

APS Damana hosts Inter-APSs Cluster-I Hindi Debate Competition

STATE TIMES NEWS
JAMMU: Army Public School Damana hosted the Inter-APSs Cluster-I Hindi Debate Competition for students of Classes IX to XII on 15 July 2025 in the AV Room of the school. The event brought together intellect and eloquence as young debaters from eight prestigious Army Public Schools under Western Command Cluster-I showcased their oratory and critical thinking skills in the Hindi language. The occasion was graced by Brigadier Kumar Anand, Chairman, APS Damana, as the Chief Guest. He was warmly welcomed by Pushpinder Kaur, Principal, APS Damana, along with Shalun Kapoor, Vice Principal, faculty members of the Hindi Department, escort teachers and participants from various schools. The event was honoured by the benign presence of Lt

Colonel RS Slathia, SO School. The event also witnessed the gracious presence of Major Parabdh Bhadoriya as one of the Jury members. The competition was adjudged by an esteemed panel of academicians comprising Dr. Bhagwati Devi, Assistant Professor, Department of Hindi, University of Jammu; Dr. Raj Jamwal, Assistant Professor, Government Degree College, R.S. Pura; and Davinder Kumar, Assistant Professor, Department of Hindi, Government Degree College, Basohli. Their expertise and impartial assessment ensured the high standards of the debate. The eight participating schools included APS Jammu Cantt, APS Ratnuchak, APS Kaluchak, APS BD Bari, APS Samba, APS Miran Sahib, APS

Sunjan and APS Damana. The event witnessed intense and thought-provoking debates as students vied for a place in the upcoming Command Level Competition. In a closely contested event, APS Damana emerged victorious and was awarded the Winning Trophy, while APS Ratnuchak secured the Runners-Up Trophy. Aryan Sharma of Class XII, representing APS Ratnuchak, was awarded the Best Speaker for his persuasive and well-structured arguments. Akshat Singh of Class XI from APS Damana stood out with his sharp and timely interjections and was adjudged the Best Interjector of the debate competition. The Chief Guest felicitated the winners by presenting them with trophies and cer-

tificates, applauding their exemplary performance and spirited participation. The jury members were also honored with mementos and certificates as a token of appreciation for their valuable time, expertise and fair judgment, which contributed greatly to the success of the event. In his address to the gathering, Brigadier Kumar Anand commended the participants for their eloquence, confidence and in-depth understanding of the topic. He emphasized the importance of debates in nurturing critical thinking, clarity of thought and respectful dialogue among youth. In her address, Pushpinder Kaur, Principal of the school, expressed her pride in hosting such a significant event and praised the participants for their confidence, clarity of thought and command over the Hindi language.

Teachers' orientation programme on 'Stress Management and Cyber Security' held at Shiksha Niketan

STATE TIMES NEWS
JAMMU: A comprehensive Teachers' Orientation Programme was organized on Tuesday at Shiksha Niketan Senior Secondary School, Jeevan Nagar, focusing on the crucial themes of Stress Management and Cyber Security.



Dr. Swati and others at a programme.

The initiative aimed to empower educators with essential tools to ensure mental well-being and digital safety in today's fast-evolving educational landscape. The programme commenced with an inaugural address by Dr. Swati, who underlined the significance of emotional wellness and digital awareness among educators. "Teachers are not only academic pillars but also role models. Ensuring their mental and digital well-being is vital," she noted. Dr. Swati led an engaging session on Stress Management, offering practical strategies to identify

stress triggers, enhance emotional resilience, and maintain work-life balance. Participants were introduced to mindfulness techniques, including breathing exercises, which were met with enthusiastic participation. The Cyber Security module provided essential knowledge on safeguarding digital identities and institutional data. Topics such as phishing attacks, password management, responsible social media usage, and secure practices for online teaching platforms were covered through interactive discussions. Teachers found the sessions highly relevant and appreciated the initiative for addressing real-time challenges. They acknowledged that the programme enhanced their understanding of managing stress and protecting themselves and their students online. The school management reiterated its dedication to teacher development through ongoing, need-based training programmes.

Ramban Mountaineer team scales Thumb peak

STATE TIMES NEWS
JAMMU: An eight-member team of District Mountaineering Association (DMA), Ramban created history by successfully scaling Angreez Thumb peak (4550), the highest peak of Ramban district from the tough east face. The team was led by Imtiaz Latif, president of District Mountaineering Association and comprised mountaineers from various parts of the district. As per the reports reaching here, on the first day the expedition commenced from Buzla, 29 kms from Banihal with a 10 km trek ending at Pathhalla where the team camped overnight. The next day, the team undertook a strenuous 15km trek to



Climbers at Angreez Thumb peak.

Nawan where the base camp was established. Finally, braving steep climbs on scree and hanging loose rocks the team made it to the summit at 5 pm, proudly unfurling the Association flag atop Angreez Thumb. It was

a remarkable feat of endurance and adventure. "This remarkable achievement not only highlights the adventurous spirit of the region's youth but also reflects the growing mountaineering culture in

Ramban," said vice president of Mountaineering Association of J&K (MAJK), Ram Khajuria. It is vital to mention here that DMA Ramban has been actively promoting trekking and mountaineering activities among the youth to inculcate discipline, resilience and love of nature, thus keeping the youth away from drug abuse. The success of the expedition has brought pride to the entire region and would surely inspire many more to take up adventure sports. Meanwhile, Zorawar Singh Janwal and Shawetia Khajuria, president and general secretary of MAJK respectively congratulated the team for its grand success and extended good wishes for the next venture.

Campus Placement Drive held at CLUJ

STATE TIMES NEWS
JAMMU: Cluster University of Jammu (CLUJ), in collaboration with NIMS University, Jaipur, organized a two-day campus placement drive for the position of Female Admission Counsellors on 14th and 15th July 2025. Representatives from NIMS University and NIMS Medical College & Hospital, Jaipur, including Deepak Kumar Gupta, Director of Nursing Services, and Dr. Girraj Saini, DNS, were present to conduct and supervise the recruitment process. A total of 25 talented female candidates from Cluster University were selected. Each was offered an annual salary package of Rs 3.0 lakhs, along with complimentary food and accommo-



VC CLUJ, KS Chandrasekar presenting appointment letter.

dation facilities at Jaipur-making the opportunity both professionally and personally rewarding. The offer letters were formally handed over by Senior Professor KS Chandrasekar, Vice Chancellor, CLUJ in a ceremony that celebrated the candidates' achievements and the university's continued efforts to enhance student

employability. This placement initiative, organized under the guidance of Prof DS Manhas, Director Placement, CLUJ, highlights the institution's dedication to bridging the gap between academia and industry, while fostering an environment where students can aspire, achieve, and excel in their chosen careers.

Srinagar Carrom meet from July 29

STATE TIMES NEWS
JAMMU: The District Srinagar Carrom Association, in support with the J&K Carrom Association, shall organise two-day District Srinagar Carrom Championship from July 29 at Carrom Hall, Bakshi Stadium Srinagar. Sponsored by the J&K Sports Council, the event shall be held in both boys and girls sections as also men and women. The age categories include Cadet (Under 12), Sub-Junior (Under 14), Junior (Under 18) and Senior (Open). Those interested Carrom enthusiasts are advised to submit their entries latest by July 27.

ADGP Armed reviews arrangements for 'Pedal Through Paradise' Cycle Race-2025

STATE TIMES NEWS
SRINAGAR: Anand Jain, ADGP Armed J&K, chaired a high-level review meeting at Armed Police Headquarters, Srinagar, to oversee preparations for the upcoming "Pedal Through Paradise" Cycle Race-2025. Scheduled for 20th July 2025, the event is being held under the Civic Action Programme (CAP) of J&K Police and organized under the patronage of Nalin Prabhakar, DGP J&K. Anand Jain serves as the Chairman, while Shahid Mehraj, DIG Armed Kashmir, is the Organizing Secretary.



ADGP Armed J&K, Anand Jain chairing a meeting.

The ADGP issued key directives to ensure seamless coordination, discipline, and

hospitality during the event. Emphasizing inclusive participation, he highlighted

that the race is open to schoolchildren, youth, amateur and professional cyclists, aiming to promote fitness, sportsmanship, and community engagement across the Valley. The review focused on critical operational components including logistics, security, traffic management, medical aid, media coordination, and communication strategies. Organizers presented detailed plans covering race routes, safety protocols, expected turnout, and media engagement. The meeting was attended by senior officers including

Rajiv Pandey, DIG CKR; Shahid Mehraj, DIG Armed Kashmir; Aijaz Ahmad, IPS, SSP Traffic Srinagar; Dalip Kumar, Staff Officer to ADGP Armed; Commandants of AP/IR Battalions; Manoj Kumar Pandita, SSP, AIG Training/Communication PHQ; and Munir Ahmad, SSP, APCR Kashmir, among others. The event is poised to attract enthusiastic participation from across the Valley, reflecting growing interest in cycling and health-focused initiatives among the youth.

Cyclathon rally held across Kathua to promote fitness under Fit India Movement



Participants at cyclathon rally in Kathua.

STATE TIMES NEWS
KATHUA: The Department of Youth Services and Sports, Kathua, organized a district-wide Cyclathon today as part of the Fit India Activity

Calendar issued by the Directorate of Youth Services and Sports. The event was conducted across all zones of the district under the supervision of District Youth

Services and Sports Officer, Sunil Singh Sambhal. The Cyclathon aimed to encourage physical fitness among students, field staff, and the community, promoting the integration of exercise into daily routines. The initiative is part of the broader Fit India Movement, which seeks to inspire behavioral changes towards a more active and healthy lifestyle. A total of 348 cyclists took part in the rally across various zones, spreading awareness about the benefits of cycling and emphasizing the importance of physical well-being.

Taekwondo players attend Referee course



J&K Taekwondo players posing for a photograph.

STATE TIMES NEWS
JAMMU: As many as five senior players successfully attended the National referee course from Jammu and Kashmir in the discipline of Taekwondo at Gujarat.

As per a handout issued here today, the course was organised by India Taekwondo from July 10 to July 13 at the Wagodia Sports Complex, Vadodara in Gujarat.

The participants from J&K were Amit Kumar (Jammu), Ashaq Hussain (Poonch), Siddharth Sharma (Udhampur), Sumit Kumar (Jammu) and Kashif Iqbal (Doda). The four-day course focused on the updated rules and regulations for the Kyorugi and Poomsae, blending in-depth theoretical sessions with rigorous practical training under the supervision of senior instructors from India Taekwondo. Meanwhile, all five referees expressed their sincere gratitude to GameOn Foundation and promised to uphold the spirit of fair play.

Army's cycle expedition completes 680 km arduous journey in Ladakh

STATE TIMES NEWS
KARGIL: The mountain terrain bicycle expedition of Army's 'Forever in Operations Division' has successfully completed their journey in the Union Territory of Ladakh, covering an arduous 680 km through the unforgiving terrain, a defence spokesperson said on Sunday. The expedition commenced from the icy heights of Siachen Base Camp on June 25 and culminated at Kargil War Memorial in Drass on Saturday, demonstrating a remarkable feat of

endurance, grit and national pride, he said. The spokesperson said the team comprised 20 soldiers, who pedalled through the most challenging High Altitude Terrain in the world, braving harsh weather conditions and negotiating treacherous passes like Khardung La, Fotu La and Hambuting La. The expedition not only symbolised physical resilience, but also served as a powerful medium to connect with the local populace and youth, the spokesperson said.

As part of its outreach efforts, he said the team connected with 1,100 young students of 11 government schools in remote areas as well as students from Ladakh University. "Engaging with young students, the team highlighted the legacy of the Army, significance of the Kargil War and the immense sacrifices made by our soldiers while protecting the sovereignty of the nation," the spokesperson

said. He said the expedition members also interacted with National Cadet Corps cadets of first and second Ladakh NCC battalion at Leh and Silmo, emphasising the critical role which NCC plays in shaping disciplined, confident and service oriented citizens. The team leader inspired the youth by sharing insights into various career avenues in the Army and ways to serve the nation with hon-

esty, honour and dedication, he said. The spokesperson said the journey witnessed overwhelming support and encouragement from civilians and Army units enroute, who welcomed the team with cheers and refreshments. This expedition is a powerful testament to the Army's unwavering spirit, while deepening its connection with the people of Ladakh, he said.

DC starts provincial level Inter Dist Handball competition

STATE TIMES NEWS
BANDIPORA: A week-long inter-district provincial level Handball competition (AAG Boys) formally commenced on Tuesday at S.K. Stadium Bandipora.



The event was inaugurated by Deputy Commissioner (DC) Bandipora, Manzoor Ahmad Qadri, who graced the occasion as the chief guest. Organized by the Youth Services and Sports Bandipora, the competition is being held from 15th to 20th July 2025 and features teams from across various districts of Kashmir. Participants will compete in three age categories viz. 14, 17, and 19

years, showcasing talent and team spirit in the discipline of Handball. Speaking at the inaugural function, DC lauded the efforts of the department for providing such platforms for young athletes to display their potential. He emphasized the importance of sports in shaping the overall personality and

career of the youth. On the occasion, District Youth Services and Sports Officer (DYSSO) said that the event is expected to witness a large turnout of players, officials, and sports enthusiasts throughout the week, making it one of the most significant youth sports gatherings in the district.

DYSS holds Cyclathon Rally in Poonch



Incharge ZPEO Poonch, Sarla Bakshi and others with participants of cycle rally.

STATE TIMES NEWS
POONCH: Department of Youth Services and Sports (DYSS) district Poonch organised a Cyclathon Rally under the banner of the 'Fit India' Campaign. The event commenced from Sports Stadium

Poonch, with enthusiastic participation from students of various educational institutions and sports training centres. The held under the guidance of Incharge ZPEO Poonch, Sarla Bakshi in active support of Pawan

Kumar (PEL), Harjeet Kour (PEM), Rajinder Singh (PEM), and Gurdev Singh (PET). The event took place under the overall supervision of district (DYSS) officer Poonch, Mohd Qasim.

Zone Doda lifts Inter Zonal Dist Level U/19 Boys Kabaddi Trophy

STATE TIMES NEWS
DODA: The 2nd Phase of Inter Zonal District Level tournament on Tuesday witnessed thrilling contests at different venues across Doda District. The competitions were held in the disciplines of Rifle shooting AAG Girls, Kabaddi U/19 Boys, Football AAG Boys & Girls and archery AAG Boys. The Tournament has been organised by Youth Services and Sports Department as per approved Calendar of activities issued by the

Directorate of Youth Services and sports, J&K. The Competitions are being organised to select the best probable for the next level of competition. In an exciting Final Kabaddi match, Zone Doda beat Zone Assar by 03 points. The competition was officiated by a selected panel and experts of the Department. The Competitions will continue till July 22 witnessing contests in different games scheduled in all categories.