

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 imbibing 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 Sidhu 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.

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.

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POONCH: Chairman Shaheed DySP Manjit Singh

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

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.

Speaking on the occasion, the DGP said that programmes organized in memory of martyrs are very special as we remember them all

who laid their lives during the last 30 years while facing challenges of proxy war launched by Pakistan.

While paying tributes on behalf of J&K Police and people, the DGP said that organizing such programmes always boosts the morale for performing our duties with more zeal and zest and with more responsibilities. He appreciated the role of Shaheed Welfare Committee Kathua and sponsors of the cricket tournament for organizing the events at Kathua as also the efforts of the volunteers during Covid.

He said that families of martyrs are important part of J&K Police Parivar and it

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



Participating teams posing with officials at Poonch.

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POONCH: Poonch Football Club (FC) outplayed Surankote FC by 3-0 and won the friendly football match played at Shehheed 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, Sukhinder 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.

Police flags-off Martial Art team in Sopore

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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.

The DGP accompanied by ADGP Jammu Mukesh Singh on his arrival paid rich floral tributes to the martyrs at the martyrs gallery.

Speaking on the occasion, the DGP said that programmes organized in memory of martyrs are very special as we remember them all

who laid their lives during the last 30 years while facing challenges of proxy war launched by Pakistan.

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He said that families of martyrs are important part of J&K Police Parivar and it

begins in the year 2010. He informed that this year the tournament will be telecast live on a local channel and a third umpire review system is enabled in this edition.

Chairman Shaheed Welfare Committee Ravinder Singh Salathia presented the vote of thanks.

Pertinent to mention that the 10th edition of Police Martyrs Memorial Tournament league matches will be played for the next 12 days during which 24 league matches will be contested.

The participating teams have been divided into four groups. Group A teams include JK Police, LB

Tourism winner will be rewarded with trophy and cash prize of Rs 3.50 lakh while runner up team will receive trophy and cash prize of Rs 2.50 lakh. Man of the series will be awarded with U P Tigers, GSI Kashmir, Haryana CA and SPJ Gurgaon.

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Best Batsmen and best bowler of the tournament each will be presented motor bike and a memento. Man of the matches in the league, quarter final and semi final matches each will be presented with memento and cash prize of Rs 2000, Rs 3000 and Rs 5000 respectively.

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