

J&K Volleyball teams leave for Senior Nationals

■ STATE TIMES NEWS

JAMMU: Under the banner of Volleyball Association of J&K (VAJK), the UT men and women teams on Wednesday left for participation in the 72th Senior National Volleyball Championship being held at Varanasi in Uttar Pradesh from January 4 to 11, 2026.

Prior to participation the teams underwent a 13 days coaching camp which held in collaboration with the J&K Sports Council at MA Stadium, here under the supervision of Divisional Sports Officer of JKSC.

During the camp, Shajad Hussain, Ramiz Tariq and Mulkh Raj Sharma, as also and Balbinder Singh were coaches.



Arshi Nad, Manager J&K Sports Council and officer bearers of Volleyball Association of J&K along with teams at MA Stadium in Jammu.

Earlier, the selected teams underwent screening which was conducted by the team

of officials of the JKSC led by Arshi Nad Manager, JKSC.

Among others present were office bearers of VAJK, Kuldeep Magotra (CEO),

Hardeep Singh Gill (executive vice president), VK Magotra (general secretary),

Mohd Tariq (joint secretary). Important to mention here that J&K Men team had qualified for the knockout stages in the last edition of the Nationals held at Jaipur in Rajasthan.

Meanwhile, Sidharth Daluja, president VAJK extended good wishes to the teams.

The men team is accompanied by Suresh Chib and Azhar Aziz as manager and trainer respectively while Veena Kumari (manager), Seema Sharma (trainer) and Subhash Shastri (assistant manager) have been appointed women team officials.

THE Teams: MEN: Harron Rashid (Pulwama), Danish Nazir (Sopore), Shahid Majeed

(Baramulla), Aiyaz Ahmed Madni, Musharaf Khan (both Poonch), Panjak Sharma, Amit Singh, Chahat Rajrah, Vipin Kumar (all Jammu), Shabir Ahmad (Baramulla), Momin Javed (Anantnag), Anku Sharma, Mohit Singh (both Samba), Ayoush Sharma (Rajouri).

WOMEN: Simran Kumari, Himani Dogra, Suman Kumari, Pragma Sharma (all Jammu), Nuzhat Manzoor, Sadaf Manzoor (both Baramulla), Payal Sharma (Poonch), Ishima Verma, Karishma Charak, Ishika Jandiyal (all Samba), Nusrat Akhtar (Budgam), Aayat, Shafia Bano (both Srinagar) and Nighat Mushtaq (Gandrabal).

Lecturer Kiran Gupta accorded farewell

■ STATE TIMES NEWS

JAMMU: Kiran Gupta, Lecturer at Government Higher Secondary School, Gajansoo, superannuated on Wednesday after rendering 36 years of dedicated service in the field of education.

A graceful farewell ceremony was organised by the school in the presence of her family members.

The Principal and staff paid rich tributes to her professionalism, integrity and valuable contribution to students' academic growth, and extended heartfelt wishes for a healthy, peaceful and fulfilling retired life.



HPS organises Workshop on Phonetics and Communication Skills



HPS faculty posing with resource person, Harish Raina.

■ STATE TIMES NEWS

SAMBA: Humanity Public School, Bassi Kalan, Bari Brahmana organised an informative and engaging workshop on Phonetics and Communication Skills for its teaching staff with the aim of strengthening pronunciation, speaking abilities and effective classroom communication.

The workshop was conducted by Harish Raina, a renowned personality coach with over 15 years of experience in training and development. Raina has trained more than one lakh teachers across the country and is presently working as Regional Manager with Prachi India Pvt. Ltd.

His rich expertise and practical approach added great value to the programme.

The session commenced with the Principal of the school, Gaurav Charak, presenting a bouquet and

memento to Harish Raina as a token of appreciation. The workshop was graced by the presence of Akashdeep Raina, Academic Incharge; Parsidh Singh, Higher Secondary Incharge; Namrata Sharma, High Wing Incharge; Vandana Sharma, Primary Wing Incharge; and Aparna Billowria, Pre-Primary Incharge. They encouraged teachers to actively participate and effectively implement the learning outcomes in their classrooms.

The workshop covered essential aspects such as English alphabets and letters, correct pronunciation, speaking sounds, 20 vowel sounds and 24 consonant sounds. Raina shared innovative and quick techniques to learn English sounds and speak confidently, making the session highly interactive and practical. Live demonstrations, guided

practice, repetition drills, group activities and interactive exercises helped teachers overcome common pronunciation errors and gain confidence in spoken English.

Teachers actively participated throughout the workshop and expressed that the session would significantly improve their classroom delivery, student interaction and overall teaching effectiveness, particularly in language-based subjects.

In his address, Principal Gaurav Charak highlighted the importance of continuous professional development programmes in enhancing teaching quality and academic growth. The workshop concluded on a positive and enriching note, leaving the teachers motivated and better equipped with improved phonetic and communication skills.

Nice Gems, Sultan Warriors register wins in BIG JKPL

■ STATE TIMES NEWS

JAMMU: The last day of the year witnessed two thrilling encounters in the HexaMed BIG Jammu Kashmir Premier League (BIG JKPL) 2025-26, organised by 92.7 BIG FM, at the University of Jammu Ground, with Nice Gems and Sultan Warriors Baramulla emerging victorious in their respective matches.

The league is being conducted with the support of HexaMed Diagnostics as the Title Partner, CT University as the Powered By Partner, Kanwal Spices and Oxford Hospital as the Associate Partners, JK Sports Time as the Live Streaming Partner, and Pepsi as the Beverage Partner.

In the first match of the day, Nice Gems took on Power Panthers. After winning the toss, Power Panthers elected to field first.



SSP Traffic, Amit Bhasin presenting Player of the Match award.

Batting first, Nice Gems delivered a powerful performance, posting an imposing total of 238 for 6.

Raghav Thakur was the star of the innings, smashing a blistering 71 runs off just 21 balls, including six towering sixes, putting the opposition bowlers under immense pressure.

In reply, Power Panthers managed only 135 runs,

falling well short of the target. Naveen led the bowling attack with three wickets, maintaining tight lines and regular breakthroughs. Nice Gems sealed a comprehensive 103-run victory.

Achintya Khajuria was adjudged the Man of the Match for his excellent all-round performance, scoring 45 runs off 21 balls and claiming two wickets.

Kathua Admin Cup: DC XI outplays PHE XI by 54 runs

Rajinder Digra's 99 runs help to post massive total of 201 runs

■ STATE TIMES NEWS

KATHUA: DC XI delivered a strong all-round performance to register a convincing 54-run victory over PHE XI in a match of the ongoing Kathua Admin Cup cricket tournament played here today.

Batting first after PHE XI won the toss and opted to



bowling, DC XI posted an imposing total of 201 runs for the loss of 5 wickets in their allotted 20 overs. The innings was anchored by Rajinder Digra, who played a commanding knock of 99 runs off 56 balls, narrowly missing a century. His innings, studded with nine fours and eight sixes, provided the much-needed momentum and kept the pressure on the opposition throughout.

Amit Sharma contributed 30 runs off 22 balls, while Akhil Sadotra and Arun

added useful runs towards the end to take the team past the 200-run mark. For PHE XI, Sumesh Hangloo emerged as the most successful bowler with three wickets, while Amir picked up one wicket. In reply, PHE XI were restricted to 147 runs for the loss of 10 wickets in their stipulated 20 overs. Simranjit Singh top-scored with 30 runs, while Rohit and Neeraj made modest contributions. The chase was dented early due to disciplined bowling and sharp fielding by DC XI, which

included a fine catch taken by Amit Singh that further tilted the momentum in DC XI's favour. The DC XI bowling attack was led by Arun, who returned impressive figures of four wickets for 24 runs in his four overs. He was well supported by Amit Sharma, who claimed two wickets, while Raman and Ranjeet Thakur chipped in with one wicket each to maintain sustained pressure on the opposition batting lineup. With a match-defining innings by Rajinder Digra and a decisive bowling

performance by Arun, DC XI registered a comprehensive victory, reaffirming their strong all-round performance in the tournament.

Rajinder Digra was declared the Man of the Match for his outstanding batting performance. He played a splendid knock of 99 runs off 56 balls, laced with nine fours and eight sixes, which laid a strong foundation for DC XI's commanding total and proved decisive in the outcome of the match.

Fatima Convent School celebrates Christmas, Annual Awards ceremony

■ STATE TIMES NEWS

JAMMU: Fatima Convent School celebrated Christmas along with its Annual Prize Distribution Ceremony with grandeur; devotion and festive splendour within the school campus, creating an atmosphere filled with joy, gratitude and celebration. The prestigious occasion was graced by Gurmeet Singh, DySP and SDPO, R.S. Pura, as the Chief Guest, while Sharad Kalu and Rakesh Singh, SHO Bishnah, attended as Guests of Honour.

Nancy, wife of Sharad Kalu, also honoured the occasion with her presence and was ceremonially felicitated by the school management.

The programme commenced with the reverential lighting of the lamp, setting a prayerful tone for the celebration. This



was followed by a colourful cultural presentation in which students mesmerised the audience through melodious carol singing and vibrant performances. The programme beautifully conveyed the true spirit of Christmas-peace, love, joy, sharing and fraternity-filling the campus with festive cheer.

A major highlight of the event was the felicitation of meritorious students who

excelled in academics and co-curricular activities. Awards were presented in recognition of their dedication, discipline and all-round excellence, motivating students to strive for higher goals while upholding moral and ethical values.

Addressing the gathering, Chief Guest Gurmeet Singh lauded the school's commitment to value-based education and disciplined upbringing,

urging students to grow into responsible and socially conscious citizens. Guest of Honour Sharad Kalu congratulated the awardees and encouraged students to pursue excellence with integrity and perseverance. He also shared a meaningful Christmas message, highlighting the enduring teachings of Jesus Christ centred on love, peace and selfless service. The Principal, Rev. Fr. Preful Tigra, and Vice Principal, Rev. Sr. Mercy FCC, extended warm Christmas greetings and emphasised living the message of Christmas through compassion, gratitude and service. The celebration concluded with cake cutting, distribution of Christmas gifts and a fellowship lunch, leaving everyone with cherished memories and festive goodwill.

GGM Science College organises workshop on Water Resource Management

■ STATE TIMES NEWS

JAMMU: A one-day workshop titled "Water Resources Management: Key Challenges and Strategic Opportunities" was successfully organized at the Conference Hall of GGM Science College, Jammu by Department of Water Management, in collaboration with the National Institute of Hydrology (NIH), Western Himalayan Regional Centre (WHRC), Jammu, under the aegis of the Ministry of Jal Shakti, Government of India. The event saw enthusiastic participation from around 150 students, along with faculty members, researchers, and academicians. The large turnout reflected the growing interest among young minds in understanding water-related challenges and exploring innovative solutions for sustainable management. The programme began with an overview of the workshop by Prof. Akanksha Parihar, followed by the felicitation of the guests by Dr. Vandana Khajuria, Convener, Seminar and Workshop Committee of the College. Prof. (Dr.) Romesh Kumar Gupta, Principal, GGM Science College highlighted the urgent need for sustainable water management practices in the



face of climate change and increasing water stress.

Prof. Muzaffar Ahmad Sheikh delivered session on the fundamentals of water resources management, discussing present-day challenges and strategic opportunities in the sector. Dr. Riyaz Ahmad Mir, shared valuable insights into the research activities being carried out by the National Institute of Hydrology - WHRC in Jammu and Kashmir, with special reference to regional water issues. A special awareness session on the "Bharat WIN - Jal Shakti Hackathon 2025" was conducted by Dr. Sachchidanand Singh. The session encouraged students and young innovators to participate in the national initiative aimed at accelerating innovation in India's water sector. Participants were informed about the opportunity to receive

Rs 1,00,000 for developing a Proof-of-Concept, along with grant-in-aid support for further technology development. The workshop was further enriched by an address from the Chief Guest, Dr. Mohd. Sarfaraz Asghar, Jammu University, who motivated students to actively engage in research, innovation, and problem-solving related to water sustainability. An interactive question-and-answer session conducted by the NIH-WHRC team allowed participants to clarify their doubts and better understand the hackathon process. The programme concluded with a vote of thanks by Dr. Ishan Sharma, acknowledging the efforts of the organizers, speakers, and participants. The workshop ended on a positive note with lunch, marking the successful conclusion of a meaningful and informative academic event.

Rana attends concluding ceremony of 20th National Matsogi-Do Championship

■ STATE TIMES NEWS

JAMMU: Minister for Jal Shakti, Forest, Ecology & Environment and Tribal Affairs, Javed Ahmed Rana, on Wednesday attended the concluding ceremony of the 20th National Matsogi-Do Championship 2025 at the University of Jammu Gymnasium Hall.

The four day national championship, held from December 28 to 31, brought together martial artists from across the country and witnessed a high standard of competition marked by discipline, skill and exemplary sportsmanship.

MLA Budhal Javaid Iqbal Choudhary was the guest of honour at the event which was organized under the supervision of Mahinder Keasari, President, Matsogi-Do Federation of India; Gurdeep Singh, General Secretary; Taranjeet Singh Tony, President, State Matsogi-Do Association and Rattan Lal Gupta, Provincial President.

Addressing the gathering, the Minister congratulated the participants and organizers for successful conduct of the event.

He lauded the athletes for their dedication, perseverance and commitment to excellence. He described Matsogi-Do as a modern combat martial art that effectively integrates self-defence techniques, physical fitness and mental dis-



cipline. He observed that the sport is steadily gaining popularity among the youth due to its emphasis on speed, tactical movement, agility and strong sporting values.

Highlighting the wider significance of the sports, the Minister said that national-level championships play a crucial role in identifying emerging talent for international competitions. He added that such events also help project Jammu & Kashmir as a peaceful, progressive and sports-friendly destination. Reaffirming Omar Abdullah Government's commitment, he assured continued support for strengthening sports infrastructure and promoting youth participation across a wide range of sporting disciplines. On the occasion, the Minister distributed cash prizes amounting Rs 4.50 lakh among the outstanding performers. He announced that top-performing ath-

letes from the championship would be shortlisted for future international events, providing them an opportunity to represent India on the global stage.

The championship featured competitions in sub-junior, junior and senior categories, with dedicated events for girls and women.

The successful hosting of this national championship highlighted the improved sports infrastructure in Jammu & Kashmir and is expected to give a significant boost to sports tourism in the region.

The Matsogi-Do Federation of India, the national governing body of the sport, continues to work towards promoting Matsogi-Do across the country by organizing national competitions and selecting elite athletes for international participation, while fostering values of confidence, self-control, and discipline among practitioners.