

# Hari Singh Nalwa Club wins SCPL trophy

## STATE TIMES NEWS

JAMMU: Beating equally good Khalsa Cricket Club by four wickets in the final, Hari Singh Nalwa Club on Sunday lifted the 2nd Sikh Cricket Premier League Trophy at University of Jammu grounds, here.

Batting first, Khalsa Club bowled out for 171 runs in 18.4 overs. In reply, Hari Singh Nalwa Club chased the total making 173 runs in 19.4 overs.

For his four wickets haul, Anchal Singh of the winning team was declared player of the match and also named best bowler, while best batter trophy bagged by Puneet Kumar, who made 35-ball 65 runs hitting five sixes and as many boundaries.

In the final and valedictory function, Mahant Manjeet Singh, Dera Mukhi Nangali Sahib Poonch was the chief guest, who presented the title trophies and other individual prizes.

Among the guests of honour were Divisional Commissioner Jammu,



Hari Singh Nalwa Club receiving winner SCPL trophy.

Ramesh Kumar; Director ACB, Shakti Kumar Pathak; Deputy Commissioner Jammu, Dr Rakesh Minhas; president VHP J&K and Ladakh, Rajesh Gupta; Education Incharge Dharam Parehar Committee SGPC Amritsar, Rajpal Singh; SSP Jammu, Joginder Singh and Advisor and coordinator SGPC Amritsar, Jagtaar Singh.

Earlier, SDPO South, Kuljeet Singh was introduced with the finalist teams and officials.

This tournament was jointly organised by All J&K Sikh Coordination Committee and Hari Singh Nalwa Cricket Club with the sole aim to promote sports and fitness among the youth.

# 11th J&K UT Bench Press Championship 2026 held

## STATE TIMES NEWS

JAMMU: The 11th J&K UT Men and Women Bench Press Championship (Unequipped) 2026 was successfully organised by the Powerlifting Association of Jammu and Kashmir under the banner of the Indian Powerlifting Federation on Sunday at Cuts & Curves Fitness Club.

The championship witnessed enthusiastic participation from athletes across the Union Territory, who competed in different weight categories and displayed remarkable strength, determination and sportsmanship throughout the competition.

In the men's category, several athletes delivered impressive performances. The gold medal winners included Krishna Salotra, Kartik Sharma, Krishna



Medal winner players posing with dignitaries.

Sharma, Vishushant, Naman Keri, Brijesh, Dhruv Dhir, Nitish Verma, Mantoo Gupta, Gurdal Singh, Suresh Sharma, Himanshu and Neeraj Kumar. Silver medals were secured by Piyush Bhagat and Suraj Parihar, while Jaskirat Singh claimed the bronze medal. Gurdal Singh stood out with an outstanding performance, winning two gold medals in his respective category.

In the women's category, the athletes also showcased exceptional strength and competitive spirit. Gold medals were won by Jyoti, Rupali Salathia, Sarita Bakshi and Vaishali Nayyar, who delivered remarkable performances and brought

recognition to women's powerlifting in the region.

The event concluded with a vote of thanks presented by Rakesh Kumar, who also graced the occasion as the chief guest. Rakesh Kumar, who serves as the General Secretary of the Powerlifting Association of J&K, congratulated all the participating athletes and appreciated their dedication and hard work.

He emphasized the importance of sports in promoting fitness, discipline and youth development and encouraged young athletes to continue pursuing excellence in powerlifting and other sporting activities. The championship concluded on a successful note, celebrating strength, determination and sporting excellence among the participants.

# Sub Junior Men Hockey Championship to begin at KK Hakku Stadium

## STATE TIMES NEWS

JAMMU: The Shaheed Bhagat Singh Sub Junior Men Hockey Championship 2026 will be organised from March 12 to 15 at KK Hakku AstroTurf Hockey Stadium after a gap of three years.

The tournament is being organised by the Shaheed-e-Azam Bhagat Singh Foundation in collaboration with Hockey Jammu and Kashmir.

A total of 12 teams from across the Union Territory of Jammu and Kashmir will participate in the championship. The eligibility criteria for players states that

participants must be born on or after January 1, 2010. Players are required to carry their Aadhaar card or any other valid document as proof of their date of birth.

The championship has been an annual event since 2012 and aims to promote hockey among young players while honouring the supreme sacrifice of Bhagat Singh and his companions who laid down their lives for India's independence.

Dr Taran Singh said the event seeks to inspire youth and create awareness about the sacrifices made by the nation's martyrs.

# 2nd All India Police Kabaddi Cluster 2025-26 inaugurated

## STATE TIMES NEWS

JAMMU: The 2nd All India Police Kabaddi Cluster 2025-26 was inaugurated today at the historic Maulana Azad Stadium by former Director General of Police Ashok Bhan. The prestigious sporting event is being organised by the Jammu and Kashmir Police at multiple venues across Jammu from March 7 to March 12, 2026.

The event is being conducted under the supervision of Anand Jain, who is serving as the Organising Secretary of the tournament.

The Kabaddi Cluster includes competitions in four disciplines - Kabaddi, Kho-Kho, Fencing and Gymnastics - showcasing the athletic excellence, discipline and teamwork of police personnel from across the country.



A total of 1,648 athletes are participating in the event, including 1,071 men and 577 women. Besides the athletes, team managers, technical officials, NADA officials and representatives from the All India Police Sports Control Board are also attending the tournament. With their participation, the overall

strength has reached 1,798, making it one of the largest police sporting events in the country.

Teams from various Central Armed Police Forces (CAPFs) are taking part in the competition, including the Border Security Force, Central Reserve Police Force, Shastra Seema Bal, Central

Industrial Security Force, Assam Rifles, Railway Protection Force and Indo-Tibetan Border Police. Teams representing police organisations from all States and Union Territories are also competing in the tournament.

The event aims to promote sportsmanship, physical fitness and camaraderie among police personnel while strengthening coordination and bonding among various security forces of the country. It also provides a national platform for police athletes to demonstrate their sporting talent and competitive spirit. Speaking on the occasion, Ashok Bhan said that the inauguration of the Kabaddi Cluster on International Women's Day holds special significance.

He appreciated the enthusiastic participation of police and CAPF

sportspersons, particularly women personnel, stating that their growing presence reflects the increasing empowerment and important role of women in policing and security forces. He extended his warm greetings to all women participants for their dedication and sporting excellence. Among the senior officers present on the occasion were M K Sinha, Gareeb Dass, Nitish Kumar, B S Tuti, Uttam Chand, Suleiman Choudhary and Vivek Gupta.

All DIGs of Jammu Zone, District SSPs of Jammu Zone, AIGPs, Commandants of Jammu-based battalions and other senior officers were also present during the inauguration ceremony, which witnessed enthusiastic participation from athletes and officials, marking a vibrant start to the week-long national sporting event.

# IGNCA J&K concludes week-long Henzay Wanwun Workshop on International Women's Day

## STATE TIMES NEWS

JAMMU: In celebration of International Women's Day, the Indira Gandhi National Centre for the Arts, Regional Centre Jammu and Kashmir (IGNCA J&K) successfully concluded a week-long Henzay Wanwun Workshop with a valedictory ceremony today.

The event highlighted the dedication of women in preserving the rich oral heritage of the Kashmiri Pandit community.

The ceremony was graced by Prof. Neelu Rohmetra as the Chief Guest, in the presence of Shruti Awasthi and noted Kashmiri scholar and Henzay expert Pushkar Nath Raina.

Prof. Rohmetra praised the women participants for their commitment and confidence



IGNCA J&K members at felicitation programme.

in safeguarding the Henzay tradition, noting the resilience of the Kashmiri Pandit community in preserving its cultural practices despite migration and displacement. She emphasized the crucial role of women in maintaining and transmitting this sacred oral heritage to future generations.

Shruti Awasthi highlighted the importance of promoting cultural traditions like Henzay as vital bearers of community identity and heritage, especially for younger generations.

Henzay is an all-women-led sacred oral practice of the Kashmiri Pandit community, serving as a guide to the six-

teen sanskaras of Sanatana Dharma under the Lowgaksh system of Karmakand. Traditionally performed during key life-cycle rituals such as marriages and the Janevee Sanskar, Henzay invokes divine blessings of Shiva and Shakti. During the workshop, participants learned about the significance, structure, and ritual context of Henzay, and presented traditional shlokas in the authentic Henzay style, demonstrating the knowledge and training gained over the week.

The programme concluded with the felicitation of the Chief Guest and the women participants, celebrating their dedication to preserving this sacred and culturally significant tradition.

# NATF organises Tiranga Rally in Poonch to promote patriotism, unity

## STATE TIMES NEWS

POONCH: The National Anti-Terrorism Front (NATF) organised a vibrant Tiranga Rally in Poonch on Sunday, aimed at promoting patriotism, national unity, and raising awareness against terrorism. The rally witnessed enthusiastic participation from members and supporters of the organisation across the district.

The event was led by NATF Chairman Vishal Chopra and saw active involvement of senior members including Virander Mahajan, Anshuman Chopra, Abhishek Kapoor, Bimal Sabharwal, Harish Raina, Dr. Sonia Verma, Baldeep Kour, Avleen Kour, Simarjot Singh, Er. Arshad Nawaz Khan, Parmajit Singh, Gurucharan Singh,



NATF Chairman Vishal Chopra leading Tiranga Rally in Poonch.

Randhir Singh, Balbir Singh, Rayaz Mala, and Yusuf among others. Participants marched carrying the national flag and raised spirited slogans emphasizing unity, patriotism, and the collective resolve to stand firmly against terrorism. The rally underscored NATF's commitment to promoting national integration

and encouraging citizens, especially youth, to actively support peace, security, and social harmony in the region. During the event, NATF members also reaffirmed their focus on grassroots engagement by strengthening district, tehsil, and block-level teams. This initiative aims to expand the organisation's outreach and enhance com-

munity participation in fostering a safe and unified environment across Jammu and Kashmir. The Tiranga Rally in Poonch reflects NATF's ongoing efforts to inspire civic responsibility, national pride, and a collective stand against terrorism while mobilizing communities for constructive engagement and regional peace.

# Ritika Trehan organizes Women's Day programme at Phinder; women achievers felicitated



Ritika Trehan, Convener BBBP Campaign for J&K UT at felicitation programme.

## STATE TIMES NEWS

JAMMU: In celebration of International Women's Day, Ritika Trehan, Convener of the Beti Bachao Beti Padhao (BBBP) Campaign for Jammu & Kashmir UT, organised a highly impactful and well-attended programme at Village Phinder, Tehsil R.S. Pura. The event aimed to promote women's empowerment, recognise outstanding achievements of women from diverse fields, and encourage greater participation of women in social and economic development.

The programme was hosted by Ritika Trehan, accompanied by Praveen Kumari, Convener of Bishnah, and saw enthusiastic participation from local women and residents. The event was meticulously planned, reflecting the BBBP campaign's commitment to spreading awareness about the importance of girls' education and women's empowerment. Snacks and lunch

were provided to attendees, enhancing the sense of community and celebration.

Several women achievers were felicitated for their notable contributions. The event was graced by Chief Guest Sunaina Sharma Mehta, Former Joint Director of the Tourism Department, SDM Akhnoor, and Secretary of Jammu Municipality, who highlighted the significance of women's education, self-reliance, and leadership in building a progressive society. She emphasized that empowering women is essential for a stronger, inclusive nation.

Guests of Honour Prof. (Dr.) Twinkle Suri, Dean Academic Affairs at Cluster University of Jammu, and Neetu Kaur Bali, Founder of Sundar Gems & Jewels and Sundar Enterprises, lauded the initiative and encouraged women to pursue their ambitions with confidence, determination, and resilience.

Among the achievers felicitated were Satvika Gandotra, Proprietor of Saltea Studio and social media content creator; Gehna and Kangna Agarwal, homemakers promoting organic products; and Mona Abrol, Proprietor of Memorable Trips and a successful holiday planner and visa expert. Their accomplishments were recognized as exemplary examples of talent, entrepreneurship, and perseverance.

The event also underscored the importance of equal opportunities for women in education, healthcare, and economic participation, emphasizing that societal progress is closely linked to women's empowerment.

The programme was attended by prominent personalities including DDC Member Vidhya Motten, Kissan Advisory Board Member and Former Sarpanch Balbeer Kour, Convener Vijay Chib, and Champa Devi. In her concluding remarks, Ritika Trehan expressed gratitude to the guests and participants and reiterated the BBBP campaign's commitment to organising initiatives that celebrate women's achievements, promote education, and encourage empowerment across the region.

She extended warm International Women's Day greetings, wishing all women success, strength, and the opportunity to realize their full potential.

# India thrash Uruguay 4-0 in FIH Women's World Cup Qualifiers

## STATE TIMES NEWS

HYDERABAD: The Indian women's hockey team opened their FIH World Cup Qualifiers 2026 campaign with a dominant 4-0 win over Uruguay here on Sunday.

Sunelita Toppo (21'), Ishika (40'), Lalremisiami (49') and Rutuja Dadaso Pisal (58') scored for the home side.

It was a bright start to the match in the first quarter as India made multiple circle entries and several goal-scoring chances.

In the 4th minute, the home side won the first penalty corner of the night as Udit found the net after a beautifully orchestrated variation but her shot went a bit high and hence the goal wasn't given. Uruguay too had their moments as they banked on counterattacking hockey but India's resilient backline held their ground.

In the 21st minute, India broke the deadlock through a penalty corner as Sunelita Toppo (21') showed great reflexes to pounce on the rebound and tap the ball into the net to open the scoring.

Five minutes later, India received another penalty corner but this time, Annu's drag flick was stopped by the Uruguayan defence. India held most of the possession in the second quarter.

In the 29th minute Uruguay won their first penalty corner of the night but the opportunity was squandered as India managed to swiftly defend their goal and hold the slim lead.

In the 36th minute, India



were through on goal as Navneet Kaur found herself unmarked in front of the post but Uruguay's goalkeeper Maria Bate stepped out and delivered a decisive save.

In the 40th minute, India launched a quick attack as Sakshi Rana played a brilliant pass into the circle to Ishika (40') who did well to slot the ball into the bottom left corner.

Uruguay were awarded a penalty corner as well in the 40th minute but they couldn't reduce the deficit.

In the 49th minute, Rutuja Dadaso Pisal did well to dribble down the left flank and pass the ball to Lalremisiami (49') in the midfield who carried the ball into the circle and delivered a powerful finish past the goalkeeper to score an incredible field goal for her side.

With just over two minutes left on the clock, Rutuja Pisal (58') dribbled down the middle and struck a powerful shot to find the net and seal the big victory for India.

India will next face Scotland on Monday.

# Bindra, Sindhu, Mandaviya praise Lakshya after runner-up finish

## STATE TIMES NEWS

NEW DELHI: Olympic medallists Abhinav Bindra and PV Sindhu praised Lakshya Sen after his runner-up finish at the All England Open badminton championship in Birmingham on Sunday.

Lakshya fought with all his might but fell short of ending India's 25-year wait for an All England crown, losing 15-21, 20-22 to Chinese Taipei's Lin Chun-Yi in an intense men's singles final.

Bindra wrote on the social media platform, "Not every inspiring sporting story ends with a trophy. Over the last few days, Lakshya Sen has shown India what courage, resilience and belief truly look like.

"His run to another All England final, through extraordinary wins and immense physical pain, has been about far more than a result. He has reminded young India that greatness lies not only in winning, but in the honesty of effort, the dignity of the fight and the strength to keep believing. I am Proud of you."

Lakshya's defeat meant that Prakash Padukone (1980) and Pallela Gopichand (2001) remain the only Indians to have won the prestigious title, while Prakash Nath (1947) and Saina Nehwal (2015) had come closest

with runner-up finishes before Lakshya's two final appearances.

In her praise for Lakshya, Sindhu tweeted, "Lin Chun Yi takes it 21-15, 22-20. Never easy to come back and play a final less than 24 hours after a brutal semifinal. Those matches really stay in the legs.

"I remember the 2021 All England Open B a d m i n t o n Championships. I had a really long quarterfinal against Akane Yamaguchi, and the very next day had to step back on court for the semifinal against Pornpawee Chochuwong. Let me tell you, it's brutal.

"Lakshya still had a phenomenal week. Beating Shi Yuqi and Li Shifeng in the same tournament says a lot about the level he's playing at."

The two-time Olympic medallist star added, "Tough loss, but smile Lakshya. For the general public, the All England Open Badminton Championships is often seen as the pinnacle because of its history and aura. But on the tour it is one of the four Super 1000 events we play every year, and opportunities keep coming."

"With the kind of skill Lakshya has, weeks like this will keep repeating. Hopefully this momentum carries through the rest of

the Super 1000s this season as well."

Sports Minister Mansukh Mandaviya commended Lakshya for his spirited fight.

"Hard luck, Lakshya. Losing such a close All England final is still a commendable show. This was your second final in Birmingham, and that's a massive feat for us to feel proud and happy about. You have a long way to go, young man. The entire nation is proud of you," Mandaviya wrote on 'X'.

Meanwhile, former India player and coach Vimal Kumar too lauded the performance of the young shuttler.

"A tough loss, but a very brave effort. Lakshya had a real chance to take the second game. However, the muscle fatigue he was carrying meant that towards the end he couldn't quite finish the rallies with his smashes - the punch just wasn't there at that stage.

"Despite that, he defended superbly against one of the most attacking players in world badminton.

"If he had managed to close out the second game, I strongly believe Lakshya would have drawn on his fighting spirit and taken the match into the third with great momentum.

"Even in defeat, it was a courageous performance and a reminder of the fighter he is," Kumar said.