

INSIDE

Athletics, Badminton
Yoga events held at...

3

7

Encouraging response
from girls in Tikri...



Maiden Mixed Rifle Shooting Gold for J&K

SPORTSLINE NEWS

JAMMU: Jammu and Kashmir secured first gold medal in senior Mixed team Rifle Shooting at the National level in the ongoing 22nd Kumar Surendra Singh Shooting Championship at MP State Shooting Range in Bhopal.

"The gold winner shooters, Vishal Sharma and Aneesha Sharma of the Mission Olympics Shooting Academy Jammu (MOSAJ) have secured the region's first gold medal in the mixed senior team Rifle shooting event," a handout issued here today informed.

Guided by the coaches, Vishal Mehra and Aman Singh, the promising senior shooters, Vishal and Aneesha delivered a stellar performance, bringing pride and recognition to J&K in the national shooting arena.

Meanwhile, president of the Jammu and Kashmir Rifle Association (JKRA), SS Sodhi, along



with chairman Kuldeep Singh Jamwal and Chief Executive Officer, Sharat Chandra Singh congratulated the gold winner shooters.

Jammu's Anurag achieves 1703 FIDE Rating

SPORTSLINE NEWS

JAMMU: Young 12-year old Anurag Singh, a student of Doon School Jammu, achieved 1703 FIDE rating in the latest FIDE list released by World Chess Federation.

"He achieved this rating by his performance in Kashmir FIDE rating event last month wherein Anurag defeated many rated players. It was his sheer hard work that make him produce a good show," said Atul Kumar Gupta of All J&K Chess Association (AJKCA).

Meanwhile, on his return to Jammu, Anurag was felicitated by working president of AJKCA Atul Gupta and Baldev Raj, president of AJKCA. "Anurag is an upcoming boy, who deserves appreciation and encouragement, so we patted him today for the distinctive achievement," said Baldev Raj.



Magotra made manager of Indian Volleyball team

SPORTS & ALLIED NEWS

JAMMU: Chief Executive Officer (CEO) of Volleyball Association of J&K (VAJK), Kuldeep Magotra has been appointed Manager of the Indian Under-20 women team heading for 22nd Asian Championship to be held in China from July one to July nine. The appointment has been made by the adhoc committee of the Volleyball Association of India (VAI), considering the experience of veteran administrator from J&K. Meanwhile, VAJK thanked the adhoc committee of VFI led by chairman, Rohit Rajpal and secretary, Madam Alankanda Ashok. Chairman, Shaheed



CONTD ON PG 6

Vishal represents J&K in Asian Fencing meet

SPORTSLINE NEWS

JAMMU: Vishal Thappar, top Sabre fencer of J&K, has been selected for Senior Asian Fencing Championship to be held at Kuwait from June 22 to June 25. Vishal's selection has been made during trials for Senior Asian Championship held at New Delhi. Earlier, Vishal was called for the selection process considering his individual Bronze medal won in the Senior National Fencing Championship. Serving with Indian Navy as Chief Paty Officer, Vishal presently trains at National Centre of Excellence (NCOE) Patiala in Punjab.



CBI closes corruption case against Narinder Batra

SPORTSLINE DESK

NEW DELHI: After nearly two years of investigation, the CBI has closed a corruption case against former Indian Olympic Association (IOA) president Narinder Dhruv Batra and Hockey India Executive Director Cdr R K Srivastava as it could not find evidence of wrongdoing against them, officials said on May 24.

The CBI had registered an FIR in the July 2022 case after its three-month-long preliminary enquiry report found prima facie material indicating "the commissions of



cognizable offences" relating to criminal conspiracy, criminal

breach of trust, and corruption against Batra.

Some officials of Hockey India including its Executive Director R K Srivastava, former president Rajinder Singh and former secretary general Mohd Mushtaq Ahmad

were also booked.

When contacted, Batra refused to comment on the closure report, saying he has no information about the

CONTD ON PG 6

If UNDELIVERED
Return to **SPORTSLINE** at

185, Phase-IV, JDA Housing Colony,
Paloura, Jammu-181121

Jammu Wrestler Yuvraj lifts 24th Bhamag Dangal title

SPORTSLINE NEWS

JAMMU: Wrestler Yuvraj of Akhnoor in district Jammu lifted the 24th Annual Bhamag Kesari Dangal title outplaying Usman of Mathura in Uttar Pradesh at Sardabar, Kalsote (Moungri) in district Udhampur.

Yuvraj presented a cash prize of Rs 8,000 while runners-up, Usman got Rs 7,000. In other main bouts, Sunil of Kot Bhalwal defeated Irfan of Basantgarh and Kulbir Singh of Kot Bhalwal beat Teja of Mathura in UP. Kharpu of Jammu also won against Balwan Singh of Reash and Kala of RS Pura trounced Sonu of Amritsar.

In women bouts, Zahida of (Pouni) beat Diksha (Pouni); Kajal of

Pouni beat Reema of Rajouri and Zahida of Pouni beat Mahi of Teryath.

Deputy Commissioner Udhampur, Saloni Rai was the chief guest, who encouraged the participating wrestlers and later presented the cash prizes.

Among the guests of honour were ADDC Rajinder Singh; Tehsildar Moungri, Arushi Saberwal; former Municipal Committee Udhampur Chairman, Dr Yogesh Gupta; DDC member Panchari Jasveer Singh; J&K Bank Branch Manager, Maneer Singh and DySP Panchari, Bhatto Choudhary.

Dangal was organized by J&K Indian Style Wrestling Associa-



tion in active support with J&K Police Department, J&K Bank Limited, J&K Tourism Department, Department of Youth Services and Sports (DYSS), District Administration Udhampur and Bhamag Kesari Dangal Committee.

The event held under the overall supervision of president J&K Indian Style Wrestling Associa-

tion, Shiv Kumar Sharma and president Udhampur District Indian Style Wrestling Association, Om Parkash Verma.

Among other prominent present were advocate Swatanter Dev Kotwal, chairman Lord Shiv-Parvati Caves Shrine (Mongri) Development Board, Former Councilor Ashwani Khajuria, Preeti Khajuria, Naib Tehsildar Mahesh

Singh, District Information Officer, Rajinger Dingra, District Youth Services and Sports Officer, Ramesh Chander Mishra, SHO Panchari Deepak Sharma and vice president J&K Indian Style Wrestling Association, Varinder Badyal. In total, 39 bouts decided in this day-long dangal.

Meanwhile, Shiv Kumar Sharma, president Senior Citizens

Welfare Forum Katra (Regd.) honoured prominent social activist and senior citizen, Ram Dass (80 years) of village Badola.

Members of organizing committee present were Jai Parkash (president) Dhani Ram (general secretary), Rashid Mohd. Malik, Om Parkash Varma, Lochan Singh, Rakesh Kumar and Balwan Thakur (cashier).

DYSS holds TT, Chess meet at Udhampur

SPORTSLINE NEWS

UDHAMPUR: Organised by the Department of Youth Services and Sports (DYSS) annual inter-school competitions of district Udhampur in the disciplines of Chess and Table Tennis got underway at Indoor Complex, here.

The event was declared open by SSP Udhampur, Joginder Singh, who was chief guest on the inaugural day of the event. He was accompanied by DySP Headquarters, Parhlad Singh and SHO Udhampur, Raghubir Singh and Manmeet Singh (Police Post office officer Ghordi).

The chief guest, Joginder Singh interacted with the participants and other officials of the department.

Earlier, district (DYSS) officer Udhampur, Romesh Chander Mishra presented a brief note of the activities in the district. He informed the gathering that over 120 school going athletes from the district represented Udhampur at the National level last year.

Among other officials present were Anita Goswami, Som Dev Khajuria, Ramesh Chander, Sanjeev Kumar, Vikas Sharma, Jatinder Sethi, Karun Magotra, Abdul Qadir, Sanjeev Khajuria and Meenakshi Sharma.

Around 300 participants reported on the opening day today.

The Results (Finals): Table



Tennis: Under-17: Lakshay Dev Singh, Zone Udhampur, winner and Kanav Gupta, Zone Udhampur, runners-up. Under-14: Prajwal Bhandral, Zone Ramnagar, winner and Bhavesh, Zone Udhampur, runners-up.

Chess: Under-17: Akshar Mahajan, Zone Udhampur,

winner and Monisha Mahajan, Zone Udhampur, runners-up. Under-14: Aradhak Paroch, Zone Udhampur, winner and Shivansh Bagotra, Zone Jib, runners-up.

Meanwhile, the department also conducted selection trials for the football teams.

Ashutosh, Sonali win Chess selection event



SPORTSLINE NEWS

JAMMU: Ashutosh Jamwal and Sonali Manhas bagged the men and women title respectively in the Jammu Division selection chess tournament which was organised by All J&K Chess Association (AJKCA), here.

Young Alankrita Sharma excelled in the Junior girls age groups of under-nine, under-11, under-15 and under-17 in the same event which took place under the guidance of Jammu Division Selection Committee at Hotel Nek, here.

Aarav Gupta and Pazhany Kohli won under-15 and under-13 age group titles while Miraya Sharma secured under-13 girls title trophy and Srujanika Gupta excelled in under-19 category. Viraj Raina won the under-nine boys title.

In the closing function, president AJKCA, Baldev Raj was chief guest, who distributed the prizes to the winners. He wished good luck to the participants for future endeavours.

All the events were conducted under the direct supervision of chairman Jammu division selection committee, S.P. Sharma. Bindu Pathania was chief Arbiter while Arvind Sharma extended technical support.



Record 700 participation in DYSS Reasi meet

SPORTSLINE NEWS

REASI: A record 700 participants took part in the multi-day inter-school zone level (under-14 and under-17 boys) competitions of Kho-Kho, Kabaddi, Volleyball and Wrestling of Reasi which took place under the banner of Department of Youth Services and Sports (DYSS) at General Zorawar Singh Stadium, here.

Finding such a big number of boys taking part in the annual event, the district (DYSS) officer, Tarsem Singh appreciated the concerned staff, especially

the Zonal Physical Education Officer (ZPEO) Reasi, Asha Devi for mobilising and involving the school going sports enthusiasts in the physical activity.

The (Final) Results: Under-17: Volleyball: HS Nomain beat HS Bhagdar 3-0. Kabaddi: Trikuta Shiksha Niketan Reasi beat GHSS Boys Reasi 20-15. Kho- Kho: GHS Nomain beat GHSS Aghar Jitto 4-3. Wrestling: 41-45 kg: Arshad (GHS Kambal Danga), Ist; Tanveer Ahmed (GHS Kambal Danga), 2nd. 46-48 kg: Balkrishan (GHSS Katra), Ist. 49-51: Gourav Singh of GHS Panassa, Ist. 52-55: Varun Kumar (GHSS Katra), Ist. 61-65: Virat

Rajput, Lawrance Public, Reasi, Ist.

Under-14: Volleyball: Trikuta Shiksha Niketan Reasi beat BHSS Reasi 3-2. Kabaddi: HS Serah beat MS Upper Seela 15-13. Kho- Kho: HS Nomain beat MS Seri Bhangal 3-2. Wrestling: 35-38 kg: Azam of Kambal Danga, Ist; Mohd. Javed GHS Panassa, 2nd. 39-41 kg: Gurmeet Singh of GMS Lower Seela, Ist; Mohd. Javed GHS Panassa, 2nd . 42-44 kg: Karandeep Singh GHSS Nomain, Ist. 45-48 kg: Pardeep Singh, Kambal Danga, Ist. 61-65 kg: Virat Rajput, Lawrance Public Reasi, Ist.

The competition officiated by the

technical penal including Devinder Kour, Anjali Sharma, Jasbinder Kour, Ashoka Kumari, Shamim Akther, Sanjeev Kumar, Danish Singh, Surinder Singh, Pardeep Kumar, Arun Dev, Mohd. Raiz, Jyoti Sharma, Goutam Kundal, Jugal Kumar, Anjan Sharma, Neha Sharma, Madhu Rani, Ankush Sharma, Kiran Devi, Sakshi Gandotra, Anoop Kumar, Rajan Kumar, Ashish Kumar, Deep Sharma, Madhu Rani, Neha Sharma, Pardeep Kumar, Surbhi Anthal, Sapna Devi, Usha Devi, Priya Sharma, Sahil Sharma, Danish Singh, Jaswant Singh and Kajol Devi.

Athletics, Badminton Yoga events held at Chenani

SPORTSLINE NEWS

UDHAMPUR: Part of the annual calendar of activities, inter-school competitions of zone Chenani took place in the disciplines of Badminton, Athletics and Yoga in under-14 and under-17 age groups of boys and girls at different venues.

The whole event held under the guidance of Zonal Physical Education Officer (ZPEO) Chenani, Jyoti Rani at Government Higher Secondary School Chenani and Government High School Chenani.

The Results:

ATHLETICS: Girls: Under-14: 100 mts: Archana Devi, MS Kulakh, Ist. 200 mts: Bandana Devi, GMS Bant, Ist. 400 mts: Rubia Anjum, HS Nagulta, Ist. 600 mts: Taaz Kousar, MS Gujad, Ist. Shot Put: Shafia Bano, GMS Sudhmahadev, Ist. Long Jump: Anjana Devi, MS Kulakh, Ist. High Jump: Sakshi Devi, GHS Chenani, Ist. Under-17: 100 mts: Laxmi Devi, HS Nagulta, Ist. 200 mts: Sunali Devi, HS Nagulta, Ist. 400 mts:

Rubia Akhter, GHS Chenani, Ist. 800 mts: Rubi Sharma, HS Nagulta, Ist. Shot Put: Mamta Devi, GHS Chenani, Ist. Long Jump: Rubia Akhter, GHS Chenani, Ist. High Jump: Ultfat Bano, GHS Chenani, Ist.

YOGA: Boys: Under-14: Manish Singh, MS Baishty, Ist. Under-17: Mohd Imran, HS Samroli, Ist. Girls: Under-14: Sunali Devi, MS Gujad, Ist. Under-17: Shruti Devi, HSS Kud, Ist.

BADMINTON: Girls: Under-14: Benakshi, HSS Chenani bagged singles title and the doubles final won by the pair of Kajal Sharma and Shriya Sharma. Under-17: Manisha of GHS Chenani bagged singles title while doubles final clinched by the duo of Rubi of HS Nagulta and Sakshi of HS Kither Chirdi. Boys: Under-14: Mohd Wasim, CMS Chenani won singles title. The doubles final won by the pair of Haryan Sharma and Aditya Singh. Under-17: Singles: Manish Kumar of HSS Dhanas. Doubles: Sahil Kumar and Amit Singh of CMS Chenani won the doubles title.



Akhnoor, Jourian boys win Volleyball titles



SPORTSLINE NEWS

JAMMU: Boys teams from Zone Akhnoor and Jourian bagged the title trophies of under-17 and under-14 age groups respectively in the annual inter-zone competitions of district Jammu, being organised by the Department of Youth Services and Sports (DYSS) at Khel Gaon, Nagrota, near here.

In the under-17 title clash,

Akhnoor trounced their counterparts from Zone Jourian while for the under-14 title, Jourian Zone trounced Zone Gandhi Nagar. Finals in other three sports disciplines of Kabaddi, Chess and Kho-Kho also took place at the same venue.

In the finals and valedictory of today's events, Deputy Director DYSS, Jitender Mishra was chief guest, who presented the title trophies in the presence of district

(DYSS) officer Jammu, Sunil Kumar.

Other (Final) Results: KABADDI: Under-17: Zone Dansal beat Zone Khour. Under-14: Zone Miran Sahib beat Zone Khour. KHO-KHO: Under-14: Zone R S Pura beat Zone Miran Sahib. Under-17: Zone R S Pura beat Zone Khour. CHESS: Under-14: Zone Gandhi Nagar beat Zone Jammu. Under-17: Zone Bhalwal beat Zone Miran Sahib.

GGHSS Reasi girls dominate in U-17 events



SPORTSLINE NEWS

REASI: The PM Shri Government Girls Higher Secondary School dominated in under-17 age group winning three titles of Volleyball, Kabaddi and Kho-Kho in the ongoing girls inter-school (under-14 and under-17) competitions of Zone Reasi at General Zorawar Singh Stadium, here.

In the finals, Zonal Education Officer (ZEO) Reasi, Om Parkash was special guest, who witnessed the close contests. The competition is being held under the guidance of Zonal Physical Education Officer (ZPEO) Reasi, Asha Devi.

The Results: Under-17: Volleyball: GGHSS Reasi beat HS Kambal Danga 3-0. Kabaddi: GGHSS Reasi beat Gran Barotrain 21-18. Kho-Kho: GGHSS Reasi beat HS Sirah. Under-14: Volleyball: HS Kambal Danga winner. Kabaddi: MS Panthal beat Aghar Ballian 14-25. Under-14: Kho -Kho: MS Seri Bhangal beat HS Bhagha.

The matches officiated by the technical penal including Devinder Kour, Anjali Sharma, Ashoka Kumari, Sanjeev Kumar, Danish Singh, Surinder Singh, Pardeep Kumar, Arun Dev, Mohd. Raiz, Jyoti Sharma, Goutam Kumdal, Jugal Kumar, Anjan Sharma, Neha Sharma, Madhu Rani, Meenakshi Sharma, Kiran Devi, Sakshi Gandotra, Rajan Kumar, Ashish Kumar, Madhu Rani, Neha Sharma, Shamim Akther, Surbhi Anthal, Sapna Devi, Usha Devi, Priya Sharma, Varinder Singh and Sahil Sharma.

Tawi Trekkers team boosts Bari on way to Ladakh



Mazharul Bari with Ram Khajuria and other dignitaries.

SPORTSLINE NEWS

JAMMU: Advisor of Tawi Trekkers J&K Ram Khajuria flagged of an environmentalist and a mountaineer Mazharul Bari, on a solo bike expedition to Umling la (5798m) in Ladakh, the highest motorable pass in the world, from Sprawling Buds ICSE School, Bantalab, here.

Prominent among others who gave Mazharul Bari a warm send off and wished him grand success in his noble mission included Arti Sharma, chairperson and Seema Sharma, Director of Sprawling Buds ICSE School; Shawetica Khajuria, president of Tawi Trekkers J&K; Sumit Khajuria, vice president of Mountaineering Association of J&K; Sahil Magotra of Nippon India Mutual Fund; Isha Singh, Meenakshi and Bhaibav Sharma.

During his 3000 km solo ride, Mazharul Bari shall negotiate 20 mountain passes including Khardungla during his 12 days venture into the Himalaya. However, his primary mission is to spread the message of 'No Drugs' besides preservation of environment.

A resident of Jamshedpur and employed with Tata Steel Security as a Sub Inspector, Mazharul Bari is an international Rescue Scuba Diver who has saved many people from drowning and has also recovered innumerable dead bodies from deep water bodies in difficult situations.

DYSS holds Judo, Taekwondo events at Udhampur

SPORTSLINE NEWS

UDHAMPUR: Department of Youth Services and Sports (DYSS) organised district level boys' Taekwondo and Judo competitions at Indoor Complex, Subash Stadium, here.

Selection trials for Softball also conducted to raise the district team for the upcoming Divisional level competitions of the DYSS, a handout issued by the department here informed.

Taekwondo: Winners: Under-17:35 kg: Danish Thakur, Zone Udhampur; 35-38 kg: Pankaj Kumar, Zone Udhampur; 38-41 kg: Rinku Sharma, Zone Jib; 41-45 kg: Sarbjeet Singh, Zone Jib; 45-48 kg: Mohit Antal, Zone Jib; 48-51 kg: Aniket, Zone Jib.

Under-14: 18-21 kg: Atul Sharma, Zone Jib. 21-23 kg: Sourav Verma, Zone Jib; 23-25 kg: Sahil Singh, Zone Ghordi; 25-27 kg: Sahil



Sharma, Zone Jib; 27-29 kg: Smarath Dogra, Zone Udhampur. 29-32 kg: Anurag Khajuria, Zone Udhampur.

32-35 kg: Arun Kumar, Zone Udhampur. 35-38 kg: Arshdeep Singh, Zone Jib.

38-41 kg: Vihan Bhardwaj, Zone

Udhampur. 41kg plus: Tarun Singh, Zone Udhampur.

Judo: Winners: Under-14: Arun Sharma, Zone Ghordi. Under-17: 40 kg: Vansh Sharma. 50 kg: Bablu Kumar. 55 kg: Rajinder Singh. 60 kg: Om Parkash. 73 kg: Nirmal Singh.

CONTD FROM PG 1

Magotra made manager

Manjit Singh Memorial Volleyball Club Poonch, Mohd Tariq also conveyed his gratitude to the VFI for showing faith in J&K veteran, Kuldeep Magotra.

CBI closes corruption

development. The CBI also did not offer comments on the closure of the case despite repeated attempts. The CBI could not find enough evidence against Batra, Singh, Ahmad and Srivastava after over two years of investigation to file a charge sheet, the officials said. The central probe agency has now filed a closure report in the case before a special court here. The court will decide whether to accept the report and close the

matter or direct the agency to investigate further. The officials said the case arose from a complaint alleging that Batra had got his office in the IOA Bhawan renovated in violation of norms. The FIR alleged that the accused "executed the work of renovation and furnishing of the office of the president of IOA without prior approval of Executive Board of Hockey India," a CBI spokesperson had said after the agency conducted searches on July 18, 2022. It was further alleged that records were fabricated and falsified to justify and cover up the fraudulent expenditure at the approval stage. Batra ceased to be the president of the IOA when the Delhi High Court, on May 25, 2022, struck down the post of 'life member' in Hockey India. In three handwritten notes, Batra had officially tendered his resignations from the IOA, International Olympic Committee (IOC) and International Hockey Federation (FIH).



Participants at the start of their trek to Naina Devi in Mantalai of district Udhampur.

Successful trek to Naina Devi by Tawi Trekkers

SPORTSLINE NEWS

JAMMU: Continuing its momentum towards conduct of series of one-day treks, Tawi Trekkers J&K, one of the most active trekking clubs in the country, organized a reconnaissance trek from Mantalai to Naina Devi temple in district Udhampur.

The group of 14 trekkers was led by a senior member Sushil Singh and included Advisor of the club Ram Khajuria; president, Shawetica Khajuria; patron of District Mountaineering Association, Jammu, Vivek Chauhan; Managing Editor, Sportsline, Sanjiv Sharma; mountaineers, Shashi Kant Sharma and Shilpa Charak; senior members, Navneet Gupta, Seema Kharyal, Bindupal Singh, Anu Sharma, besides Akash Deep Sharma, Ajay Thappa, 12 years old Eshani Singh and four years old Aadheesh Sharma.

Starting the five kilometers trek from Mantalai, about 55 kms from Udhampur, the trekkers enjoyed beautiful panoramic views of the sacred Sudhmahadev and Mantalai areas while ascending the bridge trail. The trekkers were awestruck by the beauty of nature when they suddenly entered a dense and dark forest which con-



Trekkers on the go in Mantalai area of district Udhampur.

tinued for about two kms.

The trekkers were in for another pleasant surprise when a sprawling meadow appeared before them on reaching the top point of the trek, a tranquil place surrounded by lush green

deodar forest at an altitude of 7200ft. It was an ideal camping place with tap water and a community hall.

After having darshan of Naina Devi Deity the trekkers had a well deserved rest and the

much needed heavy refreshment. The trekkers adopted a short but very steep route in the dense forest on their return trek to Mantalai.

It is pertinent to mention here that this trek was a part of the ex-

haustive reconnaissance being carried out by the club to explore the possibilities of making Jammu region an all weather hub of soft adventure activities like adventure camps/ picnics and short heritage treks.



Trekkers outside Naina Devi temple in Mantalai in district Udhampur.



Girls Boxing, Fencing events held at Udhampur

SPORTSLINE NEWS

UDHAMPUR: Part of the annual calendar of activities, Department of Youth Services and Sports (DYSS) organised inter-zone district level competitions for girls in the disciplines of Boxing, Fencing and Kickboxing as also selection trials for Handball at different venues, here.

The whole event supervised by the district (DYSS) officer, Udhampur, Romesh Chander Mishra involving around 200 female students from different zones of the district. A record around 120 girls turned up for Handball selection trials at Mini Stadium grounds.

The Technical panel comprised Ajay Sharma, Rishi Sharma, Bandana Sharma, Sanjeev Kumar, Sourabh Pandit, Ravi Kumar, Nitika Sharma, Vikey Kumar, Nisha Kumari, Jagdish Kumar, Ranjeet Singh, Naveen Kumar, Mayank Mengi, Neetika Sharma and Yash Paul Sharma.

The Results:

BOXING: Under-17: 44- 46 kg: Pooja Devi, Zone Udhampur, Ist. 42-44 kg: Archita Manhas, Zone Udhampur, 2nd; 46-48 kg: Asha



Devi, Zone Udhampur, Ist; 48-50 kg: Suranshi, Zone Udhampur, Ist.

FENCING: Under-14: Epee: Sharanya, Zone Udhampur (Winner), Utkarsha, Zone Udham-

pur (Runner-up). Foil: Ashwathi, Zone Udhampur (winner) and Mehnaz Akhter, Zone Tikri (runners-up). Sabre: Adia, Zone Udhampur (winner); Shivanshi, Zone

Udhampur (runners-up). Under-17: Epee: Mannesvi, Zone Udhampur (winner); Arshi, Zone Udhampur (runners-up). Foil: Alankrita, Zone Udhampur (winner); Ridhi,

Zone Tikri (runners-up). Sabre: Jagriti, Zone Udhampur (winner); Urvashi, Zone Udhampur (runners-up).

DC Udhampur felicitates champion girls in Volleyball



SPORTSLINE NEWS

UDHAMPUR: To appreciate their talent and achievement, the Deputy Commissioner (DC) Udhampur, Saloni Rai felicitated the Junior (under-19) girls team of the district for lifting the Volleyball Championship which held at Jammu under the banner of Volleyball Association of J&K (VAJK), recently.

The women IAS officer presented a cheque of Rs 10,000 to the team in the presence of coaches and members of the district volleyball Association. She encouraged the girls to do well in their future endeavours.

Earlier, president of the District Udhampur Volleyball Association, Ashok Padha informed the DC that the winning team awarded Rs 11,000 and glittering

trophy by the Association in the J&K event held at MA Stadium, Jammu. Among others present were Sunil Sharma (senior vice president), Amit Chander (secretary), Vinod Kumar Sharma (coach) and Amit Sharma (ex-national player).

Meanwhile, district association expressed thanks to the Deputy Commissioner for the gesture.

KU organises road race



SPORTSLINE NEWS

SRINAGAR: The Directorate of Physical Education and Sports, University of Kashmir (KU) today organised road race on the campus as part of the annual sports activities.

Around 85 students, representing different departments of the KU, contested in this event. The encouraging part of the activity was participation of around 37 female students.

Those winners of men and women sections were felicitated with medals by the Department of Sports.

In the meantime, Registrar of KU, Prof Naseer Iqbal extended greeting to the participants and motivated them to come forward to take part in sports and physical activities in a big way.

The event took place under the guidance of Director Sports, KU, Dr Mandeep Singh.

The Results: WOMEN: Inayat Farooq, Department of Physical Education and Hurmah Shah of Department of Law share Gold; Sumy Jan and Iqra Bano, again of Physical Education bagged Silver and Bronze medal respectively. MEN: Mir Riyaz, Department of Mathematics, Gold; Amir Saleem, Department of Law, Silver and Abid Amin Khan, Bronze.

The event was coordinated by Azad Shah of Department of Youth Services and Sports (DYSS).

Edited, Printed and Published by Neeraj Sharma from
185, Phase IV, JDA Housing Colony, Paloura, Jammu
(Tawi) 181121. Managing Editor Sanjeev Sharma.
Printed at JK Printing and Publications, Near
Matador Stand, Sunjwan, Jammu.
E-mail: sportsline.sanjeev@gmail.com
Contact No. 9419164500, 9596964555



Divisional Karate meet concludes



Shot on OnePlus
2024.05.15 11:44
Powered by Triple Camera

SPORTSLINE NEWS

JAMMU: Two days Jammu Division Karate-Do championship, organised by Traditional Karate do Association involving over 400 participants, concluded today at Indoor Hall, Bhagwati Nagar, here.

Those winners of different age and

weight groups presented the medals by Incharge Manager of J&K Sports Council, Ritika Jamwal in the presence of officials of the Association.

The competition held under the supervision of Shihan Umesh Rekhi while Shashi Janotra and Bhawna Sadhotra were the technical officials. Later, Shihan Naresh Chander, presi-

dent Traditional Karate-do Association of Jammu and Kashmir presented vote of thanks.

The event officiated by the technical panel including Tanisha Mahajan, Udhay Singh, Ravi Kumar, Neetu Devi, Naresh Bhagat, Pawan Choudhary, Raghav Saini, Smarth Jain, Tanisha Mahajan and Ajay Gill.

Encouraging response from girls in Tikri Athletics meet



SPORTSLINE NEWS

UDHAMPUR: Department of Youth Services and Sports (DYSS) received encouraging response with around 100 girls turned up for participation in the inter-school zonal level athletics meet of Tikri which held at Government HSS Tikri, here.

In the closing function of the two-day meet, Incharge Principal, Anu Sharma was felicitated the winner athletes. Earlier, Zonal Physical Education Officer (ZPEO) Tikri, Pushpinder Kour presented a note of the competition. She informed the gathering that over 100 girls in two age groups of under-14 and under-17 took part in different field and track events of Athletics. Now, these winning athletes shall represent Zone Tikri in the district level events to be held in near future.

Cycling Club launches School engagement drive in Kathua



SPORTSLINE NEWS

KATHUA: The Bicycle For Change Club (BFCC) has initiated an inspiring drive to engage schools across District Kathua, with a focus on promoting physical activities among students and steering them away from the menace of drug abuse.

This initiative aims to establish a school-level organization that will eventually evolve into a district-wide children's organization.

Amit Khajuria, representing BFCC with team member, have already visited several schools including Learning Temple, Kids Heaven and Little Angels. During the visits, the team addressed the students, explaining the agenda of BFCC and the vision of creating an extensive school hierarchy.

Among others present were Sunil Sharma, president of BFCC; Deep Kumar, secretary and executive members, Rahul Kad and Arun Kumar.

The response from the schools has been overwhelmingly positive, with administrators expressing strong support for the initiative.

"The collaboration between BFCC and these educational institutions aims to create a nurturing environment where students can thrive both physically and mentally, free from the dangers of drug abuse. The club also intends to help students promote the dogra cultural values, and help students by guiding them for choosing the right career as well," said Club secretary, Sunil Sharma.

GPC Jammu organises Yoga Camp



SPORTSLINE NEWS

JAMMU: Government Polytechnic Jammu (GPJ) organised a mega Yoga Camp on its campus in support with the Department of Ayush Jammu and Kashmir.

In another activity on the GPJ Campus, the Ayush Department held a seminar on 'Personal and Menstrual Hygiene' for female fitness. Both the events held under the guidance of Principal of GPC Jammu, Arun Bangotra and supervised by the DAO Dr. Vandana

Dogra. The activity was aimed at female staff and girl students of the College.

Earlier, the yoga session conducted by Dr. Himani Butyal (Medical officer AYUSH) and her team including Ishan Mansotra, Mamta Sharma, Vandana Sharma, Ratish Kumar, Vanshika Gupta, Ankita Uppal and Sheetal Khajuria (Yoga Instructors).

Speaking on the occasion, Arun Bangotra expressed his views on the importance of Yoga

and appreciated the efforts of the team members of Ayush

Department for the successful event. He thanked the Director AYUSH, Dr. Mohan Singh and DAO Dr. Vandana Dogra for the informative activity.

The College team involved in the event included Sakshi Kapahi, Manu Rajput, Vandana Chib and Toshi Devi. Others present were Harmeet Kour, Ruchi Gupta, Heena Gupta, Surekha, Ritu Manhas, Kanta Balouria and Naseem.



MP endorses Vansh Foundation plea to LG

SPORTSLINE NEWS

JAMMU: Member Parliament (RS), Bhubaneswar Kalita has endorsed the plea of Vash Sabre Sports Foundation (VSSF) to the Lieutenant Governor (LG) of J&K with regard to issuance of long pending appointment orders for outstanding sportspersons of the Union Territory.

In his capacity as patron-in-chief of VSSF, the Rajya Sabha member has conveyed to the LG, Manoj Sinha the concern of the Foundation in a letter dated May 15.

The letter addressed to the LG, says, "These sports individuals have not only represented our country at the international stage but have also achieved remarkable success in various national and international competitions, thereby bringing laurels to the Nation."

The MP further asked for personal attention of the LG, Manoj Sinha. "Your attention to this matter is crucial as these appointments have been pending for quite some time. I request your kind intervention into the matter of the issuance of appointment orders for the deserving sportspersons."

Earlier, communicating the patron-in-chief, Member of Parliament, Bhubnesar Kalita, the Foundation secretary, Kuldeep Kumar Gupta, in a detailed letter, explained the apathy of hundreds of outstanding sportspersons in J&K in a

communication dated May 13.

Important to mention here that the

Vansh Sabre Foundation has taken up the issue of outstanding sports persons, who

wait since long for their absorption in the government services under sports quota.



VANSH SABRE SPORTS FOUNDATION



Polytechnic College holds Volleyball tourney



SPORTSLINE NEWS

JAMMU: Computer Engineering Department of the Government Polytechnic College Jammu won the inter-department 6th Faizal Abbas Memorial Volleyball Tournament beating Department of Automobile Engineering in the final played here.

Earlier, in the semifinals, Computer Engineering Department trounced the defending champion Electrical Department 2-1 (25-21, 23-25, 15-12) in a closely contested game while Mechanical Engineering Department lost to Department of Automobile 1-2 (21-25, 25-23, 10-15).

In the final and closing function, Principal of the College, Arun Bangotra was chief guest, who along with Inderjeet Singh, Workshop Superintendent felicitated the teams.

This tournament was organised in the memory of a former student of the College, Fazil Abbas, who lost his life in an unfortunate accident. Besides good player of Volleyball, Abbas was good in studies.

Speaking to the gathering, Principal applauded the students for their performance. He was all praise for the sports wing of the College for engaging the students.

Others present were Manjeet Singh (HoD Electrical Engineering), Akhil Kumar (Lecturer-I), Ashok Verma (AA), Kamal Kumar (Demonstrator), Rakesh Khullar and Sandeep Kumar.

The technical penal comprised Amit Sharma (a National referee), Chamel Singh (PEM) and Toshi Devi (PET).

Pegasus celebrates AFC Grassroots Day



SPORTSLINE NEWS

JAMMU: Pegasus Football Club, a leading football club in Jammu, proudly celebrated AFC Grassroots Day. The event, held at Birla Open Minds International School (BOMIS) grounds, here.

The event witnessed the participation of 100 enthusiastic young footballers who immersed themselves in the joy of the beautiful game, a handout issued by the Club mentioned.

Under the guidance of Head

Coach Rohit Salgotra and efforts of Club Manager, Deepanshu, along with coaches Imran, Rizwan, and Aakash, the day was filled with excitement, learning, and camaraderie. Volunteers also played a pivotal role in ensuring the smooth execution of the event, contributing to its resounding success.

As the day drew to a close, the highlight of the event unfolded with the distribution of medals and certificates to all the participants, recognizing their dedica-

tion and passion for football. It was a heart warming sight to witness the pride and joy on the faces of these budding athletes as they were celebrated for their efforts. The Pegasus FC extends its heartfelt gratitude to everyone who contributed to the success of this event, from the coaches and volunteers to the participants and their families. Together, we reaffirm our commitment to nurturing the grassroots football community and inspiring the next generation of football stars.



DYSS Reasi holds boys indoor events



SPORTSLINE NEWS

REASI: Department of Youth Services and Sports (DYSS) district Reasi organised inter-zonal district level competitions for under-14 and under-17 age groups boys in the indoor games of Yoga, Chess, Carrom, Rope Skipping and Badminton.

The winner teams and individuals given away the prizes by district (DYSS) officer, Tarsem Singh in the presence of Managers Sports Stadium Reasi, Dalbir Mehta and Nilesh Shukla.

Around 550 participants from different zones of district Reasi participated in this event.

The Results:

WRESTLING: (Finals) Under-14: 35 kg: Azam (Reasi) beat Salman Khan (Arnas). 41 kg: Gurmeet Singh (Reasi) beat Zahir Khan (Chassana). 45kg: Gourav Singh (Arnas) beat Taranjeet Singh (Chassana). 52 kg: Anash

Raina (Pouni), winner. 57 kg: Mohd. Aquib (Reasi), winner. Under 17: 45 kg: Mohit Kumar (Pouni) beat Rohit Singh (Arnas). 48 Kg: Arshad (Reasi) beat Rohit Singh (Arnas). 51 Kg: Shokat Ali (Chasana) beat Varun Kumar (Reasi). 55 Kg: Som Raj (Chasana) beat Luckey Thakur (Arnas). 60 kg: Ritik Thakur (Arnas) beat Virat Rajput (Reasi). 65 kg: Abdul Rehman (Reasi), winner. 80 Kg: Amjad khan (Reasi) beat Abhishek Thakur (Arnas).

YOGA: Under-17: Tahir Iqbal (Reasi), 1st; Kartik Bhagat (Reasi), 2nd and Vansh Verma (Reasi), 3rd. Under-14: Parth Sharma (Reasi) 1st; Ankush Verma (Reasi), 2nd and Zahid Mir (Reasi), 3rd.

ROPE SKIPPING: Under-17: Krish (Pouni), 1st; Karan (Pouni), 2nd and Sukh Dev Singh (Reasi), 3rd. Under-14: Ishant Singh (Reasi), 1st; Mohd. Shah Nawaz (Arnas), 2nd and Madhav Thakur (Arnas), 3rd.



World No-Tobacco Day: HKM College Bandipora holds Painting event



SPORTS & ALLIED NEWS

BANDIPORA: In observance of the World No-Tobacco Day, the NSS Unit and Red Ribbon Club of HKM, College Bandipora in Kashmir on May 30 organized a Painting competition aimed at raising awareness about the harmful effects of tobacco consumption.

The theme for the painting competition was 'Dangers of Using Tobacco'.

Students from various disciplines participated with great enthusiasm, showcasing their cre-

ativity and concern through symbolic combinations of colours and images. Their artworks poignantly depicted the perils associated with tobacco use, highlighting its impact on health and well-being. The NSS Program Officers and Red Ribbon Club officers encouraged the students and appreciated their efforts.

Tufail Rehman bagged first position while as Iqra Aijaz bagged second position and Mehreen Fida bagged third position.

The competition was judged by panel of faculty members includ-

ing Dr. M Sheikh ul Ashraf from the Department of Botany, Prof. Mohammad Salim Bhat from the Department of Environmental Science, and Dr. Irshad Ahmad Bhat from the Department of Physics.

The panel evaluated the artworks based on creativity, relevance to the theme, and the message conveyed.

The painting competition not only provided a platform for students to express their views on a critical issue but also fostered a sense of responsibility towards public health.

Aafaq of Kupwara wins Bronze in National Karate meet



SPORTSLINE NEWS

JAMMU: Part of the J&K team, Aafaq Ahmad Sofi of district Kupwara clinched Bronze medal in the recently held All India Karate Championship at Dehradun in Uttarakhand.

Aafaq contested in 52 kg category of Cadet boys. In total, J&K team won two medals, including Silver. As many as six players from district Kupwara were selected in the J&K team. While Aafaq won medal, other members of the team, Urwat-ul-Noor, Aaqib Nabi Reshi, Rahil Majeed Malik, Bilalwal Ibn Nazir and Aafaq Ahmad Sofi performed well.

Meanwhile District Kupwara Karate Association general secretary, Sensei Ajaz Ahmad Bhat appreciated the players for the performance.



Sharath, Manika to lead squads in Paris

SPORTSLINE NEWS

NEW DELHI: Multiple CWG medallist A. Sharath Kamal and World No. 24 Manika Batra will spearhead the team events of Indian men and women challenges, respectively, at the July-August Paris Olympics in what will be the first-ever participation of our squads at the Games.

The senior selection committee of the Table Tennis Federation of India (TTFI), which met here today, picked a six-member squad (three in each section) as per the Olympics norms, besides naming the individuals who would compete in the singles events.

Achanta Sharath Kamal, Harmeet Desai, and Manav Thakkar will form the three-member men's team, while Manika Batra, Sreeja Akula and Archana Kamath will be squad members in the women's category.

The 'Alternate Player' in each section would be G. Sathiyam and Ayhika Mukherjee.

In the men's singles, Sharath and Harmeet will compete and it will be Manika and Sreeja in the women's event.

Since the selection of the squads and the individuals were as per the already pronounced TTFI criteria, three players "got selected themselves" because of their consistent performances over time and world rankings.

However, there was a debate over the third player for the women's squad. After Manika and Sreeja Akula walked in on the back of their higher world rankings (top 50), Archana Kamath made it to the team as the third player. The Bengaluru paddler edged Ayhika Mukherjee out as the former scored over the latter on several counts, including her world ranking (No.103), 33 places ahead of Ayhika.

As for the men, Sharath picked himself as the top-ranked Indian at No. 40, while Harmeet (No. 63) and Manav (No. 62) were separated by one slot in WR. Though both made it to the team composition, National champion Harmeet got the selectors' nod based



on his international (better win-loss proportion to his participation) and national performances.

Incidentally, Massimo Costantini's pres-

ence as a special invitee at the meeting also added teeth as the foreign expert's inputs proved handy in the selection of the squads.

The Teams: Men: A. Sharath Kamal,

Harmeet Desai, and Manav Thakkar. Alternate Player: G. Sathiyam. Women: Manika Batra, Sreeja Akula, and Archana Kamath. Alternate Player: Ayhika Mukherjee.

Lecture on 'Health and Hygiene' at GDC Darhal



SPORTSLINE NEWS

RAJOURI: Government Degree College (GDC) Darhal hosted a lecture on 'Health and Hygiene' for students. The lecture was attended by second semester students as also those from nearby schools.

Experts from the Department of Health held interactive sessions on health-re-

lated topics. The event was coordinated by the college's Internal Quality Assurance Cell (IQAC) and National Service Scheme (NSS), led by Dr. M Saleem Wani and Dr. Mohd Akhlaq.

The program was chaired by Principal of the host college, Prof. Zamir Ahmed Mirza. Other faculty members present included Dr. Ghulam Abbas, Dr.

Taseem, and Prof. Anzar Ahmed. The lecture aimed to raise awareness about the importance of health and hygiene and provide practical tips for maintaining good health.

Participants learned about various aspects of health, including nutrition, hygiene practices, disease prevention, and the importance of regular medical check-ups.

Mount Litera shines in Karate



SPORTSLINE NEWS

JAMMU: Mount Litera excelled in the Jammu Division Karate Championship which was organized by Traditional Karate do Association of J&K, here.

In this championship, 35 students represented the school and 18 of them won gold and 17 others had to contain with silver medal, a handout issued here today informed.

The school team was trained by Naresh Chander.

Meanwhile, chairman of the School, Dr Parneesh Mahajan; liaison officer, Harvinder Singh Sihotra; Principal, Dr. Nitasha Bali; vice principal, Dr. Radhika Mahajan applauded the efforts of the Karate Instructor and congratulated the students for the achievement.



Udhampur girls win TT titles in DYSS event

SPORTSLINE NEWS

UDHAMPUR: Zone Udhampur girls secured both under-14 and under-17 titles in the ongoing inter-school district level Table Tennis tournament, organised by the Department of Youth Services and Sports (DYSS) at Indoor Hall, Subash Stadium, here.

In under-17 Table Tennis final, Shibha Devi defeated Samriti Suchandra, again of Zone Udhampur. The girls under-14 TT title also won by Komal Rajput of Udhampur beating Prachi Sharma of the same Udhampur zone.

Chess Finals: Under-17: Sneha Sharma, Zone Babey beat Taanya, Zone Udhampur. Under-14: Radha Devi, Zone Chenani beat Rumana, Zone Udhampur.

Anita Goswami was chief guest, who witnessed the matches and encouraged the participants. Earlier, a good number of 90 girls turned up for the twin events of Chess and Table Tennis.



'No miracle solutions' to sparse French Open crowds: Amelie Mauresmo

NEW DELHI: Tournament director Amelie Mauresmo acknowledged the lack of "miracle solutions" to address the sparse crowds at the French Open, expressing disappointment over the poor attendance for Friday's men's semi-final between Alexander Zverev and Casper Ruud in Paris.

Mauresmo, along with Gilles Moretton, the head of the French Tennis Federation, stated that efforts are underway to resolve this issue, which has been a significant concern throughout this year's tournament.

Following Carlos Alcaraz's thrilling five-set victory over Jannik Sinner in the first men's semi-final, the match between Zverev and Ruud commenced with numerous empty seats in the main Philippe Chatrier court.

Despite tickets for the event being officially sold out, the persistent sight of half-filled stands has left a negative impression.

"I'm starting to have perhaps more advanced ideas to avoid that," Mauresmo said on Sunday without getting into further details. A tournament debrief is set to take place later this month. "I'm not going to give you miracle solutions today, but it's something we must discuss. We're not satisfied with what we saw for the semi-finals."

Moretton was on the same page as Mauresmo.

"We can't accept seeing the stands empty like that for the second semi-final, it was already a bit like that the previous year," said Moretton, while underlining their hands were somewhat tied.



"We sold 670,000 tickets, but we can't force people to return to the court," he said.

Organisers were particularly surprised by the low turnout for the Zverev-Ruud contest, given that only 10 percent of spectators

had purchased tickets for both of Friday's semi-finals.

Despite the official sell-out status of the tournament, the significant number of empty seats during this match on the main Philippe Chatrier court was unex-

pected and concerning. This issue has left a negative impression and underscores the need for effective solutions to enhance attendance in future events.

"It's still difficult to say to yourself that these people aren't going

to come. I'm not in their head," said Mauresmo.

"More generally speaking, people aren't going to stay seated five, six or seven hours like before. It's a challenge that's not easy to sort out."



How to Clear Bank Exam without Coaching

Clearing a bank exam without coaching might seem daunting, but it's definitely achievable with a little dedication and a good plan. Start by understanding the exam pattern and syllabus, so you know exactly what to expect. Next, create a study schedule that fits your daily routine and stick to it—consistency is key.

Use reliable books and online resources to study, and practice with mock tests to get familiar with the exam format. Focus on your weakness areas, but also remember to revise your strengths. Stay positive, take breaks when you need to, and believe in yourself. With a bit of discipline and determination, you can clear the bank exam on your own and feel proud of your hard work.

Here are the Key Points on How to Clear Bank Exam without Coaching

1. Analyse Syllabus and Exam Pattern

Start by learning the exam pattern and syllabus. Knowing what subjects will be tested and how the exam is structured will help you focus on what's important.

2. Make a Study Plan

Create a daily study schedule that includes all the subjects you need to cover. Stick to this schedule to stay organized and on track with your preparation.

3. Use Good Study Materials

Use reliable books and online resources to study. There are many free materials available, such as PDFs, online courses, and YouTube videos, that can help you understand each topic.

4. Practice Regularly

Practice is key to doing well in bank exams. Solve previous year's papers and take online mock tests to get used to the type of questions and improve your speed and accuracy.

5. Focus on Weak Areas

Identify which subjects or topics you find difficult and spend more time improving on them. Don't ignore these areas, as strengthening them can significantly boost your score.

6. Stay Updated on Current Affairs

Bank exams often include questions on current affairs and general knowledge. Read newspapers, watch news channels, and use apps to stay informed about what's happening around the world.

7. Improve Your Speed and Accuracy

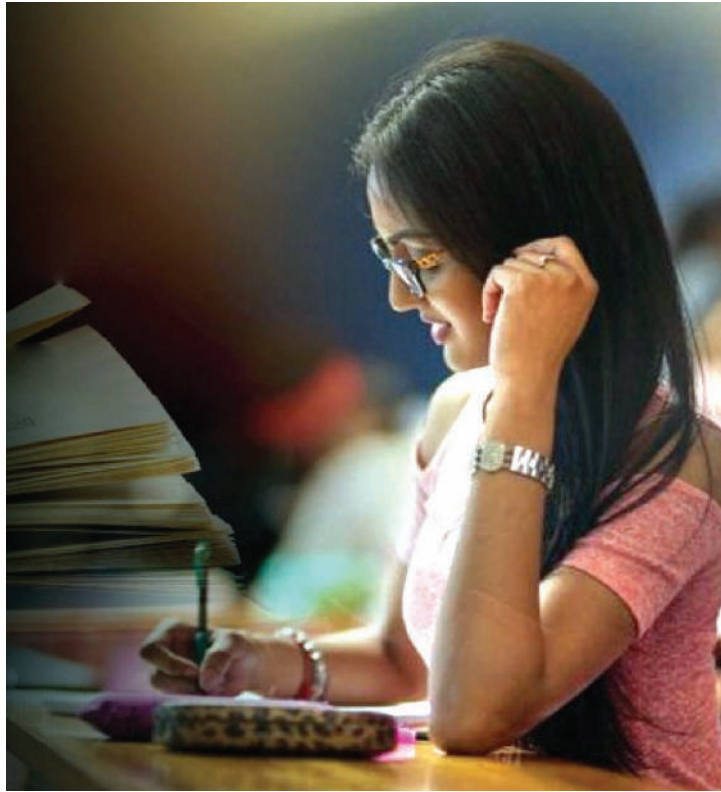
Bank exams are often time-bound, so it's important to work on your speed. Practice solving questions quickly and accurately to do well in the exam.

8. Take Regular Breaks

While studying, it's important to take breaks to avoid burnout. Use techniques like the Pomodoro method, where you study for 25 minutes and then take a 5-minute break. This keeps your mind fresh.

9. Stay Positive and Confident

Believe in yourself and your ability to clear the exam. Stay positive and confident throughout your preparation. If you face difficulties, take them as challenges and work on overcoming them.



10. Revise Regularly

As the exam approaches, revise what you've studied to reinforce your knowledge. Focus on key concepts and formulas, and take more mock tests to assess your readiness.

Key points to keep in mind while Bank Exam Preparation

Understand the format and syllabus before you start preparing. This helps you focus on what's important.

Plan your daily study routine and stick to it. Consistent study habits make a big difference.

Choose good books and online resources. Quality materials help you learn effectively.

Solve previous years' papers and take mock tests. This improves your speed and accuracy.

Identify subjects you find challenging and spend extra time improving them.

Read newspapers and watch the news to stay informed. Current events often appear in the exam.

Eat well, stay hydrated, and get enough sleep. A healthy body supports a sharp mind.

Believe in yourself and stay confident. A positive mindset helps you perform better.

Ways to Figure Out Your Strengths and Weaknesses for Bank Exam Preparation

Discovering your strengths and weaknesses can be an enlightening journey, helping you understand yourself better. It's an essential step in personal and professional development, and here are some heartfelt ways to figure them out:

1. Reflect on Your Past Experiences

Think about moments in your life when you felt proud, accomplished, or fulfilled. What were you doing at that time? Reflecting on your successes can highlight your strengths. Similarly, consider times when you felt frustrated or

challenged. These moments often reveal areas for improvement.

2. Ask for Feedback

Ask family, friends, or colleagues for honest feedback. Sometimes, those around you can see your strengths and weaknesses more clearly than you can. Be open to what they have to say, and use their insights to learn more about yourself.

3. Take Personality and Skill Assessments

Personality tests and skills assessments can provide valuable insights into your characteristics and abilities. These tools can help you uncover hidden strengths and areas that need improvement. Just be sure to choose reliable assessments and take the results to heart.

4. Pay Attention to What Comes Naturally

Notice the things you do effortlessly or enjoy doing. These are often areas of strength. On the other hand, if something consistently feels like a struggle, it might be a weakness.

5. Observe Your Reactions

Pay attention to your emotional responses to different situations. If you feel confident and happy doing something, it could be a strength. If you feel anxious or frustrated, it might indicate a weakness or an area that needs work.

6. Explore New Activities

Trying new things can reveal hidden strengths and weaknesses. Experiment with hobbies, skills, or activities you've never tried before. You might discover a hidden talent or an area that needs improvement.

7. Journaling

Writing about your thoughts, experiences, and feelings can help you identify patterns. Reflecting on your journal entries can highlight areas where you excel and where you struggle.

8. Work with a Coach or Mentor

A coach or mentor can offer valuable guidance and feedback. They can help you identify your strengths and weaknesses and provide advice on how to develop or address them.

9. Evaluate Your Goals and Challenges

Think about your goals and what challenges you face in achieving them. This evaluation can highlight strengths you can leverage and weaknesses you need to address.

10. Stay Open and Curious

Being open-minded and curious about yourself encourages self-discovery. Approach this process with a willingness to learn and grow, and you'll uncover valuable insights about your strengths and weaknesses.

Bank Exam Syllabus

If you're preparing for a bank exam, it's important to know what topics you need to study. Here's a simple breakdown of the typical syllabus:

1. Reasoning Ability

Logical reasoning, puzzles, seating arrangement, coding-decoding, directions, blood relations, and syllogisms.

This section tests your problem-solving and logical thinking skills.

2. Quantitative Aptitude

Basic arithmetic, algebra, geometry, data interpretation, and number series.

This section looks at your math skills and how quickly you can solve problems.

3. English Language

Grammar, vocabulary, comprehension, error detection, and sentence rearrangement.

This section checks your understanding of the English language.

4. General Awareness

Current affairs, banking awareness, and static general knowledge.

This section tests how much you know about what's happening in the world and the basics of banking.

5. Computer Knowledge

Basic computer terminology, hardware, software, and internet.

This section assesses your familiarity with computers and technology.

Know the Exam Difficulty Level of the Bank Exam

Understanding the difficulty level of an exam you're preparing for is crucial to your success. It's like setting off on a journey knowing what lies ahead, and being prepared for it emotionally and intellectually. Here's how you can gauge the difficulty level and why it matters so much.

1. Understand the Syllabus and Exam Pattern

First, immerse yourself in the exam syllabus and pattern. Knowing what subjects or topics will be tested and how the exam is structured helps you mentally prepare for the challenge. It's like equipping yourself with a map before embarking on a trek, so you're not caught off guard.

2. Analyze Past Papers

Going through previous years' exam papers is like peering into

the minds of the examiners. It gives you a real sense of the types of questions asked and the level of complexity you can expect. This can feel a bit intimidating at first, but it's a vital step to understand what lies ahead.

3. Gauge the Time Pressure

Understanding how much time you'll have for each section of the exam is important for planning your approach. Time pressure can be one of the most challenging aspects of an exam. It's natural to feel anxious about this, but practicing under timed conditions helps you build confidence.

4. Know Your Strengths and Weaknesses

Be honest with yourself about which subjects or topics you find challenging. It's okay to feel nervous or uncertain about certain areas. By acknowledging your weaknesses, you can focus your efforts where they are most needed, turning anxiety into determination.

5. Talk to Others Who Have Taken the Exam

Speaking to peers or seniors who have taken the exam before can give you a firsthand account of its difficulty level. Their experiences can provide comfort, encouragement, and practical insights, helping you feel less alone in your journey.

6. Take Mock Tests

Taking mock tests under exam-like conditions is an emotional rollercoaster but invaluable for understanding the exam's difficulty level. The nervousness, excitement, and even frustration you might feel during these tests prepare you emotionally for the real thing, helping you face the exam with courage.

7. Stay Realistic but Positive

It's important to stay realistic about the exam's difficulty while maintaining a positive mindset. Acknowledge the challenges, but also remind yourself of your strengths and your reasons for taking the exam. This balanced view helps you stay grounded and motivated.

8. Prepare Emotionally and Intellectually

Knowing the exam difficulty level helps you prepare not just intellectually, but emotionally as well. Facing a challenging exam can be stressful, but approaching it with a clear understanding of what to expect helps you feel more in control and ready to face the challenge head-on.

9. Adapt Your Preparation

Use your understanding of the exam's difficulty level to tailor your preparation. Focus more on challenging areas, but also take time to reinforce your strengths. This balanced preparation gives you confidence and peace of mind as the exam approaches.

10. Stay Resilient

Even when you understand the difficulty level, the actual exam can still be tough. Stay resilient and remember that exams are not just tests of knowledge, but also tests of character and determination. Keep your spirits up, stay focused, and believe in yourself.



WORLD UNITES TO SAY GOODBYE TO SUNIL CHHETRI



NEW DELHI: As the football world bid farewell to Sunil Chhetri, the Indian icon's retirement garnered global attention. FIFA, the sport's governing body, and Luca Modric, the Croatian superstar, joined forces with cricketing legend Sachin Tendulkar to pay tribute to Chhetri, making his farewell a truly international affair.

Chhetri hung up his boots as the fourth-highest goalscorer in international football history, having netted an impressive 94 goals in 151 appearances for his country.

This remarkable achievement is all the more significant considering India's ongoing struggle to establish itself as a force in the global football arena.

In his swansong match wearing the blue jersey, Chhetri's India played out a goalless draw against Kuwait in the 2026 World Cup Qualifier held in Kolkata, bringing the curtain down on an illustrious career that has left an indelible mark on Indian football.

"After 19 years of service, farewell, @chhetrisunil11," FIFA posted on X moments after the

match at the packed Salt Lake Stadium. The Asian Football Confederation (AFC) tweeted, "94 International Goals. Carried the hopes of a nation! Thank You Asian Football Icon, Sunil Chhetri."

Sachin Tendulkar, a renowned figure in Indian cricket, took to the social media platform X to express his heartfelt congratulations to Sunil Chhetri: "No goal is easy to achieve. Let alone 94 international ones. You've held the flag high, Sunil Chhetri. Congratulations on a remarkable career!"

Sunil Chhetri was the defining player of his generation

KOLKATA: With his hands on the hip, Sunil Chhetri stood a little distance away from the pack of his teammates in the middle of the park. He stood motionless, as if dazed, for a few seconds, his eyes blank and without expression. A few minutes ago, Chinese referee Fu Ming had blown the whistle to seal India's goalless draw with Kuwait in their second-round fixture of the 2026 World Cup qualifiers, thus ringing the curtain on Chhetri's 19-year-old career in the Blue Tigers jersey. Suddenly the Salt Lake Stadium stands roared into "Chhetri, Chhetri" chants, stirring the 39-year-old out of his trance as he was given a standing ovation. He began a lap of honour around the ground. Then he broke down in tears as his teammates, coach Igor Stimac and his coaching staff members lined up to give him the guard of honour. After plethora of hugs and handshakes, he slowly walked down the tunnel, out of everyone's sight and into a new life, leaving behind a legacy Indian football has hardly experienced. The build-up to Thursday's match was all about Chhetri's send-off. Before the kick-off, the famed Blue Pilgrims stand behind the goalpost unfurled a giant tifo, showing Chhetri holding the earth, a la Hercules. India failed to turn the occasion more memorable and meaningful for Chhetri following the stalemate but that tifo perhaps represents what Chhetri has stood for in Indian football in nearly two decades since making his senior debut against Pakistan in 2005. He will be remembered as the defining player of his generation, someone who has transcended his sport more than any other, a reference point in Indian football in the true sense of the term. Unlike IM Vijayan, he might not have an eye for the spectacular. Unlike Bhaichung Bhutia, he might not be a typical fox in the box. Chhetri's game has always been a fable of discipline, dedication and determination. His goals were cheeky, audacious and brilliant - scoring from midfield to embarrassing the goalkeeper with a Panenka penalty. He made people fall in love with the game. In a later post-match felicitation, organized by the Indian Football Association, he returned to the ground to receive accolades from the Big 3 clubs - East Bengal, Mohun Bagan and Mohammedan Sporting as well as the state government. A few former players like Vijayan, Mehtab Hossain, Alvaro D' Cunha and Rahim Nabi then gave him a tight embrace one by one.

Premier League India wrote on the social media platform, "Every football fan today. We cannot replace him. We cannot." Former India hockey captain Viren Rasquinha also praised Chhetri for his remarkable career.

"I think what makes Sunil Chhetri a legend is not just the goals he scored for India and the longevity of his career. It's also his teamwork, never say die attitude, work ethic & leadership. But most importantly, his role model behaviour. We need more Sunil Chhetri's in Indian Sport," Rasquinha tweeted.

"Having said all the nice things about Chhetri, I'm really worried about Indian football. That was a painful 90 mins to watch. We were slow, uninspiring, barely a shot on the Kuwait goal. Struggling to string 4 passes together. Plenty of introspection needed for a game we all love," he added.

On the night, every Indian Premier League (IPL) team honored Chhetri, acknowledging his unparalleled status in Indian

football.

Earlier in the day, Croatia captain and Real Madrid superstar Modric hailed Chhetri, brought the curtains down on his stellar career with the match against Kuwait on Thursday, as a "legend of the game".

In a video message shared by Indian team's coach Igor Stimac, Modric said, "Hi Sunil, I just want to say hello and wish you all the best in your last game for the national team."

"Congratulations on your career, you are a legend of this game and to your teammates, I hope you make his last game special and unforgettable," said Modric, the 2018 Ballon d'Or winner.

"Good luck and win for your captain. All the best and best regards from Croatia," said Modric who finished runner-up in the 2018 World Cup and grabbed the bronze medal in 2022.

With 94 goals, Chhetri retired as the fourth highest in the all-time list of goal-scorers in international football behind Cristiano Ronaldo (128), Ali Daei (108) and Lionel Messi (106).



J&K wins 11 medals in India Skill Competitions

SPORTS & ALLIED NEWS

SRINAGAR: The India Skill Competitions 2024, nation's largest skill competition, has officially concluded yesterday at Yashobhoomi, Dwarka, Delhi which brought together over 900 students from more than 30 States and Union Territories.

The skilled youth competed in 61 categories, spanning both traditional crafts and cutting-edge technologies. J&K showcased extraordinary performance and participated in 20 skill categories, marking a significant milestone in the region's commitment towards skill development.

The Jammu and Kashmir contingent excelled in 20 skills with 22 participants, bringing home three Gold Medals, two Bronze Medals, and six Medallions of Excellence. Standout performers included Gowher Bilal from Government Polytechnic Anantnag, who won Gold in Plastering and Dry Wall Systems, and Mohsin Nasir and Mustafa Suhaib from DPS Srinagar, who both clinched Gold in Autonomous Mobile Robotics.

Other notable achievements included Faheem Javaid's Bronze in Graphic Design, Joo Murtaza's Bronze in Web Technologies, and Umar Akbar's Bronze in Drone Film Making. Medallions of Excellence were



awarded to Mayank Salaria for Cyber Security, Asif Ahmed Tandoli for Carpentry, Sunil Singh for Plumbing and Heating, Mohammad Hammad for Cloud Computing, Mir Sharayar for Electrical Installations, and Gowhar Nazir for Electronics.

Secretary Skill Development, Rajiv Ranjan, congratulated the winners and said "The outstanding achievements of our young talents in the India Skill Competitions 2024 are a testament to their dedication, hard work and the unwavering support from our educators and mentors.

These successes not only highlight the potential within Jammu and Kashmir but also inspire a brighter future where skill, innovation, and excellence drive our progress. Let this be a motivating force for all our youth to pursue their passions with determination and to believe in their ability to make a significant impact."

Director Skill Development, Sudershan Kumar, appreciated the efforts of mentors and their commitment towards fostering talent and equipping our youth with the skills needed for a dynamic future.

The contingent was accompanied by Leena Padha, Mission Director, Zia ul Haq, Tabasum Geelani (OSD), and Hilal Ahmed from the J&K Skill Development Mission.

Jammu celebrates Dec 30 as 1st International Day of Potato

SPORTS & ALLIED NEWS

JAMMU: The Department of Agriculture Production and Farmer Welfare, Jammu celebrated the first-ever International Day of Potato, recognizing the importance of this versatile crop consumed by over one billion people globally. In December 2023, the UN General Assembly proclaimed May 30 as the International Day of Potato, acknowledging its status as a vital food source. Potatoes are eaten by more than one billion people around the world.

The UN had declared "In 2024, we mark the first International Day of Potato by focusing on the contribution of the potato to the lives of producers and consumers with the timely theme: 'Harvesting diversity, feeding hope.'"

Director Agriculture Jammu, S. A.S Reen, in his address, underscored the pivotal role of potatoes in the region's agricultural landscape, praising the efforts of farmers in cultivating this vital crop. He emphasized the significance of harnessing agricultural diversity to address global food security challenges.

Highlighting the significance of potato cultivation in the region, the Director delineated the dis-



tinctive sowing seasons. In the hilly terrains of Jammu, potato planting spans from April to May covering approximately 900 hectares. Conversely, in the plain areas, the sowing window extends from September to October, encompassing around 2000 hectares of land.

The Director elaborated on the prevalent varieties cultivated, in-

cluding Kufri Jyoti, Kufri Himilini, Kufri Surya, Kufri Badshah, and the newly introduced variety, Lady Rosetta.

Small-scale and family farming production of the potato, particularly by rural farmers, including women farmers, supports efforts to reduce hunger, malnutrition, and poverty, and achieve food security.

24x7 power supply in Smart metered areas: JPDCL

SPORTS & ALLIED NEWS

JAMMU: Managing Director (MD) JPDCL Vikas Kundal has issued a public notice in which the curtailment schedule has been withdrawn with immediate effect. The Public Notice issued by the MD JPDCL read: In view of the improvement in power infrastructure by way of capacity addition and repair of 2x50MVA, 132/66KV Power Transformer at Grid Station Samba and 10MVA, 33/11kV Power Transformer at Miran Sahib, the curtailment schedule for Summer 2024, issued by Chief Engineer (Distribution) JPDCL vide no: CEJ/TS-II/906-20 dated: 27-05-2024, stands withdrawn.

The JPDCL will provide 24x7 power supply in smart metered areas and up to 20 Hours power supply in other areas. However, JPDCL will have to resort to distressed curtailments in order to safeguard the critical power infrastructure as and when required.

The general public is requested to exercise prudence in electricity usage due to the soaring demand of electricity driven by the unprecedented rise in temperatures and the severe heat wave.

The public is further advised to pay their electricity dues in time through online/offline mode.

The Managing Director Vikas Kundal exhorted the staff to come down heavily on the illegal hooking and conduct regular connection to provide relief to honest consumers. He reviewed the SCADA system installed at Gladni Grid and complimented the fact that such technological advancements are being used to monitor and control systems at the parent Grid which feeds power to maximum areas of Jammu region.





Katra Senior Citizens celebrates Foundation Day

SPORTS & ALLIED NEWS

KATRA (Reasi): Senior Citizens Welfare Forum (Regd.) celebrated its Foundation day on completing 10 years of successful journey at Bani Muttal, near the holy town of Katra in district Reasi of Jammu and Kashmir.

Earlier, the member citizens of the Forum deliberated in the general body meeting which held under the chairmanship of president, Shiv Kumar Sharma.

Besides 40 permanent members, the event was also attended by prominent locals as part of the cultural extravaganza wherein famous Dogri performing artist, Romalo Ram was special guest. Pride of Dogra culture, Roman Ram was felicitated by the Forum on being honoured with Padam Shree.

For their entertaining performance and active participation in the event, a local students group was awarded by the Forum with a cash prize of Rs 5,000 as a token of encouragement and support.

Forum president, Shiv Kumar Sharma, in his address, appreciated the Muttal team of the Forum for excellent arrangements for the day-long Foundation Day event. The team included S Sharma, Channay Ram, Chuni Lal, Captain Hans Raj, Sham Lal and Mast Ram.

On the occasion, the Forum welcomed four new members, Ramesh Chander Sharma, Mandal Pardhan, Agharjitto; Thakur Dass, Retd. EO; Tirath Ram, retired Headmaster and Mohan Lal Sharma (a staffer of BDO office). The Forum extended greetings and presented gifts to three other members, Rattan Chand, Amar Nath and Vijay Gandotra, whose birthday falls in the month of May 2024.

Since the gathering included young students and other locals in



Senior Citizens Forum Katra felicitates Padam Shree Romalo Ram at Foundation Day event at Muttal in district Reasi.

their middle age, the Forum members conveyed their message regarding the prevailing drug menace in the society and character building through songs and

poems. These members were Amar Nath, Sansar Chand, Sham Lal, Gopal Krishan Komal, Sunder Dass Sharma, Rattan Singh Manhas, Surinder Kumar, Patwari Halqua

Sundrani and Mohan Lal as also Channay Ram and Dr. Sukhdev Singh.

Later, the event was also joined by Dr. Narinder Mohan, Rishi

Ram Padha, Dr. Yogeshwer Gupta and Varinder Badayal as special guests. Vote of thanks presented by retired ZEO, Gopal Krishan Komal.

Tragic Akhnoor accident takes 22 precious innocent lives

SPORTS & ALLIED NEWS

JAMMU: A bus accident occurred near Akhnoor in district Jammu on May 30, involving a bus carrying pilgrims from Uttar Pradesh towards holy shrine of Shiv Khori in district Reasi of J&K.

District Magistrate Sachin Kumar Vaishya said that 22 persons have died in this mishap and 57 other injured admitted to at GMC Jammu and at SDH Akhnoor for treatment for the injuries caused.

Furthermore, the District Magistrate has initiated a magisterial inquiry to investigate the cause of the accident. The Assistant District Magistrate (ADM) Jammu shall submit a report within seven days in this regard.

The district administration was closely monitoring the treatment of the injured and communication has been established with the authorities of Hathras and Aligarh, the native places of the

passengers.

LG grieved

The Lieutenant Governor (LG), Manoj Sinha has expressed his deep anguish on the loss of lives in the tragic bus accident in Akhnoor, Jammu.

In a condolence message, the LG has said, "The Bus accident in Akhnoor is heart-rending. I condole the loss of lives and pray to the Almighty to give the bereaved families the strength to bear the irreparable loss. Praying for the speedy recovery of the injured. The administration is providing all possible assistance to the bereaved families and is also extending medical facilities to those who have been injured".

Ex-gratia for next of kin

Further, the LG Manoj Sinha has announced an ex-gratia of Rs. 5 Lakh to be given to the next of kin of each deceased and Rs. 50,000 for those injured in the tragic bus accident.



Cycle Manufacturers hold awards ceremony in Ludhiana

CHANDIGARH:

The All India Cycle Manufacturers' Association (AICMA) held its third awards ceremony on June three, which coincided with the 7th World Bicycle Day, in Ludhiana. The event aimed at celebrating excellence and innovation in the Indian bicycle sector.

The chief guest, Punjab Governor and Chandigarh Administrator Banwarilal Purohit, along with esteemed guests Prof Adarsh Pal Vig, chairman, Punjab Pollution Control Board, Rajiv Wadhwa, joint commissioner, Income Tax, Ludhiana, and Sandeep Rishi, Ludhiana Municipal Commissioner was present at the event. The ceremony witnessed the felicitation of eight awards across six categories.

This is a modal window. The

media could not be loaded, either because the server or network failed or because the format is not supported.

The awardees of 2024 are:

1. Lifetime Services Award to Cycle Businessperson

SS Bhogal, managing partner, Bhogal Sales Corporation & Bhogal Sons (Regd), Ludhiana

2. Lifetime Services Award to Cycle Executive

Pritpal Krishan Beri, former president (Works), Avon Cycles Ltd

3. Outstanding Services Award for Cycle cause (co-awards)

(i) Bapusaheb Gaikwad, executive engineer (urban mobility), Pimpri Chinchwad Municipal Corporation, Maharashtra

(ii) Firoza Dadan, first bicycle mayor of Mumbai and director of Smart Commute Foundation, Mumbai

4. S Angad Singh Memorial Innovation Award for Cycle & Parts (co-awards)

(i) Charanjit Singh Vishwakarma, CMD, Vishivkarma Industries Pvt Ltd, Ludhiana for innovation on Brake lever & Brake

(ii) Shri Karan Agrawal, director (Marketing & NBD), Amar Wheels Pvt Ltd, Ludhiana for innovation on a one-piece Crank with self-lubricating fittings

5. Most Impactful Start-up of the Year in the Indian Bicycle Industry 2024

EMOTORAD Pune, Mr Rajib Gangopadhyay, founder, and three co-founders

6. Outstanding Cycle Sports person of the Year

Mr Esow, S/o Alban, Andaman & Nicobar, Gold medal winner of Junior World Championship in Germany

Punjab Minister Anmol to wed on June 16



CHANDIGARH:

Punjab Cabinet Minister Anmol Gagan Maan will tie the knot with Shahbaaz Singh Sohi of Baltana on June 16. The Sohi family has been associated with the Congress. The groom's grandfather Balbir Singh Baltana was MLA from Banur. His mother, Sheelam Sohi, had contested the poll on the Congress ticket against Capt Kanwaljit Singh.

US said no to election influence in India

WASHINGTON:

The US has commended the Indian government and the people for successfully participating and completing the Lok Sabha elections.

Prime Minister Narendra Modi formed the government for a third consecutive term with the BJP-led NDA getting a majority in the Lok Sabha, notwithstanding crushing losses in three Hindi heartland states after a bitterly fought election that was projected as a referendum on his popularity.

"On behalf of the United States, we want to commend the government of India and voters there for successfully completing and participating in such a massive electoral undertaking, and we look forward to seeing the final results," State Department Spokesperson Matthew Miller told reporters at his daily news conference.

He was responding to a question on the Lok Sabha elections in India, in which the ruling National Democratic Alliance (NDA) crossed the halfway mark of 272 seats, paving the way for a third consecutive term for Modi.

"First of all, our understanding is that the election results have not been finalised. So we will wait for the finalisation of those election results before we offer any definitive comment," Miller said when asked to comment on the results.

"I'm also not going to comment on winners and losers in an election, as is our case around the world. What is important for us and what we have seen over the past six weeks is the largest exercise of democracy in history as the Indian people came to the polls," he added.

He also denied reports of external influence in Indian elections by Western powers, including the US.

"We always will express our views clearly and openly. We express them with foreign governments privately and, when we have things that we are concerned about, we also express them publicly, including from this podium. That's what I've done. But that, in no way, is an attempt to influence an election in India or anywhere else," Miller said.

He said he expects the close partnership between the US and India to continue.

"There is a great partnership, both at the government level and at the people-to-people level, and I fully expect that to continue," Miller said.



KASHI DARSHAN BY MAA VAISHNO TRAVELS

- CAB SERVICE
- ROOMS AVAILABLE
- BREAKFAST
- LUNCH/DINNER

AT PRICE 3500/- PER PERSON
FOR 2NIGHT 2DAYS

CALL US FOR AT **9565519948, 8574223438**

ADDRESS:- N 16/58 F 2 A Kolwha Vianyaka Kamakccha Varanasi, 221010