

Win the morning to win the day: JKPS Kunjwani Principal

■ STATE TIMES NEWS

JAMMU: Addressing students during the morning assembly Principal JKPS, Rajesh Rathore made a clarion call to them to wake up early to reap the optimum benefits of their investment of time.

He asked them, 'to develop the habit of early rising, do warm up exercises in the fresh air and walk barefooted on the grass to energize themselves for the rest of the day'.

He suggested some ways to change the sleeping/waking up habits gradually with the passage of time.

"It's much easier to change your sleep pattern, if the change is adopted gradually. It is recommended by Sleep experts to advance the wake up time



Principal JKPS Kunjwani, Rajesh Rathore addressing morning assembly on Wednesday.

by 15 to 30 minutes every week until one reaches one's goal. Acclimatization of thirty minutes is easier for our body in comparison to longer duration, namely, an hour or two hours," he said.

He further added, "Sufficient sleep is absolutely essential for

ensuring our sound mental/physical health. If we wish to reap the benefits of waking up early, then we must ensure hitting the pillow early in the night. In order to feel sleepy during the bed time, it's advisable to avoid taking short naps in the afternoon hours. Besides, one may also

develop the habit of reading something light/interesting before falling asleep. As the body gradually gets accustomed to wake up earlier, one starts falling asleep earlier at night".

Reflecting on the inconsistent wake up habits of people on weekdays against weekends, he appealed the

audience "to stay consistent, without disturbing the internal clocks". "For example, if someone sleeps till 9 am on Sunday, but on Monday he/she wishes to wake up at 5 am, this four hour sleep lag will take a heavy toll on the body because it's essentially robbing the body off the prime

sleep", he reasoned out.

"Since the body craves for consistency, so if you wish to establish a long-term habit of waking up in the early morning, you need to be consistent while forming the schedule all seven days a week", he further added. "Schedule your dinner a few hours before your bedtime. That helps you digest before you hit the hay, as eating too close to bedtime can trigger acid reflux, which can disrupt your sleep", he summed up.

He concluded by saying that if children become habituated to early rising, they can enjoy the beautiful sights and have more time to relax and rejuvenate. He appealed them to follow the golden rule: Win the morning, win the day!

DFA Srinagar gets Iqbal led team

■ STATE TIMES NEWS

SRINAGAR: Former general secretary of J&K Football Association (JKFA) and president Iqbal Sports Club, Bashir Ahmed Malik got elected as president of the all important District Football Association (DFA) Srinagar in an election meeting held yesterday.

Similarly, for the post of treasurer, famous footballer, Zahoor Ahmed Teli defeated Ishfaq Ahmad Khan by a margin of 11 votes. While Teli got 28 votes, Ishfaq secured 17. Earlier, out of a total of 47 eligible votes, 46 votes polled with State Football Academy abstained from the voting.

The proceedings of election were monitored by Prof. BA Shah, Waseem Aslam, Mohammad Aslam Dar, Lateef Ahmad Bhat, Sajid Yousuf Dar, Mohamad Amin Khan, Irfan Ahmad Gojo and Dr Touseef Bhat.

SSP Kathua hands-over Cricket Kit under CAP

■ STATE TIMES NEWS

KATHUA: SSP Kathua R C Kotwal on Wednesday distributed Cricket Kit to Youth Club Lakhapur under Civic Action Programme (CAP).

While interacting with the youth in SSP Office Kathua, SSP Kotwal said that everyone should take up sports as it helps to boost self confidence, concentration, physical as well as mental health.

He also stated that youth should make optimum use of sports and channelize their energy in the right direction through sports activities.



SSP Kathua R C Kotwal handing-over Cricket Kit to Youth Club Lakhapur under CAP.

He further stressed to the youth to participate in sports and to shun the drugs for a healthy society.

Dr Darakhshan distributes books, stationary items among Hockey players

■ STATE TIMES NEWS

JAMMU: Chairperson, J&K Waqf Board, Dr. Darakhshan Andrabi on Wednesday gave away books, stationary items and sports shoes to hockey players in a function organized at KK Hakku Stadium, here.

While addressing the players, she said that result oriented hockey needed in this time of competition.

She asked players to practice hard in hockey and at the same time stressed upon to study hard too and excel in the



Chairperson, J&K Waqf Board, Dr. Darakhshan Andrabi presenting stationary items and sports shoes to Hockey players at KK Hakku Stadium.

examinations.

She further added that intelligent youth to make India world power.

She appreciated the role

of Hockey J&K for promoting Hockey in J&K specially under the leadership of Rajeev Sharma.

President Hockey J&K and member J&K Sports Council, Rajeev Sharma stressed upon the players to practice hard so that they can give medal winning performance during coming nationals.

Earlier, Dr. Taran Singh Secretary General Hockey J&K &K welcomed the Chief Guest and informed the players that this was for the second time Dr. Darakhshan Andrabi is helping the needy hockey

players of J&K. Manager MA Stadium, Satish Gupta presented bouquet to the Chief Guest.

Manager KK Hakku Stadium, Satpal Singh presented a vote of thanks.

Other present were Rajinder Singh Kuku Vice President Hockey J&K, Anjali Treasurer Hockey J&K, Ajay Gupta Manager Kabaddi Ground, Anil Sharma Manager Green Field, Vikas Mangatra Manager GGM Science College grounds, Anil Gupta Yoga, Chotu Lal instructor Fencing and Angat Singh Coach.

Night Cricket Tournament concludes in Downtown Srinagar

■ STATE TIMES NEWS

SRINAGAR: The much fan fare Night Cricket tournament being played in Gani Memorial Stadium, Rajouri Kadal Srinagar culminated with the grand final on Wednesday.

The tournament was organized by Gani Memorial Cricket Association in collaboration with J&K Sports Council.

The final match of the tournament was played between Makhdoomi-XI and Kashmir-XI.

Makhdoomi-XI after winning the toss elected to bowl, a decision which somewhat seemed to go well in their favour initially but it was the heroes of Abid Nabi who scored 68 runs to spoil their party. J&K's for-



A Cricket match going on during Night tournament at Srinagar on Wednesday.

mer opener and flamboyant batter Adil Reshi also contributed 27 runs to the team total. Kashmir-XI piled up a huge task for their opponents scoring 191 with the loss of 6 wickets in their allotted quota of 20 overs. For Maqdoomi-XI, Sameer Bell and Rafiq Baba scalped 3 and 2 wickets respectively while other bowlers looked out of sorts.

For Maqdoomi-XI, Abid Nabi and wrist spinner

In response Makhdoomi-XI fell like a pack of cards and none of their batters except Momin Sami and Sajad Ganai could offer any challenge to the tight line bowled by the opponents. Momin's 62 runs and Sajad's 26 was the only saving grace for the team which batted at 137 runs.

The former ace cricketer of J&K Abid Nabi was awarded player of the match. He was also declared player of the series as well as best bowler of the tournament.

Winning team received a

cash prize of rupees fifty thousand while as runner up were awarded rupees twenty five thousand.

Divisional Sports officer Nuzhat Farooq presided over the function as chief guest while as Maqsood Ahmad Deputy Manager, Gani Memorial Stadium was guest of honour on the occasion.

The Chief Guest distributed the prizes among the participants in the end and assured them of all the support from J&K Sports Council in future.

Many cricket buffs praised the J&K Sports Council's special initiative 'My Youth My Pride' which they felt offers equal opportunity to all players to showcase their skills.

Prathamansh uses mediums, such as Charcoal, Graphite Pencils, Water Colour for creating portraits on different types of papers. He was inspired in childhood by his

Prathamansh of DPS Jammu win jury award

■ STATE TIMES NEWS

JAMMU: Prathamansh Sharma (XI-C), a young artist of Delhi Public School (DPS) Jammu brought laurels to the school and his parents by winning Jury Award for his outstanding entry on "Make an engaging reel for my book" in an online contest held in the month of August, 2022 organized by Project Naily. He was also given a Certificate of Appreciation for the same.

Earlier, Prathamansh had also made a graphite pencil portrait of General Bipin Rawat, Chief of Defense Staff of the Indian Armed Forces on the occasion of Army Day 2022 to pay him tribute. He had also made portraits of many celebrities including bollywood actors Akshay Kumar, Sonu Sood, Cricketer Virat Kohli, Asim Riaz of Bigg Boss and singers like Sukhwinder Singh, Pankaj Udhas, etc. His artistic skills have won him great appreciation and applause.

Prathamansh uses mediums, such as Charcoal, Graphite Pencils, Water Colour for creating portraits on different types of papers. He was inspired in childhood by his father Suresh Sharma, a renowned artist of Jammu.



DPS Jammu faculty honouring Prathamansh Sharma.

Principal DPS Jammu, Ruchi Chabra congratulated Prathamansh and encouraged him to continue his persisting efforts.

President RCT, Ajatshatru Singh, Pro VC, Dr. Ritu Singh and Director, S.S. Sodhi also congratulated Prathamansh and extended their best wishes to him.

Hindi week celebrations begin at PSPS Govt PG College for Women Gandhi Nagar

■ STATE TIMES NEWS

JAMMU: Department of Hindi, Padma Shri Padma Sachdev Govt. PG College for Women, Gandhi Nagar on Wednesday inaugurated Hindi week celebration.

Addressing the inaugural session, Principal, Prof. Minu Mahajan emphasized that the development of Hindi language is indispensable, and to create interest in Hindi dialect among students, the need of the hour is to organize such kind of seminars.

She proclaimed, Hindi language has recognition at international level, a carrier of culture trans-



Principal PSPS Govt. PG College for Women, Gandhi Nagar, Prof. Minu Mahajan and others during programme.

mission and there is colour of Indianess latent in the Hindi language.

Speaking on the topic "Rajbhasha Hindi aur Devanagari Lipi", Dr. A.K

Raina, the Chief Guest, said that Hindi is the language of the people, we all should contribute in its development and propagation.

He said that in the

Constitution of the country, Hindi language written in Devanagari script was declared as the official language of the country and many central schemes were implemented for its promotion. He said that Hindi language is scientific language, as reflected through its script.

Dr. Vijendra Kumar, Head of Sanskrit Department, recited Saraswati Vandana. While giving the welcome address, the Head of Hindi Department, Dr. Maharaj Krishan Musa said that Hindi week is being organized in the context of Hindi Diwas.

Prof. Mala Bhasin, Prof. Safia Shaikh, Prof. Renu Sehgal, Prof. Varun were present. Prof. Ashok Kumar gave his technical support in the program. Professor Poonam carried out the proceedings of anchoring and Dr. Bhagwati Devi delivered the vote of thanks.

'IGNOU Degrees to be treated at par with Degrees awarded by Regular Universities'

■ STATE TIMES NEWS

JAMMU: The University Grants Commission (UGC) in a recent notification has made it clear that the degrees or diplomas awarded via online modes or by Open and Distance Learning (ODL) institutions are to be treated equally as those awarded by regular institutions.

The commission highlighted the Open and Distance Learning Programmes and Online Programmes Regulations 2020 which specifies, "Equivalence of qualification acquired through Conventional or Open and Distance Learning and online modes."

Under this ordinance, it is mentioned that "Degrees at undergraduate and postgraduate level in conformity with UGC notification on Specification of Degrees, 2014 and post graduate diplomas awarded through Open and Distance training mode and/or Online mode by Higher Educational Institutions, recognized by the Commission under these regulations, shall be treated as equivalent to the corresponding awards of the Degrees at undergraduate and postgraduate level and post graduate diplomas offered through conventional mode."

In a public notice, UGC announced, "Keeping in view National Education Policy (NEP) 2020 recommendation to have Gross Enrolment Ratio (GER) of 50 per cent by 2035 and to further promote ODL and online education, UGC constituted an expert committee to review existing ODL and online regulatory framework while ensuring quality, driven by simplified recognition system and processes." "Earlier in 2021, IGNOU had become the first higher educational institute in the Open Distance Learning (ODL) mode to be accredited by NAAC and accorded A++ grade. This recognition of IGNOU Degrees at National and International level is a major achievement for the University and with this remarkable recognition and authentication of Open and Distance learning, IGNOU will play a pivotal role in carrying forward its mandate to take the quality higher education to all sections of society", said Dr. Sandeep Gupta, Regional Director I/C of the Regional Centre Jammu.

DIPR organises debate competition at GGHS Rangpur Moulanian

■ STATE TIMES NEWS

JAMMU: Department of Information & Public Relations Cultural Wing on Wednesday organized a debate competition on the topic Drug Addiction at Government Girls High School Rangpur Moulanian. In all 13 students participated in the debate competition. Seema Sharma, Headmaster of the school was the chief guest on the occasion. Addressing the students, the chief guest hailed the information department for organizing the event in the school and urged the department to hold more such programme in future also. She also distributed trophies and certificates among winner and participants. The proceedings of the programme were conducted by Balbir Singh, Sr. Cultural Assistant.



Headmaster GGHS Rangpur Moulanian, Seema Sharma presenting prize to a winner.

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celebrated at Government Degree College (GDC) Marh, in lieu of Shikshit Bharat Abhiyan, under the guidance and supervision of Principal Dr. Rakesh Kumar Koul.

An online slogan writing competition on the theme Hindi should be understood by all the

tance and pride of the Hindi language. After the slogan writing competition and poetry recitation, she announced the name of winners and also gave away the prizes to the winners. First prize was bagged by Sakshi Sharma, whereas second prize and third prize were

awarded to Government Degree College (GDC) Marh, in lieu of Shikshit Bharat Abhiyan, under the guidance and supervision of Principal Dr. Rakesh Kumar Koul.

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