

Schools must act as sports-schools to fetch Olympic medals: JKPS Principal

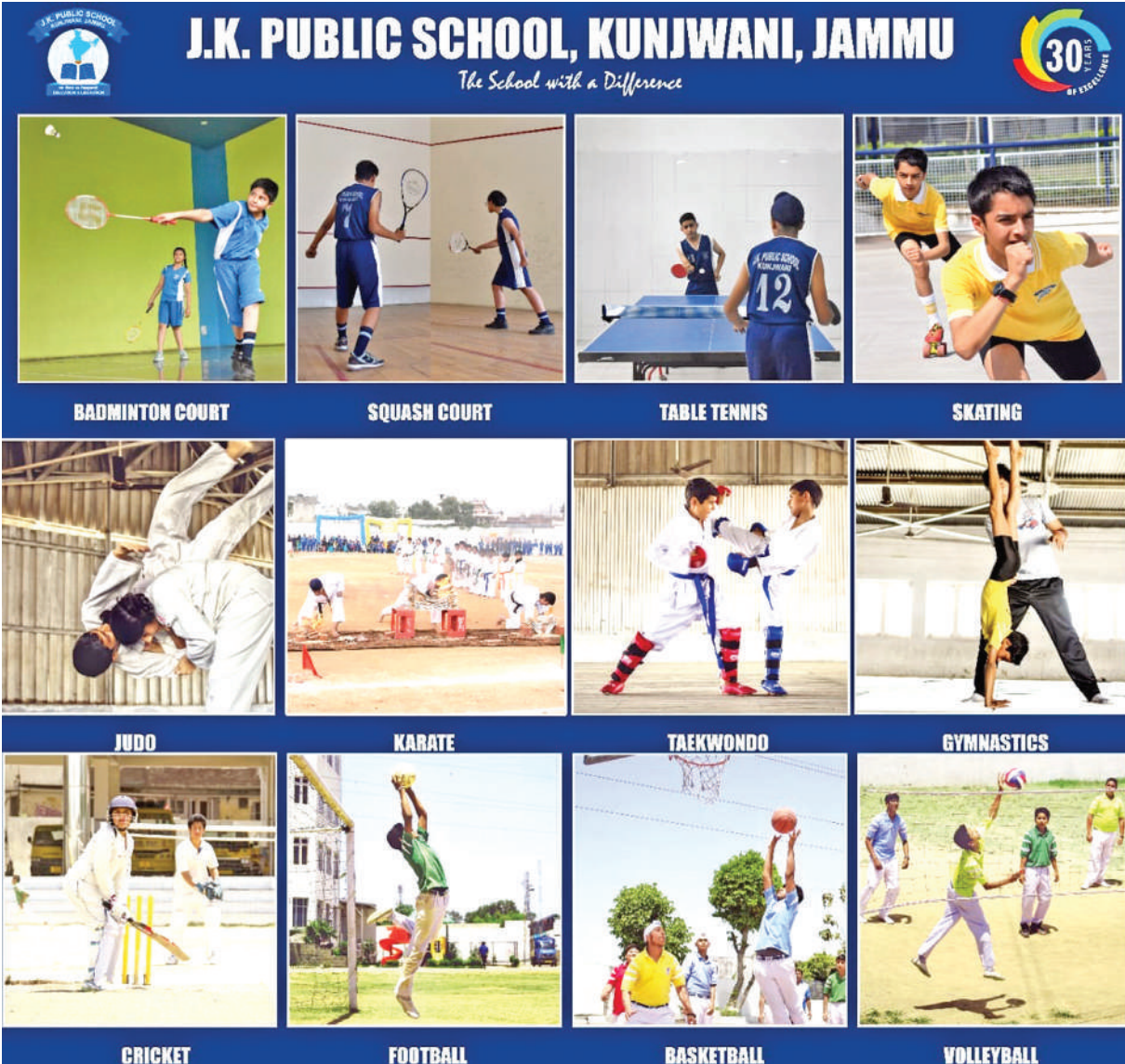
■ STATE TIMES NEWS

JAMMU: JK Public School Kunjwani is known for producing gems in various sports disciplines right since its inception in 1992.

Reflecting on the glorious legacy of Sports infrastructure and Sports culture, Rajesh Rathore, Principal JKPS Kunjwani stated, "JKPS firmly believes that good education has to imbibe good lessons from the play fields. The strong tradition of excellence in academic programme is carried over to the play fields, where JKians have been shining like stars for the last three decades. The collaboration and co-operation demanded by team sports, the growth and development that stems from testing the athletic talents and skills, and the development of personal character forged in competitive track and field events have been an integral part of JKPS Kunjwani athletics programme".

"Hence, the sports programme striving to develop every student's physical capabilities and qualities such as courage, confidence, self discipline and sportsmanship is encouraged through Soccer, Basketball, Volleyball, Badminton, Tennis, Table Tennis, Squash, Cricket, Swimming, Judo, Karate, Taekwondo, Gymnastics, Athletics etc", he added.

The School Director, Shashi Choudhary always appreciates students and staff for bringing laurels to



the Institution. Responding to the query pertaining to the Sports infra of the school recently, she said "JKPS Kunjwani has the

best sports infrastructure along with a team of trained and professional coaches who have made students excel in various sports disci-

plines". She further added, "Sports are an important pre-requisite for the development of body and mind. They teach us many quali-

ties like discipline, team spirit, cooperation and self-conduct. It is well said that books develop our mind and efforts in sports develop our

body".

During the school morning assembly, highlighting the importance of sports in life, the Principal, Rajesh Rathore invoked every child on the rolls to pursue their chosen sports with passion and dedication. He made a clarion call to boys & girls to leave no stone unturned and transform themselves into their best versions. Thus, they may extend their best services to the institution & empower all the teams of JKPS.

He also appreciated the endeavours of passed out children, who brought laurels to their Alma mater in every sports discipline: whether it was Jammu Sahodaya sports events or other events organized at District/State/ SGFI level. Unless every school acts as a Sports School, we can't dream of lifting medals in Olympic Games/ Asian Games/ Commonwealth Games.

He also took the opportunity to highlight the phenomenal contributions of Vikrant Mahajan, the founder of Superpositivity movement and Motivational Coach of renowned Olympians, namely, Neeraj Chopra, Ravi Dahiya etc. JKPS Kunjwani is in the process of inviting the Super positivity Coach & Sports motivator of Team India for Olympics Vikrant Mahajan to the school to inspire its Sports enthusiasts for the lifetime.

Govt Polytechnic College Jammu organises Trekking event



Students and faculty of Government Polytechnic College Jammu during a trekking.

■ STATE TIMES NEWS

JAMMU: Government Polytechnic College Jammu organized Trekking involving its students and staff members from Aithem to Baba Bhaid Devta and back covering a distance of eight kms through the jungle using the narrow pathways, ravines, and small tributaries of Tawi river.

In total, 60 member group, including 15 staff members, took part in the trekking experiencing the rich flora and fauna of the place and getting acquainted with birds, animals, and wild fruits.

The students also experienced the natural environment and beauty. They also got acquainted with each other being from different engineering streams.

The trekkers enthusiastically completed the trek with all zest and zeal to make the said program very vibrant and successful.

The event was organized under the supervision and

guidance of Arun Bangotra, Principal Government Polytechnic Jammu. Interacting with the group, he said, "Trekking is an exceptional way to introduce students to nature, a basic understanding of being in nature, and helps students to build leadership skills and makes them more empathetic towards others."

The event was coordinated by Tareq Amin, sports secretary and HoD Travel and Tourism; Chamel Singh (PEM) and Toshi Devi (PET).

While sharing their experience, students and staff said that it was refreshing and an adventure to take a walk on the hills and thank the college administration for organizing such programs. Students were accompanied by staff members, PK Angral, Amit Sharma, Akash Dasgotra, Neena Dulloo, Mannu Rajput, Ajay Dogra, Janeeta, Ashok Dogra, Rakesh Khullar and Talib Hussain.

Cooch Behar Trophy Dani slams ton, Ranjot takes 7 wkts as Mumbai takes huge lead against J&K

■ STATE TIMES NEWS

JAMMU: Arjun Dani of Mumbai scored a magnificent century, while Ranjot Singh of J&K spun web and took a 7-wicket haul as Mumbai gains a huge first innings lead of 293 runs against Jammu and Kashmir in the U-19 Boys Cooch Behar Trophy at GGM Science College Hostel ground, here on Sunday .

Earlier, resuming from an overnight score of 318/6, Mumbai rode on Dani's brilliance to score a good total of 427 runs in their first innings.

Dani top scored with 102 runs off 217 balls, studded with 9 fours and one six, while Umar Khan con-

tributed 48 runs off 98 balls with 9 fours.

For J&K, Ranjot Singh was the pick of the bowlers, who captured 7 wickets by conceding 114 runs in his 44.1 overs, while Ritvik Jaitley bagged 2 wickets and Aman Singh claimed one.

In reply, J&K was bundled out for paltry 134 runs in 39.2 overs. Skipper Arya Thakur top scored with 55 runs off 62 balls, studded with 9 fours and one six, while Rydham and Mir Aqeel contributed 22 and 17 runs respectively.

Umar Khan and Musheer Khan took 2 wickets each for Mumbai while Prince Badiani claimed one wicket.

J&K teams declared for 48th Junior National Volleyball C'ship

■ STATE TIMES NEWS

JAMMU: J&K Junior Volleyball (Boys & Girls) Teams are going to participate in 48th Junior National Volleyball Championship to be held at MA Stadium Jammu from November 14 to 19, 2022.

Prior to participation for national participation, the teams underwent 19 days intensive coaching camp organized by Volleyball Association of J&K with the collaboration of J&K Sports Council at MA Stadium Jammu under the supervision of Ashok Singh Divisional Sports Officer (J), J&K Sports Council Jammu and Volleyball Coaches Naresh Kumar; Ramiz Tariq and Shubham Sharma, Shivali Dogra qualified NIS Level-1 & Level-2 FIVB,



J&K Boys and Girls teams posing for a photograph with office-bearers of VAJK at Jammu.

coaches course.

Sidharth Daluja, President Volleyball Association of J&K and Vijay Kumar Magotra Hon'y General Secretary of the VAJK wished the teams for achieving the good results in the National Championship besides providing uniform kits and track suits to all participants for

upholding the image of J&K in volleyball.

Akbar Ali and Veena Devi are accompanying as managers of the teams.

J&K Boys team is placed in Pool-A and shall play their matches against Tamil Nadu, UT Ladakh, Puducherry, Himachal Pradesh, Orissa and girls team placed in Pool-

D and shall play their matches against Kerala, Haryana, Assam, Madhya Pradesh, Uttar Pradesh and Uttarakhand.

Ashok Singh Sports Officer (J) and Satish Gupta Manager Indoor Stadium J&K Sports Council Jammu, who conducted the screening of J&K Junior Volleyball

boys and girls teams, wished the teams for best of luck on the occasion.

The divisional Sports Officer Central, J&K Sports Council Muskan Choudhary (Samba), Shazia Farooq (Kulgam), Komal Katal (Samba), Rushali Rajput (Samba), Farheen Tanveer (Kulgam) and Pragya Sharma (Jammu).

The Team BOYS: Mannat

Two-day State level Silambam Championship 2022 concludes

■ STATE TIMES NEWS

JAMMU: Two-day J&K State level Silambam Championship 2022 Sub-Junior and Senior concluded here successfully at Sacred Heart College Paloura.

The championship was organised by Silambam Association of Jammu which is affiliated to all India Silambam Federation. More than 450 participants from different districts viz Jammu, Reasi, Doda, Poonch, Pulwama, Anantnag, Srinagar, Kulgam and Samba participated in the tournament.

Earlier, the tournament was declared open on the first day by Udhay Bhanu Chib Youth Congress President.

On the second day of the Tournament, Sandeep Mehta, SSP was the Chief



Medal winners posing for a photograph with dignitaries.

Guest and Dr Arvind was the Guest of Honour of the closing ceremony.

Birinder Singh President Silambam Association of J&K, Kaka Ram General Secretary of SAJK, Shubam Sharma, Ankush Sharma, Nihal Lalotra, Anuj Puri, Naresh, Chetan Puri, Konika Gupta, Prachi Mahajan, Nitish Kumar, Tashvi Hans,

Naman Thakur and Jai Gupta were the officials of the Tournament.

The Tournament Winner Trophy was bagged by Jammu District while the 2nd runner up Trophy was secured by Anantnag, 3rd Runner up Trophy by Pulwama and Discipline Trophy was bagged by Reasi district.

Jammu Senior Chess meet from November 19

■ STATE TIMES NEWS

JAMMU: All Jammu and Kashmir Chess Association (AJKCA) shall hold two-day Jammu division senior open chess competition at IIT Jammu in the outskirts of the city, here from November 19.

Organised by the Jammu Division Selection Committee, shall pave way for the selection of the divisional probable for the upcoming National event, a handout issued by the AJKCA here today informed.

Interested players can contact Ajit Singh (9906017469) and Arvind Sharma (7006939984) for further information, the handout mentioned.

Vijay Hazare Trophy J&K thrashes Baroda by 94 runs to script 2nd consecutive win

■ STATE TIMES NEWS

JAMMU: Clinical Jammu and Kashmir registered second consecutive victory by thrashing Baroda in an easy contest by a big margin of 94 runs in the ongoing Vijay Hazare Trophy at Sharad Pawar Cricket Academy, BKC Mumbai on Sunday.

Earlier, winning the toss and batting first, J&K scored a big total of 282 runs in 49 overs, losing 6 wickets in the process. Opening batter Vivrant Sharma and explosive Abdul Samad scored 64 runs each, while Fazil Rashid contributed 55 runs and Henan Malik made 45 runs. While Vivrant hit 7 fours and one six in his 87 ball, Samad smashed 3 fours and 2 sixes in his brisk 52-ball knock.

Both these batters along-with Fazil showed stellar grit and tenacity to notch up brilliant half-centuries. Henan too was solid and composed in his 60-ball knock. Jatin Wadhawan (27) and Abid Mushtaq (11*) were the other contributors. For Baroda, medium pacers LI Meriwala and Varun Aaron bagged 2 wickets each, while A Sheth and Bhargav Bhatt claimed one wicket each. In reply, Baroda managed to score 188 runs in 43.2 overs, thus lost the match by a big margin of 94 runs. Skipper Ambati Rayudu top scored with 49 runs off 63 balls including 6 boundaries, while NA Rathva, A Sheth and Bhanu Pania contributed 30, 29 and 28 runs to the total respectively. For J&K, Vivrant Sharma

captured 4 wickets by conceding 22 runs in his 4.3 overs, while Abid Mushtaq bagged 3 wickets by giving away 33 runs in his 10 overs. Sahil Lotra took 2 wickets by conceding 28 runs in 10 overs, while Yudhvir Singh claimed all important wicket of Rayudu. J&K will take on Nagaland in the next outing on November 14. The Sub Committee Members of JKCA including Brig Anil Gupta, Member-Administration; Advocate Sunil Sethi, Member Legal Affairs and Cricketer Mithun Manhas, Member Cricket Operations and Development JKCA congratulated the team for this splendid victory.

"#Vijay Hazare Trophy. After a nail biting win yesterday a comprehensive vic-

tory today. That's the stuff JKCA sr players are made of. Splendid all round performance. Miles to go before we sleep. Carry on & remain focussed. Well done. Manzil abhi door hai," tweeted Brig Gupta Majid Dar, Member Cricket Development Kashmir, Roopali Slathia, Member Cricket Advisory Committee and Senior Selectors of JKCA also congratulated the team for this big win. The team is being accompanied by former International cricketer Ajay Sharma as coach, Rajan Singh and Sandeep Singh as Manager and Co-Manager respectively, Tamay Srivastava as Fielding Coach, Sunny Kumar as Trainer, Danish Idrees as Performance Analyst, Jatinder Gupta as Physio and Naresh as Masseur.

Media-XI outplays Rising CC by 85 runs

■ STATE TIMES NEWS

JAMMU: Media XI Cricket Club Jammu defeated Rising Cricket Club by a huge margin of 85 runs a friendly T20 cricket match being played at G G M Science College ground, here on Sunday.

Earlier, Media XI skipper Yash Khajuria won the toss and opted to bat first. Openers Sachin Padha (39) and Faheem Tak (15) gave Media XI a quick start as the opening duo garnered 43 runs off the first 4 overs before Faheem got out after mid-length a half volley into the hands of mid-on.

Sunil Bali (28) along with



Media-XI team posing for a photograph after winning the match at Jammu on Sunday.

Sachin took the opponent bowlers to the cleaners emassing 80 runs partnership in 63 balls. Rising bowlers, Ashvani and Skipper Dixit took 5 quick wickets to

restrain Media XI on 157/7 in the stipulated 20 overs.

In reply, Rising CC never looked comfortable in their run chase and lost wickets in quick succession as the whole

team was bundled out on paltry 72 in 18.2 overs and lost the match by 85 runs. For Rising CC, Ishan (18 runs) was the only batsmen to score in double figures.

For Media XI, Sunil Bali took 3 wickets to remain the pick of the bowlers. Faheem Tak took 2 wickets while Ajitesh, Ashu, Imran Mir, Sachin Padha, Sachin Singh and Yash Khajuria claimed one wicket apiece.

Later, Sunil Bali from Media XI was declared as Player of the Match for his all round performance with bat and ball.

Media XI cricket has been running an anti drug campaign 'Say no to Drugs & Yes to Life' to keep the youth engaged in sports and adopt positive habits, including involvement in sports.

Haryana bags overall trophy in Arnis National C'ship

■ STATE TIMES NEWS

SRINAGAR: Haryana bagged the overall trophy in the three-day Arnis National Championship which concluded at Multipurpose Indoor Hall, Polo Ground, here on Sunday.

The event was organised by J&K Arnis Association under the aegis of Arnis India Federation involving 422 players and 60 Referees from 15 states and UTs of the country in both boys and girls sections, a



Winner team receiving trophy at Srinagar.

handout issued by the host Association claimed.

The overall runners-up

trophy bagged by J&K while overall third place went of Jharkhand.