

Pallanwala Club lifts Jammu Volleyball trophy



Border Lions Volleyball Club Pallanwala team receiving winner trophy.

■ STATE TIMES NEWS

JAMMU: Border Lions Volleyball Club Pallanwala on Sunday lifted the title trophy of 35th Jammu District Volleyball Championship outplaying Stadium XI in a closely contested final played at MA Stadium, Jammu.

In the final turned out to be an interesting game between those city boys and their counterparts from border area of Pallanwala. At

the end, those tough guys of Pallanwala emerged victorious making it 3-2 with set score being 22-25, 25-19, 23-25, 25-23, 16-14).

The winning side of Border Lions Club Pallanwala is patronised by veteran coach, Puran Singh, who is grooming budding players in Border areas of Akhnoor Tehsil.

The boys final, which played today, was deferred on February 18 due to

inclement weather.

President of the Jammu District Volleyball Association, Manmeet Singh Amn was the Chief Guest, who gave away the prizes.

Among other guests were Kuldip Magotra (CEO VAJK) and Vijay Kumar Magotra (General Secretary VAJK) as also Rajiv Dogra, Prateek Kumar and Naresh Kumar (all Volleyball coaches).

CUJ launches Short Term Social Media Executive Upskilling Programmes for women

■ STATE TIMES NEWS

JAMMU: School of Business Studies, Central University of Jammu (CUJ) launched Short Term Upskilling Training Programme for women candidates in collaboration with Department of Commerce and Skill Development Cell Padma Shri Padma Sachdev Government College for Women, Gandhi Nagar, Jammu under the patronage of Prof. Sanjeev Jain, Vice Chancellor, Central University of Jammu and Mission Director, Department of Skill Development, UT of J&K.

The programme was inaugurated in presence of Prof. S.P. Saraswat, Principal of the College, and Prof. Jaya Bhasin, Dr. Neelika Arora and Dr. Shahid Mushtaq from School of Business Studies, CUJ and Dr. Asha Devi, HoD, Department of Commerce, PSPSGCW Gandhi Nagar.

Prof. Saraswat, Chief



CUJ and PSPS GCW Gandhi Nagar faculty and students at a programme.

Guest of the inaugural session, emphasized the importance of adapting to evolving industry trends and leveraging social media as a powerful tool for communication and outreach.

Prof. Jaya Bhasin provided valuable insights regarding social media to motivate the participants She pointed out that in fast changing technological world there is need to learner, unlearn and relearn.

She emphasized that everyone should be able to

live, learn, work and participate in the digital world for Viksit Bharat@2047 as envisaged by Hon'ble Prime Minister of Narendra Modi.

Dr. Neelika Arora apprised the audience that School of Business Studies, CUJ is committed to empower the youth of Jammu and Kashmir by providing opportunities to learn employable skills.

She further elaborated that as an outreach activity University is hand-holding youth to promoting self-

entrepreneurship for income and employment generation. Dr. Shahid Mushtaq in his address talked about the Short-Term Job oriented courses offered by the University to for upskilling of youth in Jammu division.

He highlighted especially the need for upskilling and reskilling of the women workforce for economic emancipation of women. He also introduced the trainers for the Programme Dr. Asif Ali and N. Chibber.

Both the trainers with their profound knowledge and experience illuminated the path for aspiring social media executives, setting the tone for the enriching journey ahead

Earlier in her welcome address Dr. Asha Devi, HoD, Department of Commerce provided a brief overview of certificate course on Social Media Executive of 60 Hours being offered under the Recognition of Prior

Learning Category.

The inaugural ceremony held today, witnessed the presence of distinguished speakers, educators and professionals in the field including Prof. Surinder Parihar, HoD, Department of History, Prof. Monika Hans, Member, Skill Development Cell, Dr. Vaishali and Prof. Sandhya Bhagat, faculty members Department of Commerce.

The entire program was coordinated by Dr. Neelika Arora, Dr. Asif Ali and Dr. Shahid from School of Business Studies, Central University of Jammu, Dr. Vaishali and Prof. Sandhya Bhagat from Department of Commerce, PSPS College.

Dr. Himani Arora delivered formal vote of thanks expressing gratitude to all the contributors and supporters of this initiative. The proceedings of the event were conducted of by Mehak Pawar and Sara Choudhary.

Tawi Trekkers J&K takes GCW Gandhi students to Devi Pindian



Trekking group posing for a group photo with Rahul Sharma, Patron of the club at Kala Kendra Jammu before their departure for the trek.

■ STATE TIMES NEWS

JAMMU: Continuing its series of one day treks for promotion of pilgrimage and heritage sites Tawi Trekkers J&K, one of the biggest trekking clubs in the country, organized the second one-day trek to Devi Pindian near Panthal (Katra).

The group of 143 women trekkers exclusively from PSPS Government College for Women (GCW), Gandhi

Nagar, Jammu was flagged off from Kala Kendra, Jammu by patron of Tawi Trekkers J&K, Rahul Sharma, Chairman of Sprawling Buds ICSE School.

General secretary of the club, Sonam Sidharth, senior members, Shashi Kant Sharma, Sourav Deep Singh and Ananjan Ravhag along with sports secretary of the college, Ishika Jandial also

accompanied the trekkers for better coordination during the trek.

The budding trekkers were pleasantly surprised when Superintendent of Police, Katra Vipin Chandran along with SDPO, Katra Satyakam Sharma welcomed them on their arrival at Kunia Nursery, Panthal.

While interacting with the trekkers he said that trekking inculcates in a per-

son a spirit of adventure and love of nature besides keeping mentally and physically fit. He emphasized on the importance of mountains and the role they play in our life and advised the participants to keep the mountains clean whenever they go for trekking. Finally, he flagged off the trekkers for the trek with best wishes.

Most of the students on their maiden trek were

enchanted by the beauty of the serene trekking destination and fully enjoyed the 10 km to and fro trek amidst the pines and along a stream of gushing transparent water. Reaching the Devi Pindian shrine the trekkers were overwhelmed by the sublime atmosphere and serenity of the place where as per legend the Goddess Vaishno Devi resides for nine months in a year. On their return some of the trekkers preferred a short but steep trek and finally a two kilometer road walk amidst the calm and cool trees.

After the conclusion of the trek Tawi Trekkers was showered with praise by the budding trekkers who profusely thanked the management of Tawi Trekkers for giving them an opportunity to participate in such a wonderful activity.

Bengaluru Torpedoes beat Mumbai Meteors in straight sets in do-or-die Super 5s contest

■ STATE TIMES NEWS

CHENNAI: In a do-or-die battle, Bengaluru Torpedoes brought out their 'A' game against the Mumbai Meteors in the Super 5s stage of the third season of RuPay Prime Volleyball League powered by A23, to beat the Mumbai Meteors 15-13, 16-14, 15-10 at the Jawaharlal Nehru Indoor Stadium, Chennai. Jishnu was named the Player of the Match.

Jishnu's blocks came in handy for the Torpedoes to gain an early advantage, while the Meteors countered the defence through Amit Gulia's attacks. Service errors from both teams kept the game level. Coach David Lee's risky super serve call allowed the Torpedoes to stretch the gap, and Ibin Jose's spike gave Bengaluru an early lead.

Paulo remained the key for the Torpedoes' attacks, spreading his passes well to keep the opposition guessing. But Saurabh's attacks from the middle kept troubling the Torpedoes. Mujeeb started growing in confidence to cancel Mumbai's attacks. A complex review heated-up things in the middle. The deadlock was broken with Sethu's pipe attack and Sravan and Jishnu's monstrous block gave the Torpedoes a 2-0 lead.



Shubham's inconsistency in attacks hurt the Meteors, while Bengaluru began involving Jishnu more in attacks, targeting from the middle court. The Bengaluru defence remained on top form through the night, not allowing Mumbai to get easy points. Finally, Thomas Heptinstall closed out the game for the Torpedoes with a super serve.

J&K para archer Sheetal Devi felicitated by Mumbai MLA Sunil Rane



Borivali Mumbai MLA Sunil Rane felicitating J&K para archer Sheetal Devi.

■ STATE TIMES NEWS

JAMMU: Borivali, Mumbai MLA Sunil Rane felicitated J&K para archer Sheetal Devi during Atharva Foundation's 'Women Achievers Awards 2024' to mark Women's Day at

Prabodhakar Keshav Sitaram Thackeray Natyanamandir, Mumbai.

Rane handed over an Rs 5 lakh cheque to special guest Major Shivani Narang on behalf of Sheetal Devi during the occasion.

During the occasion, Rane also narrated the inspirational life story of Sheetal Devi.

Sheetal was born with a rare disease called phocomelia in Loidhar village of Kishtwar district of Jammu & Kashmir: With indomitable courage and the spirit to do something, Sheetal became Asia's only para archer. She received the Arjuna Award from the President of India in January this year.

Women Achievers Awards are being organized every year by Atharva Foundation, to honour eminent women who have made a distinct identity in social life with their work.

SR College of Competitions conducts Mega Scholarship Test 2024

■ STATE TIMES NEWS

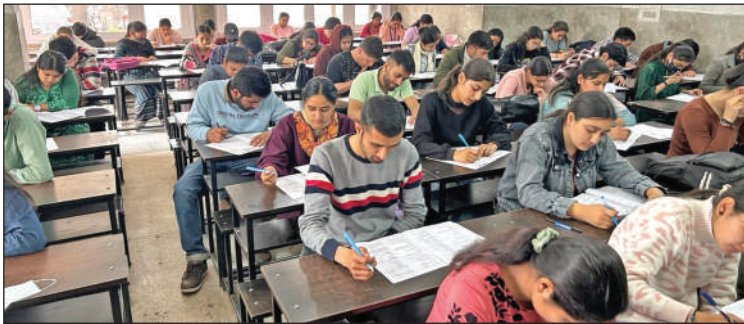
JAMMU: SR College of Competitions successfully conducted Mega Scholarship Test 2024, here on Sunday.

The scholarship test was meant for ambitious individuals aiming to excel in the UPSC Civil Services Examination and J&K PSC Combined Services. This initiative offers deserving candidates the chance to secure generous scholarship assistance of up to 100%.

Successful candidates shall be enrolled into various coaching programs that Adopt a holistic approach, these programs provide an array of support services.

From complimentary classroom coaching and customized test series to indispensable personality guidance and comprehensive study materials.

SR College ensures every aspect



Students appearing in Scholarship test at SR College of Competitions.

of an aspirant's journey is fortified for success.

Additionally, participants benefit from specialized sessions covering current affairs and general knowledge, alongside access to a dedicated mentorship program.

Eligibility for the test was extended to both 12th pass students and those currently enrolled in college.

Aspiring candidates eagerly embraced this opportunity by applying directly at SR College of Competitions, conveniently situated in Gandhi Nagar, Jammu.

The ultimate objective is to serve as a launchpad for ambitious individuals, empowering them to realize their IAS/JKAS aspirations. The response to the Mega Scholarship

Test was overwhelmingly positive, with applicants from different districts expressed enthusiastic interest in seizing this transformative opportunity.

"By providing comprehensive support and resources, SR College of Competitions endeavors to equip aspirants with the tools they need to succeed in their endeavors. Through this initiative, we strive to foster a community of motivated individuals dedicated to achieving their dreams of civil service excellence" informed the office co-ordinator further adding that those who could not take the Mega Scholarship Test 2024 for various reasons need not get disheartened as SR College of Competitions is always open for their queries. They can contact the college for proper guidance, mentorship and coaching anytime.

Sidhant Randhawa wins silver medal in National Equestrian C'ship



Sidhant Randhawa after receiving silver medal in the National Equestrian Championship-2024 held at Jaipur.

■ STATE TIMES NEWS

JAMMU: Son of the soil-Sidhant Randhawa-has brought laurels to Jammu and Kashmir by winning a silver medal in the National Equestrian Championship-2024 held at Jaipur.

Sidhant was rigorously training himself and his horse since eight years. He has recently qualified for the National Equestrian Championship (60 kms). A total of 65 riders and horses from different states including armed forces participated in the event. Sidhant was representing Sagar Equestrian Sports Academy, Rajasthan and snatched away silver medal.

Pertinent to mention, that,

Sidhant Randhawa is the only person from Jammu and Kashmir who has achieved this feat in the Equestrian Championship.

Lt. Col Bharat Singh, Abdul Aziz and Nirav Patel were the committee members who while delivering their judgement announced first prize to 61 Cavalry of Indian Army, the second prize was given away to Sidhant Randhawa from Sagar Equestrian and Sports Club while third prize was won by Jodhpur Polo and Equestrian Institute.

The committee members congratulated all the winners and participants as well.

RCB end 16-year wait for title; beat DC by 8 wickets to grab WPL title

■ STATE TIMES NEWS

NEW DELHI: A spirited women's team washed away Royal Challengers Bangalore's 16 years of hurt and disappointment, landing their maiden title which came through an eight-wicket win over Delhi Capitals in front of a cheering full house in the Women's Premier League final here on Sunday.

Once the spin pair of Shreyanka Patil (4/12) and Sophie Molineux (3/20) engineered a DC collapse to 113 all out, there could have been only one winner.

But the formalities had to be completed. RCB did it via their talismanic skipper Smriti Mandhana (31), Sophie Devine (32) and the impactful Elysse Perry (35 not out).

The Royal Challengers made 115 for two in 19.3 overs, a far easier victory than that tight-looking final over finish.

There will be celebrations in the dressing room, at a packed Arun Jaitley Stadium where a near full house bayed for a RCB win and in thousands of living rooms miles away in Bangalore.

A generation of RCB fans



have waited for this moment, to social media trolls and a wait that often gave fodder memes.

SCOREBOARD	
DELHI CAPITALS WOMEN	
Meg Lanning (c) lbw b Patil	23
Shafali Verma c Wareham b Molineux	44
Jenimah Rodrigues b Molineux	00
Alice Capsey b Molineux	00
Marizanne Kapp c Devine b Sobhana	08
Jess Jonassen c Mandhana b Sobhana	03
Radha Yadav run out (Molineux)	12
Mimmi Mani lbw b Patil	05
Arundhati Reddy b Patil	10
Shikha Pandey not out	05
Taniya Bhatia † c † Ghosh b Patil	00
Extras	03
Total	113/10
ROYAL CHALLENGERS BANGALORE WOMEN	
Smriti Mandhana (c) c Reddy b Mani	31
Sophie Devine lbw b Pandey	32
Elysse Perry not out	35
Richa Ghosh † not out	17
Extras	00
Total	115/2

Real Kashmir FC surrender a point to Delhi FC on home turf

■ STATE TIMES NEWS

SRINAGAR: Real Kashmir FC had to settle for their third consecutive draw in the I-League as they were held 1-1 by Delhi FC in a crucial match on their home turf here on Sunday.

Both goals came in the second half.

Delhi FC took the lead through Gurtej Singh (52') early in the second half before conceding an own goal in the latter stages (82') of the match to take home a point.

The draw did little to boost Real Kashmir's chances in the title race, but they have only to blame themselves for missing a host of chances.

The Ishfaq Ahmed-coached side find themselves in the second spot in the standings with 36 points from 20 matches after the match. They have 10 wins, six draws and four defeats against their name.

Kolkata's Mohammedan Sporting lead the table with 44 points from 19 games. Two other teams, Sreenidi Deccan and Gokulam Kerala FC, also have 36 points each. While Sreenidi

have played 18 matches, the Kerala side have collected their points from 20 matches.

Delhi FC are ninth in the league with 23 points from 20 matches and have bagged a point after four consecutive defeats.

It wasn't the kind of homecoming that Real Kashmir fans were expecting. The last time Real Kashmir played at home was on December 16.

The Snow Leopards returned to their home ground after playing nine away matches in which they had done exceedingly well with four wins, three draws and two losses.

However, a lack of sharpness in front of goal meant they were not able to convert the chances. They also missed their most influential player, Gnohere Krizo.

The Ivorian forward has scored 11 goals so far and is fourth on the list of top scorers in the league. Krizo missed the match because of a suspension.

Delhi FC took the lead against the run of play. Former India forward Balwant Singh delivered a

sharp low cross in the box from the right and Gurtej Singh exploited a momentary lapse in the usually tight Real Kashmir defence.

Taking advantage of the space offered to him, Gurtej hit a powerful and well-directed right-footed shot that stunned the Real Kashmir FC defence and fetched the back of the net.

Stung by the reverse, Real Kashmir went all out and eventually managed to level the score with an own goal. Substitute Ifham Tariq Mir floated a free-kick towards the far post, targeting Shaher Shaheen, who redirected the ball back into the crowded penalty box.

In a chaotic sequence, the ball made contact with Delhi FC defender Anwar's left leg. Initially, it seemed like the ball would go out for a corner, indicating a narrow escape for Delhi FC. However, in an unexpected twist, the ball deflected off Delhi FC goalkeeper Naveen Kumar and ended up in the back of the net, giving a much-needed respite to the Real Kashmir dugout.