

Jammu Wrestler Yuvraj lifts 24th Bhamag Dangal title

STATE TIMES NEWS
KATRA: Wrestler Yuvraj of Akhnoor in district Jammu lifted the 24th Annual Bhamag Kesari Dangal title outplaying Usman of Mathura in Uttar Pradesh at Sardabar, Kalsote (Moungri) in district Udhampur.

Yuvraj presented a cash prize of Rs 8,000 while runners-up, Usman got Rs 7,000. In other main bouts, Sunil of Kot Bhalwal defeated Irfan of Basantgarh and Kulbir Singh of Kot Bhalwal beat Teja of Mathura in UP. Kharpu of Jammu also won against Balwan Singh of Reash and Kala of RS Pura trounced Sonu of Amritsar.



President JKISWA Shiv Kumar Sharma with winner wrestler and other dignitaries.

In women bouts, Zahida of (Pouni) beat Diksha (Pouni); Kajal of Pouni beat Reema of Rajouri and Zahida of Pouni beat Mahi of Teryath.

Deputy Commissioner Udhampur; Saloni Rai was the chief guest, who encouraged the participating wrestlers and later presented the cash prizes.

Among the guests of honour were ADDC Rajindri Singh; Tehsildar Moungri, Arushi Sabarwal; former Municipal Committee Udhampur Chairman, Dr Yogesh Gupta; DDC men-

ber Panchari Jasveer Singh; J&K Bank Branch Manager, Maneer Singh and DySP Panchari, Bhatto Choudhary.

Dangal was organized by J&K Indian Style Wrestling Association in active support with J&K Police Department, J&K Bank Limited, J&K Tourism Department, Department of Youth Services and Sports (DYSS), District Administration Udhampur and Bhamag Kesari Dangal Committee.

The event held under the overall supervision of presi-

dent J&K Indian Style Wrestling Association, Shiv Kumar Sharma and president Udhampur District Indian Style Wrestling Association, Om Parkash Verma.

Among other prominent present were advocate Swantanter Dev Kotwal, chairman Lord Shiv-Parvati Caves Shrine (Mongri) Development Board, Former Councillor Ashwani Khajuria, Preeti Khajuria, Naib Tehsildar Mahesh Singh, District Information Officer, Rajinger Dingra, District Youth Services and Sports

Officer, Ramesh Chander Mishra, SHO Panchari Deepak Sharma and vice president J&K Indian Style Wrestling Association, Varinder Badyal. In total, 39 bouts decided in this day-long dangal. Meanwhile, Shiv Kumar Sharma, president Senior Citizens Welfare Forum Katra (Regd.) honoured prominent social activist and senior citizen, Ram Dass (80 years) of village Badola. Members of organizing committee present were Jai Parkash (president) Dhani Ram (general secretary), Rashid Mohd.

Police organizes Volleyball Tournament

STATE TIMES NEWS
BHADERVAH: To foster sports activities in the area by providing youths with a platform to excel in sports and steer clear of drug addiction, Range Police Headquarters Batote organising a two-day Volleyball Tournament at Bhaderwah under Civic Action Programme 2024, which commences here on Friday.



SP Bhaderwah Vinod Sharma posing with participating team.

The tournament is being played on Volleyball court in GDC Bhaderwah under the direction of DIG DKR Range Shridhar Patil and supervision of SSP Doda Javid Iqbal.

SP Bhaderwah Vinod Sharma was the Chief Guest on the occasion, who inaugurated the event in presence of other police/civil officers besides local dignitaries. SDPO Bhaderwah Wasim Hamdani and SHO Sandeep Parihar also accompanied the SP Bhaderwah.

President Anjum Anis, DDC Bhaderwah Abdul Hafiz, DDC councillor Yulvir Thakur, Ex BDC Chairman Omi Chand, Social Activist Tariq Butt and YAC President Naseer Mehboob were also present on the occasion.

A total of eight teams from different areas of district Doda are participating in the tournament. The inaugural match was played between Islamia

type of sporting activity is constructive engagements with the youth to make society a better place for the younger generation and to explore their hidden talents," SP added.

The participating youth commended the efforts of the Jammu and Kashmir Police in organizing such events and expressed gratitude for promoting sports activities in the area. Such kind of initiatives by the Police Department under civic action programme aimed at to strengthen relations and understanding between the police and the general public, fostering trust and a better relationship.

Participants appreciated this step and hoped for the continuation of such innovative community partnership programs in the future as well.

Heritage School organises dental check up camp



Doctors with students and faculty members of Heritage School.

STATE TIMES NEWS
JAMMU: Gummy Bears' World (Kindergarten) of Heritage School organised a dental checkup camp on for all its students as part of 'Health and Wellness week'.

The aim of this camp was to check, regulate and maintain the dental wellness of the students and spread

awareness regarding dental health and hygiene.

Following the motto "Prevention is better than cure", the guest doctors told the students to follow a schedule that would keep them fit orally and the kind of food that would provide better health.

"We are thankful to Dr.

Praveen Akhtar Lone, Principal of Jammu Dental College for providing us the best team of doctors and helping us in this noble cause," the Principal of the school, Akash Pradhan, said and thanked the team for enlightening the students and teachers on the concerned issue of dental care.

GDC Marh observes World Hypertension Day

STATE TIMES NEWS
JAMMU: NSS Unit of Govt. Degree College Marh organised a two-day camp on 'World Hypertension Day' aimed at communicating the importance of ill effects of Hypertension and to provide information on prevention, detection and treatment.



GDC Marh faculty and students at 'World Hypertension Day' camp.

The theme for this important worldwide activity is 'Measure your Blood Pressure Accurately, Control it, Live Longer'.

The programme was held under the guidance of Principal of the college Dr. Rakesh Kumar Koul, while addressing the students he stressed that high blood pressure i.e., Hypertension is the main risk factor to develop car-

diovascular disease and it can be prevented and managed by checking blood pressure regularly and through treatment. He emphasised the need to have minimum use of cell phones and develop healthy lifestyle.

Prof Imtiaz Shahid (HOD Zoology) gave a detailed view of

Hypertension, its types and causes of Hypertension such as genetic, sedentary life style, unhealthy food habits, diabetes and thyroid imbalance and preventive measures.

Faculty members appreciated and thanked Principal of the college for procuring such useful

health related equipments for the benefit of all.

About 60 students participated in the camp and their blood pressures were monitored, oxygen levels and body temperatures were recorded. Faculty members and staff also got their BP, temperature and sugar tested.

The measured health

record of present students was found to be by and large normal. Majority of students practically learned how to use BP machine, Sugar Machine, IR thermometer, oximeter.

The whole activity was managed by the college students including, Sanjana, Gourary Kumar, Khushi Choudhary, Ketan Kumar and Atinder of 2nd semester.

The programme was organised by Prof. Anjana Chib, Prof Sachin Kumar Bhagat (NSS PO). Prof. Madhvi Parasher, Dr. Ram Dayal, Prof. Shakun Sharma, Ravi Kumar and Ruchika graced the occasion. Technical support was provided by Mohit Kalotra.

District-level Inter-School/ Inter Zonal Tournament begins

STATE TIMES NEWS
UDHAMPUR: The District Youth Services and Sports Office (DYSSO) in Udhampur, under the aegis of Director Subash Chander Chibber, under the chairmanship of Saloni Rai Deputy Commissioner Udhampur the meticulous supervision of DYSSO Udhampur Romesh Chander Mishra, inaugurated the District-level Inter-School/ Inter Zonal Tournament at Subash Stadium, Udhampur on Friday.

Joginder Singh, SSP Udhampur, graced the event as the Chief Guest. He was accompanied by DySP HQ Parhlad Singh, SHO Udhampur Raghbir Singh, Chowki Officer Ghordi

Manmeet Singh, and other distinguished officials.

SSP Joginder Singh declared the tournament open with an inspiring speech, urging students and participants to actively engage in such sporting events for their holistic development.

During the inauguration, DYSSO Udhampur Romesh Chander Mishra honoured the Chief Guest and expressed profound gratitude for his presence and support.

Mishra also lauded his dedicated team for cultivating an environment that saw 124 participants compete in national-level tournaments last year.

The office staff members

Anita Goswami, Som Dev Khajuria, Ramesh Chander, Sanjeev Kumar, Vikas Sharma, Jatin Sethi, Karun Magotra, Abdul Qadir, Sanjeev Khajuria, and Meenakshi Sharma were present, contributing to the event's success.

The tournament witnessed the enthusiastic participation of over 300 boys, competing in chess, table tennis, and football. The results of the competitions are as follows:

Table Tennis (U17): Lakshay Dev Singh (Zone Udhampur) beat Kanav Gupta (Zone Udhampur).

Table Tennis (U14): Prajwal Bandal (Zone Rannagar) beat Bhavesh (Zone Udhampur).

Chess (U17): Akshar Mahajan (Zone Udhampur) beat Monisha Mahajan (Zone Udhampur).

Chess (U14): Aradhak Paroch (Zone Udhampur) beat Shivansh Bagotra (Zone Jib).

Football trials were also conducted, culminating in the selection of a formidable team to represent the district at the next level.

This grand event not only fostered competitive spirit among the youth but also underscored the significance of sports in their overall development. The DYSSO Udhampur remains steadfast in its commitment to nurturing young talent and promoting sportsmanship across the district.

Polytechnic College holds Volleyball tourney

STATE TIMES NEWS
JAMMU: Computer Engineering Department of the Government Polytechnic College Jammu won the inter-department 6th Faizal Abbas Memorial Volleyball Tournament beating Department of Automobile Engineering in the final played here today. Earlier, in the semifinals, Computer Engineering Department trounced the defending champion Electrical Department 2-1 (25-21, 23-25, 15-12) in a closely contested game while Mechanical Engineering Department lost to Department of Automobile 1-2 (21-25, 25-23, 10-15).

In the final and closing function, Principal of the College, Arun Bangotra was



Participating teams posing for a photograph with faculty members.

chief guest, who along with Inderjeet Singh, Workshop Superintendent felicitated the teams.

This tournament was organised in the memory of a former student of the College, Fazil Abbas, who lost his life in an unfortunate accident. Besides good player of

Volleyball, Abbas was good in studies. Speaking to the gathering, Principal applauded the students for their performance. He was all praise for the sports wing of the College for engaging the students. Others present were Manjeet Singh (HoD Electrical Engineering),

Akhil Kumar (Lecturer-I), Ashok Verma (AA), Kamal Kumar (Demonstrator), Rakesh Khullar and Sandeep Kumar.

The technical panel comprised Amit Sharma (a National referee), Chamel Singh (PEM) and Toshi Devi (PET).

Ashutosh, Sonali win Chess selection event



Winner players posing for a photograph with officials and organizers.

STATE TIMES NEWS
JAMMU: Ashutosh Jamwal and Sonali Manhas bagged the men and women title respectively in the Jammu Division selection chess tournament which was organised by All J&K Chess Association (AJKCA), here on Friday.

Young Alankrita Sharma excelled in the Junior girls age groups of under-nine, under-11, under-15 and under-17 in the same

event which took place under the guidance of Jammu Division Selection Committee at Hotel Nek, here.

Aarav Gupta and Pazhany Kohli won under-15 and under-13 age group titles while Miraya Sharma secured under-13 girls title trophy and Srujanika Gupta excelled in under-19 category. Viraj Raina won the under-nine boys title.

In the closing function,

president AJKCA, Baldev Raj was chief guest, who distributed the prizes to the winners. He wished good luck to the participants for future endeavours.

All the events were conducted under the direct supervision of chairman Jammu division selection committee, S P. Sharma. Bindu Pathania was chief Arbiter while Arvind Sharma extended technical support.

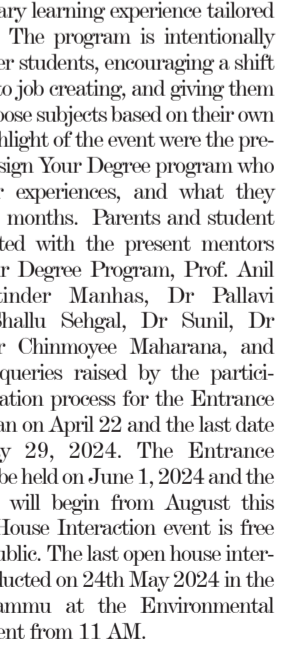
JU hosts 2nd Open House for new admissions for Design Your Degree, Four Year UG Program

STATE TIMES NEWS
JAMMU: During the 2nd open house interaction event at University of Jammu before the forthcoming admissions for Design Your Degree, Four Year Undergraduate Program, the house on Friday was full with aspirations and curiosity to know more about this flagship program of the university. The open house began with a welcome note from Prof. Charak of the Department of Mathematics, who introduced the program.

He explained that this program, fully aligned with NEP 2020, is designed to impart essential knowledge and skills to future generations.

Prof. Sadaf Shah, Associate Director of the Skill Incubation Innovation Entrepreneurial Development Centre (SIIEDC), delivered a comprehensive presentation covering all aspects of the program, which is built on the principles of "Teach to Transform, Educate to Empower, and Learn to Lead." She emphasized that the Design Your Degree program aims to bridge the gap between academia, industry, and society. Highlighting the program's key features, Prof. Shah explained that it is specifically designed for undergraduate students, offering a well-rounded

and interdisciplinary learning experience tailored to market needs. The program is intentionally crafted to empower students, encouraging a shift from job seeking to job creating, and giving them the freedom to choose subjects based on their own interests. The highlight of the event were the previous batch of Design Your Degree program who all shared their experiences, and what they gained in last 8-9 months. Parents and student aspirants interacted with the present mentors from Design Your Degree Program, Prof. Anil Gupta, Dr. Jatinder Manhas, Dr. Pallavi Sachdeva, Dr. Shalvi Sehgal, Dr. Sunil, Dr. Sandeep and Dr. Chinnmoyee Maharana, and answered many queries raised by the participants. The registration process for the Entrance Examination began on April 22 and the last date to apply is May 29, 2024. The Entrance Examination will be held on June 1, 2024 and the academic session will begin from August this year. The Open House Interaction event is free and open to the public. The last open house interaction will be conducted on 24th May 2024 in the University of Jammu at the Environmental Science Department from 11 AM.



Faculty with students and parents at open house interaction event at University of Jammu.

MP endorses Vansh Foundation plea to LG



STATE TIMES NEWS
JAMMU: Member Parliament (RS), Bhubaneswar Kalita has endorsed the plea of Vash Sabre Sports Foundation (VSSF) to the Lieutenant Governor (LG) of J&K with regard to issuance of long pending appointment orders for outstanding sportspersons of the Union Territory.

In his capacity as patron-in-chief of VSSF, the Rajya Sabha member has conveyed to the LG, Manoj Sinha the concern of the Foundation in a letter dated May 15. The letter addressed to the LG, says, "These sports individuals have not only represented our country at the international stage but have also achieved remarkable suc-

cess in various national and international competitions, thereby bringing laurels to the Nation."

The MP further asked for personal attention of the LG, Manoj Sinha. "Your attention to this matter is crucial as these appointments have been pending for quite some time. I request your kind intervention into the matter of the issuance of appointment orders for the deserving sportspersons."

Earlier, communicating the patron-in-chief, Member of Parliament, Bhubaneswar Kalita, the Foundation secretary, Kuldeep Kumar Gupta, in a detailed letter, explained the apathy of hundreds of outstanding sportspersons in J&K in a communication dated May 13. Important to mention here that the Vansh Sabre Foundation has taken up the issue of outstanding sports persons, who wait since long for their absorption in the government services under sports quota.