

Poonch Taekwondo Club wins 7th District Poonch Taekwondo Championship overall trophy

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POONCH: The 7th Kyorugi and 4th Poomsae Poonch District Taekwondo Championship, organized by the Poonch District Taekwondo Association (PDTA), under the aegis of the Jammu and Kashmir Taekwondo Association and supported by the Jammu and Kashmir Sports Council, concluded on Saturday at the Poonch Taekwondo Academy with great enthusiasm and fanfare.

The event saw a spectacular display of skill and sportsmanship, drawing participation from nearly 190 young Taekwondo players representing five local Taekwondo clubs and institutions.

The Overall Trophy was won by the Poonch Taekwondo Club, while Prisha Child Care Institute Mangar emerged as the Runner-up. High School Shapur secured the 2nd Runner-up position. In the individual categories, Atiba Fatima from the National



Players posing with SP Mohan Sharma during closing ceremony of 7th Poonch District Taekwondo Championship at Poonch.

Taekwondo Club was adjudged the Best Player in the Pee Wee category. Meanwhile, Vishnu Raina, Sukriti Sharma, Himanshi Raina, and Garvin Gupta received the title of Best Players in the Junior, Sub-Junior, and Cadet male and female categories, respectively.

The event was graced by several distinguished guests, with Mohan Sharma, Superintendent of Police, Poonch, serving as the Chief Guest. Other notable figures included Sunil Sharma, President of the Bar Association, Poonch, and

Anwar Khan, Principal of Government Model Higher Secondary School Sawjain, who were the Guests of Honour.

The gathering also included Narinder Singh, ZPEO Poonch; Kirth Singh, Retd Principal; Dr. Sarfraz Mir, Chairman of SSEM; Naresh Chander, Councillor Ward No. 7; and Kamal Preet Kour, Superintendent of Prisha Child Care Institute.

The championship featured participants from various age categories, including Pee Wee, Sub Junior, Cadet, Junior, and Senior (both male and female).

Approximately 190 young boys and girls from five different Taekwondo clubs and institutions took part in the event, making it a significant occasion for the local sports community.

The competition not only showcased exceptional talent but also provided a platform for youth in Poonch to engage in positive and disciplined activities through Taekwondo.

In his address, Mohan Sharma congratulated the Poonch District Taekwondo Association for organizing such a successful event. He praised the efforts of

Rajinder Singh, Taekwondo Coach, for his role in producing National-level medalists from Poonch. Sharma also assured the gathering of continued support through the Civic Action Programme of J&K Police for the further development of Taekwondo in the region. This support is expected to help enhance the training facilities and opportunities for budding athletes in Poonch.

Priyanka Singh, President of the Poonch District Taekwondo Association, and Tarunpreet Kour, General Secretary, expressed their gratitude to Nuzhat Gul,

Secretary of the Jammu and Kashmir Sports Council, for her unwavering support in promoting Taekwondo in the border district.

In a gesture of goodwill, the PDTA also distributed free Taekwondo uniforms to players from rural areas, providing them with the necessary gear to continue their training and competition.

The event was technically supervised by Rajinder Singh, a National Referee and Taekwondo Coach from the Department of Youth Services and Sports. Other key technical personnel included Akarshit Sudan, Toseef Tahir, Vishvas Sudan, Vishnu Raina, Qasim Hussain, and Hassan, all of whom played crucial roles in ensuring the smooth conduct of the competition.

As the championship drew to a close, all the dignitaries present distributed medals, trophies, and certificates to the winners, celebrating their achievements and encouraging them to continue pursuing excellence in the sport.

Heritage School organises workshop on 'Effective ChatGPT Prompts, IOT, and AI' for Faculty



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JAMMU: Heritage School organized an engaging and highly interactive workshop for its faculty on Saturday.

The workshop focused on 'Effective Prompts in ChatGPT' and 'IOT and AI', led by Rachit Lamba, an expert in Digital Literacy, Cyber Security and Artificial Intelligence.

The session began with an exploration of Generative and Predictive AI, highlighting their strengths and unique applications within education.

Lamba guided participants in crafting effective ChatGPT prompts, empowering them to leverage this powerful tool in their teaching. Furthermore, the workshop delved into the Internet of Things (IOT), explaining its core components and diverse applications within education.

Lamba emphasized how IOT-enabled classrooms can enhance student engagement and learning through gamification and personalized learning experiences.

Participants were introduced to a range of digital tools, including ChatGPT, Gamma AI, Canva, and interactive quiz platforms. These tools were designed to optimize resources, save time through automation, inform data-driven teaching decisions, and ultimately enhance the overall learning experience for students.

Archana Sharma, Coordinator Senior Wing, expressed gratitude to Lamba for his valuable insights and reiterated the school's commitment to embracing technology to prepare students and educators for the future.

BBAJK honours Physique Sports Medalist Vikas Khajuria

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JAMMU: Under the banner of J&K Sports Council and the Body Building Association of Jammu and Kashmir (BBAJK), Vikas Khajuria was honoured on Saturday for his remarkable achievement in winning the silver medal at the 1st National Physique Sports Championship, held from December 21 to 22, 2024, in Gurgaon, Haryana.

Vikas Khajuria, who trained under coach and trainer Rajesh Dutta of BBAJK, was presented with a certificate and the silver medal by Rajesh Dutta himself. Dutta expressed his pride in Vikas's achievement and emphasized the broader importance of such events, not just for showcasing talent but for promoting sportsmanship and healthy activities among the youth of J&K.

"The championship aimed to foster sportsmanship and



BBAJK office bears honouring winner Vikas Khajuria.

encourage the youth of J&K UT to engage in positive activities, steering them away from social evils, particularly the growing issue of drug addiction," said Rajesh Dutta.

He further stated, "Drug addiction is a serious concern in our society, and events like

the Bodybuilding Championship offer a vital platform to engage young people in constructive pursuits, helping them avoid harmful habits. It is our collective responsibility to promote sports and build a healthier, brighter future for our younger generation."

Vinay Sharma, Vice President of BBAJK, highlighted the significance of Vikas's achievement, calling it a proud moment for Jammu and Kashmir.

"This outstanding performance showcases the exceptional talent and determination of J&K's athletes on the national stage," he said. Sharma also appealed to the youth to take up sports and work towards a "Nasha Mukht" (drug-free) nation.

The event concluded with a congratulatory address by the Association in organizing the event and providing a platform for youth engagement through sports.

The gathering celebrated Vikas Khajuria's success and reaffirmed the commitment of the Body Building Association to encourage healthy, productive activities for the youth of the region.

JKUT Judo Championship gets underway

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JAMMU: The second day of the JKUT Judo Championship is currently underway at the Indoor Complex, MA Stadium Jammu. The Championship is organized by the Judo Association of Jammu & Kashmir under the aegis of the J&K Sports Council and J&K Olympic Association. Approximately 400 Judokas from across various districts, including Jammu, Kathua, Samba, Rajouri, Poonch, Udhampur, Reasi, Kishtwar, Ganderbal, Srinagar, Anantnag, and Budgam, have participated in this event.

Sub Junior Boys: 30 Kg: Manik Singh (Reasi), gold, Nabeed Mohd (Rajouri), silver and Mohd Hamas Lone (Srinagar) and Honey Singh (Ramgarh), joint bronze. 35 Kg: Zahir Ahmed (Reasi), gold, Ayush Sharma (Jammu), silver and Ubab (Srinagar) and Abid Bashir, joint bronze. 40 Kg: Jaishwar (Kathua), gold, Firdous Ahmed (Ganderbal), silver and Avikam Singh (Jammu) and Suryabsh Raina (Rajouri), joint bronze. 45 Kg: Ritvik Sharma (Jammu), gold, Shakeel Khan (Reasi), silver and Sameer Javid (Rajouri) and Shivdev Singh (Kathua), joint bronze. 50 Kg: Sahil Akhter (Kathua), gold, Mansoor Mohiuddin (Ganderbal), silver



and Mohd Suleman (Jammu), bronze. 55 Kg: Sheikh Mohd (Ganderbal), gold, Mastan Ali (Kathua), silver and Jasir Shafi (Srinagar) and Dhruv Shah, joint bronze. 60 Kg: Sahil Assaf (Ganderbal), gold, Gurpreet Singh (Jammu), silver and Vansh Raj (Kishtwar), bronze. 66 Kg: Rashid Hilal (Ganderbal), gold, Lakshay Sharma (Kathua), silver and Hibaan Ali (Kishtwar) and Suryavansh (Jammu), joint bronze. +66 Kg: Aadvan Pargal (Jammu), gold, Cadet Girls: 48 Kg: Shabnam (Kathua), gold, Shivanshi (Srinagar), silver and Meenakshi (Reasi), bronze. 40 Kg: Sana Sharma (Srinagar), gold, Sania (Kathua),

silver; Arushi (Reasi), bronze. 51 Kg: Anjum (Ganderbal), silver; Adeebe Azaan (Budgam), silver and Anuradha (Kathua) and Kashvi, joint bronze. 70 Kg: Sunita Devi, gold,

Cadet Boys: 50 Kg: Amrit Gupta (Jammu), gold, Zahid Maqbool (Ganderbal), silver and Rajinder Singh (Udhampur) and Aditya Kumar (Rajouri), joint bronze.

55 Kg: Varun Kumar, gold, Pankaj Paruadia (Kathua), silver Musabir Riyaz (Budgam) and Samaid (Srinagar), joint bronze. 60 Kg: Ansh Kohli (Jammu), gold, Aman Kumar (Rajouri), silver and Manav Sharma (Reasi) and Mahir Singh (Jammu), joint bronze. 66 Kg: Bhawani Partap Singh (Reasi), gold, Ansh Billoria (Kathua) in silver and Mohd Obair (Srinagar), bronze. 73 Kg: Aham Parihar (Jammu), gold. 81 Kg: Krishna (Samnotra, Reasi), gold, Irfan Alam (Srinagar), silver and Namandeep Singh (Jammu), bronze. 90 Kg: Rudra Manhas (Jammu), gold and Gourav (Kathua), silver.

The championship will continue until tomorrow, with more exciting matches and promising performances from the participants.

Toddlers' World-a unit of JK Public School celebrates 'Fun Day' before winter break



Glances of 'Fun Day' celebration before winter break at Toddlers' World-a unit of JK Public School.

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JAMMU: Toddlers' World recently hosted a festive Fun Day to celebrate the upcoming winter break. The event was a resounding success, filled with laughter, joy, and unforgettable moments for the young attendees.

Throughout the day, children participated in a variety of exciting activities designed to stimulate their imagination and encourage social interaction.

Highlights included, Mini Dance Party: The little ones danced their hearts out to upbeat music,

showcasing their energetic moves and contagious enthusiasm.

Story Time Adventures: Engaging storytelling sessions captivated the children, transporting them to magical worlds and sparking their imaginations. Interactive Games: A series of fun and

educational games kept the children entertained and challenged their cognitive and motor skills.

Creative Craft Corner: The children unleashed their inner artists, creating colorful masterpieces that reflected their unique personalities and creativity.

"We were thrilled to see the children having so much fun at our Fun Day," said Shivangini Pandotra, Coordinator Toddlers' World.

"Creating a joyful and stimulating environment for our young learners is our top priority, and we are delighted

that the children enjoyed these engaging activities."

The Fun Day at Toddlers' World was a memorable experience for all involved. The children left with smiles on their faces and cherished memories that will last a lifetime.