

# Be rational during stream/subjects selection in Grade XI: Principal JKPS Kunjwani



Principal JKPS Kunjwani Rajesh Rathore speaking to a group of students seeking admission in Grade XI alongwith their parents.

## ■ STATE TIMES NEWS

JAMMU: "21st Century students may not be subjected to choosing a stream/ subject(s), which go beyond their liking or don't match with their aptitude. Children must follow their inner voice, only then they may keep pace with the rapidly changing times", stated the Principal JKPS Kunjwani Rajesh Rathore while speaking to a group of students seeking admission in Grade XI alongwith their parents.

"In current times, while there is a very bright future in every walk of life, whether it be pertaining to Scholastic or Co-scholastic domain, students must be given full liber-

ty to choose their future course of studies," Principal addressed the parent as well as students, who are about to embark on their Senior Secondary school journey.

He appealed students "to introspect their inner self, aptitude, competence and caliber till date. If their inner-conscience doesn't allow them to pursue a particular Stream or subject(s), then they shouldn't make up their minds at all. They must listen to their inner-self, as natural interest in the pursuit of any course of life fetches fruits beyond expectations".

"However, opting for any particular Stream, which

goes beyond the aptitude or liking of a student, then it never brings in the desired results", added the Principal.

"A child is the extended self of his/her parents. Whatever parents failed to achieve, they wish to achieve that through their children. Parents should never impose their decision against the will of their wards. If a child doesn't want to pursue Science stream, then parents shouldn't put pressure on their ward to study Science. He appealed parents to exercise control over their long-cherished unfulfilled desires, as children pay a heavy price, while fulfilling the wish of their parents under pres-

sure", the Principal added further.

Highlighting the importance of the streams available, the Principal started with the stream of Humanities, as a student gets to study History, Geography, Political Science, Economics, Psychology, Sociology, Language & literature. Humanities can be a great choice for searching of career in diversified areas, as the wide range of subjects offers great career options, namely, the most coveted UPSC exams, Management (CAT), Judiciary (CLAT), Mass Communication, Hospitality industry,

Politics etc.

Commerce field is all about learning and studying subjects related to trade, business, finance, and economics. This is also one of the most preferred streams of education by students who wish to embark upon a career or profession into MNCs, Banks or even entrepreneurship. The important subjects to study in these fields are English, Business Studies, Economics, Accounts, Applied Mathematics and Computers, Physical Education. Aspirants may search their career in various avenues, namely, as Chartered Account, ICWA,

## Secy YSS inspects progress on swimming pool in Srinagar



Secretary YSS, Sarmad Hafeez interacting with officials.

## ■ STATE TIMES NEWS

SRINAGAR: Secretary, Youth Services and Sports (YSS), Sarmad Hafeez, on Wednesday visited Gindun Sports Complex, a multi sports facility centre in Rajbagh Srinagar to take stock of progress on construction of swimming pool and other allied works there.

Secretary J&K Sports Council, Nuzhat Gull, Executive Engineer Construction Division Kashmir, Abdul Rasheed and engineers were present on the occasion.

Secretary had a detailed assessment of all the construction works being executed on the swimming pool. He directed the concerned engineering team to expedite all pending works making the pool functional by the month of June this year so that it is thrown open for the public.

Sarmad Hafeez also directed the Secretary Sports Council to ensure regular monitoring of all vital projects for timely and quality completion. He also asked her to conduct frequent visits of construction sites.

Sarmad Hafeez also impressed upon the concerned Executive Engineer to ensure that the deadlines fixed for completion of this project are met. He asked him to work in double shifts, if required, so that the project is completed within the committed timeline.

Pertinently, the swimming pool is being constructed under the IDFC scheme and is of Olympic standard as far as the dimensions of the pool are concerned.

## J&K Deadlift Championship held



Winners posing for a photograph with officials in Jammu on Wednesday.

## ■ STATE TIMES NEWS

JAMMU: Harshul Sharma among 11 participants were declared best lifters in their respective weight categories in the J&K UT Deadlift Championship which was organised by All J&K UT Powerlifting Association at Muscle Factory Gym, Roop Nagar; here.

The competition held in all the age categories of men and

women. Sumit Thakyal broke the previous record and set new record by lifting 187.5 kg in 53 kg weight category.

Advocate Arun Dev Singh Janwal, J&K president Yuva Moreha BJP, was the Chief Guest while Narinder Gupta and Arush Gupta were special guests.

Among the best lifters were Harshul Sharma, Umesh Raina, Rohit Sharma. In the

prize distribution, Sumit Thakyal, Raj Arryan, Adnan Choudhary, Sourav Kumar, Sapna Jain, Rakhi Grover, Shivani Langeh and Taniya Sharma.

Around 150 participated contested for the top honours from Jammu, Samba, Kathua, Udhampur; Kishwar; Reasi, Rajouri, Budgam and Kulgam districts, a handout issued by the Association claimed.

## ■ STATE TIMES NEWS

JAMMU: Gymnasts of J&K UT won eight medals including one silver and seven bronze medals during the recently concluded 17th Senior/Junior National Aerobic Gymnastics Championships & Sub Junior Rhythmic Gymnastics Championships at Bangaluru from March 29 to 31, 2023.

The J&K won first silver in the Senior Aerobic category of Aero Team comprising of Manvinder Singh, Sudipti Khanna, Kamal Chib, Mayank Jain, Honey Mehra, Inderdeep, Manav Gupta and Sahil Sahi whereas team of Maharashtra won gold in this category and Karnataka won bronze medal.

In the Mixed pair event of



Winner J&K Gymnastic team being accorded welcome at Jammu Railway Station.

senior category, Gourav Chettri and Yaadavi Mahajan won bronze for J&K UT, the gold and silver in this event is won by the pairs of Maharashtra and Gujarat.

In the Trio event of senior category, Gourav Chettri, Manav Gupta and Laksh Mahajan won bronze for

J&K UT, the gold and silver in this event were won by the Trio of Services & Maharashtra.

In the Group event of senior category, Gourav Chettri, Laksh Mahajan, Manav Gupta, Yaadavi Mahajan and Sudipti Khanna won bronze for J&K UT. Gold and silver in

this event were won by Services and Maharashtra respectively.

In Juniors category Riya Sharma of J&K UT won bronze medal in the Individual Woman Event, the gold and silver were won by Majida and Arika from West Bengal and Manipur respectively.

In sub Juniors category Rudrakash Khanna of J&K UT won bronze medal for J&K in Individual Man event whereas in the same age group Ayman Tak, Aakshra and Pranavi Sharma won bronze medal in Trio event while gold and silver in this category were won by team of Maharashtra and West Bengal respectively.

These medals winners are the trainee of Sports Council's Gymnastics Academy at MA Stadium, Jammu under the guidance of Sports Council coaches Krupali Singh Arjuna Awardee and Manisha Gupta.

The medal winners accorded warm welcome by the parents and General Secretary of Gymnastics Associations of J&K, here today.

## Arun Prabhat launches Winter Capital Football Club

## ■ STATE TIMES NEWS

JAMMU: BJYM President Jammu Kashmir Arun Prabhat launched "Winter Capital" Football Club at Miran Sahib Jammu, the event was followed by introduction with various football players coming from various parts of Jammu Kashmir.

Arun Prabhat appreciated the efforts of the club to develop and promote football Culture in Jammu.

He further said that these kind of initiatives boost and encourage local youth to take part in sports activities which channelise the youth to devote themselves for nation building.



BJYM President J&K Arun Prabhat and others launching 'Winter Capital' Football Club.

He further said that under BJP Regime, Government has a special focus in developing sports infrastructure throughout the country and PM always encouraged young people to take parts in Games and

sports.

He further said that the same players have the potential to represent India at international level and their impeccable dedication will make this thing reality very soon.

He also said that "Winter Capital" football club will play an important role in grooming future football players of the nation.

BJYM Vice President Yuvraj Singh, State Spokesperson Amit

Sharma, Mission Youth Incharge Pushpinder Singh were among the political leaders present on the occasion.

Vikram Thakur, Founder and Chairman of the Club, thanked Arun Prabhat and team for gracing the occasion.

AFC A license Coach - Satpal Singh (Tech. Director in Club) said that as a coach he is always there to support football enthusiasts to play and work for their state and nation at large.

Prof Davinder-SKUAST (General Secretary in Club) was also among the prominent persons present.

## ReK PETs & Apex Youth delegations call on LG Mishra

## ■ STATE TIMES NEWS

LEH: A delegation from Rehbar-e-Khel Teachers Forum from Leh and Kargil led by its President, Murtaza Ali Khan, called on the Lieutenant Governor of Ladakh, Brigadier (Dr) BD Mishra (Retd), at Raj Niwas.

Murtaza informed that 102 Rehbar-e-Khel Physical Education Teachers (PETs) are currently working in Ladakh. He informed that despite being highly qualified, they were paid a monthly honorarium of Rs 3000 for two years which was later enhanced to Rs 4000 for the next four years.

He requested that due to low salaries, they are unable to take care of their family members and provide good-quality education to their children.

Murtaza requested LG's intervention in invoking Clause (16) of the order issued by the government to regularise all 102 Rehbar-e-



ReK Teachers Forum delegation calling on LG Ladakh, Brigadier (Dr) BD Mishra.

Khel PETs. LG assured to look into the matter.

A delegation from Apex Youth led by its Coordinator, Stanzin Choshpel, called on the LG. Choshpel raised several issues related to the youth of Ladakh, viz. the need to establish Ladakh Public Service Commission; make Permanent Residence Certificate mandatory for all government jobs; allow graduates to apply for Class IV jobs; provide age relaxation to candidates applying for government jobs; the need

for strict vigilance at Upshi and Drass checkpoints to avoid illegal trafficking of drugs and the need to establish a Drug Rehabilitation/ De-addiction Centre in Ladakh; the need for LG's intervention in a speedy trial in the recent rape and attempted murder of a minor girl to ensure justice to the victim and her family members along with establish a Counselling Institution to provide counselling to the victims, etc. LG assured to look into the matter.

## Dhawan Prabhsimran and Ellis star in Punjab Kings' 5-run win over RR

## ■ STATE TIMES NEWS

GUWAHATI: Shikhar Dhawan and Prabhsimran Singh smashed classy half-centuries before Nathan Ellis' exploits with the ball guided Punjab Kings to a nervy five-run victory over Rajasthan Royals in an IPL



match, here on Wednesday.

Young Prabhsimran (60) and veteran skipper Dhawan (86 not out) pummelled the Rajasthan Royals attack to propel Punjab Kings to a challenging 197 for 4 after being asked to bat.

The Royals were then blown away by Ellis (4/30) before Shimron Hetmyer (35) and young 'Impact Player' Dhruv Jurel (32 not out off 15) stitched a 62-run partnership to get Rajasthan back in the game.

But IPL's costliest overseas recruit Sam Curran, justified his top billing, by brilliantly

defending 15 in the last over to restrict the Royals to 192 for 7.

Pacer Arshdeep Singh provided the early breakthrough as accounted for both openers. The Royals sent Ravichandran Ashwin to open in place of Jos Buttler, who had walked off the field grimacing after taking Shahrukh Khan's catch earlier on.

Yashasvi Jaiswal was first to go as he sent the ball straight the fielder. The Ashwin experiment also failed as the senior spinner perished for a duck.

Coming at No. 3 Buttler, hit an 11-ball-19. He was dropped in the third over but couldn't much as he became Ellis' first victim of the night.

Skipper Sanju Samson (42

off 25) looked in good nick as he timed the ball well. He smacked Harpreet Brar for back to back boundaries before greeting Ellis with twin fours.

## SCOREBOARD

<b>PUNJAB KINGS</b>	
Prabhsimran Singh c Buttler b Holder	60
Shikhar Dhawan (c) not out	86
Bhanuka Rajapaksa retired hurt	01
Jitesh Sharma † c Parag b Chahal	27
Sikandar Raza b Ashwin	01
M Shahrulkh Khan c Buttler b Holder	11
Sam Curran not out	01
<b>Extras</b>	<b>10</b>
<b>Total</b>	<b>197/4</b>
<b>RAJASTHAN ROYALS</b>	
Yashasvi Jaiswal c sub (MW Short) b Arshdeep Singh	11
Ravichandran Ashwin c S Dhawan b Arshdeep Singh	00
Jos Buttler c & b Ellis	19
Sanju Samson (c) † c sub (MW Short) b Ellis	42
Deydutt Padikkal b Ellis	21
Riyan Parag c Shahrukh Khan b Ellis	20
Shimron Hetmyer run out (Shahrukh Khan/Curran)	36
Dhruv Jurel not out	32
Jason Holder not out	01
<b>Extras</b>	<b>10</b>
<b>Total</b>	<b>192/7</b>

## ■ STATE TIMES NEWS

JAMMU: To ensure the emotional well-being, child protection and career development of students, the Directorate of School Education Jammu on Wednesday issued a counselling calendar for the new academic session 2023-24.

The calendar prepared by the Counselling Cell of DSEJ follows the guidelines of the National Education Policy (NEP) 2020. It also aligns with the School Health Programme and Manodarpan, a Ministry of Education initiative. These initiatives aim to ensure the physical and mental health of students. They also focus on child protection, value education and career development.

The calendar features month-wise well-being themes such as adolescent education, life skills, emotional well-being, value education, child protection, substance abuse, career guidance and examination stress management. Teacher coun-

sellors will use joyful and interactive methods to teach these themes. The calendar also includes significant days and national helplines for psychosocial support.

Director School Education Jammu, Dr Ravi Shankar Sharma has directed all Chief Education Officers and School Complex Heads to instruct heads of schools from elementary to senior secondary level to implement the calendar. In addition, the Counselling Task Force consisting of District and Zonal Counselling Coordinators has been instructed to oversee its implementation on the ground.

"Addressing the mental health and psychosocial needs of children can lead to a decrease in psychosocial issues impacting children such as drug abuse, bullying, juvenile delinquency, truancy and dropout," opined Dr Romesh Kumar, Head of the Counselling Cell at the Directorate of School Education Jammu.

## Insha qualifies Ph.D

## ■ STATE TIMES NEWS

KATRA: Insha Altaf, daughter of Mohd Altaf Sheikh, has been declared qualified for the award of Doctor of Philosophy (Ph.D.) in the School of Computer Science & Engineering by Shri Mata Vaishno Devi University, Katra. She has worked on the topic, "An End to End Framework for Collision Detection and Victim Management in Intelligent Transport System", under the supervision of Dr. Ajay Kaul, Associate Professor School of Computer Science & Engineering, SMVDU.

