## JKPS Kunjwani organises workshop on 'Emotional Intelligence' for teachers



Resource person, Ritu Aggarwal speaking during a workshop at JK Public School Kunjwani.

#### STATE TIMES NEWS

JAMMU: JK Public School (JKPS) Kunjwani has always aimed at providing an environment that fosters the desires to equip and inculcate the requisite skills in teachers as well as students to face the challenges of the 21st Century.

Keeping in view the same, JKPS organised a workshop on 'Leading with Emotional Intelligence -The Need of the Hour' for teachers of the Preprimary & Primary school.

The Resource Person of this workshop was Ritu Aggarwal, a trainer with an experience of 15 years as a journalist.

The main focus of the workshop was to develop emotional stability among children and teachers to avoid them from being derailed as people with higher emotional intelligence are able to pay attention, more engaged, positive and empa-

The teachers of school actively participated in the workshop to know the importance of emotional intelligence for the overall development of the students.

Workshop culminated with the note that 'success in a child's life is dependent not only on cognitive ability but also on the affective skills, such as, self-awareness, motive control, collaborative working and sensitivity to one's own emotions'. This can be possible only by inculcation

The workshop was eye opener for the teachers and it was appreciated by one and all.

The School Principal Rajesh Rathore said that Emotional Intelligence has been gaining momentum from the last few decades. Its significance and its correlation with many domains of life had made it a subject of expert study. Thus to ensure that our students are ready for life in the 21st century they need to be well equipped with a range of life

and social skills such as being creators, collaborators, communicators and critical (4Cs) besides having knowledge of reading, writing and arith-

Reflecting further on the

champion G. Sathiyan's cause as he eyes his second Sharath, a 10-time national champion, said he

topic he said, "Daniel Goleman gives 67% weightage to Emotional Intelligence (EI) for being a successful CEO of any multi-national company today. Hence, every school must strive hard to enhance

in Durban in May. "The Worlds in May last week is my focus, and I

■ STATE TIMES NEWS

JAMMU: Back and calf

issues have forced defend-

ing champion Achanta

Sharath Kamal to pull out

of the men's singles event

of the 84th UTT Inter-

State Senior National

Championships beginning

The last-minute pullout

because of the recurring back and calf spasms that

Sharath has suffered in

ers and the local specta-

But his absence would

help former national

has to be cautious and con-

tinue the rehab pro-

grammes devised before

the World Championships

here on Saturday.

Tennis

Table

want to prepare well for the big event. Most importantly, I don't want to aggravate the situation. I am going straight to rehab and concentrate just on the Durban Worlds," he said in a release.

Sharath Kamal pulled out of

Nationals due to back spasms

The PSPB paddler indulged in extra stretching before the quarters and semi-finals of the team championships to keep fit. He was in discomfort, but his commitment the past two months have to the team's cause kept dealt a blow to the organishim going as he competed and won the matches without letting the cat out of the bag.

As for the matches on the fifth day of the championships, the top 16 seeded players in the men's section and eight in the women's category will get into action from Saturday when the second stage draw, the knockout. begins.

The women will play three rounds, while the men will play two. With the

group topper emerging as the qualifier for the knockout round, there will be a tough fight among the singles, respectively.

players in 78 groups (women) and 96 in men's Meanwhile, the 16 men and eight women players will have a good day's rest

before the battle for the title and the prize purse of Rs. 16 lakh gets hot. The top-ranked players

in both sections are: Men: G. Sathiyan, Manush Shah, Harmeet Desai. Manav Thakkar, Sanil Shetty, Anirban Ghosh, Sudhanshu Grover, Jeet Chandra, SFR Snehit, Soumyajit Ghosh, Anthony Amalraj, Ronit Bhanja, Payas Jain, Deepit R. Patil, Yashansh Malik and Subh Goel.

Women: Manika Batra, Akula, Reeth Sreeja Diya Chitale, Rishva, Mukherjee, Sutirtha Anusha Kutumbale. Swastika

## Principal GDC Kathua felicitates women sportspersons

Associate Professor English,

Prof. Anirudh was accompa-

nied by the senior faculty mem-

bers of the college Prof.

Jaswinder Singh, HOD

Physics and Convenor College

IQAC, Prof. Rakesh Singh

Jasrotia, HOD Chemistry,

Convenor NAAC, Controller

Examination and Coordinator

IGNOU, along with college

Sports Board Members Dr

Chetna Gupta, Ly.(Dr.)

Rachana Devi ,ANO and

HOD Psychology, Lt.(Dr.)

Verinder Singh ANO and

Head PG Department of

Geography, Dr. Suresh

Sharma NSS Programme

Officer, Dr. Shamsher Singh,

HOD Urdu Dr Kamaldeep

Singh HOD Punjabi and Dr.

GDC Kathua.



Principal GDC Kathua, Prof. Anirudh Sharma with faculty members felicitating the winner team of college.

**STATE TIMES NEWS** KATHUA: Principal, Government Degree College (GDC) Kathua, Prof. Anirudh Sharma on Friday felicitated the elite sportspersons of the college in the felicitation ceremony organized by the Department of Physical Education Principal Chamber:

Prof. Anirudh felicitated the 12 outstanding players including Captain of the Kho-Kho (W) Team in the recently held Jammu University Inter-collegiate Tournament 2022-2023 organized by the Directorate of Sports and Physical Education, University of

The winner team was led by the Dr. Chetna Gupta,

While addressing to the players, the Principal praised the students for keeping the winning morale of the college at all

Their marvelous achievements are highly appreciated by the college sports board and senior faculty members under the supervision of their Physical Director Dr J S

Principal also congratulated the Physical Director for creating a sports culture in the college and for the participation of large number of students in sports activities in the college.

This Overall Trophy in the Sports Discipline of kho kho (W) was second consecutive win for the college after Kho Kho (M) Inter-collegiate held Competitions University of Jammu.

The Principal also enthused the winner squad to reach at National and International level competitions and asked them to train hard on scientific lines by using the Principles of Sports Science along with Training.

He has assured them all help and support for the development of Sports in the college.

## JKCA players Auqib, Tahir picked as IPL net bowlers

#### ■ STATE TIMES NEWS

JAMMU: Two more JKCA players namely Augib Nabi and Tahir Mohammad have been selected as the net bowlers for IPL 2023. In a press release issued

by JKCA, it has been informed that Sunrisers

Hyderabad has approached Jammu & Kashmir Cricket Association to allow two players namely Mohammad Tahir and Auqib Nabi to be as part of Sunrisers Hyderabad team as net bowlers for this season. "The Association has appreciated the Franchise for showing

confidence in JKCA players and has permitted both the players to join SRH team. With this, the total number of JKCA players in IPL 2023 has gone to 13," informed Brig Anil Gupta, Member Administration, JKCA.

He further said that such participation of JKCA players in this year's IPL will certainly motivate players to perform and give better performance so that they can fulfill their dreams of

## Army organises Ladakh Regional **Archery Competition 2022-23** ■ STATE TIMES NEWS

sation with the aspiration of the youths of the region and to foster a greater sense of association and belongingness with the Indian Army, STALKERS Battalion under Fire and Fury Corps Ladakh Regional Archery Competition 2022-23 under Operation Sadbhavana on

LEH: Keeping in synchroni-

Friday at Phyang in Leh. As many as 14 teams of Modern Archery from Leh and Kargil districts participated in the event.

The winner, runner-up and best archers of the competition were felicitated by the



GOC Fire and Fury Corps presenting trophy to winner team.

Commanding, Fire and Fury Corps. Civil dignitaries including Executive Councillor, LAHDC Leh, Stanzin Chosphel and Councillor Phyang Tundup and Councillor Nurbu Khaltse Lobzang Sherab were also present besides other guests. The annual event served as

a platform for close interaction between the Indian Army and the local populace and will assist in nurturing the aspirations of locals

## J&K Boxing Championship from March 29

## **STATE TIMES NEWS**

JAMMU: Jammu and Kashmir Amateur Boxing Association shall hold threeday J&K UT Boxing Championship under the aegis of Boxing Federation of India and J&K Olympic Association at MA Stadium, here from March 29 to 31. Sponsored by the J&K

Sports Council, the event shall include participants from almost all the districts of the UT. So, the Association, in a handout issued here on Friday advised the district units to register their boxers through prescribed entry form along with Aadhaar card, which is mandatory for participation.

#### of the district units can con-Rajan Sharma. tact Organising Secretary (9419145390)/ and Anil Wadhera, Boxing Coach (9419212497, 7006031537).The entry forms filled in

shall take place on March 28 at 5 PM at Kalikadham, Railway Road Jammu. Further, the year of birth for

Organising Secretary, should

be submitted on or before

March 27 up to 7 PM. Draw

those Sub-Junior boxers

2009 and 2010 while for Junior it should be between 2007 and 2008. Similarly, for Youth, the age group must be between 2005 and 2006 while those in the Elite category should be born between January 1, 1984 and

## 3-Match One-Day Series

## RCC scripts thrilling 1-wkt win over Country Cricket Academy

#### STATE TIMES NEWS

JAMMU: Rainawari Cricket Club (RCC) Srinagar registered a thrilling victory by one wicket against Country Cricket Academy (CCA) in a low scoring first match of 3-Match One-Day Cricket Series at Country Cricket Stadium Gharota, near here on Friday.

Earlier, winning the toss and batting first, CCA was bundled out for a paltry total of 95 runs in 21.2 overs. Manik top scored with 21 runs, while Rohit Sharma, Shivam Singh and Vivek Khajuria contributed 15, 11 and 9 runs to the total respec-

For RCC Srinagar, Ankit



Gharota in Jammu on Friday.

Pandita was the most successful bowler, who took 3 wickets by conceding 10 runs in his 2 overs, while Praful Dhar bagged 2 wickets by giving away 25 runs in his 5 overs. Nishant Saini, Nitin Kumar, Waseem Imtiyaz and Vansh

Gordgotra claimed one wicket

In reply, RCC chased the target in an exciting contest in 21.1 overs by losing 9 wickets, thus won the match by one wicket. Puneet Wattal top scored with 33 runs off 29

balls, studded with 6 delectable boundaries, while Nishant Saini contributed unbeaten 19 runs off 24 balls including 2 boundaries. Dhruv Gupta chipped in with 13 runs off the equal number of balls with one six, while

Ankit Pandita, Praful Dhar and Yogesh Pandita contributed 9, 5 and 4 runs respectively.

For CCA, Utkarsh Koul was the pick of the bowlers, who took 4 wickets by conceding 22 runs in his 7 overs, while skipper Sarthak Khoda took 3 wickets by giving away 22 runs in his 4 overs. Agastya Sharma and Nanu claimed one wicket each.

For his all-round performance Ankit Pandita of RCC was adjudged as the Man of the Match.

The 3-Match Series is being organised by the Management of Country Cricket Academy under the overall supervision of Vikrant Sharma.

# Addl SP Samba declares Football tournament open

ASP Samba Surinder Choudhary declaring open Football Tournament.

#### **STATE TIMES NEWS**

Additional Superintendent of Police (ASP) Samba Surinder Choudhary on Friday declared open the Football Tournament, organized by Samba Police under Civic Action Programme (CAP) at Kheli Mandi Ground, here. DySP DAR Ajay Anand and SHO Samba Rajeshwar

Singh were also present. The tournament, in which 08

football teams from different areas of district Samba are participating, is being held under the supervision of SSP Samba, Benam Tosh. The football tournament will be played on knock out basis and cash rewards will be given away at the closing ceremony.

Additional SP Samba said that the aim of organising such sports event is to provide a platform to the youth to explore

their capabilities to be oriented or the betterment of t ty. Today's results: Football Club beat Nud Football Club; Kheri Mandi Football Club beat Sangwali Mandi Football Club; Kehli Mandi-B Football Club beat Katli Football Club; and Kehli Mandi-A Football Club beat Thalora Mandi Football Club.

## Power shutdown

#### STATE TIMES NEWS JAMMU: Chief Engineer

(Distribution)

Jammu has informed that the power supply to Kullian, Simbal and adjoining areas shall remain affected on March 25 from 10 am to 12 noon. Similarly, the power supply to Bathindi, Vidhata Nagar, Kargil Colony, Sunjwan and adjoining areas shall remain affected on March 25 from 10 am to 1 pm. Likewise, the power supply to Lamberi, Bagnoti, Narian, Chwki-Jangher, Qila, Darhal, Lam, Laroka, Dabbar, Dharat, Gagrote, Nowshera Town and adjoining areas shall remain affected on March 25 from 9 am to 4 pm. Meanwhile, Superintending Engineer (Distribution) JPDCL, O&M

Circle Kathua has informed that the power supply to Supwal and adjoining areas shall remain affected on March 25 from 11 am to 3 pm. Similarly, the power supply to CTM Factory, GMC, Chackludan, Godrej Factory and Industries under SICOP Ist and SIDCO shall remain affected on March 25 from 8 am to 1 pm. Likewise, the power supply to CTM Factory, GMC, Chackludan, Godrej Factory and Industries under SICOP Ist and SIDCO shall remain affected on March 26 from 8 am to 4 pm.

# Samba Wrestling meet held

## **STATE TIMES NEWS**

SAMBA: District Samba Association Wrestling organised day-long district championship in collaboration with Police Training Technical Institute (PTTI) on the campus of PTTI, Vijaypur, here on Friday.

The championship was organized under the patronage of Wrestling Association of J&K, Wrestling Federation of India. J&K Sports Council and J&K Olympic Association involving around 40 wrestlers in different age and weight

categories. SSP Shiv Kumar, Principal PTTI Vijaypur, was the Chief Guest while Basu Dev, President Wrestling Association J&K was Guest of Honour.



Among others present were Rajinder Singh Rahi, SP Deputy Commandant IRP-19th Battalion; Advocate Vijay Gupta, president District Samba Wrestling Association and Zia-Ul-Haq, DySP (Administration) PTTI

Speaking on the occa-

congratulated the organizers for organizing the event and encouraged the

A healthy gathering of prominent locals including former wrestlers witnessed the bouts along with Ravinder Sharma. chairman technical committee, Krishan Singh, sion, Shiv Kumar Sharma Roshan Sharma and Sahil

participating wrestlers.

Daogoria.

The Results: 50 KG: Harsh Slathia, Gold; Aman Jamwal, Silver and Samrat Slathia, Bronze. 57 KG: Mangal, Gold; Udhay, Silver and Mirza, Bronze. 61 KG: Manish, Gold; Nittin, Silver and Harun Choudhary, Bronze. 65 KG: Sahir Ali, Gold; Sumit Gangla, Silver and Shahid Ali, Bronze. 79 KG: Manzoor, Gold; Sahil Singh, Silver and Sawar Khokar, Bronze. 97 KG: Abdul Rashid Gold, Shekhar Silver. 125 KG: Shubham Singh, Gold and Ankush Chib, Bronze.

CADET: 45 KG: Bhuvan Vaid, Gold; Swayam, Silver and Leo Slathia, Bronze. 48 KG: Mohd. Haseem, Gold; Aryan Choudhary, Silver and Amit Sharma, Bronze.

## Reasi Police holds district-level **Volleyball tournament under CAP**



Master Popsy Addl SP Reasi with other officials and participating teams.

#### **STATE TIMES NEWS**

REASI: Arnas Team defeated Reasi by 2-0 in the final and lifted the trophy of Volleyball District Tournament organized by Reasi Police under Civic Action Programme at at District Police Line, here on

Master Popsy Addl SP Reasi, Neeraj Padyar DySP Hqrs Reasi and large number of local youth and public witnessed the event held at DPL Reasi.

Winner trophy and cash prize was presented to Arnas

team and runner up trophy and cash prize to Reasi team by the chief guest. The event was organised

under the supervision of SSP Reasi Amit Gupta with the aim to engage the local youth in sports activities at District Reasi.