

Volleyball coaching camp concludes at Poonch



Chief Guest, District Youth Services & Sports Officer Poonch, Mohd Qasim along with other officials posing with players after distributing sports-kits.

■ STATE TIMES NEWS

POONCH: The 21-day long Coaching Camp for both boys and girls being organised by Poonch District volleyball Association under the aegis of Volleyball Association of Jammu and Kashmir (VAJK) and sponsorship of J&K Sports Council, concluded on Sunday at Sports Stadium

Poonch.

The coaching camp was held under the supervision of Krishan Lal Sharma, Secretary Poonch District Volleyball Association.

Prior to coaching camp, Poonch District Volleyball Association conducted trials and selected 14 boys and girls each for the camp.

In the valedictory func-

tion, District Youth Services and Sports Officer Poonch Mohd Qasim was the Chief Guest, who interacted with the campers and distributed sports kits amongst the trainees.

The Chief Guest was highly impressed with the initiative of the Volleyball Association of Jammu and Kashmir and district asso-

ciation by putting in extra efforts to guide the young spikers to learn the advance techniques of the game through technical experts and other resource persons.

Other dignitaries present on the occasion were Krishan Lal Sharma, Mukesh Kumar Physical Director, Mushtaq Ahmed boxing coach, Rajinder

Singh PEM, D.K Raina PET, Rajinder Singh Taekwondo coach, Sorab Sharma PEM, Ramiz Tariq, Matinder Pal Singh, Navjot Singh and Bal Krishan.

On the behalf of Poonch District Volleyball Association, Neeraj Sharma presented the vote of thanks.

Rashid Khan reaches 400 wickets in T20 cricket, does so in quickest time

■ AGENCY

ABU DHABI: Afghanistan's premier leg-spinner Rashid Khan picked up his 400th wicket in competitive T20 cricket during the team's T20 World Cup match against New Zealand here on Sunday.

The 23-year-old spinner reached the milestone when he bowled New Zealand opener Martin Guptill with a wrong'un in the ninth over of the Kiwi innings, even as the batter tried to go for a slog sweep at the Sheikh Zayed Stadium.

Rashid achieved the feat in his 289th T20 match.

Only three other bowlers have crossed the 400-wicket mark in T20 cricket. Dwayne Bravo, the first to reach the feat in 364 matches, also became the first bowler to cross 500 T20 wickets. The West Indies all-rounder, who has just announced his interna-

tional retirement from the format, has 553 wickets from 512 matches.

Two other bowlers that followed him to the feat are Imran Tahir (in 320 matches) and Sunil Narine (in 362 matches), both reaching the milestone earlier this year.

Rashid also holds the record for most T20 scalps in a calendar year, having picked a staggering 96 wickets in 2018.

His economy rate of 6.34 is the second best behind West Indies' Sunil Narine among bowlers who have played 200 T20 games.

Earlier in the tournament, Rashid became the fastest bowler to take 100 wickets in T20 Internationals during Afghanistan's Super 12 match against Pakistan. The dismissed batter, on that occasion, was veteran Pakistan all-rounder Mohammad Hafeez.

REASI: Three days district Reasi Badminton Championship Tournament being organised at Indoor Stadium Maari, here.

Senior Superintendent of Police Reasi, Shailender Singh inaugurated the event and witnessed the inaugural match.

60 players & coaches from different parts of the district are participating. In a series of sixty matches, 32 players for Men single & 26 players for Men Double players are sporting for the

championship titles. Winners of the event shall participate in the Championship UT of J&K. Badminton Players of Reasi have made to finals in recent past.

Singh conveyed that Jammu and Kashmir Police is providing the avenues to the youth so that they can show their hidden talent and youth of J&K have been taking the benefits of these activities organised by Jammu Kashmir Police from time to time. In this event play-

ers expressed with confidence to perform better & win the champions title of J&K.

SSP further added that sports activities are prerequisite for a healthy youth and youth of Reasi are participating in these events with enthusiasm.

Surinder Sharma President Badminton Association Reasi expressed gratitude to J&K Police & SSP for promoting sports activities in Reasi which is required for welfare of youth of the district.

SR College conducts interactive Workshop with Suchiter Sharma

■ STATE TIMES NEWS

JAMMU: The SR College of Competitions (SRCC) organised an interaction cum workshop for the civil services aspirants in the college premises at Gandhi Nagar.

The session was taken by Suchiter Sharma who has qualified the Civil Services examination 2021 with 146th rank.

While interacting with the aspirants, he shared his journey right from the beginning how the idea of civil services struck to his mind and he started preparing for the same during his college days and also joined SR College



Suchiter Sharma addressing students at a workshop.

for coaching. He shared in detail his strategy for the civil services preparation the problems he faced and the solutions attempted to overcome those problems.

He discussed in detail the syllabus, the various papers of general studies, optional and the essay papers.

All the aspects including the scheme and pattern of the

exam, approach for Prelims and Mains, sources of study material and the books required, use of online sources, need of coaching and the relevance of newspaper reading in preparing the current affairs and writing test series for both prelims and mains were covered thoroughly and to the satisfaction of the students.

He discussed the entire syllabus, the focus areas and the kind of questions asked in the previous years papers were also taken up. Aspirants were also guided about the CSAT and Essay papers also.

Further, aspirants asked

about the ethics, integrity and aptitude paper and the approach to handle the theory and the case studies part. Aspirants were also suggested to atleast attend one or two comprehensive test series for both prelim and mains examinations.

He also motivated the students about answer writing practice on regular basis. He also shared the details of his UPSC interview/ personality test.

The response to the workshops was overwhelming and the attendees appreciated the initiative taken by the SR College of Competitions. The

attendees included the aspirants preparing for IAS and JKAS 2021 (main) and also undergraduates who will be eligible in a couple of years. Such interactions encourage, motivates and inculcate a sense of confidence in the aspirants that if he can do it why can't we told Parveen Sharma, director of SR College.

"SR College keeps on organising such online and offline workshops, seminars, webinars and interactions with the IAS officers, KAS toppers and various subject experts" informed Office Coordinator Neha Sharma.

■ AGENCY

ABU DHABI: The Indian cricket team is in a "much better place" compared to the time he came on board and there is enough talent to handle the transition of pacers and have different bowlers across three formats, feels outgoing bowling coach Bharat Arun.

Arun, head coach Ravi Shastri and fielding coach R. Sridhar will end their tenure with India's campaign in the T20 World Cup.

Arun, largely credited for developing a crack fast bowling unit comprising Jasprit Bumrah, Umesh Yadav, Ishant Sharma, and Mohammed Shami, feels that the amount of cricket scheduled in these times would require proper "workload management" and bowlers with different skill-sets.

"Absolutely," Arun agreed when asked if there was a possibility of different bowlers turning up for three separate formats. "It is not only the volume cricket that India is playing but also to remain in the bubble and playing is not easy, I can guarantee. They do need sufficient breaks as the mental health is going to be very, very important going forward," he added.

"It's going to be the norm for at least 1-2 years. So it's important to have a very good pool of fast bowlers so we can afford to field different teams

for different formats. "It will not only help in understanding different talents that are available but it keeps our bowlers mentally and physically fresh," Arun tried to put things in perspective.

Having joined the team in 2014 and worked six years (with one year break during Anil Kumble's tenure) till this T20 World Cup, the former India Test medium-pacer termed his time with the national team as a wonderful experience.

"It's been an outstanding journey full of ups and downs. The team is in a much better position than it was when we started. The highest point would be the kind of bowling that we have. "Winning a lot of Tests overseas something we strived hard to achieve as a team," Arun stated.

It was easy for Arun to talk about the high points during his tenure.

"The back-to-back wins in Australia and also more or less winning the series in England -- of course, there's one more Test to go. But I think the performance was outstanding during the English series." Arun feels there is enough talent in India to be able to handle the transition phase when the likes of Ishant Sharma, Mohammed Shami are phased out in a year or two.

Nagsevi Spiker was awarded the trophy for best bowler and Sohan Chouhan of Paddar Royals was awarded the trophy for best spiker.

Cash prize, Trophy and Medals were given to Winner team, Runner-up team, Best Bowler and Best Spiker.

Speaking on the occasion, Commanding Officer, 17 RR (MARATHA LI) appreciated all the teams for coming out and taking part in the tournament and wished everyone for healthy and competitive tournament.

The officials from Youth Services and Sports department Kishtwar, other govt officials besides Sarpanches were present at the event. The PRI lauded the initiatives and expressed that such initiatives by Indian Army will aid in developing sportsmanship spirit amongst the youth and engage them in constructive and nation building activities.

Openers Daryl Mitchell (17), caught behind by the Mohammad Shahzad off Mujeeb ur Rahman, and Martin Guptill (28), who became Rashid Khan's 400th wicket in T20 cricket, were the only New Zealand wickets to fall in the afternoon match.

Williamson (40 not out, 42 balls, 3 fours) looked unharried during his knock and his half-century partnership for the third wicket with Devon Conway (36 not out) guided the team home.

They negotiated the spin threat posed by Rashid, Mujeeb and Mohammed Nabi quite well to ensure that there was no drama.

Conway got over a tentative start and hit Nabi for two boundaries in the 14th over to speed up the chase after a brief lull.

Earlier, New Zealand pacers, led by Trent Boult (3/17), dished out a clinical performance to restrict Afghanistan to 124 for 8 in their final Super 12 match of the T20 World Cup here on Sunday.

Afghanistan, who needed to win to keep their semifinal hopes alive, reached the total mainly due to the efforts of Najibullah Zadran (73 off 48 balls). Zadran stood out in a rather tepid display by the rest of his team-mates.

He struck six fours and three sixes during his brilliant innings.

The Kiwi pace trio of Boult, Tim Southee (2/24) and Adam Milne (1/17) did not give anything away in the initial overs as the Afghan batters struggled to get going and in trying to force the pace of their innings.

Ish Sodhi (1/13) and Jimmy Neesham (1/24) were the other New Zealand wicket-takers. Neesham conceded only two runs from the final over of the Afghanistan innings.

The left-handed Zadran rescued Afghanistan with a 59-run fifth-wicket stand with captain Mohammed Nabi (14). The team was placed at 56 for 4 in 10 overs when the two got together and dug their heels in.

Joginder Mangotra Memorial Cricket Series

Mahi's 89 runs helps Singh Veterans Club Akhnoor to register 68 runs win

■ STATE TIMES NEWS

AKHNOOR: Splendid inning of 89 runs by Sny Mahi helped Singh Veterans Cricket Club Akhnoor to register 68 runs win over Jammu Sports Veterans in the second match of the ongoing Joginder Mangotra Memorial Cricket Series being played at Government Higher Secondary School (GHSS), Akhnoor.

The three matches series is being organized by Singh Cricket Club Akhnoor with Jammu Sports under the overall supervision of Sham Singh Langeh, President Singh Cricket Club Akhnoor.

In the second inning, Jammu Sports Veterans failed to chase the target and scored 114 runs for the loss of ten wickets in 20 overs.

Arun was the top scorer with 25 runs while Rakesh, Raj Singh, Ajay Sharma, Manav Mehta and Sny Mahi claimed one each.

Sny Mahi of Singh Veterans Cricket Club Akhnoor was declared as Man of the Match.

The match was officiated by Abhitash Sharma and Stephen Sotra as Umpires while Dev Bhagel maintained the scorecard.



Winner team posing for a photograph.

total respectively.

For Singh Veterans Cricket Club Akhnoor, S.S Langeh and Bishan Kumar grabbed two wickets each while Rakesh, Raj Singh, Ajay Sharma, Manav Mehta and Sny Mahi claimed one each.

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Rajouri Marathon 2021 witnesses participation of 1,200 youth

■ STATE TIMES NEWS

RAJOURI: As part of the 'Fit India' movement and to facilitate recognition of Rajouri on the National marathon circuit, Ace of Spades Division organised Rajouri Marathon-2021 at ALG, here on Sunday. Approx 1200 civilians from all walks of life and defence personnel participated in the marathon.

The marathon was organised in three distance categories of 15 kms, 10 kms & 5 kms with various categories as per their age groups. More than 200 enthusiastic ladies and girls also participated in this marathon.



Participants taking part in Rajouri Marathon 2021.

The event started with warm up Zumba by Rahul and his team followed by flag off. This was followed by a scintillating cultural programme comprising of Jazz Band performance, Bhangra, Khukri dance, Gatka Martial art, Lezim dance, Dog Show, and exhibition of Martial arts which made the event a success.

The event was graced by Maj Gen Rajeev Puri, General Officer Commanding Ace of Spades Division, Brig Rahul Thapliyal Commander of Spades Artillery Brigade, Dharendra Singh Sindhu DIG BSF Rajouri and other

prominent Military and Civil dignitaries.

51 prizes worth Rs 4 lakh were awarded to the winners under various categories.

All participants were assured of a digital certificate of participation and 'Finisher' medal. The aim of this marathon was to spread awareness of the importance of physical fitness and endurance and to foster a spirit of adventure, camaraderie and brotherhood.

The event reinforced Indian Army's continued commitment to the people of Jammu & Kashmir by bringing it on the National marathon circuit.

67-yr-old from Maha cycles Kashmir-Kanyakumari in record time in 'Race Against Age'

■ STATE TIMES NEWS

MUMBAI: Mohinder Singh Bharaj has refused to join any senior citizens' club at his hometown Nashik, despite being 67.

I find old people to be very negative and I am the person who always likes to be amid positive people. So, all my friends are aged between 18-45 years, Bharaj tells PTI over the phone, as he travels back from Kanyakumari.

Bharaj and his team are returning home after finishing the 'race against age', which will in all probability go down as a record-setting cycle ride, that saw the 67-year-old youngster (as he likes himself to be identified) cycle 3,600 km from Srinagar to Kanyakumari in 12 days, 18 hrs and 57 minutes, reaching the southern tip of India at 2 AM on Sunday.

Starting from Srinagar on a cold morning, Bharaj took on formidable challenges like sleep depravity (the clock was ticking continuously), hot weather from Jhansi to

Preparations involved cycling every alternate day for about two hours, having a long ride of over 6 hrs on Saturdays, and pumping weight at a gym on the remainder of days, Bharaj, who has always been agile and fit, says.

Paddar Volleyball Championship hosted by Army concludes



Participating teams posing for a photograph with army officers and others.

■ STATE TIMES NEWS

KISHTWAR: Nagsevi Strikers clinched Paddar Volleyball championship by defeating Paddar Royals in final match, here the other Day.

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