

KCPS holds basic counselling skills training for teachers

■ STATE TIMES NEWS

JAMMU: The 4th phase of Basic Counselling Training programme for teachers took place at KC Public School on September 18 & 19.

It is a part of the school's ongoing commitment to provide holistic education and support to its teachers and students. KC Public school is the only school in the region to have its teachers certified in the basic counselling skills. Saloni Priya, Director, Ummeed Counselling and Consulting Services, Kolkata, with 24 years of experience in the field conducted the workshop.

The training program aims at equipping teachers with



Saloni Priya, Director, Ummeed Counselling and Consulting Services, Kolkata interacting with teachers at KC Public School.

essential counselling skills and strategies to better address the diverse needs of students. By enhancing their understanding of mental health issues, effective communication techniques, and strategies for building positive relationships with stu-

dents, teachers are better equipped to provide emotional and mental health support within the school community.

With the increase in stress levels among students and the growing prevalence of emotional issues, it has become imperative for teach-

ers to possess the necessary skills to address these concerns.

The highlights of the sessions were topics such as addiction, its kinds, stage and symptoms, emotional management, probing skills in counselling, middle phase

of counselling skill, formulation of hypothesis, SWOT analysis, objectives of counselling outcomes, setting life goals and intervention tools.

"By investing in their professional development and providing our educators with the necessary tools and resources, we are able to create a more supportive and nurturing environment for our students to thrive in", remarked Amarendra Kumar Mishra, the Principal. KCPS remains dedicated to fostering a safe and inclusive learning environment where students feel supported, understood, and empowered to reach their full potential.

Fitnessgram, IISM Mumbai team meets Ranjeet Kalra



Fitnessgram, IISM Mumbai team meeting Ranjeet Kalra.

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JAMMU: A joint team of Fitnessgram and International Institute of Sports Management Mumbai comprising of Aman Kumar, Parth Pandya, Karan Mange and Kinjal Mehta held an interaction with ace sports

administrator Ranjeet Kalra here on Friday.

The talks primarily focussed on exploring possibilities with regard to launch of various sports management, fitness and health programs for coaches and athletes especially the stu-

dents below the age of 18 years in Jammu and Kashmir.

It is pertinent to mention here that 'Fitnessgram' is partnered by Bharat Ratna Sachin Tendulkar, Former India Cricketer Nilesh Kulkarni among others

Fitnessgram is a scientifically validated fitness assessment program developed in USA by Dr Kenneth H Cooper 'Father of Aerobics'. The visiting team members on this occasion also presented a IISM "Sports Heroes National Anthem Souvenir" to Ranjeet Kalra.

HPS students bring laurels at inter district divisional level taekwondo championship



Humaniy Public School faculty felicitating winner students.

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SAMBA: Student of Humanity Public School, Bassi Kalan, Bari-Brahmana brought laurels to the school by winning Gold, 4 Silver and 2 Bronze at Inter District Divisional Level Taekwondo Championship 2024-25 held at Youth Hostel Nagrota recently.

Bhanu, school coach assisted students during the championship. He trained the students whole heartedly to achieve the highest possible rank in the competition.

In an event, for Under-14Boys Paras Verma of class 8th won a Silver medal and Prithvi Balia of class 8th won a Bronze medal.

In Under-17 Boys category Sourav Kumar of class 10th won a Gold medal, Pranav of class 10th and Krish Bamotra of class 9th won Silver medal and Sushant of class 10th won a Bronze medal. Chunmun of class 10th won a Silver medal in Under-17 girls event.

Principal, Gaurav Charak and Vice Principal, Anku Charak congratulated and applauded the students for their excellent performance and also felicitated them in the school assembly in the presence of Incharges and other staff members.

They further boosted the morale of students and remarked that success is the sum of small efforts being repeated day in and day out.

RM Public School hosts Inter-School picnic



RM Public School faculty with students at picnic.

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JAMMU: R.M. Public School hosted a vibrant Inter-School picnic on Friday welcoming Pre-Primary institutions like Astro Kids (Sainik Colony)along with the senior Coordinator Talvinder Kour, Astro Kids (Chatta),Astro Kids (Sunjwan) along with Respected Principal Simran Kour and Kidzee School (Bishnah)along with Principal Surbhi.

The event was a resounding success with hundreds of little toddlers converging on the school's sprawling grounds for a day of unstoppable laughter, play and

friendship.

The tiny toddlers enjoyed the thrilling rides,swings, train ride along with DJ party. The excitement was further elevated by the captivating Puppet Show.

To top it all off they savored their favourite foods. The teachers extend their heartfelt gratitude for this wonderful opportunity.

Chairman Rameshwar Mengi welcomes the students whole heartedly with a warm smile and make them valued and appreciated. He galvanize the students potential.

Director Rakshan Mengi said "The picnic is an excellent opportunity for little

kids to unwind, socialize and create lasting memories with their peers and teachers.

Vice Principal Dr. Harvinder Kaur emphasizes the importance of extracurricular activities in enhancing overall student development.

Administrator Surinder Singh added that we believe in providing holistic education. Incharge Mala Goel and Co-Incharge Rajinder Kour showered blessings on the little champs for a brilliant future ahead.

Coordinator of Pre-Primary wing also motivated the students for new voyages to learn something new and excited to excel in life.

Legend Premier League T-20 (Veterans) Singh Club Akhnoor will face Jamwal Club in final



Winner team posing for a photograph.

■ STATE TIMES NEWS

AKHNOOR: In a thrilling semi-final match held at the Cricket Stadium in Bhalwal, Singh Cricket Club (SCC) Akhnoor clashed with Bawa Jitto Cricket Club.

Winning the toss, SCC Akhnoor opted to bat first, setting a challenging target of 145 runs after scoring 145 for 7 in their 20 overs.

Jai Pal Singh was the stand-out performer with the bat, scoring 43 runs off 39 balls, while Deepak Sharma con-

tributed a steady 35 runs off 47 deliveries. Lablu made an explosive impact, scoring 30 runs in just 13 balls, helping to build a competitive total.

Bawa Jitto CC began their chase with confidence but ultimately fell short, managing to score 144 runs and losing the match by a mere 1 run.

Kapil was the highlight of their innings, scoring a solid 56 runs off 44 balls, but despite efforts from Naresh and Vicky, who each added 15 runs, they

couldn't cross the finish line.

The bowling performance from SCC Akhnoor was remarkable, particularly Lablu, who claimed an impressive five wickets, while Ravi Chowdhary supported with two.

The nail-biting finish resulted in Singh Cricket Club Akhnoor advancing to the final, where they will face Jamwal Cricket Club, who secured their spot by defeating Evershire Jammu in the second semi-final.

Lablu's outstanding performance earned him the title of Man of the Match. The match, officiated by umpires Atul Sharma and Avinash Singh, showcased a spirited contest among veteran players.

The final is scheduled for Sunday, September 22, 2024, at 10:30 AM. This exciting tournament has been organized by Kapil Jamwal, Avinash, Atul Sharma and Team, promising fans a thrilling conclusion to the Legend Premier League.

■ STATE TIMES NEWS

KATHUA: The Department of Youth Services and Sports, District Kathua, has officially launched the Inter-District Division Level Kho-Kho Tournament for U19 boys, running from 20 to 28 September at the Sports Stadium in Kathua. The opening ceremony featured Sh Jarad Pratik Anil (IAS), Assistant Commissioner (UT), as the chief guest, with Sh Tara Chand, Principal of Government Higher Secondary School Boys Kathua, serving as the



Kho-Kho teams posing for a photograph with dignitaries at Kathua.

guest of honor.

District Youth Services and Sports Officer Sunil Singh Sambyal welcomed the chief

guest with a bouquet and highlighted the department's achievements. In his address, Sh Anil encouraged

the players to embody the true spirit of sportsmanship throughout the tournament. A total of 10 districts from

Khelo India Volleyball Tournament organized at Bhatt Dhurian

■ STATE TIMES NEWS

POONCH: The recent volleyball tournament organized by the Indian Army for the youth of the southern Pir Panjal region concluded in an exhilarating finale on 19 Sep 2024. Aimed at promoting sportsmanship and community engagement, the event attracted significant participation and local enthusiasm.

The tournament kicked on 08 Sep at Govt Higher Secondary School, Bhatt Dhurian, which became a hub of activity as six teams from various villages competed. The initiative was part of the Indian Army's outreach program, designed



Army officer interacting with players.

to engage with young people in remote areas, where access to organized sports is often limited.

The Indian Army recognized the potential of sports to build community ties and foster essential life skills among youth. The teams were awarded trophies and

medals emphasizing the importance of recognition in fostering continued participation in sports.

Following the final match, a ceremony celebrated all participants and highlighted outstanding individual performances.

Awards for categories such

as "Best Player" and "Best Setter" showcased the talents of players from all teams, reinforcing the tournament's commitment to personal growth.

Overall, the volleyball tournament was a resounding success, leaving a lasting impact on the community and its youth. Many participants expressed renewed enthusiasm for sports, and discussions about establishing regular sports programs in the area have begun.

The Indian Army's engagement with local youth has set a precedent for future initiatives, ensuring that the spirit of teamwork and competition continues to thrive in the Pir Panjal region.

JSS Jammu marks commencement of CBSE Cluster XVIII Kho Kho Championship for girls

■ STATE TIMES NEWS

JAMMU: The inaugural ceremony of the CBSE Cluster Kho Kho for girls was held at Jammu Sanskriti School, Jammu, marking a significant milestone in promoting sports among young female athletes.

The event was graced by Chief Guest Rajinder Singh Tara, Director General of the Youth Services & Sports Department, alongside distinguished guests including Dr. Vikesh Kaur, Principal of Doon International School and President of the Jammu Sahodaya School Complex as Guest of Honour alongwith Dr. Pramod Kumar Srivastava, Principal of Model Academy and Zonal Coordinator for NTA, Dr. KCS Mehta, Director Academics of IDPS Akhnoor



JSS Jammu faculty and other dignitaries posing with participating teams.

Advisor to the Jammu Sahodaya School Complex, Ved Prakash, Joint Director, Jitendra Mishra, Deputy Director of YSS, and Harvinder Kour, DYSSO Jammu as special invitees.

The ceremony commenced with a welcome song, followed by an inspiring address from Rohini Aima, Principal cum Vice-Chairperson of Jammu Sanskriti School.

In her speech, she emphasized the transformative power of sports, stating,

"Engaging in sports instills discipline, teamwork, and resilience in our students, preparing them for future challenges."

The event included a solemn oath-taking ceremony where participants pledged to uphold the spirit of sportsmanship and fair play. Cultural performances showcased the rich traditions and talents of the students, adding vibrancy to the occasion and receiving enthusiastic applause from the audi-

ence.

During the inaugural ceremony, Chief Guest Rajinder Singh Tara remarked, "Today, we celebrate not just sports, but the spirit of empowerment that comes with it. Engaging in activities like Kho Kho helps our young girls build confidence, teamwork, and leadership skills. I urge all participants to embrace this opportunity and strive for excellence both on and off the field."

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Additionally, a friendly match was initiated during the ceremony, further fostering camaraderie and sportsmanship among the participants. This event stands as a testament to the commitment of the Jammu Sahodaya School Complex in nurturing young talent and promoting a culture of physical fitness and sportsmanship.

University of Jammu organizes Intramural Competition



Participating players posing for a photograph at JU.

■ STATE TIMES NEWS

JAMMU: The Directorate of Sports and Physical Education, University of Jammu organized Intramural competition for the students of B.P. Ed& M.P. Ed at Basketball Court of the Directorate.

Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, JU was the Chief Guest on the occasion who interacted with the students in the presence of Dr. Mandeep Singh (Assistant Professor), Vimal Kishore (Assistant Professor), Ravish Vaid, Vikas Karlopia,

Sh.Gagan Kumar, Harinderpal Singh, Inderjeet Singh, Rishiv Sharma, Richa Mandla and Vandana Sharma.

While addressing the gathering Dr. Daud, congratulated the organizers for organizing such type of Sports event, which will provide an opportunity to the students of the Directorate to come closer to each other besides showing their Sports talent.

He also appreciated the participants and officials of the Directorate of Sports and Physical Education, University of Jammu. He further added

that the Directorate is organizing various Inter-College, Inter-Universities competitions, for that it is one of the best ways to prepare the students for the competitions. He also emphasized that Sports and games impart a sense of discipline, fellow-feeling and togetherness. Sports and games are the right avenues to channelize energy and vitality of students in a positive direction.

Results of the Basketball matches: M.P. Ed-3rd Semester (Gold), M.P. Ed-1st (Silver) and B.P. Ed-1st (Bronze).

iConcept launches iPhone 16 Series in Jammu

■ STATE TIMES NEWS

JAMMU: iConcept celebrated the launch of the iPhone 16 series at its Jammu store on Friday. The event captivated Apple enthusiasts with the introduction of four models: iPhone 16, iPhone 16 Plus, iPhone 16 Pro, and iPhone 16 Pro Max. Attendees were eager to explore the series' groundbreaking features, including the powerful A18 and A18 Pro Bionic chips, which deliver unparalleled speed and efficiency. The new models boast significant enhancements such as customizable camera control and an action button for a more intuitive experience, alongside larger displays measuring 6.3 inches for the standard models and 6.9 inches for the Pro variants. The Pro models also feature a Pro Motion display with a 120Hz refresh rate for smoother interactions, an advanced AI-powered camera system for superior image and video quality, and extended battery life designed to last longer. The iConcept store buzzed with excitement as it hosted hands-on demonstrations, exclusive launch-day offers, and personalized consultations for customers. This successful event not only showcased the innovative features of the iPhone 16 series but also solidified iConcept's position as a leading player in Jammu's tech retail market.

