

J&K UT Bench Press Championship concludes

■ STATE TIMES NEWS

JAMMU: Two-day J&K UT Bench Press Championship unequipped and equipped Sub Junior, Junior, Senior & Master (Men & Women) concluded at Hollister Fitness Gym Sainik Colony, here.

The championship was organized by All J&K UT Power Lifting Association under the banner of Power lifting India.

Shakil Ahmed was the Chief Guest on the occasion while Sunil Kumar Sharma, P.K Sharma, Tarun Tak, Kaish Choudhary, Arshad was the special guests who distribute prize among the winner and runner up players.

In this championship, Vikramjeet Singh, Pankaj Chib, Surbi Bali and Amita Devi won best lifter in Senior unequipped and equipped while Harshul Sharma, Surjeet Singh, Sakhi Koul, and Samreen Kour won best lifter Junior unequipped and equipped, Vishal Sudan and Aman Saini won best lifter in Sub Junior unequipped and equipped, Shalinder Singh and Rajesh Gupta won best lifter in Master I and II Category.

In the championship, 220 players participated from different district of J&K UT viz Jammu, Kathua, Samba, Poonch, Reasi, Kishtwar,



Winners posing for a photograph with officials.

Doda, Rajouri, Poonch, Budgam, Srinagar, Baramulla and Ramban. Vikramjeet Singh, Amandeep Bhassan and Joginder Kumar create new J&K UT record in equipped bench press championship breaking previous record of +120 kg, 93 kg, 83kg category by lifting 272.5 kg, 217.5 kg & 210 kg respectively.

Rubham Shama, Pankaj Chib & Anshu Sharma also create new J&K UT record in unequipped Bench Press Championship breaking previous record of 105 kg, 83 kg and 53kg category by lifting 195 kg, 180kg & 92.5 kg respectively.

The officials of the association who organized Championship in well man-

nered under the rule and regulation of Power Lifting India, namely Ajay Sharma General Secretary, Rahul Sawhney Senior Vice President, Gulzar Singh Vice President, Adil Ashraf Khan, Sanjeev Singh Joint Secretary, Vinay Sharma Media Secretary & executive member of the association namely Suresh Pal, Deepak Jyoti, Sumit Gupta, Anshuman Sharma Joginder Kumar, Ajit Pal Singh, Sandeep Banmotra, Gourav Gupta, Karnail Choudhary, Narmender Pal Singh, Sajad Hussain, Aslam Kohli and Vishal Sharma.

The championship was sponsored by Hollister Fitness GYM, Galaxy GYM & Triple S Brand.

WOMEN

Gold: Ojasvi Kohli, Heena Naz, Sakshi Koul, Amita Devi, Riya Mahajan, Priyanka Bhat, Adeela Shafi, Ritu Devi, Konica Sharma, Samreen Kour, Prasmi Gupta, Shivani Langheh, Menu Kalotra, Surbi Bali, Sonia Choudhary, Tamana and Balvinder Kour. **Silver:** Sakshi Koul, Sonakshi Tangri, Shivani Babori, Hiral Mahajan, Ruby Sharma, Ujala and Amisha Khajuria. **Bronze:** Rashika Handa and Simi Patwari,

MEN

Gold: Himanshu Sharma, Anshu Sharma, Nikhil Rajput, Vinay Salaria, Parath Manhas, Harshul Sharma, Sawan Kumar, Vishal Sudan, Nitin Choudhary, Vishawjeet Singh, Varun Manhas, Satyajeet Singh, Rajesh Gupta, Satpal Gupta, Adnan Choudhary, Sameer Sharma, Haroon Choudhary, Azim Aslam, Om Dutt, Sethi Ram Kumar, Shabel Ahmed, Aman Saini, Surjeet Singh, Udaiveer Singh, Pankaj Chib, Joginder Kumar, Narinder Pal Singh, CD Balaria, Umesh Raina, Owais Choudhary, Anurag Magotra, Amandeep Bhassan, Shalinder Singh, Sikander Lal, Lovleen Singh, Shabam ALam,

Advisor Farooq Khan honours gold medalist Khushwinder

JAMMU: All J&K UT Power Lifting Association under the banner of Power Lifting India Jammu held two-days J&K U.T Bench Press Championship, unequipped & equipped Sub-Junior, Junior, Senior, Master (Men and Women) competition in which master 1 category gold medalist Khushwinder Singh was awarded by Farooq Khan, Advisor to Lieutenant Governor Manoj Singh with certificate and gold medals.

On the occasion Ajay Sharma, General Secretary, Jammu District Power Lifting Association, Senior Vice President Rahul Sahni, Gulzar Singh Vice President and Media Secretary Vinay Sharma were also present.

Advisor Khan congratulated Khushwinder Singh for this achievement and wished him all the best for setting similar records in future.



Advisor, Farooq Khan felicitating gold medalist Khushwinder Singh.

Earlier, Farooq Khan congratulated Khushwinder Singh for winning gold in the district level competition. He said that along with youth, people of growing age also need to pay attention to fit-

ness be it through yoga or physical exercise.

Advisor Khan also congratulated the members of the Association for organizing the event, who are providing a better platform to

the youth. Association member apprised Advisor Farooq Khan that 220 participants from 13 district participated in this competition and showed their talent.

J&K Handball team leaves for Nationals



Handball team posing for a photograph with officials before leaving for nationals.

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JAMMU: Jammu & Kashmir Handball team on Tuesday left for the participation in the 37th Sub Junior Boys National

Handball Championship which is scheduled to be held at Akshara International School, Hyderabad, Telangana from October 7 to 11, 2021.

The team: Sawyam Gupta, Sarthak Raina, Aman Singh, Mohd Tahir, Mohd Shahid, Mohd Shakeel, Aryaveer Jamwal, Vansh Sharma, Mohd Aquib,

Rahul Boora, Krishan, Neeraj Kumar, Ravishu, Deepak, Nazir Hussain, Hashim Tariq, Shahid Ahamed Ganai and Ankush Singh.

Inter-School Zonal level selection-cum-trials of Bishnah zone held



Participants posing for a photograph with dignitaries.

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JAMMU: The Department of Youth Services and Sports JK UT, District Jammu, zone Bishnah on Tuesday conducted Inter-school Zonal level selection-cum-trials in the discipline of Taekwondo, Judo, Wushu for all age groups of boys & girls at Jammu Sanskriti School, Ismailpur Kothey and Table Tennis selection-cum-trials for all age group girls at GGHSS Bishnah under the chairmanship of District Youth Services & Sports Officer Jammu,

Sukhdev Raj Sharma and over all supervision of Surbjeet Kour; Zonal Physical Education Officer; Bishnah. The Chief Guest on the occasion was Rohini Aina, Principal Jammu Sanskriti School. The bouts were officiated by Jagpreet Kour (Taekwondo Coach JSS Ismailpur Kothey) and Rohit Sadotra GMS Ismailpur (Judo Coach). The selection-cum-trials were officiated by Harvinder Pal Singh PET GGHSS Bishnah. All staff members of this zone were present of the occasion.

44th Stag J&K UT & inter-district TT Championships Prajwal emerges first-ever title holder of Hopes U-11 event

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JAMMU: Prajwal emerged as the first ever title holder of the newly included Hopes (Under 11) boys category while Nitya Arora clinched the Cadet Girls title in the ongoing 44th Stag J&K UT & inter district Table Tennis Championships 2021 being organized by J&K Table Tennis Association in collaboration with the Sports Council of the UT of J&K at Indoor Sports Complex, MA Stadium, here on Tuesday.

Prajwal defeated Pranit Mahajan in the final of Hopes (Under 11) boys category. Earlier in the semi-finals, Pranit defeated Amaan Bandey by 3-1 and Prajwal defeated Akshar by 3-2.

Nitya Arora defeated Tuhina by 3-1 to clinch the cadet girls final. In semi-finals, Nitya beat Bhavin 3-0 and Tuheen



Table tennis matches in progress.

beat Yasha 3-2. Gurasees of Poonch sailed into cadet boys final. In quarter-final, Ritvik beat Mussa 3-0, Pranit beat Ayaan 3-1, Gurasees beat Essa 3-1, Gourav beat Sayed Ali 3-0.

In Sub Jr Girls first round, Tejkiran beat Falak 3-1, Tuhina beat Nazrana 3-0, Niharika beat by Saniya Razak 3-0 and Zafeera beat Irfa 3-1.

Prominent among those

who were present Satbir Singh, Sanjay Wahi, Rajan Sharma, I.P Singh, Satish Gupta, Ajay Sharma, Er Saleem Bandey (Secretary Poonch District TT Association), Ashok Singh (Sports Officer Jammu Province), Vikas Gupta (Joint Secretary, Judo Federation of India), Gurvinder Singh Sasan, Vasu Dewan, Sandeep Khadotra, Narinder Singh, Sheetal Gandotra and Sanjeev Gupta.

Aditi qualifies M.Phil

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UDHAMPUR: Aditi Khajuria, daughter of Pankaj Sharma and Santosh Kumari, resident of Adarsh Colony, Udhampur has been declared qualified for the award of degree of Master of Philosophy (M.Phil) in English Literature by Khalsa College, Amritsar. Thus, she brought laurel & pride for town. She worked on the topic: Trauma and Post-Traumatic Stress Disorder In Kashmiri children: A psychological study of Rahul Pandita's 'Our Moon has blood clots' & Basharat Peer's 'Curfewed Night', under the supervision of Dr. Savant Singh Manto. Udhampur Khajuria family wished success to her all the way.



Inter-Zonal District level competitions get underway

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KATHUA: The third phase of Inter Zonal District level Competition being organized by Department of Youth Services and



Sports Kathua got underway at at Shivalik Resort, Dayalchak, here on Tuesday. The Competition in the disciplines of individual as well as team events

i.e B a d m i n t o n, wrestling, judo, karate, taekwondo, Wushu, kick boxing, martial arts, painting, rope skipping, boxing, fencing, speedball quiz and table tennis will be held. The activities Incharge Nasib Chand PEM, Joginder Kumar PEM were present. **Today's Final results**

Quiz u-14: Zone Mahreen 1st and Zone Sallan 2nd. U-17: zone Hiranagar 1st and zone Kathua 2nd. U-19: zone Barnoti 1st and Zone Sallan 2nd. **Rope skipping free style:** U-14: zone Kathua: u-17: Zone Barnoti; and U-19: zone Kathua. **Painting:** U-14: zone Kathua; U-17: Zone Kathua: u-19: Zone Hiranagar. **Badminton:** Zone Kathua beat Zone Hiranagar by 2-1.

JKCA condoles death of ex-cricketer Ravi Kant

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JAMMU: A virtual-cum-physical condolence meeting was held at JKCA office, Pavilion Building Jammu to condole the death of a very senior ex-cricketer of J&K, Ravi Kant Gupta.

While Mithun Manhas, Sunil Sethi and Majid Dar joined the meeting virtually, those who were physically present for the meeting included the members of Cricket Advisory Committee, Senior Selection Committee, the office staff, ex-Ranji players and players presently attending the Under-25 trials and fitness camp for Syed Mushtaq Ali probable. Glowing tributes were paid to the departed soul for sterling contribution of late Ravi Kant towards development and promotion of cricket in J&K.

Brig Anil Gupta (retd) while paying the tribute highlighted the details of his contribution as a player of the state Ranji Team for which he played 32 matches. He also played for North

Zone in Duleep Trophy.

Ashwani Gupta, member CAC highlighted his qualities as a player. Recalling his association with him Ashwani said that he was an excellent left arm spinner who used to mesmerize the batsmen with his quality spin bowling. Vidya Bhasker, Chief Senior selector recalled the personal and humanly qualities of the late cricketer. Mithun Manhas, remembered him as a good leader and also highlighted that Ravi Kant was appointed as a match referee twice by the BCCI.

Two-minute silence was also observed at SK Stadium Srinagar in which Majid Dar, Dhruv Mahajan, Arshad Bhat and ex and present cricketers were present.

Others presented in the meeting included Gulzar Ahmad, Manish Angral, Ram Pal, Bunty Kumar, Sushil Kumar and Subash Singh, ex- cricketers to include Roopali Slathia, Surabhi Dadechi and Vijay Sharma.

Inter-Zonal District Level Cricket competition gets underway



Cricket teams posing for a photograph with officials.

■ STATE TIMES NEWS

JAMMU: Inter Zonal District Level competition in the discipline of Cricket under-19 boys continued on second day at Khel Gaon Nagrota Jammu.

Earlier, Department of Youth Services & Sports district Jammu organized this tournament, in which teams of all 14 zones of district Jammu are drawn from as per fixture of knock out basis.

The tournament has

being organized under the chairmanship of Gazanfer Ali, Director Youth Services & Sports J&K and under the supervision of District Youth Services and Sports Officer, Jammu Sukhdev Raj Sharma. The main aim of this competition is to select best players for the next level of competitions.

Matches were officiated by Madan Mohan, Mukesh Sharma, Jatinder Singh, Satpal Singh, Dinesh

Sharma and other experts of the department. Officials were present at venue were Smt. Veena Tickoo, ZPEO Dansal, Mohd. Farooq, PEM and other committee including press & Publicity in connection for smooth & fair conduct of tournament. **Today Results:** Bhalwal zone beat Satwari zone by 19 runs; Khour zone beat Jourian Zone by 4 wickets; and Jammu zone beat Gandhi Nagar zone by 8 wickets.