

Sainik School Nagrota U-17 team reaches North Zone Football final

STATE TIMES NEWS
NAGROTA: Sainik School Nagrota stormed into the finals of the ongoing North Zone Inter Sainik Schools U-17 Football Championship 2023-24 being held at Sainik School Ghorakhal Uttarakhand from June 12 to 16, 2023.

Fully charged up Nagrotians began their campaign with a bang by winning their initial match 1-0 against Sainik School Sujampur Tira (HP). Putting up a spirited contest they drew level with Sainik School Kapurthala (Punjab) in the second match.

Turning the semifinal into a nightmare for Sainik School Rewari (Haryana), Nagrotians scored a hat



Sainik School Nagrota team in jubilant mood after winning semifinal match.

trick to seal their spot in the finals against Sainik School Ghorakhal. In which they will be lining up School Cadet Priyanshu Singh

gave Sainik School Nagrota the ultra-edge by scoring FIVE goals.

In U-14 category, Nagrotian Sub Junior team will play Sainik School Kapurthala in the semifinal match in the evening.

Having won their first two encounters against SS Kunjpura and the hosts SS Ghorakhal, the Nagrotian Colts are ready to take on any challenge to retain the trophy for second year in succession.

Thrilled by the scintillating performance of Nagrotians in the coveted championship, Principal Captain (IN) A.K Desai sent a special word of appreciation for the team, coach and escort staff and extended best wishes for the upcoming finals.

Former international cricketers call on LG Sinha



Former International Cricketers and former Ranji Players calling on LG Manoj Sinha.

STATE TIMES NEWS
SRINAGAR: Former International Cricketers and former Ranji Players including Ajay Jadeja, Parthiv Patel, Nikhil Chopra and Mithun Manhas called on Lieutenant Governor Manoj Sinha, here on Wednesday.

The cricketers discussed with the Lt Governor various matters pertaining to promotion of sports in Jammu Kashmir.

Dr Syed Abid Rasheed Shah, Secretary Tourism Department was also present in the meeting.

KC Gurukul College of Education organises extension lecture on 'yoga is an art of living'



Students and faculty of KC Gurukul College of Education posing for a photograph.

STATE TIMES NEWS
JAMMU: KC Gurukul College of Education on Wednesday organised an Extension Lecture on 'Yoga is an Art of Living' in the college premises.

The Extension Lecture was attended by the Principal of the College, Anubha Munshi, Staff members, students with Chief Guest Anil Kumar Sharma (Sangthan Mantri Bharatiya Yoga Santhan

MAM College organises poster making competition



Students participating in a poster making competition.

STATE TIMES NEWS
JAMMU: NSS Unit of Maulana Azad Memorial (MAM) College under the patronage of Principal Prof. (Dr.) G.S. Rakhwal and under the supervision of NSS Programme Officers Prof. Koushal Kiran Thakur and Prof. Shabeer Ahmed organized a poster making competition to commemorate World Blood Donor's Day on Wednesday. The event was aimed at creating awareness about the importance of how blood's donor gives new life to someone. The competition witnessed an overwhelming participation of volunteers. First position was secured by Jaspreet and Navjeet Kour of 2nd semester and second position was bagged by Geetika and Vanshya of 4th sem and 2nd sem respectively. And Deepak and Lucky got third position which was judged by Prof. Shabeela Wani (Hod. Psychology) and Prof. Meenakshi (HoD Sociology).

J&K Youth Judo meet on June 19

STATE TIMES NEWS
JAMMU: Judo Association of Jammu and Kashmir shall organise J&K UT Judo Championship in Cadet age group at Indoor Sports Complex, MA Stadium, here on June 19. Selected Judo out of this competition shall participate in the Cadet National Championship slated to be held in Karnataka, a handout issued by the Association here today informed.

Those interested and eligible judo players have been advised to report to the coaches and officials for further details regarding the event.

Jodhamal student Advita in Asian Book of Records

STATE TIMES NEWS
JAMMU: Advita Manhas, a student of Class 7th at Jodhamal Public School, has added another feather in her cap by setting three records in performing maximum hula hoop spins around different parts of her body in one minute.

Of the three felicitations that she received, two records were for the India Book of Records and one record was for the Asia Book of Records.

For the India Book of Records, Advita performed 162 hula hoop spins around her wrist in one minute and 132 hula hoop spins around



JPS faculty felicitating a student Advita Manhas.

her neck in one minute while in Hanumanasana Yoga' pose.

Similarly, for thee Asia Book of Records, she performed 132 hula hoop spins around her neck in one minute while maintaining the

'Hanumanasana Yoga' pose. Advita has had a consistent journey to reach this level.

She started practising Yoga in 2020 and practised consistently for 2 hours each day. She also follows certain YouTube Channels to further derive inspiration from, and master the skill to a next level.

She keeps posting the videos of her practice and dance on her own YouTube Channel named Advita Manhas which has 3.38K followers as on date.

As aspiring gymnast, she wishes to participate in national and international tournaments in the game.

Inter-Zone boys sports meet begins at Poonch

STATE TIMES NEWS
POONCH: Annual inter-zone sports meet of district Poonch, organised by the Department of Youth Services and Sports (DYSS) for those boys of under-14 and under-17 age groups started today at Sports Stadium, here.

In total, seven zones of the district are taking part in the disciplines of Volleyball, Kabaddi, Kho - Kho, Carrom, Chess and Badminton. To begin with, the opening day witnessed competition in under-14 age group with 284 boys taking part in six different events, a handout issued here today said.

The competition officiated by the technical panel including Kulwant Singh,



A Volleyball match in progress at Poonch.

Narinder Singh, Jatinder Singh, Manjeet Singh, Amresh Kumar and Ravinder Singh (all Zonal Physical Education Officers).

The Results (Finals): Under-14: Carrom: Zone Poonch defeated Buffiaz. Zone Mandi defeated Zone Poonch. Badminton: Zone Surankote defeated Zone Poonch. Volleyball: Zone Buffiaz defeated Zone Sathar 2-0. Kho Kho: Zone Surankote defeated Zone Nangali. Kabaddi: Zone Buffiaz defeated Surankote Zone. Chess: Zone Sathar defeated Poonch Zone.

NSS unit of GGM Science College organises slogan writing commemorating International Yoga Day

STATE TIMES NEWS
JAMMU: NSS unit II of GGM Science College under the patronage of Principal Prof. Rajesh Kumar Gupta and guidance of NSS PO Dr. Deepali Mahajan organized a slogan writing awareness workshop on the theme Humanity under the aegis of G20 celebrating International Yoga Day 2023.

Yoga Day celebrations aim to create awareness about the holistic nature of yoga and encourage people to incorporate it into their daily lives for enhanced well-being.

In the three-day workshop the NSS volunteers wrote slogans and took pledge. The awareness workshop aims to inculcate the habit of meditation, yoga exercises in our life style to spread the message that yoga helps in keeping our mental and physical health intact.



Students and faculty during a slogan writing event.

In short, it improves our well-being and gives us better mental clarity. The event was coordinated by Ananya, Aakriti and Neetu.

Inter-Departmental Men Cricket Tournament Education, Department of Life Long Learning win ties



Winner team posing for photograph at JU on Wednesday.

STATE TIMES NEWS
JAMMU: Education and Department of Life Long Learning registered wins in the ongoing Inter-Departmental Men Cricket Tournament for the session 2022-23 at Directorate of Sports of Physical Education, organized by

Campus Sports Committee, University of Jammu.

The matches were conducted under the supervision of Dr. Daud Iqbal Baba Chairman, Campus Sports Committee University of Jammu.

Earlier, Education beat Commerce Department by nine wickets and Department of Life Long Learning defeated Political Science Department by 15 runs.

Today's matches were officiated by Raj Kumar Bakshi, Thair Mahmood, Vijay Kumar, Sachin Singh and Saleem-ur Rahman.

Govt SPMR College of Commerce organises contests on voluntary blood donation

STATE TIMES NEWS
JAMMU: Red Ribbon Club, NCC, NSS units and Eco Club of Govt SPMR College of Commerce Jammu in collaboration with Government Medical College, Jammu on Wednesday organized poster making and slogan writing contests on voluntary Blood Donation in the college premises.

The contests in which a total of 18 students participated, were organized to mark the occasion of World Blood Donor Day which is celebrated every year on 14th of June.

The theme of the contests was "Give Blood, Give Plasma, Share Life, Share Often" which focused on patients requiring lifelong transfusion support and underlined the role of every single person in giving the valuable gift of Blood or Plasma.

On the occasion, Prof. Barbara Koul, HoD Commerce highlighted the importance of every single blood drop in saving lives.



Students posing for photograph with faculty during an event.

Prof. Savita Jamwal, ANO, NCC urged the NCC cadets and other students to donate blood on regular basis for noble cause.

The event was held under the supervision of Dr. Rubina Kousar, BTO and Dr. Mitali Sharma, Lecturer from GMC Jammu.

Dr. Monika Malhotra, Prof. Ashu Manhas, Prof. Deepshikha Sharma, Prof. Harpreet Kour, Dr. Fayza, Prof. Rajni Bala and other faculty members were present on the occasion.

The event was coordinated by Prof. Savita Jamwal, Prof. Deepshikha Sharma, Prof. Apfan Ali, Dr. Roomi Rani, Dr. Jagmeet Kaur, Dr. Sarabjeet Kour Sudan, Prof. Charandeep Handa and Dr. Deepak Pathania.

Forum of Recognized Colleges welcomes Govt's decision on CUET

STATE TIMES NEWS
JAMMU: Forum of Recognised Colleges (FORC), which is the only body representing higher education institutions of the UT of J&K, on Wednesday convened a meeting of the core group to discuss the issue of CUET examinations. Gulchain Singh Charak, Chairperson of FORC thanked the government of UT especially the Principal Secretary, Education, Alok Kumar for providing relief to thousands of students who had been affected by the allotment of centres for the CUET examinations outside the UT of J&K.

The Government has announced that the students, who could not appear in the recently held Common University Entrance Test (CUET) 2023 due to allotment of examination centres in distant towns and cities, shall be given an opportunity to take admission in subjects and colleges of their choice. This decision is not only beneficial for the students but also provides major relief to higher education institutions who were concerned about the state of admissions in the colleges, Charak said. This will have both economic and social implications for the colleges in the private sector of J&K. Charak also said that the institutions under the ambit of the FORC would provide all the assistance and support to the Government in the conduct of the CUET examinations in future. He suggested that there should be widespread publicity to promote awareness among the students at UG and PG level so that a greater number of students can register themselves for the CUET examinations from the next session onwards.

Civil Eng Dept lifts 7-Aside Football tournament title at NIT Srinagar

STATE TIMES NEWS
SRINAGAR: The Civil Engineering Department (CED) of the National Institute of Technology (NIT) Srinagar on Wednesday defeated Electronics and Communication Engineering (ECE) department by 4-1 and lifted the Inter-Departmental 7-Aside Football tournament title. The tournament was organized by the Department of Physical Education NIT Srinagar and 8 teams from 8 departments participated in the mega event. The function was attended by Director NIT Srinagar, Director NIT Srinagar Prof. (Dr) Sudhakar Yedla, who was Chief Guest on the occasion.

Dr. Tanveer Rasool, Associate Dean Students Welfare, Dr. Srinibash Mishra, SAS Coordinator; Dr. Tasduq Nazki along with other dignitaries were present on the occasion.

In the post-match presentation ceremony, Director NIT Srinagar; Prof. Yedla extended heartfelt congratulations to the CED team led by Shakir Ahmad for their fantas-

tic victory in the inter-departmental 7 Aside Football tournament. He also encouraged the ECE team led by Kashif Ahmad. "Right from the first whistle to the final goal, you have displayed incredible talent, determination, and teamwork. The ability to come together, support one another, and execute flawless strategies on the field has been truly remarkable," he said. Prof. Yedla said that NIT Srinagar is upgrading its sports infrastructure on the campus. We have developed state of art facilities and work on these projects will be completed soon, he said. Director NIT Srinagar; Prof. Yedla, and Dr. Tanveer Rasool, Associate Dean Students Welfare also felicitated the players of CED, ECE department with mementos and trophies on the occasion. In his message, Institute's Registrar; Prof. Syed Kaiser Bukhari congratulated the CED team for their stunning performance in the Inter-departmental football tournament.

"All 8 teams displayed impressive performance throughout the tournament

exemplifying the values of sportsmanship, respect, and fair play. The dedication, discipline, and positive attitude have set an inspiring example for all our students," he said. On the occasion, Dr. Srinibash Mishra, SAS Coordinator expressed his gratitude to the NIT Srinagar administration for their support and encouragement for organizing sports events on the campus. The tournament was held under the supervision of Dr. Srinibash Mishra (SAS Coordinator), Dr. Srinibash Mishra (SAS Coordinator), Kousar Ali Mir (SAS Officer), and Sohail Ahmad Baba (SAS Assistant).

The staff included Ab. Gani (Sr.Technician), Habib Ullah (Groundsman), Mohammad Akbar (Groundsman), Ab Hamid (Sr. Technician), Mushtaq Ah. (Office Assistant), Ab Hamid Dar (Sr. Technician), Mohammad Subhan (MTP) Minhaj Ul Hamid, and Nadeem Hassan also helped organizers in making the football tournament successful.

94th Ramkot Dangal today

STATE TIMES NEWS
KATHUA: 94th Ramkot Vishal Dangal 2023 is going to be held on June 15, 2023 (Thursday) at Ramlala Ground Ramkot village in Tehsil Ramkot and District Kathua.

Dangal is being organized by Dangal Committee Ramkot under the overall supervision of President Rajesh Gupta Sarpanch Pardeep Singh, Pardeep Khajuria, Ravikant Gupta, Kishore Kumar, Rakesh Mehra, Vijay Gupta, Vishal, Jia Lal, Virinder Sharma, Viney Gupta, Satish Kumar Gupta, Surinder Deonia, Dharminder Deonia, Bangi Mehra, Romal Singh, Ajay Mehra, Ravinder Singh

and Mohinder Deonia, Panch Vijay Kumar, Titi Mehra panch, Ashwani Kumar Panch, Kamal Sharma (Gushu Malaysia) a social worker at present residing at Malaysia is contributing a huge amount as a financial assistance to the organizers.

First bout and Dangal will be virtually inaugurated by Gushu Malaysia at 4:00 PM.

Rajesh Gupta informed that to honour the winner of first bout with 94th Duggar Kesari title 2023 and 94th Ramkot Kesri title 2023.

Duggar Kesri and Ramkot Kesri will be awarded handsome cash prizes in addition to traditional Gurj and Patta. Rajesh Gupta said the decision of the referee in every bout will be final and the Dangal is being organized on Mud Akhara.

The prominent wrestlers Omkar Singh and Uttam Chand will be the referees in the Dangal.

Gupta said all the Akhara wrestlers who come there will get chance to participate may be they are local or outsiders. All the wrestlers will get handsome cash prizes.

He asked the interested wrestlers of J&K or outside the UT to submit their entries for participation to Dangal Committee.

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