

YSS's Refresher Course in various sports disciplines gets underway

Objective to infuse perfection among officials: Tara

■ STATE TIMES NEWS

JAMMU: The Refresher/Orientation Course for the officials in various sports disciplines, being organised by the Department of Youth Services and Sports (DYSS) got underway at MA Stadium, here.

The week-long Course in which around 80 officials (PETS and PEMs) drawn from various districts of the Union Territory are taking part, was formally inaugurated by the Director General Youth Services and Sports, Rajinder Singh Tara, who was accompanied by Deputy Director Youth Services and Sports (Central), Jitender Mishra and the officials from the Activity Section of the Directorate.

The sports disciplines in



DYSS officials during the course.

which the officials are being trained include Taekwondo, Fencing, Softball and Soft Tennis.

The Department has named 13 trained officials as the Resource Persons in the Course and they include Atul Sharma, Grinder Singh, Mukta Gupta and Rajinder Singh (all Taekwondo); Ujjawal

Gupta, Razia Sultan and Abdul Qadir (all Fencing); Varinder Singh, Madan Mohan and Usmat Shaban (Softball) and Ab Rehman Khan, Vishal Malhotra and Shivali Rajput (all Soft Tennis).

While addressing the officials, Rajinder Singh Tara said, "Refresher training is important because it rein-

forces learning, prevents knowledge decay, and ensures employees maintain current skills and information. It helps employees adapt to changes, improves performance, and reduces the risk of errors. Refresher training also boosts morale and motivation by demonstrating an organization's commitment to employee development."

"The concept of "infusing perfection" among teachers is complex and can be approached in a way that focuses on excellence and continuous improvement rather than striving for unattainable flawlessness. Instead of aiming for perfection, teachers can focus on developing essential skills and qualities that contribute to effective teaching and student learning," Tara added. He served strict direc-

tions to the concerned officers and officials to make online portal for keeping the record of meritorious athletes and trained officials to yield better results.

The DG Sports advised the Activities Section of the Directorate to classify the sporting disciplines and take initiatives with regard to holding of the activities in accordance with merit of the athletes in specific discipline of particular area.

While advising the concerned officers to tap the talent at the grass-root level, Tara said the focus should be on unearthing talent in hilly areas, the youth of which are naturally well build.

Tara asked the trainers (experts) for their inputs for betterment of the system and the experts of various games (Resource Persons) presented a road-map.

ADGP Jammu Zone Anand Jain visits JU

■ STATE TIMES NEWS

JAMMU: Additional Director General of Police (ADGP), Jammu Zone, Anand Jain, paid a significant visit to the Directorate of Sports and Physical Education at the University of Jammu (JU).

The visit was aimed at reviewing the sports infrastructure and encouraging the university's initiatives in promoting a healthy and active lifestyle among youth.

ADGP Jain was warmly welcomed by Dr. Daud Iqbal Baba, Director, Directorate of Sports and Physical Education along with faculty members and staff.

During his visit, he briefed various sports academies and facilities, observing athletes in training across multiple disciplines. He expressed appreciation for the university's efforts in nurturing a vibrant sports culture and promoting the overall well-being of sportspersons.

Highlighting the role of fitness, discipline and sportsmanship for the development of youth,



ADGP Jammu Zone, Anand Jain at Jammu University.

ADGP Jain stressed the importance of sports in building character and contributing to nation-building. He praised the University for Providing Quality Infrastructure and maintaining a strong balance between academics and athletics.

In addition to inspecting sports facilities, ADGP Jain also visited sports academies. He engaged in insightful interactions with players and coaches, encouraging them to aim for excellence in all aspects of life. His interaction emphasized the integration of sports and education as key pillars of holistic development.

The visit concluded with a motivational session where ADGP Jain addressed the students and staff, lauding their commitment and hard work. The University of Jammu conveyed its gratitude for his inspiring presence and assured ongoing efforts to further strengthen the sporting ecosystem on campus. The JU expressed heartfelt gratitude to ADGP Anand Jain for his visit and motivating presence, assuring continued efforts towards enhancing the sports ecosystem. Other present were Kuldeep Handoo, Rashid Ahmed Choudhary, Vimal Kishore, Ravish Vaid and Harinderpal Singh.

Dr. Akshay Deep honored with Best Thesis Award at National Symposium



Dr. Akshay Deep receiving award.

■ STATE TIMES NEWS

JAMMU: Dr. Akshay Deep, son of Vishno Sharma and Kamlesh Sharma, resident of Bishnah, Jammu conferred with the Best Thesis Award for Ph.D at the 3rd Annual Convention and National

Symposium on "Next Generation Agriculture, Horticulture, and Livestock Farming (NGA-25).

The event was organized by Sardar Vallabhbhai Patel University of Agriculture & Technology (SVPuat) in

collaboration with Society for Integrated Development of Agriculture, Veterinary and Ecological Sciences (SIDAVES) at Modipuram, Meerut.

Dr. Deep received this honor for his outstanding research on the topic "Economic Analysis of Direct Seeded Rice and Transplanted Rice in Irrigated Sub-Tropics of Jammu Region," conducted under the guidance of Dr. Anil Bhat, Associate Director Research,

SKUAST-Jammu. The award was presented by Padma Shri Dr. Vijaipal Singh, a renowned Plant Breeder of India. Dr. Akshay Deep is presently working as Project Associate in SKUAST-Jammu.

■ STATE TIMES NEWS

JAMMU: The P.G. Department of Geology, GGM Science College, celebrated Earth Day with a special event featuring lectures and discussions led by internationally renowned experts in the fields of energy and geosciences that include Dr. Bindra Thusu, Senior Research Fellow at University College London, UK and Dr. Sudeep Kanungo, Senior Fellow at the Atlantic Council, USA under the guidance of Prof. Dr. Romesh Kumar Gupta, Principal of the College.

The program began with a Welcome Address by Dr.



Mateen Hafiz, Head, P.

G. Department of Geology, who highlighted the significance of Earth Day and set the tone for the day's events focused on sustainability, scientific awareness, and student engagement.

Prof. Romesh Kumar Gupta emphasized the importance of environmental stewardship and academic exposure for students, especially in the context of pressing global challenges like climate change, and resource sustainability citing the example of recent Ramban flash floods. Later, he warmly welcomed the esteemed speakers and encouraged

As the tournament unfolds over the coming days, students will challenge themselves anew in Volleyball spikes, Wrestling pin downs, the delicate strategies of Carrom, and the cerebral battles of Chess. Above all, this gathering of young hearts and minds serves a higher purpose: to build resilience, foster unity across districts, and inspire a generation to dream in bold strokes.

With each serve, tackle, and checkmate, Cluster Basohli-Bhoond's youth are scripting a story of hope and possibility-one in which every student finds the courage to believe that effort, fairness, and a forward-looking spirit can reshape not only the scoreboard, but the very future of our community.

Inter-School Zonal Level Tournament kicks off in Cluster Basohli-Bhoond

■ STATE TIMES NEWS

BASOHLI: A bright spring morning saw the fields and courts of Cluster Basohli-Bhoond come alive as the Inter-School Zonal Level Competitions opened under the aegis of the Director General, Youth Services and Sports (YSS), Jammu and Kashmir.

With the graceful presence of DYSSO Kathua, S.S. Sambyal, ZPEO Tara Singh of Zone Basohli, and the field staff, the inaugural ceremony set a tone of camaraderie and spirited competition that will carry these young athletes through the days ahead.

In Block Basohli alone, 261 eager students marshaled their energy on the mats and courts, while Block Bhoond burst with



A Kabaddi match in progress.

the passion of 513 participants-bringing the cluster's total to a remarkable 774 young competitors.

Their animated chatter and hopeful smiles spoke of dreams woven in sweat and determination, as each girl and boy prepared to leave their mark in Kabaddi, Volleyball, Wrestling, Carrom, and Chess across the Under-14 and Under-17 categories.

Kabaddi (Block Basohli): In the Under-14 match, MS Rehan's deft tackles and swift raids edged out UPS Saman by three points. The Under-17 battle saw MHSS Basohli carve out a convincing 10-point victory over Vir Sawarkar School Basohli, their teamwork shimmering like morning dew on the grass.

Kabaddi (Block Bhoond,

Under 17): A thrilling face-off had HS Silag narrowly defeating HHS Bhoond by a solitary point, leaving spectators breathless as HHS Bhoond gracefully accepted the runner's spot. Meanwhile, Draman's side showcased strategic prowess to overcome HSS Hutt by five points, with HSS Hutt finishing a hard-fought second. These early contests were more than mere matches; they were the first strokes on a canvas that will soon be filled with the colors of sportsmanship, grit, and mutual respect. Each cheer from the sidelines, every word of encouragement from coaches and peers, is a reminder that today's trials forge tomorrow's champions-both on the field and in life.

Jammu's Women Masters Handball stars shine with 2 silvers, a bronze at Nationals

■ STATE TIMES NEWS

JAMMU: In a remarkable display of resilience, skill, and sportsmanship, the women of Jammu have etched their names in the history of Indian handball with a triumphant performance at the 7th Masters National Games, held in the picturesque town of Dharamshala, Himachal Pradesh.

Proving that passion knows no age, the Jammu & Kashmir Women Masters Handball teams bagged two silver medals and one bronze, making their state and supporters proud.

The 30+ women's team, led by International Handball Player and Police Inspector Renu Rattan, showcased phenomenal teamwork and grit throughout the tournament.

Though they narrowly missed the gold, falling to Kerala in a closely contested final (10-7), their journey to the finals was



Medal winners along with coaches posing for photograph.

nothing short of inspirational.

The team-comprising Vinay Sharma (Goalkeeper), Sonika Bhandari, Anju Sharma, Sandhya Bakshi, Sonia Jain, Atula Rajput, Bhavna Devi, Bandana Sharma, and Reetu Choudhary (Goalkeeper)-earned accolades for their spirited performance and discipline on the court.

The 40+ category team, captained by the dynamic

Mamta Bajaj, also clinched silver. Despite a tough final against a formidable Kerala side, who scored 16 goals to J&K's 6, the team stood tall.

This group included stalwarts like Neete Kaur, Mousmi Verma, Meetu Singh, Dr. Sonia Chib, Manu Samriti, Upasana Sharma, Nidhi Pandey, Tanu Banotra, Geetanjali Aggarwal, Santosh Sharma, Anjali Jain, and Suman Sharma.

With Geetanjali managing the team and Ranjeet Singh Chib coaching, the squad was praised for their sportsmanship and perseverance.

In the 45+ category, J&K secured the bronze medal, fighting valiantly in a nail-biting match against Uttar Pradesh, who edged them out by a single goal (5-4). Led once again by the ever-resilient Insp. Renu Rattan, the team proved

that experience is a formidable force in the world of sports.

What makes this victory even more inspiring is the background of many of these athletes-working professionals, mothers, doctors, and police officers-who balanced their careers and personal lives while continuing to pursue their passion for handball.

Their achievements at the national level send a powerful message: age is just a number, and dedication, discipline, and determination can make anything possible.

These remarkable women are not just athletes-they are role models who've redefined the meaning of strength, commitment, and team spirit.

As the Tricolour soared in Dharamshala, it wasn't just about medals-it was about the heart, the hustle, and the undying love for the game. Jammu salutes its champions.

Carrom, Badminton matches mark second day of JU Employees Tournament 2025-26

■ STATE TIMES NEWS

JAMMU: University of Jammu Employees Tournament 2025-26 continued with great zeal and enthusiastic participation on its second day at the Gymnasium Hall of the University.

The tournament, organized for both men and women categories, features Carrom and Badminton as the main disciplines.

On the second day, several exciting matches were played in the Women's Carrom Singles and Doubles Round-II, showcasing exceptional talent and competitive spirit among the participants.

The tournament continues to foster a spirit of camaraderie and fitness among the employees, with participants exhibiting high levels of sportsmanship and dedication.

Results Day 2

WOMEN Carrom (Singles) Round II: Komal Bakshi defeated Pooja Manhas (1-0); Deepika Singh defeated Diksha Sharma (2-0); Sunny Bhat defeated Dr. Mamta Verma (2-0); Deepika Singh defeated Komal Bakshi (2-0); Sunny Bhat defeated Sonika Sharma (2-0).

Carrom (Doubles) Round II: Deepika Singh & Sonika Sharma defeated Sunny Bhat & Dr.



A carrom match in progress.

Samita Wadhwa (2-0); Dr. Samita Wadhwa & Dr. Mamta Verma defeated Azmit Begum & Dr. Sumita Sharma (2-1).

Badminton Round II: Sonika Sharma defeated Pooja Manhas (2-0); Dr. Chinmoyee Maharana defeated Azmit Begum (2-0); Komal Bakshi defeated Dr. Mamta Verma (2-0); Dr. Sushma Devi defeated Rekha Devi (2-0).

MEN Carrom (Singles) Round II: Rakesh Sharma defeated Vijay Sharma (1-0); Sachin Bhatia defeated Mohit Sharma (2-0); Dr. Zoor-ul-Asrar Beg defeated Lalit Sharma (1-0); Pankaj Gupta defeated Popinder Singh (1-0); Vishal Sudan defeated Karan Kumar (1-0); Gurmeet Singh defeated Mukesh Kumar (2-0); Dr. Rajesh Kumar defeated Prince Partap (2-1); Sumeet Kapoor defeated Gursharan Singh (2-0);

Raj Singh defeated Sunil Kumar (2-0).

Badminton Round II: Dr. Tarseem Singh defeated Surjeet Kumar (2-0); Vishal Sudan defeated Bhopinder Singh (2-0); Munish Sharma defeated Neeraj Bhardwaj (2-0); Dr. Rajesh Kumar defeated Suresh (2-0); Surjeet Kumar defeated Naresh Kumar (2-0); Dr. Sandeep Arya defeated Anit Gupta (2-0); Manav Puri defeated Jasjit Singh (2-0); Vishal Sharma defeated Suresh Talk (2-0); Sumeet Kapoor defeated Karan Kumar (2-0); Vikram Singh defeated Dr. Noor-ul-Asrar (2-0).

Today's matches were officiated by Raj Kumar Bakshi, Ravish Vaid, Vikas Karlopia, Gagan Kumar, Jeevan Lal, Balbir Singh, Tofan Singh, Vashikha and Yamesh Thakur.