

Ranji Trophy: Rasool's heroics, Samad's brilliance, Qamran's composure guide J&K to big win



Jubilant members of J&K Ranji Trophy team posing for a group photograph after thrashing Puducherry at SSN College ground in Chennai on Sunday.

STATE TIMES NEWS

JAMMU: Former skipper and off-spinner Parvez Rasool once again proved as to what makes it to play for India as he spun web around the rival batsmen, having a match haul of 10/85, while talented Abdul Samad showed as to what made SRH to retain him for IPL 2022 season, slamming a murderous ton and promising Qamran Iqbal showed as to why he was among under-19 India probable for more than once, scoring stylish 96 runs, besides, role of all-rounder Abid Mushtaq and batters Jatin Wadhawan and Shubham Singh Pundir in the big 8-wicket win against Puducherry in the Ranji Trophy Elite Group-C match at SSN College ground, Chennai is worth appreciation.

Amandeep Hospital partners with Burn Healing Foundation



A doctor examining a patient.

STATE TIMES NEWS

AMRITSAR: Amandeep Healthcare Private Limited (AHPL) has partnered with the Burn Healing Foundation to treat post burn deformities through plastic surgery in patients suffering from these. Free consultation was provided to patients with post-burn deformities during this OPD.

An OPD to this effect was held by Dr Ravi Kumar Mahajan, Head of the Department and Chief Plastic, Microvascular and Reconstructive Surgeon, Amandeep Hospital, Amritsar, at Jammu. The initiative has provisions for providing free treatment to patients from economically backward families.

It has received overwhelming response in AHPL's OPD in the Jammu region. Dr Mahajan maintained that post-burn deformities could be treated with plastic surgery, which, besides cosmetic applications, was medically relevant too in the present times and could help people with deformities lead a normal and happy life.

Shedding more light at the facilities available at Amandeep Hospital for the treatment of post-burn deformities, Dr Mahajan said that specialized plastic and burn surgeons take care of patients suffering from post-burn deformities. Functional rehabilitation with good physiotherapy and occupational therapy makes the return of the patient to active social network possible," he maintained.

J&K girl in Indian Wushu team for Moscow event



STATE TIMES NEWS

JAMMU: Promising young Wushu player from Kashmir, Sadiq Tariq has been made part of the Indian team heading for Moscow Wushu Stars Championship slated to be held from February 22 to February 28.

With two back to back gold medals in the Junior National Championship, Sadiq has been short-listed by the technical committee of Wushu Association of India (WAI) for the Moscow event considering her consistent performance. The event is being held in view of the Youth Asian Games hosted by China in December 2022, a handout issued by the Wushu Association of J&K informed.

The Indian has been sanctioned by the Ministry of Youth Affairs and Sports (MYAS) and the Sports Authority of India (SAI) at Cost to Government and the Moscow event is approved competition in the ACTC (Annual Calendar Training and Competition) of the SAI. Both Junior and Senior India teams are participating in this championship.

Belongs to Srinagar district of Kashmir Division of J&K, Sadiq recently secured gold medal in the 20th Junior National Wushu Championship held at Lovely Professional University, Jalandhar.

Meanwhile, chief coach of WAI, Kuldeep Handoo, who is already in the National Wushu coaching camp at KIC Meerut for the 19th Asian Games, congratulated Sadiq Tariq for her selection.

J&K Carrom team named for Nationals

STATE TIMES NEWS

JAMMU: Jammu and Kashmir Carrom Association has finalised the team for the upcoming 49th Senior National Carrom Championship to be held at Mumbai in Maharashtra from March 30 to April three. The selection was made through open trials that took place at SKTSC. The Teams: MEN: Furqan Nazir; Hilal Bashir; Wasim Bashir; Danish Bashir; Wasim Shah; Munim Fayaz Khanday. Waiting list: Bazil Manzoor Sofi, Sheikh Salim Shafi, Arsalan Mehraj and Mohd Umar Teli.

WOMEN: Mehak Nabi, Sabira Feroz, Shazia Noor; Sheikh Ayrooq, Mehak Ashiq and Ridda Maddni.

SCOREBOARD

Puducherry 1st Innings	343/10
Jammu & Kashmir 1st Innings	426/10
Puducherry 2nd Innings	
Neyan Shyam Kangayan c †Fazil Rashid b Auqib Nabi	11
Kothandapani Aravind lbw b Abid Mushtaq	08
Pavan Deshpande b Parvez Rasool	21
Paras Dogra b Abid Mushtaq	16
Damodaran Rohit (c) lbw b Umran Malik	12
S Karthik † lbw b Parvez Rasool	04
Fabid Ahmed c Singh b Parvez Rasool	10
Sagar Trivedi c Dayal b Parvez Rasool	37
Ashish Rajiv c & b Parvez Rasool	05
Sagar Udeshi c & b Parvez Rasool	00
Vijai Raja not out	00
Extras	00
TOTAL	124/10
Jammu & Kashmir 2nd Innings	(Target: 42 Runs)
Qamran Iqbal b Udeshi	08
Jatin Wadhwan lbw b Udeshi	09
Shubham Pundir not out	21
Ian Dev Singh (c) not out	06
Extras	01
Total	45/2

here that early arrival of J&K team at Chennai helped the players to accustom with the conditions.

Jammu and Kashmir team is being accompanied by Head Coach, Sanjeev Sharma; Manager, Sandeep Singh (Sunny); Assistant Manager, Irshad Hassan;

High Head Strength and Performance Coach, Nishanta Bordoloi; Trainer, Pawan Kumar; Physiotherapist, Chirag Pandya; Masseur, Naresh Kumar; Video Analyst, Idrees Danish and Side-Arm Throwdown Expert, Darshan Singh.

JKCA members namely Brig Anil Gupta, Advocate Sunil Sethi and Cricketer Mithun Manhas sent congratulatory messages to the team for this important win.

Srinagar Boxing C'ship held

STATE TIMES NEWS

JAMMU: Organised by the District Srinagar Boxing Association under the aegis of J&K Amateur Boxing Association, the two-day Srinagar District Championship concluded here yesterday.

The competition held in different age and weight groups of boys and girls under the supervision of technical panel. The event was sponsored by the J&K Sports Council and held under the patronage of J&K Olympic Association (JKOA).

In the valedictory of the championship, Manager of J&K Sports Council (JKSC), Maqsood Ahmed was chief guest, who presented medals to the winners. Earlier, Sports Officer of the JKSC, Nuzrat Gazala declared the competition open and blessed the young participants.

The Results:

SENIOR MEN: 48-51 kg: Ayaan Rasool, Ist; Saahil Ahmad, 2nd; Huzaif Gilkar and Uzair; joint 3rd. 54-57 kg: Adil Farooq, Ist; Arif, 2nd and



Budding boxers shaking hands before a bout.

Nazakat Ahmad, 3rd. 57-60 kg: Shamiq Shabir, Ist; Sameer Hussain, 2nd; Rarhaan Ashraf and Aadil Farooq, joint 3rd. 60-63 kg: Tanveer Hussain, Ist; Faizaan, 2nd and Kafeel Shabir, 3rd. 63-67 kg: Mohamed Sohaib, Ist and Peer Ukash, 2nd. 67-71 kg: Arsh, Ist; Saqib Rashid, 2nd; Ahmad Bisam and Aamir, joint 3rd. 75-80 kg: M Aasif, Ist; Kasim, 2nd and Umar Mushtaq, 3rd. Plus 90 kg: Junaidul Wahid Bhat, Ist; M Imraan, 2nd and Rahul Meena, 3rd.

JUNIOR BOYS: Group-A: Ariyan Mishra, Ist and Abid Malik, 2nd. Group-B: Sameen Ali, Ist; Dev Chandra, 2nd and Junaid Nabi, 3rd. **SUB-JUNIOR BOYS:** 23-26 kg: Anas Aiejaz, Ist; Aadian, 2nd and M Saad, 3rd. 26-30 kg: Nihaan Qayoom, Ist; Kartik Saran, 2nd; M Aadil and Aarsalan Munee, joint 3rd. 30-33 kg: Mehran Qureshi, Ist; Zeehan Manzoor, 2nd; M Laazaib and Abhimanyu Sharma, joint 3rd. 46-49 kg: Zubair Farooq, Ist; Ahmad Fayaz, 2nd and Qunail Nazir Shah, 3rd. 49-52 kg: M Moosa, Ist and Aryan, 2nd.

'Village Cricket Match' held to encourage youth towards physical fitness

STATE TIMES NEWS

JAMMU: With the aim to encourage the youth for physical fitness and boost the culture of sports amongst them, Shri Ram Gau Dham, Gaushala, Rehal, Bishnah organised a "Village Cricket Match" at village stadium.

Romesh Khajuria, member of the national working committee, Gau Parkoshat was chief guest of the occasion while Maha Mandleshwar Anoop Gir and Additional Deputy Commissioner Kishtwar Sham Lal were guests of honor.

The match was played between Press Club Bishnah team led by



Players posing for a photograph with officials and other dignitaries.

Satish Sharma and Wild XI Cricket Club led by Abhishek where later they outshone and remain victorious after a competitive game.

Congratulating the winners, Romesh Khajuria,

who is also president of Mission Modi Again PM, J&K & Ladakh UTs and Vice Chairman, WVEPC, ministry of Textiles, Government of India said that such events include competitive spirit among

Bodybuilding Association holds preparatory coaching camp



Body builders posing with officials during a camp.

STATE TIMES NEWS

JAMMU: Bodybuilding Association of J&K on Sunday organized a preparatory coaching camp for body builders at Manda Ambphalla.

In the camp, the selected body builders of J and K are

being trained for Mr. India Federation Cup which is being held at Gangtok Sikkim from 11 to 13 March 2022. The people surrounding Manda were impressed by seeing body builders performing body show.

All the body builders were

JIM, DSPE join hands with Army to organise snow sports workshop in Bhadarwah

STATE TIMES NEWS

BHADARWAH: To explore the scope snow sports and 'Adventure Tourism' in Jammu and Kashmir's Bhadarwah Valley in a big way beside to encourage youth to resume back rigorous physical activity post Covid, JIM (Jawahar Institute of Mountaineering) and DSPE (Directorate of Sports and Physical Education) University of Jammu join hands with Indian Army and starts snow sports workshop here. The 4 day workshop primarily aimed at to attract snow sports enthusiast and adventure lovers to Jammu and Kashmir's Bhadarwah Valley during winters, which is being held at snow filled Jaie Valley 30 km from the town was inaugurated by Vice Chancellor Jammu University Manoj Dhar along with ADC Bhadarwah Dil Mir Chowdhary.

Sizeable number of visitors and locals especially youth joined the workshop and training capsule at Jaie, where beside skiing experts other snow sports instructors of JIM and DSPE provided them basic practical training.

The 4 day event which succeeded in attracting back the adventure sports enthusiasts post Covid restrictions has been sponsored by Army's Rashtriya Rifles unit based at Bhadarwah.

Locals, who traditionally reside in high altitude meadows and are largely dependent

on the number of tourist inflow to earn their livelihood are hopeful that the event will revive the flow of visitors after two years of lull due to Covid-19 pandemic. They expressed their gratitude to the Army for organising the event on such large scale.

A local, Chowdhary Mohd Hussain said that due to covid-19 restrictions imposed since last two years, we suffered huge losses in our traditional business of milk produce as the meadows were deserted, but due to efforts by Army and other stakeholders to revive tourism again by organising snow carnival, we are hopeful that our sufferings will get eased.

Farhana, Bhanu Priya qualify NET

STATE TIMES NEWS

JAMMU: In recently declared result of National Eligibility Test (NET), the girl Farhana Zargar, daughter of Late Nizam Din Zargar, resident of Semma Colony district Kishtwar has qualified NET, JRF in Education. Farhana did her Masters in Education from University of Jammu in June 2019 with 74 per cent. Meanwhile, Bhanu Priya, daughter of Santosh Kumar and Ramesh Kumar, resident of Kathua and alumnus of MCA Department, Kathua Campus, University of Jammu has qualified National Eligibility Test (NET) in Computer Science, the result of which was declared by University Grant Commission recently.

GCW Bhagwati Nagar organises poster-making competition

STATE TIMES NEWS

JAMMU: NSS Unit of GCW Bhagwati Nagar organised a poster-making competition to Commemorate World Day of Social Justice 2022. World Day of Social Justice is observed on February 20 every year. The main objective of celebrating World Day of Social Justice is to raise a voice against social injustice and to bring the various communities internationally together to eliminate poverty, gender, and physical discrimination, illiteracy, religious discrimination to make a socially integrated society. The Theme of 2022 World day of Social Justice is "Achieving social justice through formal employment". The theme focuses that employment resources and opportunities play the utmost role in reducing poverty and inequality. The Principal of the college Prof. Minnie Sharma deliberated that we should never allow any kind of hate, bias or social injustice to contaminate our diverse global world. She also encouraged teachers and parents to use this day to teach the young children about the ideologies of social injustice. Many thought provoking and relevant entries on the topic were received. The students participated wholeheartedly and their posters depicted their belief in equality and justice for all the citizens and marching ahead as a unified society. The Programme was organized by Anju Bala, NSS PO of the College.

ASI celebrates World Day of Social Justice in IDPS Akhnoor



Faculty members and other dignitaries at a programme.

Devi-APS Akhnoor as first; Palak Bhatia-IDPS as second and Ansh-IDPS third.

Dr Hashmi, SP Sharma and Dr KC Singh Mehta highlighted the importance of the day.

Welcome speech was delivered by Anchal Gupta and vote of thanks by Rajni Sharma.