

Self-Discipline is bridge between dreams and accomplishment: Principal JKPS Kunjwani



Principal JK Public School Kunjwani Rajesh Rathore and students addressing morning assembly.

■ STATE TIMES NEWS

JAMMU: "Success does not come from what you do occasionally. It comes from what you do consistently". With this opening statement Mahi Gupta conducted the morning assembly with her classmates on the topic Self discipline at JKPS Kunjwani.

Adding more substance to the topic, Parul Choudhary added, "Let me begin by asking you a question; have you ever wanted to achieve something great, but found it hard to stay consistent? If your answer is 'Yes', then you are not alone. The difference between wishing and achieving often comes down to one powerful word self discipline".

Generating heat further, Sanvi pitched in adding, "We all know how tempting it is to hit snooze or skip home work, right? But let's see: why does discipline still matter? I would like to share a few thoughts on why discipline is not just a good habit - it's a life changing one. Self discipline means doing what needs to be done, even when we don't feel like doing it. Self discipline is when your conscience tells you to do something and you don't fall back. It is waking up early to rely before a test. It's practicing again and again when everyone else has stopped. In simple words, self discipline is the key that unlock our potential".

Under the segment Quotations, Pavitraatna quoted Jin Rohan, "Discipline is the bridge between goals and accomplishment. Without discipline, even the biggest dreams can remain just dreams. But, with it, we can turn small daily actions into remarkable success stories". Devanshi referred to John C Maxwell, "Motive gets you going, but discipline keeps you growing". Aradhya Sharma quoted Anon, "Self discipline begins with the mastery of your thoughts. If you don't control what you think; you can't control what you do".

Principal JKPS Kunjwani Rajesh Rathore applauded the presenters for brainstorming the masses and added, "Self-discipline is not merely a habit; it is the quiet force that shapes character, turns potential into achievement, and dreams into reality. It is the gentle voice within that says, 'I will persist when it's difficult; I will rise when I stumble.'"

"Look around you, nature itself is disciplined. The sun rises unfailingly each morning, rivers carve their paths with patience, and seasons arrive with precision. In the same way, a disciplined mind charts the course toward greatness", he added.

"Remember, self-discipline is the bridge between dreams and accomplishments. It's not brilliance alone that leads to triumph, but the steady hand of self-discipline. A self-disciplined student studies when others rest, listens when others speak, and prepares when others hesitate. Let's pledge to become the masters of our own minds, the architects of our own destinies through the quiet power of self-discipline", he concluded.

Kho-Kho U-14 & U-17 girls of Jammu get underway

■ STATE TIMES NEWS

JAMMU: The Zonal-Level Inter-School Tournament in the discipline of Kho-Kho for U-14 and U-17 girls of Jammu Zone got underway at Government Girls Higher Secondary School Bakshi Nagar, here on Saturday.

The Tournament is being organised by the Department of Youth Services and Sports, under the Chairmanship of the District Youth Services & Sports Officer Jammu, Sukhdev Raj Sharma and under the overall supervision of Harvinder Kour, Zonal Physical Education Officer Jammu.

586 girls drawn from different institutions both Govt and Private of Jammu Zone participated in these competitions, which are meant to pick the teams for the upcoming Inter-Zonal Tournament.

The event was formally inaugurated with an opening ceremony which was



graced by the Principal GGHSS Jammu, Jabeena Akhter, who attended as the Chief Guest.

In her address, Jabeena congratulated all the participating students and emphasized the vital role of sports in character building and youth development.

She encouraged the students to continue participating in such events, highlighting the physical, mental, and social benefits of regular sporting activities.

Speaking at the occasion, Harvinder Kour, Zonal Physical Education Officer, Jammu congratulated all teams for their enthusiastic participation and for showing sporting spirit.

"The players displayed extraordinary skill and gave their best to get the selectors nod," maintained, Harvinder Kour. She said that all the officials of Zone Jammu were present during the Tournament and showed enthusiasm and fervour.

Advocate Neeta Verma delivers motivational session at BSF School Paloura

■ STATE TIMES NEWS

JAMMU: BSF School, Jammu organized a Counselling-cum-Motivational Session featuring Advocate Neeta Verma, a distinguished member of the Supreme Court of India and State President of the Human Rights Mission, Jammu and Kashmir, as the keynote speaker.

The session proved to be both enlightening and thought-provoking, especially for the students and faculty members who participated with great enthusiasm.

The event witnessed the gracious presence of DIG PSO BSF Prabhakar Joshi, Principal Dr. S.K. Shukla, senior faculty, and a large gathering of students.

The session was held with the objective of raising legal and social awareness among school-going youth and encouraging them to take informed and responsible steps in their personal and academic lives.



DIG PSO BSF Prabhakar Joshi honouring Advocate Neeta Verma.

Advocate Neeta Verma, in her detailed and interactive address, touched upon a wide array of crucial topics relevant to today's generation - cyber crime, juvenile crime to boys and girls, Sexual Harassment Act, Poeso, Staying drug free, Cooperation and Coordination between teachers and students, helping girls with self-defense and providing administrative and legal aid in safe and difficult

situations and lastly discussed Mission Vatsalya. It was a dynamic counselling interaction in which students eagerly asked questions about laws related to children, digital safety, and legal consequences of drug abuse.

Advocate Verma, with her extensive experience and compassionate approach, answered each question with clarity, giving real-life examples and suggesting ways students could protect themselves and help others.

She also drew attention to the growing menace of substance abuse among children and teenagers, urging students to remain vigilant and to support their peers in avoiding such harmful practices. Her message was clear: awareness is the first step towards prevention, and youth must be equipped with the right information to safeguard their future.

Highlighting her own background and inspirations, Advocate Neeta Verma shared how her family-rooted in the freedom struggle and legal service-shaped her journey. She encouraged the students to follow the path of truth, law, and justice, and to never underestimate their potential to bring about change.

At the conclusion of the session, Advocate Neeta Verma presented her authored book, "Bharat Varsh Ka Itihaasik Aur Vartaman Kanoon", to DIG PSO BSF Prabhakar

Joshi and Principal Dr. S.K. Shukla.

The book, which highlights the historical and current legal framework of India, was highly appreciated by the dignitaries.

Principal Dr. S.K. Shukla thanked Advocate Verma for her valuable time and deeply insightful talk. She was honored with a certificate of appreciation and a memento by the school administration as a token of gratitude.

DIG Prabhakar Joshi also appreciated the initiative and stressed the importance of such sessions in today's educational system, where students must be prepared not just academically but morally and legally.

The session left a lasting impression on students, opening their minds to legal rights, social responsibilities, and the power of awareness. It truly underscored Advocate Neeta Verma's commitment to justice, education, and empowerment.

MIER College of Education hosts theatrical tribute to Samuel Beckett's Legacy

■ STATE TIMES NEWS

JAMMU: In a poignant tribute to the legendary Irish playwright and novelist Samuel Beckett, born in April 1906, the Literary Club of MIER College of Education hosted a special theatrical performance of his iconic play Waiting for Godot. Organized by the Department of English, the event marked Beckett's birth month and celebrated his profound literary legacy.

Known for its existential depth and minimalist style, Waiting for Godot was brought to life by an enthusiastic team of students whose powerful interpretation captivated the audience. Their dedication and nuanced performances conveyed the play's themes of uncertainty, anticipation, and philosophical introspection with impressive maturity.



Students and faculty of MIER College of Education posing for a photograph.

Arzoo served as the narrator, providing insightful guidance through Beckett's layered narrative. The lead roles were compellingly portrayed by Mehak, Charu, Riya, Khushi, Sheetal, and Sanidhya. Their collective performance evoked the essence of Beckett's dramatic intent.

Behind the scenes, Ishan and Chitvan managed the

technical aspects with finesse, ensuring seamless coordination of lighting and sound to enhance the emotional impact of the play.

The event was gracefully anchored by Anushka, while Sudiksha extended a warm welcome to the attendees. The program concluded with a heartfelt vote of thanks delivered by Divya, acknowledging the dedication and collaborative

efforts of the entire team.

Dr. Palvi Mangotra, Assistant Professor, Department of English, commended the students for embracing the challenge of staging such a complex piece. She lauded their courage and artistic expression, emphasizing the educational value of theatre.

Quoting the celebrated poet Harivansh Rai Bachchan-What is past is

past-she encouraged students to immerse themselves fully in the learning journey that art and literature offer.

Prof. Adit Gupta Director and Principal MIER College praised the efforts of the literary club and its participants for their outstanding creativity and thoughtful presentation of Samuel Beckett's play.

The Literary Club of MIER College continues to serve as a vibrant platform for students to engage with global literature, nurturing creativity and fostering cultural appreciation through innovative events and programs.

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The association also informed that participants will have to bear all their expenses from Srinagar to Nagpur and back, as the activity is not sponsored by the J&K Sports Council.

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Kuldeep to represent Asian Kabaddi Federation at Asian Youth Games in Bahrain

■ STATE TIMES NEWS

JAMMU: In a significant achievement for Jammu & Kashmir, Kuldeep Kumar Gupta, General Secretary of the J&K Amateur Kabaddi Association and Technical Director of the Asian Kabaddi Federation (AKF), has been entrusted with an important responsibility by the AKF for the upcoming 3rd Asian Youth Games (AYG) 2025, scheduled to be held in Bahrain.

Gupta will represent the AKF as part of the official delegation in the first Technical Delegate Meeting of the 3rd Asian Youth Games, which will take place from May 13 to May 17, 2025, in Bahrain.

A veteran in kabaddi



administration and officiating, Gupta has an illustrious track record, having served as Technical Director in major international sporting events, including the 19th Asian Games in Hangzhou, China (2023), the 16th Asian Games in Guangzhou,

China (2010), and the 14th Asian Games in Busan, South Korea (2002). He has also been appointed multiple times as a Technical Official at the National Games in India.

Gupta's appointment underscores his deep expertise and leadership in the sport. His role at the Asian Youth Games will be pivotal in ensuring the effective planning and execution of kabaddi competitions at this prestigious continental event.

His selection has been widely appreciated by the kabaddi fraternity, with many expressing confidence that his participation will further boost the profile of Indian kabaddi at the Asian level.

JKSC screens Kalarippayattu team for 7th Khelo India Youth Games 2025

■ STATE TIMES NEWS

JAMMU: The J&K Sports Council (JKSC) conducted the official screening of the Jammu & Kashmir Kalarippayattu team ahead of their participation in the 7th Edition of the Khelo India Youth Games 2025, scheduled to be held in Bodh Gaya, Bihar, from May 11 to 13, 2025.

Ten outstanding Kalarippayattu athletes from the Union Territory of Jammu & Kashmir have been selected to represent the region at this prestigious national-level event. The selected athletes are Manvi Sharma, Misthi Sharma, Aapurti Saini, Anandika,



Adarishtha Manhas, Aidah Nabi, Palak Sharma, Pratham Vaid, Nitin Kumar, and Chirag Puri.

The screening session was graced by eminent dignitaries including Baljinder Singh Balli, Divisional Sports Officer (Jammu) of J&K Sports Council;

Manjeet Singh, Chairman of the Kalarippayattu Association of J&K; T.P. Singh, Veteran National Athlete of J&K; Dr. Jagandeep Singh - Physiotherapist of JKSC; Joginder Kumar, Danish Sharma, General Secretary of the Kalarippayattu

Association of J&K and Jagriti Sangotra (Coach).

Anissa Nabi (Chief Sports Officer - J&K Sports Council) extended her best wishes to the team, expressing confidence in their potential to perform exceptionally and bring laurels to the Union Territory.

The Kalarippayattu Association of J&K conveys its heartfelt appreciation to the J&K Sports Council for its constant support and commitment toward the growth of traditional martial arts. The team is well-prepared and motivated to make their mark at the Khelo India Youth Games 2025.

Inter-School Zone Level Competition 2025-26 U-14 boys compete in Carrom, Chess, Badminton, Yoga & Wrestling at Ghat



A carrom match in progress.

■ STATE TIMES NEWS

DODA: The third day of the Inter-School Zonal Level Competition 2025-26 for U-14 boys witnessed a spectacular display of athletic talent under the esteemed guidance of District Youth Services & Sports Officer Pritam Singh.

The event was meticulously supervised by Zonal Physical Education Officer Ghat Surinder Kumar ensuring its smooth and successful execution.

A total of 47 students/players drawn from far flung schools competed in Badminton, Chess, Carrom, Yoga and Wrestling, showcasing their skills and sportsmanship.

The dedication and hard work of the field staff of Zone Ghat were instrumental in the success of the event. Their commitment and efforts ensured a well-organized and competitive environment, allowing the young athletes to perform at their best.

Pritam Singh expressed satisfaction with the proceedings, emphasizing the importance of such events in nurturing young talent and promoting a healthy sporting culture among the youth. Surinder Kumar also lauded the participants for their spirited performances and commended the staff for seamless execution of the competition.

The event marks a significant milestone in the ongoing Inter-School Zonal Level Competition, promising more exciting and competitive days ahead.