

J&K Junior Volleyball teams shine with grit, determination at National Championship



Jammu and Kashmir junior men and women volleyball teams posing with officials at 49th Junior National Volleyball Championship at Jhunjhunu.

STATE TIMES NEWS

JAMMU: Jammu & Kashmir junior men's volleyball team delivered a commendable performance at the 49th Junior National Volleyball Championship, being held from December 16 to 21, 2025, at Palani, Jhunjhunu in Rajasthan.

Competing against some of the strongest teams from across the country, the J&K squad displayed grit, skill and fighting spirit, earning praise for their spirited show on the national stage.

In their opening match, J&K faced a tough challenge against Himachal Pradesh in a closely contested five-set encounter. J&K started

strongly by winning the first set 25-21, but Himachal Pradesh bounced back to take the next two sets 25-21 and 25-20. Demonstrating resilience, the J&K players fought back to clinch the fourth set 25-23, taking the match into a deciding fifth set. Despite a valiant effort, J&K narrowly lost the final set 15-9, going down 3-2. The match highlighted the team's competitive edge and never-say-die attitude.

J&K bounced back impressively in their second match against Uttar Pradesh, registering a convincing 3-1 victory. After dropping the first set 19-25, the team regrouped quickly and domi-

nated the next three sets 25-23, 25-21 and 25-23. The win reflected J&K's strong coordination, improved defence and attacking efficiency.

Continuing their winning momentum, J&K defeated Uttarakhand in another thrilling five-set match. After losing the first set 21-25, J&K responded with confidence to win the next two sets. Uttarakhand forced a decider, but J&K held their nerves to seal the fifth set 15-12 and clinch the match 3-2, earning well-deserved applause.

Throughout the championship, standout performances by Akash, Sandeep and

Mahir played a key role in J&K's success. Their consistent contributions in attack and defence have significantly strengthened the team's campaign, making Jammu & Kashmir proud at the national level.

The J&K women's volleyball team also put up a determined and spirited performance in the championship, showcasing resilience, teamwork and competitive zeal despite facing strong opponents.

In their opening encounter, J&K faced a formidable Jharkhand side. Despite their best efforts, J&K went down in straight sets, with Jharkhand winning the

match 3-0 (25-4, 25-8 and 25-13)

The second match witnessed a strong comeback by the J&K team against Ladakh. After losing the first set 20-25, J&K regrouped with confidence and won the second set 25-21. Maintaining their momentum, the team continued to apply pressure and eventually secured a convincing 3-1 victory, winning the third and fourth sets 25-22 and 25-23 respectively.

In their third outing, J&K was awarded a walkover against Dadra and Nagar Haveli and Daman and Diu, adding a valuable win to their tally and boosting their

Budgam lifts UT-Level U-17 Boys Cricket title

STATE TIMES NEWS

UDHAMPUR: Getting the better of District Anantnag by a narrow margin in the summit clash, District Budgam lifted the title trophy in the Inter-District UT-Level Under-17 Boys Cricket Tournament, organized by the Department of Youth Services & Sports, UT of Jammu & Kashmir, under the patronage of Anuradha Gupta, Director General, Youth Services & Sports, which concluded successfully at Udhampur, today.

The match was graced by Saloni Rai, Deputy Commissioner, Udhampur, as the Chief Guest.

The occasion was further dignified by the presence of Prof. (Dr) Sanjay Kumar Verma, Principal, Government Degree College, Udhampur, and



DC Udhampur, Saloni Rai presenting trophy to winner team.

DySP DAR, Jatinder Sambyal, who attended the event as Guests of Honour.

The Chief Guest was welcomed by the District Youth Services & Sports Officer (DYSSO), Udhampur, Romesh Chander Mishra, along with his team, in the presence of ZPEO Udhampur Vijay Kumar, ZPEO Jib Jyoti Rani, and

ZPEO Tikri Pushpinder Kour.

In the championship clash, Anantnag won the toss and elected to bowl first. Batting first, Budgam posted a strong total of 168 runs for the loss of 8 wickets. Waqqas emerged as the highest scorer with an impressive 55 runs, while Faisal contributed 23 runs. For Anantnag, Kashif

Bashir, Showkat Nabi, and Shoaib Nazir delivered disciplined bowling spells, claiming two wickets each. In reply, Anantnag were bowled out for 143 runs, despite fighting knocks from Owais Gulzar (42 runs) and Sahib (23 runs). Waqqas once again proved decisive for Budgam, claiming 4 crucial wickets, helping his team restrict

Udhampur Athletics meet begins



STATE TIMES NEWS

UDHAMPUR: The District Udhampur Athletic (Boys and Girls) meet, organised by District Association, got underway today at Subash Stadium, here. Athletes from different parts of the district are taking part in various field and track events under the guidance of technical penal constituted for the event. Earlier, the event was declared open by Sunil Sharma, president of the District Athletic Association, who encouraged the athletes to do well and excel. Amit Sharma, general secretary was also present. Based on their performance in this meet, selected athletes shall get the opportunity to represent the district in the UT Athletic Championship, scheduled to be held at University of Jammu from December 20. The competition is being officiated by the technical panel comprising Sanjay Sharma, Naveen Sharma, Raj Kumar Dogra, Pushp Sharma, Rakesh Saini, Raman Kumar, Reena Gupta, Mohd Hussain, Sandeep Verma, Kapil Kumar, Vikrant Sharma, Kulbushan Sharma, Anita Gupta, Kanchan Bala, Veena Devi, Rakesh Kumar, Ranjeet Singh, Vishal Gupta, Kiran Devi and Karan Katoch.

The Results: BOYS: Under-14: Shot Put: Taamush Anthal, Ist; Prabal Saini, 2nd and Tanish Verma, 3rd. Long Jump: Tanish Verma, Ist; Taamush Anthal, 2nd and Vihaan Sharma, 3rd. 400 mtrs: Abinash, Ist; Praval Saini, 2nd and Sunil Dogra, 3rd. Under-16 : Shot Put: Nirmal Singh, Ist; Raghav Singh, 2nd and Gursimran Singh, 3rd. Open: Long Jump: Sudan, Ist; Aniket, 2nd and Rahul, 3rd. Under-18: High Jump: Akshar, Ist; Rohit Kumar, 2nd and Nakul, 3rd.

GIRLS: Under-14: Shot Put: Arya, Ist; Vanshika Sharma, 2nd and Ojasvi, 3rd. Long Jump: Saatvi Sharma, Ist; Sunakshi Thakur, 2nd and Aarya Sharma, 3rd. 200 mtrs: Aaira, Ist; Yashika, 2nd and Aarya, 3rd. 400 mtrs: Aarya, Ist; Yashika, 2nd and Aaira, 3rd. Under-16: Shot Put: Priya, Ist; Ariba, 2nd. Open: Long Jump: Kirti, Ist; Kashish Sharma, 2nd and Nusrat, 3rd.

JKPS Panjtirthi shines at Inter-School Symposium in Jammu



Principal JKPS Panjtirthi, Suman Banbah felicitating students.

STATE TIMES NEWS

JAMMU: An Inter-school Symposium competition was organised by the National Development Foundation (NDF) at DBN School, Mubarak Mandi, Jammu, witnessing enthusiastic participation from various schools across the city.

JK Public School (JKPS), Panjtirthi marked its strong presence in the academic

event with the participation of eight students, who showcased their knowledge, confidence and communication skills on the symposium platform. The students actively engaged in discussions and presentations, reflecting the school's emphasis on holistic education and intellectual development.

Speaking on the occasion, the Principal of JK Public

School Panjtirthi, Suman Banbah, appreciated the students for their participation and zeal. She remarked, "Participation is the first step towards progress. Success is the sum of small efforts repeated day in and day out." Her words motivated the students to continue striving for excellence not only in academics but also in co-curricular activities.

19th Christmas Gold Cup Football Tournament 2025

Young Hero FC, Jammu Sports FC register emphatic wins

STATE TIMES NEWS

JAMMU: Young Hero FC and Jammu Sports FC registered emphatic wins in the ongoing 19th Christmas Gold Cup Football Tournament 2025, organised by the All J&K Sports and Cultural Welfare Association under the aegis of the J&K Football Association (DFA Jammu) at the Mini Stadium, Parade Ground, here on Thursday.

Football lovers witnessed exciting action on third day as two matches were played.

In the first match, Young Hero FC registered a commanding victory over Akhnoor Tigers FC, winning the match by a convincing 5-0 margin. Jayant opened the



Participating teams posing for a photograph with dignitaries.

scoring for Young Hero FC with two quick goals in the 15th and 24th minutes of the first half. Continuing their dominance in the second half, Varun, Nitin, and Pawan Deep added three more goals in the 53rd, 63rd, and 70th minutes, sealing a comprehensive win for their

side.

The match was graced by Ramesh Chander, international football player, as the chief guest. He was accompanied by David Masih, National Coach, along with Yousaf Don (Organising Secretary), Kamal Kumar, Rajesh Sumbria, Sudagar

Mattoo, and Sebastian. The match officials included Aman Sudan, Satnam Singh, Bilal Ahmed, and Kartik Sharma as referees and assistant referees.

In the second match of the day, Jammu Sports FC outplayed Engineer Eleven FC, securing a 3-0 victory.

Akshit gave Jammu Sports FC an early lead by scoring in the 3rd minute, followed by quick goals from Karma in the 8th minute and Yogeshwar in the 11th minute, all in the first half. The match was officiated by Vijay Kumar, Dheeraj Meena, Ramesh Sethi, and Aman Sudan.

The tournament will continue tomorrow with two exciting fixtures. In the first match, Poonch FC will take on Young Hero FC at 12:00 Noon, followed by the second match between Young Rovers and Winter Capital FC at 1:30 P.M. Football enthusiasts have been urged to witness the matches and support the teams.

J&K Police hosts National sports events next year

STATE TIMES NEWS

JAMMU: Jammu and Kashmir Police (JKP) shall host two National events in the first quarter of the new year at the Winter Capital of Jammu.

These two mega events are All India Police meet Kabaddi Cluster and Mushtaq Memorial National Hockey Tournament.

"While the Mushtaq Memorial Hockey Tournament shall take place in the month of February, the Kabaddi Cluster of the All India Police meet is scheduled to be held in March next," informed Sports



Officer of J&K Police, Kuldeep Handoo. In Hockey tournament, top teams of J&K and those prominent clubs and departmental sides from outside the UT shall be part of the

National level event.

"The Kabaddi Cluster of All India Police meet, to be held under the aegis of All India Police Sports Control Board from March seven to March 12, comprised four events of Kabaddi, Fencing, Kho-Kho and Gymnastics," disclosed Handoo. In addition to these two events, the J&K Police shall also organise Kashmir Marathon on March 22.

Important to mention here that the J&K Police hosted the Judo Cluster in Kashmir in October last involving sports disciplines of Judo, Karate, Taekwondo, Wushu and Pencak Silat.

AITA wins Jammu District Taekwondo trophy



Medal winners posing for a photograph with dignitaries.

STATE TIMES NEWS

JAMMU: Atul International Taekwondo Academy lifted the overall trophy in 28th District Jammu Taekwondo Championships which concluded today at Indoor Hall, Bhagwati Nagar, here.

The overall second place went to Doon International School Jammu while JKSC Taekwondo Centre Jammu remained third.

For active participation, the awards went to Siras School, Bishnah and KV School, Nagrota, while the Best Sportsman Sprint Award went to Lexicon International School and Shaurya International

School. In the closing function, Rajeev Sharma, former member J&K Sports Council was the chief guest, who along with distinguished guests, Ajay Sharma (general secretary, J&K Table Tennis Association), Ritika Salathia (Manager, Indoor Hall Bhagwati Nagar, Jammu), and Subhash Shastri (president, NSM) felicitated the winners. Avinandan Sharma (Principal, Vivekananda Public School), Pankaj Mehra, Vipin Kumar, Brinder Singh Manhas, and Narayan Dass were special

guests. The championship was conducted under the guidance of Ramesh Chander Sharma, president, Taekwondo Association of District Jammu.

The technical panel comprised Sidharth Sharma (NR), Bhanu Partap Attri, Amit Kumar, Vaibhav Abrol, Vansh Rakwal, Dushyant Kapta, Shalvi Saini, Rakesh Singh, Shivansh Rajput, Aryanam Bansotra, Gunjan Bhardwaj, and Raghav Mehra.

Later, Rajesh Pangotra extended vote of thanks, specially to the J&K Sports Council for the support.

Sansad Khel Mahotsav organised at Zone Hiranagar



Participating teams posing with dignitaries.

STATE TIMES NEWS

KATHUA: The Sansad Khel Mahotsav was successfully organized at Zone Hiranagar today under the directions of District Youth Services and Sports Officer, Kathua, Shri Sunil Singh Sambyal. The event aimed at promoting sports culture and encouraging youth participation at the grassroots level.

Several sporting disciplines including Kabaddi,

Volleyball, Wrestling, Badminton, Tug of War, Chess and Carrom were conducted during the Mahotsav, witnessing enthusiastic participation from young sportspersons across the zone.

Tehsildar Hiranagar, Anoop Sharma, attended the programme as the Chief Guest. He lauded the efforts of the Youth Services and Sports Department for organizing

such events and motivated the youth to adopt sports as a means for physical fitness, discipline and overall development.

Lecturer Kuldeep Kumar was also present on the occasion. The event was conducted under the overall supervision of ZPEO Dharam Pal, with active support from the field staff, ensuring smooth and disciplined conduct of all competitions.

A total of 140 participants from 9 Panchayats took part in the Sansad Khel Mahotsav. The successful execution of the event reflected strong coordination among the organizing team and officials. The programme concluded on a positive note with appreciation for the players and staff for their commitment and cooperation.

Dist Admin Samba organises Volleyball, Kabaddi matches

STATE TIMES NEWS

SAMBA: To promote a drug-free society, the District Administration Samba in collaboration with the Department of Youth Services and Sports (DYSS), on Thursday organized Volleyball and Kabaddi matches under the Nasha Mukh Bharat Abhiyan. The sports events were held at Rajpura



Zone, Ghagwal and Government Higher Secondary School Gho Brahmana, Zone Ramgarh.

The initiative witnessed enthusiastic participation from local youth and students, highlighting the positive role of sports in channelizing energy towards healthy and constructive activities.

The objective of the program was to generate awareness among the youth about the harmful effects of drug abuse and to encourage them to adopt a disciplined and active lifestyle through sports. Officials emphasised that engaging young minds in sports is a powerful tool to keep them away from social evils and build a strong, responsible generation.