

## Resounding Success: 'Lallan Ms' transcends boundaries in Jammu

**STATE TIMES NEWS**  
**JAMMU:** The spellbinding performance of 'Lallan Ms' in Jammu on Saturday left audiences spellbound, marking a triumphant celebration of resilience, diversity, and the power of storytelling. Hosted at GCW Jammu and held at Convention Center canal Road this theatrical masterpiece, written and directed by the Rama Pandey, captured the hearts and minds of all who were in attendance. 'Lallan Ms' transported spectators on a mesmerizing journey through the heartlands of rural and urban India. The fusion of authentic music and captivating performances by a talented ensemble cast of 30 artists created a truly immersive experience that resonated deeply with the audience.



DC Jammu Sachin Kumar Vaishya lighting a ceremonial lamp at a programme.

At its core, 'Lallan Ms' is a poignant exploration of resilience and empowerment. Through the compelling portrayal of Lallan, a transgender educator, the play illuminated themes of courage, compassion, and the transformative power of education, leaving a lasting impression on all who bore witness. With each scene, 'Lallan Ms'

celebrated the rich tapestry of human experience and advocated for inclusivity. The production served as a powerful reminder of the importance of acceptance and equality, urging viewers to embrace diversity and foster a more inclusive society. The success of 'Lallan Ms' would not have been possible without the generous support of Indian Oil

Corporation and brand Servo, event title sponsors. Special gratitude was also extended to Dr. Hemla Agarwal, ex-Principal of GCW Jammu, and Advisor Namami Barua for their contributions to the production and advisory roles. Esteemed guests in attendance, including Indu Chibb, Mission Director NRLM and Principal GCW, and Piyush

Singla, Secretary School Education, along with DC Jammu Sachin Kumar Vaishya and Anjani Kumar, Divisional Retail Sales Head, General Manager Jammu DO were honoured at Convention Center Canal Road, IOCL, who graced the occasion with their presence. As the curtains closed on 'Lallan Ms', the echoes of its powerful message reverberated throughout the auditorium, leaving an indelible mark on all who experienced it. The production's profound themes of hope, resilience, and unity continue to inspire us to strive for a brighter, more inclusive future. For those who missed the opportunity to witness 'Lallan Ms' in Jammu, stay tuned for future productions and touring schedules.

## Mega DYSS inter-zone activity of Jammu begins

**STATE TIMES NEWS**  
**JAMMU:** Part of the annual calendar of activities, mega inter-zone events of district Jammu got underway at Khel Gaon, Nagrota, near here under the banner of Department of Youth Services and Sports (DYSS). With record participation of 1150 young school going athletes from 14 educational zones of Jammu taking part in this multi-day activity, the event was declared open by Joint Director DYSS, Ved Parkash amidst interaction with the participating teams and their officials. To begin with the district is organising competitions in four sports disciplines of Kho-Kho, Kabaddi, Volleyball and Chess in



A kho kho match in progress.

under-14 and under-17 age categories of boys. Earlier, competition in chess, Ram Murti and Sunil Kumar briefed the visiting senior officer about the event. Opening Day Results: Kho-Kho: Under-14: Zone Miran Sahib beat Zone Jourina by eight points; Zone Khour beat Zone Bishnah by two points. Under-17: Zone Miran Sahib beat Zone Jourina by two points and three minutes; Zone RS Pura beat Zone Bishnah by three points; Zone Khour beat Zone Arnia by two points.

## IHRSC skaters showcase superlative performance in UT 2nd Ranking tourney

Samaira, Viraj, Puneesh, Adhira, Achintya, Surya, Sanvi crowned UT Champions

**STATE TIMES NEWS**  
**JAMMU:** Indian Hawks Roller Skating Club (IHRSC) yet again demonstrated exceptional prowess in the roller skating arena by bagging 20 medals and seven of its skaters standing at the podium as UT ranking champions in 2nd J&K Open Ranking Roller Skating Championship 2024. In this recently concluded championship, the club's skaters delivered a stellar performance, clinching an impressive tally of 20 medals. Seven skaters of the club including Samaira Gandotra, Viraj Gandotra, Puneesh Puri, Adhira Kanotra, Achintya, Surya Bhaskar and Sanvi Grover have emerged as UT champions, solidifying their dominance in the sport.



Medal winners IHRSC skaters posing for a photograph.

IHRSC, known for its rigorous training and unwavering dedication, has consistently produced top-notch skaters who excel at various levels of competition. This latest triumph is a testament to their hard work, skill, and commitment to excellence. Among the medal winners, the standout performances were seen across different age groups and categories, showcasing the depth of talent within the club. The club's success is not only a source of pride for its members but also an inspiration for aspiring skaters in the region. Ashok Gandotra, President IHRSC expressed immense pride in the achieve-

ments of the skaters, attributing their success to disciplined training, strategic preparation, and a strong team spirit. "Our skaters have shown remarkable determination and resilience. Each medal is a reflection of their dedication and the support they receive from their families and the club," he remarked. The Indian Hawks Skaters' performance has set a high benchmark for future competitions, and the skaters are already looking forward to their next challenge. The Indian Hawks Roller Skating Club's triumph at the second J&K Open Ranking Roller Skating Championship

underscores its status as a powerhouse in the sport. With club's continued success, the skaters are not only bringing glory to the club but also contributing to the growth and popularity of roller skating in the region. The medal tally include Samaira Gandotra 3 gold medals, Avikam 2 silver medals, Viraj Gandotra 1 gold medal, Nidhaan 1 silver medal, Shaurya 1 bronze medal, Puneesh Puri 2 gold medals, Viraj Gandotra 2 silver medals, Adwait 1 bronze medal, Adhira 2 gold medals, Achintya 2 gold medals, Sanvi 1 gold medal and Surya 2 gold medals.

**STATE TIMES NEWS**  
**UDHAMPUR:** The District Youth Services and Sports Office (DYSSO) of Udhampur has inaugurated its District-level Inter-School Tournament at the Subash Stadium, Udhampur. This prestigious event, under the leadership of Director Subash Chander Chhibber, and chaired by Saloni Rai, Deputy Commissioner of Udhampur, is being meticulously supervised by DYSSO Udhampur, Romesh Chander Mishra. The tournament was honored by the presence of Chief Guest Anita Goswami, who, along with other distinguished officials, delivered an inspiring address. She emphasized the importance of such sporting events in the holistic development of students, urging participants to fully engage in the competitions. The tournament spans a diverse array of disciplines, providing young athletes with a platform to showcase their skills and compete at a grassroots level. This initia-



Girls competing in Table Tennis match at District-level Inter-School Tournament.

tive not only promotes physical fitness but also instills values of teamwork, discipline, and resilience. Several dedicated officials, including Santosh Abrol, Sunil Khajuria, Ashutosh Gupta, Vinod Kumar, Monika Sharma, Manorma Bharti, Sanjeev Verma, Ajay Kesar, Raman Kumar Gupta, Pallavi Choudary, office staff Som Dev Khajuria, Ramesh Chander, Sanjeev Kumar, Vikas Sharma, Jatin Sethi, Karun Magotra, Abdul Qadir, Sanjeev Khajuria, and Meenakshi Sharma, played pivotal roles in ensuring the event's success. The tournament witnessed enthusiastic participation from over 89 girls, who competed fiercely in chess and table tennis. Table Tennis (U17): Shobha Devi (Zone Udhampur) beat Samirithi Suchandra (Zone Udhampur). Table Tennis (U14): Komal Rajput (Zone Udhampur) beat Prachi Sharma (Zone Udhampur).

Chess (U17): Sneha Sharma (Zone Babey) beat Taanya (Zone Udhampur). Chess (U14): Radha Devi (Zone Chenani) beat Rumana (Zone Udhampur). This grand event fostered a competitive spirit among the youth and highlighted the profound significance of sports in their overall development. The DYSSO Udhampur remains committed to nurturing young talent and promoting sportsmanship throughout the district.

## Chitra Singh Jamwal's 'cricketing brilliance' fails to yield healthy results

With 5 tons at her back, J&K's 1st woman centurion deserves a better deal



**STATE TIMES NEWS**  
**JAMMU:** Talented batting all-round of Jammu and Kashmir Cricket Association (JKCA), Chitra Singh Jamwal, who has the honour of being the first woman cricketer from J&K to score a century at the National scene in the Senior Women's One-Day Trophy, despite reigning the cricketing Kingdom and having the cricketing brilliance with 5 magnificent centuries at her back and two in the last sea-

son itself, has yet to get what she actually deserved as a cricketer because she has failed to get the nod of National Selectors' to be part of the BCCI's prestigious U-23 Women's High Performance Camp, being organised by the National Cricket Academy (NCA), under the aegis of the Board of Control for Cricket in India (BCCI). Thus, one can sum up it by saying that with no fault from her side, Chitra's cricketing brilliance has failed to yield healthy results. J&K cricket fraternity is at a loss to understand why this cricketing star of J&K was ignored by the National Selectors' and not considered for the Seniors and U-23 Women's High Performance Camp, being organised by the National Cricket Academy (NCA). Despite scoring around

800 runs in all the formats last season with a healthy average, besides taking 25 wickets, it was shell-shocking for the cricket community to see her name missing from the list of the players selected for NCA's High Performance Camp. Chitra, last season, has produced stellar performances in Senior Women's One-Day and T20 Trophies, besides U-23 Women's T20 Tournament. She has scored 327 runs with two splendid centuries and two big fifties in Senior Women's One-Day Trophy, 298 runs in Women's U-23 One-Day Trophy and 148 runs in Senior Women's T20 Trophy, besides taking 8, 9 and 5 wickets in these tournaments respectively. She also took 2 wickets for North Zone in the Inter-Zonal One-Day Tournament, which forced her to miss the U-23 Women's One-Day Trophy last season. After emerging top run-getter for J&K with 148 runs and 9 wickets in the Senior Women's T20 Tournament last season, Chitra emerged top run scorer in the country in the league phase of the prestigious Women's U-23 T20 Trophy and again top scorer in the country in league phase of the Senior

Women's One-Day Trophy. Gutsy Chitra scored 292 runs in the seven innings' of the 7 matches she played in U-23 T20 tournament with a healthy average of 97.33 and an impressive strike rate (as far as women's cricket is concerned) of 91.25. Ishwari Savarkar of Maharashtra with 266 runs was at number-2 spot in this list. Promising Chitra scored three half-centuries with unbeaten 68\* as her top score, apart from unconquered 48\*, 45 and 22\* runs in the other three innings'. Though, Chitra scored three and missed two fifties, Aradhana D Bisht scored 2 fifties in the league phase of this tournament. Chitra smashed 36 fours and 2 sixes in the tournament, just behind Savarkar's 48 boundaries, besides taking 7 wickets in U-23 tournament. In Senior Women's One-Day Trophy, Chitra amassed 327 runs with an average of 81.73, smashing 2 centuries and 2 fifties, including a hundred against Rajasthan, having the most formidable bowling attacks in the country. Apart from all this, Chitra has the distinction of scoring 253 runs with a fabulous centu-

ry and two half-centuries in the Women's U-19 2-day matches, organised by the BCCI, way back, in 2019. Yastika Bhatia (256 runs) was the only batter to score more runs than Chitra in this prestigious tournament. However, Chitra had scored these runs with an average of 84.33, while Yastika had an average of 64.00 in this tournament. Chitra also scored two back to back centuries and a fifty in the four innings of the first of its kind JKCA Women's League held recently. "I accredit my success to the facilities being provided to the players by JKCA at home and the pat and promote attitude of the Administrators and the officials, besides sheer-dint of hard-work by my parents. My job is to perform and wait for the opportunities," maintained Ms Chitra. "Chitra has performed exceptionally well throughout the last season and has made all of us proud," said a Cricket Coach while appreciating this special talent. Hence, a player who scores two centuries and six fifties in a particular season and has the honour of having five centuries at her back in her cricketing career, deserves a better deal.



Winner team in jubilant mood after receiving the trophy.

**STATE TIMES NEWS**  
**RAJOURI:** Rajouri Cricket Championship was organised by Rajouri Postal division between the two sub-division of Rajouri viz Nowshera and Rajouri. Col Vinod PMG Jammu inaugurated the match at JK Sports Council Sports Stadium Rajouri in which Rajouri Sub Division lifted the golden cup by winning by 03 wickets. The match was organized by the postal department as a welfare measure for the staff members. Nowshera Sub division won the toss and elected to bat first and scored 112 runs in 12 overs. The score was well chased by Rajouri Sub division. They scored 113 runs in 18.4 overs after losing 7 wickets. Irshad Bhati from Rajouri division was awarded Man of the Match for his brilliant knock of 50 runs. Manoj Kumar Captain of Nowshera Sub Division was awarded

the best player trophy for scoring 28 runs and haul of 3 wickets. The match was started in presence of Col Vinod Kumar, PMG Jammu who also entered into ground as ceremonial opening batsman and scored 24 runs. Col Vinod presented the trophies and medals to the players of both the teams during the closing ceremony. Col Vinod Kumar appreciated both the teams for the showing sportsman ship, team spirit and high sense of friendship during both the innings. Col Vinod said that officials of Postal Dept has done sincere services by performing the duties with zeal and zest and administration is always taking care welfare of the staff. He informed that a fitness center is running in Srinagar and Jammu to keep officials healthy and fit. Col Vinod also intimated that this match is a historical beginning friendly match

which is paving ways to channelize inherent energy of officials in right direction. Such events provide chance to give promotion for various schemes of India Post and other social welfare programs like spreading awareness against drug addiction etc. In the era of internet and online gaming physical sports/games show ways to divert mind of young generation from getting addiction of internet or online games also. He further said that J&K postal department is looking forward to play matches with other departmental teams so that younger players of Department of Posts get an opportunity to prove their talent viz a viz a more cordial relationship is created among the different governmental organizations. PMG Jammu also encouraged the Sub Divisional Heads to hold such sporting events regularly in their jurisdictions.

## International Museum Day celebrated at JU

**STATE TIMES NEWS**  
**JAMMU:** The Centre for Studies in Museology and the Sheikh Noor Ud-Din Noorani Museum of Heritage, University of Jammu, collaborated with the Manuscript Conservation Centre and Shashvat Art Gallery and Museum, Jammu, to commemorate International Museum Day 2024. The focus of this observance was on the theme "Conservation of Manuscripts." The event featured exhibition and one-day workshop led by expert conservators from the Manuscript Conservation Centre, operating under the Ministry of Culture, Government of India. Chief Guest, Prof. Anju Bhasin, Dean of Academic Affairs inaugurated the manuscripts exhibition. Shrutti Avasthi, Director of the Regional Centre IGNC, and Dr. Suresh Abrol, Coordinator of the Manuscript Conservation Centre under IGNC Regional Centre, were

also present. Prof. Anju Bhasin emphasized the significance of manuscript conservation, drawing from her extensive experiences across various regions of India, and underscored the invaluable contribution of the Asiatic Society of Kolkata in preserving rare manuscripts. She also advocated for the introduction of a manuscript conservation course. Shrutti Avasthi and Dr. Suresh Abrol emphasized the significance of manuscript conservation. Earlier, Prof. Poonam Chaudhary provided insights into the Centre's initiatives. The resource persons, including Coordinator Dr. Suresh Abrol, Senior Conservator Arvind, Junior Conservator Kewal Krishan Kotwal, and Junior Conservator Kailash Kumar, conducted training sessions on the fundamentals of manuscript conservation. Rakesh, Amarjeet Singh, Suresh Rao and Manu Malhotra, Peeyoosh and Baldev were also present.

Dr. Shreyansh Kumar Jain, the State Yoga Commissioner, State Chairman of the Indian Yoga Association, and President of Vichar Kranti Manch International, was invited to deliver a keynote lecture on "Lifestyle and the Art of Mindful Living." Dr. Jain elaborated on various aspects of yoga and its integration into daily life.

The program aimed to enhance the understanding and practice of yoga among healthcare professionals. Dr. Shreyansh Kumar Jain, the State Yoga Commissioner, State Chairman of the Indian Yoga Association, and President of Vichar Kranti Manch International, was invited to deliver a keynote lecture on "Lifestyle and the Art of Mindful Living." Dr. Jain elaborated on various aspects of yoga and its integration into daily life.

## Yoga teaches art of mindful living: Dr. Shreyansh



Dr. Shreyansh Kumar Jain, the State Yoga Commissioner posing with others.

He emphasized that yoga enhances physical health and fitness by improving flexibility, increasing muscle strength, and boosting

endurance. "Yoga is a holistic discipline that encompasses physical, mental, and spiritual health, combining physical

and-answer segment where pharmacists Ravinder Koul, Raman Kumar, Balwan Singh, Romesh Raina, Tariq Ahmad, and Paramjit Kour engaged with Dr. Jain to deepen their understanding of yoga. Dr. Manjit Singh and Dr. Neha Jolly, Medical Officers, conducted the proceedings under the guidance of Dr. Arun Gupta, Medical Officer, and Dr. Vandna Dogra, Medical Superintendent of Ayurvedic Hospital Jammu. Additionally, Anju Bansal, Punjab Coordinator for VKMI, shared health tips and, being awarded the "Swar Kokila" award, presented a song promoting yoga. The program concluded with Dr. Neha Jolly presenting a vote of thanks, expressing gratitude to all participants and contributors.

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