

Beware of social media influencers & stay judicious: Principal JKPS Kunjwani



Principal, JK Public School Kunjwani Rajesh Rathore and students addressing morning assembly on Tuesday.

■ STATE TIMES NEWS
JAMMU: "Blindly following others is like walking in someone else's shadow - you may move forward, but you will never find your own light". Such a powerful statement from Kalyani from Grade XI (Medical) created the requisite momentum to generate heat among masses.

Catching the fancy of a curious audience during the morning assembly, Shivaansh stated, "It's a paradox of modern units that the more we engage with social media in

our virtual lives, the more anti-social we become in reality".

"Meet Nilesh. He is just turned 13 and has an unhealthy relationship with his parents. His dad is a workaholic, while his mother, a typical homemaker, never leaves any stone unturned to fulfill her son's needs. To compensate for not being there as Nilesh was growing up, his dad surprised him on his 12th birthday with a Brand new iPhone 15. Nilesh was on Cloud nine that day. However,

the bond that seemed to revive itself wasn't with his parents but with his new gadget", he added.

"Besides sending all day of Battle Royale games, Nilesh developed a deep passion for social media. Since then, he has been operating a new Instagram profile, and his tiny hands never beg for mercy, even after scrolling through almost a thousand reels per hour", he further added.

Enhancing the curiosity of students further, Kalyani

pitched in by saying, "Recently, Nilesh came across a social media page promoting a very vibrant-looking USB stick, which emitted smoke particles. The marketing team of this hazardous object had no idea that the item they were aggressively promoting was actually an electronic cigarette, popularly known as "vape". It was not long before Nilesh discovered the very same item being promoted in a vlog by his favourite Youtuber as part of a sponsorship".

"Unknowingly, the idea of vaping fascinated innocent Nilesh. The next day, he stole his dad's credit card and ordered a vape for himself. Over time, this fascination transformed into an addiction, which absolutely shattered Nilesh's self-image and terribly deteriorated his mental state. Moreover, at the tender age of 15, when teenagers are supposed to be entering high school, Nilesh's condition has unfortunately landed him in a Rehab centre", she added.

"This is not just about Nilesh,

it is about every other teen who still binges on toxic influencers that advertise vapes, online gambling and cyber-bullying, which all lead to absolutely nothing except cheap dopamine", she added further.

Summing up the reflections, Harshdeep stated, "In a world where influencers have become powerful voices, shaping opinions, lifestyles, and even culture, we must ask ourselves; what do they truly influence? While influencers promote ideals of authenticity, their lives are often curated for perfection,

creating unrealistic standards for millions. They connect us through screens, yet they may disconnect us from our true selves. They encourage individuality, but by following them, we risk losing our unique voices".

Principal, JKPS Kunjwani Rajesh Rathore lauded the need-of-the-hour theme of the morning Assembly and enriched the audience with his pearls of wisdom. He stated, "The paradox lies in how these social media influencers empower and diminish us

simultaneously. As we navigate this digital age, it is crucial to reflect on: who influences us and why?"

"Let's strike to be more conscious consumers of content, valuing genuine connections over superficial trends. Beware of these social media influencers and stay judicious. Use your own discretion & speak to your parents/teachers if you're unable to take a call yourself. Always remember a famous quote from Thomas Gray in such situations: Ignorance is bliss", he summed up.

GGM Science College organises lecture on Environmental Conservation

■ STATE TIMES NEWS
JAMMU: The Nature Club, NSS Units and SVEEP of GGM Science College recently organised a lecture on "Redefining Living: The journey towards a Sustainable Lifestyle" to enhance awareness and understanding of environmental challenges among students and faculty.

The event was held under the guidance of Prof. (Dr.) Romesh Kumar Gupta, Principal, GGM Science college. He highlighted the critical importance of environmental conservation and emphasised the role educational institutions play in shaping future leaders who are conscious of their environmental impact.

He commended the efforts of the Nature Club, NSS



Principal GGM Science College, Prof. (Dr.) Romesh Kumar Gupta with faculty members.

Units and SVEEP cell for their initiative and encouraged students and staff to integrate sustainable practices into their daily lives to contribute to a healthier planet. The lecture was delivered by Prof. Preeti Dogra, Head, Department of Environmental Sciences at GDC Jindrah. She provided valuable insights into

the significance of environmental conservation and practical steps individuals can take to protect natural resources.

The session saw enthusiastic participation from students, who engaged actively in discussions, gaining a deeper understanding of sustainable practices and conservation

efforts.

The event began with a welcome address by Dr. Sumiksha Thakur, Convenor, Nature Club.

The organisation and coordination of the event was led by members of the Nature Club, including Dr. Arti Sharma, Dr. Preeti Verma, Dr. Anil, Dr. Arti Heer and Prof. Kiran Bala

along with NSS Programme Officers Dr. Rahul Kait, Dr. Neha Sharma and Dr. Chaman all, Convenor SVEEP cell. Their collaborative efforts ensured the smooth execution of the event and highlighted the college's commitment to environmental stewardship.

The formal vote of thanks was presented by Dr. Arti Sharma, who expressed appreciation to the speaker, participants, and all those involved in making the event a success.

This initiative is part of GGM Science College's ongoing efforts to encourage sustainable practices and engage students in meaningful activities that contribute to environmental conservation.

Heritage School shines at Inter District Division Level Handball Tournament



Heritage School faculty felicitating winner students.

■ STATE TIMES NEWS
JAMMU: Heritage Girls Handball team proved their mettle at the Inter District Division Level Handball Tournament, held on August 23, 2024, in Udhampur. Representing District Jammu in the U14, U17, and U19 categories, the talented athletes from Heritage showcased their skills and secured impres-

sive results. Their exceptional skills and strategic play contributed significantly to their respective team's triumph.

In the U14 category, the team, consisting of Snigdha Jamwal, Gurseerat Kour, Aastha Gupta, Vaanya Vig, and Aarika Gupta, clinched a silver medal.

In the U17 category, Samaria Mahajan and

Tevishi represented District Jammu and emerged victorious, securing a gold medal.

The U19 team, comprising of Shubrika Kalra, Kripa Vig, and Sejal Smayal, also brought home a gold medal.

The Heritage fraternity extends its heartfelt congratulations to all participating students and their coaches for the remarkable achievements.

KCPS students shine at district level netball championship



KC Public School faculty felicitating winner students of the school on Tuesday.

■ STATE TIMES NEWS
JAMMU: Netball team of KCPS shone at the district level Netball Championship organized by Netball Association of J&K at sports complex, Bhagwati Nagar, recently.

The boys' team bagged 12 gold medals and 8 bronze medals whereas the girls' team bagged 10 silver medals. Keans displayed remarkable agility, strategic gameplay, and extraordinary talent on the court, earning praise

and admiration from spectators and competitors alike.

The boys' team was adjudged 'The Emerging Team of the Tournament'. Principal Amarendra Kumar Mishra expressed immense pride in the students' achievement and stated that they have once again proven themselves to be true champions on and off the field.

He further added that their hard work, passion for the sport, commitment

to excellence and support from the coach Shrishta have resulted in this well-deserved victory. It is a testament to school's commitment to holistic approach to the development of its students.

Chairman Raju Chowdhary, Vice Chairman Arjun Chowdhary, MD Arti Chowdhary, Principal Amarendra Kumar Mishra and Vice Principal Sanjay Pandey congratulated the team for their excellent performance in the event.

■ STATE TIMES NEWS
JAMMU: Jammu and Kashmir women cricket is on the rise because a good number of women cricketers have sealed berth in Zonal teams, Challenger Trophies, NCA Camps and what and what not from the last few seasons, courtesy--JKCA Administration, which has left no stone unturned in facilitating, patting and promoting women cricketers to blossom at the national scene.

Sarla Devi, Sandhya Sayal, Shivanti Gupta, Mariya Noorain, Rudrakshi Chib, Bavandeep Kaur, Ananaya Sharma and Ananya Dogra are a few women cricketers who have excelled at the higher levels. Now, talented genuine all-round of Jammu and Kashmir Cricket Association (JKCA), Chitra

Singh Jamwal, who has the honour of being the first woman cricketer from J&K to score a century at the National scene in the Senior Women's One-Day Zonal Trophy and having the cricketing brilliance with 5 magnificent centuries at her back and two in the last season itself, has been named in the prestigious Women's Fast Bowling Camp to be organised by the National Cricket Academy (NCA) at Bengaluru from September 9 to September 14, 2024.

According to a letter issued by Head Cricket, NCA, VVS Laxman to Jammu and Kashmir Association (JKCA), Ms Chitra after getting the nod of All India Women's Selection Committee, has been asked to report at Bengaluru on September 8 (AN).

Chitra has scored around



800 runs in all the formats last season with a healthy average, besides taking 25 wickets.

She has produced stellar performances in Senior Women's One-Day and T20 Trophies, besides U-23 Women's T20 Tournament. She has scored 327 runs with two splendid centuries and two big fifties in Senior Women's One-Day Trophy, 298 runs in Women's U-23 One-Day Trophy and 148 runs in Senior Women's T20 Trophy, besides taking 8, 9 and 5 wickets in these

tournaments respectively. She also took 2 wickets for North Zone in the Inter-Zonal One-Day Tournament, which forced her to miss the U-23 Women's One-Day Trophy last season.

After emerging top run-getter for J&K with 148 runs and 9 wickets in the Senior Women's T20 Tournament last season, Chitra emerged top run scorer in the country in the league phase of the prestigious Women's U-23 T20 Trophy and again top scorer in the country in league phase of the Senior Women's One-Day Trophy.

Promising Chitra had scored three half-centuries with unbeaten 68* as her top score, apart from unconquered 48*, 45 and 22* runs in the other three innings. Though, Chitra scored three and missed two fifties, Aradhana D Bisht

scored 2 fifties in the league phase of this tournament.

In Senior Women's One-Day Trophy, Chitra amassed 327 runs with an average of 81.73, smashing 2 centuries and 2 fifties, including a hundred against Rajasthan, having the most formidable bowling attacks in the country. "I accredit my success to the facilities being provided to the players by JKCA at home and the pat and promote attitude of the Administrators and the officials, besides sheer-dint of hardwork by my parents. My job is to deliver my best and wait for the opportunities," maintained Ms Chitra.

"Chitra has performed exceptionally well throughout the last season and has made all of us proud by producing stellar performances with both willow and the ball," said JKCA Administrators.

J&K UT shine at Ayodhya Dance National Championship 2024

■ STATE TIMES NEWS
JAMMU: The National Performing Arts Association of India 2024, held in Ayodhya, Uttar Pradesh on August 31 and September 1, saw exceptional performances from participants across various states, including Jammu & Kashmir.

The event, organized by the Uttar Pradesh Performing Arts Association in collaboration with the Performing Arts Association of India, featured a diverse range of talents in dance, singing, and acting.

J&K UT's delegation, supported by the Performing Arts Association of J&K and Harman Cultural and Educational Society, Jammu, made a remarkable impact.

Notable achievements included Gurukul Dance Academy from Udhampur securing third place in tra-



Winner dancers of J&K UT in jubilant mood posing with official team.

ditional group dance, Manikarnika Singh from Samba winning second place in solo classical dance, and the Star World Dance Academy clinching bronze in senior trio dance.

Additionally, Pranvit Singh from Harman Dance Institute won gold in junior solo

traditional dance, while the Bhangra group and trio of Aaruhi Bhagat, Harliv Kour, and Hishani also secured gold medals.

In singing, Samridhi Sen from Kishtwar and Aradhya Sharma from Udhampur achieved gold and silver, respectively.

The best performers

were celebrated and are set to represent India at an upcoming international dance competition in Nepal.

The event highlighted the vibrant talent pool in J&K UT and showcased their growing prominence in the national performing arts scene.

MP Gulam Ali Commends Sheetal Devi's Achievements Calls her an inspiration for J&K Youth

■ STATE TIMES NEWS
NEW DELHI: Senior BJP leader and Rajya Sabha MP Er. Gulam Ali Khatana has extended his heartfelt congratulations to para-athletes Sheetal Devi and Rakesh Kumar for their remarkable performance at the Paris Paralympics. The duo secured a Bronze medal in the Mixed Team Compound Open Archery event, a significant achievement that brings immense pride to the nation.

In his statement, Khatana lauded 17-year-old Sheetal Devi, from Kishtwar district in Jammu and Kashmir, for her outstanding achievements in para-archery. "Sheetal has already made a name for herself globally, and her accomplishments at the 2022 Asian



Para-athletes Sheetal Devi and Rakesh Kumar secured a Bronze medal in Paris Paralympics games.

Para Games, where she won two golds and one silver, earned her the prestigious Arjuna Award," Khatana said. He praised Sheetal's dedication and skill, noting that her latest victory at the Paris Paralympics further underscores her excep-

tal talent.

Khatana also commended the athletes for their exemplary team spirit, which was crucial in securing the Bronze medal. "Sheetal and Rakesh have not only brought glory to Jammu and Kashmir but to the entire nation. Their

perseverance and determination are truly inspiring," he remarked.

Highlighting Sheetal's journey as a beacon of hope, Khatana emphasized how her success illustrates the resilience and potential of India's youth, particularly from Jammu and Kashmir. He expressed his hope that Sheetal's achievements will inspire many more young athletes to pursue their dreams.

The BJP leader acknowledged the vital role of coaches, support staff, and families in the athletes' success. He reiterated his commitment to enhancing sports infrastructure and opportunities in Jammu and Kashmir, ensuring that budding talents receive the necessary resources to excel.