

## 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, Rehbari 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 conducted 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, Suresh Dutta, Naresh Gupta, Vinay Sharma, Ajit 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.

### STATE TIMES NEWS

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

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 organizers of event were Prof. Ashok Kumar, Prof. Paranjit Singh and Dr. Rajiv Katoch, under the supervision and guidance of the Principal GDC Jindrah, Prof. Rajshree Dhar.

## Shubham, Ram Parkash lead in Chess

### STATE TIMES NEWS

JAMMU: Shubham Shukla of Punjab and Ram Parkash of Indian Railways were leading after round three of the European style 1st IDPS Checkmate and Crown Trust Invitational Round Robin FIDE rated Chess Tournament at Sunjwan.

This first-ever event in J&K is being held in association with Jammu District Chess Association to promote Chess in J&K thus provide highest level budding local players.

President All J&K Chess Association (AJKCA), Atul Kumar Gupta assured the players that such type of European style events will be held regularly in J&K and thanked the IDPS school management for continuous support.

Bindi Pathania is Chief Arbiter for this event while International Arbiter, Dharmanendra Kumar paired all the matches as per FIDE laws of chess.



A Chess match in progress.

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

### STATE TIMES NEWS

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 Bharati, 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 Priksa (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 Amritmahotsav 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 be 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

Kreeda Bharati J&K was introduced with the visiting dignitaries by president of J&K unit, Shiv Kumar Sharma while secretary, R C Vaid presented a detailed report of the activities and future plans. Among the office bearers present were Dr Sanjogita Soodan (Vice President), Vikas Sharma (Treasurer), Rahul Sharma, Ambedkar Gupta (both Assistant Secretary) and Raj Kumar Sharma (executive member).

To showcase the talent among local youth, the J&K units organised an exhibition Kho-Kho match between SAI Club and Bhargav Club at the grounds of Bhargav Public School. Both the teams interacted with the visiting guests.

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 tourna-

ment 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 Mendar 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 sportsman-

ship 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 out-

played GDC Udhampur by 3-0 (25-20, 25-18, 25-19). Reuben Teji, Hritik Khullar, Rayees Naik and Harshbhardan 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.

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 Mukhlaj Singh, Amit Sharma, Shubham Sharma, Manik Nargotra, Bhawana Sharma, Amarjeet Singh and Vikas Karlopia.

## 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 contested the bouts and received cheering applause from jam-packed gathering.

Pritpal Pokwara, Ambala and Moma Delhi lifted the final

bouts worth Rs 1.7 lakh each after defeated their rivals Beeniya Pehalwan, Jammu and Pinder Jandiala 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

types of competitions change the mind of young generation and keep them away from drugs. He said that sports are not only beneficial for overall physical growth but lately it has emerged as a big incentive in shaping careers. He called upon the gathering especially elected Sarpanches and Panchs to organize sports activities after short intervals so that rural youth can get opportunities to exhibit their talent and make sports as their career.

DySP, DAR, K D Bhagat, in his address said that these types of events rejuvenate rich cultural values and also refrains young blood from taking drugs which is now a bigger social menace. He also informed number of sports activities have been undertaken by J&K Police department to connect youth and guide them not fall prey of drug menace. The wrestling event was organized by the Dangal Committee, Sunail, headed by Sarpanch Persham Sharma along with Darshan Lal, Ravi Kumar, Vicki Chalotra, Naveen Bakshi, Rajneet Verma, Tilak Raj and Shotu Kumar. Prominent among others present on the occasion included ex-Sarpanch, Bann, Vabishan Singh, Sarpanch Barui, Rashpal Sharma, Naib Sarpanch, Nardi, K P Sharma, Sarpanch, Meri Mandrian, Triloki Nath, Happy Singh, Vikram Singh and Vicki Khalsa.

## HPS students selected for National Matsogi-Do Championship



Winner students posing for a photograph with faculty members.

### STATE TIMES NEWS

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 Kupergao (Shirdi) Maharashtra 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 Jagot Singh (gold medals); Aakriti Charak, Rittu Attri, Chander Partap, Sneha Sharma, Aryan Jamwal, Aditya Hansa (silver medals); and Viralika, Sonia Rajput, Hari Om, Muzammil, Aditya Sharma, Lachman, Diyansh Sharma & Vishal Kumar (bronze medals).

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