

# Two-day J&K UT Deadlift Championship concludes

## STATE TIMES NEWS

JAMMU: Two days J&K Deadlift Championship unequipped and equipped Sub Junior, Junior, Senior & Master (Men & Women) concluded at Indoor Stadium Bhagwati Nagar, Jammu.

The championship was organized by All J&K UT Power Lifting Association and was held under the observer of J&K State Sports Council Vikas Dogra, Judo Coach.

Deputy Mayor, Purnima Sharma was the Chief Guest on the occasion while Vijay, Mandal Pardhan was the special guest who distribute prizes among the winner and runner up players.

In this championship Nasir, Durlabh Sharma, Gourav Sharma won best lifter in Sub Junior, Junior & Senior unequipped Men category respectively while Aniket Singh, Durlabh Sharma, Ronit Verma won best lifter award sub junior, junior & Senior equipped men category respectively.

Umesh Raina & Rahul Dev Manhas won best lifter in Master-I and Master-II men category respectively. Nisha



By Mayor, Purnima Sharma posing with winners and other officials.

Singh, Ojaswi Kohli & Diksha Kapoor best lifter in Sub Junior, Junior & Senior in women category respectively.

Around 150 players participated from various district of J&K including Jammu, Samba, Kathua, Udhampur, Kishtwar, Reasi, Rajouri and Budgam, in the championship.

Gourav Sharma set new record by lifting 295 kg in 20 kg category, Durlabh Sharma also set new record by lifting 270 kg in 93 kg category, Rahil Rajput also set new record by lifting 245 Kg in 83 Kg category and Aatish Sharma also set new record by

lifting 222.5 kg in 66 kg category.

The officials of the association who organized J&K UT Deadlift Championship under the rule and regulation of Power Lifting India, namely Ajay Sharma General Secretary, Rahul Sawhney Senior Vice President, Gulzar Singh Vice President, Vikram Singh Vice President, Adil Ashraf Khan Jammu District General Secretary, Feroz Shah Srinagar District General Secretary, Shabeel Ahmed, Kathua District General Secretary, Riyaz Ahmed Butt, President District Srinagar,

Sanjeev Singh Joint Secretary, Vinay Sharma Media Secretary & executive member of the association namely Deepak Jyoti, Sumit Gupta, Anshuman Sharma, Joginder Kumar, Sandeep Bannotra, Gourav Gupta, Ashraf, Narinder Pal Singh, Suresh Pal, Sajid and Vishal Sharma.

WOMEN Gold: Nishtha

Singh, Ojaswi Kohli, Yatiksha

Rao, Manvi Sumbriya, Puneet

Kour Samridhi Sharma, Diksha

Kapoor, Avantika Thapa,

Chakshu Chawla, Sashi

Sharma, Swastika Soni and

Reema Sambyal. Silver: Mamt

Sharma, Himanshu Sambyal,

Kavita Bhagat and Akriti

Raina.

MEN Gold: Sumit Thakyal,

Aniket Singh, Kamaljeet

Singh, Nitin, Goutam, Gurbaksh

Singh, Rohit Singh, Aman

Singh, Mohd Zia Ul

Haq, Shahnavas Ansari,

Parnav Sharma, Abhishek

Sen, Atish Sharma, Abhishek

Kesar, Abay Bhardwaj,

Hemanshu Sharma, Rajesh

Gupta, Nasir, Rohit Mandla,

Jai Vardha Padha, Rajat

Kumar, Ranjesh Singh, Nitish

Kumar, Shashi Shama, Sahil

Khajuria, Sunmir Bhagat,

Rahil Rajput, Balbir Singh,

Umesh Raina, Rahul Dev

Manhas, Daksh Bakshi,

Durlabh Sharma, Vishal

Sharma, Jaswinder Singh

Bagga, Amrik Singh, Omkar

Singh, Ronit Verma, Tanish

Sharma, Gourav Sharma and

Anil Kumar. Silver: Divanshu

Singh, Arjun Sen, Nitin,

Sayam Gupta, Gurbaksh

Singh, Kartik Baloria, Bharat

Rajput, Shubam Khajuria,

Sumit Singh, Mukesh Kumar,

Rahul Sharma, Riddhim

Khajuria, Navneet Sharma,

Ravi Mehra, Abhishek Dhar,

Narotam Singh, Vishawjeet

Sharma, Rudraksh Jasrotia,

Vishal Lalotra, Mumim Dar,

Sarthak Dubey, Vishal

Sharma, Nasir Choudhary,

Gurjot Singh, Hakeem Shoaib,

Rakesh Kumar, Tanmay

Gupta, Sourav Bali and

Kumar Babbar. Bronze: Rahul

Sharma, Shubam Kumar,

Sahib Mingnoo, Rahul Raj,

Sanjeev Kumar, Ishan Khan,

Mohd Sajid Khan, Deepak

Raj, Ashish Sharma, Abdul

Latif, Pushp Badyal, Suraj

Singh, Aman Sanjwal, Dheeraj

Singh, Ankush Kumar, Varun,

Harleen Singh, Ankit Sharma

and Piyush Bhardwaj.

Rahil Rajput, Balbir Singh, Umesh Raina, Rahul Dev Manhas, Daksh Bakshi, Durlabh Sharma, Vishal Sharma, Jaswinder Singh Bagga, Amrik Singh, Omkar Singh, Ronit Verma, Tanish Sharma, Gourav Sharma and Anil Kumar. Silver: Divanshu Singh, Arjun Sen, Nitin, Sayam Gupta, Gurbaksh Singh, Kartik Baloria, Bharat Rajput, Shubam Khajuria, Sumit Singh, Mukesh Kumar; Rahul Sharma, Riddhim Khajuria, Navneet Sharma, Ravi Mehra, Abhishek Dhar, Narotam Singh, Vishawjeet Sharma, Rudraksh Jasrotia, Vishal Lalotra, Mumim Dar, Sarthak Dubey, Vishal Sharma, Nasir Choudhary, Gurjot Singh, Hakeem Shoaib, Rakesh Kumar, Tanmay Gupta, Sourav Bali and Kumar Babbar. Bronze: Rahul Sharma, Shubam Kumar, Sahib Mingnoo, Rahul Raj, Sanjeev Kumar, Ishan Khan, Mohd Sajid Khan, Deepak Raj, Ashish Sharma, Abdul Latif, Pushp Badyal, Suraj Singh, Aman Sanjwal, Dheeraj Singh, Ankush Kumar, Varun, Harleen Singh, Ankit Sharma and Piyush Bhardwaj.

# Zeeshan wins Mr Poonch 2022 title



Winners posing for a photograph with dignitaries.

## STATE TIMES NEWS

POONCH: First Mr. Poonch and Physique Sports

Championship was organized

District Body Building

Association of Poonch under

the banner of Body Building

Association of Jammu and

Kashmir in collaboration

with Jammu and Kashmir

Sports Council and Jammu

and Kashmir Olympic

Association at KCM

Government Degree College

(GDC) Auditorium Poonch.

Zeeshan Ganai won the

prestigious title of Mr. Poonch

2022 and became champion

of champion.

About 40 body builders and

physique sports athlete par-

ticipated in different categories in the championship.

The championship was inaugurated by the Chief Guest Bupinder Singh Tuthi and Guest of Honour Rajesh Dutta.

The Chief Guest have appreciated the Organiser Ravinder Pal Singh who made the championship a grand success.

The Auditorium was full with cheering audience. The events was judged by Panel Including Mohd. Javed, Kumar Gorav, Kunal Verma, Rajesh Dutta General Secretary Body Building Association of J and K also gave valuable guidance to the

first time participating athletes.

The only women participant Shivani was encouraged by all specially by the General Secretary and President of BBAJK.

The Result: Below 65 Kg:

Mohd. Ishaq, 1st, Aman

Kumar, 2nd and Mohd.

Irfan, 3rd. Below 75 Kg:

Yasir Ganai, 1st, Zeeshan

Ahmad, 2nd and Kanu

Sharma, 3rd.

Men's Physique: Below 6

feet: Rajdeep Singh, 1st,

Aman Kumar, 2nd and

Mohd. Ishaq, 3rd. Above 6

feet: Zeeshan Ahmad, 1st,

Mohd Aquib, 2nd and Mohd

Ayoub, 3rd.

# ADGP Armed felicitates JKP Wrestling team



ADGP Armed, S.J.M Gillani felicitating winner JKP Police wrestling team.

## STATE TIMES NEWS

JAMMU: Additional Director General of Police (ADGP) Armed, S.J.M Gillani on Monday felicitated the winning team of J&K Police in the recently held 28th J&K Wrestling Championship on University of Jammu (JU) campus, here.

He interacted with the wrestlers, who clinched the overall championship trophy securing nine gold and six silver medals in the event which held under the auspices of Wrestling

Armed appreciated the role

of SO Sports APHQ J&K for honing the talent of the team and also lauded the role of coaches and trainers in imparting effective and result oriented training to the players of J&K Police. The ADGP laid emphasis on regular practise of the team to fetch even better results in future.

The Team: SgCt Rajesh Kumar (Silver), Ct Diler Khan (Silver), Ct. Bania Min, IGP-17th Bn. (Silver), Ct. Arif Khan, IGP-7th Bn. (Gold), Ct. Strayader Singh, IGP-1st Bn. (Gold), Ct. Ishaq Ahmad, IGP-14th Bn. (Gold), Ct. Hamam Hussain, IGP-22nd Bn. (Gold), Ct. Shamaho, IGP-22nd Bn. (Silver), Ct. Nissar Ahmad Doda (Gold), Ct. Ranjeet Singh, IGP-14th Bn. (Gold), Ct. Mohd Hafiz, IGP-24th Bn. (Silver), Follower Sunny Sharma, IGP-12th Bn. (Silver), Follower Vicky Sharma, IGP-24th Bn. (Gold), SPO Sanjay Kumar (Gold) and SPO Rohit Singh, CID Jammu (Gold).

Earlier, 15-member JKP team participated in the championship under the guidance of coach, Om Parkash and Assistant Coach, Krishan Singh and trainers Anil Kumar and Ravinder Kumar.

While felicitating the

wrestling team, the ADGP Armed appreciated the role

# Benia of JKP bags Moori Kesari Dangal title



President JKSWA, Shiv Kumar Sharma declaring JKP Wrestler, Benia Min as winner.

## STATE TIMES NEWS

JAMMU: J&K Police Wrestler, Benia Min bagged the 65th Moori Kesari Dangal title beating Narinder of BSF in a closely contested bout at Village Moori in district Reasi.

For winning the title bout, Benia awarded with a cash prize of Rs 41,000 while runners-up, Narinder got Rs 30,000. The second main bout won by Nisar of J&K Police, who trounced Gama of BSF. In another main bout, Deepak Kakran of Hanuman Akhara Delhi beat Babba of Kot Bhalwal. Dangal was organized by

Peer Baba Dangal Committee Moori in association with J&K Indian Style Wrestling Association under the overall supervision of Ex-Sarpanch, Romesh Chander and Shiv Kumar Sharma, president J&K Indian Style Wrestling Association.

Congress leader, Sohan

JU team shines in international debating event



JU faculty felicitating winner debaters.

## STATE TIMES NEWS

JAMMU: The debating team of the University of Jammu (JU) consisting of Priyash Dev and Harshimrat Kaur got felicitated by Dean Students Welfare, Prof. Prakash Antahal for securing third position in the recently conducted prestigious Sir Syed Memorial International Debate organized by Aligarh Muslim University on a virtual platform.