

Self-discipline transforms ordinary into extraordinary: Principal JKPS Kunjwani



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

STATE TIMES NEWS
JAMMU: "Success isn't a gift of fortune but a product of discipline. Self discipline is a way that consistently leads to success" with this impactful statement Aradhya Saini of Grade 7th Kaveli alongwith her batchmates conducted the morning Assembly on the topic "Self-discipline" at JK Public School, Kunjwani.

"Discipline is the refining fire by which talent becomes ability. With this quote I would like to introduce you to the bridge between dreams and achievements", added Laksh.

Morse substance was added to the transactions when Anshveer pitched in saying, "Discipline, the cornerstone of success, it has the ability to consistently apply oneself towards a goal, even when faced with challenges or distractions. It's the quiet strength that fuels achievements, the silent guardian of our dreams. As Aristotle wisely observed, 'we are what we repeatedly do. Excellence then is not an act, but a habit'."

"It is not about denying ourselves pleasure; it's about prioritizing long-term gains over short-term gratification. It's the difference between a life of potential and a life of actualization. As Benjamin Franklin puts it, 'Plough deep while sluggards sleep and you shall have corn to sell and to keep'", added Sukhrashi.

"Discipline is not just about hard work; it's about smart work. It about setting clear goals, it's about breaking them down into actionable steps and tracking your progress. It's about creating a supportive environment, surrounding ourselves with positively influences and celebrating our achievements, no matter how big or small, ultimately discipline is a choice", added Armeet.

Anaya Singh recited an excerpt from her self-composed poem:
Self discipline, my inner strength,
Propels me forward, as a Guide.

I feel stronger with every step
To reach my goals with pride.
Under the segment Quotations Shwetaanshi quoted Sam Morre, "Once you set a goal, it takes fierce discipline to reach it". Armeet referred to Abraham Lincoln, "Self discipline is choosing between what you want now and what you want next". Shivika quoted Dr APJ Abdul Kalam, "Success in life is impossible without self discipline".

Arnav quoted Jim Rohn, "Self discipline is a bridge between goals and accomplishment". Nadeesh referred to Lou Holtz, "Without self-discipline, success is impossible period". Sukhrashi quoted John C Maxwell, "Motivation gets you going but self-discipline keeps you growing". Divyanshi referred to WK Hope, "The level of your success is determined by the level of your discipline".
Principal JKPS Kunjwani Rajesh Rathore applauded the presenters for enlightening the audience with choicest quotes from the eminent personalities. He said, 'Self-discipline is the ability to control your thoughts, emotions, and actions to achieve your goals. It's about doing what needs to be done, even when you don't feel like doing it. It is the foundation of success, whether in academics, sports, relationships, or personal growth'.
"In school, self-discipline might mean resisting the urge to talk during a lesson, completing your homework on time, or preparing for exams well in advance. Outside of school, it could mean choosing to spend time on productive activities rather than distractions like excessive screen time or procrastination", he added.
"I would like to share a few tips to cultivate self-discipline: set clear goals, relentlessly follow the routine; avoid distractions, stay focussed and perseverant. Always remember: Self-discipline is the alchemy, which transforms ordinary into extraordinary", he concluded.

JKIANS shine in Jammu Sahodaya Inter-School Soccer Tournament (U/12) Boys 2024-25



JK Public School Kunjwani faculty felicitating winner students.

STATE TIMES NEWS
JAMMU: In the Inter-School Junior Soccer (U/12) Boys Tournament organized at Doon International School under the Banner of Sahodaya Schools Jammu Chapter, Team JK Public School won the trophy of Runners Up.

The winners were Harkirat Singh (Goal Keeper), Rahat Kaithi, Atharv Padha, Mohd Raza, Bilal Majid, Suryansh Saini, Mohd Waiz, Ranvijay Singh, Atharv Mahajan, Arab Bhagat, Bikramjeet Singh, Ganik Chouhan, Medhansh Singh, Kevin Samy, Hargun Singh, Team Captain and National Player Prabhat Singh.

Almost 19 top notched CBSE schools participated in this tournament. Team JKPS given a tough competition to their counterparts in the series of matches at pre, semi-finals and reached the final, and won the Runners Up Trophy.

Medal winners of BSNL J&K Circle felicitated

STATE TIMES NEWS
JAMMU: Medal Winners of BSNL J&K Circle in 20 All India BSNL Tournaments/Meets recently held at Guwahati (Assam) and Nagpur (Maharashtra) were felicitated by Kush Kumar ITS, CGMT J&K Circle on Monday.



Winner team being felicitated at Jammu on Monday.

Nine outstanding Sports persons of BSNL J&K Circle working at different BSNL Offices who have won medal in the 20th All India BSNL Tournament/Meets were felicitated by the CGMT.

Deepak Jyoti, Sports Inspector of Circle Office, won Gold Medal in Power lifting and was also awarded the trophy of Strong Man of BSNL 2024. Bhuvneshwar Singh, JE, Jammu BA won Silver medal and Darshan Kumar, TT, Jammu BA won Bronze Medal in All India BSNL WL/PL/BP

Tournament held at Guwahati. Joginder Singh Manhas, Accounts Officer, Jammu BA won Silver Medal in Solo Song Category in All India BSNL Cultural Meet held at Nagpur. Gulzar Singh Jamwal, JAO, Circle Office, Tarandeep Singh, Jr Hindi Translator, Circle Office, Manohar Singh, JTO, Udhampur OA, Mohan Lal, TT, Jammu BA and Firdous Rehman Ganai, TT, Srinagar BA won Broze Medal in 4x400 meter and 4x100 meter relay races in All India BSNL Athletics Meet held at Guwahati.

Team Managers Balbir Singh, SDE, Jammu BA and Jugal Kishor Nagar, JTO, Circle Office were also felicitated for their contribution in the sports events. CGMT J&K Circle acknowledged the hard work of all the players, team managers and administration and congratulated the players for their outstanding performance and bringing laurels to BSNL J&K Circle. He also extended his blessings and best wishes to the teams for all future endeavors. P Srinivas Rao, AGM (Admin), Circle Office extended vote of thanks. Felicitation ceremony was presided over by S.K.Sudan DGM (Admin) & was attended by Mumtaj Ahmad, PGM Jammu BA, V.K. Meena, Sr. GM (HR), Circle Office and other senior officers and staff of BSNL J&K Circle.

Heritageans participate in 68th School National Swimming Competition



Heritage School faculty felicitating winner students.

STATE TIMES NEWS
JAMMU: Heritage School celebrated the participation of its talented swimmers in the prestigious 68th School National Swimming

Competition held in Rajkot, Gujarat, held from November 24 to 30, 2024. This event brought together the finest young swimmers from across the

nation, competing at the highest level of school sports. Representing the school with commendable dedication and skill were Krishang Badial of Class IX A, Tegmeet Kour of Class IX D, Vanika Parmar of Class XI C, Aditee Bargotra of Class XI A and Azhan Mushtaq of Class XI B.. The Heritage fraternity congratulated these young athletes on their achievements and wishes them continued success in their swimming journeys. Their dedication and hard work inspire their peers, and they remain a source of pride for the entire school community.

37th Sub Junior National Softball Championship J&K boys to lock horns with MP in summit clash AP boys, J&K girls bag 3rd place



Participating teams posing for a photograph with officials.

STATE TIMES NEWS
JAMMU: Getting the better of Punjab in the Eliminator and defeating Andhra Pradesh in the Qualifier-2, Jammu and Kashmir boys sealed berth in the finals, while trouncing Andhra Pradesh in Qualified-1, Madhya Pradesh also made it to the finals and will lock horns against each other in the title clash of the ongoing 37th Sub Junior National Softball Championship, being organised by the

Softball Association of Jammu and Kashmir, under the auspices of Softball Association of India and J&K Sports Council at MA Stadium, here on Monday. Andhra Pradesh bagged third place in the boys seacvial, while Punjab, Kerala, Rajasthan, Telangana and Chhattisgarh claimed 4th, 5th, 6th and 7th place respectively. In the girls category, Telangana will take on Andhra Pradesh in the

finals, while Jammu and Kashmir bagged 3rd place. Earlier, in the Eliminator Andhra Pradesh defeated Punjab, while Jammu and Kashmir defeated Telangana in Qualifier-1, while Andhra Pradesh prevailed over Jammu and Kashmir in Qualifier-2. Jammu and Kashmir, Punjab, Madhya Pradesh, Chhattisgarh, Kerala and Rajasthan clinched 3rd, 4th, 5th, 6th and 7th place respectively.

7th Poonch District Taekwondo Championship to begin from Dec 26

STATE TIMES NEWS
POONCH: The 7th Poonch District Taekwondo Championship will be held from December 26 to 28, 2024, at the Poonch Taekwondo Academy.

Organized by the Poonch District Taekwondo Association under the aegis of the Jammu and Kashmir Taekwondo Association, this event will feature both Kyrougi and Poomsae competitions. The championship, supported by the Jammu and Kashmir Sports Council, is open to Pee Wee, Sub-Junior, Cadet, Junior, and Senior male and female athletes. This was confirmed in a meeting led by the President of the Poonch District Taekwondo Association, Priyanka Singh, and General Secretary Taranpreet Kaur, along with other office bearers. The event aims to provide a platform for local talent to showcase their skills in Taekwondo. The organizers invite all interested players from various Taekwondo clubs and institutions in the Poonch District to participate in this prestigious championship. Players must register by December 25, 2024, before 5:00 PM. For registration and further details, interested participants can contact 6006729319. The championship promises to be an exciting opportunity for athletes in Poonch to compete at a high level and advance their skills in this popular martial art.

NIS Club, Jammu Sanskriti School win in Open District Kho-Kho Championship 2024

STATE TIMES NEWS
JAMMU: The Open District Kho-Kho Championship 2024 was successfully organized by the Jammu Kashmir Kho-Kho Association in collaboration with the JK Sports Council. The championship witnessed exciting matches across various categories, with NIS Club and Jammu Sanskriti School emerging victorious in the Boys' Section, while SAI Club and Jammu Sanskriti School claimed the top honours in the Girls' Section.



Shiksha Niketan Higher Secondary School Jeevan Nagar, which finished as runners-up. Lawrence Public School secured third place. Similarly, in the Junior

Public School in third. The Chief Guest, B.S Tirthi, former Treasurer of KKFI, applauded the winners for their remarkable performances and commended the organizers for the smooth conduct of the championship. He also shared an exciting update about the First Kho-Kho World Cup, set to take place in New Delhi from

January 13, 2025. The event will feature participation from 24 nations across all continents. Tirthi credited the continuous efforts of Sudhanshu Mittal, President of KKFI, and M.S. Tyagi, General Secretary of KKFI, for making this event possible. The event was also graced by the Guest of Honour, Anil Sharma (Manager, JKSC), and prominent figures such as Gagan Kumar (Coach, JU), and Dr. Ashwani Sharma. Other distinguished attendees included Amrinderpal Singh (General Secretary, JKKKA), Tarnmeet Shehu (Joint Secretary, JKKKA), Pankaj Malhotra (International Player & Treasurer, JKKKA), and Dhiraj Sharma (Coach, JKKKA). The matches were conducted by a team of officials including Sandeep, Palbinder Singh, Sahil Dev Singh, Madhur Choudhary, Sidharth, Sahil Angral, Sunil Sharma, Jagdev Singh, and Yogesh.

dees included Amrinderpal Singh (General Secretary, JKKKA), Tarnmeet Shehu (Joint Secretary, JKKKA), Pankaj Malhotra (International Player & Treasurer, JKKKA), and Dhiraj Sharma (Coach, JKKKA). The matches were conducted by a team of officials including Sandeep, Palbinder Singh, Sahil Dev Singh, Madhur Choudhary, Sidharth, Sahil Angral, Sunil Sharma, Jagdev Singh, and Yogesh.