

## Mr J&K Body Building Championship 2021; 125 bodybuilders participated in weighing



Bodybuilders and best physique competitors posing with organisers after weighing.

### ■ STATE TIMES NEWS

JAMMU: Body Building Association Jammu and Kashmir (BBAJK) on Thursday conducted weighing of approximately 125 bodybuilders and best physique competitors at International Gym, Rehari here.

They are competing in the 20th J&K Bodybuilding and Fitness Championship 2021 in men ,women and masters categories to be held on

November 20th at Teachers Bhawan Auditorium, Jammu.

The weighing was conducting under the supervision of Rajesh Dutta General Secretary and Bhupinder Singh Trithi, President of BBAJK.

"THE BBAJK is conducting Mr. J&K Bodybuilding Championship every year to encourage the youth of Jammu and Kashmir for maintaining good health and

shun the path of bad habits and avoid drugs," Rajesh Dutta said advised participants to use natural means and diet for improving health under expert coach and trainers.

Others present on the occasion include Nand Kishor Gupta, Suresth Dutta, Naresh Gupta, Vinay Sharma, Ajeet Singh, Vimal Jit , Dr. Guneet, Sahil Behal, Aman and Suresh Sharma.

## GDC Jindrah conducts workshop on ‘Basic Techniques of Kho-Kho’



International player, Palbinder Singh conducting workshop on Kho-Kho game.

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JAMMU: Department of Physical Education and Sports, Government Degree College (GDC) Jindrah on Thursday conducted workshop on "Basic Techniques of Kho-Kho Game".

Palbinder Singh, International player (Gold medalist Indian test match) was speaker on the occasion, who delivered lecture on various techniques of Kho Kho. He gave practical session

on kho kho techniques.

More than 30 students joined the event and clarified their doubts.

The Organizer Secretary of the event was Dr Vikesh Kumar (Physical Director). The organisers of event were Prof. Ashok Kumar, Prof. Paramjit Singh and Dr. Rajiv Katoch, under the supervision and guidance of the Principal GDC Jindrah, Prof Rajshree Dhar.

## Kreeda Bharati holds Kho-Kho match on special meet

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JAMMU: Kreeda Bharati Jammu and Kashmir organised its special meeting to deliberate on future course of action aiming at establishing district units for active participation of youth in sports and literary activities.

The meeting was chaired by National Organising Secretary, Kreeda Bharati, Prasadji Mahankar, who was in Jammu as part of his country wide tour to rejuvenate and interact with the state units.

The meeting was also joined by Coordinator North Zone, Deepak Sharma and caretaker Kreeda Bhraati, J&K, Gagan Sharma.

It was decided in the meeting to establish and make all 10 dis-



Teams posing for photograph with dignitaries.

trict units in Jammu Division latest by December 31 and hold regular state executive meetings on every second Sunday of the month. The J&K unit was advised to take necessary steps for J&K's participation in the Kreeda Gyan Priksha (online) contest to be organised at the

National level in the month of February. In this regard a team was constituted by making Rahul Sharma incharge and assisted by Vikas Sharma.

Part of the ongoing 75th Annrtnmahotsav celebrations, J&K unit was told to be prepared for the special event of

simultaneous race touching every district so as to generate awareness about India's rich culture, history and unity in diversity. The event shall held in the month of April 2022 involving all 740 districts of the country. Earlier, on the outset of the meeting, the entire team of

## Traditional sports regaining glory, becoming popular among Jammu youth: Zorawar

### ■ STATE TIMES NEWS

JAMMU: A wrestling competition was held at Sunail village in Akhnoor Tehsil, on Thursday.

On the occasion, Team Jammu chief, Zorawar Singh Jamwal was the Chief Guest while DySP, DAR, Jammu, K D Bhagat was the Guest of Honour. President, Yuva Rajput Sabha, Rajan Singh Happy was the special guest on the occasion. A total of 110 bouts with cash rewards of Rs 9 lakh were held in different weight categories. Besides budding wrestlers from Jammu, Kathua, Reasi and Samba districts, renowned wrestlers from Punjab,



Team Jammu Chief, Zorawar Singh Jamwal introducing wrestlers of the main bout.

Haryana and New Delhi connected the bouts and received cheering applause from jam-packed gathering.

Pritpal Pokwara, Ambala and Monu Delhi lifted the final

bouts worth Rs 1.7 lakh each after defeated their rivals Beeniya Pehalwan, Jammu and Pinder Jandiyala of Punjab respectively. While speaking, Chairman, Team

Jammu Zorawar Singh Jamwal said that traditional sports like wrestling are regaining its glory and becoming popular among Jammu youth day by day. He said that these

## HPS students selected for National Matsogi-Do Championship



Winner students posing for a photograph with faculty members.

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SAMBA: Students of Humanity Public School (HPS) participated in 18th J&K UT Matsogi-Do

Championship 2021 (Boys & Girls) held at school ground on November 14.

A total of 17 students of the school are selected for 16th

National Matsogi-Do Championship 2021 Kounpergoan (Shirdi) Maharastra which will be held in the month of December,

2021. The Principal of the Institution, Gaurav Charak along with Vice Principal Anku Charak lauded the efforts of the students and the Pankaj Kumar (Coach), Nikhil Jaral (Assistant Coach) for this performance. The 17 selected students include Sayam Singh Charak, Koushal Singh and Jaggot Singh (gold medals); Aakriti Charak, Ritu Atttri, Chandler Partap, Sneha Sharma, Aryan Jamwal, Aditiya Hansa (silver medals); and Viralika, Sonia Rajput, Hari Om, Muzammil, Aditiya Sharma, Lachhman, Divyansh Sharma & Vishal Kumar (bronze medals).

### U-19 3-Match Friendship Series

## TCA emerged victorious; Aarav bags Best Batsman, Kartik Best Bowler award



Winners posing for a group photograph after winning 3-Match Series at Gharota in Jammu.

each.

In reply, TCA reached the target in 36 overs by losing 6 wickets, thus won the match by 4 wickets. Vanshaj top scored with unbeaten 67 runs, while Kartik scored 50 runs and Augstya unbeaten

27 runs. Heaven took 3 wickets for UCA, while Taksh bagged 2 and Mehul claimed 1 wicket.

Aarav Mahajan, who scored a total of 201 runs and bagged 7 wickets in the series, got the twin awards of

Man of the Series and best batsman, while Kartik Mehra, who took a total of 10 wickets, was adjudged as the best bowler.

For his magnificent batting display, Vanshaj was declared as the Man of the Match.

The series was held under the supervision of Sunil Kumar, Cricket Coach.

Chairman, Travel Agencies BC Road, Ravi Baru was Chief Guest on the occasion, who distributed prizes among the winners.

## Young JKians win accolades under banner of CBSE Hub of Learning programme



JKPS Kunjwani faculty felicitating winner students.

### ■ STATE TIMES NEWS

JAMMU: In the Intra-hub Rangoli Making and Diya Making competition, held on Thursday at Cybernetic Secondary School Kunjwani, 11 students from Primary and Middle Wing of JK Public School participated and won the accolades.

In the Diya Making Competition, Bhumika Singh of Class III won the first prize

and Udhyotni of Class V won the second prize. Their creativity won everyone's admiration.

Parul Chaudhary (Class VI), Navya Rattan (Class VII), Rajveer Singh (Class VII) and Sanjampal Kour (Class VIII) won the third prize in Rangoli Making Competition.

The children were mentored by Neetu Sharma (Art

Teacher) of the school.

Children enjoyed the offline event with full Masti and Fun. It also brought in fresh leash of air bringing forth creativity of children. Proper COVID norms were followed.

The School Principal Vandana Sharma congratulated the winners and appreciated the efforts put by Neetu Sharma in preparing the students for such a platform.

## Stadium-XI, Poonch Volleyball Club win Volleyball tournament trophies



Army officer interacting with players.

### ■ STATE TIMES NEWS

POONCH: While reaffirming its commitment towards maintaining peace, Indian Army provided an opportunity to the youth for showcasing their talent and engaging them constructively by organising a volleyball tournament in various far flung areas of Poonch District under Operation Sadbhavna.

Aim of the tournament was to facilitate the youth by providing them a platform in the

remotest of areas to help them in ascertaining themselves in identifying the sports talent for further nurture and encouraging women empowerment amongst young blood.

The tournament started on November 9 in which a total of twelve volleyball matches were played across Poonch District and eight teams of boys and four teams of girls participated.

Final match of the tournament was inaugurated by Dr

Basharat Hussain, ADC Poonch on Thursday at Poonch Stadium and eminent personalities of Poonch District witnessed the final matches.

In the thrilling contest between girls teams of Stadium XI and Govt Girls Higher Secondary School and boys teams of Mendhar XI and Poonch Volleyball Club the respective trophies were bagged by Stadium XI Poonch and Poonch Volleyball Club.

The audience at the tournament appreciated the efforts of the army for conducting such an event which brings the sense and feeling of bonhomie and trust between the local populace and forces.

Locals also applauded the initiative and expressed that such initiatives by army will aid in developing sportsmanship spirit amongst the youth and engage them in constructive and nation building activities.

## PG Deptt JU lifts Inter-Collegiate Volleyball (Men) title



Director Sports JU, Dr. Daud Iqbal Baba posing with winner, runner-up teams and officials.

### ■ STATE TIMES NEWS

JAMMU: The combined side of PG Department, Jammu University claimed Volleyball (Men) title and lift the winning trophy in the ongoing Inter Collegiate Volleyball (Men) Tournament 2021-22 organized by the Directorate of Sports & Physical Education, University of Jammu at University Volleyball Court.

In the final match PG Department outplayed GDC Udhampur by 3-0 (25-18, 25-18, 25-19). Reuben Teji, Hritik Khullar, Rayees Naik and Harshbardan of PG Department showed outstanding performance and lead the team towards victory whereas Mohd Sarfraz, Rahul Jamwal and Sandeep Singh also played well from GDC Udhampur.

Director, Directorate of Sports & Physical Education, University of Jammu, Dr. Daud Iqbal Baba, awarded the trophies and medals to the winner and runner up teams in the presence of Raj Kumar Bakshi, Ravish Vaid, Vikas Karloopia, Gagan Kumar and Shashi Sharma.

Earlier in the first semi-final matches, PG Department defeated the defending champion GDC Kathua by 3-0 (25-20, 25-19, 25-13) and GDC Udhampur beat GDC Paloura by 3-1 (22-25, 25-20, 25-15, 25-13).

Today's matches were officiated by the technical panel of experts including Mulkhraj Sharma, Amit Sharma, Shubam Sharma, Manik Nargotra, Bhawana Sharma, Amarjeet Singh and Vikas Karloopia.