

BBAJK conducts weighing of body builders

STATE TIMES NEWS
JAMMU: A total of 130 Body Builders and best Physique competitors took part in the weighing conducted by Body Builders Association Jammu and Kashmir (BBAJK) Lal Chowk near Ghanita Ghar, Srinagar here on Friday. These athletes are gearing up for the 24th Mr. J and K Body Building and Physique Sports championship 2024 in men, women and masters categories to be held on December 7 at Tagore Hall, Srinagar here.



BBAJK officials along with selected body builders.

The weighing was overseen by Rajesh Dutta, who highlighted the association's commitment to promoting health and fitness among the youth of Jammu and Kashmir. "BBAJK organizes District and State Championships annually to inspire the youth to maintain good health and avoid drugs by adopting natural means and diet for improving health under expert coach and trainers", he stated. Other attendees included Vinay Sharma, Arun Sharma, Feroz Javed, Sanjay Bali, who supported the initiative to encourage fitness and well being in the community.

MIER College organises workshop on Health, Wellbeing and Stress Management

STATE TIMES NEWS
JAMMU: The Internal Quality Assurance Cell (IQAC) of MIER College of Education organised a four-day workshop on Health, Wellbeing, and Stress Management through Life Skills Training in a Family Setting from December 2nd to 5th, 2024. This initiative was specially designed for the FYUP students of the School of Social Sciences and Humanities, Semester V, and aimed to equip them with essential tools for maintaining health and managing stress effectively within family contexts. The resource persons for the workshop were Sumit Dutta, a Counselling Psychologist and Mental Health Trainer, and Dr.



Faculty members along with students during the workshop.

Annette Kreuz, a Clinical Psychologist from the University of Valencia, Spain. Their expertise enriched the learning experience, offering theoretical insights and practical applications. The workshop began by exploring the concept of health, delving into the Biomedical Model and its limitations, and emphasising the significance of the biopsychosocial model. Topics such as illness, Maslow's hierarchy of needs, and the dynamic interaction between individuals and their environment were discussed in detail. Participants were introduced to the fundamentals of stress, differentiation between

Bihar blanks opponents as J&K begins on losing note DG YSS declares open 68th NSG U-17 Girls Football Championship

STATE TIMES NEWS
JAMMU: Director General Youth Services and Sports J&K, Rajinder Singh Tara declared the 68th National School Games U-17 Girls Football Championship open in an impressive, colourful and well attended function at Sainik School Nagrota on Friday. He was accompanied by Joint Director Youth Services and Sports Jammu Ved Prakash, Accounts Officer Directorate of Youth Services and Sports and a galaxy of dignitaries on the occasion. Speaking on the occasion, Tara welcomed the participating female footballers and their officials and assured them of providing top class facilities during their stay in Jammu. While terming sportsper-



Director General Youth Services and Sports J&K, Rajinder Singh Tara interacting with players.

sons as the messengers of peace and harmony, Sh Tara said sports imbues fighting spirit, inculcates discipline and teaches camaraderie, besides helping youth not to derail from the mainstream. He said the mega events like National School Games apart from helping youth to showcase their sporting skill at the national scene, also provides them ample opportunity to interact with their counterparts from the other States/UTs and exchange culture. He said around 700 young female footballers drawn from 34 States/UTs/Organisations across the country are taking part in this sporting extravaganza which is as

part of the historic series of 68th National School Games in the disciplines of Judo, Fencing, Wushu and Football, hosted by J&K. Earlier, Ved Prakash, Joint Director Youth Services and Sports, Jammu welcomed the chief guest and highlighted the magnitude of this series of National School Games, besides highlighting the achievements of the department. Meanwhile, in the matches played today, Bihar girls dominated the day and blanked their opponents including J&K, while Jammu and Kashmir eves started their campaign on a losing note. Eighteen matches were played today wherein the young footballers displayed extraordinary soccer skills. Chhattisgarh beat Vidya Bharti by eight goals to nil (8-0), Haryana thrashed NVS by 15-1, West Bengal thrashed Telangana by 2-0, Punjab beat DNHDD by 15-0, CISCE trounced J&K by 5-0, Gujarat prevailed over Andhra Pradesh by 5-0, Bihar blanked IBSO by 6-0, Rajasthan thrashed Karnataka by 9-0, Jharkhand defeated Kerala by 5-0, Chandigarh outplayed Madhya Pradesh by 2-0, Assam beat Delhi by 2-1, Tamil Nadu got the better of KVS by 5-2, IPSC beat Uttarakhand by 4-1, Tripura crushed Ladakh by 23-0, Chhattisgarh beat Telangana by 2-1, West Bengal thrashed CBSE WSO by 13-0, Bihar blanked J&K by 10-0 and Manipur thrashed IBSO by 12-0.

Senior National Archery Championship: 19 members, 3 officials to represent J&K



Organisers along with selected team.

STATE TIMES NEWS
JAMMU: After selection trials and screening by J&K Sports Council 19 members and three officials are selected for Senior National Archery Championship which will be held at Jamshedpur Jharkhand

from 13th to 20th December 2024. The selected players for the said championship include Hritik Sharma, Shubham Sharma, Sangarsh Dev Singh, Amit Thakur, Divyansh Suri, Vishal Singh, Romica Sharma, Anjali Sharma, Deepa Devi, Sunaina Devi, Rita Devi, MahnazKoser, Simi Sharma, Ahsani Devi, Nitish Bawa, Bhawani Jasrotia, Vinod Singh, Niteen Sharma. The Officials are Darshana Devi, Abhilasha Choudhary, Anant.

Jodhamal students excel at District Wushu Championship



Faculty members along with medal winners posing for photograph.

STATE TIMES NEWS
JAMMU: Jodhamal Public School achieved a spectacular milestone at the District Wushu Championship, held recently in Jammu, by securing a stellar total of 26 medals, comprising 4 Gold, 8 Silver, and 14 Bronze. The students performed under the mentorship of their coaches, Jhanvi and Malkeet, whose dedication proved instrumental in this success. Adding to the school's accolades, Malkeet herself clinched a Gold Medal in the

60-65 kg weight category, exemplifying the values of hard work and resilience for her students. The gold medallists, Divnoor, Rhythm Gupta, Rehanshi Mahajan, and Shreya Sharma, demonstrated unparalleled skill and poise, standing out as champions in their categories. The Silver Medallists, Aadvika Retvik Bhagat, Anahita Singh Kotwal, Abhiraj Gulati, Navya Pandey, Ashvika Jain, Vihaan Gupta, Medhansh Chadha, and Uday Vir Jamwal, showcased unwavering determination and commendable athleticism. The Bronze Medallists, Avnit Malhotra, Ridhika Jain, Kaashvi Gupta, Samira Mahajan, Ramesh Sharma, Chitrakshi Kotwal, Andrew Raj Anthony, Narureen Goni, Sharanya Sangra, Kartik Raj, Aanya Mahajan, Nabil Angral, Niyati Anthal, and Viraj Dogra, exhibited impressive grit and perseverance, proving their potential to shine in future competitions.

This exemplary accomplishment has infused immense pride within the Jodhamal community. The Trustee, Director, Principal, and Vice Principal extended their heartfelt congratulations to the medallists and their families, applauding their commitment to excellence. Special recognition was given to the coaches for their relentless dedication and encouragement, which played a pivotal role in this success. Such remarkable performances reaffirm Jodhamal Public School's reputation as a beacon of holistic education, fostering not only academic brilliance but also athletic excellence. These achievements serve as a powerful reminder of the school's mission to inspire students to embrace challenges, achieve their highest potential, and make an indelible mark in every arena of life.

36th Reasi District Volleyball Championship concludes

STATE TIMES NEWS
REASI: 36th Reasi District Volleyball Championship organized by Volley Ball Association of J&K in collaboration with Shri Mata Vaishno Devi Shrine Board at Sports Stadium Katra concluded on Friday. In the 2-day championship under the aegis of J&K Sports Council total 8 teams drawn from farflung areas of the district participated in the championship by playing 7 matches on knockout basis. The thrilling final match was played on the closing ceremony of the championship between Reasi Eagle Volleyball Club V/S Mahore Lions volleyball club. In neck to neck fight Mahora Lions Volleyball club lifted the championship by defeating Reasi Eagles Volleyball club in 3-0 Sets and score 25-22, 26-24 & 25-21. The Asstt. Chief Executive officer/ Director



Organisers along with winner team posing with trophy.

Sports, SMVDSB Dhruv Gupta who was the chief Guest, distributed the prizes in shape of Trophies, Medals/Sports kits among winner and Runner-up teams on the occasion. The students of Amba kids home Panthal added grace to the function

by presenting a colourful cultural program fostering the spirits of National unity and communal harmony. Chief Guest lauded the efforts of organisers in inculcating the spirits of youth in Nation building through sports. The chief guest exhorted the youth to act as ambassadors by awarding the people the ill-effects of drug-addiction, pollution etc to keep the society neat and clean. Chief guest also shared the information of sports activities under taken by the shrine board in consultation with sports experts and also assured that Volleyball game would also be included in the mandate of shrine board in near future. Chief guest was honoured with memento by office bearers of VAJK Raj Guru senior vice president, Kuldeep Magotra CEO, Vijay Kumar Magotra General Secretary. Ashwani katoch chairman Amba kits home, Rakesh Sharma organiser of the championship were also honoured with mementos by the chief Guest. A cash prize worth Rs 2000/- was given to the students by the office bearers of VAJK for their impressive colourful programme on the occasion.

School of Architecture GCET students explore architectural excellence at SMVDU



Students along with faculty members during the visit.

STATE TIMES NEWS
KATRA: In an enriching academic exchange, 22 architecture students from the School of Architecture, Government College of Engineering and Technology (GCET), Jammu, along with three faculty members, visited the School of Architecture and Landscape Design (SoALD) at Shri Mata Vaishno Devi University (SMVDU). The visit aimed to provide students with practical exposure and a deeper understanding of architectural design principles and practices. The Head of School of SoALD, Ar. Abhinay Gupta,

welcomed the visiting team and emphasized the thoughtful campus planning aspects that make SMVDU a unique academic environment. He explained the design philosophies behind the campus's spatial organization, eco-sensitive planning, and architectural aesthetics. Following this, Ar. Navin Gupta, Assistant Professor at SoALD, delivered an engaging lecture on the nuances of thesis preparation. He guided the students on selecting and approaching their thesis topics effectively, highlighting the importance of research, conceptual clarity, and innovation in architectural projects. The visit also included a guided campus tour, allowing GCET students to explore the architectural and landscape design of SMVDU firsthand. The students observed how theoretical concepts are implemented in real-world scenarios, which would help them in their respective design exercises and academic projects. The collaborative effort between GCET and SMVDU aims to inspire young architects and foster a culture of shared learning and innovation in the field of architecture.

APS Damana celebrates triumphs and legacy of India's Victory Day

STATE TIMES NEWS
JAMMU: Army Public School Damana celebrated Victory Day on Friday in the School premises to commemorate resounding military triumph of India over Pakistan on December 16, 1971, leading to the creation of Bangladesh from the former East Pakistan. The event commenced on a high note wherein approx 200 students attended a motivational session led by Major Prarabdh Bhadoria which set the stage for the forthcoming



events for the day. He reminded students of the supreme sacrifices of our Armed Forces who will forever shine in our hearts like the luminous stars in the sky. It was followed by screening of a short documentary to the young audience. The students were enthralled to watch the valour of Indian Armed Forces during 1971 Indo-Pak War wherein Chenab Bde played a crucial role. The movie was followed by an exhilarating session taken

by Major Shubhang, KC. He shared the narratives of indomitable courage and leadership of our soldiers to claim the crucial position from well-entrenched enemies. Following that, a Painting Competition based on the theme of the Victory Day was conducted for the young artists of the school wherein the students showcased their artistic skills through drawing and painting. The Chairman of the School highly appreciated the creative works of the students which highlighted the bravery and courage of the soldiers who sacrificed their lives for the nation. Pushpinder Kaur, Principal of the school also motivated the students to keep the spirit of patriotism high and give their contribution in the nation building. Overall, the day provided a highly enriching and enlightening experience, leaving students with a deeper sense of patriotism and respect for the soldiers.

GDC Kathua extends support towards National language Translation Mission

STATE TIMES NEWS
KATHUA: The Department of Dogri, Govt. Degree College (GDC) Kathua, under the leadership of Prof. Seema Mir, Principal organized a week long awareness campaign about the National Language Translation Mission in collaboration with Bhashini Project funded by Ministry of Electronics and Information technology (MeitY) along with GCWParade, Jammu. Dr. Preeti Dubey, Assistant Professor, Department of Computer Applications and Co-Investigator of the research project at GCW Parade apprised the students about the Govt. initiatives to bridge the Digital Divide. During this campaign, she presented a lecture on varied topics like the skills

required for translation of languages, research and job opportunities for the students of languages like English, Dogri, Hindi and other local languages under Bhashini Project. Sunil Kumar demonstrated the tools developed for Dogri. The students, teaching and non-teaching staff members of the college contributed in Dogri Data collection required for automatic Spoken Language translation. Three students of the college Saroj Devi, Arushi Devi and Nikhil of Semester V of GDC Kathua joined the project as part time coordinators with a stipend to be provided by the Govt for their contribution to the project. Speaking on the occasion, Principal Prof. Seema Mir expressed her grati-

tude and encouraged such collaborations for the benefit of the students. She enlightened the students about the need of Skill enhancement for "Atam Nirbharta" of the students which is the need of the hour. Prof. Seema Mir, further emphasized on the need to embed research culture which is also a part of NEP-2020. She advised the students studying different languages and computer application as Major course to take up translation in their research project to meet up the requirement of research in semester VIII. She appreciated the efforts undertaken by the Govt. to encourage the technological developments of regional languages especially the low resourced regional language like Dogri. The campaign started with a welcome speech by Meena Devi, Head Department of Dogri, who coordinated the entire campaign with support from Dr. Pritima Sangra and Mukesh Kumar, faculty members of Department of Dogri. Dr. Yash Paul, Head, Department of Urdu, Dr. Ram Singh, Head, Dept. of Education were present during the session appreciated the technological development of Dogri. Dr. Preeti Dubey, extended heartfelt gratitude to the Principal for her support towards the Bhashini project. The campaign ended with a vote of thanks by Dr. Pritima Sangra.