

Personality development is process of self-discovery, self-empowerment: Principal JKPS Kunjwani

STATE TIMES NEWS

JAMMU: "Personality is the unique combination of thoughts, feelings and behaviour, which makes each one of us who we are". With this impactful statement, Hunar of Grade 8th Pearl along with her classmates conducted the Morning assembly at JK Public School, Kunjwani.

More substance was added to the transaction, while Anooch pitched in saying, "It's how we think, how we act and how we interact with others. Personality development is a key factor to shape someone's future as it can help people to achieve their goals, build better relationships and be successful in their life. In other words, it can help people to overcome the obstacles, be optimistic and to achieve their goals. So, focus on building the best version of yourself".

Under the segment Quotations, Mannan quoted George Bernard Shaw, "Life isn't about finding yourself. Life is about creating yourself". Rajveer referred to Rainer Maria Rilke, "The only journey is the journey within", Nishad quoted Confucius, "Your personality is your personal brand. It can influence others, shape opportunities and decide your path forward". Ayushman referred to Mahatma Gandhi, "The character is formed by the challenges you face and overcome from those challenges".

Harpreet Singh quoted Will Durant, "We are what we repeatedly do. Excellence,



JKPS Kunjwani Principal, Rajesh Rathore and students addressing morning assembly on Tuesday.

then, is not an act but a habit". Aatmik referred to Ralph Waldo Emerson, "What lies behind us and what lies before us are tiny matters compared to what

lies within us". Samaksh quoted Anon, "Time has the honour to mend appearance wealth and fame but it always bends its knee in front of an amazing personality".

Principal JKPS Kunjwani Rajesh Rathore appreciated all the presenters for adding some new dimensions to the personality of everyone in the audience and stated,

"Personality development is not just a subject we talk about, it is a lifelong journey that each one of us undertakes. The ideas shared today, such as building confi-

dence, developing good communication skills, and maintaining a positive attitude, are essential tools for personal growth".

"Let's remember: personality development is the process of self-discovery and self-empowerment. Every small step we take in this direction will make a big difference in shaping our future. As we move forward

with our day, let's take inspiration from this presentation and strive to grow not just academically, but also as individuals with strong values and character", he concluded.

Three JU weightlifters qualify for All India Inter-University Weightlifting (Women) Championship

STATE TIMES NEWS

JAMMU: The University of Jammu has made a historic achievement as its women's weightlifting team has qualified for the prestigious All India Inter-University Weightlifting (Women) Championship 2024-25.

This is a significant milestone for the University of Jammu, highlighting its commitment to nurturing sporting talent at the national level.

The team, which participated in the North-East Inter-University (Women) Championship 2024-25, organized by Lovely



JU women's weightlifting team posing with faculty member.

Professional University, Punjab, was led by six talented weightlifters Priya Mehra, Riya Kumari, Maseeba Kouser, Ekam Kour, Vanshika, and Koushki. The team has been rigorously trained by Ravi Singh

the weightlifting coach, who has played a key role in their preparation.

Out of the six participants, three exceptional players - Maseeba Kouser, Ekam Kour and Koushki - have successfully qualified for the All India Inter-University Weightlifting (Women) Championship an achievement that brings immense pride to the University of Jammu. Their hard work dedication and determination serve as an inspiration to aspiring players across the region.

Dr. Daud Iqbal Baba, Director Directorate of

Sports and Physical Education, University of Jammu, congratulated the entire team on their outstanding performances. He expressed his deep appreciation for their dedication and commitment to excellence, stating that their success is a reflection of the University of Jammu's growing focus on Sports and Physical Education.

The University of Jammu is proud of the team's accomplishments and looks forward to their continued success at the upcoming All India Inter-University Weightlifting Championship 2024-25.

Aneesha secures silver in Shooting

STATE TIMES NEWS

JAMMU: Aneesha Sharma, a talented shooter from Jammu and Kashmir and trainee of the Mission Olympics Shooting Academy Jammu, made a mark at the prestigious Sports For All Shooting Championship 2025.

Held at the Dr. Karni Singh Shooting Range in New Delhi, the event saw Aneesha deliver a stellar performance in the 10M Air Rifle women category.

With an impressive score of 631.5, Aneesha secured a well-deserved silver medal, earning her a spot in the coveted Champion of Champions (COC) category. Her achievement was further recognized with a cash prize of Rs 30,000.

Aneesha's success is a testament to the tireless efforts of her coaches, Vishal Mehra and Aman Singh, who played a pivotal role in her preparation and performance. The Mission Olympics Shooting Academy Jammu continues to produce exceptional athletes, reaffirming its commitment to nurturing shooting talent in the country.

Dilbag Singh, Patron-in-Chief of the Jammu and Kashmir Rifle Association (JKRA), along with the esteemed president SS Sodhi, chairman Kuldeep Jamwal, and CEO DySP Sharat Chander Singh, extended their heartfelt congratulations to her.



Kargil Martyrs Club wins U-17 boys, girls Handball titles



Deputy Commissioner Udhampur, Saloni Rai presenting trophy to winner team.

STATE TIMES NEWS

UDHAMPUR: The young sides of Kargil Martyrs Handball club clinched both under-17 boys and girls titles in the two-day Handball Tournament, which was organised by the young players from district Udhampur at Sports Stadium, here.

However, other event of under-14 boys

claimed by the visiting side of Arun Sharma Handball Academy Jammu, who beat Kargil Martyrs Club.

Deputy Commissioner Udhampur, Saloni Rai was the chief guest, who congratulated the organizing committee for smooth and successful conduct with a message of 'Nasha Mukh Bharat' Romesh Chander Mishra DYSSO Udhampur was

guest of honour.

Other guests present included Sanjeev Magotra, Vinod Dogra, Arun Mehta, Manmeet Singh, Ajay Sharma, Pawan Jamwal, Vinod Sharma and Rytham Sharma International Handball Player). The matches conducted by the technical panel from Youth Services and Sports Department including Rishi Sharma, Bhoopinder Singh, Karun Magotra, Sanjeev Kumar, Sourab Pandit, Vipen Photra and Anshu khanna.

The event organised under the supervision of Sakshit Sharma, organizing secretary and Kushal Bhardwaj, co-ordinator.

The Results (Finals): Boys: Under-17 yrs: Kargil Martyrs beat SPM Convent Udhampur 10-04. Under-14 yrs: Arun Sharma Handball Club Jammu beat Kargil Martyrs Handball Club 14-13.

Girls: Under-17 yrs: Kargil Martyrs Handball Club beat SPM Convent Udhampur by 8-5.

District Administration Poonch hosts 3-day Chess Tournament

STATE TIMES NEWS

POONCH: The District Administration Poonch, in collaboration with the Department of Youth Services and Sports, kicked off a three-day chess tournament on Tuesday here at DNRM Girls Higher Secondary School.

Deputy Commissioner Vikas Kundal inaugurated the tournament in presence of ADC Tahir Mustafa Malik, CPO Mohammad Rafi, AD Food Adil Shabir, DIO NIC Parvinder Singh and other officers were present.

At the opening ceremony, the Deputy Commissioner engaged with the partici-



pants, encouraging them to actively partake in sports, highlighting the importance of chess as both a mental challenge and a source of enjoyment.

The tournament will feature a competitive environ-

ment with significant incentives for participants. The Deputy Commissioner announced a cash prize of Rs 5,000 for first place, Rs 3,000 for second and Rs 2,000 for third position.

Emphasizing the historical significance of chess, the Deputy Commissioner noted that the game originated in India before spreading to the rest of the world, reinforcing the nation's rich cultural heritage in sports.

The tournament represents a significant opportunity for young athletes in Poonch to showcase their skills, foster camaraderie, and promote a spirit of healthy competition.

'Inter Zonal Display Your Talent' concludes at JU with fanfare

STATE TIMES NEWS

JAMMU: The first ever 'Inter-Zonal Display Your Talent 2024-25' concluded at the University of Jammu (JU) with an impressive valedictory function.

Display Your Talent is an annual feature of the Department of Students Welfare, University of Jammu. In this event students from the affiliated degree colleges and university departments participate in 27 different competitions viz music, dance, literary, fine-arts and theatrical activities.

Suresh Gupta, Principal Secretary Department of Culture, JK UT was the Chief Guest and Prof. Anju Bhasin, Dean Academic Affairs, JU was the Guest of Honour on the occasion. Winners of all the events were felicitated by the dignitaries.

Prof. Prakash C. Antahal, Dean Students Welfare, Prof. Monika Chadha, Chairperson CCC, Prof. Sarika Manhas, Co-Chairperson CCC and other senior functionaries of the university also attended the programme.

A further selected team amongst the winners of this event would represent

the University of Jammu in 38th Inter University North Zone Youth Festival being hosted by Panjab University, Chandigarh.

The new format of Display Your Talent has been envisioned by Prof. Umesh Rai, Vice Chancellor, JU which has witnessed a larger participation of the students from the far-flung areas.

All the affiliated colleges from Jammu province were distributed into 5 Zones; Tawi Zone, Pir-Panjal Zone, Devika Zone, Ravi Zone and Chenab Zone where Zonal Level Display Your Talent competitions were organized and the winners of those competitions are now competing in Inter Zonal Level.

Suresh Gupta, in his address, extended heartfelt congratulations to the JU, his alma mater; for achieving remarkable new milestones.

Sharing a success Mantra with the students, he emphasized the importance of being physically fit, mentally alert, and spiritually uplifted.

He highlighted that every individual possesses unique talents and urged students to recognize and pursue their pas-



Suresh Gupta, Principal Secretary Department of Culture, JK UT presenting trophy to winner team.

sions with steadfast dedication, as true success is built on hard work.

Prof. Anju Bhasin, complimented Prof. Umesh Rai for introducing the new format of Display Your Talent (DYT) initiative that has significantly boosted student participation from remote areas.

Prof. Prakash Antahal, Dean Students Welfare, in his welcome

address expressed gladness over the enthusiastic participation of the students from various regions.

He also expressed gratitude towards Prof. Arvind Jasrotia, Rector Kathua Campus, Prof. Yash Pal Sharma, Rector Udhampur Campus, Prof. K.K. Sharma, Principal GPGC, Rajouri and Dr. Adit Gupta, Director MIER for successfully conducting Zonal Level DYT

in their respective institutions.

Prof. Monika Chadha, Chairperson, Campus Cultural Committee presented a detailed report on the new format of DYT and Prof. Sarika Manhas Co-Chairperson Campus Cultural Committee presented the vote of thanks.

Earlier, the events of Mime, Mimicry, Skit and One Act Play were conducted. In Mime, GCW Udhampur and Udhampur Campus were declared first and second respectively. In Mimicry, Kanchan from GCW Udhampur and Varun Paroch were declared first and second respectively. In Skit, Department of Commerce, JU, Udhampur Campus and GDC Udhampur were declared first, second and third respectively. The Certificate of Merit was awarded to GCW Udhampur. In One Act Play, GCW Udhampur stood first and GCW Parade stand second. Dr. Sandeep Dubey and Dr. Monika Bhardwaj were the teachers incharge. The adjudicators of the events included Nasib Singh Manhas, Ravinder Kaul and Anil Tickoo.

The events of DSW are conceived, planned and organised by the team consisting of Prof. Prakash Antahal (Dean Students Welfare), Prof. Monika Chadha (Chairperson, Campus Cultural Committee), Prof. Sarika Manhas (Co-Chairperson, Campus Cultural Committee), Dr. Pritam Singh (Associate Dean SW), Dr. Shalhu Sharma & Dr. A.R. Manhas (Deputy Chief Proctors), Dr. Harleen Kaur & Dr. Ripudaman Parihar (Assistant Dean, SW), members of Campus Cultural Committee, Mansi Mantoo (Media Officer), Sumeet Sharma (Drama Instructor) and Ifra Kak (Cultural Officer).

The hall was managed by Sunny Singh, Rohan Sharma, Veranyin Sharma, Sheetal Singh, Pawan Kotwal, Deep Uday Singh, Himanshu, Kanureet Kaur, Suhani Gupta, Heemanshu Tickoo, Suhani Kapoor, Shiena Singh (Departmental Cultural Representatives). Sachin Sharma, Jatinder Singh & R.P. Singh. The sound was looked after by Kulbhushan Thakur and Arif Paul.