

# JK Public School Panjtirthi observes AIDS Day



Students and faculty members of JK Public School Panjtirthi participating in various activities on AIDS Day.

## STATE TIMES NEWS

JAMMU: JK Public School Panjtirthi observed AIDS Day in the school campus. The programme commenced

with an introduction by Mamta Gupta who enlightened the students with various facts, myths and figures about the dreadful syndrome.

She explained that this disease attacks and destroys the immune system of the body.

Jakians made the show

more meaningful, informative and interesting through a parody where in they spoke on causes and prevention of AIDS.

Jakians lauded the theme of World AIDS Day 2022 "Equalize" and highlighted that it is a wakeup call for all of us to focus on the practical

solutions to alleviate inequality and put an end to life threatening disease 'AIDS'.

Every student had put red ribbons which is the universal symbol of awareness and support for people living with HIV and took a pledge that to induce the spirit among youth to help, love support and care for the people living with HIV/AIDS.

Jakians sang a melodious song which gave the message to the audience that life is precious and we should take every possible precaution to live life to the fullest."

Principal of JKPS Panjtirthi Suman Bambah revealed, "World AIDS Day 2022 celebration serves as a reminder to the public and the government that HIV is still a serious problem that requires urgent attention and more awareness among the people.

The Principal held a questionnaire round based on the celebration. She asked various questions to students and the winners were rewarded.

# GDC Neeli Nallah conducts intramural tournament



Faculty members interacting with players.

## STATE TIMES NEWS

UDHAMPUR: Department of Physical Education Government Degree College Neeli Nallah, in association with Youth Club on Thursday organised an intramural Tournament under the banner of My College My Pride.

The competition was organised under the guidance of Prof. Hans Raj, the college Principal. While interacting with the students, he highlighted the importance of games-indoor as well as outdoor and motivated them to actively participate in the

sports to stay physically fit. He emphasised that team-work and leadership are best learned as well as practised in sports.

Dr. Ranjeeta Langoh was the coordinator of the event. As many as 16 students participated in the contest. Team-A Royal club headed by Aman Singh Won by Two sets by defeating Team-B Shershah Club headed by Shaib Malik.

Prof. Swati Dutt, Dr. Radha Rani and Prof. Shajita Yasmeen were the members of the organising committee. Other faculty members were also present.

## 20 medals for MA Stadium lifters in district meet



Winner weightlifters posing with Cardiologist Dr Sushil Sharma and other officials.

## STATE TIMES NEWS

JAMMU: Young lifters of MA Stadium coaching centre have won record 20 medals, including 15 gold in the recently held Jammu District Weightlifting Championship at Bana Singh Stadium, R.S.Pura.

Out of 22 lifters from MA Stadium, who took part in the district competition, 20 returned with medals. The medal winners included five girls.

And, to encourage and boost the morale of these lifters, a function was organised on Thursday at the weightlifting hall of MA Stadium. Renowned Cardiologist of J&K, Dr Sushil Sharma was invited as special guest to do the honours, informed retired Divisional Sports Officer of J&K Sports Council (JKSC) and weightlifting coach, Ravi Singh.

Speaking to the gathering of young lifters, the visiting guest encouraged them to seriously pursue the game to excel at the national and international levels. He also guided the medal winners in adopting healthy lifestyle.

Earlier, retired weightlifting coach of JKSC, Inderpal Singh introduced the medal winners with special guest, Dr Sushil Sharma. Prominent among others present were senior

weightlifter, Lakhwinder Gill and Kunal Mishra.

Important to mention here that both Ravi Singh and Inderpal Singh took up the coaching duties voluntarily at MA Stadium coaching centre with the sole objective to train the youngsters of Jammu.

Presently, there are 30 trainees at the MA Stadium, who practice the game of Weightlifting in the morning session.

Medal Winners: YOUTH: Ashwani Kumar (61 kg), Gold; Gulal Takya (89 kg), Gold; Yogeshwar Singh (96 kg), Silver. JUNIOR: Himanshu (55 kg), Gold; Ranjay Singh, Handicap (61 kg), Gold; Utthkarsh Sharma (81 kg), Gold; Pankaj Kumar (89 kg), Gold; Aditya Sambyal (96 kg), Gold; Nandani Sharma (Plus 87 kg), Gold;

SENIOR: Anil Kumar (55 kg), Gold; Anirudh Barne (55 kg), Silver; Ritika Panjwani (55 kg), Gold; Kewal Singh (67 kg), Gold; Amrinder Singh (73 kg), Silver; Rahul Chopra (73 kg), Gold; Rishav Dogra (81 kg), Silver; Karan Kumar Sahu (96 kg), Kaya Sharma (71 kg), Gold; Abhimay Sharma (Plus 109 kg), Gold; Priya Sharma (Plus 87 kg), Gold; Sunny Jamwal (Plus 109 kg), Silver.

In the opening match, J&K men's team defeated Telangana by 72 runs. Speaking as a Chief Guest, Dr. Mehta he remarked that the government is committed to create a world class infrastructure for the sports lovers of the UT. He further said that the administration is determined to organize the marquee events of National and International championships across J&K.

He further stated that such events certainly provide excellent opportunities of showcasing budding sports talent amongst the youth.

Dr Mehta observed that

the administration this year gave opportunity to some 50 lakh youth to demonstrate their sporting skills across the length and breadth of J&K. He declared that it had been made a reality to have a playfield in every panchayat and at least an Indoor Stadium in each district.

He made out that in order to hone the skills of youth many stadia are provided with flood lights and artificial turfs. He stated that youth in areas like

Downtown Srinagar and other districts can be seen playing games till late hours at such venues. He stated that a culture of sports and cultural activities is taking roots in J&K. He said that every person young or old is encouraged to take up either sports or culture to channelize his/her energy towards better and healthy activities.

The Director, YS&S in his remarks stated that the Sports Council and J&K Tennis Ball Association has been very active in organizing the 33rd National Championship from 8-11 December in this sprawling stadium in the magnificent city.

The Secretary Sports Council, Nuzhat Gul while presenting the welcome address of the 4-day long championship being organized under "My Youth My Pride" initiative of the Tennis Ball Cricket Federation jointly.

Those who were present includes Members of Sports Council, General Secretary of the Tennis Ball Cricket Federation, Chairman Tennis Ball Cricket Federation along with other Senior members of the federation & officials of the J&K Sports Council & Youth Service & Sports department.

## Inter-collegiate Yoga competition

### GGM Science College lifts men's trophy, Govt SPMR College of Commerce women's title

## STATE TIMES NEWS

JAMMU: Inter-Collegiate Yoga (Men & Women) tournaments organised by Cluster University of Jammu in Govt. COLLEGE of Education on Thursday.

Dr Zubair Kales, Dean School of Education Cluster University of Jammu was the Chief Guest and Prof. Aekta Gupta, Principal, GCoE Jammu was the Guest of Honour on the occasion.

He threw light on the relevance of organizing such Sports activities and motivated the students to participate actively in Yoga because yoga played a vital role in maintaining Good Health and Wellness.

Dr. Vinod Bakshi, Sports Coordinator, Cluster University of Jammu and Physical Director, GGM Science College was also the Special Guest under whose supervision this Inter-College Yoga (Men & Women) tournament was organized.

In Men's section GGM Science College lift the winner trophy by securing 432 points and Govt. MAM College remained in second position by securing 347 points.

In women's section, Govt. SPMR College of Commerce remained Champion by securing 632 points and Govt. College of Education remained runner up by securing 574 points and Govt. MAM College remained in third position by secured 544 points.

On individual basis In Men section Golok Sharma of MAM College remained first by securing 154 points, Satyinder Singh of GGM Science College remained on second position with 151 points and Nitish Sharma of GGM Science College remained on third position by securing 143 points. In Women Section on individual basis Himani Verma of SPMR College of Commerce remained on first position by securing 157 points and Anushka Koul of Govt. MAM College remained second by securing 156 points and Heena Verma of Govt. SPMR College of Commerce remained on third position by securing 155 points.

Dr. Deep Kumar, Prof. Rubina Yasmeen, Prof. Shapia Shameen, Dr. Mansi Sharma, Prof. Neeraj Verma, Prof. Anju Bala, Prof. Jyoti Parikh, Dr. Satyinder Kumar, Dr. Shafkat Jahangir, Sh. Ajaz Malik, Physical Director SPMR College of Commerce, Dr. Roopal Slatia, Physical Director GCW Gandhi Nagar Jammu, Ramandeep Kralia, Physical Director, GCOE Jammu and Neelam Chalotra, Assistant Physical Director Govt. MAM College Jammu were among the various dignitaries present during the occasion. The matches were officiated by Mukesh Sharma and Sabita Sharma.

## Minerva Jammu trials attract young Footballers



Participating Footballers posing for a photograph with dignitaries in Jammu on Thursday.

## STATE TIMES NEWS

JAMMU: Two-day selection process initiated by one of the country's top professional club, Minerva Academy Football Club attracted a big crowd of young football enthusiasts at Birla Open Minds International School, here today.

To personally supervise the whole activity, international footballer from Jammu and member technical committee of All India Football Federation (AIFF), Arun Malhotra made his presence felt at the venue.

It was Arun, who brought the selection process to Jammu which, otherwise, was limited to Kashmir

Kabaddi probables named for coaching camp

## STATE TIMES NEWS

JAMMU: President of Jammu & Kashmir Amateur Kabaddi Association, Anil Gupta, said that the Kabaddi Team of J&K (UT) in boys section will participate under the banner of J&K Sports Council in the 32nd Sub-Junior National Kabaddi Championship for Boys which is going to be held from Dec, 27th to 30th 2022 at Bokaro Steel City, Jharkhand.

The Team: Deepak Kumar, Jannu Kumar, Daksh Singh, Aryan Sharma, Nitin Sharma and Tejas Sharma (all from Jammu), Vishwas Sharma (Kathua), Pranav Dev Singh (Samba), Umar Kamrath (Poonch), Abrar Tariq and Khan Muteev Manzoor (Baramulla), Irfan ulHaq (Poonch), and Saksham and Vansh (Udhampur).

Before joining the camp, all the probables are required to produce fitness certificate from Chief Medical Officer, Anil said.

Kabaddi probables named for coaching camp

## STATE TIMES NEWS

JAMMU, Dec 8: Jammu and Kashmir inflicted a humiliating defeat by an innings and 271 runs on Mizoram as Dhruv Sharma, Arianth, Jeevesh Gupta and Varun Singh Charak blossomed in the Vijay Merchant Trophy match against Mizoram at Sector-1 Ground, Bhillai today.

Earlier, after conceding a huge lead of 470 runs to J&K in the first innings, Mizoram managed to score 199 runs in the second essay to suffer a crushing defeat by an innings and 271 runs.

Maneesh and Peka scored 38 and 37 runs to the total respectively, while Tetea and Ruatsanga contributed 27 runs each.

Earlier, after conceding a huge lead of 470 runs to J&K in the first innings, Mizoram managed to score 199 runs in the second essay to suffer a crushing defeat by an innings and 271 runs.

Earlier, on day-1, J&K's talented middle-order batsman Dhruv Sharma had slammed a cracking double century, while opening batsman Arianth had scored 576/5 in the first innings.

Earlier, in reply to J&K's huge total of 576/5 in the first innings, Dhruv scored huge unbeaten 236 runs off 224 balls,

studded with 39 delectable boundaries, while Arianth had scored 145 runs off 138 balls with 15 fours and 5 sixes.

Haadi Ibrahim (55) and Varun Singh Charak (48) were other two major contributors.

For Mizoram, Tetea bagged 2 wickets, while Mala and Ruhul had claimed 1 wicket each.

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