

# Our extremely supportive parents, our greatest strength: Principal JKPS Kunjwani



Principal JK Public School Kunjwani, Rajesh Rathore interacting with faculty members.

■ STATE TIMES NEWS

JAMMU: Principal JK Public School (JKPS) Kunjwani, Rajesh Rathore along with the Class Teachers of Grade IX convened a meeting for the parents of Grade IX and briefed them about the vision and mission of the Institution. He initiated his presentation, reflecting on the slide "Sowing Skills: Shaping India". He invoked parents to make consistent efforts to develop skills in their wards. Time flies & the School stay of children reaches its culmination point. Hence it's the collective responsibility of the institution, teachers and parents to ensure that every child acquires the requisite set of skills: whether it be the writing skills, oratorical skills, presentation skills, mathematical/scientific skills, life skills, music/dance/

sports skills, inter-personal, intra-personal skills, critical/creative/problem solving/decision making skills etc. He also made parents deliberate on: how to spend quality time with children. Quoting variety anecdotes, he appealed parents to have dialogues with their wards regularly. "If you justify your engagements today, your children will justify their engagements later on. If you spare your time even while facing all the odds of life today, your wards will also spare their time, however hectic may be their schedule tomorrow. We may be mighty fine fellows today but when the wheel of Time takes a complete turn, then we become dependent on our children, then the investment of time today will be our greatest strength tomorrow",

he added. "Counselling and motivation can do wonders. Regular doses of motivation will make your ward highly motivated. They start making their best efforts to get the praiseful remarks from the teachers/parents. It's the duty of every parent and teacher to develop the art of appreciation with the passage of time. How to appreciate children for small achievements will make the difference! Inspiring words keep reverberating into the ears of students for days together. If we wish our students to be groomed as worthy citizens with a sense of appreciation, then we must lead them by our personal example & become their role model", he further added. "Besides the regular doses of rational appreciation, hug your child at least three-four

times a day. One tight BEAR HUG in the morning, spanning over one minute, keeping eyes closed and feeling the heart-beat of the child will definitely pave the way for a very strong emotional bonding with the child", thus the Principal JKPS enriched the parents with his pearls of wisdom. One of the parents raised the issue: what's your plan to motivate children for acquiring a strong academic base for making them clear the competitive exam later? Responding to this question, Principal shared that students are being inspired to give their best in academics, as admission to any professional college calls for a meritorious performance in the Entrance exam. He appealed parents to look into the aptitude/career choice of their wards. If a child shows a

strong inclination towards an unconventional career choice and yearns to become a wild life photographer/social activist/ sports person/ choreographer/entrepreneur/food journalist etc, then they must encourage and empower their wards. Who knows, if the child becomes a leading luminary in the chosen unconventional field opted by the child?

The meeting ended on a happy note and parents promised to extend their best support to the Institution while walking alongwith the teachers on the educational voyage of their wards. "Supportive & conscious parents are the greatest strength of our Institution, while we undergo the most challenging Post-COVID times with offline education mode. We should always remember the age-old proverb: United we stand & divided we fall", concluded the Principal.

# ZEO Pouni organises Zonal-level Essay Writing Competition



Contestants posing for a photograph with ZEO Pouni after culmination of essay competition.

■ STATE TIMES NEWS

POUNI: Zonal level Essay Writing Competition on theme 'Role and responsibilities of Heads, Teachers and students in School Leadership and Development plan' was organised under the stewardship of Zonal Education Officer (ZEO) Pouni in which 25 participants from various Higher Secondary Schools and High Schools of the zone Pouni participated. The event was organised as per the guidelines of

Principal DIET Reasi under school Leadership and Development Mela, an initiative of School Leadership Academy, J&K with the objective to develop participatory approach in School Leadership and Development Plan with ownership among various stakeholders including students as public schooling system is in public domain as never before especially after NEP 2020 and schools need the centre of excellence for larger societal transformation in

this decade of 2020 to 2030 as envisioned by UN SDGs, disclosed Jitender Dev, Zonal Education Officer Pouni. Earlier Daljit Kour I/C GHS Pouni presented welcome address. Shyam Paul Singh and Ranjeeta Manhas acted as invigilators while Yadav Nath is appointed as chairman of Evaluation committee. Programme culminated with vote of thanks presented by Sanjeev Kumar Sharma, ZNO SLA Pouni.

# Poonch Zone Inter-school Taekwondo competition concludes



Medal winner boys and girls posing with officials during closing ceremony of Inter-school Taekwondo competition of zone Poonch.

■ STATE TIMES NEWS

POONCH: Two days long inter School Taekwondo Competition of zone Poonch organized by zonal Physical Education Officer Poonch, Narinder Singh under the Direction of District Youth Services and Sports Officer Poonch Mohd Qasim, concluded at Government High School Purani Poonch, here. Around 98 young budding boys and girls of Under-14 and 17 age groups from different educational institutions of zone Poonch took part in

this event.

Devinder Kour, Head Master of the host School, was the Chief Guest on the occasion. She was accompanied by Narinder Singh ZPEO Poonch, Bachiter Singh PEM, Sarla Rani PEM, Harjeet Kour PEM and Rajinder Kour PET. The event was held under the technical supervision of Singh. Taekwondo Coach and PET in GMS Khorinar along with Pawandeep Singh PET, Sachin Sharma and Aman Sharma ReK.

The Results GIRLS Under-14 Gold: Tahzeem Akhter, Taniyana Kouser Sadia Sajad, Ruksana Kouser, Gursimran Kour, Manvi Sharma, Misbah Fatima, Humnaira Fatima and Adeeba Qureshi. Under 17 Gold: Soniya, Ruksana, Maliha Fatima, Surpreet Kour, Gunjan Bakshi, Manpreet Kour, Avleen Kour, Rabia Anjum, Maywish Majid, Jasleen Kour, Saniya Saleem and Nandani Suri. BOYS Under-14 Gold: Waseem Khan, Sarfraz Khan, Prabhjot Singh,

Abass Khan, Garvin Gupta, Sibtain Sheikh, Rehan Mehmood and Ikmanpal Singh Under-17 Gold: Mohd Shoieb, Manmeet Singh, Amakesh Kumar, Wajid Iqbal, Mudabar Ayaz, Akarshit Sudan, Adil Azeem Bandey, Naseer Ahmed and Mohd Asad. All the aforesaid winners will represent Poonch Zone in inter Zone Taekwondo Competition. Prominent others present were Ashaq Hussain, Taekwondo Instructor Christ School Degwar.

# Arun led team organises Football camp at Dehradun



Arun Malhotra posing with team of senior Footballers and budding players at coaching camp.

■ STATE TIMES NEWS

JAMMU: Led by international footballer from Jammu, Arun Malhotra, a team of senior footballers has started a week-long coaching camp

for young boys and girls at Dr B R Ambedkar Stadium, Dehradun on Wednesday. "Around 100 young boys and girls have been involved in this first of its kind coach-

ing camp in Dehradun. Serving and some of the retired footballers of the ONGC have initiated the camp so as to guide the youngsters," informed Arun

Malhotra. The event has the support of the ONGC and other retired officials having football background. "Separate women's licensed coaches are also there to train youngsters from Uttarakhand. The response is so encouraging that we had to stop the registration to limited the number of around 100. This camp is similar to one organised by me at Khel Gaon, Nagrota in Jammu," further said Arun Malhotra. Arun serves with ONGC and presently posted at Dehradun.

# JKCA A2, A4 win in Jammu; B1, B5 log wins in Kashmir Sensational Speedster Umran Malik inaugurates U-19 Men One-Day Tournament

■ STATE TIMES NEWS

JAMMU: A scalp hunter and hungry for success-sensational Speedster Umran Malik inaugurated Under-19 Men's One-Day Tournament being organised by the Jammu and Kashmir Cricket Association at GGM Science Hostel Ground, here.

He was accompanied by the members of JKCA Cricket Advisory Committee (CAC), Ashwani Gupta and Roopali Slathia, besides Media Manager Rajesh Dhar.

He interacted with both the teams and also met the ground staff, to win hearts with his



Team India player Umran Malik interacting with players while inaugurating U-19 Cricket Tournament in Jammu.

humble gesture. He encouraged the young cricketers with motivating

speech and asked them to work hard for excellence at the higher levels.

Umran has made it to Team India with his sheer pace and utter brilliance. Meanwhile, in the matches played today in both the divisions, JKCA A2, A4 emerged winners in Jammu and B1, B5 logged victories in Kashmir; At GGM Science College

Hostel Ground Jammu, JKCA team A2 defeated team A1 by 19 runs.

Earlier, winning the toss and batting first, A2 scored 209 runs. Arnav Gupta top scored with 43 runs, while Rohan Gill contributed 26 runs to the total. For team A1, Bhumesht took 4 wickets, while Piyush Sharma bagged 2 wickets.

In reply, team A1 managed to score 190 runs, thus lost the match by 19 runs. Piyush Sharma scored 41 runs.

For JKCA team A2, Arnav and Shaurya Manhas took 2 wickets each.

At Country Cricket Stadium Gharota, JKCA A4 defeated A5 by 7 wickets.

Batting first, A5 scored 140 runs, with Akshit and Aditya Abrol contributing 55 and 26 runs respectively. For A4, Krishna and Udhay Pratap took 3 wickets each.

In reply, A4 chased the tar-

get easily by losing 3 wickets. Udhay Pratap top scored with 63 runs.

At Sher-e-Kashmir Cricket Stadium Srinagar Ground-A, JKCA B1 defeated B2 by a big margin of 135 runs.

Batting first, B1 scored a big total of runs 297 runs, losing 5 wickets in the process. Asrar Al Malik showed stellar grit and tenacity to notch up 97 runs, while Raja Rashid contributed 43 runs to the total. For B1, Faizan Nisar and Zahid Farooq took 2 wickets each.

In reply, JKCA B2 scored 162 runs. Aqib Shahzad top scored with 67 runs while Adnan Tak contributed 49 runs to the total. For bowling side, Janib Javid bagged 3 wickets, while Faizan Maqbool claimed 2 wickets.

At Sher-e-Kashmir Stadium-B, JKCA A5 defeated A4 by 5 wickets.

Batting first, JKCA B4 scored 207 runs. Mohsin Maqbool (56) and Moasib Mohd (42) were the main scorers. For bowling side, Arsalan Mujahid took 3 wickets, while Zahid Bin Hilal claimed 2 wickets. In reply, JKCA A 5 chased the target easily by losing 5 wickets. Basit Akbar (73) and Mir Akeel (47) were the main contributors. Shakir Zahoor and Ahmed Fayaz took 2 wickets each.

CAC Members Abdul Qayoom and Roopali Slathia supervised the matches in twin divisions.

The Organising Committee for Jammu province included Sandeep Singh Sunny, Veemars Kaw, Mohit Puri and Surekha Devi, while the Organising Committee for Kashmir province included Zahoor Sofi, Manzoor Ahmed Lone, Hnwaidd Ronga and Tasaduq Rashid.

# KCPS to take up public awareness campaign with support of JMC



KCPS students posing with dignitaries.

■ STATE TIMES NEWS

JAMMU: A clean and green environment is the basic ideology of KC Parvavaran Sadan. Having attended several Round Square global conferences on the theme of sustainability, KC Public School (KCPS) students have led changes within the school and are on the mission to create positive impact in the wider community.

Under the programme, 'Act today, change tomorrow', they have visited Ranbir Canal and Rajinder Park and identified issues that need immediate attention. In this context, Sunaina Sharma, Additional Secretary to J&K Government (Administrative Reforms, Inspection & Training), facilitated a meeting between Atul Gupta, Secretary, JMC, and key position holders of the Sadan, namely, President Aakarsh Roshan Sharma, Vice president Shambhavi Gupta and Secretaries Mirimay Melhta and Harshita Manhas at Gupta's office on May 24. Round Square Rep Sonia Thakur and Biology teacher Rahul Thakur also attended the meeting. The students told Gupta how they are passionate about environmentalism. They apprised him of how KCPS students have taken on key leadership roles within the school to spear-head numerous sustainable projects that include drip irrigation, making of eco bricks, litter-less lunch and composting. Appreciating their effort, Gupta assured them of full support and agreed to get 8 dustbins installed at Rajinder Park. Under his guidance, the Sadan members will take up an awareness campaign at Rajinder Park on May 30 by making people aware of the importance and methods of handling waste effectively and to take steps towards recreating a cleaner environment.

# Inter-school meet of Zone Reasi concludes

■ STATE TIMES NEWS

REASI: Two days inter-school competitions of Zone Reasi organised by the Department of Youth Services and Sports in the disciplines of Kho- Kho, Kabaddi and Volleyball concluded, here on Wednesday.

The competition held in two age groups of under-14 and under-17 in both boys and girls sections at High school Kambal Danga. The event was supervised by Zonal Physical Education Officer (ZPEO), Reasi, Asha Devi. About 410 students drawn from various educational institutions of the Zone (Panthal, Katra, Reasi and Jyotipuram) took part in the competition.

Among other officials present were Devinder Kour; Ashoka Kumari, Madhu Rani, Shamima Akther; Pawan Kumar, Arun Dev Singh, Harpreet Kour; Usha Devi, Sapna Devi, Ranjeet Kumar; Rakesh Kumar; Sunaina Sharma, Sahil Sharma, Jugal



Participants posing for a photograph with dignitaries.

Kishore, Sehri Akther; Anjali Sharma, Kirna Devi, Surinder Singh, Sanjeev Sharma, Jagdev Singh, Mohd. Raiz, Jaswant Singh, Vinesh Kumar and Rahul Bakshi.

The Results: KABADDI: Under-17 GIRLS: GGHs Reasi beat Gurukul 17-08 in the final. Preliminary Round: High School Gran beat HS Kambal Danga 16-12; HS Katra beat High School Gran 13-11; Govt. Middle School Agharballian beat Middle school Sarna; Gurukul beat

Kambal Danga. UNDER-14 GIRLS: High School Agharball beat Girls Higher Secondary School Reasi in the final. Preliminary Round: Govt. Girls High School Reasi beat Amba Kids Home Panthal 19-16.

KHO-KHO: Under-17 GIRLS: Govt. Girls Higher Secondary School beat Gurukul School in the final. KABADDI: Under-17 BOYS: GGHs Agharjito beat High School Kambal Danga 18-15 in the final. Preliminary

Round: Government HS Panthal beat HS Kundra 19-12; GHS Reasi beat Lawarance Public School 15-12.

VOLLEYBALL: Under-17 BOYS: Govt. High School Nomain beat High School Kambal Danga 25-19, 25-20 in the final. Preliminary Round: Government HS Nomain beat HSS Katra 25-17, 25-19; Gurukul beat MS Kundrorian 25-18, 18-25, 25-20; Kambal Danga beat HS Girls Bhaga 25-13, 25-15.

# All India Inter-University Pencak-Silat C'ship gets underway at JU



Official declaring winner of the event.

■ STATE TIMES NEWS

JAMMU: The second day events were conducted in the ongoing All India Inter-University Pencak-Silat (M&W) Championship being organized by the Directorate of Sports and Physical Education, University of Jammu.

The championship is being conducted under the supervision of Dr. Daud Iqbal Baba, Director Directorate of Sports and Physical Education, JU.

The results: MEN REGU: Kumar Anand, Ajeet Singh & Vivek Singh (GNDU AMRITSAR), gold, Raman Kumar, Abhi Ahuja & Deepak (University of Lucknow), silver and Aman, Ajeet Kumar Jat & Ashish Singh (LPU Punjab) and Nitesh Kumar, Suraj Singh & Naman Kumar, joint bronze. TANDING: Class-H (80-85 Kg): Naresh Kumar (Jammu University), gold, Ritik (MDU Rothak), silver and Junaid Javid (Cluster University) and Rahul Kumar (University of Kapurthala), joint bronze.

Class Open-2 (Above-110 Kg): Chirag (MDU Rothak), gold, Aryan Singh (University of Jammu), silver and Kamran Mohammad (LPU Punjab) and Yuvraj Ganga Singh (University Bikaner), joint bronze. Class-C (55-60 Kg): Vinay (GNDU Amritsar), gold, Faiz Fayaz Shah (University of Kashmir), silver, Arun (GJUS&T Hisar) and Manjay Kumar (University of Jammu), joint bronze.

WOMEN TANDING Class Open-2 (above 100 Kg): Pinkey (MDU Rothak), gold, Samriti (University of Jammu), silver and Mansi Bhavota (LPU Punjab) and Sakshi Sharma (PU Chandigarh), joint bronze. Class-C (55-60 Kg) : Manvi (GNDU Punjab), gold, Manishal (PU Chandigarh), silver and Khushi (PU Chandigarh) and Muskan Rajput (University of Jammu), joint bronze. Class-F (70-75 Kg): Anuska Bakshi (University of Jammu), gold, Komaljeet Kaur (CU Mohali), silver and Deepti (MDU Rothak) and Ruqaya Rasool (University of Kashmir), joint bronze. Class-II (80-85 Kg): Mansi Dogra (University of Jammu), gold, Anjali (MDU Rothak), silver and Chaithra (Bandolre University), bronze. Class Open-1 (85-100 Kg): Nancy (MDU Rothak), gold, Shilpa Sharma (University of Jammu), silver and Sherya Singh (LPU Punjab), bronze.