

Self-induced discipline, our topmost priority: Principal JKPS Kunjwani



Principal JKPS Kunjwani addressing morning assembly on Thursday.

■ STATE TIMES NEWS

JAMMU: Self-induced discipline among youth can only elevate our nation to the rank of Super powers of the world, said Rajesh Rathore, Principal, JK Public School, Kunjwani.

Reflecting on the most critical aspects of school life, he elaborated upon the importance of self-discipline

in life. He said, "Discipline is important to adhere to the rules. It may be described as a student's ability to accomplish an assignment within the stipulated time frame. With the tools of discipline, students can achieve their goals easily. Discipline expedites the process, like a catalyst, and resultantly, individuals achieve excellence in

every aspect of their lives. Discipline should be the pole star of every child, which helps in setting the direction to reach his/her dream destination."

Reiterating on the topic, he further added, "those individuals, who adhere to discipline more closely, they are able to manage their hours more judiciously."

He invoked them to be proactive, by creating a schedule and sticking to the

Students with good discipline complete their tasks on time rather than making it frittered away on trifles. When students are disorganized, they spend their valuable time in performing the acts that are not rewarding".

He appealed all the teachers, parents and elders to uphold the high ideals, which we yearn to see in our children. "Since every child apes his teachers, parents and elders, so it's our moral duty to believe in the tenets of righteousness and be the role models of these children who look upto us every moment", he summed up.

same with determination and perseverance.

He concluded by saying that discipline must be self-induced and never imposed.

Imposed discipline is ephemeral, while self-inspired discipline is eternal.

Educational institutions must endeavour tirelessly to sow the seeds of self-discipline in their tiny tots, so that they grow up as the custodians of self-induced discipline".

GMS Khorinara students excel in Taekwondo



Medals winners of GMS Khorinara posing with special guest.

■ STATE TIMES NEWS

POONCH: Students of Government Middle School Khorinara with clubbed schools of GMS Mohalla Talab and GPS Pattimang excelled in the recently held Taekwondo championship, here. The medal winners were encouraged by visiting special guests, Municipal Councillor Ward No.8, Ambika Kour Saraf and district president 'Beti Bachao Beti Padhao'. Both the special guests congratulated Taekwondo coach, Rajinder Singh for grooming the raw talent into medal winners.

Earlier, both the guests were welcomed by

incharge of the school, Jatinder Sharma along with others staff members.

Speaking on the occasion, he highlighted the achievements of the school in sports and extra-curricular activities. The School incharge also highlighted the difficulties being faced by the students in view of lack of basic facilities and urged the guests for help.

The Medals Winners: Mohd Shoaib, Ruksana Kousar (both Gold), Tahzeem Akhter, Sarfraz Khan (both Silver), Tanyana Koser, Ruksana, Waseem Khan and Asia Kousar (all Bronze).

Director YSS takes stock of sports infrastructure in Poonch



Director DYSS Subash Chander Chibber interacting with officials at Poonch.

■ STATE TIMES NEWS

POONCH: Director Youth Services & Sports (YSS) J&K, Subash Chander Chibber on his visit to Poonch district took a stock of the sports infrastructure available in the district. He chaired a meeting of the district level field staff of the Department.

Earlier the Director DYSS was welcomed by Deputy Director Planning DYSSO Poonch along with district level field staff of the Department of YSS.

Director also visited sports Stadium Poonch and interacted with the budding and senior players of different games. He

assured them that YSS would take every possible step to channelize their skills in the best possible way and their demands related to the creation of different facilities pertaining to the Department would be taken care off.

He further said that creation of best sports infrastructure in the UT of J&K is the top most priority of the present Government and many initiatives have already been taken in this direction across J&K.

Director YSS also visited to be inaugurated Hockey Astro turf and took a detailed review meeting of the field staff. The chair was apprised about the efforts of field staff being taken to involve maximum number of students and non-students in games and sports.

Speaking on the occasion, Secretary Sports Council Nuzhat Gul apprised the participants and the spectators about the role sports have played towards the formation of progressive

Secy Sports Council declares open 4-day Ice-Stock event at Srinagar



Secretary JKSC, Nuzhat Gul interacting with players.

and pragmatic society and eventually nation building.

The Secretary Sports Council was flanked by Divisional Sports Officer Kashmir, Nuzhat Farooq, Hilal Ahmad Bhat Deputy Manager Gindun Sports Complex, Mohammad Iqbal, Incharge Pologround Sports Multiplex, other officials from J&K Sports Council and senior mem-

bers of J&K ice Stock Association.

Nuzhat Farooq while giving a gist of Ice Stock, said "though Ice Stock is traditionally played on an ice surface but in recent past events are being held on concrete surfaces during summer to increase the reach of this wonderful sport to other parts of the globe".

She also said that this sport was earlier confined to Germany, Austria and Italy only, of late the sport has been introduced in J&K as well, with a large number of players taking to the game.

This sport is also part of Khelo India programme, she added.

The event is part of the massive sports reach out programme, My Youth My

Pride and J&K Sports Council the organizers of the event have collaborated with J&K Ice Stock Association for the successful and smooth conduct of the event.

My Youth My Pride events in the disciplines of Yoga and Cycling were also held in Sheri-Kashmir Stadium Bandipora today which witnessed a massive participation of athletes from different areas of the district besides scores of spectators taking to seats and cheer for their favourite athletes.

The sports activities in the disciplines of Hockey, Football, Kho-Kho, Volleyball, Handball under My Youth My Pride were in progress in many other districts of the union territory when the report was being filed.

GHSS Mansar wins Udhampur Volleyball title



Winner team posing for a photograph with dignitaries.

■ STATE TIMES NEWS

UDHAMPUR: Government Higher Secondary School (GHSS) Mansar clinched the under-19 boys' Volleyball title on the second day of the inter-zone competitions of district Udhampur, organised by Department of Youth Services and Sports (DYSS) at different venues, here on Thursday.

In the volleyball final, GHSS Mansar defeated Government Higher Secondary School Ramnagar 3-1. The volleyball event officiated by the technical panel including Kuldeep Sharma, Manik Nargotra, Suresh Pal, Sanjeev Verma, Vikrant Balgotra and Arti Kumari.

Similarly, the boys Kabaddi

title went to Aryan Oriental Higher Secondary School Udhampur after they trounced SKS LSS Boys Udhampur by a margin of three points in a closely contested game. The technical panel in Kabaddi comprised Rakesh Modi,

Pushap Kumar, Rakesh Khajuria, Kulbushan Kumar, Ram Kumar and Sandeep Verma. Earlier, the opening day of the district level competition witnessed finals of Kho-Kho and Wrestling at Subhash Stadium, here. "A record over

700 participants reported for the competition in four disciplines representing 11 zones of the district. The officials, especially technical panels had a quite busy schedule throughout the two-day event. On the second day, Kabaddi and

Volleyball quarterfinals, semifinals and finals decided with over 350 participants," informed district (DYSS) officer, Sawarn Singh.

The district officer also felicitated the winners and runners-up teams amidst encouragement for their future endeavours. The Wrestling event was officiated by Sanjeev Khajuria, Sourab Pandit, Ravi Kumar and Ishang Bandal. Among others present were Sham Lal, Anita Goswami, Soni Dev Khajuria, Romesh Chander, Deepika manhas, Bandana Sharma, Asha Meenakshi, Sanjeev Kumar, Jatin Sethi, Sudesh Kumar, Bhoopinder Singh, Angrez Singh, Vipin Photra, Ghanem Akhter, Sanjeev Khajuria and Bal Singh (Medical Assistant).

Chief Guest, Headmaster Kheralair Raj Kumar Sharma declared the tournament open in a function.

Chief guest motivated the players and guided them to participate in true spirit of

game.

The tournament is being organized as per annual activity calendar circulated by

The Director listened all the grievances of the staff and assured them that he would take every possible step to resolve them. The district officer also brief the officers about vacancy position of the staff and other issues of the department.

Director advised all the field staff to involve maximum students as well as non-students in the departmental activities at different levels and events like YSS Cup, L.G. Rolling Trophy, Sansad Khet Spardha etc.

Inter School Zonal Level U-19 Boys sports events of Pouni Zone begins

■ STATE TIMES NEWS

POUNI: The Department of Youth Services and Sports Zone Pouni on Thursday started Inter School Zonal Level U-19 Boys competitions at High School Kheralair, under the overall supervision of ZPEO Pouni, Ashok Kumar Sharma.

Chief Guest, Headmaster Kheralair Raj Kumar Sharma

declared the tournament open in a function.

Chief guest motivated the

players and guided them to

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leyball, kho-kho, kabaddi and wrestling were held for Under-19 boys category.

In all, 96 players of four HSS of Zone Pouni participated in the competitions.

Today's Results Kabaddi Final: HSS Laiter defeated HSS Pouni by 5 (37-32) points. Kho-Kho Final: HSS Bharak defeated HSS Ransoo by one (14-13) point.

Volleyball Final: HSS Laiter defeated HSS Ransoo by 2-1 (25-21, 25-22, 15-12) sets.

Wrestling: HSS Laiter remained overall champion.



Participants posing for a photograph with dignitaries.

Junior Athletics team leaves for NZ meet



■ STATE TIMES NEWS

JAMMU: Jammu and Kashmir athletics team on Thursday left for participation in the 33rd North Zone Junior Athletics Championship 2022 which is scheduled to be held at Karan Stadium in Haryana from tomorrow. The J&K team comprised 18 athletes and two officials. The Team Gourav Roy, Ajay Kumar, Tanvir Singh, Nazakat Hussain, Jhanvi Sharma, Sakshi Thakur, Tinku Kumar, Rahul Sharma, Ritik Sharma, Sulakshya Singh, Sara, Aditya, Abhijeet, Sorav Singh, Vishal Sharma, Nikhil Kumar, Tanvi Kohli, Shivani Thakur, Sahil Kumar and Arjun Singh Saini. Rajesh Kumar and Gurcharan Singh accompanying the team as manager and coach respectively.

■ STATE TIMES NEWS

SRINAGAR: With an aim to channelise the talent of youth positively, the Deputy Commissioner (DC) Srinagar, Mohammad Ajiaz Asad on Thursday inaugurated Inter-Zone District Level Football Tournament for 'Drug Free Srinagar' under "Mission Waapsi campaign" at Polo Ground, here.

The Tournament has been organized by the Department of Youth Services & Sports (YSS&S), Srinagar and is being held from September 01 to September 06, 2022 in which 32 teams in Under-19 Boys category from different



Schools of the District are participating. After formally inaugurating the tournament, the DC witnessed the inaugural match which was played between teams of S P Higher Secondary School and Minto Circle School. He also interacted with the players of the participating teams and extended his best wishes.

Speaking on the occasion,

the DC urged upon the youth to

join the efforts of

Administration in their fight

against drug-menace and keeping youth away from drugs and work together to achieve a drug-free Srinagar.

The DC asked the youth to take part in sports activities with added zeal and actively and also contribute in eradication of drug menace from the society. The District Youth Services & Sports Department & students in large numbers attended these Anti Substance Abuse Programs.

Giving details about the matches played today, it was informed that the first match played between S P Higher Secondary School and Minto Circle School at Polo Ground was won by S P Higher Secondary School. The second match was played between Higher Secondary School Khonmoh and SMI, Paraypora which

was won by HSS Khonmoh. The third match was played between Burnhall School and BHSS Khimbar which was won by Burnhall school.

Similarly, 3 matches under the initiative were also held in the playground of M.P Higher Secondary School in Sher-e-Khaas of the District. In the first match S.P. Blue defeated BHSS, Batmaloo, in second match Iqbal Memorial School defeated Doon International School. In the third match Kashmir Hardward defeated Green Valley Educational Institute.