

Pre-Board exams empower AISSE/AISSCE aspirants to clear CBSE ‘Floor Test’: Principal JKPS Kunjwani



Students appearing in Pre-Board Examinations at JK Public School Kunjwani.

■ STATE TIMES NEWS

JAMMU: As per established academic practice, CBSE-affiliated schools across the country are conducting Pre-Board Examinations for Class X and XII students during the first and second fortnight of December 2025. These examinations serve as a crucial preparatory milestone, enabling students to assess their readiness and fine-tune their performance ahead of the AISSE and AISSCE Board Examinations.

Echoing the adage, "When the going gets tough, the

tough gets going," Principal JK Public School, Kunjwani, Rajesh Rathore lauded the students for recalibrating their efforts, setting their sails right, and approaching the Pre-Board examinations with maturity and determination under the guidance of their teachers and the unwavering support of parents.

Sharing his reflections, the Principal remarked, "Life itself is a continuous examination-it tests us every day and at every moment. A progressive institution like JK Public

School, Kunjwani prepares its students not only for academic milestones but also for the larger challenges of life.

"Pre-Board examinations provide a comprehensive platform for students to demonstrate their acquired competencies, including handwriting, neatness and presentation, artistic sensibility, linguistic proficiency, subject mastery, and effective time management."

He further observed with visible satisfaction that students of Class X, appearing in their first Pre-Board, and

Class XII students, taking their second Pre-Board, have tightened their belts and risen to the occasion with remarkable discipline.

"Early morning alarms have become a routine across neighbourhoods, parents no longer need to pursue their wards for revision, and even Sundays and holidays are witnessing extended study hours. This transformation speaks volumes about the seriousness with which students have embraced this phase," he added with a warm smile.

Reflecting on the academic

environment preceding the examinations, Vice Principal Roopinder Kour shared, "Senior secondary students are on their toes, proactively approaching teachers for doubt-clearing sessions across subjects. Parents, too, are reaching out to express their happiness over the positive change in their children's study routines."

Appreciating the students' sincerity, School Coordinator Inderjeet Kour noted that learners have been earnestly requesting additional worksheets and

diligently submitting attempted sample papers to enhance their Board examination preparedness. "Although evaluating these papers demands extra effort from teachers, they are delighted to witness such initiative, ownership, and dedication among students," she remarked.

Academic Coordinator Parvinder Kour also applauded the collective efforts of teachers and students, stating, "Since the declaration of Mid-Term results, students of Secondary and Senior

Secondary classes have shown significant academic improvement. Having committed themselves to delivering qualitative progress in the First and Second Pre-Board examinations, they are putting their heart and soul into their preparation."

Extending her appreciation, Director JK Educational Society Shashi Chaudhary commended the relentless efforts of teachers for consistently fostering an academically vibrant environment at the school and for securing commendable Board results over the

years. Expressing her delight at the school's sustained academic excellence, she wished the students the very best for an impressive performance in their First and Second Pre-Board examinations, scheduled to conclude on 26 December 2025.

The Pre-Board examinations at JK Public School, Kunjwani thus stand as a robust academic rehearsal-strengthening confidence, refining performance, and preparing students to clear the CBSE 'floor test' with competence and conviction.

Sports are necessary to build a healthy, confident, responsible generation: Jugal

■ STATE TIMES NEWS

JAMMU: MY Bharat, Jammu, under the Ministry of Youth Affairs and Sports, Government of India, successfully organised the Closing Ceremony of Sansad Khel Mahotsav with a Cluster Level Sports Meet at KNIT Model Academy, Jammu.

The event aimed to promote sports culture at the grassroots level and encourage youth to adopt sports for physical fitness, discipline, and character building.

The programme was graced by Member of Parliament Jugal Kishore Sharma as the Chief Guest. MLA Marh Surinder Kumar Bhagat was present as distinguished guest. Their presence motivated young sportspersons and added



MP Jugal Kishore Sharma presenting trophy to winners.

enthusiasm to the event. The dignitaries appreciated the initiative for providing a platform to nurture sporting talent among youth.

The sports meet witnessed enthusiastic participation from young athletes across the cluster, reflecting a growing interest in sports. Six sports disciplines were con-

ducted, including two team events-Volleyball for Boys and Tug of War for Girls-and four individual events-Shot Put (Boys), 200 Metre Race (Boys), Skipping Rope (Girls), and Badminton (Girls). All competitions were held in a spirited and disciplined atmosphere, highlighting teamwork,

sportsmanship, and fair play.

Addressing the gathering, MP Shri Jugal Kishore Sharma emphasised that sports play a vital role in building a healthy, confident, and responsible generation. He encouraged youth to actively participate in games and physical activities and highlighted various initiatives of the Government of India aimed at promoting sports culture, particularly at rural and grassroots levels, through platforms like Sansad Khel Mahotsav.

The MLAs also lauded the efforts of MY Bharat in creating opportunities for young sportspersons and stated that such initiatives help identify hidden talent while channelising youth energy in a positive direction.

At the conclusion of the event, winners and outstanding performers were felicitated with trophies and certificates to recognise their achievements and motivate them for future endeavours. Nitin Hangloo, Deputy Director, Mera Yuva Bharat, Jammu, presented the vote of thanks, expressing gratitude to the MP, MLAs, dignitaries, KNIT Model Academy, and SSCAJK for their cooperation.

The event concluded on a positive note, reaffirming MY Bharat's commitment to promoting sports, fitness, and holistic youth development. Among others present were Ayodhya Gupta, Bhuvnesh Mehta, Bharat Bhushan, Gopal, Anita Rajput, Deepak Pandey, and Raman Singh.

J&K UT Yoga team leaves for National C'ship



J&K UT Yoga team with dignitaries at flagging off ceremony.

■ STATE TIMES NEWS

JAMMU: The J&K UT Yoga team on Thursday left for Ranchi, Jharkhand, to participate in the 50th Sub Junior and Junior National (Golden Jubilee) Yoga Sports Championship, scheduled to be held from December 27 to 30, 2025.

The team was flagged off with best wishes by Patron-in-Chief of Yoga Association J&K, Rajyogini B.K. Sudarshan Didi, Vice President B.K. Ravinder

Bali (Brahma Kumaris), Mukesh Sharma, and Secretary General Vinod Bhatia, conveying greetings on behalf of Association President Akhil Kapahi.

A total of 22 yoga players, comprising boys and girls, will represent J&K UT in the prestigious championship. The team is led by National Yoga Referees Aryaaveer Singh and Sabita Sharma as Coach and Manager, accompanied by Bharti Devi and Neha Basnotra.

The team members include Satyam, Kriday Sawhney, Akshit Sharma, Urvashi, Bhawani Rajput, Divya Gouria, Parth Samnotra, Aliya Akhter, Paavani Vij, Vasvi Sharma, Arun Kumar, Rohit Verma, Aarav Sharma, Abhay Kumar, Akshi Sharma, Nitya, Romil Bhat, Chahat, and Prakriti. The officials expressed confidence that the team will bring laurels to the Union Territory through disciplined performance and sportsmanship.

Poonch Taekwondo meet concludes



Participants posing with dignitaries.

■ STATE TIMES NEWS

JAMMU: The District Poonch Taekwondo Championships concluded on Thursday at the Indoor Hall, Sports Stadium, here. The championship was organised by the Taekwondo Association of District Poonch under the aegis of the J&K Taekwondo Association.

In the closing ceremony Ajaz Ahmed Jan, MLA Haveli, was the chief guest,

while Dr. Shakeel ul Rehman, was guest of honour. Among other distinguished guests were Mushtaq Ahmed, Incharge Sports Stadium Poonch; Tariq Khan, International Volleyball Coach; Khawaja Abdul Razaq, Pree Khurshad Sab, and Shakeela Sheikh.

Prominent among others present included Pervaiz Ahmed Malik, Imran Shah

Sab, Owais ul Din, Wasim Ahmed, Umber Ahmed, Zaheer Sab Jee, Shabir Malik, Sajad Rather, Shafeeq Sab, Akber Ali Bandy, Abhay Raina, Khalid Karbamin, Amjid Shah, Mukther Rathore, Master Rayaz, Ch Muzfeer, Pervinder Singh, and Aman Sharma.

The event held under the supervision of Ashiq Hussain.

■ STATE TIMES NEWS

JAMMU: Sumit Khajuria, a highly trained and experienced mountaineer, a skier, a rafter, a scuba diver and a sport climbing judge was unanimously elected as president of Tawi Trekkers J&K in an election meeting held at Press Club of Jammu. Whereas Sonam Sidharth has retained as general secretary, Shawetia Khajuria was unanimously elected as the working president of the Club.

Belonging to the second generation of Tawi Trekkers J&K, Sumit Khajuria, a silent and very efficient organiser, has led many successful mountaineering expeditions and has contributed substantially for the grand success of Himalayan Trekking



Newly elected office bearers and executive members of Tawi Trekkers J&K with the dignitaries.

Programmes and various other adventure activities organised by Tawi Trekkers J&K.

Earlier, the Club welcomed its chairman, Anil Goswami, a former Union Home Secretary, co-chairman, Zorawar Singh Jmalwal, vice president Press Club of Jammu; patrons, Ashwani Sharma, former MLA; Rahul Sharma, chairman,

Sumit elected president Tawi Trekkers

Rakesh Goswami were made executive members.

Before the elections, in a meeting of the veteran members of the club, the members expressed satisfaction about the performance and achievements of the Club. They felt pride in the fact that the club has produced so many national champions and international sport climbers besides a number of brilliant mountaineers who have scaled formidable peaks including Everest, Kangehenjunga, Manaslu, Shivering and Mount Vinson in Antartica.

In the end Sumit Khajuria, President of the club thanked the members for reposing so much faith in him and promised to work with full dedication to take the Club to new heights.

Record medal haul by visually impaired Judo team

■ STATE TIMES NEWS

JAMMU: The visually impaired Judo team of Jammu and Kashmir established their supremacy with record 35 medals in the just held 14th Para Judo National Championship at Shri Ganganagar in Rajasthan.

The J&K team clinched two overall trophies besides other individual honours. Three members of the team, Riya Devi, Aliya Kousar, and Anshuman Sharma declared best players for their outstanding performance.

Earlier, 25 judokas, including 17 girls, participated across Sub-Junior, Youth, Junior, and Senior categories. The team delivered an outstanding performance, securing 13 Gold as many Silver, and nine Bronze medals, reflecting their dominance.



Medal winner visually impaired Judo team of J&K posing with dignitaries.

The entire contingent of visually impaired para judokas was trained under the expert guidance of Suraj Bhan Singh, chief Judo coach of J&K Sports Council.

The team was escorted by Suhasi Kiran, secretary of the J&K Blind and Para Judo Association, along with Shivali Rani and Punam Bala, teachers from the Sightless Residential School for Girls, Roop Nagar, who

accompanied the team as helpers. Anil Kumar was team manager.

Medal Winners: GIRLS: Sub-Junior (J1): Pritika Dogra (below 30 kg), Silver; Nisha Devi (below 35 kg), Gold; Nigita Devi (below 40 kg), Gold; Fitma Fyaz (below 45 kg), Silver; Asmat Zafar Malik (below 45 kg), Silver; Sub-Junior Girls (J2): Deepika Chaudhary (below 40 kg), Gold; Lachmi Devi (below 45 kg), Gold; Aliya Kousar

(above 45 kg), Gold. Youth (J1): Adiba Chaudhary (below 70 kg), Gold. Youth (J2): Upasana Rathore (below 52 kg), Gold. Nazia Akhtar (below 60 kg), Silver. Junior (J1): Riya Devi (below 40 kg), Gold; Kajal Sharma (below 40 kg), Bronze. Junior (J2): Bhumika Chib (below 44 kg), Gold; Shanaz Akhter (below 48 kg), Silver; Fiza Zohra (below 52 kg), Gold. Senior (J1): Adiba Chaudhary (below 70 kg),

Silver.

BOYS: Sub-Junior (J1): Aarav Pathania (below 45 kg), Silver. Sub-Junior (J2): Viraj Thakur (below 50 kg), Silver; Banti Ram (below 55 kg), Silver. Youth (J1): Anshuman Sharma (below 62 kg), Gold; Mohd. Imran (below 81 kg), Gold. Youth (J2): Satish Kumar (below 81 kg), Gold; Abrar Ahmed (below 55 kg), Bronze. Junior (J1): Sourav Guleria (below 55 kg), Bronze. Junior (J2): Ubaid-bin-Manzoor (below 55 kg), Bronze; Abrar Ahmed (below 55 kg), Silver. Senior (J1): Anshuman Sharma (below 64 kg), Silver; Wasim Akram (below 64 kg), Bronze; Mohd. Imran (below 81 kg), Silver. Senior (J2): Satish Kumar (below 81 kg), Bronze; Abrar Ahmed (below 64 kg), Bronze.

Baramulla district Boxing meet held



Participants of 3rd District Baramulla Boxing Championship posing with dignitaries.

■ STATE TIMES NEWS

JAMMU: The 3rd District Baramulla Boxing Championship, organised by Baramulla Boxing Association, concluded at Indoor Sports Stadium Baramulla.

The event took place under the banner of J&K Amateur Boxing Association and J&K Olympic Association while J &K Sports Council spon-

sored the annual domestic competition.

The championship witnessed enthusiastic participation of 60 boxers from different parts of the district, showcasing talent, discipline, and sportsmanship.

In the closing function, DySP Traffic Kashmir, was the chief guest, who felicitated the winners with medals and certi-

ficates. He encouraged the participants and appreciated the organisers for providing young athletes platform to perform and excel.

The event concluded with the distribution of medals and certificates to the winners and participants, marking another significant milestone in the promotion of boxing in District Baramulla.