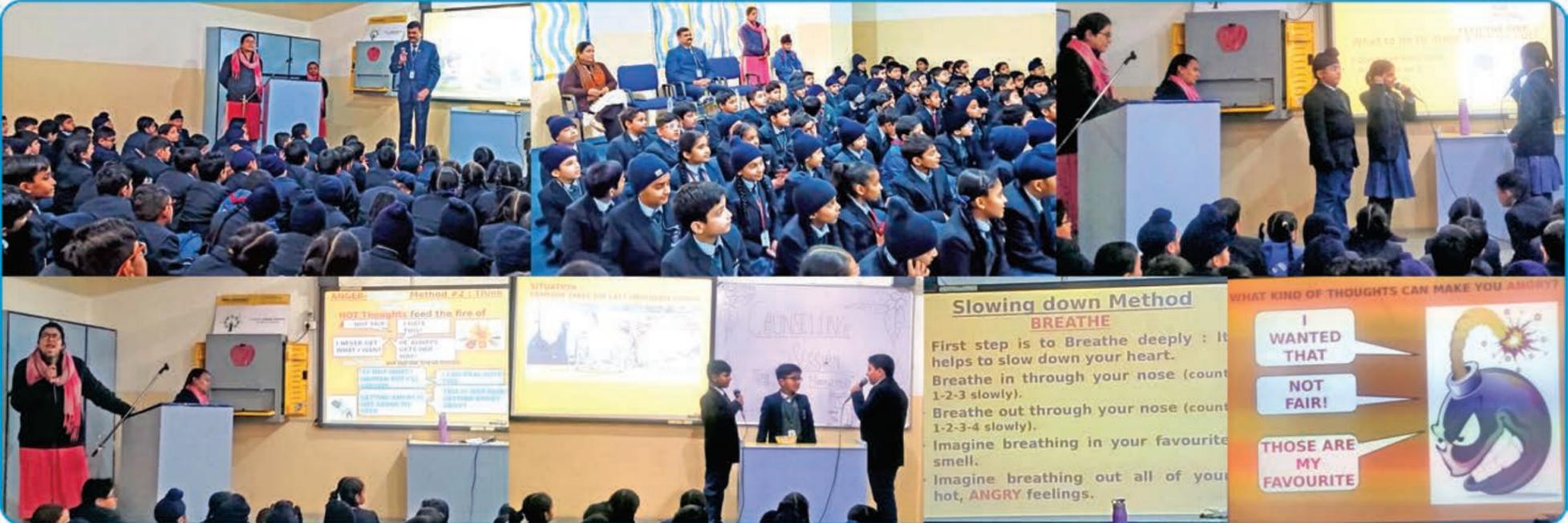


Workshop on anger management titled 'Cool Kids, Calm hearts' conducted at JKPS Kunjwani



Glimpses of Workshop on anger management titled 'Cool Kids, Calm hearts' being conducted at JK Public School Kunjwani.

STATE TIMES NEWS
JAMMU: To help students develop emotional intelligence and manage their emotions effectively, an Anger Management Workshop was conducted at JK Public School (JKPS) Kunjwani for the students of Grade III. The workshop

aimed to provide students with tools and techniques to recognize, understand, and control their anger in constructive ways. The session began with an interactive introduction, where students were encouraged to share their thoughts on what anger means to

them and situations that trigger it. The resource person Ms. Bandana explained the concept of anger as a natural emotion and highlighted the importance of managing it to avoid conflicts and improve relationships. Students identified situa-

tions that make them angry through a group discussion. The facilitator introduced techniques such as deep breathing, counting to ten, and using calming words to manage anger. Students also participated in role-playing scenarios to practice anger management strategies in

real-life situations. Students expressed their feelings through drawing and writing, helping them to channel their emotions positively. The workshop concluded with a Q&A session, wherein students clarified their doubts and shared feedback. The resource person emphasized

the importance of regular practice and encouraged students to apply these techniques in their daily lives. Appreciating the resource person Bandana and Primary wing Coordinator Anju Raj, Principal JKPS Kunjwani Rajesh Rathore expressed his joy on equipping and empow-

ering students in this crucial phase of their life. He said, "The workshop turned out to be highly engaging and effective. Students showed enthusiasm in participating in the activities and demonstrated an understanding of the strategies taught. We found a noticeable impact

on students' ability to express their emotions calmly and handle conflicts constructively". "The workshop proved to be a valuable initiative to promote emotional well-being among students and equip them with essential life skills for the future", he concluded.

J&K UT Senior Basketball Championship concludes Chitra Singh Jamwal achieves rare record

STATE TIMES NEWS
JAMMU: The J&K UT Senior Basketball Championship, organized by the J&K Basketball Association under the aegis of the J&K Sports Council, concluded at MA Stadium from December 23rd to 25th, 2024. Various teams, both men and women, participated in the championship, representing different districts of J&K. District Jammu won the closely contested final match against STC, Jammu.

A total of 15 teams participated in the championship, with 11 men's teams and 4 women's teams. In the women's category, the championship was won by the Warriors, with Reasi placed as the first runner-up. The first match of the day for the 3rd place in the men's section was played between Udhampur and J&K Police, with J&K winning with a final score of 77-70. The final match between the STC and District

Jammu team was a nail-biting affair, swinging either way, but ultimately, the District Jammu team emerged victorious with a score of 72-69. Dr. Vikram Handa, President of the J&K Basketball Association, welcomed the Chief Guest Nuzhat Gul and thanked her for her continuous support towards sports and particularly the Basketball fraternity. Nuzhat Gul, Secretary of the Sports Council, congratulated all the players

and remarked on the electrifying energy of the players on the court during the close final match. She assured that the Sports Council would soon provide basketball courts in every district of J&K. Dr. N.S. Bhutyal, Superintendent of GMC Jammu, was the Guest of Honour for the day. Aman Sharma, Secretary of the J&K Basketball Association, updated the gathering about the championship and presented the annual

report of the JKBA's activities. Other notable dignitaries included Rajeev Sharma, member of the JK Sports Council; Kuldeep Gupta, Technical Director of the Kabaddi Federation; Suraj Bhan, Manager of the Indoor Stadium; DSO Baljinder Singh; Ashok Singh Jamwal, Senior Vice President of JKBA; Faisal Hameed, Treasurer of JKBA; Sushma Jamwal, Chief Coach of JK Sports Council; Shubham Sharma, Mentor of Khelo India; and coaches and officials like Rohan Kundal, Kunal, Manoj Kumar Solanki, Rajesh Bhandral, and Harpreet Singh. The championship not only provided a competitive platform but also fostered a spirit of sportsmanship and camaraderie among all participants.

STATE TIMES NEWS
JAMMU: In a rare feat, J&K's talented batting all-rounder, Chitra Singh Jamwal has joined an elite list of players after she scored 31 runs in a Senior Women's One-Day Trophy match against formidable Andhra Pradesh before the historic quarter-final against Madhya Pradesh on December 23, 2024. Representing Jammu and Kashmir Cricket Association (JKCA), Chitra has crossed the 1000-run mark in the 35th innings of her One-Day career, scoring 1097 runs in 36 innings with an average of 39 runs. Chitra has the honour of scoring three centuries and six half-centuries in the Board of Control for Cricket

in India's (BCCI's) Domestic One-Day Tournament. While representing JKCA in the last 14 innings, Chitra has scored 597 runs with an average of 68 runs. Chitra has the distinction of making debut in the Senior Women's One-Day Trophy at a tender age of 12 years. Chitra who has the honour of being the first woman

cricketer from J&K to score a century at the National scene in the Senior Women's One-Day Trophy, having the cricketing brilliance with 5 magnificent centuries at her back and two in the last season itself, was named in the prestigious Women's Fast Bowling Camp, organised by the National Cricket Academy (NCA) at Bengaluru from September 9 to September 14, 2024. "I accredit my success to the facilities being provided to the players by JKCA at home and the pat and promote attitude of the Administrators and the officials, besides sheer-dint of hardwork by my parents. My job is to deliver my best and wait for the opportunities," maintained Chitra.

Chief Guest Nuzhat Gul, Secretary J&K Sports Council interacting with players.

STATE TIMES NEWS
JAMMU: The J&K Fencing Association (JKFA) is conducting selection trials to select the Jammu & Kashmir fencing team for the 19th Cadet National Fencing Championship 2024-25 (Boys & Girls), which is scheduled to take place in Rudrapur, Uttarakhand, from January 6 to 9, 2025.

The selection trials will be held on 27th and 28th December 2024 at the Indoor Fencing Hall, M.A Stadium Jammu. All interested and eligible fencers asked to participate in these trials, and they must bring their Aadhaar Card and Date of Birth Certificate for verification purposes. For any queries or additional information, fencers

can contact the on 9622050010, 7006374481 or 7889434414. The J&K Fencing Association, affiliated with the Fencing Association of India (FAI), encourages all eligible fencers to participate in the trials and seize the opportunity to represent Jammu & Kashmir at the Cadet National Fencing Championship.

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exceptional bowling performance, where he took 3 wickets, leading his team to a comfortable victory. For his all-round brilliance, Jugraj Singh was named the Man of the Match. In the second match, BCC triumphed over Anjad Cricket Club by 4 wickets. Batting first, Anjad Cricket Club was bundled out for a

modest total of 96/10 in their 16 overs. Waseem top-scored for Anjad Club with 17 runs, but the team's batting was dominated by some superb bowling from Waqarat Lefty of BCC, who claimed 3 wickets for just 12 runs in 3 overs. BCC chased down the target in 14.5 overs, reaching 97/6. The top scorers for BCC were Akeel with 20 runs and

Rizwan with 19 runs. Once again, Waqar played a crucial role, contributing with the ball, as he took 3 wickets for 12 runs in his 3-over spell. For his outstanding performance with the ball, Waqarat Lefty was declared the Man of the Match. The day's proceedings were made even more special with the presence of guests, Retd.

CEO S. Daljit Singh and Amrit Kour, Principal Retd., who were the Guests of Honour. They addressed the teams and the audience, reflecting on the sacrifices made by the Chaar Sahibzaade during India's pre-Independence freedom struggle. Their sacrifices and the legacy they left behind were acknowledged as a guiding light for future generations, they said. The tournament is being organised under the supervision of Management Committee (Chaar Sahibzaade Tournament) and the support of youth of Poonch.

Chaar Sahibzaade Cricket Tournament

Singh Warriors, BCC triumphed defeat opponents

STATE TIMES NEWS
POONCH: The excitement continued on Wednesday in the 3rd Edition of the Chaar Sahibzaade Cricket Tournament at the Sports Stadium in Poonch, with two thrilling matches played. In the first encounter, Singh Warriors defeated Baila Club Mandi by 49 runs. Singh Warriors, batting first, managed to score a challenging total of 145/4 in their allotted 16 overs. Manpreet Singh was the standout performer for Singh Warriors, contributing a solid 42 runs. In response, Baila Club Mandi could only muster 96/8 in their 16 overs. The chase faltered as wickets fell regularly, with Nazakat being the top scorer for Baila Club with 16 runs. The key highlight of the match was Jugraj Singh's



Dignitaries meeting with players at Poonch on Wednesday.

Fencing Trials from Dec 27

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7-day Refresher Course for PETs concludes

STATE TIMES NEWS
KISHTWAR: A seven-day refresher course organised by the Department of Youth Services and Sports for Physical Education Teachers concluded here on Wednesday. Organized under the guidance of the Director General of Youth Services & Sports J&K, Rajinder Singh Tara, and supervised by DYSSO Jaffer Haider Sheikh, the program was specifically designed for PEMs, PETs, REKs and Groundsmen. The training sessions, held at Chowgan/TRC Kishtwar, aimed to equip participants with modern methodologies, techniques and best practices in physical education and sports management. The initiative highlights the department's efforts towards fostering innovation and excellence in sports while promoting a healthy and active lifestyle among the youth of the region. During the seven-day course, participants were

engaged in varied activities, including workshops, practical demonstrations, and interactive discussions led by subject-matter experts. Topics covered ranged from modern sports techniques, event management and physical fitness assessments to the integration of technology in sports education. The valedictory ceremony was attended by Deputy Commissioner Rajesh Kumar Shavan; Additional Deputy Commissioner Pawan Kotwal

and Chief Education Officer Javed Ahmed Kichloo. In his address, the Deputy Commissioner emphasized the importance of continued skill development and training programs for educators and sports personnel. He noted that such refresher courses are pivotal in enhancing knowledge and expertise, ultimately benefiting students and youth across the district. DYSSO Jaffer Haider Sheikh expressed his heartfelt gratitude to all participants for their active engagement and praised his team's efforts in ensuring the program's success. He reaffirmed the department's commitment to organizing similar initiatives in the future to further develop the skills of physical education and sports professionals.

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DC Poonch felicitates national taekwondo medalist Sukriti Sharma

STATE TIMES NEWS
POONCH: Deputy Commissioner of Poonch, Vikas Kundal felicitated Sukriti Sharma, a talented Taekwondo player from the Poonch Taekwondo Club. Sukriti recently won a bronze medal at the Sub Junior National Taekwondo Championship held in Panchkula, Haryana, where she triumphed over states like Assam, Andhra Pradesh, and Uttarakhand. Speaking on the occasion, Deputy Commissioner Vikas Kundal congratulated Sukriti Sharma for making the entire Jammu and Kashmir UT proud with her remarkable achievement. He commended her dedication and



DC Poonch Vikas Kundal felicitating Sukriti Sharma National Taekwondo Medalist.

hard work, which led to her success at the national level. He also applauded the efforts of Rajinder Singh, Taekwondo coach from the Department of Youth Services and Sports, for providing excellent training to the players of Poonch,

which contributed to their impressive performance on the national stage. The Deputy Commissioner assured all possible support for the development of Taekwondo in District Poonch to encourage more players to excel in the sport.

Cross Country meet on Dec 29

STATE TIMES NEWS
JAMMU: Jammu and Kashmir Amateur Athletics Association shall conduct Cross Country competition cum selection trials on December 29 at MA Stadium, here. The selected team then represent J&K in the 59th National Cross Country A Athletics Championships to be held at Army Golf Course Meerut in Uttar Pradesh on January 12. The competition shall be held in age groups of under-20 boys (eight kms), under-20 girls (six kms), under-18 boys (six kms), under-18 girls (four kms), under-16 boys (two kms), under-16 girls (two kms), men (10 kms) and women (10 kms). The athletes, who desire to participate in the competition, are directed to report at MA Stadium on Sunday 29 at 7.30 am along with Aadhar Card and DOB Certificate. For further clarifications, athletes can contact Nirmal Singh (7889401211) and Gureharan Singh (7006341648).