All India Civil Services Cricket Tournament

RSB J&K thrashes Hyderabad by 9 wkts

STATE TIMES NEWS

DELHI: Mani Sharma and Asif Khan blossomed with the willow, while Ramdaval and Waseem Raza dazzled with the ball as Regional Sports Board (RSB) XI thrashed RSB Hyderabad in an easy contest by 9 wickets in the ongoing All India Civil Services Cricket Tournament at Vikas

Puri, here on Friday. Earlier, batting first, RSB Hyderabad scored a good total of 167 runs in the stipulated 20 overs, losing 5 wickets in the process. Karthik Rao top scored with 46 runs, while skipper

Pawandeep Kour qualifies Ph.D STATE TIMES NEWS

RAJOURI: Pawandeep Kour, daughter of Udham

Singh and Kamalieet Kour, resi-Jawahar Nagar, declared

qualified for the award of Degree of Doctor of Philosophy (Ph.D) in Chemistry by University of Kashmir, Srinagar.

She worked on the topic, "Designing of Novel Micro- and Nanoemulsion Composite Hydrogels

Encapsulation, Stabilization, and Delivery of Bioactive Molecules in Sustainable Food System", under the joint supervision of Prof. Aijaz Ahmad





RSB XI J&K posing for a group photograph after beating RSB Hyderabad at Delhi on Friday.

Chaitanya Reddy, Chaitanya Krishna and Vamshi Vardhan Reddy contributed 37, 34 and 29 runs to the total respectively. For RSB J&K, Ramdaval

was the pick of the bowlers, who captured 3 important wickets by conceding 27 runs in 4 overs, while Waseem Raza bagged 2 wickets by giving away 36 runs in 4

In reply, RSB J&K XI chased the target easily in 14.3 overs by losing one wicket, thus won the match by 9 wickets. Mani Sharma played a magnificent innings of 82 runs off just 37 balls, studded with 7 fours and 7 massive sixes, while Asif Khan contributed unbeaten 60 runs off 41 balls with 6 fours and 3 sixes. Paras Sharma also contributed brisk 9-ball 23

For RSB Hyderabad, Sesetti Shivaktishna took

runs with 3 boundaries and

RSB J&K team is being accompanied by former First Class Cricketer, Ashwani Gupta as Coach and another former First Class Cricketer, Rajan Singh as Manager.

RSB J&K team is being represented by a good number of former Ranji Trophy including Mohammad Mudhasir, Sandeep Singh, Vimarsh Kaw, Omar Alam, Mehjoor Ali Sofi, Anoop Mangotra, Aditya Pratap Singh, Rahil Singh, besides national player Sahil Bhalwal and the trio of Ramdayal, Waseem Raza and Asif Khan.

tool to divert the mindset

of our youth towards pos-

itive pursuits and con-

tribute to a healthier soci-

The selection process

involved various skill

assessments, including

agility drills, stick-han-

dling exercises, and mock

impressing the judges

with their athleticism and

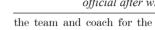
The selected players will

JU women win opening Basketball tie ■ STATE TIMES NEWS

JAMMU: University of Jammu (JU) made a winning start in the North Zone Inter-University women's Tournament, Basketball hosted by Mahatma Jyotiba Phule Rohilkhand University, Bareilly in Uttar Pradesh.

As per the reports reaching here, JU defeated CSJM University, Kanpur 46-07 by a big margin making it a onesided contest. The JU team is accompanied by Hritik Khullar as Coach.

Meanwhile, Directorate of Sports, JU congratulated



official after winning the match.

Winner JU women team posing with

improved performance in the

Cooch Behar Trophy

Brilliant Aarav shines again with willow

extraordinary batting skills, Jammu boy Aarav 🏾 Mahajan again

blossomed with the willow, scoring magnificent halfcentury against Uttar strong Pradesh while representing Uttarakhand in the ongoing Men's U-19 Cooch

Trophy Behar Highlanders Cricket Stadium, Kashipur on Friday.

Aarav has now slammed two splendid centuries and two big fifties in the six innings he has played so far in the season.

Earlier, batting first, Uttarakhand scored a decent total of 273 runs in 72.1 overs in their first innings. Skipper Aarav

runs off 117 balls, studded KASHIPUR: Displaying with 6 fours and 2 sixes, while Poorvansh Dhruv and

> contributed 67 and 52 runs to the total respect i v e l y . Wicketkeeper batter Aditya Nathani also contributed valuable 41 runs to the total.

Aditva Kumar Singh was the most successful bowler for Uttar Pradesh, who took 5 wickets while Shubham Mishra bagged 4 wickets.

In reply, Uttar Pradesh were struggling at 56/3 in 15 overs at the draw of stumps on day-1 today. Manav Sindhu contributed 29 runs, while Kavya Teotia was unbeaten on 18 runs. Aditya Rawat took 2 wickets for Uttarakhand, while

Big loss for J&K women in U-23 T20

STATE TIMES NEWS

JAMMU: Jammu and Kashmir lost to the formidable side of Mumbai by nine wickets in a women's tie for under-23 Twenty20 Trophy at Barasat Ground, Kolkata in West Bengal on Friday.

As per the reports reaching here, J&K, batting first, bowled out for paltry total of 84 runs losing four wickets. Opening batter, Bawandeep Kaur top scored with 24 runs coming off 30 balls, while Chitra Singh Jamwal contributed unbeaten 22 off 35 deliveries with one boundary.

For Mumbai, Fatima Jaffer was pick of the bowlers, who took two wickets by conceding 16 runs in four overs, while Zeal Dmello claimed one.

In reply, Mumbai chased the target, rather easily making 85 runs in 12.2 overs, losing one Skipper Riya wicket. Chaudhari top scored with unbeaten 46 runs off 34 balls studded with seven boundaries, while Tushi Shah contributed 36 runs off 38 balls with five fours. Madhu Devi took the

marvelous achievements by

college sports board & sen-

ior faculty members under the supervision of their

Physical director Dr JS

She assured them all help

soodan:

Silambam game selection exercise draws enthusiastic crowd in Jammu North

Hari Singh emphasizes significance of sports in shaping lives of youth

JAMMU: The Silambam Game Selection Exercise, held on Friday at Lower Roop Nagar in the Jammu North Assembly Segment, witnessed an enthusiastic participation from players and teachers across Jammu and Kashmir.

The event aimed to identify and select talented individuals for further training and development in the traditional Indian martial art form.

The exercise was graced by prominent figures like Hari Singh Chib, Chief Patron of the Association, SHO Janipur, Virender Singh, President of the Jitendra Association, Kumar, and Bahadur Singh.

Workshop on 'preparation for board

exams' held at Shiksha Niketan School



Chief Patron of the Association, Hari Singh Chib along with others at a event.

ed the participants and highlighted the importance of Silambam in promoting physical fitness and cultural heritage.

In his address, Hari Singh Chib emphasized in shaping the lives of the youth, particularly in the face of rising drug abuse concerns.

He stated, "Silambam, with its emphasis on discipline, agility, and selfdefense, can be a powerful

combat scenarios. The participants displayed their dedication and passion for the sport,

technique.

now undergo rigorous training under the guidof experienced coaches, preparing them for future competitions and promoting Silambam to a wider audience, he

Principal GDC Kathua felicitates women sportspersons

STATE TIMES NEWS

JAMMU: Shiksha Niketan Senior Secondary School, Jeevan Nagar on Friday organized a workshop which was conducted by resource person Puneet Mishra on Education and Preparation of Exams'.

In this workshop, Puneet said that first of all we have to make a strategy for learning and then we have need to work on that strategy to get the fruitful results.

He gave so many examples related to Physics, Chemistry, Biology and Mathematics and said that specially in these



subjects we have need more and more practice and self practice and then a good result can come.

Veena Gupta, Incharge of High Wing presented the

resource person with bouquet. Principal gave a message for students that this session is very much important for the students who are going for STATE TIMES NEWS KATHUA: "Principal

Government Degree College (GDC) Kathua Prof. Seema Mir felicitated the elite sportspersons of the college in the felicitation ceremony organized on Friday by the Department of Physical Education GDC Kathua at Principal Chamber in which 12 outstanding players

including Captain of the winner Kho-Kho (W) team of the college in the recently held Jammu University Inter-collegiate Tournament 2023-2024 organized by the Directorate of Sports and Physical Education,



GDC Kathua winner girls posing with faculty members during felicitation programme.

felicitated.

The winner team was led

Physics, GDC Kathua" as per the press release.

nied by the senior faculty members of the college Prof. Shivani Kotwal Convener College Sports Board, Dr Shub Kumar, Dr Neha Bandral, Lt.(Dr.) Rachana Devi, ANO and HOD Psychology, (Dr.) Amrik Singh ANO Naval Wing, Dr. Shamsher Singh, HOD Urdu Dr Kamaldeep Singh HOD Punjabi, Prof Kaurab Singh, Dr Wasim and Dr. Pinky Sharma:

Seema Mir was accompa-

while addressing the players, Prof. Seema Mir praised the students for keeping the winning morale and support for the development of Sports in the college. She also interacted with the players, who represented the college at National Level and All India Inter University LeveL"

Prof. Seema Mir congratulated the winner teams of College Later, the students thanked the worthy Principal for encouragement

by the Dr. Neeraj Gupta, The Press release further of the College at all levels of and for healthy interaction Professor stated that Principal Prof. Sports, she also praised JKASTA to conduct

DC Ramban inaugurates Chanderkote Big Bash Cricket League

STATE TIMES NEWS

RAMBAN: Deputy Commissioner, Ramban. Baseer-Ul-Haq Chaudhary inaugurated Chanderkote 'Big Bash Cricket League' here at Cricket Ground Chanderkote, Ramban.

Principal Polytechnic, Er. Vivek Mahajan, Naib Tehsildar, Javed Ahmed Shan, PRIs, other senior citizens, officers besides a large number of sports lovers were present to witness the match.

As many as 48 teams are participating in the tournament. Highlighting the importance of sports for



posing with participating teams.

developthe harmonious ment of an individual, the Deputy Commissioner said that the tournament is a good initiative to channelize the energy of youth. He said that it would go a long way in providing a platform

to youth to shape their talent and prove the mettle in the field of sports

Appreciating the organizers of the tournament, the Deputy Commissioner said such tournaments would also be organized in other said that such tournaments are also helpful in developing synergy and provide entertainment as well as opportunity to youth for understanding among them, besides diverting their attention from The inaugural match was

played between the team Udhampur and team Ramban. Ramban won the match by 34 runs. The team Ramban won the toss and decided to bat first. The tournament would be played on a knock-out basis. Earlier, the Deputy Commissioner was intro-

Deputy Later, the CommissionerGovernment Polytechnic College, Chanderkote and took stock of the functioning of the institution. Interacting with the fac-

ulty and students, the Deputy Commissioner called upon them to take interest in their studies, and excel in curricular and co-curricular activities. He advised them to keep away from the means of drugs for living a healthy and happy life and contribute to the development of the

Karnataka makes 96/2 in reply to J&K's 170

■ STATE TIMES NEWS JAMMU: Karnataka made

a confident start with 96 for two after J&K bowled out for 170 runs on the opening day of the Men's Under-19 Cooch Behar Trophy tie underway at GGM Science College Hostel ground, here

Karthikeya KP (23) and Hari Rajiv (nine) were at the crease when the day's play called off. Mousub Mohd Bhat bowled well taking away both the wickets. Earlier, put into bat, J&K 11 overs.

struggled and could manage to score 170 runs in their first innings. Opener Bilal Ahmed Bhat top scored with 44 runs, while Dhruv Sharma and Hatim Reyaz contributed 37 and 27 runs to the total respectively.

For Karnataka, left-arm spinner Hardik Raj was the wrecker-in-chief who took five wickets conceding 28 runs in 13 overs he bowled. India Coach Rahul Dravid's son, Samit Dravid bagged two wickets for 25 runs in

selection trials for Senior nationals on Dec 20 STATE TIMES NEWS JAMMU: Jammu and

Kashmir Amateur Soft Tennis Association (JKAS-TA) would conduct open selection trials of Soft Tennis players on December 20, 2023 at MA Stadium Jammu for participation in the upcoming 20th Senior National Soft Tennis Championship (Men and Women) scheduled to be held at Dewas, MP with effect from January 13 to 17, 2024. In this regard, all the affiliated district unit heads have been requested for participation in the said selection trials.

Maharishi Vidya Mandir School students shine in Taekwondo C'ship



Medal winner players posing for a photograph with dignitaries.

STATE TIMES NEWS

JAMMU: The 4th J&K UT ITF Taekwondo Championship concluded at Indoor Sports Complex, Samba on Friday.

More than 250 participants from Presentation Convent School Gandhi Nagar, Maharishi Vidya Mandir Sainik Colony;

Ghosh, Vimal Arvind Muni International, Netaji Academy participated in the champi-

The students Maharishi Vidya Mandir School brought laurels to the school for begging 25 medals including 11 gold, nine silver and five bronze

medals out of 31 students. The students who won the gold medals include Lakshsharma (30-35kg), Jaskirat Singh (50kg & Above), Harjot Singh (40-45kg); Naitik Verma (35-40 kg); Amulya (55kg & Above) (15-17 years)

Keshav Randhawa (70-75

Kg). In girls section for

gold medalists were Mehak Thakur (40-45kg), Navika Choudhary (40-45kg), Aranya Sharma (35-40kg) and Aradhy Dubey (30-35 kg).

Hemant Dogra, Shiksha, Sadhotra, Anirudh Jaspinder Kour. Sanampreat Kour, Vansh and Navy Choudhary won the silver medal while bronze medals winners were Ansh, Deveshi, Pranav, Navya Singh and Mehak Verma.

District. Vice President Mohan Lal Sharma was the Chief Guest on the

He blessed the students and gave medals among the winners. The students were

trained under the supervi-

sion of Rahul Khanmotra.

STATE TIMES NEWS JAGTI: Shiva Bhagwati XI and women titles respectively in KPL Tournament Jagti at

> ners-up teams in both men and women sections on the occasion.

SDPO Nagrota, Akash Kohli and SHO Vishwa Pratap Singh.

In the men's section, Shiva

first, Shiva Batting Bhagwati XI scored 109 runs, while in reply, Young Striker Cricket Club bundled

Sidha honours players as KPL Tournament Jagti concludes Shiva Bhagwati XI, Sharda XI win men, women titles

and Sharda XI clinched men

Jagti ground here. Relief and Rehabilitation Commissioner, KK Sidha was the Chief Guest at the closing ceremony, who felicitated the winners and run-

He was accompanied by

Bhagwati XI got the better of Young Striker Cricket Club in a close contest by 9 runs.



match by a narrow margin of 9 runs, thus Shiva Bhagwati emerged champion.

In the women's section, Sharda Cricket Club defeated Lal Ded XI by 12 runs to lift the title. Kashish was the captain of the winning team while Komal was the captain of runners-up team.

The chief guest alongwith

He advised the youth to participate in sports and

prizes among the winners and encouraged the players with motivational speech.

He said that Jagti Cricket Ground will soon be developed into a quality sports facility in order to make Jagti Township a sporting

other allied activities so that they will not fall prey to drugs and other social event and will not derail from the mainstream, adding that sportspersons are the messengers of peace, prosperity and harmony.

Prominent among others present on the occasion were social activists Sunil Pandita and TK Dhar.