

Disciplined youth-an earnest need of hour: Principal JKPS Kunjwani



Principal JKPS Kunjwani Rajesh Rathore addressing morning assembly on Wednesday.

■ STATE TIMES NEWS

JAMMU: The audience, thronging the assembly area, was all at eyes and ears, when students of Grade X presented the Morning assembly on the topic "Discipline".

Reflecting on the topic, Apnavi Chalotra stated, "Discipline is the mastering of your own thoughts, if you cannot control what you think, you cannot control what you do. Discipline simply enables you to think first and act afterwards".

The topic was further elaborated by Janisha Kour with her words of wisdom. She said, "First of all, we need to understand what discipline actually means. Discipline is the practice of making people obey rules or certain standards of behaviour. Discipline creates habits, habits make routines and routines define who we are in our daily lives. When we have discipline in our life, we can make small sacrifices in the present, for a better life in the future."

"I would like to remind you that discipline is not all about the rules, it is about respect. It is giving respect to those around you, the things you own and even yourself. It is crucial to follow discipline in every walk of life. Indeed, discipline is the bridge between goals and accomplishment. Students are the future assets of our nation. Hence, discipline lays a good foundation of being selective, independent, punctual, focused, encouraged, organized and what not", added

Parth Bamba.

Summing up the topic Dhruv Sharma said, "My dear friends, motivation can get you going but only self discipline gets you growing. I would like to present some points about being disciplined, namely, proper management of time; staying active; being focussed towards the goal; keeping self control on our actions, words and deeds; relieving stress by completing work timely & setting a good example for others. Life without discipline is

just like a ship without a rudder. So, we should opt for discipline as early as possible to achieve success in life".

Principal JKPS Kunjwani Rajesh Rathore appreciated students for enlightening the audience. He highlighted the importance of discipline in everyday life. Everything sounds brilliant when it follows the tenets of discipline.

"Unkempt hedges never catch our fancy but pruned hedges always invite our applause. Wild growth of grass looks dishevelled but

well-mowed lawns always call for our appreciation. Long and untidy hair gives the look of a hippie but a neatly trimmed haircut projects an individual into a well groomed persona. An unruly mob causes shudder but a disciplined crowd is always an asset. Not only human beings but even well-stacked books are preferred over a heap of books. Discipline youth is an earnest need of hour, as it paves the way for evolving a better society", he summed up.

PSPS GCW hosts Poster-Making competition for NCC Cadets

■ STATE TIMES NEWS

JAMMU: To Commemorate 'Earth Day' under the banner of Puneet Sagar Abhiyaan, a group of 32 cadets of 2 J&K Girls Bn. NCC wing of Padma Shri Padma Sachdev Government College for Women Gandhinagar, Jammu participated in Poster-Making on this year's theme of Earth Day "Invest in our Earth".

The aim of the activity was to raise an alarm especially among the Youth that a little investment by them today can preserve and protect our health, families and livelihood in future.

The duo of concern and imagination mingled with colors was reflected in the posters made by cadets who will definitely be the ambassadors of change in the mindset of people at large.

Prof. Minu Mahajan, the Principal of the College applauded the cadets and Lt. Suman Bala, ANO for the concern and the creative message they are floating through this activity. She also motivated the cadets to take part in such activities and contribute their share.

The whole event was coordinated by the ANO and Senior Cadets.



NCC cadets with faculty members after poster-making competition at PSPS GCW Gandhi Nagar.

Hiranagar Club to face Dashmesh in Hockey final



Participating teams posing for a photograph with dignitaries at Jammu on Wednesday.

■ STATE TIMES NEWS

JAMMU: Hiranagar Club shall take on Dashmesh Club in the final of the ongoing Junior Hockey (men) Tournament, organised by Hockey J&K at K K Hakku Stadium, here tomorrow.

In the semifinals, decided on Wednesday, Dashmesh Club trounced Baba Banda Singh Bahadur Club Pooch 6-1. The

second semifinal of the day won by Hiranagar Club beating Khalsa Juniors 5-4 in tie-breaker.

Now, in the final, Dashmesh Club shall play against Hiranagar Club at 4 pm at the same venue.

In today's semifinals, Divisional Sports Officer of J&K Sports Council, Ashok Singh was special guest, who

along with Rajinder Singh encouraged the teams.

Also present were G.S Bakshi, Rajinder Singh, Ishan Sharma, Supinder Deep Singh Bakshi, Gurpreet Singh, Tajinder Singh, RP Singh and Matinder Pal Singh.

The semifinals officiated by the technical panel including Gurjit Singh, Iqbal Singh, Balmeet Singh and D Singh.

YS&S Deptt organises Sports Conclave 2023 at SKICC

■ STATE TIMES NEWS

SRINAGAR: The Department of Youth Services & Sports (YS&S), on Wednesday organized a one day Conclave 2023 at SKICC with the goal of creating a roadmap for optimal performance besides discussing strategies for developing sports talent in a big way.

The event was attended by Secretary, Youth Services & Sports, Sarmad Hafeez, as the chief guest along with Director YS&S, Subhash C Chibber, Special Secretary, YS&S, Waseem Raja, Joint Director YS&S, Kashmir, Waseem Raja, Secretary J&K Sports Council, Nuzhat Gul and other concerned officials.

While addressing the conclave, Sarmad Hafeez emphasized the importance of sports as an effective tool



Secretary, Youth Services & Sports, Sarmad Hafeez speaking at Sports Conclave 2023 at SKICC, Srinagar.

to steer youth away from social ills like drug addiction and utilize their energy towards a positive perspective. He appreciated YS&S for organizing the conclave and emphasized the need to implement the ideas and suggestions generated from the event for further streamlining working of the department.

Secretary said that the event has provided the department with valuable inputs and ideas to further

nurture sports talent in a more constructive and fruitful manner.

The department's goal is to create opportunities for youth to develop their physical and mental potential and contribute positively towards growth and development of society, he added.

Subhash Chibber highlighted the department's achievements and performance and shared data reflecting that the department has surpassed the

assigned target of 17.50 lakh participation by achieving a tremendous 29.16 lakh youth participation under various sports activities. He said that the department aims at exceeding the target of 35 lakh participation during the current financial year.

He revealed that LG's Rolling Trophy and various sports activities were held under Aazdi Ka Amrit Mahotsav.

On the occasion, Joint Director YS&S Kashmir Waseem Raja gave a detailed presentation on the roadmap towards achieving set goals for promoting and developing sports talent and infrastructure as well.

Later, a house discussion was held in which field officers from all ten districts gave their valuable inputs and suggestions.

Nuzhat Gul, speaking during the event, highlighted the council's achievements in delivering 650 projects in less than three years period including outfield, indoors, playfields, courts and upgraded sports infrastructure.

The conclave provided a valuable opportunity for key stakeholders to discuss and plan a roadmap towards improving performance and achieving targets in the department.

The conclave also saw participation of District Youth Services and Sports Officers, Zonal Physical Education Officers, Physical Education Lecturers, Physical Education Masters, Physical Education Teachers and allied staff who shared their ideas on the subject.

LSG guns down Rajasthan Royals by 10 runs

■ STATE TIMES NEWS

JAIPUR: The pitch was far from conducive for batting, but the bowlers still had a job to do, and the ones at Lucknow Super Giants did that with aplomb for a 10-run win over Rajasthan Royals in the IPL here on Wednesday.

Chasing 155, RR were stopped at 144 for six as their return to the Saiwaj Mansingh Stadium after four years ended in disappointment, despite a creditable outing with the ball earlier in the evening.

RR openers Jos Buttler and Yashuvi Jaiswal knew that playing strokes wouldn't be easy on this track, but they managed to keep pace with the required run rate.

However, LSG staged a remarkable comeback to emerge winners in the end.

Young Jaiswal made 44 off 35 balls with the help of four boundaries and two sixes, while his senior opening partner Butter got 40 in 41.

LSG waited quite a bit before bringing their impact



player Amit Mishra into action. And for their first breakthrough, they had to wait till the 12th over, when Jaiswal cut Marcus Stoinis to the short third man fielder Avesh Khan, who seemed to have injured his hand while completing a low catch.

Despite losing a wicket, RR were still in the driver's seat but that changed after Sanju Samson was run out following a horrible mix up with Buttler. The game turned on its head when Buttler holed out to deep midwicket to RR at 97 for three in the 14th over.

Shimron Hetmyer joined

Devdutt Padikkal in a crucial passage of play, but the former was out caught in the deep off the bowling of Avesh Khan. RR couldn't do much after that.

Earlier, Kyle Mayers top-scored with 51 before Marcus Stoinis (21 off 16 balls) and Nicholas Pooran (28 off 20) helped the team reach 154 for seven.

Trent Boult bowled exceptionally to finish with figures 1-16 in four overs, while Ravichandran Ashwin was also excellent with the ball, ending with 2/23 from his four.

Seasoned New Zealander Boult sent down two brilliant overs to justify RR skipper Samson's decision to field first after winning the toss.

As Boult, one of the world's leading seamers for more than a decade, went about his task in his usual manner, KL Rahul looked clueless and the pressure created by the crafty bowler got to the struggling LSK captain.

Unable to free his arms,

Rahul ended up playing a Sandeep Sharma delivery in the air but the young Jaiswal fluffed the chance. He was on six at the time. After he added another six runs to his

total, Rahul got another chance when Jason Holder, who normally has a safe pair of hands, dropped a skyer after running backwards from mid-off.

SCOREBOARD	
LUCKNOW SUPER GIANTS	
KL Rahul (c) c Buttler b Holder	39
Kyle Mayers b Ashwin	51
Ayush Badoni b Boult	01
Deepak Hooda c Hetmyer b Ashwin	02
Marcus Stoinis c †Samson b Sandeep Sharma	21
Nicholas Pooran † run out (†Samson)	29
Krunal Pandya not out	04
Yuvraj Singh run out (Hetmyer/†Samson)	01
Extras	06
Total	154/7
RAJASTHAN ROYALS	
Yashuvi Jaiswal c Avesh Khan b Stoinis	44
Jos Buttler c Ravi Bishnoi b Stoinis	40
Sanju Samson (c) † run out (Mishra/†Pooran)	02
Devdutt Padikkal c †Pooran b Avesh Khan	26
Shimron Hetmyer c Rahul b Avesh Khan	02
Riyan Parag not out	15
Dhruv Jurel c Hooda b Avesh Khan	00
Ravichandran Ashwin not out	03
Extras	12
Total	144/6

Kreeda Bharati constitutes teams for districts



President Kreeda Bharati J&K, Shiv Kumar Sharma with other members after the meeting.

■ STATE TIMES NEWS

JAMMU: Kreeda Bharati Jammu and Kashmir on Wednesday constituted teams out of its executive members for establishing district units in entire Union Territory in a time bound manner.

These teams have been advised to visit and look into the possibilities to involve deserving individuals with the sole aim to promote the indigenous local games, plays and other means of fitness among people across all age groups.

Chaired by the president

Kreeda Bharati J&K and prominent sports administrator, Shiv Kumar Sharma, the meeting also took stock of the ongoing Mahila Sarvekshan in J&K.

Member present in the meeting informed by the vice president and head of the Sarvekshan penal, Dr Sanjogita Soodan that J&K was among first ten states in terms of number of women athletes interviewed till recently.

In the meantime, vice president and incharge district Samba, international cricketer, Surinder Singh Bagal, with the approval of

the executive committee, appointed Krishan Singh as district president Samba. Subsequently, Krishan Singh has been asked to constitute the district unit at the earliest.

Earlier, secretary of the Kreeda Bharati J&K, RC Vaid informed about the calendar of activities at the UT level.

Among those who attended the meeting were Sunil Mahajan (vice president), Vikas Sharma (treasurer), Rahul Sharma (joint secretary), Raj Kumar, Sanjeev Sharma and Ashutosh Sharma.

Prannoy, Sindhu to lead Indian team at Sudirman Cup

■ STATE TIMES NEWS

NEW DELHI: World No. 9 HS Prannoy and two-time Olympic medallist PV Sindhu will lead the Indian challenge at the 2023 Sudirman Cup, scheduled in Suzhou, China, from May 14-21.

The senior national selection committee, which met here on Tuesday, picked a "balanced" squad with an aim to clinch a first-ever medal in the mixed team championships.

The Indian men had created history last year by winning the prestigious Thomas Cup and hopes of a potential podium finished were raised further following the bronze winning performance in the Asian Mixed Team Championships earlier this year.

"Sudirman Cup is a prestigious tournament and the selectors have picked the best squad after studying the domestic and international results. We are confident that this team will challenge for a medal this year," said Badminton Association of India secretary Sanjay Mishra.

India have been grouped in Group C along with Malaysia, Chinese Taipei and Australia and their first task will be to make it to the knock-out stage from a potentially tricky group.

The return of Satwiksairaj Rankireddy, who missed the Asian mixed team event due to injury, will bolster the men's doubles squad



while the experienced Ashwini Ponnappa and new partner Tanisha Castro will provide back-up to the All England semi-finalists Gayatri Gopichand and Treasa Jolly.

Kidambi Srikanth and reigning senior national women's singles champion Anupama Upadhyaya will be the other singles players in the squad.

Indian team:
Men's singles: HS Prannoy, Kidambi Srikanth (Reserve: Lakshya Sen)

Women's singles: PV Sindhu, Anupama Upadhyaya (Reserve: Aakarshi Kashyap)

Men's doubles: Satwiksairaj Rankireddy/Chirag Shetty, MR Arjun/Dhruv Kapila

Women's doubles: Gayatri Gopichand/Treasa Jolly, Ashwini Ponnappa/Tanisha Crasto

Mixed doubles: Tanisha Crasto/Sai Pratheek.

Axe could fall on Shaw, Marsh as DC to play do-or-die game vs KKR

■ STATE TIMES NEWS

NEW DELHI: Prithvi Shaw, Delhi Capitals' blue-eyed boy till last season, could become the first casualty of the team's floundering IPL campaign as they prepare to take on Kolkata Knight Riders here on Thursday.

The 23-year-old talented opener's spot in the playing XI has come under the scanner after the Mumbai player could managed just 34 runs in five outings this season, with a highest of 15.

With DC having lost all five games so far this season, a rejig of the top order against KKR at the Ferozeshah Kotla in a bid to revive their fortunes could be on the cards.

Sarfraz Khan, who has earlier been tried as a wicketkeeper-batter, could be drafted in as a specialist opener for powerplay overs, while the other option could be to promote veteran Manish Pandey.

For the David Warner-led side, this is a must-win situation as all routes to playoffs will mathematically be shut if they suffer another defeat.

KKR, on the other hand, would like to forget the loss against Sunrisers Hyderabad at home and get on with winning some games. Their skipper

Nitish Rana, middle-order batter Rinku Singh and West Indian power-hitter Andre Russell do possess the capability to hammer Delhi Capitals' bowlers, led by Anrich Nortje and Mustafizur Rahman.

The five consecutive defeats for Delhi are a reminder that they are really thin on resources in the batting department.

The biggest let-down undoubtedly has been Shaw's lack of performance. The former Under-19 captain, who led India to victory during the 2018 U19 World Cup, looks a pale shadow of himself.

Statistics speak so loud and clear: Shaw scored 479 runs in 2021 and 283 in 10 games last year. But this year he has looked completely out of sorts against quick bowlers, making his position untenable.

He was run out for a duck in the last game against Royal Challengers Bangalore, which Delhi lost by 23 runs in Bengaluru.

While there has been criticism around skipper Warner's slow strike rate, the Australian opener's struggles seem more because he has never

got the freedom to accelerate, with wickets falling at the other end.

Warner has scored 228 runs in five games at a strike rate of around 116.

The other disappointment has been

Australian all-rounder Mitchell Marsh at No.3. It remains to be seen if Rilee Rossouw and R o v m a n Powell get back in the mix.

Yash Dhull has a serious technical flaw in his batting and has not been able to rectify the early trigger movement of shuffling towards the off-stump, making him an ideal candidate for LBW decisions to incoming deliveries.

DC's bench strength too is pretty poor and that's one of the reasons even out-of-form players are not being replaced.

For KKR, Englishman Jason Roy could replace Rahamanullah Gurbaz in the opener's slot with N. Jagadeesan keeping wickets.

It will also be leg-spinner Suyash Sharma's first senior-level game at his home ground.

However, all eyes will be on Nitish and Rinku, the two power-hitters who will be out to entertain the capacity crowd along with Russell and the in-form Venkatesh Iyer, who is fresh from his century against MI, albeit in losing cause.

Squads:
Delhi Capitals: David Warner (c), Prithvi Shaw, Sarfraz Khan, Aman Hakim Khan, Abhishek Porel (wk), Axar Patel, Khaleel Ahmed, Kuldeep Yadav, Rovman Powell, Rilee Rossouw, Anrich Nortje, Mustafizur Rahman, Chetan Sakariya, Mukesh Kumar, Phil Salt, Lungi Ngidi, Praveen Dubey, Lalit Yadav, Ripal Patel, Vicky Ostwal, Ishant Sharma, Manish Pandey, Kamlesh Nagarkoti and Yash Dhull.

Kolkata Knight Riders: Nitish Rana (c), Rahmanullah Gurbaz (wk), Venkatesh Iyer, Andre Russell, Sunil Narine, Shardul Thakur, Lockie Ferguson, Umesh Yadav, Tim Southee, Harshit Rana, Varun Chakravarthy, Anukul Roy, Rinku Singh, N. Jagadeesan, Vaibhav Arora, Suyash Sharma, David Wiese, Kulwant Khejroliya, Litton Das (wicketkeeper), Mandeep Singh and Jason Roy.