

Dy Director Sports honours trainers, trainees of Refresher Course

► **Quality, quantity of human resources determine nation's growth: Mishra**

■ STATE TIMES NEWS

JAMMU: Deputy Director Youth Services and Sports, Jitender Mishra presented certificates to the trainers (resource persons) and trainees of the week-long Refresher Course, which concluded at Sacred Heart College of Education, Paloura here on Tuesday.

The Course was as part of the ongoing month-long Training Programme in various sports disciplines, being organised by the Directorate of Youth Services and Sports at various venues selected across the Union Territory.

764 PETs, PEMs and REKs, with 4 from each zone among 186 zones across the UT of Jammu and Kashmir are taking part in this programme. Three venues in the districts of Jammu, Srinagar and Pulwama have been selected for this programme. The sports disciplines covered in this Course included



Dy Director YSS, Jitender Mishra presenting certificates to trainers.

Fencing, Taekwondo, Sqay and Soft Tennis.

Speaking on the concluding ceremony, the Chief Guest, Mishra threw light on human and material resources and said the quality and quantity of human resources determine a nation's growth and development.

He said it is the available human resources that mobilize and galvanize other resources (material

resources) for sociological, political, economical, scientific and technological development.

While appreciating the knowledge and wisdom of resource persons, Mishra said that knowledge is a human resource which can constantly be build up and utilized in every sphere of activities, adding human resources play vital role in creating a satisfied and a

successful individual.

"The potential of human resource is often not realized and they tend to be overlooked. However, the present Heads of Youth Services and Sports Department- Principal Secretary Alok Kumar and the Director Gazanfar Ali are utilizing the services of its resource persons to almost a perfection by way of such Training

Programmes. They are committed to promote sports talent and raise sports infra," added Mishra.

Meanwhile, resource persons Ujjwal Gupta, Shafali Gupta, Rajeev, Gusharan, Pankaj Spolia, Sanjay Khajuria, Vishal Malhotra and Indu Bushan said that such programmes are must for keeping the trainers, coaches and teachers abreast with latest skills and techniques of various games and sports.

They lavished praise on Principal Secretary to Govt, Youth Services and Sports Department, Alok Kumar and Director Sports Gazanfar Ali for providing them all kind of facilities during the Course.

District Youth Services and Sports Officer Jammu, Sukhdev Raj Sharma also spoke on the occasion, before presenting vote of thanks.

Kohli set for 100th Test in Mohali day-nighter in Bengaluru

■ STATE TIMES NEWS

NEW DELHI: The BCCI on Tuesday announced a revised itinerary for the home series against Sri Lanka, beginning February 25, confirming that the Twenty20 series will be played before the two Tests. Originally, the two-Test series was planned before the T20s but the BCCI has made the change following a request from Sri Lanka Cricket.

"Sri Lanka will first play the T20I series comprising three matches followed by a two-match Test series, which will be a part of the ICC World Test Championship, 2021-23," said the BCCI in a statement.

It was widely reported that the T20s against the



Lankan side will take place before Test matches in Mohali and Bengaluru and the cricket body has now confirmed it.

Virat Kohli is expected to play his 100th game in Mohali from March 4-8.

The second Test will be played in Bengaluru from February 12-16 and will be a day-night affair. The last pink ball Test played in

India, in Ahmedabad last, ended inside two days with England crumbling on a rank turner.

The first T20 will be played in Lucknow on February 25 before the teams travel up the hills to Dharamsala for second and third game on February 26 and 27.

With the schedule announced for Sri Lanka series, the BCCI is expected to name the Test captain, a post which was left vacant in the wake of Kohli's unexpected resignation a day after India lost the Test series in South Africa.

Kohli ended his tenure as India's most successful Test captain with 40 wins, 11 draws and 17 losses in 68 Tests.

J&K Handball Association felicitates Secretary JKSC

■ STATE TIMES NEWS

JAMMU: The Jammu & Kashmir Handball Association felicitated Secretary J&K Sports Council (JKSC), Nuzhat Gul in her office on Tuesday. Ranjeet Singh of JKHA gave a brief account of various activities undertaken by the association.

Secretary JKSC assured full cooperation to associations and uplift the handball game in all units of J&K UT,

She also assured exclusive indoor handball stadium in Bhagwati Nagar and eight Handball synthetic courts established in the J&K UT as per Handball Federation of India norms and as per proposal of JKHA.

She assured full cooperation to conduct the senior national/federation cup which is going to host in the J&K UT In the year 22-23.

She also assured we will bring the handball coaches from other wings on deputation basis to cope up the shortage.

On this occasion, Ranjeet Singh and other members of the association thanked the Secretary JKSC for releasing grant in aid in favour of JKHA for domestic and national activity for the year 2021-2022.



JKHA members felicitating Secretary JKSC, Nuzhat Gul.

Snow games, trekking expeditions continued on day-2 at Aharbal

■ STATE TIMES NEWS

KULGAM: Activities continued on day 2nd of winter carnival at Aharbal and Trekking expeditions were also carried out by Trekking groups on various trekking routes. The whole day witnessed various sports activities which added charm to the program. The main sports events organised for boys and girls were Snow Cricket for girls, Snow Volleyball, Snow Rugby and Snow Cricket matches for boys. Apart from this a Snow Cricket match was played between the department of Tourism and Youth Services and Sports department Kulgam. This Winter Carnival is being organized by District Administration Kulgam in collaboration with Tourism, Aharbal Development Authority and Divisional Forest Division to showcase the beauty of Kulgam for all its recreational and adventure potential.

Srinagar District Boxing C'ship from Feb 18

■ STATE TIMES NEWS

SRINAGAR: Srinagar District Boxing Championship for the year 2021-22 is being organized on February 18 and 19, 2022 at Indoor Sports Complex Bakshi Stadium, here.

Interested Boxers who want to take part in the aforesaid championship are informed to contact with Aadhaar Card to Farook Ahmed (Boxing Coach) on or before February 17, 2022 on Mobile No. 9906400668.

Jammu Flower Growers for promoting usage of fresh flowers

■ STATE TIMES NEWS

JAMMU: To promote usage of fresh flowers in daily life in place of artificial/ fake-flowers, mostly imported from China, in which hazardous dyes and cheap plastics are used and which are threatening for humans, environment and farming community, Jammu Flower Growers & Processors Cooperative Ltd held an unique awareness programme in Jammu by distributing free flowers among people.

Speaking on the occasion, Tajinder Singh Wazir, President, Jammu Flower Growers & Member J&K Kissan Advisory Board for Development of Kissan, has welcomed recent order issued by the Government directing constitution of a high-level committee led by Navin Kumar Choudhary, Principal Secretary Agriculture Production &



President, Jammu Flower Growers & Member J&K Kissan Advisory Board, Tajinder Singh Wazir distributing flowers among people.

Farmers Welfare Department. "We hope that the initiative will rejuvenate the commercial floriculture in entire J&K. Moreover, it is the best time for UT administration to declare a concrete policy for commercial floriculture, covering all aspects like interest submission, insurance on industry pattern for high

Rana inaugurates counselling centre, hopes facility to benefit young minds



Prominent BJP leader Devender Singh Rana inaugurating Smart Educational Hub at Jammu.

■ STATE TIMES NEWS

JAMMU: Senior BJP leader Devender Singh Rana on Tuesday lauded the efforts of expanding the reach of counselling to students desirous of pursuing professional courses, hoping that the management will strive for making the facilities affordable to all segments, especially the poor and marginalized sections.

Inaugurating Smart Educational Hub at Kachi Chawni in the old city here, Rana also hoped the normal

academic activities to resume with significant drop in the pandemic cases, saying the unprecedented situation for the past nearly two years has taken toll of academics, among other pursuits.

Rana said the career counselling centres could help the student community in a big way to understand the options available in this high-tech era and enable them to also have introspection about their strengths, which is necessary for choosing the career

that suits them. This assumes significance in the present day competitive world, which offers numerous career options to the enterprising youth.

The Sr BJP leader exuded confidence that career counselling centres would provide congenial atmosphere for students to grow in their chosen pursuits and promote better relationship between the taught and teachers.

He complimented the management for their endeavours in providing professional guidance to the students and hoped that the wherewithal available at the facility will be beneficial for the inmates. He stressed for maintaining the necessary Covid protocol during the counselling sessions, as the threat of the virus is not yet over.

Aman Sharma, the pioneer of the centre briefed Rana about the facilities available for the students and assured that every effort would be made to counsel the young minds by the best available faculty.

Kharu lifts 15th CEC Cup Women's Ice Hockey C'ship



Winner and runner-up teams posing for a photograph with dignitaries.

■ STATE TIMES NEWS

LEH: Team Kharu sealed their victory and lifted the 15th CEC Cup Women's Ice Hockey Championship 2022.

Final match of the Championship was played between Kharu and Lalok teams at the Ice Hockey Rink, NDS Sports Complex at Leh today.

Seven teams participated in the tournament which was

organized by the District Youth Services & Sports Department in collaboration with Ladakh Winter Sports Club Leh. Team Kharu sealed their victory and lifted the 15th CEC Cup Women's Ice Hockey Championship 2022.

Dy Chairman, LAHDC Leh, Tsering Angchuk Executive Councillor (EC) for sports was the Chief

Guest and EC for RDD, Tashi Namgyal Yakzee, EC for Agriculture, Stanzin Chosphen and EC for Minority Affairs, Ghulam Mehdi Ashoor were the Guests of Honour on the occasion.

Councillor, Konchok Stanzin, Mirza Hussain, Sonam Thardos, Ven Konchok Tsephen and other guests witnessed this spectacular game of Ice Hockey today.

Dy. Chairman, Tsering Angchuk congratulated the winner as well as the runner up teams and extended his best wishes for their future.

He advised the players to inspire and motivate the young generation to take up this sport. He also informed that Hill council Leh is working tirelessly to develop this sport to an international level.

Dy. Chairman Angchuk also lauded the tireless efforts of Ladakh Winter Sports Club and Department of Youth Services and Sports in organizing such tournaments in Ladakh. Prizes were distributed and players along with officials were felicitated by the guests in the end.

1,000 Govt Schools create Happiness Zones

■ STATE TIMES NEWS

JAMMU: Acknowledging the importance of mental health, especially in the post Covid 19 pandemic scenario, more than 1000 Government schools of Jammu Division have created Happiness zones to provide safe and psychologically comfortable spaces within the school premises where students can talk about their feelings and emotions unhesitatingly and in a confidential manner.

These Zones are created as per directions of the Ministry of Education endorsed by Administrative Department School Education.

More such zones will be created in winter zone schools as the schools reopen after vacations.

In a first of its kind initiative, Directorate of School Education Jammu on Tuesday directed all the Schools of Jammu Division from Middle to Higher secondary to create such happiness

zones to provide psychosocial support to students as per Manodarpan guidelines. Trained Faculty Counsellors working in Counselling Cells of these schools are rendering their services in these zones.

Manodarpan is an initiative of the Ministry of Education (MOE) Government of India (GOI) aims to provide psychosocial support and counselling to students for their mental health and well-being during the Covid 19 outbreak and beyond. The Covid pandemic is not only a serious medical concern but also brings mixed emotions and psycho-social stress for all.

Counselling cell DSEJ is organizing regular capacity development programmes, webinars for Teachers in collaboration with reliable institutions like Nimhans Bangalore, Department of ICPS, BCPA, Department of Psychiatry GMCs to develop coun-

selling skills in teachers.

Principal Secretary School Education Department B.K. Singh has emphasised creating a stress free atmosphere in schools. He recently visited a few of such happiness zones and enquired in detail about the counselling services being provided in schools.

Dr. Ravi Shankar Sharma, Director of School Education Jammu stated that students coming to schools after such a long gap may experience a heightened level of stress, anxiety, and fearfulness along with a wide range of other emotional and behavioural issues due to COVID situation. We need to be prepared to offer students a healthy and psychologically safe environment to safeguard them. Happiness of the child is directly linked with academic outcomes and to improve attention, retention of students we have to ensure mental health, safety and security

Social-activist renders help to Muskan



Social activists providing essential commodities to officials of Muskan.

■ STATE TIMES NEWS

JAMMU: Providing timely render help to deserving is motive of Kamini Mahajan, Advocate J&K High Court, an eminent Social Activist. She, with the help of Adv Bhawana Gupta visited 'Muskan- A Home for Mentally Challenged Children,' located at Channi Rama where 30 inmates are lodged and provided them various essential items including detergent, bathing soaps, washing soaps, disinfectants, surface cleaner, etc. The Management of institution thanked such the activist and urged everyone to come forward to render such like help for needy persons. Speaking on the occasion, Adv Kamini Mahajan impressed upon the staff to take care of inmates especially in view of COVID. She also urged people to follow COVID Appropriate Behaviour (ACB) and other safety protocols issued by Health Department from time to time.

of students.

Dr. Romesh Kumar Sharma, in charge Counselling cell said that constitution of happiness Zones in schools will create a culture of individualized guidance and counselling in schools. He added that creation of Happiness zones in schools will go a long way in

ensuring overall well-being of students besides providing psychosocial support to them.

Pertinently, Directorate of School Education Jammu through its Counselling Cell has undertaken a lot of initiatives for mental health and well-being of the students.

JKSC seeks names of sports achievers for awards

■ STATE TIMES NEWS

JAMMU: Consequent upon implementation of the Sports Policy 2022, the J&K Government, through J&K Sports Council (JKSC), has invited names of those sports achievers for the year 2021-22 for special cash awards. Entrusted with the task to complete the list of such individuals in the given time frame, the JKSC has further asked the sports associations submit the details of winners of Ist, 2nd and 3rd position holders in the National and International competitions conducted by the authorised international and national sports bodies accordance with the eligibility conditions mentioned in the policy. "In order to work out the quantum of funds requisitioned from the Government for the year 2021-22, the respective sports associations are advised to please furnish the details in the given format through respective Divisional offices of the JKSC within a period of one week", an order, dated 14-02-2022 by the JKSC mentioned.