

# JKOA to present Rangil Singh Awards on March 15

**■ STATE TIMES NEWS**  
JAMMU: Jammu and Kashmir Olympic Association (JKOA) shall present Rangil Singh Awards for Sports Excellence for the year 2019-20 at Amar Singh Club, here on March 15 at 3 pm.

This was decided in the Special AGM called to discuss and finalise the preparations for the Award function. The meeting was chaired by President of the JKOA, Dr Ashutosh Sharma and attended by all affiliated units of the Association, a handout issued here today informed.

Dr Ashutosh apprised the members that the meeting has been convened to discuss the successful conduct of the Award function.

The members were informed that Advisor to the Lieutenant Governor, J&K, Farooq Khan has consented to grace the occasion as chief guest. Principal Secretary Youth Services and Sports, Alok Kumar shall be guest of honour.

Those awardees have been advised to report the venue at 2 pm in sports or formal dress.

General secretary of the JKOA, Dushyant Sharma

## List of Awardees

Rakesh Kumar, Para Archer  
Ram Singh, Mount Everest  
Radhey Kumar, Athlete  
Rajesh Anand, Roller skating  
Abdul Samad, Cricketer  
Suvidha Sarin, Roll Ball  
Tejpal Kour, Gymnastics  
Iqbal Singh, Basketball  
Mohd. Shafi Nari, Football  
Adil Mohi-ud-din Bhat, Water Sports  
Arushi Kotwal, Chess  
Abhinav Kundal, Athlete  
Mohd. Tariq, Fencing  
Gourav Sharma, Handball  
Sanjeev Sharma- Sports Journalist  
**COACHES**  
Bhupinder Singh Tirthi, Kho-Kho  
Rajesh Virdhi, Shooting  
Rachna Jamwal, Fencing  
Pawan Kumar Sharma, Hockey  
Anil Gupta, Yoga  
Suraj Bhan Singh, Judo  
Kuldeep Kumar Vedwan, Archery  
Ramesh Kumar Sharma, Athletics  
Om Parkash Sharma, Wrestling

also requested the members to make the event a success and reach the venue in Olympic Blazer and Necktie. He also introduced the members of newly recognized Associations to the members present in the house.

The members were also informed about the final list of 24 Awardees in different categories, including players and coaches, who have been selected for the

Award by the Award Committee (Cash Award of Rs. 21,000, Memento, Certificate, Necktie and Cap).

The general secretary also made aware the members that the awardees have been personally informed telephonically about the venue date and time.

Later, treasurer of JKOA, Bhupinder Singh Tirthi extended vote of thanks.

**■ STATE TIMES NEWS**  
JAMMU: Two promising international climbers from Jammu and Kashmir, Shivani Charak and Arun Deep Singh have been invited by Indian Mountaineering Foundation (IMF), the apex body for adventure sports in the country, for selection trials for the 19th Asian Games to be held from September 10 to 25 at Hangzhou in China.

The two-day trials shall be conducted at Bengaluru from March 26 by the selection committee headed by Brigadier K Kumar.

Shivani Charak, the top ranked woman sport climber of the country and a bronze medalist of the Asian Youth Championship-2019, is among the three woman climbers invited for trials

## Anitem Bhagat qualifies NET

**■ STATE TIMES NEWS**  
JAMMU: Anitem Bhagat, daughter of Dalbir Singh and wife of Advocate Sahil Bharti, resident of Govindpur, Vijaypur, District Samba has been qualified National Eligibility Test (NET) in Library and Information Sciences, the result of which was declared recently.



# J&K Climbers to attend Asian Games trials



MAJK President, Zorawar Singh Jamwal posing with climbers Shivani Charak, Arun Deep Singh and others.

from North Zone. On the other hand, Arun Deep entered the Men's category this year only has been selected for trials on the basis of his excellent performances in the Junior group.

Pertinent to mentioned here that during the year 2019 alone, when the last Nationals took place,

Shivani had won 10 medals including five gold and as many silver. Similarly, Arun had also won four medals including a gold and two silver and a bronze.

Meanwhile, both Shivani and Arun Deep Singh who had arrived Jammu last week only after a six month practice and training at the international standard

climbing walls in Nehru Institute of Mountaineering (NIM), Uttarkashi left today for Delhi to fine tune their skill and stamina at the international standard climbing walls in the Indian Mountaineering Foundation (IMF) Complex.

Before their departure, both Shivani and Arun called on the president of Mountaineering Association of J&K (MAJK), Zorawar Singh Jamwal, who wished them good luck and offered all the facilities and assistance which may facilitate their selection for the Asian Games.

Shawetia Khajuria and Sumit Khajuria, General Secretary and vice President respectively of the Association also wished climbers all the best.

# Netball UT Championship concludes

**■ STATE TIMES NEWS**  
JAMMU: Netball UT Championship organised by Netball Association of Jammu & Kashmir under the aegis of Netball Federation of India concluded at Manhas Sabha Ground, Janipur, here on Monday.

In all, 120 students participated in sub junior, junior and senior categories in the championship as per rules and regulations of Netball Federation of India.

The prize distribution ceremony was attended by Rakesh Sharma, President Netball Association of Jammu and Kashmir along with Akash Batra, international Referee of Netball.

# Allen's workshop for Board Exams from Mar 15

**■ STATE TIMES NEWS**  
JAMMU: Offering its best services in Jammu and Kashmir for the last one year, Allen Career Institute decided to organize a free workshop for the students who will appear for the class 10 and class 12 board examinations of the Jammu Board.

"With the help of the revision booster course, students of both the board classes will be able to prepare best for their examinations," Center



Center Head, Allen Jammu, Shanti Kumar talking to reporters.

Head, Allen Jammu, Shanti Kumar told reporters, here on Friday.

Along with the lectures on

the subjects, he said, experts of the Allen Career Institute will also offer guidance to the students on the management, sitting, examination phobia, writing skill, mindset before the examination, and the methods for resolving the examination paper in this booster course.

Shanti told that this free workshop will be for 30 days and the course classes will be held at the Allen Jammu Study center, near the NIA office, in Trikuta Nagar.

# Semis line up drawn in Hockey



Hockey teams posing for a photograph with officials and other dignitaries.

**■ STATE TIMES NEWS**  
JAMMU: Semifinals position has been cleared in the ongoing District Jammu (Men) Hockey Championship, organised by Hockey Jammu and Kashmir at K K Hakhu Stadium, here on Monday.

Now, in the semifinals, slated for tomorrow, Dashmesh Hockey Club

shall take on MBS Club at 3.30 pm while Khalsa Warrior Club to meet Young Star Hockey Club at 5 pm.

Earlier, Dashmesh Club and Young Star qualified for the semifinals today. In the quarterfinals, Dashmesh Club defeated Young Khalsa Hockey Club by three goals to nil. Hardeep Singh scored two goals in 26th and 28th

minute of the match while other goal came through Manveer Singh in 29th minute.

In other scheduled quarter-final of the day, Young Star Club trounced Shaheed Bhagat Singh Club 4-1. Pardeep Singh and Kamalpreet Singh scored for the winning side while Angat Singh reduced the margin

from Shaheed Bhagat Club.

In today's matches, president of the Hockey J&K, Rajeev Sharma was special guest.

Today's matches officiated by the technical penal including Dalbinder Singh, Jaspreet Singh, Gurpreet Singh, Balmeet Singh, Tejinder Singh, Minakshi Khajuria and Angat Singh.

# STC Jammu to hold trials in 5 disciplines from March 10

**■ STATE TIMES NEWS**  
JAMMU: Sports Training Centre (STC) Jammu of the Sports Authority of India (SAI), in collaboration with J&K Sports Council (JKSC), shall hold two-day selection trials for induction in the disciplines of Handball, Basketball, Badminton, Wushu and Volleyball for residential and non-residential schemes at SAI STC MA Stadium, here from March 10.

Interested candidates, who fall in the age groups of 12

years to 18 years, are only eligible to appear in the selection process.

Such eligible young players have been advised to report at the office of the Incharge STC M A Stadium Jammu on the given dates at 09 am bringing along original and photocopy of date of birth certificate, Aadhar Card, four passport size photographs and sports achievement certificates.

For any queries, candidate may contact STC office on Mobile number 985817639.

# Udhampur Boxing C'ship from March 12

**■ STATE TIMES NEWS**  
JAMMU: J&K Amateur Boxing Association shall hold two-day Udhampur District Boxing Championship at Kendriya Vidyalaya, Chenani from March 12.

Interested eligible boxers for the championship have been advised to contact Rajneesh Kumar (7006207779) for entries on February 11 before 12 noon. The draws shall be held on the same day at 5 pm, a handout issued here today informed.

# International Women's Day; NSS unit of GGM Science College organises Self Defence Camp

**■ STATE TIMES NEWS**  
JAMMU: NSS unit of Government Gandhi Memorial (GGM) Science College organized self defense camp under the patronage of Principal Dr. Ravender Tickoo and guidance of NSS PO Dr. Deepali Mahajan as a part of Azadi Ka Amrut Mahotsav celebrating International Women's Day.

The theme of the year 2022 is "Gender Equality Today for a Sustainable Tomorrow".



Resource person, Arshi Nad along with NSS volunteers and faculty members.

Today's resource person, Arshi Nad, Senior Judo

Coach at J&K Sports Council, highlighted the pri-

mary importance of self-defence for women to be able

to protect themselves against anything that's unacceptable in terms of social conduct.

There is nothing more empowering than having the confidence to analyse a dangerous situation and take actions to overcome them effectively, she said adding that Judo can help teach important values and principles such as hard work, dedication, and perseverance, among others. About 50 girl students participated in this self defence camp.

# Secretary DLSA Udhampur flags-off cycle rally

**■ STATE TIMES NEWS**  
UDHAMPUR: In commemoration of International Women's Day Week-2022, District Legal Services Authority (DLSA) Udhampur in collaboration with Cycling Association District Udhampur, under the overall supervision of Secretary DLSA Udhampur Rajni Sharma (Sub-Judge) organized a cycle rally on Monday. The cycle rally was flagged off by Rajni Sharma (Sub-Judge), which after passing through Slathia Chowk, Court Road,



Secretary DLSA Udhampur Rajni Sharma leading cycle rally.

Ramnagar Chowk, Mukherjee Bazar, Gole Market culminated at Mini Stadium Udhampur. The theme of the Rally was 'Creation of Awareness for stopping Female Foeticide'. The participants of the rally included Advocate Sanjeet Kumar; Advocate Akhil Dubey, Advocate Mallikarjun Singh Slathia, District President Cycling Association Udhampur, Rajesh Sharma, SHO Udhampur Chaman Gorkha, ZPEO Udhampur Ajeet Singh, ZPEO Jib, Poonam Sharma, Senior

Executive Member Cycling Association Udhampur Asha Sharma, Ritu Sharma Head Assistant DLSA Udhampur and other staff Members. Rajni Sharma, while thanking the participants, threw light on the menacing issue of female foeticide and stressed upon the need to create awareness among the general masses for stopping female foeticide as preventing female foeticide is the responsibility of every member of the society. Later, She distributed certificates of participation to the participants.

# National Workshop on Calligraphy, Digital Art & Packaging begins at IMFA

**■ STATE TIMES NEWS**  
JAMMU: 'Start with Art'- A National Workshop on Calligraphy, Digital Art and Packaging was thrown open on Monday at the Department of Applied Art, Institute of Music & Fine Arts (IMFA), University of Jammu, to celebrate the 75th Azadi Ka Amrit Mahotsav.

An inaugural function was organized on this occasion where Dr. Ravi Shanker Sharma, Director School Education, Jammu was the Chief Guest, Ashwani Kumar, President, Press Club of Jammu & former Bureau Chief of Aaj Tak was the Guest of Honour. A cultural programme, consisting of Sitar recital by Sunil Raina (HoD Sitar Dept.), Vocal performance by Suraj Singh (HoD Vocal Dept.), Violin recital by Bahadur Singh (HoD Violin Dept.) and Saraswati Vandana by the students of Vocal Dept were presented.

Forty students of IMFA and three teachers of the Directorate of School Education, Jammu are participating in the programme.

Prof. Shohab Inayat Malik,



Principal IMFA, Prof. Shohab Inayat Malik presenting memento to a dignitary.

Principal, IMFA welcomed the guests.

He gave a brief of the six days programme being undertaken in the supervision of Gagandeep Singh from Chandigarh, George Emmanuel from Lovely Professional University, Phagwara (Pb.) and Amandeep Singh from Jammu who are experts in their respective fields, viz. Calligraphy, Digital Art and Packaging.

Ashwani Sharma emphasized on the need of taking care of the emerging technologies in the field of education, art and culture, with the help of information & technology available on various digital platforms.

The workshop is being conducted under the over-all super-

vision of Rakesh Sharma (HoD Applied Art dept.), Dr. Amarjeet Singh and Vaneeka Gupta, Faculty of Applied Art dept., IMFA.

The prominent among others who attended the programme included Neelam Kumari (Corporator, Ward No. 40), Sanjeev Baru (Corporator, Ward No. 41), Prof. T.S. Batra (former Principal, IMFA), Dr. Smil Khosla, (former HoD Art History & Aesthetics dept., IMFA), Jang S. Verman (Senior Artist & Columnist on Art & Culture), Jistinder Kour, Vikram Jain and Rajesh Badgotra.

Vote of thanks was extended by Rakesh Sharma, HoD, Applied Art dept., IMFA, University of Jammu.

# 'Kamal Sisodiya's contributions for women empowerment, society are commendable'

**■ STATE TIMES NEWS**  
JAMMU: With many awards and honours to her credit, Kamal Sisodiya, a woman police officer from CRPF who is currently posted in the Jammu division, is a symbol of women empowerment and a compassionate face who always is helpful to the needy.

"On the occasion of international women's day, senior woman officer Kamal Sisodiya has become an example of women empowerment," said CRPF Jammu sector spokesperson.

"Kamal Sisodiya has been decorated with many honours and awards for the commendable work done for women

empowerment including Veerangana Samman on the anniversary of Rani Lakshmi Bai, Mahatma Gandhi Seva Award, Jodhabai Nari Shakti Puraskar, Maharani Padmini Child Welfare Award, Women of Worth Award, Maharaja Hari Singh lifetime achievement award and wonder women."

"She has always supported and helped the needy sections of the society, specially deaf-dumb, differently-abled, orphan children, acid victims, rape victims," CRPF spokesperson added.



"During her 22 years of service in CRPF, while serving from Northeast to Jammu and Kashmir, she took up the formidable duty of defense of the nation, facing many challenges of internal security. Not only this, she made unprecedented efforts for women's empowerment," he said.

The Spokesperson added that the official also made women living in the remotest villages and regions of the nation aware of their rights and inspired them with her motivational speeches.

Besides, she also made women folk aware about personal health and hygiene. Along with many NGOs, she distributed sanitary pads to women in rural areas and also worked tirelessly to make them self-reliant through skill development.

"She is also a holistic writer and the book 'Skill Development Mission' authored by her has proved very beneficial for countless women and men."

"Her contributions for women empowerment and society is commendable," the CRPF spokesperson said, adding that the force and the nation are proud of its heroic daughter.