

# JKPS Panjtirthi conducts physical activities



Glimpses of physical activities being conducted at JK Public School Panjtirthi.

## STATE TIMES NEWS

JAMMU: JK Public School (JKPS) Panjtirthi believes that the diverse co-curricular activities provide a platform to children for holistic development by equipping

them with skills to face the challenges of life. Such experiences play a pivotal role in any child's journey towards success. Physical activities are considered as a media for the

total development and enhancement of the personality of the child. JKPS religiously conducts the physical activities keeping in mind that a healthy mind resides in a healthy

body. The last physical activities training sessions were concluded at JKPS Panjtirthi with much enthusiasm. Principal of JKPS

Panjtirthi, Suman Banbah said, "At JKPS through plethora of physical activities like karate, taekwondo, aerobics, skating, Casio and guitar, jakians learn to collaborate with their peers

and learn to operate in harmony with others while respecting different points of view, ultimately enhancing their leadership qualities, building team spirit and learning to manage

studies and life from an early age." She appreciated the zeal, hard work and skills of the coaches which resulted in a successful and fruitful session towards the holistic

development of jakians. She further assured the Jakians that JKPS shall continue with the tradition of organising all these physical activities in the upcoming session too.

## KPPL Edition-4: Tridents, Ace CC outplay rivals to seal berth in semis

### STATE TIMES NEWS

JAMMU: Getting the better of their rivals with convincing margins, the formidable Tridents Cricket Club and Ace Cricket Club sealed berth in the semifinals of the ongoing Kashmiri Pandit Premier League (KPPL) Edition-4, being organised by Lalitaditya Sports, Education and Health Organisation (LSEHO) at KC Sports Club here.

The tournament in which 15 teams are taking part, is dedicated to the martyrs of Jammu and Kashmir and is being played with a twin purpose of promoting sports and unity among the KP youth in exile.

Earlier, in the first match, Ace Club crushed KCC Warriors XI by a big margin of 151 runs.



A player receiving Man of the Match award.

Batting first, Ace Cricket Club scored a huge total of 222/1 in 20 overs. Sidharth Bhat scored 102 runs off 46 balls studded with 17 fours and 3 sixes, while Ave Kachroo contributed 98 off 48 balls with 12 boundaries and 4 sixes.

In reply, KCC Warriors

scored 110 runs in 20 overs. Dalip Koul scored 24 runs.

Sanjay Koul and Somil Raina bagged 2 wickets each for Ace Cricket Club.

For scoring century Sidharth Bhat was adjudged as the man of the match.

In another match, Moon Strikers defeated Sharika

Cricket Club by 22 runs. Batting first, Moon Strikers scored 132/9 in 20 overs. Ankit Pandita top scored with 26 runs.

Rohit Handoo and Akki took 3 wickets each for Sharika Cricket Club.

In reply, Sharika Cricket Club scored 110 runs to lose the match by 22 runs.

Anil Bhushan top scored with 40 runs, while Provin Bhat contributed 32 runs.

Bobby Pandita took 2 wickets for Moon Strikers. Ankit Pandita was adjudged as the man of the match.

Winning the toss and batting first, Tridents Cricket Club scored a good total of 159 runs in the stipulated 20 overs.

Sushant Ganjoo top scored with power-packed 42 runs off

24 balls, studded with 6 fours and one six, while Vicky, Prabal Pandit and Vinny contributed 26, 25 and 22 runs to the total respectively.

For Spartans XI, Amit Bhat and Arsh Raina bagged 2 wickets each, while Bopinder Koul and Sahil claimed one wicket each.

In reply, Spartans XI bundled out for paltry 82 runs to lose the match by 77 runs.

Sumit Raina and Avi Sharma contributed 23 and 15 runs to the total respectively.

For Tridents Cricket Club, Arnab Bhat and Surinder Raina took 3 wickets each, while Amit Wali bagged 2 wickets. Surinder Raina of Tridents Cricket Club was adjudged as the man of the match.

## MAM, GGM bag Gatka titles of CLUJ



Dignitaries posing for a photograph with the winner teams at Jammu on Monday.

### STATE TIMES NEWS

JAMMU: Government MAM College bagged the men's over trophy of the inter-college Gatka competition of Cluster University of Jammu (CLUJ) held here on Monday. The MAM College team earned highest 106 points out of the medal won in different events. The overall second place went to Government SPMR College of Commerce with 97 points.

Similarly, in the women's title trophy went to GGM Science College with 142 points. Government MAM College women remained

runners-up with 72 points. Prof. Rajesh Kumar Gupta, Principal GGM Science College was the Chief Guest, who felicitated the teams in the presence of Guest of Honour, Dr. Ranvijay Singh, Dean Students Welfare CLUJ. The event took place under the overall supervision of Dr. Vinod Bakshi, Director Sports CLUJ.

The competition officiated by the technical panel including Taranbeer Singh, Jasvinder Singh, Kamaljeet Singh, Varundeep Singh and Ravinder Singh.

## CLUJ wins 3 medals in Grappling



VC CLUJ, Prof. Bechan Lal felicitating medal winners.

### STATE TIMES NEWS

JAMMU: Cluster University of Jammu (CLUJ) in the just held All India Inter-University Grappling competition at JJTU Rajasthan under the banner of Association of Indian

Universities (AIUs).

The CLUJ won three medals, including Silver. While, Inran clinched silver, one bronze medal each came through Akhilesh Padha and Himanshu Samyal.

On return, the medal winners called on the Vice Chancellor CLUJ, Prof. Bechan Lal, who encouraged the players and appreciated the support staff and officials of the Sports Department of the institution.

Among others present were Dr. Jatinder Khajuria (Registrar), Dr. Naveen Anand (DAA), Dr. Mohd. Zubair (Dean Teaching Education), Dr. Vishal Sharma (Dean Social Sciences), Dr. Vinod Bakshi (Director Sports), Ramandeep Krallia, (PTI GCOE Jammu) and Neelam Chalotra (PTI Government MAM College).

## J&K Police to host All India Police Water Sports Championship from March 2

SRINAGAR: Vijay Kumar, Addl. Director General of Police (ADGP) Armed/L&O J&K chaired a meeting of officers on Monday at Police Headquarters J&K Srinagar to review the arrangements for 23rd All India Water Sports Championship 2023-24 being hosted by J&K Police at Dal Lake (Back Lawns) of SKIOC Srinagar from March 2 to 8, 2024.

The ADGP took stock of all the arrangements and preparations made by different committees for smooth and successful conduct of the mega event, 29 teams of different central and state Police organizations comprising of more than 500



ADGP Armed/L&O J&K, Vijay Kumar chairing a meeting at Srinagar on Monday.

athletics across the country are expected to participate in the 07 Day mega event in Canoeing, Kayaking & Rowing, he said. ADGP stressed on seamless organization and safety protocols during the event. The ADGP emphasized for elaborate security, traffic, management, transportation,

accommodation, heating & other necessary arrangements for the participating teams.

Earlier Kuldeep Handoo DySP Sports APHQ apprised about all the arrangements assigned to various committees/officers for smooth and

successful conduct of the event.

The officers who attended the meeting include Vidhi Kumar Birdi IGP Kashmir, M. N. Tiwari IGP Armed/IR Jammu (through VC), B.S. Tuti IGP Hqr PHQ J&K (through VC), Shahid Mehrarj DIG Armed

Kmr, Abdul Qayoom DIG IRP Kmr, Rajive Omprakash Pande DIG CKR Srinagar, Dalip Kumar SO to ADGP Armed/Law & Order J&K, SSP Srinagar, SSP Security, SO to IGP Traffic J&K, SSP EOW Kashmir, AIG P&T PHQ, AIG Communication PHQ, Principal CTC Lethpora, Dr. Burhan Bazaz of Water Sports (through VC), SP Traffic City Srinagar, Representative of SDRF and commandants of Kashmir based AP/IR Battalions, Syed Sajad Hussain Pvt, Secretary to ADGP Armed J&K Through VC, Abdul Hamid DySP Pers APHQ and other Officers.

## Shiksha Niketan School hosts philately workshop

### STATE TIMES NEWS

JAMMU: The Department of Posts, India Office of Assistant Superintendent of Posts Gandhi Nagar Sub Division, Jammu conducted a Philately Workshop in Shiksha Niketan Senior Secondary School, here.

The workshop aimed to promote awareness among the Students about Philately and also



Students posing with faculty and other dignitaries.

to create awareness about

the Deen Dayal SPARSH

Yojna Scholarship Program 2023.

As several deserving students from the school participated in (Level- I) Philately written Quiz and (Level - 2) , Project work for the Deen Dayal SPARSH Yojna Scholarship Program 2023.

The students have been selected for Scholarship include Milanpreet Kour, Pihu Gupta and Anandita (all from 9th Grade).

In recognition of their achievement, each select-

ed student has been awarded a scholarship of Rs. 6000.

Principal of the School, Rameshwar Mengi took a motivating Lecture, urging the students to participate in such initiatives in the future and strive to win.

Additionally, the Assistant Superintendent of Post Office Ravi Kumar encouraged students to make Philately a habit and explore its richness.

## Jammu boy Kulwinder to represent 'Bangalore Striker' in ISPL 2024

### STATE TIMES NEWS

JAMMU: It is proud moment for J&K UT as Jammu boy Kulwinder Singh, son of Inderpal Singh, resident of Rani Bagh Satwari, Jammu was bought a at the cost of Rs 3 lakh by "Bangalore Striker" Cricket team.

"Bangalore Striker" Cricket team shall participated in Indian Street Premier League (ISPL) at Mumbai and tournament is scheduled to be held from March 6, 2024.



## Sumit qualifies Ph.D

### STATE TIMES NEWS

JAMMU: Sumit Singh, son of Chanchal Kumari and Gurbaksh Singh, resident of Malik Pur; Miran Sahib, R.S Pura, has been declared qualified for the award of Degree of Doctor of Philosophy (Ph.D) in Chemistry from University of Jammu.

He worked on the topic 'Synthesis, structure and physical properties of some 3d metal containing nano and bulk ferrites' under the supervision of Prof. D.S Sambyal.



## Workshop on 'Communication and Personality Development' concludes at JU

### STATE TIMES NEWS

JAMMU: One week workshop on communication and personality development organized by the Department of Lifelong Learning, University of Jammu (JU) from February 19 to 26, 2024 concluded here on Monday.

More than 60 students from the JU, colleges, and civil society participated in the workshop.

The workshop's resource person, Neetu Dhar, Chief Coordinator and Master Trainer at Jammu and Kashmir Dairy Producers,



JU faculty and students posing for a photograph.

Processors, and Marketing Cooperatives, Ltd. conducted the-

oretical and practical sessions on different themes like effective communi-

cation skills, role play, presenting information through audio-visual aids, emotional intelligence and empathy, self-discovery and self-development, and resume writing.

Speaking during the valedictory function, Dr. Jeevan Jyoti, Director DLL, thanked the resource person and complimented all the participants for completing this workshop successfully.

The workshop was coordinated by Dr. Rewa Khajuria, Counsellor, Employment Information cum Advisory Bureau, DLL.



Former Dy CM, Kavinder Gupta inaugurating sports meet.

Shakti Dutta Vice President, Rachit Khosla General Secretary Gandhi Nagar were also present. The Chief Guest felicitated by the Principal, Manpreet Grover.

Demonstration by the students led by Anil Nanda, Chief Technical Director J&K Sports Taekwondo Association and Ronika Rathore, Black Belt, 2nd Dan South Korea.