

J&K Speed Skating squad shines in First India Skate Roller Games 2022, wins 21 medals

Prageet wins two silver, one bronze medals

■ STATE TIMES NEWS

JAMMU: Jammu and Kashmir contingent of speed roller skating created history at First India Skate Roller Games-2022 in Mohali, Punjab by winning 21 medals in different categories of rink and road races.

On team's return, Jammu and Kashmir Roller Skating Association (JKRSA) felicitated the medal winners in a function held here on Tuesday.

President JKRSA Gurcharan Singh Khurmi lauded the speed skaters for their stupendous performance at the national arena and for bringing laurels to the UT of



President JKRSA G.S. Khurmi posing with winner skaters and officials.

J&K.

He asked the young stars of J&K's Speed Skating to concentrate on training more vigorously to shine at the interna-

tional level also.

He assured that the JKRSA is standing shoulder to shoulder with skater fraternity and will leave no stone unturned to

help in honing the skills of budding players to make them reach the pinnacle of the game at the global level.

Parents accompanying the medallist skaters expressed gratitude towards the President JKRSA for guiding their children precisely and acting as their mentor.

They said that without the encouragement of G S Khurmi, the skaters would not have achieved this feat.

Manager-cum-Coach of the J&K squad Ratnesh Puri said that Union Territory has immense talent and this is just the beginning as in coming times J&K's skating contingent will clean sweep all the

tournaments at national level and will perform impressively in the international arena also.

The skaters who gave extraordinary performance during the aforesaid national level event include (9-11 years group) Jay Aditya bronze medal; (11 to 14 years group) Tamanna Saini three gold, Prageet Kour two silver & one bronze, Abhinav Bakshi silver and Puneesh Puri one bronze; (14 to 17 years) Samarjot Singh three gold, Uday Narayan one silver and two bronze, and in above 17 years category Kartikeya Puri two gold and one silver; and Surya Bhaskar one silver and two bronze medals.

Rajesh Gill to represent Indian Veteran Cricket Team at England

■ STATE TIMES NEWS

JAMMU: Former Ranji player and Member Indian Cricketers Association, Rajesh Gill is to represent India Veteran Cricket Team in the Marlborough Cup Championship for 50 years & above scheduled to be held at England from July 3 to 12, 2022.

India Team would be competing with England Veteran Team, Wales Veterans and West Indian Veteran Team.

It needs to mention here that Rajesh Kumar Chouhan, former Test Cricketer who played 21 tests and 35 One day Internationals will lead



the India Veterans in Marlborough Cup Championship at England.

Rajesh Gill's name was shortlisted and selected to represent India Veterans as a Opener Batsman for the Marlborough Cup Championship at England on the basis of the per-

formance during the Inter Zonal National Championship held at Chennai wherein North Zone Warriors, Central Strikers, Eastern Dynamos, Western Lions and Southern Gazelles have participated and Western Lions clinched the title trophy.

The Veterans India Cricket Foundation is headed by Syed Saba Karim former Test Cricketer whereas the India Veterans Team selected by the Selection committed under the Chairmanship of Dr. Amit Kumar Director of the Veterans India Cricket Foundation.

Cerebral Palsy team of Ladakh leaves for Nationals



Chairman Contractors Association Leh, Tonyat Tashi and President Pagir Society of Ladakh, Tsewang Dorjay posing with team.

■ STATE TIMES NEWS

JAMMU: The maiden Cerebral Palsy contingent of Union Territory (UT) of Ladakh flagged off jointly by Tonyat Tashi, Chairman Contractor Association Leh and Tsewang Dorjay, president Pagir Society of Ladakh.

A total of 10 players from different parts of Ladakh have been selected to repre-

sent the UT along with Manager, Safdar Ali and Coach.

President Cerebral Palsy Society of Ladakh, Syed Mehraj Ud Din Shah said that the initiative taken to being in mainstream these specially abled children and provide them some platform to perform and excel.

Syed Mehraj Shah extended

thanks to the sponsors, ADGP Ladakh, Satish Khandare, Chairman Contractor Association Leh, LAHDC Kargil, Hotel Singge Palace, ALTO Leh, Kacho Imtiyaz, Kacho Brothers Pashkum, Abdul Mateen Super Star Shoe House Leh and Miss Abida Dar.

Syed Mehraj Ud Din Shah said that it was due to the helping hand extended by the sponsors that a fully geared team of UT Ladakh shall participate in the Nationals.

Pertinent to mention here that the Cerebral Palsy Sports Federation of India (CPSFI) is conducting its Inaugural National Athletics Championship 2022 at Jawaharlal Nehru Stadium (warm up synthetic track), Lodhi Road, New Delhi from May 4 to 7.

SR conducts Counselling Sessions for IAS aspirants

■ STATE TIMES NEWS

JAMMU: The SR College of Competitions (SRCC) conducted one to one counselling sessions for the civil services aspirants in the College premises at Gandhi Nagar here today.

The counselling sessions were conducted by respective expert faculties from Delhi and Jammu & Kashmir. The faculty members apprised the aspirants about the nature and structure of the exam comprehensively. In the first of its kind session attended by aspirants along with their parents and guardians from across Jammu and Kashmir and even from Ladakh, all the aspects of Civil Services Exam were discussed threadbare. This included the scheme and pattern of the exam, approach for prelims and mains, sources of

study material and the books and magazines required, use of online resources and the relevance of newspaper reading in preparing for the current affairs. Various strategies for writing test series for both prelims and mains were covered thoroughly and to the best satisfaction of the aspirants.

During the multiple simultaneous sessions the entire syllabus, the focus areas and the kind of questions asked in the previous years were also taken up. Aspirants were also made aware about the CSAT and Essay papers.

The expert faculty members discussed in detail the entire syllabus of civil services examination conducted by the UPSC and JKPSM and suggested a comprehensive step by step strategy to prepare for both the Preliminary and the Mains

examination.

In this four and half hour long exercise, they dealt with all the four papers of the General Studies, Civil Services Aptitude Test and also about the selection of Optional subject. They attended to all the queries raised by the aspirants regarding factors to be kept in mind while choosing a right and suitable optional.

Further, aspirants discussed about the ethics , integrity and aptitude paper and the best approach to handle the theory and the case studies part. Also they asked about the cut off needed to qualify in the prelims and the mains examination.

They also drew the attention of the aspirants to essay paper and the answer writing practice and suggested the aspirants to atleast attend one comprehensive

test series for both prelim and mains examination. The resource persons also stressed on the importance of current affairs and the relevant resources to prepare the same. Various other aspects like time management, study material, preparation of notes and newspaper reading were handled in an exhaustive manner .A common query raised by most of the parents of college going students was how to synchronise academics with the civil services coaching & preparation

The response was overwhelming and the attendees appreciated the initiative taken by the SR College in the form of counselling sessions on individual basis. The attendees included the aspirants preparing for IAS and JKAS 2022 and also undergraduates who will be eligible

in a couple of years.

"SR College has planned a series of such personalized counselling sessions, workshops, seminars , webinars and interactions with the IAS officers , KAS toppers and various subject experts to motivate and encourage them and give them the confidence to clear these prestigious exams" informed Office Coordinator Neha Sharma.

She also assured that SR College will live up to its reputation by bringing more and more subject experts from across the country as part of its commitment to provide best coaching to the aspirants from Jammu and Kashmir.

Instead of unnecessarily displacing themselves to bigger cities just for the preparation, the aspirants from Jammu and Kashmir can avail best coaching at Jammu itself, she said.

Hockey J&K celebrates Eid-ul-Fitr



Hockey J&K players and officials during Eid celebration.

■ STATE TIMES NEWS

JAMMU: Hockey Jammu and Kashmir today celebrated Eid Ul Fitr with the hockey players presently attending training camps in different age groups along in the presence of office bearers of the Association at K K Hakhu Stadium, here on

Tuesday.

President Hockey J&K, Rajeev Sharma extended greetings to the players and wishing them good luck on the auspicious occasion. General secretary, Taran Singh also extended greetings to the players and their coaches in the

presence of Manager K K Hakhu Stadium, Satpal Singh.

National Coach, Dharam Pal, Anajali, treasurer Hockey J&K, Raviraj Singh (Baramulla), Jagjit Singh, Minakshi (Poonch), Angat Singh and Harmanan Singh were among others present.

IPL final confirmed in Ahmedabad, Women's T20 Challenge moved to Pune

■ STATE TIMES NEWS

NEW DELHI: The IPL final will be played in Ahmedabad on May 29 while the Women's T20 Challenge exhibition event will be held in Pune from May 23-May 28, the BCCI confirmed on Tuesday.

As PTI reported last month, the IPL Qualifier 1 and Eliminator will be held in Kolkata on May 24 and 25 respectively while Qualifier 2 and final will be played in Ahmedabad on May 27 and May 29 in front of capacity crowd.

"Qualifier 1 will be held in Eden Gardens, Kolkata on 24th May followed by the Eliminator on 25th May. The Narendra Modi Stadium in Ahmedabad will host Qualifier 2 and the TATA IPL final on 27th and 29th May respectively," said the BCCI in a statement.

After the BCCI Apex Council meeting last month, president Sourav Ganguly had said that the Women's T20 Challenge will be held in Lucknow but it has been moved to Pune. Three matches will be played before the final on May 28.

The three-team event did not take place last year. The BCCI is planning a five or six team Women's IPL from 2023.

KC Sports Club Soft Tennis players shine at Master Cup championship

■ STATE TIMES NEWS

JAMMU: The Delhi Soft Tennis Association organized the 3rd Master Cup Soft Tennis Championship 2022 from April 30 to May 1 at Delhi.

A team of players from KC Sports Club Jammu took part in this national level event and brought laurels to the UT of Jammu & Kashmir.

In the boys' under-15 age category, Shalin Koul and Madhvinder Singh won a bronze medal in the doubles event. In the girls' under-15 age category, Anteshika bagged the silver



Winner students posing with the coach.

medal. Arjun Chowdhary, Managing Director of KC Sports Club, congratulated

team members and their Coach for their outstanding achievement at this major sporting event.

Nar Narayan Sewashram Trust donates 10 ACs to Gymnastics Hall Jammu

Honours Gymnast Simran for selection in World School Games

■ STATE TIMES NEWS

JAMMU: Nar Narayan Sewashram Trust donated 10 Air Conditioners (ACs) to Gymnastics Hall, Jammu.

The programme was organised as a mark of celebration of selection of Gymnast Simran Kour from Jammu and Kashmir for 17th World School Games to be held in France from May 14 to 22, 2022.

A number of NoKs of martyrs were also present in the programme which was held under guidance of Sant Shri Balak Yogeshwar Dass Maharaj.



■ AGENCY

LONDON: Selecting allrounders to captain England's test cricket team hasn't always worked so well in the past.

Ben Stokes is sure he can make it work.

Stokes accepted the biggest job in English cricket last week, sparking concerns that the captaincy will weigh heavy on a player of whom so much is asked already.

After all, two great England all-rounders - Ian Botham and Andrew Flintoff - struggled after taking on the role. England failed to win any of the 12 test matches played under Botham's captaincy from 1980-81 and Flintoff won two of his 11 tests as captain from 2006-07 - a period

that included a 5-0 whitewash Down Under in the Ashes.

Stokes, who is the first allrounder to become captain since Flintoff, dismissed the relevance of any comparisons.

"I have had to live with the tag of Andrew Flintoff and Sir Ian Botham since I was 18," Stokes said on Tuesday upon being presented as England's latest test captain, "but I have always maintained I have never tried to be Andrew Flintoff or Sir Ian Botham. I am Ben Stokes."

The question of workload - physical and mental - is particularly relevant to Stokes, though.

The 30-year-old Stokes missed most of 2021 to protect his mental health and focus on his well-being,

while also recovering from two finger operations.

Now he will be in the full and permanent glare of the media, with scrutiny on his form and his decisions in the middle as well as his actions on and off the field.

He believes his experience last year helps him in that respect, rather than reflects any weakness.

"There is always a negative feeling around mental health but I took my break, I went and spoke with someone, and will continue to do that," Stokes said. "I see it as a positive that me being in this role now, having gone through what I went through last summer and even before that, I have a huge amount of experience at what life can throw

at you."

"I have always felt that I was someone who senior and younger players could come and speak to if they felt anything was getting on top of them or they weren't happy with anything," I hope that continues. I see it as a positive that I'll be able to relate to a lot of different scenarios that cricket and life can throw at you while being an international cricketer."

He might have been referring to an incident in 2017 when he knocked out two men in a street fight during a night out with England teammates after a match against the West Indies. He was found not guilty after saying during his trial that he was acting in self-

defense.

The case cost him his role as vice-captain of England, which he later reclaimed, and caused him to miss the Ashes tour of Australia in 2017-18.

Stokes said he was proud to have recovered from that low moment in his life, to now be captain.

"I have made it very obvious that back then I felt like my career was looking like it was going to be over," Stokes said, "but every experience that I have gone through, I have learnt from. It's how you handle those and come back from them."

"I have been through the highs and lows of what cricket can do to you but I have always tried to take them as a learning experience."

Indians make massive gains after changes in world rankings regulation, Manika reaches career-high 38

■ STATE TIMES NEWS

NEW DELHI: Indian padlers, including star player Manika Batra, on Tuesday made massive gains in the ITTF world rankings after the sport's governing body approved changes to the points system.

Manika attained a career-high singles ranking of 38 with a jump of 10 spots while G Sathiyan was the best placed Indian male at 34 in the latest International Table Tennis Federation (ITTF) rankings.

Veteran Sharath Kamal, who last week won his 10th national title, also gained a place to be world No. 37 while Sreeja Akula, who won her maiden national title in

Shillong, gained as many as 39 places to be ranked 68th.

At No. 66 is Archana Kamath, who has made a big leap from 92nd position.

Reeth Tennison has gained an astounding 197 spots to be ranked 97th.

While Sharath and Sathiyan are the only two Indian male players in the top-100, there are four Indians in the women's standings.

The jump in their rankings come after the ITTF decided to remove "initial points", which were introduced in 2020, to determine the rankings.

"In 2020, a transition phase was implemented to adapt the Ranking to the new WTT events' structure.

Thus "initial points" were introduced, adding a fixed number of points to the best eight results gained; the initial value was 80 per cent of a player's total points in December 2020," said the ITTF in a statement.

"Due to Covid-19 and the difficulty to organise events, the "initial points" were maintained for a longer period and reduced at a slower pace. As of January 2022, they had been reduced to 20 per cent.

"The total number of events in 2021 and 2022 has afforded players the opportunity to gain ranking points. Removing the "initial points" allows players who performed well in recent tournaments to climb the

listings and gain entry to higher tier events," it added.

The ITTF has extended the validity of all points gained during 2021 senior events to at least till January 2023.

In the men's doubles, G Sathiyan and Harmeet Desai are ranked 28th in the while the pair of Sathiyan-Sharath is placed in 35th position.

Manika and Archana are ranked fourth in the women's doubles section while Sutirtha Mukherjee and Ahyika Mukherjee are in 29th spot.

In the mixed doubles, Manika and Sathiyan are ranked sixth while Manav Thakkar and Archana Kamath are 22nd.

Lt Gen Pandey felicitates players of Squay Martial Arts

■ STATE TIMES NEWS

SRINAGAR: Lt Gen DP Pandey awarded players of Squay Martial Arts in the militancy-torn Shopian district encouraging them to excel in the sword art.

Gen Pandey, who is currently serving as the General-Officer-Commanding (GOC) of the Kashmir-based Chinar Corps, met the young and dynamic players of Squay martial arts in Shopian on Sunday.

He encouraged them by distributing medals and awards and urged them to promote the sports, an official said.

Squay is a Kashmiri martial arts form of sword-fighting. Armed Squay makes use of a curved single-edge sword paired with a shield, or one sword in each hand.