

# Pause the Screen, Restore the Self: JKPS Kunjwani explores Power of Digital Detox



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

## STATE TIMES NEWS

JAMMU: JK Public School, Kunjwani conducted yet another meaningful and thought-provoking morning assembly as Dhairya of Grade 6 Kaveri, along with his classmates, led the session on the highly relevant theme "Importance of Digital Detox."

Opening the deliberation with remarkable clarity and poise, Dhairya stated, "In today's fast-moving world, we all spend a lot of time on phones, computers and social media. A digital detox means taking a short break from these screens to refresh our mind and body." His impactful words set an

engaging tone for the session.

Building further, he added, "It helps us connect more with the people around us and enjoy the real world instead of the virtual one. A digital detox reduces stress, improves our mental health and enhances focus by giving our mind a much-needed break from digital distractions."

Taking the discourse a notch higher, Aadhya highlighted the transformative impact of taking mindful pauses: "This break leads to better sleep and greater productivity. Such intentional pauses recharge us emotionally and physically, helping us develop a healthier and more

balanced relationship with technology. It boosts creativity, deepens self-awareness, and gives our brain the rest it deserves."

The reflective tone of the assembly soared as Adharab recited a beautifully crafted poem:

Pixels flicker,  
stealing moments bright,  
Switch them off -  
let silence be your guide.  
Hold loved ones close,  
breathe the real air,  
A digital detox -  
a fresh start to share.

To deepen the understanding, stu-

dents presented powerful quotations, each referencing a global thinker:

Ananya echoed Dr APJ Abdul Kalam, saying, "You cannot change your future, but you can change your habits, and surely your habits will change your future."

Hanya, recalling Emma Green, shared, "Sometimes you need to disconnect to reconnect with what truly matters."

Arya Dev quoted Nikola Tesla, stating, "Technology is a useful thing, but it has bad side effects."

Diva, inspired by Tamar House, remarked, "Take a break from 'likes' to

focus on what you truly like."

Neharika cited Christian Lango, sharing, "Technology is a useful servant but a dangerous master."

Manik, referencing Arianna Huffington, stated, "Disconnecting from our technology to reconnect with ourselves is essential for wisdom."

Rudransh, recalling Henry David Thoreau, concluded, "The price of anything is the amount of life you exchange for it."

Addressing the young learners, Principal JKPS Kunjwani Rajesh Rathore praised the students for presenting a topic that defines the well-

ness of the 21st-century child. He remarked: "Digital devices are extraordinary tools, but the real magic of life still lies in human conversations, unfiltered emotions and mindful presence. A digital detox is not about rejecting technology; it is about reclaiming balance."

"When our children learn to pause, breathe, reflect and reconnect with the world around them, they become wiser, more centred and more compassionate human beings. Let us help them choose screens wisely, use technology responsibly and prioritise their well-being above everything else", he summed up.

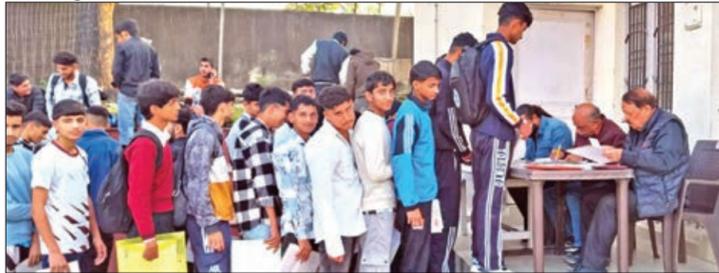
## Selection Trials underway for J&K UT Junior volleyball teams at MA Stadium

### STATE TIMES NEWS

JAMMU: The Volleyball Association of J&K (VAJK), on the second day of its three-day selection trials for the Junior Boys and Girls categories, registered an impressive turnout of 110 boys and 40 girls at MA Stadium, Jammu.

The trials are being held to shortlist players for the 49th Junior National Volleyball Championships, scheduled to be held at Pilani, Jhunjhunu (Rajasthan) from December 16 to 21, 2025.

The selection process is being conducted under the supervision of expert coaches Romesh Sharma, H.S. Gill, Kuldeep Magotra, Muneer Aalam, Mohd Tariq and Akbar Ali, all of whom are



VAJK officials shortlisting players during selection trials at MA Stadium, Jammu.

also office bearers of VAJK. Their expertise is helping ensure transparency and high standards in identifying the best players from across the Union Territory.

According to V.K. Magotra, General Secretary VAJK, the overwhelming response from players across J&K has

made the selection extremely challenging, as many talented youngsters are competing for limited spots.

The final list of selected players will be announced on November 30, 2025, based on the recommendations of the expert panel.

It was further informed

that only players born on or after January 1, 2008 are eligible to participate, and essential documents including Date of Birth certificates and Aadhaar cards are being thoroughly scrutinized by the designated panel.

Following the final selection, a coaching camp will be held from December 1 to 14 at MA Stadium under the guidance of qualified volleyball coaches to prepare the team for the national event.

Sidharth Daluja, President VAJK, urged the youth of J&K to actively engage in sports, including volleyball, for their holistic well-being. He emphasized that sports help young people stay away from social evils such as drug addiction and encouraged them to channel their energies toward nation-building.

He added that the Association, in coordination with the J&K Sports Council and SAI, is making every possible effort to ensure comfort and support for players during training and national participation.

## Enrollment drive held in winter schools of zone Pouni



Sanjeev Sharma, National Awardee Teacher with students and faculty during enrollment drive at Pouni.

### STATE TIMES NEWS

POUNI: An Enrollment drive in winter zone Pouni held jointly by the students and staff of Primary School Ikhani and Primary School Gool under the guidelines of Chief Education Officer Reasi and Zonal Education Officer Pouni.

Sanjeev Kumar Sharma, National Awardee Teacher

and coordinator of the event, informed that the primary goal is to ensure every child is enrolled in government school to enhance overall enrollment through awareness to community including interactive sessions with them to discuss various issues including the importance of education.

On the occasion, a cultural

program was also organised in addition to an enrollment rally meant to create awareness regarding various benefits to students given by the school education department.

The community members including parents students and staff in good number participated in the day-long event.

## J&K to meet Bihar in T20 tie today

### STATE TIMES NEWS

JAMMU: Jammu and Kashmir shall take on Bihar in their third match of the Syed Mushtaq Ali Trophy Elite at Eden Gardens, Kolkata tomorrow.

Earlier, J&K lost miserably to Uttar Pradesh by 109 runs in the second game at JU Second Campus, Salt Lake, Kolkata yesterday. Batting first, UP made 193 runs for the loss of six wickets, which, in reply, J&K failed to chase and bundled out for a small total of 84 runs.

In this lost game, Umran Malik was the third highest scorer with 12 runs made with the help of six and a four. Other main contributors to the total were opener Qamran Iqbal (20) and Musafir Ajaz (16).

Earlier, in the first match of the Syed Mushtaq Ali Trophy, J&K defeated formidable side of Maharashtra by five wickets at Eden Gardens, Kolkata.

## Rahul Singh crowned Champion of Champions at 26th Mr Jammu Bodybuilding C'ship

### STATE TIMES NEWS

JAMMU: Rahul Singh clinched the prestigious Champion of Champions title at the 26th Mr Jammu Bodybuilding Championship, organized by the Body Building Association of Jammu and Kashmir (BBAJK) in collaboration with the J&K Sports Council. The grand event concluded on Saturday at the Police Auditorium, Gulshan Ground, here.

The championship witnessed enthusiastic participation from over 130 bodybuilders across the Union Territory, competing in various weight categories and demonstrating exceptional strength, discipline, and sportsmanship. The event served as a vibrant platform for young athletes to showcase their talent and competitive spirit.

The championship was inaugurated by Chief Guest Arun Sharma, who lit the tra-



BBAJK officials with dignitaries and winner body builders.

ditional lamp to formally commence the event.

Prominent personalities including Rajesh Dutta (BBAJK), Er. Sureshest Dutta, Vinay Sharma, and other distinguished officials also graced the occasion.

In his address, Arun Sharma urged the youth to balance sports with academics to achieve holistic growth. He noted that the rising success of athletes at the national level reflects the expanding sports culture and outstand-

ing talent emerging from Jammu & Kashmir.

He emphasized that such achievements are a testament to hard work and dedication, serving as a source of pride and inspiration for the region's youth.

Dr. Bali and Ashok Gupta, General Manager of J&K Bank and Special Guests of the event, were welcomed by Rajesh Dutta.

In his message, Dr. Bali highlighted the essential role of sports in building charac-

ter and mental resilience. He stressed that sports not only enhance physical fitness but also play a crucial role in strengthening mental health and shaping personalities.

Speaking on the occasion, Rajesh Dutta stated that the championship aimed not only to promote sportsmanship but also to encourage the youth of J&K to engage in healthy and constructive pursuits.

Expressing concern over the growing issue of drug addic-

tion in the region, he said "The increasing prevalence of drug abuse poses a serious threat to our society. Events like the Bodybuilding Championship provide an excellent platform to engage youth in positive pursuits, steering them away from destructive habits. It is our collective responsibility to promote sports and constructive activities to build a healthier, brighter future for our younger generation."

Er. Sureshest Dutta, Senior Vice President of BBAJK, reiterated the importance of sports in keeping the youth away from harmful influences. He added that the event would inspire many emerging athletes to take sports more seriously and aim for greater achievements. The panel of judges included Er. Sureshest Dutta, Vinay Sharma, Anis Julani, Vimal Jit, and Javid Bhatti. Key officials such as Vikas Gupta, Sanjay Bali, Naresh Gupta, Rahul Bakshi, Tarun Uppel, Advocate Chetan, and others played significant roles in ensuring the smooth and successful organization of the championship.

The vote of thanks was presented by Vinay Sharma (Vice President, BBAJK), who expressed heartfelt gratitude to all dignitaries, participants, sponsors, and supporters.

He reaffirmed BBAJK's commitment to organizing more such events for the welfare and development of the youth, and to promoting a stronger fitness and sports culture across the region.

**Final Results**  
50-55 kg: Vaibhav, 1st, Harjeet, 2nd and Sahil, 3rd. 55-60 kg: Rishab, 1st, Sidharth, 2nd, and Mohd. Tayyab, 3rd. 60-65 kg: Abhishek, 1st, Rohit, 2nd, and Ashok, 3rd. 65-70 kg: Vishal, 1st, and Parvez, 2nd. 70-75 kg: Akashdeep, 1st, Arshdeep, 2nd, and Abu Bakar, 3rd. 75-80 kg: Munna Khan, 1st, Rahul Singh, 2nd, and Umer Iqbal, 3rd. 80-85 kg: Kamal Mehniya, 1st, Abid Hussain, 2nd, and Karan, 3rd.

**Master Category:** Karan, 1st, and Tajinder Singh, 2nd. **Men's Physique Bodybuilding:** Munna, 1st, Abid, 2nd, Rahul, 3rd, Shakil, 4th, and Nadeem, 5th. **Men's Classic Bodybuilding:** Vishal, 1st, Kamal, 2nd, Abid, 3rd, Nadeem, 4th and Sohail, 5th.

## Amrita led team wins VCA Khelo Jammu Chess title

### STATE TIMES NEWS

JAMMU: The Amrita Gupta led team bagged the Khelo Jammu Team Chess Tournament which held at Vivek Chess Academy (VCA), here on Saturday.

The winning team presented a cash prize worth Rs 5,000, certificates of merit and gold medals by the working president of All J&K Chess Association and joint secretary of All India Chess Federation (AICF), Atul Kumar Gupta, who was Chief Guest.

The winning team com-



prised Amrita Gupta (Captain), Nitika Nishad and Prajanya Mahajan. There was a close contest for the second and third

spot between Surinder led team and Team Parth.

However, Team Surinder, including Darpan Gupta and Gunjan Nishad

emerged winner to finish second. The third place went to Team Parth including Anjali Nishad and Raesha Thothla.

In total six teams took part in this unique event, an initiative to develop the spirit of competition among youngsters.

Also chairman of the Planning and Development Commission of the AICF, Atul interacted with all the teams and encouraged the youngsters to take up the game of Chess in a big way. He said, "Chess has a lot of

scope in J&K, especially in the light of first International Master (IM) from the UT, Soham Kamotra."

He thanked VCA for involving youngsters in competitive chess through initiatives of team and open events on a regular basis. In this team chess tournament, there was a points system. While Team Amrita got top in the table with 75000 points, Surinder's team earned 52000 and Parth led team finished third with 52500.

## Kabaddi selection trials from Dec 4

### STATE TIMES NEWS

JAMMU: Jammu and Kashmir Amateur Kabaddi Association shall hold four-day long selection process to select the probable for the upcoming 51st Junior National (Girls) Kabaddi Championship to be held at Kolkata in West Bengal from December 25 to 28.

The selection trials for the National event shall take place at Kabaddi arena, MA Stadium, here from December 4 to 7 under the guidance of selection panel of the



Association.

This was stated by the general secretary of the Association, Dr Kuldeep Kumar Gupta. "Girls in

the body weight group of 65 kg and below and age 20 years and below are only eligible for the selection trials.

As such, we advise the affiliated districts and clubs to send their registered players for trials," said Gupta.

Such players need to bring along two passport size photographs, photocopies of their Aadhaar Card, Amateur Kabaddi Federation of India registration Card, Domicile Certificate, Medical Fitness Certificated.