

# J&K inflicts innings defeat on Mizoram

Excelsior Sports Correspondent

JAMMU, Jan 31: Spectacular batting display by talented batter Kanhaiya Wadhawan and company, coupled with a brilliant bowling show by the duo of pace sensation Waseem Bashir and spinning star Vishal Kumar guided Jammu and Kashmir to a huge win by an innings and 270 runs over Mizoram in the ongoing U-25 CK Nayudu Trophy at Gokulbhai Somabhai Patel Stadium, Nadiad today.

This is J&K's second huge win in a row by an innings as J&K had defeated Sikkim at home earlier.

Earlier, resuming from an overnight score of 133/9, Mizoram added 13 more runs to bundle out for 146 runs in their first innings, thus faced follow-on.

Jehu Anderson (48) and



Jubilant members of J&K U-25 team posing for a group photograph after crushing Mizoram at Nadiad on Tuesday.

Lalhariatrenga (39) were the main contributors.

Waseem Bashir wreaked havoc with the ball, scalping 6 wickets by conceding just 18 runs in his 13 overs, while Mujtaba Yousuf bagged 2 wickets and Lone Nasir Muzaffar claimed one.

Following-on, Mizoram again collapsed at 147 runs in the second essay, thus lost the match

# Jammu's runners finish Trail-A-Thon

Excelsior Sports Correspondent

JAMMU, Jan 31: Three runners from Jammu namely Rahul Sharma, Sahil Sharma and Samvit Sharma breezed through the 'Aravalli Trail Ultra' in 56 kilometers and 84 kilometers categories, respectively, organized at Aravalli Range in Gurgaon on January 29.

with clocked timing (6:55:04 Hrs).

The 'Trail-A-Thon' is an ITRA-certified event, which is also known as 'Manger Trail' connecting with Damdama Lake at another end in the Aravalli.

The 'Aravalli Range' is arguably the oldest geological feature on earth, in which trail running is a challenging and exciting sport, while for road running or on sealed paths, standardized values such as distance, running pace or heart rate are frequently the focus for trail running and the experience itself takes center stage.

The obstacles and the terrain are constantly changing - first you are on rocks, then on grass, occasionally over roots and in between it may go up and then go down. "On a trail, both your body and soul are alert and challenged," they narrated.



Runners posing for a group photograph after the event at Gurgaon on January 29.

The team is being accompanied by Sarabjeet Singh as Head Coach, Hilal Ahmad Zargar as Manager, Vivek Khajuria as Co-Manager, Kavajeet Singh as Batting Coach, Sameer Ali as Bowling Coach, Guru Partap Singh as Trainer, Sahil Sharma as Video Analyst, Jitender as Physiotherapist and Arun as Masseur.

Brig Anil Gupta, Member-Administration JKCA congratulated the team along with top performers of the match.

Samvit Sharma also finished podium as the first runner up in the 84 kilometer trail run with clocked timing (9:43:16 Hrs), while Rahul Sharma completed 56 kms with timing (6:54:57 Hrs) and Sahil Sharma completed 56 kilometer

# India's top order in focus in series decider

AHMEDABAD, Jan 31:

India's young top order will be under pressure to deliver in the series-deciding third T20 International against New Zealand here tomorrow.

It would be fair to say the trio of Shubman Gill, Ishan Kishan and Rahul Tripathi has not made their opportunities count in the absence of Rohit Sharma, Virat Kohli and K L Rahul.

After the game on Wednesday, India don't play a T20I for a long time, leaving the younger crop to make a statement before the focus shifts to the five-day format.

Kishan has not been able to find rhythm in his batting since his double hundred in Bangladesh while the turning ball has troubled Gill, who has not been able to replicate his ODI form in the shortest format. Tripathi, too, has wasted chances that have come his way in the absence of regular number three Kohli.

If it hadn't been for Suryakumar Yadav and Hardik Pandya, India would have struggled to chase down 100 on Sunday.

The surfaces in the series have attracted a lot of attention and it remains to be seen if the players get to negotiate another turning track at the Narendra Modi Stadium.

In the bowling department, Yuzvendra Chahal and Kuldeep Yadav playing together has helped India build the pressure on the opposition. With the pitch offering a huge amount of turn, it was surprising that Chahal was used only for two overs after he dismissed opener Finn Allen.

After struggling with no-balls, Arshdeep Singh was back to his frugal best in Lucknow and that should give him a lot of confidence going into the decider.

With the series on the line,

Pandya is unlikely to change the playing eleven despite clamour for inclusion of Prithvi Shaw, who made a national comeback with this series.

New Zealand, on the other hand, will be expecting more from their middle order. Sensing an opportunity to win a rare series in India, The Blackcaps will be highly motivated for the challenge.

Glenn Phillips has not been at his destructive best but trust him to play a match-winning knock on Wednesday. ODI series sensation Michael Bracewell too is due for a game-changing knock. Number three Mark Chapman will also be looking to make a significant contribution.

New Zealand used as many as eight bowling options in the previous game with four spinners bowling their full quota of overs. More than 200 runs were scored in the last T20 played here

almost two years ago and, after the low-scoring affair in Lucknow, fans would be hoping that normal service is restored.

**Teams (from)**

**India:** Hardik Pandya (captain), Suryakumar Yadav (vice-captain), Ishan Kishan (wicket-keeper), Shubman Gill, Prithvi Shaw, Deepak Hooda, Rahul Tripathi, Jitesh Sharma (wk), Washington Sundar, Kuldeep Yadav, Yuzvendra Chahal, Arshdeep Singh, Umran Malik, Shivam Mavi and Mukesh Kumar.

**New Zealand:** Mitchell Santner (captain), Finn Allen, Michael Bracewell, Mark Chapman, Devon Conway (wk), Dane Cleaver (wk), Jacob Duffy, Lockie Ferguson, Benjamin Lister, Daryl Mitchell, Glenn Phillips (wk), Michael Rippon, Henry Shiplee, Ish Sodhi and Blair Tuckner.

Match starts: 7.00pm. (PTI)

# Deepti climbs to second spot in wom ranking

DUBAI, Jan 31:

India all-rounder Deepti Sharma has climbed to second spot and has the top position -- currently occupied by England's Sophie Ecclestone -- in her sights in the latest ICC T20I bowling rankings announced on Tuesday.

The 25-year-old off-spinner, who is leading the wicket-taker's list in the ongoing Women's T20I Tri-series in South Africa with nine scalps, has reduced the England left-arm spinner's lead to just 26 rating points.

Deepti (737 points) moved up one spot, while South African left-arm spinner Nonkululeko Mlaba, who has picked four wickets in the Tri-series, also climbed a spot to occupy the third place with 732 points.

If the duo continue their form, they could take Sophie's top spot ahead of the Women's T20 World Cup, scheduled in South Africa from February 10.

India and South Africa will square off in the T20I Tri-series final in East London on Thursday.

India left-arm spinner Rajeshwari Gayakwad also improved her rank four places and is currently 14th on the list of T20I bowlers.

There was a lot of movement inside the top-10 among bowlers this week, with Australia pacer Megan Schutt (up six places to fifth) and England seamer Katherine Sciver-Brunt (up two spots to sixth) also gaining spots.

Australia right-hander Tahliha McGrath maintained a healthy buffer at the top in the T20I batting rankings, with classy South Africa top-order performer Laura Wolvaardt among the biggest movers behind her. (PTI)

# Australian Team calls J&K's spin sensation Abid Mushtaq as net bowler

Excelsior Sports Correspondent



Abid Mushtaq.

JAMMU, Jan 31: Adding another feather to his already colourful cap, Abid Mushtaq, a left-arm spinning sensation and hard hitting

batter has been called as a net bowler for the Australian Team for Test Series against India. His genuine all-round talent finds recognition at the highest level. Possibly a stepping stone for the national team. He will join the team at Bengaluru on Feb 2, 2023.

This extraordinary talented cricketer, who unfortunately failed to make it to the Indian Premier League (IPL) this season scalped 32 wickets in Ranji Trophy this season while representing Jammu and Kashmir in this prestigious tournament, with 8/18 against formidable Vidarbha as his best, which is the second best in the country. With 29.00 as his bowling strike rate, he stands 4th in the entire country and with 14.38 as his bowling average, Abid is among the top ten in India.

He was brilliant with the ball in this season's Syed Mushtaq Ali T20 and Vijay Hazare One-Dayers in which J&K qualified for the knockout stage.

The best part of Abid's performance is that he took all these wickets against the strong sides like Punjab, Railways, Madhya Pradesh, Vidarbha, Gujarat and Tripura.

Moreover, this die-hard cricketer, a tough customer, who is a hard nut to crack, rather a class act when on song, promising bowling all-rounder, Abid Mushtaq has a good record in First-Class, List-A and T20 Tournaments, being organised by the Board of Control for Cricket in India (BCCI) among all its affiliate units across the country.

He has taken 71 wickets with a magnificent economy rate of 2.91 and an average of 19.6 in his 19 First-Class matches, besides taking 22 wickets in equal number of matches in the T20 format with an economy rate of 6.30 and an average of 20.6. In List-A, Abid has 18 scalps in 23 matches with an economy of 5.21.

As a batter, Abid has scored 577 runs with an average of 23.1 and a strike rate of 92 in his 19 First-Class matches, besides scoring 411 runs with an average of 29.4 and a strike rate of 120.2 in his 23 List-A matches.

Abid attributed his success to Jammu and Kashmir Cricket Association (JKCA), his parents, selectors and his childhood coach.

Match starts: 7.00pm. (PTI)

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# Taekwondo team lifts National C'ship trophy

Excelsior Sports Correspondent

JAMMU, Jan 31: Ladakh Taekwondo team lifted the trophy in Poomsae category in the recently concluded 39th Junior National Kyourugi/Poomsae Taekwondo Championship 2023, held at Bareilly in Uttar Pradesh.

The Chairman/CEC, LAHDC, Kargil Feroz Ahmad Khan congratulated the team for winning the trophy and appreciated the players for such a brilliant result. The championship was organized by the Taekwondo Federation of India

male individual Poomsae, in male group Poomsae, Sonam Chospal, Zeeshan Mehdi and Feroz Ahmad won Gold, while Zeeshan Mehdi and Nazira Banoo secured Gold medal in Pair.

Similarly, Shanaz Batool, Rehana Batool and Asiya Banoo clinched Bronze in junior female group and Arbaz Khan won Bronze medal in under-59, while Rehana Batool secured Bronze in under-49.

The team was led by NIS and senior coach, Zaheer Abbass Khan.

# Bike rally held to spread message of G20 Summit

Excelsior Sports Correspondent

JAMMU, Jan 31: Directorate of Tourism Jammu in collaboration with Divisional Administration Jammu organized a 'Bike Rally' from Kala Kendra Jammu to Akhnoor via Katra, Reasi and Bhamla to spread the message of G20 Summit which shall be soon organized in the

Tourism Publicity and Adventure, Jammu, Abdul Jabbar.

The Director Tourism Jammu gave a detailed overview of the tourism sector with special focus on adventure tourism. He added that the definition of tourism is not restricted to pilgrimage trips only but Jammu has more potential in other fields like adventure, leisure, heritage etc.



Director Tourism, Vivekanand Rai flagging off 'Bike Rally' at Kala Kendra Jammu on Tuesday.

Union Territory.

A total of 100 bikers took part in the rally to spread awareness among residents about India's G20 presidency and to promote tourist destinations of Jammu region as adventure hotspots. The rally was of its kind as Baba Aghar Jitto, Bhimgarh Fort, Siard Baba etc. are being pitched as a must visit tourist spot which are located at a close proximity of renowned shrine- Shri Mata Vaishno Devi Katra.

The bike rally was flagged off by Director Tourism Jammu, Vivekanand Rai (IRS), Joint Director Tourism, Sunaina Sharma Mehta and Deputy Director

The Joint Director said that this rally is linked with spreading the awareness of the G20 summit and simultaneously encouraging tourists across the nation to visit the historical Bhimgarh Fort, Siard Baba, Baba Aghar Jitto and nearby tourist destinations of Reasi.

At Reasi, the bikers were warmly received by DDC Chairman, Saraf Singh Nag, while at TRC Jammu, the bikers were received by DDT (Publicity & Adventure), Abdul Jabbar and DDT Jammu Dr Umesh Shan.

Dr Shan reiterated that the celebration of India's glorious 75 years of independence has been linked with this adventurous bike rally in order to imbibe a feeling of patriotism and simultaneously encourage tourists across the nation to visit both Reasi and Akhnoor. Abdul Jabbar congratulated all the bikers for participating in the bike rally with high spirits.

The helmets were distributed among bikers for spreading awareness about safety first and abiding traffic rules while driving.

Sheena Sahni, ADT Jammu, Dr Parikshit Sharma, ATO Katra, and other officials and officers of tourism department were present at TRC Jammu.

Harsimran Singh, S/o Surjeet Singh and Satnam Kour, R/o H.No. 79, Upper Gadigarh, Jammu, has been declared qualified for the award of degree of Doctor of Philosophy (Ph.D) in Punjabi by the University of Jammu. He worked on the topic, 'Jammu Kashmir Di Adhunik Punjabi Vartak Da Sarvekhan, Ithaas Ate Mulankan,' under the supervision of Prof Baljeet Kour.

Rajveer Singh, S/o Late Amrik Singh and Harmeet Kour, R/o Simbal Morh, Makhannpur Gujran, Jammu, has been declared qualified for the award of degree of Doctor of Philosophy (Ph.D) in Punjabi by the University of Jammu. He worked on the topic, 'Baljeet Singh Raina Diyan Punjabi Kahanian Da Manovigianik Adhayan,' under the supervision of Prof. Baljeet Kour.

Haneet Kour has been declared qualified for the award of Doctor of Philosophy (Ph.D) in Electronics & Communication Engineering by Shri Mata Vaishno Devi University (SMVDU). The researcher worked on the title, 'Green and Safe 5G and Beyond 5G Wireless Networks', under the supervision of Dr. Rakesh Kumar Jha, Faculty, School of Electronics and Communication Engineering.



Selected team players posing for a group photograph at Jammu on Tuesday.

# Players selected for BSNL Kabaddi tournament

Excelsior Sports Correspondent

JAMMU, Jan 31: Thirteen players have been selected by BSNL J&K Circle for the upcoming All India BSNL Kabaddi Tournament, scheduled to be held at Nagpur in Maharashtra from February 3 to 5.

The Kabaddi team selected after the selection trials which were held at Green Field Gandhi Nagar under the supervision of VK Meena, Senior GM (HR/Admin), SK Sudan DGM

(Admin/HR), Anil Kumar DGM (CFA) and Deepak Jyoti, Senior Sports Assistant, BSNL J&K Circle Jammu.

Team: Tarandeep Singh (Captain), Amrik Singh, Varinder Kumar, Harbans Singh, Ravi Kumar, Mohan Lal, Kishore Kumar, Suresh Kumar, Nikhil Banathia, Ravinder Singh, Rakesh Kumar and Sahil Makhnotra, while Vinay M Phadke, ADT (HR) Circle Office Jammu is accompanying the team as coach cum manager.



Winners displaying certificates while posing for a group photograph at JK Montessorie School Jammu on Tuesday.

# PowerPoint presentation competition held

Excelsior Correspondent

JAMMU, Jan 31: A PowerPoint Presentation (PPT) competition was organized at JK Montessorie Senior Secondary School, wherein students from the different schools namely Elite Public High School, Alexander Memorial School, SD Tara Puri School, Humanity Public School, New Era Environmental High School, BMHS Bishnah, Lawrence Public School and JK Montessorie participated, here today.

The topic of the competition was "Excellence of Specially Aabled Children in Sports". This competition was open for the students of Class IX only.

The motive of the competition was to enhance the technical minds and skills of presenting the topic.

A team of two students participated in the PPT competition. All the participants gave the examples of some prominent specially aabled people who had achieved great heights through their hard work and determination.

The main aim of choosing this topic was to make everyone understand that all human beings have something special within them and so do specially aabled people.

The participants were very enthusiastic and well prepared. They impressed the audience with their confidence, research work and their way of presentation. The judges were also impressed with the remarkable show of talent and congratulated the winners.

Yashasvi and Arjun from Elite Public School secured 1st position, while Shubham and Piyush from Humanity Public School secured 2nd position and Prince and Priyanshi from SD Tara Puri School clinched 3rd position.

Chief Education Officer Jammu, Suraj Singh Rathore was the chief guest on the occasion and he appreciated all the participants. He spoke about an unlimited potential in every individual that can be honed at every opportunity and at every stage.

The event was presided over by Kamla Dogra-guest of honour, a senior Lecturer of Government Girls Higher Secondary School Canal Road Jammu, while Rajni Gupta, Director JK Montessorie School Apurv Gupta, Head of Operations, Aarti Gupta, Vice Principal JKMS, senior coordinator and the team of official from CEO Office Jammu were present during the event.

The program concluded with the National Anthem.

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**THE J&K BOARD OF PROFESSIONAL ENTRANCE EXAMINATIONS**  
 Tele/Fax: 0194-2433760, 2433590, 2437647 (Srinagar); 0191-2479371, 2470102 (Jammu)  
 Website: http://www.jkbopee.gov.in  
 Email:helpdesk@jkbopee@gmail.com/ www.jkbopee@gmail.com

Subject: Tentative Schedule for various Entrance Tests / Counsellings to be conducted by J&K BOPEE during the year 2023.

Notice No.: 001-BOPEE OF 2023  
 Dated: 30-01-2023

The tentative schedule for various Entrance Tests/Examinations and Counsellings to be conducted by the J&K BOPEE for admission to various Professional Courses during the Academic Session 2023-24 is hereby notified for information of the general public and especially for intending candidates:-

S. No	Name of the Course	Date for submission of application/registration on forms	Last submission date for online application /registration forms	Tentative date for conduct of Entrance Test	Date for Declaration of result.
1.	i) B.Ed (Kashmir) ii) B.Ed (Jammu)	10-03-2023	31-03-2023	23-04-2023	Within Ten days from the date of Examination.
2.	B.E/B.Tech Engineering Courses	04-04-2023	24-04-2023	28-05-2023	Within Ten days from the date of Examination
3.	B.Sc. Nursing/ Paramedical/ B.Sc. Technology	29-03-2023	18-04-2023	1 <sup>st</sup> or 2 <sup>nd</sup> week of June 2023	Within Ten days from the date of Examination.
4.	Post Basic Nursing Courses	17-04-2023	07-05-2023	To be notified separately.	To be notified separately.
5.	10 <sup>th</sup> Based Paramedical Diploma Courses (FMPHW/MMPHW)	17-05-2023	25-06-2023	To be notified separately.	Within Ten days from the date of Examination
6.	12 <sup>th</sup> Based Para-Medical Diploma Courses:- a. Medical Assistant, Laboratory Assistant b. D. Pharma etc. c. GNM Courses d. ANM Courses e. Medical Record Technician Course (in SKIMS Sgr.)	27-05-2023	11-06-2023	To be notified separately.	Within Ten days from the date of Examination
7.	M.Sc. Nursing Course	To be notified separately.	To be notified separately.	To be notified separately.	To be notified separately.
8.	M.Sc. Tech. Courses, SKIMS, Srinagar.	To be notified separately.	To be notified separately.	To be notified separately.	To be notified separately.
9.	B. Architecture	To be notified separately as per date notified by Council of Architect, Govt., of India.	To be notified separately.	To be notified separately.	To be notified separately.
10.	PGDRP	To be notified separately.	To be notified separately.	To be notified separately.	To be notified separately.
11.	B. Pharmacy	To be notified separately as per date notified by Pharmacy Council of India (PCI).	To be notified separately.	To be notified separately.	To be notified separately.
12.	a. MBBS b. BDS c. AYUSH d. BPT e. DDH f. DDM	To be notified separately as per the schedule fixed by Govt., of India.	To be notified separately.	To be notified by NTA	To be declared by NTA
13.	MD/MS/MDS/PGD	To be notified separately as per the schedule fixed by Govt., of India.	To be notified separately.	To be notified by NBE	To be declared by NBE
14.	DNB Courses (For in-service candidates only)	To be notified separately as per the schedule fixed by Govt., of India.	To be notified separately.	To be notified by NBE	To be declared by NBE
15.	MD/MS Ayurveda	To be notified separately as per the schedule fixed by Govt., of India.	To be notified separately.	To be notified by NTA	To be declared by NTA

- Note**
- The B.Sc Technology and Medical Record Technician (MRT) courses are available only in SKIMS, Soura, Srinagar while Postgraduate Diploma in Rehabilitation Programme (PGDRP) is at CRC, Bemina Srinagar.
  - The above schedule has been notified only to provide information to the general public/candidates in advance and is purely tentative and is subject to change(s) as may be deemed necessary by the Board.
  - The counselling for NEET-PG/NEET-UG including DNB and DDH/DDM/BAMS/BUMS/BPT courses shall depend upon declaration of results by National Board of Examinations/National Testing Agency as the case may be.
  - The candidates in their own interest are advised to visit the BOPEE website [www.jkbopee.gov.in](http://www.jkbopee.gov.in) for daily updates.
  - The Information Bulletins/Brochures shall be made available on the BOPEE website in due course of time before the start of submission of online preferences/registration.