

# J&K reaches quarterfinals of Beach volleyball in Diu Beach Games 2024

**STATE TIMES NEWS**  
JAMMU: The J&K teams of volleyball started their campaign on winning note in the Diu Beach Games 2024, India's first-ever multi-sport beach games, held at Ghoghla Beach in Diu, a blue flag-certified beach.

J&K Team 1 comprised of Imtiaz Bhat and Sayed Asgar faced a strong team of Uttar Pradesh in their inaugural match.

J&K Team 1 won first set by 21-18 points and in second set continued their superb performance and won it by 21-12 points. At the end of two sets the score was 2-0 sets in favour of J&K. They will play against



J&K volleyball teams after winning matches in Diu Beach Games 2024.

Gujarat tomorrow.

J&K Team 2 beat Lakshadeep by 2-0 (21-11, 21-14) sets. The Jammu and Kashmir Team 2 comprised of Tamoor Ahmed

In the beach volleyball only best of three sets are played as per standard Federation of International Volleyball (FIVB) norms in which game point is 21, said Chief Executive Officer, Volleyball Association of Jammu and Kashmir (VAJK), Kuldip Magotra.

He appreciated the J&K UT teams for doing well at national level despite lack of infrastructure in the Jammu and Kashmir for beach volleyball.

Patron VAJK, Raj Daluja, President, Sidharth Daluja, Senior Vice President, H.S Gill, Chief Executive Officer, Kuldip Magotra, Hony. General Secretary, Vijay Kumar Magotra and

Treasurer, R.C Sharma congratulated the team and the Coach for their excellent performance and wished them for good results in the forthcoming matches in the championship.

Over 1,700 participants from more than 20 states and union territories will compete across eight sports in different age categories under 21. The games will last for seven days, concluding on January 11.

The eight beach sports included in the event are Pencak Silat, Beach Boxing, Beach Soccer, Mallakhamb, Tug of War, Sea Swimming, Beach Kabaddi, and Beach Volleyball.

# Team Arnia wins volleyball trophy



Chief Guest, Shakti Kumar Pathak, DIG JKS posing with teams and other officials.

**STATE TIMES NEWS**  
JAMMU: Range Police Headquarters Jammu (RPHQ) under Civic Action Programme 2023-2024 organised a volleyball tournament in Government Primary School, Kaku-de-Kothey, Zone Arnia in which eight teams participated.

The tournament was conducted under the aegis of Shakti Kumar Pathak, DIG J&K Range and overall supervision of Staff Officer to DIG Jammu Rajinder Singh Katoch, SSP.

The tournament started

with the welcome of the Chief Guest, Shakti Kumar Pathak. A total of seven matches were played.

The Results: Team Pindi beat Team Fatehgarh; Team Arnia beat Team Kaku de Kothey-B; Team Kaku de Kothey-A beat Team Allah; and Team Sai beat Team Salehar in league matches.

In the semi-finals, Team Kaku de Kothey-A beat Team Pindi and Team Arnia beat Team Sai.

In the final match, Team Arnia registered its win by beating Team Kaku de

Kothey-A.

While addressing media gathering, DIG JKS, Shakti Kumar Pathak, shared that the main motive of the Jammu & Kashmir Police to organising such tournaments is to encourage youth to take more part in sports activities and stay away from drugs and bad company. Several prominent persons, including District President Border Sunil Dutt, Sarpanch Trewa, Balvir Kour and Sarpanches, Panches from adjoining area and general

public from different places were also present to boost the morale of the players and appreciated the efforts of Jammu & Kashmir Police for organising such a tournament.

Shakti Kumar Pathak, Staff officer to DIG Jammu Rajinder Singh Katoch SSP, SP Hqs. Jammu Rammish Gupta, DySP RPHQ, Jatinder Singh Sambyal, distributed Cash Prize/Trophies/ volleyball to winner and runner-up teams and certificates to all the participants and congratulated all the teams for their efforts.

Nikhil Gogna, SDPO R.S.Pura, SHO Arnia Deepak Katoch, I/c PP Trewa, I/c PP Allah and the team of CAP members from RPHQ, Jammu Sub Insp. Suresh Kumar, ASI Tarsem Lal, ASI Jasvir Singh, Sget Sudesh Sharma, Ajit Kumar and Vikram Sharma were also present for smooth functioning of the tournament.

# Open Volleyball tourney in Samba from Jan 13

**STATE TIMES NEWS**  
JAMMU: District Volleyball Association, Samba shall organise district level open (men and women) tournament from January 13 at Abhyaas Volleyball Academy, Tarlokpur, near Canal (Jakh).

As per a handout issued here on Monday, the event shall take place under the banner of Volleyball Association of J&K (VAJK) and following the laid down rules of the game.

Further, the organising committee of the upcoming two-day event has invited entries from clubs and educational institutions as also the academies for the competition. Such entries should reach the organisers before January 12 noon so as to help draw the fixtures, the handout added. Interested teams have been advised to contact the members of the organising committee on mobile Numbers: 7006745431, 9906574222 and 6005256388.

# SARS conducts ICR Regional Meet



Sports Injury Arthroscopy and Rehabilitation Society members at ICR Regional Meet.

**STATE TIMES NEWS**  
JAMMU: Sports Injury Arthroscopy and Rehabilitation Society (SARS) under the leadership of Dr Manish Singh and his team conducted the ICR Regional Meet here.

It was conducted under aegis of JKOA and PG Department of Orthopaedic GMC Jammu.

The conference was attended by faculty and delegates both from and outside Jammu.

The national faculty included experts of the field like Dr Deepak Goel (founder ICS, General Secretary (ICRS), Dr

Rahul Shivadey (President ICS (Dubai)), Dr Rajat Jangir, Dr Sumit Banerjee and Dr Inderdeep Singh. The CME was attended by large number of delegates.

It included a hands on workshop on meniscus tears repair with lectures of experts on topic of cartilage repair and joint preservation.

Meniscus are very important structure in the knee for the normal functioning of knee and these should not be removed but repaired.

The workshop conducted taught the delegate various techniques to save

meniscus.

Other dignitaries present in the conference included Dr Ashutosh Gupta, Principal GMC Jammu, Dr Lovi Padha Professor, Dr Sanjeev Gupta, HOD, Deptt of Orthopaedics, GMC Jammu and whole department of Orthopaedic.

Dr Ashutosh also lauded the efforts of society for encouraging the practice of joint preservation especially in young patient.

The CME focussed on issues faced by athletes and young population due to knee injury and how early intervention can save the joint and help in their early rehabilitation.

# IIAPL Golf Season 2: Grand celebration unveiled in Jammu



Participants of IIAPL Golf Season 2 in jubilant mood at closing ceremony.

**STATE TIMES NEWS**  
JAMMU: The highly anticipated IIAPL Golf Season 2 concluded with a splendid two-day event, uniting architects from across India in a captivating showcase of golf prowess and camaraderie.

The IIAPL Golf Season 2 hosted by IIA J&K Chapter is a prestigious event that brings together architects passionate about golf, fostering a sense of community and friendly competition.

Architects from various corners of the country converged upon the picturesque city of Jammu. The day began with a warm welcome to the participants at the KC Residency, followed by an exquisite Welcome Dinner and Musical Night.

The heart of the event unfolded at the BSF Golf Course in Jammu. Participants enjoyed a delightful combination of competition and cama-

radierie, with drinks and lunch served on the course.

The event featured the felicitation of Chief Guests, including the distinguished presence of IIA President Ar. Vilas Avachat, Vice President Ar. Jitender Mehta, and Junior Vice President Ar. Tushar Sogani, Hon. Treasurer Ar. B. Sudhir, Jt. Hon. Secretary Ar. Akshaya Beuria who graced the occasion as national office bearers of the IIA.

The winners across various categories were Ar. Anupam Mittal, Ar. Binesh Kumar, Ar. Ramachandran, Ar. yogesh tyagi, Ar Rahul Tyagi, Ar Manish Gupta, Ar Shweta, Ar Babita, Ar Amit Kumar, Ar Himani, Ar Karuna, Ar Akshay and Ar Gopa Kumar.

Chief Guest DIG PSO BSF Sukhdev Raj, extended his gratitude to the IIA Office Bearers

and Delegates nationwide. He also express his special appreciation towards the unwavering dedication, tireless efforts, and exceptional contributions of IIA Jammu Kashmir Chapter for their outstanding commitment to excellence and everyone involved in making this tournament possible.

Ar. Vikas Dubey Chairman IIA Jammu & Kashmir Chapter in his welcome address extend his gratitude to Chief Guest DIG PSO BSF Sukhdev Raj, Special Secretary to Tourism Amarjeet Singh, National Office bearers and golf enthusiasts from different part of country for participation in IIAPL Golf tournament season 2, held at EPTA BSF golf course on 7th of January 2024.

He also expressed heartfelt appreciation to Ar. Binesh Sukumar, Ar. Anupam Mittal, Gurdeep Singh, Rohit Bhalla, Dr. Anil Slatia, Sanjeev Singh Pathania, V.M. Singh DIG BSF, Viresh Kumar Singh DIG (Comm), Rajan Uttam Gajbe 2IC, Pradeep Suthar AC, for their tireless efforts, support and dedication for the success of this tournament.

As the sun set, the celebration continued with a Cultural Extravaganza at KC Regale Park, providing an evening of artistic performances and memorable moments. This segment highlighted the rich cultural diversity of J&K UT and talent present in the architectural community.

The overall event was graciously sponsored by GBN Enterprise, Everest Industries, Tile&Bath and SR Technomed.

# Tawi Trekkers team visits Krimchi Fort

**STATE TIMES NEWS**  
JAMMU: In keeping with its policy of promoting heritage sites and lesser frequented beauty spots of Jammu through a series of short treks, Tawi Trekkers J&K, the pioneer trekking club of Jammu, organised a day-long trek for senior members to Krimchi Fort and Krimchi Temples, a famous heritage site.

The group of 10 trekkers led by the president of the Club, Ram Khajuria included vice president of Mountaineering Association of J&K (MAJK), Sumit Khajuria, senior members Vivek Chauhan, Principal of Oriental Academy Senior Secondary School, Jammu; Seema Kharyal, Sushil Singh, Shashi Kant Sharma, Sanjeev Sharma, Managing Editor, Sportsline; Anu Sharma, Harshil Sharma besides Ansh



Team of Tawi Trekkers J&K posing for a group photo.

Sharma, a research scholar in history.

Krimchi Fort, also known as Bhutiyal Ka Qila as it was built by Bhutiyal dynasty, is perched at

Garh Top in the small town of Krimchi, about 12 kilometers from Udhampur.

Reaching the gate of the fort through cemented stairs the team was dismayed to see the condition of the Fort.

It is a totally ruined rather a lost fort. In the name of the fort there was only a dilapidated

Darwaja, the last remnant of the fort which could come down any time, a case of sheer neglect of the heritage site.

Inside the so called fort there were two water tanks of PHE department which supply water to the small town, a tower of a mobile company

and a beautifully designed place for a fountain, left abandoned. The place houses two small temples also, one an ancient one and the other a new one, both dedicated to Goddess Mahakali which are managed by a local Pujari.

However, the place commands a panoramic view of the Krimchi town, the Krimchi temples, the Kainth Gali and the town of

Udhampur as well. With some restoration and conservation of the entrance to the fort the place may gain some prominence among the heritage sites of Jammu and attract some visitors who flock the nearby world famous Krimchi temples.

After about an hour's stay at the so called Fort the team undertook a steep and slippery trek of about two kilometers through the jungle to reach Krimchi temple complex.

Here, a team member Ansh Sharma, a research scholar in ancient history at Ashoka University, Delhi apprised the team in detail about the great archaeological and religious importance of the world famous Krimchi temples, locally known as Pandhva

# Brilliant Chitra slams ton, artistic Sarla takes fifer as J&K crushes Meghalaya



J&K women team posing for a photograph with officials after winning the match.

**STATE TIMES NEWS**  
TRIVANTHRIPURAM: Continuing her brilliance with the willow, J&K's batting mainstay Chitra Singh Jamwal slammed second century of the tournament, while ambidextrous bowling all-rounder Sarla Devi displayed extraordinary art and skill with the ball alongwith her skipper Sandhya Sayal to guide Jammu and Kashmir to a big victory by 135 runs over Meghalaya in the ongoing Senior Women's One-Day Tournament at KCA Cricket Stadium Mangalapuram, Trivanthipuram on Monday.

This victory carried great significance as J&K came back strongly after suffering from a heavy thrashing in the second outing of the tournament against Goa on the other day.

Earlier, put into bat, J&K rode on magnificent batting display by talented top-order batter Chitra Singh Jamwal to score a good total of 188 runs in the stipulated 50 overs, losing 4 wickets in the process. Chitra continued her brilliance and showed stellar grit and tenacity to notch up her second century of the tournament, scoring 101 runs off 127 balls, studded with 13 delectable boundaries, while opener Anju Tomar contributed valuable 41 runs off 85 balls with 5 boundaries. Bushra Ashraf scored sedate 21

runs off 58 balls and Shivanti Gupta contributed 12 runs off 23 balls including 2 boundaries. Chitra was the standout performer, who shaped her innings in a brilliant manner. Throughout her kno, she showed elegance, sophistication and class, taking ones and twos with an odd boundary. What was special in her innings was that she hit series of boundaries in the slog overs to complete her unbeaten century in the last over of their innings. Chitra and Tomar made a valuable partnership of 69 runs. For Meghalaya, Ajima took 2 wickets by conceding 5 runs in her 5 overs, while Dalaka and DD Dutta claimed one wicket each. In reply, Meghalaya bumbled out for a paltry total of 53 runs in 15.4 overs, thus lost the match by a big margin of 135 runs. Skipper DD Dutta top scored with 16 runs off 23 balls, studded with 2 boundaries, while Sanchisa and Cheanchi contributed 12 and 9 runs to the meagre total respectively. For J&K, Sarla Devi was the wrecker-in-chief, who took 5 wickets by conceding 28 runs in her 8 overs, while skipper Sandhya Sayal captured 3 wickets by giving away 16 runs in 6.4 overs. J&K will face Uttar Pradesh in the next outing on January 10 at Green Field International Stadium, Trivanthipuram, Kerala.

and a beautifully designed place for a fountain, left abandoned. The place houses two small temples also, one an ancient one and the other a new one, both dedicated to Goddess Mahakali which are managed by a local Pujari.

However, the place commands a panoramic view of the Krimchi town, the Krimchi temples, the Kainth Gali and the town of

# MP Superstars lifts 2nd J&K Masters Cricket C'ship trophy

**STATE TIMES NEWS**  
JAMMU: MP Superstars defeated Horizon Stars by eight wickets and lifted the trophy of 2nd Masters Interstate Cricket Championship which culminated at MA Stadium Jammu, here on Monday by.

The Championship was organized jointly by Range Police Headquarters Jammu and Jammu & Kashmir Veterans Cricket Association under the supervision of DIG Jammu, DIG Railway Jammu, Arun Gupta President JK VCA and Rajesh Gill.

The sponsors of the Championship included Horizon Group, Khwab Fashion Dreams Link Road Jammu, Simula Group, Rotunda Hygria Srinagar and SMVD Narayana Super Speciality Hospital Katra.

Dr. Vinod Kumar, SSP Jammu, was the Chief Guest in the valediction function, who distributed the trophies among the winner and runner-up teams.

SSP Jammu greeted both the finalists teams and said whether you have won a medal or not, you are all winners.

He further said that the active and continued participation in sports and athletics would pay you rich divi-



Dr. Vinod Kumar, SSP Jammu, presenting trophy to winner MP Superstars team.

dends in terms of fitness, well-being and happiness.

He said that winning or losing in games is not at all important, but the happiness originating from the participation in sports is highly cherished trophy.

He congratulated the organizers and Rajesh Gill Coordinator of the event for conducted the Championship for the senior cricketers by involving Players from J&K, Punjab, Delhi and MP.

In the summit clash, Horizon Stars, batting first, managed to 75 runs for the loss of seven wickets in the allotted 16 overs. Pardeep Bali was the top scorer with 29 runs and Raman Dutta made 15 runs.

For MP Superstars, Ajay and Suhail claimed two

wickets each whereas Dinesh Sharma, Sadiq and Chander took one wicket each.

In reply, MP Superstars chased the target in 11.2 overs for the loss of two wickets. Manoj with (26), Nasir (25) and Sanjay Choubey (22) runs were the main scorers.

For Horizon Stars, Hilal and Raman took grabbed one wicket each. Nasir was declared Man of the Match and Best batsman while Sadiq declared best bowler whereas Suhail declared Man of the Series.

Earlier in the last league match, Horizon Stars defeated JK Game Changers by 17 runs.

Batting first, Horizon Stars scored 101 runs in the allotted 16 overs for the loss

of six wickets. Rajesh Gill made unbeaten 45 runs and Hilal Rather made valuable 29 runs. For JK Game Changers, Ravi Choudhary scalped three wickets whereas Bansi and Pawan took one wicket each.

In reply, J&K Game Changer could not chase the target and managed to score only 84 runs for the loss of ten wickets. Hardeep was the main scorer with 17 runs. For Horizon Stars, Rajesh Gill and Shamsheer Singh grabbed three wickets each, while Hilal took one wicket. Rajesh Gill was declared Man of the Match.

The matches were officiated by Vijay Raina, Ashok Kumar and Amit Gill. RP Singh conducted the proceedings of the closing ceremony.

# Selection trials for Cycle Polo National C'ship on Jan 10

**STATE TIMES NEWS**  
JAMMU: J&K Cycle Polo Association is conducting selection trials for the upcoming 20th Sub-Junior & 26th Junior Girls National Cycle Polo Championship 2022-23 to be held at Ujjain (M.P.).

The selection trials will be held at Gindun Ground, Raj Bagh, Srinagar on January 10, 2024 at 11 AM," stated a handout issued by association on Monday.

Eligible players from affiliated districts units are asked to come along with two passport size photograph, Aadhaar Card Xerox, age proof & Physical Fitness Certificate for the trials.

For more information, players can contact on 7 0 0 6 2 9 4 9 6 3 , 7006919285.