

Visit Patnitop Series Marathon 4.0 held to encourage sustainable tourism

■ **STATE TIMES NEWS**
UDHAMPUR: The fourth edition of Patnitop Marathon, held here on Monday, saw an enthusiastic participation of 600 plus runners and fitness lovers from different parts of the country.

Touted as India's most beautiful hill race, Patnitop Marathon is an initiative of Iron Man Kapil Arora, an International Tri-Athlete, Ultramarathoner, Fit India ambassador and founder of K.A Sports and Events. He is supported by the Patnitop Development Authority, Directorate of Tourism Jammu, District Administration Udhampur, and Skyview by Empyrean, Patnitop.

The Half Marathon (21.1 kms) was flagged off at 6:00 AM by Saloni Rai, Deputy Commissioner Udhampur, as the chief guest, and Brigadier Shantanu Kashyap - Sena Medal, a Kargil War veteran currently serving at the Northern Command, was



Saloni Rai, Deputy Commissioner Udhampur flagging off Half Marathon.

the guest of honour, along with Joginder Singh Jasrotia, ADC Udhampur, Devender Singh Bhau, CEO PDA, Sunaina Mehta, Joint Director Tourism, Jammu.

Participants in the other categories, the 10 km and 5 km races, were flagged off at 6:30 AM and 7:00 AM respectively. The marathon en-route the stretching Skyview Terrace to Nathatop, offered participants winding trails, scenic

views, and a cool morning breeze, making the experience special for runners aged 18 to 55+ years from 48 cities across 12 states.

In the 21.1 km category, the fastest male runners were Ritik Sharma (18-35 years), Vijay Sharma (35-45 years), Hemanshu Prakash (45+ years), and Ajay Gandotra (55+ years). The fastest female runners were Rimpdy Devi (18-35 years), Sunita Yadav (35-45 years), and

Bhavana Salathia (45+ years).

In the 10 km category, the fastest male runners were Brij Bhushan (18-35 years), Abhishek Sharma (35-45 years), Mohd Yahya Khan (45+ years), and Anil Katoch (55+ years).

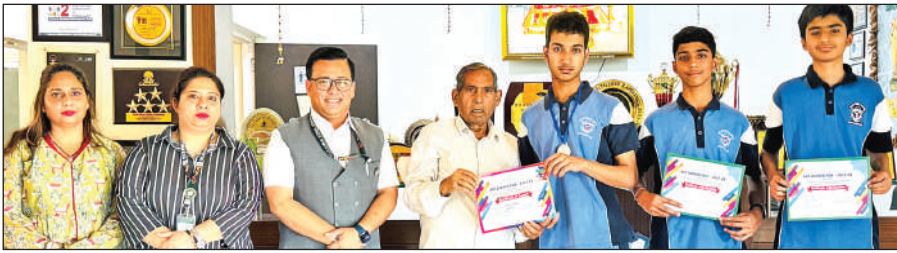
The fastest female runners were Mandeep Kaur (18-35 years), Prerna Sharma (35-45 years), Manminder Kaur (45+ years), and Rekha Katoch (55+ years).

The DC Udhampur appreciated the spirit of the participants and remarked, "Events like these emphasize the importance of fitness and celebrate the beauty of sports. They lead us towards a culture of healthy living that is in harmony with nature, while promoting our tourism potential."

Devender Singh Bhau, CEO PDA, said, "The growing popularity of the Patnitop Marathon, held under 'Visit Patnitop' series, demonstrates the appeal of Patnitop Tourism Circuit among adventure enthusiasts throughout the country. More such events, which integrate wellness and sustainable tourism, shall be encouraged."

The marathon featured notable members of India's running community and was co-sponsored by P-Mark, Ujala Cygnus, Cult Fit, Gold Gym, Hexamed, and Take One Digital Media among others.

DPS Udhampur clinches 2nd position in All India Inter DPS Painting Competition



DPS Udhampur faculty felicitating winner students.

■ **STATE TIMES NEWS**
JAMMU: Students of Delhi Public School (DPS) Udhampur participated in all India Inter DPS Painting Competition held at DPS Ranipur, Haridwar.

Abhinav Kundal of class IX has secured the second prize in the prestigious painting competition hosted by Delhi Public School, Haridwar. This event, which took place recently featured talented young artists from across the country. Abhinav's artwork stood out among numerous entries, earning high praise from the judges for its creativity, technique, and originality. His exceptional talent and dedication have been

rightfully recognized with this top honour.

Shouryavwer from class (IX), Aditya Budkulia from class (IX), and Manessh Bhardwaj from class (XII) received Certificate of Merit.

The competition was a part of DPS Raipur's annual cultural fest, aimed at encouraging and nurturing young artistic talent. Participants ranged from various age groups, showcasing a wide array of artistic styles and themes. Abhinav, a student of DPS Udhampur, expressed his gratitude and excitement upon receiving the award. "I am thrilled and honored to have won this competition. It has motivated

me to continue pursuing my passion for painting," he said.

Pro Vice Chairman of the School, Dr. J. C. Gupta extended his heartfelt congratulations to Abhinav for this significant achievement.

MD of the School, Vivek Gupta & Director Academics of the School, Sucheta Gupta congratulated the Art teacher of the School, Nikhil Kumar and his team.

Principal of the school quoted that his success is a testament to the high standards of artistic excellence fostered at DPS Udhampur.

JU Inter-Departmental Tournaments 2023-24 Sports and Physical Education Deptt claims inter-departmental Volleyball (M) title



Winner team posing for a photograph with officials at University of Jammu.

■ **STATE TIMES NEWS**
JAMMU: The Department of Sports and Physical Education outplayed DD&OE Department by 02-01 sets in the final match of the ongoing Inter-departmental Volleyball (M) tournament of the Jammu University for the session of 2023-24 and claimed the inter-departmental Volleyball (M) title organized by Campus Sports Committee at University of

Jammu. In the final Match DD&OE won the first set with set score 25-12 and thereafter last two sets were won by The Department of Sports and Physical Education with set scores 25-19 and 15-10 respectively.

In the semi final matches DD&OE beats Deptt. Of Journalism by 2-0 sets with set score 25-11&25-09 where as Deptt. Of Physical

Education and Sports beats law Deptt. by 2-0 sets with set score 25-14 & 25-18.

Matches were officiated by Vikas Karlopa, Manu Singh Pawar, Ishima, Yogesh Kumar and Yangzin Dolma.

The inter-departmental Volleyball (M) tournament was organized under the supervision of Dr. Daud Iqbal Baba Chairman, Campus Sports Committee University of Jammu.

■ **STATE TIMES NEWS**
SRINAGAR: Jammu and Kashmir Sports Council intends to open a professional gymnastics academy center at Gindun Rajbagh Srinagar, following the pattern of the gymnastics academy center in Jammu, with the objective of promoting gymnastics as a major sport in the Kashmir region.

At first, talent scouting and camps will be organised to impart gymnastics coaching in the Kashmir division followed by in-house competitions. Parents and kids are responding reasonably well to the coaching camp that is being organized currently. Over the next few months, more such camps will be conducted in both North and South Kashmir.

According to Secretary JKSC Nuzhat Gul, the center will feature world class facilities for the athletes. "The aim is to attract the attention of aspiring athletes from the Kashmir region who want to pursue gymnastics professionally and take

JKSC to hold series of camps, competitions



Expert practicing yoga during a camp.

advantage of the Sports Policy benefits, which include financial awards, admissions in professional colleges under sports quotas, job prospects under SO12, and much more" she added.

In an endeavor of this kind, JKSC, with the assistance of Manish Gupta, a well-known gymnastics coach, has organized a summer coaching camp at SKISC Srinagar.

Over the years, notable accomplishments in gymnastics have been made possible by the Jammu and Kashmir Sports Council. Thanks to the Government of J&K for

providing state-of-the-art gymnastics facilities established at M A Stadium.

Gymnasts' medal tallies have increased yearly at both the national and international levels.

In 2018, the J&K Sports Council launched the Gymnastics Academy in Jammu. Based on J&K gymnasts' achievements in the Khelo India Games and other national championships, this training center was chosen as a recognized Rhythmic Gymnastics Academy by the Sports Authority of

India (the only Rhythmic Gymnastics Academy in India).

Later in 2020, this academy was outfitted with world class gymnastics apparatuses and equipment, enabling J&K gymnasts to perform better in both national and international competitions and win various awards for J&K.

With the help of these state-of-the-art facilities, J&K gymnasts have represented the country in major international competitions such as the Asian Championships, World Cups,

and Commonwealth Games.

Muskan Rana and Bavleen Kaur, both Academy trainees, have won gold for J&K and the Best Gymnasts of India titles in the Khelo India Games 2021 and 2022. The Junior National Team Championship was won by Muskan Rana, Many, Vabhavi Sharma, and Jagriti Thakur. In both national and international competitions, such as the World and Asian Championships, J&K gymnasts have improved, won numerous medals, and displayed outstanding performance.

Since 2021, J&K has yielded incredibly successful results in gymnastics. Over the last three years, 13 gymnasts have competed for their country in international competitions and have won almost 80 medals, including 25 Gold, 34 silver, and 21 bronze at national games and other major championships. These successes demonstrate the commitment of the athletes and their coaches supported by JKSC.

KCPS begins 2nd round of basic counselling skills for teachers



Director, Umeed Counselling, Saloni Priya addressing teachers during training programme.

■ **STATE TIMES NEWS**
JAMMU: K C Public School (KCPS) kicked off the second round of Basic Counselling Training programme for its teachers which is part of the school's ongoing commitment to providing holistic education and support to its teachers and students.

Saloni Priya, Director, Umeed Counselling and consulting Services, Kolkata, is

acountselling psychologist with over 24 years of experience whole the workshop on May 25 and 26.

The training programme aims to equip teachers with essential counselling skills and strategies to better address the diverse needs of students.

By enhancing their understanding of mental health issues, effective communication techniques, and strate-

gies for building positive relationships with students, teachers will be better equipped to provide emotional and mental health support within the school community. With the increase in stress levels among students and the growing prevalence of emotional issues, it has become imperative for teachers to possess the necessary skills to address these concerns.

By offering professional development opportunities like this training program, K C Public School actively demonstrates its commitment to students' mental and emotional health.

"We believe that teachers play a crucial role in not only imparting knowledge but also in providing emotional support to our students", said Principal Amarendra Kumar Mishra.

"By investing in their professional development and providing them with the necessary tools and resources, we are able to create a more supportive and nurturing environment for our students to thrive in."

KCPS remains dedicated to fostering a safe and inclusive learning environment where students feel supported, understood, and empowered to reach their full potential.

■ **STATE TIMES NEWS**
GANDERBAL: In a significant move towards empowering young girls, the Department of Youth Services and Sports (YSS), in collaboration with the Social Welfare Department Ganderbal on Monday organized an impressive self-defence training camp for girl students at GHSS Ganderbal.

This initiative, held under the Beti Bachao Beti Padhao scheme, was inaugurated by the Principal of BHSS Ganderbal along with other dignitaries.

The camp featured experienced Master Trainers who provided comprehensive self-defence training to the students of BHSS Ganderbal, equipping them with essential skills to boost their level of confidence.

The training sessions will continue tomorrow at the same venue, ensuring ample



Girls participating in self-defence Training Camp.

opportunity for skill development.

In a parallel event, Zone Tullamulla hosted an inter-school zonal-level Kabaddi competition for girls in the U17 and U19 age categories.

The competition attracted 10 teams and 85 student players. In the U17 category, Amafih Educational Institute Dab Ganderbal emerged victorious over GHS Waliwar. In the U19

category, BHSS Kurhama clinched the trophy by defeating BHSS Batwina.

The winning teams were honored with trophies in a ceremony officiated by senior department officials.

Zone Tullamulla also organized intramural sports events, including Kho-Kho at MS Waskura, and Cricket and Tennis Cricket at MS Benhama, with enthusiastic participation from numerous

students.

Additionally, Zone Hariganiwan conducted an intramural Chess competition at BHSS Kulan and MS Ramvari, drawing a significant number of keen participants.

Overall, the day's activities were highly successful, showcasing the enthusiastic participation of youth in various sports and empowering initiatives.

Tawi Trekkers felicitates Mukhi, Bari for adventurer activities



Wing Commander Rajesh Mukhi and Mazharul Bari with the dignitaries.

■ **STATE TIMES NEWS**
JAMMU: Tawi Trekkers J&K, one of the most active trekking clubs in the country, felicitated its two adventurers for their

achievements in a simple but impressive function held at Press Club of Jammu.

Whereas Wing Commander Rajesh Mukhi, a senior member of the club,

was felicitated for successful climb to Shrikhand Mahadev (18570ft) Mazharul Bari, an environmentalist, a trained mountaineer and an international

Rescue Scuba Diver from Tata Steel, Jamshedpur was honoured for his successful solo bike expedition to Umling La (19024ft) in Ladakh, the highest motorable pass in the world.

It is pertinent to mention here that trek to Shrikhand Mahadev was a part of Rajesh Mukhi's preparation for the prestigious Everest expedition to be undertaken next year. Last year, Rajesh had trekked to the Everest Base Camp and also scaled Island Peak in the Everest region. Now, in October, 2024 he is going to undertake an expedition to Ama Dablam peak, a formidable peak situated at a height of 22349ft in Nepal. Former MLA and patron

of the club, Ashwani Sharma who was the chief guest on the occasion congratulated both the mountaineers for their splendid achievements and honoured them with mementoes and certificates. Prominent among others present on the occasion included Rahul Sharma, a Patron; Ram Khajuria, an Advisor; Shawetica Khajuria, president; senior members Vivek Chauhan, Sumit Khajuria, Navneet Gupta, Seema Kharyal, Anu Sharma, Binderpal Singh, Suksham Verma, Vikas Singh, Prerna Charak, Vaibhav Sharma and international sport climbers Shivani Charak and Shilpa Charak.

Zonal level Inter-School competition commences



A girls kabaddi match in progress.

■ **STATE TIMES NEWS**
DODA: The zonal level inter-school competition for Zone Bhaderwah commenced on Monday here at Government Girls Higher Secondary School (GGHS) Bhaderwah. The event is part of the annual calendar of activities approved by the Directorate of Youth Services and Sports, J&K UT, for the year 2024-25. The competition featured participation of students in the under-14 and under-17

age groups. The event was held under the supervision of Zonal Physical Education Officer (ZPEO) Bhaderwah Vijay Kotwal, and Activity Incharge DYSSO Sanjay Kumar.

The competition was officially inaugurated by the School Principal Shafayat Ali as the Chief Guest. As many as 553 students drawn from Thirty private and government schools are participating in the event.

The sports events include Kabaddi, Kho-Kho, Volleyball, Chess, Carrom, Wrestling, Athletics, and Badminton. In his address, the Chief Guest highlighted the importance of sports and games, encouraging students to participate actively and to maintain discipline and team spirit throughout the competition.

The inaugural matches saw GMS Chakka winning against GMS Puneja by 2 points in Kho-Kho under the 14 age group. In Kabaddi, Higher Secondary School Chinta triumphed over Green Model High School Bhaderwah with a score difference of 8-23 in the under-17 age group. The matches were officiated fairly by experienced physical education masters, teachers, and REK teachers.