

LG interacts with NYF-Viksit Bharat Young Leaders Dialogue-2026 participants

STATE TIMES NEWS
JAMMU: Lieutenant Governor Manoj Sinha on Wednesday interacted with the youth who returned after representing the UT of J&K at the 29th National Youth Festival-Viksit Bharat Young Leaders Dialogue-2026 in New Delhi.

The Lieutenant Governor congratulated the J&K UT contingent for their exemplary performance on the national stage.

The Lieutenant Governor also encouraged the youth to adopt four Mantras in life-Knowing one's inner self, finding the inner voice, learning through experiences and fostering collaboration.



LG Manoj Sinha with youth returning after representing J&K UT at 29th National Youth Festival-Viksit Bharat Young Leaders Dialogue-2026.

The J&K UT Contingent participated under two tracks-Viksit Bharat Challenge Track and Cultural & Innovation Track. Sruvidha (Topic: Innovation

with tradition, building a modern Bharat); Kum Kum (Building future ready workforce for Viksit Bharat); Mridul (Fit Bharat, Hit Bharat) and Nitish

(Building Sustainable and Green Viksit Bharat) were selected for Final PPT and presented their ideas before the Prime Minister Narendra Modi.

The J&K Team comprised of Salik Aijaz Khan, Saliq Bashir and Adnan Ferdos secured 3rd position at the National Level for their Haackathon project A.N.T.S (Disaster Resilient System). Sheikh Anzar Amin was selected for the PM Gallery for inventing Automatic Gas Regulator for LPG Gas heaters.

Yasha Mudgal, Commissioner/Secretary to Government, Youth Services and Sports; Anuradha Gupta, Director General Youth Services and Sports; senior officers and officials who have accompanied the Contingent were present during the interaction.

3 medals for J&K in School Games Cycling

STATE TIMES NEWS

JAMMU: Jammu and Kashmir won three medals, including a gold in Cycling event in the just held 69th National School Games held under the banner of School Games Federation of India (SGFI) at Ranchi in Jharkhand.

The J&K team participated in the National event under the banner of Department of Youth Services and Sports (DYSS).

While Jehangir Ahmad won gold in the Under-19 category, the Silver came through Arsalan Ahmad in Under-17 age group. The bronze medal for J&K won by Samiullah.

The success of these riders



J&K medal winners with officials.

serves as a powerful inspiration for aspiring cyclists across J&K and highlights the steadily rising standard of Cycling in the UT.

Meanwhile, the medal winners expressed their thanks

to the dedicated coaching team, including Umer Nabi, PET; Mohd Rafiq, PET and Abida Qonsar, PEM Coach (Girls) for their role in developing and motivating young cyclists.

Indian Hawks' skater Radhika wins bronze at DAV National Roller Skating C'ship

STATE TIMES NEWS

NOIDA: Indian Hawks skater Radhika Sharma secured a bronze medal in the 300 meters race at the DAV National Roller Skating Championship, held in Noida from January 10 to 12. The championship brought together skilled roller skaters from across the country, making the competition intense and highly competitive.

Radhika impressed officials and spectators alike with her speed, balance, and determination in the sprint event. Competing against some of the nation's best skaters, she maintained composure and consistency to earn a place on the podium. Her achievement reflects months of dedicated training and disciplined preparation.

The DAV National Roller Skating Championship is considered an important platform for emerging talent in Indian roller skating. Radhika's bronze medal has brought recognition to the Indian Hawks team and highlighted its continued efforts in promoting the sport.

Chief Patron Ashok Gandotra (Retd.



Chief Engineer) appreciated Radhika Sharma's performance and congratulated her for her hard work and perseverance. He encouraged her to continue striving for excellence and aim for higher achievements in future competitions.

Satish felicitates Khelo India Beach Games 2026 medal winners

STATE TIMES NEWS

JAMMU: Minister for Youth Services and Sports, Satish Sharma, on Wednesday felicitated Jammu and Kashmir's outstanding athletes who exhibited a historic performance at the Khelo India Beach Games 2026.

The promising players have brought laurels to the Union Territory with two gold, two silver and one bronze medal and clinching the prestigious Overall Men's Championship Trophy in Pencak Silat.

Congratulating the medal winners, the Minister said that the achievement marks a landmark moment in J&K's sporting journey, as it is the first time any northern state has emerged Overall



Sports Minister Satish Sharma felicitating J&K's outstanding athletes.

Men's Champion in coastal combat sports. This reflects the growing strength and diversity of the region's sporting ecosystem.

The athletes showcased exceptional grit and techni-

cal excellence across various beach disciplines, particularly in Pencak Silat, where Jammu and Kashmir dominated the men's category to secure the overall championship title against strong

competition from coastal and traditional sporting states.

Satish Sharma lauded the athletes, coaches and support staff for their dedication and resilience. He stated that their performance is a powerful testament to the success of sports promotion initiatives in Jammu and Kashmir under the Youth Services & Sports Department. He reaffirmed the government's commitment towards strengthening training infrastructure, exposure opportunities and athlete welfare.

"The achievements of our young sportspersons on the national stage send a strong message that Jammu and Kashmir is fast emerging as a sporting powerhouse.

Their success will inspire countless youngsters to pursue sports with confidence and ambition," maintained the Minister.

During the felicitation ceremony, the medal winners were honoured for their discipline, determination and outstanding contribution to J&K's sporting prestige. The Minister encouraged them to continue striving for excellence and assured full support from the government in their future endeavours.

The Khelo India Beach Games 2026 brought together top athletes from across the country in a celebration of beach and coastal sports, making Jammu and Kashmir's triumph even more remarkable.

SOB J&K holds athletic trials at JU

STATE TIMES NEWS

JAMMU: Special Olympics Bharat, Jammu & Kashmir Chapter, today successfully conducted Athletic Trials at Jammu University for children with intellectual disabilities as part of preparations for the upcoming Special Olympics Bharat National Championship to be held in Haryana from February 2 to 7, 2026.

The trials witnessed enthusiastic participation from athletes across the region, who displayed remarkable determination, discipline, and sportsmanship. The main objective of the event was to identify and select talented athletes who will represent Jammu and Kashmir at the national level.

The trials were inaugurated by Dr. Daud Iqbal Bala,



Director, Sports and Physical Education, Jammu University. The selection process was carried out under the expert supervision of technical officers of the Sports Department, Jammu University, including Dr. Harinderpal Singh, Dr. Mehak, Dr. Inderjeet Singh, and Rishav Sharma, along with technical track officials Anil Singh, Digvijay Singh, Yuvraj Singh, Suraj Kumar, Gourav Partap, and Prince

Shivam Sumbria. Held at the Jammu University sports facilities, the trials were conducted in a well-organised and inclusive manner, strictly following Special Olympics standards. Qualified coaches, technical officials, volunteers, and medical staff ensured fair evaluation, safety, and encouragement for all athletes.

Dr. Daud Iqbal, Director Sports University Jammu

lauded the voluntary commitment of Dr. Ashwani Jajra Founding President Special Olympics Bharat, Jammu & Kashmir Chapter for playing vital role in empowering children with intellectual disabilities by providing them a platform to develop confidence, physical fitness, and social inclusion through sports along with a technical team of volunteers.

Sahil Badyal Program

Manager SOB, JKUT conducted all proceedings. The volunteers who assisted are Hari Vishwas, Aman Kangothra, Sharun Badial, Anuradha.

Parents, volunteers, and university representatives appreciated the initiative and lauded the efforts of Special Olympics Bharat in promoting inclusive sports and equal opportunities for athletes with intellectual disabilities. All Special Athletes and Participants present in the event are served with delicious Refreshment and snacks.

Special Olympics Bharat remains committed to fostering an inclusive sporting culture and nurturing athletes to achieve excellence at state, national, and international levels.

DYSS Udhampur organises Trekking to Patnitop

STATE TIMES NEWS

UDHAMPUR: Following the annual calendar of activities, Department of Youth Services and Sports (DYSS) organised five-day long exclusive girls trekking expedition from Udhampur to Patnitop.

The expedition is being organized under the patronage of the Director General DYSS, Anuradha Gupta.

A total of 66 girl students drawn from different educational institutions of the district, accompanied by 10 camp committee members, today flagged off for the expedition.

"The trekking aims to encourage adventure sports, physical fitness, leadership qualities, and confidence among girl students. During the camp at Patnitop, the



trekkers will get an opportunity to explore the serene and scenic landscapes of the region, including verdant meadows, forest trails, and panoramic mountain views," informed district (DYSS) officer Udhampur.

He urged the participants to maintain discipline, follow safety norms, and uphold the

spirit of sportsmanship, while making the most of this exposure for overall personality development.

The camp is being conducted under the leadership of Camp Chief Santosh Abrol, in assistance with Bikram Singh, Sunita Gupta, Sashi Bala, Pritam, Radha, Arti, and Atul.

CUJ celebrates Makar Sankranti with cultural fervour

STATE TIMES NEWS

JAMMU: The Department of Educational Studies, Central University of Jammu, under the patronage of Hon'ble Vice Chancellor Prof. Sanjeev Jain, celebrated the festival of Makar Sankranti with great enthusiasm and tradi-

tional spirit. The event reflected the rich cultural heritage of India and aimed to promote unity, harmony, and student engagement. The programme began with a welcome address by Prof. Asit K. Mantry, Head of the Department, who explained the cultural and spiritual

importance of Makar Sankranti. He highlighted the role of such festivals in preserving traditions and strengthening social bonds among students.

The celebration featured vibrant group folk song performances, with ten student teams participating. The competition was judged by Prof. Nancy Mengi, Head of the Department of Social Work, and Dr. Narinder Kumar from the Department of Computer Science and Electronics. Team Saraswati from B.A. B.Ed. second semester won first prize, Team Maharishi Dayanand from B.A. B.Ed. sixth semester secured second place, and Team Maharaja Harisingh, com-

prising research scholars, bagged the third prize.

The event was attended by distinguished faculty members, including Prof. Yashwant Singh, Registrar, and Prof. Ritu Bakshi, Dean Students' Welfare, who appreciated the students' enthusiasm and cultural expression.

As part of Makar Sankranti and Yuva Saptah celebrations, the department also organised an inter-semester skit competition on the theme of harmony, "Samarasta." The skits highlighted the importance of unity in diversity and social cohesion. The competition was judged by Dr. Ravi Vanguri and Dr. Mohan Galgotra.

JKAKA handover Kabaddi mats to Kathua unit

STATE TIMES NEWS

JAMMU: Jammu and Kashmir Amateur Kabaddi Association (JKAKA), in collaboration with the J&K Sports Council (JKSC) handed over Kabaddi mats to the Kathua District Kabaddi Association in a function held here, on Wednesday.

The set of mats handed over jointly by Secretary JKSC, Nuzhat Gul and General Secretary JKAKA, Dr Kuldeep Gupta to district Kathua secretary, Mohd. Yaqoob and his team.

"The mats have been provided by the Amateur Kabaddi Federation of India (AKFI) to JKAKA as part of the initiative to take the Kabaddi sport to every corner of the Union Territory of J&K. Such initiatives on part of the AKFI help strengthen the infrastructure and promote the game at the district level," informed Dr. Kuldeep Kumar Gupta.

Earlier, the JKAKA had provided sim-



ilar mats to the Baramulla Kabaddi Association fulfilling its commitment and support of equitable support.

Speaking to the gathering, Nuzhat Gul highlighted the initiatives being taken by the JKSC and the concerned sports associations to take sports at the grassroots level across the Union Territory.

Dr. Gupta appealed to the Secretary JKSC to initiate such moves and extend similar infrastructural support to the left out district units in J&K for the

equitable development of Kabaddi.

Kailsh Langer, social activist, was the guest of honour. Prominent among others present were Asutosh Sharma, secretary Kreedha Bharati of J&K; Sagram Singh, Ankush Chib, both joint secretary; Vikas Jandail, Lovdeep Singh, Tajinder Singh, Sanjeet Sharma (secretary Jammu), Sunandan Sharma, Sunil Dutt, Manmeet Singh, Sadiq Chowdhary and Surinder Mohan (former general secretary JKAKA).

equitable development of Kabaddi. Kailsh Langer, social activist, was the guest of honour. Prominent among others present were Asutosh Sharma, secretary Kreedha Bharati of J&K; Sagram Singh, Ankush Chib, both joint secretary; Vikas Jandail, Lovdeep Singh, Tajinder Singh, Sanjeet Sharma (secretary Jammu), Sunandan Sharma, Sunil Dutt, Manmeet Singh, Sadiq Chowdhary and Surinder Mohan (former general secretary JKAKA).

CS flags off J&K Tableau contingent for Republic Day 2026



STATE TIMES NEWS

JAMMU: Chief Secretary, J&K, Atal Dulloo on Wednesday flagged off the contingent of artists of the Jammu & Kashmir Tableau who will perform at Kartavya Path, New Delhi, during the Republic Day Parade-2026. The artists will be part of the J&K Tableau representing the Union Territory on the national stage. The event was held in the presence of Principal Secretary, Culture Department, Brij Mohan Sharma; Secretary, JKAACL, Harvinder Kour; Additional Secretary, Sonali Arun Gupta; Additional Secretary, Lal Chand, besides other senior officers of JKAACL. The J&K tableau at the R-Day Parade 2026 presents a vibrant fusion of the Union Territory's renowned handicrafts and folk traditions. It showcases iconic crafts such as Pashmina weaving, walnut wood carving, carpet weaving, papier-mâché, copperware and Basohli miniature paintings, reflecting generations of refined craftsmanship. The visual narrative opens with a grand engraved Samovar symbolising Kashmiri hospitality, flowing through traditional wooden architecture and houseboat imagery. At the centre, the Dogra/Chhajja performance on a village Thadda represents community life and cultural continuity, while spirited folk dances-Rouf, Kud, Jagarna, Pahari, Gojri and Dhumhal-add rhythm and movement. The tableau concludes with colourful papier-mâché artefacts in a willow basket, presenting Jammu & Kashmir as a living canvas of art, tradition and creativity.

Director IIM reviews R&D and Translation Outreach in Medicinal and Aromatic Plants Sector

STATE TIMES NEWS

JAMMU: Dr. Zabeer Ahmed, Director, CSIR-Indian Institute of Integrative Medicine (IIIM), Jammu, today chaired a comprehensive review meeting to assess the research, development, and translation outreach activities of the Institute in the Medicinal and Aromatic Plants (MAPs) sector. The meeting focused on evaluating progress and aligning future strategies to strengthen MAPs-based innovation and socio-economic impact. At the outset, Dr. Ahmed placed on record the visionary leadership and sustained policy support of Dr. Jitendra Singh, Union Minister



of State (Independent Charge) for Science and Technology, acknowledging his role in promoting science-driven development, innovation-led growth, and regional empowerment. He noted that this support has provided strategic momentum to MAPs programmes, significantly enhancing the national

reach and translational impact of CSIR-led initiatives.

The review covered the entire MAPs innovation continuum, including germplasm conservation, crop improvement, agrotechnology development, post-harvest processing, value addition, quality assurance, technology dissemination, and enterprise incubation. Dr. Ahmed highlighted the strategic importance of MAPs at the intersection of agriculture, pharmaceuticals, nutraceuticals, cosmetics, perfumery, and wellness industries. He emphasized that CSIR-IIIM's programmes are designed to address critical challenges such as availability of quality plant-

ing material, low productivity, post-harvest losses, inconsistent quality, and limited market integration, with a strong focus on scalability and technology readiness. Dr. Shahid Rasool, Principal Scientist, presented detailed updates on activities at CSIR-IIIM's field stations at Bonera (Pulwama) and Yarikah (Tangmarg). He informed that improved agrotechnological packages-covering optimized planting practices, nutrient and water management, and integrated disease management-have led to enhanced biomass yield, essential oil recovery, and improved phytochemical quality. The field stations continue to

serve as hubs for large-scale germplasm multiplication, varietal evaluation, and agronomic standardization under North-Western Himalayan agro-climatic conditions.

Emphasizing outreach beyond Jammu and Kashmir, Dr. Ahmed noted successful dissemination of MAP technologies in the Northeastern states, Uttarakhand, and Himachal Pradesh through structured training, demonstrations, and sustained hand-holding. He also stressed strengthening incubation frameworks to promote agri-entrepreneurship, which has led to the emergence of farmer-producers, start-ups, and rural

enterprises.

Appreciating the scientists' efforts, Dr. Ahmed cited the Rashtriya Vigyan Puraskar - Team Award 2025 for CSIR-Aroma Mission as national recognition of CSIR's mission-mode, impact-driven research.

In his concluding remarks, Dr. Ahmed outlined a forward roadmap focused on prioritizing high-potential MAP species, expanding digital advisory systems, strengthening public-private partnerships, and aligning research with national bioeconomy and sustainability goals, reaffirming CSIR-IIIM's commitment to inclusive, innovation-driven growth.