

Buchi Babu All India Invitational Tourney

Shubham duo, Abid show composure to keep J&K hopes alive

■ STATE TIMES NEWS

JAMMU: A brilliant batting display by the duo of former Ranji Trophy skippers--Shubham Khajuria and Shubham Singh Pundir along with spinning all-rounder Abid Mushtaq kept J&K hopes alive in the match of the ongoing All India Buchi Babu Invitational Cricket Tournament against Delhi at Salem Cricket Foundation Ground, Tamil Nadu.

All the three batsmen showed serenity, composure, grit, guts and promise to help Jammu and Kashmir score a decent total of 285 runs in the second essay, thus setting a target of 156 runs for Delhi to chase in their second innings on the final day of the match tomorrow.

Earlier, resuming from an overnight score of 4/0, J&K lost two early wickets in the form of Abhinav Puri (07) and Vivrant Sharma (00) in the company of opener Shubham Khajuria, who was going great guns on the other end from the word go.



Shubham Pundir and Shubham Khajuria.

Shubham Khajuria was at his artistic best, scoring 80 runs off 133 balls, studded with 13 fours and one six, while Shubham Singh Pundir, who had scored patient 46 runs in the first innings, again contributed masterful 71 runs off 118 balls with 4 fours and 3 sixes. Abid Mushtaq, who scored 26 runs and took 7 wickets in the first innings, once again rose to the occasion and contributed unbeaten 36 runs off 111 balls with 4

delectable boundaries.

All three batsmen displayed solidity, fluidity and sublimity, who along with small contributions from Arya Thakur (21), Abdul Samad (18), Fazil Rashid (16) and Auqib Nabi (16) guided Jammu and Kashmir to a respectable total of 285 runs.

For Delhi, Himanshu Chauhan took 4 wickets by conceding 28 runs in his 9.1 overs, while Ayush Badoni and Sumit Mathur claimed 2 wickets each. Siddhant Sharma and Pranshu Vijayran took one wicket each.

With a day's play left in the match, Delhi needs to chase a modest total of 156 runs, while J&K will desperately be looking for the spinners to do the trick by spinning a web around the rival batsmen on a wicket which might have the wear & tear on the last day.

The Jammu and Kashmir team is being accompanied by Hilal Zargar as Manager, P Krishan Kumar as Coach, Sunny Kumar as Strength & Conditioning Coach, Chirag Pandya as Physio and Sahil Magotra as Performance/ Video Analyst.

North India Body Building Trials on August 26

■ STATE TIMES NEWS

JAMMU: Body Building Association of Jammu and Kashmir is holding selection trial at International Gym, Rehari Colony here on August 26 between 9 and 11 AM.

The trial will be held to pick the team for Mr. North India Body Building and Physique Sports Championship being organised by UP Body Building Fitness Association and Saharanpur Police Department and Association of Sports Physique and Body Builders on September 16, 2023 at Jan Manch near Railway Station, Saharanpur.

For further information, the body builders can contact organizers on Mob. No. 7006202407.

Bhalwal zone holds girls U-19 meet



Girls competing in tug of war event.

■ STATE TIMES NEWS

JAMMU: Likewise in other zones, Department of Youth Services and Sports (DYSS) today organised girls under-19 competitions-cum-trials in the disciplines of Volleyball, Kabaddi, Kho-Kho and Tug of War at Government Higher Secondary School Domana, here. Around 150 girls took part in this competition under the guidance of Zonal Physical Education Officer (ZPEO) Bhalwal, Avinash Rani.

In today's scheduled matches, the qualified individuals from the field staff of the department officiated and encouraged the participants.

Now, the selected teams shall represent the zone in the inter-zone district level competition to be held in near future.

DYSS holds inter-school meet at Arnia



Participants posing for a photograph at Arnia on Wednesday.

■ STATE TIMES NEWS

JAMMU: Department of Youth Services and Sports (DYSS) on Wednesday organised inter-school zone level sports meet of Arnia in under-19 age category.

The competition held in the

disciplines of Chess, Carrom, Kho-Kho, Kabaddi, Volleyball and Tug of War at Government Girls Higher Secondary School, Arnia under the guidance of Zonal Physical Education Officer (ZPEO).

Earlier, the participants had interaction with Chief Guest, Vice Principal of the host school, Raj Kumar.

Meanwhile, as per a hand-out issued here, 110 participants were there to compete in different disciplines.

Workshop on 'Interview and Group Discussion Skills' conducted at MIER College

■ STATE TIMES NEWS

JAMMU: The Placement Committee of MIER College of Education organized a workshop on the theme "Interview and Group Discussion Skills" for semester IV students under the 'College-to-Career' programme.

The resource person was Geetika Kohli, Founder of Thinksta, a government-recognized Edutech start-up.

The workshop was attended by more than 80 students of Semester IV from the School of Education.

Jyoti Sharma, Incharge Placement Committee extended a welcome and



Semester IV students posing with resource person and faculty members at MIER Jammu.

introduced the resource person to the audience.

In the workshop, Geetika comprehensively talked about the interview and group discussion skills and provided

pointers to students on how to face interviews, introduce themselves, explained frequently asked questions in an interview, the significance of body language, create an

effective resume and learn in a group discussion.

She engaged students in a practice session and helped them develop the skills required for a successful

interview by providing examples and anecdotes. The workshop concluded with an interactive Q&A session where students clarified their doubts and shared their insights.

Prof. Adit Gupta, Director and Principal of MIER College said that effective interview skills play a crucial role in ensuring a successful job interview.

He reiterated that the key to a successful interview is tailoring your skills to match the specific requirements of the job. A formal vote of thanks was extended by Dr Behzad Maqbool, Member Placement Committee.

Swearing-in ceremony solemnised at Jodhamal Public School

■ STATE TIMES NEWS

JAMMU: The Investiture Ceremony to promulgate the School's Students' Council was organized at Jodhamal Public School, Jammu.

The Chief Guest on the occasion was Shridhar Patil, DIG (Traffic). The parents of newly inducted Prefect Council were guests.

The newly-elected Prefects were bestowed with badges and sashes by the Chief Guest. A total of 40 students were conferred with various portfolios. Principal, Girish Kumar, administered the oath of allegiance to the Prefects in all solemnity.

The Head Boy and the Head Girl expressed their gratitude to the School for this responsibility bestowed upon them, and promised to live up to the expectations. Shridhar Patil shared



Students Council members posing with chief guest and faculty members.

invaluable advice on leadership, importance of integrity and choice-making in life.

He further appealed to students to become messengers of traffic police in spreading awareness of traffic rules. He asked upon the parents to make wise choices of following the traffic rules and take leads in the society. He appealed all to contribute positively to make Jammu city an example for all to fol-

low in respect of traffic discipline.

Nandan Kuthiala, Trustee, Arati Kuthiala, Director, Shefali Sanwal, Vice Principal were also present.

The students were conferred with the badges and sashes include Akaisha Handa, Head Girl, Anish Arora, Head Boy, Vartika Jamwal, Dy. Head Girl, Aditya Kumar, Dy. Head Boy, Ira Chandan and

Dewang Gupta, Academic Prefects, Yashasree Rathore and Naman Sharma, CCA Prefects, Anandita Handa and Aarya Mahajan, Discipline Prefects, Vanshika Gupta and Shiven Soni, Eco Prefects, Prajna Gupta and Eklavya Mahajan, Sports Prefects, Abhaya Chadha and Shubham Singh Jaral, Challenge House Prefects, Daania Butt and Yashodhan

Rathore, Discovery House Prefects, Varalika Sharma and Vibhas Kumar, Enterprise House Prefects, Fatima Sayed and Eklavya Mahajan, Invention House Prefects, Neesa Mahajan and Naunidh Singh, Academic Vice Prefects, Aadya Sambyal and Navaj Kunal Anand, CCA Vice Prefects, Rebecca Verma and Sachdeep Singh, Discipline Vice Prefects, Mayara Aul and Soham Magazine, Eco Vice Prefects, Czia Raina and Rohan Langer, Sports Vice Prefects, Adalia Narang and Aviral Kapoor, Challenge House Vice Prefects, Snigdha Gupta and Anmol Kotwal, Discovery House Vice Prefects, Krishika Koul and Shaurya Jamwal, Enterprise House Vice Prefects, Samaira Jamwal and Venu Gopal Sharma, Invention House Vice Prefects.

UCO Bank guides Handball players



UCO Bank officials posing with players at Jammu.

■ STATE TIMES NEWS

JAMMU: In order to generate awareness among young sports persons with regard to latest Banking techniques and safeguards in place, the leading financial institution of the country, UCO Bank today organised a CASA Camp, here. The camp was organised by Bank's Raghunath Branch in Jammu in collaboration with Arun Sharma Sports and Social welfare Trust at S D Sabha School grounds, Rehari here. The special camp turned out to be a success youngsters learned a lot from the resource persons, Arpana Chouhan and Narinder Choudhary. Both the visiting officials also generated awareness among young and aware them about opening of bank accounts and knowledge about digitalisation of banking products. The special session about the banking was joined besides young players by international handball players, Dheeraj Nagpal, Bachan Dogra, Gourav Sharma and Sahil Padha.

J&K hosting Inline & Roller Hockey Federation Cup from today

■ STATE TIMES NEWS

JAMMU: In a first, the Jammu and Kashmir Roller Sports Association under the patronage of Roller Skating Federation of India is hosting a four-day Inline and Roller Hockey federation Cup Championship here at Maulana Azad Stadium and Peerkho Skating Rinks from tomorrow.

As per the official commu-

iqué, as many as 350 skaters from a total eight teams will be contesting for the title in the championship scheduled to be held from August 24 to 27.

An official said that this is for the first time Jammu and Kashmir is hosting the prestigious Federation Cup.

"The competitions are to be organised in both men and women categories," adding that all arrangements are in

place for smooth conduct of the championship with logistic support provided by the Jammu and Kashmir Sports Council.

As per the organisers, the participating teams are host Jammu and Kashmir; Haryana, Chandigarh, Punjab, Uttar Pradesh, Rajasthan, Karnataka, Tamil Nadu, Andhra Pradesh and Telangana.

■ STATE TIMES NEWS

Srinagar: District Anantnag made it a 4-2 win against fighting Budgam in the second outing of the Major Dhyan Chand Hockey Tournament, organised by the HQ 31 Sub Area of Chinar Corps in collaboration with J&K Sports Council (JKSC) and Hockey J&K at Polo View Hockey Stadium, here on Wednesday.

It was Sameer, who helped the side make it a big win with his two goals while Mudasir and Murtaza were other goal scorers. From Budgam, both the goals came through



Chief Guest presenting award to winner team.

Harvinder Singh. Later, Mutaza was declared man of the match for his heroic play.

Earlier, the teams interacted with the chief guest of the day, Divisional Sports Officer (DSO) of

the J&K Sports Council, Muzaffar Hussain.

The event was declared open by Major General PBS Lamba, VSM, General Officer Commanding, HQ 31 Sub Area, who was the chief guest in the opening function yesterday.

Inaugural match won by district Ganderbal beating Bandipora 3-1. Raja Abbas of winning side of Ganderbal was named man of the match and presented with cash prize.

In total, 10 teams from as many districts of Kashmir Division of the J&K are participating in this first of

its kind event. It has been learnt reliably that the tournament is being organised to promote Hockey among the youth of Kashmir, who otherwise train more in Football.

Being played on knockout basis, the final and valedictory function of the tournament shall take place on August 29, the National Sports Day.

About Major Dhyan Chand: Major Dhyan Chand, the greatest field hockey player in history, popularly known as the 'Wizard'. He had won three Olympic gold medals in 1928, 1932 and 1936.

GDC Kunjwani organises one day workshop on 'Plan Your Future'

■ STATE TIMES NEWS

JAMMU: Psychological Cum Career Counselling & Placement Cell, Government Degree College Kunjwani /Sainik Colony Jammu, in Collaboration with Employment Information Cum Advisory Bureau (EIAB), a part of the Department of Lifelong Learning (DLL), University of Jammu on Wednesday organized a one day workshop on "Plan Your Future".

The aim of the programme was to provide guidance and information about different career options available to the college students after com-

pleting their graduation.

The event took place within the premises of the college under the patronage of Principal of the College, Dr. Ravender K Tickoo. He appreciated the joint efforts of the career counseling & placement cell and advised the students that it is crucial to keep your sights set not only on your current studies but also on the vast landscape of opportunities that lie ahead. The choices you make now will shape your path in future and contribute to your personal development.

The programme commenced with the lighting of a lamp, followed by

Saraswati Vandna. Dr. Arti Pandoh Gupta, Convener of career counselling & placement cell delivered the welcome address highlighting the importance of career counselling programme for students at various stages of their lives, particularly when they are making important decisions about their education and career paths.

The programme featured several special resource persons who contributed their insights and knowledge to the students. Dr. Rewa Khajuria, a Counselor, EIAB, DLL (JU) provided guidance and support to the stu-

dents for choosing different career options after graduation. Dr. Shallu Sehgal, Senior Assistant Professor, Department of Economics, University of Jammu enlightened the students about the diverse employment opportunities in Entrepreneurship, and start-ups. She also highlighted that Entrepreneurship and start ups are interconnected concepts that play a crucial role in driving economic development and innovation in any country or region. Dr. Neetu Dhar, Chief Coordinator and a trainer specializing in soft skills and personality development highlighted

that Effective communication is crucial during an interview, as it not only showcases your skills and qualifications but also demonstrates your personality, professionalism, and suitability for the role.

The programme was attended by almost 80 students of the college, offering them valuable insights into potential career pathways they could consider after completing their graduation. The program was coordinated by Dr. Ashaq Hussain, vote of thanks was presented by Prof. Bushra Nizami and Technical Support was provided by Prof. Deepa Sharma.