

JKPS Kunjwani organises career counselling for senior students



Resource person, Vaibhav Sharma, Delhi-based career coach addressing counselling session at JK Public School Kunjwani.

STATE TIMES NEWS

JAMMU: JK Public School (JKPS) Kunjwani organized a career counseling session for the students of Class XII, batch 2022-23. Well known Delhi-based career coach Vaibhav Sharma introduced the students to many new age career choices in an interesting and interactive manner.

He elaborated upon the fact that so many students lose out on good career opportunities due to some very avoidable mistakes.

Most of the students are

unaware of the choices available, they do not have the correct assessment of their own aptitude and ability and they do not know how to find a good mentor, he said.

Though most of them attain accuracy in competitive exams, they lose on speed, he said adding that so, both accuracy and speed have to be achieved.

The career options discussed were not the conventional ones, of which the students are already aware of but careers in Designing, Law, Animation, Gaming,

Avionics, Energy and Gas and many more such sectors about which the students and parents are generally unaware of.

The school Principal Rajesh Rathore thanked the expert for sharing his profound experience with the students.

Most of the students left the venue almost awestruck at having been offered such an expansive fare. The session indeed opened the new vistas of explorations in the domains of unconventional career choices.

Kalal wins Youth Volleyball competition



Army officer posing with players during prize distribution.

STATE TIMES NEWS

NOWSHERA: To increase bond between Army and local youth, Kalal based Rashtriya Rifles Battalion under the aegis of Sector Headquarters located at Reasi, conducted a Youth Volleyball Competition with the locals in its area of responsibility on Friday.

The match was played to strengthen the spirit of unity and promoting Fit India. The cheers

from the audience motivated the players to do their best in the game.

The match was organised to inculcate the values of sportsmanship amongst youth. The youth and villagers expressed their gratitude in promoting sports in the remote border village. A total of three teams attended the competition and Kalal volleyball team emerged as winner after defeating Gagro team 3-0 sets.

Most of the students are

over respective lives, he added.

Chief guest also appreciated J&K Sports Council for introducing new sports disciplines in the picturesque Tral.

Meanwhile, Youth League Football Tournament and Spring Shield Cricket Tournaments have turned out to be crowd pullers especially when both the events have entered into the next round.

Yesterday's game between Wonder Boys and Hutmurah Sports went down to wire and

in the end it was Wonder Boys which prevailed over their opponents to earn berth in next round. Though Hutmurah Sports had aggregated 148 runs for the loss of 7 wickets in their allotted 20 overs with Abid contributing 44 runs in the pursuit but in the end it was well compiled 51 runs from Saqib which helped his team reach shore.

Ashraf with 4 and Manan with 3 wickets were among the highest wicket takers for

Handball and Hockey were organized. Sunil Sharma, President Municipal Corporation Poonch was the Chief Guest and Dr Upadeshpal Sharma was the Guest of Honour while Prem Luther, Narjeet Singh and Priyanka Singh, Secretary Hockey J&K attended the function as special guests.

While speaking on the occasion chief guests lauded the performance of both Men and Women Hockey teams which represented District in recently concluded UT championship held at K.K. Hakku Stadium Jammu and congratulated all for excellent show in the event. Chief guest hoped that players of Hockey J&K teams shall perform with same zeal at both National and International level whenever opportunity comes up their way. He also appreciated the role of Sports Council in promotion of sports in the region.

First Hockey match played

between Power House Hockey Club Poonch and Sham Lal Hockey Club Poonch went into the kitty of latter on the basis of solitary goal scored in second half. In the second match played between Khelo India Centre Poonch and Stadium XI latter emerged as victorious after defeating their opponents by 2-1 goals.

Handball match between Stadium-A and Stadium-B teams at the venue was in progress when report was being filed.

The players and spectators present on the occasion appreciated the role of Jammu and Kashmir Sports Council and the Secretary Sports Council in particular for providing equal opportunity not only in both divisions of the Union Territory but equally striking the gender balance as well.

Participants also requested the authorities for inclusion of more games and increase the number of intake capacity of participants in these events.

Army organises Volleyball match



Army officer presenting trophy to winner team.

STATE TIMES NEWS

RAMBAN: Indian Army on

Friday organised a friendly volleyball match between

local teams at Neel Top today. 20 youth from remote areas of the district participated in it.

According to the organisers, aim of the event was to increase sports activities in far flung areas and to promote sportsmanship among the youth.

Enthusiastic local crowd had gathered to cheer up their favourite teams which also expressed desire for such events in future.

The winning team was later felicitated with a trophy and medals.

Resident Secretary Hockey J&K visits hockey Astroturf field to review progress



Resident Secretary Hockey J&K, Priyanka Singh during visit to hockey Astroturf field at Poonch.

sports Tech Senior Engineer Nirdosh.

STATE TIMES NEWS

POONCH: Resident Secretary Hockey Jammu and Kashmir, Priyanka Singh on Friday visited and reviewed the ongoing project of field hockey Astroturf at Saheed DsP Manjeet Singh Memorial Boys Higher Secondary School Poonch.

After witnessing the ongoing work, she discussed about progress report and quality work with great

Punjab Wrestler Babba lifts 101st Nainsoo Dangal title

STATE TIMES NEWS

KATRA: Wrestler Babba of Attari Border, Amritsar in Punjab lifted 101st Nainsoo (Udhampur) Dangal Title 2022 by defeating Wrestler Nisar of J&K Police of Doda in a very tough bout that lasted for 13 minutes at Village Nainsoo near Shiv Mandir.

Winner Wrestler Babba was given cash prize of Rs. 31,000 while runner-up wrestler Nisar was given away Rs. 20,000.

In the second main bout, Bhalla of Attari Border defeated Vinay of Rohtak in Haryana. Winner wrestler Bhalla received a cash prize of Rs. 18,000 while runner-up wrestler Vinay got Rs. 13,000.

Third main bout was won by Ajay of Udhampur who defeated Niraj of



Wrestlers of main bout posing with dignitaries.

Chandigarh. Winner Ajay

Sharma was given cash prize of Rs. 12,000 while runner-up Niraj got Rs. 9,000. Another 3rd main bout was won by Deepak Kakran of Guru Hanuman Akhara, Delhi. Winner Deepak Kakran got Rs. 12,000 while runner-up Bablu of Basantgarh got Rs. 9,000.

Dangal was organized by Nainsoo Dangal Committee in association with J&K Indian Style Wrestling Association presided over the function. DDC mem-

ber Puran Chand Sharma and BDC Chairman Balwan Singh were the Guests of Honour.

Virender Sharma, Vice President J&K Wrestling Association, Naresh Kumar (Pappu Lakri), Om Parkash Verma, Satish Kumar, Sat Paul Verma, Lochan Singh and Deep Singh (Pinka) were among those prominent present.

Members and technical officials Sham Lal Bharti (Chairman) Amar Nath (President) Sudesh Kumar (Vice President), Rajinder Kumar, Naresh Kumar (Pappu Lakri) Om Parkash Verma, Sat Paul Verma, Lochan Singh, Satbir Singh BSF Wrestling Coach), Tulinder Kumar and Murli Dhar (Munna).

Pawan Gupta said that government has taken many initiatives to identify the sports talent at the grass root level. He added that wrestling sports is organized to promote sports culture among the youth.

Shiv Sharma said that such type of sports event would also encourage the youth for adopting a healthier life and channelize their energy in positive direction.

Other Results: Rakesh of

Billawer beat Sagar of Delhi, Om of Haryana beat Shota Benia of

Udhampur, Gopal of Jindrah beat Ankit of

Delhi, Rajesh of J&K Police beat Vikrant of

Delhi, Ajay of Delhi beat Ajay of Udhampur, Sunil of

Delhi beat Natin of U.P, Dinesh of BSF Sonipat beat Akshay of Delhi, Gurmail of BSF Chandigarh beat Shotu of

Jindrah and Bhatti of U.P beat Chain Singh of Reasi.

said.

Later, Jugal Kishore Sharma also visited Panchayat Palli and inspected ongoing development works in the panchayat. While interacting with the locals in the panchayat, the MP also distributed solar cookers.

DDC Chairman Keshav Dutt Sharma; Deputy Commissioner Samba Anuradha Gupta; DDC Member Shilpa Dubey; BDC Chairman Yogeswar Singh; ADC Suram Chand Sharma; Ex Minister C P Ganga, D K Manjal; GM DIC Surinder Sharma, DYSSO, besides other officers and Shiv Kumar Sharma, Satish Sharma, Surinder Bhagat, Bhawani Singh, Narinder Pratap, Dheeraj, Raman Salathia and other locals were also present at the event.

MP launches Sansad Khel Spardha in Samba

STATE TIMES NEWS

SAMBA: Member Parliament Jammu-Poonch Constituency Jugal Kishore Sharma on Friday launched Sansad Khel Spardha, a multidisciplinary sports tournament here at Government High School Jakh.

The opening ceremony was marked with Volleyball, Kabaddi and Kho-Kho competitions.

Speaking on the occasion, the MP said that Government has taken initiatives like 'Khelo India' to identify sports talent at the grassroots level. He added that they are also organised to inculcate sports culture among youth.

He emphasised for identifying and launching champions for State, National and

international levels by providing them with the best facilities.

The MP said that such sports events would encourage the youth to adopt healthier lifestyle and to channelise their energy in positive direction.

In her address, the

Deputy Commissioner

Anuradha Gupta highlighted the role of sports in

the development of an

individual. "Sports help an

individual in achieving

mental health much more

than the physical health

alone and it also helps to

make the society progressive

and harmonious", she

International levels by

providing

them with the

best

facilities.

The MP said that such

sports events would

encourage

the youth to

adopt

healthier

lifestyle

and to

channelise

their

energy in positive

direction.

In her address, the

Deputy Commissioner

Anuradha Gupta highlighted the role of sports in

the development of an

individual. "Sports help an

individual in achieving

mental health much more

than the physical health

alone and it also helps to

make the society progressive

and harmonious", she

International levels by

providing

them with the

best

facilities.

The MP said that such

sports events would

encourage

the youth to

adopt

healthier

lifestyle

and to

channelise

their

energy in positive

direction.

In her address, the

Deputy Commissioner

Anuradha Gupta highlighted the role of sports in

the development of an

individual. "Sports help an

individual in achieving

mental health much more

than the physical health

alone and it also helps to

make the society progressive

and harmonious", she