

Parul Kalsi clinches Champion of Champion trophy

■ STATE TIMES NEWS

JAMMU: Parul Kalsi has won the Champion of Champion trophy at the 25th Silver Jubilee Mr. Jammu and Kashmir Championship organized by Body Building Association of Jammu and Kashmir (BBAJK) in collaboration with Jammu and Kashmir Sports Council at Police Auditorium, Gulshan Ground, Jammu.

About 130 body builders in different categories across the Jammu and Kashmir UT participated in the championship which provided an exceptional platform for participants to demonstrate their talent, teamwork, and sportsmanship.

The championship was inaugurated by the Chief Guest, Arun Kumar Sharma, President Body Building Association Jammu and Kashmir by lighting the traditional lamp along with Special Guest, Vivek Sharma, Bureau Chief, STATE TIMES while Rajesh Dutta BBAJK, Ashutosh Sharma, Vinay



Dignitaries along with BBAJK officials along with body builders during the competition in Jammu.

Sharma Vice President BBAJK, were also graced the function.

In his inaugural address, Arun Sharma praised the efforts of the organizers for conducting such sports event across Jammu and Kashmir UT. He emphasized the importance of channeling the energy of youth into constructive activities like sports, which also raise awareness against social evils, including drug addiction.

He further appreciated the Body Building Association of

Jammu and Kashmir (BBAJK) for selecting Police Auditorium, Jammu as the venue for this prestigious championship and expressed his support for organizing future events aimed at preparing body builders for Jammu and Kashmir UT and national levels Body Building competitions.

Vivek Sharma, who graced the occasion as the special guest, was welcomed by Rajesh Dutta, who also extended his appreciation to all the participants and offi-

cials for making the event a success. While speaking, Vivek Sharma underscored the significance of sports in the holistic development of young individuals. He emphasized that sports not only enhance physical fitness but also contribute to mental well being.

Ashutosh Sharma BBAJK said that the successful execution of the championship was largely credited to Rajesh Dutta, the organizing secretary whose dedicated efforts and meticulous planning ensured a smooth and well managed event. His unwaver-

ing commitment to promoting body building in the region was widely appreciated by players, officials, and spectators, Sharma said.

Rajesh Dutta BBAJK said the championship aimed not only to promote sportsmanship but also to encourage the youth of J&K UT to engage in healthy activities and move away from social evils, including the growing problem of drug addiction in the region.

He stated, "The increasing prevalence of drug addiction is a serious threat to our society. Events like the Body Building

championship provide an excellent platform to engage the youth in positive pursuits, keeping them away from such destructive habits. It is our collective responsibility to encourage sports and other constructive activities to build a healthier and brighter future for our younger generation."

Bupinder Singh Tirthi, Vimal Jit, Javid Bhatti, Kamal, Vikas Khajuria, Nand Kishore among the prominent who judged the event.

Vinay Sharma, Vice President BBAJK, presented the vote of thanks to all partic-

ipants and dignitaries for making the championship a grand success.

He said, "We are committed for the welfare of people in all ways and such sports events will be continued for youths followed by other initiatives."

Notable officials included Dr. Amar Singh, Advocate Rajesh, Vikas Gupta, Sahil Mehra Yogatvam, Naresh Gupta, Sanjay Bali, Sachin Singh, Ravinder Singh Babloo and Rahul Bakshi.

In the final result, Parul Kalsi lifted Champion of Champion trophy, Ravi

Sharma emerged Physique Sports Champion, Salman won Classic Sports Champion, Shina became Women Physique Sports Champion and Gurvinder Singh won Master category in the Championship.

The results: 50-55 Kg: Rishab, 1st, Vansh, 2nd, and Abhishek, 3rd. 55-60 Kg: Vikram, 1st, Rajan, 2nd, and Ankit 3rd. 60-65 Kg: Andy, 1st, Mukesh, 2nd, and Koushal 3rd. 70-75 Kg: Salman, 1st, Ankush, 2nd, and Vishal 3rd. 75-80 Kg: Abhi, 1st, Manjeet, 2nd, and Ankit 3rd. 80-85 Kg: Gurvinder, 1st, and Kamal 2nd. 85-90 Kg: Rajinder, 1st, Jasihin, 2nd, and Sahil 3rd.

Master Category: Gurvinder, 1st and Rajinder, 2nd.

Woman category: Shina 1st. Classic Body Building Category: Salman, 1st, Mukesh, 2nd, Jignat, 3rd, Andy, 4th, and Koushal, 5th.

Men's Physiques 5th. Body Building Category: Ravi, 1st, Mukesh, 2nd, Harish, 3rd, Salad, 4th, and Krishna, 5th.

Jindrah players shine at Mohali



Players along with trophy posing for photograph.

■ STATE TIMES NEWS

MOHALI: The players of the Roller Athlete Skating Club Jindrah represented the Jammu district in the recently concluded 2nd All India inter district championship which was held at Mohali and won Silver

medal.

The roller hockey players of the club while playing in the sub Junior category won silver medal under the captaincy of Zayafat John. They played against Panchkula ,Chandigarh,Yamunanagar and won all the league matches.

In the nail biting final against Sangrur ,Jammu lost by a margin of one goal during the penalty shoot outs and the match was drawn at 0-0 during the regular playing time.

The team was guided and coached by the sports council coach Krish Gupta.

The members of the silver medal winning team were Zayafat John (captain), Hridayansh Chib, Bhavanya Bhagat, Kyran Gupta, Dhruv Sadhotra, Rajanya Khajuria, Tarush Gupta, Aarav Jandyal, Tabid Hussain, Rakshan Sharma. In Sub junior boys Kyran Gupta, and in Junior boys Sameer Rahi performed very well whereas Mridul Kohli showed his excellent defensive skills during all the matches. The club members congratulated all the medal winning players.

Sprawling Buds lifts Jammu Climbing trophy

■ STATE TIMES NEWS

JAMMU: Sprawling Buds ICSE School, Bantalab, Jammu emerged Champion in the two-day 24th edition of Jammu District Sport Climbing Competition winning 13 medals, including five Gold and four Silver.

The event was organised by J&K Mountaineering Association and sponsored by the J&K Sports Council.

While the budding climbers of the host school swept all the medals in the Mini Boys and Sub Junior Boys categories, they also won Gold and a Silver medal in the Sub Junior Girls category as also Gold in Junior Girls category.

Shiksha Niketan Higher Secondary School won four medals, including Silver.



Padam Shri Prof. Lalit Magotra inaugurating Jammu District Sport Climbing Championship at Sprawling Buds ICSE School in Jammu.

Other medal winning institutes were St Xavier Convent School, Shining Star High School, Coventry Scholars and Elite Public School

In the valedictory function, Parveen Sharma, Chairman

The Citizen Cooperative Bank Pvt Ltd was the chief guest, who along with Rahul Sharma, Chairman of Sprawling Buds ICSE School, Shawetika Khajuria, general secretary of Mountaineering Association

of J&K and Arti Sharma, Principal of Apple Kids School, Bantalab gave away medals to the winners of the various categories.

Prominent among others present included Seema Sharma, Director, Sprawling Buds ICSE School; Shivani Charak, international climber; Vikas Singh, senior Climber and Satish Bhan, technical official.

Earlier, the championship wherein over 600 boys and girls participated, inaugurated by Padam Shri Prof. Lalit Magotra.

Meanwhile, preparations are underway to conduct Udampur, Reasi, Doda and Samba District Sport Climbing Competitions.

The Results: Mini Girls: Humera, 1st;

Ayshli Bhagat, 2nd and Divpreet Kour, 3rd.

Mini Boys: Hashver Singh, 1st; Yashwin Bhagat, 2nd and Honey, 3rd.

Sub Junior Girls: Ayaana Bhagat, 1st; Ayasha Tabir Khan, 2nd and Drishti Dutta, 3rd.

Sub Junior Boys: Rudra Rajput, 1st; Daksh Sharma, 2nd and Ayush Singh Surnal, 3rd.

Junior Girls: Aradhya Thakur, 1st; Avni, 2nd and Arushi Katoch, 3rd.

Junior Boys: Aradhya Manhas, 1st; Ankit, 2nd and Vishav Thakur, 3rd.

Men: Arun Deep Singh, 1st; Kashish, 2nd and Harmann, 3rd.

Women: Shilpa Charak, 1st; Bhumika, 2nd and Muskan, 3rd.

J&K wins 14 medals with 10 in Gatka in 68th National School Games

Commissioner Secy YSS, DG Sports praise achievers

■ STATE TIMES NEWS

MANIPUR: Adding another feather to the already colourful cap of the Department of Youth Services and Sports and keeping J&K's flag high at the national scene, J&K Gatka team bagged 10 medals including a gold, while Thangta athletes won 3 medals, besides clinching a bronze medal in Boxing in the prestigious 68th National School Games at Delhi.

With this performance J&K emerged overall third in Gatka and won a total of 14 medals, taking the tally of medals to 66 in the current season.

In Gatka U-19 Boys and U-17 Boys and Girls, J&K clinched one Gold, 3 Silver and 6 Bronze medals.

Kuljeet Singh clinched gold medal, while the silver medal was bagged by Rajveer Singh and the team of Shehakpreet Kour, Harjas Kour and Harpreet Kour, besides the team of Rajveer Singh, Amarjeet Singh, Saman Preet Singh and Shehajpreet Singh. The Bronze medals went to Jashan Preet Singh, Dilpreet, the team of Bhupinder Singh, Kanavjot Singh, Kuljeet Singh



JK players posing with medals and trophy.

and Gurpreet Singh, the team of Sneha, Taniya and Manpreet Kour, the team of Prabhjot Singh, Harkirat Sigh, Sarpreet Singh and Dilpreet Singh, besides an individual Bronze medal by Navpreet Kour.

Apart from Gatka, three athletes from the Valley bagged Bronze medals in Thangta and one from Poonch claimed Bronze in Boxing.

Commissioner/Secretary Youth Services and Sports, Sh Sarnad Hafeez and Director General Youth Services and Sports, Sh Rajinder Singh Tara congratulated the medals winners and the support staff for this brilliant achievement.

They said the young talent of Jammu and Kashmir has made us proud, adding the Department of Youth Services and Sports is inching closer to making J&K a sporting hub.

With 66 medals in their kitty this season, Jammu and Kashmir has so far won 16 medals in Fencing with 3 Gold, 5 Silver and 8 Bronze; 15 medals in Wushu with 5 Gold, 6 Silver and 4 Bronze; 7 medals in Judo with 4 Silver and 3 Bronze; 4 medals in Taekwondo with 1 Gold, 1 Silver and 2 Bronze; 3 medals in Soft Tennis with 1 Silver and 2 Bronze; 6 medals in Thangta with 1 Gold and 5 Bronze; 2 medals in Gymnastics with 2 Bronze; 2 medals in Weightlifting with 1 Gold and 1 Bronze medal, 10 in Gatka with 1 Gold, 3 Silver and 6 Bronze and one in Boxing.

■ STATE TIMES NEWS

JAMMU: Jatinder Pal Singh of Jammu and Kashmir Police (JKP) has been selected to represent J&K in the upcoming 23rd Asian Arm Wrestling Championship to be held at New Delhi from May three.

Presently part of the J&K Police Central Team, Jatinder has qualified for the international event on the basis of his second position in the National Championship held recently.

The Asian Arm Wrestling Championship brings together elite athletes from across Asia and Jatinder has got the opportunity to compete against the champions from different Asian



Nations. Meanwhile, complementing Jatinder for his selection, the J&K Arm Wrestling Association

president, Farooq Ahmed Dar said, "We trust that you will prepare diligently for the event and represent both India and J&K Police with utmost professionalism and sportsmanship".

"Your performance at this level will not only reflect your personal excellence but will also inspire upcoming athletes and contribute significantly to the promotion and growth of Arm Wrestling in Jammu and Kashmir," he added.

Rahul Dev Manhas triumphs at ‘Clash of Legends’ in Manila, defeating home favorite Felliipi Jessi

■ STATE TIMES NEWS

MANILA: In a stunning display of strength, grace, and ageless passion, Rahul Dev Manhas carved his name into the annals of international fitness glory at the prestigious 'Clash of Legends' event held at the ICN Manila on April 26-27, 2025. The 62-year-old veteran, trainer, and icon showed the world that true legends know no age. Competing against the Philippines' own champion and endorsed model Felliipi Jessi, Rahul Dev Manhas emerged victorious - conquering both the ICN Model and ICN Physique categories on Jessi's home turf. Like a mountain unmoved by storms, Rahul stood tall amidst fierce competition, demonstrating poise, perfection, and a spirit forged by decades of dedication.

When contacted by our corre-



spondent after his historic win, a humble Rahul Dev Manhas attributed his victory to divine blessings. "It's by the grace of Lord Shiva," he said with a smile of quiet triumph. "April has always been lucky for me - this month, my trainees dominated the UT Deadlift Competition, and now, this international victory... And lest we forget," he added with a twinkle in his eye, "April is my birth month."

Sat stresses role of sports to curb drug abuse among youth

■ STATE TIMES NEWS

JAMMU: Sat Sharma, President, J&K BJP, alongwith Yudhvir Sethi, MLA Jammu East, and Priya Sethi, former Minister inaugurated 'Racket Rush', a state-of-the-art badminton and Pickleball court, near Pillar No. 28, Patel Nagar, Akhnoor Road, Jammu.

BJP State Secretaries Ayodhya Gupta, and Anju Dargda, Media Incharge Dr. Pardeep Mahotra, Dr. Makson Tickoo, Keshav Chopra, Veena Gupta, Rajesh Dogra, Anil Masoom, Parveen Kerni, Munish Gupta, Rajesh Gupta, Puneet Singh Jamwal, Swaran Singh, Arun Dubey, Deepak Kumar and Pankaj Chibber and others were among the prominent present on the occasion.

Owner Yudhvir Singh, alongwith family members Harjeet Singh, Poonam Kour, Abhayveer Singh and others were also present.

Sat, while congratulating the owners, emphasized the significance of sports infrastructure in nurturing young talent.

"Facilities like Racket Rush will not only encourage a healthier lifestyle but will also prepare our youth for national and international competitions," he said.

Expressing satisfaction over the opening of new sports facilities for the youth, Sat highlighted how such initiatives would help curb the drug culture. He also reaffirmed the owners' commitment to promoting sports and youth engagement in Jammu and Kashmir, and wished them great success in their venture.

Yudhvir Sethi lauded the initiative, stating that investment in sports is an investment in the future. "This facility will serve as a hub for budding athletes and will promote community bonding through sports," he added.

Priya Sethi highlighted the Modi government's ongoing efforts in creating a sports-friendly environment across the Union Territory.

Owners shared that 'Racket Rush' offers a professional-grade badminton court and introduces

Pickleball, a fast-emerging sport gaining popularity among youth. With a mission to promote fitness and competitive spirit, the facility is open to players of all ages and skill levels.

The launch event concluded with an exhibition match played by BJP leaders, and local athletes, drawing enthusiastic cheers from the gathered crowd. The leaders encouraged young participants to make full use of the new facility and reaffirmed their support for sports initiatives in the region.

Sudirman Cup: India lose 1-4 to Denmark in opening Group D tie

■ AGENCY

XIAMEN (CHINA): India's lack of bench strength came to the fore as it slumped to a crushing 1-4 defeat against Denmark with top singles stars PV Sindhu and HS Prannoy losing their matches during the team's opening Group D match at the BWF Sudirman Cup Finals, here Sunday.

Placed alongside Indonesia and England in a tough group, India needed a strong start to keep their qualification hopes alive but failed to deliver, conceding an unassailable 0-3 lead after losing the

first three matches of the five-match tie.

Denmark, playing without their top singles players Viktor Axelsen and Mia Blichfeldt, still proved too strong as India's star shuttlers Prannoy and Sindhu lost their respective matches in straight games.

The mixed doubles pair of Tanisha Crasto and Dhruv Kapila opened India's campaign but went down 13-21 14-21 to world No. 7 Jesper Tofte and Amalie Magelund, handing Denmark a 1-0 lead.

Up next, HS Prannoy, still not at his physical best follow-

ing a bout of chikungunya, suffered a 15-21 16-21 defeat against world No. 3 Anders Antonsen in the men's singles.

Although Prannoy fought hard to stay in contention for most parts, Antonsen pulled away at crucial junctures.

The men's doubles match turned out to be a complete mismatch as world No. 1 pair Kim Astrup and Anders Skaarup Rasmussen demolished the inexperienced Indian duo of Hariharan Amsakaruman and Ruban Kumar Rethinasabapathi 21-7, 21-4 to seal the tie for Denmark.

District Srinagar Tennis Ball Cricket Championship begins

■ STATE TIMES NEWS

SRINAGAR: In an atmosphere brimming with youthful energy and sporting spirit, the District Srinagar Tennis Ball Cricket Championship for boys and girls across all age groups commenced on Sunday at R.P. School Lawaypora, Srinagar.

Organized by the District Srinagar Tennis Ball Cricket Association under the banner of the J&K Tennis Ball Cricket



Association and sponsored by the J&K Sports Council,

the two-day championship promises thrilling cricket-

ing action, camaraderie, and emerging young talents.

The opening ceremony was graced by Shabir Hussain Khan, CEO/Principal of R.P. School Lawaypora, who inaugurated the event in a function, attended by sports enthusiasts and office bearers of the Association.

The school grounds transformed into a canvas of cheers, cricket whites, and

dreams taking flight.

A total of 25 teams have thrown their hats into the ring, making this championship a celebration of passion, perseverance, and sportsmanship.

First Day Results: Dubai Grand School showcased a strong performance by defeating Tahira Khanam School; Rainawari Club emerged victorious against Kings Eleven Gund Hassi Bhat in a thrilling contest; HMT Club clinched a confi-

dent win over Hussaini Public School; Haji Bagh Club dominated against Koshipora Club; Dubai Grand School continued their winning streak by defeating Doon International School. The championship will reach its crescendo tomorrow, 28th April 2025, culminating in a prize distribution ceremony that promises to celebrate not just the champions, but the spirit of every young player who took to the field.