

JK Group of B.Ed and BBA organises Mehandi competition



Glimpses of Mehandi competition being held at JK Group of Colleges on Saturday.

■ **STATE TIMES NEWS**
JAMMU: Mehandi Competition was organized

in JK Group of Colleges to enhance creativity and hidden potential of the students

the students expressed their ideas through beautiful designs on their partners

hands with the help of Henna. The students were decked up in beautiful dress

and created perfect ambience for the Karvachauth festival.

Mehandi reflects the rich Indian culture bringing together the knowledge of

medicinal herbs with many lovely sentiments and beliefs. The winners will be awarded

with the certificates later on the programmed concluded with singing and dancing.

Punjab Wrestler Sumit lifts 52nd Tote Kesari Dangal Title

■ **STATE TIMES NEWS**

JAMMU: Wrestler Sumit of Khanna in Punjab lifted 52nd Annual Tote (Bhomag) Dangal title defeating Surjit Singh of J&K Police in the interesting main bout that lasted for 21minutes at Village Tote in Tehsil Bhomag of district Reasi.

The title winner, Sumit awarded Rs.12,000 cash prize while runners-up, Surjit got Rs 10,000.

Dangal was organized by Shree Bheem Devta Dangal Committee Tote in association with J&K Indian Style Wrestling Association under the overall supervision of Sarpanch Laldeep Singh, Novil Singh, Subash Singh and Vinod Singh.

Member Legislative Assembly (MLA), Baldev



Winner wrestlers with officials.

Raj Sharma was the chief guest who gave away cash prizes to the winners. President J&K Indian Style Wrestling Association and former Joint Secretary of

J&K State Sports Council, Shiv Kumar Sharma presided.

The DDC chairman Reasi, Saraf Singh Nag, DDC member, Mohd Rafiq, BDC

Chander Mohan Singh and BDC Sham Lal Bhagat were guests of honour. Prominent persons present were Pawan Singh, Amit Singh (SI), Kewal Singh,

Prabhat Singh (Mangali), Raman Singh, Sardari Lal, Sunny Khajuria, Devinder Singh (Manghu) and Puran Singh.

The bouts officiated by Nazir Ahmed, Kartar Singh, Tulinder Kumar and Gurdev Singh. Proceeding conducted by Anil Kumar.

In total, 73 bouts played thus incurring the organisers an expense of Rs 2,68,000. The second bout won by Anil of Reasi who defeated Sonu of Khanna in Punjab. Anil got Rs. 8,000 while runners-up Sonu presented Rs. 6,000 cash prize. In third main bout Madan

Singh of Roun Domain defeated Ankush of Delhi.

Meanwhile, Shiv Kumar Sharma, president Senior Citizens Welfare Forum Katra honoured prominent social activist of the area Hossiar Singh(81 years old) and Sarpanch Laldeep Singh.

Members of Shree Bheem Devta Dangal Committee Tote included Sarpanch Laldeep Singh, Novil Singh, Subash Singh, Bharat Singh, Rakesh Singh, Vinod Singh, Jagdish Singh, Balvinder Singh, Kuldeep Singh, Joginder Singh, Dharam Singh, Joginder Singh, Manjeet Singh, Jambal Singh, Bhushan Singh, Kulbir Singh Sham Singh, Amar Singh, Gurdev Singh, Mohd. Rafi and Anildev Singh.

Sarwant Gill appointed as Technical Director of VSSF

■ **STATE TIMES NEWS**

JAMMU: Vansh Sabre Sports Foundation (VSSF), J&K Secretary Kuldeep Kumar Gupta said that Sarwant Singh Gill has been appointed as Technical Director of Vansh Sabre Sports Foundation.

He is NIS Qualified coach in the year 1985-86 and retired from BSF as Dy. Commandant. S. Gill is also performing the duty as Associate Residency Secretary and Technical Director of Jammu & Kashmir Amateur Kabaddi Association.

Gill is 1st Sports Person who has participated in National 110 high hurdle from Jammu & Kashmir and still record is on his name in the books of National Federation.

Gill has performed NTO in 12th South Asian Games in 2016 at Gowhati, Assam, Dy. Chef Demission in 35th National Games in 2015 at Kerala, CFITO Technical Official in 2018 at Delhi, Track Asia Cup as Technical official in 2019 at Delhi, Asian Track Cycling as Technical official in 2022 at Delhi, Asian Mountain



VSSF J&K Secretary Kuldeep Kumar Gupta with Sarwant Singh Gill.

Train Bike Cycling as Technical Official at 2023 at Kerala, Asian Track Cycling as Technical Official at 2024 at Delhi and also Holding the Post of Member Athlete Commission of Cycling Federation of India upto Year 2027.

Moreover he has also participated as Technical official number of times in different National Games.

GDC Kunjwani felicitates Basketball team



■ **STATE TIMES NEWS**

JAMMU: Government Degree College (GDC) Kunjwani on Saturday felicitated its Basketball team for winning the title trophy of annual Inter Collegiate Basketball Tournament of University of Jammu.

The team was honoured by the Principal of the college, Prof Manisha Sarup Kohli.

She congratulated the winners and emphasized the importance of sports in fostering teamwork, fitness, and discipline.

Earlier, Physical Training Instructor (PTI) of the College, Malik Aejaz Iqbal briefed about the event and told the team's winning story saying that the team's outstanding per-

formance throughout the competition exemplified teamwork, skill and determination. Mohd. Ishtiaq, Raghav, Aadarsh Sharma were awarded as the star performers of the event.

The Basketball team was also accompanied by Prof. Baljinder Kour, convener Sports Committee during the competition.

Mehandi Naksh competition organised

■ **STATE TIMES NEWS**

JAMMU: IQAC and BSG of Government Degree College Marh, in collaboration with its Cultural Committee on Saturday organized a Mehndi Naqsh designing competition with the dual purpose of enhancing the creative skill and artistic talent of students and marking the celebration of Karva Chauth.

Students from all the semesters converged to showcase their proficiency in applying intricate mehndi naqsh designs. The competition promoted Indian culture and unity. Students applied mehndi designs to the staff members and also among themselves. The competition was held under the supervision of the cultural committee of the college and under the guidance of the Principal of the college Prof. Dr. Rakesh Kumar Koul.

The principal blessed all the faculty and students of the college with joy and happiness and motivated them to enhance Indian Culture and spread its richness to the whole world.



GDC Marh students and faculty at a programme.

He further added that one of the major functions of education is to preserve and transmit our cultural values from generations to generations and in this respect they play a major role in society.

The Judges for the competition were Prof Anita Kumari (HOD English), Dr. Sheetal Sharma (HOD Dogri) and Dr. Ruchika (Deptt of English).

Sweetie Kaith from semester 3rd, Mehridhi Sharma from semester 1st, whereas Anjali Sharma from semester 5th were adjudged first, second and third position respectively. Consolation prizes were given to Ria and Roshani of 1st semester.

The whole programme was organised under the Supervision of Dr. Ashu Jolly (Convener Cultural Committee) and Asstt Prof Asha Devi (Co-Convener Cultural Committee. Appreciation Certificates to position holders and all the participants were also given to all by the Principal of the college and in the end all together enjoyed the refreshment.

GDC Bishnah unveils ‘The College Bulletin’

■ **STATE TIMES NEWS**

BISHNAH: Government Degree College (GDC) Bishnah, under the patronage of the college Principal, Dr. Shalhu Samyal, on Saturday celebrated the release of its quarterly newsletter titled 'The College Bulletin'.

The unveiling took place on the college premises during a special event, with the presence of Dr. Sukhleen Kour, Director Planning, Department of Higher Education as the chief guest.

The event was attended by all the faculty members. Their collaborative efforts played a crucial role in the creation and publication of 'The College Bulletin'.

In her address, Dr. Shalhu



GDC Bishnah Principal, Dr. Shalhu Samyal and faculty releasing quarterly newsletter.

Samyal expressed her congratulations to the entire team behind the newsletter's publication.

She praised their hard work, dedication, and commitment to bringing this project to fruition.

She emphasized the importance of such initiatives in

fostering a vibrant academic community and keeping students, faculty, and the larger college community informed and engaged.

"The release of The College Bulletin is a testament to the talent and teamwork present in our institution. It will serve as a valuable platform

to showcase the achievements of our students, faculty, and staff.

The newsletter aims to highlight the academic, cultural, and extracurricular accomplishments of GDC Bishnah, offering a space for creative expression and intellectual expression.

APS Ratnuchak bags overall Sambo trophy

■ **STATE TIMES NEWS**

JAMMU: Army Public School Ratnuchak bagged the overall Championship trophy in the 2nd J&K UT Sambo Championship, organised by Sambo Association of J&K, concluded on Saturday with valedictory function at Indoor Sports Complex, Bhagwati Nagar; here.

Around 175 participants contested for the top honours in this championship, representing affiliated district units.

Rajesh Dutta, veteran body builder of J&K was the chief guest, who distributed medals to winners and appreciated other participants. Brijesh Bhau, vice president of Sambo India Association



Participating players posing with dignitaries.

was the guest of honour. Ritika Jamwal and Shihan Narash Chander (president of Traditional Karate Association J&K) were special guests.

This championship held under the supervision of Gopal Dass, Honey Sharma, Anamika Sharma while

Gorav Dubey, Deepak Kumar, Abhay Partap Bhau, Kartik Sharma, Divum Sharma, Arita Saini, Ekta Sharma, Jasvinder Singh and Simran Choudhary, Rahul Sharma and Pankaj Mahajan were part of the technical team. Mr Rajesh Dutta explain

the importance of discipline, perseverance and hard work, encouraging students to embrace the value taught through sports. He highlighted how Sambo is not only martial art but a way of life. Vote of thanks presented by the Secretary General Mrs Aruna Sharma.

Rahul Sahai led delegation meets CM Omar Abdullah



Chairman PHDCCI Jammu Chapter, Rahul Sahai led delegation meeting with CM Omar Abdullah.

■ **STATE TIMES NEWS**

JAMMU: Rahul Sahai, Chairman of PHDCCI Jammu Chapter, along with office bearers Ashish Jain, Samar Dev Charak, Raj Dua, and Shantnu Gupta, extended their heartfelt congratulations to Omar Abdullah on assuming office as the Chief

Minister of Jammu & Kashmir.

PHDCCI Jammu expressed confidence in Abdullah's leadership, highlighting his vast experience and vision, which will undoubtedly usher the state into a new era of growth and development. The delegation assured

the full support of PHDCCI Jammu in driving economic development, fostering industrial growth, and building a business-friendly environment across the region. The business community, represented by PHDCCI Jammu, is eager to work closely with the government to collectively take up the baton of development.

The forthcoming meeting aims to address key industry issues, explore sustainable development strategies, and strengthen the collaborative efforts between the private sector and the government.

Together, PHDCCI Jammu and the administration will focus on ensuring the sustained prosperity of Jammu & Kashmir under the leadership of Omar Abdullah and his Cabinet.

Manjit Club spreads message of sports on martyrs' day



DC Poonch, Vikas Kundal being honoured.

■ **STATE TIMES NEWS**

POONCH: Shaheed DySP Manjit Singh Memorial Volleyball Club Poonch on Saturday spread the message of sports while paying tributes to the police martyrs, here.

The Club laid stress on sports as a medium to engage youth in active physical activity thus staying away from bad habits like drug menace.

The programme was graced by Deputy Commissioner Poonch, Vikas Kundal, who presented sports kits to those budding players of the Shaheed Manjit Club at training facility of Government Degree College grounds.

He appreciated the efforts of Mohd Tariq, chairman of the Shaheed Manjit Club and asked the youth to follow the footsteps of Saqlain Tariq. Those present on the occasion were Mustafa Malik ADC, Ejaz Ahmad DySP, Krishan Lal Sharma, veteran volleyball player, Davinder Singh, Mitenderpal Singh, Shabbir Ahmed and Ikhtlaq Ahmed.

Leela of GDC Doda bags JU Cross Country gold

■ **STATE TIMES NEWS**

JAMMU: Leela Parshad of Government Degree College (GDC) Doda bagged gold in inter-college Cross Country event of the University of Jammu (JU) held on the campus, here today.

The second place went to Bikram Singh, again of GDC Doda while Azam Hussain of GDC Khiloltran finished third.

The women's Cross Country gold went to Parul Sharma of PG while Romika Manhas of GDC Khiloltran and Simran Sharma of GDC Udhampur won silver and bronze respectively. Earlier, Dr Vimal Kishore, Assistant

Professor Directorate of Sports JU flagged off the athletes. Also present were P.D Singh, Dr. Dinesh Sharma, Balbir Chib, Pardeep Singh, Dr. Mukesh, Dr. Rupali Slathia, Mukesh Sharma, Ravi Kumar, Narinder Sharma, Ravinder Kour, Bharat, Ashok Kumar, Zakir Hussain, Dr. Sudesh Kumar, Dr. Mahak, Dr. Ranjeeta Langeh, Dr. Muhasar Nazar and Vinay Manhas.

The technical officials for the event included Gurcharan Singh, Gagan Kumar, Vikas Karlopa, Ravish Vaid, S. Harinderpal Singh, S. Inderjeet Singh, Rishiv Sharma, Richa Mandla and Vandna Sharma.



Participants of cross country event and others at University of Jammu.