

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 as from a young fencer to achieve 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, Bhanu 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 KPPL Edition-III



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. Gurdial, 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, Jeevesh impress as Tamil Nadu scores 306 in 1st innings

■ STATE TIMES NEWS

RAIPUR: J&K's skipper Shaurya Manhas and left-arm spinner Jeevesh 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 Amrish, Tamil Nadu finally managed to score 306 runs in 90 overs.

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



Jeevesh Gupta

Shaurya Manhas

while Samrith contributed 46 off 90 balls with 7 fours. Amrish 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 Jeevesh 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 sparked 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 Lalitaditya 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



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.

J&K's Chisti wins bronze in Junior World Wushu C'ship

■ STATE TIMES NEWS

JAMMU: Ayera 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 48th kg 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

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 limited



Apeksha

ited overs tournament to be held at Rajkot.

A trainee of Pragalbha Cricket Academy, Apeksha attracted the attention of the selectors during his selection games. She learns the basics of cricket from head coach of Pragalbha 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 Pavitter Singh and Varinder Singh.

Boxing trials on Dec 16

■ STATE TIMES NEWS

JAMMU: Jammu and Kashmir Amateur Boxing Association shall hold selection trials to pick up probabilities for the upcoming 4th Junior National Women Boxing Championship to be held at Bhopal in Madhya Pradesh. The trials shall take place at Boxing Ring of MA Stadium, here on December 16 under the guidance of technical individuals deputed by the Association.

The interested boxers have been advised to register themselves with senior boxing coach of J&K Sports Council (JKSC), Anil Kumar. All eligible boxers need to bring along Hepatitis B, C and HIV, BFI annual medical certificate, Date of Birth certificate (matric or School leaving certificate or Municipal certificate), Aadhaar Card, two photographs.

For more information boxers can still contact Anil Kumar (7006031537, 9419145390).

29th Men Freestyle, Greco Roman style & 15th Women J&K UT Wrestling C'ship concludes

■ STATE TIMES NEWS

JAMMU: Two-day long 29th Men Free Style & Greco Roman style and 15th women, J&K UT Wrestling Championship 2022 concluded on Sunday at Jammu University wrestling hall. The championship is organized by Wrestling Association of J&K in collaboration with Jammu University and under the auspicious of wrestling federation of India, J&K Sports council and J&K Olympic association.

Mayor Jammu, Rajinder Sharma was the Chief Guest while Pardeep Sharma senior BJP leader Sports Cell was the Guest of Honour on the occasion of closing ceremony.

Prominent others were present on the occasion Vasudev Sharma (president), Vijay Pehlwan, Abdul Ahad Shah, Jai Bharat, Om Parkash (Director Competition) Swarn Lal, Raj Kumar and other dignitaries were present on the occasion. Rajinder lauded the efforts of organizers for conducting the championship and channelize the energy of the



Mayor Jammu, Rajinder Sharma posing with winners and officials.

youth towards Wrestling Sports. Mayor also gave a briefed the gathering that he will do all possible help and cooperation for the Players of J&K UT. He also distributed the medals to the winners and mementoes to the officials and other dignitaries present on the occasion. The Wrestling Association of J&K also honoured Surya Udhay Pratap Singh who recently won silver medal in Under-17 Cadet National Championship 2022 which was held at Ranchi (Jharkhand) and also won sil-

ver medal in Grand Prix Under-17 National Championship-2022 which was held at Ayodhya.

Senior Men (freestyle): 57 Kg: Anil Singh, gold, Rajinder Singh, silver and Mujtaj Mohd and Radhay Sham, joint bronze. 61 Kg: Rohit Singh, gold, Keshav Kumar, silver and Shamahoon and Sadiq Hussain, joint bronze. 65 Kg: Jarnail Singh, gold, Harshdev Singh, silver and Deepak Kumar and Rahul Mehra, joint bronze. 70 Kg: Subash Singh, gold, Bag Hussain silver and

Bhushan Mehra and Abish Verma, joint bronze. 74 Kg: Saleem, gold, Ashiq Hussain silver and Suryadev Singh and Gourav, joint bronze. 79 Kg: Mohd. Hafiz, gold, Kuldeep Singh, silver and Nayeem Ahmed Dar and Mushtaq Ali, joint bronze. 86 Kg: Hamam Hussain, gold, Ranjeet Singh silver and Arjun Sangral and Surjeet Singh, joint bronze. 92 Kg: Abdul Rashid, gold, Pankaj Kumar silver and Madan Singh and Anshu Chib, joint bronze. 97 Kg: Biniya Amin, gold, Sanjay Kumar, silver and

Jacob Ali and Aman Kumar, joint bronze. 125 Kg: Isaaq Ahmed, gold, Mustafa Kamal, silver and Aditya Singh and Aryan Singh, joint bronze.

Senior Women 50 Kg: Radha Sharma, gold, Pallvi Kumari, silver and Mamta Devi and Pooja Katoch, joint bronze. 53 Kg: Upasana, gold and Toiba Rashid silver. 59 Kg: Muskan Rajput, gold, Ruhi Rajput, silver and Rabia Bhat and Shaista Shafi, joint bronze. 68 Kg: Sonia Sharma, gold, Gulshan Bibi, silver and Monika Sharma and Pallvi, joint bronze. 76 Kg: Sunakshi, gold, Kusum Rani, silver and Shariya Manzoor and Mansi Dogra, joint bronze.

Senior Men (Greco-Roman): 63 Kg: Rahul Mehra, gold, Sudhanshu Raiyan, silver and Dawood Ahmed, bronze. 67 Kg: Sahil Dagonia, gold, Vishal Choudhary, silver and Sumit Gangla, bronze. 77 Kg: Shamahoon, gold, Suryadev Singh, silver and Arif Khan, bronze. 97 Kg: Medai Javid Ahmed, gold, Kshitij Mansotra, silver and Mohd. Azam, bronze.

Super Star Salani bags Volleyball title



Winner team posing for a photograph with dignitaries.

■ 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 Kasbari Mendhar; 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 Manjit Singh Memorial Volleyball Club Pooch for promoting the game of Volleyball.

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

The competition officiated by the technical penal including Shabbir Ahmed, Mohd Ikhlaiq, Intazar Ali, Mohd Abbas, Shafqat Hussain Shah, Mohd Hamid and Ramiz Tariq.