

JKPS Panjtirthi celebrates World Health Day

'Health awareness is crucial for early detection, prevention and ensuring effective treatment'



Glimpses of celebration of World Health Day at JK Public School Panjtirthi on Friday.

STATE TIMES NEWS

JAMMU: JK Public School (JKPS) Panjtirthi organised World Health Day to create value and awareness among jalkians about not just physical health but mental and emotional well-being as

well. Raksha Thakur, the Incharge highlighted the theme for World Health Day 'Health for All'. Jalkians exhibited a skit to highlight that physical, mental and social health are the three dimen-

sions of the health triangle which contribute to the overall well being, and needed to be equally balanced. Jalkians recited inspiring poems on "Health and hygiene and healthy lifestyle"

Jalkians displayed different banners to highlight different myths about the symptoms, diagnosis and treatment of different diseases. The Principal of JKPS Panjtirthi, Suman Banbah expressed, "You can't enjoy wealth, if

you're not in good health. Embrace your health. Eat to live and not live to eat". She urged the jalkians to follow the tips to stay fit which include Eat a combination of different nutritious foods, including fruit, vegetables, legumes,

nuts, and whole grains; Maintain an adequate amount of sodium and sugar in the diet; Reduce eating junk food; Exercise regularly. Have sound sleep; Get a medical check-up regularly; and Drink adequate water.

GDC Marh hosts farewell for final semester students



GDC Marh students and faculty members during a farewell function on Friday.

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JAMMU: Under the aegis of IQAC and farewell Committee, Government Degree College (GDC), Marh on Friday organised farewell bonanza to bid adieu to outgoing 6th semester students. The day was a fiesta devoted to rejoice three years spent together with peer groups, juniors and teachers and reminisce joyful moments. The chief guest of the occasion was Principal GDC Marh, Prof. Rakesh Kumar Koul. The programme commenced with lighting of tradi-

tion lamp of learning by the Principal of the college and faculty members along with the student Presidium and Alumni. Colorful performances were showcased by the students of 4th and 2nd semester (Shruti Sharma, Palak Saini and Suhani Choudhary) in honour of their seniors. The programme was organized under the guidance of cultural committee of the college headed by Dr. Ashu Jolly, Dr. Ruchika Bavaria, Dr. Tanu Sharma and students Sushain Sharma (4th Sem), Kashish Sharma (4th Sem), Rahul Kaith (4th Sem),

Nandveer Choudhary (4th Sem), Sandeep Mottan (2nd Sem), Rohit Kumar (2nd Sem) besides non-teaching staff members Rachhpal Lal and Mohit Kalotra. On this occasion mementos as token of respect and souvenir were given by college to all the 69 students of outgoing 6th semesters including student Bobby Baitha (First Student who participated in NSS NIC national Camp, Eshan Saini (First student who participated in Khelo India at Guwahati) since the establishment of college. A competition among sen-

iors was conducted including personality test by faculty judges (Prof Anita Salgotra, Prof Madhvi Parasher, Dr.Ram Dayal, Prof Sachin Bhagat), musical chair, live performance, dance performances, cat walk etc. Jatin Dogra and Archana Devi of 6th semesters were judged as Mr. Farewell and Mrs Farewell after their wonderful performances in different colourful activities. The Principal of the college, in his key note address, guided the outgoing batch for their forth coming future, giving importance to their vision of life, time management and confidence. He also advised to join hands so that college will be linked with nearby industries for better opportunities and employability enhancement. He also advised the alumni to work towards the development of college including student centric activities.

RCF Kapurthala, New Gurdaspur XI, Bathinda XI enter semifinals Sarbat Da Bhalla Hockey Tournament 2024

STATE TIMES NEWS

JAMMU: RCF Kapurthala, New Gurdaspur XI and Bathinda XI entered the semifinals of the ongoing Sarbat Da Bhalla Hockey Tournament 2024, organized by Sikh Progressive Front at K.K Hakku Stadium, here. Earlier, four quarter-final matches were played on Friday. In a gripping showdown, RCF Kapurthala triumphed over SGPC Amritsar with a scoreline of 2-1, showcasing exceptional skill and strategic prowess, notably exemplified by Sahail, whose goal keeping heroics stole the spotlight and thus adjudged as man of the match. New Gurdaspur surged ahead with a commanding 9-2 victory against Srinagar XI, led by the outstanding performance of Sehaj Preet Singh, earning him the Man of the Match title. Gurdarshan Singh (Retd) KAS was the Chief



Chief Guest interacting with hockey players at KK Hakku Stadium Jammu on Friday.

Guest of the match while Balbir Singh, Proprietor Baba Travels and Chairman 2x2 busses was the Guest of Honour. The Punjab & Sind Bank a star studded team which includes four international players was the main attraction of the day but Bathinda XI surprised everyone by defeating Punjab & Singh Bank via shootout 5-4. Ragav Veer Singh was adjudged as Man of the match who also scored hat trick of the match. Gudeep Kumar Olympian was the coach of

P&SB. Rakesh Gupta, Joint Commissioner and Assistant Chief Executive Office Jammu Smart City Ltd was the Chief Guest and Jatinder Pal Singh JKAS, GM Operation Smart City Ltd & E-buses was the Guest of Honour of the third match. The last quarter final of the tournament was in progress. Retd. IGP S J.P Singh IPS was the Chief Guest and S Tejinder Singh Raju was the Guest of Honour of the match. The fourth will be the team who will win the last quar-

ter final being played between Punjab Police and Y.B Club Sujjanpur. Prominent persons present were Gurmit Singh, Harjit Singh Jagjit Singh Advocate, Surinder Singh Bitta, Sharanjit Singh Shanty, M.S Reem and Gurdeep Singh. Anjali Thakur KIC Coach, Baljit Kour Coach, Soniya Hockey Player and Jagjit Singh Hockey Coach, Dalvinder Singh Hockey Coach assisted Hockey India officials for the smooth conduct of the matches.

KCIS organises motivational talk on Viksit Bharat



Gaurav Gupta, a motivational speaker and Secretary Jammu Club posing with KCIS faculty.

STATE TIMES NEWS

JAMMU: Viksit Bharat@2047 represents the government of India's ambitious vision to transform the nation into a developed entity by the centenary of its independence in 2047. Realizing this vision, KC International School (KCIS), conducted a session on the Viksit Bharat to spark the unwavering dedication, a firm belief in India's destiny and a profound recognition of the vast potential talent of KCIS. Chowdhary, President KCIS, and Anupama Sinha, Principal KCIS, welcomed Gaurav Gupta, a motivational speaker and Secretary Jammu Club by a sapling for his gracious presence. He tried to instill his motto "work towards a brighter and more prosperous future for the region" amongst the students. The students of classes 9

and 10 participated with great enthusiasm, demonstrating a profound understanding of the subject matter. Their receptiveness and eagerness to contribute over the next 25 years were palpable. The students expressed a strong desire to see India as a top-ranked nation globally. Their aspirations included placing the country among the top three economies, emphasizing the need for sustained economic growth and development. Notably, Gaurav galvanized students to have commitment to inspiring and involving people in their neighbourhoods to contribute collectively towards the vision of a developed India. They should acknowledge the role of communication skills in conveying the essence of Bharat Viksit and considered it essential for making the vision a reality.

Specially-abled persons are real heroes: DC Jammu to Deaf Cricketers

*Bengaluru Badshahs lifts 5th Deaf Indian Premier League title

STATE TIMES NEWS

JAMMU: Sports persons are the messengers of peace, harmony and prosperity. Watching specially-abled athletes performing in the field brings one an ecstatic feeling. This was stated by Deputy Commissioner Jammu, Sachin Kumar Vaishya (IAS) during the Closing Ceremony of the 5th Deaf Indian Premier League, organised by the Indian Deaf Cricket Association (IDCA) at MA Stadium, here. Sachin Kumar was the chief guest on the occasion, while Sher Singh ADDC Jammu and Ranjeet Kalra, Aee Sports Administrator and Member of J&K Sports Council were the guests of honour. Rajesh Dhar, Media Manager JKCA; Baljinder Singh, Chief Sports Officer JKCS; Suraj Bhan Singh, Judo Coach and Pawandeep Kaur, Athletics Coach were the special guests. Speaking on the occasion, Deputy Commissioner Jammu said everyone wanted to contribute to the society in one or the other way, adding as Administrators and the Officers dealing with offices and files is never a big ask, however, performance of specially-abled athletes is always an uphill task. "Specially-abled persons are



Deputy Commissioner Jammu, Sachin Kumar Vaishya posing with winner team and other dignitaries at Jammu on Friday.

the real heroes of society. They deserve appreciation and salutations," Sachin Kumar said. Earlier, Ranjeet Kalra welcomed the chief guest and lavished praise on the organisers and the sponsors for holding the event in a most befitting manner. Meanwhile, Deaf Bengaluru Badshahs and Deaf Hyderabad Eagles emerged as joint winners of the title. However, Bengaluru Badshahs were declared the winners on toss of the coin. Sudershan of Deaf Hyderabad Eagles was declared as the player of the final match and the best bowler, while Virender Singh of Bengaluru Badshahs and

Umar Ashraf Beigh of Hyderabad Eagles was adjudged as the best Wicketkeeper/best Fielder of the League. Suhail Ahmed of Hyderabad Eagles, Deepak Kumar of Punjab Warriors and Sai Naresh of Chennai Blasters were awarded for Super Sixes, Most wickets in one match and Fastest Fifty respectively. The chief guest, Sachin Kumar and the Guest of Honour, Ranjeet Kalra alongwith the special guests distributed trophies, cash awards and individual medals among the players of the winners and the runners-up teams. A cash prize of Rs 3,00,000 was presented to Bengaluru Badshahs and Hyderabad

Eagles by the chief guest. The League was held under the overall supervision of Sumit Jain, President IDCA, while Mirza Momin Beigh was the Coordinator of the event and Peerzada Shahid as the Translator. While presenting vote of thanks Sumit Jain expressed gratitude to Lieutenant Governor Manoj Sinha, University of Jammu and J&K Sports Council for their large heartedness and cooperation in organising the cricket league. He also thanked Deepak Gupta, President Traders Federation Ware House for sponsoring refreshments for all the players on all four match days.

Makhdoomi, Haveli Chaos win ties in Volleyball League

STATE TIMES NEWS

POONCH: Makhdoomi and Haveli won their respective matches making it easy going against their opponents in the day-three scheduled matches of the Shaheed DySP Manjit Singh Memorial Volleyball League being organised under the aegis of Volleyball Association of J&K at Government Degree College grounds, here on Friday. In the first outing of the day, Makhdoomi made it 3:1 sets win 22:25, 25:20, 25:19, 25:19 whereas in other scheduled tie Haveli Chaos defeated Budgam Warrior in similar fashions 3-1 (25-20, 25-22, 15-25, 26:25). In third match, Haveli Chaos beat Chandak Sultan 25-19, 25-

09, 25:19. Young international spiker from J&K Saqlain Tariq, Mannat Choudhary, Mahir Wani and Haroon Rashid remained star attraction of the day. In total, eight teams are taking part in this first of its kind professional league in J&K. The technical panel comprised Intizar Husain, Shabir Ahmed, Shafiq Hussain Shah, Akhlaq Ahmed, Nareej Sharma, Waseem Choudhary and DK Sharma. Meanwhile, the locals of district Poonch appreciated the efforts of Mohd Tariq, Chairman Shaheed DySP Manjit Singh Memorial Volleyball Club Poonch for the unique initiative to promote the game of volleyball.



Volleyball team posing for a photograph with dignitary.