

Patience & perseverance help us evolve our better versions: Principal JKPS Kunjwani



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

■ STATE TIMES NEWS

JAMMU: "Patience is not the ability to wait; it is the ability to keep a good attitude while waiting". With this opening statement Tunakshi from Grade 7th Pearl conducted the Morning assembly along-with her classmates on the topic "Patience" at JK Public School, Kunjwani.

Reflecting further on the topic, Prabhteg said,

"Patience plays an important role in a student's life, it helps us to shape our future plans more effectively. Let's take an example of a farmer, he sows the seeds, he nurtures the small plants and patiently waits for the right time to harvest the crops, similarly, we must learn to cultivate patience within ourselves, we must understand that true success doesn't comes

overnight, it needs consistent efforts, unwavering dedication and firm determination".

Adding more substance to the transaction, Gurveer stated, "Patience is ability to wait calmly and not become frustrated or upset. It is a valuable quality that can help people make better decision and stay calm in difficult situation. Patience is the quiet power within us;

it's the steady breathe in the midst of chaos.

Under the segment Quotations, Gurpreet quoted Benjamin Franklin, "He that can have patience can have what he will". Ranvijay referred to James J. Corbett, "Only those who have patience to do simple things perfectly ever acquire the skill to do difficult things easily". Harmanpreet quoted

William Shakespeare, "How poor are they that have not patience! What wound did ever heal but by degrees?" Anshuman referred to Rousseau, "Patience is bitter, but its fruit is sweet."

Rajveer quoted George Savile, "A man who is a master of patience is master of everything else." Divyam referred to Virgil, "Come what may, all bad fortune is to be conquered

by endurance." Divyanshu quoted Edmund Burke, "Our patience will achieve more than our force." Pranav referred to Michelangelo, "Genius is eternal patience."

Principal JKPS Kunjwani, Rajesh Rathore applauded the presenters for enriching the audience on a crucial topic and shared his reflections.

He said, "Remember,

every great achievement in life requires patience. Think of the famous quote, 'Rome was not built in a day'. It takes time, patience, passionate endeavours, dedication, commitment, and sense of belongingness. Similarly, your dreams and goals require consistent effort and the patience to see them through".

"So, my dear students, as

you embark on your life journey, remember to embrace patience. While waiting for results, working towards a goal, or dealing with a difficult situation, remind yourself that patience is not just about waiting, it's about how you wait and what you do while you wait. Patience and perseverance help us evolve our better versions", he concluded.

VFI's Adhoc Committee felicitates VAJK office bearers for their contributions to Sr National Volleyball C'ship



Dr. Alaknanda Ashok, Joint Secretary IOA and Member of Adhoc Committee of VFI along with Prem Singh Bajor, Deputy Minister Rajasthan felicitating VAJK office bearers Kuldeep Magotra and Mohd Tariq.

■ STATE TIMES NEWS

JAMMU: In a special ceremony held recently, Dr. Alaknanda Ashok, Joint Secretary of the Indian Olympic Association and Member of the Adhoc Committee of the Volleyball Federation of India, along with Prem Singh Bajor, Deputy Minister of Rajasthan, felicitated Kuldeep Magotra, Convenor

of the Control Committee, and Mohd Tariq, Coordinator of the Senior National Volleyball Championship, for their outstanding contributions to the successful organization of the Senior National Volleyball Championship held in Jaipur, Rajasthan.

It is pertinent to mention here that Kuldeep Magotra is the Chief Executive Officer and Mohd Tariq is Joint

Secretary of Volleyball Association of Jammu and Kashmir (VAJK).

The event, which brought together top volleyball teams from across the country, was a significant achievement for the sport, and the hard work of individuals like Kuldeep Magotra and Mohd Tariq played a pivotal role in ensuring its smooth execution.

Their dedication to the

tournament's success has been widely appreciated by officials and players alike.

Dr. Alaknanda Ashok praised the efforts of the organizing committee and highlighted the importance of such events in promoting volleyball at the national level.

She emphasized that the cooperation between the Volleyball Federation of

India, state bodies, and local organizers is crucial for the growth of the sport in India.

"The Senior National Volleyball Championship is an important platform for young players to showcase their talent and gain exposure, and the seamless organization of the event reflects the professionalism and passion of those behind it," Dr. Ashok remarked.

Prem Singh Bajor, who also spoke at the event, expressed gratitude to the organizers and acknowledged the valuable contributions of Magotra and Tariq in making the championship a grand success.

He also emphasized the government's commitment to supporting sports at all levels in Rajasthan.

The felicitation ceremony was attended by various dignitaries, coaches, and players, who applauded the efforts of both Kuldeep Magotra and Mohd Tariq for their instrumental roles in the championship's success.

VC XI beats Principal XI in cricket



Participating teams posing for a photograph with dignitaries.

■ STATE TIMES NEWS

JAMMU: A thrilling cricket match was organized on Wednesday at the JKCA Ground, Jammu, by the initiative of Dr. Romesh Kumar Gupta, Principal of GGM Science College, Jammu, and Dr. Devinder Kumar Sharma, I/c Physical Director of GGM Science College.

The match, held between Principal XI and VC XI, aimed to promote healthy sports activities among the teaching and non-teaching staff of Cluster University, Schools and Constituent colleges.

The Chief Guest for the event was Prof. K.S. Chandrasekar, Vice Chancellor of Cluster University of Jammu, who interacted with both teams before the match and conducted the toss.

Brig. Anil Gupta, Member Administration of the J&K Cricket Association, graced the occasion as the Guest of Honour. The event was also attended by other dignitaries, including the Registrar of Cluster University of Jammu, the Deans of various faculties and Vivek Khajuria official JKCA.

After winning the toss, Principal XI, led by their captain Dr. Rahul Kait, opted to bat first. The team scored a competitive total of 144 runs in their allotted 20 overs. Key contributions came from Dr. Lokinder Singh (34 runs), Prof. Rajesh Bhardwaj (33 runs), and Dr. Rohit Bhardwaj (20 runs). On the bowling front, VC XI's Dr. Devinder Kumar Sharma and their captain, Prof. Arun Kumar, shone brightly, claiming 3 wickets each.

In reply, VC XI chased down the target in just 17.3

overs, scoring 145 runs. Star performers with the bat were Paramjeet Singh and Prof. Rajiv Kumar, who both scored impressive half-centuries with 51 runs each. Principal XI's bowler Abhinandan displayed commendable efforts, taking 2 crucial wickets. Dr. Devinder kumar Sharma was adjudged as Man of the Match.

The match showcased remarkable sportsmanship and camaraderie among the participants.

Speaking on the occasion, Chief Guest, Prof. K.S. Chandrasekar emphasized the importance of sports in fostering teamwork, discipline, and a healthy work-life balance among faculty and staff.

Dr. Romesh Kumar Gupta, Principal GGM Science College also highlighted the role of such events in strengthening interpersonal bonds within academic institutions.

The event concluded with a felicitation ceremony for the players and officials, and the Chief Guest lauded the efforts of GGM Science College in organizing such an engaging and purposeful event.

Seven-Day Skill Development Programme concludes at CUJ



Participants of skill development programme posing with faculty members of CUJ.

■ STATE TIMES NEWS

JAMMU: The seven-day Skill Development Programme on "Conservation, Cultivation, and Entrepreneurship Development in Medicinal Plants" concluded at Central University of Jammu (CUJ) on Wednesday.

The event was a collaborative effort by the Regional Cum Facilitation Centre NR II, National Medicinal Plants Board, Ministry of AYUSH, Government of India, of the Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K), and the Department of Botany, CUJ.

Guided by the vision of Vice Chancellor, Prof. Sanjeev Jain, the programme aimed to equip participants with in-depth

knowledge and practical skills for the sustainable conservation, cultivation, and entrepreneurial development of medicinal plants.

Over the course of the programme, 22 insightful lectures were delivered by distinguished experts from premier institutions. Dr. Sheikh Bilal Ahmad, Regional Director, Regional Cum Facilitation Centre NR II, National Medicinal Plants Board, Ministry of AYUSH, praised the active engagement of participants, highlighting their quest for knowledge and commitment throughout the event. Dr. Yogesh Kumar, Head of the Department of Botany, CUJ, acknowledged the collective efforts of the organizing team and expressed optimism for future collaborations to fur-

ther advance the department's contributions to medicinal plant conservation and entrepreneurship. Prof. B.S. Bhau, Convenor of the programme, thanked the speakers and organizing members for their contributions. The valedictory ceremony was graced by Prof. Jaya Bhasin, Dean, School of Business Studies, CUJ, who commended the efforts of the organizers and participants while emphasizing the importance of fostering multidisciplinary approaches to the conservation and sustainable use of medicinal plants. Dr. Vikas Srivastava, Organising Secretary of the programme, delivered the vote of thanks.

The programme concluded with a certificate distribution ceremony.

J&K Sport Climbers leave for Bangaluru

■ STATE TIMES NEWS

JAMMU: Five members Sport Climbing team of Mountaineering Association of J&K (MAJK), comprising Shivani Charak, Ayaana Bhagat, Kashish Bharti, Siraj ud Din and Arun Deep Singh left on Wednesday for Bengaluru from Delhi to represent North Zone in the 28th National Sport Climbing Championship scheduled to be held at Yavanika Climbing Wall, State Youth Centre, Bengaluru from January 18 to 20, 2025.

Shivani Charak, an international climber is the coach cum manager of the team. The screening of the team was conducted by Screening Committee of the J&K Sports Council headed by Divisional Sports Officer (J) and it left for Delhi on the same day to have strenuous work outs at international standard climbing walls in the Indian Mountaineering Foundation (IMF) Complex and a private gym.

Notably J&K climbers were selected in the North Zone team on the basis of their per-



J&K climbers posing with officials.

formance in the North Zone Sport Climbing competition in which all of them had won medals. Whereas Shivani had won one Gold and two silver medals Sira Ud Din had won a silver medal and Ayaana, Kashish and Arun Deep had bagged a bronze medal each. The team is expected to do well and win medals in the National Championship.

Meanwhile, members of Mountaineering Association of J&K led by Zorawar Singh Jamwal, president and Shavetia Khajuria, general Secretary have extended best wishes to the climbers for good performance in the National Championship. The

state team has been sponsored by J&K Sports Council.

KCPS students excel in Yoga at Jammu Youth Festival

■ STATE TIMES NEWS

JAMMU: The Jammu Youth Festival 2025 (Phase I) was held at the Bahu Fort Amphitheatre on January 12 in which students from several leading schools of Jammu took part.

Two Grade 4 students of KC Public School, namely, Avnoor Kour and Nitya Bhat excelled in the Yoga competition in the under-12 age category in this festival.

Both of them won the first position in the competition and were awarded trophies. Arjun Chowdhary, Vice Chairman of KCPS, Principal Amarendra Mishra, Vice Principal Sanjay Pandey and Headmistress Sofia Rana congratulated Avnoor and Nitya and their Yoga teacher Priyanka Sharma for their out-



KCPS faculty felicitating winner students.

standing performance in this prestigious annual sports event and for making the entire KCPS community proud of their achievement.