

Every teacher must be a story-teller: Principal JKPS Kunjwani

STATE TIMES NEWS
JAMMU: "Story telling is an art and every teacher must acquire it with great dedication and passion. Children love listening to stories. Stories are magical, they transport children into the world of imagination. Stories can create an alternate world with emotions, ideas and make the everyday appear incredible. They can teach us, empathize us and take us on terrific journeys. They can make us laugh, cry, jump with fright and then comfort us with a happy ending", reflected the Principal JKPS Kunjwani Rajesh Rathore while addressing the teachers of primary schools.

"From a very young age we learn how to enjoy a story both for pleasure and to help us make sense of the world and ourselves. The art of story-telling appeals to different learning preferences and personalities ensuring that from the most shy to the most active of students, everyone has a chance to participate in a way that they can enjoy. This ranges from listening quietly to taking part as an actor", added the Principal further.

"Storytelling also helps students to enjoy and be aware of intonation and tone of voice, natural sounding expressions and phrases as well as interaction between native speakers.



For senior students, they offer the opportunity to retell, rephrase, enact or summarise what they've heard, or rewrite the story or to create their own ending as a group or individual", pitched in a master story teller from the faculty of English.

"Stories also offer a link between the classroom and home. Students may have the same books in their own language at home, they may read with a parent or family member and be able to identify vocabulary in English; simple stories in English can be read again by a parent at home. Stories offer everyone a chance to enjoy language and discover new worlds, new words and new things about themselves. "Recently I was speaking to my

friend over phone and we were reflecting over world renowned personalities, who dreamt big and left no stone unturned in achieving them successfully", shared the Principal.

When I made a reference to Alexander the great, my friend Anil Dohal, a brilliant story teller could not resist his temptation of narrating an incident associated with the life of Alexander. Thus, he proceeded:

Place: Temple of God Apollo at Delphi

Suddenly a person jumps from the window behind Pythia, the spokesperson of God Apollo. She looked behind. A tall, broad shouldered and handsome Greek soldier was standing in front of her.

"Who are you? How did you enter

my room?", asked Pythia flummoxed.

Calm composed soldier responded with a smile, "I'm Alexander. God Apollo helped me", said the soldier extraordinary pointing towards the giant statue of God Apollo in the courtyard of the temple.

"What do you want?", asked Pythia perplexed.

"I want answer to my question", coolly retorted the soldier.

"It's not the way seeking response to a question. Write it on a piece of paper; observe fast for seven days with austerity and then God Apollo will answer your question", said Pythia.

"Pythia, I don't have time. I'm attacking King Darius shortly. I want to know the fate of my action", asked Alexander.

"Are you a nerd? Out of your wits completely? Any clue about the size of the Syrian army?" asked Pythia flustered.

"Yes, I do know. King Darius has quarter of a million soldiers & I have 40K cavalry", smilingly replied Alexander.

"King Darius doesn't know me. With my swift moving horses, I'll catch Darius at Damascus unprepared. History is full of examples, when pygmies baffled the giants", thundered Alexander.

"Invincible! You're invincible", muttered Pythia.

"Thanks, Pythia. I got my answer", expressed Alexander with gratitude.

"No! No! These are my words, not of God Apollo", said Pythia instantly.

"I got my answer. Goodbye, Pythia!" Alexander jumped out of the window, mounted on his horse Bicephalous and got disappeared shortly.

Those words of the World Conqueror are still ringing into my ears. "Pygmies may baffle the Giants". I have been trying desperately to pass on the message of Alexander the Great to my beloved students. "Background never matters. Existing image of an individual can be changed instantly. One may transform oneself completely with a determined massive action. With determination and passion, one may evolve oneself into a gigantic shape". "For a moment, Alexander must have nurtured the idea of being the World Conqueror & he gave his heart and soul, his sweat and blood to transform his dream into a reality. He made himself immortal through the pages of history", summed up the Principal.

Anirudh wins Kalaripayattu gold for J&K in KIYG



Anirudh Verma of J&K receiving gold medal at KIYG event

STATE TIMES NEWS
JAMMU: Anirudh Verma made Jammu and Kashmir feel proud after he clinched gold in the South Indian traditional art of Kalaripayattu in the ongoing Khelo India Youth Games (KIYG) at Panchkula in Haryana.

Anirudh achieved the feat in High Kick final event of Kalaripayattu Sport by crossing the nine feet high target thereby brought laurels for J&K. Two other talented players from J&K, Tarun Gupta and Dua Mukhtar also did well but missed the medal thereby remained fifth in the final tally.

"Performance of other selected players, who were part of the J&K team, Rishika Sharma, Nitin Kumar, Qubra Khan, Zayin Dobriyal, Tanzeela Nazir, Aradhna, Palak Sharma was also encouraging," informed coach of the team, Danish Sharma. Tarsem Singh accompanied the team as manager.

Meanwhile, Nodal Officer of the J&K contingent, Sports Officer of J&K Sports Council (JKSC), Ashok Singh congratulated Anirudh Verma and the team of Kalaripayattu Association of J&K for the achievement.

Two bronze medals for J&K in Gatka



Medal winner Gatka players posing with officials.

STATE TIMES NEWS
JAMMU: Jammu and Kashmir won two bronze medals in the ongoing Gatka events of the Khelo India Youth Games (KIYG) at Panchkula in Haryana.

As per the reports reaching here, these bronze medals came in men's team and individual event. While the team finished third in Fari Soti, the individual medal came in Single Stick event.

The individual medal in Single Stick clinched by Ikmeet Singh and the Bronze winning team comprised Prajot Singh, Gurleen Singh and Maanamnit Singh.

Earlier, in the team event, J&K gave a tough fight to strong sides like Punjab, Haryana, Delhi and Uttarakhand.

The team taking part in the KIYG under the banner of Gatka Association of Jammu and Kashmir

IAS Suchiter interacts with IAS/JKAS aspirants at SRCC



IAS Suchiter Sharma interacting with IAS/JKAS aspirants

STATE TIMES NEWS
JAMMU: The SR College of Competitions (SRCC) organised an interaction-cum-workshop for the civil services aspirants in the college premises at Gandhi Nagar, Jammu. The session was taken by Suchiter Sharma who has qualified the Civil Services examination 2020 with 146th rank.

While interacting with the aspirants Suchiter Sharma shared his journey right from the beginning when the idea of civil services struck to his mind and he started preparing for the same during his college days. He talked about his joining SR College for coaching. He shared in detail his strategy for the civil services preparation, the problems he faced and the solutions attempted to overcome those problems.

He discussed in detail the syllabus, various papers of General Studies, Optionals and the Essay Papers.

All the aspects including the scheme and pattern of the exam, approach for Prelims and Mains, sources of study material and the books required, use of online sources, need for coaching and the relevance of newspaper reading in preparing for the current affairs and writing test series for both prelims and mains were covered comprehensively to the satisfaction of the aspirants.

He discussed the entire syllabus, the focus areas and the kind of questions asked in the previous years' papers were also taken up. Aspirants were also guided about the GSAT and Essay papers.

Further, aspirants clarified their confusions about the ethics, integrity and aptitude paper and the approach to handle the theory and the case studies part. Aspirants were suggested to at least attend one or two comprehensive test series for both prelim and mains examinations.

He also motivated the students about answer writing practice on regular basis. He also shared the details of his UPSC interview/ personality test.

The response to the workshop was overwhelming and the attendees appreciated the initiative taken by the SR College of Competitions. The attendees included the aspirants preparing for IAS 2023 & 23 & JKAS 2023 (mains) and JKAS 2023 and also undergraduates who will be eligible in a couple of years.

"Such interactions encourage, motivate and inculcate a sense of confidence in the aspirants that if he can do it why can't we," told Parveen Sharma, Director of SR College.

"SR College keeps on organising such online and offline workshops, seminars, webinars and interactions with the IAS officers, KAS toppers and various subject experts," informed Office Coordinator Shikha Sharma.

KC Public School holds adventure trek to Saach Pass for students

STATE TIMES NEWS
JAMMU: 16 KC Public School (KCPs) students of classes IX, XI and XII recently completed a two days' adventure trek to Saach Pass region in district Chamba of Himachal Pradesh to fulfill their requirement for the Bronze Award of the International Award for Young People (IAYP) and as Round Square adventurers.

14 Award aspirants from Classes IX to XII were Mishika Mittal, Asechan Chib, Xena Bandhu, Saumya Kapur, Qias Kapur, Archita Gupta, Bhumiika Mahajan, Aadeesh Nargotra, Archit Bhatia, Vikas Kaul, Adesvir Bali, Arnav Vaid, Bhaavya Sharma and Harshita Parihar.

Bhownik Jamwal and Arindam Krishna joined the trek as Round Square adventure seekers.

They also intended to celebrate the World Environment Day 2022 by conducting a cleaning operation during the trek and remove trash from the area left behind by tourists.

The students were escorted by Academic Director Ram Thakur, Round Square Rep Sonia Thakur, Moon Stephen, HOD Sports,



KCPs students and faculty during trekking at Saach Pass.

Swimming Coach Babita Janwal, Award Leader Sangesta Jain and Tennis Coach Indu Bhushan.

On the first day of the trek, they completed an arduous 5 KM uphill walk to Chamunda Devi heritage shrine located in the village of Devi Kothi. After paying obeisance at the shrine, they visited the twin village Haila-Tepa, the last human settlement in the valley, to meet the children of a Government Middle School with whom students of KCPs have fastened friendship since 2018.

They spent an hour with their friends, giving them gifts and joining their folk-dance performances specially prepared for the occasion.

On the second day of the adventure, they trekked to Satrundi base camp located

at an altitude of 11500 ft on the way to Saach Pass and studied the local flora and fauna. After that, they took up the cleaning up operation on the occasion of the World Environment Day and picked up assorted trash and litter left behind by mindless visitors and tourists.

Later in the day after returning to their base at the village of Bairagarh, they handed several bags of trash to the local authorities for suitable disposal.

Raju Chowdhary, Chairman of KC Public School, congratulated and lauded the students for completing a challenging adventure trek and for their dedication and commitment to the cause of conservation of environment, especially in the fragile Himalayan ecological region of Saach Pass.

Domana wrestler Babba lifts Sarna Dangal title



President JKISWA, Shiv Kumar Sharma introducing wrestlers of main bout.

STATE TIMES NEWS
KATRA: Wrestler Babba of Kot Bhalwal in Jammu and a trainee of Akhara Domana lifted the 11th Annual Sarna Dangal title after he defeated Surjeet Singh of Narkote in Reasi (J&K Police) in the main bout at Village Sarna in Tehsil Katra of district Reasi.

Dangal was organized by Sarna Dangal Committee in collaboration with J&K Indian Style Wrestling Association (JKISWA) under the overall supervision of president JKISWA, Shiv Kumar Sharma and Som Raj, general secretary Sarna Dangal Committee.

Prominent social activist and Paunch of Daroor Panchayat, Sohan Singh Thakur was the Chief Guest who gave away cash prizes among the winners and runners-up wrestlers. Former Joint Secretary of J&K Sports Council, Shiv Kumar Sharma presided.

The BDC Chairman, Chander Mohan Singh, BDC Chairman, Sham Lal, president Sat Guru Kabir Babba Reasi, Surinder Kumar Bhagat, Sarpanch Abinash Singh and SHO Katra, Nishikant Gupta as also Bishan Dass were the Guests of Honour.

Earlier, winner of top bout Babba awarded with Rs. 9,000 cash prize while runners-up, Surjeet Singh got Rs. 6,000. In total, 28 bouts decided in this day-long event.

The second main bout won by Salman of Choprasop, Udhampur who defeated Chandi of Delhi. Third bout clinched by Rinku of Domana Akhara Jammu beating Sudesh of Delhi while fourth main bout went to Bilu of Domana, who defeated Puran Singh of Reasi.

Other Results: Gurdev of Delhi bt Jagdev of Reasi; Samah of Nomain beat Sobal of Jammu; Raju of Nomain beat Shokat of Jammu; Murad Ali of Jagti Nagrota beat Bali of Jammu; Shokat of Jammu beat Roshan of Delhi and Sanga of Delhi beat Jamat Ali of Jammu. Members of Sarna Dangal Committee included Des Raj Sharma, Som Raj, Sat Paul, Bashir Ahmed, Naiz Ali, Gopal Krishan, Puran Chand, Ram Singh Numberdar, Palail Singh, Onkar Singh, Deepak Wazir and Kartar Singh.

Proceeding of the dangal conducted by Deepak of Kangra (HP) and Tulinder Kumar

Jammu's Dancing Star Competition held

Co-curricular activities equally important like education: Abrol



Organizers presenting memento to Chief Guest, Hira Lal Abrol, Chairman HSI and Chief Guest presenting prize to winners.

STATE TIMES NEWS
JAMMU: Acharya National Cultural Activity organized a talent hunt under the banner of Jammu's Dancing Star*, a dance competition at KL Sehgal Hall of the Abhinav Theatre, here. Nearly 60 contestants from eleven dancing institutes of Jammu and Punjab participated in this mega event.

The competition was inaugurated by the Chief Guest, Hira Lal Abrol, Chairman-Healthy India Stronger India.

In his address, the chief guest inspired the participants to stay committed to their interest in dancing and score greater heights with their dedication and commitment.

He talked about importance of moral values, health and growth benefits of dancing and motivated the participants to take their education seriously along with their passion of dancing.

The judges of the competition were Sunil Sharma, Director Unique Dance Academy Rehari and Aarti Paulwal, Kathak Dancer from Jammu.

In the Sub-Junior category, first prize went to Priyanshi; second was

Muzzafar qualifies Ph.D

STATE TIMES NEWS
JAMMU: Muzzafar Mughal, son of Ghulam Nabi and Parveen Akhtar, resident of Gambhir Mughlan, Tehsil Manjokote in Rajouri has been declared qualified for the award of Degree of Doctor of Philosophy (Ph.D) in Botany by CMJ University Jorabat Meghalaya.

He worked on the topic 'To study the genetic variability, heritability, heterosis and combining ability analysis in relation to selection of parental lines in Binjal (Solanum Melongena L.) under the supervision of Dr. Shagufta Rafat.



Ladakh police organises awareness programme about cyber crime, drug abuse

STATE TIMES NEWS
LEH: In continuation to public outreach/awareness programmes under the banner of Azadi Ka Amrit Mahotsav, district police Leh on Monday conducted cyber awareness programmes and awareness on drug abuse across the district in which Police Post Panamik conducted at Panamik village, Police Station Nyoma at sub-division head quarter, Police Station Leh at market area, Police Post Kharu at Kharu market, Police Post Choglamsar at Zampa Market, Police Housing Colony at High School Housing Colony Leh, Police



Ladakh police making students aware about cyber crime, drug abuse.

Post Turtuk at Yakshahi village in which large number of general public including women alliance groups of the area, school children, respectable citizens of the concerned area and businessman and labourers roaming in the market area have participated, wherein the station house police officers and the special team of cyber crime and anti-narcotic unit officers have sensitized the participants about various cyber frauds like online scam, OTP fraud, OLX fraud, Ponzi schemes and also aware them not to fall prey to the fraudsters who ask you to install/download suspicious

remote access apps like team viewer/quick support/Any Desk etc and also sensitized to visit the official website of the concerned banks for genuine customer care numbers, they were also advice to use the android mobile phone with utmost safety and not to click and respond on any unknown link and phone calls.

Besides, the participants were also sensitized about the drug trafficking/abuses, illicit liquor selling and other emerging social crimes in the society and urged especially women and children to use the services of women help desks established at the respective police station and use Dial 113 for lodging of any complaint without any hesitation and urged the participants to co-operate with the local police and immediately inform police station about any incident so that prompt and early action under law is taken before the incident takes ugly turn.

The participants at all the locations expressed their gratitude and appreciation to district police Leh for conducting such awareness programme and request for conducting such kind of awareness programmes in future also.