

Secretary Sports Council inaugurates UT level Weightlifting Championship

STATE TIMES NEWS

JAMMU: J&K Sports Council in association with J&K Weight Lifting Association, is conducting two day UT level Weight Lifting Championship 2021-22 in the sub-categories of Youth, Junior, and Senior for both genders in the newly laid Multipurpose Hall of J&K Sports Council at Bhagwati Nagar, Jammu from Friday.

The championship was declared open by Nuzhat Gul, Secretary J&K Sports Council early today.

Speaking on the occasion, the Secretary reiterated that the sound mind dwells in the sound body and the best brains are the key to the progress of the country, in



Secretary JKSC, Nuzhat Gul inaugurating UT-level Weight Lifting Championship.

fact, they are the assets that need to be preserved and respected. She said, "I am here to offer my respect to all the players and others associated with the sports and to fulfil my promise of taking

J&K to new heights when it comes to sports and thus contribute towards making our union territory a vibrant society".

She also assured the participating players and the mem-

bers of the J&K Weight Lifting Association of full support of the government for the promotion and expanding sports base in all the districts of the union territory. The Secretary also announced the plan to provide weight lifting sets at all district level centers to attract more and more players toward the game.

She also promised to provide international weight lifting sets for the conduct of the championship in the union territory and also for the promotion of the game and to provide an international standard sports ecosystem to the youth of J&K.

Others who participated in the function included Harbhajan Singh and Yudhvir Singh, President and General Secretary of the newly elected body of J&K Weight Lifting Association. The other prominent faces included current and former Divisional Sports Officers of J&K Sports Council Ashok Singh Jamwal and Ravi Singh; who is also the new Chief Executive Officer of J&K Weightlifting Association. Inderpal Singh, former weight lifting coach also attended the function.

Players and other sports enthusiasts who attended the function in large numbers appreciated the role of J&K Sports Council for keeping the best possible facilities at disposal of the athletes.

J&K Fencing teams named for Nationals



Selected Fencing teams posing for a photograph with officials.

STATE TIMES NEWS

JAMMU: The Adhoc Committee of the Jammu and Kashmir Amateur Fencing Association (JKAFA) on Friday finalised the teams for participation in the 32nd Senior National Fencing (men and women) Championship to be held at Guru Nanak Dev University, Punjab.

The teams shall take part in the four-day competition scheduled to

take place from March 13 to

16. Subsequently, the teams were screened by the committee of officials from the J&K Sports Council (JKSC) at MA Stadium, this afternoon after the selection committee handed over the final list to the convenor adhoc committee of JKAFA.

The teams screened by Sports Officer of the JKSC, Ashok Singh and Manager, Satish Gupta in the pres-

ence of Rashid Ahmed, convenor, Adhoc Committee JKAFA and fencing coaches, Shott Lal Sharma and Rachna Jamwal at New Indoor Complex, MA Stadium, here.

Mokshi Sharma and Ranjan Sabarwal have been named as coaches while

Varun Salathia and Ajay Kumar shall be Managers of the teams, a handout issued here today informed.

District Jammu Wrestling Championship held



Medal winners posing for a photograph with officials.

STATE TIMES NEWS

JAMMU: District Jammu Wrestling Championship 2021-22 organized by Wrestling Association of J&K concluded at Wrestling Hall University of Jammu under the aegis of Wrestling Federation of India, J&K Sports Council and J&K Olympic Association.

Dawood Iqbal Baba, Director Sports and Physical Education University of Jammu was the Chief Guest on the opening ceremony, who encouraged the young talent and gave their best wishes to participated wrestlers and congratulated the organizers.

Dheeraj Sharma, Chairman Organizing Committee, Om Parkash, Ravinder Kumar,

Shotu Lal resigns from Fencing Adhoc Committee

STATE TIMES NEWS

JAMMU: Senior Fencing coach of J&K, Shotu Lal Sharma on Friday resigned as member of the Adhoc Committee of J&K Amateur Fencing Association (JKAFA).

In letter addressed to the Secretary, J&K Sports Council (JKSC), Shotu Lal said, "The Fencing Association of India nominated me as member of the Adhoc Committee (among others) to take care of fencing sports in J&K. The present team of the Adhoc Committee is expiring on March 31, 2022. In this context, as per your verbal directions, I hereby, tender my resignation as member of the Adhoc Committee."

Important to member here that the present Adhoc Committee of the JKAFA is led by international fencer and Inspector with J&K Police, Rashid Ahmed Choudhary.

UT-Level Inter District U-19 boys Kho-Kho C'ship begins



DC Udhampur, Indu Kanwal Chib interacting with players.

STATE TIMES NEWS

UDHAMPUR: Deputy Commissioner Udhampur Indu Kanwal Chib on Friday declared open the UT Level Inter District Kho-Kho championship for under-19 boys for the year 2021-22 at Subash Stadium Udhampur.

She advised in her address to be free from all others in-adequacy say no to drugs, keep fit with Sports activities /yoga, Save Energy, be enthusiastic for better future and becoming good citizen.

All the contingents of 20 districts reported with a total participation 221 players and 91 officials.

The competitions are being underway under the patronage of Alok Kumar, Principal Secretary Youth

STATE TIMES NEWS

JAMMU: On his second day at JK Public School Kunjwani, Principal Rajesh Rathore introduced himself to all the teachers and reflected upon his academic aspirations and core competencies to be equipped with, for this generation so as to transform their dreams to reality.

After the preliminary introduction with the school staff, he articulated the importance of "Effective communication skills" as one of the ten potential life skills, suggested by World Health Organization (WHO).

Adding further he said, "This age belongs to the brilliant speakers and prolific writers. Professionally trained students get an upper edge over others. English, being a foreign language, requires a good train-

ing to be imparted to students."

He conducted a workshop on phonetics, the art of pronunciation, as written English deals with 5 vowels, whereas spoken English deals with 23 vowels, namely, 12 monophthongs (single vowels), 08 diphthongs (double vowels) & 03 triphthongs (triple vowels).

A systematic exposure to various technicalities per-

taining to phonemic transcriptions made the audience enthralled.

The Principal Rathore promised to introduce the training of Phonetics to the children of Grade 5 onwards. It was indeed a marathon session, wherein more than 100 teachers of the school attended this workshop. The teachers really enjoyed the session, as it was a new learning experience for

them.

Variety in-house/invitation

al training programmes for

the teachers have been

chalked out to ensure the

best possible utilization of

the Term break period.

The session ended with a

beautiful song, namely, "Teri

hai zameen, Tera aasman"

sung by Rashmi Arora,

Music Teacher of the school.

Lyrics of the song, sung in

a mellifluous voice, shall

reverberate into the ears of

the audience for a long, like

William Wordsworth's

immortal composition "The

Solitary Reaper".

The programme reached

its culmination point with a

vote of thanks by Inderjeet

Kaur, the School

Coordinator Shashi Rattan,

the Vice Principal praised all

the teachers for their inquisi-

tiveness, commitment and

dedication.

Around 150 climbers from various institutions of Jammu district have already confirmed their entries.

"However, the main attraction of the competition shall be India Number 1 woman climber Shivani Charak and international climber Arun Deep Singh, who shall come here just for a day from Delhi where they are preparing themselves at international standard climbing walls in IMF complex for selection trials for this year's Asian Games in China," informed organising secretary of the event, Sumit Khajuria.

Prof. Baljinder Kour, Dr. Arti Pandhoh Gupta and Prof. Priyanka were also present in the workshop. Dr. Manjeet Singh NSS ICSE PO of the college organized the event.

The competition is being organized

by Mountaineering Association

of J&K in collaboration

with Sprawling Buds

ICSE School, Jammu and

JKSC, organized by the JKSC.

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