

JK Public School Kunjwani outshines in 2nd J&K UT Sambo Championship 2024-25



Winner students along with Principal Rajesh Rathore and coaches.

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JAMMU: In the 2nd J&K UT Sambo Championship 2024-25, JK Public School Kunjwani galloped with 16 Gold Medals, 13 Silver Medals and 15 Bronze Medals. The championship was organized by the Sambo Association of Jammu & Kashmir Affiliated at Indoor Stadium Bhagwati Nagar Jammu on 19th October 2025.

The little champs of JK Public School, Samarveer Choudhary of UKG won Gold Medal each in Kumite and in Kata, and Prithviraj Choudhary of UKG clinched Gold Medal in Kumite and Silver Medal in Kata.

In the junior Girls category, Gurmehar, Seedak, Devesaya, Aagmya, and Aradhya Singh won Gold Medal each. Akshita

Rajput, Sanvi and Arshleen Kour won Silver Medal each. Aqsa, Manaya Singh, Sara Rajput and Umika Bhagat won Bronze Medal each.

In the junior Boys category, Shivay Mahajan and Yedhant Khajuria won Gold Medal each. Vidyansh and Mantesh Singh won Silver Medal each. Atharv Sharma and Lakshya Yadav won Bronze Medal each.

In the Senior Girls category, Krisha Kapahi, Yogita Kour, Tsering Yang Chang and Onya Sharma won Gold Medal each. Adhya Balotra, Simren, Karen, Arshpreet Kour and Avneet Kour won Silver Medal each. Manvi Choudhary, Aahana Attri and Arayana won Bronze Medal each.

In the Senior Boys category, Manan Singh, Nirbhay Singh, Samridh Khajuria, Piyush Swaroop, Sukhvinder Singh and Vismay Deewan won Gold Medal each. Natik Kashyap, Piyush Swaroop, Kalprit Choudhary, Viraj Singh and Ganesh Singh won Silver Medal each. Dhairya Sheel Singh, Raghav, Divtresh Singh, Harshvardhan Sharma, Vaibhav Choudhary and Yuvraj Singh won Bronze Medal each.

Principal JK Public School Kunjwani Rajesh Rathore congratulated the winners and felicitated them in the school assembly. He also lauded the school coach Gopal Dass and HOD (Sports) Subash Chander for this big achievement.

Fourth edition of J&K Open Golf tourney to begin on October 23

Shaurya Binu, Varun Parikh, Olympian Udayan Mane, Sachin Baisoya to participate

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JAMMU: The fourth edition of J&K Open Golf tournament, being organised by the Professional Golf Tour of India (PGTI), official sanctioning body of professional golf in India, and J&K Tourism, will begin here tomorrow on October 23 at the pristine Jammu Tawi Golf Course in Jammu, with its culmination on October 26, 2024. The total prize purse for the event is Rs 50 lakh. The Pro-Am event will be held on October 27.

Commissioner Secretary, Tourism, Yasha Mudgal, announced the event while addressing a press conference on Tuesday at Jammu Tawi Golf Course. The Commissioner Secretary welcomed the participants, sponsors and media to this prestigious event in Jammu, while emphasising the gala as a celebration of golf, tourism and camaraderie. She informed that the tournament is being supported by presenting partner J&K Tourism as well as host venue Jammu Tawi Golf Course. She said that Jammu and Kashmir is home to some of the top tourist destinations in the country. Jammu, bestowed with breath taking scenic beauty amidst the proud mountain ranges



Commissioner Secretary, Tourism, Yasha Mudgal addressing press conference.

exhibits all the qualities that make it a sought-after tourist destination. Among the most popular tourist attractions in the Jammu region are the Mata Vaishno Devi Temple, Amar Mahal Palace, Mubarak Mandi Palace and Patnitop, to name a few.

"The tournament is part of J&K Tourism's great initiative of promoting golf tourism in the region. J&K is blessed with some spectacular golf courses such as Jammu Tawi Golf Course, Royal Springs Golf Course Srinagar, Pahalgam Golf Course and Gulmarg Golf Club. These courses provide a heavenly experience to the golfers", maintained the Commissioner Secretary. The top Indian professionals participating in the event included Shaurya Binu, Varun Parikh, Olympian Udayan Mane, Sachin Baisoya, Shankar Das, M Dharma and Abhinav Lohan, to name a few. The foreign

challenge will be led by Czech Republic's Stepan Danek, Americans Dominic Piccirillo and Digraj Singh Gill, Canadian Sukhraj Singh Gill, Sri Lankans N Thangaraja and K Prabakaran, Bangladeshis Jamal Hossain, Badal Hossain, Mohammad Akbar Hossain and Mohammad Jakiruzzaman Jakir and Nepal's Subash Tamang. Director, Tourism, Jammu, Vivekanand Rai stated, "The fourth edition of J&K Open 2024 adds a new dimension to our tourism offerings. Golf provides a platform to showcase Jammu's natural beauty, cultural diversity and hospitality. I invite everyone to explore the region's rich heritage and unique experiences, making it truly unforgettable."

Joint Director, Tourism, Jammu, Sunaina Sharma Mehta, shared, "We are thrilled to welcome national and international golfers and present the vibrant art, craft,

and cultural heritage of Jammu. She further added that the event will also include a two-day Dogra food festival and a FAM tour, offering players a chance to explore nearby heritage tourist destinations."

Secretary, Jammu Tawi Golf Course, Manav Gupta, said, "The Jammu Tawi Golf Course has consistently demonstrated its commitment to promoting golf in India and providing an exceptional experience for players and spectators alike. Hosting the PGTI tournament for the third year in a row is a testament to the golf course's excellence and its pivotal role in elevating the standards of golf in India. I look forward to welcoming golf enthusiasts, media representatives and sponsors to witness this prestigious tournament."

Uttam Singh Mundy, CEO, PGTI, said, "This year's J&K Open presented by J&K Tourism is, as always, one of

the most-awaited tournaments of the season, with the professionals relishing the memories of playing at the pristine Jammu Tawi Golf Course in previous years. The tournament goes a long way in promoting Golf Tourism in J&K. We thank J&K Tourism and the Jammu Tawi Golf Course for their continued support to the PGTI. We're excited about witnessing yet another exciting week of golf amidst the serenescetting of J&K."

Jammu Tawi Golf Course, is an 18-hole course, designed by internationally renowned designer Col. KD Bagga. The course was commissioned on 24th April 2011. This picturesque Golf Course is located along the National Highway 1A connecting Jammu to Srinagar, in a valley along the river Tawi. The course has fairways approximately 6600 meters in length, it has two big and three small water bodies and a water channel about 3200 meters long.

The Government of Jammu & Kashmir undertook the construction of this prestigious project of Jammu Tawi Golf Course with the intention of giving a boost to Golf Tourism and grooming young boys and girls to become golf professionals.

Inspiring Young Minds: IIM Jammu hosts students from DPS Udhampur; GHSS Muthi

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JAMMU: Indian Institute of Management (IIM) Jammu under the leadership of Prof. B.S. Sahay, Director, IIM Jammu welcomed students from Delhi Public School, Udhampur, and Govt. Higher Secondary School, Muthi, for a campus visit on 22nd Oct 2024. The initiative, part of IIM Jammu's ongoing community engagement efforts, aimed to inspire young students toward higher education and leadership.

A total of 154 students participated in the campus visit, including 117 students from Delhi Public School, Udhampur, who were accompanied by their Headmistress and three teachers, and 37 students



Students during visit to IIM Jammu on Tuesday.

from Govt. Higher Secondary School, Muthi, who were accompanied by their Principal and four teachers.

During their visit, the students received valuable career-related information addressing their queries

and concerns about various career paths and the steps involved in gaining admission to IIMs and IITs. They were also provided with detailed insights into the different programs offered at IIM Jammu, along with a com-

prehensive explanation of the enrollment process. Additionally, the IIM Jammu Campus AV was showcased, giving them a visual overview of IIM Jammu's journey and the unique aspects of the institute. The students also

toured IIM Jammu's state-of-the-art facilities, including the Nalanda Library and modern classrooms, while receiving an insightful overview of the IIM system.

This experience was designed to expose students to opportunities at premier institutions like IIM Jammu, encouraging them to pursue their academic goals with ambition and dedication.

IIM Jammu continues to play a vital role in promoting educational outreach and excellence in the region, in line with its mission of nurturing future leaders and change-makers. The event was coordinated by the PR Office, IIM Jammu.

JK Public School Kathua bags 'Emerging High Potential School' Award



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KATHUA: JK Public School, Kathua added another glorious feather to its credentials by bagging 'Emerging High Potential School' Award in Education World Grand Jury India School Ranking 2024-25 for making extraordinary efforts

to introduce innovative 21 st century best practices in Primary to Senior Secondary education.

India Ranking School Awards, 2024-25, is one of the most prestigious awards in the education sector organised by the Education World Grand Jury India

Group. The school has received this honour as being one of the prestigious 'India Top#10 Emerging High Potential Schools', also being 1 st in Jammu & Kashmir and 1 st in Kathua district after qualifying all the parameters based upon the credentials, exceptional work and outstanding contribution of the school in the education sector.

Expressing his happiness on receiving this prestigious award Kamal Gupta (Chairman) Congratulated Principal and the entire JKPS Kathua fraternity for achieving glorious feat. On this momentous occasion Sankalp Kamal (Director) applauded all JKIAN'S and thanked the stakeholders for their constant motivation.

International Skater & world Record Holder Seema Kharyal conquers Full Marathon in Kashmir



International Skater & world Record Holder Seema Kharyal receiving medal.

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JAMMU: Seema Kharyal, an acclaimed international skater, Sher-I-Kashmiri awardee and holder of the 100km, 26km and 23 km World Book of Records, has once again showcased her remarkable endurance and determination by completing the challenging 42km full marathon in Kashmir in 50+

Age category. Despite the tough, hilly terrain, the breath-taking scenery, and the intense competition, Seema finished the marathon in an impressive 5th position, maintaining a strong pace throughout the race.

Although she did not secure a medal, her achievement is a testament to her exceptional phys-

ical stamina and mental strength. Seema, who hails from Jammu and is known for her accomplishments in both skating and long-distance endurance, has once again raised the bar for athletes in the region.

The marathon, which took participants through some of the most picturesque landscapes of Kashmir, was not an easy feat. However, Seema's participation in the event further emphasizes her versatility as an athlete, not limited to skating but excelling across various forms of endurance sports.

As Seema looks ahead to her future challenges, we extend our warmest wishes and congratulate her on this outstanding accomplishment. Her performance continues to inspire aspiring athletes and sports enthusiasts around the world.

12th District Jammu Ju-Jitsu Championship 2024 concludes

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JAMMU: The 12th District Jammu Ju-Jitsu Championship 2024 concluded successfully at the Indoor Sports Complex, Bhagwati Nagar, Jammu, with over 250 enthusiastic athletes from various institutions across District Jammu participating. The event was a vibrant celebration of martial arts, showcasing the growing interest and exceptional talent in the region.

The championship was held under the supervision of Mr. Tarsem Sharma, CEO/Founder of the Ju-Jitsu Association of J&K, and Mr. Navneet Gupta, General Secretary of the Ju-Jitsu Association of J&K. Their leadership and tireless commitment to promoting Ju-Jitsu in Jammu & Kashmir played a pivotal role in the success of the event, providing



Organisers along with winner students during the event.

a platform for athletes to showcase their skills and develop the sport.

Sh. Randeep Singh, a social activist, graced the event as Chief Guest. In his address, he lauded the organization and highlighted the athletes' dedication. He emphasized the role of martial arts in fostering discipline, fitness, and mental strength among the youth, urging participants to

continue their journey in the sport with determination and passion. As a token of appreciation for the association's efforts, he also presented Rs. 11,000/- to support their work and encourage future events. The Guest of Honour, Sh. Tarun Uppal, a renowned social activist, praised the initiative and the large-scale participation in the championship. He emphasized how

sports build a confident and resilient youth community and called for even greater involvement from all sectors of society.

Special Guests Ritika Slathia, Manager of JKSC Hall, Bhagwati Nagar, Mukesh Thakur, a sports enthusiast, Rattan Singh, a sports person, and Neelam Kumar, Principal of Kids World School, expressed

admiration for the athletes' efforts and the seamless execution of the event. They also reiterated the importance of sports in the holistic development of students, urging schools to actively support such events. The competition witnessed intense matches in various categories, where athletes exhibited remarkable skills, sportsmanship, and camaraderie. The event not only celebrated the spirit of athleticism but also fostered healthy competition among the young athletes of District Jammu. The organizers extended their heartfelt gratitude to all the athletes, guests, and supporters who made the championship a grand success. This event marks a significant milestone in promoting Ju-Jitsu in the region and sets the stage for even more successful championships in the future.

State Cancer Institute, Jammu holds breast cancer awareness rally, launches Drive Pink campaign

■ STATE TIMES NEWS

JAMMU: State Cancer Institute, Jammu conducted a series of awareness programs to commemorate the Breast Cancer Awareness month. The awareness program was an effort to raise awareness and reduce the stigma of breast cancer through education regarding its early detection, symptoms and treatment. It is believed that greater awareness and knowledge will lead to early detection of breast cancer which is associated with higher long-term survival rates. The pink ribbon is an international symbol of breast care awareness and the month of October is celebrated as National cancer awareness month. A series of programs were conducted under the supervision & guidance of Dr. Ashutosh



Dr. Ashutosh Gupta, Principal & Dean, GMC Jammu and others during the event.

Gupta, Principal & Dean, GMC Jammu who flagged off awareness rally which was followed by awareness lectures by Dr. Bhavna Langar, Nodal Officer, Preventive Oncology Unit, Dr. Sandeep Kour, Assistant Professor, Radiation Oncology & Dr. Rajeev Gupta, Assistant Professor & HoD, Medical Oncology. The program was organized by Dr. Deepak Kumar, Medical Superintendent,

State Cancer Institute, Jammu which also included the launch of Drive-pink campaign for awareness regarding prevention & early detection of Breast Cancer.

The Breast Cancer is one of the leading cancer found among women in India and data of HBCR (Hospital Based Cancer Registry) of GMC Jammu shows that in Jammu division, Breast Cancer is the most common cancer among women.

Awareness along with early detection is the key to effectively manage the cases on this occasion, the breast cancer survivors who have recovered from breast cancer & are acting as a brand ambassador in the society were facilitated to carry forward the message that cancer is a beat able disease & one can lead a healthy life post treatment.

The final year students of Govt. Ayurvedic College,

Akhnoor presented a mesmerizing skit emphasizing the importance of early detection. The Programme was attended by Dr. Rajeev Gupta, Professor & Head, Department of Community Medicine, Dr. Parmod Kalsotra, Professor & Head, Department of ENT, senior faculty members, staff, , Dr. Navneet Kour, Chairman, NGO Support, Dr. Jagdish Thapa, Ms. Rajni Sharma & Ms. Rekha Rajput from 'Jeevan Sangharsh Trust' & nursing students of Govt. AMT School, Jammu A number of NGOs including 'Support', Rotary Bahu 3070', 'Maharaja Hari Singh foundation', 'TSBTI' & 'Jeevan Sangharsh Trust' collaborated with State Cancer Institute, GMC Jammu in making these events a grand success.

GDC Bishnah holds workshop on preparing Vertical Garden from discarded plastic waste



Faculty members along with students during the event.

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BISHNAH: Two day's workshop cum demonstration on "How to prepare Vertical Garden from discarded plastic waste" was conducted by Eco-club and Institute Innovation Council of GDC, Bishnah under the guidance of Dr.Shallu Samyal, Principal of the college.

On this occasion, Dr.Nazia Rasool Latifi, a renowned environmentalist and HoD, Department of Environmental Sciences,

GCW Gandhi Nagar Jammu was invited as resource person

On day 1 ,She delivered an interactive session on raising Vertical Garden. She briefed students about the multiple advantages of Vertical Gardens like it can be raised on any vertical space,improves ambient quality and enhances aesthetics of the place.Students and faculty members enthusiastically participated in the whole event. On day 2, PET bottles

were given shape of planters and were mounted on the walls which was subsequently followed by soil preparation and plantation. Welcome address was delivered by Dr.Ratika Sharma, member IIC and vote of thanks was delivered by Prof. Sania Hamid, convener Eco-club and convener IIC. Whole of the event was coordinated by members Eco-club Dr. Sunil Kumar Saliada, Dr.Kusum, Prof. Shivani Raina and Dr Shiv Kumar Khajuria.