (three bronze medals), Kartikeya Puri (three gold medals), Surya Basker (three silver medals), Vanshaj Sharma (two gold, one sil-

ver), Vansh Kotwal (two silver, one bronze) and Arjun Gandotra (two gold medals) besides Abhinav Anand (one gold in scooter event).

Another big achievement of the IHRSC was that EIGHT skaters become individual

champions in their respective age categories showing complete dominance in the rink and winning applause of the lovers of roller skating.

Impressed with the brilliant performance of IHRSC skaters, Chairman of the Club Ashok Gandotra (Chief Engineer Retd.) organized a felicitation function here at Jammu Club and lauded the young roller hawks on their astounding feat in the UT level Championship.

He wished them best of luck for the ensuing national level championship scheduled to be held in Bengaluru in coming December.

Ashok Gandotra also congratulated Jammu and Kashmir Roller Skating Association and all the mem-

bers of the association for successfully conducting UT level Championship.

Arjun Gandotra, international speed skater and mentor of the skaters of IHRSC, who himself gave stellar performance in the aforesaid championship by winning two gold medals, said that the marvelous performance and stamina shown by IHRSC skaters has raised hopes that J&K will soon touch the new heights in speed skating in national and international arenas.

President of IHRSC Dhruv Pant also congratulated all the medal winners and wished them luck for the National Roller Skating Championship at Bangalore next month.

Rudraksh of DIS shines in Aerobics Gymnastics

STATE TIMES NEWS

JAMMU: Rudraksh Khanna, a class VI students of Doon International School (DIS), added one more feather in the cap of the school by clinching second position in Aerobics Gymnastics organised by Gymnastics Association of J&K UT, recently.



DIS faculty felicitating winner Rudraksh Khanna.

The Chairman, G.N Tantray and the Principal, Dr. Vikesh Kaur congratulated him and his parents for his splendid achievement and wished him good luck for his future endeavours.

District-level Inter block Cricket tournament begins

STATE TIMES NEWS

UDHAMPUR: District level Inter block tournament for boys U/29 yrs in the discipline cricket got underway at District Police Lines Ground Udhampur.

DySP DAR Shahid Nayeem Ahmed was the Chief Guest on the occasion; Inspector Omesh Thakur and Sub inspector Mansa Ram were the Guests of Honour.

They interacted with the participants, team incharges and coaches along with Incharge Zonal Physical Education Office Udhampur Ajeet Singh, and activity Incharge Ramesh Chander from DYSSO Office Udhampur in the presence of all field staff.

About 60 participants drawn from 5 Blocks of District Udhampur partici-



Participating teams posing for a photograph with officials.

pated in the Tournament which is being organized by the Department of Youth Services and Sports Udhampur under the guidance of Director Youth Services and Sports, UT of J&K under the chairmanship of Deputy Commissioner Udhampur Kritika Jyotsana and under the overall supervision of DYSSO Udhampur Swarn

Singh. Speaking on the occasion, the Chief Guest highlighted the importance of sports and said that this initiative provides an excellent platform for youth to showcase their talent and also stressed upon the participants to keep themselves away from drugs and channelize their energy in a positive way to make physically, mentally

and socially fit in the society. A pledge was taken by all the participants and field staff against drugs for 'Nasha Mukh Bharat'.

Today's Results: First match played between block Mongri and Block Chenani in which Block Mounгри won the toss and chose to bat first and made 97 runs with loss of 4 wickets in 15 overs. Block Chenani won the

match by chasing the target with 6 wickets in hand.

Second match played between block Udhampur and block Kulwanta in which block Kulwanta won the toss and chose to ball first. Block Udhampur batting first scored 120 runs in 15 overs and Block Kulwanta made 73 runs in 15 overs, Block Udhampur won the match by 47 runs.

The matches were officiated by Rakesh Khajuria, Rajesh Sharma, Sandeep Katoch, Sanjeev Kumar and Deepak Sharma.

Among who were present on the occasion were Jaswinder Singh Press & Publicity along with Activity Section DYSSO Udhampur, Conveners of all committees remained present for smooth and successful conduct.

SAI, JKSC chalk-out comprehensive plan of activities, schemes



SAI Jammu and JKSC authorities posing for a group photograph after the meeting in Jammu.

STATE TIMES NEWS

JAMMU: Sports Authority of India (SAI) Sports Training Centre (STC) Jammu chalked out a comprehensive plan of various activities and ensuring smooth and successful implementation of Khelo India schemes in consultation with Jammu and Kashmir Sports Council (JKSC) in a meeting held at STC Jammu on Thursday.

The meeting discussed the monitoring of KIC, SLKCE and KIAA, besides reviewing the functioning of STC Jammu and other issues

pertaining to various Khelo India Schemes in J&K.

Apart from discussing other issues, a threadbare discussion was made on Khelo India Centre of Excellence (Fencing & Rowing) in J&K.

The meeting was attended by Secretary JKSC, Nuzhat Gul; ED SAI, Lalita Sharma, CAO JKSC, Zafar Iqbal; Deputy Director SAI Jammu, Nadeem Ahmad Dar; besides Riyaz Ahmed and Majid Yousuf from JKSC. Nadeem Ahmad Dar presented vote of thanks.

KCPS students excel in inter-school Roller Skating championship 2022

STATE TIMES NEWS

JAMMU: Birla Open Mind International School Jammu hosted the inter-school Roller Skating Championship 2022 recently under the aegis of the CBSE's Sahodaya Complex, Jammu. Three junior students of KC Public School (KCPS), namely, Aarav Sharma, Aaira and Abheek Digrta put up a good show at the event. Aarav and Aaira won 2 silver medals each and Abheek bagged one silver. Chairman Raju Chowdhary, Vice Chairman Arjun Chowdhary, Managing Director Arti Chowdhary and Principal AK Mishra congratulated the children for their excellent achievement in Roller Skating.



KCPS faculty felicitating winner students.

District Level Athletic Meet gets underway

STATE TIMES NEWS

JAMMU: The District Level Inter-Zonal Athletic Meet for girls all age groups being organised by the Department of Youth Services and Sports District Jammu got underway at Khel Gaon Nagrota, near here on Friday.

Over 200 female athletes drawn from all 14 zones of District Jammu are taking part in this competition.

Earlier, the competitions were declared open by



Joint Director YSS Jammu, Suram Chand Sharma posing with participants and other officials.

Suram Chand Sharma, Joint Director Youth Services and Sports Jammu in the presence of Sukhdev

Raj Sharma, District Youth Services and Sports Officer Jammu. The completions are being

held under the chairmanship of Director Youth Services and Sports, Subash Chander Chibber and under

the overall supervision of Activity Incharge of District Youth Services and Sports Office Jammu.

Week-long sports & cultural event concludes at Bhadarwah Jail

STATE TIMES NEWS

BHADARWAH: Week-long sports and cultural competitions for inmates concluded at District Jail Bhadarwah.

The event was organized by Jail authorities in collaboration with Department of Youth Services and Sports.

ADC Bhadarwah Dil Mir Choudhary was the Chief Guest on the valedictory function. Superintendent District Jail Bhadarwah Mushtaq Malla presided over the function.

Earlier on last day of the event, final of volleyball was played and lastly



ADC Bhadarwah Dil Mir Choudhary and others at a closing ceremony.

music/singing bonanza was held. All the winner and runner up teams in volleyball, cricket, ludo, chess

and carom competition were awarded with trophies and medals.

ADC Bhadarwah advised

inmates to take part in education, music, sports & skill programmes during their stay in jail to make jail life

fruitful and less stressful.

Superintendent Jail Mushtaq Malla highlighted the importance of sports and other reformative programmes in jails keeping in view the high percentage of young inmates between age group of 18-35 years & further said that these programmes need to be conducted regularly for inmates reformation and rehabilitation. SP Jail also sung a Gazal on the occasion.

Others present were ERO Bhadarwah Campus Arif Haleem Khateeb and Zonal Physical Education Officer (ZEPO) Vijay Kumar.

STATE TIMES NEWS

JAMMU: Member J&K Sports Council, Ranjeet Kalra on Thursday met international medallist Haroon Choudhary and congratulated him for his forthcoming Commonwealth Powerlifting Championship 2022 which is to be held at New Zealand from 27th November to 4th December 2022.

While felicitating Haroon, Kalra appreciated his remarkable achievements and hailed the ace powerlifter for his upcoming championship. He hoped that Haroon would perform well and make India



Member JKSC, Ranjeet Kalra meeting with international medallist Haroon Choudhary.

proud. Other acclaimed players present on the occasion included Ajay Sharma and Rahul Sawhney who also gave their warm wishes to

Haroon Choudhary. "We wish Haroon all the best. May the results be fruitful and his hard work pays off," they said.