

J&K Police wrestler Nadeem wins Shiv Khori Kesari Dangal title 2025

STATE TIMES NEWS

KATRA: Wrestler Nadeem of J&K Police resident of Doda lifted 27th Shiv Khori Kesari Dangal Title by defeating wrestler Sumit of Guru Leelu Akhada Ladpur in Harayana in the main bout held at Ransoo, the base camp of holy shrine of Shiv Khori on the eve of Maha Shivratri.

Winner Nadeem was cash awarded with Rs. 15,000 along with traditional "Gurj" and Patta while runner-up wrestler Sumit got Rs. 10,000.

The Dangal which is locally known as Chinj was organized by J&K Indian Style Wrestling Association with the active support of Jammu and Kashmir Tourism Department, District Administration, Shri Shiv Khori Shrine Board (SSKSB) and Shiv Khori Dangal Committee under the overall supervision of President J&K Indian Style Wrestling Association, Shiv Kumar Sharma and former



Wrestler Nadeem of J&K Police resident of Doda posing with trophy.

Sarpanch Bhagwan Singh. DDC Member Kewal Krishan Sharma was the chief guest on the occasion. Former Joint Secretary J&K State Sports Council Shiv Kumar Sharma who is also Senior Vice President Indian Style Wrestling Association of India presided over the Function.

Naib Tehsildar Ransoo Ranjeet Singh, SHO Ransoo Lalit Sharma and Sub.

Inspector Pouni, Varinder Singh were the guests of honour.

Shiv Kumar Sharma thanked Director Tourism Jammu, Vikass Gupta for granting Rs. 1,00,000, Deputy Commissioner Reasi who is also Vice Chairman Shri Shiv Khori Shrine Board Ms. Nidhi Malik (IAS) for Rs. 50,000 as financial assistance to the organizers.

Shiv Kumar Sharma said Dangal keep away from many bad habits like drugs addition and inculcate principals of self discipline in them. 32 bouts were played in which local wrestlers and wrestlers from North Indian participated.

Second main bout was won by Surjit Singh of J&K Police, resident of Reasi who defeated wrestler Jatinder Pandu of Harayana. Winner Surjit Singh was cash awarded with Rs. 10,000 while runner-up wrestler Jatinder Pandu got Rs.

8,000.

Third bout was won by Fiza of J&K Police, resident of Billawar (Kathua) who defeated Sumit of R.S Pura Jammu. Winner Fiza was cash awarded with Rs. 6,000 while runner-up wrestler Sumit got Rs. 4,000.

Members and technical officials who helped for this Dangal included DDC Member Kewal Krishan Sharma (President), Former Sarpanch Bhagwan Singh, BJP Mandal Pradhan Vijay Kumar, Romesh Kholi (Bittu), Pawan Kholi, Kapoor Singh (Retd. A.S.I), Ratten Singh, Sat Paul Singh, Karnail Singh, Prem Singh, Sunil Kumar, Bal Chand, Sansar Chand, Ranjit Kumar, Chain Kumar, Mohan Singh and Lochan Singh.

Speaking on the occasion Shiv Kumar Sharma emphasized the need of inculcating the spirit of Sportsmanship and its role in national character building. He also said the event has because cemetery force between people of different regions and provide encouragement to the local Wrestlers.

IIMC Jammu Hosts Career Guidance Workshop with LinkedIn News Editor



A resource speaker speaking during the programme.

STATE TIMES NEWS

JAMMU: Indian Institute of Mass Communication (IIMC) Jammu successfully conducted a career guidance workshop "Building Your Future: Applying for Media Jobs and Internships." The lecture was delivered by Siddharth Shukla, News Editor, LinkedIn and an alumnus of IIMC.

Prof. Anil Saumitra set the tone for the session by introducing the special guest.

During the event, Siddharth shared expert insights on securing media jobs and internships, emphasised the importance of crafting a compelling LinkedIn profile and engaging actively with professional communities. He provided practical tips on

CV building and portfolio development, vital for standing out in today's competitive media landscape.

"The session was designed to empower aspiring media professionals with the necessary tools to build a successful career," Siddharth added. "A strong digital presence and well-curated professional documents can truly transform career opportunities."

Regional Director Dr. Dilip Kumar while presenting the vote of thanks emphasised that the use of technology for career guidance has become increasingly popular in recent years and media students must opt for a balanced approach to leverage upon new media technologies for cutting-edge benefits in

their career building.

The event was moderated by students Haider and Satyam, with technical assistance provided by Rohan Sharma. The vote of thanks was presented by Punit Rajawat student of English Journalism.

Those present during the workshop were Dr. Dilip Kumar, Regional Director of IIMC Jammu, Dr. Ravia Gupta, Assistant Professor, Dr. Ravindra Singh, Assistant Professor, Madhusudhan, Rajiv Kumar and Gulshan Kumar, Academic Associates.

The event concluded with an interesting Q&A session, leaving attendees inspired and better equipped to navigate their career paths.

MIA opens its first store in Jammu, bringing contemporary jewellery to region



Sanjay Bhattacharjee, National Retail Head - Mia inaugurating the store.

STATE TIMES NEWS

JAMMU: Mia, one of India's most fashionable jewellery brands has launched its first store in the city of Jammu. The new store is located at No: 04, Sector 3, Channi Himat, Jammu, Jammu and Kashmir 180015. This marks a significant milestone as Mia expands its footprint into Jammu and Kashmir, offering its stunning and contemporary designs to a new audience. The store inauguration will be led by Sanjay Bhattacharjee, National Retail Head - Mia, along with franchisee partners. To celebrate its launch in Jammu, Mia is offering an exclusive inaugural offer of

up to 20% for a limited period, making it the perfect opportunity for customers to experience the brand's distinctive designs.

Spanning 1000 sq. ft., the store features a curated selection of Mia's signature jewellery, known for its minimal, modern, and versatile designs. Customers can explore a wide range of elegant pieces, including rings, earrings, bracelets, pendants, neckwear, and Mangalsutras, crafted in gold, diamonds, silver, and vibrant gemstones. Each piece is designed to complement contemporary styles while making a statement of individuality.

Mia's latest collections will be available at the store, including the Cupid 3.0 collection, which features contemporary chic jewellery perfect for engagements, weddings, and gifting. The Mia Disco collection brings back the bold glamour of the 70s, while the Lovestruck collection showcases heart-shaped solitaires crafted in 14kt gold. Additionally, the store will offer the Evil Eye collection and Solitaires, giving customers a variety of meaningful and stylish options.

Speaking on the launch, Sanjay Bhattacharjee said, "We are delighted to bring Mia to Jammu with the launch of our first-ever store in the state. This store is a testament to our commitment to making fine jewellery more accessible, personal, and a true reflection of individual style. Mia's collections are designed to be effortlessly stylish and versatile, catering to the modern woman's evolving preferences. We invite everyone in Jammu to visit our store and discover jewellery that is bold, minimal, and refreshingly unique."

Science Club of GCW Parade celebrates National Science Day



Faculty members along with students during the event.

STATE TIMES NEWS

JAMMU: The Science Club of GCW, Parade Ground, Jammu celebrated the National Science Day on Friday by organizing an invited lecture by Pooja Rasgotra, Deputy Secretary, JKSSB on the theme of the event 'Empowering Indian Youth for Global Leadership in Science and Technology for Viksit Bharat'.

A competitive seminar on the theme was also presented by students of all major streams of the college.

The event commenced with the welcome address by Prof. Anjali Abrol

(Associate Professor of Chemistry and Convenor, Science Club).

The principal addressed the students and enlightened them about the indispensability of science and technology in present world scenario. He also praised the Science Club for celebrating the National Science Day successfully.

The resource person, Pooja Rasgotra, presented her views on the significance of science in the establishment of a student's career in any field. The experiences she shared about her journey towards clearing KAS exam-

ination with Science subjects encouraged students towards taking science as major subjects.

The seminar was judged by Dr Ritu Mangotra, Head, Department of English and Pooja Rasgotra, the resource person of the event.

The trophies were presented to the winners in the valedictory segment of the event.

The event was attended by Dr Surinder Singh Parihar (Convenor IQAC), Dr. Shally Chhadha (Associate Professor, Department of Chemistry), Dr Rajesh Kant (Head, Department of

Chemistry), Dr Sarita Parihar (Assistant Professor, Department of Physics), Dr Manjulla Gupta (Assistant Professor, Department of Chemistry), Dr Sushma Gupta (Assistant Professor, Department of Chemistry), Dr Bhawandeep Kour (Assistant Professor, Department of Zoology) and Dr Atiya Syed (Assistant Professor, Department of Chemistry).

The vote of thanks was presented by Dr Neha Gupta (Assistant Professor, Department of Environment Sciences).

Handball selection trials for junior girls, senior women nationals from March 3

STATE TIMES NEWS

JAMMU: The J&K Handball Association is going to conduct the selection trial for 47th Junior Girls National Handball Championship which is scheduled to be held at Lucknow (UTTAR PRADESH) from 26th March to 30th March 2025 and 53rd Senior Women National Handball Championship which is scheduled to be held at Hathras (UTTAR PRADESH) from 31st March to 5th April 2025. Both Selection trials will be conducted at Playing Field Shastri Nagar Jammu from 3rd to 5th March 2025 at 4 P.M. All the President/Secretaries of affiliated units of the association are requested to send their players along with DOB certificate and Adhar Card at the venue. A Junior Player born on or after 01-01-2005 is eligible to participate in the championship.

J&K Carrom meet concludes

STATE TIMES NEWS

Srinagar: The 14th J&K UT Level Carrom Championship concluded today at Sher-i-Kashmir Indoor Sports Complex, here. Organized by the J&K Carrom Association the event held under 'My Youth My Pride' initiative.

Nusrat Gazalla, Divisional Sports Officer (Kashmir), J&K Sports Council was chief guest in the prize distribution function, who presented certificates and title trophies. She was joined by Adil Rashid Shah (president, J&K Carrom Association), Arif Sultan Khan (treasurer), Dawar Rashid (assistant secretary), and Peer Musadiq (vice president, District Pulwama Carrom Association). Speaking on the occasion, Nusrat Gazalla congratulated the participants for their

remarkable skills and sportsmanship. She encouraged young players to continue engaging in such tournaments to enhance their abilities and contribute to the growth of sports in Jammu and Kashmir.

Adil Rashid Shah briefed the players, officials, guests, and parents about carrom and its growing activities in the region. He also announced that the winners and runners-up of the senior category will represent J&K in the 52nd AAI Senior National Carrom Championship, scheduled to be held from March 17 to March 21 at Talkatora Indoor Stadium, New Delhi.

In total, 120 players from various districts competing, the championship featured multiple categories, including Cadet, Sub-Junior, Junior, and Senior divisions for both Boys and Girls.

Navya Sharma of JKPS Panjtirthi shines at Mega Dance & Fancy Dress Competition

STATE TIMES NEWS

JAMMU: Acharya Academy for Dance and Aerobics recently organized a Mega Dance and Fancy Dress Competition, showcasing incredible talent from across Jammu & Kashmir.

JK Public School (JKPS) Panjtirthi is proud to announce that among the many talented participants, Navya Sharma of Class 4th secured the first prize and was honoured with the title of "Best Dancer of J&K."

Navya mesmerized the audience with her passion, talent, and graceful dance moves, setting the stage ablaze with her elegance and confidence. The judges were particularly impressed by her outstanding expressions and well-executed choreography, making her a deserving winner.

The Principal of JKPS Panjtirthi, Suman Banbah, congratulated Navya on her remarkable achievement and stated, "The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that unlock the door to personal excellence."



Principal of JKPS Panjtirthi, Suman Banbah along with Navya Sharma of Class 4th.

Police organises awareness program on Drug Abuse, New Criminal Laws at GDC Paloura, Mishriwala

STATE TIMES NEWS

JAMMU: The Sub-Division Police Office (SDPO) Domana, along with SHO Domana and SHO Kanachak, organized an awareness program on drug abuse and three new criminal laws at Government Degree College (GDC) Paloura Mishriwala.

The program witnessed the active participation of 50 to 60 students and staff members of GDC Paloura Mishriwala. The event aimed to educate attendees about the harmful effects of drug abuse and provide detailed insights into three newly introduced criminal laws.

Officials addressing the gathering emphasized the role of youth in combating drug addiction and fostering a drug-free society. They



Police officials along with students during the programme.

urged participants to remain vigilant and report drug-related activities to law enforcement. The event also highlighted the legal consequences of drug abuse and criminal offenses, encouraging responsibility and awareness among the participants.

This initiative demonstrates the commitment of law enforcement authorities to engaging with communities and promoting awareness on pressing social and legal issues.

National Science Day at IIM: Science exhibition, quiz and extempore marked celebrations

STATE TIMES NEWS

JAMMU: To commemorate the invention of the Raman Effect by Nobel Laureate Sir C. V. Raman, the CSIR-Indian Institute of Integrative Medicine (IIM) proudly hosted National Science Day celebrations here today where the scientists, academicians, innovators, startups, researchers, and students brought together to foster leadership in science and innovation. The event aimed to ignite curiosity among young minds while underscoring the pivotal role of science in marching towards



Director, CSIR-IIM, Jammu, Dr. Zabeer Ahmed presenting certificate to a participant.

Innovation for Viksit Bharat", an open day was declared in the Institution, in which more than 100 students from 20 schools of Jammu region viz. GGHS Burj Mandir, GMS Gajansoo, GHS, GGMS Smailpur, Army Public School, Damana, Miran Sahib, Akhnoor, Jammu Cantt. Kendriya Vidyalaya

Sundarbani, Bhartiya Vidya Mandir Hiranagar, Udhampur; RRL High School, Happy Model High Secondary, Maharishi Vidya Mandi, Springdales English School and few from Govt. degree colleges, have got the opportunity to visit the art of facilities of the institute.

On this occasion, various activities like lab visits, sci-

tific model competition, quiz competition and extempore competitions were organized and assessed by duly constituted committees. In the Science quiz competition, APS Damana won the first prize, while APS Jammu Cantt. and APS Akhnoor bagged the second and third prize. Scientific model on Pollution Control by BVM

High School Hiranagar secured first position, followed by Happy Model Higher secondary school showcasing the model AI controlled disaster management and Spring dales English school with model Zap shoe secured second and third positions. Extempore competition was won by Bavleen Kour from PS Jammu Cantt, while Marshi Vidya Mandir Sr Sec School, Sainik Colony won the second prize and Happy model Hr Sec school, Udhampur won the third prize. During this event, an impressive exhibition was organized in which various models were demonstrated by the school's students. The scientific models and competitions were judged by the committees and greatly appreciated by scientists, scholars,

and visitors. In his presidential address, Dr. Zabeer Ahmed, Director, CSIR-IIM, Jammu, extended greetings to all the scientific fraternity, scholars, students, and other walks of the people of J&K on the occasion of National Science Day. Dr. Ahmed spoke on the occasion that for the overall development and growth of the country as well as to achieve the goal of Viksit Bharat, the intervention of science is very crucial and indispensable, and we must encourage the young generation to make their career in the field of science. A booklet under CSIR Jigyasa Programme was also released by Dr. Zabeer Ahmed, Director, CSIR-IIM, Jammu and other dignitaries, highlighting the various remarkable achieve-

ments of the institute under this mission. Earlier, Dr. Asha Chaubey, Senior Principal Scientist, Head, Fermentation and Microbial Technology & Nodal, CSIR Jigyasa welcomed all the students and their faculties for their visit to CSIR-IIM, Jammu, and made a grand event. In the valedictory session, winners in various categories were also given the awards and certificates by Dr. Zabeer Ahmed, Director, CSIR-IIM and others.

The program was attended by Er Abdul Rahim, Head RMBD & IST Division, HoDs of various divisions while coordinated by Dr. Asha Chaubey, Senior Principal Scientist and Nodal Scientist, Jigyasa program and her team.

Pooja Kumari qualifies Ph D

STATE TIMES NEWS

JAMMU: Pooja Kumari, daughter of Rattan Singh and



Rano Devi, resident of Panjtoot, Pallanwala, Jammu has been declared qualified for the Degree of Doctor of Philosophy (Ph D) in English from University of Jammu. She worked on the topic, "From Disability to Ability: A Study of Learning Disability in the Selected Memoirs written in America" under the supervision of Prof. Sadaf Shah.