

# Limit fast food and fizzy drinks to stay healthy and fit: Principal JKPS Kunjwani



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

■ STATE TIMES NEWS

JAMMU: "Eat your food as your medicine otherwise you will have to eat medicine as your food". With this impactful opening statement Aradhyia Sharma of Grade 3rd Pearl alongwith her classmates conducted the morning assembly on the topic "Healthy Eating Habits" at JK Public School, Kunjwani.

More substance was added by Aarnav Chandan while he stated, "Healthy eating is not just about avoiding junk food. It is about balancing what we

eat, including fruits, vegetables, proteins and grains in the right amounts.

Ronita Gupta shared a few tips with the audience by saying, "Start your day with a nutritious breakfast. Avoid sugary snacks and opt for fruits and nuts. Drink plenty of water to stay hydrated. Make sure to eat at regularly intervals".

Some Fun food facts were presented by Mehransh and Rishabh by stating, "Bananas are berries, but strawberries aren't. Botanically speaking

bananas qualify as berries, while strawberries do not. Apples float on water because they are made up of 25% air, crunchy and healthy. Watermelon is made up of 92% water. This makes watermelon a super hydrating fruit to enjoy in the summer. Potatoes were the first vegetables grown in space. NASA successfully grew potatoes in space as part of an experiment to study food production in space".

An interesting poem on the topic was presented by Shivay

Mahajan, while he stated:

Eat some fruits so fresh and sweet,

Healthy snacks are fun to eat.

Veggies green and grains so fine,

Help our body all the time.

Milk and nuts will make you strong,

Choose good food to live life-long

Say 'no' to junk, it's not the way,

Eat healthy food everyday.

Under the segment Quotations, Mridula Aakash

quoted Julis Child, "You don't have to cook fancy or complicated masterpieces, just good food from fresh ingredients". Aiza Malik referred to Benjamin Franklin, "Eat to live, not live to eat". Devesh Dhawan quoted Virgil, "The greatest wealth is health". Ahad Visharath Ali referred to Rogers Williams, "Health requires healthy food". Suryansh Rajput quoted Waldo Emerson, "The first wealth is health". Gunjan Aggarwal referred to Robert Urich, "A healthy outside

starts from inside".

Hartaj Singh quoted Alan D Wolfelt, "Food is symbolic of love when words are inadequate". Adhira Sharma referred to Artrid Alanda, "Your body is a temple, but only if you treat it as one". Aaradhya Kharwar quoted Hippocrates, "Let food be thy medicine and medicine be thy food". Mayukh Dabgotra referred to Ann Wigmore, "The food you eat can either be the safest and the most powerful form of medicine or the slowest form of poison".

Principal JKPS Kunjwani Rajesh Rathore applauded the presenters for enlightening the audience on such an important aspect of life and stated, "Food is not just fuel for our bodies; it is the foundation of our physical and mental well-being. Developing healthy eating habits early in life can set the stage for a lifetime of good health. It is equally important to eat meals at regular times, drink plenty of water, and avoid skipping breakfast. Breakfast is the most important meal of the day, as it kick-

starts your metabolism and provides the energy needed to perform well in school".

"Let's also remember to eat mindfully. This means paying attention to what we eat, chewing slowly, and appreciating the flavors of the food. Avoid distractions like mobile phones or TV during meals; instead, enjoy your food with your family or friends. Limit fast food and fizzy drinks to stay healthy and fit. These small changes can make a big difference over time", he concluded.

## J&K athletes continue to shine in National Competitions



Winner J&K atheles in jubilant mood.

■ STATE TIMES NEWS

JAMMU: Minister for Youth Services and Sports, J&K, Satish Sharma, on Thursday extended felicitations to the J&K Roller Skating team for their 6th consecutive win in the 62nd National Roller Skating Championship held in Mysuru and Coimbatore from December 5 to December 15, 2024.

The Sports Minister appreciated the athletes, saying "Winning 23 medals in a national championship is no small feat. These skaters have made the region proud with their

achievements. Their hard work and dedication, coupled with the relentless efforts of their coaches, are evident in their results. My best wishes are with the team and their mentors for even greater success in the future."

Sarmad Hafeez, Secretary, Youth Services and Sports, expressed his pride in the athletes, stating "The roller skating team's success showcases the immense talent that exists in Jammu and Kashmir. It also underscores the importance of providing world-class coaching and facilities, which the Sports

Council remains committed to."

Nuzhat Gul, Secretary, J&K Sports Council, also felicitated the winning team saying that this victory in roller skating and the spirited performance of the Santosh Trophy team highlight the growing sports culture in our region. Our athletes are demonstrating that with the right support, they can compete and excel at the highest levels, she added.

She assured that the Sports Council will continue to nurture and support this talent to bring further laurels to Jammu and Kashmir.

Pertinently, this incredible achievement is a testament to the athletes' hard work and the specialised training provided under the guidance of J&K Sports Council coach Krish Gupta. Their rigorous practice sessions at the Skating Rink, MA Stadium, Jammu, have clearly paid off, setting a new benchmark of excellence for roller skating in the region.

## Jt Secretary SAI takes stock of arrangements for 37th Junior National Softball C'ship

■ STATE TIMES NEWS

JAMMU: General Secretary, Jammu and Kashmir Softball Association, Waseem Raja who is also Joint Secretary, Softball Association of India (SAI) on Thursday visited venue of Sub Junior 37th National Softball Championship 2024-25 being held from 20th to 24th of December at M.A Stadium. During the visit, he took stock of arrangements for hosting of the Championship in a befitting manner. About 31 teams both boys and girls drawn from different states and UTs of India are expected to participate in the Championship. Championship is conducted under the ages of Softball Association of India and J&K Sports Council. Earlier, General Secretary along with Organizing Committee Members also visited boarding and lodging centres so as to ensure stay of participating teams including officials a bit of comfort.

### J&K crushes Arunachal Pradesh by 10 wkts

■ STATE TIMES NEWS

RAIPUR: Kawal Preet Singh spun web around the rival batters, while Qazi Junaid sparked with the willow as Jammu and Kashmir crushed minnows Arunachal Pradesh by 10 wickets in a low scoring match of the ongoing Men's U-23 State-A Trophy at Sector-10 BSP Cricket Stadium, Bhillai on Thursday. Earlier, Arunachal Pradesh bundled out for a paltry total of 63 runs. Nabam Kama (19) and Tik Lee (17) were the only batters to cross double figure mark, while all other batters lacked application and failed to show any resistance. Kawal

Preet Singh was wrecker-in-chief for J&K, who captured 6 wickets by conceding just 9 runs in his 6.5 overs, while Sarvashish Singh bagged 3 wickets by giving away 18 runs in 9 overs. Mujtaba Yousuf also claimed one wicket by conceding just 1 run in his 5 overs including 4 maidens. In reply, J&K chased the target in just 5 overs, scoring 66 runs without losing any wicket, thus winning the match by 10 wickets. Qazi Junaid Masood scored 51 runs off just 19 balls, smashing 3 fours and 6 massive sixes, while Arya Thakur contributed 12 runs of 12 balls with one boundary.

## HPS students bring laurels to school



Humanity Public School faculty felicitating winner students.

■ STATE TIMES NEWS

SAMBA: Students of Humanity Public School (HPS), Bassi Kalan, Bari Brahmama brought laurels to the school by winning gold, silver and bronze in 15th State level Speedball Championship 2024 organised by J&K Sports Speedball Association at Sukh Sagar Bhawan, Sikanderpur, Kothey.

60 students of HPS participated in the competition out of which 34 students brought medals at different categories. All the winners have shown an incredible performance in the competition and successfully secured nine gold,

seven silver and 18 bronze medals.

Under-8 category, Divyanshi Rajan, Deepanshu, Vansh Singh and Sanjay, Under-10 category, Sukhdeep Kour, Prableen Kour and Jayan Bhardwaj, Under-12 category, Aryan Sharma and Under-14 category, Soham Bhagat won gold medals.

Under-8 category, Manit Kumar, Under-10 category, Henan Ali and Parth Adgotra, Under-12 category, Gurmeet, Rudransh and Zakir Hassan and Under-14 category, Ujwal Kumar won silver medals.

Whereas Under-8 category, Zuber, Atharav,

Anshuman, Adeshwar Singh, Gurtaj Singh and Atul Mehta, Under-10 category, Nikhil Gupta and Wahid Malik, Under-12 category, Daksh Charak, Ridham Sadotra, Kaniya Sharma, Aryan Sharma and Danish Kumar, Under-14 category, Ananta Murmu and Ruhi Rajput and Under-17 category Natick Attri, Arun Kumar and Paras Attri won bronze medals.

Principal of the school, Gaurav Charak and Vice Principal, Anku Charak congratulated and applauded the students for their excellent performance and also felicitated them in the school assembly.

## CVPPL organizes Maitri Cup (2024-25) T-20 Cricket Tournament



■ STATE TIMES NEWS

JAMMU: CVPPL is organizing two days 'Maitri Cup (2024-25)' T-20 Cricket tournament from Thursday at Cricket Ground at University of Jammu, here.

Ram Swaroop, Executive Director, NHPC (Regional Office-Jammu) inaugurated the tournament today in the presence of Chote Lal, GGM (Civil), Vasant Hurmade, GGM (E&C), Amrik Singh, GGM (Elect.) and other senior officials from CVPPL and NHPC Ltd.

Ramesh Mukhiya, Managing Director, CVPPL wished best of luck to all the players through virtual mode. He also wished for play safe, play well and enjoy stay at Jammu.

A total of three teams including NHPC, NHDC (A

joint Venture of NHPC & Govt. Of Madhya Pradesh) and CVPPL (A joint Venture Company of NHPC & JKSPDC) are participating in the tournament.

The tournament has been organized by CVPPL with a view of promotion of sports activities and developing team spirit and healthy competition amongst all employees of NHPC, CVPPL & NHDC.

Ram Swaroop encouraged the players to uphold the spirit of sportsmanship and emphasize how such sports activities can reduce stress, improve mood, boost self-esteem, and enhance cognitive function.

In the opening match of tournament, CVPPL won two matches against NHDC and NHPC by 9 wickets and 7 wickets respectively.

## Jodhamal skaters dominate National Roller Skating Championship 2024

■ STATE TIMES NEWS

JAMMU: Skaters of Jodhamal Public School etched their names in glory at the recently concluded 62nd National Roller-Skating Championship 2024.

This prestigious event at Mysore, Bangalore, and Coimbatore drew the crème de la crème of skating talent from across the nation.

The Jodhamal contingent emerged as trailblazers, clinching an impressive haul of 10 medals, thereby becoming one of the very few schools to reach a double-digit of medals in the North Zone. The Jodhamal skating squad, comprising 32 participants spanning various age categories, delivered performances of the highest calibre. They included: Kaavish, Sahraj Singh, Ransher Singh Wazir, Hriday, Nalinaksh, Samaira Mahajan, Naisha Verma, Pavit Gupta, Ayraa Vishishth, Hazel Suri, Shiva Gupta, Tabish Haider Chib, Bhavnoor Kour, Gunvika, Aahan Sharma, Gurjas Singh, Shawni Mahajan, Anandini Sharma, Aanyaa, Pearl Suri, Namish Gupta, Dhruv Gupta, Ayesha Chib,



Jodhamal School faculty felicitating winner students.

Akshita Sharma, Sameer Rahi, Danial Butt, Sehrish Abrol, Priya Mahajan, Saksham Sharma, Aarav Sharma, Aarohi Mahajan, and Czia Raina.

The Medal-winners in the 62nd National Roller-Skating Championship 2024 from Jodhamal School comprised: Dhruv Sadotra, Namish Gupta, Aahan Sharma, Aanyaa Vashishth (all Gold Medal), Gurjas Singh, Shawni Mahajan, Ayraa Vashishth, Tabish Haider Chib (Speed Event) (all Silver Medal), Czia Raina and Aarohi Mahajan (Mixed Team Roller Hockey) (both Bronze Medal).

Trained at the Jodhamal Skating Rink by their coaches and mentors Kamal

Anand and Ritish, athletes showcased unwavering commitment and technical brilliance, capturing hearts and earning accolades on the national stage.

Expressing his elation,

### J&K Soft Tennis contingent leaves for participation in National School Games

■ STATE TIMES NEWS

JAMMU: The J&K contingent of Soft Tennis players on Thursday left for participation in National School Games scheduled to be held in Madhya Pradesh from 20th to 24 December.

The J&K Soft Tennis contingent comprises of Madhavendra Singh Sambyal, Soham Bhat, Shreemai Bhat, Antekshika, Saksham Koul Jalali, Harshita Jalali, Harikesh Dutt, Aditya Dutt, Rehmandeep Singh, Yatin Manhas, Akashi Sharma, Swadhi Sharma, Yajit Sharma and Simran Sharma. These promising players would be taking part in the national games in different categories including under 14, under 17 and under 19.

## Anuj Sharma from Jammu honoured with Social Media Maestro Award at Vigyan Bhawan



Anuj Sharma from Jammu being honoured with Social Media Maestro Award at Vigyan Bhawan.

■ STATE TIMES NEWS

NEW DELHI: In a proud moment for Jammu, Anuj Sharma, often referred to as the "Son of the Soil," was honoured with the prestigious Social Media Maestro Award at Vigyan Bhawan. The award recognizes his outstanding contributions to the field of social media and digital marketing.

Anuj Sharma has carved a niche for himself in the ever-evolving digital landscape through his innovative strategies and impactful campaigns. His work has not only transformed businesses but also inspired many aspiring digital marketers across the country. With a deep understanding of the power of social media, he has effectively leveraged it as a tool for outreach,

awareness, and growth, contributing significantly to the digital revolution in India.

Speaking at the ceremony, Sharma expressed his gratitude and dedicated the award to his roots in Jammu, stating, "This recognition is a testament to the potential of young minds from small towns who can make a global impact through dedication and hard work."

The event, held at the prestigious Vigyan Bhawan, brought together luminaries from various fields, celebrating excellence and contributions to nation-building. Anuj Sharma's achievement serves as an inspiration for many, showcasing the power of determination and skill in the digital era.