

Sr Women T20 Trophy

Clinical J&K thrashes Sikkim by 8 wkts in low scoring match



J&K Women Cricket team posing alongwith Support Staff after thrashing Sikkim in Guwahati on Thursday.

■ STATE TIMES NEWS

GUWAHATI: Clinical Jammu and Kashmir thrashed out of sorts Sikkim by eight wickets in a low scoring match of the BCCI's Senior Womens T20 Trophy at ACA Stadium, Barsapara, here.

Earlier, winning the toss and batting first, Sikkim batters failed to show application and grit against disci-

plined J&K bowlers, who bowled with nagging line and teasing length to plot their collapse.

Sikkim managed to score paltry 67 runs in 20 overs, losing 7 wickets in the process. Purni Maya Gurumy (19), Tshering Ongmu Lepcha (16) and Samahita (11) were the main scorers.

For J&K, Sarla Devi was the pick of the bowlers, who

took 3 wickets by conceding 17 runs in her 4 overs, while skipper Sandhya Sayal, Nadia Chowdhary and Rubia Syed claimed 1 wicket each.

In reply, J&K chased the requisite target easily in 15.3 overs, losing 2 wickets in the process, thus won the match by 8 wickets. Sarla Devi scored with 24 runs off 49 balls, studded with 4 boundaries, while

Bhawandeep Kour contributed 14 off 21 balls. Bushra Ashraf remained unbeaten on 18 runs off 16 balls including 2 fours, while Rubia Syed contributed unbeaten 15 runs off just 7 balls, studded with 2 massive sixes including the winning shot.

Maniza Mumtaz was the only successful bowler from Sikkim, claiming one wicket.

Over 160 boys take part in Sansad Khel at Miran Sahib

■ STATE TIMES NEWS

JAMMU: Organised by the Department of Youth Services and Sports (DYSS), two-day inter-Panchayat 'Sansad Khel Pratisapardha' of Miran Sahib zone took place at Government Boys High School Simbal.

Around 160 boys of under-17 years of age participated in this event which was supervised by district (DYSS) officer, Sukhdev Raj Sharma. The competition held in three disciplines of Kabaddi, Volleyball and Tug of War.

In this event, SDM R S Pura, Ram Lal Sharma and Dalip Kumar, BDC along with their Sarpanch of respective Panchayats graced as chief guest and special guests.

Speaking to the gather-



Chief guest interacting with players.

ing, chief guest impressed upon the students to keep themselves away from drugs and participate in the activities.

Zonal Physical Education Officer Miran Sahib, Rakesh Kakar conducted the proceedings and later

thanked individuals and organisations for the support.

Earlier, events officiated by the technical penal including Gurmeet Singh, Assa Singh, Hardeep Kour, Amolak Singh and Gurmeet Singh.

Yoga camp held by DYSS at Chanunta

■ STATE TIMES NEWS

UDHAMPUR: Department of Youth Services and Sports (DYSS) organised one-day Yoga camp at Government High School Nagrota Panjgarain in Block Chanunta of district Udhampur under 'Azadi Ka Amrut Mahotsav'.



The activity took place under the patronage of Principal Secretary YSS, Alok Kumar and supervised by Director DYSS Gazanfar Ali.

Dr. Balbir Singh, a research expert in the

Pasteur Institute, Paris in France was the chief guest while Ram Kumar Sawhney, Headmaster Government High School Panjgarain was guest of honour.

Incharge Zonal Physical Education Officer (ZPEO) Ghordi, Yash Pal Sharma welcomed the distinguished guests and told the gathering about the benefits Yoga Asanas. All the field staff of YSS of Zone Ghordi and staff members of host school were also present during the Yoga camp.

Sharnarathi Intellectual Forum welcomes celebration of 400th birth anniversary of Guru Tegh Bahadur at Red Fort

■ STATE TIMES NEWS

JAMMU: In a meeting of the core committee members of All J&K 1947 PoJK Sharnarathi Intellectual Forum, held in Jammu under the leadership of its President Adv Amrik Singh and Surjit Singh, Secretary; the forum welcomed the decision of the Government to celebrate 400th birth anniversary of Sikh Guru Tegh Bahadur, the 9th Sikh Guru, at Red Fort where Prime Minister Narendra Modi will address pay respect to Sikh Guru, who fought against Mughal atrocities. The Forum further thanked Prime Minister for the commendable job, which was not done earlier by any of the previous Governments during last 75 years. Those who attended the meeting included Inder Singh, Paramjit Singh, Sucha Singh, Nasib Singh, Kuldeep Singh, K D Singh, H S Sudan, Jagjit Singh, Khazan Singh, Gurdev Singh, Manjit Singh, Sudesh Sharma, Som Nath Sharma, Mela Ram, Kuldeep Singh Kuku, Bhajan Singh and Avtar Singh.

Atulaya Healthcare launches operations in Jammu

■ STATE TIMES NEWS

JAMMU: In line with its commitment of providing world-class diagnostic services to people across India at affordable costs, Atulaya Healthcare announced the expansion of its operations in Jammu.

Atulaya already has 2 centres at KC Complex & Shingari. The new facility in Channi Himmat, Jammu is a fully integrated diagnostic center offering radiology & pathology.

Dr. Ram Kumar Gupta, MD Pathology, a renowned pathologist in Jammu has also joined Atulaya Healthcare as Head of Pathology which is further strengthening the services in the region.

Atulaya has opened an integrated Pathology and Radiology Diagnostic Centre in Srinagar. These facilities will provide best in class diagnostic services to all of the local communities in Jammu and Kashmir.



Dr. Ram Kumar Gupta, MD Pathology and others addressing a press conference.

set up 50 new collection centres to serve the Jammu and Kashmir Region. We are the market leaders in upper North India and are looking forward to be leading as the biggest integrated diagnostic services chain in the entire North India." Atulaya Healthcare has a Fully Automated Robotic and NABL Accredited Lab. Atulaya Healthcare Centres are well equipped with latest MRI, CT Scan, Digital X Ray, Digital Mammography and CT Coronary Angiography. For the residents of Jammu, Atulaya Healthcare is also offering Health packages up to 75% off and special packages for senior citizens. Atulaya Healthcare has the capacity to handle 40000 tests per day. The lab provides all diagnostic test reports within a quick turnaround time of 8 to 12 hours post receiving the

samples. Home collection services are also available for patients which offers comfort at the convenience of their own homes. Atulaya Healthcare provides all kinds of health screening services with same-day test results with assurance of accuracy in all its reports.

Atulaya also operates a fluoro-deoxyglucose (FDG) manufacturing cyclotron unit in Derabassi, Punjab. Atulaya Healthcare presently has a state-of-the-art automated Central Reference Lab in Mohali which can process 25000 samples per day. Atulaya has 12 integrated diagnostic centres, 100+ collection points and above 1000 b2b clients. Atulaya also has an army of qualified phlebotomists to cater to the customers not only at their centers but also at the convenience of patient's home.

J&K will take on formidable Pondicherry in the next outing at Amingaon Cricket Stadium, Guwahati tomorrow.

The team is being accompanied by Chetan Dhingra as Head Coach, Ankita Jalla and Rajesh Dhar as Managers, Rohit Rana as Strength and Conditioning Coach, Lathi as Fielding Coach, Sushel Pajnu as Video Analyst, Hinan Mir as Side-Arm Throw down Expert and Dr Shweta Jamwal as Physiotherapist.

J&K will take on Sikkim in the next outing at ACA Stadium Guwahati on April 21.

For the win against Manipur today, Member Administration JKCA, Brig Anil Gupta; Member Cricket Operations, Mithun Manhas and Member Legal Affairs, Sunil Sethi sent congratulatory messages to the team.

MP Jugal witnesses Inter-Panchayat events at Bishnah



MP Jugal Kishore Sharma along with other dignitaries and players at Bishnah.

■ STATE TIMES NEWS

JAMMU: Member Parliament from Jammu-Poonch Constituency, Jugal Kishore Sharma on Thursday witnessed the competition Inter-Panchayat Sansad Khel Spardha of Zone Bishnah for under-17 boys in the disciplines of Volleyball, Kabaddi and Tug of War which was organised by Department of Youth Services and Sports (DYSS) at GBHSS Bishnah.

Accompanied by the former MLA, Ashvani Sharma, Sarpanch and Panch of the Block, the MP encouraged the young athletes for the enthusiasm and spirit of sports. Principal of the host School, Rekha Rani was Guest of Honour in the closing function. The event took place under the supervision of Sub-Divisional Magistrate South, Abhishek Abrol and in active support of the District

Youth Services and Sports officer Jammu, Sukhdev Raj Sharma and Zonal Physical Education Officer Bishnah, Surbjeet Kour. In total, 150 boys took part in this competition.

Jugal appreciated the efforts of the field staff members and Zonal Physical Education Officer Bishnah.

The matches were officiated by all the PEM, PET, ReK and NYCs of zone Bishnah.

JU Fencing contingent leaves for Khelo India Games

■ STATE TIMES NEWS

JAMMU: The 16-member Fencing team of University of Jammu (JU) on Thursday left for participation in the Khelo India University Games to be held in Bangalore in Karnataka from April 22 to May 2.

As per the schedule, the fencing event shall take place from April 29 to May 2 at Opposite Archery Ground, Jain University Global Campus.

While the JU men Fencing team has qualified in Sabre, Foil and Epee team events besides Sabre individual event, the women fencers have qualified in Sabre team event only.

The 16 members contingent comprises of Parvinder Sharma (Epee and Foil team), Gourav Thakur (Epee and Foil team), Lakshay Sharma (Sabre team), Siddhant Raina (Sabre team), Parshant Chib (Foil team), Udhayveer Singh



JU Fencing team posing for a photograph with faculty members.

Chandel (Sabre team and Sabre Individual), Sawan (Epee and Foil team), Harsh Rajput (Epee team), Suryansh Sharma (Sabre team), Mokshika Rana (women Sabre team), Jaspreet Kour (women Sabre team), Riya Manhas (women Sabre team) and Simran Rajput (women Sabre team).

The contingent is led by senior staffer of the Directorate of Sports, Padam Dev Singh and Suniya Arora as man-

Bemhag Kesari Dangal on May 14

■ STATE TIMES NEWS

JAMMU: The 22nd edition of the Bamhag Kesari Vishal Dangal shall be held at Sardabhar Kalsote in Moungri on May 14 as part of the three-day Mela organised annual.

Dangal is being organized by J&K Indian Style Wrestling Association with the support of J&K Police Department, J&K Bank Ltd., J&K Tourism Department, Bamhag Kesari

Earlier, the teams presented with sports kits, amidst inter-

action, by Prof. Rajni Dhingra, Dean Research Studies JU. She congratulated the Fencers for excelling in the All India Inter-University Fencing Championship 2021-2022 thus qualifying for the Khelo India University Games.

Also present were Dr Daud Iqbal Baba, Director; Sports and Physical Education, JU; Dr Komal Nagar (Incharge Assistant Director), Padam Dev Singh, Gagan Kumar, Maninder Pal Singh, Suniya Arora and Ashok Singh Bali.

Two-day awareness workshop organised at GGM Science College

■ STATE TIMES NEWS

JAMMU: NSS unit of GGM Science College under the patronage of Principal Dr. Ravender Tickoo and supervision of NSS PO Dr. Deepali Mahajan organised two days awareness workshop on 'Invest in our Planet' to commemorate Earth Day.

It is observed every year on April 22 to emphasise the significance of environmental protection.

In the workshop, NSS volunteers organized cleanliness drive, plantation in college campus. They collected plastic bottles and wrappers. Filling the wrap-



NSS volunteers planting sapling at GGM Science College.

pers in bottles and using it as a boundary wall giving a message reduce reuse and recycle.

'My Youth My Pride' events rescheduled

■ STATE TIMES NEWS

SRINAGAR: The inclement weather conditions in the Kashmir division brought major relief to the natives as they were battling an unexpected temperature rise early in the year while on the other hand, incessant rains in the past 24 hours left most of the playfield and stadiums soggy due to which 2nd semi-final of Spring Shield Cricket Tournament being held in Nanil, Anantnag and Tennis Ball Cricket tournament matches scheduled to be held in Khrew, Pulwama today was rescheduled for tomorrow.



Football team posing for a photograph.

Meanwhile, Pahalgam Blues registered their entry into the final of the Spring Shield T20 Cricket Tournament yesterday, trouncing Seer XI by 5 wickets.

Earlier in the day, Seer XI chose to bat after winning the toss and scored 139 runs losing all their batters in the allotted 20 overs.

Shakir and Aijaz were among the top scorers for the team. Shakir scored 59 runs while Aijaz contributed 30 runs to the aggregate.

Bilal was the pick of the

GSM Mattan scheduled today was postponed due to wet soggy outfield and inclement weather conditions. Both the teams had reported on the ground and umpires after inspecting the outfield decided to call off the match for the day not before rescheduling the game for tomorrow.

Similarly, the Tennis Ball Cricket event slated to be held in Khrew Play Field was also called off and postponed till tomorrow.

Meanwhile, in the ongoing JKSC Youth Football League, two matches were played at TRC Synthetic Turf Football Stadium in Srinagar yesterday.

In the first match, JK Bank Academy defeated Bandipora Academy by 2-1, and in the second match, SCFA Srinagar

outplayed Baramulla Football Academy by 2-0. With these wins, JK Bank Academy occupies the second spot in the points table with 4 points following SCFA Srinagar which has maintained its position at the top of the table with 6 points.

Both teams will face each other in a do-or-die match on Friday. The game is a must-win for J&K Bank Academy whereas a draw will earn SCFA Srinagar the long-battled Youth League Championship. The match is expected to go down the wire and is reckoned to be one of the best contests in the league.

All the events are being organized by J&K Sports Council under a special sports initiative under the banner of "My Youth My Pride".