

# Week-long Yoga session begins at SMVDU

**■ STATE TIMES NEWS**  
KATRA: As a sound body lives in a sound mind, NSS SMVDU started regular yoga sessions for students, faculty and staff members.  
Yoga sessions are scheduled from Monday to Friday for the week from 6-7 AM.  
The week-long program aims to sensitise people towards the comprehensive nature of yoga



Yoga instructor taking a session with students of SMVDU.

towards life and well-being. The yoga instructor of these sessions is Gurmel, a trained in yoga, and practices it every day. He informed students

## Poetry book of DPS Jammu's student Khushi released



DPS Jammu faculty honouring Khushi for writing poetry-book.

**■ STATE TIMES NEWS**  
JAMMU: Khushi Dogra of class XII-C, a young writer and a bright student of Delhi Public School (DPS) Jammu brought laurels to the school and her parents by publishing her first book of poems "Are Ethics

Flipkart.  
Khushi Dogra is a student of Medical stream and she loves composing poems. Her commendable work in poetry and literature has always been appreciated by her teachers. Speaking on the occasion, Khushi said that she finds poetry as the best medium to vent out her stress and emotions.  
Principal DPS Jammu, Ruchi Chabra congratulated Khushi for her achievement and encouraged her to continue her literary pursuits with same zeal.  
President RCT, Ajatashtr Singh, Pro VC, Dr. Ritu Singh and Director, S.S Sodhi congratulated Khushi and extended their best wishes to her parents, Mrs. Anuradha Dogra and Mr. Ganesh Chand.

# Jodhamal's F1 team Helios declared World Knockout Champion

**■ STATE TIMES NEWS**  
JAMMU: In the recently held World Championship 2022 of F1 in schools at Silverstone (UK), Jodhamal team Helios won all six races in three days and was declared the World Knockout Racing Champion of 2022 at F1 in school world finals.  
Jodhamal's team Helios was representing India at the World Finals. The team members of Helios racing are Saksham Sagar, Aryaman Bansal, Samridh Sharma, Samik J Singh, Ashmit Gupta and Mysha Tabrez and are mentored by Neetu Johri.



Jodhamal team Helios receiving award of World Knockout Racing Champion 2022.

In Silverstone, team Helios racing defeated Team Pharos and team Super Nova both from China. They also defeated Anemoi Racing team from England, Team Istiophix and Team Zenith from United Arab Emirates (UAE).  
It has been a 04 years journey for Team Helios Racing from participating in Finals to national finals in late 2021, which enabled the team to represent India t the World Finals.  
The Final Race with team Pharos from China was neck

to neck and ultimately Team Helios racing was with a close margin of 0.027 seconds.  
Astonishingly this car managed to achieve relative velocity of nearly 75 Km/hours in the confines of the 25 meter race track.  
The management and staff of Jodhamal School congratulated and appreciated the efforts of the team. The six races to victory can be seen on the YouTube link <https://youtu.be/KCddTixdlx8and> details of F1 World Champion at Silverstone can be seen at YouTube link <https://youtu.be/WTahkfyP2jY>.

## Legal awareness programme held at MV International School



Legal luminaries interacting with students of MVIS during awareness programme.

ing; cyber crimes etc with emphasis on their prevention and reporting.  
Advocate Hitesh Divedi from District Court Samba threw light on juvenile justice, taking into account the present challenges that children have to face in their day to day schedules, whether in school or at home or in market places. He apprised them about the legal procedures that have

**■ STATE TIMES NEWS**  
JAMMU: Digital planetarium are becoming a mainstay in astronomy education nowadays. Space is one place we humans really haven't been, except for a few Astronauts. One such digital platform to explore the space is "Tare Zameen Par". Tare zameen Par mission is to drive transformation among kids by playing a leading role in reaching out to schools through digital planetarium shows, enhance immersive learning in kids through science/technology kits and innovative outreach programs. One such program has recently organized under the aegis of Army Public School, Miran Sahib with collaboration with TZP Product and Services, Bangalore and was conducted wef 06 Sep 2022 to 13 Sep 2022.

A total number of 2438 children from various schools of the vicinity viz Army Public School, Jammu Cantt, BD Bari, Sanjuwan and Jammu Sanskriti School have registered for the show. In this show, as the name suggests, 'Starts on the Ground' is an innovative new way of immersive learning which involves putting learners in an interactive learning environment to teach skills using situations and experiences that are as true to life as possible. The show was found to be educative in terms of space and was well appreciated by the children as well as by their parents as they are able to witness the space with out being there by enjoying it as a real time experience. All staff and Children of schools are gracefully thank full to the organizing team.

## GCW Bhagwati Nagar organises awareness campaign on Swachhta

**■ STATE TIMES NEWS**  
JAMMU: Government College for Women (GCW) Bhagwati Nagar organized an awareness campaign in the adopted village 'Om Nagar' to celebrate Swachhata Pakhwada wherein Faculty member of the college Dr. Mosmi Raina, Department of Environmental Sciences delivered lecture on the importance of cleanliness, personal hygiene and sanitation.  
She elaborated on the

Chairman of School Hira Lal Abrol; Director Gourav Abrol; Principal Kundan Lal Dogra along with staff and students from classes 9th to 11th attended the programme.  
Chief Guest Slahuddin Ahmed and the team of panelists patiently heard the queries of students and answered each one of them with facts and examples of the cases related to their questions.  
He complemented the students and staff for the diversity of their thoughts and ideas.  
Gourav Abrol proposed the vote of thanks and shared the commitment of MV International School family to make the society a happy place to live in.

## Army organises friendly Volleyball match

**■ STATE TIMES NEWS**  
KISHTWAR: To provide an opportunity to the youth of the region to display their sporting talent and reinforce self-confidence, Army organised a friendly volleyball match between team Patnazi and team Binoon at Patnazi. After a competitive and a hard fought match, the team from Patnazi managed to beat their spirited opponents Team Binoon by 3-2 sets. The locals appreciated the sincere efforts of Indian Army in involving the youth of the region in mainstream activities and requested that many more such popular sporting events be organised in future as well.

## Budgam Carrom Championship on Sept 17

**■ STATE TIMES NEWS**  
JAMMU: District Ganderbal Carrom Association shall hold District Budgam Carrom (boys and girls) Championship in collaboration with J&K Sports Council and J&K Carrom Association under the 'My Youth My Pride'.  
As per a handout issued here today, the event shall be held on September 17 at Indoor Sports Stadium Ganderbal (Sehpora).  
Players from district have been advised to register on J&K Carrom Association website: [jkcarrom.in](http://jkcarrom.in) or directly send entries on Whatsapp (7006260889) to Bilal.  
The last date for the entries shall be September 16 at 4 pm, the handout added.

## First Indoor Rowing Championship held at Ganderbal



Participants competing in Indoor Rowing Championship.

**■ STATE TIMES NEWS**  
GANDERBAL: In a first, Indoor Rowing Championship was held on Tuesday in district Ganderbal at Indoor Stadium Sehpora which was presided over by the Deputy Commissioner (DC) Ganderbal, Shyambar.  
The championship was organized by J&K Rowing & Sculling Association District Ganderbal in collaboration with District Administration Ganderbal. Around 200 boys and girls of all categories (Senior, Junior and Sub-junior) of the district participated in the championship. The DC announced that the transformer will be installed at Indoor stadium Sehpora as demanded by the local youth. National medalist and National Coach in water sports, Bilquees informed that the championship is aimed to boost the water sports in the district besides the winners at district level would participate in the National championship scheduled to be held in Chandigarh in the month of November 2022. Later, a felicitation ceremony was also held during which prizes were distributed among winners in all categories.

## Over 1,000 aspirants, 40 establishments participate in awareness events held in 7 Nodal ITIs

**■ STATE TIMES NEWS**  
JAMMU: The Department of Skill Development, UT of J&K, in collaboration with the Regional Directorate of Skill Development & Entrepreneurship, J&K, Jammu and Department of Industries participated in the Nation-wide program of 'Prime Minister National Apprenticeship Mela' (PMNAM) organized in all the states and Union Territories of the country the other day by organising awareness events (PMNAM) in 7 District Nodal ITIs of J&K.  
Four ITIs of Jammu Division and three ITIs of Kashmir Division, namely Govt. ITI Udhampur, Govt. ITI Ramban, Govt. ITI Doda, Govt. ITI Kishtwar, Govt. ITI Baramulla, Govt. ITI Bandipora and Govt. ITI

Kupwara, organised an Awareness Mela in their respective campuses to educate the participants about the Apprenticeship Scheme. The highlight of the event was the participation of representatives from DDCs, DICs, SDD, RDSDE, Corporations like NHPC and members from local Industry and Establishments.  
The Principals / Superintendents, who are also designated as 'Assistant Apprenticeship Advisors' of their Districts, welcomed the participants, followed by detailed presentations by the experts and designated officials/ coordinators on the scope and parameters of the Apprenticeship Scheme.  
This event has become a regular feature now, and is scheduled to be conducted in at-least 6

Districts of J&K, on the second Monday of every month.  
More than 1000 candidates aspiring to undergo apprenticeship training in near future and 40 establishments, most of them duly registered on the portal: [www.apprenticeshipindia.gov.in](http://www.apprenticeshipindia.gov.in) participated in yesterday's event.  
The industry members interacted with the candidates and shared with them their experiences and expectations. The delegates and participating members also expressed their satisfaction that such events will bring in great volume of opportunities of employment/ 'rozgaar' to the youth of J&K, who will be getting trained under actual job situations in the industry, besides other benefits to both the apprentice and the establishment, as envisioned in the scheme.

## Freedom Riders Bike Rally received at Dal Lake

**■ STATE TIMES NEWS**  
SRINAGAR: Deputy Commissioner Srinagar, Mohammad Aijaz Asad on Tuesday morning received the iconic Freedom Rider 2022 Bike Rally contingent and flagged off for onward journey to Kargil from the banks of historical Dal Lake.  
The Bike Expedition is in commemoration of the theme of Azadi ka Amrit Mahotsav - celebrating 75 years of India's independence.



DC Srinagar, Mohammad Aijaz Asad receiving iconic Freedom Rider 2022 Bike Rally.

The Freedom Moto ride 2022 was flagged off by the

## Progress of works under SBM-G reviewed in Jammu



DC Jammu, Avny Lavasa chairing a meeting.

**■ STATE TIMES NEWS**  
JAMMU: Deputy Commissioner Jammu, Avny Lavasa on Tuesday reviewed the progress of works taken under Swachh Bharat Mission here at a meeting in DC office complex.  
The Deputy Commissioner took a thorough review of the implementation of schemes under SBM including, construction of Community Sanitary Complexes, Solid/Liquid/Plastic Waste Management, GOVARDHAN projects and registration of new households under SBM-G in the district.  
The concerned official apprised the Chair that against the target of constructing 175 Community Sanitary complexes in 2022-23, the tenders have been floated for 164 units.  
Similarly, a target of constructing 189 Solid/Liquid waste management plants has also been set for this year. It was also informed that 5916 new households have been registered under SBM-G out of which 4195 have been uploaded on the designated portal. After reviewing the status of works, the DC emphasized upon the executing agencies to expedite the tendering process and allotment. She directed for completion of all pending works within the stipulated time frame.  
The Deputy Commissioner asked the officers to sensitize the people regarding segregation of solid and wet waste for better waste management. She asked the officers to explain to people in detail the importance of segregation of solid and wet waste in their houses. The Deputy Commissioner asked the officers to act on a multi dimensional strategy, roping in all government departments, to provide all people the facility of collection of household waste materials at their doorsteps.  
Beside others, the meeting was attended by CPO Yoginder Katoch, ACP Meenakshi Vaid along with other senior officers.

Union Home Minister; Amit Shah on 9th September from Delhi which reached Kashmir valley yesterday and was warmly received by District Administration Srinagar at Marvel Point Pampore.  
This historical Moto Expedition comprises 75 riders which includes 10 female riders who will cover a record distance of more than 18000 kms during the event. The Riders will witness 75 events and visit 148 places across India.

## Pulwama, Shopian Carrom meet held

**■ STATE TIMES NEWS**  
JAMMU: District Pulwama and Shopian Carrom Championships held at Indoor Sports Complex Rajpora, Pulwama under the banner of respective district associations.  
The competition held in junior and senior categories of both boys and girls involving around 110 participants, a handout issued here today informed.  
Station House Officer, Zaffar Iqbal distributed the prizes among the winners. Ghulam Rasool Khanday, Manger Indoor Stadium Rajpora Pulwama and Arif Sultan, secretary J&K Carrom Association were the special guests.  
The handout further said that the UT level Carrom



SHO Zaffar Iqbal presenting prize to a winner.

Championship shall be held by the end of this month. After the UT meet, the J&K teams shall proceed for the 50th Senior National Carrom Championship slated to be held at Talkatora Indoor Stadium New Delhi from November seven to November 11.  
The Results:  
JUNIOR: BOYS: Sheikh Salim, 1st; Zubair, 2nd and Uzair; 3rd. GIRLS: Iffat, 1st; Syed Horia, 2nd and Iqra Jan, 3rd. MEN: Farhan, 1st; Mufti Taha, 2nd and Owais Ahmad, 3rd. WOMEN: Shobi Jan, 1st; Beauty, 2nd and Aurfee, 3rd.

## Workshop on Swachhta held in GGM Science College

**■ STATE TIMES NEWS**  
JAMMU: NSS GGM Science College under the patronage of Principal Dr. Rajesh Gupta and guidance of NSS PO Dr. Deepali Mahajan on Tuesday organized workshop under Swachhta Pakhwada. The awareness started with Swachhta pledge by students. Cleanliness should be joined by all citizens.  
India's largest cleanliness drive aims to make India more sustainable and eco-friendly for living.  
"Students are the real ambassadors of cleanliness and motivate others to keep their homes, schools, colleges and surroundings clean. Now it is our duty to serve Mother India by keeping the country neat and clean," Dr. Deepali said.



Students posing with faculty members.