

# Gill anchors India to 4-wicket win over England, Harshit impresses on debut

■ STATE TIMES NEWS  
NAGPUR: Vice-captain Shubman Gill orchestrated India's chase with grace, while debutant Harshit Rana dazzled with the ball as the hosts registered a four-wicket win against England in the series opener here on Thursday.

Gill (87), Shreyas Iyer (59), and Axar Patel (52) rose to the occasion, guiding India to a commanding chase after Rana (3/53 from 7 overs) and the seasoned left-arm spinner Ravindra Jadeja (3/26 from 9) shared six wickets between them, dismantling England for a below-par 248.

Rana's fourth over, which claimed the twin wickets of Ben Duckett and Harry Brook, decisively stifled the England innings, putting India firmly in control as the visitors never managed to rebuild despite fifties by skipper Jos Buttler (52) and Jack Bethell (51).

Chasing a below 250 score, Gill anchored the innings, forging key partnerships with Iyer and Axar that became the backbone of India's chase.

He adapted perfectly to the match situation, playing the



perfect foil to Iyer when the Mumbai batter was in full flow, then stepping up as the mainstay, steering India towards victory.

Iyer, walking in at 19/2, unleashed a counter-attacking knock, filled with sizzling shots, including back-to-back sixes -- one a pull shot over deep mid-wicket off Jofra Archer and the other a reverse switch-hit four off Adil Rashid.

On the back of a stellar domestic season, Iyer played

with confidence, finding gaps effortlessly and taking on the aggressor's role, with Gill remaining steady at the other end.

But once Iyer, trapped LBW by Bethell after being struck flush on the front pad, was dismissed, Gill seamlessly took charge, with an able ally in Axar, who was promoted up the order.

Gill continued to exude confidence, as he smashed 14 fours, while Axar too brought up a memorable fifty.

England took a flurry of wickets, causing some nervous moments for the hosts but India managed the win with 68 balls remaining. Earlier, England blazed out

of the blocks with electrifying intent after opting to bat, but India's disciplined bowling and razor-sharp fielding orchestrated a remarkable fightback.

SCOREBOARD		
ENGLAND		
Phil Salt † run out (Iyer/†Rahul)		43
Ben Duckett c Jaiswal b Harshit Rana		32
Joe Root lbw b Jadeja		19
Harry Brook c †Rahul b Harshit Rana		00
Jos Buttler (c) c Pandya b Patel		52
Jacob Bethell lbw b Jadeja		51
Liam Livingstone c †Rahul b Harshit Rana		05
Brydon Carse b Mohammed Shami		10
Adil Rashid b Jadeja		08
Jofra Archer not out		21
Saqib Mahmood st †Rahul b Kuldeep Yadav		02
Extras		05
Total		248/10
INDIA		
Yashasvi Jaiswal c †Salt b Archer		15
Rohit Sharma (c) c Livingstone b Mahmood		02
Shubman Gill c Buttler b Mahmood		87
Shreyas Iyer lbw b Bethell		59
Axar Patel b Rashid		52
KL Rahul † c & b Rashid		02
Hardik Pandya not out		09
Ravindra Jadeja not out		12
Extras		13
Total		251/6

## J&K Govt Sports Awardee 2025 Tarun Gandotra set to inspire next generation of sports stars

■ STATE TIMES NEWS  
JAMMU: Iconic Skater Tarun Gandotra, belonging to Duggarland's heart Jammu has become an inspiration for many aspiring sports persons of the region after he was handpicked for the prestigious J&K Government (Sports) Award on Republic Day 2025 for Exceptional Contribution to Sports.

In a remarkable recognition of outstanding capabilities and perseverance, Tarun, who is working as an Inspector with the Jammu and Kashmir Police, has been awarded the J&K Government's prestigious sports honour on Republic Day 2025.

His unparalleled achievements in the field of speed skating and inline hockey



have not only brought glory to the region but also placed him as a formidable name in India's sporting landscape.

The ace sports person, who holds a B-tech in Computer Science, has been an extraordinary ambassador of J&K and India on the global sports stage.

He has represented the nation on 10 occasions at the

prestigious Asian and World Championships, Vice Captain of Indian Team 3 times, showcasing his consistency and excellence across multiple international platforms. His unparalleled commitment to the sport is evident in his continuous presence in the national circuit, having participated in 18 national championships and securing the national champion title once.

With an impressive tally of 39 medals across national, All India, and state-level competitions, Tarun's journey is a testament to the power of discipline and perseverance. His dominance in the state and zonal competitions is remarkable, with 7-time titles as State and Zonal Champion, further establishing his domi-

nance within the country.

Despite his demanding career in the police force, Tarun has displayed an exceptional ability to balance his professional duties with his passion for sports. The feat achieved by this multi-talented figure has proved that his persona has been gifted with a unique physical prowess, adaptive mental resilience and unending determination, making him an extraordinary role model for the next generation.

"My sporting field has taught me resilience and the significance of remaining focused, both in and out of the playground. I feel immensely privileged to represent J&K and the country, and this coveted recognition has further inspired me to do

more for the achieving more in life" said Tarun Gandotra on receiving the coveted award recently.

Undoubtedly, Tarun Gandotra has become an asset for both J&K Police and the country's sporting fraternity for he being an extraordinary player and committed personality, that can achieve almost all goals in life with great ease. For sure, he has become an inspiration for future generations of sports persons.

All said and done, the Jammu and Kashmir Government's recognition of Tarun is a well-deserved acknowledgment of his unparalleled achievements and an inspiring reminder of the extraordinary potential that exists in the UT of J&K.

## ‘THE-SARA’ conducts Yoga Session on Exam Stress Management

■ STATE TIMES NEWS

JAMMU: 'The - Sara', a non-governmental organization under 'Mission Mental Health Support', conducted an enlightening yoga session aimed at helping students manage exam-related stress. The session took place at Government High School Bhatindi Jammu, where students from various classes participated and learned valuable techniques to reduce anxiety and stay calm during upcoming exams.

The yoga session, led by field volunteer at 'The - Sara' Anita Solanki, a certified Yoga teacher and evaluator, mental health wellness instructor from the Ministry of Ayush, focused on mindfulness, breathing exercises, and simple stretches that can help alleviate stress and improve concentration. Students were guided through easy-to-follow yoga poses designed to relax both the body and the mind, help-



A certified Yoga teacher, Anita Solanki performing yoga.

ing them stay centered and focused as they approach their exams.

The session was well-received by teachers and students, with many expressing how the techniques provided them with a sense of calm and readiness for their upcoming exams. Headmistress of GHS Bhatindi Mrs. Wahida Choudhary appreciated the effort of 'The - Sara' and said, 'Yoga session fostered a positive and supportive envi-

ronment within the school, empowering students to take charge of their mental health." During the program small skit on drug awareness was also presented by students of the school trained by IUST Interns at 'The - Sara'.

'The-Sara' plans to continue offering similar workshops at schools throughout the community, promoting the importance of mental health awareness and stress management techniques among young people.

## Sports Minister Satish Sharma hosts dinner for Wushu medalists



Sports Minister, Satish Sharma, along with wushu players and officials.

■ STATE TIMES NEWS

JAMMU: Satish Sharma, Minister for Youth Services & Sports, J&K, hosted a special dinner to honor the outstanding achievements of the J&K Wushu athletes at the 38th National Games in Uttarakhand. The event celebrated their remarkable performances and contributions to J&K's sporting excellence.

The medal-winning athletes, including gold medalists Surya Bhanu Partap Singh (60kg) and Mohd Kamraan (90+kg), silver

medalist Ayeera Chisti, and bronze medalists Arjun Sharma, Rohan, Ishant Singh, and Saleem Kumar, were felicitated for their dedication and hard work.

Congratulating the athletes, the Minister praised their commitment and resilience, highlighting their role in elevating J&K's presence in the national sports arena.

Keeping in view the achievements of Wushu in UT J&K at National and International Level, he assured Wushu academy for

Wushu sports fur nurturing the talented wushists athletes in one shed and other sports as well emphasizing the government commitments to nurturing young talent.

Kuldeep Handoo (Dronacharya Awardee) thanked Sports Minister for the encouragement and the commitment he made with Wushu athletes during the interaction. He also thanked the J&K Sports Council for providing better facilities to the Wushu athletes in the UT J&K.

## J&K UT Master Athletes shine in National Masters Athletics Championship

■ STATE TIMES NEWS

JAMMU: The J&K UT Master Athletes, selected by the J&K UT Sports Council, participated in the National Masters Athletics Championship held in Trissur, Kerala, from January 31 to February 3, 2025. The event saw participation from around 28 states and union territories.

The J&K master athletes delivered an outstanding performance, bringing laurels to the UT by winning a haul of medals in different events. Sudesh Bastora won two silver medals in the 400m run and 5000m walk, along with two bronze medals in the 100x4 and 400x4 relays. Leena Devi secured two bronze medals in the 100x4 and 400x4 relays. Anuradha bagged a silver medal in the 400m run and three bronze medals in the



Winners athletes of National Masters Athletics Championship.

800m run, 100x4, and 400x4 relays. Pushpavathi J P won two gold medals in High Jump and the 400m hurdles, a silver in Long Jump, and two bronze medals in the 100x4 and 400x4 relays. Rampaul Kapoor earned two silver medals in the 1500m run and the 400x4 relay. Rishi Chaudhary won a silver medal in the 100x4 relay and a bronze medal in the 100m run. Rakesh Kumar clinched two

gold medals in the 400m run and 100m hurdles, along with two silver medals in the 400m hurdles and the 400x4 relay. Parvaz Ahmad secured a bronze medal in the 100m hurdles. Abhishek Sharma won two silver medals in the 1500m run and the 400x4 relay. Tarseen Lal Bastora, General Secretary of the Association, congratulated all the medal winners for their remarkable achievements.

## Shiksha Niketan holds farewell ceremony for Class 10th students

■ STATE TIMES NEWS

JAMMU: Shiksha Niketan Senior Secondary School, Jeevan Nagar, Jammu bid a fond farewell to its Class 10th students at a ceremony held on Thursday in the school premises.

The students are moving to the Senior Secondary wing, marking a significant milestone in their academic journey.

The theme of the farewell ceremony was "Vidaya Daan" (The Gift of Knowledge is the Greatest Gift of All), reflecting the school's commitment to imparting quality education and values to its students.

The ceremony began with a Vishnu Vandhana performed by the students of Class 9th, seeking the blessings of the God.

This was followed by a cultural program featuring performances by the students,



Police officers and faculty posing with title holders students at farewell function.

showcasing their talents and versatility.

The ceremony was attended by guests include Er. Jagandeep Singh (Vehicle Inspector of Jammu) and Palvi (KAS officer).

The students were felicitated with certificates, trophies, and gifts in recognition of their academic achievements and extracurricular. Representatives from RMPs, Pushp Vatika and

sister concern bless and motivate the students for their coming exams.

As the students prepare to appear for their Board exams, Director of RMPs, Rakshan Mengi, motivated and encouraged them to perform to the best of their abilities. Director of Pushp Vatika, Risheek Mengi, blessed them for success in their upcoming exams.

Headmaster Harish

Sharma wished the students the best of luck for their future endeavors.

Principal Rameshwar Mengi emphasized the importance of knowledge, perseverance, and values in achieving success, encouraging the students to stay true to their passions and pursue their dreams with dedication and hard work.

The celebration was made even more special by the

delicious lunch provided by the thoughtful students of Class 9. Their kindness and generosity added a warm touch to the occasion.

The ceremony concluded with a vote of thanks given by Incharge of High Wing, Veena Gupta.

At last our Class 10th students embark on this new journey, we wish them all the very best for their future endeavors. May they excel in their Board exams and achieve great heights in their academic and personal pursuits.

The event came to a close with a sense of patriotism and unity by National Anthem.

The solemn rendition of the anthem marked a fitting conclusion to the function, filling the hearts with pride and gratitude towards our nation.

## Vaanya Mahajan of Heritage School makes mark in India Book of Records

■ STATE TIMES NEWS

JAMMU: Vaanya Mahajan, a student of Class IIC, at Heritage School, has earned the title of 'IBR Achiever' for identifying flags and naming 50 countries in just 30 seconds at the tender age of 8, as confirmed on January 6, 2025. Vaanya's remarkable talent, honed in grammar and mapology classes at Caren N Berry, enabled her to identify and name the countries of all flags in just thirty seconds.

A video capturing her doing so within the given time was submitted to the IBR committee which then officially recognized her feat. In recognition of her extraordinary ability, Vaanya has been awarded a certificate, a medal, a metal pen, an IBR badge and the IBR book of records. With this, she now proudly holds the title of 'IBR Achiever.'

This accomplishment goes beyond mere memorising, it highlights the importance of cognitive skills, memory training and the appreciation of global culture through the lens of the national flags. Heritage School extended its heartfelt congratulations to Vaanya on this outstanding achievement and wishes her the very best in all her future endeavors. We are incredibly proud of her and look forward to seeing her continue to shine in her academic and personal pursuits.



## GGM Science College organises awareness lecture on J&K Startup Policy

■ STATE TIMES NEWS

JAMMU: The Startup Committee and Institution Innovation Cell (IIC) of GGM Science College Jammu, in collaboration with the Jammu and Kashmir Entrepreneurship Development Institute (JKEDI), organized an awareness lecture on "Startup Policy in Jammu and Kashmir" under the esteemed guidance of Prof. (Dr.) Romesh Kumar Gupta, Principal, GGM Science College.

The event, held under the J&K Startup Policy 2024-27 was aimed at fostering innovation and entrepreneurial skills among students.

Over 100 students from different semesters actively participated in the session, engaging in discussions about startup culture, government initiatives, and business development strategies.



GGM science college faculty honouring resource person, Monika Salaria, District Nodal Officer, JKEDI.

The resource person for the session, Monika Salaria, District Nodal Officer, JKEDI, provided an in-depth overview of the various schemes under the startup policy.

She highlighted key aspects of launching a sustainable and scalable business, government support mechanisms, and strategies to generate innovative business ideas.

Earlier Dr. Balwinder

Kaur, Convener, Startup Committee of the College in her welcome address, emphasized the importance of viable business ideas and encouraged students to focus on uniqueness, feasibility, and competition. Students also shared their ideas, leading to an engaging professional discussion on transforming an idea into a successful entrepreneurial venture.

Participants were guided

through interactive exercises designed to enhance their creative thinking and problem-solving abilities.

Dr. Vandana Khajuria (HOD English) appreciated the efforts of the Startup and IIC Committees, encouraging them to organize more such initiatives in the future.

The event witnessed the presence of esteemed faculty members, including Dr. Narinder Kumar (HOD Zoology), Dr. Ajay Singh Dadwal (Convener, Institution Innovation Council), Dr. Pankaj Gupta, Dr. Chaman Lal, Dr. Anil Kumar Verma, Dr. Arun Sharma, and Prof. Vishal Sharma.

The session concluded with a formal vote of thanks by Dr. Balwinder Kaur, expressing gratitude to the organizing team and participants for making the event a success.

## NSS Winter Camp: GDC Mahanpur organises cleanliness drive, visit to adopted village Rehalta

■ STATE TIMES NEWS

MAHANPUR: NSS Unit of GDC Mahanpur organised a Cleanliness Drive and a Visit to the adopted village "Rehalta" on the second day of the One-Week long "NSS Winter Camp".

The Camp will be held from February 5 to 11, 2025. The aim of this Camp is to provide hands on experience to young NSS Volunteers in delivering community service.

The Camp is organized by Dr. Rupalee Jasrotia, NSS Programme Officer and the NSS Committee Members Dr. Jogbinder Singh Soodan and Dr. Sapna, under the supervision and able guidance of Prof. (Dr.) Sangeeta Sudan, Principal of the College.

On the second day of the Camp, Cleanliness Drive

was organised in the College as well as in the adopted village Rehalta. NSS Cleanliness is next to Godliness," is a wise saying that refers to the importance of cleanliness in a person's life.

Moreover Mahatma Gandhi said "Sanitation is more important than independence".

He made cleanliness and sanitation an integral part of the Gandhian way of living.

Moreover, NSS Volunteers also visited the village during the second day of the camp.

During the visit, they not only interacted with the villagers but also apprised them of the seven days NSS Winter Camp. 50 NSS Volunteers participated in the Camp. Refreshments was given to all the NSS volunteers.