Adversity & Challenges are like hard taskmasters, who force us to adapt, learn & grow: Principal JKPS Kunjwani



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

STATE TIMES NEWS

JAMMU: "Strength doesn't come from what you can do, it comes from overcoming the challenges you once thought you couldn't". "Challenges are those, which make life interesting; overcoming them is what makes life meaningful". With these powerful Ayushman from Grade 10B threw stones in the placid waters of Morning Assembly JK Public School Kunjwani.

Substantiating the theme of the assembly, another student from the class Atharv pitched in. He stated, "The adage 'A smooth sea never makes a good sailor' carries a profound message about life's challenges and adversities. It highlights the idea that one's journey through life becomes more thoughtful and rewarding when we are fraught with difficulties & obstacles. In life, many of us seek comfort and avoid challenges. We often prefer calm and predictable waters, where everything flows smoothly. Just like a sailor who only experiences calm seas, a person who avoids challenges may never discover his/her true

Adding more substance to the topic of discussion, Aadhya said, "Smooth sea can be deceiving. They hid the treasurers of hidden talents and strengths that lie dormant within us. Life is inherently uncertain, much like the unpredictable nature of sea. Sailing through calm waters can lead to complacency and a false sense of security. However, when we embrace

the uncertainty and challenges that come our way, we develop the courage to face the unknown".

"The saying 'A smooth sea never makes a good sailor' reminds us to respect the journey not just the destination. A skilled sailor doesn't focus solely on reaching the next port but cherishes the lessons learned along the way. Similarly, in life, we should value the experiences, setbacks and triumphs that shape us into better individuals", added Avushman.

the presenters of the assembly for providing a brilliant brainstorming experience for the audience He reflected, "Adversity and

Principal JKPS Kunjwani,

Rajesh Rathore applauded

challenges are like hard Taskmasters, who push us

beyond our comfort zones. They force us to adapt, learn and grow. A smooth sea can never provide the valuable lessons that turbulent waters can. It is during storms and rough seas that sailors develop their skills, learn navigation and build resilience needed to withstand future challenges.

Facing difficulties head-on can

foster growth, shaping us to be

It's a reminder that hardship is often a precursor to mas tery".

"Always remember that adversities introduce a human to himself/herself. Only during the moments of crises we get to know about our strength areas as well as weaknesses. Let's continue reinforcing our strength areas and overcome our weaknesses", he summed up.

Vigilance Awareness Week in **BSF** Senior Secondary School



Winners students posing with faculty members of BSF Senior Secondary School.

STATE TIMES NEWS Vigilance Awareness Week activities were conducted in BSF Senior Secondary School, Jammu with full zeal and enthusiasm. Around 60 students participated in various activities like Elocution competition, poster making competition and slogan writing competition.

In Elecution competition the topic was "Culture of integrity for Nation's prosperity", Susheini Sharma secured first position,

Pratibha Bharti secured second position and the third position was shared by Garima Sharma and Shubham Bhat. Samiksha Thakur was given the consolation prize.

In the poster making competition Urvashi Tikoo secured first position while Hussain Zarifa Taimur secured second position and Vinayak Chib secured third position. Aakriti Bhi Sharma got the consolation

In Slogan writing comple-

tion Aadhya Singh secured first position, second position was bagged by Poorvi, third position was bagged by Saloni Dogra while Neeraj Bagat got consolation prize

The beautiful expressive posters as well as slogans of the students were appreciated by Principal BSF Senior Secondary School Jammu and Sudesh Somra Inspector Vigilance on behalf of 2IC Vigilance from Vigilance Branch,

more adaptable and capable. GGM Science College men, GCW Gandhi Nagar women teams emerge victorious in Inter-College Basketball Tournament

JAMMU: GGM Science (Men's) Government College for Women Gandhi Nagar (Women's) triumphed in the Inter-College Basketball Tournaments for the 2024-2025 session, organized by Cluster University of Jammu University. The event witnessed intense competition and exemplary sportsmanship, culminating in victories for these two outstanding teams. Sh. Ashutosh Sharma, a celebrated sports personality from J&K, honored the occasion as the Chief Guest, while Sh. Kuljit Singh, President of J&K Basketball Association, was the Guest of Honor. The tournament was held under the overall supervision of Dr. Vinod Bakshi, Director of Physical Education and Sports at



GGM Science College faculty felicitating winner team. the players on their per-

University Jammu. with additional oversight by Smt. Neenu Sawhney, Physical Director of Govt. MAM College Jammu.

For the well deserved win, Prof.(Dr) Romesh Kumar Gupta, Principal of GGM Science College, expressed his pride in the winning team, while congratulating

best wishes for future competitions. He also recognized the contributions of the college's Physical Director and Dr, Sunil Dutt Convener Sports in guiding the team to success.

formance and extending his

In the Men's Section, the final showdown between GGM Science College and

Govt. MAM College concluded with a decisive victory for GGM Science College, who won 46-26. Standout performances from Anikat Chib and Arvan Sharma drove the team to success. while Tsewang Gyatso and Prince Singh put forth a strong effort for Govt. MAM College. In the

work of GCW Gandhi Nagar's players, who executed their strategies flaw-The matches were officiated by referees Abhinav, Pranshu, Ravir Singh, and Hritik, ensuring fair play and adherence to tournament standards.

title by defeating Govt.

SPMR College of Commerce with a score of 16-04. This

impressive display demon-

strated the skill and team-

Distinguished including Ravi Kumar, Physical Director of Govt. SPMR College Commerce, Kajal Premi, Physical Director of GCW Gandhi Nagar, and Neelam Chalotra, Physical Director of Govt. MAM College, graced the event with their presence, showing strong support for

Five State teams have already arrived

DG Sports chairs meeting of officers, officials engaged in 68th National School Games

Show perseverance, resilience to set a benchmark, example: Tara



Director General Youth Services and Sports, Rajinder Singh Tara speaking in a meeting.

STATE TIMES NEWS

JAMMU: Resilience and perseverance are the 'Mantras' to get rid of the problems and be successful in holding mega events. While organising the sports extravaganzas like 68th National School

BBAJK to hold trials for Mr J&K Championship on Nov 9

■ STATE TIMES NEWS JAMMII The Body

Building Association of Jammu and Kashmir (BBAJK) is set to hold selection trials at the International Gym in Rehari Colony November 9, from 10 AM to 12 Noon. These trials aim to select athletes for the Jammu team participating in the Mr. J&K Body Building and Sports Physique Championship, scheduled for December 7, 2024, at Tagore Hall in Srinagar.

Interested and eligible participants are encouraged to contact Rajesh Dutta BBAJK $^{\rm at}$ (7006202407) for details regarding the selection tri-

Players are required to bring the necessary documents during registration to facilitate the selection process, as stated in the official announcement.

Games in the historic four disciplines of sports in Jammu, one as an organiser needs to show resilience, perseverance and patience in dealing with different kinds of people, thus holding the event in a most befitting manner to set an example and a benchmark for future events.

This was stated by Director General Youth respective jobs and be goal

Rajinder Singh Tara while chairing the meeting of

officers and officials engaged for the successful conclusion of 68th National School Games at MA Stadium, here on Tuesday.

advised Conveners and other members of various committees to be committed and focussed towards their Services and Sports, oriented to yield better

JKCA begins final preparatory

camp for J&K U-15 Girls team

"You will find people with different tastes while organising a huge event to witness a participation of around 4000 athletes across the country and you will have to deal with them in accordance with their wishes and tastes," maintained Tara.

He said the Department of Youth Services and Sports is having a huge

achieve goals, adding to make the event a grand success they will have to give their best. Tara served strict directions to the Heads of various committees with regard to providing requisite facilities to the players and the officials at lodging centres, transportation and match venues.

Meanwhile, five State teams have already arrived at Jammu in connection with Nationals. The teams include Gujarat, Karnataka, Tamil Nadu, Puducherry Rajasthan.

JKIIAN excels in inter-divisional athletics meet 2024

Women's Section, GCW



JK Public School Kunjwani faculty felicitating a winner student.

■ STATE TIMES NEWS

JAMMU: In the Inter-Divisional Athletics Meet held on October 25, 2024 at University of Jammu, Saksham Gupta of JK Public School Kunjwani

won gold medal in Discuss Throw and selected for the Nationals.

Director JK Educational Society, Shashi Chaudhary School principal Rajesh Rathore congratu-

lated the winner and felicitated in the school assembly. They also lauded school Coach Shivdey Singh and HOD (Sports) Subash Chander for training the student.

Balram Das Tandon U16 Tournament Karanveer's double hundred guides J&K to defeat **Mizoram by Innings & 158 runs**

STATE TIMES NEWS

CHANDIGARH: Jammu & Kashmir made a spectacular start to their campaign in the *Balram Das Tandon U16 Invitational Tournament by defeating Mizoram in their opening match.

The tournament, which is recognized by the Board of Control for Cricket in India (BCCI), is being held in Chandigarh and features eight teams namely Delhi, Himachal Pradesh (HP), Punjab, Jammu & Kashmir, Mizoram, Tripura, Chandigarh Α,

Chandigarh B. J&K delivered a dominant all-round performance to defeat Mizoram by an innings and 158 runs. Mizoram, after being asked to bowl first, struggled to cope with J&K's powerful batting display.



J&K posted a formidable 344/6 declared in 73 overs, which Mizoram was unable to chase down, being bowled out for 85 and 101 runs in their two innings.

The standout performance came from Karanveer, who played an exceptional innings, scoring an unbeaten 200. Karanyeer carried his bat through the innings, facing 206 balls and smashing 8 sixes and 28 fours at a strike rate of 96+. His double century was the cornerstone of J&K's massive total and helped set up the dominant

team's captain, Abhiroop Das, also contributed significantly with the bat, scoring a valuable 62 to further solidify J&K's posi-

In the bowling department, it was Usman, the leg-spinner, who stole the show. Usman claimed 5 wickets for 19 runs. wreaking havoc on Mizoram's batting line-up. His brilliant performance was a key factor in J&K's ability to dismiss Mizoram for under 100 runs

in both innings. Following their dominant victory, J&K will face Chandigarh A, who defeated Himachal Pradesh (HP) in their opening encounter. The match will take place on

November 7 and promises to be another exciting contest.

The Sub-Committee members extended their congratulations to the young team for their excellent performance and commended the support staff, led by coach Chetan Dhingra. Rakesh Chopra, the team manager, also received praise for his efforts in supporting the players off the

J&K's impressive win in the opening match has set a strong tone for the rest of the tournament. With a balanced team performance in both batting and bowling, J&K is looking forward to continuing their momentum in the coming matches. The tournament provides a great platform for the young cricketers to showcase their talent and gain valuable exposure.

J&K U-15 girls attending preparatory camp at Shri Mata Vaishnodevi Shrine Board Stadium. ■ STATE TIMES NEWS

JAMMU: In continuation of its pursuit for excellence and to nurture the young talent, JKCA has begun the final preparatory camp for the J&K U-15 Girls team at Shri Mata Vaishnodevi Shrine Board Stadium

Incidentally, the Shrine

Board and JKCA signed a MOU for development of the turf wickets and cricket ground at the existing stadi-

It's the first major event after the laying of the turf wickets. The initiative will go a long way in promoting and developing cricket in the

During the camp, JKCA will also host the U-15 team from Himachal Pradesh and play friendly matches from November 8 to 12, 2024. After the termination of

the Camp, the J&K team will leave for Gwalior to participate in the national tournament organised by BCCI and hosted by MPCA.