

JKPS Panjtirthi conducts students' visit to aquarium



Glimpses of visit of students of JK Public School Panjtirthi to aquarium.

STATE TIMES NEWS

JAMMU: Educational visits provides a great opportunity for students to cherish wonderful experience and face range of challenges that can contribute significantly to their personal development and holistic education.

The prep wing students of JKPS Panjtirthi were escorted for a visit to aquarium. The visit was organised to help the jakians to stay active, enable communication, to grant time for self-reflection and these activities also act as great mood booster.

Jakians got fascinated to see the attractive and colourful fish. Jakians were very excited and thrilled to see the entrance of the aquarium designed as a fish mouth and the exit which has been structured as the shape of fish tail.

Jakians were educated about the aquatic

animals, their habits, habitats and food and feeding. The visit added a lot to the knowledge of little Jakians. They returned refreshed and rejuvenated after a day filled with fun frolic and Masti.

The teachers playfully and fruitfully utilised the time of students.

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She added, "Today's education is not confined to the four walls of classroom but much more than that. The goal of education is not only to increase the amount of knowledge but to create the possibility for a child to invent and discover himself / herself."

J&K Climbers Shivani, Arun Deep leave for Nilgiri Cup

STATE TIMES NEWS

JAMMU: Shivani Charak and Arun Deep Singh, both international sport climbers of J&K, left on Sunday for Wellington (Tamil Nadu) to compete in the Nilgiri Cup.

The competition is being organized by Indian Mountaineering Foundation, the apex body for mountaineering and sport climbing in India, in association with Army Adventure Wing from December 21 to 22, 2022.

Only those sport climbers who are selected by the respective IMF Zones are eligible to compete in this competition.

Accordingly, only two climbers of J&K Shivani Charak and Arun Deep Singh who had won three gold medals and one gold medal respectively in the



Shivani (in pink sweater) and Arun (in the center) with officials of Mountaineering Association of J&K before their departure for Indonesia.

North Zone Sport Climbing Competition became eligible to participate in this national ranking competition.

Earlier, Shivani and Arun who were in Indonesia for specialized speed climbing training for two months under a world class coach, had no plans to compete in this competition but when it was notified by IMF that results in this competition would affect the overall national ranking of a

climber and of course selection for the forthcoming Asia Cup Boulder to be hosted by India in March 2023, both of them had to leave their training midway to compete in this competition.

Before their departure for Wellington, Shivani and Arun called on Shawetica Khajuria, General Secretary and Sumit Khajuria, Vice President of Mountaineering Association of J&K. Both

1st Test Kuldeep returns career-best figures in India's massive 188-run win

■ AGENCY

CHATTOGRAM: Wrist-spinner Kuldeep Yadav registered his career-best match figures as India quickly wrapped up Bangladesh's second innings for a comprehensive 188-run win in the opening Test, here Sunday.

Needing four wickets to pocket the win, India finished the job in 11.2 overs, bowling the hosts out for 324 after the hosts began at overnight score of 276 for six. Left-arm wrist spinner Kuldeep scalped two of the remaining four batters while Mohammed Siraj and Axar Patel took one wicket each.

Kuldeep, who cherished an impressive five-wicket haul in the first innings, added three more wickets in the second Bangladesh innings to finish with match figures of 8 for 113. "I love bowling with Kookaburra balls, it gives me better grip and control, compared to the SG ball," said Kuldeep after the win. "If I were not playing cricket, it would have been very challenging but I have played a lot of white-ball matches. I have played IPL and with red ball India A matched, so my rhythm was set.

Senior Advocate Jalali appreciated the steps taken by Bar Association Jammu in organising sports meet as it helps advocates to have some time for their personal fitness as well.

Bhardwaj said that Bar Association Annual Sports meet concluded with the final match of football between strikers Club and Royal Stars.

Moreover the final football match was witnessed by more than 100 advocates and the general public as well.

2nd J&K UT Tennis Volleyball Championship concludes



Medal winners posing for a photograph with dignitaries.

STATE TIMES NEWS

JAMMU: Tennis Volleyball Association of Jammu & Kashmir conducted Second J&K UT Tennis Volleyball Championship 2022 at Sports Stadium Jammu on Sunday.

Around 150 students from

12 various districts of J&K participated in the championship.

Dushyant Sharma SSP JK Police and former International Wrestler was the Chief Guest on closing ceremony and Vinod Bakshi Physical Director

Navneet Gupta General Secretary, Arshad Aziz Joint Secretary and Shabir Ahmed was special guests on the occasion.

The Chief Guest distributed the prizes amongst the winners and also felicitated the other dignitaries.

Other sports officials present were Rahul Bansh, Harvarshdhan Raina, Rudraksh Gupta, Ashima Pathania, Sahil Sharma and Manish Gill. Twinkle Koul and Tanvi Sharma anchored the closing ceremony.

The Championship was played under the supervision of Rahul Bansh and Ashima Pathania. Qualified National Referees of Tennis Volleyball sport.

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