

Challenge your own methods: Brig Gupta to coaches

JKCA organises 2-day Workshop for State Skill Coaches

Objective to enhance skill of coaches to produce International stuff: Somasundar

STATE TIMES NEWS

JAMMU: Continuing with its policy of learning, the Jammu & Kashmir Cricket Association (JKCA) has organised another Workshop for coaches after the last month's Workshop for the Physiotherapists. Under the auspices of the BCCI's Centre of Excellence (CoE) on April 16 and 17, 2025 at JKCA Hostel Ground, here.

24 Coaches are taking part in the Workshop that includes both men and women and all the coaches are Level-1 or Level-2 qualified working with the JKCA teams.

These Coaches also include the coaches of great repute namely Latika Sangwan, Punit Bisht, Sarabjeet Singh, Roopali Slathia and likes.

"The objective of this 2-day Workshop is to enhance skill of coaches to produce International stuff. The



JKCA members interacting with coaches in the workshop.

Workshop is to enhance the skills of the trained Coaches so that they can pass the same on to the young cricketers they train. Coaches need to overcome fear of failure from the players. And we are here to work on that. Focussing on inculcating mental toughness along with skill development is the mantra to success," said Sujith Somasundar, Head Education BCCI-CoE and former India Cricketer, who has the distinction of open-

ing the batting for India alongside Sachin Tendulkar in the Titan Cup 1996. "Acknowledge the emotion, understand that failure is a natural part of growth, and practice self-compassion. Reframing failure as a learning opportunity and focusing on effort rather than outcome can also be helpful. Setting realistic goals, breaking down tasks, and celebrating small successes can further reduce anxiety around failure," added

Somasundar.

He said J&K cricketers have immense talent and they can beat the best in the country on their day, adding that the performances of JKCA senior men and women teams from last few seasons is testament to this fact.

Earlier, in the inaugural address, Brig Anil Gupta, Member Administration, JKCA, said, "Each one of you has already walked the hard path of training, study-

ing, and certifying your knowledge of cricket. You have chosen to be lifelong students of the game. You now do the role of trainers, mentors and motivators. At this camp, I urge you to challenge your own methods. Share openly. Learn from each other and the expert faculty. Because when you evolve, our players will evolve."

He further exhorted the participants to sharpen their skills, broaden their vision and return to our teams as better equipped Coaches."

The faculty from CoE includes best in its field and is headed by Sujith Somasundar, Head Education BCCI-CoE: Amit Asava, Batting Faculty, Sanjay Mullasser, Bowling Faculty and Apurva Desai, Master Faculty. The faculty is being assisted by Sahil Magotra, Video Analyst, JKCA.

GDC Kathua organises intra-mural Men's Football Tournament

STATE TIMES NEWS

KATHUA: The Sports Board of Government Degree College (GDC) Kathua organized a two-day intra-mural Men's Football Tournament from April 15 to 16, 2025 under FIT India.

Four teams-Blue Warriors, Black Panthers, Pink Knights, and Green Avengers-participated with enthusiasm, showcasing their talent, teamwork, and sporting spirit.

The much-anticipated final match was played between Blue Warriors and Black Panthers, where the Blue Warriors clinched victory with a thrilling 3-2 win. The closely contested match kept the spectators on the edge of their seats, displaying excellent sportsmanship and competitive energy.

Prof. Seema Mir, Principal of GDC Kathua, graced the occasion as the Chief Guest and felicitated the players with medals. In her address, she applauded the participants and emphasized the impor-



GDC Kathua faculty during a tournament.

tance of sports in a student's life, encouraging them to consider sports as a viable career option alongside academics.

The tournament was organized under the leadership of the Sports Board of the college, with Prof. Shivani Kotwal serving as the Convener. The Sports Board comprises: Prof. Shivani Kotwal, Dr. Neeraj Gupta, Sh. Sandeep Sharma (PTT), Prof. Ajay Sharma, Dr. Gotam Singh, Dr. Jasvinder, Dr. Jagmohan, and Dr. Pratima Sangra.

Several senior faculty members, including Dr. Sanjay

Karupia, Prof. Neelam, Dr. Dinesh Jasrotia, Prof. Rupinder Kour, Dr. R.K. Manhas, Prof. Rakesh Sharma, and Dr. Yash Paul Sharma, along with all the faculty members were present during the matches and actively encouraged the students throughout the tournament.

The tournament not only fostered a spirit of sportsmanship but also strengthened bonds among students, reinforcing the college's commitment to promoting holistic education and extracurricular excellence.

GMS Keran holds intramural meet



Participating students posing for a photograph with faculty members.

STATE TIMES NEWS

JAMMU: Government Middle School Keran organised intramural competitions in various events at the school premises on Wednesday. The event was part of the annual calendar of activities of the

Department of Youth Services and Sports (DYSS). Zonal Education Officer, Bhalwal, Ali Khan was the chief guest, who encouraged the participants and presented medals to the winners and runners-up in the pres-

ence of Headmaster of the school, Mohd Farooq. The competition took place under the guidance of Physical Education Teacher of the school, Anil Dogra. The gathering of young students enjoyed the Kabaddi event.

HPS introduces Bharat Scouts and Guides programme



Humanity Public School faculty members posing with Scouts and Guides.

STATE TIMES NEWS

SAMBA: Humanity Public School, Bassi Kalan, Bari Brahmana launched of its new Scouts and Guides programme, aimed at fostering leadership, teamwork, and community engagement among students. This initiative is designed to nurture well-rounded individuals equipped with essential life skills and a strong sense of social responsibility.

The programme commenced with a formal welcome of the members of Bharat Scouts and Guides from the headquarters at Gandhi Nagar. The welcome ceremony was led by School Principal Gaurav Charak, Vice Principal Anku Charak,

Administrative Officer Ravinder Sadhu, and Ms. Namrta Sharma, Incharge of the High Wing.

Shivani Bandral, Lecturer Hindi and the concerned teacher for Scouts and Guides, extended a warm welcome to the members of Bharat Scouts and Guides and the school administration.

Following the welcome address, Administrative Officer Ravinder Sadhu highlighted the objectives of the Scouts and Guides programme.

He stated that Bharat

Scouts and Guides will bring a new awakening for the students of HPS. The primary aim of introducing this programme is to enhance the holistic development of students by nurturing their inherent values and encouraging them to explore their full potential.

The initiative is expected to reshape students' personalities and help them flourish in the modern educational environment through various activity-based experiences. He emphasized that the programme instills a spirit of

interdependence, equipping students to tackle challenges and find meaningful solutions for a better future. Manjeet (Lt. STC) also guided the students about the Scouts and Guides movement. She explained that Scouts and Guides is an international organization, making it a golden opportunity for HPS students. Scouting, she said, teaches camping and self-reliance - enabling children to learn how to live independently and experience the realities of life beyond parental care.

The launch of the programme coincided with the school's 44th Foundation Day, making the occasion even more memorable. It was a moment of pride and significance for the school community especially for the newly enrolled Scouts and Guides, who began their journey on such a pious and historic day.

'Baisakh Sangeet Madhumaas'- music concert celebrates the spirit of Baisakhi at IMFA, JU

STATE TIMES NEWS

JAMMU: The Vocal Department of the Institute of Music and Fine Arts (IMFA), University of Jammu, organized a soulful music concert titled 'Baisakh Sangeet Madhumaas' to mark the auspicious occasion of Baisakhi.

The event was graced by renowned music director and writer Shri Brijmohan as the Chief Guest. The Guest of Honour was eminent violinist S. Amarjeet Jhandu. Noted artist, social activist, and journalist Jung S. Berman, along with well-known journalist and writer Sunny Dua, were present as Special Guests.

The programme was inaugurated by Prof. Shohab Inayat Malik, Principal, IMFA, who commended the students and faculty for their efforts in putting together the event. In his welcome address, he highlighted Baisakhi's significance in promoting religious



Artists performing in music concert at IMFA Jammu.

harmony and recalled the teachings of Guru Nanak Dev Ji and Guru Gobind Singh Ji.

The musical performances featured a wide range of genres. Nirmal Kumar, Anand Kumar, and Priyanshu Gupta presented a Gurbani Shabad accompanied on tabla by Navraj Singh. Assistant Professor Karanjeet Singh performed a Khayal in Raag Patdeep, followed by a Gurbani

Shabad and a bhajan, with tabla accompaniment by Amit Anand and harmonium by Nirmal Kumar.

Navraj Singh presented Teentaal on tabla, accompanied by Nirmal Kumar on harmonium. A vibrant Dogri folk song was performed by Raamlal, Rakesh Kumar, Rhythm Yusuf, and Rahul Mangotra. Senior faculty members Suraj Singh and Dr. Deepali Wattal rendered soulful ghazals and Gurbani

Shabad Kirtan, winning much appreciation from the audience.

Other faculty members present at the event included Dr. Sumit Madan, Rakesh Kumar, Rohit Verma, Raj Kumar Sharma, Dr. Rishi Shamnotra, Bindu Sharma, Rajesh Kumar, Vijay Kumar, Dr. Sujata Rajput, Chanderdhari Kesar, Amit Anand, and Ajay Sharma. A large number of students also attended the concert.

The audience deeply appreciated the performances, which beautifully captured the cultural and spiritual essence of Baisakhi.

Dr. Deepali Wattal delivered the vote of thanks, expressing gratitude to the distinguished guests, Principal IMFA, faculty members, students, and all those who contributed to the success of the event. The entire concert was conceptualized, coordinated, and anchored by Dr. Jasmeet Kaur.

Deputy Director, Industries & Commerce honours winners North Zone lifts Sr Men's & Sr. Women's Softball title

STATE TIMES NEWS

JAMMU: 10th All India Inter Zonal Softball championship 2024-25, organized by J&K Sports Council in collaboration with Jammu & Kashmir Softball Association concluded at Bakshi Stadium, Srinagar here today.

Deputy Director, Industries & Commerce Dr. Iqbal Hussain Wani was the Chief Guest on the closing ceremony, while Dr. Pravin Anaokar, Secretary General Softball Association of India, Nusrat Gazala, Divisional Sports Officer Kashmir, Mushtaq Bashir, Managing Director, C P Adverting Company Pvt Ltd, Mushtaq Ahmad Zargar, Senior Manager, J&K Sports Council were the Special Guests & Guest of Honours.



Winner team posing for a photograph with dignitaries.

Top outstanding athletes from all over the country competed in this prestigious championship in the beautiful city of Srinagar. Speaking on the occasion, the chief guest congratulated J&K Softball Association for organizing such a beautiful championship in the most professional and befitting manner.

He said that regular tournaments will continuously be

organised by the Association with the support of J&K Sports Council for taking this medal winning sport of Softball to great heights in UT of Jammu & Kashmir. He also appreciated the initiative taken by the association for the development of Softball in J&K.

Later-on, Chief Guest Dr. Iqbal Hussain Mir, distributed Medals & Trophies among the

winners, runner-up and third place holders in both categories and encouraged them for further upgrading of their sports skill in this potential sport of Softball.

The vote of thanks was given by Waseem Raja Khan, General Secretary of J&K Softball Association who extended thanks to the dignitaries and all for their support.

GCET organises Blood Donation Camp



GCET Jammu faculty and students posing for a photograph.

STATE TIMES NEWS

JAMMU: The Government College of Engineering & Technology Jammu, in collaboration with the J&K Thalassemia Welfare Society, organized a successful blood donation camp at GCET campus on Wednesday.

The event highlighted the spirit of community service and underscored the importance of collective efforts in promoting health and well-being.

The camp was inaugurated by Prof. Sameru Sharma,

Principal of GCET, who emphasized the life-saving potential of blood donation. Addressing the students, she stated, donating blood is a healthy process. The human body can replenish the donated blood within 4 to 8 weeks, while plasma is restored within 48 hours. A single donation can save up to three lives. She further added that regular blood donation helps reduce harmful iron deposits in the body, lowering the risk of heart diseases. Prof. Sharma congratulated the

young donors, calling them "life savers" and encouraged them to continue donating every six months.

The event saw enthusiastic participation, with 65 students and staff members donating blood, and around 80 individuals undergoing hemoglobin and blood group tests. Er. Sudhir Sethi, President of the J&K Thalassemia Welfare Society, along with executive members Mr. Puneet Gandotra and Shammii Kapoor, also graced the occasion and com-

mended the initiative.

The smooth conduct of the camp was ensured by coordinators Prof. Bhawna Sharma, Er. Sanjeev Gupta, Er. Sheetal Gandotra, and Dr. Raman Gupta, who congratulated the donors for their selfless contribution and advocated for building a culture of regular blood donation. Medical supervision was provided by Dr. Rubina and her expert technical team from GMC & SMGS hospital Jammu, ensuring the safety and well-

being of all participants. The event also received commendable support from student volunteers Dhanush, Arnav, Oshan, Mehak, Aneesh, Ritesh, Vinyak and Anubhav along with senior staff members, who worked tirelessly to ensure the event's success.

The coordinators expressed their gratitude to all the donors and urged more students and faculty members to participate in future blood donation drives, reiterating the importance of such humanitarian efforts.

CLUJ signs MoU with EDII Ahmedabad

STATE TIMES NEWS

JAMMU: The Cluster University of Jammu (CLUJ) signed a Memorandum of Understanding (MoU) with the Entrepreneurship Development Institute of India (EDII) Ahmedabad, Gujarat to encourage collaboration and exchange between the institutions to benefit from each other's strengths in develop innovation and promoting entrepreneurship in Jammu and Kashmir.

The MOU is meant to cooperate towards the sharing of knowledge and resources between the two Institutes for strengthening entrepreneurial ventures in Jammu and Kashmir.

EDII will help and support CLUJ in setting up an 'Incubation and Entrepreneurship Centre' for inculcating entrepreneurship among youth, students, and women of Jammu and Kashmir. Joint activities can be worked out in areas of mutual interest of both Institutes which would fit



CLUJ and EDII Ahmedabad representatives signing MoU.

into the format of research, innovation, entrepreneurship development, consultancy projects for industry, workshops, seminars, conferences, etc.

They envisioned showcasing business opportunities in J&K to potential investors and drive strategic sector-specific investments from private sector stakeholders across India and the world.

This MOU shall remain effective for five years and will come into force on April 15th 2025 and will remain effective till December 31, 2029.

CLUJ is represented by Prof. K. S. Chandrasekar, Vice Chancellor & Ankur Mahajan, Registrar, CLUJ & Entrepreneurship Development Institute of India is represented by Dr. Sunil Shukla, Director General EDII, Dr. Satya Ranjan Acharya, Director, Dept. of Entrepreneurship Education and Samir Jain, Dy. CAO

The signing of MoU holds significant promise for various progressive initiatives in future to effect the welfare of the student fraternity in J&K.