

Jammu Tourism concludes first ever Paragliding Course at Aithem

■ STATE TIMES NEWS

JAMMU: The Directorate of Tourism, Jammu, concluded the six-day Paragliding Refresher Course with a closing ceremony held on Monday at Aithem View Point, Jammu-Surinsar Road.

Speaking on the occasion Aijaz Qaiser, Joint Director Tourism, Jammu, gave the details of this first ever paragliding refresher course, from 8th to 13th October 2025, which was organized by the Directorate of Tourism, Jammu, in collaboration with the Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports (ABVIMAS), Manali.

The refresher course was attended by 20 local paragliders from jammu region only . A team of expert instructors from ABVIMAS conducted extensive training sessions on paragliding safety, flight techniques, meteorological assessment, equipment maintenance, and emergency handling.

He also expressed gratitude to ABVIMAS institute



Participants of Paragliding Refresher Course with dignitaries posing for a photograph.

and its experts and highlighted that the refresher course will greatly enhance the safety and professionalism of adventure tourism in the region.

He added that the Jammu Tourism remains committed to building skilled manpower and strengthening Jammu's profile as a leading destination for adventure and eco-tourism. This first ever course is a watershed moment in the history of adventure tourism in Jammu.

The directorate is collaborating with ABVIMAS and all future training courses of

P1,P2 and P3 level for paragliders will be organised here at Aithem only without sending our local paragliders to NIMAS in Arunachal Pradesh or ABVIMAS in Himachal Pradesh . Such initiatives will be a regular affair in the coming year which will greatly benefit the sports lovers and adventure enthusiasts besides generating employment avenues for the youth.

He further added that this site in Aithem which is in close vicinity to Jammu City on Surinsar road will soon be developed on the pattern of Beer Biling.

The entire program was organized under the overall guidance of Dr. Ashish Chandra Verma, Additional Chief Secretary, Tourism Department, J&K, and Vikas Gupta, Director Tourism, Jammu, who closely monitored and guided the smooth conduct of the course and the valedictory event.

During the six-day training, participating pilots underwent both theoretical and practical sessions aimed at upgrading their professional competence and ensuring strict adherence to safety standards in adventure tourism. The initiative

is part of the department's continued efforts to promote Aithem, Surinsar, Sanasar, and other scenic destinations as adventure tourism hubs in the Jammu Division.

The valedictory function featured paragliding demonstrations, interaction with participants, and distribution of participation certificates. The event witnessed enthusiastic participation from trained pilots and officers of the Tourism Department.

Savita Chouhan, Deputy Director Tourism (Adventure), Jammu, and Vishal Sadhotra, Assistant Director Tourism, Jammu, along with whole staff including senior receptionist adventurer, Amarpal Singh and Neema Bhat coordinated and facilitated the successful organization of the entire course and event.

The successful culmination of the course marks another step forward in the Tourism Department's mission to promote safe, sustainable, and experience-driven adventure tourism in Jammu & Kashmir.

Inter-Zonal District-Level Cricket Competition for U-14, U-17 concludes at GHS Jammu Cantt



Participating teams posing for a photograph with dignitaries.

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JAMMU: The Department of Youth Services and Sports, District Jammu, successfully hosted the Inter-Zonal District-Level Cluster Competition for U-14 and U-17 boys at GHS Jammu Cantt. The event provided a platform for young cricketers to showcase their talent and compete at a high level, fostering sportsmanship and teamwork among participants.

The competition was organized under the patronage of Director General Youth Services and Sports, JK UT, Anuradha Gupta (JKAS), with guidance from Joint Director Youth Services and Sports, Vinakshi Koul (JKAS), and overall supervision of DYSSO Jammu,

Sukhdev Raj Sharma. Experienced technical officials, including Sandeepan Sharma, Satpal Singh, Jagtar Singh, Suresh Singh, Mukesh Sharma, Vikram Dogra, Satika Sharma, and Umesh Kumar, were deployed to ensure the smooth conduct of the matches.

Approximately 70 students from various zones of District Jammu participated in the competition. In the U-14 category, the combined team of Zone Satwari, Zone Gandhi Nagar, and Zone Miran Sahib defeated Zone Akhnoor, Zone Jourian, and Zone Chowki Choura by 73 runs. Cluster 1 scored 145 runs in the first inning, with Anil contributing 51 runs off 28 balls, while Cluster 2 was

all out for 72, with Rajver scoring 46 runs and Aniev taking 3 wickets for 11 runs.

In the U-17 category, Cluster 1, consisting of Zone Satwari, Zone Gandhi Nagar, and Zone Miran Sahib, beat Cluster 3 (Zone Akhnoor, Zone Jourian, Zone Chowki Choura) by 72 runs. Cluster 1 scored 150/6 in the first inning, with Jasjot making 67 runs in 63 balls and Surya Dev taking 2 wickets. Cluster 3 was all out for 78 in the second inning, with Akash scoring 29 runs and Yuvraj claiming 3 wickets. The competition highlighted the emerging talent of young cricketers in District Jammu, providing them with valuable exposure in a competitive setting and promoting the spirit of cricket across the region.

GDC Ramnagar clinches victory over KC Law College in Inter-Collegiate Cricket Tournament

■ STATE TIMES NEWS

JAMMU: The ongoing Inter-Collegiate Cricket (Men) Tournament 2025-26, organized by the Directorate of Sports and Physical Education, University of Jammu, continues to showcase talent and competitive spirit among young cricketers at the University Cricket Ground. This annual event aims to promote sportsmanship, encourage collegiate-level cricket, and provide a platform for emerging players to demonstrate their skills. In a thrilling match, GDC Ramnagar defeated KC Law College by 6 wickets. KC Law College posted a total of 132 runs all out in 20 overs, with Banshik top-scoring with 70 runs. GDC Ramnagar's bowlers delivered a disciplined performance, with Antrikash, Amit, and Samarjeet taking 2 wickets each, helping to restrict the opposition to a modest total. Chasing 133, GDC Ramnagar achieved the target in 14.5 overs, losing 4 wickets in the process. Key contributions with the bat came from Abhimanyu (44 runs), Antrikash (31 runs), and Anshal (17 runs). KC Law College's bowlers, including Susham, Avyukt, Vishal, and Rakesh, managed to take one wicket each but were unable to stop the chase. The tournament is being conducted under the overall supervision of Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education, University of Jammu, while the technical panel officiating the matches comprised Danish Kumar, Raj Kumar Bakshi, and Mohd Saleem.

Trikuta College of Physical Education receives affiliation from JU to launch BPES Course

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JAMMU: Transforming the landscape of sports education in the Union Territory, Trikuta College of Physical Education (TCPE) located at Nardni, Raipur Bantalab under the umbrella of Trikuta Group of Colleges, has received official Affiliation from the University of Jammu to start the Bachelor of Physical Education and Sports (BPES) course from the academic session 2025-2026 with 50 intake capacity.

TCPE becomes the first

college in Jammu & Kashmir to offer the BPES program, marking a significant milestone for aspiring students across the UT. Until now, students interested in pursuing a career in physical education and sports had to migrate to other states due to the unavailability of this course within J&K.

The BPES course is open to students who have completed their 10+2, making it an ideal option for school graduates looking to enter the growing field of sports sciences and physical education.

Battle of equals as mighty Mumbai faces spirited J&K in Ranji Trophy opener

■ STATE TIMES NEWS

SRINAGAR: It may sound unusual to call it a battle of equals when 42-time champions, the formidable Mumbai, take on the spirited Jammu & Kashmir side in the Ranji Trophy opener at the picturesque Sher-e-Kashmir Stadium, Srinagar on October 15. Yet, all signs point to a high-voltage encounter between two teams that appear almost evenly matched. On what promises to be a grassy, pace-friendly wicket with bounce and carry, the contest is likely to hinge on which team can hold its nerve during crunch moments.

Undeniably, Mumbai's vast experience and storied record could give them a psychological edge. However, J&K's confidence, resilience, and growing self-belief-bolstered by their feat of defeating Mumbai twice on its home turf, including in last season's clash-have gone a long way in narrowing that gap. That history adds an extra layer of intrigue to a match that could set the tone

for a gripping Ranji campaign.

On the batting front, J&K will bank heavily on their formidable quartet - the dependable Shubham Khajuria, the resilient Paras Dogra, the gritty Yawar Hassan, and the explosive Abdul Samad. Supporting them are the solid and sublime Kanhaiya Wadhawan alongside the youthful trio of Vivrant Sharma, Qamran Iqbal, and Musaif Ajaz, ready to add crucial depth to the line-up depending on the Playing XI composition.

Mumbai, in contrast, boasts its own high-calibre batting arsenal: the hugely experienced Ajinkya Rahane, the stylish Ayush Mahatre, the power-hitting Shivam Dube, and the ever-reliable Sarfaraz Khan. Further strengthening their options are Siddesh Lad, Musheer Khan, and wicketkeeping choices between Akash Anand or Hardik Tamore.

Mumbai enjoys the luxury of outstanding all-rounders in skipper Shardul Thakur and Tanush Kotian, while J&K counters with their own

Aryaaveer wins National Bronze in Yoga



Aryaaveer Singh being honoured during a programme.

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JAMMU: Aryaaveer Singh of Jammu and Kashmir brought laurels to the UT winning bronze medal in the 50th (Golden Jubilee) Senior National Yoga

Sports Championship which held at Mysore in Karnataka in the 21-30 years Professional Yogasana category.

Subsequently, he has earned a place in the

Asian Yoga Sports Championship. Important to mention here that Aryaaveer won J&K's first yoga sports bronze medal at the 49th Senior National Yogasana Sports Championship held at Thiruvananthapuram in Kerala last season.

Earlier, he achieved 4th place at the 47th Senior National Yogasana Championship (Palli, Rajasthan) and 6th at the 48th Senior National Yoga Sports Championship (Hooghly, West Bengal).

Meanwhile, the Yoga Association of J&K complimented Aryaaveer for the consistent performance at the National stage.

Zone Reasi girls dominate in Athletics

■ STATE TIMES NEWS

REASI: Zone Reasi girls dominated the inter-zone district level athletics meet which was organised by the Department of Youth Services and Sports (DYSS) at General Zorawar Singh Stadium, Reasi, today.

District Youth Services and Sports Officer, Reasi, Tarsem Singh, was the chief guest, who appreciated the athletes for the performance. The participating zones were Arnas, Mahore, Pouni, and Reasi.

The Results: Under-14: 100 mtrs: Pooja Devi (Zone Pouni) 1st; Rubina Kousar (Reasi), 2nd. 200 mtrs: Samreen (Zone Mahore), 1st; Monika Thakur (Zone Pouni), 2nd. 400 mtrs: Pooja Devi (Zone Pouni), 1st; Kushi Kumari (Zone Reasi), 2nd. 600 mtrs: Sumiti Devi (Zone Pouni), 1st; Premika Rajput (Zone Arnas), 2nd and Samina Anjum (Zone Mahore), 3rd.

Under-17: 100 mtrs: Anjali Devi (HSS Salal), 1st; Shenaz Akther (Zone Pouni), 2nd. 200 mtrs: Neha Bharti (Zone Mahore), 1st; Rukhsana (Zone Pouni), 2nd. 400 mtrs: Ronika Thakur (Zone Mahore), 1st; Afreena Malik (Zone Reasi), 2nd. 800 mtrs: Shenaz Aktjer (Zone Pouni), 1st; Aphrana Thakur (Zone Mahore) 2nd. Rakdika Devi (Zone Mahore) 1st.

Under-19: 100 mtrs: Neha Devi (Zone Reasi), 1st; Diksha Thakur (Zone Pouni), 2nd. 200 mtrs: Shabu Devi (Zone Arnas), 1st; Aftoza Kousar Kousar (Zone Mahore), 2nd and Diksha Devi (Zone Devi), 3rd. 400 mtrs: Sunita Rajput (Zone Reasi), 1st; Sadhana Thakur (Zone Mahore) 2nd. 800 mtrs: Balkis Kour (Zone Reasi), 1st; Sunita Devi (Zone Mahore), 2nd. 1500 mtrs: Shabnum Bano (Zone Arnas), 1st; Kulsoom Akther, (Zone Mahore), 2nd.



Little achievers of Heritage School excel in Inter-School Competitions



Heritage School faculty felicitating students.

■ STATE TIMES NEWS

JAMMU: Heritage School celebrated the outstanding accomplishments of its young students who brought laurels to the institution by excelling in various inter-school competitions in IDPS Star Quest 2025 organized by IDPS JAMMU, on 11th October, showcasing creativity, intellect and confidence.

In the UKG category, Inaaya

Rajput of UKG D emerged as a winner by securing first position in the event 'Recycled Radiance,' where participants presented innovative creations made from recyclable materials through a ramp walk and a 'Show and Tell' segment.

Inaaya's confident presentation and eco-conscious approach earned her well-deserved appreciation from the judges.

In the Storytelling competition 'Spin a Yarn' for Class I, Jaisvi Kaur Sarkaria of ID, impressed the audience and judges alike with her expressive narration, originality and fluent storytelling skills, securing a winning position in her category.

Adding to the list of accolades, Mohammed Huud Wajid Khandy and Adyansh Verma, from class IIF, demonstrated commendable knowledge about the region's prominent landmarks, cuisine, art and culture, leading them to a triumphant victory in the Quiz Competition 'Trivia Time' based on the theme 'Unravel the Mysteries of Jammu and Kashmir.'

The Principal and faculty members of Heritage School congratulated the young achievers for their exemplary performances and praised their enthusiasm, creativity and dedication.

JKCA equips J&K Deaf Cricket Team with premium clothing kits, SG bats

■ STATE TIMES NEWS

JAMMU: Demonstrating its unwavering commitment to nurturing cricket at every level, the Jammu and Kashmir Cricket Association (JKCA) provided the J&K Deaf Cricket Team with premium clothing kits and top-quality SG Gold bats, empowering them to participate in the upcoming national tournament.

The Jammu & Kashmir team is set to participate in the prestigious IDCA 9th T20 National Championship for the Deaf, scheduled to be held in New Delhi from November 3 to 9, 2025. The event is being hosted by the Deaf Cricket Society, Delhi under the banner of the Indian Deaf Cricket Association (IDCA).

The official team kit, comprising complete uniform sets, sweaters, caps, and SG Sunny Gold Icon bats, was ceremoniously handed over



Member Administration JKCA, Brig Anil Gupta presenting kits to players.

to team captain Umar Ashraf, who also serves as the President of the Deaf Cricket Association of Jammu & Kashmir. The presentation was made by Brig Anil Gupta, Member Administration of the JKCA.

Speaking on the occasion, Brig Gupta emphasized the Sub Committee of JKCA, under the guidance of the BCCI and its President

Mithun Manhas, remains committed to promoting cricket at every level.

Notably, the 16-member J&K squad boasts three international stars, including skipper Umar Ashraf. The full team includes Sharik, Amir, Shakir, Umar, Hilal, Suhail, Muzaffar, Azhar, Bilal, Talala, Arif, Zaher, M. Shafi, Hanumantrao, Irfan, and Sajad.