

140 Judokas in Reasi meet

■ STATE TIMES NEWS

REASI: District Reasi Judo Championship organised by Judo Association of J&K concluded on Friday at SMVD Stadium Katra, here.

About 140 Judokas from all over the district participated in this championship.

Abhishek Sharma, Manager SMVD Stadium Katra was the Chief Guest while Ashwani Katoch, MD Amba Kids Home School was Guest of Honour.

The championship held under the supervision of Judo Coach of SMVD Stadium, Danish Sharma. Manish Chatwal (Judo Instructor) was the organising secretary.

The Results: GOLD: Manika Sharma, Kapil Singh, Shahid Jamat, Kavish Singh, Varun Kumar, Sunakshi Devi, Balwan Singh, Daund Singh, Anshuman, Vipul Thakur, Sunyansh Raini, Sneha Sharma, Ajay Singh, Fiza Akhter, Muddasir ahmed,



Medal winner players posing for a photograph with dignitaries.

Sunakshi Devi, Tushar Sharma, Shivam Verma, Naksh Dogra, Rakshak Kumar, Prikshit Singh, Alima Choudhary, Madhav Singh, Akshara Sharma, Meenakshi Bhagat, Sunil Kumar, Vishwas Jamwal, Manvi Devi, Vishwa Pratap Singh, Bhawani Partap, Lucky Bhagat, Shubham, Sehaj, Simran Sharma, Jyoti Devi, Shenaz Choudhary and Tarun Singh.

SILVER: Jogta Bhagat, Ajit Kumar, Priya Thakur, Prikshit Singh, Kushpreet Kour, Sonakshi, Ankit, Sunkashi Sharma, Shubam Katoch, Dheeraj Kumar, Akshara Thakur, Krishna Devi, Sujal Sharma, Varun Singh, Rayees Ahmed, Balwan Singh, Komal Rani, Shivansh Sharma, Ahaa-Ul-Haq, Saimhaj and Shumakshi.

BRONZE : Krishan Singh,

Mohd Olmare, Adhi Verma, Rahul Kumar, Shahid , Mohd, Wasim, Anya Bhagat, Rayees Ahmed, Harsh Thakur, Ankit Singh, Samar Kumar, Kamal Singh, Mohd Wasim, Haning Iqbal, Aman-Ul-Haq, Ajit Singh, Ajit Kumar, Asif Iqbal, Mohd Inan, Sachin Sharma, Kanika Bhagat, Luxmi, Gourav Bhagat, Lucky Bhagat, Aftab and Palak Dogra.

Zone Nowshera, Rajouri win in u-17 boys Tennis Cricket event

■ STATE TIMES NEWS

NOWSHERA: Zone Nowshera and Zone Rajouri registered wins in the under-17 boys Tennis Cricket matches in the ongoing Inter Zonal District level Tournament, organized by the Department of Youth Services and Sports Rajouri, under the chairmanship of Sunil Singh Sambyal DYSSO Rajouri at Sports Stadium Nowshera.

The tournament is being held under the supervision ZPEO Nowshera Rajesh Choudhary. ZPEO Kalakote Prem Sharma was Chief Guest in today's matches. All the PEMs, PETs, REKs were also present and performed their duties.

The results: Zone Nowshera beat Zone Lower Hathal by 22 runs. Nowshera, batting first, made 102 runs while in reply Lower Hathal bowled out at 80 runs; Zone Rajouri beat Zone Manjakote by 32 runs.

Shaheed Manjit Club wins Volleyball Trophy

■ STATE TIMES NEWS

POONCH: Shaheed DySP Manjit Singh Memorial Volleyball Club Poonch defeated Chandak Club in straight sets of 25-19, 25-22 to clinch the title trophy of an open Volleyball tournament held at Degree College ground, here on Friday.

Mohd Hafeez, Harshit Raina and Ayiaz Ahmed played extra ordinary game from the winning side of Shaheed Manjit Club. The event took place in collaboration with District Volleyball Association involving five teams.

The Preliminary Results: Shaheed Manjit Club bt Kalai Volleyball Club 25-15,25-21; Chandak Club bt Shaheed Manjit B Club 2-1 (21-25,25-23,15-13).

SSP Poonch Vinay Kumar Sharma, patron in chief of Shaheed Manjit



SSP Poonch Vinay Sharma presenting trophy to a winner team.

Club was guest of honour:

Both the special guests appreciated Mohd Tariq, chairman Shaheed Manjit Club Poonch for involving youth in sports activities thus channelling their energies in positive direction.

Later, Ramiz Tariq, coach of Shaheed Manjit Club

presented vote of thanks.

Among other prominent present were Pardeep Khanna (social activist), Gul Mohd Charak, Shakeel Ahmed (ABE) and Narinder Singh Talwar.

The event officiated by the technical penal including Shabbir Ahmed, Mohd Ikhlq and Ramiz Tariq.

NSS volunteers of GGM Science College perform ‘Yoga at Home’

■ STATE TIMES NEWS

JAMMU: Yoga at Home was performed on Friday in three-day workshop 'Yoga For Humanity' commemorating IYD 2023 under the patronage of Principal Prof. Rajesh Kumar Gupta and guidance of NSS unit II PO Dr. Deepali Mahajan.

NSS unit II volunteers Sanchit, Himanshu, Divyansh, Ayub, Gourav, Aakriti, Hritik and Mandeep performed different yoga Asanas at home.

The message was to spread the awareness that Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and nature.

Yoga is a powerful tool that can help you deal with the stress in times of uncertainty and isolation. It includes breathing exercises, meditation and Asanas or poses that stretch and flex various muscle groups.

These asanas are designed to encourage relaxation and reduce stress.



HPS wins under-17 girls chess trophy

■ STATE TIMES NEWS

SAMBA: Students of Humanity Public School, Bassi Kalan, Bari Brahmana namely Gayatri Singh Charak and Niharika Charak brought laurels to the school by winning the final chess match of Under-17 (girls) at the recently concluded Inter-Zonal, District Level Tournament of Samba District.

The tournament was organized by the Department of Youth Services and Sports, Samba at Indoor Stadium, Samba. These students represented Purmandal Zone and clinched the trophy by winning the final game.

A special assembly was organised to honour the winners. Gaurav Charak, Principal of the school, along with Vice-Principal, Anku Charak lauded the efforts of the students who showed excellent performance under the guidance of their Head Coach Mahan Singh along with other coaches Shamsher Singh, Surjeet Singh, Rajan Singh and Meenali Jamwal.



The Law School, Department of Life Long Learning, Urdu Deptt win in JU cricket

■ STATE TIMES NEWS

JAMMU: The Law School, Department of Life Long Learning and Department of Urdu registered wins in the ongoing Inter-Departmental Men Cricket Tournaments for the session 2022-23 organized by Campus Sports Committee, University of Jammu, here on Friday. The matches were con ducted under the supervision of Dr. Daud Iqbal Baba Chairman, Campus Sports Committee University of Jammu.

The results: The Law School beat Education



Winner team in jubilant mood after winning the match.

Department by 16 runs; Department of Life Long Learning beat History Department by five wickets; and Department of Urdu beat SHTM Department by six wick-

ets.

Today's matches were officiated by Raj Kumar Bakshi, Tahir Mahmood, Vijay Kumar, Sachin Singh and Saleem-urRahman.

Jammu fencing meet witnesses U-17 events

■ STATE TIMES NEWS

JAMMU: Part of the ongoing District Jammu Fencing Championship, under-17 boys and girls' events took place on Friday at Indoor Fencing Hall, MA Stadium, here.

The open district meet shall conclude tomorrow with the holding of valedictory function at the same venue, a handout issued by the Jammu District Fencing Association informed.

The Results: UNDER-17: GIRLS: Epee: Sanwari Rajput, Ist; Janavi Rai, 2nd; Kalash Jamwal and Yashassvi Sharma, joint 3rd. Foil: Vanaya Gupta, Ist; Samiksha Jamwal, 2nd; Vanshika and Shriya Sharma, joint 3rd. Sabre: Chavi



A fencing match in progress at Jammu on Friday.

Sharma, Ist; Bhavya Sharma, 2nd and Sarvagya Sharma, 3rd.

BOYS: Sabre: Aanish, Ist; Dhananjay Pandit, 2nd; Manik and Pratyaksh, joint 3rd.

Foil: Shresth Dogra, Ist; Rakshit Sharma, 2nd; Harsh and Kannav, joint 3rd. Epee: Yuvraj Singh, Ist; Krish Sharma, 2nd; Samrat Chib and Bhawik Gandotra, joint, 3rd.

Free health check-up camp organised by Mission Shakti

■ STATE TIMES NEWS

JAMMU: Mission Shakti, District Hub for Empowerment of Women, Jammu, in collaboration with Shankus Medicity Cancer Hospital, on Friday organised an Awareness cum Free Health Checkup Camp to mark world elder abuse awareness day.

The camp was held in Mission Shakti Office, Jammu under the supervision of Shagun Manchanda, District Mission Coordinator.

The programme was inaugurated by an elderly lady.

During the Camp, DHEW Jammu created awareness about its overall working. The importance of preventing elder-abuse and supporting the rights and wellbeing of older people was also highlighted.

Medicity Cancer Hospital, Senior Staff Nurse Mehwish & Anamika and its marketing team official Sumeet Sodhi were also present

Towards the end, free medical checkup of the locals of the area was also carried out.

Swati Dutt qualifies Ph.D

■ STATE TIMES NEWS

JAMMU: Swati Dutt, daughter of Updesh Kumar and Tripta Devi and wife of Dr. Sunil Tanoch, resident of Udhampur has been declared qualified for the award of Degree of Doctor of Philosophy (Ph.D) in Sociology by University of Jammu.

She worked on the topic "Social Mobility and Scheduled Caste Women: A Study of Bhalwal and Akhnoor Blocks in Jammu District" under the supervision of Prof. Vishav Raksha, Head, Department of Sociology.

TSD Rally flagged off from Golf Course

■ STATE TIMES NEWS

JAMMU: After commencing in Chamba District of Himachal Pradesh, the 'Rally of Valley' made significant progress as it continued its journey, being flagged off from the Golf Course in Jammu on Friday. It has been organized by Antoz 365 Motorsports, Azlan Racing and Chamba Motorsports, the rally is swiftly advancing through the picturesque regions of Jammu and Kashmir.

The rally was flagged off from the Golf Course in Jammu by GM JKTDC Sham Abrol in presence of Secretary Golf Course Manav Gupta and other Sponsors of this event. 70 participants and 35 Vehicles were part of this rally from various regions across India. J&K is set to witness an exhilarating Time Speed Distance (TSD)



GM JKTDC Sham Abrol in presence of Secretary Golf Course Manav Gupta and other Sponsors of the event flagging off 'Rally of Valley'.

Rallywhich started from Chamba on June 14. The rally has already covered a considerable distance and is set to traverse the challenging routes of Jammu, Bhaderwah, Kishtwar and Kupwara districts. Spanning more than 1050 kilometers, this rally is an extraordinary test of endurance for the participants including navigation

through high altitude passes like Sinthan Pass and Pharkiyaan Top.

The 'Rally of Valley' continues to captivate participants and spectators alike, attracting individuals from various regions of India and providing an opportunity to admire the natural beauty of Jammu and Kashmir. The organizers expressed their satisfaction

with the smooth progress of the event so far and thanked the valuable support of various sponsors and authorities.

The sponsors of this

thrilling event include JKTDC, Karcher India, Tesla Power India, Hotel Sky View, Radio 93.5, Red FM, Vamey Mallar, Own LED Lights, and Jammu Links. The organizers extend their gratitude to these sponsors especially JKTDC for making their stay memorable and comfortable and have also acknowledge the contributions of agencies such as JK Police, Himachal Police, and the District Administrations of Chamba, Jammu, Doda, Kishtwar, Srinagar and Kupwara, as well as the Indian Army in Kupwara and Keran Sector and Valleys Roaring Squad.

As the rally proceeds, participants eagerly look forward to reaching their destined spots and completing this extraordinary journey. The 'Rally of Valley' serves as a celebration of motorsports and adventure tourism in the J&K region, offering a platform for drivers to showcase their skills and inspire the youth to explore this exciting field.

The rally is expected to conclude in the beautiful city of Srinagar, providing a fitting end to this memorable event and leaving a lasting impression of the remarkable landscapes and spirit of Jammu and Kashmir.

Webinar on ‘Artificial Intelligence tools for teachers’ organised by GCoE Jammu

■ STATE TIMES NEWS

JAMMU: IQAC, IIC, R&D Cell and ICT Department of Government College of Education (GCoE) Jammu on Friday jointly organized a webinar on 'AI Tools for Teachers'.

The Resource Person of the program was Dr Prashant Mothe from Osmanabad, Maharashtra. In the inaugural session, Principal, Prof Aekta Gupta stated that AI is now going to be an integral part of education system in India and GCoE Jammu would take lead in introducing AI Tools for Teachers in its curriculum.

She added that being a training college for teachers of the future, the college will take all possible initiatives to equip its students with latest technology in the area of teaching, learning, evaluation and person-

alized education through latest technology.

Dr Prashant elaborated upon various AI Tools that are now becoming popular among teachers across the globe.

He talked about AI Tools like Knewton, Dialogflow, Classcraft, Carnegie Learning, Open CV and other tools at length.

He also apprised the students that AI Tools are not a threat to human civilization it is just another step in the historical chain of development of human intellect.

The students who played a key role during the program were Neha, Shallu,

Mehak and Bhagya Lakshmi.

Siddhant provided the technical support for the programme. The organizers Dr Deep K Bangotra, Prof Radhika Mahajan, Dr Rajinder Kour and Dr Sushma Bala also assured the students that the college shall provide all the technical skills that are essential for the contemporary teachers' along with ethics for the judicious use of technology.

The programme was also attended by faculty and students from MIER College, Sacred Heart College, Rajive Gandhi College of Education, Dogra College of Education, Khalsa College of Education, GCoE Srinagar, School of Teacher Education, GDC Kishtwar and GDC Jindrah. Vote of thanks was presented by Mehak Khajuria.