

Buds & Budgies find new home at JKPS Kunjwani campus



Green warriors of MS Swaminathan Club at JK Public School Kunjwani being introduced with plethora of common flowers and birds.

■ STATE TIMES NEWS

JAMMU: Continuing with its great tradition of extending a balanced blend of theoretical as well as practical knowledge, the MS Swaminathan Club at JK Public School (JKPS) Kunjwani introduced its Green warriors to a plethora of common flowers and birds.

As part of their Club Activity, students learnt the common and scientific names of flowers gracing the school campus. Along with the correct identification, the students were able to broaden their knowledge of fragrant

flowers, some of which happened to be in full bloom on the humid afternoon.

Accompanied by the teacher In-charge Sheetal Khajuria and equipped with their "green notebooks" and writing utensils, the students were thoroughly engaged in the learning process. They listened with rapt attention and were seen noting down nuggets of relevant information.

Some of the common names included Gutta (Marigold, Tagetes sps.), Gulab (Rose, Rosa indica), China Rose (Hibiscus rosa sinensis) and

Sadaabahaar (Periwinkle, Catharanthus roseus). Students added that they had often seen these flowers but were unaware of their scientific names. Gradually, the list grew longer as they added Kamal (Lotus, Nelumbo nucifera), Surajmukhi (Sunflower, Helianthus), Gulbahaar (Daisy, Bellis perennis), Kanda Pushpa (Tulip, Tulipa sps), Champa (Magnolia, Magnolia grandiflora), Lavender (Lavandula) and Gul Mehndi (Balsam, Impatiens) along with their pictorial identification. Some

Green warriors exhibited great pride and claimed to have the mentioned flowers at their home gardens.

It was an elaborate session of learning and active student participation proved to be a glowing testament of the same. Some students shared the interesting facts and benefits of some of the flowers, like

▶LOTUS - It is India's national flower. It floats on water owing to the presence of specialized cells called aerenchyma in its leaves. It symbolizes wealth and purity.

▶MARIGOLD - It is used

in religious ceremonies, salads and even for dying food products.

▶ROSE - It is abundantly used as an ornamental plant symbolizing love and beauty. It is also used in commercial perfumery.

▶CHINA ROSE - It is rich in antioxidants and used extensively in herbal teas and medicines.

▶PERIWINKLE - The juice of its leaves is used as folk medicine for the treatment of diabetes. These are most commonly seen in pink and white colours.

Having learnt about the floral diversity, the teacher In-charge discussed the diversity among bird life with the students. The green warriors then headed for the birdhouse on the campus, which is home to birds of colourful feathers, flocked together. Students were told that the scientific name of the group constituting birds is called - Avian and the birdhouse is called Aviary. This aviary hosted over sixteen Australian Budgies.

Budgerigar or Common Parakeet is a variety of small, long tailed, seed eating par-

rots. Commonly called Budgies, these are of two broad varieties - Australian and English. The Australian Budgies are small yet have high pitched vocals. On the contrary, the English Budgies are bigger with a low voice.

The birds inside the aviary were quite active and students were enthralled to watch them. The birds exhibited multiple phenotypes with striking colours and variations from purple to yellow. The students took a few minutes, additional on this new information and promised to share with their

classmates and families.

Principal JKPS Kunjwani Rajesh Rathore lauded the meticulous planning of the mentors as well as the passionate endeavours from the Green warriors for collecting the interesting facts and features of nature. It generates curiosity, builds rationality and sensitizes them to the ecosystem of which they are an integral part. He wished a very bright future to those JKians, who wish to pursue serious studies in the field of Ornithology and follow the footprints of famous Ornithologist Dr. Salim Ali.

JK Public School Panjtirthi students shine in District Matsogi-Do C'ship 2022



Principal of JKPS Panjtirthi, Suman Banbah felicitating medal winner students.

■ STATE TIMES NEWS

JAMMU: Eightteen students from JK Public School (JKPS) Panjtirthi made the school as well as their parents proud by winning medals in First District Matsogi-Do Championship 2022 organized by Matsogi-Do

Association of Jammu and supported by INARA Welfare Trust at JKSC Indoor Stadium, Bhagwati Nagar here recently. Various reputed schools participated in the championship.

Out of 18, seven jakians clinched bronze medals and

five students won silver medals.

Principal of JKPS Panjtirthi, Suman Banbah congratulated the winners and motivated them by saying, "Keep your face always toward the sunshine and shadows will fall behind you."

■ STATE TIMES NEWS

JAMMU: Prem Choudhary Memorial Sports & Educational Charitable Trust organised Powerlifting Competition on Sunday at Choudhary Gym, here.

About 40 players contested in the competition with zeal and enthusiasm, wherein Rohit Karthol was adjudged as the Champion of Champions and Sakshi Sharma became women champion.

The competition was organised in the memory of Legendary wrestling coach & founder of Indian Style Wrestling Association of J&K Ustad Prem Choudhary who was always very keen to promote sports particularly wrestling & power-lifting in the UT of J&K.



Winner powerlifters posing for a photograph after receiving trophies.

Member Trustee, Kuldeep Sharma in his welcome address highlighted the objectives of the trust which mainly focused on promoting

wrestling & powerlifting in J&K.

He also congratulated all the participants for their great sportsmanship and appealed to the govern-

ment to adopt a good Sports Policy which will benefit lot of outstanding sportspersons of J&K in their career prospects.

Further, he appealed to

Roll Ball Association of J&K frames various Committees for smooth functioning

■ STATE TIMES NEWS

JAMMU: On the recommendations of newly constituted Executive Body of Roll Ball Association of Jammu and Kashmir (RBAJK), new Committees along with their Chairmen were framed for smooth functioning and helping the Association on various other aspects of the game.

Different Committees for 2022-2026 as decided by the Executive Committee.

To organize necessary funds required for conducting the Roll Ball Championships and also for development of the game, Finance Committee was framed which was headed by Ajay Gupta as its Chairman and Vikram Mehta, Mamta Chohan and Abdul Quyum will be its Members.

To look after the rules and regulations, up gradation of technical officials and coaches, examinations and proper con-

duct of State Championships, Technical Committee was framed which was headed by Sudhir Singh as Chairman while Sataish Koul, Rajesh Gupta and Shiv Nandan Singh will be its Members.

To look after all the legal matters arising in the federations, Legal Committee was framed which was headed by Advocate Rajesh Gupta as Chairman and Advocate Ranjan Chohan, Rajni Mankotia and Abhishek Gupta will be its Members.

To look after the training and development of players, coaches and officials to enhance their knowledge and content of the game and to create and educational institute for the training and coaching the coaches and officials, Training and Education Committee was framed which was headed by Madhu Sharma as its Chairman while Suresh

Kumar, Ajit Raj and Mamta Chohan will be its Members.

Madhu Sharma also headed Selection Committee as chairman which was framed to formulate and execute a systematic selection process of the National team from the national championships and to hunt the appropriate talent for competing in the international championships. Sudhir Singh, Suresh Kumar and Chandan Sharma will be its Members.

To report any problems arising for the players and be a bridge between the players and the association to resolve issues if any, Athletes Commission was framed which was headed by Chandan Sharma as its Chairman while Suvidha Sareen, Kushi Gupta and Abhishek Gupta will be its Members.

To look after the publicity of the game on social

media in terms of marketing, branding and popularity, Media & Marketing Committee was framed which was headed by Shashi Bhushan as its chairman while Ajay Kumar, Shiv Kumar Sharma and Ajit Raj will be its Members.

To prepare plans for creating standard infrastructure for Roll Ball and work towards developing international standard, Infrastructure Committee was framed which was headed by Atul Gupta as its chairman while Shiv Kumar Sharma, Mamta Chohan and Rajesh Gupta will be its Members.

For the development of the game of Roll Ball in every district of Jammu and Kashmir, Development Committee was framed which was headed by Shiv Nandan Singh as its Chairman while Asraf Dijoo, Mamta Chohan and Abdul Quyum will be its Members.

Arun briefs AIFF President Kalyan about J&K

■ STATE TIMES NEWS

JAMMU: Footballer of international repute from Jammu and Kashmir, Arun Malhotra on Sunday briefed the president of All India football Federation (AIFF), Kalyan Chouby about the football scenario back home in J&K.

Arun talked about the programmes and plans need to be undertaken for widening and strengthening the gross root level football and the methodologies to be adopted for producing national and international talent from J&K.

He told the AIFF higher ups that J&K has high hopes from the new body and look forward for working together to achieve the desired results.

Arun was recently on a private visit to Kashmir where he interacted with managements of prominent clubs, trainees of the academies and members of the J&K Football Association at various places.

The AIFF president and Arun met on the sidelines of the felicitation function organised by the AIFF to honour visiting AFC president and vice president of FIFA, Shaikh Salman bin Ibrahim Al Khalifa at Taj Hotel in Mumbai.

The AFC president along with general secretary, Datuk Windsor John and deputy gener-



Arun Malhotra posing with President AFA and AIFF.

al secretary, Vahid Kardany were felicitated by AIFF in Navi Mumbai on their visit in India in connection with FIFA U-17 Women's World Cup. Colombia takes on Spain in the final today at DY Patil Stadium.

Arun also got the chance to meet and interact with AFC president and other members of the Confederation. Present at the felicitation function were AIFF vice president, NA Haris, secretary general, Dr. Shaji Prabhakaran and treasurer, Kipa Ajay as also members of the AIFF Executive Committee, Technical Committee and State Associations.

Shweta Mittal becomes second woman to complete 70.3 Miles (113 Km) long Duathlon

■ STATE TIMES NEWS

JAMMU: Shweta Mittal has become the second woman from J&K to successfully complete 70.3 miles (113 km) long Duathlon held on Sunday in Jammu.

Some of the finest Athletes from J&K and other states braved the tough conditions and made their city proud by performing above their potential and excelling in the respective Duathlon categories in the prestigious Jammu Duathlon 70.3 (Third Edition) powered by AM Tata held on Sunday morning.

A total 135 Athletes participated in Duathlon 70.3 and Olympic Distance Category. Determined to win, the Athletes gathered at the Shiva Farms in Kalu Chak, Jammu at 3:30 AM to participate in the 3rd edition of the Jammu Duathlon and run started at 4



Shweta Mittal receiving certificate and medal after completing 113 Km long Duathlon at Jammu.

AM.

Duathlon is a two-sport race which involves running and cycling in three stages (run - bike - run)

The Duathlon, organised by Jammu Hills Sports Club was "70.3" miles (113 km) covered in the race, consisting of 1.2 miles (1.9 km) of Run, 56 miles

(90 km) of bicycle ride and 13.1 miles (21.1 km) Run and was flagged off elite Runner Ram Paul Kapoor.

Kanupriya Garg is the first woman from J&K to participate in the 70.3 miles duathlon 2020 and 2021 editions.

"It was a proud moment for me to participate in such a chal-

lenging event. I believe nothing is difficult if you decide to achieve it," said Shweta Mittal.

"We should not participate just to win the race. Participation itself is much more important than winning. Cycling and running are the best ways to improve your health and refine your endurance," she added.

Shweta Mittal already has a lot more credits to her score like - Podium finisher - Patnitop Half Marathon 2022, Podium finisher - Katra Half Marathon 2022, Podium finisher - Ganga Sustainability Run Rishikesh (35km) 2022, Podium finisher - Granfondo (50km) 2022, Pacer - TSP 10km 2022, Gold medalist - All India Masters Athletics J&K (800m) 2022, Successfully completed 200km cycling Brevet De Randonneurs Mondiaux (BRM) 2021.

2nd Junior Golf training camp concludes at JTGC

■ STATE TIMES NEWS

JAMMU: The second Junior Golf training camp, organized by Jammu Tawi Golf Course (JTGC) in collaboration with Directorate of Youth Services and Sports, conducted here on Sunday.

The camp had been conducted for the students from various government girl schools with effect from 07th to 30th October, 2022 in which 20 female students of GGHSS from across Jammu participated.

Pertinently, the first ever Golf Academy in Jammu was inaugurated earlier this year by Lieutenant Governor, Manoj Sinha, at JTGC Sidhra with a vision to promote the game of Golf making it more accessible for the UT youth.

The Golf Academy organizes this 20 day specialized training program for students aged between 8 years



Dignitaries posing for a photograph with junior Golfers at Jammu on Sunday.

to 18 years which focuses on learning of basic skills to play golf with understanding of the rules and format of the game. The training is being imparted by NGAI certified coach, Rohit Gupta.

Principal Secretary, Information and Higher Education, Rohit Kansal, was the chief guest on the valedictory ceremony.

Rohit Kansal along with Secretary JTGC, Manav Gupta, distributed certificates among the student

trainees.

Principal Secretary, while speaking on the occasion, emphasized the importance of such events to take the potential game of Golf to every desirous youth of Jammu & Kashmir. He appreciated the JTGC for holding such skill development training programmes which will go a long way in promoting and propagating this famous game to a great extent.

He also interacted with the

trained youth and lauded their enthusiasm and devotion towards adopting and learning this game.

Manav Gupta said that "More such training camps for the natural talent from the UT would be organized in a more serious and professional manner. Jammu Tawi Golf Course is willing and happy to lend all possible help to budding golfers of J&K enabling them occupy a special place in the world of golf sports."