

Hand writing is index of personality: JKPS Kunjwani Principal

STATE TIMES NEWS

JAMMU: Principal JK Public School (JKPS) Kunjwani, Rajesh Rathore appealed all the students from Grades I-XII to polish their hand writing at home during the vacation time.

They must focus on the neatness, presentation and well-labelled diagrams under the guidance of their teachers. He consoles those handfuls, who are still struggling to polish their hand writing.

He counsels them to start afresh and make sincere efforts, while using four-line notebooks to acquire the requisite strokes and a neat presentation. He promises them to conduct these foundation writing classes himself.

"Handwriting is the index of one's personality. The mannerism in which students frame their words on a page showcases the state of their mind. For instance, the chaotic handwriting along with an array



of errors gives us an impression of someone being in the confused state of mind; whereas, on the contrary, 'pearls-on-paper' handwriting is a synonym of a well-groomed, systematic and a disciplined individual", reflected the Principal.

Quoting the reflections of a renowned hand writing expert, he said "even considering the scientific

perspective, the importance of good handwriting stands unique. When it comes to defining the term handwriting, we can say that the impulses from the brain, travel all the way through to the hand and the fingers, to allow the conversion of thoughts into a readable composition of words. It is a complex process involving the precise coordination of the brain and the hand. Thus, good handwriting is an indicator of excellent mind and motor coordination".

Citing the reasons: why an individual should strive to acquire presentable hand writing, he said, "good handwriting skills lead to stronger academic performance. It boosts the confidence level of an individual. It is essential in day-to-day life, for example, quick note-taking in the classroom, writing a birthday card/slam book/autograph book etc, taking down a phone message, jotting down a shopping list, completing bank/railway station/ hotel checking in/out formalities etc".

"Although the scientific advancement has dramatically impacted the age-old perception of people across the globe, yet the skill of handwriting shall ever hold paramount importance in education, employment and in everyday life", he summed up.

SR College conducts JKAS Prelims Test Series

STATE TIMES NEWS

JAMMU: SR College has started test series for candidates preparing for the forthcoming 2022 J&K Combined Competitive Examination conducted by the JKPS in the college premises.

SR College of Competitions has been providing guidance to the students since the year 2000 in the field of civil services and a number of students coached by the college have made their entry into the final lists of various services like IAS, IPS, IRS, IFS, JKAS, JKPS and many other national and state level services. The college has started a test series for Prelims 2022 containing 12 sectional and 8 full mock tests of General Studies & CSAT. The students are also being provided with answers keys, explanatory notes and

Vipul Jamwal clinches Champion of Champion 2022

STATE TIMES NEWS

JAMMU: Vipul Jamwal won the prestigious title of Mr. J&K 2022 and became Champion in the Jammu and Kashmir Body Building and Fitness Championship conducted by Body Building Association of Jammu and Kashmir (BBAJK) in collaboration with Jammu and Kashmir Sports Council at Teacher Bhawan Auditorium, Gandhi Nagar, here.

The College has also been conducting workshops and counselling sessions by inviting experts from across the country for general studies and various Optionals and one such workshop is scheduled tomorrow and the resource person is a 2020 Civil Services qualifier Suchit Sharma, informed Supriya Sharma, Students Counsellor.



BBAJK members presenting memento to Vinay Sharma, Vice President BBAJK and winner Vipul Jamwal posing with dignitaries.

onship. Dr. Ashutosh congratulated to all the members of BBAJK specially Rajesh Dutt for his effort to engage the youth of the UT in making them healthy and fit.

Other officials present were Ravinder Singh, Naresh Gupta, Dr. H. Bali, Nand Kishore Gupta, Sanjay Bali, Anil Gupta and

Rasvinder Singh.

The event was judged by panel include Gain Singh and Prem Bhadur National Judge from Delhi, Ajit Singh, Vikas Thaper, Vimal Jeet, Mohd Javed and Sidharth Satoo from BBAJK.

Results

Men 50-55 kg: Vaibhav Pratap, gold, Pankaj

Kumar, silver and Simrat Choudhary, bronze, 55-60 kg: Manik Khajuria, gold, Kumar Gourav and Vikram Singh, silver and Rishav Kumar, bronze. 60-65 kg: Bal Krishan, gold, Arush Manhas, silver and Manoj Gupta, bronze. 65-70 kg: Abhishek Sharma, gold, Vaibhav Saini, silver and Rakesh Malhotra, bronze.

70-75 kg: Tajinder Singh, gold, Ashwani Kaul, silver and Sumit Singh, bronze. 75-80 kg: Sunil Bhan, gold, Kamal Mahiya, silver and Nitin Sharma, bronze. 80+ kg: Vipul Jamwal, gold, Goutam Bhagat, silver.

Masters category: Dr. Naveen Mahajan, gold.

Women Fitness: Surbhi Sharma, gold, Pooja Virdhi, silver and Janvi Kumar, bronze.

Men's Physique Below 6 Feet: Vaibhav Saini, gold, Rajdeep Kumar, silver and Manu Khajuria and Kumar Gorav, joint bronze.

Above 6 Feet: Akashdeep Dutt, gold, Sorab Sharma, silver and Ashish Sharma and Jaideep Gandhi, joint bronze.

JKP wrestler Benia wins Kathiel Dangal

STATE TIMES NEWS

JAMMU: Prominent wrestler of J&K Police, Benia Bin lifted the 108th Annual Kathiel (Majalata) Dangal title defeating Krishan of Delhi in a close contest for the main bout at Village Kathiel in district Udhampur.

Dangal was organized by Kathiel Dangal Committee in association with J&K Indian Style Wrestling Association and under the overall supervision of president Kathiel Dangal Committee, Mulk Raj and vice president District Udhampur Indian Style Wrestling Association, Lochar Singh.

Former MLA, Ranbir



Wrestlers of main bout being introduced by the Chief Guest.

Singh Pathania was the Chief Guest, who distributed cash prizes among the winners and runners-up wrestlers.

Former Joint Secretary J&K Sports Council

Kapoor were Guests of Honour.

Winner of the main bout Benia awarded with a cash prize of Rs 31,000 while runners-up Krishna got Rs 20,000.

The second main bout won by Vijay of Uttar Pradesh, who defeated Sonu of Kathua while third main bout went to Ankush of Sonipat, who defeated Bablu of J&K Police. In another fight for third bout, Surjeet Singh of Reasi defeated Sonu of UP. The fourth bout secured by Fiza of Billawar who beat Virender of Delhi.

Members of Kathiel Dangal Committee who helped for the smooth conduct of dangal

included Mulk Raj (president), Sher Sikander, Rattan Chand Khajuria, Prem Chand Khajuria, Channay Ram, Mohinder Singh, Rashpal Sharma, Bodh Raj, Subash Chander, Lochan Singh, Om Parkash Verma, Tulinder Kumar, Shiv Ram and Makhan Lal.

Other results: Madan Lal of Reasi beat chandervi of UP; Chain Singh of Reasi beat Sumit of Delhi; Man Hussain of Jammu beat Gynsham of Delhi; Arjun of Jammu beat Sourav of UP; Raj Singh of Samba beat Akash of Sonipat; Salman of Choprasop beat Majeed of UP and Liakat Ali of Jammu beat Baber of Kathua.

The selection panel included Maqsood Rather (chairman), Kamal Kishore, Rajinder Singh, Bhanu Pratap Singh, Jabeena Akhter, Arshi Jamwal (all members) as also observer from J&K Sports Council.

The trials shall be held on June 15 and June 16 at Jammu. While on June 15, the selection panel shall hold weigh-in and draw of lots, the trial

Mayank, Ashwina win U-19 selection chess events



Chess matches in progress at Jammu.

JAMMU: Mayank Kulkarni and Ashwina Raina won Under-19 Jammu Division

selection events in open and girls section respectively held at Kalash Resort Muthi, here.

In boys category, second prize

went to Saksham Koul while Aarav Gupta finished third. In girls category, Ojaswini Mengi got second and Swistika bagged third place. Now, top two in each category from Jammu Division and other top two from Kashmir Division shall represent J&K in forthcoming Nationals. Meanwhile, Mayank Kulkarni won Under-17 category event, held last week.

These events were organised by Jammu Division Selection Committee and conducted by Ajit Singh and Arvind Sharma.

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also gave them exposure and confidence.

They said that it was a great opportunity for them as they got to know how beautiful and diverse the culture, languages architecture, geography of the country is.

It is pertinent to mention that the group of 65 students from Jammu District was on Bharat Darshan tour under JK Police's civil action programme.

Chairman Sham Lal Gupta

ADGP Jammu interacts with Bharat Darshan Tour students



opportunity of visiting the different parts of the country and exploring various places of heritage importance.

While sharing their experiences, the students showed enthusiasm and happiness and thanked

Jammu Police for giving them opportunity to explore various metropolitan cities.

They said that it was a great opportunity for them as they got to know how beautiful and diverse the culture, languages architecture, geography of the country is.

Poonch Panthers wins semifinal of White Knight Cricket Premier League



Winner team posing with army officials after receiving trophy and cash prize.

STATE TIMES NEWS

AKHNOOR: Poonch Panthers defeated Kishtwar Knight Riders by 33 runs and entered the final of the ongoing White Knight Premier in Akhnoor.

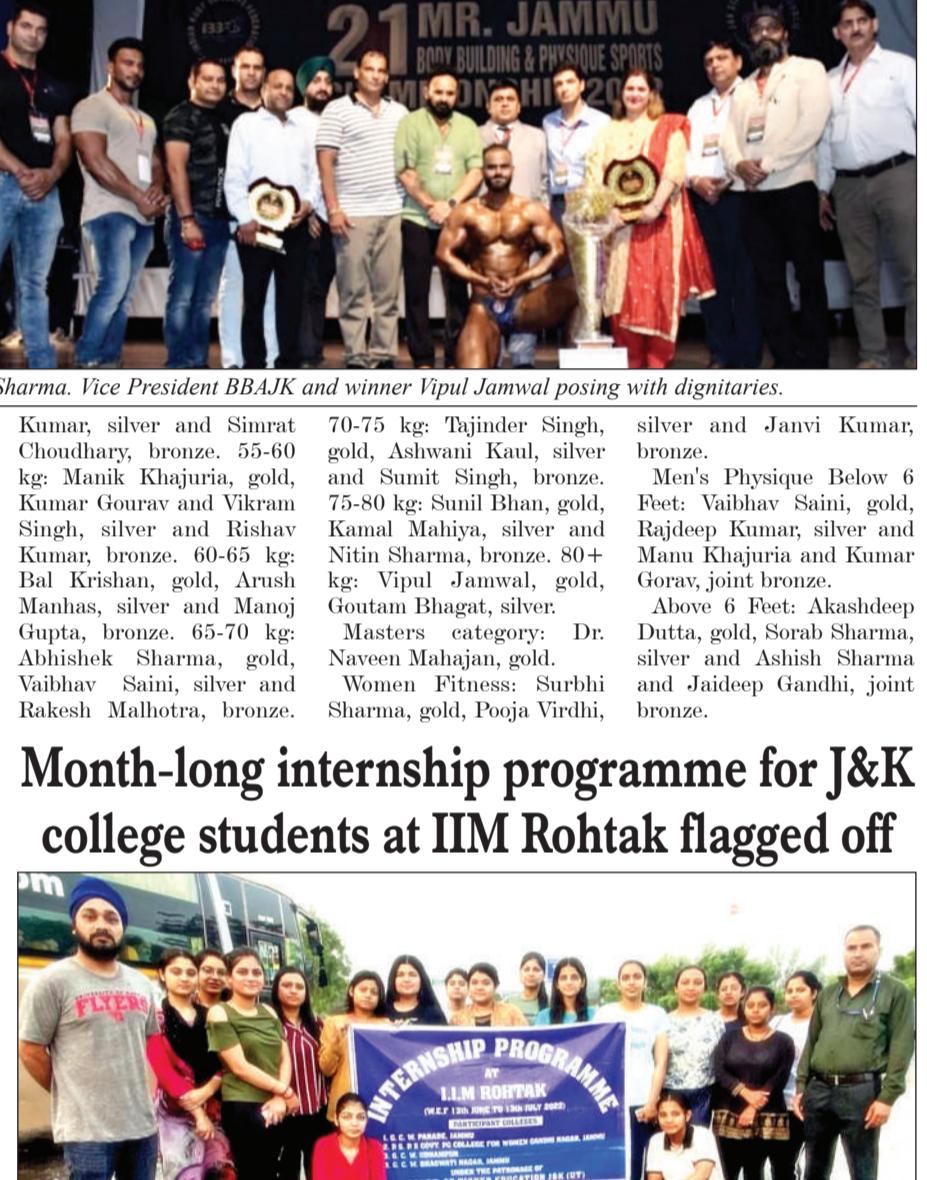
Earlier in the first semifinal played on Sunday, Mohd Imran, of Poonch Panthers was awarded the Man of the Match for his knock of 32 runs and also taking 2 wickets.

new ball and lost wickets in quick succession and could only manage a score of 102 runs in 20 overs during their chase and lost the match by 33 runs.

The Poonch Panthers clinched the match by 33 runs and Mohd Imran, of Poonch Panthers was awarded the Man of the Match for his knock of 32 runs and also taking 2 wickets.

By GOC, Crossed Swords Division of the Indian Army was the Chief Guest on the occasion, who reiterated the Indian Army's commitment towards the nation building and youth of J&K by providing them platforms like White Knight Premier League to showcase their sporting skills and step ahead towards a brighter tomorrow.

Month-long internship programme for J&K college students at IIM Rohtak flagged off



College students posing for photograph before leaving to IIM Rohtak.

STATE TIMES NEWS

JAMMU: In all 33 students along with faculty of various colleges of Jammu Division Colleges were flagged off on Sunday by Prof Minu Mahajan Principal, Padma Shri Padma Sachdev Govt PG College for Women, Gandhi Nagar for 1 month long Internship Programme at IIM Rohtak from June 13 to July 13, 2022.

Prof Ravinder Tiekoo (Nodal Principal), Prof SP Saraswat (Principal, GCW Parade) Prof Mamta Gupta (HOD, Commerce) Prof Mala Bhasin (Staff Secretary), Prof Renu Rajput, Prof Neha Gupta, Prof Sunil Singh and Prof Binny Kumar were present

These eligible interested players have been advised to participate in the selection process starting from June 15 bringing along Date of Birth Certificate, fitness certificate and Aadhar Card.

The selection panel included Maqsood Rather (chairman), Kamal Kishore, Rajinder Singh, Bhanu Pratap Singh, Jabeena Akhter, Arshi Jamwal (all members) as also observer from J&K Sports Council.

Those eligible interested players have been advised to participate in the selection process starting from June 15 bringing along Date of Birth Certificate, fitness certificate and Aadhar Card.

The trials shall be held on June 15 and June 16 at Jammu. While on June 15, the selection panel shall hold weigh-in and draw of lots, the trial

During flagging of Ceremony. Students were accompanied by Prof Paramjeet Singh, Prof Mamta Kundal and Dr Mohd Majeed for the said programme.

This is one of the many initiatives of the Higher Education Department of Union Territory of Jammu and Kashmir to improve access to quality education, skills, and knowledge in remote and distant areas and especially for girl child.

Through the internship, students will develop business skills to help pursue entrepreneurship or carry on with higher education in business management. The course includes classroom sessions, expert speaker ses-

sions, project work, debates, assignments, and several business development activities to understand and cultivate scientific temperament for decision making.

As part of the internship, students will work on several projects, assignments and case studies. Some of the key projects include writing case study on successful business projects of J&K in recent years, identifying the scope of growth for industries in various districts of J&K, and designing a business plan on their own entrepreneurship venture. Regular debates on business and socio economic topics will also be part of the internship to develop analytical and critical thinking.

Anti Crime Team organises T-20 Cricket Match

STATE TIMES NEWS

BISHNAH: Daata Rampat Cricket Club defeated Sushil Khajuria Cricket Squad and won the trophy of T-20 Cricket Match organized by Anti Crime Team in collaboration with Sushil Khajuria Cricket Squad in Village Sikkanderpur, Bishnah under supervision of Sushil Lal Gupta its Chairman.

Batting first, Sushil Khajuria Cricket Squad scored 139 runs in 20 overs which in reply comfortably chased by Daata Rampat Cricket Club in 19 overs.

He said that travelling to different places is itself a valuable experience during which people get to learn different aspects of life and advised them to share their experience with their families and friends in their schools.

It is pertinent to mention that the group of 65 students from Jammu District was on Bharat Darshan tour under JK Police's civil action programme.

Chairman Sham Lal Gupta

along with Chief Guest, Special guests presented trophies to winner team captain Ravi Charak and runner up team Captain Deepak Antal. Man of the Match trophy was also presented to Shuvam Mehra. DDC Member and Chairman Rajan Sharma also presented cash prize to winner and runner-up teams.

Organisers also honoured every player with appreciation certificates and mementos. Dhruminder and Rajan Sharma requested youth to stay away from drugs and bad

society and be always ready to serve and help the needy people. SHO Bishnah also appreciated efforts of NGO and

Among others present were Abhinav Sharma, Tushar Digras, Rohit Kumar, Vijay Kumar; Rattan Lal and Vaish Mehra.

BJP Distt R.S. Pura Gen Secretary Mintu Gupta and BJP Mahila Adyaksh Parveen Kumari also appreciated efforts of NGO.

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