

# JK Public School Kunjwani organises Motivational Lecture for students by Captain Shrang Vats



Capt Shrang Vats and Principal JK Public School, Kunjwani Rajesh Rathore addressing students of the school on Tuesday.

## STATE TIMES NEWS

JAMMU: JK Public School Kunjwani on Tuesday organized an interactive session with Capt Shrang Vats for the students of Class XI. The students participated in this programme with great enthusiasm and

curiosity. The Motivational talk by Capt Shrang Vats from the Army provided guidance to the students in planning a career in the Indian Armed Forces based on their individual preferences and interests, like, Indian Army,

Indian Air force & Indian Navy.

The various entry schemes for recruitment, namely, after +2 level entry through National Defence Academy (NDA) Kadakvasla and after graduation, entry through Combined Defence Services (CDS)

along with the pay, allowances and other entitlements were explained in detail."

The officer highlighted the importance of NDA Khadakvasla as one of the most renowned Defence Training Institutes across the globe. It is

spread over 7015 acres of land & claims to have all the sports disciplines alongwith the world class facilities.

Highly trained instructors of the Academy transform all the cadets into potential soldiers. After a successful completion of 3 year training at NDA Khadakvasla, cadets move to their next destination at one of the following three academies, namely, Indian Military Academy Dehradun, Uttarakhand; Indian Air Force Academy, Dindigul Hyderabad, Telangana; & Indian Naval Academy, Ezhimala, Kannur district, Kerala.

"Towards the end, participants were also briefed about the academic and physical requirements for joining as Officers through various entries available for the purpose. Principal JK Public School, Kunjwani Rajesh Rathore expressed gratitude towards the Indian Army and Capt Shrang Vats for taking the educative and inspiring initiative. He also shared his unforgettable experiences pertaining to UP Sainik School Lucknow, where from he started his teaching career.

With a great sense of pride he shared that his 56 cadets have reached the rank of Colonel & commanding their units; more than 50 are with para-military forces (BSF, CISE/CRPF & ITBP) serving as Commandants, 2ICs or Dy. Commandants & 17 are with SPG, NSG, PARA SF & Cobra Commandos. He also shared about Param Vir Chakra recipient cadet from his school Capt Manoj Kumar Pandey.

# Exciting action unfolds at Inter-District Provincial Handball Competition



Handball match in progress at Baramulla.

## STATE TIMES NEWS

BARAMULLA: The fervour of youth sports reached its zenith at the Indoor Stadium Khawaja Bagh in District Baramulla as the ongoing Inter-District Provincial Handball Competition for Under 14, 17, and 19 boys continues to captivate audiences.

This sporting extravaganza, organized by the Youth Services & Sports Kashmir Division is showcasing the immense talent and competitive spirit of young athletes.

After the exhilarating conclusion of the under 14 handball competition yesterday, the spotlight now shines on the under 17 age category. Ten districts from the picturesque Kashmir province participated, showcasing their prowess on the handball court. The competition was fierce, but ultimately, four districts

emerged victorious and secured their spots in the upcoming semifinals.

The under 17 competition was inaugurated by Jatinder Singh, District Youth Services & Sports Officer Baramulla. Alongside him, all the Zonal Physical Education Officers (ZPEOs) of the department gathered at the kick-off of the event with a heartfelt pledge for a drug-free India. The proud participants and spectators joined in unison to sing the national anthem, setting a patriotic tone for the gripping matches that followed.

The semifinals of the under 17 handball competition are scheduled to take place tomorrow, promising more exhilarating action.

The competition in the under 19 category is also on the horizon, ensuring that the fervor of handball continues to grip the hearts of sports enthusiasts in Kashmir.

# Inter-departmental carrom board match organised at MIER College

## STATE TIMES NEWS

JAMMU: The Inter-departmental Carrom Board Match for boys and girls was organized by the Sports Unit, MIER College of Education, here on Tuesday.

The students of School of Education and School of Social Sciences and Humanities participated in the meet which was inaugurated by the Principal, Dr. Adit Gupta.

Dr. Rohnika Sharma, HOD of SOE and Dr. Monika Bajaj, HOD, SSSH along with the staff members and the students witnessed the sports event and encouraged the participants.



Carrom matches in progress at MIER College.

Akrishit Mahajan and Yashvini from the School of Social Sciences and Humanities bagged the first position, Ishu Sharma and Anjali Jain from the School of Education took the second position, and Shriya Gupta

and Bhavya Gupta from the School of Education won the third position.

The programme was organized by C.R. Jangra, Incharge Games and Sports Unit, with the active guidance and supervision of Inuran, PTT, MIER.

# IOT Zakura Campus bags men's Hockey title of KU

## STATE TIMES NEWS

SRINAGAR: Zakura Campus bagged the men's Hockey trophy in the inter-department competitions of University of Kashmir (KU), organised by the Directorate of Physical Education and Sports on the campus grounds, here on Tuesday.

In the final, Zakura Campus defeated Department of Pharmaceutical. In total, 12 teams took part in the men's Hockey event.

Similarly, the 10-team women's hockey trophy secured by Department of



Winner team after receiving trophy from the chief guest.

Statistics outplaying Department of Library and Information Sciences.

The men's Football trophy

went to North Campus, who

trounced their opponent from IOT Zakura Campus in the final. In total, 30 teams

contested for the top honours in Football. Prof Irshad A Nawchoo was chief guest in the valedictory function of the meet.

He shared his ideas about the participation of students in various sports activities and emphasised on improved participation in the upcoming events. Among other prominent present were Prof. Anwar Hassan (Head Department of Statistics), Prof. Mubashir Masoodi, Head Department of Pharmaceutical Sciences; Sports Coordinators of various Departments, Dr

Basharat Ali and Assistant Director, IOT Zakura Campus.

Earlier, Coordinator of Department of Physical Education and Sports, KU, Dr Nadeem Ahmad Dar welcomed the chief guest and other distinguished guests. He presented a detailed report of the event and expressed his gratitude to HODs of various Departments for fielding their teams.

Vote of thanks was presented by Dr Harbinder Singh while proceedings conducted by Muneer aalam.

# Raja Mandlik Dangal Jugal, Rana hail enthusiasm of youth in traditional sports

## STATE TIMES NEWS

BARAN: Bhola Kashmi of Delhi has won the Raja Mandlik Dangal by defeating Chota Gani of Hoshiarpur in a fierce competition held at Baran in Nagrota Assembly Constituency.

In all 105 bouts were held between the wrestlers of Himachal Pradesh, Delhi, Punjab, Haryana, Uttar Pradesh and Union Territory of Jammu and Kashmir.

Lauding the growing participation of youth in sports, especially traditional and rural based, Senior BJP leaders Jugal Kishore Sharma and Devender Singh Rana, while speaking at the concluding function, at Raja Mandlik Dangal in Baran and hoped that this momentum will get



Senior BJP leaders Jugal Kishore Sharma and Devender Singh Rana posing with wrestlers and others.

further fillip in a big way. They also exuded confidence that competitions of such magnitude inspire others to participate in sports and leave a mark of their talent at the national and international levels.

"Like other parts of the country, Jammu and Kashmir too has a high tradi-

tion of organizing rural oriented sports", Member Parliament Jugal Kishore said, adding that the reach of such events needs to be expanded for larger youth participation.

Sharma said that the mere presence of reputed and eminent wrestlers of North India was a source of inspiration for

budding wrestlers of the region. "I hope they will learn from the veterans in the field", he said and exhorted youth to participate in sports in a big way alongside academics.

Speaking on the occasion, Devender Rana expressed happiness over the enthusiasm of rural youth in traditional games like wrestling, saying these still retains the sheen of yesteryears.

Rana said, in an era of competition, the youth cannot afford to remain in the shell of academics alone; they have to be versatile in every field of activity. It is with this view the BJP led government at the Centre has taken several measures to promote sports under flagship programmes like Khelo India. He hoped

the budding sportspersons will benefit from these programmes and participate in sports, which has vistas of career advancement opportunities as well.

Jugal and Rana gave away the awards to the wrestlers for achieving distinction and complimented the organizers for their relentless efforts in organizing the event at such a big level.

The Dangal was organized by the Dangal Committee comprising Vikram Singh, Kuldeep Singh, Kaushal Singh, Tiger Singh, Parveen Singh, Bittu Singh.

A large number of locals and Nagrota peripheries besides those from Jammu applauded the wrestlers for their performances.

# India march into Asia Cup final with 41-run win over Sri Lanka



## STATE TIMES NEWS

COLOMBO: Indian bowlers produced a splendid collective effort to carry their team to a 41-run win over a spirited Sri Lanka in a Super 4 match, and into the Asia Cup final here on Tuesday.

Rohit Sharma's fifty (53 off 48 balls) was the cornerstone of India's sub-par 213 after Lankan spinners Dunieth Wellalage (5/40) and Charith Asalanka (4/18) bamboozled them.

But India, guided by Kuldeep Yadav's 4 for 43, bowled out Sri Lanka for 172.

India, who entered the final with four points, will either

face Sri Lanka or Pakistan in the summit clash on Sunday. The hosts will face Pakistan in a crunch match on Thursday.

The insipid effort of their batsmen made it mandatory for the Indian bowlers to be on the money from ball one, and Jasprit Bumrah led the way.

Bumrah took the ball away from Pathum Nissanka and the healthy edge was snuffed behind the wicket by a diving KL Rahul.

Kusal Mendis looked in fine touch but he failed to keep his drive off a slow, full delivery from Bumrah down.

Substitute fielder Suryakumar Yadav took the catch at covers and umpires gave Mendis out after a quick check with the TV umpire for bump ball.

Mohammed Siraj soon got into act, cramping Dimuth Karunaratne for room and his cut did not go beyond Shubman Gill at second slip.

Sri Lanka were 25 for 3 at that stage and Kuldeep took a couple of quick wickets to further dent their chase, reducing them to 99 for six.

However, Wellalage (42 not out) and Dhananjaya de Silva (41 off 66 balls) added 63 runs for an enterprising seventh wicket alliance to revive Lankan hopes.

But a moment of indiscretion ended the stand as De Silva tried to clear the infield off Jadeja only to give a simple catch to Gill at the edge of the circle.

From that point, Wellalage, who batted exceptionally well under pressure against a fancied opponent, tried to bridge the gap.

# Mujtaba of Islamia College bags Cycling gold

## STATE TIMES NEWS

SRINAGAR: Mujtaba of Islamia College bagged gold in the annual inter-college cycling competition of University of Kashmir (KU), which was organised by Department of Physical Education and Sports on the campus, here.

Participants from 15 affiliated colleges of KU took part in this event. Second place went to Zamin Hassan Mirza of the same college while Suhaib Ul Mehrhaj of VB College secured finished third to contain with a bronze.

The winners presented the medals by Coordinator of Department of Physical Education and Sports, KU, Dr Nadeem Ahmed Dar. Earlier, the participants were flagged off by SHO Munish Bagh Police Station.

The Coordinator speaking to the participants expressed his gratitude to Vice Chancellor Prof. Nilofer Khan and Registrar Dr. Nisar Ahmad Mir for their support in organising the event in a smooth manner. The event was coordinated by Surjeet Kour (LSA).



Chief Guest presenting medal to a winner.

# Karate meet held at Ranjit College



Medal winners posing for a photograph with officials.

## STATE TIMES NEWS

JAMMU: Jammu District Karate Association organized two-day Inter School Karate Championship in collaboration with R3A Karate Academy and Ranjit Global School on the campus of Ranjit College, Kunjwani, here.

The competition held under the supervision of Sensei Rajan Jamwal, general secretary Jammu District Karate Association. About 200 participants from 11 different schools of Jammu participated in the champi-

onship. Chairman of Ranjit College, Dr. Manmeet Singh was the chief guest Anbedkar Gupta and Sanjay Tutoo were special guests. Kamaldeep Singh was guest of honour.

The technical panel comprised Pooja Sharma (organising secretary), Sourav Mehra, Susheel Pandita, Anil Kumar, Diksha and Chhaya. Doon International School declared overall winner while Little Flower Higher Secondary School remained runners-up.

The best team trophy went to British International School. Medal Winners: GOLD: Akshainie Tikku, Aarav Aggarwal, Shezan, Rihansh, Natiq, Evelyn, Zehra, Anvik, Zeeshan, Adhikansh, Sayan, Aakifah, Asha, Haleema, Ashmeet, Haroon, Samriti, Aashrita, Trimann, Ayushman, Jaipreet, Aashvi, Ishita, Baldeep, Hasmain, Shranya Sharma, Vedanshi, Sharanya Raina, Yuvraj, Daksh, Ajwaa, Aliza, Kamran, Mamoon, Avvyam, Mahid and Rudransh.

tated in the School Assembly.

On the occasion, Director Shashi Chaudhary lauded the school Coach Pawan Kumar and HOD (Sports) Subash Chander for preparing the student.

Director JK Educational Society Shashi Chaudhary and the School Principal Rajesh Rathore congratulated the winner and felici-

ated in the School Assembly. On the occasion, Director Shashi Chaudhary lauded the school Coach Pawan Kumar and HOD (Sports) Subash Chander for preparing the student.