

Semis position cleared in SCPL

STATE TIMES NEWS

JAMMU: Semifinals line-up has been drawn with Khalsa Club, Hari Singh Nalwa Club, Preet Nagar XI and Jaguar Cricket Club qualifying for the last four stages of the ongoing 2nd Sikh Cricket Premier League (SCPL) at University of Jammu grounds, here today.

During the day, three quarterfinals decided today with Khalsa Club already confirmed their berth in the semifinals.

Now, in the semifinals, Khalsa Club shall take on Jaguar Cricket Club while Hari Singh Nalwa Cricket Club has been pitted against Preet Nagar United.



Earlier, in the quarterfinals, Preet Nagar United registered a comprehensive seven wickets win against Kaira Sports Club.

Batting first, Kaira bowled out for a small total of 91 in 13.4 overs, which, in reply, Preet Nagar overhauled in

just 11.2 overs losing three wickets.

Damal Preet was named player of the match and best bowler for his seven wickets haul. Zeshan of the winning side was declared best batter for his 32-ball 47 runs studied with four sixes and two

fours. Deputy Inspector General of J&K Police, Shiv Kumar and SDPO R S Pura, Gurmeet Singh were chief guests in today's quarterfinals.

In another quarterfinal, played today, Jaguar Cricket Club trounced Chardi Kala Strikers by three wickets. Chardi Kala, batting first, scored 151 runs for five wickets in 16 overs, which Jaguar Club chased in 15.3 overs for seven wickets.

Sid was player of the match for his brilliant innings of unbeaten 90 off 47 deliveries including four sixes and 11 fours. He was also named batter of the match.

137 Battalion CRPF hosts volleyball tournament

STATE TIMES NEWS

UDHAMPUR: A Volleyball Tournament under Civic Action Programme (CAP) was organised by 137 Bn, CRPF, Udhampur (J&K) with its inaugural match held on Friday at SIKS Govt. Higher Secondary School.

Commandant M.K. Sicon; Dy. Comdts R.L. Meena and Suresh besides President District Volleyball Association cum Executive Member-J&K Volleyball Association Ashok Padha; Jt. Secretary, VADU Ashok Kumar; PEM Naveen Kumar; Dy. SSO, Amit Sharma, CRPF Jawans & local people were present on this occasion.



Commandant 137 Bn CRPF, M.K. Sicon with other dignitaries and participating teams.

CRPF personnel and local coaches conducted the first match between Tikri Volleyball Club and Jaganoo Volleyball Club, featuring high-energy plays, skill demonstrations and team-

building drills.

The coaches and officials provided guidance to the youth, especially on fitness, teamwork and sports discipline. They also motivated participants to adopt healthy

habits, build physical strength and overcome limiting mindsets for overall well-being. Prizes and sports equipment were distributed among Volleyball Players to promote sports and fitness.

Handball trials from March 12

STATE TIMES NEWS

JAMMU: The J&K Handball Association will conduct selection trials for the J&K Senior Women's team for the upcoming 54th Senior Women National Handball Championship, scheduled to be held in Bareilly, Uttar Pradesh, from March 30 to April 3, 2026.

The two-day selection trial will be held at Dogra Ground, Shastri Nagar, Jammu, on March 12 and 13 at 4:00 PM. Eligible players from across Jammu & Kashmir are invited to participate in the trials.

Street theatre sparks anti-drug awareness at GGM Science College

STATE TIMES NEWS

JAMMU: In a vibrant effort to spread awareness against drug abuse, the Cultural Unit of the Jammu and Kashmir Academy of Art, Culture and Languages (JKAACL), Jammu, in collaboration with GGM Science College Jammu, organized a powerful Nukkad Natak as part of the ongoing Nasha Mukat Abhiyan series.

The event aimed at sensitizing youth and the general public about the devastating consequences of drug addiction and the urgent need for collective action to combat the menace.

The street play was pre-



Participants along with JKAACL officials and college faculty at Nukkad Natak.

sented by talented artists of the Parivartan Group, who delivered a compelling performance highlighting the harmful effects of drug abuse on individuals, families, and society at large. Through

impactful dialogues, expressive acting, and engaging storytelling, the performers effectively conveyed the message that drug addiction not only destroys the life of an individual but also leaves

deep scars on families and communities. The programme was organized under the directions of Harvinder Kour, Secretary JKAACL, and under the guidance of Prof. (Dr.) Romesh Kumar

Gupta, Principal of GGM Science College Jammu, along with the support of Assadullah Wani, Cultural Officer JKAACL. The initiative is part of a broader campaign being undertaken

across the region to mobilize society, particularly the youth, against the growing threat of substance abuse.

Speaking on the occasion, Principal Dr. Romesh Kumar Gupta appreciated the initiative and emphasized the importance of awareness and community participation in tackling the drug menace.

He sensitized the participants, students, and staff about the crucial role of parents, teachers, and society in guiding young minds and preventing them from falling into the trap of drugs. He stressed that awareness programmes, cultural interventions, and open discussions

are essential to build a responsible and drug-free society. Students and faculty members of the college actively participated in the programme and appreciated the impactful presentation by the artists.

The street play attracted significant attention and effectively communicated the message of staying away from drugs and choosing a healthy and responsible lifestyle. The event concluded with a renewed commitment from students and organizers to continue spreading awareness and work collectively towards realizing the vision of a drug-free Jammu.

Heritage School secures first position at National Science Day celebrations at CSIR-IIIM Jammu



STATE TIMES NEWS

JAMMU: Heritage School brought laurels to the institution by securing the First Position at the National Science Day celebrations organized at the CSIR-Indian Institute of Integrative Medicine (IIIM), Jammu. The event witnessed enthusiastic participation from students and teachers representing several reputed schools across the region.

The programme was organized to commemorate National Science Day and

aimed at promoting scientific curiosity, innovation, and critical thinking among young minds. Around 350 students and 37 teachers from 13 different schools participated in the celebrations, making it a vibrant platform for showcasing scientific talent and creativity.

During the event, four major competitions were conducted, including a Science Model Exhibition, Poster Presentation, Quiz Competition, and Extempore Speech. Participants were

also given the opportunity to visit the research laboratories of the institute, where they interacted with scientists and scholars. The interaction provided valuable insights into modern scientific research and technological advancements.

Demonstrating exceptional scientific knowledge, teamwork, and confidence, the team from Heritage School impressed the judges and secured the First Position in the Quiz Competition.

The winning team included Tanishk Jaglan of Class IX-F, Daksh Singh Bedi of Class IX-A, and Niyati Bajaj of Class VIII-C.

The Heritage School fraternity congratulated the students for their outstanding achievement and appreciated their dedication and hard work.

The school also wished them continued success in their future academic and scientific pursuits.

Udhampur hosting ASMITA league on Int'l Women's Day

STATE TIMES NEWS

UDHAMPUR: Deputy Director, MY Bharat Udhampur, Khushal Gupta on Friday briefed the media on the celebration of International Women's Day 2026 in the district.

He informed that International Women's Day

will be celebrated on 08 March 2026 at 10:00 a.m. at Subhash Stadium, with enthusiastic participation from young women and girls from across the district.

"The event will be organised under the aegis of the Asmita League to boost women's participation in sports and identify grassroots talent- an initiative of the Ministry of Youth Affairs and Sports, Government of

India", he said.

The Deputy Director further said "The programme will feature athletic competitions and other sports activities for women of different age groups. The initiative seeks to empower women, create awareness about the importance of sports and provide a platform to young female athletes to showcase their talent."

He also informed that the girls and women willing to participate must mandatorily register through the MY

Bharat portal mybharat.gov.in. "Interested participants are required to apply under the "International Women's Day" event listed on the MY Bharat platform to take part in the programme," he stressed.



Jammu steps closer to host 9th National Master Games

Super Master Games Federation team inspects sports infrastructure in Jammu



STATE TIMES NEWS

JAMMU: The Jammu Kashmir Master Games Association today welcomed CEO Vinod Kumar and members of the Super Master Games Federation during their visit to Jammu to review preparations for the proposed 9th National Master Games.

The visiting delegation inspected several sports grounds across the city to assess the available infrastructure and facilities.

The inspection was conducted in the presence of Association President Ranjit Singh, Secretary General Neete Kaur, Treasurer Romesh Sharma, Joint Secretary Praval Sharma, Executive Member Ashok Singh and Shri Narendra Singh.

During the visit, the team reviewed stadiums and other sports venues being considered for the national event. The delegation expressed satisfaction with the infra-

structure and appreciated the efforts being made to prepare Jammu as a host city.

The Jammu Kashmir Master Games Association has already begun preparations and is making a strong bid to host the 9th National Master Games in Jammu. Officials said the city's sports facilities, accessibility and enthusiastic sporting environment make it an ideal venue for the prestigious event.

IIM Jammu marks grand beginning of Empyrean 2026 with vibrant cultural celebrations

STATE TIMES NEWS

JAMMU: The Indian Institute of Management (IIM) Jammu witnessed the grand opening of its flagship cultural festival Empyrean 2026 at the Jagti Campus, marking the beginning of two days of vibrant celebrations filled with music, dance, creativity, and artistic expression. The much-awaited festival has brought together students, performers, and cultural enthusiasts from across the country, transforming the campus into a lively hub of entertainment and cultural exchange.

The festival began with an impressive lineup of performances that set an energetic tone for the celebrations. The opening day featured an electrifying performance by the Last Minute India Band, which captivated the audience with its dynamic musical presentation. The excitement continued with

a high-energy set by DJ Parisha, whose engaging performance and pulsating beats further elevated the festive atmosphere on campus.

The celebrations will continue on March 07, 2026, with a special performance by renowned playback singer and music composer Gajendra Verma, widely known for popular hits such as Mann Mera, Tera Ghata, and Emptiness. The evening will conclude with an electrifying performance by DJ Young & Broke, promising a memorable musical finale to the festival. Speaking on the occasion, Prof. B. S. Sahay, Director, IIM Jammu, said that Empyrean reflects the vibrant spirit, creativity, and youthful energy of the student community. He noted that the festival brings together music, art, and cultural performances on a single platform while supporting the holistic develop-

ment of students by encouraging creativity, collaboration, and cultural engagement.

Prof. Jabir Ali, Dean Faculty and Research, emphasized that Empyrean provides students with an opportunity to explore talents beyond academics, develop leadership skills, and celebrate cultural diversity. Prof. Nitin Upadhyay, Dean Academics, added that the festival allows students to showcase their creativity and innovation while enriching campus life. Dr. Ashish Kumar, Chairperson Student Affairs, appreciated the enthusiasm and dedication of students in organizing the event.

The festival was formally inaugurated with a lamp-lighting ceremony presided over by Prof. Jabir Ali in the presence of Dr. Harsha Jarwal, Co-Chairperson Student Affairs, and Rajesh Parihar, Regional Head Sales-Institutional

Relationships, ICICI Bank, along with other officials.

Empyrean 2026 features a wide range of cultural and academic activities including singing and dance competitions, poetry performances, street plays, art exhibitions, e-sports, rap battles, fashion shows, and band performances. Various student clubs are also hosting competitions and creative challenges, showcasing the innovation and leadership of the student community.

The event is being coordinated by the student body of IIM Jammu along with the Office of Student Affairs. In the lead-up to the festival, students organized flash mobs across Jammu city, generating excitement and public engagement. Empyrean 2026 continues to celebrate creativity, talent, and collaboration, making it one of the most anticipated cultural events at IIM Jammu.

Jammu IAF officer runs 7 marathons in a year after motherhood

STATE TIMES NEWS

JAMMU: Squadron Leader Neha Devi, a Jammu Indian Air Force officer, has emerged as an inspiration for young women by completing seven marathons in just one year, balancing the roles of an officer, athlete, and mother.

Neha Devi joined the Air Force Academy in July 2013 while being nearly 10 kilograms overweight. "Within a year, through sustained effort and training, she transformed herself and was commissioned into the Indian Air Force in June 2014," defence spokesperson Lt Col Suneel Bartwal said.

By 2017, structured running and strength training had become an integral part of her routine. "Even during the COVID-19 pandemic, when organised training was disrupted, she continued to maintain fitness through home workouts," he said. In 2021, Neha



Devi participated in the Airtel Delhi Half Marathon (virtual edition) and secured the third position in her age category. She continued to feature among the top finishers in subsequent events, he said.

In 2023, she finished sixth overall in the Station Cross Country (10 km) and secured the third position overall in the Station Unity Run (21 km), where she was the only female participant, he said. In January 2024, while pregnant, she decided to continue exercising

under medical supervision, motivated by the need to challenge the social stigma surrounding physical activity during pregnancy. "At four months pregnant, she secured second position in the TCS 10K (virtual)." Neha Devi delivered a healthy baby girl through a C-section in September 2024. "Despite the slow and painful recovery, she resumed training while balancing official duties and caring for her newborn." Within 15 months postpartum and without professional coaching, she completed the Vedanta Delhi Half Marathon 2025 in 1 hour 35 minutes and the Kashmir Marathon 2025 in 1 hour 40 minutes, securing eighth position overall in the female category, including international athletes, he said. Neha Devi secured third position in the Defence category at the Adani Marathon 2025 with a timing of 3 hours 42 minutes

and completed a 100-km ultramarathon in 9 hours and 52 minutes, he added. On January 24, during the 24-Hour Stadium Run in Delhi, she completed her first 100 km in 9 hours 52 minutes, narrowly missing the national qualification mark by 22 minutes, Lt Col Bartwal said. Within days, she competed in the Indian Navy Half Marathon on February 2, 2026, where she secured the first position among the three services and finished fourth overall in the women's open category with a time of 1 hour 32 minutes and 50 seconds. Neha Devi now serves as an ambassador for youth and women in Jammu, motivating young girls to train, believe in themselves and break stereotypes, Lt Col Bartwal said. "Motherhood does not limit potential, it multiplies it," she said, emphasising her message of belief and consistency.

Extension Lecture on Criminal Trial and Practice held at Ashoka Law College

STATE TIMES NEWS

KATHUA: An extension lecture was organized at Ashoka Law College, Kathua on Friday to enhance the academic and practical understanding of law students.

The programme began with the lighting of the traditional lamp, symbolizing the pursuit of knowledge.

Assistant Professor Dr. Suparan delivered the welcome address and introduced the resource person, Advocate Nitin Sangra, a distinguished legal professional from the Supreme Court of India and a proud son of the soil.

During the lecture, Advocate



Chairman of the College, Kamal Gupta felicitating the resource person, Advocate Nitin Sangra.

Sangra spoke in detail on the topic "Criminal Trial and Practice."

He explained important legal principles, stating that an accused is

presumed innocent until proven guilty and that the prosecution must establish the guilt of the accused beyond reasonable doubt.

He also emphasized that if any doubt arises, the benefit must go to the accused. Advocate Sangra also discussed key provisions of the BNS-2023, BNSS-2023, and BSA-2023, enriching the knowledge of students and faculty about practical court procedures.

The Chairman of the College, Kamal Gupta, felicitated the resource person. The programme concluded with a vote of thanks presented by Vandana Vaid, Assistant Professor.

IIT Jammu organizes introductory talk on Dogri language

STATE TIMES NEWS

JAMMU: Indian Institute of Technology (IIT) Jammu organized an introductory talk on the topic "Dogri Language - An Introduction, Challenges and Opportunities" on Friday at its Jagti Campus.

The session began with an introduction of the invited speaker Prof. Veena Gupta, Professor (Retd.), Department of Dogri, University of Jammu, by the host Dr. Rajendra Solanki.

During the talk, Prof. Gupta highlighted the historical roots, linguistic structure, grammatical significance, and rich cultural heritage of the Dogri language. She also discussed the challenges faced by the language in contemporary times and the opportunities for its preservation

and promotion. The talk was followed by an interactive session, where participants engaged with the speaker and shared their perspectives and queries regarding the language and its literary traditions. Students, faculty members, and staff of the Institute, along with participants from outside the campus, attended the session and gained deeper insights into the literary richness and cultural beauty of Dogri. The participants expressed that the session sparked renewed interest in Dogri literature and language among them.

The programme concluded with a vote of thanks by the Rajbhasha Nodal Officer, Dr. Srishilan, who expressed gratitude to the speaker and participants for making the session informative and engaging.