

# JK Public School Panjtirthi celebrates Women's Day



Glimpses of Women's Day celebration at JK Public School Panjtirthi on Friday.

**STATE TIMES NEWS**  
JAMMU: JK Public School (JKPS) Panjtirthi celebrated Women's Day in a constructive way by acknowledging and appreciating the contribution and achievements of Women of India.

The proud and confident women of JKPS Panjtirthi celebrated the womanhood with grace and elegance. They emphasized that a woman can change the impossible to possible. Raksha Thakur, the

teacher in charge of the celebration remarked, "Today women have taken on the world with confidence. Today's woman is independent, takes deci-

sions boldly, stands up for her rights, enjoys a respectable status in the society, and handles professional life flawlessly." The Children were

drawn up as renowned women of India and reminded the audience of their incredible record they have made by overcoming all the hurdles.

Jakians recited a beautiful poem on 'Accelerating Gender Parity'. The Principal of JKPS Panjtirthi, Suman Banbah expressed, "A

woman is a symbol of love and God's finest and beautiful creature." She further remarked, "Educate a woman, empower the nation."

## International Women's Day Sweety's sterling journey from ace cricketer to champion powerlifter

Testimony to indomitable spirit of dreaming big, breaking barriers

**STATE TIMES NEWS**  
JAMMU: Indomitable spirit and unwavering commitment is the hallmark of Sweety Sharma's life as a sportsperson and the challenges she faced while turning into a champion powerlifter from an ace cricketer.



only got selected but also earned the title of the best fielder in her debut national tournament held at Lucknow in Uttar Pradesh.

From there, Sweety Sharma continued brilliance, competing at various levels - state, national, zonal, university, Rani Jhansi tournaments representing Jammu & Kashmir and even making it to the India Camp.

Despite the demands of her academic pursuits, including obtaining a law degree from Jammu University, and later balancing the responsibilities of marriage and a job, she never let go of her passion for sports.

Shifting to Delhi, Sweety Sharma had the opportunity to play for Railways but eventually found her calling from Container Corporation of India, a navratna PSU, where her husband was already employed. She even played with the CONCOR Men's team and served as a selector on occasion, showcasing her expertise and dedication to the sport.

But Sharma's journey didn't stop there. With a deep-rooted

commitment to fitness and a relentless drive to push her limits, she ventured into powerlifting at the age of 48. Inspired by her ease in lifting heavy weights during gym sessions, she embarked on a new chapter in her sporting career.

With unwavering dedication and perseverance, Sweety Sharma has achieved remarkable success in powerlifting, earning numerous accolades including gold and silver medals at state and national championships.

Her recent accomplishments include winning gold in the PI National Bench Press Championship and being awarded the prestigious Nari Shakti Puraskar in 2023.

Sweety's journey serves as a beacon of hope and empowerment for women everywhere. Despite the challenges of balancing personal, professional, and sporting commitments, she continues to defy expectations and set new standards of excellence.

As Sweety Sharma prepares to represent India in the upcoming world Benchpress Championship in their Texas USA, her story is a testament to the indomitable spirit of women who dare to dream big, break barriers and shatter stereotypes.

Let us celebrate Sweety Sharma's achievements and draw inspiration from her remarkable journey this International Women's Day, as we strive to create a world where every woman has the opportunity to pursue her passion and fulfill her potential.

teacher in charge of the celebration remarked, "Today women have taken on the world with confidence. Today's woman is independent, takes deci-

## Bhat, Kapil honour winners Mother-daughter duo help Durga CC to lift Haerath Milan Cup title

Tigers Cub emerge victorious in kids event

**STATE TIMES NEWS**  
JAMMU: The duo of mother Anjana Wakhloo and daughter Arzoo Wakhloo made a good partnership and held their nerves in the crunch situation to guide Mata Durga Cricket Club to thrilling victory over Kotarani Cricket Club and lift the women's title trophy, while Tigers Cricket Club got the better of TRT Nagrota in an easy contest by 9 wickets in the summit clash to win the title in kids event of the ongoing KPPL 'Haerath Milan' Cup, organised by Lalitaditya Sports, Education and Health Organisation (LSEHO) at MA Stadium, here.

PK Bhat, Commissioner State Tax was the Chief Guest in the closing ceremony, while Kapil Sharma, Managing Director, Medical Supplies Corporation Limited was the Special Guest. Mohit Raina and Sujit Mattoo, PA to Chief Secretary were the Guests of Honour.

Earlier, in the women's

final, Mata Durga Cricket Club rode on the batting brilliance of Anjana Wakhloo and Arzoo Wakhloo and defeated Kotarani Cricket Club in a last ball thriller by 9 wickets.

Batting first, Kotarani Cricket Club scored a good total of 81 runs in 10 overs.

Asma Malik scored unbeaten 37 runs off 33 balls with 2 fours and one six, while Preeti Pandita contributed 22 runs to the total.

In reply, Mata Durga Cricket Club registered an exciting last-ball win by losing one wicket.

Anjana Wakhloo top

scored with 33 runs off 31 balls studded with 2 fours and one six, while young Nirvi Jotshi contributed valuable 19 runs off 17 balls with 2 boundaries and Arzoo Wakhloo scored unbeaten 13 runs off 15 balls.

Vanshika Ganjoo claimed the lone wicket to fall.

For her brilliant batting display, Anjana Wakhloo

was adjudged as the player of the match, while Asma Malik was declared as the player of the tournament.

In the kids finals, Tiger Cricket Club defeated TRT Nagrota by 9 wickets.

Batting first, TRT Nagrota scored 103/4 in 10 overs. Kartik Bhat top scored with 37 runs.

Mayank Bhan, Shivam Bhat and Rohan claimed one wicket for Tigers Club. In reply, Tigers Club chased the target easily in 4.5 overs by losing one wicket to win the match by 9 wickets.

Hemansh Katoch top scored with power-packed 46 runs off just 12 balls studded with 7 massive sixes, while Paras Safaya contributed 12-ball 27 runs with 3 fours and one six.

Hemansh Katoch was adjudged as the man of the match, while Paras Safaya got the man of the tournament and best batsman award and Ritesh Raina as the best bowler.

The chief guest and other dignitaries felicitated the winners and runners up teams with trophies and special awardees with kit bags with full cricketing gears.

PK Bhat and Kapil Sharma while speaking on the occasion lavished praise on the organisers for holding the tournament in a most befitting manner.

Earlier, Anil Bhat President LSEHO presented a welcome address and highlighted the activities and achievements of the Organisation, while the proceedings of the closing ceremony were beautifully conducted by famous anchor Rajesh Dhar.



Winner team receiving trophy from the chief guest.

## Dogra Kranti Dal organises 131st marathon race



**STATE TIMES NEWS**  
UDHAMPUR: 131st marathon against drugs was organized by Dogra Kranti Dal (Non-Government Organization) from Domail Chowk of Udhampur to Venus Chowk of Sailan Talab at around 8:00 AM on Friday.

BJP leader and former MLA Balwant Singh Mankotia.

In the marathon, the first place was achieved by Preeti, who was honoured with an amount of Rs 2100. Isha Sharma secured second place, who was awarded with an amount of Rs 1100 and Nidhi stood third, who was awarded with an amount of Rs 700.

Apart from this, hundreds of girls took part in the marathon race and gave a message to the society against drug addiction.

## CUJ organises Mind Meet Programme



**STATE TIMES NEWS**  
JAMMU: Central University of Jammu (CUJ) organised mind meet program at Brigadier Rajinder Singh Auditorium. Under the dynamic leadership of Prof Sanjeev Jain, Hon'ble Vice Chancellor, Central University of Jammu, the CUJ regularly organises events and creates a dynamic academic environment in the campus. Prof Kavita Suri Director (former) Continuing Education Jammu University delivered a mind provoking session on anti sexual harassment Act, 2013 a decade on. Speaking on the occasion Prof Jaya Bhasin Central Chairperson GSCASH informed that Central University of Jammu houses gender sensitisation committee against sexual harassment for creating an inclusive environment for all genders. Earlier Prof Jaya Bhasin welcomed the panelists and the keynote speaker. She apprised about the existence of ICC, gender champions and counseling centre at Central University of Jammu.

Prachi, Anjali and Varun were the panelists from the scholars and students. The faculty members Dr Gowhar, Dr. Iqbal and Dr Anjali participated in the discussion. Dr. Rouchi and Khyama also chaired the session. Students and scholars from all the departments participated in the session. Convener of Mind Meet, Prof Vandana Sharma organises events on every Thursdays for the University. The session was coordinated by Dr. Vinita member secretary GSCASH. Tanya was the master of ceremony.

## International Women's Day celebrated by MIER College of Education



**STATE TIMES NEWS**  
JAMMU: In a heart-warming celebration of International Women's Day, Shrimati Shanti Gupta Centre for Women's Studies (SSGCWS) and its Gender Champions Club organized a Nukkad Natak on the U.N. theme "Invest in Women: Accelerate Progress" in its adopted village, Domana, here on Friday.

The focus of the Nukkad Natak was on the education and vocational training and opportunities for women and girls, as highlighted in different government schemes. A team of 24 club members and two faculty members, namely Dr. Bharti Tandon, Convener SSGCWS and Jyoti Sharma, member SSGCWS visited the village.

The Nukkad Natak unfolded like a tapestry of empowerment, weaving stories of resilience, courage, and the indomitable strength of women. Through compelling performances, the talented actors portrayed the pivotal role women play in societal development and highlighted the need to invest in their well-being, employment and entrepreneurial opportunities.

Residents, young and old, were drawn into the narrative, captivated by the powerful messages delivered through the art form. The play highlighted the importance of education, healthcare, and economic opportunities for women, emphasizing that investing in women is not just a moral imperative but a catalyst for overall community progress. Amidst the applause and cheers, the village embraced the call to action, pledging to support and uplift the women in their community. The club members handed out pamphlets about various government schemes such as the Tejaswani Scheme, the Indira Gandhi Scholarship Scheme, and the Pragati Scheme, and also interacted with residents to address their queries and concerns.