

Three-day J&K UT Power Lifting & deadlift championship concludes

STATE TIMES NEWS

JAMMU: Three-day J&K UT Power lifting and deadlift Championship unequipped and equipped Sub Junior, Junior, Senior & Master (Men & Women) concluded at Indoor Stadium Bhagwati Nagar, Jammu.

The championship was organized by All J&K UT Power Lifting Association and was held under the observer of J&K State Sports Council Vikas Dogra, Judo Coach.

National Secretary BJP, Dr. Narinder Singh was the Chief Guest while Daleep Kumar, BDC Chairman Miran Sahib, K.D Bhagat, Deputy Superintendent of Police Jammu and Birjeshwar Singh Raina Convenor Border Welfare Cell BJP were the Special Guests who distribute prize among the winner and runner-up players.

In Powerlifting Championship, Amandeep Bassan and Rubi Sharma won best lifter in Senior unequipped, while Gourav Sharma won best lifter in Senior equipped, Gourav Sharma, Bhuvan Vasudev, Samreen Kour & Adila Shafi won best lifter in Junior equipped & Unequipped while Saksham Chib and Abubakar Bin Khalid won best lifter in sub junior unequipped and equipped, Shalinder Singh, Umesh Raina & Anjali Gupta won best lifter in master I category & Rajesh Gupta & Anuradha Rali won best lifter in master II category.

In deadlift championship, Sumit Thakyal, Bhuvan Vasudev, Momin Khan, won best lifter in Sub Junior, Junior & Senior unequipped category, Rohit Mandla & Harshul Sharma won best lifter



Officials posing for a photograph during a championship.

award sub junior & junior category.

Around 300 players participated from various district of J&K including Jammu, Samba, Kathua, Udhampur, Kishtwar, Doda, Poonch, Reasi, Rajouri, Ramban, Budgam, Srinagar, Ganderbal, Kupwara and Baramulla in the championship.

Vickramjeet Singh broke the previous record and set new record in squat by lifting 335 kg & 275 kg in deadlift, + 120 kg in senior category, Amandeep Bassan also set new record in squat event by lifting 250 kg & 680 kg in total 93 kg senior category, Prem Kumar also set new record of 125 kg in squat & 367.5 kg in total in 53 Kg junior category, Harshul Sharma also set new record by lifting 182.5 kg in deadlift and 427.5 kg in total 53.kg junior category, Mumin Khan also set new record by lifting 262.5 kg in deadlift in 93kg category, Aditya Sharma also set record by lifting 145 kg in 59 kg category & Samreen Kour also set new record by lifting 150 kg in squat & 160 kg in deadlift in 76

kg category.

The officials of the association who organized J&K UT Power Lifting & Deadlift Championship in well mannered under the rule and regulation of Power Lifting India include Ajay Sharma General Secretary, Rahul Sawhney Senior Vice President, Gulzar Singh Vice President, Vikram Singh Vice President, Adil Ashraf Khan Jammu District General Secretary, Feroz Shah Srinagar District General Secretary, Shabeel Ahmed, Kathua District General secretary, Riyaz Ahmed Butt, President District Srinagar, Sanjeev Singh Joint Secretary, Vinay Sharma Media Secretary & executive member of the association namely Deepak Jyoti, Sumit Gupta, Anshuman Sharma, Joginder Kumar, Sandeep Banmotra, Gourav Gupta, Ashraf, Narinder Pal Singh, Suresh Pal, Sajjad, & Vishal Sharma.

WOMEN Gold: Sapna Jain, Nishita Singh, O.Jasvi Kohli, Heena Naz, Sakshi Koul, Riya Mahajan,

Rashika Handa, Amita Devi, Adeela Shafi, Anjali Gupta, Priyanka Bhat, Shivan Langeh, Ritu Devi, Samreen Kour, Ruby Sharma, Monika Anand, Anuradha Ralli, Kritika Mehra and Tamana. Silver: Heena Naz, Rashika Handa, Riya Mahajan, & Tanvi Sharma.

MEN Gold: Aniket Singh, Kanav Bhagat, Sumit Thakyal, Prem Kumar, Harshul Sharma, Ashish Sumbriya, Kartik Boloria, Rohit Singh, Hrehan Gupta, Ahan Pandita, Aman Singh, Kehsav Singh, Vikas Mehra, Varun Gupta, Sunil Kumar, Harish Sambyal, Dushant Baloria, Danish Noor, Abhey Bhardwaj, Atish Sharma, Manu Sharma, Zahoor Ahmed, Tabish Ramzan Lone, Rahul Kumar, Diler Singh, Rajesh Gupta, Nasir, Abubakar Bin Khalid, Shivek Koli, Rohit Mandla, Bhuvan Vasudev, Neeraj Kumar, Rajat Kumar, Shabir Ahmed Bhan, Manu Khajuria, Bhupinder Singh, Adnan Choudhary, Vishal Singh, Nitin Manman, Ritvik Sharma, Robin Barna, Arjun Badal, Ankush Kumar, sandeep Singh, Ubair Hafez, Ayub Ahmed, Kartik Jalotra, Umesh Raina, Mohd Owais Raina, Mohd Ibrar, Momin Khan, Mohit Saini, Amandeep Bassan, Jasvinder Singh, Dharapal Sharma, Shalinder Singh, Uttam Raina, Saksham Chib, Rohit Verma, Aman Sharma, Shabam Alam Bhat, Vikramdeep, Anil Kumar, Gourav Sharma, Roshan Sharma, Deepak Singh, Gharjeet Singh, Vishal Kumar, Udiaveer Singh and Vickramjeet Singh. Silver: Krishna, Kanu Chib, Divanshu Chib, Nikhil Kumar,

Muteeb Elahi, Uday Sharma, Shiwang Samyal, Brian Jyot, Imran Alam, Sanjeev Kumar, Gourav Bali, Shanawaz Ansari, Aditya Sharma, Danish Noor, Ansh Verma, Ajay Kumar, Rahul Kumar, Shaqib Yousaf Bhat, Rahul Chopra, Chetan Sharma, Rohit Sharma, Gourav Sharma, Ravi Mehra, Ashish Sharma, Rujit Singh, Shiv Darshan Singh, Nitish Kumar, Anirudh Bhat, Rahul Kumar, Aniket Langer, Ankush Chib, om Dutt, Mohd Wasim, Avinash Singh, Mohit Kumar, Aryan Zadoo, Arjun Badal, Dhruv Gupta, Hakim Shoib Ahmed, Ubadi Hafiz, Lovely Kumar, Amreek Singh, Mohd Ibrar, Suraj Pandit, Jatin Gupta, Durlabh Sharma, Shoy Gupta, Abdul Rehman Tak, Vikas Sharma, Ajay Kumar Mehra, Gurjot Singh, Shabam Alam Bhat, Omkar Singh, Adesh Singh, Amandeep Singh, Shivankar, Vinod Mahajan and Uday Kumar. Bronze: Sachin Sharma, Golu Kumar, Raghav Gupta, Lakhan, Ajay Sharma, Devinder Sharma, Nikhil Rajput, Nitin Singh, Pranav Sharma, Harshdev Singh, Jatin Kundal, Anmol Sharma, Anhad Singh, Tahir Hussain, Abubakar Bin Khalid, Rahul Sharma, Nitin Jamwal, Jai Vardhan Padha, Sunil Singh, Rajesh Singh, Vikrant Verma, Sharun Choudhary, Anesh Sudan, Achyutam Khajuria, Ankit Raina, Pratham, Sumant Manhas, Abhishek, Rakesh Kumar, Piyush Bhardwaj, Rahil Rajput, Sparshdeep Singh, Sanjay Kumar, Omkar Singh & Deepak Singh.



Vice-Chancellor, Cluster University of Jammu Prof. Bachan Lal, Dr. Jatinder Khajuria Registrar, Cluster University of Jammu and Dr. Vinod Bakshi Sports coordinator Cluster University of Jammu posing with the Football (Men) team of Cluster University of Jammu going to participate in North Zone Inter-University tournament to be held in Punjabi University, Patiala.

Jammu, Samba Weightlifting meets conclude



Winners posing for a photograph with officials.

STATE TIMES NEWS

JAMMU: Jammu and Kashmir Weightlifting Association conducted district Jammu and Samba Wrestling Championships in different age and weight groups as part of the annual calendar of activities.

The Jammu district competition held at Weightlifting Hall, new Indoor Complex, MA Stadium, here. In the prize distribution, SS Gill was the Chief Guest.

Among other prominent present were Captain Singh, Jangbir Singh, Manoj Kumar, Sunil Kumar, Ravi Singh (ex-Sports Office, J&K Sports Council), Dinesh Pathania, Amit Kumar Sharma, Dhanraj Singh and Indrapal Singh.

Similarly, the Samba district meet took place at Government Degree College Samba wherein Principal of the host College, Naveen Anand was the chief guest.

The Results:

JAMMU:

MEN: JUNIOR: Anil Kumar, Ist. 73 kg: Manpreet Singh, Ist; Vishvajet Singh, 2nd and Sartik Vaid, 3rd. 81 kg: Pankaj Kumar, Ist and Aditya Sambyal, 2nd. 98 kg: Akash Sharma, Ist; Varun Changotra, 2nd. 96 kg: Arun Raj Bhagat, Ist; Karan Kumar Sahu, 2nd. Plus 109 kg: Arhit Mahajan, Ist.

YOUTH: 49 kg: Rajyavardhan Singh, Ist and Vasu Sharma, 2nd. 55 kg: Anshbadan, Ist. 67 kg: Kartika Sharma, Ist; Narender Lalotra, 2nd and

Vardesh Koushal, 3rd. 73 kg: Rituk Kumar, Ist; Kartika Kanetar, 2nd. 81 kg: Paras Gupta, Ist. 96 kg: Nirmla Singh, Ist; Bhavish Chib, 2nd. Plus 109 kg: Prajnav Singh, Ist and Sakshan Singh, 2nd.

SENIOR: 61 kg: Prashant Sharma, Ist and Sourabh Sharma, 2nd. 67 kg: Nirbhay Pratap, Ist; Amrinder Singh, 2nd. 73 kg: Mukesh Sharma, Ist. 81 kg: Richard Dogra, Ist; Gautam Kohli, 2nd and Rajat Katal, 3rd. 96 kg: Himanshu Sharma, Ist; Manjewt Singh, 2nd and Wasim Ahmad, 3rd.

GIRLS: SENIOR: 49 kg: Komal Gupta, Ist. 55 kg: Bindiya Sharma, Ist. 61 kg: Lakshmi Devi, Ist and Anjali Sharma, 2nd. JUNIOR: 45 kg: Rita Pajnoo, Ist and Palak Devi, 2nd. 81 kg: Shasan James, Ist. YOUTH: 61 kg: YOUTH: Vanshika, Ist.

SAMBA GIRLS: 55 kg: Shivni, Ist. 59 kg: Gurpreet Kour, Ist. 64 kg: Sheetal Sharma, Ist. 71 kg: Isha Devi, Ist.

BOYS: YOUTH: 55 kg: Jasmeet Mangotra, Ist. 81 kg: Arun Wasist, Ist and Tajinder Singh, 2nd. 96 KG: Divankar Singh, Ist. JUNIOR: 55 kg: Rahul Kumar, Ist. 61 kg: Rohit Kumar, Ist. 73 kg: Shankar Singh, Ist. 81 kg: Jamun Jamwal, Ist. 89 kg: Nirantvr Samyal, Ist and Abhishek Sharma, 2nd. 96 kg: Namandeep Singh, Ist. SENIOR: 81 kg: Kartika Attri, Ist. 96 kg: Abhishek Kumar, Ist.

LG Sinha felicitates Himani Gupta of DPS Jammu

STATE TIMES NEWS

JAMMU: Himani Gupta (IX-G) of Delhi Public School (DPS) Jammu brought laurels to the school and her parents by winning silver medal in Junior National Artistic & Rhythmic Gymnastics Championship organized by Gymnastics Association of J&K in collaboration with J&K Sports Council at MA Stadium, Jammu from November 22 to 26, 2021. Lieutenant Governor, J&K UT, Manoj Sinha was the Chief Guest on the occasion who presented medal to Himani Gupta.

Principal DPS Jammu, Ruchi Chhabra congratulated Himani and her parents for the achievement.



Lt Governor, Manoj Sinha presenting trophy to DPS Jammu students.

President RCT, Ajjatshatru Singh, Pro Vice Chairperson, Ritu Singh and Director, S.S

Sodhi extended their best wishes to Himani and her parents.

Combine Doda enters semifinals of Christmas Cup T20

STATE TIMES NEWS

DODA: Combine Eleven Doda registered win against Youth Scorers and entered in semi-finals of the ongoing T20 Christmas Celebrations Cup being organized by Doda Police in collaboration with St. George Convent School Batote, here.

In the first match, Combine Eleven Doda defeated Youth Scorers by 30 runs.

Batting first, Combine Eleven Doda scored 128 runs for the loss of 7 wickets with Dawd 40, Dowd Wani 22 and Majid 21 runs. For bowling side, Yasir Ali took 3 wickets, Babar Ali claimed 2 wickets while Babar Nabi took 1 wicket.

In reply, Youth Scorers could not chase the target and managed to score only 98 runs for the loss of 6 wickets in the allotted 15 overs. Aqib scored 20 runs, Akash made 17 runs while Surinder contributed 16 runs to the total.

For bowling side, Vishal grabbed three wickets, Majid took two and Farooq bagged one wicket. Majid Aziz was declared as Man of the Match for his all-round performance in the match.

Another match between Firdous Eleven Doda and Shining Star Doda ended in draw and reached to super over for desire result which was not played today due to the poor light. As per, Coordinator Rajesh Gill the super over will be conducted tomorrow morning.

Earlier batting first, Firdous Eleven scored 117 runs in the allotted 15 overs match for the loss 5 wickets. Arbaz played a fine innings of 53 runs while Yasir made 26 runs. For bowling side, Adil took two wickets while Umar Shafi and Arif grabbed one wicket each.

Volleyball Association Kathua felicitates Kattal Gujran Club



Kathua Volleyball Association members posing with players.

STATE TIMES NEWS

HIRANAGAR: Office-bearers of Volleyball Association District Kathua visited far-flung village of Kattal Gujran in Hiranagar and witnessed the volleyball game being played by the young players of the Volleyball Club of the vil-

lage. President District Volleyball Association Kathua, Madan Lal Toofan encouraged and helped the players by giving them volleyball and net to the club. Mohinder Sharma, General Secretary and Rakesh Sharma were also present.

Cooch Behar Trophy Vats slams ton, Shandilya takes fifer as Haryana in command

STATE TIMES NEWS

JAMMU: Parth Vats slammed a magnificent century, while skipper Mayank Shandilya took five wickets to put Haryana in command against J&K on the second day of the ongoing 4-day Cooch Behar Trophy match at Dr Rajasekhara Reddy ACA VDCA Cricket Stadium, Vizag on Tuesday. Earlier, resuming from an overnight score of 319/3, Haryana rode on Vats' brilliant ton to score 437/8d in 131 overs. Parth Vats scored 106 off 183 deliveries, while Aayush Kumar (70), Mayank Shandilya (67) and

Ahaan Poddar (63) were the other major contributors. Yash Vardhan and Vivek Kumar also scored valuable 36 and 25 runs down the order.

For J&K, right-arm medium pacer, Jasbir Singh was the pick of the bowlers, who took 2 wickets by conceding 55 runs in his 22 overs, while left-arm spinners Ranjot Singh and Sarvashish Singh also bagged 2 wickets each by giving away 112 and 113 runs in 33 and 29 overs respectively. Dhruv Singh Parmar and skipper Mohammad Manzir claimed 1 wicket each.

In reply, skipper Mayank Shandilya plotted J&K collapse and sent back 5 top and middle-order batsmen for

just 61 runs in 31.2 overs, before consistent Shivansh Sharma and debutant Jugjap Singh salvaged the sinking ship and added 50 runs between them to take the score to 111/5 in 55 overs.

Shivansh was unbeaten on 35 off 91 balls, while Jugjap was on 24 off 62 deliveries at stumps today. Openers Arya Thakur and Abid Hussain contributed 24 and 20 runs to the total respectively, while Arnab Gupta (0), Mohammad Manzir (3) and Moomin Muzaffar (2) failed to deliver with their willow. Mayank Shandilya took all the 5 wickets to fall, conceding 32 runs in his 17 overs, while no other bowler succeeded in taking any wicket.

Garhi Bn distributes cricket kit to youth of border villages under Op Sadbhavana

STATE TIMES NEWS

POONCH: To encourage the sports and sportsmanship in youth of Border villages of Poonch, a friendly cricket match was organised on Tuesday between Degwar Terwan and Dhalan village cricket team by Garhi Battalion under aegis of Poonch Brigade.

During the closing ceremony, cricket kits were distributed to both the teams to provide sports facility for youth of border villages.

Event ensured positive engagement of youth which will channelise their energy in constructive way, defence

spokesperson said adding that the event further promoted the bonhomie and mutual respect amongst the public and army.

Trekking cum residential camp by DYSS at Mansar begins



Former Minister, Sham Lal Choudhary flagging off expedition.

STATE TIMES NEWS

JAMMU: A five-day long trekking cum residential camp by the Department of Youth Services and Sports (DYSS) for students of Miran Sahib zone got underway at Mansar in Tuesday. The expedition was flagged off by DDC member, Vidhya Motten in the presence of former Minister, Sham Lal Choudhary from Miran Sahib this morning. In total, 120 boys and girls have been made part of the adventure trip. "During their five-day stay at the picturesque Mansar, these students shall take part in trekking, painting contexts, Rangoli events and other social activities like cleanliness drive," informed Zonal Physical Education Officer (ZPEO) of Miran Sahib, Rakesh Kakar.

JAMMU DEVELOPMENT AUTHORITY
MEGA PROJECT DIVISION GENERAL BUS STAND JAMMU

JDA offers Special Concessional rates for Day parking (9 A.M-9 P.M) From 2/12/2021 Up to 31/03/2022 for General Public at Multi Level Car Parking at General Bus Stand Jammu for the following Vehicles:

Four Wheelers:	Rs.1000/ per month
Two Wheelers:	Rs. 500/ per month

Sd/-
DIP/J-5139-P/21 Executive Engineer
Dated: 21-12-2021 Mega Project Division

Office of the Executive Engineer,
Kashmir Power Distribution Corporation Limited (KPDCCL O&M) Division Pulwama Kashmir.

Tender Notice e-NIT NO: O&M/Pul/43 of 2021-22 dated 16.12.2021

For and on behalf of Lieutenant Governor J&K State, E-tenders are invited from Class "A" electrical Contractors Registered in CPWD/MES/J&K/POD or other competent authority for the below mentioned work(s). The tender document is available at website <http://tenders.gov.in>. Interested bidders may view, download the e-Bid document, seek clarification and submit their e-Bids online up to the date and time mentioned in the table below:

Name of Work	Advertised Cost in Lacs	Cost of tender document	CDR Amount
Upgradation of electric infra in GP under 100 KVA transformer by 250 KVA Transformer at Khat Mohalla and Stabilization of electric infra at Herporamandans as Full turnkey basis	16.18	800.00	32300.00
Installation/Creation of 100 KVA Sub Station at Talanganakoli road near Graveyard and 63 KVA Sub Stations at Bhat Mohalla/Khat Mohalla/Kakapora B and Shaktakiya Zalgam (BDC Work) on partial turnkey basis	13.01	600.00	26000.00
Installation/Creation of 63 KVA Sub Stations at Uthoora near house of Jahangir Ahmad Dar, Astan Mohalla/Serwatsolona, Gousia Colony Kandital near house of Khurshed Ahmad Bhat and other, Marwal near Govt Middle School, Nehama near house of GhNabimil and others, Dar Mohalla/Larbal/Kakapora NC, Mand Mohalla/Kakapora B (PR) and Shik Mohalla/Nuchpona (BDC) as Partial turnkey basis	37.135	1500.00	74200.00

Date of down load of tender document	From 17.12.2021 to 23.12.2021 (upto 15:00 hrs)
Last date for uploading of e-tenders	23.12.2021 (up to 15:00 hrs)
Date of Opening of Technical Bids	24.12.2021 (14:00 hrs) or as convenient to tender opening authority
Date of opening of financial bids of technically qualified bidders	Any date convenient to tender opening authority after evaluation of technical bids in the office of undersigned.
Office where financial bids being opened	Office of the Executive Engineer, Kashmir Power Distribution Corporation Limited (KPDCCL O&M) Division Pulwama Kashmir Pin Code 192301 Address Receiving Station Pulwama

* Cost of tender document (Treasury Receipt/ Treasury Challan remitted to Major Head 0861-PDD at Treasury Pulwama favouring Executive Engineer KPDCCL O&M Division Pulwama Kashmir)

DIP/J-5150-P/21 Executive Engineer
Dated:- 21/12/2021

Sd/-
Executive Engineer
KPDCCL (O&M) Division,
Pulwama