

# Empowering every girl child is real women empowerment: Principal JKPS Kunjwani



Principal JKPS Kunjwani Rajesh Rathore and students addressing morning assembly on Monday.

**STATE TIMES NEWS**  
JAMMU: "A powerful woman is heat resistant and possesses storm-bracing calibre."

There is nothing she cannot handle". With these impactful utterances, Daksh of Grade 6 Maple of JK Public School Kunjwani conducted the morning assembly on the topic "Empowering girls & women" to emerge as a World leader.

"According to Mahatma Gandhi, 'If you educate a man you educate an individ-

ual; but if you educate a woman, you educate an entire family'. Women empowerment means raising the status of women through education, awareness, literacy etc", reflected Swasti Sharma.

Adding more substance to the reflections, Vedanshi said, "Empowerment of women leads to development of a good family, good society and ultimately a good nation. It is the need of the hour to empower women. To develop India as a superpower the

development of women is equally important. Empowerment stands for giving authority and power to women".

"To empower women we must appreciate our grandmothers, mothers and sisters for the important role in our lives, only then we will see the real change and growth. Empowering women mainly refers to practise of making women independent so that they can make their own decision as well as handle their lives without any

restriction", Ridhaan further added.

At the end, Divitesh recited a powerful poem:

Pooja hoon, archana hoon,  
Main is jag ki Bhawani hoon.  
Nari hoon, ujyari hoon!  
Main paawan bahti Ganga hoon!  
Usha hoon, janni hoon!  
Main vat vriksh ki sheetal chhaya hoon!  
Kavita hoon, kahani hoon!  
Main Aadishakti Jagdamba hoon!  
Kaali hoon, kapaali hoon!

Main Ram ki Maha Durga hoon!  
Main Devi hoon, dharaa hoon!

Main mahakaavya ki gaathaa hoon.  
Geeta hoon, Meera hoon!

Main Anusuiya, Mariyam Sita hoon!  
Main istri hoon, naari hoon!

Main Krishna diwani Radha hoon.  
Na ablaa hoon,  
Na bechaari hoon!

Swayamprabha hoon!  
Swayamsiddha hoon!!

Principal JKPS Kunjwani

Rajesh Rathore summed up narrating the life sketch of an eminent personality from Gujarat, "Mrs & Mr HM Patel were hoping for a baby boy after their four daughters. They finalized the name of the child "Amrit" but it was again a baby girl. Parents names the child, "AMRITA".

"At an early age, child Amrita got to know about the expectations of people including her parents & decided to empower herself and attain the rank of eminence to make

her parents proud".

"Dr. Anrita Patel, Chairman, National Dairy Development Board (NDDDB) received many awards for making phenomenal contributions in development and management of dairy sector".

"The Government of India awarded her with Padma Bhushan, the third highest civilian award of India, in 2001. With determination and dedication, we can make impossible possible", he summed up.

## 5s Hockey Tournament to start from May 9

**STATE TIMES NEWS**  
JAMMU: MBS Hockey Club Simbal Camp, under the aegis of Hockey Jammu & Kashmir is going to organise 1st 5s Hockey Tournament from May 9 to 12, 2024.

The hockey field at Simbal Camp Jammu will be the battleground for eight formidable teams. With four local teams and four from beyond Jammu District, including Bada Singh Bahadur Hockey Club Poonch, Hiranagar Hockey Club Kathua, Vijaypur XI Samba, Lachipur Hockey Club Kathua, Khalsa Warriors Hockey Club Gole Gujral, Maharaja Ranjit Singh Hockey Club Miran Sahib, Dashmesh Hockey Club Nanak Nagar and MBS Hockey Club Simbal Camp.

## Inter-school Zonal Level Sports activities gain momentum

**STATE TIMES NEWS**  
GANDERBAL: Youth Services and Sports Ganderbal, in alignment with its annual calendar of activities, orchestrated a fervent display of sporting prowess on Monday by hosting inter-school zonal level competitions across the district.

The main event was organized at the MM Stadium Ganderbal, where Zone Ganderbal saw a spirited showdown in the discipline of football among boys under-14 years of age.

The event witnessed a remarkable turnout of enthusiastic students, showcasing their skills and tenacity on the field. Amidst fierce competition, Vijay Memorial Educational Institute emerged triumphant thus solidifying their dominance in the sport.

## Suhani grabs three gold medals in Pt. DD Magotra Memorial Sub Jr Jammu Open Badminton tournament

**STATE TIMES NEWS**

JAMMU: Suhani Sharma won three gold medals in the Pt. DD Magotra Memorial Sub Junior Jammu Open Badminton Tournament organized by the Stars' Badminton Club Jammu, under the aegis of Jammu City & District Badminton Association and Badminton Association of J&K at Indoor Sports Complex, M.A. Stadium, here on Monday.

In the closing ceremony, Chander Parkash Ganga, former Minister J&K and President Badminton Association of J&K, was the Chief Guest and gave away the prizes to the winners & runners of the competition.

Present on the occasion



Winners posing for a photograph with dignitaries after receiving trophies.

were Dr. O.D Sharma, Chairman BAJK and Vice President BAI, Baljinder Pal Singh, Divisional Sports Officer, J&K Sports Council, Suraj Bhan Singh, Manager Indoor Complex, Balbir Jamwal, General Secretary BAJK, D.V Sharma, Vice President, Dushyant Sharma, Treasurer BAJK

and the sons of Late D.D. Magotra, Ajay Sharma and Rajan Sharma.

Prominent among others present were Harjeet Singh Manocha, Som Raj Gupta, Johney William, Pawanjit Singh, Vijay Dewan, all senior players.

The matches were conducted under the supervision of Rahul Sharma,

Qualified National Umpire.

**Final Results**  
BOYS Single Under-11: Utkarsh Bhaun bear Aarav Mall 21-14, 8-21, 21-18; Under-13: Harsh Sharma beat Vivan Chib 21-10, 21-19; Under-15: Kanishk Mall beat Karanveer Singh 23-21, 21-16; Under-17: Udhyan Sharma beat

Kartik Gupta 21-08, 21-19. Double: Under-13: Harsh and Vivan beat Aarav Mall and Rishit 21-17, 21-10; Under-15: Kartik and Kanishk Mall beat Arush and Aryan 21-08, 21-18; Under-17: Karanveer and Param beat Kanishk and Kartik 21-16, 21-19.

GIRLS Single Under-11: Tara Shan beat Akshini Manhas 21-17, 12-21, 21-11; Under-13: Paavni Gupta beat Eleena Bhaun 10-21, 21-13, 23-21; Under-15: Suhani Sharma beat Paavni Gupta 21-09, 21-14; Under-17: Suhani Sharma beat Paavni Gupta 21-18, 21-14. Double: Under-17: Suhani Sharma and Diamond beat Yashswni and Sherya 21-14, 21-12.

## DYSS conducts Inter-school Tournament of zone Bishnah



Participating teams posing with DYSS officials and other dignitaries at Bishnah.

**STATE TIMES NEWS**

BISHNAH: Inter-school Tournament for boys and girls Under-14 and 17 years age group being organized by the Department of Youth Services and Sports zone Bishnah, commenced here on Monday. The tournament is being held under the supervision of Zonal Physical Education Officer Bishnah. She interacted with the student/players of various institutions and encouraged

them to take part in sports for their better future.

Principal GBHSS Bishnah, Rekha Rani was the Chief Guest on the occasion who inaugurated the tournament. Parveen Raina, Principal GGHSS Bishnah welcomed the participants of Govt/private Institutions for taking part in such events and also appreciated the sincere efforts of staff members for conducting Inter-school Tournament.

In the end, ZPEO Bishnah proposed words of appreciation to participants and panegyrizing the staff for making their sincere efforts in making the tournament concluded for first day in successful manner.

All officials of zone Bishnah were present during the Tournament with full enthusiasm.

Five hundred and seventy one boys and girls are participating in the Tournament.

## Tiny Tots Hr Sec School holds Hindi Debate Competition



Principal Dr Vikram Handa, Gurpreet Handa, faculty posing with students.

**STATE TIMES NEWS**

JAMMU: Inter-house Hindi debate competition was held at Tiny Tots Higher Secondary School, Sainik Colony. The debaters were divided into two

groups, seniors and juniors. The topic of the debate for Juniors was "Dahaj Pratha Galat Hai" and the topic for the seniors was "Mrityudand Par Rok Lagani Chahiye".

The Debate competition started with the Lighting of the Lamp by the Principal of the School Dr Vikram Handa, Gurpreet Handa and all Senior teachers of the School.

Ridhanshi, the Hindi Debates and Dramatics in-charge anchored the program. In each group there were four contestants speaking for the motion and four against the motion. The Judges for the day were Kiran Zutshi and Sanjogita Rani. The Junior debaters were all awarded participation certificates where as the Senior debate was won by Akriti while Aman and Khushi were placed Joint Second. Dr Vikram Handa in his address to the students praised all the participants for their presentation and hard work. He also encouraged the students to participate in all curricular activities.

## Trials for PMDP Hockey Centre Poonch conducted



Participating hockey players and officials during a trail at Sports Stadium Poonch.

**STATE TIMES NEWS**

POONCH: The selection trials in Hockey were conducted for the PMDP Hockey Centre Poonch at Sports Stadium, here on Monday. The two days open selection trials were conducted for the players of Under-18 years boys and girls, in which around 50 players participated on day-1

today. According to the organisers, the participating players will be shortlisted on the basis of Physical Fitness Test and Hockey Talent Identification Tests. The selection trials were conducted in the presence of Nirdosh Kumar IC, Manager Sports Stadium Poonch and under the supervision of Baljinderpal Singh, Divisional

Sports Officer, J&K Sports Council Jammu (JKSC) and Majid Yousof, Incharge PMDP. The Organizers said the trials were conducted smoothly under the technical

supervision of Saval Ahmed, Hockey Instructor PMDP Centre Poonch with the help of Navjot Singh, Khelo India Hockey Coach Poonch and Pawan Kumar, Hockey Coach also Fitness Trainer BCCI NCA JKCA.

They also lauded the efforts of Secretary J&K Sports Council, Nuzhat Gul for giving opportunity to the budding youth by providing PMDP Hockey Centre in Poonch.

## NSK Nagbani beats Keran to win U-14 Kabaddi title



Participating teams posing with dignitaries.

**STATE TIMES NEWS**

JAMMU: The Naveen Shiksha Kendra (NSK) Higher Secondary School Nagbani trounced Government Middle School Keran in the final to lift the under-14 boys' Kabaddi title on the opening day of the inter-school zone level competitions of Bhalwal, organ-

ised by the Department of Youth Services and Sports (DYSS) at Government Model Higher Secondary School, Domana, here today.

Earlier, the competition declared open by the Principal of the host school, GMHSS Domana in the presence of Zonal Physical Education Officer (ZPEO)

Bhalwal, Avinash Rani.

The event is expected to involve around 500 students from Bhalwal zone in under-14 and under-17 categories in the disciplines of Kabaddi, Kho-Kho, Volleyball, Chess, Badminton, Basketball, Football, Cricket and Wrestling.

## Judo, Karate meet by DYSS begins

**STATE TIMES NEWS**  
JAMMU: Organised by the Department of Youth Services and Sports (DYSS), annual inter-school district level competition in the discipline of Karate and Judo (under-14 and under-17) got underway at Indoor Complex, MA Stadium and Youth Hostel, here today.

As per a handout issued here today, around 200 participants are expected to compete in various weight groups of twin age categories.

Earlier, the opening day of the event witnessed registration and related paper work on the part of the organising team. The actual competition shall take place tomorrow under the guidance of technical penal.

The Director was accompanied by Registrar, Prof. Atikur Rahman and SAS Coordinator, Dr. Srinibash Mishra. The event is being organized by the Department of Physical Education NIT Srinagar.

## Director NIT inaugurates Cricket tourney



Director NIT Srinagar, Prof. A. Ravinder Nath posing with teams and other faculty members.

**STATE TIMES NEWS**

SRINAGAR: Director National Institute of Technology (NIT) Srinagar, Prof. A. Ravinder Nath declared open the Inter-Departmental Cricket Tournament featuring 12 teams from different departments.

The Director was accompanied by Registrar, Prof. Atikur Rahman and SAS Coordinator, Dr. Srinibash Mishra. The event is being organized by the Department of Physical Education NIT Srinagar.

In the opening match, the combined side of Staff and Faculty defeated the opponents from IT Department by a healthy margin of 75 runs.

Earlier, Director NIT, Prof. A. Ravinder Nath praised the Sports Department for the activities throughout the year on the campus.

In his message, Institute's Registrar, Prof. Atikur Rahman highlighted the benefits of sports.

In another scheduled match, of Pool -A, Mechanical Engineering Department (MED) trounced MME by a margin of 36 runs. In Pool-B, Civil Engineering Department trounced CSE Department by 63 runs.