

Indian U-18 Women Volleyball team leaves for Asian meet

■ STATE TIMES NEWS

JAMMU: The Indian under-18 women's team today left for participation in the 14th Asian Volleyball Championship being held at Nakhon Pathom, Thailand from June 6 to 13 under the aegis of Asian Volleyball Confederation.

Earlier, the Volleyball Federation of India (VFI) had entrusted the Odisha Volleyball Association to conduct the selection trials of the Indian Women U-18 Volleyball team at KIIT University, Bhubaneswar on April 20 and 21.

It was followed by the coaching camp of 20 provisionally selected players was held at Biju Patnaik Indoor Stadium, Campus-13, KIIT



MP and President VFI, Prof. Achyuta Samanta posing with team members and officials.

University, Bhubaneswar from April 22 onwards.

After the successful conduct of camp, 12 players were finally selected along with four officials, who today left for the venue.

Prof. Achyuta Samanta, Member of Parliament,

Kandhamal, president also announced the Indian Volleyball Federation of India and founder KIIT and KISS has provided all kinds of help and support for the smooth conduct of this Selection Trials Camp Coaching Camp and extended his good wishes to the team for Asian meet.

Prof. Achyuta Samanta also announced the Indian Women's team and given kit to all the players and officials of the squad.

Group photo of the Indian team also done with Prof. Achyuta Samanta, President, Volleyball

Federation of India.

TEAM: Kavita (Captain) (Rajasthan), Khenwar Rakshav (Maharashtra), Mitra Rajnandani (West Bengal), Rathi Tanu (Haryana), Mohanta Lasyamayee (Odisha), Arasu Vishnushree (Tamil Nadu), Ghosh Lisha (West Bengal), G.A Swathika (Tamil Nadu), Shinde Vedika (Maharashtra), Anjanav (Kerala), Bala Bidisha West (Banga) and K Shantha Kumari (L) (Telangana).

OFFICIALS: Jaisamma Moothedom (Manager), Viral Shah (Head Coach), Biswajit Ghosh and Lotak Bindu Dash (Assistant Coaches), Sanjay Kumar (Referee) and Dr. Amreen Hayat (Physiotherapist).

Ananaya, Rudrakshi, Sadiya add another feather to JKCA's cap

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JAMMU: Adding another feather to JKCA's cap, under-19 women cricketers of Jammu and Kashmir namely Ananaya Sharma, Rudrakshi Chib and Sadiya Wani made it to the top five teams of National Cricket Academy (NCA), on Saturday.

All the three girls are already in the NCA Camps. Sadiya is at Hubly, Rudrakshi is at Anantpur and Ananaya is at Mohali.

Ananaya is a leg-break bowler, who has mastery in spinning web around the rival batters, besides giving air and purchasing bounce from the wicket. Good per-



Ananaya Sharma, Rudrakshi Chib, and Sadiya Wani.

formance has helped her to seal berth in NCA Team D.

Rudrakshi is an opening batter to almost a perfection. She hits the ball with elegance, fluidity and grace. Displaying brilliance in the Camp, Rudrakshi has sealed berth in NCA Team A.

Sadiya Wani, is a bowling all-rounder, who bowls right-arm medium pace and bats in the middle-order. A utility player and a class act when on song. She got the National Selectors nod for

performing fabulously during the Camp. She will represent NCA Team B.

The credit of their selection goes to the JKCA Sub Committee Members, CAC Members and the Selectors.

The Sub Committee Members including Brig Anil Gupta, Member Administration, Advocate Sunil Sethi, Member Legal Affairs and Cricketer Mithun Manhas have congratulated these young cricketers for this achievement.

Fresher-cum-Farewell Party held at Kawa College of Education



Students and faculty at Fresher-cum-Farewell Party.

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JAMMU: Kawa College of Education, Jammu on Saturday celebrated Freshers-cum-Farewell Party with enthusiasm.

Abimanyu Katoch, Managing Director Kawa Group of Colleges, graced the occasion. Others present were Principal Kawa College, Dr. Bharti Sharma, Seema Mattoo (Coordinator) along with students and staff of Kawa College of Education.

The students presented a colourful bonanza of various items that included a ramp walk, some games activities, light the candles, songs, musical chair, dances were the highlights of the programme.

Finally, Shubam and Vanshika were chosen as Mr and Ms Fresher, Shubam and Tania were chosen as Mr and Ms Farewell.

Prizes were distributed among the winners.

GDC Women Kathua celebrates World Bicycle Day

■ STATE TIMES NEWS

KATHUA: The NSS and NCC unit of the Government Degree College (GDC) for Women, Kathua in collaboration with District Youth Services & Sports and Nehru Yuva Kendra Kathua, on Saturday observed World Bicycle Day under the aegis of Azadi Ka Amrut Mahotsav.

The event began with garlanding of statue at Shaheed Bhagat Singh park followed by a Bicycle Rally which was flagged off by the Deputy Commissioner, Kathua from Sports Stadium to ensure Jan Bhagidhari.

The route for the rally was from Sports Stadium Kathua to Keerian Kandal in which volunteers under the supervision of Dr. Arun Dev Singh, NSS Programme Officer showed active participation.

After covering a distance of near about 20 km, the rally was welcomed by Dr. Sangita Nagari, the Principal of the College who appreciated the



NSS and NCC unit of GDC for Women, Kathua during World Bicycle Day celebration.

volunteers for being a part of "Fit India Freedom Cycle Rally".

She addressed the volunteers and mentioned that the aim to conduct such rallies is to encourage and motivate the People to take up and adopt Cycling as a part of Physical fitness activities and get freedom from obesity, Laziness, Stress and Anxiety like diseases.

She also stressed upon the fact that the usage of cycling will also felicitate the reduction of carbon fuel footprints.

She also added that usage of cycles would be helpful for the

reduction of fuel use in future and Fuel can be saved at large scale for the use of future generation and by using cycle the future generation may be hale and hearty physically as well as mentally, their physical standard will also be uplifted.

After that the slogan writing and poster making activities were done by the volunteers based on the theme of adopting cycling as a norm for healthier life and global warming.

The whole programme concluded with recitation of National Anthem by the NSS volunteers.

Principal distributed certificates to the NSS team and Volunteers who participated in the said event.

The day's activities were successfully completed and managed by the NSS team comprised of Prof. Raj Kumari, Dr. Rajni Khajuria and Prof. Pallavi and Roshan Lal.

Prof. Ashwani Khajuria appreciated the volunteers for the successful completion of the day's activities. Prof. Ravinder Kour also encouraged volunteers who worked with such a zeal and enthusiasm in such events.

Bhagat flags-off players for National Championship



State Vice President BJP SC Morcha, Tilak Raj Bhagat interacting with players.

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KATHUA: A programme for encouragement to J&K team players from different games like cricket, badminton and boxing was organised at Sports Stadium Kathua on Saturday by Youth & Sports Promotion Association of India, registered under Indian Government Act XXI of

1860. A total of 12 players from district Kathua out of 22 players selected for J&K team to participate in the second National Championship to be held at Mathura.

State Vice President BJP SC Morcha, Tilak Raj Bhagat was the Chief Guest in the programme who flagged off a team of

12 players to participate in National.

A lot of enthusiasm was witnessed among the players belonging to different games who have come to participate in the National Championship.

Bhagat said that there is a dire need to promote sports activities among the younger generation, not only for a healthy Lifestyle but more importantly to keep them away from the drug-related activities.

"Youth excelling in the field of sports can also adopt it as a lucrative career" Bhagat said.

Main participants in the flag-off programme included Anupam Verma, Sanjay Bajrange, Ravi Andotra, Kuldeep Singh, Ajay Singh and S.P Majotra.

The programme was organised by Ajay Kumar Sharma, Coordinator J&K Youth and Sports Promotion.

World Environment Day observed in KC College of Education

■ STATE TIMES NEWS

JAMMU: NSS unit of KC College of Education in collaboration of Environmental Club celebrated World Environment Day on the theme 'Only one Earth', highlighting the facts that safeguarding the planet's finite natural resources is of critical importance.



This day is celebrated every year on 5th June to raise global awareness to take positive environmental action to protect nature & the planet earth.

It is a day that reminds everyone on the planet to get involved in environment friendly activities.

People come together to pledge towards building a greener planet, keeping these aims in view, NSS volunteers and students of environmental club participated and celebrated this day. All the students were given one sapling by the environmental club, to be planted all around the campus. All the students planted their sapling around the campus with the active involvement of teachers. The plantation programme was followed by slogan writing & poster making competition in which students participated whole heartedly.

Dr. Sanjay Tickoo, Principal of the college appreciated the efforts of the students. The whole programme was convened by Puja Sharma, Convener, Environmental Club and Priya Gupta (Programme Officer, N.S.S.).

93 Inf Brigade distributes Taekwondo equipments among players



Taekwondo players posing with Commander 93 Infantry Brigade and other dignitaries.

■ STATE TIMES NEWS

POONCH: 93 Infantry Brigade Poonch distributed taekwondo equipments among young budding players of Poonch Taekwondo Academy under Mission Sadbhavna.

On the occasion Commander 93 Infantry Brigade was the Chief Guest while SSP Rohit Baskotra and ADC Poonch, Dr Bisharat Hussain were the Guests of Honour and Nirdosh Kumar Incharge Manager Sports Stadium Poonch was the Special Guest.

All the army officers of 93 Inf Brigade were also present on the occasion. Earlier, Rajinder Singh, Chairman Poonch Taekwondo welcomed the gathering. He highlighted the journey of taekwondo in border District Poonch and thanked Commander 93 Infantry Brigade for providing taekwondo equipments to the young budding players.

Later, Mass Taekwondo demonstration of over 150 players displayed in front of all the guests. Few bouts of taekwondo and Self

Defence for female also displayed under the supervision of Rajinder Singh Taekwondo Coach/

A cricket match for Viklang Cricket Teams was also organised on the occasion and later distribute cricket kits and medals and trophies among winners and runners. Commander 93 Infantry Brigade congratulated Rajinder Singh for providing excellent platform to the youth of Poonch in Taekwondo. He gave his best wishes to all the taekwondo players.

He also applauded the talent of Viklang Cricket Team and gave his best wishes to them for future events. He assured every possible help for the development of Sportspersons in future also. Prominent others were present were Matinderpal Singh Hockey coach, Amit Sharma Organising Secretary PDTA, Ravinder Singh General Secretary Veteran Athletic Association, Rajinder Singh General Secretary District Football and Association Pawan Kumar lecturer.

Every student must be trained as a debater: Principal JKPS Kunjwani

■ STATE TIMES NEWS

JAMMU: Principal JK Public School (JKPS) Kunjwani appreciated the brilliant debaters from Sashi Tharoor Club for conducting the online JAM session. A comprehensive list of topics was given to them in advance. Students participated with full fervour.

"Public speaking skill is the most essential skill for every child. It's the best way to verbalize one's feelings. From planning the line of argument to stuffing the script with invincible points, debating can prepare a student to take on any challenge life may present before him/her", reflected the Principal.

"Debating is an art & it must be nursed with great patience and skills. It's not engaging oneself into a full-blown argument. Instead, it calls for a compelling, strategically-designed argument rather than simply attacking the opponent blindly", he further added.

Reflecting on the need of grooming children for debating, Ms. Harneet Kour shared, "While one may not engage oneself in a debate every single day, yet one gets the opportunity to reflect the differences of opinion and small disagreements on almost-daily basis. Debating, rather than arguing, helps children conquer a situation if practised regularly over the period of time. Instead of raising one's voice, one should sharpen one's line of argument and carefully choose words and expression".

J.K. PUBLIC SCHOOL, KUNJWANI, JAMMU

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SPECTRUM OF 21st CENTURY CLUB ACTIVITIES

"Debating empowers students with critical thinking skills that are essential in day today life. Critical thinking is the ability to make rational and well-reasoned arguments while questioning the evidence behind a particular conclusion or stance", she added.

"It helps you become curious about new ideas while also building a healthy attitude to questioning. It even helps an individual become more humble, as one is not going to be right all the time", she

further added.

Pitching in with her reflective probing, another debate mentor Shaveta Khajuria asked, "Have you ever experienced the feeling when you simply groped for the ideas or words? Words which you had in your mind yet failed to download from your memory. Debating can help you become a master at recollecting several topics in a jiffy".

"From your favorite book's plotline to complex mathematical equations, debat-

ing helps you identify your audience and choose an appropriate tone. If your tone is too formal, you're going to distance yourself from your listeners, while being too relaxed will undermine any arguments you try to make. Planning and articulating your thoughts is an essential skill that every debater must have to produce a sharp and well-planned argument", Shaveta added.

"Just as important is the method with which you construct your debate. Your

arguments need to be coherent, and they must make sense. Good debaters keep all of these things in mind and the core elements that they have accumulated through education, that is, finding and reading sources, drafting and writing a speech, and being able to listen and confidently speak", she further added.

Highlighting the modus operandi of the Club for the rebuttal session, another mentor Rajni Sharma shared, "thinking outside the box, and identification of

any gaps in the counter-arguments of opponent is a pre-requisite. Responding to comments and questions is an essential debating skill, as hesitating could cost an individual precious time and points. Thinking quickly prepares a debator for any situation that life presents, when time is crucial, and a decision must be made faster".

"Good debaters can also maintain an element of composure and poise, addressing the issue at hand rather than letting it carry them away. In fact, managing our emotions is not only a useful skill when it comes to debating but also earns us respect in almost all other aspects of our daily life", she added.

"Our presentation also plays a vital role in how we are perceived as an individual by others and how we are perceived as a debater. Speaking slowly with clear enunciation, and considering carefully the content of the speech paves the way for strong debating skills", she further added.

Principal JKPS Kunjwani lauded the endeavours of Debate mentors for sharpening the debating skills of students. "Debating is undoubtedly an excellent school tool to encourage high order thinking skills. It teaches students to arrange their thoughts in the spur of a moment & makes them modulate their voice to the most pleasant register, while also developing their analytical and research skills", he summed up.