

'Sound Body, Sharp Mind: JKPS Kunjwani promotes wellness wisdom'

■ STATE TIMES NEWS

JAMMU: "Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity".

With this powerful statement made by John F. Kennedy, Kamaksha from Grade IX B conducted the morning assembly alongwith her batchmates on the topic "Health is wealth" at JK Public School, Kunjwani.

Reflecting on the topic Abhimanyu said, "Health is Wealth is more than just a phrase; it is a reality that we must acknowledge and prioritize every day. When we have good health, we have everything. We can pursue our dreams nurture our relationship and live life to the fullest".

"A good example of this is Stephen Hawking, a brilliant scientist who suffered from a serious disease that made his body weak. Despite being unable to move or speak normally, Hawking didn't let his health issues stop him. He used a special computer to communicate and wrote famous book like "A Brief History of Time",



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

he added.

Generating more heat on the stage Kiyaan pitched in and stated, "Yes, money is valuable, it can solve many problems and significantly enhance quality of life. But without good health, its

worth diminishes greatly."

"In other words, do not chase wealth at the expense of your well-being. After all, what good is financial prosperity if you are in constant pain, immobile, struggling to breathe, frequently hospi-

talized, plagued by health worries-or worse, no longer alive? Only when you are healthy can you truly enjoy and make the most of your wealth", she added. Ayushman recited an inspiring poem on the topic:

Health is gold, pure and bright,
Guiding us through darkest night.
Money fades, but strength stays,
Fueling life in countless ways.

Joy means more with breath and beat,
Not in riches or a feast.
Guard your health-it holds the key,
To live with peace and dignity.
Under the segment

Nischay quoted Mark Twain, "The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.

Appreciating the presenters for enlightening the audience with their strong analogy, Principal JKPS Kunjwani Rajesh Rathore stated, "I urge each of you to become custodians of your own well being. Guard your sleep as sincerely as you guard your grades, choose wholesome activities over screen bound distractions, and remember that mental serenity is as vital as muscular strength. Extend this care beyond yourselves: encourage a friend to take a walk, share a healthy snack, listen without judgment. In cultivating a culture of collective wellness, we forge a community capable of soaring to its highest potential".

"Let us step into the day renewed by purpose. May our classrooms buzz with energy, our corridors echo with laughter, and our hearts remain steadfast in the pursuit of balanced, vibrant living", he concluded.

Heritage School alumna validates future leaders at Investiture Ceremony

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JAMMU: Heritage School celebrated two decades of excellence in education and leadership with an imposing Investiture Ceremony held on Thursday. The landmark event honoured the democratic selection and formal installation of the Senior and Junior Prefectorial Boards for the academic year 2025-26.

The ceremony commenced with the lighting of the ceremonial lamp, followed by 'Saraswati Vandana' and welcome address by a student representative. The presence of the parents of the newly invested Prefectorial Board added warmth and encouragement to the celebration.

The Student Council was elected through the school's long-established electronic voting system, which engages faculty and students from Grades IX to XII. This consistent practice ensures transparency and fosters participatory governance.

The newly elected student leaders exuded confidence and a deep sense of responsibility as they stood on stage, proudly cheered on by their parents and mentors.

The junior members (from Primary Wing) of the School Student Council were chosen and selected by the Primary



Students Council of Heritage School posing with faculty members.

Wing teachers, on the basis of set parameters which sets the tone of merit being paramount to the process,

Principal Akash Pradhan administered the Oath of Office to the School Prefects and House Prefects. Aryaveer Singh (XII) and Akula Punj (XII) were formally invested as Head Boy and Head Girl, while Divyansh (XI) and Sonakshi Padwal (XI) were adorned as Vice Head Boy and Vice Head Girl, respectively.

The pipping ceremony was carried out with grace by the school's leadership team comprising of the Vice Principal. Rashmi Thakur, Headmistress Hemneet Kaur, Housemistresses, Co-ordinators and the Activity Co-ordinator.

The ceremony also celebrated young leaders from the Primary Wing. Japsimar

Singh and Banat Kour were invested as Head Boy and Head Girl of the Junior School, with badges presented by the Headmistress.

Rujula Mahajan and Akshamla were invested with the designation of Cultural Captain and Sports Captain respectively. Other House Council Members included:

Culture House: Suhani Rajput (Senior Prefect), Akshara Gupta (Senior Vice Prefect), Riaan Gupta & Aaditri Gupta (Junior Prefects)

Tradition House: Arivan Gupta (Senior Prefect), Athrav Bhushan (Senior Vice Prefect), Harshveer Singh Bali & Anaisha Gupta (Junior Prefects)

Legacy House: Abir Beri (Senior Prefect), Shreyas Magotra (Senior Vice Prefect), Karanvir Singh & Sarvyia Arora (Junior

Prefectss)

Dignity House: Mushahid Mir (Senior Prefect), Darim Tak (Senior Vice Prefect), Rajveer Singh Jaswal & Ira Dadwal (Junior Prefects)

A heartfelt felicitation of the Prefectorial Board of the preceding session was also held, acknowledging their dedication and exemplary service.

The occasion was further elevated by the presence of Mrigu Sambyal, an illustrious alumna of Heritage School (Batch 2018-19), who was invited as the Special Guest. Sambyal recently secured the All India Rank (AIR) 2 (Women) in the Combined Defence Services (CDS) Examination 2024, conducted by the Union Public Service Commission (UPSC) - a remarkable feat that brought immense pride not

just to the school, but to the entire Jammu & Kashmir region.

In her address, Mrigu Sambyal recalled her formative years at Heritage School, attributing her success in the CDS Examination to the values instilled during her schooling. She shared personal anecdotes that shaped her personality and built the foundation for her discipline and determination. Drawing inspiration from the school song, she highlighted her guiding mantra: "Honesty here rules, hard work is the tool."

She encouraged the newly elected leaders to lead with integrity, courage, and national pride. Advising them to strike a balance between academics and responsibilities, she emphasised the importance of

avoiding procrastination. Sambyal concluded by urging students to cherish and enjoy every moment of their school journey.

Principal Akash Pradhan, in his vote of thanks, expressed gratitude to the esteemed guest, proud parents, staff members and students. He congratulated the newly inducted Council and urged them to uphold the school's ethos of integrity, discipline and service.

Emphasising the importance of leadership qualities like empathy, wisdom, and sound decision-making, he quoted John C. Maxwell: "A leader is one who knows the way, goes the way, and shows the way." He also extended appreciation to the organising team for conducting the ceremony with utmost precision and care.

The event concluded on a melodious and emotional note with the rendition of the Heritage School Song, echoing the spirit of unity and pride that has defined the school's remarkable 20-year journey.

As Heritage School steps into its third decade, the Investiture Ceremony reaffirmed its unwavering commitment to nurturing future-ready leaders, guided by values, vision and a deep sense of purpose.

JKPS Panjtirthi shines at J&K UT Kickboxing Championship 2025



■ STATE TIMES NEWS

JAMMU: "Setting goals is the first step in turning the invisible into the visible." These words rang true as two young champions from JK Public School (JKPS), Panjtirthi, displayed remarkable grit and skill at the Jammu and Kashmir Union Territory Kickboxing Championship 2025, organized by the Kickboxing Association of J&K.

The championship witnessed spirited participation from across the UT, and among the shining performers were Farhan Choudhary, a Class 6 student, who clinched a gold medal, and Muqaddas Chaudhary of Class 8, who secured a bronze medal.

Their victories not only brought laurels to the school but also reflected the spirit of dedication, discipline, and sportsmanship instilled in the students of JKPS Panjtirthi.

Lauding the stellar achievements of the students, Principal Suman Banbha expressed her pride, stating, "Great performance is never luck. It takes a lot of focus, heart, and hard work."

She extended warm congratulations to the Jakiians and applauded their unwavering commitment to excellence in sports.

The success of Farhan and Muqaddas is a testament to the nurturing environment at JKPS, where students are encouraged to set high goals and pursue them with determination.

Their accomplishment in a highly competitive tournament stands as an inspiration for their peers and reflects the school's continuous efforts toward holistic development.

J&K hockey team leaves for Sub Junior National



Junior men J&K Hockey team posing with dignitaries before leaving for National.

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JAMMU: The Junior men J&K Hockey team on Thursday left for participation in the 15th Hockey India Sub Junior Men's National Championship, to be held in Chennai in Tamil Nadu from July 28 to

August eight under the banner of Hockey J&K.

Earlier, the team underwent screening conducted by the J&K Sports Council officials including Chief Sports Officer (CSO), Anissa Nabi and Divisional Sports Officer, Sat Pal Singh at K K

Hakku Stadium, here in the presence of office bearers of Hockey J&K. The Squad: Mantej Singh, Gurpreet Singh, Shivam Mehra, Harmanpreet Singh, Divyot Singh, Rahul Ahirwar, Karan, Adiraj Singh, Prabhvir

Singh, Varunpreet Singh, Jasjot Singh, Veerprabhat Singh, Gurkirat Singh, Sabiulla, Mohd Altamash, Daksh Sharma and Al. Rahiees Ahmed and Saval Ahmed accompanied as coach while Kirandeep Singh was Manager.

Shakti Yatra 'Wheels of Valour' team meets Lt Governor Kavinder Gupta

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LEH: The Shakti Yatra 'Wheels of Valour' Bike Rider Team, comprising 30 passionate riders-22 women and 8 men, riding from Jammu to Rezagla in Eastern Ladakh, met the Lieutenant Governor of Ladakh, Kavinder Gupta, at Raj Niwas, Leh.

It was informed during the interaction that their journey commenced on 18 July from Jammu and the riders are on a spirited mission to commemorate Kargil Vijay Diwas on 26 July.

This year, their Yatra is driven by the theme, 'A Ride for the Pride of Operation Sindoor,' a heartfelt tribute to the courage of the Indian Army during



Shakti Yatra 'Wheels of Valour' Bike Rider Team meeting with LG Ladakh, Kavinder Gupta.

Operation Sindoor:

During the meeting, the team leader provided a comprehensive briefing to the LG about the objectives of the ride and their journey so far.

The LG appreciated the

team's patriotism, grit, and energy, acknowledging their unique contribution to national spirit and youth empowerment.

He extended wholehearted support to the contingent during their stay in Ladakh and

encouraged the riders to continue serving the nation in their respective capacities.

At the end, the LG wished them good luck for the next leg of their journey and a safe return to Jammu.

U-14 Boys Inter-School Cricket Tournament Jodhamal, Heritage, JP World, DPS, Foundation World log wins

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JAMMU: Budding cricketers displayed extraordinary skill and showed stellar grit & tenacity as Jodhamal School, Heritage, JP World, DPS Srinagar and Foundation World School registered convincing victories over their rivals in the ongoing historic U-14 Boys Inter-School Cricket Tournament, being organised by the Jammu and Kashmir Cricket Association at various venues across Jammu and Srinagar.

At KCIS in Jammu, Jodhamal School got the better of KC International School in a close contest by 2 wickets.

Batting first, KCIS scored 107/7 in 25 overs. Tazahir Lone top scored with 50 while Divyam contributed 21 runs to the total. For Jodhamal School, Hridhan Choudhary took 2 wickets.

In reply, Jodhamal School chased the target in 17.1 overs by losing 8 wickets, thus won the match by 2 wickets. Hridhan Choudhary top scored with 31 runs and Virran Sharma contributed 13 runs to the total. Hridhan Choudhary was adjudged as the player of the match.

At JP World School ground, the host School thrashed JKPS by 5 wick-



A player receiving Man of the Match award.

ets. Put into bat, JKPS bundled out for 81 runs in 21.4 overs. Gagandeep Singh scored 21 runs.

For JP World School, Shahzaib took 3 wickets. In reply, JP World School chased the target in 22.5 overs, losing 5 wickets in the process to win the match by 5 wickets. Dhuran scored 17 runs, while Sarvagya Sethi contributed 13 runs. Nilaksh claimed 2 wickets. Sarvagya Sethi was adjudged as the player of the match. He was presented the award by Renuka Kohli, Principal JP World School.

In another match at JP World School Ground, Heritage School defeated GD Goenka by 57 runs.

Heritage School scored 142 runs by losing 4 wickets in the stipulated overs. Aran Wahi (31), Saksh

(34), Rajveer (23), Atharv (15) were the main contributors.

For GD Goenka, Aryaman took 2 wickets, while Adarsh and Satvik claimed one wicket each.

In reply, GD Goenka collapsed at 85 runs in 18.4 overs. None of the batters could cross the double figure mark. Aryaman (9) was the top scorer.

For Heritage School, Suhaan, Kavish and Aaran bagged 2 wickets each. Aran Wani was adjudged as the player of the match.

At DPS Srinagar, Delhi Public School defeated Green Valley School by 5 wickets.

Earlier, winning the toss and batting first, Green Valley Public School, who elected to bat first, Green Valley scored 105 runs in 18.3 overs. Hashim scored unbeaten 17 runs, while

Momin contributed 16 runs to the total.

For DPS Srinagar, Ruhaan was the wrecker-in-chief who captured 5 important wickets.

Delhi Public School chased down the target of 106 runs in 16 overs, losing 4 wickets to win the match by 6 wickets. Inaam to scored with 31 runs, while Hashir contributed unbeaten 17 runs. Ruhaan was adjudged as the player of the match for his brilliant 5-wicket haul. Award was presented to him by Monisa Khurshid, Vice Principal, Delhi Public School.

At Doon School, Foundation World School defeated Burn Hall School by 7 wickets. Burn Hall School scored 105 runs with Usman (46) and Ibrahim (34) being the main contributors. For Foundation World School, Assad was the pick of the bowlers, who took 6 wickets, which fetched him player of the match award. Presented to him by Principal Doon School, Mr Kamali.

In reply, Foundation World School chased the target in 16 overs by losing 3 wickets, thus won the match by 7 wickets.

Abdul Qayoom Bagaw, Vidhya Bhaskar, Meenu Singh Slathia (all CAC Members) and Sandeep Singh Sunny are the Coordinators of this first of its kind tournament.