

# JK Public School Kunjwani observes National Cancer Awareness & Prevention Day



Principal JK Public School Kunjwani, Rajesh Raihore and students addressing morning assembly on Thursday.

## ■ STATE TIMES NEWS

JAMMU: JK Public School Kunjwani observed the National Cancer Awareness Day - a day dedicated to spreading knowledge, inspiring preventions, and showing support for those impacted by cancer across India during the Morning assembly.

Anshul Verma from Grade XD brought forth several features pertaining to the day and enlightened the audience. He said, "Cancer is a major health challenge that affects millions, touching people of all ages and backgrounds.

This day serves as a reminder of our shared responsibility to work together in the fight against cancer".

"One of the most important messages of National Cancer Awareness Day is the significance of early detection. Studies have shown that many forms of cancer can be effectively treated when detected early, making regular screenings and health check-ups essential. Recognizing symptoms early and encouraging those around us to stay vigilant can save lives. Let's remember

that our health is valuable and regular checkups should not be ignored and should never be taken lightly", he added.

Adding more aspects to the topic, Amogh stated, "Another important focus on this day is cancer prevention. Research shows that a healthy life style plays a significant role in reducing our risk of developing cancer. Small changes in our daily routines - such as eating nutritious food, exercising regularly, avoiding tobacco, limiting alcohol and protect-

ing our skin from harmful sun exposure can greatly reduce our cancer risk. These habits are not only beneficial for ourselves but also for our families, as we inspire others to live healthier lives".

Drawing the attention of the audience towards the Research & support mechanism from Govt of India, Ishwin reflected, "In recent years, scientific advancements have led to better treatments and increased survival rates, but there is still a long way to go, for example, now we have the

vaccines for cervical cancer available. The human papillomavirus Vaccine (HPV) protects against cervical cancer and other cancers caused by HPV.

The CDC recommends that children get the HPV Vaccine at age 11 or 12, but it can be given as early as age of 9. The age 9-14 should be given 2 doses, given atleast 5 months apart. Third dose should be given between the age 15 & 26, at least 4 weeks apart between 1st and 2nd dose and atleast 12 weeks apart between 3rd and 4th dose. At

the age between 27 & 45, three doses should be given over six months".

Principal JKPS Kunjwani, Rajesh Rathore appreciated the presenters of the morning Assembly for equipping and enlightening the audience with crucial information. He profusely praised the Cancer survivors for their grit and fortitude and for emerging a victor after a well-fought out battle.

He said, "Cancer patients and their families often face long, difficult journey, and they need compassion and

encouragement from their communities. Take for instance, the story of Lance Armstrong, a renowned cyclist who was diagnosed with testicular cancer that had spread to his lungs and brain. Given the grim prognosis, he refused to give up. He underwent aggressive chemotherapy and surgery and emerged victorious. Therefore, regularly check-ups, healthy lifestyle choices and awareness of risk factors can significantly improve the chances of preventing and detecting cancer".

"As we observe National Cancer Awareness & Prevention Day, let us take a moment to honour those who have lost their lives to cancer; support those who are fighting, and celebrate the courage of survivors. Each of us has a role to play whether it's raising awareness, supporting cancer research, promoting healthy habits or simply being there for someone who needs it. Together we can work towards a future where cancer is no longer a life threatening disease", he concluded.

## Secretary YSS declares open 68th National School Games

Event fosters unity in diversity, sportsmanship: Sarmad Hafeez

Tara highlights magnitude of event, emphasises J&K's commitment in sports promotion

## ■ STATE TIMES NEWS

JAMMU: The Secretary to the Government, Youth Services and Sports, Jammu and Kashmir, Sarmad Hafeez, declared the 68th National School Games open in an impressive, colourful and well attended opening ceremony at MA Stadium here today.

The sporting extravaganza, featuring Judo Under-17 Boys category is as part of the series of events J&K is hosting in four sports disciplines of Judo, Wushu, Fencing and Football.

Thirty five (35) teams from across the country comprising around 350 athletes are all set to vie for the top honours by displaying their skill and talent, besides sporting and competitive spirit in the City of Temples.

The ceremony began with



Secretary YSS Sarmad Hafeez declaring 68th National School Games open at Jammu on Thursday.

the lighting of the traditional lamp which was followed by an appealing welcome address by the Director General Youth Services and Sports, Rajinder Singh Tara, who is also the chairman of this mega event.

Welcoming the dignitaries and the visiting contingents, Mr Tara expressed his hope that all participants would cherish their time in Jammu and Kashmir and

carry home lasting memories from the tournament.

Highlighting the magnitude of the event, Tara informed that over 4,000 participants will compete across various disciplines during the games, emphasizing J&K's commitment towards nurturing budding athletes and promoting sports in every nook and corner of the Union Territory.

Secretary Youth Services and Sports, Sarmad Hafeez lavished praise on the achievements and the activities of the Youth Services and Sports Department.

While welcoming the participants drawn from across the country, Sarmad underscored the unity and sportsmanship that the National School Games foster.

Highlighting the importance of hosting such events in Jammu and Kashmir, the Secretary YSS said such events apart from promoting sports and games, also promote tourism, besides promoting peace and harmony.

He further said that such events showcase the region's infrastructure and hospitality while supporting youth engagement in sports at a national scene.

Several high-ranking officials

graced the occasion, including DIG Police and Secretary J&K Sports Council, Ms Nuzhat Gul, who shared in the celebrations and extended their best wishes to the young athletes.

The event concluded with a vote of thanks by Joint Director of Youth Services and Sports, Jammu, Ved Prakash, who expressed his gratitude to all dignitaries, guests, and media representatives for their support in making the event a grand success. Deputy Director YSS (C), Mr Jitendra Mishra was also present on the occasion.

The 68th National School Games promises to be an exciting platform for young athletes to shine and bring pride to their regions, fostering sportsmanship and camaraderie across states.

## GDC Mahanpur organizes felicitation-cum-certificate distribution ceremony



GDC Mahanpur faculty posing with students at felicitation-cum-certificate distribution ceremony.

## ■ STATE TIMES NEWS

MAHANPUR: A Felicitation cum Certificate Distribution Ceremony was organised by GDC Mahanpur on Thursday.

It was organised to felicitate the students of 5th semester for their participation in Teaching Practice Programme w.e.f. 11th of September, 2024 to 3rd of October, 2024.

The programme was organised by Nisha Kumari, Librarian, under the supervision of Prof. (Dr.) Sangeeta Sudan, the Principal of the College. Moreover, the fifteen days teaching practice was coordinated by Nisha Kumari. The Teaching Practice was smoothly conducted in Higher Secondary School, Pallan under the supervision of Mr. Mohinder

Jalmeria, the Principal of the School.

The Certificate Distribution Ceremony was organised in HSS Pallan where Prof. (Dr.) Sangeeta Sudan (College Principal) and Mohinder Jalmeria (School Principal) were the Chief Guest. The Certificates were distributed to all the 34 students of the College. The students expressed their learning experience of teaching in the school. A memento and a Certificate of Appreciation was also presented to Principal HSS Pallan for their coordination during the Teaching Practice.

The faculty members who were present on the occasion were Dr Mohinder Nath Sharma, Dr. Sudesh Kumar, Dr. Jogbinder Singh Soodan and Dr. Rupalee Jasrotia.

## All India Inter-University Fencing Championship gets underway

## ■ STATE TIMES NEWS

JAMMU: On the second day of the ongoing All India Inter-University Fencing (M&W) Championship 2024-25.

The Foil Individual-Men, Foil-Individual & Epee-Individual women, Sabre-Individual women and Competitions held today at the University Gymnasium Hall being organized by the Directorate of Sports & Physical Education, University of Jammu.

Rakesh Dubey Joint Registrar, Banking & Finance, J&K Govt. (Former National Football Player) was the Chief Guest of today's session.



JU faculty and other dignitaries with winner players.

He interacted with the fencers alongwith Dr. Daud Iqba Baba, Vimal Kishore, Rashid Ahmed Choudhary and Vikas Karlopa. He also

congratulated the entire staff of the Directorate of Sports and Physical Education for organizing such a mega event of National standard which

will surely boost the morale of the participating players.

## Detailed Results:

**MEN** Foil Individual: Abinash, Guru Kashi Bathindha, gold, Harshil Sharma, GNDU Amritsar, silver, Rajiv Boro Guru Kashi Bathindha, first bronze, Shubam, GNDU Amritsar, second bronze, Manish, Kurukshetra University, 5th Rank, Ustatt Singh Punjab Univ. Chandigarh, 6th Rank, Aravind SK A n n a University, 7th Rank, Vishwajeet Kulkarni MGM University, 8th Rank.

Sabre individual:Shinde Abhey, Dr. Babasaheb Marathwada Univ, gold,

Nikhil Wagh, Dr. Babasaheb Marathwada Univ, silver, Harshit Kholi, University of Jammu, first bronze medal, Suryansh, University of Jammu, second bronze, Dhruv Walia, GNDU Amritsar, 5th rank, Aditya Angal, Bharati Vidyapeeth Univ. Pune, 6th rank, Vishvajet, Punjab Univ. Chandigarh, 7th rank, Chirag, GNDU Amritsar, 8th rank.

**WOMEN** Foil Individual: Waikhom Sonia Devi, Manipur University, gold, Naorem Mina Devi, G u r u Kashi Bathindha, silver, Manjri Tambe, RTM Nagpur, first bronze, Alice, G N D U Amritsar, second bronze,

Ankita, GNDU Amritsar, 5th rank, Vanzara Anita Bahuji, Lovely Professional Univ, 6th rank, Shriaksha I K Bengalru City University, 7th rank, B. Swarna Prabha, MGM University, 8th rank.

Epee Individual: Prachi Lohan, CRS Univ. Jind, gold, Mitvabeen, GNDU Amritsar, silver, Dnyaneswari Madhav, SRT Marathwada University, first bronze, Tanuja, GNDU Amritsar, second bronze, Yashkeerat Kour, Punjab Univ. Chandigarh, 5th rank, Annaya, Punjabi Univ. Patiala, 6th rank, Tannu Gulia, M.D.U. Rohtak, 7th rank, Preethiv Arshini, Anna University Channai, 8th rank.

## Kishtwar District Volleyball Championship from Nov 21

## ■ STATE TIMES NEWS

JAMMU: The Kishtwar District Volleyball Championship for the 2024-25 season is set to begin on 21st November 2024 and will run until 22nd November 2024.

This event is being organized by the Volleyball Association of J&K and is sponsored by the J&K Sports Council. It will be held at the Govt. Girls Higher Secondary School in Kishtwar, providing a platform for athletes to compete at the district level.

Volleyball teams, clubs, and institutions that are registered and interested in participating are required to submit their entry forms by 17th November 2024.

For additional information or any queries, participants can reach out to Mohd Saleem at 7889870570 or Shanawaz Nawaz at 9797364000.

This championship offers athletes an exciting opportunity to showcase their volleyball skills and gain competitive experience.

## Prakash Purab of Guru Nanak Dev Ji to celebrate on Nov 15

## ■ STATE TIMES NEWS

POONCH: District Gurdwara Parbandhak Committee, Poonch has declared that Parkash Utsav (Gurpurab) of Guru Nanak Dev Ji will be celebrated on November 15, 2024 across the Poonch District. While addressing a press conference here today, S. Hareharan Singh, Secretary District Gurdwara Parbandhak Committee, Poonch alongwith other members of the Committee, which included S Narinder Singh, President DGPC Poonch , S Surinder Singh; Vice President, DGPC, S Gureharan Singh; Joint Secretary, S Surjan Singh and others, said that Gurji's Parkash Purab will be celebrated with gaiety and traditional fervour on November 15 with a Grand Nagar Kirtan to be taken out from Gurudwara Singh Sabha Poonch on November 13 at 1 P.m. On same day, famous Sikh Scholar S Gurpreet Singh Johar of



Takht Sri Darbar Sahib Amritsar, will Address the public with Gurbani vichar. On 15th November, a grand Diwan will be held at Gurudwara Singh Sabha from morning 10 am to 4 pm in the evening, which will be graced by S Jalvinder Singh ji and Jatha, Huzuri Ragi Sri Darbar Sahib Amritsar. Meanwhile 'Prabhat Feris' will be taken out from tomorrow morning at 6 Am from Gurudwara sahib which will go around the Town , singing Shabad Kirtan in

praise of Gurm Nanak Dev Ji, the first Sikh Guru and founder of Sikh religion. Evening Diwan will also be held from 6 to 8 in the evening at Gurudwara Singh Sabha , followed by Guru Ka Langar. DGPC has urged all sections of society in general and Sikhs in particular to take part in these celebrations to take blessings of Guru Sahib . The whole Program was formulated under the supervision of Mahant Manjit Singh Ji of Shiromani Dera Nangali Sahib, Poonch.

## ■ STATE TIMES NEWS

POONCH: In a significant step towards advancing educational resources, the Chief Education Officer (CEO) of Poonch, Lal Hussain, along with Anjali Gupta, Principal of DIET Poonch, jointly inaugurated the Virtual Lab, KIOSK, and District Educational Resource Centre (ERC) at Government Higher Secondary School (HSS) Jhulass. This initiative was made possible through the inspiring efforts of Harish Kumar, a teacher at HSS Jhulass, who motivated Jnana Prabodhini, an NGO based in Pune, Maharashtra, to donate high-quality resources. Valued at Rs. 6 lakh, the donation includes essential hardware and premium software for the new lab, KIOSK, and ERC, bringing modern educational



Principal DIET Poonch, Anjali Gupta inaugurating the Virtual Lab, KIOSK.

technology to the aspirational village of Jhulass.

CEO Poonch, Lal Hussain, expressed his appreciation for both Jnana Prabodhini and Mr. Harish Kumar, who played a pivotal role in bringing this valuable resource to the region. He highlighted the contribution of Jnana Prabodhini, who accepted Kumar's proposal and generously supported this technological advancement,

which will greatly benefit the students of Jhulass and surrounding areas.

Principal of DIET Poonch, Anjali Gupta, emphasized the importance of teacher empowerment in her address, referring to a content creation training program held at Ranbir HSS Jammu when she was principal of the that institute for teachers across the Jammu Division. She noted that this impactful pro-

gram was also proposed by Mr. Harish Kumar to the Directorate of School Education Jammu (DSEJ) and Jnana Prabodhini, aiming to enhance teachers' skills in digital content creation.

The Principal of HSS Jhulass expressed profound gratitude to the volunteers of Jnana Prabodhini, who are actively engaging students with hands-on science activities, benefiting not only HSS Jhulass but also the entire school cluster. He also acknowledged Harish Kumar for his dedication and voluntary service in education.

In the end while addressing the guests Ranjana Desi, Janna Prabodhini team head assured them their future collaborations with school education for the benefits of students community.

## Trisha wins two medals in J&K UT Roller Hockey Skating C'ship

## ■ STATE TIMES NEWS

JAMMU: Trisha Jamwal achieved an impressive feat at the recent J&K UT Roller Hockey Skating Championship held at M.A. Stadium in Jammu, where she secured both a gold and a silver medal. Her outstanding performance demonstrated remarkable dedication, skill, and perseverance, earning her widespread recognition in this prestigious event.

Competing against some of the finest skaters in the UT, Trisha's display of agility, precision, and athleticism stood out, making her a celebrated figure in the roller hockey skating community. Her accomplishment serves as an inspiration to aspiring athletes, highlighting the importance of hard work and commitment in achieving excellence.

