

# 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, PK 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, Surbhi 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, Narnender 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 Langeh, Mennu 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,

Rubam Khajuria, Anil Singh Jasrotia, Aditya Sharma, Khushwinder Singh, Uttam Raina, Gourav Sharma, Jagbir Singh Bhat, Roshan Sharma, Mohd Younis Ansari, Vishal Kumar, Udaiveer Singh and Vikramjeet Singh.

**SILVER:** Prem Kumar, Abhimanyu Sharma, Kartik Balaria, Chetan Dogra,

## 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 Sinha 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.

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

ness it through yoga or physical exercise.

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the youth.

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

Kalotra, Manu Singh, Vikas Kumar, Jogeshwar Singh, Nasir, Amit Singh, Sourav Bral, Ashok Singh, Lakshay Singh, Abhishek, Dhruv Gupta, Shubam Gupta, Gurjot Singh, Mahul Verma, Mohit Saini, Abdur Rehman Tak, Harish Kumar, Karandeep, Bunty Kumar, Akash Dutt and Manpreet Singh.

## Open J&K UT Masters Athletics C'ship from Oct 31

**STATE TIMES NEWS**  
JAMMU: Open J&K UT Masters Athletics Championship for men & women being organised by J&K Masters Athletics Association under the aegis of J&K Sports Council to be held on October 31, 2021 at MA Stadium.

All the interested athletes are asked to send entries on or before October 31, 2021 with age proof and entry fee of Rs 300.

The age category of men start from 35 plus onwards and for women from 30+ events 10000m run, 5000m run, 5000m walk, 400 m run, 800m run and short put.

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## J&K Handball team leaves for Nationals



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

## STATE TIMES NEWS

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.

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



Participants posing for a photograph with dignitaries.

## STATE TIMES NEWS

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 Teakwondo, Judo, Wushu for all age groups of boys & girls at Jammu Sanskriti School, Ismailpur Kotyeh and Table Tennis selection-cum-trials for all age group girls at GGHSS Bishnah. All staff members of this zone were present of the occasion.

## Aditi qualifies M.Phil

### STATE TIMES NEWS

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 topics 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. Sawant Singh Manto. Udhampur Khajuria family wished success to her all the way.

### STATE TIMES NEWS

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.

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