From struggle to Freedom to Progress, India moves forward

JK Public School Panjtirthi celebrates Independence Day



STATE TIMES NEWS

JAMMU: JK Public School (JKPS) Panitirthi celebrated the pride of being part of a nation that is eternal and "May this spirit of free-

dom lead us all to success and glory in life. It makes my heart beat with pride, to

Independence Day spreading happiness and great joys all around," expressed the Principal of JKPS Panjtirthi Suman Banbah while addressing the audience on the Independence Day celebration in the

Independence Day to one and all and added, "15th August does not limit itself to celebrating 200 years of struggle, it further expands to celebrating the rich cultural and religious diversity, heritage, martyrs, freedom fighters, and everything India is known for,

worldwide"

Anju Jamwal. Suman Bala, the Incharge of celebration highlighted the theme of Independence

er the light from within.

The flag hoisting ceremo-

ny was performed by the

Principal of the School and

wisdom

day 2023 ""Nation First, Her insightful words of Always First". showed the Jakiians the way to discov-Immense joy and love for

the nation was visible on the faces of Jakiians. The celebration was cen-

tered around arousing a sense of responsibility amongst our young generation towards the hard-

The voice of Participants was boosted with the power of wonderful glory and energy of freedom.

Jakiians saluted the nation by paying homage to our national heroes, by presenting a short skit. Students were disguised as various famous freedom

LG Sinha presented 'The Unsung Hero' Book: A Tribute

to Kirpal Singh and Unsung Heroes of Army

participants expressed immense gratitude and appreciation for the sacrifice of our freedom speech. fighters, whose dreams we are living today.

Jakiians presented an energetic dance performance dipped in patriotism and excitement.

The children were educat-

ed on the history and importance of freedom and Independence

The celebration filled the whole ambience with festivity and patriotism. Everyone's eyes was shining with glory and pride while singing the anthem of India

JKPS Kunjwani girls win gold medal in inter-zonal district level basketball competitions 2023



JKPS Kunjwani faculty felicitating a winner team of the school.

STATE TIMES NEWS

JAMMU: JK Public School (JKPS) Kunjwani Girls team (U-14) won gold medal in the Inter-Zonal District Basketball Competitions, held from Class IX. August 10 to 12, 2023, at

Nagar Jammu.

The winners include Anaira Gupta, Sachleen Kour. Amanpreet Kour, Zoha Hussain and Kannu Priya of Class VIII and Zoya Majid of

Dogra Ground Shashtri Society Shashi Chaudhary laurels to the school.

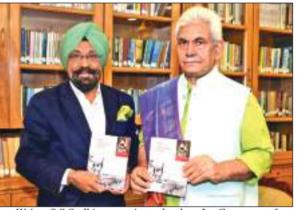
Kashmir Elite Club wins

Budgam Volleyball tourney

and School Principal Rajesh Rathore congratulated and give a big pat to the girls team and applauded their Coach Manoj Solanki and HOD (Sports) Subash Chander, for this brilliant achievement and for bringing

SRINAGAR: In a heart-warming ceremony, Lt. Governor of Jammu and Kashmir, Manoj Kumar Sinha, graciously received "The Unsung Hero," a poignant and inspiring book written by S.S Sodhi. This exceptional work pays a heartfelt tribute to Kirpal Singh, an unsung hero and a valiant soldier in the Indian Army, who faced the harrowing trials of being a Prisoner of War during the tumultuous year of 1947.

"The Unsung Hero" is not just a biographical account of the remarkable life of Kirpal Singh; it is a powerful narrative that highlights the unwavering heroism and sacrifice of countless unsung warriors, like Kirpal Singh, who spent 4



Writer S.S Sodhi presenting a book to Lt. Governor of Jammu and Kashmir, Manoj Kumar Sinha.

years in Pakistan jail and dedicated their lives to the service of our great nation. It vividly capthese brave souls, showcasing

the challenges they endured. including the atrocities of the Kabaili attack, as well as the tures the indomitable spirit of difficult times they spent in Pakistani jails during that fate-

ful year. The book resonates ments of our parents, urging with the emotions of these galtoday's youth to draw strength lant soldiers as they were joyfully reunited with their families, a moment of profound significance and triumph. During the presentation ceremony, Lt. Governor Sinha expressed his deep appreciation for this exceptional work, acknowledging that "The Unsung Hero" stands as a beacon of honour and recognition for all the unsung heroes, exemplified by the life and sacrifices of Kirpal Singh. Lt. Governor Sinha commended S.S Sodhi for the dedication and effort put into crafting this impactful book. envisaging that it will undoubtedly serve as a source of inspiration for the present generation. He emphasized the importance of acknowledging who deserve to be remembered

from the virtuous path shown by their forefathers. S.S. Sodhi, the author, conveyed his gratitude to Lt. Governor Manoj Kumar Sinha for his transformative leadership in Jammu and Kashmir. He applauded the Lt. Governor's commitment, honesty, and dynamism, which have played a pivotal role in uplifting and reshaping the Union Territory. He extended his heartfelt thanks to Lt. Governor Sinha for accepting his book, recognizing its significance, and supporting its message of valour. sacrifice, and family values.

This book serves as a tribute not only to S Kirpal Singh Ji but also to all unsung heroes and respecting the accomplish- and celebrated.

JKPS Panjtirthi observes National Deworming Day

JAMMU: Worms are parasites, which live in human intestines for food and survival. The worms consume nutrients meant for the human body and cause blood loss and poor nutrition.

Dr Nikhil Singh, Dr Neha Gupta and Dr Harjinder Singh, the medical officers from CMO office visited JKPS panjtirthi premises to observe National Deworming

It is an initiative taken by the Government of India to deworm all the children across the nation in the age group of 1 to 19.

The Principal of JKPS Panjtirthi, Suman Banbah welcomed and thanked the team of doctors for spreading awareness about the importance of deworming



Doctors along with Principal JKPS Panitirthi Suman Banbah at a programme.

among jakiians. They explained the jakiians about the types of worms, their symptoms, and preventive measures.

"Making our children completely intestinal worm-free is going to be a gradual National Deworming Day will surely

Imtiyaz of J&K wins gold in Pencak Silat

■ STATE TIMES NEWS

JAMMU: Areed Imtiyaz of J&K won gold medal in the just concluded Senior National Pencak Silat Championship at Thackery Indoor Stadium, Nashik in Maharashtra.

Besides Imtiyaz's individual gold, J&K team also finished overall third considering the points earned out of different medals won during the event.

This championship was organised Maharashtra Pencak Silat Association under the aegis of Indian Pencak



Medal winners posing with dignitaries.

STATE TIMES NEWS BUDGAM: Part of the 'Meri Maati Mera Desh and Azadi Ka Amrit Mahotsav' programmes, a vollevball tournament was organised wherein Kashmir Elite Club Budgam emerged winner.

The event, held under the banner of Volleyball Association of Jammu and Kashmir (VAJK) and supported by J&K Sports Council (JKSC), concluded at Railway ground Sebdan in

Winner team posing for photograph with dignitaries at Budgam.

In total, four teams took part in this event and in the final, Kashmir Elite Club defeated Wasu Volleys Club 3-2. In the closing function, Joint Secretary of VAJK, Tariq Khan was the Chief Guest while Muneer Alam and Mohd Shafi (Sarpanch) as also Irshad Ahmad (Chairman Kashmir Elite Volleyball Club) were the special

Independence Day celebrated in JK College of BBA & B.Ed



Glimpses of Independence Day celebrations at JK Group of Colleges.

STATE TIMES NEWS

JAMMU: Independence Day on the 'Nation First Always First' was celebrat-

ed in J K Group of Colleges with great enthusiasm and patriotic fer-

The campus was beauti-

fully decorated with flags. balloons and posters. The celebration began with an array of performances that stirred the hearts of all.

The rhythmic beats of a dance by Samriti and Payal echoed the rich cultural diversity of India. Uday, presented a soulful

patriotic song "Ae Wattan Mera Wattan". Eloquent speeches by different students were praiseworthy. Group song by Riya and

friends enthralled the audience. The programme was well coordinated by Kashish Choudhary.

Society, addressing on the occasion, paid rich tribute to the martyrs of the Chaudhary, nation who sacrificed their Shashi

Director, J K Educational lives to mark India as Independent and sovereign nation. The programme concluded with the reciting National Anthem.