

Brig Gupta honours HP team

Overcoming pressure J&K eves emerge victorious

Rubia, Chitra, Bismah, Anju dazzle

■ STATE TIMES NEWS

JAMMU: Holding nerves in the crunch situation and overcoming pressure, Jammu and Kashmir eves emerged victorious over their counterparts from Himachal Pradesh in the last match of the ongoing practice match tri-series as part of JKCA Senior Women's Preparatory Camp at JKCA Hostel ground, here on Thursday.

With today's success J&K registered its fourth victory in the 5-match series involving Himachal Pradesh and Chandigarh apart from the hosts.

Meanwhile, in the post match presentation, Brig Anil Gupta, Member-Administration JKCA honoured the Himachal Pradesh team by presenting a memento to the Manager of the team, Dr Geeta Mehta as a token of gratitude from Jammu and Kashmir Cricket Association (JKCA).

Earlier, put into bat, J&K opening batters Bavandeep



J&K Sr Women team posing for a group photograph along with Brig Anil Gupta at JKCA Hostel ground in Jammu.

Kour and Anju Tomar began the innings on an aggressive note as the make-shift opener Bavandeep struck a crispy boundary on very first ball of the innings. Both the openers were going great guns before young Bavandeep ran herself out rather sacrificed her wicket for the senior partner at her individual score of 10 runs and the team's total of 18 runs in 4.1 overs.

Chitra Singh Jamwal joined Anju and took the score to 39 runs in 7.5 overs before Anju's dismissal at her individual score of 24 runs

off 29 balls, studded with 3 boundaries. Unlike yesterday, Anju was brilliant in rotating the strike and hitting the odd boundary today, thus nullifying the dot ball tactics of the rivals.

Then explosive Rubia and stylish Chitra played brilliantly to help their side make a respectable total of 119 runs in the stipulated 20 overs. While Rubia scored brisk unbeaten 45 runs off 40 balls with six boundaries and one six, Chitra was artistic in scoring 31 runs off 36 balls.

Both these batters showed elegance, brilliance, besides athleticism and motor ability while taking singles and twos.

For Himachal Pradesh, Sakshi was the only successful bowler, who took one wicket.

In reply, Himachal Pradesh managed to score 114 runs in the allotted 20 overs, thus lost the match by a narrow margin of 6 runs. Shivani top scored with 27-ball 27 runs, studded with 4 boundaries, while Sakshi Thakur and Vandana Rana

contributed 26 and 23 runs to the total respectively.

For J&K, speedster Bismah Hassan was the pick of the bowlers, who took 2 wickets by conceding 4 runs in her 2 overs, while Chitra also bagged 2 wickets by giving away 20 runs in her 4 overs. Skipper/off-spinner Sandhya Sayal and left-arm spinner Nadia Chowdhary claimed one wicket each.

The Jammu and Kashmir team is being accompanied by Rajesh Dhar and Rajni Sharma as Managers, while Chetan B Dhingra is the Head Coach and Nayna Kashyap as the Bowling Coach. Satika Sharma is the Trainer, while Lovely Bansal and Mujtaba Wani are the Physiotherapist and Video Analyst respectively.

CAC Member JKCA, Roopali Slathia and Senior Women Selectors--Surabhi Dhadeechi and Ankita Jalla observed the performance of the players.

Ecoclub of GCW Gandhi Nagar, PNB Jammu join hands for greener future

■ STATE TIMES NEWS

JAMMU: The Ecoclub "Harshyaali" of GCW Gandhi Nagar and Dean Students Welfare in a collaborative effort with Punjab National Bank (PNB) Jammu, organized a plantation drive aimed at enhancing the environmental sustainability of the college campus and promoting a greener tomorrow.

PNB Jammu demonstrated its commitment to environmental conservation by generously donating 300 plants to the college. These plants are designated to contribute to the establishment and maintenance of a flourishing lawn (Lawn No. 22) within the college premises.

The plantation drive was executed with great enthusiasm and dedication by the members of the Ecoclub, who were joined by representatives from PNB Jammu including Rakesh Sharma, DGM PNB Jammu Circle and Sumit Kumar Senior Manager branch office Gandhi Nagar



GCW Gandhi Nagar students and faculty with PNB officials at plantation drive.

Jammu. Prof Minu Mahajan, Principal of GCW Gandhi Nagar, expressed gratitude for the collaboration with PNB Jammu and the efforts of the Ecoclub and said that this initiative exemplifies the power of partnerships for a sustainable future.

The 300 plants generously donated by PNB Jammu will not only add to the beauty of our college campus but will also significant-

ly contribute to creating a greener and healthier environment for all.

The event was coordinated by Dr. Harjeet Kour Sodhi, Convener EcoClub and members of Ecoclub including Prof. Rahul Sharma, Prof Nisha Bhagat and Prof Sugandha Mahajan. Prof Mamta Gupta, Dean Students Welfare and HOD Commerce thanked the representatives of PNB for their generous efforts.

AESL presents LG Smart TV to JKPS

Panjrithi for best performance in ANTHE

■ STATE TIMES NEWS

JAMMU: Aakash Educational Services Limited (AESL), a Delhi based Educational Centre, organised a career counselling session followed by Aakash National Talent Hunt Examination (ANTHE) for the students of class 8th, 9th and 10th. The team Aakash felicitated the Principal of JK Public School Panjirthi, Suman Banbah with a memento for motivating the children to participate in the aforesaid examination. Their performance was the best among various reputed schools, thus, they presented an LG Smart TV to the School.



AESL officials felicitating Principal JKPS Panjirthi Suman Banbah.

Women Judo League on Oct 18

■ STATE TIMES NEWS

JAMMU: Jammu and Kashmir Judo Association shall hold Women League Khelo India Judo Championship on October 18 with the sole aim to promote the game among females in the Union Territory (UT).

The day-long competition shall be held at Indoor Complex of J&K Sports Council, Bhagwati Nagar, here. Those eligible judokas have been advised to contact concerned coaches with regard to the event, a handout issued by the Association here on Thursday informed.

■ STATE TIMES NEWS

RAMBAN: Deputy Commissioner, Ramban, on Thursday inaugurated the Inter-District Division Level Tournament in Chess discipline under 17 and 19 years Girls sections at Government Model Higher Secondary School, Ramban.

Among others, District Youth Services and Sports Officers, Dharamvir Singh, Principal, Government Model Higher Secondary School, Ramban, K.K Sharma and ZPEOs of different zones of Ramban District were present on the occasion.

Inter-District Division Level Tournament started at Model HSS Ramban with



DC Ramban inaugurating the Inter-District Division Level Tournament in Chess discipline.

great enthusiasm in which districts of Jammu province including Kishtwar, Samba, Doda, Udhampur, Kathua, Ramban, Jammu and Rajouri participated in the

tournament.

The tournament was organized by the Department of the Youth Service and Sports Ramban under the aegis of Director, Youth

District Udhampur Open Table Tennis Championship concludes

■ STATE TIMES NEWS

UDHAMPUR: Three days District Udhampur Open Table Tennis Championship organised by District Table Tennis Association Udhampur in collaboration with J&K Sports Council under the aegis of J&K Table Tennis Association concluded at Indoor Sports Hall Subash Stadium here on Thursday.

Former MLA Balwant Singh Mankotia was the Chief Guest where as DySP Hqrs Gurmeet Singh was the Guest of Honour.

Earlier General Secretary Tarun presented appreciated the young talent of District Udhampur.

Around 200 participants



Winner players posing with dignitaries at prize distribution ceremony.

from every nook and corner of the district were participated in this championship.

Mankotia appreciated the efforts of the association for huge participation. Gurmeet Singh also motivated the youngsters to participate in the sports.

Final Results
Cadet Boys: Prajwal Bandral beat Shashwat Tripathi by 3-2. Sub junior girls: Adhira Beat Samriti by 3-1. Sub Junior Boys: Prajwal Bandral beat Aryamaan Sharma by 3-2. Junior Boys u-17: Laksh

Dev Singh beat Archit Mahajan by 3-2. Junior Girls: Sonika Devi beat Palak Khajuria by 3-1. Junior U-19 Boys: Sourav Sharma beat Madhav Sharma by 3-2. Senior Boys: Sourav Sharma beat Mannat Arora by 3-2. Senior Girls: Sonika Devi

beat Akshima by 3-2. Sr Doubles Mens: Mannat Arora, Madhav Sharma beat Prince Gupta, Sourav Sharma by 3-2.

K.G Sharma (Chairman), Vinod Kumar Baru (President), Samnik Bhasin Councillor MCU, Upkar Singh, Tarun General Secretary, Prikshit Khajuria (Treasurer), Ankit Sharma (TT Coach), Akash Sharma, Sunny Sharma, Vishal Singh, Aehat Magotra and Kanav Magotra were also present.

Matches were officiated by Maninder Singh, Ajay Sharma, Sahil Magotra.

Later, Prizes was distributed among winner and runner-up players.

Nirbhay ends 20 year medal draught in Weightlifting

■ STATE TIMES NEWS

JAMMU: Young athlete of the J&K Police Central team, Nirbhay Pratap Singh Pathania has won Silver medal thereby ending a 20 year Police Games medal draught.

The last time J&K Police won the Weightlifting medal way back in 2004 when Daljit Singh finished third in the All India Police Games held at Jullundur in Punjab. However, Daljit had already won a Silver in the Police Games held at Delhi in 2001.

Nirbhay, a trainee of MA Stadium coaching facility in Jammu, practiced at different places, including J&K Police and Sports Authority of India (SAI) centre in Punjab.

Son of a National level weightlifter and All India University Games medal winner, Nirbhay aims at representing India at the international level.

"This is just a beginning, I want to represent my country at the international level with eyes on the prestigious Asian Games," said Nirbhay.



Young athlete of the J&K Police Central team, Nirbhay Pratap Singh Pathania after receiving Silver medal.

Nirbhay won Silver medal considering his performance of a total weight lift of 245 kg with two hand snatch of 105 kg and 140 kg in Clean and Jerk.

KCPS students selected for national level championship in soft tennis

■ STATE TIMES NEWS

JAMMU: Two students of KC Public School, namely, Soham Bhat of class 11 and Shreemai Bhat of class 8, have made it to the Soft Tennis squad representing J&K at the national championship 2023 in the Juniors category.

These students have been trained in the game by Khelo India coach Indu Bhushan for several years and have an impressive track record.

The national championship is scheduled to be held at Vijayawada, Andhra



Chairman Raju Chowdhary, Vice Chairman Arjun Chowdhary, Managing Director Arti Chowdhary, Principal

Amarendra Kumar Mishra and Vice Principal Sanjay Pandey wished best of luck on the forward journey of the students and appreciated the efforts of the coach Indu Bhushan.

Sports week for womenfolk in Miran Sahib



Headmistress of the school, Ruby Kohli and other dignitaries interacting with women.

■ STATE TIMES NEWS

JAMMU: Department of Youth Services and Sports (DYSS) organised sports week for house hold women of Zone Miran Sahib with the sole aim to promote physical activity among females.

The event organised on the

directions of the district (DYSS) officer, Sukh Dev Raj Sharma by Zonal Physical Education Officer (ZPEO), Rakesh Kakar by involving those prominent personalities of the Zone including Sarpanch and Panchs.

Around 70 women in their

golden age were involved in sports activities of Carrom, Chess, Ludo and Throwball.

Madan Lal Sharma was chief guest in the closing function, who was all praise for the officials of the DYSS for the initiative.

Headmistress of the host school, Ruby Kohli was guest of honour, who presence of Balvinder Kumar appreciated the participants for their enthusiasm.

The event conducted by the team led by activity incharge, Hardeep Kour, Kuldeep Kour (both PEM), Ravinder Kumar (PET), Koshal Kumar, Raghunandan, Jagandeep Singh (all REK), Shubham Bakshi and Mausmi Sharma.

■ STATE TIMES NEWS

SRINAGAR: Wushu Academy Srinagar bagged overall championship trophy in the two-day District Srinagar Wushu Championship, organised by the district association, concluded at Sher-I-Kashmir Indoor Complex, here on Thursday.

Overall second place went to Al-Noor Model School, Safa Kadal while Arise International Academy and Crescent Higher Secondary School Natipora remained



Winner players posing with dignitaries at Srinagar.

Inter-Zone Dist Level Basketball Selection trials commence at BHSS Lar



■ STATE TIMES NEWS

GANDERBAL: The Youth Services and Sports (YSS) Ganderbal on Thursday started the process of selection of Basketball Players for the upcoming inter District Provincial level Basketball competitions.

The department is providing a great opportunity to the young players to showcase their talent and represent their District. In this context, the trials are being conducted at the picturesque ground of BHSS Lar.

On the opening day, Selection trials were conducted for Boys in which a large number of student players from all four zones of the district enthusiastically participated.

The selected student players will participate in the upcoming inter District provincial level competition which will be conducted very soon. The selection trials for Girls will be conducted in the upcoming days.

third.

Over 500 participants from 20 different clubs and educational institutions of the district contested for the top honours in different weight and age groups in this competition, a handout issued by the Association informed.

Divisional Sports Officer Kashmir, Muzaffar was chief guests. He was accompanied by Hilal Ahamd (Manager Sher I Kashmir Indoor Sports Complex), Iqbal Ahmed Mir (Manager Gindun Sports

Complex), Kamal Kishore (International Wushu player), Aijaz Hassan (Coach KIC Handwara), Rameez Ahmed Dar (Coach KIC Shopian), Umer (International Wushu player), Atul (National medalist) and Irfan Ahmad Wani (organising secretary).

The district association expressed their gratitude to Secretary Sports Council and appreciated the efforts of Dronacharya Awardee, Kuldeep Handoo for promoting the game all around J&K.

Jammu boys clinch U-19 Basketball trophy

■ STATE TIMES NEWS

UDHAMPUR: Jammu district clinched under-19 boys' title trophy in the inter-district Divisional level Basketball Tournament, organised by Department of Youth Services and Sports (DYSS) at Army Public School (APS) ground, here on Thursday.

In the final, Jammu boys defeated their counterparts from host district Udhampur 49-10 making it a one-sided contest. The Results: Semifinals: Jammu beat Samba 30-11 and Udhampur beat Kathua 23-10.

Chief Planning Officer, Udhampur, Mudassar Yaqoob was chief guest in the title clash while retired DIG of Border Security Force (BSF), K K Sharma was guest of honour: Both the special guests presented medals and title trophies to



the winner and runner team.

The chief guest laid stress on involvement of every school going youth in sports activities so as to make them physically fit and mentally strong.

Earlier, district (DYSS) officer, Romesh Chander Mishra presented a brief note of the activities and sports scenario in the rural and hilly district of Udhampur.

The competition officiated by the technical panel including

Sanjay Sharma, Manik Nargotra, Ranbir Singh, Ishang Bandral, Deepak Sharma and Rajesh Bandral and Vaneet Pangotra (selector).

Among others present were Pushpinder Kour (ZPEO Babey), Vijay Gupta (ZPEO Panchari), Jasvinder Singh, Somdev Khajuria, Anita Goswami, Romesh Chander, Rakesh kumar, Munazim Asif, Rajesh Kumar (Medical), Ranjeet, Sonali and Palak.