

Inner-strength, an essential ingredient for success: JKPS Principal



Principal JK Public School Kunjwani, Rajesh Rathore and students addressing morning assembly on Friday.

STATE TIMES NEWS

JAMMU: Students of Grade 8 presented a motivating assembly programme on the topic Inner-strength.

Anchored of the programme, Aryan motivated the audience by highlighting the importance of Inner-strength,

which conquers all the hurdles, while facing the challenges in life. "Determination and dedication are the success mantras for life", he further added.

"Inner-strength helps us achieve our goals. It enhances our confidence level. Elevated confidence level gives us the

requisite impetus to scale the ladder of success. Positivity and motivation are the byproducts of hard work", he further added.

"Inner-strength takes us closer to our dreams. We must learn to push ourselves beyond our elastic limits

because only then we may escalate on the path of success," read out by Ruhami under the ritual 'thought of the day'.

"Can we ever forget the Mountain Man? Using only a hammer and chisel, Dashrath Manjhi, a landless farmer,

carved a path through a mountain in the Gehlour Hills, Bihar so that his village could have an easier access to medical facilities, which his wife couldn't get & died", said Ridhiima, adding that "people laughed and made fun of Manjhi but he just continued

with his untiring endeavours for 22 years. Hats off to human perseverance!"

The audience appreciated the artistic presentation of the incredible feat achieved by Dashrath Manjhi, brilliantly portrayed on a chart paper by two extremely talented and promising artists, namely, Naya & Pratima from the same class.

Highlighting the importance of Inner-strength, Principal Rajesh Rathore stated, "people could make impossible possible with self-belief". He quoted the example of Sqn Ldr Toolika Rani (Retd), who accomplished the most arduous feat of scaling Mt Everest, that too, Solo summit. "To achieve this extremely challenging task", he said, "she underwent a rigorous physical training schedule of 20 km jogging and 5 hour gymming everyday, stretched over 5 long years. Thus she succeeded in conquering the mighty Mt Everest all alone. Hats off to human determination!"

The assembly programme reached its culmination point with the recitation of a self-composed poem titled "Martyred Soldier" from Krishna Bhardwaj, a poet from Grade XI.

Inter-zonal Girls Athletics meet of Jammu concludes



An athlete competing in High-Jump event.

STATE TIMES NEWS

JAMMU: Annual inter-zonal girls athletics meet of district Jammu organised by the Department of Youth Services and Sports (DYSS), concluded today at Khel Gaon, Nagrota in the city outskirts, here.

The two-day event witnessed healthy competition among young athletes of Jammu in three age groups of under-14, under-17 and under-19 in various field and track events.

The Results:

UNDER-17: 800 meters: Syama Bibi, Dalsal, 1st; Priya Bhagat, March, 2nd and Pranavi, Bhalwal, 3rd.

Triple Jump: Konika Chib, R.S Pura, 1st; Nirjala, Satwari, 2nd and Mansi Devi, Gandhi Nagar, 3rd.

UNDER-14: 800 meters: Roshan Bibi, R.S Pura, 1st; Jasmin, Bhalwal, 2nd and Radha Rani, Satwari, 3rd.

High Jump: Muskaan Sharma, Jourian, 1st; Anmol, Satwari, 2nd and Arushi, Jammu, 3rd.

not be merely used for entertainment and fun. No doubt entertainment and fun are part of any sports activity but this has to be combined with total commitment towards the game without which it will have no value," he added.

Earlier, welcoming the Chief Justice and other Judges, Mohinder Bhardwaj said that personally it was a matter of great satisfaction for him that the sports meet first started during his earlier tenure as the Bar president in 1999, has again been renewed during his third and latest term in the office.

Thanking the Chief Justice and fellow judges for agreeing to attend the event, he said that their presence will act as a great encouragement to the lawyers particularly those taking part in the events. "Their august presence is also a strong indicator of the warm relations between the Bar & the Bench.

We have already strived and continue to ensure having such cordial and warm relations," he said.

Bhardwaj said that it has also been ensured that a large number of women lawyers also take part in the events.

Both men and women cricket teams will take part in the tournament. Apart from cricket, badminton, volleyball, athletics, Football and some other sporting events are also scheduled to take place during the sports meet.

Sidhani of DPS Jammu shines with gold medal in inter-zonal district level Athletics meet

STATE TIMES NEWS

JAMMU: Sidhani Singh (XI-G), student of Delhi Public School (DPS) Jammu brought laurels to the institution and her parents by winning gold medal in 100 mts race in Inter-Zonal District Level Athletics Meet 2022-23 organized by Department of Youth Services & Sports, Jammu held on November 24, 2022. Further, she has also been selected for the State Level Athletics Meet to be held later.



DPS Jammu faculty felicitating winner student, Sidhani Singh.

Principal-DPS Jammu, Ruchi Chabra, President-RCT, Ajatshatru Singh, Pro VC, Dr. Ritu Singh and Director, S.S. Sodhi congratulated Sidhani, her parents and extended their best wishes for her future endeavours.

Maiden J&K Gatka meet begins



Chief Guest, Dr Manmeet Singh inaugurating Gatka competition in Jammu on Friday.

STATE TIMES NEWS

JAMMU: Organised by the Gatka Association of Jammu and Kashmir, the 1st J&K UT Gatka Championship got underway at New Indoor Complex, MA Stadium, here today.

The two-day event was declared open by the chief guest, Dr Manmeet Singh amidst interaction with

participants and the officials. Simranjeet Singh was special guest.

Among others present were Ravinder Singh Bittu (president), Jatinder Singh Lueky (vice president), Nirmal Singh, Ramandeep Singh, Surpreet Singh and Harjinder Singh.

"The event was attracted healthy participation from across the UT in both men and women section. The district level competitions in the recent past helped the game spread," informed general secretary of the Association, Ravinder Singh.

The participating teams included district Jammu, SGPC, Kathua, Samba, Poonch and Kathua in under-17, under-19, under-22 and under-25 age groups.

Career Counselling Workshop held at Heritage School Jammu



Principal Heritage School posing with delegates from premiere Indian institutions.

STATE TIMES NEWS

JAMMU: An Education Open House was organised at Heritage School for the students of Classes X to XII on Friday.

The aim of the workshop was to prepare and orient the students towards overseas education, as well as update them with the upcoming fields of study and courses available in leading domestic and international universities.

Delegates from premiere Indian institutions like Thapar University, O.P. Jindal Global University, Sonepat, UPES, Dehradun, IILM University Noida, G.D. Goenka University Gurgaon, Shri Nader University, Bennett University Noida, Ashoka University, Indian School of Hospitality, SRM University and Pearl Academy India, attended the workshop. They provided details of the professional programmes at both Under Graduate and Post Graduate level.

Resource persons from prestigious interna-

tional universities like Krea University, Flame University, UK, Ireland and Canada Desk and Australia Desk enlightened the students about academics, transitional and adjustment skills required for overseas studies as well as different courses available.

These Universities seek to enhance the educational experience of students by encouraging and providing them with opportunities to operate in multilingual and multicultural settings at an international level.

This exposure adds value to the students by diversifying their learning experience and providing a global exposure.

The interactive session included smart study strategies, student networking skills and health and safety resources. The workshop was a conscientious step towards directing the students to explore the world class educational facilities provided by top-notch universities around the globe.

Resource persons from prestigious interna-

District Samba Kabaddi C'ship Nav Vidhya lead school wins U-14, U-17 kabaddi titles

STATE TIMES NEWS

JAMMU: Nav Vidhya Lead School, Dhalot lifted U-14 and U-17 boys Kabaddi title trophies in District Samba Kabaddi Championship, organised by District Samba Kabaddi Association in collaboration with J&K Kabaddi Association at Nav Vidhya Lead School, Dhalot. Sarpanch Panchayat Salmah, Pritam Chand was the Chief Guest on the closing ceremony. 12 teams of U-14 and U-17 boys took part in the event. In U-14 Kabaddi boys, Nav Vidhya Lead School defeated Army Public School B.D. Bari in the summit clash, in U-17 Kabaddi boys, Nav Vidhya Lead School got the better of Modern Institute of Education Sumb in the title clash to emerge winner.



Winners posing alongwith dignitaries after clinching Kabaddi titles on Friday.

Young Girls posing with Commanding Officer of 5 Rajput at Poonch



Young Girls posing with Commanding Officer of 5 Rajput at Poonch.

STATE TIMES NEWS

POONCH: Durga Battalion of 93 Infantry Brigade on Friday organised a felicitation function to honour around 100 girls of taekwondo who took part in mass self defence taekwondo demonstration organised by 93 Infantry Brigade Poonch and gave

them Certificates and medals.

The 2nd In Command of Durga Battalion was the Chief Guest of the occasion while Jagmeet Singh JE PDD was the Guest of Honour.

Earlier, the army officials were welcomed by Rajinder Singh Taekwondo Coach

from Department of Youth Services and Sports who is also the chairman of Poonch Taekwondo

2nd in Command of Durga Battalion of 93 Infantry Brigade Poonch congratulated all the girls for their excellent display of self defence. He congratulated Rajinder Singh for

giving excellent platform to the youth of Poonch specially girls.

Vote of thanks was presented by Amit Sharma joint Secretary PDTA.

Prominent others present were Asha Hussain Organising secretary PDTA and Sameer Khan District Referee.

According to president JKHCBA, The sports meet which has been a regular annual feature had to be stopped in view of the COVID-19 pandemic and has again been started after a hiatus of three years. The multi-disciplinary sports event has been organized by the Jammu and Kashmir High Court Bar Association, Jammu (JKHCB).

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