

JK Public School Panjtirthi celebrates 77th Indian Army Day



Glances of 77th Indian Army Day celebration at JK Public School Panjtirthi.

STATE TIMES NEWS

JAMMU: Army Day marks a day to salute the valiant soldiers who sacrificed their lives to protect the country and its citizens. The 77th Indian Army Day was celebrated at JK Public School (JKPS)

Panjtirthi with great zeal and enthusiasm.

The celebration Incharge Mamta Gupta addressed the audience and expressed, "On Indian Army Day, we honour the incredible legacy of the Indian Army, which continues

to safeguard India's borders and maintain peace. From historic victories to humanitarian missions, the Indian Army has always stood firm in the face of adversity. This day highlights the exceptional spirit of the soldiers who dedicated

their lives to the nation's defence."

Jakiens presented a skit to highlight that the Indian Army is renowned for its self-control, courage, and flexibility. Jakiens presented recita-

tions and speeches and lauded, "The Army works in harsh environments, including the deserts of Rajasthan and the snowy heights of the Siachen Glacier, which is known as the world's highest battlefield." Jakiens were dressed as

Army officers. They acquainted the audience with the different ranks of Indian Army. The Principal of JKPS Panjtirthi, Suman Banbhab expressed, "The Indian Army Day is not just a celebration for the armed forces but a

reminder for all Indians to recognize and respect the sacrifices made by the soldiers and their families. It is a day to express gratitude to the men and women in uniform who dedicated their lives for protecting the Nation's sovereign-

ty." To make the celebration more meaningful and to add to the knowledge of Jakiens, the Principal asked various questions regarding the celebration and the winners were rewarded.

Kyra Thakyal wins two medals at 4th Indo-Nepal International Taekwondo Championship

STATE TIMES NEWS

JAMMU: Kyra Thakyal, daughter of Suresh Kumar, a student of Delhi Public School Jammu, has made an impressive mark in the world of Taekwondo by winning two medals at the prestigious 4th Indo-Nepal International Taekwondo Championship, held at the Sports Complex in Chandigarh from January 11 and 12, 2025.

Kyra's performance in the Poomsae event stood out among the competitors, earning her the gold medal. This victory highlights her technical proficiency, discipline, and dedication to mastering Taekwondo forms. Kyra also earned a silver medal in the Fight event, where Taekwondo athletes engage in a controlled combat competition, testing their speed, power, and strategy. Her performance in this event showcased her physical prowess, agility, and tactical intelligence in sparring.

Kyra Thakyal's remarkable achievements are a testament to her consistent hard work and training. She has been rigorously trained by her father, Suresh Kumar, who holds a 1st Degree Black Belt in Taekwondo.

Suresh Kumar's extensive experience and expertise in the martial art have undoubtedly played a crucial role in shaping Kyra's skills and preparing her for such competitive events.

It is particularly significant that her father, a seasoned Taekwondo practitioner and instructor, has guided her every step of the way.

The 4th Indo-Nepal International Taekwondo Championship is an annual competition that attracts participants from various countries, including India and Nepal.



Medal winner Kyra Thakyal posing with her coach.

Kyra Thakyal's success in this championship is a great indication of her bright future in Taekwondo. Her performance in both the Poomsae and Fight events suggests she possesses a well-rounded skill set and has the potential to excel in various aspects of the martial art.

J&K children, youth shine in National Level Dance Competition 2025



Medal winner dancers felicitating by Harman Cultural and Educational Society, Jammu.

STATE TIMES NEWS

JAMMU: About 25-30 children from various localities of J&K participated in the dance competition "National Singing And Dance Sports Championship 2024-25", held at Padra, Vadodara, Gujarat on January 11 and 12, 2025.

Organized by Gujarat Dance Sports Unit and conducted by Dance Sports Association (Bharat), the competition saw the participation of 250 children and youth from various states of India. They exhibited their talents in the field of dance and singing.

The competition began with the traditional lighting of lamp by dignitaries present Kamlesh Patel, Brand Ambassador, DSA (Bharat) and Rajnikant Thakur, DSA (Bharat).

The audience present on the occasion enjoyed the beautiful performances by participants. The children from J&K were selected on the basis of their performances in district level and state level competitions organized by Dance Sports Council of J&K, held in vari-

ous districts of J&K by renowned choreographers and dance experts.

The team of J&K gave brilliant performances and won medals and awards from dignitaries present at the event.

The Bhangra Group of J&K was declared winner in group dance category and was felicitated by celebrities with gold medal, trophy and certificates. Samridhi Sen, renowned singing sensation of Kishtwar won gold medal in singing category of respective category.

The children of GDA, Udhampur also performed brilliantly and won silver medals in their respective age groups and categories.

About six children from Star World Dance Academy participated in the competition and won medals in their respective categories and age groups.

Devansh Sharma won silver medal in solo folk Bhangra category. The children of Bhangra Group who won gold medal were Bhavneet Kour, Amanpreet Singh, Navjeet Singh, Reyansh Sudan, Jazzleen Kour and Aaruhi

VSSF gets CSR activities with Ministry of Corporate Affairs, GoI

STATE TIMES NEWS

JAMMU: Secretary of Vansh Sabre Sports Foundation Kuldeep Kumar Gupta said the fast growing sports identity in Jammu & Kashmir, Vansh Sabre sports Foundation (VSSF) achieved another milestone by becoming first such sports organization in the Union Territory (UT) to entities for Undertaking CSR Activities and get registered with ministry of Corporate Affairs, Govt. of India.

Meanwhile, President of the Trust, Dr. Anil Padha informed that the foundation (VSSF) has already



been certified ISO 9001:2015, registered with MSME and also registered with income tax department under 12A and 80G and has initiated things for the welfare of sportspersons and others individuals associations with sports.

Raman, Parul of JU to participate in National Red Run Event at Goa



Raman Kumar, Parul Sharma posing with faculty of JU.

STATE TIMES NEWS

JAMMU: Two students of B.P.Ed-2nd Semester from the Directorate of Sports and Physical Education, University of Jammu, Raman Kumar and Parul Sharma, has been selected for Red Run-10 Km event to represent the University of Jammu at the prestigious National Red Run Event, which will take place in Goa on 18th January 2025.

The Red Run is a national event that brings together athletes from various categories across the country. Raman Kumar and Parul Sharma, both pursuing their Bachelor of Physical Education (B.P.Ed) degrees, have earned their spots through their outstanding performances in previous events. The event in Goa is expected to be a highly competitive and exciting platform for showcasing athletic prowess. In preparation, both athletes have undergone rigorous training under the expert guidance of the faculty and coaches at the Directorate of Sports and Physical Education, JU. Dr. Daud Iqbal Baba, Director Sports extended their best wishes to both Mr. Raman Kumar and Ms. Parul Sharma and expresses their confidence in their abilities to perform well in this prestigious event. The University of Jammu looks forward to their continued success in future athletic endeavours.

Cross-country cycle expedition flagged off from Kashmir

STATE TIMES NEWS

SRINAGAR: A 4,000 km cycle expedition from Kashmir to Kanyakumari began from here on Thursday to promote a pollution-free India.

The expedition with several participants from Maharashtra, including two sexagenarians, was flagged off by the Deputy Inspector General, Central Kashmir Range, Rajiv Pande from the iconic Lal Chowk here.

The cycle rally will travel across the country to Kanyakumari, covering a distance of 4,048 km.

One of the cyclists, Satish Jadhav, 67, said he wants every citizen of the country to raise the banner of a pollution-free Bharat.

He also appealed to the younger generation to take to cycling for good health.

"I plan to ride my cycle

for 100 years, and today, I begin this journey to Kanyakumari. I encourage everyone to take an interest in nature," he said.

Another cyclist, Bhanusali, 64, said the aim behind the expedition is to save the earth.

"For that, we have to make it pollution-free, and for that cycling is a good initiative. We want to send a message to the country that if the pollution continues to spread, then the country and the world cannot be saved. We went to

Dal Lake, which was considered clean and beautiful once. It still is beautiful, but not clean. We have to spread that awareness," he said.

Speaking to reporters, DIG Pande said he became a part of the rally to motivate the public.

"When I heard about two senior citizens participating in the cycle expedition, I thought it is prudent to encourage them to spread this message across the country. We are here to motivate and encourage the

126th Swami Nitya Nand Dangal held



Dignitaries posing with participating wrestlers at 126th Swami Nitya Nand Dangal.

STATE TIMES NEWS

JAMMU: The 126th Swami Nitya Nand Dangal was held at Panthal, organized by the Dangal Committee of Panthal.

The event saw participation from wrestlers across the country, along with local talent from Jammu and Kashmir. A total of 62 bouts were fought during the day. In the initial bouts, Abinayak from Uttar Pradesh (UP) faced Ram Dhan from Haryana, Sumit Lapur competed against Rashid from Domana Akhada, and Partik from Haryana wrestled Rishu from Kathua.

The first prize of Rs. 1 lakh was awarded to Abinayak, while Sumit Lapur won the second prize of Rs. 51,000, and Partik secured the third prize of Rs. 31,000.

The event was graced by the Dr. M R Attri, a renowned Laparoscopic Surgeon and the Professor & Head of Surgery and Govt of India awarded Laparoscopic Surgeon, who was the Chief Guest.

Dr. Attri emphasized the importance of physical activities like wrestling in maintaining a healthy lifestyle and urged the youth to engage in such activities to avoid drugs

and other harmful influences.

The Guests of Honour included Narinder Singh Antal, Sales and Taxation Officer of Udhampur Reasi district, and Vinay Khajuria, Assistant Conservator of Forests (ACF) at the SMVD Shrine Board, Katra.

The event was organized under the leadership of Pritam Magotra, President of the Dangal Committee, with support from other committee members, ensuring the success of the event and promoting the tradition of wrestling as a key part of physical fitness and well-being.

VSK to be turning point in refining education system on modern lines: CS

STATE TIMES NEWS

JAMMU: Chief Secretary, Atal Dulloo, on Thursday visited the Vidya Samiksha Kendra (VSK) established inside Teachers Bhawan, Gandhi Nagar, and reviewed the functioning of the institute.

"This facility is going to further refine our education system on modern lines as envisaged under the New Education Policy-2020, maintained the Chief Secretary while speaking during his inspection visit to the VSK.

Principal Secretary, School Education Department, Project Director, Samagra Shiksha, Director, School Education, Jammu besides other concerned officers of the Education Department accompanied the Chief Secretary.

While inspecting the VSK



Chief Secretary, Atal Dulloo reviewing functioning of Vidya Samiksha Kendra established inside Teachers Bhawan.

that would soon be launched, the Chief Secretary maintained that the facility aims at improving the learning outcomes of pupils enrolled in our schools. He called it a transformative step that is in its final stage of completion.

He said that besides closely monitoring the attendance and infrastructure gaps the facility should give analytics about quality of teaching imparted and the scope of

improvements that could be made by the department.

Dulloo stressed on developing both centralised and localised dashboards providing continuous and updated data insights on performance indicators of schools. He asked to empower the field level staff so as to make useful inferences from data for effective implementation of programs and schemes in vogue.

On the occasion, PD Samagra Shiksha, Rakesh Magotra, informed the Chief Secretary about the different components of the VSK established here. He informed that besides monitoring the attendance of both teachers and students it would provide analysis of results and learning outcomes of students in addition to the feedback from the students/parents. It will include dashboard about inspections conducted by different officers and their reports besides observations made about their visits. Besides, this would be a comprehensive IT based facility providing real time information about both the day to day activities happening in schools besides providing analysis about overall working of our schools' functioning in J&K.