

Sandhu XI Ludhiana, Bhawani Youth Academy win in 13th Police Martyr's NZ T-20

STATE TIMES NEWS
KATHUA: Two matches were played in the ongoing 13th Police Martyr's Memorial North Zone T-20 Cricket Championship 2024-25 at the Sports Stadium in Kathua.

The first match saw Sandhu XI Ludhiana edge past KKR XI by just 1 wicket, while the second match saw Bhawani Youth Academy comfortably defeat Vicky XI Pathankot by 5 wickets.

In the morning session, Sandhu XI Ludhiana won the toss and opted to bowl first against KKR XI. Batting first, KKR XI scored 124/8 in their 20 overs. The top scorers for KKR XI were Dikshant, who made 30 runs off 25 balls with 1 boundary and 3 sixes, and Manmeet,



A player receiving Man of the Match award at Kathua.

who contributed 28 runs off 15 balls with 4 boundaries and 1 six.

Chasing the target of 125, Sandhu XI Ludhiana chased it down in 15.4 overs, losing 9 wickets in the process. Munish was the top scorer for Sandhu XI with 28 runs

off 21 balls (1 boundary, 2 sixes), while Sachit made 26 runs off 17 balls (4 boundaries, 1 six). The match was closely contested, but Sandhu XI managed to win by 1 wicket. The standout performer for Sandhu XI was Sachit, who took 3 wickets

for 15 runs in 4 overs and also scored 26 runs, earning him the Man of the Match award for his all-round performance.

The second match of the day was between Vicky XI Pathankot and Bhawani Youth Academy. Bhawani

Youth Academy won the toss and chose to bowl first. Vicky XI posted a total of 131 runs and were all out in 20 overs. Abhinav was the top scorer for Vicky XI with 24 runs off 23 balls (1 six), while Pankaj contributed with 18 runs off 16 balls (2 boundaries). In reply, Bhawani Youth Academy chased the target of 132 runs with ease, reaching 132/5 in 19.3 overs. The top scorer for Bhawani Youth Academy was Ronit, who made 37 runs off 31 balls (4 boundaries). Neelmani was the star performer with the ball, taking 4 wickets for 19 runs in his 4-over spell. Bhawani Youth Academy won the match by 5 wickets, and Neelmani was awarded the Man of the Match for his brilliant bowling performance.

Firdous Cricket Club, Poonch Club win in Chaar Sahibzaade Cricket Tournament

STATE TIMES NEWS
POONCH: Two exciting matches were played in the ongoing Chaar Sahibzaade Cricket Tournament Edition 3, at Sports Stadium Poonch.

In the first match, Firdous Cricket Club emerged victorious, defeating Badshah Club by 29 runs. Firdous Cricket Club batted first, posting a total of 131/6 in 16 overs, with Gurjinder Singh leading the charge with an impressive 64 runs off 30 balls.

In reply, Badshah Club could only manage 102/8 in their 16 overs, with Shabaz Ali being the top scorer with 19 runs. Toqeer from FCC was the standout bowler, taking two wickets for 15 runs.

Gurjinder Singh was named the Man of the Match for his brilliant batting performance.



Dignitaries meeting with participating teams.

In the second match, Poonch Club triumphed over YCC by just 5 runs. Batting first, Poonch Club posted a modest 94/8 in their allotted 16 overs, with Azhar top-scoring with 26 runs. YCC's Irfan was the star with the ball, claiming 5 wickets for 26 runs. Chasing a low target, YCC fell short, being bowled out for 89/10 in 14.2 overs. Poonch Club's Sahil

was the hero with the ball, taking 3 wickets for just 20 runs.

He was deservedly named the Man of the Match for his outstanding bowling performance. The tournament is being organized under the supervision of the Management Committee (Chaar Sahibzaade Tournament) with the support of the youth of Poonch.

Jagveer emerges winner in Inter-College Quiz Competition

STATE TIMES NEWS
JAMMU: Jagveer Singh, a student of Semester 1st from Government Degree College Marh has secured first position in the Inter-College Quiz Competition held at Government Degree College, R.S. Pura on Dec 28, 2024. The competition was organized to commemorate the Martyrdom Day of Char Sahibzaade (Bal Veer Divas) paying homage to the supreme sacrifices of the four sons of Guru Gobind Singh Ji. He has also participated in the Poetry Recitation Competition in the same event. Earlier, Jagveer participated in the Poetry Recitation competition held at GDC, Bhagwati Nagar on 26th of December, 2024 on the occasion of Bal Veer Divas.

Under the guidance of Dr.



Gurleen Kour, faculty member, Department of Geography GDC Marh, Jagveer demonstrated exceptional knowledge and preparation, standing out among nine participants who represented different colleges of Jammu division. The quiz covered a wide range of topics, including the historical, cultural and moral significance of Char Sahibzaade's sacrifice. The competition served as an inspiring platform to highlight the legacy

and values of courage, sacrifice, and righteousness epitomized by Char Sahibzaade.

The College Principal Prof. Dr. Rakesh Kumar Koul on Tuesday felicitated and congratulated Dr. Gurleen Kour, Incharge/Convenor of the programme and Jagveer for excelling in the competition and making the college proud through their dedication and hardwork. The faculty and students also congratulated them for their remarkable performance.

J&K Carrom Team selected for 29th All India Federation Cup

STATE TIMES NEWS
JAMMU: The Jammu & Kashmir Carrom Team selected to represent the J&K UT in the 29th All India Federation Cup Carrom Tournament 2024-25.

This prestigious event, organized by the All India Carrom Federation and hosted by the Andhra State Carrom Association, will take place from January 5 to 8, 2025 at the Nellore Club, Dargamitta, Andhra Pradesh.

The selection trials and screening process were conducted at Bakshi Stadium, Srinagar, jointly organized by the J&K Sports Council and the J&K Carrom Association. The process was overseen by a distinguished screening committee comprising Nusrat Gazal, Divisional Sports Officer, Mushtaq Zargar, Manager,



Selected team posing for a photograph with dignitaries.

Bakshi Stadium, Adil Rashid Shah, President, J&K Carrom Association, Shabir Ahmad Manager, Budgam, Maqsood Khan Dy Manager SKISC, Srinagar, Akbar Khan and Kabra Altaf, Members of the Screening Committee.

Following the trials, the players have been selected to represent Jammu and Kashmir include Furqan Nazir, Zaid Bin Ajaz ,

Shahid Ahmad, Adnan Inayat.

The J&K Carrom Association extended its gratitude to the J&K Sports Council for their unwavering support and for ensuring a transparent and fair selection process.

Adil Rashid Shah, President of the J&K Carrom Association, expressed the association's commitment to expanding

carrom's reach and inclusivity.

"We are concerned about the absence of a women's team, but moving forward, we will ensure its formation. To achieve this, we will organize a Women's League to identify and nurture talent for national-level participation," he said.

To strengthen the preparation of players, Mr. Shah announced plans to hold a

UT-level Carrom Championship and a preparatory camp in Jammu before the Senior National Carrom Championship, scheduled for March 2025 at Talkatora Indoor Stadium, New Delhi. He also confirmed that multiple district-level, open-ranking, and Union Territory-level tournaments will be held in the coming months to provide more competitive opportunities.

The J&K Carrom Association remains dedicated to promoting carrom as an inclusive sport and providing players from Jammu and Kashmir the platform to excel nationally.

The association congratulates the selected players and wishes them success in the upcoming tournament, while reaffirming its mission to bring glory to the Union Territory.

Children exploring new world of creativity in Natrang's winter Theatre Workshop

STATE TIMES NEWS
JAMMU: Outstandingly talented Jammu children are exploring altogether a new world of creativity and innovation at Natrang's winter theatre workshop for children. In a very important creative exercise they improvise five to six short plays every day and analyse and reflect critically on each other's performance and innovative ideas.

Conceptualized and devised by Padma Shri Balwant Thakur, a new methodology of children theatre is being implemented in an intense theatre workshop which is going on these days at Natrang Studio Theatre in Jammu.

In Natrang's Winter Theatre workshop-2024 children are working on various aspects of the art of storytelling and play-making processes.

Every year Natrang organises winter, Spring and Summer workshops for children at its studio theatre where through creative games, improvisations, and exercises they explore their



immense inborn inner abilities. Theatre in the developed world is used as an important tool in personality transformation and amazingly helps in infusing confidence. Stage is considered as the most magical space where a child transforms him/herself into a highly confident personality.

The training module of Natrang's Children theatre has been exclusively devised by Padma Shri Balwant Thakur himself, who has taken the children theatre of Jammu to the entire length and breadth of the country and outside to many nations.

His plays like Mere Hisse Ki Dhoop Kahan Hai and

Aap Hamare Hain Kaun are considered as one of the most celebrated and longest living plays by children in India. His play 'Aap Hamaare Hain Kaun' have been staged in French, Creol, and English.

Children have immense possibilities and abilities to perform but they are required to be explored through such highly innovative experiments of theatre and arts in education. They are required to be infused with self confidence and equipped with new tools of communication, organizing self, focusing targets and in this area, these Theatre Workshops plays a major

role. In winter Theatre workshop-a play by Balwant Thakur is also being devised under the direction of Neeraj Kant.

The workshop is being assisted by Kanan Kaur and coordinated by Mohd. Yaseen, Sumeet Sharma and Aarushi Thakur Rana are the visiting faculty of the workshop.

The children who extremely lucky to be a part of this unique initiative are Advik Sharma, Mehak Chib, Aariya Shan, Dhanak Chandan, Vaibhav Mahajan, Ruhaan Chandan, Samkit Jain, Ruhani Jain, Nyra Gandotra, Nandita Mahajan, Kavish Sharma, Reevik Verma, Deeher

Gupta, Dwijesh Dutta, Saanchi Dutta, Aaranaa Gupta, Sianet Magotra, Shikhar Mitdada, Priyal Gupta, Sanchi Dutta, Supria Gorka, Daivansh Singh, Daiwik Shan, Mrigasya Shan, Adira Gupta, Kavya Janydal, Dushna Jain, Anuvi Sharma, Kamakhya Bali, Jazz Shah, Nirvana Shah, Amayra Mahajan and Jayaditya Singh.

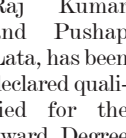
Jaspreet qualifies Ph.D

STATE TIMES NEWS
JAMMU: Jaspreet Kour, daughter of Manjeet Singh (Retd.) Librarian and Surjeet Kour (Retd.) Headmaster, resident of Ward No 7 Mohalla Kama Khan, Tehsil Haveli District Poonch who has been declared qualified for the award of Degree of Doctor of Philosophy (Ph.D) in Environmental Sciences from Guru Nanak Dev University, Amritsar. She worked on the topic, "Biochemical and Molecular Insights into Melatonin Regulated Chromium Stress in Brassica juncea L." under the supervision of (Prof.) Dr. Remu Bhardwaj.



Ramiyan qualifies Ph.D

STATE TIMES NEWS
JAMMU: Ramiyan Bhardwaj, daughter of Dr. Raj Kumar and Pushap Lata, has been declared qualified for the award Degree of Doctor of Philosophy (Ph.D) in Journalism and Mass Communication. She worked on the topic, "Role of Folk Theatre as a Medium of Communication in Social Change: An Evaluative Study of Educational Development in Jammu Region" under the supervision of Dr. Jitendra Singh, HOD and Associate Professor, Department of Journalism and Mass Communication, Lovely Professional University, Punjab.



AKAJK wins 1st place in UT Karate Championship



Winner players posing for a photograph with dignitaries.

STATE TIMES NEWS
JAMMU: The Kumite trophy bagged by Amateur Karate Association J&K (AKAJK) in the two-day XI J&K UT Karate Championship which held for different age groups at Indoor Stadium, Bhagwati Nagar, here on Tuesday.

Second place went to Jammu District while Baramulla and Udhampur District finished joint third.

The championship was organized by Amateur Karate Do Association of Jammu and Kashmir, a recognized unit of the J&K State Sports Council. More than 500 participants from different districts including Jammu, Rajouri, Kathua, Reasi, Srinagar, Ganderbal,

Budgam, Bandipora, Kupwara, Udhampur, Kishtwar, Doda, Shopian, Baramulla, Anantnag, Samba participated in the tournament, a handout issued by the AKAJK informed.

The technical team included Shihan Ashwani Yadav AKF Certified Judge, Sensei Akhtar Head Admin KIO Sportdata India and South Asia Accredited Coach, Sanskar Tiwari Assistant Admin Sportdata, national and International Medalist (Style) and Mohd Aurangzeb president-SKFI, Judge and Referee-KIO.

Other National qualified Referee judge from J&K Anil Kumar, Rajan Jamwal,

Tajamul Islam, Ganesh Gupta, Priya Sharma, Vansh Sambhal, Rohit Rometra and Gursharn Kumar.

The AKAJK qualified officials are Arindham Sangra, Nadeem Shekh, Aabid Hussain, Zubair Ahmad Dar, Khalid Bin Firdous, Vikas Charak, Najma Saqib, Amir Rasool, Asif Ameen Bhat and Samina Hassan.

Rahil Gupta, Vice Chairman AKAJK was special guest and Ambedkar Gupta distributed medals among winners. Vote of thanks was presented by Ajaz Ahmed (general secretary) Amateur Karate Do Association of Jammu and Kashmir.

Awareness Programme on Cervical Cancer held in GCOE



STATE TIMES NEWS
JAMMU: An awareness programme on Cervical Cancer and HPV Vaccination was held on Tuesday at Government College of Education (GCOE) Jammu. The program was held under the guidance of Principal Dr. Jyoti Parihar.

The programme commenced with a brief introduction to the topic by Prof. Deepali Devi.

Dr. Davinder Kour,

Convenor of the Sparsh Committee educated the students about the hazards of Cervical Cancer and the importance of HPV Vaccination. Pamphlets were also distributed among the participants.

Among others present were Prof. Satish Sharma, Prof. Anuradha Choudary, Dr. Sushma Bala, Dr. Shalini Rana Coordinator IQAC, was also present at the event. Prof. Kiran Thapa proposed a vote of Thanks.

Other Committee Members who were present were Dr. Rakesh Bharti, Prof. Sarita Dogra, Prof. Roopa Kumari, Dr. Shalini Sharma, Dr. Ambica, Dr. Sonam Gandotra and Students committee members Jaspreet Kour and Bhagya Laxmi.

This awareness program demonstrates the college's commitment to promoting health education and wellness among its students.

Maiden J&K Bukido meet held



Medal winner players posing for a photograph with dignitaries.

STATE TIMES NEWS
JAMMU: The Bukido Association of J&K successfully organized the 1st J&K UT Bukido Championship which held at Kotli Bhawan Hall, Rehari, here. The event witnessed enthusiastic participation from more than 130 athletes representing five districts of the UT, highlighting their skills and passion for martial art.

Arun Khanna, social activist was chief guest in the valedictory function while Gul-E-Surkhab and Pankaj Dutta were guests of honour. Jasleen Kour was special guest.

Arun Khanna lauded the efforts of the Bukido Association of J&K for organizing such an inspiring event and encouraged athletes to continue their journey of excellence in

sports.

The Bukido Association of J&K extended its heartfelt gratitude to all the participants, guests, and supporters who contributed to the success of the championship.

This event not only celebrated the spirit of sportsmanship but also laid a strong foundation for the growth of Bukido Martial Arts in the region.