

BBAJK honours South Asian medalist Vimaljit

STATE TIMES NEWS
JAMMU: Under the banner of J&K Sports Council, Body Building Association Jammu and Kashmir (BBAJK) on Thursday honoured Vimaljit for winning bronze medal in South Asian Body Building Championship organized from June 6 to 10, 2024 at Maldives.

Vimaljit trained by coach and trainer Rajesh Dutta of BBAJK.

On the occasion Managing Director KC Sports Club, Arjun Chowdhary was also present and congratulated Vimaljit for his achievement and wished him all the best for setting similar record in future.

Rajesh Dutta presented



BBAJK members posing with South Asian medalist Vimaljit during felicitation ceremony.

certificate and bronze medal to Vimaljit.

Rajesh Dutta emphasised on the importance of fitness for both youth and adults, whether through yoga or physical exercise, which resonates with the broader goal of promoting a healthy lifestyle within the community.

Rajesh Dutta thanked the Secretary JKSC Nuzhat Gul for her help and cooperation.

Vinay Sharma, Vice President BBAJK applauded Body Builders of J&K for the prominence of body building sports in the UT J&K and bringing laurels for the country at the highest level of podium. He further emphasized the

importance of recognizing and nurturing sporting talent at all levels. He encouraged and wished for Vimaljit's future endeavours.

He appealed youth to join sports and educate the youth of the country to make the nation Nasha Mukta.

Bhupinder Singh of BBAJK said to all the body builders of J&K UT to avoid the drugs and other bad habits and do regular training under trained coach so that they can also bring laurels for the UT and our Country.

Other present in the ceremony included Arun Sharma, Naresh Gupta, Sanjeev Bali, Sanjeev Kant Sharma Manager KC Sports Club.

GDC Marh organises 2-days online workshop



Principal Dr. Rakesh Kumar Koul and faculty members at online national workshop.

STATE TIMES NEWS
JAMMU: The Department of Commerce and Economics of Government Degree College Marh, in association with Rajiv Gandhi National on Thursday Institute of Intellectual Property Management (RGNIPM) under NIPAM, organized two days online national workshop Intellectual Property Rights (IPR) & Patents and Design Filing. The workshop was coordinated by Prof. Surbhi Gupta (HOD Commerce) and Dr. Priya Sharma (HOD Economics) under the supervision of college Principal Dr. Rakesh Kumar Koul who inaugurated the proceedings of the workshop.

He emphasized the need for awareness of intellectual property rights among students and faculty for the benefit of society in the long term. He also congratulated the coordinators Prof. Surbhi Gupta and Dr. Priya Sharma for their initiative and go-getter attitude.

Prof. Surbhi Gupta welcomed the resource person Kumar Raju (Assistant Controller of Patents and Designs, RGNIPM Nagpur) who presented a detailed powerpoint presentation of the subject. He described in detail various aspects of IPRs like patents, inventions, SILD, copyrights, trademarks, designs, geographical indications, trade secrets, types of claim or claims and filing process along with its implications and procedure for registration.

Two-day CBSE workshop on 'Critical and Creative Thinking' held at HGS Jammu



Dignitaries at lamp lighting ceremony.

STATE TIMES NEWS
JAMMU: A two-day workshop organized by the CBSE on 'Critical and Creative Thinking' held at Hermann Gmeiner School (HGS) here on June 10 and 12, 2024. The workshop saw the participation of 40 educators

from various schools.

Principal Mukesh Thakur emphasized the importance of fostering critical and creative thinking skills among students. He stated, "Developing critical and creative thinking is crucial for their holistic growth and success. As educators, we must create an environment that encourages questioning, exploration, and problem-solving."

He added that the workshop aimed to equip teachers with innovative strategies and techniques to nurture these essential skills in students, preparing them for future challenges. The event was marked by interactive sessions, group discussions, and hands-on activities, all designed to enhance the participants' teaching methodologies.

The workshop concluded with positive feedback from the attendees, who expressed their eagerness to implement the learned techniques in their respective schools.

PSPS GCW Gandhi Nagar conducts felicitation ceremony under NYP-2024 3rd edition

STATE TIMES NEWS
JAMMU: A felicitation ceremony of the 3rd edition of National Youth Parliament 2024, organised by the Ministry of Parliamentary Affairs New Delhi, was conducted in the auditorium of GCW Gandhi Nagar today. The youth parliament was conducted on the 29th of April 2024 under the supervision of the Coordinator, NYP, Dr Rippy Bawa, Assistant Professor Department of English and the overall guidance of the Principal of the college, Prof (Dr) SP Saraswat.



Principal, Prof (Dr) SP Saraswat and faculty members at felicitation ceremony.

The mock parliament was constituted by 55 participants in total out of which 22 were the speakers from the ruling as well as the

opposition party and the remaining played as delegates. The Bill taken for deliberation was The Child Marriage Prohibition Act : 2020 for which a breathtaking discussion was held.

After the submission of the proceedings and conduct of the event to the

Ministry of Youth Affairs, it was accepted and for which they awarded Certificates of Appreciation to the Principal of the institute, the Co ordinator, NYP and the 55 participants which was a matter of great pride and further motivation to the whole organising team

of NYP.

In the felicitation ceremony the Certificates of Appreciation were presented to the stake holders as well as the mementoes were presented to the six Best Speakers of the mock parliament namely Ashpreet Kaur, Sanjeevani

Bhardwaj, Tanveer Kaur, Jiya Pathania, Medhavi Raina and Manleen Kaur.

Dr Rippy Bawa, Co ordinator NYP briefed the proceedings of the parliament and its future relevance for the students. Thereafter, Prof SP Saraswat, Principal of the institute congratulated the parliamentarians and the organising team for this successful conduct of event. The other members of the organising committee present were Dr Jagmeet Kour, Dr Nazia Rasool, Dr Pooja Charak, Dr Ujjwal Sharma, Prof Paranjit Singh and others.

The stage anchoring was done by Pratishtha Sharma and Sanjeevani Bhardwaj.

Chhinj Melas represent rich Dogra culture & heritage: Col Mahan

STATE TIMES NEWS
KATHUA: Col Mahan Singh (Retd), DDC Chairman of Kathua, inaugurated the day-long Annual Chhinj Mela (Dangal) at Village Plakh in District Kathua on Thursday. This vibrant event showcased the rich cultural heritage of the Dogra community and attracted participants and spectators from various regions.

The Chhinj Mela featured a variety of activities, including local stalls, a musical program, games for children, and a grand wrestling competition. Hundreds of participants from Plakh, Urethane, Thana Plassi, Ghagrore,



Wrestlers competing in Dangal.

Jankher, Plahi, and other adjoining areas attended the event. Wrestlers from different parts of Jammu and Kashmir, Punjab, Himachal Pradesh, and Haryana competed in the wrestling matches. The event also saw enthusiastic participation

from wrestlers of the J&K Police and the local wrestling team from Dalhousie.

In his address, Col Mahan Singh congratulated the local Dangal Committee for the successful conduct of this mega event. He emphasized the importance of sports and games in the holistic development of an individual's personality. "Sports play a crucial role in the all-round development of our youth. Engaging in such activities helps keep them away from drug menace and other social evils," he stated.

Col Mahan Singh also highlighted the ongoing development of sports infrastructure in District Kathua, particularly in the hilly regions. He encouraged the youth to actively participate in sports and cultural events to preserve their rich heritage and stay physically and mentally fit.

The event was graced by several prominent personali-

ties, including Capt Raj Singh, Harnam Singh, Hoshiyar Singh Bhaduwal, Capt Ram Rattan, and SI Ram Rattan Badu, among others. Their presence added to the enthusiasm and spirit of the event, showcasing the community's unity and commitment to preserving their cultural traditions.

The Annual Chhinj Mela serves as a significant platform for promoting Dogra culture and heritage. It brings together people from various walks of life, fostering a sense of community and shared identity. The successful execution of this event is a testament to the collective efforts of the local community and the organizers.

Physical Education bags JU Cricket title

STATE TIMES NEWS
JAMMU: Department of Physical Education on Thursday claimed the annual inter-department Cricket tournament of University of Jammu (JU), which was organised by the Campus Sports Committee of JU on the campus, here.

In the title clash, the Physical Education Department registered an outright victory of 10 wickets against Department of Chemistry. Earlier, batting first, the Physical Education scored 128 runs for the loss of five wickets in allotted 15 overs, which, in reply, Chemistry Department could not chase and bowled out for just 65 runs in 12.5 overs.

Pankaj Sharma played fine



Winner team posing for a photograph with faculty members.

innings of 69 runs for the winning side. Aqib bowled deadly spell to take away four wickets while Nikhil took two from winning side of Physical Education.

Later, Director Sports and Physical Education, Dr Daud Iqbal Baba, who happens to be Chairman of the

Campus Sports Committee of JU, congratulated the team on winning the cricket event of the inter-department competitions.

The event officiated by the technical panel including Raj Kumar Bakshi, Ashok Singh, Vijay Raina and Amit Gill.

the commitment of our students, the dedication of our faculty, and the support of our parent community," he said.

Director Rishiek Mengi stated, "We are confident that our students will continue to excel in their future endeavours."

The Headmaster Harish Sharma conveyed his wishes and stated "Shiksha Niketan Jeevan Nagar has once again proven its academic excellence and its ability to nurture well-rounded individuals who are prepared to make a positive impact on society." The Wing Incharge Veena Gupta congratulated the parents and wished best of luck to all the students to achieve a bright future.

Shri Ram School students leave for trekking in Kangra

STATE TIMES NEWS
JAMMU: Principal of The Shri Ram Universal School, Jakh, Sonika Mahajan on Thursday flagged off the 4th group comprising 30 students including 13 girls for the Dharamshala Himalayan Programme being organized by Tawi Trekkers J&K in the Dauladhars of Kangra district of neighbouring Himachal Pradesh.

Three teachers of the school, Minkle Verma, Sahil Gupta and Vandana also accompanied the group led by senior members of Tawi Trekkers J&K, Sourav Deep Singh, a trained mountaineer and Bhanu Partap Singh.

Meanwhile, the third group of trekkers of Government College for Women (GCW), Parade



Group of Trekkers of The Shri Ram Universal School, Jakh before their departure for Dharamshala at Jammu.

which reached Dharamshala yesterday, was enjoying the soft trek today to Gallu temple and Dharamkot, popularly called mini Israel.

It may be mentioned here that Tawi Trekkers has been organizing Himalayan Trekking Programmes in Dalhousie - Chamba, Kullu-Manali and Dharamshala areas of Himachal Pradesh since 1994. Over the years these

programmes have emerged as the most popular activity of the club for students during summer vacations in which over 15,000 boys and girls have participated so far.

"The purpose of these programme is to take the students away from the heat and dust and also hustle and bustle of city life and bring them close to nature," said Ram Khajuria of Tawi Trekkers.

The next group of trekkers of Aryan Oriental Convent Higher Secondary School Udhampur shall leave for the Himalayan Trekking Programme within a couple of days.

Meanwhile, a small group of about 10 members of the club shall undertake a high altitude trek to Triund, an elegant meadow situated at an altitude of over 10,000 ft in Dhauladhars of Himachal Pradesh.

Shiksha Niketan School continues its legacy of excellence in 10th board result

STATE TIMES NEWS
JAMMU: Shiksha Niketan School Jammu announced the outstanding performance of class 10th students (JKBOSE Examinations 2023-24 results).

The hard work and dedication of the students and faculty have been rewarded with remarkable results, Principal of the School, Rameshwar Mengi said adding that there was a total 285 students who went for 10th Class Exams in this session and 285 appeared with 100 per cent result.

Tarundeep Singh Bhatti of 10th standard with a score of 99 per cent and Manjot Singh and Diya Choudhary from 10th standard, who secured an



Class 10 students of Shiksha Niketan School celebrating result.

impressive 98.8 per cent each in this outstanding result, he said adding that 29 students got 98 per cent and above marks.

"We are grateful to our dedicated teachers for their unwavering support and guidance throughout this academic journey," he said adding that the conducive learning environ-

ment at Shiksha Niketan School played a vital role in the success of our hard working students, the result was a benchmark for the school.

Rameshwar Mengi expressed his immense pride in the students' accomplishments.

"These remarkable results are a testament to

the commitment of our students, the dedication of our faculty, and the support of our parent community," he said.

Director Rishiek Mengi stated, "We are confident that our students will continue to excel in their future endeavours."

The Headmaster Harish Sharma conveyed his wishes and stated "Shiksha Niketan Jeevan Nagar has once again proven its academic excellence and its ability to nurture well-rounded individuals who are prepared to make a positive impact on society." The Wing Incharge Veena Gupta congratulated the parents and wished best of luck to all the students to achieve a bright future.

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Syrah bags U-11 girls title in J&K ranking TT

STATE TIMES NEWS
JAMMU: Syrah Dewan bagged the under-11 girls singles title in the ongoing maiden J&K ranking Table Tennis tournament, organised by the J&K Table Tennis Association at Indoor Complex, M A Stadium, here.

Syrah defeated Alena Arora 3-0 to take away the title. The under-11 boys singles final won by Saiyam Nischel, who beat Aarav Gandotra 3-1.

However, the under-13 girls' title clash turned out to be a close contest between sibling, Myrah and Syrah.



Table Tennis matches in progress at Jammu on Thursday.

Down by two sets, Myrah held her nerves and came back strongly not only to level the set score but to take away the final 3-2 making it 12-10 in the

decider.

Meanwhile, in under-13 boys singles, Saiyam beat Ishan 3-1 and Samar outplayed Ahaan 3-2 to qualify for the title clash.

Today's matches were officiated by the technical panel including Meenu Rajesh, Asad Sharma and Ankit Sharma.

Other Results: Under 11

Boys: (Semifinals): Saiyam bt Akshaj 3-0, Aarav bt Pratyaksh 3-0. Under 13 Girls: (Semifinals): Myrah Dewan bt Alena 3-1, Syrah bt Sriшти 3-2. Under 13 Boys: (Semifinals): Saiyam bt Ishan 3-0, Samar bt Ahaan 3-2. Under 15 Girls: (Round 1st): Nitya bt Smriti 3-0, Alena bt Anvi 3-1, Syrah bt Muskaan 3-0, Yasha bt Ridhime 3-0, Myrah bt Dishita 3-0, Gunjan bt Himanika 3-1. Under 15 Boys: (Round 1st): Saiyam bt Pratyaksh 3-0, Zain bt Aryaman 3-1, Guntey bt Mohd Mashooq 3-0, Samar bt Parth 3-0.

Ramakrishna Mission Medical Centre to launch Yoga & Meditation Classes from June 21

STATE TIMES NEWS
JAMMU: Ramakrishna Mission Medical Centre, Udhewala, Jammu, is pleased to announce the commencement of Yoga & Meditation Classes starting from June 21, 2024. These classes aim to promote holistic well-being and stress management among participants. In a media statement issued today, Swami Yajnadharananda, Secretary, Ramakrishna Mission, Jammu said that the Yoga & Meditation Classes will be led by certified instructor who

have years of experience in guiding students towards inner peace and relaxation. Our classes are suitable for all levels.

"We are glad to bring this transformative practice to our community. Our goal is to help individuals connect with their inner selves and find peace in a fast-paced world," he said.

Swami Yajnadharananda said Yoga and meditation have been scientifically proven to reduce stress, improve flexibility, and increase mindfulness. By

incorporating these practices into your daily routine, you will notice a significant improvement in your overall health and well-being, he said.

He appealed to the people of Jammu district to participate in large number in the Yoga & Meditation Classes at Ramakrishna Mission Medical Centre, Udhewala, Jammu every day from 6.30 am to 7.30 am.

For more information and to reserve your spot, please contact us at 9596984032 or visit our Medical Centre at Udhewala.