

Talk on 'How to be a successful teacher' by Suman Banbah

STATE TIMES NEWS

JAMMU: The Principal of JK Public School (JKPS) Panjirthi Suman Banbah delivered a talk to the teachers regarding the desired skills which one must possess to be a successful teacher.

She expressed, "The Skills a teacher must have are Excellent communication, confidence, problem solving abilities, creativity, flexibility, patience and Positive attitude."

She further added "The Prime duties and responsibilities of a teacher are Proving mentorship, Inspiring learners, Nurturing healthy curiosity in learners, Creating meaningful learning experience and Exploring latest technology to support learning. She motivated the staff



Principal JK Public School Panjirthi, Suman Banbah delivering a talk to the teachers.

members and added, "Be an ideal teacher: An ideal teacher is one who is dedicated towards their children's learning journey. Such teachers motivate the students, understand their requirement, their problems and guide them to be the best with their abilities". She revealed few tips, "To

be a successful teacher do this: Love children-love one and all, Come prepared, Know your subject well, Engage the students wisely, Challenge students and Teach lifelong lessons.

She addressed the teachers and added, "Teachers should know their mission. Accomplished teachers and devoted teachers are always

committed to students and their learning. They are Responsible for managing and monitoring students learning.

She further wished a Happy summer vacation to the staff members. She wished, "May your vacation period bring relaxation, rejuvenation and quality time with your loved ones.

May your summer break be a time for selfcare so that you can join the classes with renewed energy and enthusiasm."

To conclude She quoted, "A good teacher is like the rising Sun that comes to fill the empty and dark minds with the light of education." The teachers thanked the Principal immensely for

her valuable initiative of training them to become excellent educators.

The staff got pepped up, inspired and were charged with enthusiasm.

The teachers assured the Principal and said that they would follow all the tips and guidelines given by her with a new mindset and new vision.

Anurag of Jammu achieves 1703 FIDE rating at age of 12

STATE TIMES NEWS

JAMMU: Young 12 year old Anurag Singh, a student of Doon school Jammu achieved 1703 FIDE rating in the latest FIDE list released by world chess federation. He achieved this rating by his performance in Kashmir FIDE rating event last month in which he defeated many rated players. It was his sheer hard work of

4-5 hours a day that make him produce a good show. Atul Kumar Gupta working president AJKCA and Baldev Raj president AJKCA honoured him for wonderful achievement and wished him good luck for future endeavours.

AJKCA will continue to provide best possible platform to youngsters to display their talent.



AJKCA members honouring Anurag Singh.

Table Tennis Summer Camp 2024 begins



Chief Guest, Rajeev Sharma, President J&K Hockey Association posing with players and officials.

STATE TIMES NEWS

JAMMU: Organised by the J&K Table Tennis association in collaboration with J&K Sports Council, Table Tennis summer camp from June 3 to 10, 2024 commenced on Monday at Indoor Sports Complex M.A Stadium Jammu with a vibrant opening ceremony, marking the beginning of a season filled with learning and unforgettable experience for all the budding paddlers.

The event began with a wel-

come speech by the organising team member, who highlighted the camp's mission to foster the growth of table tennis in the UT of J&K.

The Chief Guest, Rajeev Sharma, President J&K Hockey Association and member J&K Sports Council, encouraged the young sports enthusiasts to give their best and leave no stone unturned in learning the new skills of the game from their coaches.

Baljinder Pal Singh, Divisional Sports Officer J&K

Sports Council was the Guest of Honour for the event and Satpal Singh, Manager Parade Ground was the Special Guest.

The camp shall be held under Asad Sharma, Table Tennis coach.

Prominent persons who were present includes Suraj Bhan (Manager Indoor Sports Complex), Satish Gupta, Table Tennis coach (Retd), Ajay Sharma, I.P Singh, Narinder Singh, Meenu Rajesh and Vasu Dewan.

Wrestlers Surjit, Amir share 51st Panassa Dangal title

STATE TIMES NEWS

REASI: Wrestler Surjit Singh of J&K Police resident of Narkote, Reasi and Amir Khan of J&K Police, resident of Nargarha shared equally annual 51st Panassa Dangal title 2024 in the first main bout that lasted for 14 minutes at Government High School Panassa in District Reasi.

Prize money of Rs 15,000 jointly distributed equally to both the wrestlers.

51st annual Panassa Dangal was organized by Dangal Committee Panassa under the overall supervision of Munshi Ram (President), Ashok Kumar, Shiv Kumar and former Sarpanch Bal Krishan in association with J&K Indian Style Wrestling Association.

BJP District President



BJP District President Reasi Rohit Dubey posing with wrestlers of main bout and other dignitaries.

Reasi Rohit Dubey was the chief guest on the occasion, who gave away cash prizes to the wrestlers. Former Joint Secretary J&K State Sports Council and Senior vice President Indian Style Wrestling Association of India presided over the function.

Bar Association President District Reasi Advocate

Pawan Dev Singh, Former Sarpanch Kesari Singh, Former Sarpanch Mohd. Salmin and Arjun Sharma, wrestling promoter were the guests of honour ASI R.A Chak and former Sarpanch Ravi Kumar Sharma was the prominent persons present on the occasion.

The bouts were officiated by former Sarpanch Mohd

Salmin, Shiv Kumar, Bir Singh and Pawan Singh. The proceeding of the Dangal were conducted by Anil Kumar.

In all 84 bouts were played in the Dangal and a total Rs. 2,25,000 was distributed as cash prize among them wrestler. 2nd bout was won by Madan Singh of Roun Domail

Akhara Udhampur who defeated wrestler Ravi Cheema of Punjab. Winner Madan Singh got Rs. 6,000 while runner-up Ravi Cheema got Rs 5,000.

Another second main bout was won by Maam Hussain of Domel who defeated Fiza of Billawar. Winner Maam got Rs. 6,000 while runner-up Fiza got Rs. 5,000. 3rd bout was won by Bhaghu of Kathua who defeated Sunil of Kot Bhalwal.

Members of Dangal Committee Panassa who helped the conduct of Dangal included Munshi Ram(President) Ashok Kumar Shiv Kumar, Numberdar Raghunath Singh, Former Sarpanch Bal Krishan, Om Parkash, Abdul Rashid, Mohd. Saleen, Balwan Singh and Kuldeep Singh.

GDC Kunjwani students gain real-world experience through industrial visit

STATE TIMES NEWS

JAMMU: Department of Physics, GDC Kunjwani, in collaboration with College Internship Cell and IQAC organized an industrial visit for its students to T.V. Super Filter Industries, Jammu.

This initiative, a part of the college's ongoing effort to bridge academic learning with industry practices, offered students a firsthand look into the sophisticated world of manufacturing and engineering.

The visit aimed at enriching student's understanding of the industrial sector, focusing on the manufacturing processes, quality standards and the latest technological advancements. It intended to augment their theoretical knowledge with practical insights, preparing them for the challenges of the professional world.

Dr. Manisha Kohli, Principal of the College,



GDC Kunjwani students with faculty visiting T.V. Super Filter Industries.

emphasized that the visit organized by the college is a crucial step in bridging the gap between theoretical knowledge and real-world application, and it has inspired the candidates to strive for excellence in their future careers. She also encouraged the students, emphasizing the importance of such tours in gaining valuable insights into real-world work environments.

TV Super Filter Industries is one of the best

MSMEs endowed with various national and state awards including Gold Rated ZED certification, Rajiv Gandhi National Quality award etc, and is engaged in the production and supply of Oil, Air and Fuel filters to automobile industry both in India and abroad.

During the visit, participants had the opportunity to interact with Taranvir Singh Gujral, MD T.V.Super Filter Industries.

The interaction provided valuable insights into the strategic direction of the business unit and its role within the overall operations and a deeper understanding of the company's goals, challenges, and future plans, enhancing their overall learning experience.

Afterwards the Industry expert person has explained to students by taking them into the different sections of industry such as raw mate-

rial store section, production department, quality control department, packaging section and last finished product section.

Dr. Arti Pandoh Gupta, HOD Physics, GDC Kunjwani, extended its heartfelt gratitude to Taranvir Singh Gujral, MD T.V.Super Filter Industries and the entire team for their warm hospitality and the invaluable learning experience provided to the students. This visit has significantly contributed to the mission of delivering a holistic and practical education.

Students left the visit with a comprehensive understanding of industrial operations, an appreciation for quality assurance and insights into the application of their classroom learning in real-world scenarios. The visit underscored the significance of innovation and quality in the manufacturing industry.

Shiksha Niketan School starts summer camp

STATE TIMES NEWS

JAMMU: Shiksha Niketan, Jeevan Nagar organised a summer camp in the school premises at Jeevan Nagar from June 3 to 11, 2024 to give the Kids and Teens an adventurous, active and healthy summer. The camp started on Monday with lamp lighting followed by welcome dance, food party and musical chair game. The whole journey of Summer Camp is categorised into three groups Stage Crafter, Player Paradise and Creative Club.

In Stage Crafter, there are activities like Zumba, Harmonium, Classical and Western. In Player Paradise, they have activities like Kickboxing, Football, Speedball, Basketball and Cricket.

In Creative Club, there are activities like Art & Craft, Yoga etc. All the activities will keep alive the fun element of children without losing the sight of learning as well.

The purpose of the camp



A student lighting ceremonial lamp during a camp.

organised is to provide a platform to all kids in order to make them active and for them to gain educational enrichment, have fun most importantly and gain experience that they never had before.

The camp provided the safe and healthy environment for kids to come, learn and achieve expertise at whatever they are trying to master.

Principal, Rameshwar Mengi

always in favour of organising such activities so that the kids learn about nature, take new responsibilities, gain independence and develop essential social skills.

"We really encourage parents to give their Kids the gift of Camp so that every child can benefit from the experience" said Harish Sharma, Headmaster of Shiksha Niketan, Jeevan Nagar.

Greater Kailash Sports Club supports Kuldeep's call for medical help centers

STATE TIMES NEWS

JAMMU: The members of Greater Kailash Sports Club, in a meeting, have expressed their support for the decision made by the President of the Vansh Savre Sports Foundation and the General Secretary of the J&K Kabaddi Association, Kuldeep Gupta.

They urged the Lieutenant Governor of UT J&K, who is also the President of the J&K Sports Council, to favour the request for the establishment of a fully equipped Medical Help Center at both M.A. Stadium in Jammu and Bakshi Stadium in Srinagar. This immediate treatment facility will not only provide

first aid at the doorstep but also significantly enhance the performance of the athletes.

Kirtin Singh, a national cyclist of the club, expressed the urgent need for such a Medical Help Center following a tragic incident during the UT J&K Championship held at M.A. Stadium, Jammu last year.

He stated, "Having immediate medical assistance on-site could be the difference between a minor injury and a major setback for an athlete."

The members also emphasized the importance of conducting medical check-ups for all players prior to their participation in national

championships to ensure better performance and safety. This proactive approach would not only help in identifying any underlying health issues but also prepare the athletes for the rigors of competition.

Kuldeep Gupta highlighted that the proposed Medical Help Centers would be staffed with trained medical professionals and equipped with essential medical supplies and equipment.

"This initiative aims to create a safer and more supportive environment for our athletes, ensuring they have access to the necessary medical care during their training and competitions," he said. In addition, the

Greater Kailash Sports Club members believe that these Medical Help Centers will encourage more young athletes to join sports programs, knowing that their health and well-being are prioritized.

This, in turn, could lead to a greater pool of talent and improved performance at state and national levels.

The club members concluded the meeting by urging the Lieutenant Governor and the J&K Sports Council to expedite the approval and establishment of the Medical Help Centers, recognizing the long-term benefits it would bring to the sporting community in Jammu and Kashmir.

GCW Gandhi Nagar celebrates World Environment Day 2024

STATE TIMES NEWS

JAMMU: In a vibrant celebration of World Environment Day, the NSS Units of Government College for Women (GCW) Gandhi Nagar, in collaboration with the Department of Botany at Cluster University of Jammu and the Department of Ecology, Environment and Remote Sensing, organized a pre-event activity-"Rangoli competition with recycled material," at GCW Gandhi Nagar, here on Monday.

The theme of the competition was "Conservation of Earth and Land Restoration," to highlight the pressing issue of environmental degradation and the importance of restoring our ecosystems for a sustainable future.

About 50 NSS Volunteers



GCW Gandhi Nagar students and faculty and other dignitaries posing for a photograph.

and Students from dept of Botany enthusiastically participated, showcasing their artistic talents and creative interpretations of the theme through intricate and colorful Rangoli designs.

The event commenced with an inaugural address by Dr:SP Sarawat, Principal of GCW

Gandhi Nagar, who emphasized the role of youth in environmental conservation and the importance of integrating traditional art forms like Rangoli in spreading ecological awareness. He also congratulated students for their participation in the event and for creating such Innovative designs.

Sajjad Ahmed Khan, Environmental Soil Conservationist, from the Department of Ecology, Environment, and Remote Sensing, Jammu, appreciated the efforts of the participants and stressed the importance of restoring ecosystems to combat climate change and biodiversity loss.

The Rangoli designs were judged by a panel of experts, including renowned artists and environmentalists. The criteria for judgment included creativity, adherence to the theme, and

the use of eco-friendly materials.

The first prize was bagged by Keshav Sharma, Shavi Sharma and Riya, the second prize was bagged by Gursheen Kaur, Riya Bhat, Shivani Sharma, Vishali Sumbria and Akanksha Singh and Third prize went to Nandita Sharma, Rishita Khajuria, Isha Sharma, Shimran and Isha Bhat, students of Department of Botany, CLUJ and consolation prize was bagged by Mehak Saini, an NSS Volunteer.

The event was coordinated by Prof Sugandha Mahajan, Coordinator Dept of Botany, CLUJ and NSS PO Unit 1 and Prof Anupama Sharma, NSS PO Unit 2 of GCW Gandhinagar Jammu and attended by Anil sharma, Range officer, Hency Pandita I/C Mass Media and Dr. Kirti Joshi, Programme Officer.

Inter APS's Ethics Bowl Competition Cluster-I clinched by APS Ratnuchak

STATE TIMES NEWS

MIRAN SAHIB, APS SUNJWAN, APS JAMMU CANTT, APS KALUCHAK, AND APS SAMBA. The program commenced on 24 May 2024 and culminated on Monday.

Each participating school fielded one team comprising of six speakers. The competition was fierce and intellectually stimulating. Ultimately, four teams advanced to the semi-finals: APS BD Bari, APS



Students participating in the competition.

Damana, APS Ratnuchak, skill and poise, APS Ratnuchak and APS Damana triumphed over their oppo-

nents in the semifinals, earning their places in the grand finale.

Judging criteria were comprehensive, focusing on the clarity in addressing central ethical dilemmas, awareness, thoughtful consideration of opposing viewpoints, and most importantly, respectful dialogue. In a commendable display of eloquence and critical thinking, six students were

recognized as the Best Speakers and awarded trophies. The prestigious AWWA Ethics Bowl Rolling Trophy was proudly clinched by APS Ratnuchak, marking a significant achievement for the school.

This event underscores the dedication of Army Public School Ratnuchak in fostering ethical awareness and intellectual growth among students.