

# 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. Nishta



Dy 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, Rahul 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, Sajjad and Vishal Sharma. WOMEN Gold: Nishta Singh, Ojaswi Kohli, Yatiksha Rao, Manvi Sumbriya, Puneet Kour Samridi Sharma, Diksha Kapoor; Avantika Thapa, Chakshu Chawla, Sashi Sharma, Swastika Som and Renu Samlyal. Silver: Mamta Sharma, Himanshu Sambyal, Kavita Bhagat and Akriti Raina. MEN Gold: Sumit Thakyal, Aniket Singh, Kamwaljeet 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, Sumir Bhagat,

Rahul Rajput, Balbir Singh, Umesh Raina, Rahul Dev Manhas, Daksh Bakshi, Durlabh Sharma, Vishal Sharma, Jasvinder 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, Ridhim Khajuria, Navneet Shama, 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, Tannay 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, Pushap 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 Turthi 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 BB&JK. 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 Kanuj 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 Aqub, 2nd and Mohd Ayoub, 3rd.

# ADGP Armed felicitates JKP Wrestling team



ADGP Armed, S.J.M Gillani felicitating winner J&K 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

Association of J&K and J&K Sports Council. The medal winner wrestlers were accompanied by Staff Officer (Sports), APHQ J&K, Dushyant Sharma (SSP). 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

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, IRP-17th Bn. (Silver), Ct. Arif Khan, IRP-7th Bn. (Gold), Ct. Surayader Singh, IRP-1st Bn. (Gold), Ct. Ishaq Ahmad, IRP-14th Bn. (Gold), Ct. Hamam Hussain, IRP-22nd Bn. (Gold), Ct. Shamahoon, IRP-22nd Bn. (Silver), Ct. Nissar Ahmad Doda (Gold), Ct. Ranjeet Singh, IRP-14th Bn. (Gold), Ct. Mohd Hafiz, IRP-24th Bn. (Silver), Follower Sunny Sharma, IRP-12th Bn. (Silver), Follower Vicky Sharma IRP-24th Bn. (Gold), SPO Sanjay Kumar (Gold) and SPO Rohit Singh, CID Jammu (Gold).

**■ 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



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

Peer Baba Dangal Committee Moori in association with J&K Indian Style Wrestling Association under the overall supervision of

Ex- Sarpanch, Ramesh 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 Priyatosh Dev and Harsimrat 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. The felicitation was done in presence of Prof. Vishav Raksha, Chairperson Campus Cultural Committee, Dr. Garima Gupta, Assistant Dean SW and Suneet Sharma, Drama Instructor. Teams from India, Bangladesh, Afghanistan, Saudi Arabia, Nepal and Qatar participated in a tough competition in which the debating team of JU stood third in the Hindi category. Prof. Antahal informed that this particular competition is a platform to inculcate keen critical thinking, articulation and oratory skills. The All India Sir Syed Memorial Debate (rechristened for this session as, The Sir Syed Memorial International Debate) is an annual debate competition in which the teams participate to splendidly display their oratory talents. Prof. Vishav Raksha congratulated the students for their achievement, she also complimented Prof. Prakash Antahal, Prof. Sanjana Kaul, Co-Chairperson, CCC, Prof. B.K. Bajaj, Associate Dean SW, Dr. Garima Gupta and Dr. Pritam Singh, Assistant Deans, SW, Dr. Virender Kundal, Teacher Incharge, Debate and the members of Campus Cultural Committee for not just consistently organizing cultural, literary and fine-arts events, which hone the skills of the students, but also finding the avenues to project their talents.

# JU VC inaugurates two web-portals

**■ STATE TIMES NEWS**  
JAMMU: Vice-Chancellor (VC), University of Jammu (JU), Prof. Manoj K Dhar, on Monday inaugurated two web-portals developed by the in-house team of the Centre for IT Enabled Services and one portal developed by Dr. Shubnandan Singh of the Department of Computer Sciences and IT.



VC JU, Prof. Manoj K Dhar inaugurating two web-portals.

The first portal is for the online registration and application for the students, staff and research scholars of the university for getting Wi-Fi connectivity on the JU network. As per the portal, the application shall be made online and the concerned HOD or section Incharge will verify the antecedents online. The IT section shall generate the username and password and send it to the applicant by email. Vice-Chancellor appreciated the portal and suggested that Guest registration should also be done through the same portal. This portal has been developed by Er. Vinod Parihar along with Er. Narendra Antahal of the Centre for IT Enabled Services and Management.

The second portal, "Pensioners portal" was inaugurated by B.S Rathore and Rajinder Singh, both retired Assistant Registrars of the University in the presence of Prof. Manoj Dhar, Er Anik Gupta, Director CTES&M and Dr. Neeraj Sharma Special Secretary to VC and all the staff members of Centre for IT. The portal allows the pensioners to see their pension details online and more importantly submit their Life-Certificate online without having to come to the University. Er. Anik informed that in coming months the pensioners shall be able to download all information concerning them from the portal itself. This will include the FORM -16

which is needed to submit income tax returns. The portal has been developed by Er. Vinod Parihar with assistance from Munish Bharadwaj, both from CTES&M. The third portal " Faculty Profile Creation/Updation" was developed by Dr. Shubnandan Singh of the Department of Computer Sciences and IT. This portal shall enable the faculty members to create their detailed profiles and then keep on updating the same from time to time. The information can be seamlessly be utilized by the Quality Assurance cell of the University for Generating various reports to be submitted to various agencies without asking for the same information time and again.

# Jammu Judo Championship held



Judo players posing with dignitaries after receiving medals.

**■ STATE TIMES NEWS**  
JAMMU: Organised by the Jammu and Kashmir Judo Association, District Jammu Judo Championship concluded at Judo Hall, Indoor Complex, MA Stadium, here on Monday. In the closing function, Deputy Mayor Jammu, Purnima Sharma was Chief Guest, who presented medals and certificates to the winners and runners-up. Senior Judo player, Bhanu Partap was Guest of Honour. Prominent among others present were Vice President of the Association, Vikas Gupta and General Secretary, Suraj Sharma. Manish Chatval was Organizing Secretary of the championship while the technical panel comprised Suraj Bhan Singh, Arshi Nad, Ritika Slathia and Romeshwar Singh Jamwal. The Results:

BOYS: 55 KG: kg: Akshay Sharma, Ist; Rahul, 2nd; Sunil Rajput and Shubam Singh, 3rd. 60 kg: Mohit Kumar, Ist and Saksham Sagar, 2nd. 66 kg: Akshay Sharma, Ist and Shubam, 2nd. 73 kg: Aryan Gupta, Ist and Farmaan Ahmad, 2nd. 81 kg: Divakar Singh, Ist. 90 kg: Lakhan Bharu, Ist and Vishal, 2nd. Plus 100 kg: Mohd Adil, Ist. GIRLS: 44 kg: Khushi Thakur, Ist; Payal Kashap, 2nd; Guddi Kumari and Mamta Malik, 3rd. 48 kg: Leisha Gupta, Ist and Kanishka Kesar, 2nd. 52 kg: Upasana Singh, Ist; Sunakshi Devi, 2nd and Harshita Singh, 3rd. 57 kg: Sakshi, Ist and Priya Sharma, 2nd. 63 kg: Miathili Kotwal, Ist and Shriya Kotwal, 2nd. 70 kg: Nirali Sharma. 78 kg: Suhani Kiran. Plus 78 kg: Rajeshwar Kotwal.

# JKILANS return back to school



Students and faculty of JK Public School Kunjwani performing prayer on first day of opening of school.

**■ STATE TIMES NEWS**  
JAMMU: Deprived of the company of school and friends, students of JK Public School Kunjwani were excited to be returning to school.

JKiilans saw a new dawn on Monday as the portals of school were once again opened for them after two long years of online teaching. JK Public School welcomed

the students after two years. The new session saw the hustle and bustle of students and teachers which filled the atmosphere with excitement and verve.

The whole air reverberated with zeal and enthusiasm. The assembly commenced with invoking the Lord Almighty. The students were warmly welcomed by the Director JK

Educational Society, Shashi Chaudhary. Teachers presented a special assembly which consisted of prayers, motivational talks and do's and don'ts regarding

the COVID precautions. School Principal, Rajesh Rathore in his address expressed his joy on seeing the campus full of students. He made a promise that all teach-

ing gaps that may have occurred in the past two years will be duly filled and the goals achieved. The school pledges to continue with its legacy of maintain-

ing a balance with academic excellence and overall development of the child and an effort is being made for the smooth transition of a child from online mode to offline mode.