

Dronacharya, Padma Shri, Arjuna awardees meet Advisor Farooq

■ STATE TIMES NEWS

SRINAGAR: The team deputed by Rowing Federation of India comprising Dronacharya awardee Ismail Baig besides Padma Shri and Arjuna awardee Bajrang Lal Thakar on Thursday called on Advisor to Lieutenant Governor, Farooq Khan and discussed variety of issues concerning the game.

Pertinently, Ismail Baig and Lal Thakar are presently in Srinagar to supervise the facilities being extended to the participants during ongoing Rowing sports training at Sports complex Dal Lake,



Advisor, Farooq Khan during meeting with Dronacharya, Padma Shri, Arjuna awardees.

Srinagar:

Advisor was informed that the boats and ground instal-

lations are being fine tuned and safety measures are being inspected to ensure

safety of the trainees.

Advisor termed the training programme as a great beginning for youth of the region which will go down in the history as one of the major milestones towards development of Rowing sport in the Union Territory.

He appreciated the J&K Rowing Association for initiating establishment of the Water Sports Rowing Academy, a facility which is being supported by the Government of India with the active help of the Rowing Federation of India.

"Looking forward to have rowing in the lakes of Jammu and Kashmir divisions with our first Flat

Water Championships," the Advisor added.

The awardees suggested a number of measures for promotion of this potential sports in the UT besides lauding the efforts of Bilquis Mir, the force behind the Water Sports Centre and the J&K Association.

Rowing is a sport that involves use of a wooden paddle, known as an oar, to propel a long boat through water at high speeds in order to win a race. It is one of the oldest and most prestigious sports on the planet, with evidence suggesting the first rowing races may have occurred as long ago as the Egyptian era.

Cyclist Adil sets Guinness record for pedalling from Kashmir to Kanyakumari in record time

■ STATE TIMES NEWS

SRINAGAR: "We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort".

This was the mantra followed by cyclist Adil Teli, 23-year-old youth from Narbal, Budgam, who pedalled from Kashmir to Kanyakumari in just eight days, covering a distance of 3,600 kilometres and set a Guinness Book of World Record for the fastest Kashmir to Kanyakumari journey on cycle.

Adil, who started his cycle journey from City Center, Ghanta Ghar, Lal Chowk from 7:30 AM on March 22 after being flagged off by Divisional Commissioner, Kashmir Pandurang K Pole, completed the distance in eight days, 1 hour and 39 minutes by reaching the destination on March 30 at 7:30 AM.

Speaking about his remarkable record, the young cyclist said that it was not an easy task and involved lot of training besides several health issues also make it a difficult task. "On March 22, I started my journey of dreams with the active support of divisional administration. That day it was raining all day from Srinagar upto Punjab and made



Cyclist Adil Teli.

my journey very difficult" an emotional Adil said.

The young Cyclist faced several health issues during the entire journey but his determination made it easier for him. "I faced several issues during this travel. After the 7th day of my journey, my body started to show signs of weakness. My knees started to swell with extreme pain making it difficult to pedal but I only kept the goal of beating Guinness world record in my mind", Adil said.

The Cyclist acknowledges that after his body started to drain on the 7th day of journey, he had thoughts of quitting.

"After the extreme pain due to swelled knees, I had thoughts of quitting but I talked to my mother who motivated me to continue and at last I beat the Guinness world record", Adil says with satisfaction.

The Cyclist praised the J&K Administration for their timely support for embarking on this prestigious journey. "I am grateful to J&K Administration for their timely support especially the divisional commissioner, Kashmir, who arranged to let him to travel through the then under construction Banihal-Qazigund Tunnel for this journey. He adds that the administration also provided him help on the risky and landslide prone areas of Srinagar-Jammu highway during the travel.

Further talking about how cycling became his passion, Adil said, "From 2014, I started representing Jammu and Kashmir at the national level continuously and this amplified my interest in cycling", Aadil says. He adds that the 2019 cycling expedition from Srinagar to Leh made him passionate about cycling and motivated him to realize his capabilities in the cycling.

Talking about his preparation for this journey, he young cyclist says that the Srinagar-Leh cycling expedition moti-

vated him that he can beat the Guinness Book of World Record for the fastest Kashmir to Kanyakumari journey on cycle. "The Srinagar-Leh cycling journey changed my way of cycling and I got more passionate about this sport. It motivated me to beat the Guinness World Record", Adil says. He adds that I planned for this journey for almost a year and went outside J&K for training for six months. "During six months training, I used to do cycling of 600 to 700 kms per week and after that I applied for Guinness World Record in November 2020 and it was accepted in February 2021".

Talking about his family's support in realizing his dreams, Adil said, "My parents have been my inspiration and they have supported me through out. He adds that his mother has been his motivating factor for achieving this feat.

In his message to youth of Jammu and Kashmir, Adil said that the youth should refrain from activities like drug addiction or other social evils and take sports as a career. "Youngsters should take sports as a career and they should take part in sports activities which will make them healthy and also make themselves and their areas proud."

Randhawa constructs two-room set for poor family



Former MLC, Ch Vikram Randhawa starting construction of two-room set for poor family.

■ STATE TIMES NEWS

JAMMU: Former Member Legislative Council (MLC) and State Secretary BJP JKUT, Ch Vikram Randhawa has set an example by lending a helping hand to a needy family which was living without house since long at Ward No-06, Govindpura in Satwari Panchayat of Gandhi Nagar assembly segment. While speaking on the occasion Randhawa said that service of mankind is service to God and following the same he along with his supporters decid-

ed to get this family a house. He said that during his last visit when he saw this family living under sky in this rainy season decided to help them. He said that Ram Singh and his family was without house and due to certain reasons could not get help under 'Pradhan Mantri Abas Yojna'. Randhawa said that his team took it upon itself to get a two-room set constructed for this family. He said that apart from him contribution was made by Panch Aashu Gupta, Prithvi Singh,

Sunil Kumar, Bhushan Kumar, Bittu, Vijay and others which has ensured construction of two-room set for this poor family.

Randhawa urged upon the people to come forward and help those in distress irrespective colour, caste and creed as 'service to mankind is service to God'. He said that the purpose of God is to create and sustain. Thus those who sustain human beings, those who are in the service of man are really in the service of God, Randhawa added. He said it is often said that worship of God can be done through service of mankind and many great men have spend their life-long earnings for the service of mankind and some even have laid their lives to serve man.

The family members have expressed their gratitude to the former MLC and his team for their this act of kindness which has given them a house to live in.

Hockey coaching camp concludes at Poonch



Participants and officials at the closing of the 21-day Hockey camp at Sports Stadium, Poonch.

■ STATE TIMES NEWS

POONCH: Aiming at encouraging the budding talent of district, a 21-day coaching camp was organised by the J&K Sports Council (JKSC) at Sports Stadium, here.

During the camp, 30 boys and as many girls in sub-junior and junior groups were trained in the basic and advance skills of the game by the Navjot Singh, Khelo India Hockey coach post-

ed at Sports Stadium Poonch. The camp held under the overall supervision of Sports Officer of the JKSC, Ashok Singh.

Sharing her experience during the camp, Sanjana Yadav, a National level Hockey player and a camper, said, "This camp further motivated us to devote ourselves to the game to achieve the higher goals."

Meanwhile, the district

unit of the Hockey J&K, participants of the camp and their parents expressed their gratitude to the Secretary JKSC, Nuzhat Gul; General Secretary of Hockey India, Rajinder Singh; Working President of Hockey J&K, Rajeev Sharma ad General Secretary Hockey J&K, Dr Taran Singh for first of its kind initiative and support in giving fillip to the game in Poonch.

DPS Udhampur organises Inter-School Declamation Competition

■ STATE TIMES NEWS

UDHAMPUR: Delhi Public School (DPS) Udhampur organized an Inter-School Declamation Competition Under Hubs Of Learning on the occasion of World Literacy Day, to hone the oratory skills among the students. Declamation is a rhetorical exercise or a set speech. The topic for declamation was "Are we truly Educated or Literate"

The children were in high zest and zeal and Presented their opinion by quoting various day to day examples and left the audience spell bound by their remarkable examples and radical explanation.

Participants spoke with full enthusiasm. Among each participant could feel their pulse roaring as everyone was well prepared, spoke confidently with expressions and



excellent diction. Six schools across Udhampur district participated in the competition.

Chief Guest for the day was Anjali Chabra mam , Deputy Secretary COE Chandigarh. Deepa Dogra, Director

cum Principal Cambridge School Jalandhar was the Guest of Honour of the event. Dr Pramod K Shrivastava District Training coordination COE Chandigarh for Jammu Region was the special invitee .

Dr JC Gupta PVC DPS Udhampur & Vivek Gupta MD DPS Udhampur were among the special invitees.

Judges for the event were Manju Vali Mam, Sr. Coordinator Model Academy Jammu and Dr. Meena Gupta Assistant Professor (Eng) Govt Women College Udhampur.

The first position was shared by Minerva from DPS Udhampur & Paras Bandotra from KC Gurukul. Pavnee Gupta of APS Dhar bagged 2nd position whereas 3rd position was

shared by Suhani Nargotra of DPS Udhampur and Gudia from KV 1.

Samriti Manhas from APS Dhar road was given 1st Consolation prizes Pranjal Rajput JNV Jagnoo won 2nd Consolation prize.

The Pro-Vice Chairman Dr. J.C.Gupta appreciated the event and said that such type of events should be organized in the school in future also which helps the students to improve their oratory skills. The Principal, Dr. Kunal Anand, appreciated the efforts of all the participants and encouraged other students too to come forward and participate in such events. Bhanvi Shamra Sr Head Mistress showed the vote of thanks. The event was coordinated by Rakhi Gupta Chief CCA coordinator of the school.

Jammu kho-kho player Pankaj Malhotra gets appreciation letter from Ghana

■ STATE TIMES NEWS

JAMMU: Showing their love for the India's indigenous game of Kho-Kho, the African Nation of Ghana has sent an appreciation letter to a Jammu based blogger and international player, Pankaj Malhotra.

Coordinator under the guidance of veteran Kho-Kho administrator, B.S Tirthi, and Anuj Khajuria, a Software Engineer based in USA in September 2020 in the times of lockdowns due to Covid-19 spread.



A new way to promote Kho-Kho through a blog khokhopankaj.blogspot.com has received acknowledgements and appreciation around the world.

The world famous series was launched by Pankaj Malhotra, acting as a

this Sunday Kho-Kho series still cover 32 countries with more than 100 national and international interviews conducted so far unfolding the interesting stories about different aspects of the fast growing game," informed Pankaj Malhotra.

Jammu District Bench Press Championship from Sep 11

■ STATE TIMES NEWS

JAMMU: All J&K UT Powerlifting Association is going to organize Jammu District Bench Press Championship (Men & Women) Sub Junior, Junior, Senior & Master equipped and unequipped at Guru Ravi Dass Sabha, Bahu Fort, from September 11 to 12, 2021. The championship will start at 8:00 AM on September 12 after conducting bodyweight on September 11 from 4:00 PM to 7:00 PM at Guru Ravi Dass Sabha, Bahu Fort.All the interested participants are invited for this championship. The players should be in proper kit in the Championship while the players who participate in Sub Junior, Junior & Master bring their DOB Proof at the time of weighing.



Senior Wushu player and coach, Yashpal receiving certificate.

Udhampur's Yashpal becomes National Wushu judge

■ STATE TIMES NEWS

UDHAMPUR: Senior Wushu player and coach, Yashpal of district Udhampur has qualified the National Wushu Judges Course with Grade-A conducted by the Wushu Association of India (WAJK).

The judges' course held at KPRIET Coimbatore in Tamil Nadu from August 27 to September 2 involving around 200 officials from all over the country.

On achieving the distinction of becoming a National judge, Yashpal gave all credit to his Coach and Dronacharya Awardee Kuldeep Handoo for the success.

Meanwhile, Yashpal has expressed his desire to attempt at becoming the international referee in Wushu.