

Veteran Master's T20 Cricket Tournament

Evershine Cricket Club & Game Changer Veterans register thrilling victories

STATE TIMES NEWS

JAMMU: Evershine Cricket Club & Game Changer Veterans registered thrilling victories in their league matches in ongoing Veteran Master's T20 Cricket Tournament being played at MA Stadium Jammu. The tournament is being organised by Veteran Cricket Association J&K under the aegis of Board for Veterans Cricket in India in collaboration with J&K Excise Department, J&K Sports Council, Batra Group, SMVD Narayana Hospital & Horizon Group.

In first match Rakesh Badyal captain of BMCC won the toss & elected to bat first but wickets kept tumbling for them and team scored 108 runs losing 8 wickets. Shashi played a



Organisers along with winner teams.

valiant innings of 34 runs and Arun scored 18 runs. For Evershine Cricket Club Anil took 3 wickets, Captain Hardeep Singh & Banshi Lal shared 2 wickets whereas Danny took 1 wicket.

Chasing 109 runs in 20 overs Evershine Cricket Club too had a disastrous start and at one time they were reeling at 30/5 but Narinder Singh (41 runs) & Jaswinder

(19 runs) took their team to 4 wicket victory by sharing 48 runs partnerships for 7th wicket in 19th over. For BMCC Arun took 2 wickets & Rajesh Sharma & Shashi shared 1 wicket. Anil Gupta of Evershine Cricket Club was declared Man of the Match for his performance and momento was given to him by Ashish Singh President of Veteran Cricket

Association J&K. In other Thriller of the day, Game Changer Veterans after winning the toss opted to bat first. There was a collapse in the innings as team lost 3 wickets on 30 runs & at other stage they were 70 runs losing 9 wickets but Ravi Singh & Ravi Choudhary shared 25 runs partnership for last wicket taking team total to 95 runs.

For APCC, Vinod, Mintoo & Surinder shared 3 wickets each and Amit Wali took 1 wicket.

Chasing 96 runs on a tricky wicket, APCC got their opener out early but Irfan and Surinder tried to revive the innings. But Evershine Cricket Club bowlers kept a check on run rate and allowed APCC batsmen to score only 92 runs taking 9 wickets thereby winning the match by 3 runs. For APCC Surinder & Irfan scored 23 & 22 runs respectively. For Evershine Cricket Club Peter & Ravi Kumar shared 3 wickets & Lakhbinder took 1 wicket. Ravi Kumar of Gamechanger Veterans was declared as Man of the Match for his brilliant innings.

Aneesha bags 3 medals for J&K in Shooting

STATE TIMES NEWS

JAMMU: Aneesha Sharma, shooter from J&K wrote history clinching record three individual medals, including two gold, in XXI Kumar Surendra Singh Memorial Shooting Championship underway at Thiruvananthapuram in Kerala.

With a marvelous score of 631.6, she entered finals and bagged gold in Senior women category with a score 252.7 beating World champions. She won another gold medal in Junior category with a score of 252.

Aneesha secured record third medal in the shape of a bronze medal with score 230.3 in Youth category. "She has always proved herself and set an inspiration for others also. Her hardwork and



Aneesha Sharma

Ranges, Delhi under Khelo India an initiative of Sports Authority of India (SAI) from October 2022.

"It is indeed a golden day for Jammu and Kashmir Rifle Association (JKRA) and Mission Olympics Shooting Academy Jammu (MOSAJ) where she has been training since start under the guidance of coach, Vishal Mehra," added Sharat Chander.

Meanwhile, Dilbag Singh (DGP J&K), patron in chief congratulated Aneesha for this marvelous performance. Congratulations also poured in from S S Sodhi president, Kuldeep Singh, chairman, Rajesh Virdhi Chairman Technical committee and other senior members of J&K Rifle Association.

Yoga camp held at Jammu Polytechnic College



Students participating in Yoga session.

STATE TIMES NEWS

JAMMU: Government Polytechnic College Jammu, in collaboration with Department of Ayush J&K organized a Yoga camp on the college campus, here.

The event was organized to raise awareness about the benefits of Yoga among students, who were involved in performing various traditional Asanas and taught different methods of meditation.

The camp was organized

under the guidance of College Principal, Arun Bangotra and Director J&K Ayush, Dr. Mohan Singh as also DAO, Dr. Vandana Dogra.

Speaking on the occasion, Principal appreciated the efforts of the team members of Ayush Department. He stressed on the need of coordination between the educators and youth to make Yoga a part of their life.

The program was led by Dr. Shefli Bakshi, Dr. Bipan Chander, Dr. Sunil

Koul (all Medical Officers), Jagandeep Singh (Yoga Instructor), Sheetal Khajuria, Jyoti Bali and Ishan Mansotra (all Yoga Instructors). Dr. Himani Bhutyal took yoga session as per protocol and yoga instructors demonstrated various Yoga asana and Pranayama.

Others present were Manjeet Singh, Raj Kumar, Himanshu Bakshi, Vicky Sharma, Itika Sharma, Chamel Singh and Ankush Langeh.

GMC Jammu, Art of Living organise Har Ghar Dhyan workshop for medical students, faculties

STATE TIMES NEWS

JAMMU: Government Medical College Jammu in collaboration with Art of Living organised Har Ghar Dhyan workshop under the patronage of Dr Shashi Sudhan Sharma Principal and Dean Government Medical College Jammu for faculty members, senior residents, MBBS Students and PG students at college auditorium and NMC Hall respectively.

Around 150 medical students of all Profs, UGs & PGs and Over 35 HODs, faculty members, senior residents attended the Har Ghar Dhyan meditation session.

The resource person was Rohit Ranjan, Intuition Programme Director and an international faculty with Art of Living, who is soft skill trainer, teaches stress-elimination and self-development programs in institutions of Prestige like



Officials of GMC Jammu and Art of Living during workshop.

JNU, DU, AIIMS, IITs, B Schools, Jamia Melia Islamia, A BHU Graduate also having commendable interventions related to youth engagements and Deaddiction who took both the sessions today in GMC Jammu.

The workshop opened with the welcome address by Dr Shashi Sudhan Sharma Principal and Dean Government Medical College Jammu in both the sessions of faculty members, senior residents, MBBS Students

and PG students at college auditorium and NMC Hall respectively in which she explained such sessions and practices are need of the hour for all. She talked about upcoming programmes in GMC onset of International yoga day, national directive and NMC guidelines to work seriously on stress of medical students and professionals. Rohit Ranjan explained how the change in life style adopting meditation, pranayama and stress relieving kriyas and Meditations help in

boosting immunity and health, relieve stress, anxiety and depression, ability to manage our mind, increasing Prana Shakti to work relentlessly for longer durations due to such nature of their job. The practice of meditation is to maintain mental hygiene, A calm mind, focused attention, good concentration, improved communication skills, unshakable inner strength, healing powers, relaxation, rejuvenation are the natural effects of meditation practice. He con-

ducted a short but powerful meditation for faculty members, senior residents, and MBBS Students and PG students. The students and faculty members felt very relaxed and positive after the meditation session and shared it. Ajay Kapoor State coordinator Art of Living Bureau of Communications and Projects J & K UT was also present for both the sessions.

Dr Seema Gupta, Professor and Head Department of Pharmacology, GMC Jammu, Dr Rajeev Gupta, Professor & HoD, Department of Preventive and Social Medicine, Dr Sanjeev Gupta, Prof & Head Department of Orthopaedics, Dr Anju Jamwal Professor and Head of Department of Anaesthesia, Dr Fayaz Wani, HoD Department of Medicine also attended the faculty sessions and v appreciative for the same.

St. Xavier group leaves for Dharamshala Trekking

STATE TIMES NEWS

JAMMU: Dharamshala Himalayan Trekking Programme, organized by Tawi Trekkers, the premier trekking organisation of J&K, commenced on Friday with 83 students including 45 girls of St. Xavier Senior. Secondary school, Barnai, Jammu and three others from Army Public School, Damana leaving for the prestigious adventure activity.

The group being led by Sonam Sidharth, a seasoned trekker and a mountaineer of Tawi Trekkers and Suksham Verma, a senior member also includes six teachers of the



Mridhu Padha, Vice Principal of St. Xavier School flagging off trekkers.

school namely Susan Danish, Javinder Kour, Sukanshi Sharma, Rajani Jamwal, Bharti Dubey and Meena Badam.

Two international sport climbers Shivani Charak and Arun Deep Singh who are also trained mountaineers also accompanied the group as junior leaders.

During the four days sojourn in Dharamshala area, the trekkers would visit Meleodganj, Chamunda, Dalai Lama Temple, the headquarters of Tibetan Government in exile; Bhagshunag, Water fall, Dharamkot, popularly called mini Israel; Gallu temple, the beautiful Dharamshala stadium, the sacred Norbulinga

Institute and monastri 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. Students taking part in

this Trekking Programme besides being explained the benefits of such venture in the personality development of a child shall also be taught to respect nature and environment and not create a clutter of left over in the jungles enroute.

Earlier, the group was flagged off by Mridhu Padha, Vice Principal of St. Xavier School in the presence of Ram Khajuria, president, Shawetia Khajuria, general secretary, staff of the school and a large number of parents of the students.

Next group of trekkers comprising students of Oriental Academy Senior Secondary School, Jammu shall leave for the trekking on June 13.

Kalarippayattu awareness camp held



Organisers along with students during the camp.

STATE TIMES NEWS

JAMMU: District Jammu Kalarippayattu Association conducted an awareness camp for the students under the guid-

ance of Shaiju Chacko - Chairman, Diocese of Jammu Srinagar Education Society in Trikuta Nagar area of the city, here.

Session conducted by Danish Sharma with his team including Harsh Vardhan Raina, Rudrakshit Gupta and Tarun Gupta.

Two J&K fencers makes into Asian Games, other Int'l competitions

STATE TIMES NEWS

JAMMU: Making the Union Territory of Jammu and Kashmir proud, two fencers have made into the international competitions including Asian Games scheduled to be held in China and Italy.

As per the official communique, the Fencing Association of India conducted the selection trials for the upcoming 4th Senior Asian Fencing Championship at China, World Fencing Championship at Milan, Italy and Prestigious Asian Games also at China.

The trials were held at Sri Fort Indoor Sports Complex, Delhi on June 5 in which two fencers from Jammu and Kashmir namely Vishal Thappar and Rishika Khajuria were selected, read the handout. It further added that both the fencers received a call for trials on the basis of their outstanding performances of 2022 senior nationals and Nationals Games. The fencers of Sabre event are the basic fencers from Jammu and Kashmir Sports Council Fencing Training Centre Maulana Azad Stadium under J&K Sports Council coaches Shotu Lal Sharma and Rachna Jamwal.

The fencers as per the handout are covered under Khelo India National Centre of Excellence Scheme of Government of India. Secretary, J&K Sports Council, Nuzat Gull expressed happiness on the selection of fencers into Indian squad for prestigious international level competitions for the first time in the history of Jammu and Kashmir. The Adhoc Committee of J&K Fencing convener Rashid Ahmed Chaudhary along with other members, Supriya Chouhan, Maninder Pal Aingh besides fraternity of athletes have congratulated and wished luck for the selection of fencers for upcoming tournaments.

GGM Science College students visit Blind School Roop Nagar



College students during visit to Blind School, Roop Nagar.

STATE TIMES NEWS

JAMMU: NSS unit II GGM Science College under the patronage of worthy Principal Prof. Rajesh Gupta and guidance of NSS PO Dr. Deepali Mahajan on Friday visited Blind School Boys Roop Nagar Jammu under the aegis of Shram Daan. Volunteerism is one of the most selfless acts that we can become involved in.

Prof. Preeti Dogra, Head Department of EVS also accompanied NSS volunteers. The theme of NSS Not me But You motto which aims to provide hands on experience to young students in delivering community service. The NSS volunteers donated two cricket bats to the boys playing cricket. In the earlier visit celebrating NSS daya cricket match was being played

between the teams of Blind School Roop Nagar and NSS unit II volunteers. It was then an amazing experience to see them playing wonderfully and running between the wickets. The main aim was to promote sports and team spirit under nashamukthahar. The NSS PO appreciated the zeal and enthusiasm of volunteers who are always ready for service to mankind.

SR College holds interaction with Mohd Irfan, IAS

STATE TIMES NEWS

JAMMU: The SR College of Competitions (SRCC) held interactive Session on General Studies and Anthropology Optional for the civil services aspirants in the College premises at Gandhi Nagar on Friday.

Mohd Irfan who qualified 2022 Civil Services examination and was a classroom program student of SR College of Competitions interacted with the aspirants preparing for Civil Services. He dealt with the nature and structure of the exam comprehensively. All the aspects including the scheme and pattern of the exam, approach for Prelims and Mains, sources of material and the books required, use of online resources and the relevance of newspaper reading in preparing the current affairs and writing test series for both prelims and mains were covered thoroughly and to the satisfaction of the students. He took up lot of questions from the aspirants and answered them in detail. Aspirants were also guided about the CSAT and Essay papers and especially the recent changes introduced by UPSC in the Prelims exam.

Aspirants raised queries regarding factors to be kept in mind while choosing a right and suitable Optional. Further, aspirants asked about the ethics, integrity and aptitude papers and the approach to handle the theory and the case studies part. Aspirants were also suggested to atleast attend one comprehensive test series for both prelim and mains examinations. The College has already started a test series for Prelims and UPSC Mains Test Series is going to start by the end of



College faculty honouring Mohd Irfan.

this month. The response was overwhelming and the attendees appreciated the initiative taken by the SR College. The attendees included the aspirants preparing for IAS 2023 and JKAS 2023 and also undergraduates who will be eligible in a couple of years.

"SR College has planned a series of free workshops and interactions with the IAS officers, KAS toppers and various subject experts for the benefit of civil services aspirants of Jammu and Kashmir and tomorrow's interaction session will be with Prasanjeet kour who qualified 2022 Civil Services exam with 11th rank" informed Office Coordinator, Shikha Sharma.