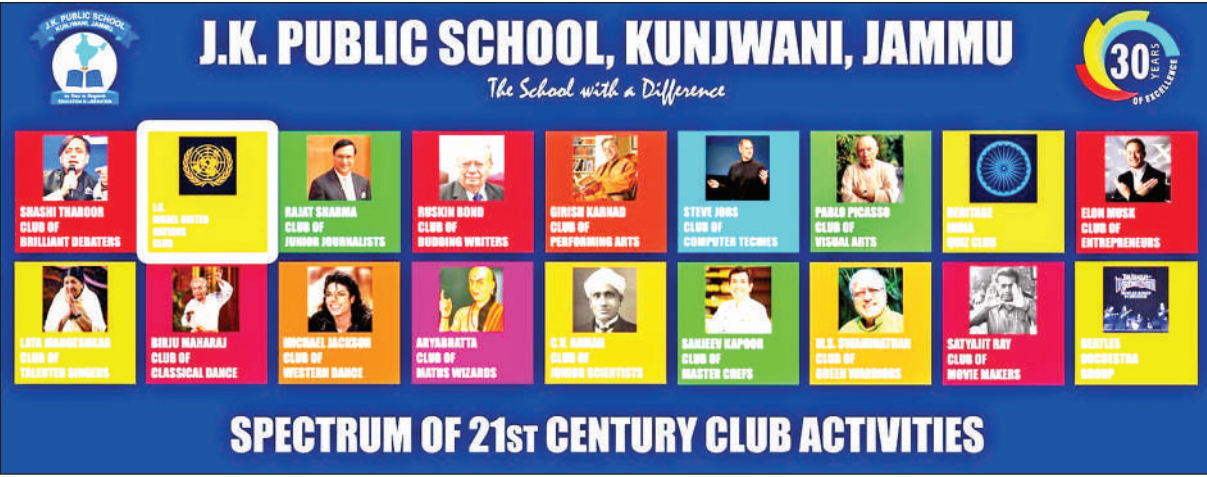


JK MUN Club witnesses roaring MUNers amidst cheering crowd: Principal JKPS Kunjwani

■ STATE TIMES NEWS

JAMMU: Highlighting the importance of MUN Club in today's world, Renu Uppal stated, "Model United Nations (MUN) is an academic simulation of the United Nations wherein students play the role of delegates from different countries and attempt to solve real world issues with the policies and perspectives of their assigned country.

For example: students were assigned with the topic "Problem caused by Russian war" and students were made representative of various countries like , Russia , Ukraine , USA , China , Uganda, India , Pakistan etc". "Aiming at building confidence among students for public speaking and exploring manifold social and global crises with critical perspectives, students representing different countries ask perspective questions about Global issues in a United Nation



Conference. They argue over issues concerning the current international community, ranging from economic, social, and political conflicts", she added.

"MUN conferences help build a stronger portfolio for the student for exploring their future opportunities with a proactive and inclusive attitude. Additionally, once students enter the

Club, they remain a part of it for the rest of their school years, securing them a long-term extracurricular edge", she further added.

Adding more dimensions to the crazy scenario prevailing around, MUN Trainer Sonia shared, "students are about to embark on a life-changing journey that helps them develop confidence in leading others, a

stronger awareness of global issues. JK MUN Club is a valuable experience that helps MUNers become inspired to change the world and most importantly, M-U-N is F-U-N!"

Peeping a glance inside the JK MUN Club while MUNers deliver their powerful harangues, Principal JKPS Rajesh Rathore shared with a broad smile,

"I feel extremely overwhelmed to see the power of expression/ presentation with every passing Saturday, when the performers carry bunch of well-researched papers, fire salvos of questions and share their reflections brilliantly. Undoubtedly, practice makes a person perfect".

Stepping inside the room

he further adds, "Guys, you may jot down your points on a piece of paper but stay focussed on cultivating the art of elaboration. Too much of dependence on written notes takes an individual away from oratory".

"Stay confident, amass profound wealth of knowledge within & deliver like great orator Barack Obama: paperless, fluent, focussed & impressive! Sweating out during peace fetches you victory during war. Acquire such formidable skills, which may leave your opponents speechless".

"As stormy winds sweep away the clouds & lashing rains dust off the trees, likewise your presence on any platform must be felt. Be the epicentre of all the future MUNs. All the very best my immeasurably talented JK MUNers & hats off to your dedicated mentors", the Principal Rajesh Rathore wished them a resounding success ahead!

J&K Fencers Shreya, Vishal qualify for World C'ship



■ STATE TIMES NEWS

JAMMU: Ace fencers from J&K, Shreya Gupta and Vishal Thapar have qualified for the Senior World championship and shall participate in upcoming tournament at Cairo, Egypt from July 15 to 23.

These fencers have qualified for this World Championship on the basis of their ranking and splendid performance in the two-day selection trials held at NSNIS Patiala.

Top 16 ranked players of 32nd Senior National Championship participated in these selection trials. Pertinent to add here that both Shreya Gupta and Vishal had recently played in

the world cups held at Tunisia and Spain and brought laurels for J&K.

Meanwhile, president of J&K Amateur Fencing Association, M J Sharma appreciated the hard work and stupendous efforts of these fencers in qualifying for this prestigious tournament. He wished them good luck and hoped that the fencers by the blessing of God will come with flying colours in the said competition.

He further said that it was hard work of coaches, Shotu Lal and Rachna Jamwal and wholehearted support of J&K Sports Council that J&K fencers reach glorious heights by winning medals in national and international arena.

Shivgarh Trek woos young trekkers PDA, SMVDU, J&K Police come together for 'Trek & Clean'

■ STATE TIMES NEWS

PATNITOP: One of the most surreal routes in Patnitop Tourism Circuit leading to Shivgarh Dhar on Saturday witnessed perhaps the first official expedition event.

A group of young adventure enthusiasts trekked upto Shivgarh Dhar as part of Patnitop Development Authority's (PDA) ongoing efforts to further push the adventure tourism potential as well as cleanliness related initiatives.

Organised in collaboration with Shri Mata Vaishno Devi University (SMVDU), under the aegis of Azaadi Ka Amrit Mahotsav, the event saw a participation of around 50 persons from different parts of the country.

Dr Sunil Gupta, DIG Doda Kishtwar Ramban Range, Nagendra Singh Jamwal, Registrar SMVDU, Thakur Sher Singh, CEO PDA, flagged off the expedition at Padora meadow.

The students of SMVDU, hailing from Jammu & Kashmir, Bihar, Uttar Pradesh, Rajasthan,



Trekkers posing for a photograph during Shivgarh Trek.

Haryana, Punjab, Delhi, reached an elevation of approx 2650 mts after covering a distance of around 9.5 kms.

Lush green meadows, wild flowers including foxglove, gushing streams, nomadic dwellings of Gaddis and their flocks greeted the participants on the trek.

They saw the remains of the royal refuge of the erstwhile Chenani kings called Shivgarh nestled atop the Dhar Shivgarh affording a dominating view of the Chenani town and River Tawi on one side and River Chenab on the other.

The participants were also made aware about nature

conservation, on flora and fauna present in Patnitop forest ranges, ensuring cleanliness and safety during treks, and various tourism destinations in the Patnitop Tourism Circuit.

The participants appreciated the opportunity to explore the bountiful nature, contribute in cleanliness of mountains and savour local Dogra cuisines. They had lit a bonfire and enjoyed art performances on the eve of the trek.

"SMVDU is making all efforts to promote awareness about tourism in Jammu through a series of events. This trek is going to make the students aware and experience the world class treks of

Jammu region," said Registrar, SMVDU.

The trek was followed by a Cleanliness and Sanitation Drive on Sunday, coinciding with the occasion of World Environment Day, and in line with 'Carry The Trash Back', and 'Clean Patnitop Green Patnitop'.

The teams of PDA and J&K Police were led by DIG DKR, as they cleaned the areas in the jurisdiction of PDA, and also sensitized the tourists to help keep it clean.

Announcing a few measures, Dr Sunil said that ban on open air cooking on meadows or roads by tourists will be ensured, regular cleanliness drives will be held, vendors, ponywallahs, taxi operators, hoteliers and tourists will be requested to help in achieving the goal.

"With such events, we are trying to bring more wonderful destinations on the tourism map from Patnitop tourism circuit, let more people learn and experience them, and maintain cleanliness and sensitive ecosystem of the region," said CEO PDA.

GDC Boys Kathua organises Int'l webinar on 'Sport Science for Physical Education & Sports- An Olympic Perspective' Dronacharya Awardee Kuldeep Handoo felicitated

■ STATE TIMES NEWS

KATHUA: An international webinar on the theme 'Sport Science for Physical Education and sports-An Olympic Perspective' was organized by the Department of Physical Education & Sports in collaboration with IQUAC, Govt. Degree College (Boys) Kathua. The Webinar, third consecutive virtual interactive session in continuation to the pre-Olympic e-Dialogue series on Olympics 2024, was organized under the Patronship of Prof. Sumanesh Jasrotia, Principal of the College.

The programme was marked with the presence of eminent researchers of national and international repute in the field of Physical Education, Sports, Physiotherapy and sports science. More than 300 participants from 19 countries of the world including Ukraine, USA, UK, Israel, Bulgaria, UAE, Malaysia, Sri Lanka, Uganda, Bangladesh, Australia, Germany, Spain and Pakistan attended the webinar.

The Department of Physical Education, GDC Kathua felicitated the first Dronacharya Awardee and Chief National Wushu Coach, Kuldeep Handoo in the presence of Principal Prof. Sumanesh Jasrotia and Chief Guest of the webinar Alok Kumar, IRS, and the audience by a certificate and a appreciation letter signed by the Principal GDC Kathua.

Prof. Sumanesh presented formal welcome address to the Chief Guest, key note speakers from Ukraine, Malaysia and Germany and all the participants from different countries.

He also appreciated the efforts of organizing committee members, especially the organizing secretary for the smooth

conduct of webinar proceedings.

He expressed his gratitude to Alok Kumar, I R S , Principal Secretary Youth Services and Sports, UT of Jammu and Kashmir for being the Chief Guest of this international event and also for inaugurating the webinar.

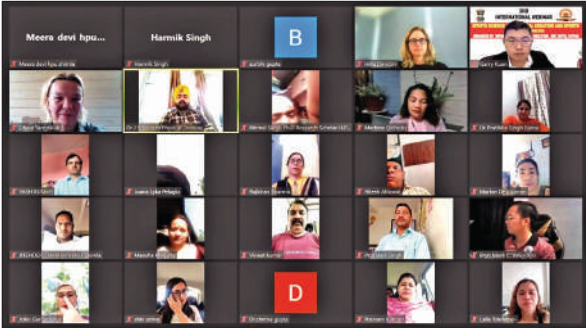
In his address, Alok Kumar, IRS said that such type of webinars are very much required for the development of Physical Education and Sports through the incorporation of Sports Science as major discipline to provide the Scientific Backup to elite sports persons.

He appreciated the efforts made by the Organizing team of GDC Kathua and expressed that this is going to help students as well as faculty in better understanding the importance of sports and sports sciences as a profession and its role in physical and psychological wellbeing of youngsters in general and sports person in particular.

Dr. J. S. Soodan, Organizing Secretary and Head Department of Physical Education & Sports, GDC Kathua, in his address to participants said that physical distances are no limitation to exchange knowledge and participants will surely benefit from this webinar.

He was of the view that sports sciences can be an emerging subject which can benefit students both physically and professionally.

He whole heartedly thanked to all the members of Advisory Committee Prof. Romila Guleria, Prof. Seema Malpotra, Prof. Raj Kiran, Prof.



Jaswinder Singh, Prof. Rakesh Singh Jasrotia HOD Chemistry, Prof. Ritu Bhagat for their volupitous advice and guidance for smooth organization of this great event.

Eminent speakers from different countries presented their views on different aspects of 'Sport Science for Physical Education and sports-An Olympic Perspective'.

Hilla Davidov, Koln University Germany spoke on the topic "The relevance of the Olympic Education Program, post Covid-19" She was the part of Israeli Olympic Delegations from 2004-2016.

The second key note Speaker who enthralled the participants was Dr Garry Kuan Associate Professor, Excersise Sports Science Programme, Universiti Sains Malaysia.

He has delivered his lecture on the topic 'The Post Pandemic New Norms for Using Music for Enhancing Holistic Health and Well Being' Presently, he is the Secretary General of Asian South Pacific Association of Sports Psychology and Executive Board Member of Asian Council of Exercise Science and Sports Science.

The third key note speaker is Dr Olena Yarmoliuk, from Borys Grenchenko, Kyiv University, Ukraine, who delivered a lecture excellent piece of research work. She has talked about "Aspects of Sports Management". She is also the vice Dean in Science and Management of International Projects were the key speakers during the webinar.

All three presentations were moderated by Dr Eva Sharma, Prof. Rakhi Malhotra and Dr Natasha Baloria all are Assistant Professors at GDC Kathua. Prof. Raj Kiran, Associate Professor and Convenor, College Sports Board, GDC Kathua presented formal vote of thanks at the end of the 3rd International webinar.

The organizing committee members, who have ensured the success of 3rd international webinar were Dr:Sumit Dubey, Dr. Pankaj Gupta, Dr. Surya Partap Singh, Prof. Anoop Sharma, Dr Ram Krishnan, Prof. Rajesh, Dr. Rachna Devi, Prof. Manmohan Singh, Dr. Amrik Singh Prof. Kaurab Singh, Prof. Mansha Khajuria, Dr. Kamaldeep Singh, Dr. Shaweta Swaroop, from GDC Kathua, Dr. Jasbir Kour Assistant Director GN Khalsa College of Arts and Commerce, Mumbai and Dr. Pratibha Singh Ratnu, Assistant Director Rajasthan University Rajasthan were the panelists during the technical sessions.

21st Mr J&K Body Building & Fitness Championship on June 8

■ STATE TIMES NEWS

JAMMU: Body Building Association J&K (BBAJK) is conducting 21st Mr. J&K Body Building and Fitness Championship 2022 at Teachers Bhawan Auditorium, Gandhi Nagar on June 8.

According to handout issued today, the weighing of the participants will be held on June 8, 2022 from 10 AM to 12.30 PM at International Gym, Rehari Colony.

All the participants will have to bring two passport size photos and Aadhaar card.

No one will be entertained after weighing, said Rajesh Dutta, General Secretary BBAJK.

7 J&K Gymnasts selected for Asian Rhythmic C'ships

■ STATE TIMES NEWS

JAMMU: As many as seven female gymnasts from Jammu and Kashmir have been selected as part of the Indian team heading for Asian Rhythmic Gymnastics Championships at Pattaya in Thailand from June 23 to 26.

These gymnasts, including six junior and one senior, selected during the two days National selection trials conducted at M A Stadium, here under the selection panel led by Arjuna Awardee, Kalpana Debnath, Arjuna Awardee Krupali Patel Singh and Varsha Upadhye. In Individual event of Senior category, Baveleen Kaur from J&K, Sanyukta and Ananya Soman from Maharashtra are selected whereas in Group event Team comprising of six Gymnasts, Vaibhavi Bapat, Janhavi, Sanya, Soumya, Mihika and Shrushti Patel.

Meanwhile, secretary of Gymnastics Association of J&K, Ravinder Singh congratulated the selected gymnasts.



Selected J&K Gymnasts posing for a photograph.



Players posing alongwith CAC Member Roopali Slathia and other officials in Jammu on Sunday.

Jammu, JKCA A5 defeated A4 by 44 runs in a high scoring game. Earlier, put into bat, JKCA A5 scored a huge total of 270 runs in 50 overs. Bawandeep was at her murderous best, slamming a cracking century (102), hit the ball with grace and brilliance and sent the bowlers on a leather hunt. Sapna Janwal also contributed valuable 44 runs to the total.

For JKCA A4, medium pacer Heena Kouser and Mehak took 2 wickets each. In reply, JKCA A4 managed to score 226 in 50 overs, thus lost the match by 44 runs. Sanjana top scored with 61 runs, while Sania Slathia and Shammu contributed 32 and 24 runs to the total respectively. Riyanshu took 2 wickets

for JKCA A5, while Rifat and Alya claimed one wicket each.

At University of Jammu Ground, JKCA A2 defeated A3 in a pre-sided contest by 54 runs. Put into bat, JKCA A2 scored paltry 79 runs. Skipper Sarla Devi scored 28 runs. For JKCA A3, Aanvi and Riya took 3 wickets, while was the pick of the bowlers, while Sheetal claimed 2 wickets.

In reply, JKCA A3 bundled out for meagre 26 runs. Nadia and Tanisha scored 9 and 8 runs respectively. Sarla Devi was the wrecker-in-chief, who took 6 wickets, while Kajal bagged 3 wickets.

At Sher-e-Kashmir Stadium Ground-A, JKCA B4 thrashed B1 by 6 wickets.

Dharamshala trekking by Tawi Trekkers begins



Trekkers posing for a photograph with officials.

■ STATE TIMES NEWS

JAMMU: Dharamshala Himalayan Trekking Programme, organized by Tawi Trekkers--the premier trekking organisation of J&K, commenced today with 46 students including 29 girls of St. Xavier Senior Secondary School, Barnai, here left for Dharamshala to participate in the prestigious adventure activity.

The group being led by Sonam Sidharth, a seasoned trekker and a mountaineer of

stadium and Tapovan besides Nagini Devi enroute their return journey to Jammu.

However, the special attraction of the programme is a visit to a sprawling tea garden and a tea manufacturing company where the students shall learn the complete process of production of tea. Earlier, the group was flagged off by Mridhu Padha, Vice Principal of St. Xavier Senior Secondary School from the school premises in the presence of Ram Khajuria, president, Shawetika Khajuria, General Secretary, staff of the school and a large number of parents of the students.

Meanwhile, the next group of trekkers comprising students of Shiksha Niketan Senior Secondary School, Jeevan Nagar, Jammu shall leave for the trek on June 8.

Mayank, Alankrita win U-17 Chess titles



Winners posing for a photograph with dignitaries.

■ STATE TIMES NEWS

JAMMU:Mayank Kulkarni and Alankrita Sharma won boys and girls title respectively in the Jammu Division selection events in U-17 age category held at Kailash Resort, Muthi, here today.

Winners and runners up were felicitated by the chief guest, SHO Domana, Tilak Raj and owner of the Kailash Resort, Rajinder Sharma.

The second place in boys category went to Abhivier Sharma while Pazhany Kohli

remained third. Similarly, in girls section, Ashvina Raina remained second and Stuti Gupta finished third.

The competition organised by Jammu Division selection committee under the chairmanship of Ajit Singh and vice chairman, Arvind Sharma.

The Jammu Division Selection Committee was recently formed by president All J&K Chess Association, Atul Kumar Gupta, a hand-out issued by the Association here today informed.