VAJK celebrates Art of Giving Day, organises exhibition match

■ STATE TIMES NEWS

JAMMU: The Volleyball Association of Jammu & Kashmir celebrated the 11th anniversary of Art of Giving (AOG) with an exhibition volleyball match held at MA Stadium, here on Wednesday.

The Stadium Volleyball Boys Team triumphed over the Samba District Volleyball Team with a score of 2-0 sets (25-23, 25-23), aiming to promote peace and communal harmony among youth, inspired by the ideals of Prof. Achyuta Samanta, the founder of Art Of Giving at KIIT and KISS University in Bhubaneswar, Odisha.

The event underscored the importance of fostering unity and communal harmony among youth, emphasizing the concept of giving not only materially but also through kindness and empathy.

Asstt Director SAI, Bhanu Partap Singh posing with VAJK members and participating teams at MA Stadium Jammu on Wednesday.

V.K. Magotra, General Secretary of VAJK, conveyed Prof. Samanta's message, recounting his challenging childhood and highlighting his significant contributions to youth empowerment and societal welfare through Art of Giving since 2013.

Prof. Samanta's philosophy, encapsulated as the Art of Giving, encourages a life where love and compassion are freely shared, fostering peace, happiness, harmony, and friendship.

Bhanu Partap Singh, Assistant Director of Sports Authority of India, graced the occasion as the Chief Guest, urging players to emulate Prof. Samanta's values and spread his ideals across Jammu & Kashmir.

He encouraged youth to embrace life's challenges and strive for excellence in all endeavors.

Singh was honored with a memento by H.S. Gill, Executive Vice President, Kuldeep Magotra, CEO, and other office bearers of the Volleyball Association of J&K, including R.C Sharma, Treasurer, Balvinder Singh, Secretary of Samba, Veena Kumari, and Subash Shastri, Executive Members of VAJK.

Siddharth Daluja, President of VAJK, commended the Association for its initiatives across Jammu & Kashmir, including blood donation camps, cultural events, lectures, and sports activities, aimed at promoting the principles of Art of Giving.

The Bharatiya Lok Sangeet Kala was also recognized with a memento presented to Deepak Kumar, Executive Member, for organizing vibrant cultural events. The proceedings of the function were conducted by officials from SAI and JKSC, including Rajeev Dogra (Retd.), Prateek, Pardeep, and Mulkh Raj Sharma, ensuring the event's success and meaningful engagement.

Udhampur school students leave for Dharamshala

Group of students of Aryan Oriental Convent Higher Secondary School, Udhampur before their departure for Dharamshala.

■ STATE TIMES NEWS

JAMMU: Kiran Jamwal, Principal of Aryan Oriental Convent Higher Secondary School, Udhampur flagged off the Vth batch of Tawi Trekkers J&K comprising 88 students including 45 girls of Aryan Oriental Convent Higher Secondary School, Udhampur for Dharamshala to participate in the Dharamshala Himalayan Trekking Programme being organized by Tawi Trekkers J&K in Kangra district of Himachal Pradesh.

Chairman of the school Upkar Singh Jamwal along with four teachers, Mohit Sharma, Vicky Sharma, Shariya Sharma and Anamika Sharma also accompanied the group led senior members of the club Suksham Verma and Shilpa Charak, an international climber and escorted by Vikas Singh and Kashish Bharti, both sport climbers.

With this the total participation in the programme has gone upto about 300. It may be mentioned here that Aryan Oriental Convent Higher Secondary School, Udhampur which has been participating in trekking programme of the club for the past over two decades has also been promoting sport climbing by deputing substantial number of climbers for the sport climbing competition at Jammu and has emerged as a force to reckon with in sport climbing.

Meanwhile, the club is making the necessary arrangements for the conduct of a high altitude trekking programme to Triund meadow, situated at an altitude of over 10000ft.

Priya Sethi honours Powerlifters of J&K

Former Minister, Priya Sethi honouring winner powerlifters.

■ STATE TIMES NEWS

JAMMU: Jammu and Kashmir four powerlifters including two females brought glory to Jammu and Kashmir.

Priya Sethi J&K Former minister honoured powerlifters on Wednesday at BJP headquarter Jammu. She congratulated all the power lifters for bring glory to J&K.

She said "If all the youth move towards sports, then many shortcomings can be removed from the society, which mainly includes youth getting into drugs".

National powerlifting championship was recently organised at Delhi from June 7 to 10, 2024, under the banner of Indian Powerlifting Federation in which ten players from J&K participated and overall 1600 players from all over the India participated.

Rakesh Kumar, General Secretary Powerlifting Association of J&K won one gold and one silver in Senior and Master category, Haripal singh also got one bronze medal in Master category apart from that Tapsya Gautam got one silver medal and Madhu Rani also got one bronze.

PAJK Secretary Rakesh Kumar said that we keep organizing such competitions continuously and our target is to involve more and more youth of Jammu and Kashmir in this so that the youth get involved in drugs as little as possible.

JKP wrestler Muneer bags Katheel Dangal title

■ STATE TIMES NEWS

KATRA: Wrestler Muneer of J&K Police resident of Panj Grani Nagrota lifted '101st annual Dangal title 2024' by defeating Neeru Gujjar of BSF Chandigarh in the main bout at Village Katheel (Majalta) in Udhampur district.

Winner of main bout Muneer was awarded with cash prize of Rs 12,000 while runners-up, Neeru Gujjar got Rs. 9,000.

Former Joint Secretary J&K Sports Council (JKSC) and president Kreeda Bharti J&K, Shiv Kumar Sharma was chief guest, who gave away cash prizes to the wrestlers.

Former Jt Secy JKSC, Shiv Kumar Sharma posing with winner wrestler and organizers.

Inspector BSF and President Awardee, Kuldeep Singh; ASI Rapinder Singh, ex. Sarpanch Karan Singh and Manohar Lal, Sales Manager Pepsi Drinks J&K were the guests of honour.

In the second bout, Chandi of Maharashtra defeated Dillar Khan of J&K Police. Chandi awarded with cash prize of Rs.10,000 while runners-up wrestler, Dillar got Rs. 8,000. The third main bout won by Kharpu of Jammu, who defeated Subham of Delhi.

In all, 45 bouts played in this day-long dangal. The bouts officiated by Lochan Singh, Om Parkash Verma, Tulinder Kumar and Raj Singh. Proceeding were conducted by Subash Singh of Udhampur.

Members of organizing Dangal Committee Katheel Dhangu, who helped in smooth conduct of Dangal included Mulkh Raj Gupta (president), Channa Lal (former Sarpanch), Rahul Sharma, Numberdar Subash Chander, Dharam Chand, Prem Chand, Sher Sikendar.

Dangal was organized by Katheel Dhangu Dangal Committee in association with J&K Indian Style wrestling Association under the overall supervision of Lochan Singh, Om Parkash Verma and Subash Chander.

Other Results: Gopal Sharma of Jindrah beat Vikas of Delhi, Amit of Delhi beat Cobra of Jammu, Sumit of U.P beat Sujal of Samba, Mohit of Haryana beat Mirju of Samba, Billu of Jammu Sudesh of Delhi, Uttam of UP beat Asif of Jindrah, Pardeep of Delhi beat Bagga of Kathua, Rinku of Delhi beat Pankaj of Manwal, Nikhal of UP beat Murad Ali of Jammu and Jarden of UP beat Shoota Munir of Jammu.

Summer Camp concludes at Vishwa Bharati Public School

■ STATE TIMES NEWS

JAMMU: Vishwa Bharati Senior Secondary School, Jammu organised a summer camp in the school's premises from June 3 to 13, 2024.

The purpose of the camp organised was to provide a platform to all kids is order to make them active, gain educational enrichment, have fun and gain experiences that have never had before.

Students participated in various activities like Dance, Yoga, Music, Art and Craft, sports and swimming. All the activities were very interesting and fun oriented. Main highlight being swimming along with splash pool activities was a real treat during these scorching hot days. The camp provided a safe and healthy environment for kids to came, learn and achieve expertise at whatever they were trying to master. Dr. S.K. Koul Secretary Vishwa Bharati J&K Units and Mrs. Annapurna Koul Principal Vishwa Bharati Higher Secondary School encouraged the staff and students for their efforts in making summer camp 2024 a success.

Yoga workshop held at JU

■ STATE TIMES NEWS

JAMMU: The Directorate of Sports and Physical Education, University of Jammu organizing three-day Yoga workshop at Gymnasium Hall of Directorate of Sports and Physical Education, University of Jammu, here.

The event is being organised under the supervision of Director, Dr Daud Iqbal Baba. Around 80 participants attended the Yoga inaugural session of basic and advance practicing of Yog Asanas and Mudras.

Earlier, Dr. Daud Iqbal Baba Director, in his message, highlighted the importance of Yoga for wellbeing and also said that practicing yoga cannot only be an effective stress reliever, but also a way to ease symptoms of anxiety and depression.

The Yoga session was conducted by Sanjeev Kumar Pandey, teaching assistant gave information about different Asanas, pranayama and trending utilization of Yog Mudras.

The formal proceedings and vote of thanks was carried out by Vimal Kishore, Assistant Professor, Department of Physical Education.

Others present were Raj Kumar Bakshi, Gagan Kumar, Harinderpal Singh, Rishiv Sharma, Ashok Singh Bali and Sat Paul.

Karlupia Baradari annual congregation on June 23

■ STATE TIMES NEWS

JAMMU: The Annual congregation of Karlupia Baradari is going to be held on June 23 in the village Mangal, tehsil Bishnah, district Jammu with great enthusiasm and zeal. The members of the organizing committee appealed to the people of the community to take part and seek the blessing of Bua Dati Rajo Devi. They informed me that on the same day the meeting of community will be held. They stated that a Hawan Yajna will be performed followed by Bhandara. Many devotees from various districts participate in this event, offer their prayers, and receive blessings. They have appealed to the devotees from the community in the surrounding areas to participate and seek blessings.

Chopra happy with his adductor, plans to address the recurring issue post Olympics

■ AGENCY

TURKU (FINLAND): Indian javelin thrower Neeraj Chopra has opened up about his adductor niggle which has affected his season, saying he will consult "different doctors" after the Paris Olympics to address the nagging issue.

Chopra returned to competitions after a month-long break to fetch his maiden gold medal at the Paavo Nurmi Games here on Tuesday with an effort of 85.97m, which came in his third attempt.

The 26-year-old, who created history by becoming the first Indian to win a track and field medal at the Tokyo Olympics, had withdrawn from last month's Ostrava Golden Spike as a precautionary measure after he felt something in his adductor (group of muscles located on inner thighs).

"The weather was good today, a little bit cold with the wind. But I am happy with my adductor now because I could do all 6 throws," Chopra said after the win.

"Every year I have some problems with my adductor, maybe after the Olympics I am going to talk to different doctors."

Chopra, however, expressed the desire to compete in more competitions this season.

He began his season at the Doha Diamond League in May, where he finished second with his final throw of 88.36m, the ninth best mark of his career.

He then participated at the National Federation Cup Senior Athletics Championships in Bhubaneswar, where he secured the gold medal with an underwhelming effort of 82.27m.

North Zone selector: Mithun Manhas, Krishan Mohan front-runners for key post

■ STATE TIMES NEWS

NEW DELHI: Former Delhi captain Mithun Manhas and junior national selection panel member Krishan Mohan Sharma are front-runners for the North Zone selector's post, which will be vacated by former India speedster Salil Ankola.

Former Haryana cricketer Ajay Ratra, who had been interviewed earlier, ex-Punjab all-rounder Reetinder Singh Sodhi and Nikhil Chopra are also in contention for the key post.

Ankola, who could become a part of the junior selection setup, will have to vacate his national selector's position as the senior selection panel has two people from West Zone, more specifically Mumbai.

The chairman of selectors, Ajit Agarkar, is also from Mumbai and since he will head the panel, the BCCI convention will force Ankola to move out.

It is learnt that since Ankola will have to move out for no fault of his, the BCCI brass is planning to make him chairman of the junior selection committee. The junior committee doesn't have an international player on its roster with former Karnataka wicket-keeper Thilak Naidu being its chairman.

With Ankola having played one Test and 20 ODIs between 1989 and 1997, he could be better suited for the post.

"There is former India off-spinner Nikhil Chopra from Delhi, who is believed to have strong backing from DDCA. The other candidate is Mithun Manhas, the former Delhi skipper, who also has the backing of Jammu and Kashmir Cricket Association.

"But, it is learnt, that a very influential former office-bearer wanted ex-Punjab skipper Krishan Mohan to apply and he did accordingly. Now, whether he will get the job or not is another matter, but he was asked to apply," a senior BCCI source tracking the developments told PTI on conditions of anonymity.

All-rounder Mohan had played 45 First-class matches for Punjab between 1987 to 1993 and was a member of the Ranji Trophy-winning Punjab side that had Navjot Singh Sidhu, Vikram Rathour and Gursharan Singh in its ranks.

If Mohan gets the job, he could continue for two years as the BCCI constitution allows a cumulative five years for someone who has been in both the junior and senior selection committee.

"Manhas is interested in the job and also has the blessings of the right people in the board. But you can't take Krishan Mohan lightly," the source said.

Centurions Mandhana, Harmanpreet sparkle as India beat SA by four runs to clinch ODI series

■ STATE TIMES NEWS

BENGALURU: Ebullient hundreds of Smriti Mandhana and Harmanpreet Kaur were nearly upended by remarkable centuries from Laura Wolvaardt and Marizanne Kapp but India kept their nerves to beat South Africa by four runs in a last-over thriller to take an unassailable 2-0 in ODI series here Wednesday.

India had beaten South Africa by 143 runs in the first match here on Sunday.

It was a matter of margin once India posted an imposing 325 for three, riding on Mandhana's 136 (120b, 18x4, 2x6) and Harmanpreet's unbeaten 103 (88b, 9x4, 3x6), their seventh and sixth one-day tons respectively.

However, the Proteas fought back through Kapp (114, 94b, 11x4, 3x6) and Wolvaardt (135 not out, 135b, 12x4 3x6), who added 184 runs off 170 balls for the fourth wicket, but could manage 321 for six.

The Chinnaswamy pitch stayed truer as compared to the previous match, and the Indian bowlers had to be precise in their line and length on this day to be effective.

They did just that. At no point, the home bowlers allowed SA batters a free run, picking up wickets at regular intervals.

Pacer Arundhati Reddy, who replaced Renuka Singh, gave India a good beginning, beating the defence of Tazmin Brits with a delivery that came in by that bit.

However, Mandhana gave crowd the moment of the day when she accounted for Sune Luus, caught behind by Richa Ghosh, to bag her maiden international wicket.

That brought together Wolvaardt and Kapp, who resisted the Indian spinners with excellent footwork and shot selection.

Kapp, who made fifty off 53 balls, was the more aggressive of the duo, underlined by her two powerful pulls off Pooja Vastrakar that rocketed to the fence.

Wolvaardt gave Kapp solid support and brought up her fifty in 69 balls, as she touched the mark with a well-timed swat four to mid-wicket off Vastrakar.

They fetched 100 runs for the fourth wicket in 114 balls, when Kapp swept left-arm spinner Radha Yadav for a boundary.

The South African pair rarely played an aerial shot during their partnership but that survival-first approach also took the asking rate past nine and later 10.

The tourists required 103 runs in the last 10 overs and it did not look impossible with a set Kapp and Wolvaardt in the middle, but they had to take their chances for that.

Kapp, who reached her hundred in 85 balls and the enforcer of the alliance, went for the jugular against off-spinner Deepti Sharma but Vastrakar took a well-judged catch near the boundary to end the threatening stand.

Wolvaardt then combined with Nadine de Klerk to make 69 runs off 41 balls for the fifth wicket, but that was not enough on the night, as Vastrakar defended 11 runs off the last over.

Earlier, Mandhana and Harmanpreet added 171 for the third wicket to lift India to a formidable total.

Wolvaardt's decision to have a bowl seemed vindicated as new ball bowlers - Ayabonga Khaka and Masabata Klaas - found appreciable bounce and movement under overcast skies.

In fact, Khaka started with two maidens in a row as Mandhana, whom she later dropped on 69 off left-arm spinner Nondumiso Shangase, and Shafali Verma struggled for a move-on. In fact, Mandhana took 18 balls to open her account.

A period of consolidation followed post Shafali's ouster as Mandhana and Dayalan Hemalatha added 62 runs for the second wicket.

Hemalatha (24), who clubbed Shangase for two sixes, looked good for more but her attempt to slog-sweep Klaas ended in the hands of Anneke Bosch.

However, the arrival of skipper Harmanpreet changed the complexion of the innings as run-rate of India which was hovering around 4 till then, first soared past five and then six runs an over.

Mandhana hammered Shangase for three fours in a row, a period which included a total of five fours across six balls, took her to the 90s.

Harmanpreet, who was grassed on 41 by Klaas off her own bowling, straight-away slipped into rhythm and pulled Luus to start her scoring.

The SA bowlers tried to curtail the free-flowing Smriti, bowling wide off her off-stump.

While the strategy was worth giving a go, they erred in line so much as the India vice-captain garnered a clutch of boundaries without much effort.

She reached her hundred off 103 balls with a single off Luus, and later Harmanpreet joined her deputy with a boundary off Klaas in the final over.

SCOREBOARD

INDIA WOMEN	
Smriti Mandhana c Brits b Mlaba	136
Shafali Verma c Klaas b Mlaba	20
Dayalan Hemalatha c Bosch b Klaas	24
Harmanpreet Kaur (c) not out	103
Richa Ghosh † not out	25
Extras	**17**
Total	**325/3**
SOUTH AFRICA WOMEN	
Laura Wolvaardt (c) not out	135
Tazmin Brits b Reddy	05
Anneke Bosch c Rodrigues b Sharma	18
Sune Luus c †Ghosh b Mandhana	12
Marizanne Kapp c Vastrakar b Sharma	114
Nadine de Klerk c Reddy b Vastrakar	28
Nondumiso Shangase c Kaur b Vastrakar	00
Meike de Ridder † not out	00
Extras	**09**
Total	**321/6**