

# Grandparents Day celebrated at JK Public School Kunjwani



Glimpses of Grandparents Day celebrations at Toddlers' World, a unit of JK Public School Kunjwani.

## ■ STATE TIMES NEWS

JAMMU: God gave us family to teach us about love especially of Grandparents who show us what unconditional, child-like love happens to be. We are part of our grandparents and they're part of us - that kind of love is special.

To treasure this amazing bond of love, Toddlers' World of JK Public School Kunjwani celebrated the Grandparents Day where all the grandparents were invited to witness a scintillating programme presented by their grandchildren.

The young children expressed their love, respect and gratitude towards their grandparents through various dance performances, songs and skits.

The dance and music performances by the little kids held everyone captive. A

role play was composed especially for the grandparents to honor the love and sacrifices they make for their families and to create awareness among the children.

The children were really excited to see their grand dad or grand mom participating in the games and cheered them wholeheartedly.

The Chief Guest, Hemraj Pakhru, Joint Director School Education Jammu graced the function and applauded the efforts made by grandparents, teachers and the tiny tots.

The grandparents were felicitated. Gifts were given for various games in which the grandparents actively participated with exuberance. The grandparents acknowledged 'Toddlers' World for organizing this event to honor them and to give them an

opportunity to spend some happy and relaxed moments with their grandchildren.

Raj Daluja, Chairman JK Educational Society applauded the toddlers and staff for organizing such a mesmerizing show. Presence of motherly figure Shashi Chaudhary, Director JK Educational Society boosted the morale of the tender toes. The Vice Principal Shashi Rattan thanked every grandparent for their presence and for their continuous support and guidance to children.

## KC Public School declared over-all winner in International Art Competition

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JAMMU: It was a matter of great pride for the students of KC Public School to be declared over-all winners in an international art competition organized by Chittagong Grammar School, Bangladesh recently. The theme of the painting was 'Innovate, Illuminate, Inspire'. The competition was open to all Round Square Schools in the world. A total of 331 amazing art entries was received from 44 schools from around the world.

In the competition held this year, Anadi Saini in the Junior Category was declared the first runner-up. Ojasvi Raina in the Senior Category was conferred Special Honorable Mention in this global art competition.

The credit for their achievement goes to the Art department of KCPS and invaluable support from Principal Amarendra Mishra. The school Management congratulated students for their incredible achievement.



Principal Amarendra Mishra honouring winner students.

## Workshop on drugs de-addiction held at DPS Udhampur



DPS Udhampur faculty and police officer at a programme.

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UDHAMPUR: Delhi Public School (DPS) Udhampur has organised Counselling for students of classes IXth, XIIth and XIIth in collaboration with district administration.

Students were made aware about drug abuse and how to stay away from this addiction. Program began with interactive session of question answers taken up by key speaker for the day, DSP DAR Udhampur; Shaheed Naheem Sir followed by SIO Udhampur; Chaman Gorkha where he spoke about misuse of cell phone in drug dealing.

He made it very clear that even if you delete your chat history after making such connections, they are not far from the reach of the authorities and government. Students got to know about the fate of wrongdoers.

The next session was taken up by PSI, Pallavi Rajput on meaning, definition of Drug abuse, its consequences and prevention.

Azia from Women Cell delivered a lecture on women empowerment, mental state of rape victims and counselling required for such cases. All the guests were felicitated by Pro Vice Chairman of the School, Dr. J.C. Gupta and MD of the School Vivek Gupta.

Director Academics of the school Sucheta Gupta asked the students to learn to say no to such pressures whenever incurred by outside forces that may put them in addiction. Principal, Dr. Kunal Anand Sir presented the vote of thanks.

# J&K UT Powerlifting & deadlift championship concludes

### ■ STATE TIMES NEWS

JAMMU: Three-day J&K UT Powerlifting and deadlift Championship unequipped and equipped Sub Junior, Junior, Senior & Master (Men & Women) concluded at Indoor Stadium Bhagwati Nagar, here on Tuesday.

The championship was organized by All J&K UT Powerlifting Association and was held under the observer of J&K State Sports Council Ritika Salathia I/e Manager Indoor Complex Bhagwati Nagar, Jammu.

Dr. Narinder Singh National Secretary BJP was the Chief Guest on the occasion while Daleep Kumar, BDC Chairman Miran Sahib, Purnima Sharma, Deputy Mayor, Birjeshwar Singh Raina Convenyor Border Welfare Cell B-J-P & Vijay Sharma was the special guest, who distribute prize among the winner and runner up players.

In Powerlifting Championship Amandeep Bassan and Samreen Kour won best lifter in Senior unequipped, while Gourav Sharma, Abida Khan & Heena Naz won best lifter in Senior equipped, Gourav Sharma, Haroon Choudhary, Adila Shafi won best lifter in Junior equipped & Unequipped while Adnan Choudhary and Shivani Langhe won best lifter in sub junior unequipped and equipped, Shalinder Singh & Umesh Raina & won best lifter in master I category & Uttam Rana won best lifter in master II category.

In deadlift championship Udhay Sharma, Momin Dar, Mumin Khan, Sourav Kumar,



All J&K UT Powerlifting Association members posing for a photograph and winners after receiving trophies.

Rajesh Saini, Raman Gupta, Apoorva Jamwal & Insha Bilal, won best lifter award sub junior, junior, Senior category.

Around 200 players participated from various district of J&K including Jammu, Samba, Kathua, Udhampur, Kishtwar, Doda, Poonch, Reasi, Budgam, Srinagar, Ganderbal, Kupwara, Bandipora & Baramulla in this championship.

Amandeep Bassan also set new record in squat event by lifting 267 kg, 185 in bench & 715 kg in total 93 kg senior category, Vikram Singh broke the previous record and set new record in squat by lifting 355 kg, 205 in bench press & 840 kg in total, + 120 kg in senior category, Haroon Choudhary also set new record by lifting 155kg in bench press, in 74 kg category, Udhay Sharma also set new record in squat by lifting 155kg, 205 in Deadlift and 460 kg in total in Sub junior 59 category, Samreen Kour also set new record by lifting 175 kg in squat, 92.5 kg in bench, 185 kg in deadlift and

452.5 kg in total in 76 kg Senior category, Amita Devi also set new record in squat by lifting 150 kg, 75 kg in bench, 140 kg in deadlift & 365 kg in total in 57 kg in senior category.

Mumin Khan also set new record by lifting 300 kg in deadlift in 93kg category, Gourav Sharma also set record by lifting 302.50 kg in deadlift in 120 kg category.

The officials of the association who organized J&K UT Powerlifting & Deadlift Championship in well mannered under the rule and regulation of Power Lifting India, namely Ajay Sharma General Secretary, Rahul Sawhney Senior Vice President, Gulzar Singh Vice President, Vikram Singh Vice President, Adil Ashraf Khan Jammu District General Secretary, Feroz Shah Srinagar District General Secretary, Shabeel Ahmed, Kathua District General secretary, Riyaz Ahmed Butt, President District Srinagar, Sanjeev Singh Joint Secretary, Vinay Sharma Media Secretary Deepak

Jyoti, Joint Secretary, & executive member of the association namely Sumit Gupta, Anshuman Sharma, Joginder Kumar, Sandeep Bannotra, Gourav Gupta, Hardeep Singh, Narinder Pal Singh, Suresh Pal, Sajjad, and Vishal Sharma.

WOMEN GOLD: Kajal Mehta, Yatiksra Rao, Punnet Kour, Heena Naz, Bumika, Sakshi Koul, Diksha, Kapoor, Amita Devi, Vanshika Verma, Adila Shafi, Humera Mohd, Inshal Bilal, Uparva Jamwal, Shivani Langhe, Samreen Kour, Abida Khan & Aditi Anand.

SILVER: Diksha Kapoor, Humera Mohd, & Sonali Bhagat.

MEN GOLD: Aniket Singh, Shabir, Irshad, Harjot Kumar, Uday Shama, Shivang Singh, Sachin Manhas, Toufiq Farooq, Mohd Jia Ul Haq, Aditya Sharma, Munish Khauria, Rameez Raja, Shabir Sadar Malik, Rujit Singh, Zahoor Ahmed, Abhishek Kesar, Jagdev Singh, Shubam Kalotra, Sourav Kumar, Piyush Amla, Umar Farooq,

Harshvardan Singh, Haroon Choudhary, Shabir Ahmed Bhan, Rajesh Singh Chib, Raman Gupta, Umar Farooq, Ritvik Sharma, Rajesh Saini, Tabish Ramzan, Adnan Choudhary, Jeevan Singh, Momin Dar, Kartikesh, Sandeep Singh, Ankush Chib, Parveen Chalotra, Toiyab Ayaz Tark, Ubaid Hafeez, Arav Verma, Vishavjeet Singh, Sunil Bhau, Anurag Magotra, Amandeep Bhasan, Shalinder Charak, Gharjeet Singh, Uttam Rana, Daksh Bakshi, Rajan Bhardwaj, Mumin Khan, Ang Dev Manhas, Sheikh Wasim Farooq, Vikramdeep, Rahul Kumar, Umesh Rana, Sheikh Wasim, Mohd Auyub, Ashiq Hussain, Gourav Sharma, Dr. Sairab Alam Bhat, Faiaz Nissar, Vikramjeet Singh & Manpreet Singh.

SILVER: Sant Kumar, Alim Mohd, Sourav Kumar, Ashish Khajuria, Goutam Bagga, Imran Alam, Vikas Mehra, Mutib Elahi, Umar Mehraz, Mohd Usman Malik, Vandansh Partap Singh, Piyush Amla, Abhiraj Singh, Uzair Mattoo, Ashish Singh,

Vansh Sharma, Saqib Nazeer, Harsh Sambyal, Rajnesh Singh Chib, Om Dutt, Mandeep Kumar Bhagat, Abhilash Singh, Arvind Khajuria, Mohd Waseem, Toiyab Aliyaz Trak, Zeeshan Khan, Aman Saini, Ubaid Hafeez, Nikhil Saroj, Laksh Deep Sharma, Burhar-U-Din Rather, Sahil Gupta, Rohit Kumar, Arjun Manhas, Mumin Khan, Shoy Gupta, Amrik Singh, Vishal Sharma, Sheikh Mahil, Mohd Ayub, Piyush Sharma, Abhiyam Sharma, Mohit Verma & Akash Dutt.

BRONZE: Lovely Sharma, Fuzail Bashir, Vansh Dogra, Umar Mehraz, Sachin Choudhary, Lucky Kumar, Rameez Raja, Nitin Sharma, Hanok Mattoo, Uzair Mattoo, Karan Thakur, Ishan Khan, Vibanshu Sharma, Rasam Gorav, ABhay Bhardwaj, Tabish Ramzan, Vishal Sharma, Ashish Singh, Puneet Kumar, Shabir Ahmed, Arjun Singh, Kirpal Singh, Anan Tak, Shubam Kumar, Amarjot Singh Manhas, Vikas Sharma, Sheikh Mahil & Piyaz Nissar.

# CISF men dominate in 7th All India Police Judo Cluster

### ■ STATE TIMES NEWS

NEW DELHI: Organized by Central Industrial Security Force (CISF), 7th All India Police Judo Cluster-2022 was inaugurated by Sports Minister Anurag Singh Thakur at Indira Gandhi Stadium, New Delhi from September 19 to 24, 2022. A total of 41 teams consisting of about 1580 sportspersons from Central Police Forces and



Medal winners posing for a photograph with officials.

State Police are participating in the Cluster.

TAEKWONDO: Men 54

Kg: Raghu Boro, Head Constable CISF gold, Ganesh Kumar Constable SSB, silver and Rahul Verma Constable ITBP and Shobhit Sah Constable CRPF joint bronze. 63 Kg: Shubham Head Constable CISF gold, Amarjeet Constable SSB, silver and S Mahabooob Basha Constable Andhra Pradesh and Anil Yadav Constable CRPF, joint bronze. 74 Kg:

Pankaj Head Constable CISF gold, Jarnel Singh SI Rajasthan, silver and Ringsar Ramechary Constable Assam and Himanshu Singh Constable Assam Rifles, joint bronze. 87 Kg: Abhishek Siwach constable ITBP, gold, Ajay Constable SSB, silver and Menudilloh Maurice Usou SI Nagaland and Vikas Siwach Constable Assam Rifles, joint bronze.