

# Every student must be trained as a debater: Principal JKPS Kunjwani

**STATE TIMES NEWS**  
JAMMU: Principal JKPS Kunjwani, Rajesh Rathore appreciated the brilliant debaters from Sashi Tharore Club for conducting the online JAM session. A comprehensive list of topics was given to them in advance. Students participated with full fervour.



Principal JKPS Kunjwani, Rajesh Rathore and students speaking during a morning assembly on Wednesday.

"Public speaking skill is the most essential skill for every child. It's the best way to verbalize one's feelings. From planning the line of argument to stuffing the script with invincible points, debating can prepare a student to take on any challenge life may present before him/her", reflected the Principal.

"Debating is an art & it must be nursed with great patience and skills. It's not engaging oneself into a full-blown argument. Instead, it calls for a compelling, strategically-designed argument rather than simply attacking the opponent blindly", he further added.

Reflecting on the need of grooming children for debating, Harneet Kour shared, "While one may not engage oneself in a debate every single day, yet one gets the opportunity to reflect the differences of opinion and small disagreements on almost-daily basis. Debating, rather than arguing, helps children conquer a situation if practiced regularly over the period of time. Instead of raising one's voice, one should sharpen one's line of argument and carefully choose words and expression".

"Debating empowers students with critical thinking skills that are essential in day today life. Critical thinking is the ability to make rational and well-reasoned arguments while questioning the evidence behind a particular conclusion or stance", she added.

"It helps you become curious about new ideas while also building a healthy attitude to questioning. It even helps an individual become more humble, as one is not going to be right all the time", she further added.

Pitching in with her reflective probing, another debate mentor Shaveta Khajuria asked, "Have you ever experienced the feeling when you simply groped for the ideas or words? Words which you had in your mind yet failed to download from your memory. Debating can help you become a master at recollecting several topics in a jiffy".

"From your favorite book's plotline to complex mathematical equations, debating helps you identify your audience and choose an appropriate tone. If your tone is too formal, you're going to distance yourself from your listeners, while being too relaxed will undermine any arguments you try to make. Planning and articulating your thoughts is an essential skill that every debater must have to produce a sharp and well-planned argument", Shaveta added.

"Just as important is the method with which you construct your debate. Your arguments need to be coherent, and they must make sense. Good debaters keep all of these things in mind and the core elements that they have accumulated through education, that is, finding and reading sources, drafting and writing a speech, and being able to listen and confidently speak", she further added.

Highlighting the modus operandi of the Club for the rebuttal session, another mentor Rajni Sharma shared, "thinking outside the box, and identification of any gaps in the counter-arguments of opponent is a pre-requisite. Responding to comments and questions is an essential debating skill, as hesitating could cost an individual precious time and points. Thinking quickly prepares a debator for any situation that life presents, when time is crucial, and a decision must be made faster".

"Good debaters can also maintain an element of composure and poise, addressing the issue at hand rather than letting it carry them away. In fact, managing our emotions is not only a useful skill when it comes to debating but also earns us respect in almost all other aspects of our daily life", she added.

"Our presentation also plays a vital role in how we are perceived as an individual by others and how we are perceived as a debater. Speaking slowly with clear enunciation, and considering carefully the content of the speech paves the way for strong debating skills", she further added.

Principal JKPS Kunjwani lauded the endeavours of Debate mentors for sharpening the debating skills of students. "Debating is undoubtedly an excellent school tool to encourage high order thinking skills. It teaches students to arrange their thoughts in the spur of a moment & makes them modulate their voice to the most pleasant register, while also developing their analytical and research skills", he summed up.

## KV Kathua hosts 51st Regional Sports Meet

**STATE TIMES NEWS**  
KATHUA: Kendriya Vidyalaya (KV) Kathua hosted 51st Regional Sports Meet in the discipline of kho-kho boys (U-14 & U-17), Jammu Region, KVS. In this event, nine schools and 11 teams participated.



Winners posing for a photograph with dignitaries.

The opening ceremony was held in Vidyalaya premises in which Gurnam Singh, Principal, KV Kathua lighted the ceremonial lamp and sought blessings of Goddess Saraswati. This was followed by a colourful cultural bonanza by the students of KV Kathua. He then declared the Sports Meet Open by unleashing Tricolour balloons.

In this two days tournament which concluded on Wednesday, students from KV Lakhampur, KV Damana, KV Miran Sahib, KV Samba, KV No.1 Akhmoor, KV Humama, KV Jodhpur, KV Jyotipuram,

KV 1 Udhampur participated. KV Miran Sahib won the U-17 (Boys) event and KV Jodhpur, Doda bagged the first position in U-14 (Boys) event.

## Handball trials on August 27

**STATE TIMES NEWS**  
JAMMU: The J&K Handball Association is going to conduct the selection trial for 36th National Games 2022 for the beach Handball (men's section) event which is scheduled to be held at Vadodra (Gujarat) from 28th September to 2nd October 2022.

"Selection trials will be conducted at Playing Field Shastri Nagar Jammu from August 27, 2022 at 4:00 PM," a handout issued by Rajesh Chandan, General Secretary, J&K Handball Association, said.

Chandan requested all the President/Secretaries of affiliated units of the association to send their players at the aforesaid venue for trials.

## Jammu District Wushu Championship begins

**STATE TIMES NEWS**  
JAMMU: Former Deputy Chief Minister, Kavinder Gupta, on Wednesday inaugurated Jammu District Wushu Championship at Khelo India Centre, Bhagwati Nagar, here.



Former Dy CM, Kavinder Gupta posing with Wushu players and officials.

The former Deputy Chief Minister was given warm welcome by Kamal Kishore, General Secretary, Jammu District Wushu Association, Rajinder Singh, International medalist, Wushu, Bhanu Pratap Singh, International Medalist, Wushu, Appu Jamwal, Wushu Coach, Rohit Thakyal, Toulou Coach and Sher Bahadur, Toulou Coach, participants and parents.

Demonstration of Sanda and Toulou was conducted by the participants.

Kavinder Gupta said that the initiative taken by the BJP Government at the Centre will go a long way in promoting sports culture in the UT of J&K.

He said that by way of incentivizing sports through various bountiful offers including jobs and promotions in jobs under the New

Sports Policy, the J&K government has opened up the floodgates for the youth to join sporting arena and lead the world.

also keep them at a distance from drugs and other evils of society. He said that the step of the government will beyond any doubt has created a win-win situation for the youth and their families and soon the results in the shape of meaningful citizens will start coming in the UT of J&K.

## Athletics trials on August 29

**STATE TIMES NEWS**  
JAMMU: Jammu and Kashmir Amateur Athletic Association is holding selection trials in senior category boys and girls for the upcoming National Games scheduled to be held in Gujarat.

## J&K wins seven medals in National Classic Powerlifting C'ship

**STATE TIMES NEWS**  
JAMMU: J&K UT Powerlifting team brought laurels by winning seven medals including four gold, two silver and a bronze in the recently concluded Sub Junior & Junior, Men & Women Classic National Powerlifting Championship held at Kasaragod, Kerala.



Medal winner powerlifters posing with officials.

The team was honoured by the officials of the All J&K UT Powerlifting Association namely Ajay Sharma General Secretary, Rahul Sawhney Senior Vice President, Deepak Jyoti and Ajitpal Singh Joint Secretary.

They lauded the efforts of the medals winners for this achievements. In this championship

Samreen Kour won gold medal and Best Lifter of India in 76 Junior Category and create two national record in squat and Deadlift event by lifting 290 & 286kg with the total of 711 kg, Owais Choudhary, won gold

medal in Sub-Junior 93Kg Category and create national record in Squat event by lifting 22.5 kg and also won best lifter second runnerup, Saksham Gupta won gold medal in Junior 105 kg Category, Bhuvan Vasudev won silver medal in Junior 74 Kg, by lifting 580kg total, Ronit Verma won silver medal in Junior 105 Category by lifting 635 kg total, Shivani Langleh won bronze medal in Sub Junior 69 Kg Category, by lifting 290kg.

**STATE TIMES NEWS**  
UDHAMPUR: Annual inter-school district level selection-cum-competition Fencing meet of district Udhampur, organised by the Department of Youth Services and Sports (DYSS), started on Wednesday at Indoor Complex, Subash Stadium, here.



A Fencing match in progress at Udhampur.

The event was declared open jointly by district (DYSS) officer, Swaran Singh and international fencer from Udhampur, Mohd Tariq. About 32 fencers turned up for the event, representing 16 schools of the district.

to train hard so as to excel at the National level. The district officer informed the gathering that those winner fencers in this meet shall represent the district at the inter-district competitions in all three events of Epee, Sabre and Foil in both boys and girls, three age groups of under-14, under-17 and under-19.

The events officiated by the technical penal including

## Umran Malik in India-A squad

**STATE TIMES NEWS**  
JAMMU: Sensational Speedster from Jammu and Kashmir, Umran Malik has been named in India 'A' squad for 4-day matches against New Zealand 'A', beginning in September.



played in Chennai will be announced later. Meanwhile, Umran has expressed happiness over his selection and is raring to go.

The All-India Senior Selection Committee has picked India A squad for the four-day matches against New Zealand A starting next month. New Zealand A will tour India for three four-day matches and three one-day games.

As per the reports, the red-ball matches will be held in Bengaluru and Hubli in Karnataka, while the squads for the white-ball games to be

Team India. India A squad for four-day matches: Priyank Panchal (Captain), Abhimanyu Easwaran, Ruturaj Gaikwad, Rajat Patidar, Sarfraz Khan, Tilak Varma, KS Bharat (wk), Uppendra Yadav (wk), Kuldeep Yadav, Saurabh Kumar, Rahul Chahar, Prasidh Krishna, Umran Malik, Mukesh Kumar, Yash Dayal, Arzan Navgavswalla.

## DPS Jammu bags 3rd place in Inter-school Cricket

**STATE TIMES NEWS**  
JAMMU: Delhi Public School (DPS) Jammu finished third in the ongoing Ist PEFI Inter-school Cricket Tournament, organised by Trikuta Cricket Academy at Railway Ground, here on Wednesday.



Winner team posing for a photograph with officials.

For the third place game, DPS Jammu defeated Stephens International Public School by nine wickets. Earlier, after winning the toss and decided

to bat first, Stephens could score 136 runs in allotted 20 overs for the loss of eight wickets.

For Stephens School, Abhishek Kumar scored highest 42 runs while Harjinder and Hardeep contributed 26 and 15 runs respectively. Aneek

and Ashank took two wickets each from DPS Jammu. In reply, DPS Jammu chased the target rather

easily in 12.5 overs for the loss of one wicket. Aashutosh Mahajan and Krishna Gupta played unbeaten innings of 86 and 30 runs respectively. Aashutosh Mahajan of DPS was adjudged Man of the Match.

The match was officiated by Balbir Singh, Dalvir Thakur, Siddharth and Aditya. This tournament is being organized under the overall supervision of Sukomal Ganguly.

## My Youth My Pride: Sports activities abuzz across UT

**STATE TIMES NEWS**  
SRINAGAR: A day after the inauguration of 28th Masters Table Tennis Championship, sports activities under the banner of 'My Youth My Pride' programme being organized by J&K sports Council continue to pull crowds along the nook and corner of the UT.



age which includes some prominent faces of the game of yore from the country are giving yore for money to their rivals.

Around 120 matches consisting of both individual and team events were played during the day today. The event is being organized by J&K

Sports Council in association with J&K Table Tennis Association. Secretary, J&K Sports Council Nuzhat Gul visited the venue and said that Sports Council has adopted the policy of "inclusive sports" which aims to reach to all the athletes irrespective of their age, sex or whichever place they come from. "I am sure, the special initiative of My Youth and My Pride shall fetch encouraging results in the times to come" she added. Earlier in the day, Maharashtra defeated Delhi 3-0 in

the final of the men's 65+ age category to lift the trophy. Complimenting men was the state's women's team of 60+ and 65+ that claimed the gold medal beating another squad from the state 3-0. In the men's contest, Delhi did not have an answer to the clinical performance of Maharashtra's A team consisting of Prakash Kelkar, Percy Mehta and Jayanti Kulkarni. Kelkar began the proceedings with a perfect 3-0 (11-3, 11-9, 11-8) triumph over Narendra Singh Rawat of Delhi.

Percy Mehta downed Ashutosh Kumar 11-7, 11-7, 11-5. Jayant Kulkarni beat his Delhi opponent, Sunil Kumar Chawla, winning it 11-2, 11-7, 11-4. Picking from where they left off yesterday evening, the C squad of Maharashtra's 60+ and 65+ Women's team picked up the gold medal after outplaying their A team, also the top seed. Their A team pitted Ujwala Marathe against Ranjana Patki in the opening rubber. After Marathe won the second game, it must have given a glimmer of hope

to the bench. But Ranjana Patki did not give any further chance to wrap it up 11-3, 4-11, 11-5, 11-5. Swati Agarkar played brilliantly to challenge the bragging rights of Mangal Saraf, but the former's resistance did not help her restore parity, including in the third game tie-break. In the end, Saraf won 11-8, 11-8, 12-10 to give a 2-0 cushion to their side. Deepa Jain and Nutan failed to combine well against the experienced pair of Saraf and Patki and lost 3-11, 3-11, 9-11.