

# JK College organises lecture on 'Yoga and Mental Health'



Resource person, Tamanna Parveen, a member of Yoga Samiti delivering a lecture on 'Yoga and Mental Health' at JK College of Education.

**STATE TIMES NEWS**  
JAMMU: Meditation is relaxation and rejuvenates the body and mind with this aim in mind a workshop was organized in JK Group of

Colleges on Tuesday. Tamanna Parveen, a member of Yoga Samiti was the resource person on the occasion. The session began by seeking the blessings of the Almighty by chanting 'OM'. Then the session continued with another Asanas of Anulom and Vilom and continued with series of Asanas.

Exercise for relieving stress and enhancing the flexibility of the body were also done for the benefit of the students and teachers. Shashi Chaudhary, Director of College in her address underlined the need of opting Yoga as a way of life for an individual's own benefit. She expressed hopes to continue such campaign for a more healthy society.

The lecture was informative and rejuvenating and benefitted all. The programme concluded with vote of thanks.

The fitness training camp shall be conducted by Mohd. Amin (Fitness Trainer), who shall be assisted by Arshid RATHER.

after February seven, 1999 (below 25 years of age) and having below 80 kg of weight are only eligible for the trials. All such players need to bring along supporting documents at the time of registration for the selection, a separate handout issued informed. "The trials shall be conducted under the supervision of Sudesh Kumar Raina (NIS Kabaddi Coach of J&K Police and assisted by Sanjeet Sharma (district secretary Jammu). Soon after the selection, the probable shall under a special training camp (Fitness and Specific Camp)," further said the Association CEO.

# Trials for Yuva Kabaddi series from Dec 28

**STATE TIMES NEWS**  
JAMMU: Jammu and Kashmir Amateur Kabaddi Association shall hold selection trials to pick up probable for the upcoming Yuva Kabaddi Series slated for January 2024. The three-day selection process shall take place at Kabaddi Stadium, MA Stadium, here



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# J&K Kho-Kho teams leave for Nationals



J&K Kho-Kho teams posing with dignitaries before leaving for Nationals.

**STATE TIMES NEWS**  
JAMMU: Kho-Kho teams of Jammu and Kashmir today left for participation in the 42nd Junior National Kho Kho Championship scheduled to be held at Binitra in Chhattisgarh. Earlier, the teams selected by the J&K Kho-Kho Association underwent screening, conducted by Dr Jagan Singh and Anil Sharma members Screening Committee of J&K

Sports Council. Present among others were BS Tirthi, Harjit Singh, Dheeraj Sharma and Amrinder Pal Singh. The Teams: Boys: Anait Ali, Varun Chhibber, Vansh Sharma, Inderjit, Adil Ali Zakir, Haseeb Arsheed, Mohsin Majeed, Surair Javid, Sahil Javid, Aquib Bashir, Fazil Nisar Wani, Sonu Kumar, Varun Kumar, Harsh Dev Singh and Jaskirat Singh.

Coach: Sunil Sharma. Assistant Coach: Sahil Angural. Girls: Tahira Praveen, Riya Devi, Mir Minha ul Moazum, Sidrat ul Muntaha, Suhana Jahangir, Faiza Kousar, Bhat Muneera Aijaz, Noor ul Nissa, Fozia Fayaz, Gori Devi, Kamni Devi, Babli Devi, Ayushi Katal, Tanisha Sharma and Sapna Devi. Coach: Pushpawati JP. Manager: Jameela Bano.

# Oriental students trek through Mohoregarh

**STATE TIMES NEWS**  
JAMMU: A group of around 150 students, including 80 girls of Oriental Academy Senior Secondary School, here successfully participated in the 'One Day Short Treks Series Programme' initiated by Tawi Trekkers J&K in Mansar- Mohoregarh area. The group of budding trekkers led by Sonam Sidharth, a trained mountaineer and senior member of Tawi Trekkers also included Abhimanyu Sherpa, Souravdeep Singh, Suksham Verma and Ananjan Raghav Khajuria. Ten teachers led by Principal of the school Vivek Chauhan and including Arvinder Kour, Jyoti Bala, Pinki Sharma, Anjali Gupta, Vandana Khanna, Seema Arora, Jyoti Devi, Aryan Bhagat and Reena Sharma



Participants posing for a group photo during the 1-day trek in Mansar- Mohoregarh area.

also escorted the young trekkers who were on their maiden adventure to explore and enjoy nature. After a sumptuous breakfast at Mansar the budding young trekkers whose average age was about 12 years enjoyed the main attraction, a soft trek of about four kilometers in the Mansar-

Mohoregarh area and were thrilled to have a panoramic view of the serene lake and the mother nature at its best. The trekkers also visited the local zoo, maintained by the department of wildlife protection, where they saw many beautiful birds and wild animals and learnt about their habitat and their behavior.

With this the total participation in this programme has so far gone over 487 with an overwhelming participation of about 300 girls. Earlier, the club successfully organised a short trek from Kattal Batal to Aithem via Bhed Devta for 102 students of Oriental Academy. A 12 kms

heritage trek from Sagon to Purmandal for 101 students of PSPS Government College for Women Gandhi Nagar, Jammu was also organised by the club and sponsored by the Directorate of Tourism Jammu. Beside, 144 students of Sprawling Buds ICSE School also participated in the ongoing series. "The aim of One Day Short Treks Series Programme wherein about 2000 boys and girls are expected to participate is to 'Catch Them Young' and imbibe in the young minds a spirit of adventure, love for nature and above all a supreme sense of self confidence so as to mould them into bold and responsible future leaders and builders of the country," said president of Tawi Trekkers, Ram Khajuria.

# Divyansh, Raksha bag 60 mts Gold in Samba Athletics



Winner players posing for a photograph with dignitaries and officials.

**STATE TIMES NEWS**  
JAMMU: Divyansh Singh and Raksha Sharma bagged 60 meters gold in under-14 age group of boys and girls to emerge fastest athletes in the two-day District Samba Athletics Championship which held at Sports Stadium Smaillpur. Those winner athletes in field and track events various two age groups of under-14 and under-16 presented the medals by senior athletics coach of J&K Sports Council, Gureharan Singh in the presence of Guest of Honour, Dr Ajay Charak (Lecturer). Now, those winner athletes shall be made part of the J&K team for the upcoming National events. Rakesh Singh Charak was Organising Secretary while Nirmlal Singh was Chairman Technical Committee of the event. This district championship was organised by District Samba Athletics Association under the aegis of J&K Amateur Athletics Association and sponsored by the J&K Sports Council.

The Results: Under-14 Boys: 60 mts: Divyansh Singh, Ist; Roshan Lal, 2nd and Rudra Pratap, 3rd. 600 mts: Shantu Sharma, Ist; Rudra Pratap Singh, 2nd and Himank Anmol, 3rd. Long Jump: Rudra Pratap, Ist; Himank, 2nd and Divyansh, 3rd. Kids Javelin: Rudra Pratap, Ist; Medhansh Choudhary, 2nd. Under-14 Girls: 60 mts: Raksha Sharma, Ist; Namra Malik, 2nd and Shivani Devi, 3rd. 600 mts: Ishani Sharma, Ist. Long Jump: Shivani Devi, Ist; Raksha

Sharma, 2nd and Vaibhavi Sharma, 3rd. Kids Javelin: Namra Malik, Ist; Vaibhavi Sharma, 2nd and Parul Sharma, 3rd. Under-16 Boys: 60 mts: Neelkamal, Ist; Mukund Katal, 2nd and Kanehya Lal, 3rd. 600 mts: Gautam Singh, Ist; Hardeep Singh, 2nd and Mohd Kamran, 3rd. Javelin Throw: Jatin Charak, Ist; Himanshu, 2nd. Shotput: Krishna Padha, Ist; Ansha Khandotra, 2nd and Haroon Abbas, 3rd. Long Jump: Amit Jhony, Ist; Hardeep Singh, 2nd and Jatin Singh, 3rd. Under-16 Girls: 60 mts: Jhanvi Sharma, Ist; Sanchi, 2nd and Kamini, 3rd. 600 mts: Riya Sharma, Ist. Javelin Throw: Niharika Gupta, Ist and Muskan Vaid, 2nd. Shotput: Ridhima, Ist; Liza, 2nd and Vaishnavi, 3rd. Long Jump: Sanchi, Ist; Kamini, 2nd and Muskaan, 3rd.

**Tourism Dept announces Snow Skating Coaching Course at Sonamarg**  
**STATE TIMES NEWS**  
GANDERBAL: The Jammu and Kashmir Tourism Department, in collaboration with the Department of YSS Ganderbal, on Tuesday announced an exhilarating Snow Skating Coaching Course at the enchanting tourist destination of Sonamarg. Running for a period of 15 days, the course features highly trained coaches from the Tourism Department, imparting their expertise to a group of enthusiastic students. These students are gearing up for the upcoming Snow Skating events, set to add excitement to the New Year celebrations at Sonamarg. Embrace the thrill of snow skating amidst the breathtaking landscapes of Sonamarg, as the J&K Tourism Department continues its commitment to promoting adventure tourism in the region.

# KKR Marheen, Haryana CA win in 12th Police Martyr's North Zone T-20

**STATE TIMES NEWS**  
KATHUA: KKR Marheen and Haryana CA defeated rival teams in the ongoing 12th Police Martyr's Memorial North Zone T-20 Cricket Tournament, organized jointly by District Police Kathua and Shaheed Welfare Committee at Sports Stadium Kathua, here Tuesday. In first match of eighth day of the Tournament, Haryana CA outplayed Jalandhar Sports Club by six wickets. Haryana CA won the toss and decided to field first. Barring first, Jalandhar Sports Club scored 141 runs for the loss of eight wickets in 20 overs. Harshdeep was the top scorer with 44 runs off 44 balls with the help of four boundaries and two sixes while Kartek Sharma scored 42 runs off 23 balls with seven boundaries and a six. In reply, Haryana CA easily



Chief Guest presenting Man of the Match award to a player.

chased the target making 142 runs for the loss of four wickets in just 16.1 overs. Sagar took two wickets as well as scored 18 runs for which he was declared as Man of the Match. In another match, KKR Marheen defeated LB Shastri by six wickets. LB Shastri Club, batting first after winning the toss,

scored 153 runs in 20 overs. Ankush Tyagi scored 52 runs off 46 deliveries with eight boundaries. In Reply, KKR Marheen easily chased the given target in 18 overs with the loss of four wickets. Abhishek played a fine inning of 53 runs off 36 balls with seven boundaries for which he was declared as Man of the Match.

Among others, Additional SP Paranjeet Singh, DSP (HQ) Manjeet Singh, DSP (DPL) Subash Chander, 12th Police Martyr's Memorial North Zone T-20 Cricket Pattern Dr: Jatinder Singh, Ravinder Salathia, Manmohan Singh, Gourav Sharma and Ghanshyam Sharma (Kisan Leader) were present on the occasion.

# Khelo India Women's Rugby League 2023 concluded

**STATE TIMES NEWS**  
SRINAGAR: First Khelo India Women's Rugby League 2023 organised under the banner of Sports Authority of India and in collaboration with Rugby India and J&K Sports Council, concluded at Polo Ground West, Srinagar, here on Tuesday. More than 400 females athletes across from J&K took part in the mega tournament. THE RESULTS UNDER-14: Smart Cats Srinagar, 1st, Rebellious Rugby Girls Srinagar, 2nd and Growth Sports Academy Kupwara, 3rd. UNDER-18: Jammu Rugby Club, 1st, GGHS Avengers Rugby Club Srinagar, 2nd and Baramulla Blues Rugby Club, 3rd. SENIOR: Phoenix Rugby Club Srinagar, 1st, Muskeeters Rugby Club Srinagar, 2nd and Jammu



Rugby Club, 3rd. The winners teams in all three age categories were awarded with the cash prize of Rs 50,000, first runners up with Rs 30000 and second runners up with Rs 20,000 respectively.

# SGSD Int'l School organises friendly hockey match on Veer Bal Diwas

**STATE TIMES NEWS**  
JAMMU: December 26 is observed as Veer Bal Diwas, as a mark of respect and honour for the sacrifices made by Chhote Sahibzadas of Guru Gobind Singh. On this day, in 1705, Baba Zorawar Singh and Baba Fateh Singh laid down their lives at a tender age of 9 and 7 years to protect the human values and integrity of Sikh Community and whole of India. To commemorate the sacrifices and valour of Chote



Participating teams posing for a photograph with dignitaries at Jammu.

Sahebzada, SGSD International School Domana organized a friendly hockey match between Bhargva Hockey Club and Jammu United Hockey Club. Rajeev Sharma, Member J&K Sports Council was the Chief Guest and J.P Singh, former IGP J&K Police and Balvinder Singh Vice President District Gurudwara Parbandhak Committee were Guests of Honour on the occasion. Other dignitaries present

were Surinder Kaur, Vice Chairperson of the School, Manjeet Singh, Administrator of the School, Amarjeet Singh, Member of Management, Bal Krishan Raina, member of Managing committee, Binla Devi, Panch and President Mahila Mandal, Roop Kumar, Panch of the area along with Satish Kumar, Rajinder Singh Sudan, Janak Singh, Jasvinder Singh Kukoo and Gurmeet Singh ex Chiefs Engineer. The School Principal Sonia

Pawar welcomed the Chief Guest, Guest of Honours and dignitaries. The Chief Guest inaugurated the new Hockey Ground of Machine Domana. Earlier in the morning medals were presented to the winners of inter house athletics of the school by the special guest K.C.S Mehta, Principal IDPS School Akhnour. The event culminated with vote of thanks by Manjeet Singh Administrator of the school.