

J&K boy Kartik led Indian team wins bronze in Asian Men's U-18 Volleyball C'ship



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■ STATE TIMES NEWS

JAMMU: Indian men's Volleyball team led by Kartik Sharma, international Volleyball player from border town Bagnoti of Rajouri District, made J&K UT and country proud by bringing back with a bronze medal from the 14th Asian Men's U-18 Volleyball Championship in Tehran on

Monday.

In the bronze medal clash, Indian team led by skipper Kartik Sharma thrashed Korea by 3-2 (25-20, 25-21, 26-28, 19-25, 15-12) and won the medal.

Besides Kartik Sharma, Kush Singh, Dhurvil Patel, Shekhar Turan, Kabilan, Aryan and Yaman Khatik Libero also played a signifi-

cant role in the team's win.

India defeated Korea in the preliminary league match too but lost to Iran in the semifinal on Sunday. China finished fifth and Chinese Taipei was placed sixth at the end of the competition.

It is also a proud moment for the Volleyball Association of Jammu and

Kashmir as Kartik led Indian U-18 team has already qualified for the FIVB World U-19 Men's Volleyball Championship.

Prof (Dr) Achyuta Samanta-Member of Parliament & President VFI, S Vasudevan-Chairman VFI, Raj Kumar-Executive Vice President VFI, Ramavtar Singh

Jakhar-CEO VFI, Zonal Executive President Asian Volleyball Confederation and President, Rajasthan State Olympic Association and General Secretary Rajasthan Volleyball Association, Anil Choudhary-Secretary General, Kuldeep Magotra-Associate Secretary VFI, Sidharth Daluja-Associate



J&K's Kartik Sharma led Indian team in jubilant mood after winning bronze medal in 14th Asian Men's U-18 Volleyball Championship in Tehran.

Joint Secretary VFI and all other office bearers of Volleyball Federation of India have congratulated bronze medal winner players. Meanwhile, Patron-in-Chief, Volleyball Association

of Jammu and Kashmir, Raj Daluja; President, Sidharth Daluja; Chief Executive Officer, Kuldeep Magotra; General, Secretary, V K Magotra; Treasurer, R C Sharma; Executive Vice

President, H S Gill and other office bearers of VAJK have also congratulated Kartik Sharma led Indian team for another milestone of winning a bronze medal in the championship.

Progressive schools ensure good hand writing of students: JKPS Kunjwani Principal

■ STATE TIMES NEWS

JAMMU: Principal JKPS Kunjwani, Rajesh Rathore appreciated the students of Grades VI to XII for their good hand writing, neatness, presentation and well-labelled diagrams under the guidance of their teachers.

He consoled those hand-fuls, who are still struggling to polish their hand writing. He counselled them to start afresh and make sincere efforts, while using four-line notebooks to acquire the requisite strokes and a neat presentation. He promised them to conduct these foundation writing classes himself.

"Handwriting is the index of one's personality.

The mannerism in which students frame their words on a page showcases the



state of their mind. For instance, the chaotic handwriting along with an array of errors gives us an impression of someone being in the confused state of mind; whereas, on the contrary, 'pearls-on-paper' handwriting is a synonym of a well-groomed, systematic and a disciplined individual", reflected the

Principal.

Quoting the reflections of a renowned hand writing expert, he said "even considering the scientific perspective, the importance of good handwriting stands unique. When it comes to defining the term handwriting, we can say that the impulses from the brain, travel all the way

through to the hand and the fingers, to allow the conversion of thoughts into a readable composition of words. It is a complex process involving the precise coordination of the brain and the hand. Thus, good handwriting is an indicator of excellent mind and motor coordination".

Citing the reasons: why

an individual should strive to acquire presentable hand writing, he said, "good handwriting skills lead to stronger academic performance. It boosts the confidence level of an individual. It is essential in day-to-day life, for example, quick note-taking in the classroom, writing a birthday card/ slam book/ autobiography book etc, taking down a phone message, jotting down a shopping list, completing bank/railway station/ hotel checking in/out formalities etc etc".

"Although the scientific advancement has dramatically impacted the age-old perception of people across the globe, yet the skill of handwriting shall ever hold paramount importance in education, employment and in everyday life", he summed up.

HPS students win 32 medals in 3rd Inter-School District Pencak Silat C'ship



Medal winner students posing for a photograph with faculty members.

■ STATE TIMES NEWS

SAMBA: Students of Humanity Public School, Bassi Kalan, Bari Brahmana brought laurels by winning 32 medals including 19 gold, two silver and 11 bronze in 3rd Inter School District Level Pencak Silat Championship held at Indoor Hall, Samba Stadium organised by District Pencak Silat Association, Samba under the banner of Pencak Silat Association of Jammu & Kashmir in which 32 students of HPS participated. Total 250 students from seven schools participated in this competition.

Gold: Geenakshii, Aakriti Charak (3rd Standard), Soham Sharma, Udhay Dev Singh, Sayam Singh, Aman Kumar (6th Standard), Anmol Bhall, Krish Bamotra, Rehan Malik,

Rose, Suryaveer Singh, Paras Attri (7th Standard), Chummun, Snover, Jatin Bhagat, Ankit Kumar, (8th Standard), Jagot Singh, Ritu Attri and Rahul Roy (9th Standard). Silver: Divyansh Sharma and Hari Om (6th Standard). Bronze: Samar Lakhota (5th Standard), Ikot Singh, Harsh, Amnisha Mehra, Prithvi Rajput (6th Standard), Nihal Sharma, Gourav Sharma, Vansh Kumar, Kartik Sharma, Mohit Verma (7th Standard) and Pranav Rajput (8th Standard).

Principal of the Institution, Gaurav Charak alongwith Vice Principal Anku Charak lauded the efforts of the students and the Incharge (Sports) Mahan Singh, Nikhil Jaral (Coach) for this victory.

Finals of Badminton meet today

■ STATE TIMES NEWS

JAMMU: Finals of the ongoing All J&K UT Ranking/ Selection Badminton Tournament, organised by Badminton Association of J&K (BAJK) in support with J&K Sports Council shall be played tomorrow at Indoor Complex, MA Stadium, here.

Earlier, today's semifinals witnessed besides others by chairman of BAJK, Dr O D Sharma, Dushyant Sharma, secretary general, Balbir Singh Jamwal and Anil Gurkha.

The semifinals officiated by the technical panel comprising chief referee,



A Badminton match in progress.

Rahul Sharma; Vikram Saini and Divum Gupta, both coaches.

As per the organisers,

the finals shall be followed by the prize distribution ceremony at 5 pm tomorrow.

■ STATE TIMES NEWS

JAMMU: Jammu and Kashmir Tug of War Association on Monday named teams for participation in the 24th Sub Junior and 35th Junior (Boys and Girls) Tug-of-War Championship to be held from August 25 to 29 at Palghar in Maharashtra.

As per a handout issued here, the teams were selected by the selection committee under the supervision of Hardeep Singh Anand, President of the Association, Jodh Singh Isher, Secretary and Jasvir Singh, district Jammu president.

Later, the selected teams were screened by the officials



Tug-of-war teams posing for a photograph with dignitaries.

of J&K Sports Council at MA Stadium, here.

Earlier, the kits were distributed among the teams by President of the Association, Hardeep Singh Anand. Kits were sponsored by Trans Asia Hotels Pvt. Ltd.

The Teams: SUB JUNIOR Mixed 520 Kg: Priksa Choudhary, Simran Choudhary, Aniyah Sheeraz, Insha Majid, Syed Haadeeqa Idris, Sheikh Nadeem Ul Haq, Syed Tafazul Anis, Ehsaan Skinder Lone,

Sheikh Mohd, Arsalan and Malik Parvaiz Ahmad.

Junior Mixed 540 Kg: Taniya Kumari, Simran, Rahvish Rashid, Mehvish Khurshid, Rimpay Devi, Faizan Nisar, Waiz Iqbal, Shivang Singh Slathia and

Faizan Hassan Wani.

Boys 560 Kg: Ankit Choudhary, Sushant Bhagat, Vivek Meenai, Burhan Amin Bhat, Umanshu Sudan, Shahid Shafi, Burhan Majid Dar, Arsalan Shabir, Musab Iqbal and Sheikh Zuhair Mohd.

Girls 460 Kg: Meetal Pangota, Saniya Sharma, Munaza Rashid, Maviya Yaqoob, Hafsa Muzafar, Syed Seerat, Suhani Slathia, Falak Sajad, Snover Yaqoob and Katrina Anil.

Gourav Kumar Dubey, Ankit Kumar, Jasvinder Singh, Kiran Kumari and Suman Kumari accompanying the teams as coaches and managers.

DYSS holds Handball meet for Jammu

■ STATE TIMES NEWS

JAMMU: Department of Youth Services and Sports (DYSS) organised district level trials cum competition in the discipline of Handball in boys section in support with Arun Sharma Handball Academy at Shri Sanatan Dharam Sabha School Grounds, here on Saturday.

Earlier, the participants were introduced with the district officer, Sukhdev Raj Sharma by the officials incharge of the event.

The visiting officer along



Team posing for a photograph with dignitaries.

with other Zonal Physical Education Officer (ZPEOs) also witnessed the competition and encouraged those young talent boys from different schools.

The district officer expressed his thanks to the management of the school and Arun Sharma Sports and Social Welfare Trust for developing the Handball

infrastructure.

Meanwhile, inter-school zonal level under-19 boys and girls trials cum competition for Zone Jourian also started at Zone Jourian in the disciplines of Volleyball, Kabaddi, Kho-Kho, Badminton, Carrom, Chess, Cricket, Tug of War, Wrestling and Football at Government Girls High School Jourian.

The event was declared open by Headmaster of the host School, Madan Lal, who was the chief guest.

He appreciated the efforts

put in by the team under the guidance of ZPEO, Jourian, Umakant in mobilising such a big number of young players. Vote of thanks presented by Activity Incharge, Dr. Ashwani Bali. The competition officiated by the technical penal including Chanderbir Singh, Parnila Devi, Parveen Kumar, Joginder Singh, Sham Lal, Devinder Singh, Pardeep Singh, Jatinder Singh, Sandeep Singh, Vikas Sharma, Arvind Kumar, Sunena Bal, Shruti Rajput and Vikas Sharma.

■ STATE TIMES NEWS

JAMMU: The J&K Handball Association is going to conduct the selection trial for 51st Senior Men National Handball Championship which is schedule to be held at

Lucknow in Uttar Pradesh from September 7 to 11, 2022.

"Selection trials will be conducted at Playing Field Shastri Nagar Jammu from August 24 to 25, 2022 at 4:00 PM," a handout issued

by Rajesh Chandan, General Secretary, J&K Handball Association, said.

Chandan requested all the President/Secretaries of affiliated units of the association to send their players at the aforesaid venue for trials.

Raza's gutsy ton goes in vain as India completes series sweep

■ AGENCY

HARARE: Sikandar Raza's lion-hearted effort took Zimbabwe on the cusp of a famous victory before India held their nerves to pull off a 13-run win in the third ODI and complete a series sweep here on Monday.

The final game of the series too was heading India's way until Raza (115 off 95 balls) brought Zimbabwe back into the contest with the support of Brad Evans (28 off 36).

The duo shared a 104-run stand off 77 balls for the eighth wicket to raise hopes of a memorable result against their mighty opponents. However, Raza fell to a brilliant catch by Shubman Gill in the penultimate over, as India scraped through.

It was Gill who had set up

the game for India as he smashed his maiden international hundred to take the visitors to 289 for eight. Zimbabwe's innings ended at 276 in 49.3 overs. Gill (130 off 97 balls), who reached a major career milestone more than three years after making his India debut, shared a 140-run stand with Ishan Kishan (50 off 61) after the visitors decided to bat for the first time in the series.

Sean Williams (45 off 46) and Raza played some bold strokes early in the Zimbabwe chase.

Deepak Chahar once again impressed with the new ball while left-arm spinner Axar Patel got welcome wickets in the middle overs.

Chahar got his first wicket with a booming inswinger as

Innocent Kaia (6) was trapped while charging down the wicket. The Indians were convinced that the full ball hit the pad first and went for a review that turned out to be successful.

His opening partner Takudzwanashe Kaitano (13 off 22), who walked back to the dressing room with leg pain, returned to the middle but not for long. India spinner Kuldeep Yadav drew him forward with a wrong un that had the Zimbabwean stumped.

Though Zimbabwe kept losing wickets regularly, the seasoned Raza stood strong before completing his third hundred in the last six innings.

The crowd got more involved when Raza smashed Shardul Thakur for three fours in the 39th over that eventually yielded 20 runs.

DYSS holds U-19 boys events at Udhampur

■ STATE TIMES NEWS

UDHAMPUR: Department of Youth Services and Sports (DYSS) organised inter-school district level competitions in the disciplines of Badminton, Table Tennis, Chess and Carrom for under-19 boys at Indoor Complex, Subhash Stadium, here on Monday.

The competition held under the overall supervision of district (DYSS) Swaran Singh.

BADMTINON: In Badminton around 50 boys drawn from 21 schools of the district participated in the competition which was officiated by Manik Nargotra, Ved Prakash and Vinod Kumar.



Players posing for a photograph with dignitaries.

The Results (Finals): Singles: Boys HSS Udhampur bt HSS Barta 2-1. Doubles: Boys HSS Udhampur bt HSS Barta 2-0.

CHESS: In Chess around 32 boys turned for the competition. The Results: Kavya

Sharma of HSS Boys, winner and Varunjeet Singh, HSS Keya, runners-up.

CARROM: About 30 participants were there in Carrom event. Both Carrom and Chess events officiated by Manorama Bharti, Raman Gupta, Pallavi

Choudhary and Vicky Sharma. The Results: Carrom (final): Amit Kumar HSS Mansar bt Som Raj of HSS Keya.

TABLE TENNIS: In Table Tennis, only seven participants were there representing four different schools of the district.