

Benia Min of JKP wins Domana Dangal

STATE TIMES NEWS
JAMMU: Wrestler Benia Min of J&K Police and a resident of Basantgarh in district Udhampur clinched the 22nd annual Domana Vishal Dangal title defeating Binni of Haryana in very tough bout that lasted for 22 minutes.
Winner Benia Min presented a cash prize of Rs 61,000 while Binni got Rs 40,000 from the organisers, Domana Dangal Committee.
Day-long dangal took place in association with J&K Indian Style Wrestling Association under the overall supervision of Raj Hussain, president of Domana Dangal Committee, former



Chief Guest and other dignitaries posing with wrestlers of main bout.

Sarpanch, Shamsher Singh and Madan Lal.
In total, 13 bouts played and a cash prize Rs. 7.90 Lakhs given away to the winner and runners-up wrestlers by chief guest, SDPO Vishal Shoor and other distinguished guests.

Former Joint Secretary of J&K Sports Council (JKSC) and president J&K Indian Style Wrestling Association, Shiv Kumar Sharma presided while Rajan Singh, ex president Yuva Rajput Sabha and SHO Inspector Kunal

Singh Jamwal were guests of honour.
In another contest for the main bout, Ravi Vohra of Punjab outplayed Rahul Rathi of Patiala in Punjab. While Ravi got Rs. 61,000, Rahul Rathi given away Rs 40,000.

For the second bout, Abdul Gani of Mallerkotla (Punjab) trounced Navdeep of Delhi to become rich by 51,000. Navdeep got Rs. 30,000 cash prize.
In third bout, Rashid of Domana Akhara defeated Pappi of Kangra in (Himachal Pradesh). Rashid received Rs 31,000 and Pappi got Rs. 30,000 as cash prize.
Dangal committee members who helped for the conduct of this dangal included Raj Hussain (president), ex- Sarpanch Shamsher Singh, Vijay Singh Slathia, Bodh Raj Bhagat, Kuni Ram Subedar, Madan Lal, Subash Singh and Sunny Sharma.

GCW Parade wins Archery trophy



Winner and runner up teams posing with JU faculty and officials.

STATE TIMES NEWS
JAMMU: Government College for Women (GCW) Parade win the trophy of Inter-Collegiate Archery (Women) Championship 2023-24 organized by the Directorate of Sports & Physical Education, University of Jammu at the University Sports Stadium, which concluded on Friday. GCW Parade secured 142 points and GDC Paloura won runner up trophy with 33 points.
The final results:
30-meter distance (Girls) individual: Heena (GCW Parade), gold, Apsha (GCW Parade), silver; and Shalalu (GDC Katra), bronze. 30-meter

distance (Girls) team: GCW Parade, gold, GDC Paloura, silver; and GDC Katra, bronze. Dr. Daud Iqbal Baba, Director, Directorate of Sports & Physical Education, JU was the Chief Guest who awarded the winning trophy to the overall Championship winning team GCW Parade.
The prominent persons present were Suman Sharma, Vimal Kishore, Jai Bharat, Rishiv Sharma, Harinderpal Singh, Dr. Arjun Singh GDC Doda, Dr. Mukesh Kumar GDC Ramnagar and Sonu Kumari.
The championship was conducted under the supervision of Jai Bharat.

Finals position cleared in Inter Collegiate Basketball Tournament



Chief Guest interacting with players at Jammu.

STATE TIMES NEWS
JAMMU: GGM Science College and Govt MAM College in men section and GCW Gandhi Nagar and Govt. SPMR College of Commerce in women section entered the finals of Inter-Collegiate Basketball (Men & Women) Tournaments organised by Cluster University of Jammu in MA Stadium, here on Friday.
Prof. (Dr.) Naveen Anand, Dean Academic Affairs, CLUJ was the Chief Guest on the occasion.
The tournament was organised under the supervi-

sion of Ramandeep Kralia, Physical Director GCOE Jammu and overall supervision of Dr. Vinod Bakshi Director Sports, CLUJ.
In women's section, GCW Gandhi Nagar beat GGM Science College with a narrow margin of 12-08 points and entered the final. Tejaswini Khajuria of GGM Science College played excellent game and score eight points. Anamika Sharma also played very well and got six points for GCW Gandhi Nagar. In another match, Govt. SPMR College got walkover against Govt.

MAM College and entered the final.
In Men's section, GGM Science College beat Govt. SPMR College of Commerce with a huge margin of 45-17 points and entered the final. Aniket Chib of GGM Science College and Rhythm Mahajan of Govt. SPMR College of Commerce played excellent game and scored 14 and 10 points respectively. In another match, Govt. MAM College got walkover against GCOE, Jammu and entered the final.
Prof. Satish Sharma and Prof. Deep of GCOE Jammu, Aijaz Malik, Physical Director Govt. SPMR College of Commerce, Dr. Roopali Slathia, Physical Director GCW Gandhi Nagar Jammu, and Neenu Sawhney, Physical Director Govt. MAM College Jammu were among the various dignitaries present during the occasion.
The matches were officiated by Amit Kalsi, Vineet Pangotra, Rajesh Bandral and Mansi Verma.

Rasikh, Shubham, Qamran fashion convincing victory for J&K

STATE TIMES NEWS
JAIPUR: Rasikh Salam's fiery spell yielded wickets of significant Chhattisgarh batsmen, while skipper Shubham Khajuria and promising Qamran Iqbal scored power-packed half-centuries as Jammu and Kashmir scripted a resounding 35-run victory over equally poised Chhattisgarh in the ongoing Syed Mushtaq Ali T20 Trophy at KL Saini Ground here on Friday.
Earlier, put into bat, Jammu and Kashmir rode on a magnificent batting display by the opening pair of Shubham Khajuria and Qamran Iqbal to score a good total of 185 runs in 19.5 overs. Both the batters were in sublime touch from the word go and showed stellar grit and



Rasikh Salam Shubham Khajuria Qamran Iqbal

tenacity to notch up their power-packed fifties.
Showing elegance and brilliance Shubham scored 73 runs off 46 balls, studded with 6 fours and 4 sixes, while Qamran was more explosive and contributed 50 runs

off 24 balls including 8 fours and 2 sixes.
Yudhvir Singh gave impetus to J&K innings with 4-ball 13 runs including 2 massive sixes.
For Chhattisgarh, Sourabh Mujumdar captured 4 wickets,

while Shubham Aggarwal and Shashank Singh took 3 and 2 wickets respectively.
In reply, Chhattisgarh managed to score 150 runs in the stipulated 20 overs to lose the match by 35 runs. Shashank top scored with 58 runs off 41 balls with 7 boundaries, while KD Eknath contributed 26 runs to the total.
Speedster Rasikh Salam was at his best and captured 6 important wickets by conceding 31 runs in his 4 overs, while Yudhvir Singh, Umran Malik and Vivrant Sharma claimed one wicket each. Left-arm spinner Abid Mushtaq though was not among the wickets, yet he was the most economical bowler from J&K.

District Jammu dominates in Inter District UT Level Swimming Competitions



Winner swimmers posing for photograph with officials and dignitaries.

STATE TIMES NEWS
JAMMU: District Jammu dominated in the Inter District UT Level Swimming Competitions of all age group boys & girls, which conclude on Friday at Jodhmal Public School, here.
DYSSO Jammu in presence of Harvinder Kour, ZPEO Jammu and other technical officials of District Jammu presented medal among the top three winners.
About 150 players drawn from four District of J&K UT who took part in the competitions.
The tournament was organised under the patronage of Director Youth Services and Sports JK UT Subash Chander Chibber under the guidance of Joint

Director Youth Services and Sports, Jammu Suram Chand Sharma and the overall supervision of DYSSO Jammu Sukhdev Raj Sharma.
Today's Result (Swimming AAG Girls):-
U-14 yrs Girls: 50 metres-Freestyle: Tegmeet (Jammu), first, Sarvani (Jammu), second and Ayesha Javaid (Srinagar), third. 50 metres- Back Stroke: Mitali (Jammu), first, Hitanshi (Jammu), second and Ayesha (Srinagar), third. 50 metres- Butterfly: Tegmeet (Jammu), first, Nabita (Jammu), second and Mitali (Jammu), third. 100 metres-Freestyle: Tegmeet (Jammu), first, Aadya (Jammu), second and Remat Khan (Srinagar), third. 200

metres-Freestyle: Nabita (Srinagar), first and Chitrangana (Jammu), second.
U-17 yrs Girls: 100 metres-Freestyle: Aditi (Jammu), first and Aarya Bhat (Jammu), second. 50 metres- Back Stroke: Avnee (Jammu), first, Zobiya (Srinagar), second and Mannat (Jammu), third. Butterfly: Zobiya (Srinagar), first, Aarya (Jammu), second and Lavanya (Jammu), third.
U-19 yrs Girls: 100 metres-Freestyle: Angelina (Jammu), first and Vanya (Jammu), second. 200 metres-Freestyle: Mellossa (Jammu), first and Angelina (Jammu), second.
The matches were officiated by panel of experts of the Department.

Sports event organized for children with special needs

STATE TIMES NEWS
JAMMU: Sports event for specially-abled children was organized on Friday in Government High School, Jammu Cantt. The event was held under the guidance of Project Director Samagra Shiksha J&K, Deep Raj.
SDM South, Atul Dutt Sharma inaugurated the tournament in the presence of Chief Education Officer, Suraj Singh Rathore, DEPO, TS Billowria and State Coordinator Inclusive Education, Vijay Singh.
More than 100 special children from different zones competed in the games including Chess, Tug of War, Badminton, Foot Race, Carrom Board. The program organized by CEO Office aimed at pro-

viding equity, equal access, and equal opportunity to Children with Special Needs in the field of education and other spheres.
In his address, the SDM South called for hosting such programs for specially abled children on regular intervals so that a feeling of self-confidence is developed among them.
The CEO reiterated that these specially abled children are no way less than normal children and they can excel in every field if provided such opportunities.
He thanked the parents of the specially abled children for sparing their valuable time in making this program a great success.
All the children were given appreciation certificates for taking part in the events.

KCEANS bring laurels at Division Level Yoga Championship

STATE TIMES NEWS
JAMMU: Sadihya Sharma and Shambhavi Sharma of K C Public School shined at the Inter-District Division Level Yoga Championship organized by Department of Youth Services and Sports held at Reasi.
The Divisional Level Inter District Yoga Championship brought together aspiring young yogis from various schools across the district, all competing with a shared love for yoga and a desire to excel.
The KCEANS, displayed exceptional talent, discipline, and devotion to yoga throughout the entire event. Their outstanding performances and unwavering commitment earned them a series of well-deserved accolades and laurels in a highly competitive atmosphere.
Sadihya Sharma of Class 7



KPCS faculty felicitating winner students.

bagged the gold medal and Shambhavi Sharma of class 11 secured the bronze medal in their respective categories.
These achievements are a testament to the relentless efforts put in by the KCEANS under the guidance of their talented yoga instructors. KC Public School takes immense pride in providing its students with a nurturing environment that encourages holistic

development, placing equal emphasis on academics and co-curricular activities.
Chairman Raju Chowdhary, Vice Chairman Arjun Chowdhary, MD Arti Chowdhary, Principal Amarendra Kumar Mishra and Vice Principal Sanjay Pandey expressed their appreciation for the achievements and the magnificent hard work done by the students and their mentors.

Rachna of HSS Udhampur bags U-19 sprint gold

STATE TIMES NEWS
UDHAMPUR: Rachna Devi of Government Higher Secondary School Udhampur bagged 100 meters gold in the inter-school athletics meet of district Udhampur held in under-19 age under the banner of Department of Youth Services and Sports (DYSS) at Subash Stadium, here today.
Second place went to Pooja of Government Higher Secondary School Ramnagar. In total, 80 female school going senior athletes took part in this event.
Earlier, the event was declared open by district officer (DYSS) officer Udhampur, Romesh Chander Mishra, who was introduced with the participating teams by Zonal



Girls competing in athletic event at Udhampur.

Physical Education Officer (ZPEO), Pushpinder Kour. The district officer interacted with the teams and officials accompanying them.
Among others prominent present at the venue were Jasvinder Singh, Somdev Khajuria, Romesh Chander, Anita Goswami, Sanjeev kumar, Karun Magotra, Jatin Sethi,

Akhtar of GHSS Chak, 3rd. 800 mts: Sonali Sharma of GHSS Battal Ballian, Ist and Anjali Devi of GHSS Jaganoo, 2nd. 1500 mts: Kushboo of GHSS Udhampur, Ist and Anjali Devi of GHSS Ramnagar, 2nd. 3000 mts: Simaran Devi of GHSS Chirai, Ist and Surbhi Devi of GHSS Barolla, 2nd. Long Jump: Priyanka of GHSS Rang, Ist and Kiran Kerni, GHSS Jaganoo, 2nd. High Jump: Mamta Devi, GHSS Khoo, Ist and Shafali, GHSS Udhampur, 2nd. Shot Put: Lakshmi Devi, GHSS Udhampur, Ist and Safia Bibi of GHSS Chak, 2nd. Discuss: Meenakshi Devi of GHSS Udhampur, Ist and Neha Kumar of GHSS Ghari, 2nd.

GDC Kunjwani organises workshop on Khadi

STATE TIMES NEWS
JAMMU: NSS Unit of Government Degree College Kunjwani, in collaboration with Khadi and Village Industries Commission J&K, on Friday organized a workshop on the theme "Khadi for Nation khadi for Fashion" under the aegis of Atma Nirbhar Bharat Abhiyan.
The aim of the workshop was to bolster the Atma Nirbhar Bharat Abhiyan which focuses on making India self-reliant, Khadi as a symbol of traditional Indian craftsmanship and self-sufficiency.
The event was held in the College premises under the patronage of the principal Dr. Ravender Kumar Tickoo. He emphasized that the purpose of the Khadi Mahotsav is to raise awareness among students and youth about the significance of local products such as Khadi and handlooms. These products play a vital role in our economy, ecology and women's empowerment and encourage students to promote and adopt Khadi.
The workshop included a series of activities such as quiz competition, slogan writing, essay writing, jingle contest, short films, e-pledge, khadi yatra, exhibition of khadi products.
The Khadi and Village Industries Commission J&K, team visited the college campus in order to synergize the students about the PMEGP scheme for the start of micro small, and medium enterprises for self reliance. The students also took a pledge to promote Khadi in their day to day life.
The programme was coordinated by NSS PO Prof. Bushra Nizami.

PG Deptt JU shines in Yoga Championship

STATE TIMES NEWS
JAMMU: PG Department, University of Jammu dominated the Inter-Collegiate Yoga Championship for women organized by the Directorate of Sports & Physical Education, JU on Friday.
In team category, PG Department, JU bagged first position while second and third positions were clinched by GCW Parade Jammu and GDC Doda, respectively.
In individual category, the first position was won by Nitika Sharma, PG Department, JU, second position was secured by Jahnvi Sharma PG Department, JU and third position was jointly secured by Jaanvi Sharma GCET and Anandya Handa, GMC Rajouri.
The matches were conducted under the supervision of Dr. Daud Iqbal Baba,



Winner team posing with dignitaries after receiving trophy.

Director, Directorate of Sports and Physical Education, JU.
Dr. Vikram Hand was the Chief Guest who awarded trophy and medals to the winners in the presence of Dr Vimal Kishore (Asstt. Prof.), Rishav, Harinder Pal Singh and Physical Director/teacher

invited guest from the University and civil society.
The matches were officiated by technical panel of expert including Sanjeev Kumar Pandey, Anil Gupta, Mukesh, Anil Kumar, Sandeep Sharma and Deepthi.

GDC Kunjwani registers 115-run win in JU cricket

STATE TIMES NEWS
JAMMU: Sanprit Raina's quickfire ton guided Government Degree College (GDC) Kunjwani for 115-run margin win over KC Law College in the Inter Collegiate Cricket Tournament, organized by the Directorate of Sports and Physical Education, University of Jammu (JU) at the University Cricket Ground.
In today's match, Batting first after winning the toss, GDC Kunjwani set a target of 231 runs

for five wickets, courtesy 107 runs off 54 ball studded with 17 boundaries and two sixes. Kavya also played well and made with 47 runs off 33 balls including five fours and a six while Pranav contributed 11 runs. For KC Law College, Rudhra, Hiten and Rudhra Partap claimed one wicket each.
In reply, KC Law College could not chase the target and the innings ended at 166 runs with ten wickets in 16.1 overs.
Banshik remained top scorer with 12-ball 28

runs including one boundary and two sixes. Avyukt Singh made 20 while Rudhra Partap and Rudhra added 11 and 13 runs respectively to the total.
For GDC Kunjwani, Raiz bagged three wickets while Pranav, Bhawani and Rajeshwar took two wickets each.
Today's match was officiated by the technical panel comprising Vijay Kumar, Tahir Mehmood, Raj Kumar Bakshi while Baber Irshad maintained the score.