# Rugby, Yogasana events draw hundreds to Panchayat Gajansoo wins Kabaddi title in Marh Polo Ground multisport complex

Srinagar remained the over-

all champions of the event.

Applauding the efforts of the

players, Muhammad Iqbal

incharge of the venue

encouraged the young ath-

letes to continue with their

hard work and dedication to

achieve success at the

The players who performed

well in the tournament were

awarded with trophies and

the top performers were also

selected for the national

competition to be held in

Pune later this year enabling

a great opportunity for the

players to showcase their

In the other events, district

Ramban hosted Tug of War

and Boxing Championship at

Government Boys Higher

Secondary School Banihal

for students from adjoining

schools of the area to unearth

their athletic abilities and

sportsmanship capabilities.

skills at a higher level.

national level.

### **STATE TIMES NEWS**

SRINAGAR: As a sequel to its concerted efforts of organizing sports activities in nook and corner of J&K, the Sports Council on Wednesday hosted a series of events in many sports facilities of the Union Territory.

The day started with a Yogasana sports event which was held at Pologround multisport complex in Srinagar. The event was jointly organized by the J&K Sports Council and Directorate of Avush J&K which was aimed to promote awareness about the benefits of yoga and a healthy lifestyle. On the occasion, yoga was performed by people from various backgrounds including students, professionals and senior citizens. The experts from the Directorate of Ayush gave valuable tips to the participants regarding the correct postures and breathing techniques involved in performing Yoga. The participants were also educated about the importance of maintaining a bal-

anced diet and regular exer-



cise for a healthy lifestyle. The event was a huge success as it managed to bring people from different age groups together and promote the spirit of camaraderie. The participants were enthusiastic about the event and expressed their desire to make yoga a regular part of their daily routine.

Speaking about the event, Secretary Youth Services and Sports, Sarmad Hafeez, said that Yoga is an ancient practice that offers numerous benefits to the mind and body. It is an effective way to reduce stress, improve flexibility, and enhance overall wellbeing, he added.

Secretary said that the popularity of yoga has been on the rise in recent years,

and the success of this event has encouraged us to plan more such events in future, creating a healthier and happier community besides helping spread the benefits of this ancient sport to a wider audience, she concluded.

Meanwhile the 15th J&K Level Rugby Tournament was organized the J&K Rugby Association in collaboration with the J&K Sports Council. The main aim of the championship was to promote rugby in the region and provide a platform for aspiring players to showcase their

The competition included various track and field events The event hosted more 800 participants while Tug of War competition than including both females and was the main highlight of the event, with teams from difwinning cause.

The Judo Women Premier league being held in Sports Stadium Kathua under the My Youth My Pride programme concluded here today with more than seventy female players taking part in the finals of the competitions for nine age categories played during the day.

The medalists from the

overall results in different categories comprised Vedanti Devi gold, Ishu Sumbria silver and Bani Preet Kour bronze in 40kg category while in 44kg category Sonakshi Devi gold, Komal silver and Kashika Verma bagged bronze medal. In the 48 kg category Sameena Akhter with gold, Ridhima Gupta with silver and Shiva with bronze featured among the medalists. In the 52 kg category Ishita Mahajan with Gold, Khwaish with Silver, and Mansi with bronze figured in the medalists while in 57 and 63 kg category Jimmo Devi bagged gold, Yashika silver and Vishali with gold), Manu with silver

and Mehak with bronze respectively clinched the top spots. Similarly in 70kg and 78 kg category Tanvi and Deapasha with gold, Ritika and Deenakshi with silver and Madhumita and Diya with bronze respectively remained the overall winners

While congratulating all

the participants for their efforts, Secretary Sports Council, Nuzhat Gull, expressed her satisfaction with the turnout and performance of the participants. She praised the efforts of Jammu division Sports Council team in conducting the event successfully. She urged upon the young athletes to continue their hard work and dedication towards sports, reiterating that J&K Sports Council is committed to promoting sports and nurturing the talent of young athletes wherever they are.

Meanwhile, many events in parts of Kashmir division were postponed due to inclement weather conditions and shall be held on new dates, said Sports Officer, Kashmir, Nuzhat Farooq



A kabaddi match in progress at Marh, Jammu.

### STATE TIMES NEWS

JAMMU: Gajansoo won the inter-Panchavat Kabaddi title in Zone Marh event of district Jammu which was organised by the Department of Youth Services and Sports (DYSS) at Government Higher Secondary School (GHSS), Marh, here. The event held for those men

in the age group of 19-35 years under ongoing Anti Drug drive of the Government under the chairmanship of Sukhdev Raj Sharma. The BDC Marh, Surinder Kumar was chief Sarpanch, Ghasita (Panchavat Marh) and Sarpanch, Parshuram Kumar (Panchayat Dhateryal) as also

Principal, Sarsa Ram, GHSS Marh were guests of honour. Anupunam Sangra, ZPEO Marh welcomed the distinguished guests and briefed them about the event and steps being taken to promote the Sports in the Zone.

The participants from different Panchayats of zone Marh participated in the disciplines of Kabaddi and Volleyball. In Kabaddi final Gajansoo defeated Panchayat Panjore. Volleyball, Similarly, in Channuchak Panchavat trounced Halqua.

Speaking on the occasion. chief guest appreciated the efforts of DYSS in engaging those non students from different Panchayats at the grass

# SPMR hosts inter-department sports meet



Principal, Dr. Surinder Kumar posing with faculty and participating players.

## **STATE TIMES NEWS**

JAMMU: Department of Physical Education and Sports of the Government SPMR College of Commerce organized inter-department Table Tennis (Men) competition, here today.

Four teams representing as many departments took part in this event. In the final, 4th semester of B.Com defeated their opponent from 6th semester of B.Com 3-0. Captain of the winning team, Maanay Malsotra declared as best player. Earlier, the competition declared open by

Principal of the College, Dr. Surinder Kumar in the presence of Prof. Shafkat Jahangir, Convener Sports Committee; Malik Aijaz, Physical Director of the College; Dr. Nazia Rasool, HoD EVS; Prof. Apfan Ali, HoD Urdu and Dr. Deepak Pathania.

Principal congratulated the winning team and boosted the morale of other participants. He also advised the sports committee to carry out such activities in the future to keep the students physically fit and mentally strong.

#### STATE TIMES NEWS

POONCH: Department of Youth services and Sports zone Poonch on Wednesday organised under-14 and under-17 boys girls inter school Taekwondo competition at Sports Stadium.

Around 100 budding boys and girls of different schools of Zone Poonch took part in this competition held under the direction of District Youth Services and Sports Officer Poonch Mohd Qasim and under the supervision of Narinder Singh ZPEO Poonch.

Mohd Qasim declared the competition open in the presence of Narinder ZPEO



DYSS Officer Poonch Mohd Qasim in presence of other dignitaries declaring

Harbans Singh PEM. Earlier, the gathering

was welcomed by Rajinder Singh Physical Education Teacher and Taekwondo Coach of the Department of Youth Services and Sports.

The Chief Guest met with

competition open. all the young budding boys

and girls took part in the competition. Speaking on the occasion, he gave his best wishes to all the Players and advised to all the participants to play the game with true sporting spirit lose didn't matter the thing matter is to participate in the game with the true sporting spirit, he added

and gave your best win or

Narinder Singh also gave his best wishes to all the participants.

All bouts were held under the technical supervision Rajinder National Referee and his comprised of Pawandeep Singh PET, Aman Sharma REK and others, PET, REK of Department of Youth Services and Sports Poonch.

Today's result Boys under-14: Sehzad

Ahmed, Mohd Firdose, Gupta, Rananjav Chanderdeep Shandil. Garvin Gupta, Rehan Mehmood (all Gold).

Girls under-14: Tahzeem Akhter, Taniyana Koser, Ruksana Akhter, Ronika Dutta, Shagufta, Aasma Tabussam, Maryiam and Aziz Mir (all Gold).

# Semifinals position cleared in Hockey Tournament



Participating teams posing for a photograph with dignitaries and officials at Jammu on Wednesday.

# **STATE TIMES NEWS**

JAMMU: Khalsa Warriors will meet Dashmesh Club while Hiranagar Club to face Junior Khalsa in the semifinal matches of the ongoing first Jathedar Mohinder Singh Memorial

Hockey Tournament 2023, organised by Hockey J&K at KK Hakku Hockey Stadium, here tomorrow.

Earlier in today's matches, Dashmesh Club outplayed Champions Club via penalty shootouts while

Hiranagar Hockey club beat Bandurakh Club by two goals to one. in another match, Khalsa

Club trounced BSB Hockey Club Poonch via sudden death penalty

in today's matches, Prof Prof. Ashutosh Sharma, President J&K Olympic Association was the chief Guest.

Among others present were G.S Bakshi, Rajinder Singh (Sr. Vice President

J&K), Sharma (Treasurer Hockey Supinder Deep Singh Bakshi (General Secretary Hockey J&K), Daljeet Singh (Organising Secretary), Tajinder Singh (Resident Secretary Hockey J&K), Dr. Karanbir Singh (Secretary Hockey J&K), R.P Sarna, Manjeet Singh Randhawa (Industrialist), Amrik Singh Harmanan Singh (General Secretary AKS Club Digiana) and Mohinder Singh Raina.

Matches were officiated by Jagjit Singh, Sahil Kumar, Gurpreet Singh Jasprit Singh and D.

# Table Tennis tips provided to senior citizens ■ STATE TIMES NEWS

JAMMU: On the auspiday Neerjla Ekadashi, the senior citizens of Day Care and Recreation Center, Ahata-E-Waqar, Lower Roop Nagar Jammu organized awareness cum sports day.

Apart from highlighting the importance of our religious days, senior citizens including renowned folk Uttam Singh enthralled the audience by presenting folk songs based on eradication of social evils and drugs de addiction etc.

Prof Ramesh Sharma, Physical Education (Retd.) from University of Jammu

DYSS holds inter-Panchayat meet at Jourian

provided tips of table tennis to members on the occa-

The table tennis equipment has been recently provided to the center by the Ministry of Empowerment, GOI.

Vijay Kumar Magotra, Secretary General Volleyball Association J&K recalled his days when he captained University of Jammu in inter university table tennis Championship University, Bihar in the year 1971-72.

Magotra also presently Managing working Director, Bhartiya Lok Sangeet Kala Sansthan (a NGO) dedicated for promotion of art / culture of J&K. The member of Centre Suresh Dubey, Neeraj Sharma, Anil Bakshi, Arun

Jain, Dr. T.S Charak. Suddha Sharma thanked the stalwarts of table tennis game for making their day-a special of learning latest tricks of the game which would prove a boon for them in various compe-

Chairman M.L.Dogra BLSKS also appreciated the efforts of center in keeping senior citizens fit and fine on the occasion and engaging them in reconstruction national Mission.

their extraordinary sports

skills, discipline and spirit of

# DPS Jammu students win gold medals in Roller Skating C'ship

#### **STATE TIMES NEWS** JAMMU: Students of

Delhi Public School Jammu brought laurels to the school and their parents by winning gold, silver and bronze medals in J&K UT Open Roller Skating Championship-2023 held at MA Stadium from May 26-29, 2023. Students participated in



various skating events in their respective age categories. Sanvi Grover (VIII-B) (3 gold), Arushi (IV-F) (2 gold), Avyansh Gupta (III-J) (1 gold), Riyansh Mahajan (I-C) (2 silver), Avikam Ashok Gupta (II-F) (2 silver), Madhav (VII-B) (1 bronze) and Ayan Singh Langeh (IV-B) (3 bronze) medals. Pro VC-DPS Jammu, Dr. Ritu Singh congratulated the winners and their parents for the brilliant performances in the event. President-RCT, Ajatshatru Singh and Director, S.S Sodhi congratulated all the winners and extended their best wishes for their future endeavours.

## **STATE TIMES NEWS** JAMMU: The Department

of Youth Services and Sports, Zone Jourian organised Inter Panchayat zone level sports meet under Anti-Drug campaign (19-35 yrs) in the disciplines of Volleyball and Kabaddi at Jourian in district Jammu.

Neha Rajput, BDC chairperson was the chief guest. She appreciated the efforts of the DYSS in spreading the message of Drug menace through the medium of sports.

Zonal Physical

Participating players posing for a photograph with dignitaries.

Education Officer (ZPEO) Jourian, Kumari Rajni highlighted the positive impact of sports activities in developing sportsman-

Aound 480 participants from 20 Panchayats of Block Bhalwal Bharamana and Block Pragwal in Zone

Jourian were involved in

Dr Ashwani Bali, activity incharge of Zone Jourian thanked Panchayats for

Among others present were Madan Lal, Headmaster GGHS Jourian; Satish Umakant, Chanderbir Singh, Parmila, Parveen Kumar, Sham Lal. Devinder Singh, Ashwani Kumar, Pardeep Singh, Jatinder Singh, Arvind Kumar, Dileshwar Singh, Amandeep Singh, Sandeep Singh, Sunena Bal, Vikas Sharma, Shruti Rajput, Surekha Kumari, Shivani Sharma, Surekha Rani and

# HPS students win accolades in fancy dress competition

# **STATE TIMES NEWS**

SAMBA: Students of Humanity Public School (HPS) Bassi Kalan, Bari Brahmana won accolades for the school by bagging position in an 'Inter school Fancy Dress Competition' held at S.D. Tara Puri Public High School, Gandhi Nagar, Jammu. The competition was held under the banner of 'Youth Talent Search' (YTS) a forum of twelve reputed schools of Jammu and Samba. Bharvi and Shivam of class 2nd have participated as Maggie and Radio respectively. Bharvi won second prize. She depicted herself as 'Maggie' where she was adjudged on the basis of attire, theme depiction, presentation, creativity and confidence. School Principal, Gauray Charak lavished praise on the confidence of Bharvi and Shivam. He thanked the parents for their cooperation and lauded the efforts of Incharge, Art and craft, Meenu Khajuria, Incharge, Primary Wing, Vandana



Sharma and Teacher Incharge, Pooja Jamwal. He further said that Bharvi was quite perceptible through her performance and such competitions instill confidence and zeal among the stu-

Vice-Principal, Anku Charak also congratulated the students and concerned faculty members.

## Samba Judo meet on June 3 STATE TIMES NEWS

JAMMU: Samba District Judo Association under the banner of Judo Association of Jammu and Kashmir shall hold Samba District Judo Championship Sports Stadium, Samba on June

Those interested players have been advised to get themselves registered with Judo coach at Samba Coaching Centre, Arshi Nad along with necessary documents, a handout issued by the Association Wednesdsay on informed.

# Farooq Memorial Open Taekwondo meet held

# SRINAGAR:

Farooq Memorial Open Taekwondo Championship held at Sher-e-Kashmir Indoor Sports Complex, here on Wednesday. The event is being organised by J&KTaekwondo Association under 'My Youth Pride' initiative of the J&K Government in memory of founder of Takewondo in Kashmir, Farooq Ahmed.

Director Department of Youth Services and Sports (DYSS), Subash Chander Chhibber declared open the meet while Rouf Ahmed



Participating players posing for a photograph with dignitaries.

Bhat was guest of honour. International footballer, Ishfaq Ahmed and Hilal Ahmed as also Shafiq Ahmed were special guests. The event is being con-

ducted under the guidance

of Nissar Ahmed (vice president of JKTA) in support with Anees Bhat. Rohit Sharma, Faisal Tanvir and Zain Nazir (technical as also Atul team) Pangotra (International

Now, all the medal winners shall represent J&K in the forthcoming LG Cup All India Taekwondo Championships, a handout issued here today informed.