

Srinagar Taekwondo Championship concludes

■ STATE TIMES NEWS

SRINAGAR: The 14th District Srinagar Taekwondo Championship concluded on Wednesday at Sher-e-Kashmir Indoor Sports Complex, here. The event was organized by the Taekwondo Association of District Srinagar under the banner of J&K Taekwondo Association and the J&K Sports Council. The championship featured competitions in various age categories, including Sub-Junior, Cadets,



Junior, and Senior divisions in both boys and girls groups. The closing ceremony was graced by Dr. Basharat Ali, Assistant Director of the Directorate of Physical Education at Kashmir University, as the

chief guest. He encouraged the young participants to continue their journey in sports and strive for excellence in Taekwondo. Around 150 athletes representing various schools and clubs from District

Srinagar participated in the championship. The competition provided an excellent platform for these athletes to showcase their Taekwondo skills and compete at a high level. The technical aspects of

the event were overseen by Harish Tokas, an International Coach appointed by the J&K Taekwondo Association. The referee panel included highly experienced officials. The event highlighted the growing popularity of Taekwondo in the region and showcased the talent and passion of the young athletes, who are now looking forward to further competitions and greater achievements in the sport.

18th annual Cultural Extravaganza "Rajni" organised by Aryans

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SRINAGAR: Aryans Group of Colleges, on Wednesday organized its 18th Cultural Extravaganza "Rajni" at Aryans Group of Colleges, Rajpura, Near Chandigarh. Thousands of students of B.Tech, B. Pharma, Physiotherapy, Paramedical MBA, LLB, BA-LLB, BBA, BCA, B.Com, GNM, ANM, B.Sc(Agri), BA, B.Ed, MA(Edu), Diploma etc students participated in various cultural activities. The function started with Sariswati Vandana as welcome by

Pankaj Upadhyay & group. Students showcased their talent through lively and exuberant performances of various folk dances like rajasthani & Bhojpuri dance by Aman & group, Folk Dance by Charanjeet, Giddha by Khushpreet & group. The solo dance performance, folk orchestra and folk songs were equally engaging. Zaheer from Jammu & group performed Dogri dance & exhibited the culture of Jammu & Kashmir. Modeling of North East made the audience to clap repeatedly. Nati by Sachin & Group

while Bihari dance by Amit and group made audience to get mesmerized. Bhanga by Jasgam & Group enthralled the audience with hit Punjabi music and dance. Comedy skit by Ishan & group, Anand & group refreshed the mind and mood of the audience and made them laugh. Modeling by all students sashayed the ramp with different cultural attires. Dr. Anshu Kataria speaking on the occasion said that Aryans Group has students from all over India who are studying in various courses.

SGWF observes Gandhi Jayanti across Union Territory

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JAMMU: The Synergetic Green Warriors Foundation (SGWF) commemorated Gandhi Jayanti, paying tribute to Mahatma Gandhi, Lal Bahadur Shastri, and Lala Hans Raj Mahajan (Sher-E-Duggar) across the Union Territory with a series of Swachhta Abhiyans. This initiative saw widespread participation, with numerous volunteers joining from different regions to spread the message of cleanliness and social responsibility.

Dr. Sonia Verma, Director/CEO of SGWF, led the Swachhta Abhiyan at Jia Pota Ghat, Akhnoor, where she was joined by morning walkers and renowned citizens of Akhnoor, including Raju Bajighar and his team. The event focused on maintaining cleanliness along the riverbanks and enhancing environmental awareness among the local community. Makhani Devi, General Secretary of SGWF, conducted the Swachhta Abhiyan at Chowki Chora, where she mobilized women vol-

unteers from nearby localities to participate in the cleanliness drive. Her efforts ensured that the campaign reached every corner of the area, reinforcing the importance of maintaining a clean environment.

Reeta Verma, National President of SGWF, spearheaded the Swachhta Abhiyan at Mera Mandrian and its surrounding areas with the involvement of numerous volunteers. Her leadership played a vital role in spreading the message of cleanliness and honoring the legacy of Mahatma Gandhi and Lal Bahadur Shastri.

Dogar Nath and his team observed the Abhiyan at Rajouri, while other SGWF volunteers conducted similar drives at different locations, ensuring the message of cleanliness and community responsibility reached all corners of the Union Territory.

Dr. Sonia Verma highlighted the teachings of Mahatma Gandhi on his 155th birth anniversary, emphasizing his principles of truth, non-violence, and cleanliness. She also

reflected on the legacy of former Prime Minister Lal Bahadur Shastri, honoring his famous slogan "Jai Jawan, Jai Kisan," which continues to inspire millions across the nation. Dr. Sonia Verma, Director/CEO of SGWF, emphasized Mahatma Gandhi's core values of truth, non-violence, and cleanliness. She discussed how Gandhi's concept of 'Swaraj' was not only about political independence but also about self-discipline, self-reliance, and maintaining personal and community hygiene. Dr. Verma encouraged participants to adopt Gandhi's vision of 'Sarvodaya', the upliftment of all, by contributing to societal well-being through acts of cleanliness and environmental conservation.

Reeta Verma paid tribute to Lala Hans Raj Mahajan, popularly known as "Sher-E-Duggar," on his birth anniversary. She spoke about his contributions to Jammu and Kashmir, emphasizing his role in promoting social upliftment and education in the region. Reeta Verma, National

President of SGWF, reflected on the teachings of Lal Bahadur Shastri, who stood for simplicity, integrity, and patriotism.

She highlighted Shastri's famous slogan "Jai Jawan, Jai Kisan," which underscores the importance of farmers and soldiers in building a strong nation. Reeta Verma called on everyone to support sustainable agricultural practices and protect our environment, much like Shastri advocated for the welfare of farmers and the need for self-sufficiency. Remembering Lala Hans Raj Mahajan, Reeta Verma spoke about his relentless efforts in promoting social justice, education, and upliftment of the marginalized communities in Jammu and Kashmir. She emphasized that Mahajan's life was a testament to dedication, selflessness, and unwavering commitment to societal betterment. SGWF draws inspiration from his teachings, working tirelessly to ensure environmental preservation and community service. Makhani Devi, who is also a school teacher,

conducted a debate competition at Chowki Chora, where students from various classes participated, remembering the teachings of Mahatma Gandhi. This activity aimed to instill Gandhian values among the younger generation, encouraging them to become responsible citizens. Sandeep Sharma, Treasurer of SGWF, along with Nitish Abrol, Rahul Dogra, Ashok Kumar, Ravi Kumar, Rahul Sharma, Parkreet Mehta, Kanav Sharma, and Raghuvir Abrol, led the Swachhta Abhiyan at Shri Hari Mandir Namandhar Akhnoor, further reinforcing SGWF's commitment to environmental cleanliness and sustainability. The Synergetic Green Warriors Foundation's collective effort to observe Gandhi Jayanti through the Swachhta Abhiyan stands as a testament to their dedication to promoting cleanliness, environmental sustainability, and the teachings of great leaders. The foundation continues to work towards creating a cleaner, greener, and more socially conscious society.

Nations Development Association celebrates Mahatma Gandhi's 155th Birth Anniversary

■ STATE TIMES NEWS

JAMMU: The Nations Development Association (NDA), affiliated with Nehru Yuva Kendra Sangathan (NYKS), paid floral tributes to Mahatma Gandhi. Sushil Singh Charak, Founder, Nations Development Association (NDA), the tribute alongside Er. Ashu Kumar, students, and NDA members. This event com-

memorates Gandhi Jayanti, celebrating Gandhi's pioneering nonviolence philosophy. The United Nations recognizes this day as International Day of Non-Violence. NDA's gesture aligns with NYKS's mission to empower rural youth. Sushil Singh Charak praised Padma Shri S. P. Varma, renowned social worker and peace activist, for promoting Gandhian values.

Vishal Khatri Sabha hosts Bhandara at Utterveni for Amavasya

■ STATE TIMES NEWS

JAMMU: The Vishal Khatri Sabha organized a Bhandara at Utterveni to commemorate Amavasya, led by President Devender Seth. The event saw a large turnout, highlighting the community's commitment to traditional rituals. Amavasya is considered an auspicious day

for performing Shraddha rituals to honor ancestors and conduct Kalasarpa Dosha puja. Following the prayers and rituals, Seth offered his prayers for peace in Jammu and Kashmir, emphasizing that such events foster unity and strengthen community bonds. Seth urged attendees to remain connected

to their cultural roots and actively observe these rituals to preserve heritage. He noted the historical richness of Jammu, mentioning its temples, palaces, and water bodies that, if developed, could attract visitors nationwide.

He stressed the importance of

unity, harmony, and peace among the people of Jammu and Kashmir, encouraging a collective effort to isolate divisive forces that threaten communal harmony. Seth called for a spirit of selflessness and righteousness, fundamental to all religions, asserting that only

and the fundamental rights of the people, without resorting to violence. His teachings and principles will forever serve as a beacon of light for our nation, guiding us toward a life of peace and harmony. Let's strive to uphold these values in our everyday lives. Happy Gandhi Jayanti!

Swachhata hi Seva 2024 campaign concluded in CUJ

■ STATE TIMES NEWS

JAMMU: The Girls' Hostel at Central University of Jammu (CUJ) became a hub of creativity and cleanliness awareness as a series of events marked the conclusion of the Swachhata Hi Seva 2024 campaign. The events included a poster competition, collage-making competition, poetry writing competition, and documentary-making competition, each highlighting the theme of cleanliness and environmental sustainability.

The participants showcased their innovative ideas and tal-



CUJ students at a programme.

ents, portraying the importance of a cleaner and greener society.

Prof. Sanjeev Jain, Vice Chancellor, CUJ appreciated the efforts of the students and organizers, acknowledging the competitions as a fitting conclusion to the Swachhata Hi Seva 2024 campaign.

He lauded the initiative for fostering awareness about cleanliness and sustainability within the campus community and emphasized the importance of continuing such efforts in everyday life. Prof. Richa Kothari, Nodal Officer of the campaign, started from September 14, 2024, came to a successful close with various competitions coordinated by Dr. Shaveta Kohli. The competitions aimed to inspire students to embrace cleanliness

through artistic expression. The competitions were enthusiastically received by students, who not only demonstrated their creative flair but also contributed to the broader message of maintaining cleanliness in both personal and public spaces. Dr. Shaveta Kohli, the event coordinator, expressed her satisfaction with the overwhelming participation and the high standard of submissions. She highlighted the role of the students in making the campaign a success, ensuring that the message of Swachh Bharat is upheld within the university. The Swachhata Hi Seva 2024 campaign, a government initiative to promote cleanliness across the nation, saw active participation from various departments of the university.

MSSC Trust celebrates Birth Anniversaries of Lala Hans Raj Mahajan, Gandhi, Shastri

■ STATE TIMES NEWS

JAMMU: Neeraj Dewan, President of the Mahajan Sewa Sangh Charitable (MSSC) Trust, along with key members including R.K. Gupta, General Secretary, Advocate Anil Gupta, Cashier cum Secretary, Apurav Gupta, Youth President, Monika Gupta, President of the Women's Wing, and Krishna Gupta, commemorated the birth anniversaries of esteemed leaders Lala Hans Raj Mahajan, Mahatma Gandhi, and Lal Bahadur Shastri at the Trust's Jammu office on Wednesday. The event celebrated Lala Hans Raj Mahajan ji, a prominent reformer of the Mahajan community and the visionary behind the establishment of the Central Sabha of Mahajans. The attendees reflected on his contributions, which have significantly uplifted the community and fostered unity. Neeraj Dewan emphasized the importance of these leaders in shaping India's values and aspirations. "Today, we not only honor the birth anniversaries of these great leaders but also reaffirm our commitment to their ideals of service, unity, and integrity," he stated. "Their legacies continue to inspire us to contribute positively to society." The gathering also paid tribute to Mahatma Gandhi, the Father of the Nation, and Lal Bahadur Shastri, former Prime Minister of India. The contributions of these leaders to India's independence and their dedication to the nation were celebrated with heartfelt speeches and remembrances. As a gesture of goodwill, the Trust distributed sweets among attendees, fostering a sense of community and joy. The event served as a reminder of the enduring values of compassion, service, and leadership that these figures embodied. The Mahajan Sewa Sangh Charitable Trust remains dedicated to promoting social welfare and honoring the rich heritage of the Mahajan community.

CISF Lady Constable foils chain snatching attempt, apprehends culprit

■ STATE TIMES NEWS

NEW DELHI: A lady CISF constable single-handedly challenged and forced chain snatcher to run in Akshardham Metro Station.

"On Wednesday at about 0745 hrs, in a remarkable display of bravery and quick thinking, CISF lady constable Supriya Nayak successfully thwarted a chain snatching attempt and apprehended a

culprit during her morning walk near her residence close to Akshardham Metro Station," CISF official said.

"At approximately 0745 hrs, Constable Nayak, who is posted in CISF Unit DMRC was approached from behind by two male assailants on a motorcycle and attempted to snatch her chain. Demonstrating exceptional composure under pressure, she promptly reacted to



the threat and managed to apprehend one of the culprits,

while the other escaped on the bike," official said.

"Constable Nayak called for assistance and nearby passers-by rushed to her aid, she immediately contacted the Delhi Police PCR helpline number. Delhi Police personnel arrived promptly to the scene to investigate the matter," official said adding that the detained suspect was taken into custody for further necessary action, while

Constable Nayak was transported to LBS Hospital for a medical examination as a precautionary measure.

DG CISF commended Constable Nayak courageous action.

"Her swift response has not only prevented a crime but has also exemplified the values of vigilance, valour and courage in service and in personal life," DG CISF said.

IIMC Jammu students take inspiration from Gandhi on 155th Birth Anniversary



IIMC Jammu students from English, Hindi Journalism, and Digital Media at a programme.

■ STATE TIMES NEWS

JAMMU: The Indian Institute of Mass Communication on Wednesday celebrated the 155th birth anniversary of Mahatma Gandhi with an insightful discussion on 'Swadeshi, Swachhta, and the Relevance of Gandhi's Ideologies in Today's World'. Students from English Journalism, Hindi Journalism, and Digital Media were present in the gathering.

The event witnessed enthusiastic participation from students who expressed their deep appreciation for

Gandhi's teachings. They acknowledged the significance of adopting Indian-made clothing as a means to support the country's economy and heritage. Mohd. Haider, a student from English Journalism, highlighted the need to switch to a more cultural approach in our everyday lifestyle to conserve the Indian heritage and support the economy.

In the event, students also delved into the importance and need of 'swachhta' (cleanliness). They expressed how Gandhi's principles of non-violence, simplicity, and sustainability inspire them.

"Gandhi left a key to us - the key to resort to things with a non-violent approach. This is very much needed in the world that we currently live in," said Saloni Sharma, a student of English Journalism.

The students emphasized that Gandhi's principles are timeless and relevant, and they have a great potential to inspire positive change. Anamika Pandey, a student of digital media, shed light on Gandhi's role in spreading awareness about cleanliness and how the current generation of Indians is carrying his legacy forward.

Udhampur boys make presence felt in Badminton trials

■ STATE TIMES NEWS

JAMMU: Part of the selection process, the competition in the preliminary rounds for the age groups of under-15 and under-17 conducted today by the Badminton Association of J&K (BAJK) at Indoor Complex, MA Stadium, here on Wednesday.

Today's scheduled matches were conducted under the guidance of chief referee, Rahul Sharma in the presence of Balbir Jamwal (general secretary), Divum Gupta, Sukhdev Singh, Anil Gurkha and Vikram Saini.

A day earlier, the selection event was declared open by chairman of the BAJK, Dr O D Sharma amidst interaction with around 170 participants from different districts of the J&K.

The Results:

Boys Under-17 Singles: Shivansh Panotra bt Krish Verma 21-05, 21-10; Shourya Pratham bt Kanhiya Sudan 21-07, 21-11; Bavdeep Singh bt Labib Ullah21-14, 23-21; Gopesh Singh bt Param Raina 21-13, 21-12; Udayan Sharma bt Shivansh Panotra18-21, 23-21, 21-14.

Boys Under-15 Doubles:



A badminton match in progress.

Dhwant and Raghav lost to Adityanandan and Shivang 04-21, 04-21; Jasgur and Mayank beat Advik and Vaibhav 21-04, 21-17; Danish and Aarav lost to Sushem and Abhinandan (Udhampur) 10-21, 05-21; Akshansh and Virat lost to Murad and Kami (Srinagar) 12-21, 19-21.

Girls Under-15 Singles: Suhani Sharma beat Sharanya Sharma 21-04, 21-01; Tara Shan lost to Eleena 06-21, 04-21; Paavni Gupta beat Sadya Khaki 21-08, 21-07; Bidhatri lost to Diamod 04-21, 04-21.

Boys Under-15 Singles: Gopesh Singh beat Adityanandan 21-11, 21-12; Lbib beat Achyut 21-10, 21-10; Vivaan beat Sushein 21-17, 22-20; Raghuvir lost to Kartik Gupta; Kanish Mall beat Ashman; Murad Tariq beat Arush Padha 21-13, 21-14;

Divyansh lost to Keshav 16-21, 18-21; Arman Krishan lost to Shivansh Panotra 05-21, 04-21.