

Ranji Trophy Elite Group D J&K Bowlers sparkle, bundle Pondicherry for 233 in first innings

STATE TIMES NEWS
PONDICHERY: Led by the duo of Sunil Kumar and Yudhvir Singh, Jammu & Kashmir's bowlers delivered a masterclass in discipline and precision, restricting Pondicherry to a modest 233 in their first innings on Day 1 of the Ranji Trophy Elite Group-D clash at the Siehem Stadium here today. Opting to bat after winning the toss, Pondicherry endured an early jolt when skipper Neyan Kangayan departed for just 9, nicking a probing delivery from left-arm medium-pacer Sunil Kumar straight to wicketkeeper Kanhaiya Wadhawan. Opener Ajay Rohera stood tall amid the ruins, crafting a patient masterpiece of 94 off 211 balls, adorned with 8 elegant boundaries. JJ Yadav (33), Aman Khan (25), Paras Patnaparkhe (20), and Ragavan (16) offered resistance, but J&K's



attack proved unrelenting. Sunil Kumar and Yudhvir Singh spearheaded the demolition with 3 wickets apiece, while left-arm spinner Vanshaj Sharma snared 2. Aquib Nabi and Abid Mushtaq chipped in with one each. At stumps, J&K were 0 for 0, with openers Sunil Kumar and Shubham Khajuria unscathed at the crease,

SCOREBOARD	
PUDUCHERRY 1ST INNINGS	
Neyan Shyam Kangayan (c) & †Wadhawan b Kumar	09
Ajay Rohera c Abdul Samad b Sharma	94
Paras Ratnaparkhe c †Wadhawan b Anqib Nabi	20
Mohit Kale c †Wadhawan b Sharma	06
Ramamoorthy Ragavan c †Wadhawan b Yudhvir Singh	16
Aman Khan c †Wadhawan b Kumar	25
Siddhant Adhhatrao † c Abid Mushtaq b Kumar	07
Jayant Yadav c †Wadhawan b Abid Mushtaq	33
Puneet Datey not out	10
Sagar Udeshi c Khajuria b Yudhvir Singh	01
Gaurav Yadav b Yudhvir Singh	04
Extras	08
Total	233/10

poised to build on their bowlers' stellar foundation. Brig. Anil Gupta, Member Administration of the JKCA, described

the team's performance as satisfactory while expressing optimism for a strong showing that propels them into the

IBBF to hold selection trial for National Championships 2026 on Jan 25

STATE TIMES NEWS
JAMMU: The Indian Bodybuilding Federation (IBBF) has announced the Selection Trial for upcoming prestigious national-level bodybuilding and physique sports championships to be held across different cities in India during 2026. The trials are being organized under the banner of the J&K Sports Council and will be conducted on Sunday, January 25, 2026, at International Gym, Rehari Colony, Jammu, from 3:00 PM to 5:00 PM. The selected athletes will get an opportunity to represent Jammu and Kashmir in three major

national championships. These include the 16th Junior, Masters, Divyang, Men's & Ladies Bodybuilding and Physique Sports Championship 2026 to be held at Bommakal, Karimnagar, Telangana from February 7 to 8; the 15th Federation Cup Men Bodybuilding, Sports Physique, Women's Model Physique and Fitness Physique Championship 2026 at Kolkata, West Bengal from February 14 to 15; and the 17th Senior Men's & Women's Bodybuilding & Physique Championship 2026 scheduled at Indore, Madhya Pradesh from March 28 to 29. The selection trial aims

to identify and shortlist the best bodybuilding and physique talent from across Jammu and Kashmir in various categories. The trials will be conducted strictly as per the rules and norms laid down by the Indian Bodybuilding Federation, ensuring transparency and fairness in the selection process. Eligible athletes have been advised to report on time at the venue with proper competition attire and valid identification documents. For further information and coordination regarding the trial, participants can contact Rajesh Dutta, BBAJK, at 9906202407.

CEO Jammu reviews R-Day rehearsals



STATE TIMES NEWS
JAMMU: Chief Executive Officer (CEO), Jammu, Ajeet Sharma on Thursday visited M.A. Stadium, Jammu, where he interacted with the team of coordinators overseeing the ongoing rehearsals for the upcoming Republic Day celebrations. During the visit, the CEO reviewed the arrangements and progress of the rehearsals, and held detailed discussions with the coordinators regarding coordination, discipline, and smooth conduct of the main event. He emphasized the importance of timely execution, safety measures, and maintaining high standards to ensure a flawless Republic Day. The coordinators briefed Ajeet Sharma about the preparations being made and assured him of their full commitment to make the national event a grand success.

Inter-District UT Level Thang-Ta Tournament concluded

STATE TIMES NEWS
KATHUA: The Inter-District UT Level Thang-Ta Tournament for all age group girls concluded successfully at the Sports Stadium Kathua (Indoor Complex). The event was organized by the Department of Youth Services and Sports, Kathua, as per the Annual Activity Calendar issued by the Department of Youth Services and Sports, J&K Union Territory. The tournament witnessed enthusiastic participation and marked another significant step towards promoting traditional martial arts among youth. The championship was organized under the directions of the Director General, Youth Services and Sports, J&K UT, Anuradha Gupta, JKAS, and under the guidance of the Joint Director, Youth Services and Sports Jammu, Vinakshi Koul. Young and talented athletes from ten districts of the Union Territory participated in the competition, showcasing



remarkable discipline, dedication, and martial arts skills in the traditional discipline of Thang-Ta. The entire event was conducted under the overall supervision of the District Youth Services and Sports Officer, Kathua, Sunil Singh Sambyal, who ensured smooth conduct, effective coordination, and proper management of all activities. The tournament aimed to promote traditional sports, encourage active participation of girls in martial arts, and foster the spirit of sportsmanship and cultural heritage among the younger generation. At the conclusion of the tournament, winners and runners-up were awarded medals by the District Youth Services and Sports Officer, Sunil Singh Sambyal, accompanied by Zonal Physical Education Officer Pardeep Singh, Activity Incharge Dharminder Singh, and Parveen Singh Lakhapuria. The event received wide media coverage, with reporting by DPC Omkar Nath and ADPC Sushant Mishra. In the Under-19 category, several impressive performances were recorded across different weight classes. In the 30 kg category, Rohda from Pulwama won the gold medal, Aleena from Shopian secured silver, while Roome Shabir from Ganderbal claimed bronze. In the 50 kg category, Sumaira Ashiq from Pulwama won gold, Umasia Gulzar from Shopian took silver, and Tazkiya from Srinagar secured bronze. In the 50+ kg category, Qurat-ul-Monzer from Ganderbal won gold, Toiba Rashid from Pulwama won silver, while Iztiga Rasool from Kashmir and Dahiya Hafeez from Shopian shared bronze. In the 62 kg category, Khushboo Ishfaq from Anantnag clinched the gold medal, followed by Suhana Jan from Shopian with silver, and Fatima Hilal from Srinagar with bronze. In the 44 kg category, Azra from Pulwama secured gold, Batool Fatima from Ganderbal won silver, and Tayyiba from Kangan claimed bronze. In the 49 kg category, Mashifa Nakhsh from Pulwama won gold, Fathima from SPE secured silver, while Kabirya from Shopian and Samika from Kathua shared bronze. In the 52 kg category, Shajista Jan from Kulgam won gold, Ferozat Jahan from Kupwara took silver, and Danak Sethi from Jammu along with Falak Altaf from Shopian secured bronze medals. In the 56 kg category, Shaheema from Shopian won gold, Roniya from Pulwama claimed silver, and Tamkhi from Budgam won bronze. In the Senior/Open category, Asra Jan from Shopian secured the gold medal in the 66 kg weight category, while Maroofa from Ganderbal won silver. In the 70 kg category, Feroosa from Ganderbal clinched gold, and Sofia from Shopian secured silver. The successful closing of this tournament highlighted the growing interest of girls in martial arts and reflected the commitment of the Department of Youth Services and Sports in nurturing sporting talent across the Union Territory. The event not only provided a competitive platform but also strengthened cultural values and physical fitness among the participants.

J&K outplays Delhi to seal semis berth in 69th National School Games U-14 Boys Cricket

STATE TIMES NEWS
SIKAR: Getting the better of formidable Delhi by a narrow margin of 16 runs in the quarterfinals, Jammu and Kashmir sealed berth in the semifinals of the 69th National School Games U-14 Boys Cricket Tournament, being organised by the Government of Rajasthan, under the aegis of School Games Federation of India (SGFI) at Sikar in Rajasthan. Earlier, in the pre-quarterfinals, J&K defeated Telangana by 5 wickets, while in the league matches, J&K registered convincing victories over hosts Rajasthan, Maharashtra and Gujarat. In the semifinal, winning the toss and batting first, J&K scored 141 runs in the stipulated 15 overs, losing 2



wickets in the process. Skipper Muhammad Mudrik top scored with unbeaten 67 runs, while Bayam Bhagat contributed valuable 49 runs and Asif Rehman scored 5-ball 14 runs. In reply, Delhi scored 125 runs by losing 8 wickets, thus lost the match by 16 runs. For J&K, Sharib Showkat took 2 wickets, while Muhammad Mudrik, Owais ishaq and Harris Rehman shared one wicket each. J&K will lockhorns with formidable Madhya Pradesh in the semifinals tomorrow. The team is being accompanied by former Ranji Trophy Player, Suresh Singh as Coach. The Jammu and Kashmir team is taking part in the

KIWG: TN, MP take gold; Haryana remain on top

STATE TIMES NEWS
LEH: Tamil Nadu's Avikshith Vijay Viswanat and Udreka Singh from Madhya Pradesh demonstrated their prowess with a gold-medal winning performance in the men's and women's 500m long track event on day 3 of the Khelo India Winter Games here on Thursday. Haryana continued to lead the medal tally, courtesy the pair of figure skating gold medals won on Wednesday. Uttarakhand, Kerala, Tamil Nadu and Madhya Pradesh share the second spot with a gold each while hosts Ladakh is at sixth position with two silver and two bronze. While 19-year-old Avikshith defended his Khelo India Winter Games gold from last year with a timing of 43.48 seconds, 15-year-old Udreka, in her third KIWG, has shown remarkable improvement over the years. Wearing long track boots and blades for the first time, Udreka (53.94 seconds) sped to the gold ahead of local favourite Skarma Tsultim (54.21 seconds). Tasnia Shameem (57.41 sec) of



Ladakh won the bronze at Gupukh's Pond, a frozen water body beside the Indus. "We've been friends since I started skating. Defeating Skarma feels good because she's a local and has the advantage of training in high-altitude conditions in Leh. Athletes from the plains always struggle a bit, so this win is special," said Udreka to SAI Media. "There have been times when Skarma has been faster than me ... it keeps switching between us. I am happy that both of us will be on the podium tomorrow."

Primarily a roller skater who switched to ice skating only a year ago, Avikshith's four-month training in the Netherlands ahead of the event benefited him. The top six positions in this race were shared between Tamil Nadu, Andhra Pradesh and Karnataka. Danda Chandra Mouli (43.97) of Andhra won the silver while Karnataka's Harshit BT (44.13) won bronze. In ice hockey, Army won their second straight match in group A. Having beaten Himachal Pradesh 5-1 in their opening match on Tuesday, Army romped to a 10-1 win against Chandigarh at the NDS Stadium on Thursday. Padma Norboo scored three while Tsewang Dorjay and Jigmath Kunzang scored a brace each. In the women's competition, both Ladakh and ITBP were on course for another final showdown with emphatic wins against Chandigarh and Himachal Pradesh, respectively. Ladakh women had beaten Haryana 7-1 in their opener.

AI for Knee Replacement Surgery-Dr Raina marks another milestone in Orthopedic Care

STATE TIMES NEWS
JAMMU: Dr. Prince Raina, Senior Consultant Orthopedics & Joint Replacement Surgeon associated with Bee Eem Hospital Jammu and Shub Tiлак Hospital, Akhnoor, has successfully carried out the latest developed AI-based Computer Navigated Knee Replacement Surgeries. These surgeries mark an increased usage of joint replacement surgery among the aged to restore their mobility and quality of life that has been seriously hindered due to severe cases of arthritis. Surgery was performed using the modern Total Knee Replacement protocols designed to minimize pain, restore joint function, and allow for quicker rehabilitation. The surgeries were performed with high stress on precision, safety of the patient, and longevity of outcome. Two complex cases diagnosed as Grade four osteoarthritis of the knee joint, persistent pain, and tenderness that significantly impacted daily movement. Dr. Raina, after thorough clinical assessment, decided to use latest AI based Navigated Total Knee Replacement in order to achieve precise limb alignment post-surgery and finally achieved the desired results. Speaking about these procedures, Dr. Prince Raina added, "A Total Knee Replacement procedure always has the capability of bringing independence and dignity back to patients who have been living with pain for many years. Each surgery is not merely an operation, but rather an obligation towards improving the lifestyle of an individual. My experience with patients has reiterated the need to focus on accuracy, empathy, and implementing cutting-edge technologies in order to bring confidence back to these individuals and enable them to lead an active lifestyle." With growing awareness and availability of specialized care using Total Knee Replacement has become an effective means for relieving patients suffering from degenerative conditions affecting the knee. Meril Life sciences remain committed towards supporting progress in orthopedics by facilitating access to new medical technologies that help surgeons deliver a safe, effective, and focused approach towards their patients.



1st Gold Cup Football Tournament from today

STATE TIMES NEWS
JAMMU: The inaugural match of the 1st Gold Cup Football Tournament 2026 will be played at the Mini Stadium, Parade Ground, Jammu, on January 23, 2026, at 1:00 PM, in collaboration with the J&K Sports Council and under the aegis of the J&K Football Association. Rajesh Sumbria, General Secretary, Young Hero's Football Club, said, "The 1st Gold Cup Football Tournament 2026 is being organized with the objective of promoting football at the grassroots level and providing a healthy competitive platform to young and emerging players. We are grateful to the J&K Sports Council and J&K Football Association for their support in making this tournament possible." Rajesh Sumbria also extended a cordial invitation to the Executive Committee members, sports officials, and media representatives to grace the opening match and motivate the participating teams.

Screening of short movie under the theme 150 Years of Vande Mataram

STATE TIMES NEWS
NOWSHERA: As part of the nationwide celebrations marking the 150 years of "Vande Mataram", Government Degree College (GDC) Nowshera organized a screening of a short film depicting the evolution and historical significance of Vande Mataram under the theme "Commemoration of 150 Years of Vande Mataram" on 22nd January 2026 under the guidance and supervision of our worthy Principal Dr. Farooq Ahmed. The short film highlighted the origin of Vande Mataram, its role in India's freedom struggle, and its enduring significance as a symbol of patriotism, unity, and national pride. Through powerful visuals and narration, the film sensitized students about the historical journey of the iconic national song and its relevance in contemporary times. The programme witnessed enthusiastic participation from students and faculty members, who appreciated the informative and inspiring presentation. The screening aimed to inculcate a sense of nationalism and to deepen understanding of India's rich cultural and historical heritage among the youth. The event concluded with a brief interaction session, during which students shared their reflections on the message conveyed through the film. The initiative proved to be meaningful and impactful, reinforcing the values of patriotism and national unity.

J&K Kalarippayattu Team participates in Khelo India National Kalarippayattu League 2025-26

STATE TIMES NEWS
JAMMU: The Jammu & Kashmir Kalarippayattu team successfully participated in the Khelo India National Kalarippayattu League 2025-26, held at the Indoor Sports Complex, L N C P E, Thiruvananthapuram, Kerala. The prestigious national-level event was organized by the Sports Authority of India (SAI) in collaboration with the Indian Kalarippayattu Federation, with participation from around 17 States and Union Territories across India. A contingent of eight talented players from Jammu & Kashmir represented the Union Territory and showcased commendable performances, reflecting discipline, skill, and dedication throughout the competition. The team was accompanied by Mr. Danish Sharma, who serves as the General Secretary and Technical Chairman of the Kalarippayattu Association of Jammu & Kashmir. Among the standout per-



formers, Adarishtha Manhas & Shield events. Naman and Anandika delivered outstanding performances in the Long Staff Fight and Sword & Shield events. Overall, the J&K contingent delivered a satisfactory and encouraging performance, highlighting the steady growth and rising standards of Kalarippayattu in the Union Territory. Their participation in the Khelo India National Kalarippayattu League marks a significant step toward strengthening the presence and development of this ancient martial art in Jammu & Kashmir at the national level. Wazir performed exceptionally well in Meippayattu, Long Staff Fight, and Sword & Shield events.