

Never say Yes when you wish to say no: Principal JKPS Kunjwani



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

STATE TIMES NEWS
JAMMU: In a world where saying Yes often feels easier than standing firm, JK Public School, Kunjwani reinforced the value of self-respect and personal boundaries through a powerful morning assembly on the theme "The Power of saying No." The session was confidently led by Heerjyot of Grade 6 Galaxy, who opened with the impactful message, "When everyone expects a 'YES', the courage to say 'NO' becomes your true strength. It is not arrogance;

it is self-respect. It reflects your worth, your values, and your limits." Elaborating further, Heerjyot highlighted how standing up for oneself involves honouring personal boundaries without guilt or fear of disappointing others. "People's reactions to your boundaries reflect their issues, not your worth," she asserted, emphasizing that true empowerment lies in staying authentic-even if it leads to the end of a job, relationship, or friendship.

Aditi enriched the discussion by

noting, "Cultivating the power of No gives you control over your life. It boosts your confidence, enhances your emotional well-being, and creates space for the relationships, activities, and goals that truly matter. Saying No is not rejection-it is self-care, intentional living, and the foundation of a balanced life."

Taking the conversation ahead, Neharika added, "Setting boundaries and saying No is essential for protecting your mental, emotional, and physical well-being. It helps

you focus on what truly deserves your energy, prevents burnout, and keeps you aligned with your values."

Under the Quotation Segment, Tanishka Sharma, quoting Alexander Graham Bell, shared: "Saying No doesn't close the door; it opens the right one."

Hardik Chandel, referring to Warren Buffet, remarked: "The difference between successful people and really successful people is that the really successful ones say No to almost everything."

Misthi Gupta, quoting Jack Canfield, stated: "Saying No to others is saying Yes to yourself."

Aarav Singh Charak, quoting Anna Taylor, added: "Every time you say NO, remember-it's a protection, not rejection."

Sadgun, quoting Steve Jobs, expressed: "It is only by saying NO that you can concentrate on the things that are truly important."

Aditya, referring to Tony Blair, concluded with: "The art of leadership is saying NO, not saying YES."

Applauding the presenters, Principal JKPS Kunjwani, Rajesh Rathore, lauded the students for articulating one of life's most essential lessons with clarity and conviction. He reflected,

"Peer pressure, distractions, and temptations will often try to derail you. At that exact moment, a firm, polite NO becomes your greatest shield. Say No to negativity, to unhealthy habits, to shortcuts, and to anything that distances you from your purpose. Every NO to a wrong choice is a strong YES to

your growth."

Drawing inspiration from the life of Sardar Vallabhbhai Patel, he added, "Patel became the Iron Man of India because of his iron will-the ability to say No to everything that weakened the nation-building process. Discipline, courage, and clarity of purpose create leaders."

He concluded with a resonating reminder: "Never say YES when you wish to say No. Your No has power, dignity, and purpose-use it wisely."

Rydhm slams ton, Basit scores fifty, Atif takes 4-wkts as J&K thrashes Goa



STATE TIMES NEWS
VADODARA: Rydhm displayed a great show with the willow and scored a brilliant century, while consistent Basit Nazir scored yet another half-century, while Atif Bin Mushtaq captured 4 wickets as Jammu and Kashmir thrashed Goa by 50 runs in the ongoing U-23 Men's State-A Trophy at Motibaug Cricket Stadium, Vadodara today.

Earlier, batting first J&K scored a good total of 287 runs in the stipulated 50 overs. Rydhm Sharma showed stellar grit and tenacity and notched up a power-packed century (100

off 82 deliveries, studded with 10 fours and 3 sixes, while Basit Nazir scored 52

runs off 65 balls studded with 5 fours and 3 sixes. Mousub Mohd Bhat con-

tributed valuable 44 runs to the total. Lakhmesh Pawane took 4 wickets for Goa, while

Chittam and Kulbudin claimed 2 wickets each. In reply, Goa managed to score 227 runs, thus losing the match by 50 runs. Chittam (91) and Malhar Naik (51) were the main contributors. For J&K, Atif Bin Mushtaq was the pick of the bowlers, who took 4 wickets by conceding 38 runs in 10 overs, while Asif Muzaffar, Basit Bashir and Arshit Mahajan claimed 3, 2 and 1 wicket respectively.

SCOREBOARD		Extras	10
		Total	287/10
GOA INNINGS			
Veer Yadav c Shivansh Sharma b Arshit Mahajan	07		
Malhar Naik c Shivansh Sharma b Asif Muzaffar	51		
Ayush Verlekar lbw Atif Bin Mushtaq	24		
Jeevanakumar c Shivansh Sharma b Basit Bashir	91		
AA Narvekar c Shivansh Sharma b Atif Bin Mushtaq	13		
Shivendra H Bhujbal (C) c Rydhm b Asif Muzaffar	08		
Aman Dhooper c Shivansh Sharma b Asif Muzaffar	00		
Lakhmesh Pawane b Atif Bin Mushtaq	01		
Anuj Yadav b Atif Bin Mushtaq	00		
Kutbudin Jamadar b Basit Bashir	12		
Manish P Kakode not out	00		
Extras		20	
Total		227/10	

J&K INNINGS	
Basit Nazir c Shivendra H Bhujbal b Jeevanakumar	52
Aakash Bhat c Shivendra H Bhujbal b Lakhmesh	21
Rydhm c Manish P Kakode b Lakhmesh Pawane	100
Shivansh Sharma (C) c AA Narvekar b Manish Kakode	12
Majeed Ul Haq c Manish Kakode b Jeevanakumar	01
Asif Muzaffar c Anuj Yadav b Aman Dhooper	11
Mousub Bhat c Aman Dhooper b Kutbudin Jamadar	44
Arshit Mahajan c Jeevanakumar b Lakhmesh	13
Basit Bashir c Malhar Naik b Kutbudin Jamadar	08
Atif Bin Mushtaq c Manish Kakode b Lakhmesh	15
Sarvashish Singh not out	00

Kathua DC XI clinches nail-biting victory over GDC Kathua XI in cricket clash

DIO Kathua Rajinder Digra's fiery 53 anchors successful run chase



Participating teams posing with dignitaries.

STATE TIMES NEWS
KATHUA: A competitive cricket match between Kathua DC XI and GDC Kathua XI was played this evening at GDC Kathua, marked by spirited performances and steady contributions from both teams.

GDC Kathua XI won the toss and elected to bat first, posting a total of 116 runs for the loss of 7 wickets in 15 over match. Their innings was led by Prof Tariq who scored 39 runs, followed by Prof Sandeep Sharma with 25 runs, Prof Daya Ram with 21 runs and Prof Umar who contributed 11 runs. Among the bowlers, Prof Arvind picked three wickets for GDC Kathua, while the bowling

attack of Kathua DC XI maintained consistent pressure. Deputy Commissioner Kathua Rajesh Sharma delivered an effective spell by claiming two important opening wickets and restricting the opposition early on. Chasing 117, Kathua DC XI lost a wicket on the very first ball of the innings. Coming in one down, Rajinder Digra (DIO Kathua) played responsibly and fiercely, taking control of the situation and stabilising the innings. His well-crafted 53 runs in 22 balls, including four sixes and six fours, provided the much-needed momentum. He was supported by DPO Kathua Aamir Chaudhary who added 17 runs to keep the chase on

RMPS celebrates Annual Sports Day

STATE TIMES NEWS
JAMMU: RM Public School celebrated its Annual Sports-cum-Prize Distribution Day with great enthusiasm under the theme "Ekta Ka Jashan," showcasing unity through sports, culture, and academic excellence. The event took place on November 19 and was graced by Chief Guest Ms. Yasha Mudgal (IAS), Commissioner-Secretary, Youth Services & Sports, J&K, along with Retd. Major General Sanjeev Dogra as the Presiding Guest. Other distinguished dignitaries included Asian Taekwondo Champion Mr. Chandeeep Singh, DIG Haseeb-ur-Rehman, Padma Shri Sh. S.P. Verma, and principals from reputed schools. The ceremony commenced with the hoisting of the National Flag, National Anthem, and lighting of the ceremonial torch. A spectacular march-past by house contingents and NCC cadets followed, setting an energetic tone for the celebration. Vice Principal Dr. Harvinder Kour presented the Annual Report, highlighting the school's achievements. Students showcased their talent through various sporting events and cultural performances that reflected India's cultural richness. The much-awaited Prize Distribution ceremony honoured academic excellence under the Late Dev Dutt Mengi Pratibha Nidhi Scheme, wherein students scoring above 98%, 96%, and 92% were awarded Rs 5,000, Rs 2,000, and Rs 1,000 respectively. Medals, trophies, and certificates were presented to outstanding achievers.



The school magazine "Dishari - Volume IV" was also released. Jal House was declared the Best House of the year. Chairman Rameshwar Mengi and Director Rakshan Mengi appreciated the students and staff for their dedication. The programme concluded with a vote of thanks, celebrating unity, talent, and sportsmanship-truly embodying the spirit of "Ekta Ka Jashan."

Semis line up drawn in Rajouri Volleyball



Participating teams posing for a photograph with dignitaries.

STATE TIMES NEWS
RAJOURI: Semifinals line-up has been drawn in the two-day District Rajouri Volleyball Championship being organised under the aegis of Volleyball Association of J&K (VAJK), here on Wednesday. Earlier, the annual event was declared open by Chief Guest, ACR Rajouri, Jangeer Khan in the presence of Shabir Hussain, Assistant Manager, Rajouri.

The opening day witnessed a hectic schedule with teams reaching in the last four stages of the competition. Choudhary Club, Rajab Club, Hurricane Club, and Dharamsal have made it to the semifinals. Preliminary Round: Choudhary Rajouri blanked Brother Club Manjakote 3-0. Thanamandi defeating Jawharnagar 2-1 and Rajab downed Dodaj 2-0. Dharamsal bt Darhal 2-1;

Manjakote bt Gors 2-1; Hurricane Bagnoti bt Police XI 2-1; Pathera bt Rajouri Pirates 2-0. In total, 15 teams in boys section and six in girls section are taking part in this event, a hand-out issued informed. Earlier, president of the district Volleyball Association, Sajjad Majeed, emphasized the need of youth involvement in sports activities, especially those popular games.

Samba District Netball Championship on Nov 24

STATE TIMES NEWS
JAMMU: The Netball Association of Jammu and Kashmir announced that the Samba District Netball Championship set to be held on November 24th, 2025, at

the Indoor Stadium, Samba. All registered players are invited to participate in this exciting event aimed at promoting and nurturing netball talent across the region. The championship will

offer a valuable platform for players to showcase their skills, compete at a higher level, and enhance their overall development in the sport. For queries, contact 8082334844.

Masters Samba District Athletics Championship 2025 concludes



Winner players posing for a photograph with dignitaries.

STATE TIMES NEWS
JAMMU: The Masters Samba District Athletics Championships 2025, organized by the Masters Samba District Athletics Association, concluded at Bawa Santokh Nath Stadium, Smailpur. District President Anu Radha and General Secretary Tarsem Lal led the event, while Dalbir Kumar, Manager, Sports Stadium Smailpur, graced the occasion as the Chief Guest and presented medals and certificates to

the winners. Athletes delivered remarkable performances across multiple age categories. In the 100m events, Abid Hussain (30+), Chandan Singh (45+), and Rakesh Singh (50+) secured first place. For the 200m, Rakesh Singh Charak (40+) and Mohd Farooq (35+) emerged victorious, while Hem Raj Goswami (70+) dominated the 45+ long jump. In the women's category, Anu Radha secured gold in the 45+ 100m and 400m, while Deep Mala won the 45+ 200m. The technical panel included Gurcharan Singh, Parveen Singh, Nitin Saini, and Sahil Sharma.

Singh (50+), and Subash Singh (60+) excelled in shot put, with outstanding discus throw wins by Rakesh Singh (50+), Subash Singh (60+), and Hem Raj Goswami (70+). Chandan Singh topped the 45+ long jump. In the women's category, Anu Radha secured gold in the 45+ 100m and 400m, while Deep Mala won the 45+ 200m. The technical panel included Gurcharan Singh, Parveen Singh, Nitin Saini, and Sahil Sharma.