

Zonal level Basketball Competitions

JKPS Kunjwani Team Girls U-14 secures runners-up trophy

Team Girls U-17 wins 5 Gold medals

■ STATE TIMES NEWS

JAMMU: In the Inter-Zonal District Level Basketball Competitions 2024, Team JKPS Girls (U-14) secured Runners-Up Trophy. The winners include Peehu Dhotra, Anooash Fatima, Kamakshi Khajuria, Virangana Gupta and Harneet Kour.

On the other hand, Team Girls (U-17) in the Basketball Inter-Zonal District Level Competitions won five Gold medals. The gold medal winners include Amaira Gupta, Sachleen Kour, Zoha Hussain, Farihal Jabeen and Zoya Majid.

Shashi Chaudhary, Director JK Educational Society and School's Principal Rajesh Rathore congratulated the winners and felicitated them in the school assembly.

They also lauded the School Coach Manoj Solanki and



JK Public School Kunjwani faculty felicitating winner students.

HOD (Sports) Subash Chander for preparing the students.

Reflecting on the importance of sports activities for the girl students of the school, Principal JKPS Kunjwani Rajesh Rathore stated, "Regular work outs make you attain goals. You increase your confidence level manifolds and learn how to deal with success as well as failure, as your self-esteem doesn't depend on a

winning spree. As we know, strong body can fight illnesses, as regular games and nutritious diet increases our immunity. Sports girls look very graceful, for sports activities teach balance, grace and poise to you, which you carry over to other areas of life".

"Tough physical training keeps you away from obesity. Sports and exercise keep you trim and firm, helps you control anger and anxiety, as

someone truly said, "Exercise is Nature's best tranquilizer". It actually helps keep you calm and makes you eat and sleep better. Sports activities make you learn: how to take feedback positively, which is a lesson we all need to learn in order to improve our performance. Playground empowers you to overcome your shyness and makes you acquire skills to be assertive & take decisions", he added.

"It opens new vistas of learning and makes you discover career opportunities that you didn't know existed. You may become CEO of a regional or national sport organization; strength and conditioning coach; Sports doctor; Manager of a professional sports team; Sports journalism or Marketing specialist, CEO of a sports trust etc", he further added.

"Sports activities enhance your inter-personal skills. It increases your friend circle by robbing off your shyness/ inhibitions and fostering the bond of friendship with others in a very less time".

"Hence, very talented and promising girls of JKPS Kunjwani, reap the benefits of brilliant sports infrastructure as well as talented Coaches available for you in our sprawling school campus and keep bringing laurels to your alma mater", he concluded.

Kalra inaugurates Tug of War event under 'My Youth My Pride' Program



Member J&K Sports Council, Ranjeet Kalra posing with participants and other dignitaries.

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JAMMU: 'My youth My Pride' sports activities competition in Tug of War was organized by J&K Sports Council at Green field Jammu under the patronage of Secretary JKSC Nuzhat Gul.

Ranjeet Kalra (Member Sports Council) was the Chief Guest along with Mohd Hanief Chief Sports Officer JKSC, Baljinderpal Singh Divisional Sport Officer JKSC, Kirpali Patel

(Arjuna Wardee) were present.

About 80 probables had participated in Tug of War competition. Refreshment has been provided to all participants.

The event was organised under the supervision of chief coach Basketball Sushma Jamwal, Dalvinder Singh, Jagjeet Singh and Raehna Jamwal.

The matches were officiated by Gourav Dubey and Javinder Singh.

The Chief Guest interact-

ed with the players who participated in Tug of War competition and encouraged them to participate in such events in future also. He also appreciated the initiative taken by J&K Sports Council to channel the energy of the youth.

The organizing committee extended heartfelt thanks to Hardeep Singh Anand, President of the Tug of War Association, for his invaluable technical support, which contributed to the smooth conduct of the competition.

Udhampur Kabaddi Club clenches Champion Trophy



General Secretary JKAKA, Kuldeep Gupta presenting trophies to winner and runner-up teams.

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UDHAMPUR: Udhampur Kabaddi Club in collaboration with Udhampur District Kabaddi Association, under the banner of J&K Amateur Kabaddi Association organized 3rd Edition of Junior District Kabaddi Tournament for Boys which got underway at Indoor Sports Complex Subash Stadium Udhampur in which 10 Clubs participated.

Kuldeep Kumar Gupta, General Secretary J&K Amateur Kabaddi

Association, was the Chief Guest on the closing ceremony. He interacted with the players and officials. Speaking on the occasion, he appreciated the efforts of organizing committee and stressed upon the players to take more part in the tournaments being organized in different District so that the players get more experience which may be beneficial for the forthcoming National level events.

Later, the chief guest distributed championship trophy to the Winners

Udhampur Club along with cash prize of Rs. 7000 and also awarded runner up trophy to R S Pura Club along with cash prize of Rs 3500.

Among others who were present were Ashok Kumar Sharma, Ram Kumar (Kabaddi Coach) Vipin Photra, Ravi Kumar, and Karun Magotra. All the matches were officiated by technical panel of Mannat Singh, Sandeep Singh, Kanika Jamwal, Diksha and Kanika Sharma (Senior Kabaddi Players).

J&K Masters Games Association hosts General Body Meeting in Jammu

Empowering 35+ Athletes: Inspiring Fitness and Breaking Age Barriers

■ STATE TIMES NEWS

JAMMU: The J&K Masters Games Association (JKMGA) held a general body meeting on Monday in Jammu. Presided over by Ranjit Singh Chib, former SSP and International Handball Player, the gathering marked a milestone with the announcement of JKMGAs affiliation with the Super Master Game Association.

Ranjit Singh Chib highlighted the transformative impact of master athletes on Indian society. "These athletes challenge stereotypes about ageing and inspire people of all ages to lead active lifestyles. They serve as role models, demonstrating that it is possible to remain fit and competitive well into later years," he stated.

The meeting also featured a presentation by the association's legal advisor, Rakesh Sharma, who introduced the



J&K Masters Games Association members at general body meeting.

newly established bylaws for association registration. Additionally, the logo of the JKMGAs was unveiled, symbolizing a new chapter for the organization.

Neete Kour, General Secretary and International Player, emphasized the inclusive nature of the Master Games, targeting individuals aged 35 and above. She announced an upcoming tour-

nament for 35+ players in Jammu & Kashmir, encouraging all athletes, both men and women, to participate and support the Fit India Movement.

The meeting saw valuable contributions from notable sports personalities, including Ravinder Singh (International Athlete), Akshay Khajuria (International Handball Player), Renu Rattan (International Handball

Player), Dr. Sonia Chib (Physiotherapist), Manta Bajaj (International Handball Player), Praval Sharma (National Handball Player), Nishi Gupta (Basketball Player), Sanjay Puri (National Handball Player), Anjali Jain (Fitness Expert), Chandan Chouhan (National Handball Player), Ujjwal Malhotra (National Table Tennis Player), Pankaj

Malhotra (National Kho Kho Player), and S. Angad Singh (Player of Multiple Sports). Their suggestions aimed at strengthening the JKMGAs and promoting a more inclusive and health-conscious society. Despite their physical absence, several members, including Dhheraj Nagpal, Ashutosh Sharma, Kapil Sagotra, Somraj Gupta, Yojana Charak, Manpreet Kour, Sudesh Kumar, Tajinder Singh, Harinder Singh, Vinod Bhatia, Vinay Saraf, and Dr. Jagan Deep Singh, interacted virtually with the members, offering their support, suggestions, and best wishes for the JKMGAs future endeavors.

This meeting marks a significant step forward for the JKMGAs as it continues to promote fitness and competitive spirit among older athletes, setting an inspiring example for the broader community.

Naveen Gupta of KCPS attends Vidyarthi Vigyan Manthan Srijan Internship 2024

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JAMMU: The SRIJAN Internship of Vidyarthi Vigyan Manthan 2024 was held from July 14 to 20, 2024, in Mohali, Chandigarh. Naveen Gupta from KC Public School was awarded this prestigious opportunity as a winner of the VVM examination. Out of nearly 1.5 lakh students, 47 students from across the country were selected through three rigorous stages of examination to participate in the internship.

During his internship, Naveen stayed at the esteemed Institute of



KCPS Jammu faculty felicitating Naveen Gupta.

Pharmacy, NIPER, Mohali. He visited several renowned institutions including IIT Ropar, IISER Mohali, the

Institute of Nano Science and Technology (INST), DRDO's Defence Geoinformatics Research Establishment, CSIR's

Institute of Microbial Technology (IMTECH), and the Central Scientific Instruments Organisation (CSIO).

One of the most valuable aspects of the event was the opportunity to meet numerous incredible individuals including world-renowned scientists, professors from IITs, IIITs, IISERs, and other prestigious colleges, as well as various officials from the Government of India and other famous personalities from different fields.

Throughout the internship, Naveen learned about various scientific instruments and the cutting-edge research conducted at these institutes, which helped him develop

a keen scientific temper. He also discovered a wide range of career opportunities beyond the typical IIT JEE and NEET paths.

At IISER Mohali, students were tasked with proposing a hypothesis based on puzzles by observing their patterns and explaining them. Naveen received special appreciation for being the first to propose a hypothesis.

Chairman Raju Chowdhary, Vice Chairman Arjun Chowdhary, MD Arti Chowdhary, Principal Amarendra Kumar Mishra and Vice Principal Sanjay Pandey congratulated Naveen and wished him luck for his future endeavours.

Inter-Zone District Level Competitions concludes

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KATHUA: The final matches of the U-14 boys and girls Inter-Zone District Level Competitions were held at the Sports Stadium Hiranagar and Naz Ground Billawar, showcasing young athletes across a variety of sports.

At the Sports Stadium Hiranagar, competitions in Kabaddi, Kho-Kho, and Volleyball took place, while Chess, Badminton, Wrestling, Table Tennis (TT), and Rope Skipping were featured at Naz Ground Billawar.

The events highlighted the talents and sportsmanship of the participants. District Youth Services and Sports Officer Sunil Singh



Winner team receiving trophy at Kathua on Monday.

Sambyal addressed the players, stressing the importance of fair play and sportsmanship.

He also urged officials to select the best district teams for the upcoming

division-level competitions. The successful execution of these events emphasized the dedication to nurturing young sporting talent and preparing them for higher levels of competition.

Vishwa Bharati school celebrates Shiksha Saptah



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JAMMU: As planned by the Ministry of Education (MOE) and the guidelines of CBSE, Vishwa Bharati Higher Secondary school celebrated 4 years of the launch of NEP 2020.

The programme Shiksha Saptah (Education week) from 22 to 28 July for teachers, students, stakeholders of education was observed at Vishwa Bharati Higher Secondary school to commem-

orate NEP 2020.

The first day of Shiksha Saptah was dedicated to teaching learning material (TLM) and students actively participated in various activities suggested for TLM. On 2nd day i.e, Foundational literacy and numeracy, students were shown a presentation on TLM, Jadui Pitra activity was performed.

Playing with marbles, Kho - Kho, rope hopping, Langri Taang were played on the

third day ie, sports day. Under this cultural day celebrations quiz on NEP, Screening of videos on NEP and prize distribution was done to encourage the students and their participation.

Day 5 i.e, skilling day was celebrated by the students and various skills like fireless cooking, cleaning and organisation, bags from rags, workshop on first aid conducted.

The final day i.e day 6 of Shiksha Saptah was celebrated and students planted "EK Ped Maa Ke Naam" and performed "Save water" skit.

Highlighting the importance of NEP the principal of the school Annapurna Koul said, "The NEP 2020 is founded on the five guiding pillars of access, equity, quality, affordability and accountability. We all must strive to achieve the 5 pillars which will prepare our youth to meet the diverse national and global challenges of the present and the future".

Taekwondo trials on July 31

■ STATE TIMES NEWS

JAMMU: The Taekwondo Association of J&K is going to conduct selection trials for the sub-junior, cadet, and junior (Champions of Champion) teams under the aegis of India Taekwondo on July 31, 2024, from 5 to 7 PM at Kotli Bhawan Hall, Rehari, Jammu.

According to a handout issued by the association, the selection trials are open to all sub-junior, cadet, and junior taekwondo players.

The selected players will represent J&K in the upcoming 3rd Sub-Junior and Cadet Taekwondo Championship 2024, which will be held in Uttar Pradesh from August 16 to 18, 2024.

"A selection committee has already been formed for the smooth conduct of the trials and the fair selection of players. The Taekwondo Association of J&K is committed to supporting the athletes of J&K and will conduct fair selection trials for the nationals. These trials are free of cost."

To fulfill the eligibility criteria, players should bring their Aadhar card and domicile certificate to the venue. All players can also register by contacting Qumiti Lal Jain (Mobile No: 9103439965), Mukesh Thakur (Mobile No: 9419122640), Ravinder Sharma (Mobile No: 9149826972), or Harshvardhan Raina (Mobile No: 6006131434).



DC Poonch, Yasin M. Choudhary interacting with players.

■ STATE TIMES NEWS

POONCH: The District Development Commissioner Poonch, Yasin M. Choudhary on Monday inaugurated the highly anticipated 5-day inter-zonal district-level competitions at the Poonch Sports Stadium.

District Youth Services & Sports Officer, Mool Raj Uttam, welcomed the District Development Commissioner and provided a detailed briefing on the

District Level Inter-Zonal Competitions. The proceedings of the event were conducted by PEM, Vijay Sharma.

The competitions include events in Volleyball, Kabaddi, Football and Handball for the under 14 and under 17 age categories, (both Boys & Girls) with approximately 200 students showcasing their skills and representing their respective zones.

The event features the participation of all eleven zones within the Poonch district.

Speaking on the occasion, the DDC said that these inter-zonal competitions are a testament to the vibrant sports culture in Poonch. We are thrilled to witness the enthusiasm and talent of our young athletes as they compete against each other in these exciting games, he added.

On the first day of the tournament, the Buziaz zone emerged victorious in the volleyball match, defeating the Kanayian zone by a score of 2-1 sets. In the kabaddi event, the Mendhar zone defeated the Nangali Zone by a margin of 10-point.

The competitions will continue for the next five days, with the closing ceremony scheduled to take place on August 3rd.