

# Every futuristic school must act as diamond polishing unit: Principal JKPS Kunjwani



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

■ STATE TIMES NEWS

JAMMU: JK Public School Kunjwani conducted an extempore Morning Assembly programme inviting randomly chosen students of Grade X from the audience on the topic "Importance of Personality development and modus operandi to enhance it gradually".

Amni Sharma from Grade X B shared her reflections on

the topic, "Personality development refers to the process of enhancing an individual's character, behavior, and attitude to make them more confident, effective, and capable. It is a continuous journey of self-improvement that has far-reaching benefits in both personal and professional aspects of life".

"A well-developed personality helps individuals feel confident in their abilities and

makes them succeed in various life situations. It enhances the ability to communicate effectively, which is crucial for expressing ideas, building relationships, and resolving conflicts. It fosters the ability to manage emotions, empathize with others, and maintain healthy interpersonal relationships", added Shraddha Mahajan from Grade XC.

Adding more substance to

the discussion on the topic, pitched in Suhani Sharma from Grade XC by saying, "A dynamic personality often translates to better opportunities in the workplace, including leadership roles, promotions, and networking. It helps individuals adopt a growth mindset, stay optimistic in challenging situations, and influence others positively. It equips individuals with the mental and emo-

tional strength to overcome adversity and adapt to change".

Sharing her reflections on how to enhance personality traits in an individual, Suryanshi from Grade X B added, "We have to regularly assess our strengths and weaknesses and set clear goals for improvement. Reading books, attending workshops, and taking online courses enhance our

personality. We have to be very positive while receiving critical feedback from our mentors and role models. Participation in peer discussions and collaborative activities fetches us great dividends".

Appreciating the performance of students under the format of extempore speeches, Principal JKPS Kunjwani Rajesh Rathore stated, "Personality development is not just about external appearances but also about nurturing inner qualities like confidence, resilience, and empathy. By adopting systematic and practical approaches, individuals can unlock their true potential, excel in their careers, and lead fulfilling lives. Every futuristic school must act as a diamond polishing unit, wherein raw/uncut diamonds must be shaped, chiseled and polished. Let every raw diamond be transformed into a glittering solitaire".

"Dear students, develop time management and organizational skills. Step out of your comfort zone. Face fears like public speaking or leadership responsibilities gradually and strategically. Practice empathy and compassion. Learn to manage stress and regulate emotions effectively. Maintain a healthy lifestyle, including proper diet, exercise, and sleep. Remember that personality development is an ongoing process that requires time and sustained efforts", he concluded.

## BBAJK to hold selection trials on Dec 12

■ STATE TIMES NEWS

JAMMU: Body Building Association of Jammu and Kashmir (BBAJK) is holding selection trial at International Gym, Rehari Colony here on December 12, 2024 between 11:00 AM to 12:00 Noon. The trial will be held to pick up the team for 1st Physique Sports Championship scheduled to be held from December 21 to 22, 2024 at Gurugram, Haryana. Interested and eligible participants are encouraged to contact Rajesh Dutta at BBAJK (7006202407) for details regarding the selection trials. Players are required to bring the necessary documents during registration the facilitate the selection process, as stated in the official document.

## Sanfort Playway celebrates Annual Day



Toddlers posing with faculty of Sanfort Playway School.

■ STATE TIMES NEWS

JAMMU: The much-anticipated Annual Function of Sanfort Playway School Bohri Jammu, titled "Udaan 2024", was held on Monday, showcasing the immense talent and creativity of the school's students, affectionately called Sanfortees. The highlight of the evening was a captivating musical play performed by the little stars, under the theme "Main Samay Hu", which beautifully depicted the passage of time and the value of every moment.

The event was graced by Sheetal Nanda, Commissioner Secretary Social Welfare Department J&K, as the Chief Guest. Her inspiring presence added great value to the occasion. The function was also attended by Nirmala, the Principal of Sanfort Playway School, who expressed immense pride in the students' efforts and the school's continued success. This was the first Annual Function of the school's youngest performers, and they truly stole the show with their vibrant performances and stage presence. The teachers and supporting staff were lauded for their hard work, dedication, and tireless efforts in preparing the students for such a memorable event. The event was a grand success, with parents, teachers, and students celebrating together, marking another milestone in the school's journey of nurturing young talent and creativity.

## Nirvi Jotshi of KCPS shines at BPL Cricket Tournament

■ STATE TIMES NEWS

JAMMU: The Bharat Premier League (BPL) 2024 aims to revolutionize Indian cricket by building on the success of the IPL while introducing key innovations.

The league intends to emphasize regional representation, giving players from smaller towns and cities a platform to showcase their talent, fostering local pride and inclusivity.

In this prestigious event currently going on in Jammu, Nirvi Jotshi, a dedicated and talented class 7 student of KC Public School, has been declared the Player of the Match and has been awarded the title of 'Best Youngest Volunteer' in the tournament.

Nirvi's outstanding performance on the field, characterized by exceptional skills and sportsmanship, has earned her well-deserved recognition. Nirvi's achievements in this event are a testament to her hard work, determination and passion for Cricket.



In a special school assembly held on Monday morning, Principal AK Mishra congratulated Nirvi for her outstanding performance and wished her greater success in her future cricketing career.

## 36th District Kupwara Volleyball Championship concludes

■ STATE TIMES NEWS

KUPWARA: The two-day 36th District Volleyball Championship concluded on a thrilling note at Government High School Chogal, bringing together over 10 volleyball clubs from the district.

In a highly competitive final, Ramhal Volleyball Club triumphed over Rajwar Volleyball Club with a 3-1 victory. The match was intense, with the final scores as 25-21, 25-20, 21-25, 25-18. The victory earned Ramhal Volleyball Club a trophy, a cash prize of Rs. 4,000, and individual gifts for all team members. Meanwhile, Rajwar



Participating teams after receiving trophies.

Volleyball Club, the runner-up, was also awarded a trophy and a cash prize for their commendable

performance.

The event was organized by the District Volleyball Association Kupwara, under the auspices of the Volleyball Association J&K, and sponsored by the J&K Sports Council.

The participation of over 10 clubs demonstrated the growing interest in volleyball and the potential for future sports events in Kupwara.

The final match was graced by several distinguished dignitaries, including Mir Sulaiman, DDC Rajwar; Zeeshan Khan, Deputy Chief Education Officer Kupwara; Manzoor Ahmad, Town Commander Handwara; and Mohd Ramzan Dar, Headmaster Boys High

School Chogal.

At the closing ceremony, the dignitaries congratulated the winning and runner-up teams for their outstanding performances, emphasizing the values of teamwork, perseverance, and sportsmanship.

They also praised the efforts of the Volleyball Association of J&K and the J&K Sports Council for their continued commitment to promoting sports in the region. Tehsildar Handwara and DDC Rajwar expressed their gratitude to these organizations for their efforts in fostering unity and promoting sports as a means to build communities among the youth of Kupwara.

## Winners of Pencak Silat Championship 2024 felicitated

■ STATE TIMES NEWS

JAMMU: A felicitation ceremony was held to honour the medal winners of the Pencak Silat Prep Teen and Junior National Championship 2024, and the All India Pencak Silat Championship, which took place at Sher-e-Kashmir Stadium from November 16-18 and November 19-21, 2024, respectively.

The ceremony was graced by several distinguished guests, including Yudhvi Sethi, MLA Jammu East; Gaurav Gupta, Secretary Jammu Club; Rakesh Singh Jamwal, SHO Pacea Danga Police Station; Rakesh Khanna, President of Prem



MLA, Yudhvi Sethi and other dignitaries with players at felicitation ceremony.

Nath Dogra Football Academy; and Arun Singh, Sher-e-Kashmir State Awardee.

During the event, medals were distributed among the winners in recognition of their outstanding performance.

The guests congratulated the medalists and commended the efforts of their coach, Manvi Katal, an international medalist herself, for her dedication and training.

Gold: Rudransh Sanyal,

Amaya Sanyal and Mahika Sharma. Silver: Rudransh Sanyal (Tungal), Trisha Sharma, Anaya Sanyal, Ananya, Aman, Vedant Singh Jamwal, Rigved and Divyanshi. Bronze: Ayansh Chibber.

## Little Flower School hosts Sports Day

■ STATE TIMES NEWS

JAMMU: Little Flower Higher Secondary School held its Annual Sports Day on Monday, a spectacular event celebrating athleticism, teamwork, and the enduring spirit of sportsmanship.

The event, conducted at J&K Sports Council

Playfield, Sec-D, Sainik Colony brought together students, teachers, parents, and guests for a day filled with energy and enthusiasm. The event commenced with an opening ceremony, featuring a

cap tivating march-past by students from all grades.

The Chief Guest, Yasir Hamid Sirwal, Deputy Director, JKBOSE Jammu inaugurated the event with a ceremonial flag raising and delivered an inspiring address.

"Sports not only build physical fitness but also instill discipline and resilience in young minds," remarked Yasir Hamid.

Students participated in a wide array of events, including 100m and 200

m sprints, relay races, tug of war, spin race etc.

Special attractions of the day included the performances like Bucket Race, Hula-hoop, Sac Race, Ice Cream Race, Ball balancing etc. by our little Junior and Senior Eurokids from the school. The highlight of the event was the prize distribution ceremony, where trophies, medals, and certificates were awarded to the winners by our Chief Guest.

Their achievements stood as a testament to

the hard work and dedication of the students and their mentors.

Principal Little Flower School, Kusum Ratanpal expressed gratitude to all participants, the organizing committee, and the volunteers for their tireless efforts. "This Sports Day reflects our commitment to fostering a culture of excellence and holistic development among our students. It is moments like these that strengthen the bonds within our school community," she said.

## Heritage School Secondary Wing celebrates 20th Sports Day

■ STATE TIMES NEWS

JAMMU: Heritage School, the Senior Wing hosted its 20th Annual Sports Day, a spectacular celebration of athleticism and unity.

Themed Citius, Altius, Fortius-Communiter (Faster, Higher, Stronger - Together), the event unfolded in a dazzling display of colours, with fluttering flags and balloons adorning the sprawling grounds.

Students, clad in eye-catching sports attire that reflected their House pride, radiated excitement and determination. The air resounded with cheerful chatter and rhythmic applause as the young athletes showcased their prowess, embodying the core values of discipline, teamwork and perseverance.

The celebration was graced by the presence of the Chief Guest, Sheetal Nanda, Commissioner Secretary Social Welfare UT of J&K and Guest of Honour, Faisal Qureshi, SSP Traffic, Jammu.

Other dignitaries present were Dr. Sahela Qureshi, Ajaz Ahmed Jan, MLA Poonch, Romana Fatima Jan, Sunil Gupta Chairman of the school and Members of the



Board of Trustees of Dhanvanti Memorial Trust.

The School Head Girl, Samridhi Gupta, delivered the welcome address.

The proceedings commenced with the Chief Guest Sheetal Nanda unfurling the school flag. The Heritage Torch was carried with pride by Manya (gymnastic), Armaan Sharma (Cricket), Shreya Gupta (Badminton), Shaurya Veer Jasrotia (Badminton), Vanika Parmar (Swimming), Adithee Bargotra (Roller Skating) and School Sports Captain Arihant A. Singh (Handball) leading to lighting of the Sports Flame along with the

Principal.

Leading the participants, the Sports Captain administered the Oath of Sportsmanship.

The synchronized March Past by the students of the four school Houses-Culture, Tradition, Dignity, and Legacy-led by their respective House Captains, showcased impeccable discipline and unity.

The Chief Guest officially declared the meet open.

Students from Classes VIII to X presented an exhilarating Lezium performance based on energetic lavni steps invoking the blessings of Lord Ganesha, blending dynamic music with synchronized move-

ments. Class VII students captivated the audience with a high-energy aerobics routine set to upbeat music, showcasing coordination and teamwork.

A serene yoga presentation by Class VI students enveloped the arena in an atmosphere of tranquility and spirituality. The grand finale brought the day to an electrifying crescendo, leaving the audience enthralled. It beautifully embodied the Sports Day motto, Citius, Altius, Fortius-Communiter (Faster, Higher, Stronger - Together), leaving an indelible mark of unity and excellence.

The winners of the track events were felicitated by the Principal.

The event also honoured outstanding student achievements in academics and co-curricular activities.

In memory of the late Jia Lal Gupta, a staunch advocate of education, Chairman Sunil Gupta awarded cash prizes of Rs.10,000 to each of the 64 students who were present, out of a total of 84 achievers, who scored above 90% in the AISSE 2023-24 examination.

The Guest of Honour, Faisal Qureshi,

conferred Golden Crests upon Suhana Dubey, Jhanavi Raina, Pranwat Singh, Shreyas Magotra, Akshara Gupta, Rijla Mahajan, Aarush Gupta, Mehar Gupta and Prabhikrat Kaur for maintaining a 90% & above score for three consecutive years starting from Class VI.

The All-Rounder Trophies for the session 2023-24 were awarded to students who showcased outstanding excellence in both academics and co-curricular pursuits.

Among the recipients were Sanvi Kundal and K. Vanishree N. Verma from Class VI; Sachit Singh, Saanvi Sharma, and Puneesh Puri from Class VII; Shreyas Magotra and Pranwat Singh Nagra from Class VIII; and Archit Pandoh, Rijla Mahajan, and Aarush Gupta from Class IX. Their remarkable dedication and all-round achievements were duly recognized and celebrated.

Sheetal Nanda honoured the school's top achievers in the AISSE Examination (Class XII) 2023-24 with medallions. Krishna Gupta (Commerce, 98.6%), the School Topper, along with Class Toppers Eishaan Singh (Medical, 96.6%), Manasvi

Anand (Humanities, 96.4%), and Piyush Gandotra (Non-Medical, 95.4%), were recognized for their stellar achievements. She also awarded Scholar Blazers to Archit Pandoh, Sarah Jain and Simran Singh from Class X for their consistent academic excellence for securing 90% & above for consecutive four years, beginning in Class VI. The coveted Best House Trophy was awarded to Dignity House, while the Best March Past Contingent Trophy went to Legacy House, amidst resounding applause. A moment of great pride was marked by the presentation of the Best Sportsperson Trophy to Puneesh Puri, India's No. 1 ranked Under-14 speed skater in 2024, and Manya, an all-round rhythmic gymnast ranked 3rd nationally, for their outstanding achievements on national and global stages. In her address, the Chief Guest lauded the meticulous efforts of the staff and students in orchestrating a truly spectacular event and commended the school's Management for upholding exemplary educational standards.

The Principal, Akash Pradhan, delivered vote of thanks.