

Yoga is panacea for all human ailments: Principal JKPS Kunjwani



Principal JKPS Kunjwani, Rajesh Rathore and students addressing morning assembly.

STATE TIMES NEWS

JAMMU: Highlighting the importance of yoga in life during the morning Assembly, Principal JKPS Kunjwani Rajesh Rathore stated that the Yoga is the ultimate remedy in today's world of physical ailments and mental stress. The true essence of yoga revolves around elevating the life force.

At the physical level, various yoga postures keep the

body healthy. The mental techniques include breathing exercises and meditation to discipline the mind.

Availing the opportunity of Assembly presentation Pari Sharma of Grade XII.

A introduced the topic of 'Importance of Yoga in life' and charged the atmosphere with synergy and enthusiasm. Taking the baton in hand, Zorawar Singh from Grade XII A threw light on several other aspects of Yoga

during his reflections.

"Yoga comprises different Asanas that can be referred to as different postures that aim to heal a human body with certain specific issues. There are around 84 Asanas that can add to our fitness and lead us to a healthier life".

"Every day for at least 20 minutes, students must practice Asanas for a cheerful start and a productive day. Yoga fixes every issue

and even helps us with fixing our sleep schedule, improving the flexibility and endeavours, relief with back pain and maintaining heart health. There are countless benefits of Yoga and it surely makes our inner-self happy and gears up for everything. Incorporating Yoga and making it part of our daily routine, keep us filled with more positivity and flooded with good care of ourself alongside keeping all

our ailments away", he added.

"Apparently, fitness is something everyone has been chasing all the way but the busy running lives have led everyone lived upto be a victim of over-thinking, depression, insomnia and what not! Since Yoga has slow effects, so its daily practise is quite neglected. Making it a way of our life can surely act as a stress buster", he further added.

J&K Kabaddi team flagged-off for Nationals



Anil Gupta and Kuldeep Kumar Gupta posing with J&K UT Kabaddi team before flagging-off for 69th Senior National Kabaddi Championship for Men.

STATE TIMES NEWS

JAMMU: General Secretary of Jammu & Kashmir Amateur Kabaddi Association, Surinder Mohan Gupta told that the J&K UT Kabaddi team left for 69th Senior National Kabaddi Championship in Men section which is going to be held at Charkhi Dadri- Haryana from July 21 to 24, 2022.

The J&K team will participate under the banner of J&K Amateur Kabaddi Association in collaboration with J&K Sports Council.

Anil Gupta, President, J&K

Amateur Kabaddi Association along with Kuldeep Kumar Gupta, Sports Administrator and CEO of J&K Pro Kabaddi distributed sports kits among the selected players and also blessed the team for the Championship in the presence of Surinder Mohan, General Secretary, Ajay Gupta, In-charge, Kabaddi Stadium, Sanjat Kumar, Manager of the team and Manik Sharma, Coach of the team.

Ashok Singh, Divisional Sports Officer of J&K Sports Council and his team also screened the team.

Anil Gupta - President, J&K Amateur Kabaddi Association also announced that best player in the Senior National Championship of J&K team will be rewarded.

Team: Tarandeep Singh (Captain), Mohinder Singh (Vice Captain), Manmeet Singh, Aman Singh, Anuj Singh, Amandeep Singh, Mujeeb ur Rehman, Mir Asrarul-Haq, Rajan Singh Manhas, Jasvir Singh, Prajwal Slatia and Akash Chaudhary. Sanjeev Kumar is the manager of the team and Manik Sharma is the coach of the team.

Ajaz was the Chief Guest on the occasion, while SSP Srinagar, Haseeb ur Rehman and former Ranji Trophy Player and Selector Zahoor Bhat were the Guests of

Honour: Member Cricket Operations and Development JKCA, Mithun Manhas; Member Legal Affairs JKCA, Advocate Sunil Sethi and Member Cricket Activities Development Kashmir, Majid Dar were present on the occasion.

While addressing a large gathering of players and officials, the Chief Guest, Ajaz

advised the young cricketers to work hard for making it to the International level.

He said that time was ripe to see JKCA producing more and more Umraos to excel at the national scene.

Advocate Sethi while presenting brief report of Talent Hunt and this tournament said that the initiative has been history creator and has enabled JKCA to unearth raw talent from far off areas of the Union Territory.

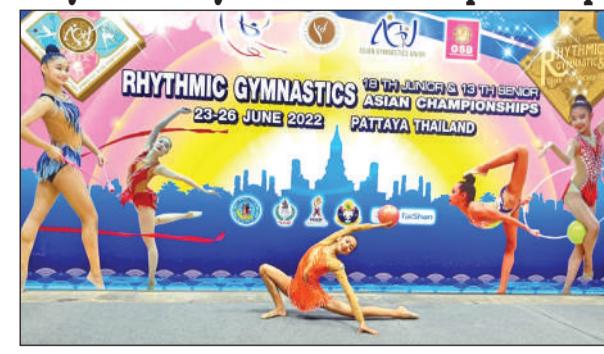
Mithun Manhas In his address encouraged the

"Eventually, it's never too late to initiate something that can bring peace within us. Hence it's time to keep our bodily and mental health always charged with religious Yoga practice every day. Yoga for fitness and Yoga for a happier life is the key to fix every concern that stops us", he finally concluded.

While summing up the session on the importance of Yoga, the Principal said,

"The art of practicing yoga

Himani of DPS Jammu excels in Rhythmic Gymnastics championship



STATE TIMES NEWS

JAMMU: Himani Gupta (X-G) of Delhi Public School (DPS) Jammu brought laurels to the school and her parents by excelling in 18th Junior & 13th Senior

Rhythmic Gymnastics Asian Championship held at Pattaya, Thailand from June 23 to 26, 2022.

Out of 300 participants from 15 countries, Himani bagged 4th position in the aforesaid event. Further, she has also been selected for Khelo India and has been

receiving a scholarship of Rs. 10,000 per month under this scheme.

Principal DPS Jammu, Ruchi Chabra congratulated Himani and her parents for Himani's participation in the aforesaid event and encouraged her to excel in the field of Rhythmic Gymnastics.

President RCT, Ajatshatru Singh, Pro VC, Ritu Singh and Director, S.S. Sodhi extended their best wishes to Himani and her parents.

JKCA Blue lifts U-19 Men's Multi-Day Trophy

► Great to see JKCA producing International stuff: DC Srinagar

► We provided platform, they grabbed chances: Sethi, Manhas

STATE TIMES NEWS

JAMMU: Appreciating the Talent Hunt 2022 initiative of Jammu and Kashmir Cricket Association (JKCA) and quoting the example of JK&K's speed sensation Umran Malik, Deputy Commissioner Srinagar Mohammad Ajaz said that JKCA is leaving no stone unturned in providing launching pad to young cricketers to blossom at the higher levels and even at the highest level.

Deputy Commissioner Srinagar said this on the Prize Distribution Function after the final match of Under-19 Men's Multi-Day tournament at Sher-e-Kashmir Stadium Srinagar, today.

Ajaz was the Chief Guest on the occasion, while SSP Srinagar, Haseeb ur Rehman and former Ranji Trophy Player and Selector Zahoor Bhat were the Guests of

young cricketers and advised them to set targets for fulfilling their goals in cricketing field.

"We have provided them (cricketers) ample opportunity and platform and they have burnt midnight oil to grab these chances with both hands to vie for the top honours," said Sub Committee Members- Advocate Sunil Sethi and Mithun Manhas.

SSP Srinagar also spoke on the occasion and lavished praise on the organisers for holding this cricketing extravaganza in a befitting manner.

Earlier, in the final match, JKCA Blue emerged victorious by virtue of first innings lead to lift the title trophy.

Advocate Sethi while presenting brief report of Talent Hunt and this tournament said that the initiative has been history creator and has enabled JKCA to unearth raw talent from far off areas of the Union Territory.

Mithun Manhas In his address encouraged the

Rydham Sharma top scored with 83 runs while Udhay Partap Singh contributed valuable 27 runs to the total.

Akshit had made brilliant 97 runs on day-2 of the match yesterday.

For JKCA Blue, medium pacer Arooj Parvez and left-arm spinner Ranjit Singh

Udhay Partap Singh was declared as the best bowler of the tournament, Akshit Gandra as the best batsman, Oman Fayaz as the best all-rounder, Rydham Sharma as the best wicketkeeper and Mohammad Mousab as the most promising player of the tournament.

Brief Scores: JKCA Blue 1st Innings 357; Oman Fayaz 77 Azhad Arshid 67 Ranjot Singh 52; Aman Singh 3/53.

JKCA Red 1st Innings 279; Akshit Gandra 97 Rydham Sharma 83 Udhay Partap Singh 27; Arooj Parvez 4/67 Ranjot Singh 4/73.

JKCA Blue 2nd Innings 221/4 decl: Momin Muzaffar 65 Akash Ayoub 52; Mohd Naveed 2/59 Towheed Ahmed 2/77.

JKCA Red 2nd Innings 115/3 2/59 Towheed Ahmed 2/77. JKCA Red 2nd Innings 115/3" Rydham Sharma 50 Arnav Gupta 29; Yasir Rasheed 3/23.

ADGP Jammu felicitates J&K UT Wushu Sub-Junior team



ADGP Jammu, Mukesh Singh felicitating medal winner Wushu players.

STATE TIMES NEWS

JAMMU: Wushu Association of J&K organised felicitation function for the medalist players of the 22nd Sub-Junior National Wushu Championship held at Mandi from July 9 to 14, 2022. ADGP Jammu, Mukesh Singh was the Chief Guest on the occasion. He congratulated UT J&K Wushu kids for the splendid performance in the 22nd Sub-Junior National Wushu Championship in which UT J&K bagged 14 medals (three silver and 11 Bronze medals).

Mukesh Singh appreciated the efforts of Wushu Association of J&K and J&K Sports Council for bringing the laurels at national and international levels and for nurturing sports culture in UT J&K. Earlier Ranjeet Kalra, Member of J&K Sports Council who presided over the function thanked Chief Guest for

blessing the Wushu kids for excellent performance at National championships. Vijay Saraf, President of Wushu Association of J&K, briefed the guest regarding the achievements of Wushu in the UT J&K. He also thanked ADGP Jammu for the great support to the wushu sports. In his speech, he thanked Alok Kumar, Principal Secretary YSS UT J&K and Nuzhat Gul Secretary J&K Sports Council for their immense support to the Wushu sports.

Pertinent to mention here that, Approx 1200 Athletes from 35 units of the Wushu Association of India participated in the National Championship.

The Dronacharya Awardee Kuldeep Handoo also thanked ADGP Mukesh Singh for blessing Wushu Kids for outstanding performance in the national championship.

The camp is being organised under the aegis of Malaysia Youth and Sports

along with the National Olympic Committee of

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