

Gurpurab celebrations held at JKPS Kunjwani



Students reciting Shabad Kirtan during celebration of birth anniversary of Guru Nanak Dev at JK Public School Kunjwani on Monday.

■ STATE TIMES NEWS

JAMMU: With the emergence of Guru Nanak Dev, the mist cleared and the light scattered all around.

Invoking the memoir of eternal majesty of Shri Guru Nanak Dev who lived in this corporeal world to show humanity the path of virtu-

ous life, and gave his simple and vibrant principles of life, JK Public School Kunjwani celebrated Gurpurab with great ardency to mark the Parkash Utsav of Guru Nanak Dev on Monday.

Students of Class 7 conducted the assembly. Parul and Divansh talked about

his life and preachings. Kashika gave tips on how to follow his preachings and make life fruitful. The self composed poem by Jasmine Kour kept everyone captivated while the Kirtan by the students of the Primary wing captivated all.

They briefed the life histo-

ry of Guru Nanak Dev to the audience and inspired them to incorporate His teachings in their lives and respect their elders.

Students were also told that they should follow the path of universal brotherhood and harmony. "Ek Omkar", the first composi-

tion in the Guru Granth Sahib, was recited by the children to pay homage to the Guru. This was followed by 'Ardaas' from different groups of students from different segments.

The event emphasized on giving the great message of constant remembrance of

God's name, giving charity and doing selfless service.

Principal Rajesh Rathore emphasized on the inspirational life of the spiritual Guru portraying his life history and teachings. He advised the students to follow the principles of the holy Guru and cultivate values of

humanity.

He applauded the Assembly students for paying obeisance to the great Guru, who served the humanity by spreading the divine ambience that created the teachings and tenets of universal brotherhood. "With the recital of holy

Shabad Kirtan, serenity floated in the air and it paved the way for a very fruitful and productive day", he added.

He praised the scintillating performance and told all present over there to respect all religions and learn from their discourses.

Shining Star Muthi wins Jammu Climbing title

■ STATE TIMES NEWS

JAMMU: Shining Star High School, Muthi emerged Champion winning six medals in the 21st Jammu District Sport Climbing Championship which was organized by Mountaineering Association of J&K (MAJK) in collaboration with Sprawling Buds ICSE School, Bantalab and sponsored by J&K Sports Council.

Shining Star medal tally included two gold, three silver and Bronze medal in the competition which was spread over two days. Budding climbers of the school swept all the medals in the Junior Boys category and also won gold and silver in the Sub Junior Boys group as also silver in the Mini Boys category.

Shining Star was closely followed by St. Xavier Convent Senior Secondary School, Barnai which also won six medals including gold, silver and three Bronze.



Winner Climbers posing for a photograph with dignitaries.

Other gold medal winning institutes were the host Sprawling Buds ICSE School (gold and silver); Government College for Women, Parade (gold and silver); Oriental Academy Senior Secondary School (gold and bronze) and Elite Public School, Udhewala (gold).

In the valedictory function Rahul Sharma, chairman of

Sprawling Buds ICSE School was the chief guest, who along with Arti Sharma, Principal of Apple Kids School, Bantalab and Seema Sharma, Director of Sprawling Buds School gave away medals to the winners of the various categories.

Prominent among others present on the occasion included Ram Khajuria (senior vice president), Shawetica

Khajuria (general secretary), Sonam Sidharth (executive member) of Mountaineering Association of J&K (MAJK); Sakshi Magotra, a sport climbing Judge and a trained mountaineer, Satish Bhan, a sports organizer and technical officials from IMF North Zone Committee.

The championship in which over 150 boys and girls participated was inaugurated by Prof. Lalit Magotra, president of Dogri Sanstha.

"Preparations are underway to conduct Samba, Kathua and Rajouri District Sport Climbing Competitions on a good scale and shall start after a couple of days," informed Ram Khajuria.

The Results:

Mini Girls: Deepika Sagotra, Ist; Sonakshi Singh, 2nd and Jasneet Kour, 3rd (all from St. Xavier Convent School, Barnai). Mini Boys: Chitesh Singh, Ist (Elite Public School, Udhewala); Udhay Singh (Shining Star High School, Muthi), 2nd and

Gagan Deep Singh (St. Xavier Convent School, Barnai).

Sub Junior Girls: Prachi (Oriental Academy), Ist; Sania Sharma (Government Girls School, Mubarak Mandi), 2nd and Shaweta (Oriental Academy), 3rd.

Sub Junior Boys: Ankit Singh, Ist; Deepak Singh (both of Shining Star High School), 2nd and Sutikshan Partap Singh (Cambridge School, Bhalwal), 3rd.

Junior Girls: Janvi Sharma, Ist; Mahima Sharma (both of Sprawling Buds ICSE School) and Tabia Choudhary (St. Xavier Convent School, Barnai), 3rd.

Junior Boys: Sahil Kumar, Ist; Kashish, 2nd and Gaurav, 3rd (all of Shining Star High School, Muthi).

Men: Arun Deep Singh, Ist; Krishna Manhas, 2nd and Rahul Singh, 3rd. Women: Shivani Charak, Ist; Shilpa Charak, 2nd (both of GCW Parade) and , Vishali Sharma, 3rd.

Sports Week event starts at GMC Jammu

■ STATE TIMES NEWS

JAMMU: Dedicated to Late Prof. (Dr) Ritu Gupta, a Senior Faculty Member of GMC, Jammu who passed away recently, Principal & Dean, Dr. Shashi Sudan Sharma on Monday inaugurated Annual Sports Week event at Indoor Stadium of GMC, Jammu. The family members of Dr. Ritu Gupta including her daughter were present on the occasion.

Everyone on the occasion, took a pledge to adhere to the principles & spirit of sportmanship during the week.

Dr. Shashi said that sports have a unique quality of unifying the country and the event is special as the same has been dedicated to a committed medical teacher and a great human being Dr. Ritu Gupta.

She said that sports signifies stamina, concentration & discipline which are also the qualities of a good a medical student.

The sports week event shall



Principal & Dean GMC Jammu, Dr. Shashi Sudan Sharma posing with players and other dignitaries.

include various indoor and outdoor games like badminton, volleyball, football, chess, table tennis, cricket, athletics etc. to be played amongst the students.

A friendly match between the faculty members & students is also part of the event.

The family members said that they were overwhelmed to see the love and respect of the faculty & students of GMC, Jammu towards, Dr. Ritu Gupta who was an excellent teacher and a great

human being.

A ceremonial badminton doubles match was played between the faculty members on the occasion. The event was organised by the Sports Committee headed by Dr. Parmod Kalsotra, HoD ENT and was attended by HoDs, faculty members, medical superintendents and students.

The Committee plans to organise an inter Medical College Sports event after the successful conduct of this event.

KC Gurukul College organises poster-making competition



Students posing for a photograph with faculty members.

■ STATE TIMES NEWS

JAMMU: KC Gurukul College of Education on Monday organised Poster-making Competition on the topic 'SAVE Biodiversity'. Students participated in poster making competition individually where through poster making they tried to express, how do we save life on earth. The competition was organized by Sumita Sharma, NSS Co-ordinator and Principal of the College Anubha Munshi was judge of the event which was attended by the faculty members and students of the college. Kirti Sharma stood first, Diksha Jaral second and Ankita Kumari bagged third position.

Jammu's boy shines in ultra marathon held in Pune

■ STATE TIMES NEWS

JAMMU: Sahil sharma, an ultra runner from Jammu, finished the Pune ultra marathon with a distance of 100 kms. With this feat he has now joined the class of elite runners in the country.

Pune Ultra Marathon is a one of a kind event with an amalgamated route of Trail, Gradients, Roads and Hill slopes to provide an ultimate endurance test.

The route boasts of hills, running alongside a canal on a mud path, a village trail across fields, an ancient temple with a beautiful water body, custard apple orchards, and some villages, all in all with the Western Ghats looming ahead.

At present there are very few 100 k runs organised in India and completing an ultra run of 100 k takes a lot of grit and determination. It is an ultimate test of a runners resilience.



JKPS Kunjwani shines in district-level Swimming competition

■ STATE TIMES NEWS

JAMMU: In the Inter-school District Level Swimming Competition organized by District Youth Sports Services Jammu at KC International School from November 1 to 3, 2022, students of JK Public School Kunjwani clinched four gold medals.

The winners include Jaswardan Singh, one gold medal each in 100M Free Style and 50M Free Style and Agrsya Sumbria one gold medal each in 100M Back Stroke and 50M Back stroke.

Shashi Chaudhary, Director JK Public School and the School Principal, Rajesh Rathore felicitated and lauded the winners in the morning assembly and wish them all the best for their future endeavours.

On the occasion, Director JK Public School also given a big Pat to the School Coach Seema Devi and Ram Paul and the Sports (HOD) Subash Chander for preparing the students.

Heritage School organises workshop on 'Exam Stress Management'

■ STATE TIMES NEWS

JAMMU: A workshop on 'Exam Preparation & Managing Stress' was organised on Monday at Heritage School for the students of class X. The aim of the workshop was to equip students with necessary skills to cope up with exam stress and learn to manage their time effectively. The resource person was the renowned psychologist Dr. Chand Trehan, who is a pioneer in counselling in the UT of J&K. Her area of focus is adolescents and children. In her very informative and insightful workshop she gave valuable tips to students on stress management so that they approach their exams in a relaxed and positive manner. The Principal, Akash Pradhan extended his gratitude to Dr. Chand Trehan for sharing her valuable knowledge and expertise, which he hoped will go a long way in helping students to build a positive framework of mind.



JK Public School Kunjwani faculty felicitating winner students.

Principal Rajesh Rathore applauded the preparedness of students for taking the challenges of life. He praised them for having/chasing their dreams throughout the year & grabbing the opportune moment arriving anywhere in the City of Temples.

Keeping one's eyes fixed on the target & working day in and day out to hit the

bull's eyes has been the hallmarks of a Champion.

He invoked students to be extremely fit & keep their stamina and flexibility of very high standards. He praised all the coaches for grooming their students very well & for making JKPS Kunjwani emerge as a Sports school in various sports disciplines.

Mr India Body Building trials on Nov 12

■ STATE TIMES NEWS

JAMMU: Body Building Association of Jammu and Kashmir (BB&JK) is holding selection trial at International Gym, Rehari Colony here on November 12 from 3:00 to 5:00 pm.

The trial will be held to pick the team for 14th Mr. India to be held from December 23 to 25, 2022 at Ludhiana. For further information, the body builders can contact organizers on Mobile No. 941924126.



Heritage School faculty member presenting bouquet to resource person Dr. Chand Trehan.

J&K wins Khelo India Wushu Women's League-2022 North Zone title

Modi's Khelo India made us new global sports power, J&K Admn boosting sports like never before: Dr Andrabi

■ STATE TIMES NEWS

SRINAGAR: With the 16 gold medals in the tally, J&K emerged as overall winner and lifted the title trophy of Khelo India Wushu Women's League-2022 North Zone held at SK Indoor Sports Complex, here from November 4 to 7, 2022.

In the closing ceremony, Chairperson of Jammu & Kashmir Waqf Board, Dr Darakhshan Andrabi was the chief guest.

Dr Andrabi distributed trophies among the winning teams from all the states of North Zone and later addressed the gathering of sportspersons and their coaches.



Chairperson JKWB, Dr Darakhshan Andrabi and other officials during prize distribution ceremony.

"I congratulate Kuldeep Handoo, the National Wushu coach and a Dronacharya Award winner sportsperson for registering our youth power at the national and global stage. I am happy to see the future Olympians

here. The New India's strength is the emergence of women power in all the spheres of life including the sports," said Dr Darakhshan.

She praised the Khelo India mission which has made India a global power and our gov-

ernment, our sports guides & coaches and our young sports persons are toiling hard to make India a sports superpower in the near future.

"Keeping pace with the rest of the country, J&K under the visionary leadership of LG

Manoj Sinha is also doing wonders in the sports sector," said the Waqf Board Chairperson.

Dr Andrabi praised the young sports stars for their dedicated efforts for excellence and wished them a bright future in sports.

Other dignitaries present were Nadeem Ahmad (Dy. Director SAI), Suhail Ahmad (Coordinator Wushu Association of India), Bhavneet (General Secretary Wushu Association of J&K), Krishan (PO SAI), P.N. Azad and Kuldeep Handoo (Dronacharya awardee) Organizing Secretary Khelo India Women's Wushu League.

Udhampur Tehsil bags overall trophy in Wrestling

■ STATE TIMES NEWS

UDHAMPUR: Tehsil Udhampur bagged overall trophy while Ramnagar remained runners-up in the District Udhampur Wrestling Championship which was organised by Udhampur Wrestling Association and sponsored by J&K Sports Council (JKSC) at Sonu Pahawan Akhara, Thill Roun here.

The event took place under the overall supervision of general secretary of the district association, Om Parkash Verma and organising secretary, Rajinder Singh.

Former Legislators, R.S Pathania and Balwant Singh Mankotia were chief

Guests, who presented medals and certificates to the winners and runners-up wrestlers.

Senior vice president of Indian Style Wrestling Association of India, Shiv Kumar Sharma presided. Sub Divisional Magistrate (SDM), Angre Singh and retired police officer Prithvi Raj Sharma (SP) were guests of honour: Inspector Sohan Singh, Akhlesh Khajuria and Ram Paul Sharma were among prominent present.

Director competition,



Winner wrestlers posing with dignitaries at Udhampur.

Lochan Singh conducted the proceeding while vote of thanks was presented Varinder Kumar Badyal.

The bouts officiated by the technical penal including Sandeep Kumar, Ankush Singh, Tulinder Kumar, Rajesh Sharma, Kuldeep Singh, Daya Ram and Inspector Satvir Singh.

In total, 59 wrestlers participated in nine different weight categories of 55 Kg, 60 Kg, 65 Kg, 70 Kg, 75 Kg, 80 Kg, 85 Kg, 90 Kg and 95 Kg.

Later, Shiv Kumar Sharma appreciated the members of the organizing Committee, Om Parkash Verma, Rajinder Singh (Sonu), Varinder Kumar Badyal, lochan Singh and Ashok kumar Padha.

The Results: 55 Kg: Rajiv Kumar, Majalata, Ist; Mohd.

Imran, Roun, 2nd and Pankaj Verma, Ghordi, 3rd. 60 Kg: Mohd. Arif, Ser Manjla, Ist; Sahil Kumar, Ghordi, 2nd and Manoj Kumar, Ramnagar, 3rd. 65 Kg: Muhtaj Mohd., Pinger, Ist; Imran, Pinger, 2nd and Wasim Akram, Roun Domail, 3rd. 70 Kg: Mubarak Ali, Jaganoor, Ist; Amjad, Roun, 2nd and Sanjeev Singh, Ladda, 3rd. 75 Kg: Aloo, Ramnagar, Ist; Stujal Chib, Roun, 2nd and Naresh Kumar, Moud, 3rd. 80 Kg: Mohd Imran, Basantgar, Ist; Rajinder Singh, Roun, 2nd. 85 Kg: Madan Singh, Roun, Ist; Salman Khan, Chopra Shop, 2nd and Bopinder Paul, Thanoa, 3rd. 90 Kg: Ajay Kumar, Laddan, Ist; Gopal Sharma, Roun, 2nd. Plus 95 Kg: Mustafa Kamal, Basantgar, Ist and Rakesh Kumar, Ghordi, 3rd.