

Dr Chand Trehan conducts Counselling session for girls at JKPS Kunjwani

■ STATE TIMES NEWS
JAMMU: JK Public School, Kunjwani, organized a counselling session for the girls of V-XI, on Wednesday with an objective to provide proper guidance to the girls of JKPS.

The resource person, Dr Chand Trehan, a freelance Psychologist working in the field of counseling since 1993, was welcomed by the Principal Rajesh Rathore, AVP Roopinder Kaur & School Coordinator Inderjeet Kaur.

Dr. Chand Trehan has been associated with the school since long & counselled many individuals to realize their true potentials.

The aim of the counselling session was to provide JKians a platform to interact with counsellor and learn about accepting physical,

emotional and social changes optimistically.

Therefore, it addressed the issues faced by the growing kids with the mental and physical changes; helped provide them with a safe space to process their thoughts and emotions, where they are treated with empathy, dignity and respect.

The event was focused to help students to take an informed decision related to multiple choices at a single venue. Also, it urged students to question about what they want to be in life? Do they have any role model? Are they responsible? Are they polite? Are they feminine?. Indeed, the session trained the students to know how to set a goal? How to dress up appropriately? How to apologise, to argue with-



JKPS Kunjwani Principal, Rajesh Rathore felicitating resource person, Dr Chand Trehan after counselling session for girls.

out hurting, to eradicate jealousy and be a good listener. In her address, Dr. Chand Trehan explained the importance of managing uncertainty in life, as conditions and situations are changing constantly. Therefore,

today's youth should be prepared to adapt to new ideas and new techniques along with moral values. Also, emphasized the importance of counselling and choose the right direction. She quoted, "One right step in the right

direction can make your future brilliant."

This event was attended by around 400 students and they shared their experiences related to problems they face in the growing stage. The students received advice on

how to set their time and target. Indeed, students get to know how to prioritize the things in life, develop a life skill and follow their dreams.

She also explained to students how infusion of good manners which will trans-

form them into a dignified student.

Also, she asked to stand up for themselves, develop an elegant posture and put their points confidently.

Dr. Chand Trehan asked students to think practically and rationally and emphasized on the importance of contingency plans.

She tried to put the parent's perspective before students to be capable and be a leader by choosing the right decision and develop a life skill.

Overall, the session echoed the message of setting up the priority and boosting mental strength.

Infact, She listed down the perks of being with such wonderful teachers and parents and how students can receive relentless support and guidance from them.

The session concluded by one-on-one interaction with the counsellor to analyze the area of interest of the students and believe in ourselves.

Director JK Education Society Shashi Chaudhary, graced the occasion with her meaningful inputs and reflections. School Coordinator Ms. Inderjeet Kaur proposed the vote of thanks & expressed her deep gratitude to Dr. Chand Trehan for her exuberant counselling session for the girls of JKPS.

Principal JKPS Kunjwani Rajesh Rathore lauded the renowned psychologist Dr. Trehan for sharing her life-time experiences with students & empowering them with time-tested tools, required for developing the coping mechanism to handle stress & emotions in life.

Experienced Sarla, Sandhya impress despite J&K's loss



Sandhya Sayal | Sarla Devi

■ STATE TIMES NEWS
P U D U C H E R R Y : Experienced campaigners Sarla Devi and Sandhya Sayal once again produced great bowling show, however that went in vain as J&K's suffered a huge defeat by 228 runs against formidable Railways at Siechem Stadium, here on Wednesday.

Earlier, winning the toss and batting first, Railways scored a huge total of 296 runs in the stipulated 50 overs, losing 8 wickets in the process. D Hemalatha top scored with power-packed 87 runs off 60 balls, studded with 9 fours and 4 sixes, while Mona contributed 85 runs off 107 balls including 7 fours and one six. Renuka

Chaudhari also contributed 38 runs off 52 balls studded with 4 boundaries.

Left-arm seamer Sarla Devi as usual was the pick of the bowlers, who captured 4 wickets by conceding 42 runs in her 10 overs, while skipper Sandhya Sayal bagged 3 wickets by giving away 43 runs in her 10 overs. All the other bowlers including Iqra Rasool, Anju Tomar, Rubia Syed and Nadia Chowdhary failed to hit good areas and were expensive unimpressive. The absence of speedster Bismah Hassan from the team was hugely felt as it was she alongwith the duo of Sarla and Sandhya who were instrumental in shaping J&K's qualification for the

knockout stage last season. Bismah is not travelling with the team, reasons better known to the selectors and the management.

In reply, J&K bundled out for paltry 68 runs in 31.4 overs, thus lost the match by a big margin of 228 runs. Openers Sheerazah Banoo and Shivanti Gupta made a partnership of 48 runs in 14.4 overs before Sheerazah departed at her individual score of 28 runs off 50 balls, studded with 5 boundaries, while Shivanti contributed 20 runs to the total. Bushra Ashraf (11) was the only other batter to cross double figure mark, while six batters including Anju Tomar (0), Rubia Syed (0), Sarla Devi (0), Rifat Chowdhary (0) and Lalita (0) fell without scoring.

For Railways, skipper Poanam Yadav, Preeti R Bose and Tanuja Kanwar bagged 3 wickets each, while Swagatika Rath claimed one wicket.

Why the batters like Sarla Devi and Nadia Chowdhary were made to bat lower down the order at number 7 and number 9 respectively, is a million dollar question?.

Inter-College Handball tourney begins



Director Sports, JU, Dr Daud Iqbal Baba interacting with players.

■ STATE TIMES NEWS
JAMMU: Organised by the Directorate of Sports, University of Jammu (JU), annual Inter-college (men and women) Handball Tournament got underway on the JU Campus, here on Wednesday.

In the opening match, Government Degree College (GDC) Kathua defeated Dogra Law College 19-06. Other Results: GDC Kunjwani beat GDC Paloura 15-04; GDC Akhnoor beat MIET 14-05.

In the meantime, the women's only match played today won by Government College for Women (GCW) Parade beating GDC Akhnoor 5-2.

Earlier, the competition started soon after introduction of the teams playing in the opening match with Director Sports, JU, Dr Daud Iqbal Baba.

Among others present were Vimal Kishore, Gagan Kumar, Raj Kumar Bakshi, Vikas Karlopiya, Ravish Vaid, Prof. Surinder Kumar, Dr. Sukriti Sharma, Mukesh Sharma, Narinder Paul Sharma, Harinderpal Singh, Kajal Premi, Dr. Dinesh Sharma, Suman Lata, Anil Sharma, Sukomal Ganguly and Balbir Singh Chib.

The matches were officiated by Sudesh Kumar, Vinay Sharma, Gourav Sharma, Karun Magotra, Vipin Photra and Gourav Sharma.

Indian Hawks Club Skaters shine in CBSE National C'ship Udhay, Tamanna, Puneesh emerge National Speed Skating champions in different age categories

■ STATE TIMES NEWS
JAMMU: In yet another stupendous performance, three skaters of Indian Hawks Roller Skating Club (IHRSC) brought laurels to UT of J&K by emerging national champions in recently concluded CBSE National



Winner Skaters Tamanna, Udhay and Puneesh.

Championship held between 9 and 11 January, 2023 at Shalom Hills International School, Gurgaon wherein Puneesh Puri, was adjudged unchallengeable 'national champion' after he clinched two straight gold medals in under 12 years category while Udhay Narayan Sharma and Tamanna Saini also clinched the title by winning one gold and one silver each in under-16 and under -14 years categories respectively.

It is pertinent to mention that the national tournament organized by the CBSE had 500 ace skaters from all across the country. Besides National Champions Puneesh, Tamanna Saini and Udhay Narayan Sharma, Sanvi Grover and Tabish from IHRSC also played impressive

games in their respective categories viz under 14 and under 9.

It is pertinent to mention that these skaters studying in different CBSE schools of the region have been guided by international skater Arjun Gandotra and this is not the first time that they have shown excellence at the national level because they have achieved many other feats in speed skating at national and Union Territory levels.

Patron of IHRSC Ashok Gandotra (Chief Engineer Retd.) while applauding the extraordinary feat of these skaters asked them to show consistency in the game claiming that this is just the begin-

ning and they have to go through many more contests at national and international levels.

The aforesaid skaters became eligible for the national event after leading in the North Zone tourney organized by the CBSE in November-December 2022 at South Point International School Sonipat. It is pertinent to mention that IHRSC has already produced many national champions in previous competitions and many of its skaters have also got the coveted first ranking in the national ranking championships organised by Roller Skating Federation of India (RSFI).

Dr Rohit Gupta demands revamping developmental activities in Subash Nagar Dozens of people join Apni Party



Apni Party Provincial Secretary and District President Jammu Urban, Dr Rohit Gupta addressing a party workers meeting.

■ STATE TIMES NEWS
JAMMU: Apni Party Provincial Secretary and District President Jammu Urban, Dr Rohit Gupta has demanded revamp of developmental activities in Subash Nagar and other adjoining areas. Addressing a meeting of Apni Party workers at ward 26 in Subash Nagar here on Wednesday, Dr Gupta said that the Jammu Municipal Corporation (JMC) has provided equitable development in all the wards of the areas falling under its jurisdiction. He said that the people have no hopes with any other political parties. "The traditional political parties have been exposed because of their divisive agenda. Hence, they have pinned their hopes with the Apni Party under the leadership of Syed Mohammed Altaf

Bukhari, President of the Party," he said. He said that the Apni Party is committed to overall development and protection of the rights of the people. "It is the result of the Apni Party's policy and agenda that dozens of people are joining us day by day," he said while welcoming the new entrants into the party.

Over a dozen people join the party in presence of Dr Rohit Gupta while expressing faith in the party's leadership and agenda.

Prominent among those who attended the meeting include Provincial Secretary Apni Trade Union Daljit Singh, Kishore Chib, Om Parkash Dansalia, Vikas Bakshi, Mohan Lal, M L Mahajan, Kanav Singh, Avtar Singh, Kuldeep Singh, Mohd Hafiz, Mohd Sadig, Dwarka Nath Khajuria and Kewal Singh.

DAP protests against land eviction order in Kathua

■ STATE TIMES NEWS
JAMMU: Hundreds of workers, leaders of Democratic Azad Party (DAP) on Wednesday staged the peaceful protest in Kathua against the land eviction order by the Jammu and Kashmir government. The DAP protesters urged the government to revoke the order of land eviction which is affecting the poor people in Jammu and Kashmir.



DAP leaders and workers raising slogans during a protest rally in Kathua on Wednesday.

Nizami Chief Spokesperson, Naresh Gupta Provincial Vice President, Vinod Mishra General Secretary, Choudhary Gharu Ram Zonal President, Ghulam Hyder Malik, Dr Amar Chand Vice President Provincial, Hira Lal Abrol, Maheshwar Singh General Secretary Provincial, Davinder Singh Bindu and Aradhna Andotra.

"The order is anti poor. It

shall be revoked immediately by the government. It is hitting the poor and needy people," they said.

They also submitted the memorandum to the district development commissioner in which the party termed the order of eviction unfair and anti people.

"We want this order to be revoked immediately. We can't keep watching the sufferings of our people.

Instead government shall frame the policies to empower the people," Saroori said.

The party leaders said that the protest was organized on the instructions of party Chief Ghulam Nabi Azad. They said DAP is working for the socioeconomic empowerment of people and it will fight against all those orders which are hurting the interests of common people.

Among others who participated in the protest were Arjun Singh, Advocate Ajat Shatru, Kamal Singh, Rajinder Thakur, Ashutosh Raina, Sarpanch Nawab Din, Surjeet Singh AND Tarseem Singh.

Ranji Trophy: Abhinav slams masterful ton as J&K scores 241/3

■ STATE TIMES NEWS
JAMMU: Left-handed opening batsman, Abhinav Puri slammed a masterful century as Jammu and Kashmir scored 241/3 against Tripura at stumps on day-2 at GGM Science College Hostel Ground, here on Wednesday.

Earlier, resuming from an overnight score of 52/0, J&K rode on magnificent century by Abhinav and superb half-centuries by skipper Shubham Khajuria and



promising Vivrant Sharma to score 241/3 in 103 overs

before the play was stopped and called off due to bad light around one hour before the scheduled time.

Abhinav Puri showed application, patience and character in scoring sedate 121 runs off 316 balls, studded with 11 boundaries. He showed solidity, sublimity and elegance on a track which was on slower side and where some odd balls kept low.

Vivrant Sharma scored 55 runs off 122 balls with 8

boundaries, while skipper Shubham Khajuria contributed 53 runs off 129 balls, studded with 7 fours and one six.

Ian Dev Singh (4 off 50 balls) and Abdul Samad (0 off 1 ball) were on the crease at the draw of stumps.

For Tripura, MB Mura Singh and SS Ghosh were the successful bowlers with one wicket each.

J&K batters played 79 overs today and scored just 189 runs.

Advisor Bhatnagar condoles demise of Dr Shalinder Sharma

■ STATE TIMES NEWS
JAMMU:Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar on Wednesday expressed deep grief and sorrow on the sad demise of Dr. Shalinder Sharma, HoD, Orthopaedics at Government Medical College (GMC), Rajouri who passed away this morning after massive heart attack. In his condolence message, Advisor Bhatnagar said that the departed soul was very dedicated medical professional who always performed his duties sincerely and honestly. The Advisor termed his death as a major loss to the medical fraternity of Jammu and Kashmir. The Advisor also expressed his deep sympathy with the family members of the doctor and prayed for peace to the departed soul. Meanwhile, Secretary, Health and Medical Education, Bhupinder Kumar also expressed his condolence on the sad demise of Dr. Shalinder Sharma. Terming him as a noble human being and a dedicated doctor, the Secretary said that the deceased doctor has rendered huge amount of service towards his patients and his gentle behaviour is being praised by one and all in his peer group and the medical fraternity.

Sahai assures KPPL organisers of support, assistance

■ STATE TIMES NEWS
JAMMU: Chairman PHDC- CI Jammu Chapter, Rahul Sahai on Wednesday assured full support and cooperation to the organisers of Kashmiri Pandit Premier League (KPPL) in holding mega sporting events in the future.

Team KPPL called on Sahai at his residence and presented him a memento as a token of gratitude for providing assistance to the Team during recently held KPPL Season-III in Jammu.

Ankur Bagati and Ashish Kachroo representing Team KPPL visited Sahai's home and had a threadbare discus-



KPPL organisers presenting a memento to Rahul Sahai as a token of gratitude at his residence in Jammu.

sion about their future plans with him.

Terming KPPL organisers as a medium to channelise

energy of youth in a positive direction, Mr Sahai said that supporting and promoting the teams like Team KPPL is

the need of the hour because such teams apart from providing ample opportunity to the youth to showcase their sporting skills, also help them not to fall prey to drugs and other allied social evils, so not to derail from the mainstream.

Rahul Sahai has assured Team KPPL that he will give them full support for the upcoming sports event which he said will be conducted under the banner of Lalitaditya Education, Sports and Health Organisation in collaboration with Chamber of Commerce Jammu in Jammu soon.

GDC Kunjwani organises 'two days' workshop on Financial Education



B.Com students of semester 5th with faculty members during a workshop at GDC Kunjwani.

■ STATE TIMES NEWS
JAMMU: Department of Commerce, GDC Kunjwani Jammu organised 'two days' workshop on Financial Education for B.Com students of semester 5th, "Kona Kona Shiksha CR Initiative" in collaboration with NISM/SEBI on 17-18 January 2023.

The objective of the programme was to inculcate financial discipline and investor money skills in student's day to day life.

On both days, the sessions were conducted by Anil Sharma (smart trainer) NISM/SEBI.

The speaker covered various topics of investments in securities markets, mutual funds, risk and returns associated with, precautions while investing in securities market.

The workshop was attended by about 70 students of the college. The Quiz activity was held after completion of all the sessions and successful candidates will get certificates. Welcome address was given by Dr. Ashaq Hussain and formal vote of thanks was presented by Dr. Ab Waheed. The work shop was coordinated by Prof. Shamshad Bibi and Dr. Asha Rani.