

# JK Public School Panjtirthi organises "Physical Activity Buzz Programme"



Glimpses of Physical Activity Buzz Programme being organized by JK Public School Panjtirthi.

## STATE TIMES NEWS

JAMMU: JK Public School Panjtirthi organised "Physical Activity Buzz Programme" amidst great, Splendor, mirth and zest. It was conducted consecutively for two days.

On the first day, the Chief Guest was Suraj Singh Rathore, The Joint Secretary Examination, JK Board of School Education.

While on second day, the Chief Guest was Padma Shri Balwant Thakur, the eminent theatre personality and former Cultural Ambassador of India.

The programme commenced with the traditional lighting of lamp by the Chief Guests and the Principal of JKPS Panjtirthi Suman Bambah.

The Principal welcomed the chief guest and audience and expressed, "Physical fitness is not only one of the most important key to a healthy body, it is the basis of dynamic and creative intellectual activity. Exercise not only changes your body but it changes your mind your attitude and your mood. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. It has been rightly said that education is incomplete without physical activities."

She added, "Keeping that in mind, J.K.P.S has framed a very

rich curriculum where physical activities, literary activities, co-curricular activities and academics go hand in hand so that child develops an outstanding disciplined personality. Engaging in physical activities doesn't steal time; rather, it empowers students with increased energy levels and improves focus, enabling them to tackle their academic responsibilities more efficiently. Students who are physically active tend to have better grades, Regularity, better cognitive performance good memory, better classroom behaviour and better concentration."

After witnessing the programme, the Chief Guest Suraj Singh Rathore expressed his appreciation at the exuberant efforts of the students and exhorted them to excel in all their endeavours.

He added, "It was a veritable, visual and auditory feast as all the items were very meaningful, scintillating and message giving. The guitar, Casio and skating item were performed brilliantly by the Jakiians."

He addressed the audience and remarked, "JKPS should be the first choice of the Public of J&K as under one roof all the endless physical, literary and co-curricular activities are being conducted."

He further appreciated the colourful attires of the Participants and the melodious background music.

Balwant Thakur, the Chief Guest expressed, "The best part of

the function was the 100% participation of the students."

He was astonished to witness the way the jakiians presented the items neatly and flawlessly on stage and the way they handled the stage management.

He was ecstatic to watch the confidence of jakiians while handling their item accessories without any help on stage.

He further added, "The vocabulary and pronunciation of the students both in Hindi and English proved the quality education being imparted at JKPS Panjtirthi."

He motivated the entire team of JKPS by saying, "Keep enhancing and sustaining the quality of education as their endeavor can bring fresh innovation in the education system."

The Chief Guest further expressed, "It was heartening to see the leaders of tomorrow on the stage giving voice to their talents

and performing exceptionally well. It was a day to cherish and celebrate the amazing talent of the jakiians."

Jakiians flabbergasted the audience with their clarity, innocence and beauty. It was an mega event as each child was Brimming with confidence and enthusiasm. The participants came dressed up in vibrant and colourful attires to perform confidently in a captivating manner with different props and their energy on the stage was commendable.

The participants showcased their distinctive skills and talents in various physical literary and co curricular activities. The melodious renditions, electrifying dances and scintillating performances filled the arena with energy and positivity.

The parents of participants were enthralled by their children astonishing performance on the stage with so much gusto.

**Government of Jammu and Kashmir**  
**OFFICE OF THE EXECUTIVE ENGINEER P.M.G.S.Y. DIVISION RAJOURI**  
 Near DC Office Rajouri  
 e-mail: pmgsyrajourii@yahoo.com

No-EB/PMGSY/R/334-37  
Dated 16-5-20024.

(Notice)

**Subject:** Upgradation of road from MRL 11 Kakora to BG, Package No. JK12-3005 PMGSY III, Batch I, regarding slow progress of work.  
**Ref :** This office notice No. BE/PMGSY/R/92-97 dated 06-04-2024

Dear,

The above subject road stands allotted to you and were supposed to be completed within stipulated time period as per Contract Agreement. As reported by the concerned AEE and the hue and cry raised by the general public of the said area it has been observed that your actions are deliberately hindering the Government work and creating unnecessary delay to complete the work within stipulated time. The higher authorities have taken serious note on slow pace of the work.

It is pertinent to mention here that as per Ommas work completion date is 06-10-2024 but as reported you have achieved the physical progress of work upto 40% which is very low and thus rated as snail pace, about 60% work is still pending for execution, now through the medium of print media with reference to earlier instructions, you are once again given an opportunity to expedite the progress of work and ensure early completion of the balance work. In case, you fail to speed up the work within 10 days from the date of issue of this notice to you through print media, the balance work shall be put to tender at your risk and cost and you will be recommended to be black listed by the competent authorities.

No other correspondence shall be made to you in this regard in future and this may be treated as Last/Final Notice,

Sd/  
 (Er. Shahid Mustafa Chowdhri)  
 Executive Engineer  
 PMGSY Division Rajouri

DIP/J-533/24  
 Dated: 16/05/2024

## Arindam Rai Singh of Heritage School tops AISSE 2023-24 in J&K

### STATE TIMES NEWS

JAMMU: Arindam Rai Singh, a student of Heritage School has brought accolades to the school and faculty by securing 99.6 per cent marks (498/500) in recently declared Class X CBSE Board Exam for the session 2023-2024.

Son of Deeksha Singh and Dr. Rai Barinder Singh, Arindam is the Topper of Union Territory of J&K. A quiet child



proved his mettle in various

fields by doing exceptionally well in his formative years. Hard working and focussed Arindam excelled at whatever he attempted. He has been a scholar badge holder since grade VI. Besides being good in academics his sympathy with colours won him NHPC district, state and National level 1st prize in painting. He has also proved his prowess in Olympiads, where he has won

Medal of Excellence and has been a State Topper.

Believing in his own abilities and immense faith in school and the faculty, he has achieved this glorious success by sheer hard work and determination.

Jubilant at this incredible feat, the Management, Principal and the faculty, congratulate him for his success and wish him all the best for his future endeavours.