

JKiians fully geared up to win first hurdle race "Mid-Term exams": Principal JKPS Kunjwani



Students appearing in Mid-Term exams at JK Public School Kunjwani.

STATE TIMES NEWS

JAMMU: Principal JKPS Kunjwani Rajesh Rathore appreciated students for adjusting their oars, setting their sail under the guidance of their teachers and taking their Mid-Term exams with enthusiasm and dedication.

He stated, "Life is a series of exams. Every round of testing and evaluation empowers us and takes us closer to our destination. As a piece of gold can't be transformed into a 24 carat gold without a fire treatment, like-wise, human beings are put to a rigorous training for ensuring their best possi-

ble versions. Hence, a progressive school, like, JK Public School, Kunjwani, grooms students on its rolls for all the future needs. Mid-Term exams provide students a testing platform to showcase their acquired skills pertaining to hand writing, neatness & presentation, artistic acumen, linguistic competence, subject knowledge & time management".

Reflecting on the importance of Mid-Term exams, Roopinder Kaur, Vice Principal JKPS Kunjwani shared, "Mid-term exams help students set short-term aca-

demie goals and track progress towards achieving them. By doing well in Mid-Term exams, students feel more motivated to stay focused on their long-term academic and career goals".

School Coordinator Inderjeet Kaur appreciated students for showing a perceptible change in their level of sincerity and devotion.

She said, "Mid-term exams help teachers and students evaluate how well the material taught in the first half of the term has been understood. They provide insights into areas of strength and where

improvement is needed. The results serve as feedback for both students and educators, highlighting topics that may require more attention before final exams".

Academic Coordinator Parvinder Kaur lauded the endeavours of teachers and students for the Mid-Term exams.

She said, "Preparation for Mid-Term exams teaches students the importance of managing their time effectively, balancing study with other responsibilities. Handling the pressure of exams helps students build resilience and

develop strategies to cope with stress, which is a valuable life skill".

Summing up the importance of exams in fostering the spirit of determination, planning and time management among students and staff, Principal Rajesh Rathore applauded the dedicated efforts of teachers for bringing laurels to the school all these years & helped creating the requisite ambience for academics in the school.

"Mid-term exams encourage students to consolidate their learning early in the term, making final exam preparation easier and less challenging. By having a structured exam mid-way through the term, students are encouraged to stay on track with their studies rather than stressing themselves at the eleventh hour".

He expressed his elation over the consistent brilliant results from Board students under the guidance of their teachers. He wished JKians good luck for a commendable performance in the Mid-Term exams, concluding on 5th October 2024.

Heritage School organises communication skills workshop for faculty



Resource person Dr. Shreya Chatterjee speaking at a workshop

STATE TIMES NEWS

JAMMU: Heritage School organized a comprehensive workshop on Effective Communication Skills for its faculty. The resource person for the session was Dr. Shreya Chatterjee, an accomplished academician and legal professional currently pursuing law and a member of the Bar Council of India.

Dr. Shreya, who holds a Ph.D. in English and has over two decades of teaching experience, has previously held key roles at prestigious institutions such as St. Xavier's College, Jaipur, and Mayo College Girls' School, Ajmer.

She has published 20 papers in national and inter-

national journals and has been a Chief Mentor and Staff Secretary. She is also the Founder Editor of X-press, the magazine of St. Xavier's College.

During the workshop, Dr. Shreya shared valuable insights into effective communication strategies and techniques, focusing on enhancing faculty interaction with students and fostering a conducive learning environment. The session was highly interactive, with faculty members actively participating and gaining practical knowledge for their professional development.

Dr. Shreya also conducted a subject-based session with the English faculty, discussing the history and

development of the English language, colonial influences on its popularity and usage, its current relevance and job prospects.

She explored the role of dialects, pronunciation, intonation, inflection, syntax and grammar, as well as the LSRW (Listening, Speaking, Reading, Writing) model of language learning. She provided tips on building vocabulary and encouraging students to develop a habit of reading quality literature.

Dr. Shreya captivated the audience with her dynamic teaching approach, seamlessly blending humor with practical examples to create an engaging and informative workshop.

Her ability to simplify complex concepts made the session both insightful and enjoyable for the participants.

The workshop concluded with the Principal Akash Pradhan, extending thanks on behalf of the school, appreciating Dr. Shreya for her invaluable contributions and the wealth of knowledge she generously shared.

Udhampur emerges winner of Kho Kho U-14 Boys Tournament



Udhampur team receiving winner trophy.

STATE TIMES NEWS

KATHUA: Udhampur has clinched the U14 boys' Kho Kho trophy by defeating Poonch in a thrilling final of the Inter-District Division Level Tournament organized by the Department of Youth Services and Sports, Kathua.

The tournament saw an exciting journey to the final, which followed a third-place

match between Samba and Kathua. In that match, Samba showcased a dominant performance, defeating Kathua by a significant margin of an inning and 8 points.

The final match between Udhampur and Poonch was a nail-biter, ultimately concluding with Udhampur securing victory by just 2 points.

District Youth Services and

Sports Officer Kathua, Sh. Sunil Singh Sambyal, presented the winners' trophy to Udhampur, while Poonch received the runners-up trophy and Samba was awarded the third position trophy. The closing ceremony was attended by Activity Incharge S. Dharminder Singh Shelly, Parveen Singh Lakhani, and other officials from the Department of Youth Services and Sports, Kathua.

The Kho Kho tournament for all age groups wrapped up today, having commenced with the U19 boys' competitions on September 20, 2024, showcasing a competitive spirit and athletic talent across the district.

STATE TIMES NEWS

JAMMU: Shiksha Niketan Higher Secondary School held a Rabies Awareness Programme as part of World Rabies Day.

The event was conducted by Dr. Smruti Smita Mohapatra, a Rabies Ambassador from the Vignay Setu Foundation, aiming to raise awareness among students about the dangers of rabies.

The awareness talk attracted hundreds of students and teachers, centered around the theme "One World, One Health". Dr. Mohapatra effectively defined rabies, dis-

Shiksha Niketan School organizes rabies awareness programme on World Rabies Day



Dr. Smruti Smita Mohapatra addressing students.

cussing its causes and its impact on society, particularly on students. She highlighted various preventive measures and treatment options for

rabies, ensuring that the information was accessible and engaging for the young audience.

The program provided

essential insights into the disease, including strategies to avoid bites and appropriate responses in case of an incident. Dr. Mohapatra also informed students about the Prevention of Cruelty to Animals Act of 1960, emphasizing the importance of treating animals with respect and care.

Additionally, the awareness initiative included discussions on understanding dog behavior, ways to interact non-provocatively with dogs, and basic bite management practices. Dr. Mohapatra outlined critical steps for accessing

post-exposure treatment and the importance of vaccinating dogs to prevent rabies transmission.

Principal of Shiksha Niketan, Rameshwar Mengi, commended the efforts of the Vignay Setu Organization and Dr. Mohapatra for their invaluable contribution to the students' knowledge on rabies.

He encouraged students to follow the advice given during the session to maintain their health and well-being, reinforcing the importance of such educational programs in fostering a safe and informed community.

HPS Girls shine inter-zonal district level athletic meet

STATE TIMES NEWS

SAMBA: Inter-Zonal District Level Athletics meet for Under-14 and 17 girls organized by the Department of Youth Services and Sports at Sports Stadium Smailpur in Purnamandal Zone.

In a flabbergasted display of skill and determination, students of Humanity Public School, Bassi Kalan, Bari-Brahmana escalated to victory in the recently concluded Inter-Zonal District Level Athletic meet. Humanity Public School participated in a variety of events including track and field, Basketball, Volleyball, Running, Discuss



Humanity Public School faculty felicitating winner students.

throw, Shotput, Javelin throw, High jump, Long jump and Triple jump. Girls

of HPS showcased their level of fitness and athleticism while participating in the dif-

ferent athletic events and successfully won 6 Gold medals and 3 Silver medals.

Under-14 Girls, Gold medal was won by Manpreet Kour of class 9th in 100m race and Silver medals were won by Snavi Bhandral in 600m race and Reeya Charak in Discuss throw of class 7th. However, Under-17 Girls, Gold medals were won by girls of class 11th named Smiley Sharma in

100m race and Sneha Sharma in 200m race. Gold medalists of class 9th were Deepika Kumari (Shotput and Discus throw), Rohini Bhagat (High jump) and Sofia Malik (Long and Triple jump). Dipti Katal of class 8th won Silver medal in 800m race.

Mahan Singh (Sports Incharge) and other sports teachers assisted students during the competition and trained them whole heartedly to achieve the highest possible rank in the competition.

Principal of the school, 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 also congratulated all the students and teachers on the success of the winners.

KC Public School's team shines at the UT Level Netball Championship



Medal winner KCPS students posing for a photograph with faculty.

STATE TIMES NEWS

JAMMU: KC Public School's Netball emerged victorious in the UT Level Netball Championship held recently at sports complex Bhagwati Nagar. The team displayed exceptional teamwork, skill, and sportsmanship throughout the tournament, securing the top spot and leading the gold medal's tally.

The players from KC Public School showcased their talent and determination on the court,

outplaying their opponents with speed and precision. The boys' team consisted of gold medalists Hitesh Badgal, Jatin Taryal, Mannat Mahajan, Advay Singh, Atharav Gupta, Devansh Singh, Aks Sharma, Sargav Jandyal, Aashraye Arora whereas Samvi Kapoor, Himanshi Gupta, Vedanshi Verma, Rivka Bansal, Moksha Kichloo, Shruti Devi, Manasvi Sudhan, Sharanya and Aahana Gupta were the gold medal winners.

The success of the KC Public School's Netball Team is a testament to the hard work and dedication of both the players and their coaches. The school is committed to fostering a supportive and empowering environment for its student-athletes to thrive and succeed in their chosen sports.

The Management of KC Public School congratulated the team for their well-deserved victory and wished them luck for future competitions.

Vansh Sabre Sports Foundation honoured Cyclist Yawar Ali Khan



VSSF members honouring Yawar Ali Khan.

STATE TIMES NEWS

JAMMU: Vansh Sabre Sports Foundation Secretary Kuldeep Kumar Gupta told Yawar Ali Khan Cyclist Bronze Medalist in 20th Senior

National Mountain Bike Championship held at Morni Hills, Panchkula, Haryana wherein he stood third place in Down Hill, Men Elite Category was honoured today in a simple and impressive function in the presence of Cycle Association of Jammu & Kashmir General Secretary Sarwant Singh Gill who is also a Member of Athlete Panel Commission of Cycle Federation of India.

Further president of the foundation Dr. Anil Padha paid good wishes and encourage him to mark the name of J&K UT on the map of India and also appreciated the role of Nuzhat Gull Secretary Jammu & Kashmir Sports Council who is promoting sports in all different games in each nook and corner of J&K (UT) and also gave good wishes to Cyclist Yawar Ali Khan for winning of Bronze Medal.

STATE TIMES NEWS

JAMMU: Jammu and Kashmir bagged overall fourth place in the 33rd Senior National Wushu Championship held at Dehradun. The J&K team secured two gold, Silver and nine Bronze medals in

both men and women section.

While gold came through India player, Surya Bhanu Partap Singh and Kamraan in 65 kg and 90 kg weight categories respectively, Kunal won the lone silver medal.

The bronze medals for J&K came through Abhishek Jamwal, Hritik Charak, Tanshiv Raina, Ayyera Chisti, Pratiksha

here today informed.

Earlier, the team underwent a 21-day long coaching camp before they left for the venue. The team

the medal winners for the success. Lalit Singh, Appu Janwal and Owais Sarwar accompanied the team as officials.

SVEEP awareness rally organized by GGM Science College Jammu

STATE TIMES NEWS

JAMMU: In a spirited initiative to promote voter awareness and encourage responsible electoral participation, Government Gandhi Memorial (GGM) Science College, Jammu, successfully organized a rally under the Systematic Voters' Education and Electoral Participation (SVEEP) program.

The event was aimed to inspire enthusiastic participation in the upcoming Legislative Assembly elections.

The entire College family i.e. Faculty, students, NCC Cadets, NSS Volunteers, and non teaching staff members participated in the rally and actively involved to promote



Principal GGM Science College, Prof. (Dr.) Romesh Kumar Gupta flagging off the rally.

voter participation thereby strengthening the democracy.

The rally was held under the overall supervision of Prof. (Dr.) Romesh Kumar Gupta, Principal of GGM Science College, who also flagged the rally from the College Campus. Speaking on the occasion, Prof. Gupta empha-

sized the pivotal role of voting in strengthening democracy as every vote counts and even a single vote can make the difference. He specially stressed and motivated the new and young voters to cast their vote.

He highlighted the significance of active civic engagement and elaborated on the

various initiatives undertaken by the Election Commission of India (ECI) to ensure higher voter turnout and fair elections.

The rally that passed through key locations such as Canal Road, Jewel Market, and Vikram Chowk, concluded at the General Zorawar Singh

Auditorium, University of Jammu. Enroute students and staff members raised voter awareness through impactful slogans like "My Vote-My Right, My Vote-My Voice, My Vote-My Pride and Voting is Power while holding and displaying playcards, banners etc for general awareness.

At the General Zorawar Singh Auditorium, a special event was held where the District Election Officer (DEO), Jammu, interacted and urged the youth not only to cast their vote but also to encourage their families and peers to actively participate in this essential democratic process, underscoring the importance of every vote in shaping the nation's future.



Winner Jammu and Kashmir wushu team with officials after receiving medals.

Slathia, Kartiyya Gupta, Rohit Thakyal, Amit, Shubam and Abhishek. Majority of the J&K players reached quarterfinals stages thus qualified for the National Games, a handout issued by the Wushu Association of J&K

received congratulatory messages from Secretary J&K Sports Council, Nuzhat Gul for winning fourth place. Vijay Saraf, president of the Wushu Association of J&K and general secretary, Bhavneet congratulated

Kuldeep Handoo (Dronacharya Awarded), who was also part of the team demanded an exclusive Wushu Academy in J&K so that talented boys get the best facilities for preparing for the 2026 Asian Games.