

Rana flags-off Surinsar Lake Half Marathon, lauds growing interest of youth towards physical activities

■ STATE TIMES NEWS

JAMMU: Lauding growing interest among youth towards sports and athletics, BJP leader and former legislator Devender Singh Rana today said the importance of physical activity is not only imperative for overall growth and fitness but beyond it too also for mental agility.

Flagging off the 4th edition of Surinsar Lake Half Marathon at the picturesque tourist destination, Rana said running in particular has many health benefits apart from imbining the spirit of camaraderie and sportsmanship.

Rana said that by holding events like this, the message goes around loud and clear about the significance of physical fitness. Fitness tunes the body, the only place a human being actually lives in. Therefore, running together keeps people in good stead as these are the occasion to have fun and good times also, he added.



BJP leader, Devender Singh Rana along with participants of Surinsar Lake Half Marathon.

The BJP leader referred to the holding of marathons on regular intervals across the nation with prominent people in various disciplines of life taking the lead role in such events to inspire youngsters towards physical activities and sports. He expressed satisfaction and

happiness about this culture gaining momentum in this part of the country as well.

“Let's imbibe the message and appreciate the importance of marathons”, he told the participants and wished them good times in such special events. He said watching the

activity itself is an exciting experiment.

The prominent organisers of the marathon, Rajeshwar Singh Baloria and Sanjeev Chadda from the Jammu Runners briefed Rana about the event, saying 120 marathon runners will cover the steep hill stretch or 21 kilometres.

The main highlight and source of inspiration of the event was a veteran Jaswant Singh, 82. Rana lauded the endurance of the veteran, saying this will inspire the youth of the area in a big way.

The BJP leader complimented the organizers Jammu Runners Sidhra for taking lead in holding the event, which he described as a defining moment in promoting the sports culture.

Prominent marathon runners who were present at the event included Sharad Sharma, Muktha, Shivangi and others.

Poonch FC beats Surankote FC by 3-0 in Friendly Football match



Participating teams posing with officials at Poonch.

■ STATE TIMES NEWS

POONCH: Poonch Football Club (FC) outplayed Surankote FC by 3-0 and won the friendly football match played at Shehed DySP Manjit Singh Boys Higher Secondary School, here on Friday. All the goals were scored by Sukhmanveer Singh

(Regal). The match was held under the overall supervision of Rajinder Singh, General Secretary District

Football Association Poonch along with Jatinder Sharma, Sukhvinder Singh, Aman Kumar and Arun Kumar.

Earlier, Senior Lecturer Ghulam Rasool, who was

the Chief Guest, inaugurated the match in the presence of other dignitaries.

The Chief Guest appreciated the hard work of the organizers and advised both the teams to participate regularly in the sports activities to explore their talent so that they can excel at national level.

Shaheed Manjit Club accords farewell to SSP Vinod Kumar



Chairman, Shaheed DySP Manjit Singh Memorial Volleyball Club Poonch, Mohad Tariq according farewell to outgoing SSP Poonch, Vinod Kumar.

■ STATE TIMES NEWS

POONCH: Chairman Shaheed DySP Manjit Singh

Memorial Volleyball Club Poonch organised farewell to the outgoing SSP Poonch,

Vinod Kumar for supporting to the sports during his tenure in the district.

Members of the Club had detailed interaction with the police officer and urged him to continue his soft corner for the welfare of sports and sportspersons. In turn, the SSP appreciated the role of club and its chairman, Mohd Tariq for tireless efforts to take the game of Volleyball to the new heights.

Those present on the occasion were Ramiz Tariq (FIVB level 2 coach), Aurangzeb Khan (national referee), Parvaiz Khan, Saleem Khan, Ranjit Singh, Ajaz Qureshi and other budding players of the Club.

Police flags-off Martial Art team in Sopore

■ STATE TIMES NEWS

SOPORE: As a part of public outreach programme, police in Sopore flagged off a martial art team to play in different parts of country.

On the directions of SP Sopore Sudhanshu Verma, a martial art team

was flagged off by SDPO Sopore Furkan Qadir along with SHO Sopore and SHO Bomai to play in different parts of country.

In this connection a small token was presented by Sopore Police to the participants.

SDPO Sopore, while interacting with the participants, said that J&K Police will organise such kinds of activities in future also, so that the youth stay away from negative activities like drugs and their energy is channelized in right direction.

Samba District Badminton Championship 2021 concludes



DDC Chairman Keshav Dutt presenting winner trophy to SHO Samba Sudhir Sadotra.

■ STATE TIMES NEWS

SAMBA: The Samba District Badminton Championships 2021 organized by Samba District Badminton Association under the aegis of Badminton Association of J&K in collaboration with J&K Sports Council, concluded on Sunday at Indoor

Stadium Samba.

A large number of players and other distinguished guests attended the finals and prize distribution ceremony.

Chairman DDC Samba, Keshav Dutt Sharma was the Chief Guest who gave away the prizes to the winner and

runner-up players.

Jai Ram Sharma, President Samba District Badminton Association presided over the function.

Dr. O.D Sharma, Chairman Badminton Association of J&K and Usman Choudhary, DySP Samba were Guests of Honour.

SCoN organises Freshers-cum-Farewell Party



Faculty and students at freshers-cum-farewell party.

■ STATE TIMES NEWS

JAMMU: Stephens College of Nursing organized an enthralling and mesmerizing Freshers and Farewell Party to welcome all the fresher and bid farewell to the 1st batch of the College i.e. B.Sc.(N) -4th year.

The theme of Fresher's party was Bien Venido and Farewell Party was Sayonara.

School management appreciated the students for their wondrous and captivating programmes and faculty members for their support and dedication towards their brilliant work.

The management also extended his best wishes to the freshers and the outgoing class 4th year for their bright future and shining career.

Others present from the Badminton Association of J&K were D.V.Sharma (Vice Chairman), Balbir Jamwal (General Secretary) and Rahul Sharma (Joint Secretary). Others present were Raju Sharma (Secretary), Naresh Singh (Organizing Secretary), Vishal Dubey (Treasurer) and Ajat Shatru Singh (Joint Organizing Secretary), from Samba Distt. Badminton Association.

More than 100 players (Boys & Girls) participated in this Championships. SHO Samba, Inspector Sudhir Sadotra partner Sandeep Sambyal, the winner of the tournament in M.D-40+ and Men's winner Akashdeep and Naresh Singh.

Tennis Volleyball workshop held



Participants posing for a photograph with officials.

■ STATE TIMES NEWS

JAMMU: Tennis Volleyball Association of Jammu and Kashmir on Sunday organised workshop-cum-seminar at Bhurechak Stadium, Mandal, near here.

Around 50 boys and girls drawn from nearby areas

of the Mandal were made aware of the basic rules of the newly introduced game in J&K.

The camp was declared opened by BJP leader, Nehal Singh. Among others present were Sarpanch Prahlaadpur, Amarjeet

Kour; Bunt Sharma, Tirath Ram Bhagat, Tarsem Sharma and Danish Sharma.

The whole activity took place under the technical supervision of Aashima Pathania and Rahul Bansh.

Combined XI, New Sairaj Doda registers wins in Christmas T20



Coin being tossed by Rajesh Gill before the start of match between New Sairaj Doda and AKN Warriors.

■ STATE TIMES NEWS

DODA: Combined Eleven Doda and New Sairaj Doda registered the win against their opponents and entered in Quarterfinals in the ongoing T20 Christmas Celebrations Cup being organized by Doda Police Headquarters in collaboration with St. George Convent School Batote.

In the first match, Combined Eleven Doda defeated Friends Eleven Ghat by five wickets.

Batting first, Friends Ghat XI scored 118 runs for the loss of ten wickets. Imran, Neeraj and Pardeep were the main scorers with 20 19 and 16 runs respectively.

From the bowling side, Vishal took three wickets while Nasir, Farooq and Babar Ali grabbed two wickets each.

In reply, Combined XI chased the target in 14.1 overs for the loss of five wickets thus won the match by five wickets. Abrar was the top scorer with 36 runs while Kamal made 15 while Dowd contributed 14 runs. From bowling side, Kashib scalped three wickets while Asnat and Majit took one wicket each. Vishal was declared as Man of the Match for his best bowling in the match.

In another match, New Sairaj Doda defeated AKN

Warriors Gandow by huge margin of 145 runs.

Batting first, New Sairaj Doda scored 208 runs in 15 overs. Irshad played a fine inning of 88 runs followed by Gazi, who smashed 56 runs while Salman made 27 runs.

From bowling side, Mubarak Rather and Babar Hussain took two wickets each.

In reply, AKN Warriors could not chase the target and was bundled out at 63 runs thus lost the match by 145 runs. Sajjad and Yawar were the main scorers with 15 and 11 runs respectively.

From bowling side, Babar took three wickets while Imtiaz, Rehan and Salman claimed two wickets each. Irshad was declared as Man of the Match for his match winning batting performance.

Today's matches were officiated by Sourav Katoch, Imran Kalal, Sagar Ittu, Yasir Dar, Nousher Bhat, Ajay Katoch and Babar Lone.

Tomorrow Quarterfinals: Green Shaheen Doda V/s United Doda at 9:00 AM; New Sairaj Doda V/s Masud Bhaderwah at 1:00 PM.

T-20 Cricket tourney inaugurated at DPL Ramban



DC Ramban, Mussarat Islam and SSP PD Nitya interacting with players.

■ STATE TIMES NEWS

RAMBAN: Deputy Commissioner, Mussarat Islam and SSP, PD Nitya on Sunday inaugurated Hamdard Ramban T-20 Cricket Premiere League tournament, here at District Police Lines grounds Ramban.

As many as 64 cricket teams from across Ramban district are participating in the tourney, organized by a local NGO, Team Hamdard.

The tournament, sponsored by the district admin-

istration Ramban, District Police (JKP), Army and many other private business firms, is being played at District Police Lines.

Speaking on the occasion, Deputy Commissioner informed that the Detailed Project Report of an Indoor Stadium at Phelti - Ramban has been sent to the Sports Council, J&K and with its construction the indoor games would get a good boost in the district and give the sportsmen a place to skill themselves in various indoor games.