

# Be the change agent to ensure a plastic-free India: Principal JKPS Kunjwani



Principal JK Public School Kunjwani, Rajesh Rathore and students addressing morning assembly on Thursday.

■ **STATE TIMES NEWS**  
JAMMU: "Plastic Free World is not a choice, but a commitment to life! A commitment to the next generation, so think before you trash it", with these thought provoking words, Urvi Gupta of Grade IX-D kick-started the morning assembly of the JK Public School Kunjwani on the

burning topic 'Plastic free world'.  
"Stop using plastic and start saving life. Plastic free April is a campaign aimed at raising awareness about the impact of plastic pollution on development and encourage individuals to reduce their plastic usage throughout the month of April", opined

Ridhima.  
"It promotes adopting eco-friendly alternatives. The effects of plastic on the environment and human health are significant and wide-ranging, such as environment pollution, economic costs", she added further.  
"Overall, the effects of plastic pollution underscore the urgent need for concen-

trated efforts to reduce plastic usage, improve management practices and promote sustainable alternate ideas to plastic. Thus, we should try to avoid plastic and try to be more eco-friendly. Don't let plastic bottles be our history fossils", concluded another talented student from the class Astitva.

Sensitizing the audience further, Akriti presented a poignant poem on the theme, which read like:  
It would be fantastic,  
If we stop using plastics  
And eased the world's pain  
With a healthy food chain.  
Turtles would no longer go gaga  
On a supermarket's bag,

Less chemicals in the sea  
Would be healthy for you and me!  
It would be fantastic,  
If we stop using plastic!  
Appreciating the assembly performance, Principal JKPS Kunjwani, Rajesh Rathore shared some meaningful insights with students to curb the usages of polythene bags.

He appealed, "Dear students, remain watchful while your parents proceed towards vegetable market or fruit market without a cloth bag/jute bag. Ensure that they carry a cloth bag with them, as in the absence of a cloth bag, people bring a dozen of polythene bags home, carrying vegetables/fruits. Ask your

parents to arrange smaller cloth bags to store vegetables in separate bags in the refrigerator".  
He appealed them to be the change agents for every change they wish to see in their surroundings. The assembly reached the point of culmination with the soulful singing of national anthem.

## NCC Cadets unite with veterans for Integration Run



NCC cadets and veterans after the run.

■ **STATE TIMES NEWS**  
UDHAMPUR: NCC Cadets and Indian Army Veterans converged in Udhampur for the concluding phase (10 Km) of Veterans 1000 Km Integration Run along the National Border (Diu to Kashmir).  
The spirit of unity and honour echoed through the picturesque valleys of Udhampur as 40 National Cadet Corps cadets, comprising 20 boys and 20 girls, alongside two Associate

NCC Officers, Third Officer Ranjeet Singh and Lt Kamaldeep Kaur and four NCC staff members, participated in the concluding day of the Army Veterans 1000 Km Integration Run, organized by the Indian Army Veterans.  
The event, which took place from Kuch to Udhampur, witnessed the convergence of youth and seasoned veterans, with the noble aim of fostering unity and camaraderie among

participants.  
The NCC cadets, embodying discipline and resilience, showcased their unwavering commitment to serving the nation alongside the esteemed veterans.  
Lt Gen MV Suchindra Kumar, The Army Commander, Northern Command interacted with the NCC Cds over a cup of Tea. The Army Commander praised the Spirit and enthusiasm of NCC Cds and Complimented them on their turn out. The event not only showcased the physical endurance of the participants but also fostered a sense of solidarity and mutual respect among all involved.  
The participation of NCC cadets in the Army Veterans Ultra 1000k Run exemplifies their unwavering commitment to embodying the ideals of discipline, leadership, and service to the nation.

where participants paid heartfelt homage to the martyrs who made the ultimate sacrifice in service to the nation. This poignant tribute served as a poignant reminder of the sacrifices made by our brave soldiers.  
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## J&K Deaf Judokas Mehak, Vishal in World meet



■ **STATE TIMES NEWS**  
JAMMU: Two deaf Judokas of J&K, Rakshinda Mehak and Vishal Khajuria from J&K UT have for the second time been made it to the Indian tea for the World Deaf Judo Championship got underway at Turkistan in Kazakhstan on Thursday.  
In this five-day event, six deaf judokas, including four women from India shall compete in different weight categories. Both Mehak and Vishal are trainees of chief Judo coach, Suraj Bhan Singh at Indoor Complex, M A Stadium, here.  
Earlier, the Indian team left for Kazakhstan on April 10 under the banner of Deaf Sports Council of India and sponsored by the Sports Authority of India (SAI).  
Rakshinda Mehak has already won Bronze medal in the 1st world Deaf Judo Championship which was held in Paris, France in 2021.  
Meanwhile, Gulshand Dharbu, general secretary Deaf Sports Association of J&K and Nuzhat Gul, Secretary J&K Sports Council appreciated and congratulated the deaf judokas of J&K.

## Humanity Public School celebrates Eid-ul-Fitr

■ **STATE TIMES NEWS**  
SAMBHA: Eid-ul-Fitr the festival that upholds the spirit of brotherhood, love and secularism, was celebrated with great enthusiasm by the students of Humanity Public School, Bassi Kalan Bari Brahmana.  
A special assembly was held in school premises to solemnize the end of the holy month of Ramadan. Through their performances, the students brought out the significance and compassion of Eid.



Students reciting Naat during Eid celebration at HPS.

To grace the occasion School Principal Gaurav Charak, Vice-Principal Anku Charak along with Incharges of different wings -Akashdeep Raina (Senior Incharge), Prashidh Singh (Incharge Hr. Sec. Wing), Namita Sharma (High Wing Incharge), Vandana Sharma (Incharge Primary Wing), Er. Varinder Kumar (IT Incharge), Shivani Sharma (Coordinator of Pre-Primary Wing), Meenu Khajuria (Activity Incharge) and Mahan

Singh (Sports Incharges) were present.  
To commemorate the occasion of Eid, the celebration of the event began with an 'Azaan' invoking the blessings of Allah. This was followed by Speech and Poems by Tehzeeb (8th), Aiza (4th) and Manvi (4th) respectively emphasising the importance of humanity and universal brotherhood.  
A melodious "Naat" sung by the girls of Middle wing, Himanshi, Jivika, Pranika, Manya and Sanvi reaffirmed everybody's faith in God.  
Its powerful lyrics, musical

composition & soulful rendition left everyone spell bound. The spirit of Eid was well imbued by the students.  
The Principal, Gaurav Charak addressed the special assembly accentuating the importance of the festival. He also delineated the truth that most religions perpetuate similar tenets.  
He invoked students to foster strong and long-lasting ties with each other. Only the feeling of compatibility and co-existence can make this world a better place to live in.

## JU introduces QR Code System for Dhanvantri Library Access



VC JU, Prof Umesh Rai with faculty unveiling pioneering QR Code System.

■ **STATE TIMES NEWS**  
JAMMU: In a momentous occasion, Prof Umesh Rai, Vice-Chancellor, University of Jammu unveiled a pioneering QR Code System tailored for accessing the extensive database housed within the prestigious Dhanvantri Library. This innovation marks a significant milestone in the University's commitment to providing seamless and efficient services to its students, scholars and faculty members.  
Prof Umesh Rai, renowned for his

unwavering commitment to advancing academic resources and fostering learning opportunities, expressed his enthusiasm for the initiative. He emphasized that the introduction of QR Code access represents a notable stride towards democratizing knowledge accessibility. This innovation empowers individuals from diverse backgrounds to conveniently and efficiently engage with scholarly resources. Furthermore, he underscored the Dhanvantri Library's reputation for its vast collection of liter-

ature and research materials, which is further enhanced by the convenience and accessibility offered through this initiative. With a simple QR Code scan, all the stakeholders and researchers gain instant access to the wealth of knowledge stored within the Library's archives.  
"We are delighted to introduce this new feature to our patrons," said Dr. Vikram Singh Sahi, I/C Librarian, Dhanvantri Library. "The integration of QR Code perfectly aligns with our mission to embrace innovative technologies that streamline information access and uphold academic excellence."  
Those present during the occasion included Prof. Meena Sharma, Dean Planning and Development, Prof. Neelu Rohmetra, Dean Research Studies, Prof. Sangeeta Gupta, Dean Social Sciences; Dr. Neeraj Sharma, Special Secretary to the Vice-Chancellor, Dr. Ginny Dogra, I/C Director of DIQA, Dr. Vikram Singh Sahi, Mansi Mantoo, Media Officer and Dr. Kusam Sharma.

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## KCPS students attend round square conference at Chandigarh

■ **STATE TIMES NEWS**  
JAMMU: Four students of KC Public School, namely, Diya Dubey, Panache Gupta, Aryaaveer Pal Singh and Aviral Kapoor attended a Round Square Conference hosted by Vivek High School Chandigarh from April 3 to 7.



KCPS students attending Round Square Conference.

They were escorted to it by Manoj Kapoor, Round Square Rep of the school. The theme of the Conference for students of classes 8 to 10 was 'Discover More'. 25 Round Square schools from India and abroad participated in the Conference.  
On the 1st day of the event on April 3, delegates met for informal ice-breaking sessions at the host school.  
The second day of the Conference on April 4 com-

menced with an opening ceremony, followed by a keynote address delivered by Vikram Agnihotri - an eminent and globally acclaimed disabled person - who inspired the young delegates with his heart-touching account of his struggle against severe physical disability suffered at young age. After the opening ceremony, student

and adult delegates split into smaller groups for barazza discussions on the theme of the conference in general and the keynote address in particular.  
The rest of the day was devoted to hands-on activities revolving around the Japanese Kintsugi concept of art and creativity.  
The second part of the confer-

ence was held on April 5 at a hill resort in Solan district of Himachal Pradesh where the delegates interacted with Lama Yeshe Rabga who led a session on mindful awareness and reconnecting with nature, offering practical exercises aimed at alleviating stress and anxiety. After the session, the spiritual leader led them on a nature bathing walk through the pine forest.  
The conference concluded on April 6 at the host school with a cultural show by all participating schools and a concluding ceremony.  
The KCPS delegates returned home enriched with experiential learning at the Conference and new friendships fastened during the global event.

## Delhi Wrestler Yudhvir lifts Gun Dangal title

■ **STATE TIMES NEWS**  
KATRA: Wrestler Yudhvir of Delhi lifted the title bout of 31st Gun (Reasi) Dangal defeating Ajay Sharma of Udhampur in a well contested bout that took place at Gun, near here.  
Yudhvir awarded with a cash prize of Rs. 8,000 while runners-up Ajay received Rs. 5,000 from chief guest, Shiv Kumar Sharma, former Joint Secretary of J&K State Sports Council (JKSC) and president J&K Indian Style Wrestling Association in the presence of former Sarpanch, Goutam Kumar, Rattan Singh and Rafiq, who were guests of honour.  
Dangal was organized by Gun Dangal Committee in



Former Jt Secy JKSC, Shiv Kumar Sharma with winner wrestler and others.

association with J&K Indian Style Wrestling Association under the overall supervision of Tilak Raj, president Karnail Singh.  
The bouts were officiated by the technical panel including Prbhat Singh,

Pawan Singh, Anil Kumar, Murli Dhar (Munna) and Harbans Lal.  
In all, 51 bouts played in this day-long event. The second main bout between Kulbir Singh of Kot Bhalwal in Jammu and Yog Raj of

Jammu ended in a draw with the result both wrestlers shared Rs 11,000 cash prize.  
Third main bout won by Sunil Kumar of Kot Bhalwal in Jammu beating Bunty of Uttar Pardesh. Winner Sunil got Rs 6,000 and Bunty presented Rs 4,000 cash prize.  
Members of Gun Dangal Committee, who helped in the conduct of Dangal included president Tilak Raj, Karnail Singh, Sarf Singh, Jaswant Singh, Balwan Singh, Kuldeep Raj, Deya Ram, Karan Singh, Bharat Bhushan, Ashok Singh, Yash Paul, Babu Ram, Mukesh Kumar, Mohd. Hanief, Salinder Kumar and Devinder Singh.