

J&K begins campaign in style as Nasir ul Islam ensures medal

# Athletes' attitude turns challenges into triumphs: Yasha Mudgal

Declares open 69th National School Games in Taekwondo

**STATE TIMES NEWS**

JAMMU: The attitude of talented athletes consistently transforms challenges into triumphs, embodying determination and resilience at every turn. Sports and games, beyond promoting physical fitness, play a crucial role in nurturing mental, moral, and emotional well-being, contributing to the holistic development of one's personality.

This profound message was conveyed by Commissioner/Secretary to Government, Youth Services and Sports Department, Yasha Mudgal, as she declared open the 69th National School Games in Taekwondo Under-19 Boys category.

The event, hosted at the Indoor Sports Complex in Bhagwati Nagar, was marked by an impressive, vibrant, and widely attended ceremony, showcasing the spirit of sportsmanship across the nation.

This grand sporting spectacle brings together 34 teams, representing both States, Union Territories, and Organizations from all



Commissioner/Secretary YSS Department, Yasha Mudgal lighting ceremonial lamp.

corners of the country, reflecting unity, teamwork, and the true essence of competitiveness.

Addressing a large gathering of players and officials, Mudgal emphasized that sports play a pivotal role in fostering unity, friendship, and understanding among young people from diverse regions across the country.

"Sports build bridges of unity and friendship. I am delighted to be here with you at the inauguration of the 69th National School Games. It gives me immense pleasure on behalf of myself, my colleagues, and the people of

Jammu and Kashmir to warmly welcome all of you to this prestigious tournament," Mudgal said.

She assured the participants of full support from the government and the organizers, adding that every effort would be made to ensure their comfort, safety, and well-being.

"As the saying goes, winning is not as important as taking part. I sincerely admire your enthusiasm and dedication in coming here to compete," Yasha added, wishing all participants memorable experiences and success in the championship.

The impressive march past by the 34 participating teams drew appreciation from the Commissioner Secretary, Youth Services and Sports, and applause from a large gathering of spectators present at the venue.

Players, coaches, and team officials also took an oath of sportsmanship, pledging to uphold the values of fair play, discipline, and teamwork while preserving the sanctity and spirit of sports.

Applauding Jammu and Kashmir's growing excellence in martial arts disciplines such as Wushu and Taekwondo, Mudgal expressed optimism for an outstanding performance by local athletes in the championship.

Earlier, Director General of Youth Services and Sports, Anuradha Gupta, welcomed the Chief Guest along with the players and officials from various contingents. She stated that the department had made all necessary arrangements to host the event in a fitting and well-organized manner, assuring that no stone would be left unturned to ensure the comfort and safety of the visiting athletes.

Joint Director YS&S Jammu and Organising Secretary of the event, Vinakshi Koul, extended heartfelt thanks to the Chief Guest for gracing the occasion despite her busy schedule. She also expressed gratitude to the District Administration, Police Department, media fraternity, and participating contingents for their cooperation and support.

Meanwhile, Jammu & Kashmir began the championship in fine style, with Nasir ul Islam delivering his rival from Telangana in the quarter-finals to seal berth in the semi-finals, thus ensuring medal.

In other results of the day: NVS defeated Odisha, Bihar outplayed Jharkhand, Telangana triumphed over Chhattisgarh, Tamil Nadu overcame West Bengal, Assam prevailed against CISCE, Haryana beat Himachal Pradesh, Mizoram defeated Vidya Bharati, CBSE outlasted Maharashtra, Delhi edged past Karnataka, Andhra outperformed IPSC, KVS beat Goa, Uttarakhand won against Kerala, and Gujarat triumphed over Rajasthan.

# KMAS Sunderbani celebrates Annual Sports Day



Commander Kalidhar Brigade along with faculty and students of KMAS at the event.

**STATE TIMES NEWS**

SUNDERBANI: The Kalidhar Memorial Army School (KMAS) Sunderbani's Annual Sports Day was a resounding success, showcasing exceptional sportsmanship, discipline, and unity among students. The event saw participation from 325 students and 48 dedicated teachers, with boys and girls actively taking part in various sports categories. The students' enthusiasm was palpable as they competed in events like Athletics, Volleyball, Basketball, Tug of War, Yoga, and more, highlighting their athletic prowess and teamwork.

The event also featured NCC events, where students demonstrated their drill and discipline skills, and Karate, showcasing their martial arts expertise. The Commander of Kalidhar Brigade graced the occasion, inspiring young champs with

his words and handing out medals across categories.

"The true victory lies in participation and learning," said the Principal of the School Mrs Neeru Sharma applauding the students' energy and sportsmanship. The event reinforced KMAS's commitment to empowering young minds through sports and discipline, shaping future leaders of India.

The school's focus on nurturing core values like teamwork, discipline, and innovation was evident throughout the celebrations. The event was also aligned with the Kelo India motto, "Play and Progress," which aims to promote sports and physical activity among students, fostering holistic development and national pride. The slogan, "Fit India, Strong India," resonated throughout the event, emphasizing the importance of physical fitness and sports in build-

ing a stronger nation.

As one student remarked, "Sports Day was an amazing experience! I loved participating in the relay race and winning the gold medal." The event was a testament to KMAS's commitment to providing a well-rounded education, where students can excel in academics and sports, and develop essential life skills like teamwork, discipline, and leadership.

The Khelo India initiative, launched by the Ministry of Youth Affairs and Sports, aims to promote sports and physical activity among students, and KMAS Sunderbani is proud to be a part of this movement. By incorporating sports and physical education into their curriculum, KMAS is empowering students to lead healthy, active lives and contribute to the nation's growth and development.

## District Pulwama Athletics Championship 2025-26 concludes



**STATE TIMES NEWS**

JAMMU: In a remarkable celebration of lifelong athleticism and unyielding passion for sports, the 2nd Jammu & Kashmir Masters Games concluded on Sunday at the M.A. Stadium, here.

The five-day event, organised by the Jammu & Kashmir Masters Games Association (JKMGA)-affiliated with the Super Masters Games and Sports Federation (India)-brought together veteran athletes from across the Union Territory in an inspiring display of fitness, friendship, and determination.

J.P. Singh (IPS Retd.), former IGP, graced the closing ceremony as the Chief Guest, while Ashutosh Sharma Chairman J&K Olympic Association attended as the Guest of Honour.

This year's edition witnessed an overwhelming participation of over 400 master players and 70 officials representing districts including Jammu, Kathua, Samba, Baramulla, Rajouri, Poonch, Anantnag, and Udhampur.

## 2nd J&K Masters Games conclude Veterans Prove Passion and Excellence Know No Age



J.P. Singh (IPS Retd.), former IGP with others at closing ceremony of 2nd Jammu & Kashmir Masters Games.

The event featured competitions in more than 20 disciplines, including athletics, handball, kho-kho, table tennis, powerlifting, weightlifting, yoga, roller hockey, pickleball, kabaddi, tinnikot, lawn tennis, badminton, basketball, chess, football, hockey, rope skipping, swimming and tennis ball cricket. Each event reflected the enthusiasm and determination of athletes who have continued to nurture their sporting spirit beyond the years of professional competition.

The Chief Guest and Guest of Honour presented medals

and trophies to the winners and lauded the participants for their exemplary performances.

Speaking on the occasion, J.P. Singh praised the participants for redefining the meaning of age and athleticism. "Masters sports promote an inclusive and diverse sporting culture, challenging the notion that athleticism is only for the young. Watching a 70-year-old sprint or perform yoga with grace sends a powerful message of perseverance, discipline, and passion," He said.

Guest of Honour Ashutosh

Sharma emphasized the positive impact of sports on mental and emotional well-being. "Whether returning to a sport they once loved or trying something new, the journey of training and competing strengthens both body and mind. For many, Masters sports become a source of confidence and happiness," he remarked.

Ranjeet Singh Chib, President of JKMGAA and an ex-international handball player, expressed pride in the growing success of Masters sports in J&K. "You don't stop playing because you

grow old; you grow old because you stop playing. These athletes prove every day that passion never retires," he said, applauding the participants' enthusiasm and discipline.

Neete Kaur, Secretary General of JKMGAA, thanked all game conveners and officials for their tireless efforts in ensuring the smooth conduct of the Games. She reaffirmed the association's mission to promote fitness and sporting opportunities for individuals aged 30 and above, encouraging a healthy and active lifestyle.

The conveners who contributed significantly to the success of the event included Gureharan Singh, Romesh Sharma, Mousami Verma, Bhanu Partap Singh, Anil Abrol, Raman Kumar, Meetu Singh, Rajesh Sumbria, Mohit Verma, Rajinder Singh, Prithpal Singh, Pankaj Malhotra, Amar Praval Sharma, Ajay Sharma, Danish, Rajeev Sharma, Dayal Singh, David Sandhu, and Rishi. Several former national

and international players also participated, returning to the field to inspire the younger generation with their dedication and sportsmanship.

The event proceedings were conducted gracefully by Mamta Bajaj, Vice President of JKMGAA, whose enthusiasm and eloquence kept the audience engaged throughout the ceremony.

Prominent dignitaries present on the occasion included Romesh Sharma, Som Raj Gupta, Kuljeet Singh, Sanjay Puri, Prabal Sharma, Rameshwar Singh Manhas, and other distinguished members of the sports fraternity.

As the curtains came down on the second edition of the J&K Masters Games, the event stood as a shining example of perseverance, unity, and the timeless joy of sport. It sent out a clear message that age is no barrier when passion leads the way, inspiring countless others to rediscover the athlete within and embrace an active, fulfilling life through sport.

## JK Tourism & IKA Sports bring 5th edition of Patnitop Marathon to Life

**STATE TIMES NEWS**

JAMMU: J&K Tourism in collaboration with the IKA sports & events and patnitop Development Authority organised the fifth edition of patnitop Marathon as 500 athletes from various parts of the UT and country took part in the event.

The marathon was flagged off by Joint Director Tourism Jammu Aijaz Qaiser, here on Sunday morning celebrating fitness, resilience and unstoppable spirit of Jammu & Kashmir. Virender Manyal, Chief Executive Officer Patnitop Development Authority, Sukhbir Singh, DySP SDPO Chenani, Pankaj Sasan, JKAS DD Tourism, Arif Lone, JKAS AD Tourism NHW and Kapil Arora founder of IKA sports and events were also present at the flagging off event early Sunday morning.

The flag off event from Main Meadow, Patnitop, witnessed enthusiastic participation from professional athletes, fitness enthusiasts, tourists, and locals who gathered to celebrate endurance, health, and the spirit of adventure amid the breathtaking Himalayan backdrop. The marathon featured multiple categories including Ultra Marathon (50 km), Half Marathon (21



Joint Director Tourism Jammu Aijaz Qaiser flagging off marathon.

km), 10 km Run, 5 km Run, each flagged off at intervals beginning at 6:30 a.m.

The award ceremony was held later in the day where in the chief guest Aiyas Khan, Deputy Commissioner Ramban distributed prizes among the winners and runner ups of various categories and age groups. DC Ramban appreciated the efforts of tourism department and IKA for the initiative and congratulated the participants for turning up in huge numbers early morning inspite of the winter chill. He lauded such initiatives which form a part of the Tourism Department's continuous efforts to promote adventure, wellness, and eco-friendly tourism in the Jammu region. By integrating sports with tourism, the department aims to position Patnitop as a year-round destination

for outdoor enthusiasts.

Speaking on the occasion, Aijaz Qaiser, JKAS, Joint Director Tourism, Jammu, said, "Patnitop has immense potential for adventure and Leisure tourism. Events like this not only encourage a culture of fitness but also draw attention to the region's natural beauty and tourism opportunities.

He further said that under the overall guidance of Shri Ashish Chander Verma, IAS, Additional chief Secretary, Tourism Department and Shri Vikas Gupta, JKAS, Director Tourism, Jammu the directorate is committed in diversifying tourism activities and promoting sustainable adventure initiatives across the region.

Virender Manyal, CEO of PDA thanked the district administration of Udhampur and Ramban for

the support in organising such a grand event. He also thanked Kapil Arora founder of IKA for his consistent initiative in promoting fitness among various age groups.

Speaking at the closing ceremony, Kapil Arora, Founder of IKA Sports & Events, said that the Digital engagement surpassed 1.1 million impressions across social media platforms, websites, and emails.

He also thanked the partners and sponsors including Stora Foods, Cult Fit, Gold's Gym, MOB Community, and Jammu University.

In the 50 kms Men's category, Maj Sachin Singh Kunal clinched victory with an impressive time of 5:25:59, followed by Abhishake Gupta (5:43:31) and Makkhan Singh (5:58:02).

In the Women's division, Kirti took top honours with 6:43:43, ahead of Divya Vasishtha (6:58:00) and Shilpa Chaku Handoo (7:52:38).

**Half Marathon (21.1 km):** The Half Marathon saw fierce competition with Rakesh Kumar (1:30:30) emerging as the fastest male, followed by Ajay Vikas (1:35:09) and Deepak Sharma (1:35:59).

Among women, Rimpi Devi (2:32:40) led the field, followed by Avneet Kaur Soni (2:48:37) and Lata Alimchandani (2:52:40).

**10K Challenge: Fast and Fierce**

The 10K category witnessed exhilarating finishes with Soutabh Sharma (39:30), Pankaj Sharma (40:08), and Intiaz Ahmed (40:48) securing the top three positions among men.

In the women's division, Anjali Rajpir (55:26), Sonali Sharma (1:18:40), and Ayushi Gupta (1:22:21) led the leaderboard.

**5K Timed Run & Walkathon:** Fitness for All In the 5K Timed Run, Aryan Sharma (20:39), Rahul Manhas (20:56), and Sunil Kumar (22:14) topped the men's results, while Shabnam Bano (32:24), Vidushi Mohan (33:53), and Babita Devi (36:17) were the leading women finishers.

## GGHSS Nowabad clinches 1st position in District Level Folk Dance Competition



GGHSS Nowabad students and faculty receiving award.

**STATE TIMES NEWS**

JAMMU: Once again adding to its glorious achievements, Government Girls Higher Secondary School (GGHSS) Nowabad emerged victorious by securing the First Position in the District Level Folk Dance Competition organized by DIET Jammu and JKBOSE. Competing among all zones of the district, the talented team of GGHSS Nowabad mesmerized the audience and jury members with their outstanding performance, traditional grace, and creative choreography.

The event, aimed at promoting cultural heritage and artistic expression among students, witnessed enthusiastic participation from various schools across Jammu

district. The performance of GGHSS Nowabad stood out for its impeccable synchronization, vibrant presentation, and deep cultural portrayal, earning well-deserved applause from everyone present.

The team was felicitated by Worthy Principal DIET, R.G. Dogra, along with jury members and other dignitaries, for their brilliant and captivating performance. The victorious group has been selected to represent the entire Jammu District at the upcoming Divisional Level Competition, bringing immense pride to the institution.

This remarkable success was achieved under the able supervision and guidance of Worthy Principal, Dr. Kartar Chand Sharma. The

entire dance was choreographed by Mrs. Poonam Gupta, a dedicated teacher of the institution, whose creative direction and tireless efforts played a key role in shaping the winning performance.

The school fraternity extended heartfelt congratulations to the team for their exemplary achievement and wished them continued success at the Divisional Level.

## Archery Trials on Nov 13

**STATE TIMES NEWS**

JAMMU: The Archery Association of Jammu and Kashmir will conduct selection trials for Sub-Junior, Junior, and Senior boys and girls in the Indian Round on 13th November 2025 at MA Stadium, Jammu, and for Sub-Junior and Cadet categories in Recurve and Compound events on the same date at SMVDSB Sports Complex, Katra.

Earlier, Junior and Senior trials in Recurve and Compound were held from 22nd to 23rd November 2025 at Katra, and the selected archers participated in the National Championship 2025-26. Participants must report to their respective coaches with Aadhaar card and date of birth proof.