

Every teacher must be a potential speaker: Principal JKPS Kunjwani

STATE TIMES NEWS

JAMMU: Addressing the teaching staff while conducting a marathon JAM session for the teachers at JKPS Kunjwani, Principal Rajesh Rathore shared, "Teachers must be conscious learners throughout their teaching career. They must cultivate the art of elaboration. Arranging their ideas at the spur of a moment and expressing them logically must be perfected by them. On account of conscious efforts, dedication and determination, they may polish their expression to a sparkle. By and by, the expression grows precise, crisp & lucid. They have to make conscious efforts on a daily basis".

Reflecting over some tricks of the trade, he said "Avoid being perfect, as it's will o' the wisp. Even native speakers feel jittery when they have to reflect on a topic extempore. Avoid showing your true emotions. Let your audience never succeed in gauging your nervousness".

"Avoid underestimating yourself. Never utter a word about your feeble grip over the language. Never apolo-



Principal JKPS Kunjwani, Rajesh Rathore chairing an interactive session with faculty members.

gize for a wrong expression in English. Make the audience feel that you are a confident speaker, and your listeners will believe it too. If you make a mistake, simply keep talking and avoid committing the same mistake", shared the Vice Principal Shashi Rattan.

"Be yourself. Project your real personality. People will appreciate interacting with you because of who you are, not because of the expression you use. It's always advisable

to keep it simple. As we keep our written expression always simple, like wise verbal expression must be simple & lucid. Avoid making your expression pompous, full of verbosity and avoid impressing people with your profound vocab. Use words and expressions that you are confident to use", the Vice Principal added further.

"Prepare well throughout the year. Keep collecting choiceest phrases, collocations,

phrasal verbs. Learn by heart some transitional phrases and useful expressions. Keep your listeners glued to your conversation, if you know that your quiver harbours some enchanted arrows, that is, some key expressions that will make the conversation flow", pitched in the Associate VP Roopinder Kour.

"Making eye contact can do wonders, when you're listening or speaking to your audience. Even if you're lost for

the right expression, try not to show your face blank or start looking towards the ground. If you're making a presentation, always attempt repeated rounds of practise so that you don't have to read every word from your notes. Visuals can help you in a presentation", added the AVP further.

"Keep a moderate pace of delivery. Always attempt pause and pace. Avoid speaking too quickly, which may

hamper the comprehension skills of the audience to understand you. Communication means making your audience relish your talk. Practise pronunciation, as a wrong pronunciation mars the impact of speech completely", concluded the Principal.

The wide range of interesting topics for the JAM session included NEP 2020 - Vision; Name any 5 SDGs of JKPS; Name any two things about

JKPS which are unique; Your strengths and weaknesses (4 each); Tagline of JKPS Logo and its meaning; Education 4.0; Why my students are special for me; reflect on any 2 life skills enumerated by WHO; narrate any interesting anecdote in class; any imaginative idea for a substitution period; Discipline : A collective responsibility; the recipe of your favourite dish; your favorite character from any book; dealing with nega-

tivity; tell a story in least possible words; recite a poem; the best day of my life; the most successful prank I was part of; three words I would like to ban; why do people have a problem in agreeing to anything; your take on glass ceiling; why is working smarter better than working harder; which qualities do you want to see in a leader; your favourite quote; what can you do today that you were not capable of doing a year ago; do you always ask - why Me; your views on a session like we are having today; there is never enough time; I admire...; too much posturing : Very little work; how to promote English language; value to be caught, not to be taught; your association with the Institution.

The Principal lauded the content and expression of the teachers. He expressed his joy over their effective communication skills. He attributed the resounding success of JKians in the Board results to the commitment and dedication of the teaching staff. He wished them good luck for grooming themselves as conscious learners of the language.

Udhampur wrestler Ajay Sharma lifts 58th Amar Nath Dangal title

STATE TIMES NEWS

KATRA: Pahalwan Ajay Sharma of Landen Power House, Udhampur Patha Late Vijay Singh (Bijju Pahalwan) lifted 58th Annual Amar Nath Maha Dangal title 2022 by defeating wrestler Vikas of Haryana in a very tough fight for the main bout at Subash Stadium, Udhampur.

Dangal was organized by Amar Nath Maha Dangal Samiti in collaboration with J&K Indian Style Wrestling Association under the overall supervision of Chairman Amar Nath Maha Dangal Samiti Gita Devi, daughter of late Amar Nath Pujari and Vice President J&K Indian Style Wrestling Association Varinder Badyal.

Former Joint Secretary J&K Sports Council, Vice President Indian Style Wrestling Association of India and President J&K Indian Style Wrestling Association, Shiv Kumar Sharma was the chief guest on the occasion, who distributed cash prizes among the winners and runner-up wrestlers.

Councillor Vikram Salathia and Councillor Preeti Khajuria were the



Chief Guest, Shiv Kumar Sharma presenting Gurj to winner wrestler.

Guests of Honour. Prominent persons present were President Awardee Swantanter Dev Kotwal, Manager Subash Stadium Udhampur Navin Sharma, Retd. AEE Vinod Sharma, Chaman Lal Kalotra, Kailash Thakur, Om Parkash Verma, Depak Anand, Mukh Raj Bamagi, Chaman Lal and Vikas Dogra.

Winner of main bout Wrestler Ajay Sharma was awarded a cash prize of with Rs. 6,000 along with traditional "Gurj (Gadda) and Patta" by Chief Guest

Shiv Kumar Sharma, Gita Devi Vikram Slatia, and Navin Sharma while runner-up wrestler Vikas was cash awarded with Rs. 5,000 by Swantanter Dev Kotwal, Varinder Badyal and Om Parkash Verma.

The second main bout was won by Munee Khan of Nagrota who defeated Bablu of Basantgarh. Third bout was won by Dilar Khan of J&K Police who defeated Sachin of Delhi, 4th bout was won by Reetak of Delhi who defeated Rajesh Sharma of J&K Police and 5th bout was won by Salman

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Councillor Vikram Salathia and Councillor Preeti Khajuria were the

of Chopra Shop who defeated Bhatti of UP. Amar Nath Maha Dangal Samiti members and technical officials who helped for the smooth conduct of Dangal in a very fine way were Gita Devi (Chairman), Sansar Chand, Yash Kumar, Ranjeet Kumar, Shiva Kumar, Sugam Suntal, Ramnik Sharma, Swantanter Dev Kotwal, Dhur, Shubham Panotra, Kulbushan Koul, and Gian Chand Sharma.

While addressing the gathering Shiv Kumar Sharma lauded the role of Gita Devi and also assured all possible help and co-operation for further promotion of the game of wrestling.

Shiv Kumar Sharma also thanked Secretary J&K Sports Council, Manager Subash Stadium Udhampur Navin Sharma and all staff for their full supports.

Other Results: Pritam of Reasi beat Sunil of Kawa, Sunil of Udhampur beat Rajinder of Reasi, Ajay of Roun Domail beat Shota Benia of J&K Police, Karnail Singh of Reasi beat Raj of Samba, Arjun of Jammu beat Shubham of Delhi.

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DIS students shine in All J&K Inter school rope skipping c'ship



Medal winner students posing for a photograph.

STATE TIMES NEWS

JAMMU: Students of Doon International School (DIS) participated in All J&K Inter school rope skipping championship 2022 organized recently by International Delhi public School, Jammu with the technical support of Rope Skipping Association of Jammu and Kashmir.

Vinayak Gupta won gold medal in Speed Hop-30 secs, gold medal in One leg switch single bounce and silver medal Speed sprint; Nisar Choudhary bagged bronze medal in Speed Hop-30 secs; Anurag won silver medal in Speed hop-30 secs and gold medal in Speed hop-1 min; Mohd Mudasir won gold medal in Backward single bounce; Mehboob Hassan got silver medal in

Backward single bounce; Irslan Sajjad won bronze medal in Backward single bounce; Rehan Ali won gold medal in Free style; Rudraaksh Khana got gold medal in Free style; Zeeshan Choudhary won silver medal in Speed sprint; Komal Rajput won silver medal in One leg switch single bounce; and Maria Manzoor Khan bagged gold medal in Backward single bounce.

The Chairman, G.N. Tantray, Principal, Dr. Vikesh Kaur and Vice Principal, Dr. Sarita Moza Kaul congratulated all the winners and appreciated the enthusiastic efforts of all the participants.

The entire DIS family treasured and eulogized the attempt of the students for their bodacious victory.

STATE TIMES NEWS

JAMMU: Principal Sessions Judge Jammu & Kashmir and Sanjay Parihar awarded 12 years rigorous imprisonment and fine of Rs 1 lakh to one Nissar Ahmed in a narco smuggling case.

As per details, on basis of a complaint filed by Narcotics Control Bureau, Jammu accused Nissar Ahmed and Ghulam Nabi and Firdous Ahmad Bhat were prosecuted for the offences punishable under sections 8/20/60 of NDPS Act. As per complaint, secret information was received by Intelligence Officer Jammu on March 17, 2017 at 0900 hrs

regarding transportation of Charas by accused Nissar Ahmed Bhat, driver of truck bearing registration number JK03C- 9491 for delivering the same to accused Ghulam Nabi at Kunjwani Chowk, after which a Naka was laid at Kunjwani.

During checking, truck

was stopped and accused Nissar Ahmed and Ghulam Nabi were in truck. On checking of vehicle, two packets wrapped with brown cell tape containing 40 round shape brown coloured balls (20 balls in each pack) weighing 5 Kg were recovered which after drug detection test were confirmed as Charas. On

weighing, net weight of

Charas was found 3.928 Kg, which was seized and both accused were arrested.

Principal Sessions Judge Jammu Sanjay Parihar after hearing Special Public Prosecutor Rakesh Badyal for NCB whereas Advocate GQ Bhat for Nissar Ahmed Bhat, acquitted the accused Firdous Ahmed Bhat and convicted Nissar Ahmed Bhat.

Principal Sessions Judge Jammu Sanjay Parihar after hearing Special Public Prosecutor Rakesh Badyal for NCB observed that the facts as proved in the pres-

ent case are that convict was consciously transporting 3.928 Kg Charas, which falls under commercial quantity, in his truck.

"Use of drugs has become a major problem not only in our UT but also in the Country. The younger generation may be, due to the exposure of latest electronic technology and other factors in fast paced life, has got a particular temptation towards the use of drug which is nothing but destruction of the youth and the mankind. Therefore, in order to effectively control and eradicate this proliferating and boozing devastating menace, causing de-

terious effects and deadly impact on the society as a whole, the sentence should be deterrent to the perpetrator of the crime which should serve a message to the persons involved in the narcotics trade. However, the fact that convict is first-time offender and stated to be only sole bread earner of their family, cannot be lost sight. In view of the facts and circumstances, convict Nissar Ahmed Bhat is sentenced to undergo rigorous imprisonment for a period of 12 (twelve) years and a fine of Rs 1,00,000 (rupees one lakh) under section 8/20 of NDPS Act," the court observed.

Court can't decide whether any international cricket stadium is necessary & required to be constructed in Jammu: DB

STATE TIMES NEWS

JAMMU: In a PIL seeking directions to JKCA to immediately start construction of International Stadium at Bajalta, Jammu soon after release of already sanctioned amount of Rs 10.00 cr, a Division Bench of Jammu & Kashmir and Ladakh High Court at Jammu Wing comprising Chief Justice Pankaj Mithal and Justice Moksha Khajuria Kazmi observed that construction of a Stadium for any purpose is a policy decision to be taken either by Government or the Ministry of Youth Affairs & Sports or other relevant stakeholders, such as BCCI, JKCA etc. In the event, any of those authorities are interested in constructing a cricket stadium of international repute, it is open for them to go ahead and to arrange necessary infrastructure including land and funds and to seek help from any other concern authorities as it may deem fit or may arrange funds in the form of subsidy or otherwise from any institution or the government body. The Court, in exercise of its extraordinary jurisdiction, does not find itself competent enough to decide whether any international cricket stadium is necessary and required to be constructed in Jammu.

Court awards 12-yr RI imprisonment, Rs 1 lakh fine in narco smuggling case

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MD JKPCC directed to file affidavit showing progress of work

STATE TIMES NEWS

JAMMU: A Division Bench of Jammu & Kashmir and Ladakh High Court at Srinagar Wing comprising Chief Justice Pankaj Mithal and Justice Moksha Khajuria Kazmi, while unable to appreciate attitude of authorities that too in carrying out and completing various projects of public importance, directed Managing Director, JKPCC Limited, to file affidavit showing report about progress of works over two bridges, within a month, which may clearly indicate, whether the Government is actually interested in constructing aforementioned bridges or is just delaying the matter and play-

ing with public. When the PIL came up for hearing, DB observed that two bridges one Tengehat bridge and another Akhal bridge were to be constructed by the JKPCC Limited. The work had started way back in 2012 but JKPCC Limited is unable to complete work and make bridges functional even after ten years, which clearly shows the pace at which JKPCC Limited works. The way it is working gives an impression that it is not interested in providing said facility of the bridges to residents.

The Deputy General Manager J&K Projects Construction Corporation Limited, unit Ganderbal/