

Jammu's Aman becomes Ironman in Dubai

■ STATE TIMES NEWS

JAMMU: Successfully making it 70.3 miles (113 kms), Aman Gupta of Jammu and Kashmir has created history by becoming first Half Ironman in an Ironman Triathlon event which was organised by World Triathlon Corporation (WTC) at Dubai.

Ironman Dubai is held once in a year with athletes participating from the entire world.

Aman Gupta, son of Aekta and Arvind Gupta, was practicing for Triathlon from last two years under the guidance of coach Kaustubh Radkar from Pune in Maharashtra.

An Ironman 70.3, also known as a Half Ironman, is one of a series of long-distance triathlon races. The "70.3" refers to the total distance in miles (113.0 km) covered in the race, consisting of a 1.2-mile (1.9 km) swim, a 56-mile (90 km) bike ride, and a 13.1-mile (21.1 km) run. Each distance of



the swim, bike, and run segments is half the distance of that segment in an Ironman Triathlon.

The Ironman 70.3 series culminates each year with a World Championship competition, for which competitors qualify during

the 70.3 series in the 12 months prior to the championship race. In addition to the World Championship race, Ironman 70.3 championship competitions are also held for the European, Asia-Pacific and Latin America regions.

The time needed by an athlete to complete a 70.3 distance event varies from race to race and can be influenced by external factors. These factors include the terrain and the total elevation gained and lost on the course, weather conditions, and course conditions.

Finish times range from sub-four-hour completion times by elite level athletes to the imposed race cut off, which is commonly 8 hours and 30 minutes after the start time.

"The conditions in Dubai were tough as all the practice was done in Winters where as the temperature in Dubai was above 30 Degree Celsius. The event day

conditions were tougher due to hot weather, headwinds and lack of aid station support on course. Since Pool was shut down here due to covid restrictions, all the swim practice was done in cold water in months like December and January," Aman said.

He further told that Government should support the sportspersons in such events as these events need investment regarding air tickets, visa, stay, food and sports equipment.

"We don't have dedicated running tracks or dedicate cycling paths neither we have operational swimming pools in J&K. I'm looking forward to participate further in more events abroad in this year," added Gupta.

A staffer of AM Hyundai and AM Tata, Aman expressed his thanks to the family, friends and colleagues in the company he serves with for the support and encouragement.

Ashok Law College students witness National Lok Adalat at Kathua



Students of Ashok Law College Kathua who witnessed National Lok Adalat at Kathua.

■ STATE TIMES NEWS

KATHUA: Students of Ashok Law College Kathua on Saturday witnessed a National Lok Adalat (NLA) organized at the District/Session Court, Kathua premise by District Legal Services Authority (DALSA) which was headed by Principal District /Session Judge on the recommendation of National Legal Services Authority (NLSA).

This year the students of all law colleges within the jurisdiction of District Court were also united to be a part of that

National Lok Adalat and to witness the whole proceedings and were also given an opportunity to be a part of all Benches Headed by Judges to assist the court. The students of Ashok Law College, Kathua also got an opportunity and were very happy and elated to witness the proceedings. They were also given the participation certificates y (National Legal Services Authority.

Two of the Law faculties Hitesh Bhargava and Mishri Khanam lead the team of students in the Court.

Vice-Chancellor flags-off JU's Hiking & Trekking Contingent



VC JU, Prof. Manoj Dhar posing with contingent before flagging it off for participation in Hiking & Trekking expedition.

■ STATE TIMES NEWS

JAMMU: Fifty members contingent comprises of 40 students and 10 staff members of University of Jammu left for the Hiking & Trekking expedition organised by the Directorate of Sports & Physical Education, University of Jammu at Dudu Basantgarh from March 12 to 15, 2022.

Prof. Manoj K. Dhar, Vice-Chancellor, JU

flagged off the contingent for participation in the events along with Dr. Daud Iqbal Baba (Director Sports) in the presence of Padam Dev Singh (Hockey Coach), Ravish Vaid (TT Coach), Sanjeev Sharma, Tarvinder Pal Singh, Bhavana Sharma, Arshad Baba, Nissar, Kuljeet Singh and Satpal Sharma.

While addressing the contingent, Prof. Dhar

appreciated the efforts of the Director, Directorate of Sports and Physical Education, JU and his entire team for organising various sports & adventurous activities even during the tough time of COVID-19.

He also advised the participants to enjoy the expedition respecting their sources of nature and following the instructions of the staff.

GDC Boys Kathua organises Kabaddi Intramural Competition

■ STATE TIMES NEWS

KATHUA: Fourth intramural kabaddi competition was organized by Department of Physical Education and Sports, Government Degree College (GDC) Kathua.

A sequel to the Khelo India and Fit India Movement, Ministry of Youth Affairs and Sports, Government of India, the aim of organizing intramural was to provide an opportunity to the students who are physically fit but do not take part in sports.

The Intramural was inaugurated by the officiating Principal GDC Kathua Dr Shub Sharma, who appreciated the efforts made by the Physical Education and Sports Department for channelising and motivating the students to take part in sporting activities under the supervision of Physical Director Dr J S Soodan. He also praised the



Teams posing with faculty members of GDC Boys Kathua.

students for their active participation in sports.

There were 16 participating teams in Men's category and four teams in women's category.

The intramural started with the match between English Department boys and Commerce Department boys in pool A. English Department won the toss and elected to raid and also won the match by 34 points.

In Pool B, the match held between Department of

Physics Boys and BCA Department which won by BCA Team. Sociology Department beat Geography Department by nine points and Home Science beat BCA-A by 12 points. Fishery Department beat Arts by 13 points.

In quarterfinal match, English Department beat NCC Naval (BYE), by 18 points. In another quarterfinals, Sociology Department beat NCC armed (BYE) by four

points and Commerce Department beat Boys Hostel (BYE) by 14 points whereas Home Science beat Fishery Department by 13 points. In Semifinals, Department of English beat NCC Armed by nine points and Commerce beat Home Science by 11 points.

In women category, the matches were started by Prof. Rakesh Singh, HOD Chemistry and Dr Kamaldeep Singh HOD Punjabi.

The first match held between Arts Department and Physical Education, where PHE won the toss and elected to raid. Arts beat PHE by 14 points. In another match, B.Se girls beat NCC girls wing by 13 points leading their entry to finals with Arts Girls.

The final match in Boys section was played between Department of English and Department of Commerce

which was won by English Department by 14 points.

In women section, the final match was won by Department of Arts by defeating the NCC Girls Wing by 15 points.

The matches were officiated by Rajan Rajput, Sahil, Akiriti Dhanwal, Palak, Tania, Sakshi, all are the members official kabaddi team of GDC Kathua.

The runner and the winner trophies were distributed by officiating Principal Dr Shub Sharma and Prof. Rakesh Singh HOD Chemistry.

Others among the faculty, who were present include Prof. Rachna Raj, Dr. Rachna, Dr Verinder Singh, Dr. Kamaldeep Singh, Prof. Mannohan Singh, Prof. Jagdish, Prof. Kaurab Singh, Dr. Sanjeev Sharma, Dr. J S Soodan (Physical Director) and Prof. Anil Sharma.

Zonal-Level Singing Competition 'Choona Hai Aasman' held

■ STATE TIMES NEWS

SRINAGAR: The Zonal level competition of 'Choona Hai Aasman' a talent hunt (singing competition) organized by Kashmir Zone Police was held on Saturday at Tagore Hall, here.

The Inspector General of Police J&K Vijay Kumar was the Chief host while Snehal Priyanka was the Chief Guest on the occasion.

DIG CKR, DIG NKR, SSP Srinagar, SSP PCR Kashmir were among other officers who graced the occasion with their presence.

The IGP congratulated said that J&K Police is committed to provide platform to talented people especially youth in various fields.

He also said that, the sole objective of these pro-



Participants posing for a photograph with police officers at Srinagar.

grammes is to provide a platform to those children who are otherwise unable to explore opportunity to showcase their talent before the world.

The programme will continue to provide opportunities to the many talented youth of Jammu and Kashmir, he said. He said that these talented partici-

pants will now be provided a big platform at the UT level.

In today's Zonal Level Competition, a total of 20 participants under three different age group categories, who had qualified at three range levels participated.

At the conclusion, trophies, certificates and cash

rewards were distributed among the winners in each age group as well as to other participants & Jury members. Vote of thanks was presented by Sujit Kumar-IPS DIG CKR. Pertinently, the cash rewards of Rs 12000, Rs 10000 and Rs 8000 were awarded to first three position holders respectively in all the three

categories.

In Sub Junior category, the first position was bagged by Moin-ud-Din, 2nd position by Rahil Ali & 3rd position by Tabish Hafeez. In Junior category, the first Position was bagged by Basit Yattoo, 2nd by Bisma Sajad & 3rd by Mohd Inaytullah. In Senior category the first position was bagged by Owais Ashraf, 2nd position by Junaid Ahmad & 3rd position by Ms Sheema.

IGP Kashmir Vijay Kumar, Snehal Priyanka (Chief Guest), DIG CKR and DIG NKR presented mementos to the jury members Mir Muneer, Mir Aijaz and Aabid Ali and the nine winners.

The winners of Zonal Level competitions will now take part in the UT level competition.

Yet another promise for Climbing wall in Jammu



Secretary JKSC, Nuzhat Gul inaugurating Sports Climbing Championship.

■ STATE TIMES NEWS

JAMMU: After Ministers, Members of the Legislators and senior bureaucrats failed to keep their words in past one decade or so, the Secretary J&K Sports Council (JKSC), Nuzhat Gul today promised an international standard Sport Climbing wall at Jammu in near future.

She was speaking at the inaugural of the two-day 20th Jammu District Sport Climbing Championship, organised by Mountaineering Association of J&K (MAJK) at Sprawling Buds ICSE School, Bantalab, here today. "As the UT Government focused on providing latest infrastructure and equipment besides other adequate facilities, Advisor to the Lt. Governor and the Principal Secretary, Youth Services

and Sports have acceded to the long pending demand of the Association to have an international standard wall at Jammu", said the Secretary.

Prominent among others present Parveen Sharma, Chairman, The Citizen's Cooperative Bank Ltd; Prof. Lalit Magotra, president Dogri Sanstha, Jammu; Zafar Iqbal, Chief Accounts Officer, JKSC; Rahul Sharma, Chairman, Ramesh Khajuria and Seema Sharma, both Directors of Sprawling Buds ICSE School; Arti Sharma, Principal, Apple Kids International Pre-School, Bantalab; Zorawar Singh Jamwal, president, Ram Khajuria, senior vice president; Shawetia Khajuria, general secretary; Sushil Singh, treasurer and other

members of the MAJK.

Meanwhile, Shining Star Academy, Muthi dominated the day-one winning all the medals in the Junior Boys category and a gold and a bronze in the Junior Girls group.

While Sahil Kumar, Gourav Bhagat and Sapna Ranjan secured gold, silver and bronze medal respectively in the Junior Boys category, Sukriti Kumari and Namrita Singh won a gold and a bronze respectively in the Junior Girls category. The silver medal bagged by Pallavi Katoch of Neel Kamal High School.

Similarly, in Mini Boys category, Vishno Sharma and Laksh Khajuria of Sarovar Academy Surinsar, in their maiden participation, secured a gold and silver medal respectively. The Bronze medal went o Pranav Sharma of Nav Yug Higher Secondary School.

In the Sub Junior Girls category, first place secured by Jennie Bhagat of B V M Higher Secondary School, while second and third positions bagged by Radhika Sharma of Sarovar Academy, Surinsar and Mansavi Magotra of Shastri Memorial Higher Secondary School, Patoli. The competitions in the other competitions were in progress.

30-member Archery team named for Jammu Nationals



Selected Archery team posing with officials.

■ STATE TIMES NEWS

JAMMU: Archery Association of Jammu and Kashmir (AAJK) on Saturday named the 30 members (men and women) team for the 41st Senior National (Recurve, Indian Round, and Compound) Championship hosted by J&K at MA Stadium, here from March 21 to 30, 2022.

Earlier, the Association selected the probable through selection trials, followed by the screening of the teams. The team included 24 players and six officials.

Subsequently, the team was screened by the officials of the J&K Sports Council, including Divisional Sports Officer, Ashok Singh and Manager, Satish Gupta in

the presence of Sunil Sharma, senior vice president AAJK.

The Teams: WOMEN: Usha Devi, Simi Sharma, Meenu Choudhary, Kajal Goriya, Sunaina Devi, Smiley Thapa, Shikha Bhagat, Sakshi Devi, Munisha Aggarwal, Deepa Devi, Anu Bhagat and Radhika Malgotra. MEN: Shubham Sharma, Pappu Rathore, Rakesh Kumar, Divyansh Suri, Bhawani Singh, Pankaj Kumar, Bhawani Jasrotia, Vishal Singh, Atul Bharti, Soniya Jamwal, Mukesh Kumar and Salman Khan. Officials: Darshana Kumari, Kuldeep Vaidwan, Abhilasha, Jagjeevan and Ankur Vaidwan while Vikas Gupta has been named team Manager.

Vansh Sabre Sports Foundation to cover 44 disciplines for Prof Chaman Lal Gupta Khel Ratan Award

■ STATE TIMES NEWS

JAMMU: Newly formed, Vansh Sabre Sports Foundation has decided to cover 44 sports disciplines, affiliated with J&K Sports Council (JKSC) for the proposed Prof. Chaman Lal Gupta Khel Ratan Award.

This was stated by secretary of the Foundation, Kuldeep Kumar Gupta in a statement issued here today.

Players from all these disciplines, who have represented the country at the international level, have been advised to apply to the Foundation via email: vssfjk@gmail.com or despatch their details through Speed Post addressed to 36, Lane No.2, Praveen Colony, Jammu-180020. The players must enclosed passport size photograph with High Resolution, Aadhar Card, Domicile Certificate, Participation and

medal certificate along with application.

The Sports Disciplines: Athletics, Badminton, Basketball, Cricket, Football, Hockey, Swimming, Table tennis, Volleyball, Tennis, Weightlifting, Wrestling (International Style), Boxing, Cycling, Gymnastics, Judo, Shooting, Archery, Equestrian Sports, Handball, Rowing, Roller/Ice Skating, Skiing, Squash, Billiards and Snooker, Chess, Golf, Kabaddi, Karate, Kayaking and Canoeing, Polo, Power-lifting (composite events only), Taekwondo, Yachting, Kho-Kho, Softball, Wushu, Fencing, Sports for Physically Challenged, Baseball, Netball, Pencak Silat, Triathlon and Ice-Hockey.

The Prof. Chaman Lal Gupta Khel Ratan Award, which carries Cash, Citation and Blazer, shall be held in the month of April at Jammu.

Yogant of DPS Jammu excels in Speedball championship

■ STATE TIMES NEWS

JAMMU: Yogant Singh (X-B) of Delhi Public School (DPS) Jammu brought laurels to the school and his parents by winning silver medal in International Indo-Nepal Speedball Championship organized by Nepal Youth Games Federation at Nepal from February 17-21, 2022. About 100 students from different states of the country



participated in the aforesaid championship. Principal DPS Jammu, Ruchi Chabra congratulated Yogant and his parents for the achievement. President RCT, Ajatshatru Singh, Pro Vice Chairperson, Ritu Singh and Director, S.S Sodhi also extended their best wishes to Yogant.