

Over 2,000 cricketers participate as Talent Hunt trials for U-19 cricketers culminates

■ STATE TIMES NEWS
JAMMU: Over 2000 Under-19 cricketers including men and women participated in the JKCA's historic Talent Hunt trials, which concluded at various venues across the Union Territory, on Sunday.

The Talent Hunt teams will be picking 90 probables in both men and women categories from each province of the Union Territory and Ladakh as well.

It is pertinent to mention here that a total of 1108 boys and girls from Kashmir province and 1023 boys and girls from Jammu province took part in these first of its kind Talent hunt trials on all three days of the trials.

Now, the Talent Hunt trials for Under-23 boys will be held at various selected zones



Boys participating in cricket trial at Srinagar

from tomorrow.

The Talent Hunt teams included Vidya Bhaskar, Dhruv Mahajan, Amit Pal Singh, Sanjay Sharma, Inderjeet Singh and Harsh Nayyar (Men), Payal Choudhary, Veena Sharma and Anita Gupta (Women), GGM Science College Jammu; Jagtar Singh, Suresh Singh, Gurupratap Singh and Pawan Sharma (Men). Pratibha Bhasin, Anju Gupta and Richa Trisal (Women) Sports Stadium Poonch.

Ranjeet Bali, Rakesh Koul, Akshay Khajuria and Bharat Sharma (Men), Surabhi Dadheechi, Pooja Sharma and Madhu Bandral (Wome)

SMVDSB, Katra; Vikrant Taggar, Surjeet Singh, Vivek Singh and Shafqat Malik (Men) Madhu Sharma, Rajni Sharma and Anuradha Sharma (Women)

Arshad Bhat, Fayaz Hazari, Shabir Kanth and Hilal Ahmad (Men) Masrat Ahad, Qurat-ul-an and Saima Rashid (Women) North Zone; Irshad Hassan, Asif Jeelani, Obaid Haroon and Farooq Akhoun (Men) South Zone; Manzoor Dar, Huwaid Ronga, Imran Haroon and Zahoor Sofi (Men), Kounsar Ali, Ravinder Kour Parveen Akhtar (Women) Central Zone; Masrat Ahad, Sumaya and Elizabeth Muntaz (South Zone).

Former First Class Cricketer Ashwani Gupta is the Talent Hunt/ Tournament Incharge of Jammu Province, while Former First Class Cricketer Abdul Qayoom is Tournament/Talent Hunt Incharge of Kashmir province including Ladakh and Roopali Slathia is the Talent Hunt/ Tournament Incharge for Women in both the regions and Ladakh.

The Organising Committee for Jammu province included Sandeep Singh Singh, Veemarsch Kaw, Mohit Puri and Surekha Devi, while the Organising Committee for Kashmir province included Zahoor Sofi, Manzoor Ahmed Lone, Huwaid Ronga and Tasaduq Rashid.

3rd Ramadan Volleyball Cup concludes



Dignitaries presenting trophy to winner team.

■ STATE TIMES NEWS
SRINAGAR: The third edition of Ramadan Volleyball Cup organized by Hussaini Sports Club in memory of Sheikh Tunal Ahmad (Chairperson White Globe), concluded at Volleyball Court Hassanabad Rainawari, gere on sunday.

A total of 16 teams from different districts & clubs participated in the tournament. Maloora Club lifts the title by defeating Ball Busters Srinagar by 3-0.

Major Abishekh Sahu was the Chief Guest, Adv. Syed Junaid (Chairman White Globe), Adv. Sheikh Saba (Chairperson White Globe), Irfan Hussain Malik (Physical Educator Physical College Ganderbal), Rauf Ahmad Khan (Physical Educator Youth Services), Shivam Sidharart (IPS) SHO Rainawari, Sheikh Dawar, Aijaz Ahmad Bhat & Hussain, Javeed Ahmad, Ali, Aqib Hussain, Shahzad Ali, Sahil Ali.

While presenting vote of thanks Ahsan Ali (General Secretary JKHSC) said we are planning to organize mass trekking events for boys & girls & kids sports meet this month.

The tournament was organized by Hussaini Sports Club, sponsored by Livgaard Solar & was supported by Bilal Provisional Store & Zawar Altaf Hussain Dar.

District Ganderbal Pencak Silat c'ship concludes



Players posing with dignitaries after receiving medals.

■ STATE TIMES NEWS
GANDERBAL: Organised by District Ganderbal Pencak Silat Association, the District Ganderbal Pencak Silat Championship concluded at Indoor Hall, Sehpora in Ganderbal, here on Sunday.

Around 250 participants have participated in this championship, a handout issued by the Association informed.

Farooq Ahmad, former Legislator, was the chief guest, who gave away the prizes. Among special guests were Mohaammad Iqbal, Manager; Rahul Shafi, Manager; Bilal Ahmad, Principal, Army Goodwill School; Sajad Sofi, president, District Ganderbal Pencak Silat Association; Murtaza Ahmad, secretary, District Ganderbal Pencak Silat Association; Dr Peerzada Mohammad Iqbal, coach; Ravees Ahmad, coach, J&K Police Central team and Mashooq Ahmad

Now, the winners in different weight and age groups shall represent the district in the forthcoming 7th J&K UT Pencak Silat Championship to be held in Srinagar in July.

Indian Hawks Club brings laurels to UT, bags 19 medals in First India Skate Roller Games for J&K

Emerges as real asset for Jammu & Kashmir



Medal winner Indian Hawks Club Skaters posing for a photograph.

■ STATE TIMES NEWS
JAMMU: Indian Hawks Roller Skating Club (IHRSC) has yet again brought laurels to the Union Territory of Jammu and Kashmir by bagging 19 medals for J&K in First India Skate Roller Games held recently in Mohali, Punjab.

The performance of the speed skaters trained under the banner of IHRSC was stupendous as several breathtaking moments during the national open tourney stunned the people sitting in the Pavilion in Mohali.

The Indian Hawks Roller Skating Club has lately emerged as real asset for the UT as its phenomenal performance at the national arena of speed skating has helped J&K to surmount all the previous records set by veterans of the game in J&K.

The star performance of Indian Hawks- Samarjot Singh (Under 17 group quards) and Tamanna Saini (Under14 years group quards) was mind boggling as they ruled the roost throughout the competition starting from first heat till the finals.

Both these upcoming national champions ensured a clean sweep by winning three gold medals each in

grit while proving their mettle in this all India level competition include (11 to 14 years group quards) Prageet Kour two silver and one bronze medal and Puneesh Puri one bronze; (14 to 17 years group quards) Uday Narayan one silver and two bronze, and in above 17 years category Surya Bhaskar one silver and two bronze medals.

Applauding the stunning performance of Skaters, Ashok Gandotra Chief Patron IHRSC said that the Club has proved that the UT has got the talent and if the players of the region will get this kind of professional training only sky is the limit for them. He appreciated the way the Indian Hawks Club was honing the skills of the budding skaters to make them champions at national and international arenas. He expressed gratitude to

Jammu and Kashmir Roller Skating Association President G S Khurmi and J&K Roller Skating Association for extending wholehearted and timely support to the skaters of the UT of J&K besides providing a meaningful platform to youngsters to streamline their energy in the best possible manner.

Arjun Gandotra, Mentor of the Indian Hawks Roller Skating Club members and the iconic skater from J&K who has earned name and fame through his dedicated efforts and flamboyant performances at national and international levels has been providing guidance to enthusiast skaters and it was his insightful endeavours that these skaters have given stirring performance at yet another national level event.

Welcoming the champion skaters back, President of

IHRSC Dhruv Pant and General Secretary/Captain of IHRSC Tarun Gandotra said that this is just the beginning as soon our Club will move the training sessions to level next to bring out hidden energy and champion content among the IHRSC members.

Club vowed to produce national champions from J&K in the coming years and also assured that soon skaters from J&K will also figure in the list of international players of repute.

Later in a ceremony, the management of IHRSC felicitated all the medal winners and gave them tips to emerge victorious in all the forthcoming events at UT and national level and Management also applauded the efforts of all parents of the skaters for their dedication and support to their kids.

Army Commander Brig Pandey interacts with Women Hockey team



Army Commander Brigadier N.R Pandey along with posing with Hockey players and officials.

■ STATE TIMES NEWS
JAMMU: Army Commander Brigadier N.R Pandey on Sunday interacted with the sub junior women hockey team of J&K at KK Hakku Hockey Stadium, here.

The team selected for 12th Hockey India Sub Junior

National women Hockey Championship which is being held at Imphal in Manipur.

Brigadier Pandey was accompanied by his family said that all possible help will be provided to the promising hockey players of Jammu and Kashmir.

He said that hockey is being uplifted with missionary spirit in J&K under Hockey J&K.

Speaking on the occasion, Rajeev Sharma, President Hockey J&K, said that national level coach is specially deputed by Hockey J&K for the camp and our team will definitely improve its performance.

He further said that J&K Sports Council under the leadership of Nuzhat Gul extended full support to promote hockey in J&K.

General Secretary Hockey J&K, Dr. Taran Singh thanked Brig Pandey for his support to encourage the budding hockey players.

Ashok Singh Jamwal Divisional Sports Officer Jammu, Satish Gupta Manager MA Stadium, Satpal Singh Manager KK Hakku Stadium were also present on this occasion.

An exhibition night match was also played between junior men team and army hockey team on the occasion.

Anajali Treasurer Hockey J&K, Rajinder Singh Kuku, Jagjit Singh coach, Priyanka Sudan, Minakshi from Poonch, Angat Singh were also present.

Army organises Friendly Volleyball match



Volleyball teams posing for a photograph.

■ STATE TIMES NEWS
DODA: On popular demand of locals of Khankot, army organised a friendly volleyball match between two local teams of Gei in District Doda. Both the teams consisted of players from various caste, creed and religion and displayed very high degree of sportsmanship and healthy competitive spirit. It was a thrilling and exiting match till the end.

More than 32 people gathered to witness the match. The volleyball match was aimed at developing a competitive spirit amongst the youth and also to provide them a platform to showcase their talent.

The match was witnessed

with keen interest by one and all thus generated bonhomie amongst the players as well as locals.

At the end of the event both teams congratulated for the sterling performance and distributed prizes to both the teams.

Team members and locals expressed their heartfelt gratitude for organising the event and requested for more such sporting events in the future.

NSS unit of GGM Science College organises Yoga competition



■ STATE TIMES NEWS
JAMMU: A yoga competition was organized on the third day of 'yoga for well being' camp celebrating Yoga Mahotsav under the patronage of Principal Dr. Ravender Tickoo, guidance of NSS PO Dr. Deepali Mahajan, the aegis of Azadi Ka Amrut Mahotsav at GGM Science College, here.

NSS volunteers performed yoga Asanas and explained their benefits.

Sanchit Sharma performed Shalabh Asana which strengthens the lower

back, pelvic organs and hip joints. He also did Koundiny Asana which massages the abdominal organs.

Rubam Sharma performed Chakrasana or wheel pose which improves spinal flexibility, helps in improving digestion, increases the strength of back, legs, arms, and shoulder. He also did Bhujangasana or Cobra pose which helps to reduce belly fat and improve digestion.

Palvinder Kour demonstrated Chakrasana and Halasana which improves

leg muscles, back muscles, flexibility in spine, neck, shoulder, legs and hips, helps in weight loss, boost immune system, reduces stress and fatigue etc.

Vibhuti Sharma did Garudasana which improves balance, loosens the legs and hips, making them more flexible, Strengthens the calves. Rimjhim Pandita did Matsyasana which stretches the neck, chest and shoulders , resolving respiratory problems. Fish pose increases metabolic rates to lose weight, improves your digestive health, reducing menstrual cramps, helps get rid of stress.

Himanshusharma performed Chakra Aasan and Sheershaasan. It relieves stress, increases focus, improves blood flow to the eyes, increases blood flow to the head and scalp, strengthens shoulders and arms, improves digestion.

The competition was judged by Col. Virender Singh Jamwal and Shushma Rajput members of Bhartiya Yog Sansthan J&K UT.

Sanchit Sharma was judged first followed by Palvinder Kour 2nd and Rimjhim Pandita 3rd.

■ STATE TIMES NEWS
REASI: Part of the YSS Cup, Department of Youth Services and Sports (DYSS) district Reasi organized Inter block cricket tournament involving teams from Mahore, Arnas, Reasi and Pouni.

The competition declared open by District Treasury Officer, Laikant Khan, who was chief guest, who appreciated the Incharge ZPEO Reasi, Asha Devi for involving youth from far off places in sports.

In the final, Block Arnas defeated



Teams posing for a photograph with dignitaries.

Mahore by 31 runs. Now, Arnas shall represent district Reasi in the J&K level competition slated to be held at Srinagar. Batting first Arnas made 111 runs and in reply, Mahore could reach a total of 80 runs. Earlier, in the preliminary round of the matches Arnas beat Pouni Block by 20 runs and Mahore beat Reasi Block by 24 runs. Matches officiated by the technical penal including Opinder Pal Singh, Ajay Kumar, Mohd. Raiz, Dinesh Singh, Madhu Rani, Kirna Devi, Jaswant Singh, Jagdev Singh, ArunDev Singh and Rahul Bakshi.

Du Plessis, Hasaranga set up RCB's massive win over SRH

■ AGENCY
MUMBAI: Spinner Wanindu Hasaranga picked up a five-wicket haul after skipper Faf du Plessis' impactful half-century as Royal Challengers recorded a 67-run victory over Sunrisers Hyderabad to boost their play-off hopes in the IPL here on Sunday.

Opting to bat on a slow surface, du Plessis led from the front with a 50-ball 73 not out, while Dinesh Karthik (eight-ball 30 not out) provided the late flourish as RCB overcame an anxious start to post 192/3.

In response, Sunrisers Hyderabad were skittled out for 125 to crash to their fourth loss on the trot as Hasaranga stymied their chase with figures of 4-1-18-5.

The win also avenged their

shocking nine-wicket loss to Hyderabad in the first leg at the Brabourne where Bangalore had collapsed to 68 allout.

Making amend for a sloppy outing on the field, Hasaranga cleverly used his wrong ones and derailed their chase in the middle overs with wickets of the hardhitting Nicholas Pooran and Jagadeesha Suchith in successive overs.

The Lankan then ended his spell in style with a double-wicket maiden, dismissing Shashank Singh and Umran Malik in successive deliveries to virtually seal it for Bangalore.

With this, he became the second bowler after Yuzvendra Chahal to get past the 20-wicket mark in the IPL. Hasaranga is now one

wicket shy of current Purple Cap holder Chahal's tally of 22.

Hyderabad No 3 Rahul Tripathi made a fine 58 to keep them in the hunt but Josh Hazlewood (2/17) dismissed him and followed it up with the wicket of Kartik Tyagi next ball.

For Bangalore, it was their second win in a row, coming on the back of a hattrick of defeats as they firmed up their place inside top-four.

Likewise Bangalore, Hyderabad too had a jittery start and went on to lose two wickets in the first over in their tall chase of 193.

Like Kohli, Williamson also went for a golden duck in a rare instance -- only third in IPL -- that a wicket fell on the first ball of both the innings.

SCOREBOARD		
ROYAL CHALLENGERS BANGALORE INNINGS		
Virat Kohli	c Williamson b Suchith	00
Faf du Plessis	(c) not out	73
Rajat Patidar	c Tripathi b Suchith	48
Glenn Maxwell	c Markram b Kartik Tyagi	33
Dinesh Karthik	† not out	30
Extras		08
Total		192/3
SUNRISERS HYDERABAD INNINGS		
Abhishek Sharma	b Maxwell	00
Kane Williamson	(c) run out (Shahbaz Ahmed)	00
Rahul Tripathi	c Lomror b Hazlewood	58
Aiden Markram	c Kohli b de Silva	21
Nicholas Pooran	† c Shahbaz Ahmed b de Silva	19
Jagadeesha Suchith	st †Karthik b de Silva	02
Shashank Singh	c Maxwell b de Silva	08
Kartik Tyagi	c Patidar b Hazlewood	00
Bhuvneshwar Kumar	c du Plessis b Patel	08
Umran Malik	lbw b de Silva	00
Fazalhaq Farooqi	not out	02
Extras		07
Total		125/10