

In-house Teachers' training keeps schools' mental health sound: Principal JKPS Kunjwani

STATE TIMES NEWS

JAMMU: Principal JKPS Kunjwani, Rajesh Rathore organized a training programme for the teachers of the school, wherein he first showcased a video message from Anurag Tripathi, Secretary CBSE. Then, he shared the nuggets of wisdom & time-tested strategies to impact the teaching-learning process in the classroom & to build lifetime bonding with children:

Start your class with some warm up activity: Children love variety and routine causes monotony. He asked teachers to start every class with some warm up activity with active involvement of the teachers.

Explore Collaborative learning, not teaching in the class: He emphasized on the collaborative learning, as learning by doing in a group lasts longer and makes children learn group dynamics in a better way.

Generate the wow experience in your class: He invoked teachers to create the wow factor in the class and only then children will feel the wow experience, which gets etched on the records of reminiscences.

Create the culture of expression, not a culture of a right answer: He drew the



Principal JKPS Kunjwani, Rajesh Rathore speaking at a training programme organised the teachers.

attention of the teachers towards the originality of ideas. After good deliberations, teachers promised to accept creative answers from students through variety expressions, not just the expression from the textbook.

Use mind maps to teach/review the work done: Mind maps help children retain the information. They find it easier to recollect and express a mind map later on. A well laid down Mind map calls for a conceptual clarity. A clear map gets imprinted forever.

He appealed teachers to change their perception from conventional to un-conventional. He asked them to form their own alphabetical series, like: A for Android, B for blackberry & C for Cloud.

He made a clarion call to teachers to make an appeal to the heart of their children before their brains. Connection with heart shall fetch them more lasting results. Emotional bonding is eternal, whereas professional bonding is ephemeral.

He appealed them to bring an element of theatrics in their teaching. He narrated a few stories to establish the shade of zing & zest in the classroom. He asked them to share a story which should make them read the teacher's eye balls.

Giving students ownership & responsibility in the class can fetch rich dividends to a teacher. He narrated a few anecdotes to prove his point.

He deliberated upon making online blogs for students

to comment on the day's feedback.

Teachers like the idea of sharing atleast one educational link of the day with students.

Quoting some examples, he appealed teachers to appreciate every little improvement in the class, like, Hey, I'm excited being here in the class; All my students are the most adorable in the world; I want you guys to learn well in my subject.

Variety deliberations established the fact that we must respect the divergent views of the students in the class.

The Principal lauded teachers for their high degree of patience and appreciated them to be the Zen Masters, not the Ring Masters.

He also praised the teachers

for being warm & courteous towards their students, for putting your ego aside & for treating every child as a VIP.

He expressed his joy over the school tradition for singing the birthday song for the b'day students in the assembly. It works wonders.

He asked teachers to write the names of children from their respective class on a piece of paper. He appreciated all the teachers, who successfully and quickly wrote the names of children. He summed up saying: Be a Rockstar teacher by remembering the first name of all your students.

To foster the bonding with students, he requested teachers to make a phone call to a few students after the school hours.

Vansh Foundation hails nomination of PT Usha

STATE TIMES NEWS

JAMMU: Vansh Sabre Sports Foundation appreciated the decision of the NDA Government to nominate world famous Indian athlete, PT Usha for the Rajya Sabha.

In a statement, Kuldeep Gupta, who is secretary of the Foundation said, "PT Usha is an inspiration for every Indian, especially those associated with sports. She has a record medals haul to her credit with international records.

We hope that her presence in the Upper House of the Parliament would further help raise issues related to sports and the sportspersons."

Teachers applauded the idea of setting a Milestone Chart for every student's success.

One of the best take away of the enrichment session proved to be idea: Winners 'make it happen' & losers 'let it happen'.

He requested teachers to bear the complete moral responsibility of the class. He wrote on the whiteboard: Accept 100% responsibility for your class/subject result.

Striking the emotional chord of every teacher's heart, he stated that never carry a grudge or a disliking for any child ever.

Although the sense of humour is a God's gift and it's difficult to develop it artificially. He appealed them to cultivate the sense of humour, as it always helps.

God has been so kind and generous to have gifted every human with a smile. He took a promise from every teacher to adorn their charming faces with a broad smile always.

Summing up the marathon session, the Principal Rajesh Rathore said, "Love your students & make them feel that they are the most important people for you".

All the teachers expressed their heartfelt thanks to the Principal for enriching them with his pearls of wisdom.

Tough contest on cards as JKCA Red to face Blue in U-19 Men's Multi-Day final



Arnav Gupta



Mohammad Manzir

STATE TIMES NEWS

JAMMU: It is a tough contest on the cards as JKCA Red is going to take on JKCA Blue in the battle of equals in the finals of the Under-19 Men's Multi-Day tournament from July 16 to 18 at Sher-e-Kashmir Cricket Stadium, Srinagar. While JKCA Red will be banking on Akshit Gandal, Achintya Khajuria and Gursimran Singh, besides skipper Arnav Gupta, Ishan Bali and all-rounders Shourya Manhas and Udhay Pratap Singh in the batting department, JKCA Blue, on the other hand, will heavily rely on the quartet of Mohammad Mausab, Hatim Riyaz, Basit Akbar and Azhad Arshid/Momin Muzaffar, besides all-rounders-skipper Mohammad Manzir and Oman Fayaz on the batting front. Wicketkeepers Rydham Sharma and Akash Ayoub will be waiting in the wings to show promise as both have performed fabulously in the provincial tournaments so far. On the bowling front, JKCA Blue will bank on Arooj Parvez, Ahmad Fayaz and Ranjot Singh, while JKCA Red will rely on Mohd Naveed, Aman Singh and Towheed Ahmed, besides Udhay Pratap/Krishnaang Brahmin and Shourya Manhas.

The teams: JKCA Red: Gursimran Singh, Akshit Gandal, Shourya Sharma (WK), Shourya Manhas, Achintya Raj Khajuria, Arnav Gupta (Captain), Rydham Sharma (WK), Udhay Pratap Singh, Mohd Naveed, Aman Singh, Madhav Sharma, Towheed Ahmed, Umar Javed, Ishan Bali and Krishnaang Brahmin.

JKCA Blue: Azhad Arshid, Irfan Naik, Hatim Riyaz, Mohd Manzir (Captain), Moomin Muzaffar, Mohd Mausab, Saqib Noor, Basit Akbar, Akash Ayoub (WK), Ranjot Singh, Ahmed Fayaz, Zaid Wani, Arooj Parvez, Oman Fayaz and Yasir Rasheed.

GHS Sanoora wins Inter-school Volleyball competition



GHS Sanoora team posing with dignitaries after receiving winner trophy.

STATE TIMES NEWS

SAMBA: Government High School (GHS) Sanoora defeated Higher Secondary School Rajpura by 2-0 (31-29, 25-21) in the final and lifted the trophy of Inter school volleyball competition organized by the Army's 84 Infantry Brigade under the Operation Sadbhavna at Rajpura, a border village in Samba district.

Army officials, present on the occasion, honored the players of the winner and runner-up teams by giving them prizes.

In his address, the official said that the

youth of our country should participate in sports and for this, sports competitions are organized from place to place by the army.

In the closing ceremony of the competition, sports material was distributed to all the school players participating in the competition on behalf of the army.

BDC Chairman Rajpura Radhey Sham, Sarpanch Suresh Basotra, Chowki Incharge Rajpura Rakesh Singh, Higher Secondary School Rajpura Principal Parveen Akhtar, Khem Raj and others were present.

Shiksha Niketan School celebrates Class 10th 100 pc result



Principal Rameshwar Mengi along with students celebrating 100 per cent result of class 10th.

STATE TIMES NEWS

JAMMU: Shiksha Niketan Senior Secondary School, Jeevan Nagar, celebrated the result of class 10th, which was declared today.

The result displayed the tremendous success of the school where the total number of students who appeared for the exam were 274 with 12 Students scoring more than 98%.

The overall result is 100% which again is the greatest accomplishment or milestone for the Shiksha Niketan family.

The Toppers along with their parents were honoured by Principal Rameshwar Mengi,

the management, the incharges and the staff members.

The Principal congratulated, encouraged and motivated all the students, their parents and the staff members for this cracking success.

JU VC honours Umran Malik, Abdul Samad

STATE TIMES NEWS

JAMMU: Vice Chancellor (VC), University of Jammu (JU), Prof Umesh Rai, on Thursday honoured international cricketer Umran Malik and IPL star, Abdul Samad at his office chamber, here.

The cricketers were honoured by the VC for bringing laurels to the country in general and UT J&K in particular. Prof Rai in his address, appreciated Umran Malik's recent performance in IPL and his much talked about debut for India against Ireland and England cricket teams the T20 series, hoped that the fastest bowling sensation would improve his speed and play for India for many years to come.

The JU VC also spoke about the progressive sports initiatives of Lieutenant Governor, Manoj Sinha's



VC JU, Prof Umesh Rai honouring international Cricketer Umran Malik and IPL star, Abdul Samad.

administration for fostering the culture of sports in the UT.

Prof Vice-chancellor also appreciated cricketer Abdul Samad for his power-packed batting abilities in the IPL matches and exhibited hope that he too would soon be donning the Indian cricket team cap. "We are proud of both of you and JU wishes good luck in your future

endeavours," said Prof Rai.

Both the cricketers while expressing gratitude to the JU for bestowing honour on them also agreed to Prof Umesh Rai's request to interact with the students of the University at the commencement of the new session. The VC also sought advice from the players for nurturing better sporting culture in the University.

He said the Central as well as the Government of Jammu and Kashmir are committed to develop sports infrastructure and improve the standard of sports.

Prominent among others present on the occasion were Zonal Physical Education Officer (ZPEO) Dansal, Veena Tiekoot and Activity Incharge Ram Murti.

He said the Central as well as the Government of Jammu and Kashmir are committed to develop sports infrastructure and improve the standard of sports.

While Jugal Kishore was the Chief Guest on the occasion, District Youth Services and Sports Officer Jammu, Sukhdev Raj Sharma along with Tehsildar Nagrota and Sarpanch Nagrota were the

Jammu's Varun in Indian Handball team

STATE TIMES NEWS

JAMMU: Young Handball player, Varun Sharma of J&K has been selected to take part in the 17th Junior Men Asian Handball Championship. As per a handout issued by the general secretary, J&K Handball Association, Rajesh Chandan, the event shall take place at Manama in Bahrain from July 15 to 24.

JKPS Kunjwani alumnus made place in Technical Entry Scheme of Indian Armed Force with AIR 56

STATE TIMES NEWS

JAMMU: Alok Kumar Laskotra, an alumnus of JK Public School, batch 2020-21 has made his place in Technical Entry Scheme of Indian Armed Force with an All India Rank 56.

A very proud moment for all JKians. The management, Principal and the staff of JKPS congratulated Alok on his extraordinary achievement and wish him success in future.



Heritage School celebrates French National Day-La Fête National

STATE TIMES NEWS

JAMMU: Member Parliament Jugal Kishore interacting with players after inaugurating 'Sansad Kher Spardha' at Khet Gaon, Nagrota.

of War at Khet Gaon, near here on Thursday.

While Jugal Kishore was the Chief Guest on the occasion, District Youth Services and Sports Officer Jammu, Sukhdev Raj Sharma along with Tehsildar Nagrota and Sarpanch Nagrota were the

Guests of Honour.

In all, 500 players and officials drawn from all 14 zones of District Jammu are taking part in this mega event.

Speaking on the occasion, the chief guest lauded the efforts of the department in promoting sports at the grass-root level.

He said the Central as well as the Government of Jammu and Kashmir are committed to develop sports infrastructure and improve the standard of sports.

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