

Positivity transforms challenges into opportunities, stress into strength, dreams into reality: Principal JKPS Kunjwani



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

■ STATE TIMES NEWS

JAMMU: Father of our nation Mahatma Gandhiji once said, "Let's keep our thoughts positive because our thoughts become our words". With this thought provoking and inspiring statement, extremely talented and promising student Jacqueline Kour from Grade 4th Pearl conducted the morning Assembly alongwith her classmates on the topic "Positive Thinking" at JK Public School,

Kunjwani.

Parisha presented the thought for the day, "Nothing can stop the man with right mental attitude from achieving his goals and nothing on earth can help the man with the wrong mental attitude. It means that you can do anything if you set your mind to it".

Aarav Sharma also drew the attention of the audience with an impactful though for the day, "Once you replace nega-

tive thought with positive ones you start having positive results. It means in our life we can achieve anything just by replacing negative thinking by positive thinking".

More substance was added to the transaction on the Assembly stage by the assem- bled anchor Jacqueline Kour, "Positive thinking can improve our mental and phys- ical well-being. Positive think- ing helps us to achieve our goals. Positive thinking also

improves our relationships when we have a positive out- look, we are more likely to be kind and more attractive. Our thoughts have the ability to shape our reality and when we focus on the positive aspects we can achieve great things".

Arnav Deepak Barnwal pre- sented an inspiring poem or- chestrating the theme:

In every thought, a spark can grow,
A seed of hope, a steady glow!

Through challenges, let your mind believe,
That brighter days are yours to weave.

Under the segment Quotation, Divyansh Baboria quoted Dr APJ Abdul Kalam, "Umbrella can't stop the rain but can make us stand in rain. Confidence may not bring success, but gives us power to face challenges in life". Amitesh Suri quoted Walt Disney, "All of our dreams may come true if we have the

courage to pursue them".

Savya quoted Dr. Kalam again, "All birds find shelter during rain, but the eagle avoids rain by flying above the clouds. Problems are common but attitude makes a differ- ence". Arnav Shrikul quoted Buddha, "The mind is every- thing, what you think, you become. Maryam Nawaz quoted Marva Collin, "Success does not come to you, you have to go to it". Adwitya Sharma quoted Bapu Gandhi,

"The future depends on what we do in present".

Principal JKPS Kunjwani Rajesh Rathore lauded the presenters from Grade 4th Pearl, beaming with confi- dence and joy and shared his perspective by saying, "Positive thinking fosters a growth mindset. It empowers us to view failures not as dead ends, but as stepping stones. Each setback becomes a les- son, and each challenge an opportunity to grow stronger

and wiser".

"Positive thinking is not just a feel-good philosophy; it is a catalyst for real, measurable change. Positivity transforms challenges into opportunities, stress into strength, and dreams into reality. Let's embrace the power of positive thinking, not just as individu- als but as a community. Together, let us harness this incredible tool to create a brighter, happier and more fulfilling world", he concluded.

Basit Abas qualifies Ph.D

■ STATE TIMES NEWS

KATRA: Basit Abas, son of Mohammad Abas Shah and Aisha Akhter, has been declared qualified for the award of the degree of Doctor of Philosophy (Ph.D.) in the School of Business by Shri Mata Vaishno Devi University (SMVDU), Katra, J&K.



He completed his research on the topic "Workplace Deviance in Organizational Setups: A Study of Jammu and Kashmir" under the guidance of Dr. Syeda Shazia Bukhari, Assistant Professor, School of Business, SMVDU, and co-supervision of Prof. V. Srikanth, Professor, Institute of Public Enterprise (IPE), Hyderabad.

PG Deptt JU claims Inter Collegiate Kho-Kho (Men) 2024-25 title



PG Deptt JU team receiving winner trophy.

■ STATE TIMES NEWS

JAMMU: PG Department of University of Jammu claimed the trophy of Inter Collegiate Kho-Kho (Men) 2024-25 tournament, which concluded on Thursday at Kho-Kho ground University of Jammu. The tournament was organized by the Directorate of Sports and Physical Education, University of Jammu.

The tournament saw enthusiastic participation from various affiliated Colleges offering players a platform to showcase their skills and determination.

In an exciting final, PG Department, University of Jammu claimed Kho-Kho (M) title, defeating GDC Kathua by 04 points (10-06).

Earlier, in the semi-final matches PG Deptt. JU triumphed over GDC Udhampur by 06 points (11-05) and GDC Kathua

secured their spot in the final by defeating GDC Rajouri by 03 points (12-09). The third position was bagged by GDC Udhampur in the Kho-Kho (M) cham- pionship 2024-25.

Dr. Daud Iqbal Baba Director, Directorate of Sports and Physical Education, University of Jammu was the Chief Guest on the occasion of the Tournament.

Vimal Kishore, Raj Kumar Bakshi, Ravish Vaid, Vikas Karlopa, Gagan Kumar, Inderjeet Singh, S. Harinderpal Singh, Rishiv Sharma Vandana Sharma, Richa Mandla and other dignitaries, players, officials from affiliated colleges of University of Jammu pres- ent on the occasion.

The matches were officiated by Dheeraj Sharma, Palbinder Singh, Pooja Sharma, Jagdev Singh, Anil Kumar and Gagan Kumar.

■ STATE TIMES NEWS

REASI: The 36th Reasi District Volleyball Championship is set to cul- minate with an exciting final between Reasi Eagle Volleyball Club and Mahore Volleyball Club tomorrow.

Earlier, the Championship, organized by the Volleyball Association of J&K in col- laboration with the Shri Mata Vaishno Devi Shrine Board under the aegis of Jammu and Kashmir Sports Council, commenced at the Sports Stadium in Katra on Thursday.

The championship, which attracted a large crowd of volleyball enthusiasts, saw eight teams from various far-flung areas of the dis- trict, including Pouni, Aggar Jitto, Reasi, Mahore, Bakkal, Bhomag, Judda, and Katra, competing for the title.

36th Reasi District Volleyball Championship begins

Reasi Eagle Club to meet Mahore Club in final today



Participating team posing for a photograph with dignitaries at Reasi.

The two-day event kicked off with the inauguration ceremony led by Sanjeev Kotwal, the Nodal Officer of SMVDSB.

Kotwal praised the organ- izers for selecting Katra as the venue and assured full support for the smooth con- duct of the championship.

During the opening, Kuldeep Magotra, CEO of the Volleyball Association of J&K, announced that the

Reasi district volleyball team would be selected to participate in the 36th J&K UT Volleyball Championship in Jammu from 13th to 15th December 2024.

This announcement raised the stakes for the teams, as they vied not just for the dis- trict title but also for the chance to represent Reasi at the UT level.

Throughout the tourna- ment, players showcased

exceptional talent and sportsmanship.

In the initial rounds, Katra Volleyball Club defeated Aggar Jitto Volleyball Club 2-0 (25-08, 25-07), while Reasi Eagle Volleyball Club won a tight match against Pouni Volleyball Club 2-1 (25-23, 28-30, 15-11). Mahore Lions Volleyball Club triumphed over Bakkal Volleyball Club 2-1 (25-11,

25-27, 15-06), and JVC Judda Reasi beat Veer Volleyball Club Bhima 2-1 (25-14, 18-25, 15-11). The semi-finals saw Reasi Eagle Volleyball Club narrowly defeat Katra Volleyball Club 2-1 (25-20, 21-25, 15-11), while Mahore Volleyball Club dominated JVC Judda Reasi 2-0 (25-15, 25-14).

Senior officials, including Raj Guru, Senior Vice President of V&JK, and Vijay Magotra, General Secretary of V&JK, addressed the players about the role of sports in youth development.

Raj Guru emphasized the importance of staying physi- cally and mentally fit, while Vijay Magotra expressed concern about the rising issue of drug addiction among youth and urged them to stay away from social evils.

The championship not only highlighted sporting talent but also served as a platform for spreading important messages about health and well-being. The Chief guest was honoured by presenting a memento on the occasion by office bearers of V&JK.

With the final set to take place tomorrow, Reasi Eagle Volleyball Club and Mahore Volleyball Club will battle it out for the championship.

Both teams have shown great skill and determination throughout the tournament, making it a highly antici- pated match.

The tournament, officiated by a panel of referees, including Kuldeep Kumar, Amit Jamwal, Vinod Kumar, Jagdish Kumar, and Rakesh Sharma, has been a resound- ing success, bringing togeth- er volleyball lovers and youth from across the district.

Inter-Collegiate Badminton Championship 2024-25 PG Deptt JU to face GCW Parade in women final



Participating players posing for a photograph with dignitaries.

■ STATE TIMES NEWS

JAMMU: PG Department of University of Jammu and GCW Parade entered the final in women section in the ongo- ing Inter-Collegiate Badminton (Men & Women) Championship 2024-25,

organized by the Directorate of Sports and Physical Education, University of Jammu at the Gynnasium Hall, University of Jammu.

Earlier in semifinal matches in women section played on Thursday, PG Deptt JU beat MIET College Jammu by 2-0 and GCW Parade beat MIER College Jammu by 2-1.

In men quarter-final match- es, GDC Kunjwani beat GDC Mendher by 2-1 and PG Deptt. JU beat BDC Udhampur by 3-1.

Dr. Daud Iqbal Baba Director, Directorate of Sports

and Physical Education, University of Jammu was the Chief Guest on the occasion. Malik Aijaz, Raj Kumar Bakshi, Ravish Vaid, Vikas Karlopa, Jai Bharat and other officials were also present.

The matches were officiated by Ravish Vaid, Vinay Manhas, Jeevan Lal, Arjun Sharma and Ritik Jandial.

SPMR College of Commerce hosts inter-college boxing (men) tournament

■ STATE TIMES NEWS

JAMMU: Government SPMR College of Commerce on Thursday organized an inter-college boxing (men) tournament under the aegis of Cluster University of Jammu.

Principal of the College, Prof. (Dr.) Rajinder Singh graced the event as the Chief Guest at the opening cere- mony, while Dr. Daud Iqbal Baba, Director of Physical Education & Sports at



Jammu University, was the Guest of Honor.

Additionally, Prof. Pawan Gupta, Dr. Chetna Gupta, Prof. Sanjeev Verma, Dr.

Draba gave a walkover to Bela Cricket Club, resulting in an automatic win for Bela Cricket Club.

The day's matches were graced by Iqbal Singh, Principal of Baba Garib Das Academy, Salotri, and Sheetal, Head of the Agriculture Department at Govt Degree College Poonch, who were the Chief Guests for the event.

The tournament, organized

by the Nangi Tekri Battalion under the aegis of the Krishna Ghati Brigade as part of Operation Sadbhavna, contin- ues to thrill cricket fans.

The action shifts to the pre- quarterfinals, which will start from December 6, 2024 at the Jhullas Sports Ground.

Pervaiz Malik Afridi, the overall supervisor, is oversee- ing the tournament's smooth operation.

KCPS students shine at Jammu District Wushu Championship 2024

■ STATE TIMES NEWS

JAMMU: 40 students of KC Public School participated in the Jammu District Wushu Championship 2024 held at the Khelo India Centre located in Bhagwati Nagar area of the city from December 2 to 4, 2024.

They put up an impressive performance at the competition and bagged a total of 24 medals in various age categories.



They won 6 Gold, 5 Silver and 13 Bronze medals in this pres- tigious martial arts event in

which a large number of Jammu schools take part.

In a special assembly organ-

ized today morning, Principal AK Mishra and Headmistress Sofia Rana congratulated the school Wushu team comprised mostly of children from the Junior Wing of the school for their sterling performance in the district level event and wished them greater success at the next level of competition in this traditional Chinese sports belonging to martial arts group of games.