

7th Poonch District Taekwondo Championship begins

■ STATE TIMES NEWS

JAMMU: The 7th Kyrongi and 4th Poomsae Poonch District Taekwondo Championship began on Friday at the Poonch Taekwondo Academy with a grand opening, filled with enthusiasm and excitement.

Organized by the Poonch District Taekwondo Association (PDTA) under the aegis of the Jammu and Kashmir Sports Council, the championship has attracted over 190 young Taekwondo players.

These budding talents, ranging from Pee Wee to Senior categories, both male and female, are representing five different Taekwondo clubs and institutions from the region.

The event was graced by prominent dignitaries, with Taranpreet Kour, the General



Players in action during opening ceremony of 7th District Poonch Taekwondo Championship.

Secretary of PDTA, being the chief guest. The gathering also included Dr. Sarfraz Mir, Chairman of Sir Syed Education Mission and Soeh India, Jatinder Sharma, Headmaster of GMS Khorinar, and Sarvjeet Singh, a Wushu Coach.

Amit Sharma, Joint Secretary of PDTA, officially welcomed the participants, coaches, and officials, setting

the tone for the competition with words of encouragement and appreciation for the athletes.

In her address, Taranpreet Kour wished the participants the best of luck and expressed her admiration for their dedication to the sport.

She emphasized the importance of sportsmanship and hard work in shaping the future of young athletes.

Kour also thanked the Jammu and Kashmir Sports Council for their continuous support in promoting Taekwondo in the region.

The championship is technically supervised by Rajinder Singh, a National Taekwondo Coach and Referee from the Department of Youth Services and Sports.

Other respected officials officiating the event include Akarshit Sudan, Toseef Tahir, Vishvas Sudan, Vishnu Raina, Qasim Hussain, and Hassan, all of whom are district referees and play a crucial role in maintaining the standard of the competition.

Today's competition saw some outstanding performances, with numerous athletes claiming top honors.

In the Kyrongi and Poomsae categories, Prabjot Singh, Garvin Gupta, Ranajay Gupta, Karnik

Bhalla, Ishmeet Singh, Wasia Kouser, Sana Chouhan, Kritika Raina, Atiba Fatima, and Maryam ul Nisa won gold medals. Additionally, the silver medals were awarded to Mohd Irfan, Mohd Firdose, and Nazma Kouser.

These results mark the beginning of what is expected to be an exciting and competitive championship.

The event will continue over the next few days, with more athletes vying for medals in various categories. The PDTA is grateful to all the participants, coaches, and referees for their commitment to the success of the event.

The championship not only provides a platform for young Taekwondo players to showcase their skills but also contributes to the growth and development of Taekwondo in the region.

Awareness lecture on 'Organ Donation' held at SPMR College of Commerce

■ STATE TIMES NEWS

JAMMU: Departments of Environmental Sciences and Punjabi in collaboration with NSS units of the college organized an awareness lecture on 'Organ and Tissue Donation' as part of series of activities under Veer Bal Divas.

The program started with offering condolences on the sad demise of former Prime Minister of India, Dr. Manmohan Singh by observing two minute silence.

Anshu Sharma, Consultant IEC/Media, SOTTO J&K was the resource person in the event. She gave a detailed presentation on organ and tissue transplantation highlighting its various aspects such as eligibility and types of donors, standard operating protocol of transplantation



etc. She spoke at length about the number of people in need of transplantation and importance of organ donation.

She also busted different myths prevalent in the society regarding organ donation. Later a number of faculty members and students pledged their organs and tissues for donation.

Dr. Rajinder Singh, Principal of the college appreciated the organizers for conducting the lecture

on such a Nobel cause.

The programme was coordinated and conducted by Dr. Deepshikha Sharma, NSS PO, Prof. Esha Abrol, HOD, Environmental Sciences, Dr. Deepak Pathania, NSS PO and Dr. MamtaRani, HOD Punjabi. Staff members who attended the programme included Dr. Chetna Gupta, Dr. Ashraf, Prof. Shaji, Dr. Sunal, Dr. Roomi, Prof. Binny, Prof. Sindhu, Prof. Sabia, Ravi Kumar, Kusha and others.

GGM Science College felicitates students for outstanding performance in LEAD Mohatsav

■ STATE TIMES NEWS

JAMMU: GGM Science College celebrated a moment of pride as Principal Prof. (Dr.) Ramesh Kumar Gupta felicitated students who brought laurels to the institution at the recently concluded Mohatsav, organized by the Ladakh Jammu and Kashmir Economic Growth and Development Dialogue (LEAD).

In a grand event celebrating the rich art, culture, and traditions of different regions, two talented students of the College, Maithly and Simran Jamwal, secured third positions in the Dance Category. Their outstanding performance showcased not only their exceptional talent but also the cultural heritage of the region, earning them applause.

While interacting with the students, Principal Prof.



(Dr.) Ramesh Kumar Gupta extended his heartfelt congratulations to both Maithly and Simran Jamwal for their commendable achievement.

He remarked that the success of students in this prestigious event is a testament to their hard work, dedication, and passion. It also highlights the creative talent nurtured at GGM Science College. The College remains committed to supporting and encouraging students to excel

in academics, arts, and beyond. Such achievements inspire others to follow in your footsteps and bring glory to the institution he further added in his message to the winning students.

This recognition reaffirms GGM Science College's commitment to holistic education, fostering talent across all domains, and celebrating the achievements of its students on regional, national, and international platforms.

GDC Marh organises Alumni Meet SANGAM-III

■ STATE TIMES NEWS

JAMMU: A nostalgic reunion of memories, moments and milestones marked the Alumni Meet Sangam-III 2024 at Government Degree College Marh.

The event saw a gathering of alumni of various batches, who came together to revive their college days and reconnect with their alma mater. The programme commenced with the lighting of the lamp. The meet featured an inaugural address by the Chief Guest of the event, Principal Dr. Rakesh Kumar Koul, who welcomed and greeted alumni about their success they achieved in their life and enlightened the alumni about their contribution in the progress of the college.

The proceedings of the programme were conducted by Prof Madhvi Parasher. Prof Imtiaz Shahid, IQAC convener addressed the gather-



GDC Marh faculty at Alumni Meet SANGAM-III.

ing about the objective of organizing alumni meet in the college being one of the stakeholders, monitoring career guidelines, alumni chapter and networking guest lectures and workshops, strong alumni association and development of directory.

Faculty members of the college Prof Anita Kumari, Prof Madhvi Parasher, Prof Ramdayal, Dr. Balwinder Saini, DrAshu Jolly, Prof Anjana Chib, Prof Sachin

Kumar Bhagat, Ravi Kumar (PTI) participated in the brainstorming session where in the future plans for the development of the college were discussed threadbare and also the alumni were suggested to become focused and successful so that they can benefit the college by their collaborations in the progression among diverse zones such as increasing enrollment, particularly in the field of science and making college net zero carbon

GDC Mahanpur faculty represents college at APCESS 2024-Kaifeng China

■ STATE TIMES NEWS

MAHANPUR: The Principal of the Govt. Degree College Mahanpur Prof. (Dr.) Sangeeta Sudan has felicitated the Dr. Jogbinder Singh Soodan, Physical Director/PTI of GDC Mahanpur for bringing laurels to the college by participated as a Symposium Presenter in an 10th Asia Pacific Conference APCESS 2024- Kaifeng. Dr J S Soodan of GDC Mahanpur has represented the College under higher education department in the 10th APCESS 2024-Kaifeng China from 16-19 June 2024.

The 10th APCESS 2024 - Kaifeng was organized by the School of Physical Education, Henan University in a joint collaboration with Asian council for exercise and Sports Science (ACESS) and Foundation for the Global Community Health (GCH). The previous nine conferences were held in the following countries and regions: Seoul, Korea, Manila, Angeles city, Philippines, Hiroshima Japan, Kota Bharu, Malaysia, Shanghai, China, New Delhi (India) and Bangkok, Thailand. The present conferences were attended by 300-700 participants from 28 countries. The theme of 10th



APCESS2024-Kaifeng was "Active and Sustainable Community Living: The Global Partnerships through Physical Activity, Exercise and Health Science". This international historic event has explored the cooperation of Interdisciplinary Approach for Promotion of Holistic Health with Linkage to UNSDG-17, especially in relationship to goal # 3 Health and Well Being, # 4 Quality Education and #11 Sustainable Cities and Communities (Smart Cities).

Dr Soodan has presented a Paper as Symposium Speaker on the topic "Health Status, Topography, Playfields and Socioeconomic Factor of Tribal Population of Jammu and Kashmir- A

Demographic Survey".

This is pertinent to mention that Dr J S Soodan, A Physical Director/PTI at Higher Education has also in his credit for organizing various Webinar Series during COVID-19 in joint collaboration with world renowned international organizations like ACESS, ICSSPE, GCH (USA), UNSDG-17, NADA(India), WADA and Sports Authority of India.

Dr Soodan has previously worked as Sports Scientist at SAI NS NIS Patiala during CWG 2010 and Asian Games 2012 in the Department of Exercise Physiology fro 2009-2014. He has also Served as an Assistant Professor in Physical Education at Physical Education College under Punjabi University Patiala from 20014-2018.

Before his transfer to GDC Mahanpur, he has organized firstever International Conference on "Health Fitness Yoga and Sports Science" in a joint collaboration with Foundation for Global Community Health (GCH), USA at GDC Kathua. In which the Founder President of GCH USA Prof. Dr. Ming Kai Chin was one of the key note speaker and more than 200 participants from all over India and abroad has actively participated.

Kanhaiya, Junaid slam tons; Kawal Preet takes 4-wkts as J&K qualifies



■ STATE TIMES NEWS

RAIPUR: After scoring a splendid century against Jharkhand on the other day, skipper Kanhaiya Wadhawan alongwith opening batter Qazi Junaid scored cracking centuries today before Kawal Preet Singh produced a brilliant stuff with the ball, to guide Jammu and Kashmir to a big win over Goa and qualify for the knockout stage of the ongoing Men's U-23 State-A Trophy at Shaheed Veer Narayan Singh International Stadium, Raipur today. Earlier, winning the toss and batting first, Jammu and Kashmir scored a massive total of 330/6 in the stipulated 50 overs. Qazi Junaid and Kanhaiya Wadhawan showed stellar grit and tenacity to notch up power-packed centuries. Kanhaiya scored unbeaten 105 runs off just 64 balls studded with 10 fours and 3 massive sixes, while Junaid scored 106 off 120 balls with 9 fours and 1 six. Musaif Ajaz (23 off 13 balls) and Kawal Preet Singh (16 off 6 balls) were the notable contributors.

Lakhmesh Pawne and Amit Yadav took 2

wickets each for Goa. Goa in reply scored 258/7 in 50 overs thus losing the match by 72 runs. Yash Kasvankar top scored with unbeaten 100 runs off 96 balls with 9 fours and one six, while Ayush Verlekar (46), Gauresh Bharat (27) and Azan Thota (27) were the other contractors. Kawal Preet Singh was the pick of the bowlers for J&K, who took 4 wickets by conceding 37 runs in his 10 overs, while Mujtaba Yousuf, Archit Mahajan and Vishal Kumar claimed one wicket each. The team will proceed to Kolkata for knockouts. "Men'sU23StateATrophy.Well played the centuries-skipper Kanhaiya Wadhawan & stylish left handed opener Qazi Junaid in the last league match played today at Raipur. Kanhaiya has scored a back to back century @strike rate of 164.06. Like a true leader Kanhaiya is leading from the front. Junaid, a product of talent hunt, made his debut last season. This is his second century. The team is also in the way of making history," said Brig Anil Gupta, Member-Administration JKCA.

Chitra, Ananaya selected for prestigious Challenger Trophy

■ STATE TIMES NEWS

JAMMU: For their brilliant display of batting and bowling skills, talented all-rounder, Chitra Singh Jamwal and promising leg-spinner Ananaya Sharma have been selected for the prestigious BCCI Senior Women One-Day Challenger Trophy to be played at Chennai from January 5, 2025.

Chitra will represent India-C while Ananaya will be representing India-D in the tournament. Chitra got the selectors nod for her fabulous show with the willow, scoring 268 runs in the tournament including elegant 65 against strong Madhya Pradesh in the historic quarter-final, while Ananaya got the National Selectors' nod for picking 12 wickets in the tournament including a 5-wicket haul against formidable Himachal Pradesh. Both these players have done exceptionally well for JKCA in the past also. "Another good news for cricket lovers. Chitra Singh Jamwal & Ananya Sharma of J&K were select-



ed by the national women senior selection committee to play in BCCI's Senior Women One Day Challenger Trophy to be played at Chennai from 05th January. JKCA congratulates them for this achievement. Good luck," Brig Anil Gupta, Member-Administration JKCA.

Jodhamal Juniors celebrate Sports Day

■ STATE TIMES NEWS

JAMMU: The Pre-Primary wing of Jodhamal Public School celebrated its Annual Sports Day with great zeal and enthusiasm, with students from Classes Pre-Nursery, LKG, and UKG participating.

The event was graced by the presence of the Trustee, Nandan Kuthiala, the Director, Arati Kuthiala, the Principal, Girish Kumar, the Vice Principal, Amita Arora, and the Headmistress Neetu Johri.

The event began with the ceremonial release of Tricolour balloons by the dignitaries and teachers of the pre-primary wing, symbolizing unity and celebration. The day commenced with a vibrant skating performance, where the young skaters showcased their skills in balancing.

A captivating hula hoop demonstration by a group of LKG and UKG girls added charm to the event, showcasing their agility and



Jodhamal Public School faculty inaugurating sports meet.

coordination. The UKG Coral toddlers further mesmerized everyone with their energetic Zumba dance performance.

The day witnessed a series of competitive events with innovative themes designed for every level, from playgroups to UKG. Highlights of the day included the Hula hoop race, Count and Run, Caption Race, Bunny Race, Smiley Race, Hurdle Race, Giraffe Race, Tom and Jerry Race and Bee and Flower race. The tiny tots demonstrated immense

enthusiasm, competitiveness, and sportsmanship throughout the events.

The Principal, Girish Kumar, applauded the hard work and meticulous planning of the pre-primary team, including Neetu Johri (Headmistress), Dolly Chandhoke, Amita Charak, Priyanka Salotra, Priyanka Verma, Gagandeep Kour, Seema Dutta, Anjali Gupta, and Shriya Sharma, Mahima Gupta, Akriti Mahajan and Kritika Gupta.

He also acknowledged the

efforts of the CCA Coordinator, Deepali Puri, and the sports department teachers-Vishal Samrat, Abhishek, Ritish Jamwal, Ramesh Chander, Kamal Anand, Pooja Bassan, Malket, Savneet, Jahnavi, Rajan and Geetanjali-in making the event a grand success.

The sports day was thoughtfully organized to test and nurture the physical and mental abilities of the students while instilling the importance of sportsmanship and teamwork.

CUJ Class of 2025 secures 50+ Job Offers in Top Companies

■ STATE TIMES NEWS

JAMMU: The Central University of Jammu (CUJ), renowned for its remarkable campus placements, celebrated another milestone as over 50 students from the Class of 2025 secured placements with leading multinational companies.

Prominent recruiters this year included Planet Spark, Script Space, Bestseller, HDFC Life, Ease My Trip, Travel Land, Truvia Global, Homeyhtus, Avisoft, Synthimed Labs, Flipkart, TCS, and Godrej. Students from diverse academic backgrounds such as MBA-HR, Mathematics, Economics, Botany, B.Voc., Zoology, and Environmental Science participated in the placement drive, showcasing the university's multidisciplinary talent.

The placement season recorded the highest package at Rs 6.6 LPA, with



an average package of Rs 3.63 LPA. These impressive figures reflect the quality education and professional grooming provided by CUJ under the leadership of Vice Chancellor Prof. Sanjeev Jain.

Organized by the Training & Placement Office, the placement drive aimed to equip students with opportunities in sectors like insurance, banking, sales, tourism, research, and human resources.

Recruiters assessed students on various hiring parameters, providing

them with not just job offers but valuable industry insights as well. Speaking about the success of the drive, the Training & Placement Cell commended the students' dedication and emphasized the importance of leveraging campus placements for a promising start to their careers.

This achievement underscores CUJ's commitment to bridging the gap between academia and industry, ensuring its students are well-prepared for the challenges of the professional world.