

# Drawing, colouring, quiz competitions held at JKPS Panjtirthi



Glimpses of drawing, colouring, quiz competitions being conducted at JKPS Panjtirthi by Anubhav Battal Insurance Broking Private Limited and PNB Met Life Insurance Limited.

■ **STATE TIMES NEWS**  
JAMMU: Anubhav Battal Insurance Broking Private Limited and PNB Met Life Insurance Limited organised a

drawing competition for the students of classes 1st and 2nd, a colouring competition for the students of Classes Nursery to Upper KG and a

quiz competition for the students of classes 3rd to 10th at JK Public School (JKPS) Panjtirthi. The competition commenced

with a welcome speech by the Principal of JKPS Panjtirthi Suman Banbahi. She welcomed the team members of PNB Met Life Insurance

Limited and motivated the Jakians to do their best in the competition. It was indeed an innovative, elevating and informative ses-

sion for students. A felicitation programme was held by the organisers where they invited the parents of the winners and the winners

of the aforesaid competition for prize distribution ceremony. The winners were applauded and the beaming parents seemed very excited and happy.

The Principal congratulated the winners and remarked, "Doing your best is more important than being the best."

## Climbing champions of the month felicitated

■ **STATE TIMES NEWS**  
JAMMU: 'Champions of the Month' of the Sunday Series of Sport Climbing Competitions, being organised by Tawi Trekkers J&K, were given away the prizes at the end of the round five held at Sprawling Buds ICSE School, Bantalab, here on Sunday.

Chairman Team Jammu and president of Mountaineering Association of J&K (MAJK), Zorawar Singh Jamwal was the Chief Guest, who felicitated the winners in the presence of Ram Khajuria and Shawetika Khajuria, president and general secretary of the Club respectively as also Vishal Shoor, SDPO Damana.

Earlier, Prarna Charak of Government College for Women (GCW), Parade, who secured first position in all



Champions of the month and winners of the 5th Round of Sunday Series of Sport Climbing Competitions with the dignitaries.

the four rounds in Women's category in June was obvious choice for the 'Champion of the Month' title while Aryan Rauthan of Army Public School, Damana bagged the title of in Sub Junior Boys category.

Similarly, Vidur Shoor of G D Goenka Public School Jammu, who earned 365

points by way of securing first position in the first three rounds and third position in fourth round was adjudged the 'Champion of the Month' in Mini Boys category.

Similarly, Herman Samotra and Manya Verma, both of Sprawling Buds ICSE School, won the title in

the Junior Boys and Mini Girls category respectively. There was not much competition in the Junior Girls and Sub Junior Girls categories in which Meetali Khajuria of St. Xavier Convent Senior Secondary School and Jeevika of Sprawling Buds ICSE School were adjudged 'Champions of the Month'. Second and third place holders in all the categories of the competition were also honoured.

Meanwhile, the fifth round of the 'Sunday Series' took place today under the supervision of Sumit Khajuria, vice president of MAJK. Technical guidance was however, provided by Shivani Charak and Arun Deep Singh, both international climbers.

The overall results were almost on expected lines with

Prarna Charak leading others in the women category, Deepak Singh and Jeevika Verma winning in Sub Junior Boys and Sub Junior Girls category respectively. Other winners were Ayaana Bhagat in Mini Girls Girls category; Harshveer Singh in Mini Boys category; Meetali Khajuria in Junior Girls category and Saksham Slathia in the Junior Boys category. "Such competitions would obviously prepare the climbers adequately for the forthcoming zonal championship and thus facilitate their selection for the Inter Zonal events," said Ram Khajuria.

Meanwhile, sixth round of the competitions shall be held on July nine. For registration and further information interested climbers may contact Shawetika Khajuria (7006099855).

## Udhampur District Volleyball Association body elected



VAJK office bearers posing with Udhampur District Volleyball Association members.

■ **STATE TIMES NEWS**  
UDHAMPUR: Ashok Kumar Padha has been elected President of Udhampur District Volleyball Association in a keenly contested election held on Sunday at Senior Citizens Club Udhampur for the next 4 years (2023 to 2027) terms.

The election process has been initiated on the direction of Raj Daluja Patron-in-Chief and Sidharth Daluja President of Volleyball Association of J&K to conduct election of all the affiliated districts volleyball associations of J&K in a democratic manner for promotion of volleyball.

For the post of president secret ballot voting was held between Ashok Kumar Padha and Raj Guru which was won by Ashok Kumar Padha by two votes. Ashok Kumar Padha got 12 votes

and Raj Guru got 10 votes out of total 22 votes and Ashok Kumar Padha declared President for the next term.

Amit Chander Singh was unanimously elected as Secretary for the next 4 years. The Executive Members include Mulkh Raj, Pratap Singh, Arun Kotwal, Sudesh Kumar, Mohd Ashrat, Vinod Sharma, Amit Singh Jamwal and Manik Magotra.

The election process was held under the overall supervision of Kuldeep Magotra CEO & Hardeep Singh Gill Executive Vice-President of VAJK who were nominated as observers from VAJK.

Earlier President Udhampur District Volleyball Association Raj Guru welcomed the office bearers of VAJK and gave an account of services rendered by Udhampur volleyball

association during his tenure as president.

The meeting adjourned for 15 minutes to pave the way for a new election with the nomination of Vijay Kumar Magotra, General secretary of VAJK as returning officer. Kuldeep Magotra and Hardeep Singh Gill apprised the members about the election process in depth and urged all members to come forward for fair election of new office bearers of Udhampur District Volleyball Association for betterment of volleyball game.

The office bearers of VAJK expressed gratitude to outgoing team of Udhampur District Volleyball Association by Raj Guru for their contribution and exhorted the new team to work hard to explore the talented players of volleyball in Udhampur district.

## Sunny qualifies for Level-2 Cricket Specific Strength & Conditioning Prog

■ **STATE TIMES NEWS**  
JAMMU: The Jammu and Kashmir Cricket Association's (JKCA's) Ranji Trophy Strength and Conditioning Coach, Sunny Kumar has qualified for Level-2 of BCCI NCA Cricket Specific Strength & Conditioning Certification Programme, the result of which was declared recently. The communique forward-



ed by VVS Laxman, Head Cricket, NCA to Jammu and

Kashmir Cricket Association (JKCA) reads, "We are happy to inform you that Mr Sunny Kumar from your association has qualified for Level-2 of the BCCI NCA Cricket Specific Strength & Conditioning Certification Programme in collaboration with ASCA (Australian Strength and Conditioning Association). The Level-2 Course will be held at

Bangalore on 24th and 25th July, 2023. The participant should reach Bangalore on 23rd July (AN). The Course content and modules will be shared online 3 weeks prior to the Course start date"

Sunny has the distinction of serving JKCA as Strength and Conditioning Coach for Senior Men's team in all three formats of Ranji Trophy, Vijay Hazare and

Mushtaq Ali Trophies, besides serving it as Trainer in Under-19 Vinoo Mankad and Cooch Behar Trophies.

"I feel honoured to learn about my qualification. The result will certainly add to my responsibility as a Trainer and I will leave no stone unturned in doing my job in a befitting manner," said Sunny on his qualification.

## Volleyball tournament held at Pogal



DDC Chairperson Ramban, Dr. Shamshad Shan presenting trophy to winner team.

■ **STATE TIMES NEWS**  
RAMBAN: Pogal Volunteers Organisation organised a volleyball tournament at Government Higher Secondary School Pogal on Sunday.

The tournament was attended by Chairperson District Development Council Ramban, Dr. Shamshad Shan, as the chief guest.

The volleyball match was

played between teams from Pogal and Maligam, with Maligam emerging as the winner.

During the event, Dr. Shan spoke about the importance of channelising the energies of youth in a positive way. She emphasised that for the healthy growth of society, it is necessary to engage youth in physical sports and games to keep them away from unhealthy activities.

A felicitation ceremony was held on the occasion, during which Dr. Shan felicitated the teams and participating players. The ceremony was also attended by PRIIs, locals and a large number of youth.

## Nissanka century earns Sri Lanka Cricket World Cup berth



(four points) in its final game on Tuesday to make sure.

Sri Lanka chose to field first and restricted Zimbabwe to 165 all out in 32.2 overs as off-spinner

Maheesh Theekshana claimed career-best figures of 4-25 and Dilshan Madushanka took 3-15.

Sri Lanka never looked troubled in its reply and reached the target with 101

balls remaining as Nissanka bagged his second One-Day International century from 102 balls to guide his side to victory.

"We knew with the team we have got, we were going to qualify for the World Cup," Sri Lanka captain Dasun Shanaka said at the post-match presentation. "Credit to the other teams, they played really well in the tournament. Some teams gave us a good fight but we were the better side."

"It's a big achievement (to qualify for the World Cup) and you know what we have done in the past in World Cups. It is a much-needed thing for Sri Lanka to play

on that big stage." Sri Lanka has appeared at every World Cup and was victorious in 1996 as it beat Australia in the final.

Zimbabwe captain Sean Williams says it will take the result on the chin and look forward to playing Scotland. "I don't think we need to prepare any differently from what we have been doing in this tournament," he said. "We have been playing some very good cricket. Sri Lanka was just much better than us today."

Two-time winners West Indies has failed to qualify for the first time after it lost to Scotland in its qualifier in Harare on Saturday.

## Novak Djokovic's bid for Wimbledon title No. 8 and Grand Slam trophy No. 24 starts today

■ **AGENCY**  
WILLEMSTAD: Listen to Novak Djokovic's opponents explain why he is as successful as he is - why he will begin his pursuit of a fifth consecutive and eighth overall Wimbledon championship on Monday; why he also will be attempting to claim an Open era-record 24th Grand Slam trophy over the coming fortnight on the All England Club's grass courts - and they'll offer plenty of answers.

His best-in-the-game return of serve. His dangerous two-handed backhand. His elasticity. His stamina. His defense. His ability to read someone else's intentions, get to where a ball is headed and send it back with force, a combination



Casper Ruud described this way after losing to Djokovic in the French Open final: "He sort of just goes into this mode where he just becomes, like, a wall." Listen to Novak Djokovic explain why he's done what he's done and why, at age 36, he's still doing it, and he'll offer a reason far less tangible and far less observable, something he mentioned during his victory speech at Roland

Garros a few weeks ago.

"I try to visualize every single thing in my life and not only believe it, but really feel it with every cell in my body. And I just want to send a message out there to every young person: Be in the present moment; forget about what happened in the past; the future is something that is just going to happen," Djokovic said. "But if you want a better future, you create it. Take the means in your hands. Believe it. Create it." Speaking that day about his own hopes and dreams as a 7-year-old kid, Djokovic noted two primary goals: getting to No. 1 and winning Wimbledon.

He's already been No. 1 for more weeks than any man or

woman in the half-century of computerized rankings. Now he will try to pull even with Roger Federer by earning title No. 8 at the oldest of the four Grand Slam tennis tournaments. Djokovic is one ahead of the injured Rafael Nadal - and three ahead of the retired Federer - for the most singles majors won by a man, with 23.

"Those two guys," said Djokovic, who faces Pedro Cachin of Argentina at Centre Court on Monday, "were occupying my mind for the last 15 years quite a lot." His 23 is the same number Serena Williams ended her career with last season; only Margaret Court, who won 24 across both the amateur and professional eras, has more.

## Dipa Karmakar to return at Asian Games selection trials in Bhubaneswar

■ **STATE TIMES NEWS**  
NEW DELHI: Indian gymnast Dipa Karmakar will return to action following a 21-month ban for failing dope test when she competes at the Asian Games selection trials in Bhubaneswar on July 11 and 12. The 29-year-old from Tripura was named in the list of core probabilities by the Gymnastic Federation of India in May. Dipa's ban period would be over on July 10.

"It is confirmed I will be participating in the trials. I have been training in Agartala last few months, so hope for the best," Dipa told PTI over phone.

Dipa was the first Indian gymnast to win a gold medal at a global event, when she topped the vault event of the Artistic Gymnastics World Challenge Cup in Turkey in 2018. She also won a bronze at Cottbus the same year.

She is also a 2014 Glasgow Commonwealth Games bronze medallist and a bronze winner at the 2015 Asian Championships in Hiroshima.

However, injuries affected her career



as she underwent a surgery to treat her ACL (anterior cruciate ligament) injury in 2017.

The nagging injury continued to affect her chances as she missed a slew of events, including the 2019 World Championships and couldn't qualify for the Tokyo Games.

In February this year, Dipa was banned by the International Testing Agency (ITA) after her out-of-competition dope sample on October 11, 2021 returned positive for higenamine -- a prohibited substance under the World Anti-Doping Agency (WADA) code.

"She has been training for last 2-3 months," said Dipa's coach Bishweshwar Nandi, who guided her to an unprecedented fourth-place finish in the Rio Olympics in 2016.

"Now the only focus for her is doing well in the trials," he said.

Among other top gymnasts, Pranati Nayak, Pranati Das, Protistha Samanta are some of the names among women, while Rakesh Patra, Yogeshwar Singh are among the elite names in men.

"For better evaluation, a two-stage opportunity will be provided to the gymnasts for assessment in Individual Apparatus," GFI said in a letter on Sunday.

According to the format of the trials, "All gymnasts will have the opportunity to perform in the event for which they are eligible. The all-around scores and results from Day 1 will be final."

"Gymnasts wishing to be considered as Vault event specialist must perform 2 vaults." On the second day, the "gymnasts will have the opportunity for a 2nd Performance for the purpose of evaluation for Individual Apparatus."

"Gymnasts identified for All Around may choose any one or more apparatus for the 2nd performance. Their scores however will be considered only for that respective apparatus, their all-around score and all-around ranking from Day 1 will not undergo any change."

"Gymnasts identified for only individual apparatus may choose any apparatus within their eligibility for 2nd performance."