

Senior citizens Chuni Lal, Kunj Lal felicitated

Iran's Mirja wins International Hut-Parthal Dangal

STATE TIMES NEWS
JAMMU: Mirja of Iran defeated top J&K wrestler, Benia Min to lift the 9th International Hut-Parthal Dangal title. Dangal was organized by Hut-Parthal Dangal Committee in association with J&K Indian Style Wrestling Association under the supervision of ex Sarpanch Rattan Singh and Deepak Wazir.

Winner wrestler, Mirja was awarded with cash prize of Rs. 60,000 while runners-up, Benia Min got Rs. 40,000. In total, besides two from Iran, 118 renowned wrestlers from Delhi, Haryana, UP, Punjab, Himachal Pradesh and J&K UT participated in this historic Dangal which was witnessed by large gathering of nearly 10,000 people from Reasi, Katra, Jammu and Udhampur. 2 Wrestlers from Iran also participate.

The SDM Katra, Angrej Singh was the chief guest, who witnessed the whole



Winner wrestler posing with dignitaries.

event thus encouraging the wrestlers and the spectators as well. Former Joint Secretary of J&K State Sports Council, Shiv Kumar Sharma presided over the function. The BDC Chairman Panthlal, Chandher Singh; Superintendent of Police Katra, Vipin Chandern and SHO Katra, Nishant Gupta were guests of honour. In total, 59 bouts played in this dangal and an amount of

Rs. 4,25,000 distributed in the shape of cash prizes among the wrestlers by the distinguished guests.

Prominent among others present included BDC Chairman Katra, Sham Lal Bhagat; Ravi Kumar, Ram Paul Sharma, Roshan Lal, Baldev Raj Sharma (All Sarpanch) and Mubarak Singh.

The bouts officiated by Naresh Kumar (Pappu Lakri), Sat Paul Verma, Om

Parkash Verma, Lochan Singh, Deepak Wazir, Raj Singh and Mohd. Samloke Pahelwan.

Among those who contributed for the event were Pritam Singh Wazir (Rs 51,000), Dina Nath Contractor (Rs. 21,000), Panch Sunil Singh Sonu (Rs. 11,000) and ex Sarpanch, Rattan Singh (Rs. 11,000).

Earlier, in the second main bout, Hamid of Iran defeated Ishaq Ahmed (Lallu) of J&K Police to be awarded with RS 25,000. Lallu got Rs 20,000. The third main bout went to Nisar (Rs 20,000) of Doda, who serves with J&K Police, beating Umit (Rs 15,000) of Guru Hanuman Akhara Delhi. Kapil of Guru Hanuman Akhara Delhi (Rs 12,000) defeated Imam Hussian of Domail (Rs 9,000) in the fourth main bout. The fifth main bout won by Surjit Singh of Reasi who defeated Pardeep of Delhi. In another fifth bout,

Kalwa of Panipat defeated Ajay Sharma of Udhampur.

Proceedings of Dangal conducted by Naresh Kumar (Pappu Lakri) and Anil Kumar of Reasi.

Meanwhile, Shiv Kumar Sharma, president Senior Citizens Welfare Forum Katra (Regd.) honoured two prominent social workers namely Kunj Lal (95 yrs) of Kotli and Chuni Lal of Parthal (91 yrs).

Members of Hut-Parthal dangal committee were Rattan Singh (President), Pritam Singh Wazir (chairman), Deepak Wazir, Dina Nath Contractor, BDC Chairman Sham Lal, Sarpanch Roshan Lal, Mubarak Singh, Prabh Dayal, Prem Verma, Som Raj Sharma (Cashier), Sunil Singh (Sonu), Chuni Lal, Pars Ram, Makhn Singh, Atam Singh, Ashok Kumar, Sohan Lal, Kartar Chand, Sham Lal and Gardarb Chand.

Surankote Zone excels in U-14 girls event



A Badminton match in progress at JU.

STATE TIMES NEWS
POONCH: Surankote Zone excelled in the annual inter-zone district level sports meet of under-14 girls which was organised by the Department of Youth Services and Sports (DYSS) at Sports Stadium, here on Monday.

The competition, which was graced by DySP Headquarters, Aftab Ahmed as chief guest, held in the disciplines of Volleyball, Kho-Kho, Kabaddi, Chess, Carrom, Badminton and Volleyball.

A total, 275 girls representing seven zones of the district participated in these events,

a handout issued here today informed. The event took place under the overall supervision of district (DYSS) officer Poonch, Mohd Qasim.

The Result (Finals): Carrom: Surankote defeated Zone Kuniyan by seven points.

Badminton: Zone Surankote defeated Zone Poonch 2-1. Volleyball: Zone Buffiaz defeated Zone Mandi 2-0. Kho-Kho: Zone Surankote defeated Zone Nangali by five points. Kabaddi: Zone Surankote defeated Nangali Zone by 15 points. Chess: Zone Buffiaz defeated Poonch Zone.

SAI announces volleyball trials for Asian Games

STATE TIMES NEWS
JAMMU: The Sports Authority of India (SAI) announced on Monday that SAI NSSC Bengaluru will conduct selection trials for Volleyball teams for both men and women.

The selection will be done to form national teams in preparation for upcoming Asian Games, according to a circular.

It read, "Sports Authority of India, is elated to announce that SAI NSSC Bengaluru is going to conduct Selection Trials for Volleyball Men & Women at SAI NSSC Bengaluru for selection of spikers for preparation of Indian Teams for Asian Games from June 18 to 22, 2023."

According to the notification, trials for men will be conducted from June 18 to 20 while for women, it will be held from June 20 to 22, 2023 at the SAI, NSSC in Bengaluru.

Jodhamal introduces Drones in Education



STATE TIMES NEWS
JAMMU: Jodhamal Public School, Jammu is well-known for its innovations and out-of-the-box ideas to ensure that all its students are given suitable platforms to exhibit their latent talents. Already a pioneer in STEM education, Jodhamal Public School, for the first time in J&K, started F-1 in schools. In 2016-17 and in 2022 won the F-1 in schools world finals.

To further reinforce the robust presence of STEM at School, the School has, of late, introduced drones in education, in collaboration with an upcoming technology start-up in Delhi.

Knowing the fact that Artificial Intelligence, IoT, Robotics and Drones are the future of technology, Jodhamal wishes to catch the talent young and tap them into the right direction. In this connection, an Orientation Programme for the students from Class VI to Class XI was organized to enlighten the students about UAVs and Drones and their impactful use in surveillance, farming, wars etc.

About 1500 students attended the Session which was conducted under the technical mentorship of Shubham Taneja, an expert in the field.

Such programmes will not merely help our students enhance their scientific skills and thorough insight of UAVs and drones on their application and utility but also hone the technical skills of our students and create a bunch of future critical thinkers and problem-solvers.

In the drone education, the students will be able to assemble a basic drone and learn how to manoeuvre it. They will work in teams under the expert guidance of their teachers and coaches. In the last quarter of 2023, selected teams from Jodhamal will participate in PAN-INDIA drone competitions. The testing of the drones assembled by the students would be done in the school's Multi-Purpose Hall (MPH). Which has a clear height of nearly 40 feet and length of nearly 160 feet.

Students were fascinated by the programme and parents appreciated the efforts of the School in introducing the latest innovations in the field of technology.

Khan Brothers Club lifts Cricket Tournament title Inculcating culture of sports among youth is essential in attaining healthy lifestyle: Randhawa

STATE TIMES NEWS
JAMMU: Former Legislator and senior Bharatiya Janata Party leader Vikram Randhawa on Monday said that inculcating a culture of sports among youth is essential in attaining a healthy lifestyle.

He made these remarks at an award distribution function of Cricket Tournament organized by youth of Team Jammu, here.

Sixteen teams from Jammu and surrounding areas participated in the tournament.

The final match was played between Khan Brothers Cricket Club and Extreme Strikers Cricket Club, in which former team emerged winner by 6 wickets and lifted the title trophy.

Ram Dayal was adjudged as Man of the Match. He



Senior BJP leader Vikram Randhawa presenting trophy to winner team.

also bagged Man of the Series award.

Speaking on the occasion, former Legislator said that other than physical and mental development, sports activities play a vital role to widen vision and in gaining self-confidence which is key

to excel in any field of life.

He said that it is our responsibility to nurture young minds and bringing out the best in them. He added that there is a need to give focused attention so that students with different abilities and inter-

ests will be able to exploit their potential to the full.

He said that the sports activities help in grooming youth to inculcate qualities to become global leaders and play a positive role in shaping society towards further betterment.

He said that there is lot of talent in youth of rural areas and Prime Minister Narendra Modi led Government has initiated various steps to nourish their talent.

The Former Legislator said that the Government has taken various innovative initiatives to develop a quality sports infrastructure in the Union Territory of Jammu and Kashmir which will provide a better platform to the sportsperson to harness their skills.

He urged the students to

take an active part in co-curricular activities for overall development and assured that basic sports infrastructure will be made available to them on priority.

He urged the youth to take part in sports activities and stay away from drugs as it ruin the future.

"Drugs are harmful for health and brings bad name for the family. So to keep good reputation in life, you should stay away from drugs", Randhawa told youth.

On the occasion, the Former Legislator also distributed awards among winning and runner-up teams. Zoravar Singh, Bharat Bhushan, Vishavdeep Gupta, Ramesh Gupta, Aman, Lovdeep Pathania and many others were present on the occasion.

Evershine Club lifts Veteran Master's Cup Championship trophy

STATE TIMES NEWS
JAMMU: Evershine Cricket Club lifted the Championship trophy of Veteran Master's Cup organised by Veteran Cricket Association J&K under the aegis of Board for Veteran in India in collaboration with J&K Excise Department, J&K Sports Council, Batra Group, SMVD Narayana Hospital and Horizon Group.

Pankaj Sharma, Excise Commissioner J&K was the Chief Guest at the mega final. He said that taking youth to play-finals is the need of the hour and such tournaments are channelizing the energy of youth in a positive direction.

Earlier, Evershine Cricket Club won the toss and elected to bat first and their opening pair gave a steady start before



Winner team in jubilant mood after receiving trophy.

Captain Hardeep Singh was out on 24 runs. Manjeet and Vijay Dogra kept rotating the strikes, but bowlers of Gamechanger Veterans didn't allow them to score freely. Evershine Cricket Club scored 128 runs, losing five wickets. Vijay and Manjeet scored 35 and 29 runs respectively. For Gamechanger

Veterans, Pter and Ravi took two wickets while Ravi Choudhary took one wicket. Chasing 129 runs to win, Gamechanger Veterans lost early wicket of Lakhbinder, but Ravi Singh and Rajinder batted sensibly and kept the chase under control. But Vijay Dogra and Bansil Lal bowled miserly followed

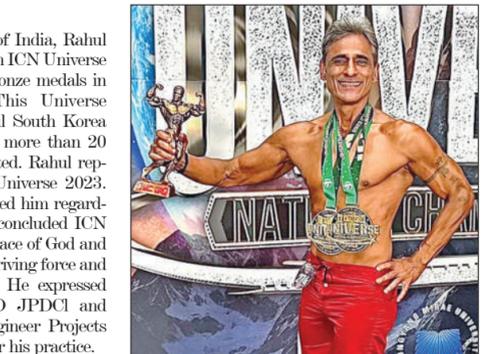
by Narinder Singh, who, despite his injury on the field, bowled an scintillating spell. Under immense pressure of rising run rate, Gamechanger Veterans scored only 114 runs losing seven wickets, thereby giving Evershine Cricket Club a victory and championship trophy by 14 runs. Ravi Singh, Ravi Kumar and Rajinder scored 26, 24 and 20 runs respectively. For Evershine CC, Narinder Singh claimed three wickets, Vijay Dogra took two and Hardeep Singh took one wicket.

Vijay Dogra was declared Man of the Match for his brilliant performance. Hardeep Singh was declared as Player of the Series.

Vivek Suri General Secretary Veteran Cricket Association J&K while presenting vote of thanks thanked J&K Excise Department, J&K Sports Council & their staff for making this championship a grand success.

Rahul Dev Manhas becomes Champion in ICN Universe 2023

STATE TIMES NEWS
JAMMU: The Physique player of India, Rahul Dev Manhas became Champion in ICN Universe 2023 Seoul. He got gold and bronze medals in Masters 50 plus category. This Universe Championship was held at Seoul South Korea from June 10 to 11, 2023 and more than 20 countries of worldwide participated. Rahul represented Team India for ICN Universe 2023. When our correspondent contacted him regarding his achievement in recently concluded ICN Universe, he said it's all by the grace of God and love of Jammuites, which is the driving force and chanted OM Namho Shivaya. He expressed gratitude to Shiv Anthyal MD JPDCI and Manar Gupta former Chief Engineer Projects for sparing their valuable time for his practice.



Inter Zone District Level Athletic competition commences



STATE TIMES NEWS
RAMBAN: Inter-Zone District Level Athletic Competitions for Under-17 & 14 Boys and Girls commenced here on Monday in District Police Lines Ramban. The event was inaugurated by District Youth Services and Sports Officer, Dharm Veer Singh. The inaugural ceremony began with a pledge to keep society free

from drugs, emphasizing the importance of sports as a means to keep youth away from harmful activities. A total of 159 athletes showcased their skills and talent in various athletic events. Speaking on the occasion, the DYSSO advised the participating students to maintain team spirit, cooperation and coordination while participating in the sports com-

petitions. In High jump U 17 1st position was clinched by Khari zone, while in Long jump u14 1st position was bagged by Ramban zone. In Javelin throw events Sofiyan Ahmed from Khari zone got 1st position.

The event was attended by ZPEO Banihal and Khari, I/C Activity, Arun Kumar and the entire field staff of the district.

Three days orientation programme for teachers concludes at Shiksha Niketan School



Shiksha Niketan School faculty honouring a resource person, Ajeet Angural.

STATE TIMES NEWS
JAMMU: A teacher must cover two Syllabi in the class, first syllabus prescribed by CBSE or JKBOSE and second the most important syllabus i.e Syllabus of life, said Ajeet Angural, a resource person in the Orientation Programme for teachers hosted by Shiksha Niketan Higher Secondary School, Jeevan Nagar, here. About 400 teachers participated in the session.

He told the teachers to understand the language of students, the unspoken words.

"We need to talk to the

children about their future," he said adding that a teacher must add the flavours to a student's life.

The session was concluded by Principal Rameshwar Mengi by appreciating the efforts of Ajeet Angural.

Director Rishiek Mengi thanked the gathering and the resource person.

Harish Sharma (Headmaster), Sudesh Rana (Incharge Hr. Sec. Wing), Ajit Singh (Incharge Gandhi Nagar), Sushma Sharma (Incharge Pushp Vatika) were also present.

Sports Council promotes yoga for transformative impact on health

STATE TIMES NEWS
SRINAGAR: J&K Sports Council's focus on community sports, promoting healthy lifestyles and providing the result-oriented coaching to youth and ensuring gender equality in sports by supporting events like North Kashmir Women's Premier League have contributed to the growth and development of sports in the region. The North Kashmir Women's Premier League is a serious effort to provide the Valley's female cricketers with equal opportunities and recognition as their male counterparts.

In addition, initiatives such as roller field hockey at the M.A. Stadium in Jammu, cricket training at the TRC Cricket Academy in Srinagar and the South Kashmir Cricket Academy in Bijbehara provide ample opportunities for players to improve their skills and compete at a higher level.

The intense efforts of the Sports Council at the grass-roots level have led to the remarkable success of J&K athletes at almost every

erina they step in, which has become the norm in recent times. Yesterday's pre-tenders are today's contenders, highlighting the promising potential of budding athletes in the region.

By mentoring youth in various academies, the Sports Council ensures that young athletes have the skills and support they need to compete and succeed at a high level. These initiatives are critical to fostering a culture of sports and wellness in Jammu and Kashmir and help promote healthy lifestyles and personal development for citizens.

The J&K Sports Council, apart from its regular activities, also plays an important role in promoting physical fitness and healthy lifestyle by collaborating for events like Prayas International Yoga Day. The event was organized at K.K Haku Stadium in Jammu and was a great success.

The event enjoyed lively participation from all walks of life and highlighted the importance of yoga for men-

tal and physical well-being.

Through informative sessions, interactive discussions and expert-led demonstrations, participants gained a deep understanding of the benefits of yoga and were motivated to incorporate it into their daily routines.

"Such events play a crucial role in promoting yoga and its transformative impact on the overall health and well-being of individuals," said Vijay Kumar, one of the participants at the event. Another participant, Kulbhushan Mahajan, said events like this help raise awareness about the benefits of yoga, such as improved flexibility, strength, and mental well-being.

Meanwhile, the Kabbadi and athletics events were organized on the second day today at Government Higher Secondary School Balore in Samba district.

More than 80 students participated in the day-long sports event, which was still in progress when the report was being filed.