

# Regular Parents-Teachers' dialogue only remedy to counter post-COVID challenges: Principal JKPS Kunjwani



Principal JKPS Kunjwani, Rajesh Rathore interacting with parents of Grade-X students.

## STATE TIMES NEWS

JAMMU: Principal JKPS Kunjwani Rajesh Rathore alongwith the Class Teachers of Grade X convened a meeting for the parents of Grade X and briefed them about several challenges witnessed during Post- COVID offline classes.

"Reflecting on the profile of Post-COVID students, he shared that 'having confined within the boundaries of home, they got subjected to loneliness and resultantly they turned inward, not outward, as earlier.

Since the routine of stu-

dents before the COVID-19 period was full of social interactions but online education made them feel completely detached from their friends, as there was no physical meeting, interaction and hence no sharing", he added.

"On account of a longer screen time, their concentration span got reduced and it widened their 'Learning gaps' & finally caused 'aversion towards studies' for many students. Another matter of concern has been their rising frustration level, which found manifestation

in the form of aggression. One of the most damaging impacts of COVID-19 on youth has been their changed priorities. Their seriousness got replaced by a new found happy-go-lucky attitude. They developed fondness for instant gratification. Most of the youngsters got entrapped into self-entertainment", the Principal further added.

Deliberating with parents regarding the hurdles and remedies, the menace of Mobile Phones topped the chart. Parents also promised to discuss with their wards

on the damaging role of mobile phones during the offline classes.

Teachers shared some brilliant ways to keep students creatively engaged. They may read newspapers, go for a walk, play carrom, chess, join an online dance class (zumba, salsa, hip-hop etc), learn guitar, Tennis, join gym, hobby classes etc.

One parent suggested the idea of stipulated time slots for chatting, watching movies, playing games. Another parent proposed the idea of Timer for social media apps, which may help

children reduce their engagements on the social media gradually.

Principal drew the attention of parents towards the bottled up emotions being faced by their wards in the last two years. He also requested the audience to be extremely patient while counselling their wards to control aggression & arrogant behaviour at home or the use of foul language with their friends over phone.

He appealed parents to spend some time with their wards every day, hold dialogues with them, counsel them, appreciate and motivate them.

He requested parents not to be overprotective and credulous. He made a fair promise to parents that teachers are always a big support system to students & parents. We are here to help & groom children. The meeting reached the culmination point on a very happy note, realizing the roles of both the sides: teachers as well as the parents.

# JKHCBA hails Malik's selection to National Cricket team

## STATE TIMES NEWS

JAMMU: A meeting of the J&K High Court Bar Association, Jammu was held under the chairmanship of Senior Advocate M.K Bhardwaj, President, J&K High Court Bar Association (JKHCBA), Jammu in order to hail the selection of Jammu Boy, the pace sensation, Umran Malik in the Indian National Cricket Team to play T-20 matches with the visiting South African side.

All the office bearers of the JKHCBAJ namely Mohinder Pal Singh Palli, Vice President, Surjeet Singh Andotra, General Secretary, Aditya Sharma, Jt. Secretary & Amandeep Singh, Treasurer of JKHCBAJ, Rohit Sharma, YLA President, Gagandeep Singh (Lucky), YLA Vice President, Yasir Farooq Khan, YLA General Secretary, Naresh Kumar YLA Treasurer and many other senior and young members of the Bar Association participated in the meeting.

Expressing happiness on

his selection to the National Team, Bhardwaj said that it is a great pride and honour to Jammu and Kashmir and Jammu in particular that he has become first player from the region to make it to the national side.

"It is a proud moment for the Jammuites and people of Jammu and Kashmir as a whole that he is donning the national colours to represent India," Bhardwaj said.

The JKHCBA said that Malik had already made a name for himself and Jammu due to his fiery pace bowling which earned him the tag of "Jammu Express".

Perhaps he is the first among the fast bowlers from India to have crossed the 150 kilometer speed barrier consistently that earned him accolades from leading lights of world cricket and he is poised to become a national hero by dint of his sheer hard work and devotion.

After his stupendous success and making a mark for himself as a fast bowler in

the ongoing IPL cricket league, Malik's selection to the national team, though a foregone conclusion, has come as a recognition of his talent, grit and determination to make big in international cricket.

The JKHCBA further praised Malik's resilience in creating his adverse circumstances into an opportunity as he came from a humble background in Doda district. Due to his single-minded commitment to become a great fast bowler he overcame his family circumstances and financial difficulties to finally make it to Team India.

It would not have been possible without the devotion of his parents despite their financial difficulties as his father is a fruit vendor, for Malik to achieve this success.

"We at the JKHCBA wish him all success at the international level with hope and prayers that he brings more laurels to Jammu, Jammu and Kashmir and above all India," the lawyers body said.

# NCA compliments Umran, Samad

## STATE TIMES NEWS

JAMMU: One of the prominent and affiliated clubs of J&K Cricket Association (JKCA), National Cricket Club (NCA) on Monday complimented two emerging cricketers and members of the Club, Umran Malik and Abdul Samad, who have achieved new milestones at the National level.

"While Umran has been made part of the Indian Twenty20 squad, Samad has earned a name in the IPL as a hard-hitter. Both these cricketers have grown up as young talented cricketers from Jammu thus made everyone back home feel proud of their achievements," said president of the NCC, Dr Ashutosh Sharma.

Former JKCA chairman, Dr Sharma expressed his



views while interacting with former skippers and senior members of the Club, Kavaljeet Singh and Sanjay Sharma.

"It has been decided during a sitting with senior top cricketers and members of the Club, Sanjay Sharma ad Kavaljeet Singh that both outstanding cricketers, Umran and Samad shall be felicitated in a special function to be held at Jammu on

date and time convenient to the Cricketers," mentioned Dr Ashutosh Sharma.

Important to mention here that NCA, a leading club of Jammu, has produced many national players as well as J&K captains including, Umran Malik, Abdul Samad, Ravikant Gupta, Sant Singh, Gyaneshwar Sharma, Sanjay Sharma, Kavaljeet Singh, Ranjit Bali, Inder Jit Singh and Pranav Mahajan.

## J&K Gymnastics Coach to officiate in Portugal World event

### STATE TIMES NEWS

JAMMU: Gymnastics coach of the J&K Sports Council (JKSC), Manisha Gupta has been nominated as judge in the FIG Rhythmic Gymnastics World Challenge Cup to be held at Portugal from June 26.

A qualified judge of the International Gymnastics Federation, Manisha has got the experience of officiating as technical official in different events at the National level, a handout issued by the Gymnastics Association of J&K, here today informed.

Meanwhile, president of Gymnastics Association of J&K, Kiran Wattal and general secretary, Ravinder Singh congratulated Manisha for the assignment.

# Inter-school Zone level Taekwondo meet begins

## STATE TIMES NEWS

POONCH: Inter School Zone Level Taekwondo Competition in both boys and girls sections of zone Poonch being organised by the Department of Youth Services and Sports (DYSS), commenced at Govt . High School Purani Poonch on Monday.

The competition declared open by DySP HQ Poonch, Nawaz Ahmed in the presence of Headmaster of the host school, Narinder Singh, ZPEO Poonch, Bachiter Singh PEM, Sarla Rani PEM, Harjeet Kour PEM and Rajinder Kour PET.

The competition is being held under the supervision of Zonal Physical Education Officer (ZPEO) Poonch, Narinder Singh.



DySP HQ Poonch, Nawaz Ahmed inaugurating Inter-School Zone Level Taekwondo competition at Poonch.

Earlier ZPEO Poonch welcomed the all the guests and participants.

Later, Rajinder Singh Taekwondo Coach and PET of the Department give brief introduction of the event.

Nawaz Ahmed gave his best wishes to all the players and congratulate DYSS for giving excellent platform to the youth of Poonch.

He also applauded the

efforts of Rajinder Singh, Taekwondo Coach who make Poonch district a hub of Taekwondo by involving youth in this discipline of sports.

About 100 students drawn from various educational institutions of Zone Poonch have been involved in the event. The Technical team comprised of Rajinder Singh Taekwondo Coach and PET

Gms Khorinar, Pawandeep Singh PET GMS Kasallian, Sachin Sharma and Aman Sharma both ReK.

Prominent others were present are Yougal Kishore Teacher, Jaipal Singh, Raiz Ahmed Teacher Sonal Sharma NYC, Pinky, Ashaq Hussain, Amit Sharma Joint Secretary District Taekwondo Association Poonch.

# VC CU Srinagar flags-off Pencak Silat contingent for All India Inter-University C'ship

## STATE TIMES NEWS

SRINAGAR: The Vice-Chancellor, Cluster University Srinagar, Prof. (Dr.) Qayyum Husain on Monday flagged-off Pencak Silat contingent for their participation in the all-India inter-university championship to be held at University of Jammu w.e.f May 24 to 26, 2022.

Seven students, including six boys and one girl from the constituent colleges of CUS are participating in the championship under the supervision of varsity's Sports Secretary Prof Tariq Ashai and Physical Director AAAM Degree College, Dr. Ishtiaq Ahmad Bhat is accompanying the team as Team Manager. Addressing the participants, Prof. (Dr.) Qayyum felt glad to see the students joining the Pencak Silat championship to demonstrate their commitment and passion towards sports activities. He further added, it will be our unrelenting commitment to provide best possible sports facilities to our students to facilitate their overall personality development.

The Vice-Chancellor appreciated the enthusiasm put forth by the students for the tournament and conveyed his good wishes to the members of the team. During flag off ceremony, Secretary sports Prof Tariq Ashai complimented the Vice Chancellor for his whole hearted support to the CUS team members and hoped that team of CUS shall perform with full enthusiasm and spirit and bring laurels for the university. Pertinent to mention here that CUS is going to participate for the first time in a tournament being organized under the banner of Association of Indian Universities. The contingent was flagged off from the university campus Gogji-Bagh Srinagar.

The other officers who were present on the occasion include, Dean Academic Affairs Prof. Mushtaq Ahmad Lone, Controller/Registrar Prof. Khurshid Ahmad Mir; Convenor Sports Committee, A S College, Prof Ajiaz Hussain Kant, Assistant Registrar Gulzar Ahmad and other staff of cluster University Srinagar.



Vice-Chancellor, Cluster University of Jammu Prof. Bachan Lal along with Dr. Jatinder Khajuria Registrar, Cluster University of Jammu, Dr. Vinod Bakshi Sports Coordinator Cluster University of Jammu, Aijaz Malik, Physical Director Govt. SPMR College of Commerce, Ramandeep Kralia, Physical Director GCOE Jammu and Rishav Goswami, Coach Pencak Silat posing with Pencak Silat (men & women) teams going to participate in Pencak Silat All India Inter University Competitions to be organised by University of Jammu from May 24 to 26, 2022.

# Young wrestling team leaves for Ranchi

## STATE TIMES NEWS

JAMMU: Wrestling Association of Jammu and Kashmir (WAJK) on Monday named seven-member team, including two officials, for the Under-15 (Cadet) Boys Free Style, Greco Roman Style National Wrestling Championship scheduled to be held at Ranchi in Jharkhand from May 27 to 29.

Soon after the finalisation of the team, the selected wrestlers underwent screening conducting by the officials of the J&K Sports Council (JKSC) at MA Stadium.

Among those present at the time of screening were



Wrestlers posing with dignitaries before leaving for Nationals.

Sports Officer of JKSC, Ashok Singh and Manager Satish Gupta. Ravinder Singh and Sahil Dagaroria have been named coach and manager of the team, respectively.

Recently, Surya Udhay Singh won silver medal in under-17 national championship also held at Ranchi in Jharkhand.

# Humming Buds organises orientation programme for parents

## STATE TIMES NEWS

JAMMU: Humming Buds, the preschool of Model Academy, on Monday organised an orientation programme in collaboration with XSEED Education for the parents of the new students for the session 2022-23.

In-Charge of Humming Buds, Menaka Khanna welcomed the parents and staff. Joint director Rupa Gupta shared her vision with the new members of MIER family. She apprised the parents about the core values of Humming Buds and expressed hope that the academic journey of the new students and the parents will be happy and successful.

Saksham Sharma and Anushvi Sharma, alumnae of Humming Buds, shared their educational journey and happy moments of their childhood with the audience.

Parents of students who have graduated from school, Ms. Sanjana Raina and Ms. Shivani Rana also addressed the parents and said that they were very content and appreciative



Humming Buds faculty members interacting with parents.

of the efforts put in by the management and staff of Humming Buds in laying a strong foundation for their children.

A brief session was conducted by the education consultant from Xseed, Miss Ritika Malhotra in which she explained in detail about the Xseed pedagogy and demonstrated an interesting lesson plan by involving the parents and giving them hands on experience. The parents were given an insight about the Xseed learning system. The engaging interactive session with the educational coach was highly enriching. Principal, Dr Pramod Srivastava encouraged the parents to be positive role models for their children to

build a strong value system. The orientation programme proved to be a sincere effort made by the school in educating the parents which would go a long way in ensuring multi-faceted development of young children.

# Inter-School Zonal Tournament; competitions held across Kishtwar on day-3

## STATE TIMES NEWS

KISHTWAR: A series of competitions in different sports disciplines were held on the Day 3 of Inter-school zonal level tournament for U 17 Boys and Girls here across the educational zones of Kishtwar District. The Tournament was declared open on May 20, 2022 by District Youth Services and Sports Officer Kharati Lal Sharma. The Day witnessed matches of Table Tennis, Speed Ball, Chess, Cricket and volleyball at Kishtwar; Padder; Inderwal and Nagseni Zones. At all the Zones, the students participated in games enthusiastically under the supervision of In-charge ZPEOs Suresh Parihar; Ram Lohi, Sanjay Sharma and Kelash Gupta.

# PSPS Govt PG College for Women celebrates Int'l Day for Biological Diversity

## STATE TIMES NEWS

JAMMU: NSS Units of Padma Shri Padma Sachdev Government PG College for Women Gandhi Nagar Jammu organised a two-day event to celebrate "International Day for Biological Diversity" under the patronage of Principal of the College, Prof. Minu Mahajan and Supervision of NSS Programme Officer Prof. Mala Bhasin.

The day is observed to spread awareness globally and enhance man's appreciation and dependence on nature and nature's resources. The theme of this year is "Building a shared future for all life" which emphasizes hope, solidarity and the impor-



Students posing with faculty members after collecting waste material from college campus.

tance of working together at all levels to build a future of life in harmony with nature.

A Digital Poster Making Competition on the theme- Building a shared future for all life was organised on 22nd May, 2022, wherein 288 volunteers showcased their creative talent.

The posters were adjudged by NSS

Committee members- Dr. Harjeet Kour, Prof. Sugandha Mahajan and Prof. Abhinav Sharma.

The first and second positions were bagged by Anuradha Sharma of BSc. Sem.-1st and Nirmaljeet Kour of BA Sem.-5th whereas Haspreet Kour of BSc.Sem.-1st got third position. A Cleanliness drive was also organised

on 23rd May, 2022 in the College Campus wherein 56 volunteers participated actively and cleaned the campus.

They collected the waste in paper/ cloth bags and disseminated the message of saving the environment by reducing the plastic use in our daily routine.

# India concedes late goal to draw-1-1 with Pakistan in Asia Cup hockey

## AGENCY

JAKART: Defending champions India conceded a late goal to allow arch-rivals Pakistan walk away with a 1-1 draw in their opening Pool A match of the Asia Cup men's hockey tournament, here on Monday.

India took the lead in the ninth minute through Karthi Selvam before Abdul Rana broke their neighbours' heart by equalising in the 59th from a penalty corner.

India will next play Japan on Tuesday. Meanwhile in the other matches of the day, Malaysia beat Oman 7-0 and Korea defeated Bangladesh 6-1 in Pool B, while Japan thrashed hosts Indonesia 9-0 in Pool A.



# Avinash awarded M.Phil

## STATE TIMES NEWS

JAMMU: Avinash Lakhotra, son of Sheetal Lakhotra and Faqir Chand, resident of Gurha Brahmana, Bantalab, Jammu has been awarded the Degree of Master of Philosophy (M.Phil) in Mathematics by the University of Jammu. He worked on the topic 'Study on Existence of Solutions of Some Classes of Harmonic Variational Inequalities' under the supervision of Dr Tirth Ram.