

13 J&K Silambam players to participate in national workshop at Coimbatore

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JAMMU: Rajni Bala, senior Congress leader and Corporator Ward 60 today extended best wishes to the Silambam players who are going to participate in the national level workshop being held at Coimbatore from May 25 to 29, 2023.

Rajni Bala was speaking at the programme held at Jammu North Assembly segment here.

Pertinent to mention here that the 20th (AISF) National Silambam Athletes, Coach Referee and Training Workshop 2023 will be held at Karpagam University Coimbatore from May 25 to 29, 2023.

The workshop is being organized by Karpagam University and Tamilnadu



Corporator Ward 60, Rajni Bala posing with J&K silambam team and other dignitaries.

Amateur Silambam Association (TNASA). Silambam Association of Jammu and Kashmir has selected 13 players who are going to be part of this national level workshop.

On the occasion, Birinder Singh Charak (President),

Kaka Ram (General Secretary), Dr Arvind (Vice President), Jai Gupta (Manager) and Coach Rajnish Gupta were present.

Rajni Bala, who was the chief guest, said that Jammu and Kashmir has

enough talent and needs proper direction and a platform. "Talent is available far and wide, but what is required is identifying such talent at the right time and providing the necessary support system to hone their capabilities," she

added.

Rajni Bala asserted that sports not only makes youth physically and mentally fit but also helps in keeping them away from drug menace that has become a great threat to the society today.

She laid stress on the importance of games and encouraged youth of Jammu and Kashmir for their participation in the sports with zeal and enthusiasm so that they can be physically and mentally fit.

She extended best wishes to the players who are going to participate in the national level workshop and asked them to utilize the opportunity at the best and learn as much as possible they can to hone their skills.

Botany Deptt of PSPS GCW Gandhi Nagar celebrates International Day for Biological Diversity



PSPS GCW Gandhi Nagar students and faculty members during a programme.

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JAMMU: To celebrate International Day for Biological Diversity-2023, Department of Botany Padma Shri Padma Sachdev (PSPS) Govt. College for Women (GCW) Gandhi Nagar Jammu organised an activity-Nursery Raising on the theme- Rescue, Adopt and Propagate, in collaboration with G20 Club of the College. The aim of this activity was to adopt wild growing saplings, taking care of them in harsh climate and transplant them in better environmental conditions. A total of 59 students participated in the activity. The Principal, Prof. Minu Mahajan was the Chief Guest who inaugurated the activity. Prof. Mala Bhasin, Convenor and Head of Department of

Botany welcomed the dignitaries and threw light on this year's theme- From Agreement to Action Build Back Biodiversity. Interacting with students, Prof. Minu Mahajan appreciated the participation of students and motivated them to be the part of Biodiversity conservation programmes. The event was coordinated successfully by the members of organising Committee Dr. Anju Koul, Dr. Harjeet Kour, Prof. Sania Hamid, Dr. Renu Sharma, Prof. Meenakshi Sharma, Prof. Swarn Singh and Dr. Moien Qadir Malik along with Bilal Ahmed, Vikas and Chain Singh. The activity was also attended by Prof. Surinder Parihar, Convenor G20 club and members- Prof. Paramjeet Singh and Prof. Sugandha Mahajan.

Drawing Competition in remembrance of Baba Banda Singh Bahadur held at Alexander School



Winner students posing for a photograph with dignitaries.

■ STATE TIMES NEWS

JAMMU: Alexander Memorial School on Monday organized a drawing competition in honour of the revered and courageous BABA Banda Singh Bahaduri.

The event was witnessed an overwhelming participation from talented students across the region.

The competition aimed to pay tribute to the noble deeds and inspiring legacy of Baba Banda Singh Bahadur. The

event was graced by Manjeet Singh Azaad, Member (J&K) Advisor to the Chairman, National Commission for Minorities, Government of India, as the Chief Guest. Harpreet Singh and Balmeet Singh were the special guests on the occasion.

The successful execution of the drawing competition was made possible by the visionary leadership of Esther Willam, the Principal of Alexander Memorial School.

Under the guidance of Zoha Barkat, the drawing competition saw participants showcasing their artistic prowess and creativity.

The students unleashed their imagination and paid homage to the indomitable spirit of Baba Banda Singh Bahadur through their artwork.

The competition not only provided a platform for students to showcase their talent but also fostered a deeper appreciation for the historical significance of Baba Banda Singh Bahadur.

The competition was adjudicated by Shruti Sharma, a renowned artist and experienced art professional.

The coordination and execution of the event were made by Sunil Kumar, the coordinator of the drawing competition.

The event concluded with a grand award ceremony, where the winners were felicitated and acknowledged for their outstanding artwork.

Riya Raina awarded Ph.D

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JAMMU: Riya Raina, daughter of K.L. Raina and Meena Raina of Ward 7, Sunderbani, District

Rajouri has been awarded the Degree of Doctor of Philosophy (Ph.D) for her thesis titled "Enhancing metal extraction capacity of *Coronopus didymus* using some biodegradable chelants" from Panjab University Chandigarh. Her research work is done under the supervision of Prof. H P Singh and Prof. Daizy R Batish. She has cleared UGC - NET and has published research papers.



Fast reading skills & memory retention-Earnest need of hour: Sajjan Shah



Sajjan Shah, India's leading motivated speaker addressing JKPS Kunjwani students.

■ STATE TIMES NEWS

JAMMU: Sajjan Shah, India's leading motivated speaker, popularly known as the Memory Man of India, conducted an astounding session for the students of classes VII-VIII, JK Public School, Kunjwani with the motive of enriching students' ways of learning and upgrading knowledge.

The students were spell-bound by the speaker's mesmerizing motivational speech,

and experienced magical ways of retaining and reading skills. The learning techniques were really appreciated by the students. In fact, listeners' spirits were soared and this workshop offered a world of new possibilities of various learning methods for the students. Also, Sajjan Shah encouraged JKians to look up with a bright outlook.

Thus, filling their hearts with lots of hope and inspiration for

a successful life, which is the core of ambition. During the session, students performed various activities and learnt about Reading Techniques, How to empower Concentration, Conversion of negative to positive thoughts, so on and so forth. The session concluded with the optimistic thought of upgrading the pattern of learning. Principal JKPS Kunjwani Rajesh Rathore, invoked students to

delve deep into the domains of meditation, which will help them enhance their storage capacity, memory retention and reading skills. He inspired children to double/ triple their learning speed along with a heightened degree of comprehension so as to become voracious readers and expand their ambit of knowledge. He appealed students to read/absorb at least one book every month. Further, he expressed his sincere gratitude to Sajjan Shah, for such an enlightening session, which made children brood over their grey areas and leave the venue with meaningful take away.

Director JKPS, Shashi Chaudhary, graced the occasion by her presence. She appreciated and thanked Sajjan Shah for his efforts towards the students' community.

Veteran Cricket Association J&K XI beats Rotary Club XI in friendly T20



Winner Veteran Cricket Association J&K XI team in jubilant mood.

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JAMMU: Veteran Cricket Association J&K XI defeated Rotary Club XI by 48 runs in a friendly T20 Cricket match played at Forest Ground Sidhra, here. Earlier, Vivek Suri, Captain of Veterans Cricket Association J&K XI, won the toss and elected to bat first. Opening pair of Amit and Ankush gave a solid foundation to the innings before Ankush was out on 14 runs. Ashish too went cheaply but Amit and Pawan Sharma shared an important partnership of 50 runs before Amit was out scoring run a ball 37 runs. Varun played a cameo of 24 runs and Veteran Cricket Association J&K XI scored 159 runs losing seven wickets. Pawan Sharma remained unbeaten on 40 runs. For Rotary Club, Gurwinder Singh and Neetish grabbed three

wickets while Rankaj took one wicket. Chasing 160 runs to win in stipulated 20 overs, Rotary Club XI started on a disastrous note as Vivek Suri cleaned up Tahir in first over and then took the prize wicket of Jaswinder Singh, captain of Rotary Club XI. Wickets kept tumbling for Rotary Club XI as VCAJK bowlers bowled on tight line and length. Gurmeet Singh and Manik tried to fight back but their efforts were not enough as Rotary Club XI was all out on 111 runs giving Veteran Cricket Association J&K XI victory by 48 runs. Gurmeet, Manik and Hiten scored 22, 17 and 11 runs respectively. For VCAJK Pawan Sharma and Varun took three wickets, Vivek Suri took two wickets and Adil claimed one wicket. Pawan Sharma of VCAJK was declared Man of the Match for his brilliant performance.

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SAMBA: A School Readiness Camp for promoting Parent-Teacher Engagement and Retention was held at GGMS Bari Brahmna, Samba. Around 60 parents and 70 children apart from School Staff of Govt. Girls Middle School participated. The camp was organized in collaboration with the Directorate of School Education Jammu and the Directorate of Samagra Shiksha, J&K by the National Development Foundation, J&K, Jammu in partnership with UNICEF India. The camp aimed at strengthening the Government efforts on Education as envisioned in National Education Policy 2020.



A resource person speaking at a programme.

The camp focused on Pre-Primary Classes and the Parents of Pre-Primary Children were sensitized during the camp. This was a platform created to promote Parent-Teacher Engagement which boosts learning at home and inculcating a strong bond between teacher, parent and student. Ms Sudha Koul, Education Facilitator, NDF,

presented the welcome address and briefed about the objectives of the camp. She also briefed on the concept of Early Childhood Care & Education (ECCCE) and Nipun Bharat Mission, for Universal Foundational Literacy & Numeracy (FLN). Amit Kundal, Add. Programme Officer, NDF, gave a brief account of ECCE

Intervention by the National Development Foundation and also explained the concept of parent-teacher engagement in schools. He asked parents to participate in School activities to help children's overall development. He also focused on the ECCE concept and explained to the parents on how to focus Home Learning. Sunny Kumar, Programme Manager, NDF, sensitized parents, teachers and children on the NIPUN BHARAT MISSION and the FLN concept. He called upon the participation of Parents in the School System to make it responsive and result oriented. He informed that NDF will organize similar camps in 10 Schools five each in Jammu & Samba before the

commencement of summer break and termed this camp as the first in the series. Manisha, I/c Primary Classes discussed in detail, the concept of ECCE and the role of teachers & parents and also the significance of participation of parents in school affairs. She also stressed the CWSN (Children with Special Needs) and asked parents to participate in Parents teacher meetings regularly. Sukhwinder Singh, the primary teacher of the school, also interacted with the parents regarding the NEP 2020. HOI Rakesh Kumar Verma thanked NDF and the team for this School readiness camp and appreciated the efforts of NDF for Child Education.

Paramjeet qualifies Ph.D

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JAMMU: Paramjeet Kour, daughter of Harpal Singh and Jaswant Kour and wife of Dr. Rajesh Sharma, resident of W-No. 13, H. No. 66, Canal Road Vijaypur, Tehsil Vijaypur, District Samba has been qualified for the Degree of Doctor of Philosophy (Ph.D) in Education by the University of Jammu. She worked on the topic "Educational Status of Tribal Girls at Elementary Level in Samba District" under the supervision of Prof Kavita Suri.



Boxing trials on May 26

■ STATE TIMES NEWS

JAMMU: Jammu and Kashmir Amateur Boxing Association (JKABA) shall hold selection trials to raise UT teams for participation in the upcoming Youth Men and Women National Boxing Championships to be held at different venues.

The trials shall take place at Boxing arena, MA Stadium, here on May 26, a handout issued by the Association here today informed. While the Youth Men National Boxing Championships shall be held at Gangtok in Sikkim from June 12 to June 18, the Youth Women National Boxing Championships shall take place at Bhopal from June 26 to July 1st.

Interested boxers, born

between January one, 2005 and December 31, 2006 are advised to report for the selection process. "Those interested eligible boxers need to bring along a valid document that authenticates the age. The document could be certificate issued by the Municipality, schools or marks cards of 10th or 12 standard as also Aadhar card (lined with mobile)," informed general secretary of the Association, Rajan Sharma.

JK Public School Panjtirthi celebrates Mother's Day



Glimpses of Mother's Day celebration at JK Public School Panjtirthi.

■ STATE TIMES NEWS

JAMMU: A Mother is she who can take the place of all others, but whose place no one else can take. A mother bears so many responsibilities without any complaints or getting tired. The bond of a mother and her child is inexplicable.

To celebrate the same bond of affection and love, JK Public School (JKPS) Panjtirthi celebrated Mother's Day with a lot of emotions and merriment.

The Principal, Suman Banbha said, "It is believed that a mother is the epitome of love, generosity, sacrifice,

and affection. Her presence on the earth provides solace to the enduring humankind. A Mother's smiling face removes all sorrows and stress of the world. In return, we cannot give her anything, we can only thank and give her respect instead."

Jakiians enacted a skit to convey that Mothers are the emotional backbone of the family, who have the magic touch to heal all wounds and make all things beautiful.

The audience was entertained by myriad presentations by Jakiians like recitations, songs, dance perform-

ances and story enactments.

All the performances exalted the mother as God, teacher, friend, philosopher and guide and emphasised the truth that a mother's love for her child is unconditional.

Kiran Gupta apprised the audience that NGO SUP-

PORT awarded the Principal of JKPS Panjtirthi Suman Banbha with the Achievers award 2023.

These awards were given to salute the formidable spirit of 32 women of J&K in different fields. The Staff and students heartily congratulated the Principal.

Spiker Saqlain interacts with cricketers

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POONCH: Saqlain Tariq, international volleyball player and member of J&K Sports Council interacted with the participants of the ongoing Surankote Premier League at Surankote in border district, here.

He was invited as a special guest in today's match played between Hill View Club Rajouri and MCC Surankote which was won by Rajouri Club, rather comfortably. Shazad Raina of the Hill View Club named man of the match. Speaking to the teams and other spectators, Saqlain advised the youth to stay away from the menace of drugs to be healthy and successful in life. The match officiated by the panel including Shabbir Ahmed, Asif Ali, Adnan Khan Fazli, Irfan Fazli, Sikander Khan, Mukhtar Ahmed and Inuran Khan.



Saqlain Tariq, international volleyball player posing with players.