

Aquatic Activities commence at JK Public School Kunjwani



Glimpses of opening ceremony of the Swimming pool at JK Public School Kunjwani on Thursday.

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JAMMU: Swimming is one of the integral programmes and a life skill. It enhances the stamina of an individual and provides an all round body workout which is necessary to live a healthy life. JKPS has designed its curriculum in a way that every student learns all the essential life skills and values required for holistic development.

JK Public School Kunjwani, witnessed a grand opening of the Swimming pool on Thursday. The event was graced by the presence of Chairman JK Educational Society, Raj Daluja. The other dignitaries present on the occasion included Director JK Educational Society, Shashi Choudhary, Principal Rajesh Rathore, Vice Principal Roopinder Kour; School Coordinator Inderjeet Kour; Primary

wing Coordinator Anju Raj, Coordinator of 'Toddlers' World Shivangini Pandotra and parents as special guests.

In a customary manner, the chief guest was selected from amongst the present parents by the Chairman Raj Daluja, as he picked up a slip from the names of the parents present and the Chief Guest was Anju Bala. She was presented with a bouquet by Raj Daluja.

The event began with the welcome song sung by the School Choir. Event further proceeded with School song which gives a sense of belongingness, comradeship, pride and loyalty to the school. Head boy, Angad Singh welcomed the Chief Guest, dignitaries and parents and thanked the management for providing such an excellent infrastructure to JKIIANS for their overall development.

Thereafter, the Chief Guest, Anju Bala, formally declared the Aquatic Activities open and the pool was thrown open for the students, for the academic session 2024-25. Prayers were offered to the God of water for the safety and health of the JKIIANS which is a traditional practice at JKPS. The event witnessed a beautiful display of sportsmanship. The young

swimmers of various age groups showcased their talent in the swimming. The junior and senior wing demonstrated their expertise through 'Aquatic Dance'. Students enthralled the audience with beautiful dance performances.

The event culminated with a formal vote of thanks by Head Girl, Radhika Bhan, followed by the National Anthem.

DYSS organises election awareness camp for students, staff



HPS students and faculty with DYSS officials during an awareness programme.

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SAMBA: Humanity Public School in collaboration with District Youth and Sports Services Organisation organised a Voter awareness camp among the students and the school staff under the event the Systematic Voter's Education and Electoral Participation (SVEEP) initiative.

Umesh Chander Sharma, Zonal Physical Education Officer, Purmandal, informed the students and

the school staff about the importance of election and importance in choosing the right candidate to form the Govt. to run the nation.

In his speech he explained that through voting, the voters elect their representatives at regular intervals and can switch them out whenever they want.

He appreciated the efforts made by the Principal of the School, Gaurav Charak and the Vice-Principal, Anku Charak and the management

of the school in making the event a success.

Akashdeep Raina, Senior Incharge of the School expressed that elections provide the citizens with a uniformly managed way to voice their opinion and choose who and what is best for themselves and their nation.

The District Youth and Sports Services Department also organised a cycle rally in which the students of school participated enthusiastically. The cycle rally was organised

from school to Bari Brahmana Chowk to create awareness among the people around to cast their vote in upcoming elections.

Khushboo, a student of class 10th, Nimratpal Singh and Abneet Kour, students of class 9th presented speeches on "Election: My Vote, My right".

Gaurav Charak urged the school staff to cast their valuable vote that is scheduled to be on 26th of April (Friday).

He further laid importance of voting right of people that would help in forming a Govt. that would work for the betterment of people and the nation.

The Vice Principal, Anku Charak also laid emphasis on voting and said every citizen who is of 18 yrs and above should come forward to cast his / her precious vote because every single vote of citizen counts in forming a right govt.

Jammu District Power Lifting & Deadlift Championship concludes

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JAMMU: Two-day Jammu District Power lifting and deadlift Championship unequipped and equipped Sub Junior, Junior, Senior & Master (Men & Women) conclude at Indoor Stadium Bhagwati Nagar, here on Thursday.

The championship was organized by Jammu District Power lifting association under the aegis JK UT Powerlifting Association was held under the observer of J&K Sports Council Ritika Slathia, Judo Coach Incharge Indoor Stadium Bhagwati Nagar.

Ritika Slathia was the Chief Guest on the occasion while Bhanu Partap (Asian gold medalist and world Champion Judo player) and Rahul Dev Manhas (Retd. Executive Engineer) was the



Winners posing for a photograph with officials at Jammu on Thursday.

Special Guests who distribute prize among the winner and runner up players.

In Powerlifting Championship Ronit Verma, Mannat Mahajan and Sapna Jain won best lifter in Senior unequipped, and equipped while Ritik Singh, Gurbaksh Singh, Meenu Kalotra and Shivani Langeh won best lifter in Junior unequipped, & equipped, Pardeep Kumar, Ankush Kumar and Arshia Rajput won best lifter in Sub-Junior, Junior, Senior & Master-I unequipped & equipped category. Around 120 players participated in this championship.

In deadlift championship Ronit Verma, Krish, Manik Kumar, Nitish Shallia, Barun Singh Rakwal, Harsh Shallia, Harjeet Singh, Rahul Dev Manhas and Gurpreet Kour won best lifter in Sub-Junior, Junior, Senior & Master-I unequipped & equipped category. Around 120 players participated in this championship.

Ronit Verma break previous record and create new record by lifting 272.5 Kg in Deadlift and 742.5 kg in total 105 kg category, Dhruv Mehra break previous record and create new record by lifting 215 kg in Deadlift in 59 kg category, Ankush Kumar break previous record and create new record by lifting 222.5 kg in squat in 74 kg

category and Meenu Kalotra break previous record and create new record by lifting 102.5 kg in Benchpress in 76 kg category.

The officials of the association who organized Jammu District Power Lifting & Deadlift Championship in well mannered under the rule and regulation of Power Lifting India, namely Ajay Sharma General Secretary, Joginder Kumar, Sandeep Banmotra, Gourav Gupta, Narinder Pal Singh, Suresh Pal, Sajjad, Ajit Pal Singh and Vishal Sharma.

Women Gold: Arshia Rajput, Sapna Jain, Arzu Bhagat, Malvika Mohan, Ananta Singh, Rakhi Grover, Gurpreet Kour, Meenu Kalotra, Shivani Langeh, Kumari Poonam, Akriti Nagpal, Smriti Bhasan and Tanika Kalsi. Silver: Shivani Langeh

Men Gold: Sujal Kumar, Aryaveer Singh Jamwal, Sachin Sharma, Rakesh Sharma, Pardeep Kumar, Vinay Sharma, Vansh Dogra, Manik Kumar, Dhruv Mehra, Arya Nanda,

Lucky Kumar, Nitin Sharma, Vidhant Sharma, Surya Dev Singh, Krish, Ritik Singh Bagal, Gurbaksh Singh, Mohit Kumar, Saransh Sharma, Ankush Kumar, Shivam Sharma, Abhishek Bhagat, Aman Mangotra, Ganshyam Gupta, Nitish Shalia, Barun Singh Rakwal, Sarthak Dubey, Aryan Pandita, Aryan Rumbal, Aryan Langeh, Mannat Mahajan, Amit Bhalla, Rahul Dev Manhas, Himanshu Sharma, Nikhil Kumar, Ansh Kumar, Shivam Sharma, Dhruv Verma, Saksham Bhasan, Bikram Singh, Anurag Magotra, Harsh Shallia, Harjeet Singh, Raghav Sharma, Amrit Sharma, Rohit Tangotra, Anil Kumar, Ronit Verma, Aaksh Menia, Abhishek Kumar and Manpreet Singh.

Silver: Aryan Khanna, Neeraj Sharma, Manik Kumar, Sagar Singh, Yuvraj Sharma, Gurbaksh Singh, Mohd Tahir, Mannan Soni, Jaskaran Pal Singh, Nikhil Manhas, Ganshyam Gupta, Mazhar Khan, Dev Singh, Vijay Kumar, Harsh Goverdhan, Ahsan Riaz, Sudarshan Angral, Tushar Kashyap, Vikram Singh and Hardik Langeh.

Bronze: Vansh Dogra, Vansh Sharma, Sanjeev Kumar, Ganshyam Gupta, Barun Singh Rakwal and Mukul Seth.

Despite all odds unlucky 'Rasikh Salam' makes his presence felt at IPL

Journey of talented cricketer from Kulgam streets' to Sawai Mansingh Stadium

STATE TIMES NEWS

JAMMU: Hailing from a small village in district Kulgam of Jammu and Kashmir, the talented young fast bowler, Rasikh Salam Dar, despite all odds, is making his presence felt and climbing the ladders of success at the IPL scene.

His stellar performance against strong Gujarat Titans in the crunch situation yesterday, has won the hearts of cricket lovers and this promising bowler, who swings the ball both ways, generates respectable pace, purchases good bounce and has artistry in making variations, has shown the cricketing world that he possessed almost all that is required to blossom even at the highest scene.

Making his List A, First Class and T20 debut for Jammu and Kashmir at a very young age of 17 years in 2018, Rasikh Salam Dar has also the distinction of becoming the third cricketer from Jammu and Kashmir to be picked in the Indian Premier League (IPL) after Parvez Rasool and Manzoor Dar; before the likes of Abdul Samad, Umran Malik, Yudhvir Singh Charak and Vivrant Sharma.

However, he has to go through the



horny path, rather face hurdles throughout his cricketing journey from the streets of Kulgam to his home grounds of Sawai Mansingh Stadium Jaipur; Eden Gardens Kolkata and Wankhede Stadium Mumbai. See how? In December 2018, Rasikh was bought by the Mumbai Indians in the players' auction for the 2019 Indian Premier League, thus becoming the third cricketer from Jammu and Kashmir to be picked in the Indian Premier League and at 17 years and 353 days, the youngest player to make their debut for the Mumbai Indians. However, after impressing the cricketing world including the greats like

Sachin Tendulkar, Rohit Sharma and likes with his swing, pace and variations, the Board of Control for Cricket in India (BCCI), in June 2019, banned him for two years following a discrepancy with his birth certificate.

Despite the ban, this die-hard cricketer continued to work hard under the mentorship of former Test Cricketer Irfan Pathan and after completing the two-year ban, got the nod of another IPL Franchise--Kolkata Knight Riders (KKR) for the IPL Season-2022. However, this immensely talented but unlucky cricketer again received a setback as he suffered an injury to miss the entire IPL season.

Again impressing one and all, with his fantastic bowling display at the domestic arena in Syed Mushtaq Ali T20 Trophy in the 2023 season, Rasikh caught the selectors' eye to be picked in the Delhi Capitals squad for the IPL 2024 season.

Now, after producing a stellar performance (3/44 in 4 overs) against strong Gujarat Titans yesterday, removing the dangerous looking Sai Sudhershnan, Shahrulkh Khan and Sai Kishore, the Delhi Capitals pacer 'Rasikh' was slapped with a fine for

going over the top with his celebrations during the match at the Arun Jaitley Stadium, Delhi. Delhi Capitals registered a win by 4 runs in a last-over thriller as they continue to keep their playoffs hopes alive, jubilant and enthusiastic, Rasikh committed a Level 1 offence under Article 2.5 of the IPL's Code of Conduct. This involves "using language, actions or gestures which disparage or which could provoke an aggressive reaction from another player."

One got a feeling that he did all this out of excitement and jubilation without knowing its repercussions and fall-outs as the unlucky cricketer was feeling ecstatic to perform at this level after passing through the setbacks time and again.

It is pertinent to mention here that Rasikh has played 2 First Class matches and has taken 7 wickets, besides taking 12 wickets in 7 List A matches and 18 wickets in equal number of matches in T20 format. Irfan Pathan has played an instrumental role in his early career, while Mithun Manhas and JKCA Selectors and Coaches have shaped his career after his comeback in 2022.