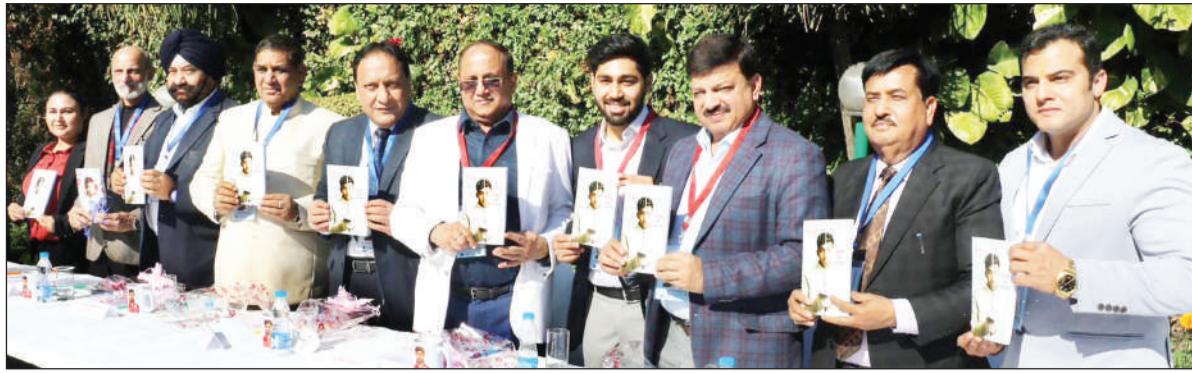


Fencer Vansh's book 'The Medal Standard' released



Raj Daluja, Editor-in-Chief STATE TIMES and other dignitaries releasing book titled, 'The Medal Standard' written by International Fencer from J&K, Vansh Mahajan.

STATE TIMES NEWS

JAMMU: Vansh Sabre Sports Foundation on Sunday officially released the book titled, 'The Medal Standard' written by international fencer from J&K, Vansh Mahajan in a well attended function held here.

"Published by Vishaal International, the book is about self motivation for sportspersons and a guide about what a sportsperson needs to win a medal. The book covers the topic of Fitness, Nutrition, Practice

Schedule, Coaching and other aspects which a sportsperson requires during his journey to excel in sports. The book has covered in detail the importance of a coach as a main support system to bring out the best from a player," informed Secretary of Vansh Sabre Sports Foundation, Kuldeep Gupta.

The book will soon be available for online e-reading on platforms like Amazon Kindle.

Earlier, the book was

uncovered by Raj Daluja, Editor-in-Chief STATE TIMES in the presence of Sohail Kazmi, Member Waqf Board J&K; Arun Gupta, President Chamber of Commerce and Industries; Chander Mohan Gupta, former Mayor Jammu; Subash Chander Chibber, Director Youth Services and Sports; Suraj Singh Rathore, Chief Education Officer Jammu and Charanjeet Singh Raina, Proprietor JK Goods Carrier Limited as also Hari Krishan Mahajan, Publisher

of the Book; Anil Padha, president Vansh Sabre Sports Foundation and Vansh Mahajan International fencer and author of the book.

Raj Daluja was impressed with the achievements of Vansh at the international level. He said that Vansh has a long list of achievements as a player and now he has done something which is admirable and appreciable.

Sohail Kazmi appreciated Vansh for sharing his experience as a player which shall

enormously benefit the fencing community in particular and the sportspersons as a whole.

Former Mayor Jammu, Chander Mohan Gupta recalled Vansh's journey from a young fencer to achiever at the world stage.

Director DYSS, Subash Chander Chibber said that contributions made by Vansh will definitely inspire the youth of J&K and encourage them to work hard.

Suraj Singh Rathore, Chief Education Officer Jammu said that the book written by Vansh is a supplement to students for their interest in sports activities and also suggested that this book must be introduced and be read in all schools.

The function was also attended by president Vansh Sabre Sports Foundation Dr. Anil Padha; secretary, Kuldeep Gupta; Satish Sharma, joint secretary, Bhama Vijay Sharma; treasurer Anil Modi; Trustee, Surinder Mohan.

GLDM GDC Hiranagar claims Inter Collegiate Men's Hockey Trophy 2022

STATE TIMES NEWS

HIRANAGAR: GLDM Govt. Degree College Hiranagar claimed the Inter Collegiate Hockey Men's Trophy 2022 beating GDC Kunjwani 4-0 in the finals at University of Jammu. Earlier, in the semifinals GDC Hiranagar beat GCD Kathua by 5-2.

The championship was organized by the Directorate of Sports and Physical Education at University of Jammu Hockey Field.

Principal GLDM Degree College Hiranagar, Dr. Pragya Khanna, IQAC Convenor Prof. Shujat Khan, Physical Director, Vikram Jamwal along with other staff members welcomed the winner hockey team at college premises.

The Principal honoured the captain of the team Prashant Verma along with the whole team at the medal ceremony.

The Principal applauded



Winner team posing with faculty members.

the efforts of the whole hockey team and HOD Department of Physical education and Sports for such a big achievement at Jammu Division.

She also congratulated the Physical Director Vikram Jamwal for the miraculous performance of the hockey team of the college and also ensured the best possible infrastructure and facilities to Physical education and sports department in the upcoming session.

Senior faculty members

Prof. Gurdayal, Prof. Rajesh Sharma, Prof. Rakesh Sharma, Prof. Parveen Sharma, Prof. Manjot Singh, Dr. Jyoti Rani, Prof. Neha Bhagat, Dr. Kiran Thappa, Ritu Bhushan, Dr. Arun Kumar, Dr. Usha Rani, Dr. Bharat Bhushan, Dr. Mukesh Kumar, Dr. Arun Bose, Dr. Ravinder Singh and Dr. Bhupinder Singh also appreciated the excellent performance of the players and wishing them to achieve more in future.

Vijay Merchant Trophy

J&K's Shaurya, Jeevish impress as Tamil Nadu scores 306 in 1st innings

STATE TIMES NEWS

RAIPUR: J&K's skipper Shaurya Manhas and left-arm spinner Jeevish Gupta impressed with the ball as Tamil Nadu scored a decent total of 306 runs in their first innings of the U-16 Vijay Merchant Trophy at Shaheed Veer Narayan International Stadium, Raipur today.

Batting first, Tamil Nadu lost the early wicket in the form of opener Gaurav Narindran at his individual score of 1 run and the team's total of 18 in 8th over of the innings.

However, another opener and skipper Abhinav Kanan consolidated the innings alongwith number-3 batsman P. Kush Bardia to take the score to 81 in 22 overs before Bardia's dismissal. With good contributions from wicketkeeper PK Samrith and RS Amrishi, Tamil Nadu finally managed to score 306 runs in 90 overs.

Abhinav top scored with 60 runs off 109 balls studded with 8 boundaries



Jeevish Gupta Shaurya Manhas

while Samrith contributed 46 off 90 balls with 7 fours. Amrishi also scored valuable 36 runs, while Hari K. Pandya and Benny Hinn V contributed 30 runs each to the total.

For J&K, Shaurya Manhas captured 4 wickets by giving away 81 runs in his 29 overs while Jeevish Gupta took 3 wickets by conceding 81 runs in 24 overs. Mudasir Abdullah and Bilal Mohi U Din also claimed one wicket each.

STATE TIMES NEWS

JAMMU: Promising batters Vishu and Sujal shone with the willow, showing stellar grit and tenacity to notch up brilliant half-centuries, while Nittu, Vaibhav Kaul, Praful Dhar and Amrit Khar sparkled with the ball to guide Bharat Cricket Club and Trident Cricket Club to convincing victories in the ongoing Kashmiri Pandit Premier League (KPPL) Edition-III, being organised by Lalitadiya Education, Sports and Health Organisation, under the overall supervision of Ankur Bagati and Ashish Kachroo at KC Sports Club ground, here.

In the first match played on Sunday, Bharat Cricket Club got the better of Navreh Cricket Club by a narrow margin of 17

overs.



Man of the Match award being presented to a player during KPPL EDITION-III at KC Sports Club ground in Jammu.

runs.

Batting first, Bharat Cricket Club scored 146 runs in the stipulated 20 overs. Vishu played a brilliant innings of 60 runs off 44 balls, studded with 7 fours and one six, while Akshay Sehgal contributed brisk 35 runs off 27 balls with 3

massive sixes.

Ajay Takoo took 2 wickets for Navreh Cricket Club by conceding 35 runs in his 4 overs.

Batting first, SCC scored a modest total of 118 runs in

19.4 overs. Rohan Punjabi top scored with 28 runs. For Tridents Cricket Club, Vaibhav Kaul took 3 wickets by giving away 27 runs in 3 overs, while Amit Khar and Praful Dhar were economical with 2 scalps each.

For Bharat Cricket Club, Nittu was the pick of the bowlers who captured 3 wickets by conceding 19 runs in his 4 overs, while Sushil bagged 2 wickets. Vishu was declared as the man of the match for brilliant batting display.

In another match, Tridents Cricket Club defeated SCC in an easy contest by 4 wickets.

Batting first, SCC scored a modest total of 118 runs in

14.2 overs easily by losing 4 wickets to win the match by 6 wickets.

Sujal Raina was in sublime touch, scoring power-packed 60 runs off 36 balls, studded with 8 fours and one six, while Nitin Bhatt contributed unbeaten 23 runs to the total.

STATE TIMES NEWS

JAMMU: Ayeera Hassan Chisti of J&K won bronze medal in the 8th Junior World Wushu Championship which concluded in Indonesia on Sunday.

The Indian team won three gold, three silver and two bronze medals in this championship. A product of National Centre of Excellence Bhopal, promising Chisti contested in 48kg weight category.

"It was the best ever performance of the Indian Wushu team at the world stage. Earlier, in 2016, the Indian team returned with a gold, silver and bronze medal in the World Championship held at Bulgaria," official spokesman of the Wushu Association of J&K (WAJK) said. The Indian team was sanctioned by the Sports Authority of India at cost to government.

Chisti has already won gold in the Batumi



Ayeera Hassan Chisti of J&K after winning bronze medal in 8th Junior World Wushu Championship.

International Wushu Championship held at Georgia in the month of August.

Meanwhile, the entire team of WAJK, Vijay Saraf (president), Ranjeet Kalra (vice president), Bhavneet (general secretary) congratulated Ayeera Chisti for the medal.

Another Udhampur girl in J&K U-15 Cricket team

STATE TIMES NEWS

UDHAMPUR: Apeksha has become second young cricketer to be selected by the J&K Cricket Association (JKCA) from district Udhampur to represent the UT at the National level.

Apeksha, eighth standard student of Army Public School (APS) has been made part of the under-15 teams for the lim-

ited overs tournament to be held at Rajkot.

A trainee of Pragyal Cricket Academy, Apeksha attracted the attention of the selectors during his selection games. She learns the basics of cricket from head coach of Pragyal Cricket Academy, Pooja Sharma, who serves with Department of Youth Services and Sports (DYSS). Pooja is assisted in her endeavour to train young girls from district Udhampur by Pavit Singh and Varinder Singh.

Super Star Salani bags Volleyball title

STATE TIMES NEWS

POONCH: Super Star Salani Volleyball Club today clinched the title trophy of the Volleyball tournament which was organised by 39

RR Battalion of the Indian Army in memory of Shaheed RFN Aurangzeb at Kasbal Mendar here.

In the final, Super Star Salani defeated Volleyball Club Surankote in straight sets of 25-18, 25-16, 25-21. In total, 12 teams participated in this tournament. Tanveer Ahmed, ADC and CEO tourism was the chief guest, who felicitated the winners and runners-up teams amidst appreciation for the Indian Army in engaging the youth in sports activities.

He was all praise for the Volleyball Association, particularly Mohd Tariq, chairman Shaheed DySP Manjot Singh Memorial Volleyball Club Poonch for promoting the game of Volleyball.

Those present on the occasion were Major Gaurav, Mohd Hanif, father of Shaheed RFN Aurangzeb; Pardip Khanna, social worker; Khalid Chohan, Sarpanch and Asif Ali, chairman Shaheed Aurangzeb Foundation.

The competition officiated by the technical panel including Shabbir Ahmed, Mohd Iqbal, Intazar Ali, Mohd Abbas, Shafiqat Hussain Shah, Mohd Hamid and Ramiz Tariq.

Boxing trials on Dec 16

STATE TIMES NEWS

KATHUA: Kathua District Athletics Championship concluded on Sunday with prize distribution function at Sports Stadium Kathua. About 150 boys and girls participated in the competitions. The winners were awarded medals and certificates by Sharat Chander Singh, General Secretary J&K Athletics Association, Sanjeev Singh General Secretary Kathua District Athletics Association, Yojraj, Rattan Bharti, Sajjad Haider, Rayaz Ahmad and Bushan Kumar. The results: BOYS U/14 shot put: Samar Pratap Singh, 1st, Sarthak Dubey, 2nd and Rudhar Pratap Singh, 3rd. 60 mtrs: Lalit Khajuria, 1st, Kartik Sharma, 2nd and Harshbhardhan Singh, 3rd. 600 meters Danish Kumar, 1st, Mohd Rafi, 2nd and Kartik Sharma, 3rd. U/16 100 mtrs: Kanav Kumar, 1st, Mohammad Younas, 2nd and Abhinav Anand Sharma, 3rd. shot put: Tushar Singh, 1st, Preet Singh, 2nd and Kanav Kumar, 3rd. 300 mtrs: Zakir Hussain, 1st, Ankit Sharma, 2nd and Ramzan, 3rd. 800 mtrs: Dheeraj Billoria, 1st, Mandev Singh, 2nd and Shiva Sharma, 3rd. 1500 mtrs: Om Prakash, 1st, Shoukat Ali, 2nd and

Abhinav Kanan

Boys U/18 100 mtrs: Imran Ali, 3rd. U/20 200 mtrs: Sushil Kumar, 1st, Mohd. Yaseen, 2nd and Vikas Kumar, 3rd. 400 meters Ashraf Ali, 1st, Ravinder Singh, 2nd and Lakheen Singh, 3rd. 400 mtrs: Neef Ali, 1st, Kumar Ansh, 2nd and Mintu, 3rd. 800 mtrs: Dheeraj Billoria, 1st, Mandev Singh, 2nd and Arjan Singh, 3rd. 1500 mtrs: Ritik Sharma, 1st, Brij Bushan, 2nd and Mohd Aslam, 3rd. 3000 mtrs: Ritik Sharma, 1st, Pinky Kumar, 2nd and Tara Rani, 3rd.

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