

# Develop your Growth Mindset with effort, resilience & right attitude: Principal JKPS Kunjwani

■ STATE TIMES NEWS

JAMMU: "Your potential isn't fixed; it expands with efforts, learning and belief in yourself". With this opening statement Japleen Kour from Grade IXB alongwith her classmates conducted the morning assembly on the topic "Power of Growth Mindset" at JK Public School, Kunjwani.

Adding more substance to the transaction Agamjot Singh said, "Growth mindset is the belief that your abilities, intelligence and talents can be developed over the time through efforts, learning and persistence. It helps a person to become stronger and follow the way to success. Growth mindset helps us to learn from mistakes, and everything installs better versions of ourselves".

"As John Wood once said, 'Don't be afraid of failures, learn from them. Filling a brain is just like filling a pot of water. To fill it you need



Principal JK Public School Kunjwani Rajesh Rathore and students addressing morning assembly on Monday.

to open the pot first. Don't be an ocean of a salty water,

be a river of flowing knowledge", he added.

Arshpreet Kour presented the quote of the day,

"Growth mindset helps us to convert, 'I can't' into 'I can

learn". To give vent to his poetic

expression, Ananta Jyotirmaya Rana recited his poem:

They say life is a race -  
Run fast, don't delay,  
But each time I tried,  
I stumbled halfway.  
Then came a thought,  
Gentle yet wise:  
"No effort is wasted -  
Each fall helps you rise."  
So I gathered my strength,  
Let go of my fear,  
Found my voice,  
Bold and clear.  
I'll stand out with purpose,  
Let my spirit ignite,  
And shape a mindset  
That reaches new height.  
Under the segment  
Quotations, Jai Singh quoted Henry Ford, "Whether you think, you can or you think you can't, you are right". Jaspreet Singh referred to Phillip Rider, "A positive mindset brings positive results".

Muktesh quoted Caryl Dweck, "A growing mind sees every challenge as a seat for transformation".

Medhansh Verma referred to Tony Robins, "Power of growth mindset turns failure into fuel and efforts into excellence, it's not about being the best, it's about getting better every day". Namisha Koushal quoted Albert Einstein, "Anyone who has never made a mistake, has never tried anything new".

Applauding the presenters of the morning assembly, Principal JKPS Kunjwani Rajesh Rathore stated, "I urge you to remember: your abilities are boundless. Develop your growth mindset with effort, resilience, and the right attitude. Mistakes are not setbacks; they are stepping stones. Challenges are not threats; they are opportunities to grow stronger and wiser. So, keep learning, keep trying, and never be afraid to step outside your comfort zone. Let your journey be marked not by perfection, but by progress".

## JKCA launches historic Inter-School U-14 Boys Cricket Tournament

■ STATE TIMES NEWS

JAMMU: Member Cricket Operations and Development of Jammu and Kashmir Cricket Association (JKCA), Mithun Manhas inaugurated the historic Inter-School U-14 Boys Cricket Tournament in an impressive, colourful and well attended function at Heritage School, here on Monday.

Manhas was the chief guest on the occasion, who was accompanied by Member CAC Vidhya Bhaskar; Coordinators Meenu Slathia (Member CAC) and Sandeep Singh (Sunny) and Chairperson Senior Women's Selection Committee, Ankita Jalla.

The Tournament has been launched by the Jammu and Kashmir Cricket Association (JKCA) simul-



taneously at Srinagar and Jammu with an aim to nurture talent at the grassroots level in every nook and corner of the Union Territory.

Speaking on the inaugural ceremony, Mithun Manhas said that 'catch them young and coach them' is the 'mantra' to nurture young talent, adding that JKCA

will soon organise tournament in women section also.

"JKCA is committed to promote cricket at all levels. With such tournaments we can make a pool of young talented cricketers and train them to serve as a feeding material for the Junior teams. This is the best way to produce top class stuff,"

Manhas maintained.

Meanwhile, in the three matches played at Jammu at three different venues, JKCA Tigers, Jodhamal School, and Heritage School emerged winners defeating their rivals KC International School, DPS Jammu and JP World School respectively.

JKCA Tigers trounced KC International by 9 wickets in an easy contest. Batting first, KC International bundled out for paltry 31 runs, while JKCA Tigers chased the target by losing one wicket to win the match by 9 wickets. Mehran and Bilal took 3 wickets each. Mehran was adjudged as the player of the match.

In another match, Heritage School outplayed JP World School by 4 wickets. JP World scored 121 runs, while Heritage School

chased the target by losing 6 wickets, thus winning the match by 4 wickets. For his fabulous show, Saksh Gupta of Heritage School was declared as the player of the match.

In yet another match at KC International School, Jodhamal School defeated DPS Jammu by a big margin. Jodhamal scored 159 runs, while DPS collapsed at 75 runs. For his all-round display, Arit Rai was adjudged as the player of the match.

At Srinagar, the inaugural ceremony of JKCA U-14 Interschool Invitation Cricket tournament 2025 was held at Doon School Srinagar. Abdul Qayoom Bagow, JKCA tournament Coordinator briefed the players & officials about the tournament and encouraged them to put in their best efforts and enjoy the game.

## Tennis Ball Cricket selection trials on July 27, 28

■ STATE TIMES NEWS

JAMMU: The Jammu and Kashmir Tennis Ball Cricket Association has announced the schedule for the upcoming selection trials to shortlist players for two prestigious national-level tennis ball cricket tournaments.

These trials will take place on 27th and 28th July 2025 at M.A. Stadium, Jammu, commencing at 10:00 AM on both days.

The trials aim to select players for the All India Tennis Ball Cricket Championship (Men & Women), which is scheduled to be held in Chennai, Tamil Nadu from 1st to 3rd August 2025, and the 10th Mini Sub Junior National Championship

(Under-14 Boys & Girls) to be held in Delhi from 18th to 20th August 2025.

Interested players are instructed to report at the venue in full sports kit. Each participant must bring six recent passport-size photographs, along with Xerox copies of their Date of Birth (DOB) certificate, domicile certificate, and a physical fitness certificate issued by a certified physician. For the Mini Sub Junior category, only players born on or before 10th August 2011 are eligible to participate.

Gulshan Rattan, the Incharge of the selection trials, will oversee the process and can be contacted at 7006963458 for further guidance. Players

must ensure that they carry all required documents at the time of reporting.

It is important to note that the J&K Sports Council is not sponsoring this activity. Therefore, all selected participants will have to bear their own travel and accommodation expenses for attending the respective championships in Chennai and Delhi.

The final screening of selected teams will be conducted by the J&K Sports Council at the same venue on 29th July 2025 at 11:00 AM. The association has urged all eligible and enthusiastic young cricketers to avail this opportunity and showcase their skills at the national platform.

## District Poonch Taekwondo Championship 2025-26 concludes

■ STATE TIMES NEWS

POONCH: The District Poonch Taekwondo Championship 2025-26 came to a grand conclusion at the Poonch Taekwondo Club Hall, located near Raja Sukhdev Singh District Hospital. The event was organized by the District Poonch Taekwondo Association under the aegis of the Taekwondo Association of Jammu & Kashmir and witnessed an overwhelming response from schools and clubs across the region.

The closing ceremony was held with great enthusiasm and was graced by Mohan Sharma, Superintendent of Police, Poonch, as the Chief Guest. In his address, he praised the efforts of the organizers in channelizing the energy of youth towards positive goals through martial arts. He emphasized the role of sports in keeping young people away from harmful influences such as drug abuse and urged them to continue pursuing physical activities for overall development.



District Poonch Taekwondo Association members welcoming Mohan Sharma, Superintendent of Police, Poonch.

The gathering was earlier welcomed by Rajinder Singh, a Taekwondo Coach and the pioneer of the martial art in the district. He highlighted the accomplishments of Poonch's Taekwondo players and expressed gratitude to the Taekwondo Association of Jammu & Kashmir as well as the organizers in channelizing the energy of youth towards positive goals through martial arts. He emphasized the role of sports in keeping young people away from harmful influences such as drug abuse and urged them to continue pursuing physical activities for overall development.

The event saw the presence of several notable personalities including Sunil Sharma, President of Bar Association Poonch; Dr. Vikrant, Chairman of Pahari Tribe ST Forum; Mangat Ram

Sharma, Retired Assistant Registrar Cooperatives; Sdrn. Priyanka Singh, President of the District Poonch Taekwondo Association (DPTA); Ms. Taranpreet Kaur, Secretary DPTA; Dr. Nitán Sharma, Vice President DPTA; Sdrn. Kamalpreet Kour, Superintendent at Parishad Child Care Institution; and Advocate Bhanu Pratap, a renowned legal practitioner.

Priyanka Singh, President of DPTA, extended her heartfelt congratulations to all the medal winners and lauded the dedication of players and coaches alike. She encouraged the selected par-

ticipants to perform with the same zeal and bring further glory to Poonch in the upcoming Union Territory-level Championship.

The matches throughout the championship were conducted under the expert technical guidance of Toseef Tahir (National Referee), Akarshit Sudan, Hassan, Vishvas Sudan, and Vishnu Raina, ensuring fairness and high-quality competition.

The highlight of the championship was the outstanding performances by Himanshi Raina, Aekta Kapoor, and Ranajay Gupta, who were adjudged the Best Players of the Championship for showcasing remarkable skills, discipline, and sportsmanship.

The event concluded with the distribution of medals and certificates to the winners, followed by applause and appreciation from all dignitaries. The District Poonch Taekwondo Association expressed sincere thanks to all officials, volunteers, schools, clubs, and supporters who contributed to making the event a resounding success.

## DG-YSS flags off 30-member J&K contingent for Inter-State YEP

### Participants to serve as ambassadors of J&K's rich heritage: Anuradha

■ STATE TIMES NEWS

JAMMU: The Director General Youth Services and Sports, J&K, Anuradha Gupta flagged off J&K contingent for Inter-State Youth Exchange Programme (YEP) to be held at Kurukshetra in Haryana from tomorrow.

A contingent of 30-members including 23 young participants and 7 escorting officials of the Department was Flagged Off from Sports Training Centre/Base Camp, Nagrota, here.

The contingent will take part in Folk Song, Folk Dance and Power Point Presentation (PPT) on Culture.



DG YSS J&K, Anuradha Gupta flagging off J&K contingent for Inter-State Youth Exchange Programme.

DG Sports was accompanied by Joint Director YSS Jammu Dr Vinakshi Koul, Deputy Director YSS Central Jitender Mishra and Deputy Director Planning,

Megha Bogia (Planning), along with Accounts Officer Directorate Sunil Kotwal and Nodal Officer of the Contingent, Altaf Hussain Bhat.

## IIM Jammu inaugurates 9th Batch of Nurturing Future Leadership Program

■ STATE TIMES NEWS

JAMMU: The Indian Institute of Management (IIM) Jammu, under the leadership of Prof. B.S. Sahay, Director, inaugurated the 9th batch of the Nurturing Future Leadership Program on Monday at its permanent campus in Jagti.

Organized under the Malaviya Mission Teacher Training Programme, Ministry of Education, Government of India, the program reflects IIM Jammu's commitment to cultivating leadership in the academic domain. The inaugural ceremony began with the traditional lamp lighting ceremony at the Nyaya Classroom, Vedanta, MDP Centre.

This five-day residential training program (21st-25th July 2025) is tailored to enhance leadership capabilities among educators across India, fostering a new generation of academic leaders. The sessions, delivered by IIM Jammu's faculty, focus on empowering participants to drive institutional excellence and transformation.



Director IIM Jammu, Prof. B.S. Sahay along with faculty members and other dignitaries.

Prof. Jabir Ali, Dean, Faculty and Research, welcomed the participants, emphasizing the diversity and potential of Batch 9.

Highlighting IIM Jammu's swift rise among India's top B-schools, he lauded the leadership of Prof. B.S. Sahay and cited key milestones such as the Institute's BGA Accreditation and EFMD Accreditation for its MBM program-global markers of academic quality. Prof. Ali noted that while not all aspects of leadership can be taught, the program is structured to inspire meaningful insights and mindset shifts necessary for today's dynamic world.

Prof. Sanjeev Pathak, Chairperson, Executive

Education and Consultancy (EE&C), and Program Director, welcomed the batch and spoke about the importance of curated, impactful sessions rooted in collective learning. He also gave an overview of IIM Jammu's EE&C initiatives and emphasized the Institute's commitment to continuous learning and leadership development.

Dr. Atanu Bhuyan, Program Director, highlighted the role of educators as change agents in an era defined by rapid innovation and challenges. He stressed the importance of collaborative and transformative leadership and introduced the program's daily project-based workshops, aimed at applying leadership principles in real-world contexts.

The vote of thanks was delivered by Prof. Sanjeev Pathak, followed by the national anthem. The batch comprises 23 participants from institutions across the country, with the program being fully funded by the Ministry of Education.

The curriculum is divided into four core themes-leadership, communication, skill development, and recent government initiatives-and includes lectures, workshops, case studies, group discussions, and role-plays. Following the inauguration, participants toured IIM Jammu's state-of-the-art campus, marking the beginning of a transformative leadership journey.

## Inter-School District Level selection trials begins

■ STATE TIMES NEWS

JAMMU: The Inter-School District Level Selection Trials/Competitions for All Age Groups (AAG) boys and girls in various sports disciplines commenced today at MA Stadium, Jammu. The trials are being organized by the Department of Youth Services and Sports (DYSS), District Jammu.

The competitions are being conducted under the patronage of Anuradha Gupta), Director General, Youth Services & Sports, J&K UT, and under the chairmanship of Vinakshi Koul, Joint Director Youth Services & Sports Jammu. Sukhdev Raj Sharma, District Youth Services and Sports Officer (DYSSO), Jammu, is serving as the organizing secretary of the tournament.

The selection trials include sports disciplines such as Boxing, Fencing, Judo, Roller Skating, Karate, Weight Lifting, and Wushu.

During the inaugural function at the University Ground, DYSSO Sukhdev Raj Sharma addressed the participants and motivated the young student-athletes to perform their best and seize the opportunity to qualify for the next level of competitions.



He also lauded the conveners and officials for their dedication and efforts in identifying the best talent for upcoming inter-district division-level events.

Results - Boxing (Boys Category)  
25-30 kg: Anmol (SRRS Vidya Mandir) secured 1st place. 30-32 kg: Keshav Sharma (J&K Public) clinched 1st place. 32-34 kg: Rajveer Chib (BMMP) 1st, Anirudh (Shamford) 2nd. 34-36 kg: Varun Chaudhary (Shiksha Niketan) 1st, Soul (Vinal Vidyalaya) 2nd. 36-38 kg: Aham Kumar (Shamford) 1st, Aditya (KV Bantalab) 2nd. 38-40 kg: Arun

Sehgotra (BHMP) 1st, Yuvraj Singh (J&K Public) 2nd. 40-42 kg: Mohd. Zayan (Doon International) 1st, Partap Partap (Model Academy) 2nd. 42-44 kg: Jatin (SRRS Vidyalaya) stood 1st. 44-46 kg: Dhruv Pal (J&K Public) 1st, Partap Singh (St. Francis) 2nd. 46-48 kg: Arav Sharma (Shiksha Niketan) claimed 1st place. 48-50 kg: Sarav Ali Khan (J&K Public) 1st, Vihan Gupta (Shastri Public School) 2nd.

The event witnessed enthusiastic participation from schools across Jammu and is expected to continue in the coming days with competitions in other sports categories.