

# Live telecast of Pariksha Pe Charcha held at JK Public School Kunjwani

■ STATE TIMES NEWS

JAMMU: The much-anticipated Pariksha Pe Charcha (PPC) 2025 was held in the premises of JK Public School, Kunjwani under the supervision of Principal Rajesh Rathore and School Coordinator Inderjeet Kour, marking a special initiative led by Prime Minister Narendra Modi.

This event aimed at alleviating exam stress, fostering a healthy learning environment, and promoting open discussions between students and the Hon'ble Prime Minister.

This educative event serves as a platform where Prime Minister Modi connects with students in an informal, candid manner, offering motivational insights, practical advice, and tips for stress management.

Education is not only about marks but about building a positive future," said Prime Minister Modi in a statement. "Pariksha Pe Charcha is about empowering students to face challenges with resilience and embracing the journey of learning."



Students attending live telecast of PM's Pariksha Pe Charcha 2025 in the premises of JK Public School, Kunjwani under the supervision of Principal Rajesh Rathore.

Pariksha Pe Charcha has become an annual event and is part of the broader vision to transform education in India, making it more student-friendly and stress-free.

In his closing remarks he emphasised the importance of

mental well-being and balanced learning, urging students to view exams not as a source of stress but as an opportunity to showcase their knowledge and growth.

The event served as a reminder that success in life is

not determined solely by marks but by the values of perseverance, resilience, and a positive attitude towards learning.

With an overwhelming response from participants, Pariksha Pe Charcha 2025

successfully brought together diverse voices, fostering a national conversation on how to improve the learning experience for students.

During the post-PPC session, Principal JKPS Kunjwani Rajesh Rathore

applauded the audience for listening to the reflections of PM with rapt attention.

He said, "It has been an enlightening and inspiring experience to witness Prime Minister Narendra Modi's session on Pariksha Pe

Charcha (PPC) today. His words were filled with wisdom, motivation, and practical advice, reminding us that examinations are not just about marks but about learning, self-improvement, and confidence-building".

"His engaging interaction, coupled with real-life examples, has instilled a sense of motivation among all of us. He has beautifully reinforced that hard work, discipline, and perseverance are the keys to success. As educators, it is our responsibility to support our students, encourage them to follow their passions, and help them develop a balanced approach towards academics and life. Let us all work together to create an environment where learning is a joyful experience rather than a burden", he added.

"I urge all our students to implement the valuable insights shared today, stay confident, and believe in your abilities. Success is not just about scoring high marks but about developing a strong character, resilience, and a lifelong love for learning. A heartfelt thanks to our Prime Minister Narendra Modi for this invaluable session. Let us move forward with positivity and determination. Wishing all our students the very best for their upcoming examinations", he concluded.

## Paras Dogra passes litmus test; puts J&K in a good position against Kerala

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PUNE: Experienced campaigner and veteran of many battles, J&K skipper Paras Dogra displayed stellar grit and tenacity to notch up unconquered 73 runs, showing solidity, sublimity and elegance, thus putting J&K in a good position after conceding 1-run lead to Kerala in the ongoing Ranji Trophy Quarter-Final match at MCA Cricket Stadium Gahunje, Pune on Monday.

Earlier, resuming from an overnight score of 200/9, Kerala rode on the last wicket partnership of 81 runs between Salman Nizar and last man Basil Thampi to score 281 runs, thus gaining 1-run first innings lead over Jammu and Kashmir.

Nizar remained unbeaten on 112 runs off 172 balls with 12 fours and 4 sixes, while Thampi contributed 15 valuable runs. Earlier, Jalaj Saxena scored 67 runs off 78 balls studded with 6 fours and 3 sixes, while Nidheesh MD (32) and opener Akshay Chandran (29) were the other



major contributors.

Speedster Anqib Nabi continued his bowling brilliance and captured 6 important wickets by conceding 53 runs in his 27 overs, thus emerging highest wicket-taker with 44 wickets among the fast bowlers across the country and solidifying his claim for Team India selection, while Yudhvir Singh and Sahil Lotra bagged 2 wickets each.

J&K were 181/3 in their second essay, thus leading by 180 runs with 7 wickets in hand. Skipper Paras Dogra, who had struggled with the willow during the season so far, was at the crease on 73 runs off 148 balls, studded with 7 fours and one six, while

wicketkeeper batter Kanhaiya Wadhawan was unbeaten on 42 runs off 80 balls with 3 boundaries. While young Kanhaiya again showed the glimpses of his bright future, Paras showed why he is rated as the legend at the domestic circuit. Vivrant Sharma (37) and promising Yawer Hassan (16) were the other contributors, while batting mainstay and prolific run-getter Shubham Khajuria failed to deliver with the willow. Nidheesh MD took wickets for Kerala.

Earlier, on day-1, put into bat, J&K after early hiccups rode on valuable contributions by wicketkeeper batter Kanhaiya Wadhawan (48) and Nasir Lone (44) and scored 280 in their first innings. Sahil Lotra (35), Anqib Nabi (32), Yudhvir Singh (26), Yawer Hassan (24), Abid Mushtaq (19) and Umar Nazir (14 not out) were the other contributors.

Nidheesh MD was the pick of the bowlers for Kerala, who captured 6 wickets by conceding 75 runs in his 27 overs,

while AA Sarvate bagged 2 wickets. Basil Thampi and Basil NP claimed one wicket each.

With three days of play gone and two more days left

in the match, the match seems to be almost evenly poised with slight advantage to J&K. 60-40 in favour of Jammu and Kashmir at this stage.

SCOREBOARD	
<b>JAMMU &amp; KASHMIR 1ST INNINGS</b>	<b>280/10</b>
<b>KERALA 1ST INNINGS</b>	
Akshay Chandran c sub (VY Sharma) b Sahil Lotra	29
Rohan Kunnummal c Vivrant Sharma b Anqib Nabi	01
Shoun Roger c †Wadhawan b Anqib Nabi	00
Sachin Baby (c) b Anqib Nabi	02
Jalaj Saxena c Umar Nazir b Anqib Nabi	67
Salman Nizar not out	112
Mohammed Azharuddeen † lbw b Yudhvir Singh	15
Aditya Sarvate c Khajuria b Yudhvir Singh	01
MD Nidheesh c & b Sahil Lotra	30
Nedumankuzhy Basil b Anqib Nabi	00
Basil Thampi c Vivrant Sharma b Anqib Nabi	15
<b>Extras</b>	<b>9</b>
<b>Total</b>	<b>281/10</b>
<b>JAMMU &amp; KASHMIR 2ND INNINGS</b>	
Shubham Khajuria c †Mohd Azharuddeen b Nidheesh	02
Yawer Hassan c Sachin Baby b Nidheesh	16
Vivrant Sharma c Sachin Baby b Basil	37
Paras Dogra (c) not out	73
Kanhaiya Wadhawan † not out	42
<b>Extras</b>	<b>10</b>
<b>Total</b>	<b>180/3</b>

## Awareness Drive against sexual harassment conducted at SPMR College of Commerce

■ STATE TIMES NEWS

JAMMU: Internal Complaint Committee against Sexual Harassment (ICCASH) of SPMR College of Commerce in collaboration with SPARSH Cluster University of Jammu organized an awareness drive aimed at educating students and staff and raising awareness about the prevention and redressal of sexual harassment.

The drive included interactive session and awareness campaign designed to shed light on various aspects of sexual harassment, including its definition, types,



Principal of the college Prof. (Dr.) Rajinder Singh with faculty and students.

impact, and the legal framework in place to address it.

During the program, videos regarding various aspects of harassment and its resolution were shown to

the audience. Later on a skit was also shown to the students.

Speaking on the occasion, Principal of the college Prof. (Dr.) Rajinder Singh said

that creating a safe and inclusive environment was crucial for the overall development of our students.

He noted that the awareness drive was a step

towards ensuring that everyone on campus is aware of their rights and responsibilities when it comes to preventing sexual harassment.

The college reiterated its commitment to maintaining a zero-tolerance policy towards sexual harassment and encouraged students and staff to come forward with any concerns or complaints.

The college has a dedicated Internal Complaints Committee (ICC) to address such issues promptly and confidentially.

The awareness drive is

part of SPMR College of Commerce's ongoing efforts to promote a respectful and secure environment for all its members. The college plans to conduct more such initiatives in the future to reinforce the message and ensure its effectiveness.

The entire program was conducted by Dr. Reena Rani and Dr. Rajni Sharma. Those present on the occasion included Dr. Mohd Azam, Prof. Rekha Gupta, Prof. Ashwani Kumar, Dr. Chetna Gupta, Dr. Deepshikha Sharma, Dr. Madhu, Dr. Mamta Rani, Dr. Neeru and others.

## 18th J&K Wushu Championship from Feb 15

■ STATE TIMES NEWS

JAMMU: Wushu Association of J&K shall organise 18th UT J&K Wushu Championship at Indoor Hall Bhagwati Nagar, here from February 15 to 18. The event is being sponsored by J&K Sports Council.

Around 19 districts and five other Khelo India centres as also J&K Police shall compete for the top honours, a handout issued by the association here on Monday informed.

The majority of the district teams have raised on the basis of performance in the district championships. In case of any query, related to the event, players and officials may feel free to speak to the Organising Secretary (9596910112).

## Charanjeet emerges 2nd Runner-up in ‘Kahin Gum Na Ho Jayein Season 7’ contest



J&K's Charanjeet Kaur with other winners posing for a photograph.

■ STATE TIMES NEWS

JAMMU: The National Cookery Contest 'Kahin Gum Na Ho Jayein Season 7' reached its grand finale at the Indian Culinary Institute and NCIM in Noida on February 8, 2025. The event was organized by Let's Give Back, a registered NGO, under the banner of Back to Roots, led by Col Atul Saxena, co-founder of the trust.

After a fierce competition, Fathima Sheeba from Kanyakumari was crowned the National Winner, followed by Sumona Deb from Jharkhand as the 1st Runner-up and Charanjeet Kaur from Jammu as the 2nd Runner-up. Priyanka Jain was honoured with the Jury's Choice Award.

The top contestants received prize money of Rs 51,000, Rs 31,000, Rs 21,000, and Rs 11,000 respectively. Charanjeet Kaur's impressive achievement as the 2nd Runner-up among 50 participants from 13 states underscores her exceptional talent and dedication. Her success not only highlights her culinary skills but also brings pride to Jammu, showcasing the region's vibrant culture. The contest, held in November 2024, was seamlessly coordinated by Kalpana Vinay, founder of Studio Kava, who ensured an inspiring and smooth experience for all contestants. Charanjeet's victory is a testament to her hard work and determination, making her a true representative of Jammu's culinary brilliance.

## Speaker chairs House Committee meeting to assess issues raised by legislators

■ STATE TIMES NEWS

JAMMU: A meeting of the House Committee was held here on Monday under the Chairmanship of Speaker, Jammu and Kashmir Legislative Assembly, Abdul Rahim Rather, to discuss issues raised by different members of the Legislative Assembly.

Legislators, Sunil Kumar Sharma, (Leader of Opposition); Ghulam Ahmad Mir; Nazir Ahmad Khan (Gurezi); Surjeet Singh Slathia; Ali Mohammad Dar; Javid Hassan Baig; Ch Mohammad Akram and Waheed Ur Rehman Para were present as members of the Committee.

The Committee discussed accommodation and other related issues being faced by the MLAs during their stay in the twin capitals of J&K. During threadbare discus-

sions, the Legislators gave their suggestions regarding provisioning of suitable accommodation to them at Jammu/Srinagar. They also suggested that process should be initiated to identify the government quarters for allotment to the MLAs till new arrangements are made so that they won't face any inconvenience during public meetings and legislative sessions.

The Speaker assured them that all their genuine suggestions including accommodation issues would be taken up with the government for early resolution. He showed his optimism that these issues would find resolution in a time-bound manner.

Secretary, Jammu and Kashmir Legislative Assembly, Manoj Kumar Pandit and other senior officers were present in the meeting.

## J&K Rope Skipping meet begins at IDPS



Former Minister, Sat Sharma with other dignitaries and participants.

■ STATE TIMES NEWS

JAMMU: International Delhi Public School (IDPS), Ghou Manhasan, hosted the 12th UT Rope Skipping Championship which was organised by Rope Skipping Association of J&K.

The opening ceremony, held with great enthusiasm, saw the participation of over 200 athletes from across the UT of J&K.

The event was graced by

Sat Sharma, former Minister as Chief Guest, who declared open the event.

Also present were Legislator Surinder Bhagat, Tarun Uppal (Advisor, Rope Skipping Association), Danish (working secretary, Rope Skipping Association), Adil Manhas and Parshotam Sharma.

Earlier, the distinguished guests warmly

welcomed by Siya Singh and Vandana Sharma alongside Principal Sahris Ismaili and Vice Principal, Mubeen Butt.

The chief guest commended the young athletes for their enthusiasm and dedication, emphasizing the significance of sports in fostering discipline and resilience.

He also applauded IDPS for extending the infrastructure for sports.