

Timely habit formation is Mantra to success: Principal JKPS Kunjwani

■ STATE TIMES NEWS

JAMMU: Reflecting his views on the formation of habits in children at an early stage, Principal JKPS Kunjwani Rajesh Rathore stated, "Habits are the basis of achieving success. Its timely inculcation in children brings rich dividends in days to come". Focusing on the turn-out of students, especially those who act defaulters and join the contingent without an iota of realization on their faces, he made a clarion call, "develop the habit of being meticulous. Ensure that your uniform is arranged the previous night. Properly washed and ironed shirt, trouser/skirt, belt, Identity card, handkerchief,



Principal JKPS Kunjwani Rajesh Rathore addressing morning assembly.

pair of socks, polished shoes, school bag, Compass box, every item must be arranged neatly". He appealed students to have a comprehensive checklist of all the items pertaining to school uniform. Further, he reflected on the maintenance of the House

uniform. He suggested students to be meticulous in their approach. Once they reach home, they must ensure its washing the same day or the next day. A proper planning & befitting execution save a child from being a defaulter ever. He

shared the examples of countless students, who never joined the defaulters' group.

Reflecting on the importance of good habits, he shared, "good habits define a persona. They make a practitioner sail through the challenges of life easily. Good habits include exercising regularly, completion of work within deadlines, maintenance of notebooks, making thoughtful comments, meditating, thinking hard about research topics".

"A habit is something we do regularly without consciously thinking much about it. It is an automatic mental and behavioural activity. Habits make it possible for us to do

things without spending exorbitant mental effort. They make everyday life possible - for good or bad", he added.

Then there are habits that hinder academic productivity, such as postponing working on important projects and instead spending time on WhatsApp, Instagram, snapchat, video games, web surfing etc. He appealed students to be away from the clutches of bad habits, as they become addiction shortly. "Electronic gadgets are good servant but bad masters. Time lost is opportunity lost. Fill up the learning gaps in the post-COVID schooling session", he summed up.

DYSS holds U-19 Cricket event at Udhampur



Teams posing for a photograph with dignitaries at Udhampur on Thursday.

■ STATE TIMES NEWS

U D H A M P U R : Department of Youth Services and Sports (DYSS) organised inter-school district competition to select the boys under-19 Cricket team for the upcoming inter-district tournament.

The trials-cum-competition took place at Subash Stadium, here under the

supervision of district (DYSS) officer, Sawarn Singh.

About 100 boys drawn from different 24 schools of the district attended the selection process.

The matches were officiated by the technical team including Sham Lal, Raj Kumar Gupta, convener Vinod Khajuria, Raj Kumar, Rajesh Sharma,

Parshotam Kumar, Deepika Manhas and Rakesh.

Others present were Anita Goswami, Sanjeev Kumar, Jatin Sethi, Karun Magotra, Sanjeev Khajuria, Sudesh Kumar, Bhoopinder Singh, Angrez Singh, Vipin Photra., Sourab Pandit, Ghanem Akhter, Abdul Qadir and Bal Singh.

ISZL Athletic Meet for Boys & Girls held in Kishtwar



A dignitary addressing participating teams.

■ STATE TIMES NEWS

KISHTWAR: An Inter School Zonal Level (ISZL) Athletic Meet was on Thursday organized by the Department of Youth Services & Sports Kishtwar.

A good number of students

from different Government and private schools participated in the mega event organised on the directions of Director Youth Services & Sports J&K, Subash Chander Chibber.

Block Development Council Chairman Kishtwar, Suresh

Kumar Sharma was the Chief Guest at the opening ceremony, while the tournament was held under the overall supervision of DYSSO, Kharati Lal Sharma.

The Chief guests formally declared the event open by lighting the ceremonial lamp.

The sports event witnessed Running, Jumping and Throwing competitions. The budding athletes are being guided by a panel of experts drawn from the field staff of the Department of Youth Services and Sports.

Speaking on the occasion, the Chief Guest laid stress on participation of all youth in sports and nation building.

Advisor Bhatnagar witnesses matches of National Masters TT Championship at Srinagar

■ STATE TIMES NEWS

SRINAGAR: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar on Thursday witnessed several matches of ongoing 28th National Masters Table Tennis Championship and participated in the Prize Distribution Ceremony for the several team events at the Sheri Kashmir Indoor Sports Complex (SKISC) here.

Speaking during the prize distribution ceremony of the championship, Advisor Bhatnagar said that Jammu and Kashmir has tremendous scope for organising sports events of National



Advisor, Rajeev Rai Bhatnagar presenting trophy to a winner team.

Level and the government is committed to hold sports events of National and International level across J&K.

He highlighted that the

present government under Lieutenant Governor Manoj Sinha has given top priority to the sports and infrastructure of international standards is being developed here

to nurture the sports talent of youth here.

On the occasion, the Advisor also interacted with players and encouraged them to play with utmost enthusiasm and determination.

During the ongoing matches of the championship, the paddlers from the Indian Accounts and Audit Department (IA&AD) decimated West Bengal 3-0 in the Men's 40+ final of the 28th Masters National Table Tennis Championships at the Sher-e-Kashmir Indoor Stadium here today.

Following their footsteps, their 50+ squad put up a

grand show to win gold against Maharashtra, A in a tough final in which the IA&AD men won 3-2.

The IA&AD team and other winners received the glittering trophies and medals from Advisor Bhatnagar.

Pertinently, the championship is being organised by J&K Table Tennis Association in collaboration with J&K Sports Council & Indian Veterans Table Tennis Committee under the aegis of Table Tennis Federation of India. More than 1000 players and officials from 28 states, 8 UTs and different institutions are competing in the championship.

Stadiums, Indoor Sports complexes come alive with 'My Youth My Pride' activities across J&K

■ STATE TIMES NEWS

SRINAGAR: With the target to include around 14 lakh youth in the Phase-II of 'My Youth My Pride' programme after the successful completion of Phase-I which witnessed participation of around 9 lakh youth across J&K, the programme is a massive hit among the sporting circles of J&K.

In the Jammu division, hundreds of players participated in the events held for Gymnastics, Football, Hockey Judo, yoga, Boxing, and Cricket in the Kathua Stadium and Indoor Sports Complex Billawar in the Kathua district.

Spectators in large numbers kept visiting the venues throughout the day and visitors demanded the inclusion



of more sports disciplines in the programme for the district.

In the Kashmir division, a number of competitions were held in North Kashmir's Baramulla, Kupwara, and Bandipora districts under the program though the 28th Master's Table Tennis Championship being held in Sheri-Kashmir Indoor Stadium has entered day-3.

More than 400 matches

were played in the championship today. Finals in many categories of the championship were in progress when the report was being filed.

In Baramulla, the bouts in Thang-Ta were held in Khushal Stadium Sopore and the finals of Kho-Kho were held in Uri. Government Higher Secondary Uri clinched the title by beating Government Middle School Uri in a very close-fought

contest.

Ghulam Abbas, Deputy Director, Information presided over the function as chief guest. While interacting with the players he said that events like these help in scouting the talent and organizing matches helps to bring talent to the fore and it is indeed an achievement for which the organizing body deserves all applause.

Events for Badminton and Carrom were held in Baramulla Main Stadium. Similarly, many sports activities kept the stadiums in limelight with the massive gathering of sports lovers and supporters thronging the venues to witness the matches and root for their players.

District Kupwara hosted a Table Tennis event which was

played in Kupwara Hr. Sec School. Weightlifting and Judo events were held in Sher-i-Kashmir Stadium Bandipora while Boxing was held in Indoor Hall Shadipora, and Pencak Silat in Sumbal.

In South Kashmir, Pulwama hosted Rugby and Soft Tennis matches in Pulwama Sports Stadium while the Indoor Hall of Rajpora was lit with Thang-Ta, Weightlifting, and Yoga activities.

The vision to use the power of sports to prevent crime and drug abuse among youth is the main theme of Phase II of the program in addition to scouting and grooming talent said, Dr. Zaffar Iqbal Chief Accounts Officer J&K Sports Council.

■ STATE TIMES NEWS

KATHUA: Jammu Sanskriti School (JSS) Kathua with scientific zeal and energy participated in the inter-school Science Exhibition

Competition under the Hubs of Learning at Army Public School Janglot. The participants and their working models include Water Purification System by Anubha and Palak under 6th to 8th Category; Sustainable Smart City by Rajveer and Zainab under 9th to 12th Category. The students explained their working models very confidently in front of the jury members Pawan Kumar PGT Physics and Tanuja PGT Chemistry. They were very impressed with the scientific temperament and research-based skills of the students. The students were diligent and



Winner JSS Kathua students with science model.

had an in-depth knowledge of the topic. Palak and Anubha from class 8th won runners up trophy under the classes 6th to 8th category. They were also presented with individual shields and participation certificates.

Students were accompanied and mentored by the Science

Department. The Science Department comprising of Anju Devi, PGT Physics, Sourav Sharma, TGT Science, Sheetal, PGT Bio and Shafali, TGT Science. The management, principal and all faculty members congratulated the team of aspirants for this remarkable achievement.

Shiksha Niketan School students shine in National Grappling C'ship

■ STATE TIMES NEWS

JAMMU: Students of Shiksha Niketan Senior Secondary School, Jeevan Nagar Jammu made the school proud by winning medals in numerous track and field events.

Sundervi Billowria, class 10th F student, bagged gold medal and Suryaaansh Partap Singh of class 9th F bagged bronze medal in 15th National Grappling Championship 2022 which was held in Haryana, Sonipat on August 19, 2022.

The school applauded their hard work and congratulated them for their excellent performance and commendable achievements.

The Head Master, Harish Sharma conveyed wishes to both the young achievers for the laurel earned and making the institution proud.

Principal, Rameshwar Mengi congratulated the winner and praised the efforts of the facilitator incharges, teachers and parents. He also extend their heartiest congratulations to the proud parents for this remarkable success.

3rd Roller Skating Ranking C'ship at Jodhpur J&K Skaters Prageet, Kartikeya, Samarjot win gold on opening day



Medal winner Skaters posing for a photograph.

■ STATE TIMES NEWS

JAMMU: The Jammu squad of roller skaters shined on day one of the 3rd Roller Skating Ranking Championship by winning nine medals in both quads and inline categories at Jodhpur in Jodhpur Rajasthan from August 25 to 29, 2022.

Reports pouring in from Rajasthan's famous tourist city Jodhpur are pleasing as J&K skaters have shown exuberance and technical skills of par excellence as they

bagged nine medals on day one in the aforesaid tournament. The skaters' phenomenal performance on day one stole the show as the Jammu and Kashmir team flag was in the arena after every event in which the team members from J&K took part.

The performance of J&K's skating fraternity is outstanding as there was a rain of medals in the Jodhpur Udhyan where the championship is being held under the aegis of Roller Skating Federation of India (RSFI).

India Skate.

The medal tally of day one includes silver for Viraj Gandotra in the under 11 quad boys 1500 mtrs category, gold for Prageet Kour and silver for Tamanna Saini in the under 14 girls quad 1500 Mtrs category and silver for Puneesh Puri, and bronze for Abhinav Bakshi in under 14 boys quad 1500 Mtrs category, gold for Samarjot Singh in boys quad 3000 Mtrs category, gold for Pratyaksha Gupta bronze in under 17, gold for Kartikeya Puri in quad 3000 mtrs category and a silver for Vanshaj Sharma in 33 rounds(15 km) inline category above 17 categories.

GS Khurni President of JKRSA appreciated the stupendous performance of the medalist skaters from the J&K squad and asked the boys and girls to maintain the tempo in the upcoming races as well to bring home laurels.

Bishnah holds zone-level selection trials for girls

■ STATE TIMES NEWS

JAMMU: Bishnah Zone of the Department of Youth Services and Sports (DYSS) conducted inter school zonal level competition-cum-trials in girls section at Government High School, Chak Murar.

The trials held in the discipline of kho-kho, Kabaddi, Cricket, Volleyball and Tug of War under the patronage of Director Youth Services and Sports J&K Govt. UT and supervision of District Youth Services and Sports Officer Jammu Sukhdev Raj Sharma chairmanship of District



Participants posing for a photograph with dignitaries at Bishnah.

Youth Services and Sports Officer, Jammu, Sukhdev Raj Sharma and supervised by Zonal Physical Education

Officer (ZPEO) Bishnah, Surbjeet Kour.

Around 110 girls of government schools of this Bishnah

Zone participated in today's trials.

The matches were officiated by all the PEL, PEM, PET,

REKs of zone Bishnah.

On the 2nd consecutive day, ZPEO Bishnah appreciated the staff for the smooth and successful conduct of the tournament in various games. She made the participants aware about the harmful effects of drugs and motivated them to maintain their fitness level.

She also encouraged the whole staff members for their efforts to make these events a great success.

All the SOPs of COVID-19 pandemic were followed during this competition.

Puneesh of Heritage School wins silver medal in National Road Race C'ship



Heritage School faculty honouring winner Puneesh Puri.

■ STATE TIMES NEWS

JAMMU: Puneesh Puri, a class 6th student of Heritage School, made the school and his parents proud by winning silver medal in 1500 mtrs event in the ongoing 3rd National Road Race championship at Umed Garden, Jodhpur, Rajasthan. The championship will be held from August 25 to 29, 2022.

Inter school zone-level tournament held at Ghagwal

■ STATE TIMES NEWS

GHAGWAL: The Department of Youth Services & Sports Zone Ghagwal organised Inter school Zonal level Competitions in the discipline of kabaddi, kho-kho, volleyball and wrestling under the age group 19 years boys at Government Girls High School Ghagwal.

The tournament was organised under the guidance of Sunil Kumar DYSSO Samba and overall supervision of I/c ZPEO Ghagwal, Ganesh Dass.

Manohar Lal, Headmaster of the host school, was the Chief Guest who declared the tournament open and also interacted with the players of different teams of zone Ghagwal.

About 102 students drawn



Teams posing for a photograph with dignitaries.

from various institutions of zone Ghagwal took part in the event.

The matches were officiated by Subash Chander, Vijay Kumar, Raj Kumar, Avtar Singh, Sanjay Kumar, Daljeet, Jagmohan, Neeraj, Krishan Lal.

Today's Final results: Kabaddi: GHS School Ghagwal beat GHSS

Rajpura by 14 points and litted the trophy. Volleyball: Higher Secondary School Ghagwal beat MIE Ghagwal by 2-1 sets (25-22, 21-25, 25-23) and claimed the final title.

Kho Kho: Unique Public Higher Secondary School Jatwal beat Higher Secondary School Ghagwal by 5 points and clinched the trophy.