

Aakash Educational Institution organises counselling session at JKPS Panjtirthi



Glimpses of counselling session being organized by Aakash Educational Institution at JK Public School Panjtirthi on Thursday.

STATE TIMES NEWS

JAMMU: A counselling session by Aakash Educational Institution was organised at JK Public School (JKPS) Panjtirthi to guide students towards their academic and career journeys and empower them with the knowledge and

confidence needed to pursue their goals.

Sajid Malik, The counsellor senior faculty Aakash, Anita Bisht from sales and marketing team and Manmeet Kour from operation team visited JKPS Panjtirthi for the career counselling and motiva-

tion session for Classes 7th to 10th students.

During the session, the Resource Person, Sajid Malik discussed various strategies for identifying personal strengths and interests, the importance of aligning career choices with these attributes,

the benefits of early planning and preparation, the methodology and significance of UPSC and the value of other competitive exams.

He urged the students not to make decisions based on peer pressure.

Students were made aware

of the different options in profession and courses they could pursue based on the subject choices they would make. Queries raised by the students were addressed by the Aakash team.

The session was immensely enriching and interesting as

the students were apprised about various career possibilities and demands and different tips to lead a disciplined life.

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choices they would make. He further informed the students about Akash national talent and examination which will be held in future.

The Principal of JKPS Panjtirthi Suman Banbah expressed, "At JKPS Panjtirthi, we are committed

to empower students through such sessions, helping them navigate and plan their future paths."

She added, "The talent hunt examination helps students to know their potential at the All India Level and prepare under the expert guidance."

Habit formation during Foundational stage is the earnest need of hour: 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. Progressive schools ensure the inculcation of good habits in students during Foundational stage (Nursery- Grade II) & Preparatory stage (Grade III-V)". 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,



Principal JKPS Kunjwani Rajesh Rathore addressing morning assembly on Thursday.

Identity card, handkerchief, 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 count- less 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, meditat-

ing, 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 servants but bad masters. Time lost is opportunity lost", he summed up.

ADGP Jammu felicitates Sandeep Verma for winning gold in Weightlifting



ADGP Jammu, Anand Jain felicitating Sandeep Verma.

STATE TIMES NEWS

JAMMU: Additional Director General of Police (ADGP) Jammu, Anand Jain, on Thursday felicitated Sandeep Verma, a Sg. Constable, for his outstanding achievements in the field of bodybuilding in a simple function at Zonal Police Headquarters Jammu.

Sandeep Verma has brought laurels to the Jammu and Kashmir Police by winning the

gold medal in the J&K UT Bodybuilding Competition and securing the title of "Most Improved Bodybuilder of 2024" in the prestigious 'Mr. Jammu and Kashmir Muscle Up Classic Competition 2024'.

The competition was held on August 25, 2024 (Sunday) at Tagore Hall, Srinagar; where participants from various parts of the J&K UT showcased their strength and physique.

Sandeep Verma's exceptional performance not only earned him the top position in bodybuilding but also distinguished him as the most improved bodybuilder of the year; a testament to his dedication and hard work.

While congratulating Sandeep, Anand Jain lauded his commitment to fitness and excellence, which serves as an inspiration to his fellow police personnel.

He emphasized the importance of maintaining physical fitness and a disciplined lifestyle, especially for those in the police force, and encouraged others to follow Verma's example. The felicitation ceremony was attended by Vishal Manhas, S.O to ADGP Jammu Zone and other police officers who expressed their pride and joy at his remarkable achievements.

VAJK celebrates National Sports Day at Jammu



VAJK office bearers and players during National Sports Day celebration at Jammu.

STATE TIMES NEWS

JAMMU: To commemorate the National Sports Day as mark of respect to Hockey Wizard Major Dhyan Chand on his birth anniversary, Volleyball Association of Jammu & Kashmir (VAJK) on Thursday organised a function at Volleyball Court, MA Stadium, here. The event was graced by Rajeev Sharma, Member J&K Sports Council, as the Chief Guest, who said, "This day serves as a tribute to Major Dhyan Chand's immense contributions to Indian hockey and highlights the critical role of sports and physical activities in fostering national well-being."

He urged the youth to come forward in fields of sports and education bringing the name of JKUT at national and interna-

tional levels. Earlier, Chief Executive Officer (CEO) VAJK, Kuldeep Magotra welcomed the Chief Guest by presenting bouquet and apprised him the objective of function which was primarily aimed at celebration of National Sports week all across J&K UT by District Volleyball Associations with special emphasis to highlight the various initiatives taken by J&K Sports Council. Speaking on the occasion, Magotra said, "Major Dhyan Chand, born on August 29, 1905, and this day is celebrated for his remarkable achievements in field hockey. His exceptional skills and accomplishments on the field earned him the title of "The Wizard" for his seemingly magical ability to control and maneuver the hockey ball. Under his captain-

cy, the Indian hockey team won three Olympic gold medals, in 1928, 1932, and 1936. His legacy continues to inspire generations of athletes and sports enthusiasts across India."

Magotra also disclosed on magnificent performances of Major Dhyan Chand, the Government of India honoured him with Padma Bhushan and released a postal ticket in his memory later on. His birthday is celebrated as Sports Day in India besides introducing the Major Dhyan Khel Ratna Award by the Government, he added. Raj Dahuja, Patron-In-Chief, H.S Gill, Executive Vice President, R.C Sharma Treasurer and others office bearers of Volleyball Association of J&K, volleyball lovers and players attended the function.

IIMC celebrates National Sports Day with enthusiastic student participation

JAMMU: Indian Institute of Mass Communication, Jammu, on Thursday organized National Sports Day with enthusiastic participation of students and faculty members. Students from English Journalism, Hindi Journalism and Digital Media participated in Table Tennis, Carrom and Chess events.

Mohd Haider and Punit Rajawat of English Journalism course won the Men's Doubles Table Tennis event while Maitreyee Thakkar, also of the English Journalism course, won the Women's Singles Table Tennis event. In Chess event, Stuti of English Journalism won the women's event while



CUJ faculty honouring students.

Mohd. Adil Shamim of Digital Media course won the men's event.

In the Carrom event, Laurel and Janvi Verma from Digital Media won the women's final, whereas Mohit Singh and Indarjit Kumar from Hindi Journalism won the men's final. Due to

inclement weather, the Volleyball matches got postponed and will take place in the coming days.

After the matches, trophies and certificates were distributed among the winners and participants. Dr. Dilip Kumar, the Regional Director of IIMC Jammu,

addressed the students and urged them to bring sportspersonship in their daily lives and not just in sports. He motivated students to not only perform well in a specified field but all spheres of life. "That's the true meaning of sportsmanship," he said.

Vivek Pathak (IIS), OSD (Admin) and Integrated Financial Advisor, IIMC Jammu, asked the students to use their journalism training during such events. The event concluded with Anoop Watal giving the vote of thanks.

With Picture DYSS holds girls U-19 Kho-Kho trials UDHAMPUR: To name the girls under-19 district

Kho-Kho team, Department of Youth Services and Sports (DYSS) on Thursday organised selection trials at Subash Stadium, here.

Since the department could not get required number of teams for the event, it was decided to straightway go for the selection process through open trials. Around 113 girls from seven zones of the district turned up for the trials, a handout issued by the DYSS informed.

The technical staff involved in the selection included Raj Kumar, Sunil Dutt Khajuria, Deepak Sharma, Preetam Singh, Raman Kumar, Ranveer Singh, Reena Gupta, Kanchan Kumari, Priya Sharma, and Sourab Pandit.

IHRSC skaters shine at inter-school skating competition, bag 11 medals

STATE TIMES NEWS

JAMMU: Indian Hawks Roller Skating Club skaters yet again delivered an outstanding performance at the inter-school roller skating competition held at JK Public School, Kunjwani Jammu.

The event, which saw participation from numerous schools

across the region, witnessed a fierce yet sportsmanlike display of talent and determination. The IHRSC skaters clinched 11 medals in various categories, reaffirming their reputation as one of the finest skating clubs in Jammu. Competing in different age groups, the club's skaters



Medal winners IHRSC skaters posing for a photograph.

exceeded in speed and inline skating, showcasing their well-rounded skills. IHRSC skaters who gave outstanding performances in different speed skating events include Sanvi Grover two gold medals (Champion), Puneesh Puri two gold medals (Champion), Rudra Arora one bronze, Viraj Gandotra one silver and one bronze, Shambhav Dev Singh Jamwal one bronze, Avikam Ashok

Gupta two silver and Anaysha Gupta one bronze. The dedication and training of Indian hawks were evident as they navigated the rink with precision and agility, earning well-deserved praise from both coaches and spectators. Ashok Gandotra (Retd Chief Engineer) President IHRSC expressed immense pride in the achievements of the club's skaters. "The hard work these

kids put in is paying off. This victory is not just about medals but about the spirit of the sport. I am confident that these skaters will have a bright future in the game at both national and international arenas," he said. Parents, teachers, and skating enthusiasts who attended the event were thrilled by the skaters' performance and lauded the efforts of Jammu and Kashmir Roller Skating Association and JK Public School for hosting such a well-organized competition giving a promising platform to budding sportspersons to hone their skills and gain competitive experience. The success of the Indian Hawks skaters in this inter-school competition marks yet another milestone for the club, which continues to nurture and promote young skating talent in the region.

STATE TIMES NEWS

UDHAMPUR: District Jammu lifted both under-14 and under-17 titles in the two-day inter-district Divisional Handball Tournament which was organised by the Department of Youth Services and Sports (DYSS) as part of their annual calendar of activities. In the under-17 category, Jammu defeated hosts Udhampur 22-17 in a closely contested final. Gurjot Singh

Clean sweep by Jammu in Divisional Handball

remained top scorer with 10 goals while Sudhir Singh fought well from Udhampur with seven goals in his account. In under-14 title clash, again Jammu trounced Udhampur 8-2. Saksham was top scorer with three goals from winning Jammu side. Rajinder Singh, ADDC Udhampur was the Chief Guest, who presented the title trophies as also other individual prizes. Ranjit Singh, retired SSP and former India

Handball Captain was Guest of Honour. The chief guest urged parents to motivate their children to participate in sports, fostering their development towards national and international competitive levels. Ranjit Singh, who is also a selector for the Handball Federation of India, congratulated the participants on National Sports Day and emphasized the importance of engaging in sports as a means

of avoiding substance abuse. Subsequently, a plantation drive was conducted at the Mini Stadium with all players and spectators under the SVEEP (Systematic Voters' Education and Electoral Participation) banner. The organising team comprised Deep Kumar, ZPEO Udhampur and Sushma Rani Gupta, ZPEO Jibbe as also Anita Goswami, Somdev Khajuria, Ramesh Chander, Sanjeev Kumar and Jatin

Sethi. The Technical Committee, composed of Manik Nargotra, Bandana Sharma, Rishi Sharma, Sanjeev Kumar, Vipin Photra, Ravi Kumar, Vikey, Sourabh Pandit, and Nitika Sharma, ensured the event's technical aspects were managed with precision. The Registration Committee, led by Ravinder Singh Manhas, Swaran Singh Tara, Rakesh Sawhney, Arti, and Jyoti.