

# Win the morning to win your day: Principal JKPS Kunjwani



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

**STATE TIMES NEWS**  
JAMMU: Addressing students during the morning assembly Principal JKPS Kunjwani, Rajesh Rathore made a clarion call to them to

wake up early to reap the optimum benefits of their investment of time. He asked them, 'to develop the habit of early rising, do warm up exercises in the fresh

air and walk bare-footed on the grass to energize themselves for the rest of the day'. He suggested some ways to change the sleeping/waking up habits gradually with the

passage of time. "It's much easier to change your sleep pattern, if the change is adopted gradually. It is recommended by Sleep experts to advance the wake

up time by 15 to 30 minutes every week until one reaches one's goal. Acclimatization of thirty minutes is easier for our body in comparison to longer duration, namely, an hour or

two hours," he said. He further added, "Sufficient sleep is absolutely essential for ensuring our sound mental/physical health. If we wish to reap the benefits

of waking up early, then we must ensure hitting the pillow early in the night. In order to feel sleepy during the bed time, it's advisable to avoid taking short naps in the after-

noon hours. Besides, one may also develop the habit of reading something light/interesting before falling asleep. As the body gradually gets accustomed to wake up earlier, one starts falling asleep earlier at night".

Reflecting on the inconsistent wake up habits of people on weekdays against weekends, he appealed the audience "to stay consistent, without disturbing the internal clocks". "For example, if someone sleeps till 9 am on Sunday, but on Monday he/she wishes to wake up at 5 am, this four hour sleep lag will take a heavy toll on the body because it's essentially robbing the body off the prime sleep", he reasoned out.

"Since the body craves for consistency, so if you wish to establish a long-term habit of waking up in the early morning, you need to be consistent while forming the schedule all seven days a week", he further added. "Schedule your dinner a few hours before your bedtime. That helps you digest before you hit the hay, as eating too close to bedtime can trigger acid reflux, which can disrupt your sleep", he summed up.

He concluded by saying that if children become habituated to early rising, they can enjoy the beautiful sights and have more time to relax and rejuvenate. He appealed them to follow the golden rule: Win the morning to win your day!

## Health & Sanitation officials of JMC visits KCPS on World Earth Day



JMC officials posing with students and faculty of KC Public School.

**STATE TIMES NEWS**

JAMMU: Dr. Vinod Sharma (Health Officer, JMC), Harjeet Singh (Sanitation Officer, Zone-II), Anoop Sharma (Sanitary Inspector) and Vijay Tiwari (IEC Expert, JMC) visited KC Public School on the World Earth Day 2024 to interact with members of the KC Paryavaran Sadan - the Environmental Club of the school. The interactive event was held in the activity hall of the school with a gathering of dedicated individuals committed to environmental conservation in alignment with this year's Earth Day theme,

'Plastic vs Planet.'

The event commenced with members of KC Paryavaran Sadan presenting Dr. Vinod Sharma with a jade planter as a token of their appreciation for his dedication to environmental causes. It was followed by the performance of a captivating 'nukkad natak' by members of the Sadan, thereby setting a powerful tone to the proceedings.

Dr. Vinod Sharma, known for his expertise in environmental issues, took up the stage to address the audience. In his enlightening speech, he emphasized the crucial role of

citizens in contributing to the betterment of the nation, particularly in managing waste efficiently. His insights resonated deeply with the attendees, inspiring them to take proactive steps towards a cleaner and greener future.

After several interactive discussions, the visiting JMC officials were then led out on a guided tour of various sustainable initiatives taken up KC Paryavaran Sadan such as a compost pit, a vermicompost pit and a hydroponics setup which demonstrate school's commitment to innovative solutions for waste manage-

ment. The JMC officials were quite impressed with these environmental initiatives taken up by the students of KC Public School and praised them for their concern for environmental issues faced by the world of today.

The event also coincided with the ongoing 'Green Fortnight' initiative launched by KC Paryavaran Sadan from April 8 to 22 to encourage students and staff to turn off lights and fans for 30 minutes every day to conserve energy and spread awareness about the importance of energy conservation for a sustainable future.

Vice Principal Sanjay Pandey thanked the JMC officials for visiting the school and inspiring the students to maintain and sustain the fragile environment of the planet Earth.

## Humanity Public School celebrates Earth Day

**STATE TIMES NEWS**

SAMBA: Humanity Public School, Bassi Kalan, Bari Brahmana celebrated Earth Day with excitement and enthusiasm of students who were all geared up to create awareness on environment thus celebrating the occasion.

Principal, Gaurav Charak, Vice Principal, Anku Charak along with the Incharges of different wings Akashdeep Raina (Senior Incharge), Prasad Singh (Hr. Sec. Wing Incharge), Namrta Sharma (High Wing Incharge), Vandana Sharma (Primary Wing Incharge), Er. Varinder Kumar (IT Incharge), Shivani Sharma (Coordinator of Pre-Primary Wing), Meenu Khajuria (Activity Incharge), and Mahan Singh (Sports Incharge) contributed significantly in the Earth Day celebration.

Arpita and Anshika of class



HPS students and faculty during Earth Day celebration.

9th delivered their speeches and Aradhya of class 6th and Prachi of class 5th recited poems on Earth Day.

It was followed by a thought-provoking skit performed by the students of classes 4th, 6th and 7th.

Senior Incharge, Akashdeep Raina encouraged the students by explain-

ing to them about the importance of trees and plants in sustaining life.

Principal, Gaurav Charak said that the main aim of the event was to motivate and spread awareness among the students on some of the ways to save Mother Earth. He also informed that the day focuses on promoting clean

living and on a healthy, sustainable habitat for the people, flora and fauna etc. The presenter of the programme was Angel of class 8th.

Vice Principal, Anku Charak lauded the efforts of the students and encouraged them to motivate their peers - to indulge in environment friendly activities.

## Keen to get Selectors' nod women cricketers display skill in JKCA's Deep Selection Camp

**STATE TIMES NEWS**

JAMMU: Keen to get the nod of the Selectors, young women cricketers began their campaign by showcasing their skill in the matches of Women's Deep Selection Camp for shortlisted players of Jammu province, being organised by the Jammu and Kashmir Cricket Association (JKCA) at SK Cricket Academy ground, 17 Miles, near here.

Similarly, the matches of Deep Selection Camp will also begin at SK Stadium Srinagar from tomorrow.

At Jammu, 41 women cricketers have been divided into three teams - Team-A, Team-B and Team-C, with 14 players in Team-A, 13 in B and 14 in Team-C.

The matches, which commenced today in this week-long Camp and will conclude on April 29, 2024 (with off day on Apr 26), will be observed by the Selectors namely Ms Surabhi Dadheechi, Ms Ankita



Women playing during a cricket trial at Jammu.

Jalla and Mr Vikrant Taggar, who will pick the probables for the upcoming Camps.

Meanwhile, at Srinagar, 25 women cricketers have been divided into two teams - Team-A and Team-B, with 12 players in Team-A, and 13 in Team-B.

The matches, which will commence tomorrow and will conclude on April 28, 2024, will be observed by the Selectors namely Ms Masarat Ahad,

Ms Hinan Mir and Mr Arshad Bhat, who will pick the probables for the upcoming Camps.

"This is a great opportunity for all these players to showcase their skill as each player will get at least four matches," said one of the Selectors.

The players while showing enthusiasm, zeal and zest, lavished praise on JKCA Administrators for facilitating them and providing ample opportunity to display their skill.

## Jindrah Roller Athlete Skating Club's Abhinav excels in 67th SGFI

**STATE TIMES NEWS**

JAMMU: Abhinav Bakshi, speed skater of Roller Athlete Skating Club, Jindrah, again excelled in the 67th SGFI National roller skating championship held at Satna, Madhya Pradesh.

Abhinav, student of Shaurya International School, participated in the 500 metres Rink race as well as 2000 metres Road Race and won Gold and Bronze respectively. On this remarkable feat, Jindrah club honoured him with professional equipment and members of club requested all the schools to honour their medal winning students financially also as they are continuously bringing laurels for their schools and as well as entire J&K. On the other hand all the club members also appreciated the efforts of Abhinav and their parents for their hard work.

## Heritage School shines in spell bee competition



Heritage School faculty and students during felicitation function.

**STATE TIMES NEWS**

JAMMU: Heritageans made the school proud by their stellar performance in the recent Spell Bee Competition organized by The Hummingbird Education Ltd. Heritageans across various grades delivered a phenomenal performance, with a staggering 29 students clinching top positions.

Gold Medal Winners were Vian Jain (Grade 6A), Shourya Singh Dadwal (Grade 7C), Ravinav Kundal (Grade 8A), Archit Pandoh (Grade 9A), Arushi Bindu (Grade 10F), Rayna Anand (Grade 10D), Naindeep Kour (Grade 11B) while silver medal winners included Aaran Gupta (Grade 6A), Daksh Singh Bedi (Grade 7F), Advika Langer (Grade 8B), Pranavi Mahajan (Grade 8B), Jhanvi Raina (Grade 8C), Aditya Gupta (Grade 9A), Arianth Singh

(Grade 10E), Kartik Gupta (Grade 10F), Shriyan Makin (Grade 10E), Aryaveer Singh (Grade 10F), Jaiviraj Singh (Grade 11B), Gauri Jamwal (Grade 11D).

Dhanishtha (Grade 6B), Abdul Wahid Bukhari (Grade 6D), Reyansh Gupta (Grade 6C), Khushi Sawhney (Grade 7C), Dhananjayvir Singh (Grade 8B), Adeema Parveen (Grade 8E), Ayra (Grade 9A), Dhyuman Gupta (Grade 10C), Ridhima Andral (Grade 11D) and Jannat Gupta (Grade 11C) won bronze medal.

Heritage School extended gratitude to The Hummingbird Education Ltd. for providing a platform to celebrate and nurture linguistic excellence.

The Principal, Akash Pradhan, felicitated the winners during a special school Assembly. He expressed immense pride in their

achievements and wished them continued success in their future endeavours.

## Vishwa Bharati celebrates World Earth Day

**STATE TIMES NEWS**

JAMMU: Vishwa Bharati Higher Secondary School, Udheywalla celebrated 'World Earth Day'.

A special morning assembly was conducted by the House master Manjri Koul. Students of different wings participated in the event.

A beautiful skit on "Save Water" was performed by the Pre Primary wing.

The assembly concluded with the pledge "Save Earth" by the students, teachers.

On this special occasion a creative class room activity based on slogan writing competition was conducted in which students of class 9th to 12th participated and wrote beautiful and catchy slogans giving message regarding the protection of mother earth.

Class 6th to 8th had painting competition and classes 1st to 5th made posters on Earth Day.

Highlighting the theme of the Earth Day 2024, "Planet Vs Plastics", and the Principal of the School Annapurna Koul said, "Each



Vishwa Bharati School students celebrating World Earth Day.

year on 22nd April, Earth Day is celebrated as a reminder of the crucial need to safeguard and conserve our environment. It is time to reflect on ecological footprint and actively engage in efforts to foster a sustainable future. Students performing on Earth Day present an opportunity to inspire others to take meaningful action in preserving our planet".

## Shiksha Niketan School organises Conquest Olympiad

**STATE TIMES NEWS**

JAMMU: Shiksha Niketan Senior Secondary School, Jeevan Nagar- organised Conquest Olympiad in collaboration with 24 Britannia Conquest Olympiad - 'A Foundation for the Future' last month in which near about 200 Shiksha Niketan participated.

Out of which 16 Shiksha Niketan shortlisted for second round and after the completion of second round Nafisa Choudhary of UKG Standard became the All India Achiever and received the gift hamper, certificate, trophy whereas Sumit Bhagat and Aditi Bakshi of Class 11th shortlisted for Quest Olympiad as All India



Winner students posing for a photograph with faculty.

Achiever ranked received Certificate and Medal & rest of Students received Certificate of Appreciation.

All the Students were felicitated by Principal Rameshwar Mengi along with Headmaster Harish Sharma, Sudesh Rana - Incharge of Sr. Sec. Wing, Isha Sawhney and Neelam Khajuria (Activity Incharges) in school premises.

The Conquest Olympiad also felicitated worthy Principal Sir & Activities Incharge with gift hamper and Certificate of appreciation for their Success.

Further, Principal motivated all the other students to participate in this kind of Olympiad in future with great zeal.