

Handwriting Competition organized at JK Public School Panjtirthi



Glimpses of Handwriting Competition at JK Public School Panjtirthi.

STATE TIMES NEWS
JAMMU: Vocational Training Organisation in collaboration with Step-up Tutorial organised a Handwriting Competition at JK Public School (JKPS) Panjtirthi for the students of class 3rd to 10th.

The Organiser, Vishal Gupta and his team members visited the School to conduct the competition. He initiated the competition by saying, "Handwriting is a part of our identity and an essential tool for communication."

He briefed the students, "The objective of this competition is to strengthen the awareness about the importance of neat, legible handwriting and to encourage students to improve their writing skills."

Students meticulously wrote on the sheets provided by the organisers. Students participated with a lot of zeal and enthusiasm. Students showed their enthusiasm, pride and self assurance that they are capable of writing neatly and beautifully.

Principal of JKPS Panjtirthi, Suman Bamrah expressed, "Good handwriting contributes in improving reading and writing skills as it activates visual perception of letters, improving both motor and cognitive skills among students. Today's competition shall motivate and inspire the students to write beautifully and concentrate on presentation skills of their writing."

Junior Mix Tuf of War team named for Nationals

STATE TIMES NEWS

JAMMU: Jammu and Kashmir Tug of War Association today named the UT team for participation in the 37th Junior Mix (4x4, Under-19) National Tug of War Championship at Agra in Uttar Pradesh from August five to August nine.

As per a handout issued by the Association, the selected under the guidance of president, Hardeep Singh Anand and vice president, Kuldeep Kumar Gupta as also Jodh Singh Ishar (general secretary) and Jasbir Singh Sudan (treasurer). Gourav Kumar Dubey, international player played a key role in finalising the team

Jaswinder Singh and Kiran Kumari accompanying the team as coach and manager respectively.



Hardeep Singh Anand presented the playing kits to the team, sponsored by Trans Asia Hotels Pvt. Ltd.

The Team: 540 KG: Palvi Choudhary, Tanvi Salotra, Isha Chambyal, Damini Kaithi, Saneha Manhas, Sumir Kumar, Anitoj Singh, Mohit Bhagat, Himanshu Korilya and Mantej Singh.

Shreya excels with bronze in Khelo India Fencing League

STATE TIMES NEWS
JAMMU: Yet again Shreya Gupta, a young fencer from Jammu and Kashmir, has proved her supremacy at national level by winning a bronze in the recently concluded Khelo India Women Fencing league (this time named as ASMITA league-Achievement of Sports Milestone by Inspiring women through Action).



27 to 31, 2024.

The league was held at Indira Gandhi Indoor Stadium, New Delhi from July

30,000 in the Senior Women Sabre category whereas she also won Rs 10,000 prize money for securing 5th place in Junior Sabre category. In Senior Sabre category, Shreya defeated comprehensively Somya of Kerala by score of 15-5 and Shruti Joshi of Maharashtra by 15-8 in pre-medal bout and medal bouts respectively. In the semifinals, Shreya was defeated in a tough bout by Gauri Solanki of Maharashtra with score reading 15-13. In

the last edition of this Khelo India competition in 2023, Shreya had won one gold each in junior and senior categories. Recently, she had won one individual bronze and team silver in commonwealth championship held at New Zealand. Meanwhile Secretary, J&K Sports Council, Nuzhul Gul has complimented the efforts and achievements of Shreya Gupta and said her excellent performance at national and international levels shall motivate the young sportsperson of

JK UT. She also said that JK UT administration is working tirelessly to improve the infrastructure equipments and support to sportspersons which is creating a sports conducive environment. Secretary lauded the efforts and hard work of J&K Sports council coach Shotu Lal Sharma for bring best out of fencers at national and international levels.

J&K swimmers leave for Odisha to take part in national event

STATE TIMES NEWS

JAMMU: A 12-member squad of swimmers under the banner of Jammu and Kashmir Swimming Association on Saturday left from here to participate in the for 40th Sub-Junior (10-11 yrs) and 50th Junior (12-14 years) and (15-17 years) national championship to be held at Kalinga Stadium, Bhubnewshwar, Odisha from Aug 6 to 11.

As per the official communiqué, the contingent was flagged off by the Additional Deputy Commissioner (Law & Order) Anshya Jamwal.

The participating 12-member swimming contingent comprising six each boys and girls are, in Junior (15 to 17 years



President JKSA Ramandeep Singh Soodan and officials with swimmers.

(boys) age group), Jaiwardhan Singh and Talha Azi, Melissa Singh and Vanika Parmar, in Junior (girls) 12-14 years age group, Musa Pervaiz Malik and Abdul Aleem (Boys), Mitali Raj and Manha Pervaiz Malik, in (Girls), in Sub

Junior 10-11 years (boys) age group are Pratyaksh Vir Parmar and Yashwardhan Veer and in (girls), Saisha Gupta and Harishta Jalali. President J&K Swimming Association Ramandeep Singh Soodan, General Secretary,

Bharat Kumar Sharma, Vice President, Vikram Singh Manhas, Treasure, Vikas Mahajan, Joint Secretaries, Babita Jamwal and Peer Mohd. Amin also wished luck to the swimmers hoping that they were earn laurels to the Jammu and Kashmir.

The swimmers as per the communiqué also called by the Ex-Vice President of Olympic Association of India and President of Olympic Association J&K UT Prof Dr Ashutosh Sharma wherein as the former President of Jammu and Kashmir Swimming Association, Jagbir Singh Soodan was also present and encouraged the participants for the event.

Career counselling session held at Humanity Public School

STATE TIMES NEWS
SAMBA: As an institution that strongly believes in mantra "Innovate, Educate, Elevate", Humanity Public School Bassi Kalan, Bari Brahmana hosted a 'Motivational and Career Counselling Session' for the students of Grade XI and XII on August 1st in school premises.



HPS faculty presenting memento to Col. Shiv Choudhary (Retd.).

The session was presented by Col. Shiv Choudhary (Retd.). The session that was aimed at giving motivation to students and facilitating career choices after school education was attended by more than 250 participants including school principal Gaurav Charak, Anku Charak (Vice-Principal), Ravinder Sadhu

(Administration Officer) and Parsidh Singh (Incharge Hr. Secondary Wing). Col. Shiv Choudhary captivated the students with his lively presentation, sharing personal stories that emphasized the importance of daring to face challenges

toward self-improvement. Furthermore, he led students through an interactive session wherein, while answering student's questions he enlightened them about the vast array of opportunities available within the periphery of streams they have chosen. The session, marked by its interactive and enthusiastic atmosphere, concluded with School Principal Gaurav Charak sharing his insights and expresses gratitude to Col. Shiv Choudhary for a valuable and impactful lecture. He further accentuated on the key takeaways, urging students not to let limited resources dictate the opportunities they pursue.

JTGC organises Junior Golf Cup 2024 at Sidhra



Winners posing for a photograph with dignitaries.

STATE TIMES NEWS
JAMMU: The Jammu Tawi Golf Course (JTGC) organized Junior Golf Cup, 2024 at Jammu Tawi Golf Course, Sidhra in order to promote the game of Golf in the youth of Jammu and Kashmir. Manav Gupta Secretary Jammu Tawi Golf Course teed off the first ball of the event.

Arinn Satya Gupta, Bakhtawar, Avinash Wadana, Rayan Satya Gupta, Atharv Rishi, Adhyan Gujral, Arhana, Arindham Sudan, Hisham Baba, Tejal, R.S Gupta and Tehleel Ahmed participated during the tournament. Arindham Sudan was adjudged as the overall winner of the tournament

while Rayan Satya Gupta and Master Bakhtwara was declared as runner-up of the tournament respectively. Master Adhyan Gujral bagged the award for the straight drive (1 feet 1 inch.). The longest drive award went to Adhyan Gujral (190 mtr). While Nearest to the pin at Hole no. 2 went to Master Adharav Rishi.

Manav Gupta, Secretary, Jammu Tawi Golf Course presented trophies and Medals to the winners, runner-ups and other players, who were adjudged best in different categories. Manav Gupta thanked all the Junior Golfers for participating in the tournament with great enthusiasm and zeal.

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