

Navigating Adolescence Turmoil: Mental Health Session held at JKPS Kunjwani



Glimpses of session on topic "Adolescent mental health challenges and their management" being held at JK Public School Kunjwani.

■ STATE TIMES NEWS

JAMMU: JKPS Kunjwani recognizes the critical importance of understanding and addressing adolescent mental health and aims to equip the students with the knowledge and tools needed to navigate their formative years with resilience and confidence. In an attempt to curb stress and anxiety among students, JK Public School conducted a session on the topic "Adolescent mental health challenges and their management."

Dr. Piyali Arora, Associate Professor in Psychology

with extensive experience in adolescent psychology and mental health was the resource person for the session. She apprised the students that Adolescence is a period of significant physical, emotional, and cognitive development.

Mental health challenges during this time can impact overall growth and long-term well-being. It has a great impact on academic performance as mental health issues can affect concentration, motivation, and performance in school, potentially leading to academic struggles and future

challenges.

Her session primarily focused on understanding the common mental health challenges faced by adolescents, exploring the underlying factors contributing to these challenges and discussing practical strategies for managing mental health and promoting well-being.

She stressed upon the fact that mental health issues can impact their ability to interact with peers, leading to social isolation or conflict. Untreated mental health issues in adolescence can lead to chronic conditions in adulthood, including

depression, anxiety disorders, and substance abuse.

The resource person enlightened the students about anger management, Addiction of Drugs or games. She discussed how the action games being played by the teens activates the dopamine, the brain reward system making the person more addicted to such games.

Adolescent mental health affects not only the individual but also their families and communities, influencing dynamics, support systems, and overall communi-

ty health.

Furthermore, she said that by prioritizing adolescent mental health, we can support young people in navigating this critical phase of their lives, setting the stage for healthier futures.

During her talk, she stated that managing stress and anxiety is very much essential to elevate the learning experience of every student in the nation. Post the coronavirus outbreak, students in India have been exposed to a different learning experience.

During the session, Dr. Piyali stated that stress is a

part of everyone's life. However, she made it clear that combating this inevitable stress effectively is very much necessary to lead a successful life. Students should try to reduce dysfunctional stress effectively and should try to use stress in a productive way. Students should find ways to deal effectively with stress.

During the talk, the resource person also talked about the vitality of scheduling activities based on priorities to stay away from stress. According to her, self-discipline is very much

important for a student and completing tasks one by one based on priority could help to reduce the stress level in a very effective manner.

She also suggested some of the activities which can be followed by students to combat stress effectively. It is very much necessary to engage in non-competitive physical exercises that include aerobics and walking. Students can also adopt techniques like meditation, mindfulness, yoga, and deep breathing.

It is not great to spend hours in front of your book or computer learning

things. Instead, students should find time to take breaks, so that their anxious brain will get sufficient relaxation. It is also necessary to eat healthy," added Dr. Piyali.

The session was attended by more than 200 participants from Grade IX to XII. During the session, large numbers of queries from the students were addressed by the resource person.

In the end Shashi Choudhary, Director JK Educational Society felicitated the resource person with a memento as a token of appreciation.

Kabaddi Gold Cup concludes

Kuldeep has given Kabaddi a new identity in J&K: Chhibber

■ STATE TIMES NEWS

JAMMU: The Jammu and Kashmir Kabaddi Gold Cup, organized by Shri Kailash Jyotish avim Vedic Sansthan Trust in collaboration with the Jammu and Kashmir Amateur Kabaddi Association, concluded at M.A. Stadium, here on Sunday. The event was graced by R.K. Chhibber, former Chairman and current Board of Directors member of Jammu and Kashmir Bank, as the Chief Guest, and SSP Kulbir Handa of Jammu and Kashmir Police as the Special Guest.

R.K. Chhibber praised Kuldeep Gupta, General Secretary of the Jammu and Kashmir Amateur Kabaddi Association, for his pivotal role in elevating the sport of kabaddi within the J&K.

He lauded Gupta's efforts in organizing the Gold Cup during Sanskrit Month,



Dignitaries presenting trophy to a winner team.

highlighting it as a commendable initiative that not only celebrates the sport but also honors cultural heritage. In his address, Chhibber emphasized the positive impact of sports on personal development, noting how it keeps individuals engaged and away from vices, while fostering a healthier and more cohesive society. SSP Kulbir Handa

shared insights on the importance of sports, emphasizing that investment in sports activities yields significant personal and societal benefits.

He pointed out that sports build resilience and offer numerous career opportunities. Handa also extended congratulations to Mahant Rohit Shastri, President of the Trust, and Kuldeep

Gupta for their efforts in organizing the tournament during Sanskrit Month.

Mahant Rohit commended the government's ongoing efforts to advance sports and support athletes. He encouraged continued positive contributions to such events and expressed gratitude to Kuldeep Gupta and his team for their hard work in organizing the Kabaddi Gold Cup.

The event saw notable attendees including Aditya Abhiraj Sharma, Naresh Raina, Rakesh Sharma, international player Surinder Mohan, Dr. Sanjay Sharma (Assistant Professor, Medical College Jammu), Mohan Lal (BSNL), SS Gill, Sangram Singh, Ajay Gupta, Anil Sharma, Ajit Singh, Sudesh Raina, Manik Sharma, Dharamjit Singh, Vishal Jamwal, and Ravinder Singh. The tournament was sponsored by Vijay Kumar Chopra, Director of Hotel Maa Amritsar, Katra, and Sanjiv Mahajan, leading businessman. Sanjeet Kumar, District Jammu Secretary, highlighted the significance of the tournament and delivered the vote of thanks.

In the final match, Jammu United emerged victorious over Mid Line Kashmir with a margin of 5 points, securing the championship title.

13th J&K UT Shooting Championship

Aneesha emerges leading scorer in ISSF category



Participating shooters in action during a championship at Jammu on Sunday.

■ STATE TIMES NEWS

JAMMU: India player, Aneesha Sharma emerged leader with a score of 629.2 in ISSF category of 10 meters Air Rifle on day-two of the week-long 13th J&K UT Shooting Championship which is being held at multiple locations, here today under the banner of J&K Rifle Association (JKRA).

Held in two events of .177 Cal. Air Rifle and .177 Cal. Air Pistol, the competition saw Utkarsh

Khajuria leading with 387/400 points in NR category of 10 meters Air Rifle.

Similarly, in Air Pistol event, Pavneet Kour secured 565 points in 10 meters event of ISSF category. Pintu Hans was leading scorer in NR category of 10 meters Air Pistol event with 372/400 points.

The competition was in full swing at four different venues of DYSS Shooting Range Gandhi Nagar;

NCC Shooting Range, Nagrota and Police Academy Udhampur.

Today's matches conducted by the technical panel of JKRA comprising Madhupal Singh, Vijay Kumar, Surjeet Singh, Shamsher Singh, Vishal Mehra, Aman Singh, Tarunde Singh, Pranav Sambyal and Sahil Sharma under the overall supervision of Rajesh Virdhy, Chairman Technical Committee of JKRA.

Inter-School Karate Championship concludes



Medal winners posing for a photograph with dignitaries.

■ STATE TIMES NEWS

JAMMU: The Jammu District Karate Association, in collaboration with R3A Karate Academy, successfully organized a two-day Inter-School Karate Championship on August 16-17, 2024, at B.N. Hr. Sec. School, Sunjuwan, Jammu. The event was overseen by Sensei Rajan Jamwal, General Secretary of

the Jammu District Karate Association, and featured approximately 200 participants from 11 different schools. The championship was graced by notable guests Shihan Ambedkar Gupta, Dronacharya Awardee, served as the Chief Guest; Shihan Sanjay Tuto, General Secretary of the Amateur Karate Association

Jammu and Kashmir, was the Special Guest; and Madam Aasiya Shabir, Principal of B.N. Hr. Sec. School, was the Guest of Honour. The technical panel included Sensei Pooja Sharma, the Organizing Secretary, alongside officials Priya Sharma, Shivarjit Manhas, Harman Johal, Ayushman Thappa, Sourav Mehara, and Lomit Yadav. British International School emerged as the champion of the competition, while B.N. Hr. Sec. School secured the Runner-Up trophy. The gold medalists included Chitleen, Adhikansh, Shiyva, Saahas, Aahaeli, Ishita, Ekamnoor, Shiyansh, Prisha, Aashvi, Aayan, Atif, Yuvaan, Avyram, Ayushman, Uffan, Tannu, Hamaad, Pratyush, Anu, and Anvik.

Jasmine Kour started the proceedings of the assembly, by sharing the significance of the festival and how the eternal bond between a brother and sister is celebrated in India. This set the tone for the celebrations of this special day.

The children shared the historical context about the Hindu queen, Rani Karamwati sending a Rakhi to Mughal emperor Humayun asking for his help against the invaders. This story inspired

the festival wherein a thread ties together a brother and sister in a lifelong bond of affection and care. The sister prays for her brother's well-being, and the brother vows to protect her. At our School, we believe that the bond binds the two equally. Both pledge to love and care for each other. Some of the students did a



JK Public School Kunjwani with students at Raksha Bandhan celebration.

role-play and showcased this beautiful bond of care and friendship between a brother and sister where unlike the historic tradition, the brother tied a Rakhi on his sisters wrist.

Trinabh Verma played the role of Humayun and Gursimran Kour showcased her talent by playing the role

of Rani Karamwati. Bhavya Vikas spoke about vision of celebrating Raksha Bandhan which was totally different. Rakhi is not only a festival of siblings but it's a celebration of mankind and of humanity.

The above was followed by a poem recited by Anureet. The assembly also included some

sparkling thoughts by Avneet Kour. The event concluded with some motivational thoughts by Rajesh Rathore, Principal JKPS Kunjwani who spoke to reinforce the lifelong and precious bond between siblings. He also spoke about strengthening the bond between brothers and sisters in today's world, which witnesses an oft-quoted term called "Sibling rivalry" & causes a widening gap between siblings. He invoked students to honour this bonding, which will certainly fetch them joy and delight.

"May these blissful bonds between brothers and sisters grow stronger, sweeter and lovelier with every passing day", he summed up.