

Trust your abilities, work with passion & shape your destiny: Principal, JKPS Kunjwani



Glimpses of morning assembly on the topic "Believe in yourself" at JKPS Kunjwani.

STATE TIMES NEWS
JAMMU: "God gives toughest battles to the bravest soldiers, you just need to believe in yourself". With this impactful statement, Abhinav from Grade XII Humanities alongwith his classmates conducted the morning assembly on the topic "Believe in yourself" at JKPS Kunjwani.

Adding more substance, Palak pitched in saying, "Let me take you to a moment: imagine standing on the edge of a cliff. Below is your dream - your goal - the life you want. Behind you is fear, doubt, and insecurity. People whispering, 'you can't do it' and right there, in that terrifying moment, the only thing

that will push you forward is belief. So believe in yourself". Generating more heat on the topic, Jaanvi added, "There will be people who laugh; people who say, 'you are not smart enough, not strong enough, not good enough'. And, sometimes, the cruelest voice will be your own. But, you know what? Even if the world turns its back on you, you must stand tall. Look in the mirror and say, 'I believe in me'. Because, belief is not magic; it's power, it's fire, it's the fuel that turns ordinary into unstoppable".

In this verbal relay, the baton was finally taken up by Maheshwar and he stated, "Was Sachin Tendulkar born

greater? Was Dr APJ Kalam lauded success? No, they failed, they stumbled, they were told "No". But, their belief shouted, "Yes". And, that belief carried their names into history. So, today I challenge you: Dare to believe in yourself when no one else does. Dare to chase dreams others are too afraid to see. Dare to rise, to fall, to rise again, because you are the hero of your story.

Under the segment Quotations, Kavaljot quoted Eleanor Roosevelt, "The future belongs to those who believe in the beauty of their dreams". Aditya referred to Christopher Robin, "You are braver than your belief, greater than you think, and

smarter than you seem". Sameer quoted Sir Edmund Hillary, "It is not the mountain you conquer, but yourself".

Parakram referred to Lord Buddha, "Believe in yourself as much as everyone in the entire universe deserves your love and affections". Svadha quoted Anon, "Believing in yourself is the foundation of every success story". Kritika referred to Paulo Coelho, "You are what you believe yourself to be". Sagar quoted Confucius, "The man who moves the mountain firstly begins by carrying small stones".

Principal JKPS Kunjwani Rajesh Rathore applauded all the presenters for enthus-

ing the audience with their impactful presentation and quoted Swami Vivekananda ji, "the entire world history is the history of handful of those people, who had faith in themselves".

"Every dream ever achieved, every goal ever conquered, began with someone who dared to believe-often in silence, often in solitude-but with unwavering faith in their potential", he added.

"Your talents are unique. Your journey is your own. So don't wait for someone else's approval to shine. Trust your abilities, work with dedication, rise above every challenge with resilience and shape your destiny", he concluded.

Khaur Dangal Committee hosts Dangal Tournament Ravi clinches title, women wrestlers shine



Dignitaries and organisers along with winner Ravi Behra.

STATE TIMES NEWS

KHOUR: The Khour Dangal Committee organized a Dangal tournament that captivated the region, featuring approximately 150 electrifying bouts. The final bout saw Ravi Behra emerge victorious, defeating Binia to claim the top prize of Rs 1.5 lakh.

The event was graced by guests, including Chief Guest Narinder Singh Bhau, President of All India Bhan Rajput Sabha, and Special Guests Virender Gupta, SDPO Akhnoor, and Dr. Sanjay Sharma, Surgeon, GMC and other notable attendees.

In a heartfelt gesture, Narinder Singh Bhau presented shawls to retired wrestlers of the region, honouring their contributions to the sport.

A major highlight of the tournament was the inclusion of around 10 bouts featuring talented women wrestlers, showcasing their strength and skill, and inspiring widespread admiration.

Narinder Singh Bhau, fondly known as the "Dangal King of Khour," was recognized for his unwavering support for sports in the region.

His financial contributions have empowered youth to focus on athletics, steering them away from harmful habits like drug abuse and alcohol consumption.

The Khour Dangal Committee expressed gratitude to all participants, guests, and supporters for making the event a resounding success, reinforcing the region's rich wrestling heritage.

Intramural competition by DYSS begins in Reasi

STATE TIMES NEWS

JAMMU: Following the annual calendar of activities, the Department of Youth Services and Sports started its intramural (school level) activities in district Reasi.

Such activities at the zonal level in various sports disciplines are being conducted on the directions of the district officer Reasi, Tarsem Singh.

The competition is currently underway in Zone Reasi, Zone Pouni, Zone Arnas, Zone Chassana, and Zone Mahore.

"The main objective of organizing intramural competition is to prepare students and budding players for higher levels of competi-



A chess match in progress.

tion, including Inter-School, Zonal, District, Divisional and UT-level events," informed Tarsem Singh.

He further emphasized that such competitions play a vital role in the holistic development of students.

District officer further said that the Directorate has laid special emphasis on ensuring that all selections should be conducted in a fair and transparent manner, giving equal opportunity to every deserving participant.

Climbing events begin with Jammu meet on April 26

STATE TIMES NEWS

JAMMU: Mountaineering Association of J&K shall start its District Sport Climbing competitions with the 24th Jammu District meet to be conducted on April 26 at Sprawling Buds ICSE School, Bantallab, here.

The competition shall be organised by District Sport Climbing Association, Jammu. It shall be followed by Udhampur and Reasi district competitions on April 27, a handout issued by the Association here today informed.

In the Jammu district competition about 300 climbers from various institutions of Jammu district are likely to vie for honours. The competition may extend to the next day in case the events are not completed on the first day.

The competition shall be conducted on the pre fabricated 40ft high Tenzing Norgay Sport Climbing Wall in Sprawling Buds ICSE School campus in eight categories of Men, Women (born in 2008 and earlier), Boys, Girls (born in 2009, 2010 and 2011); Sub Junior Boys / Girls (born in 2012 and 2013) and Mini Boys/Girls (born in 2014 and



after).

The competition in all the categories shall be held in 'Lead climbing' only. However, there shall be demonstrations in Speed climbing by international climbers at the time of inauguration of the championship.

For further information interested climbers/institutions should contact the general secretary of the Association, Shavetia Khajuria (7006099855) on or before April 23. On the spot registration shall also be done at Sprawling Buds ICSE School from 8 am to 8.30 am on April 26for limited number of participants, the handout mentioned.

Whereas Shavetia Khajuria, an international judge in Sport Climbing shall be the president of the jury, Sonam Sidharth, general secretary of District Mountaineering Association, Jammu shall act as organising secretary. Senior climbers, Shilpa Charak, Navneet Gupta, Sushil Singh, Shashi Kant Sharma, Sourav Deep Singh are also part of the organizing committee along with Sunil Chakharia, Prerna Charak, Vikas Singh and Ulfat Khan. Technical and logistic support, however, shall be provided by Indian Mountaineering Foundation North Zone Committee, New Delhi. The district championship has been sponsored by J&K Sports Council.

Sunderbani Premier League Cricket Tournament organised at Sunderbani

STATE TIMES NEWS

RAJOURI: In a profound stride towards fostering unity, sportsmanship and community development, the Indian Army in cooperation with Sunderbani Cricket Association, successfully orchestrated a transformative Cricket Tournament in Sunderbani (Sunderbani Premier League) from March 16 to April 14, 2025. An initiative synonymous with goodwill and harmony, resonated with the vibrant beats of athleticism as youth across the region enthusiastically participated in the one-month cricket extravaganza. This event epitomized the essence of emphasizing community engagement and the holistic development of the region.

A total of 14 teams across the Sunderbani region of Rajouri district participated in the tournament and the final was played this Monday between BPS (Blasters and Knight Riders), of which the former emerged as the winner and were felicitated by Indian Army.



Dignitaries along with winner team posing for photograph.

The Indian Army congratulated the winning team and highlighted the importance of sports and sportsman spirit in upbringing the character of the youth.

The winners were given a prize money of Rs 1,00,000 alongwith winner trophy and the runners up were given a sum of Rs 50,000. The tournament not only showcased the athletic prowess of the young talents but also served

as a platform for display of zeal and camaraderie.

The Sunderbani Premier League was not merely a competition, rather it was a celebration of potential and promise.

By providing a stage for budding talents to shine, the Indian Army is aiming to nurture a culture where sports become a catalyst for positive change, personal growth and community development.

As the tournament concludes, the Indian Army extends its gratitude to the Sunderbani Cricket Association, participants and the Sunderbani community for their enthusiastic participation and support.

This event marks a significant chapter in the bonhomie between the security forces and youth, where sports and unity converge for the betterment of all.

Chitra, Ananaya in BCCI's CoE Emerging U-23 Women's High Performance Camp

STATE TIMES NEWS

JAMMU: For their fabulous display of batting and bowling skills, talented batting all-rounder, Chitra Singh Jamwal and right-arm wrist spinner Ananaya Sharma have been selected for the BCCI's prestigious Centre of Excellence (CoE) U-23 Women's High Performance Camp 2025 to be held at Bengaluru from April 21 to May 15, 2025.

Chitra got the selectors nod for her fabulous show with the willow, scoring 270 runs in the tournament including elegant 65 against strong Madhya Pradesh in the historic quarter-final, besides scoring a magnificent century against formidable Goa in the Women's U-23 One-Day



Trophy.

Earlier, in January 2025, Chitra represented India Team-C in Senior Women's One-Day Challenger Trophy.

It may be recalled that Chitra Singh Jamwal has the distinction of scoring six centuries in her illustrious career. Ananaya got the National Selectors nod for emerging top



wickettaker for J&K in all three formats of Senior Women's T20 Trophy, Senior Women's One-Day Trophy and U-23 Women's One-Day Trophy.

Ananaya has also the distinction of being selected as Net Bowler for Mumbai Indians in Women's Premier League WPL-2024.

Ananaya got 7 wickets in 5 matches with an average of 14.42 and economy of 5.05 in Senior Women's T20 Trophy. She was ranked 34th all over India.

In Senior Women's One-Day Trophy, Ananaya got 12 wickets in 8 matches with an average of 19.16 and economy of 3.90. She ranked 31st all over India.

For her brilliant bowling display, she was also selected in Senior Women's Challenger (One-Day) Trophy.

In Women's U-23 Trophy, Ananaya got 10 wickets in 5 matches with an average of 17.60 and economy of 3.91. She was ranked 15th upto league matches and 24th after the knockout stage.

Trikuta College's memorable tour to HP

STATE TIMES NEWS

JAMMU: After an exhilarating journey filled with exploration and adventure, the Trikuta Degree College tour to Himachal Pradesh concluded with the trip provided students with a unique opportunity to immerse themselves in the breathtaking landscapes and rich cultural heritage of the region.

Throughout the tour, participants had the chance to visit iconic destinations such as Kullu, Manali, Kasol, Manikaran etc. They indulged in thrilling outdoor activities including trekking, river rafting etc experiencing firsthand the natural beauty and adren-



Students along with faculty members during tour to Himachal Pradesh.

aline-pumping adventures of Himachal Pradesh.

The students also had the privilege of engaging with local communities, learning about their traditions, customs, and way of life. The success of the tour would not have been possible without the permission of chairperson, Suman Sharma and with proper planning and coordination of the Principal, Sunita Magotra of Trikuta Degree College as

well as the faculty members Vandana Gupta, Manisha Gadhotra, Sarika Sharma and Rattan Kishore who handled all the students actively and played a major role in the success of the college tour.

As the tour comes to an end, the memories created and lessons learned will continue to resonate with the participants, shaping their perspectives and inspiring future adventures.

Advani reaches final of World Billiards Championship

STATE TIMES NEWS

CARLOW (IRELAND): India's ace cueist Pankaj Advani has reached the finals of the IBSF World Billiards Championship beating compatriot Dhruv Sitwala here.

He defeated Sitwala 1070-300 in a two-and-a-half hour semifinal.

Sitwala took the initial lead with a break of 63 but from then on was Advani show.

Firing in back-to-back breaks of 173 and 205, the multiple world champion created a staggering 400-



point lead.

With breaks of 64 and 65, Sitwala could only admire when his opponent and dear friend was at the table, playing effortless billiards as he continued to score breaks of 117, 100, 96, 166, 53 and 74 to confirm his berth in the final.

Advani is aiming to not only defend his world title, this will also mark a decade of remaining undefeated in the World Billiards Championships since 2016.

The other semifinal will be between India's Sourav Kothari and England's David Casier.

