DC Bandipora inaugurates 9th edition of Arun Sports Trust observes Syed Hashmeer Football Cup 2023

Commissioner Bandipora, Dr Owais Ahmad on Friday inaugurated th edition of Syed Hashmeer Football Cup-2023 at Sher-e-Kashmir Stadium Bandipora.

The tournament is being held in the memory of sportsperson Late Bilal Ahmad Tantray and is being organised and self-sponsored by Hashmee Football Club Bandipora in collaboration with JK Sports Council and DFA Bandipora.

The Inaugural Match was played between Ali Jan FC Srinagar and Elites Blues Baramulla.

Officials said 16 local



DC Bandipora, Dr Owais Ahmad interacting with players.

from District Bandipora and 8 teams from outside District's are participating in the tournament. On the occasion, Dr. Owais

interacted with the players and appreciated them for taking part in sports activities. He also hailed the services of organisers in providyouth to spend their energies in productive works.

He said the best way to get fit and healthy besides staying away from contracting drug addiction is to take part in sports activities.

He said the government has taken keen interest to provide best sports facilities to the youth of Kashmir and several playgrounds have been developed in at least every village besides constructing an indoor stadium at Shadipora and renovating and improving infra at SK

Dr Owais said more measures will be taken to involve the youth in sports activities so that they not only play it trained to play professionally to make sports as a career option.

He said Bandipora has shown the way to the whole UT by producing some distinguished Sportspersons who have not only brought laurels for the country but are also spending their energies to train the new generation. He said the government will take every necessary measure to promote sports in the district.

He also urged the players to be the brand ambassadors of Nasha Mukt Bharat by playing their role to stay away from drugs and help others to stay away from this



Handball players posing for photograph with dignitaries during celebration.

STATE TIMES NEWS

JAMMU: Arun Sharma Sports and Social Welfare Trust on Friday organised an invitational match on World Handball Day at Handball arena on SD Sabha School grounds, here. The closely contest game was won by Arun Handball Club beating the visiting side of Kargil Martyrs' Handball Club Udhampur 23-21. Sparsh (six), Aujus Kerni (four) and Rahul (three) were the main contributors to the score. From Udhampur, Saakshit played outstanding game as goalkeeper while Manish

Umran selected in Indian ODI team for West Indies tour

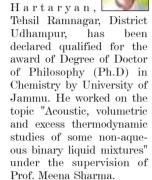
added highest five goals to the team's total. Former Sports Officer of J&K Police and honour. Speaking to the gathering of players and officials, the chief guest complimented Arun Sports Trust for infusing new blood in the game once famous game of Handball in J&K. He expressed his thanks to the members of the trust, especially Ashutosh Sharma for

veteran Handball player, Surinder Kapoor (Retired DySP) was chief guest while former SAI Handball coach, Dev Raj was guest of

Ph.D qualifiers

STATE TIMES NEWS

Shubham Sharma, son of Anita Devi and Madan Lal, resi-



Jeetinder Singh, son of Raj Kumari and Balbir Singh, resident Ward No 03, Baljarallan,

and District Rajouri, has been declared qualified for the award of Degree of Doctor of Philosophy (Ph.D) in Chemistry by University of Jammu. He worked on the topic "Thermodynamic and spectroscopic studies of aqueous solutions of surface active ionic liquid with antihistamine drug/biomolecules" under the supervision

of Prof. Meena Sharma. Pankaj Sharma, son of Veerta Sharma and Anchal Kumar, resident of Chak Tehsil Dulma,

Rajpura, District Samba, has been declared qualified for the award of Degree of Doctor of Philosophy (Ph.D) in Chemistry by University of Jammu. He worked on the topic "Acoustical, physio-chemieal and thermodynamic studies of some ionic liquids and inorganic salts" under the supervision of Prof. Meena Sharma.

HPS student wins U-17 boys chess title



Humanity Public School faculty felicitating chess winner player.

STATE TIMES NEWS

SAMBA: Ashwik Singh, a student of Humanity Public School Bassi Kalan, Bari Brahmana brought laurels to the school by winning the Under-17 (boys) chess match at the recently concluded inter-zonal district

Samba district.

Ashwik a student of 8th standard of HPS represented Purmandal Zone and clinched the trophy by winning the final

A special assembly was organised to honour the winner. Gaurav Charak, Principal of the school

along with Vice-Principal. Anku Charak lauded the efforts of the student who showed excellent performance under the guidance of Head Coach Mahan Singh along with other coaches Shamsher Singh, Surject Singh, Rajan Meenali Singh and

JAMMU: J&K's tear away fast bowler, Umran Malik has been selected in Indian ODI team for the West Indies tour commencing with the first One-Dayer on July 27, 2023 Kensington Barbados.

The Board for Control for Cricket in India (BCCI) today announced India's squad for the upcoming two-match test series and three one-day internationals (ODIs) against West Indies. Cheteswar Pujara has been dropped from the Test squad and Yashasvi Jaiswal has been included.

The first test match will be held between July 12 and 16 at Windsor Park, Dominica. The second will be played at Queen's Park Oval, Trinidad between July 20 and 24.

The first ODI will be played at Kensington Oval, Barbados on July 27. It will be followed by another ODI at the same

stadium on July 29.

The third ODI will be played at Brian Lara Cricket Academy, Trinidad, on August

Umran has represented India in 8 ODI's and has taken 13 wickets with an economy of 6.45 and an average of 27.3.

try in 8 T20I's also and has taken 11 wickets with an average of 22.1. The tour will provide Umran

another opportunity to establish himself in the Indian

World's bowling greats like Brett Lee, Shoaib Akhtar, Dale Steyn and likes have already termed Umran as

lethal on pacy wickets. However, after not much impressive performance in IPL 2023, the tour carries a lot of significance for this one of the quickest bowlers in the world.

The entire cricketing fraternity of Jammu and Kashmir in the congratulatory messages has prayed for Umran's

"Heartiest congratulations @umran_malik_01 on being selected in Indian ODI team for the West Indies tour. Entire cricketing fraternity of JK prays for your success. All the best. #JKCA #BCCI,"

tweeted Brig Anil Gupta. It is pertinent to mention here that Umran after a lacklustre performance in IPL 2023 has worked very hard at the National Cricket Academy (NCA) in Bengaluru and at his home ground in Jammu.

"I feel ecstatic on my selection and will leave no stone unturned in grabbing this opportunity with both hands,"

Iqbal Lone interacts with wheelchair basketball players with Voluntary Medicare Society J&K and

SRINAGAR: Commissioner for Persons with Disabilities, J&K, Iqbal Lone, on Friday interacted with wheelchair basketball players from North Zone at Bakshi Stadium, Srinagar.

Pertinently, the Wheelchair Basketball Federation of India is organising the wheelchair basketball championship in association

the Department of Sports, Government of J&K. Players from J&K, Delhi and Rajasthan are participating in the championship. Addressing on the occasion, Lone said that sports foster inclusion and well-being of Persons with Disabilities. He said that sports can help in removing social barriers and stereotyping of disabilities

Hockey J&K celebrates Olympic Day



STATE TIMES NEWS JAMMU: Hockey J&K celebrated Olympic Day by conducting an exhibition match between Dashmesh Hockey Club Nanak Nagar Club at KK Hakku Hockey Stadium, here on

The match was won by

Prof. Ashutosh Sharma, President J&K Olympic Association was the Chief Guest on the occasion, who briefed the and Bandhurakh Hockey players about the history of Olympic movement and Olympic sports.

more facilities to players of J&K UT so that they can also reach to Olympic

He also appreciated the efforts of Hockey J&K for conducting continuous

Vice President Hockey He also appealed UT J&K), G.S Bakshi, Dashmesh Hockey Club by Government to provide Advocate Ishan Sharma

(Treasurer Hockey J&K), Daljeet Singh (Executive member Hockey J&K), Supinder Deep Singh Bakshi (General Secretary Hockey J&K), R.P Singh Advocate Sarna, Manmoh ngh Kahlon. Sarabjit Singh Waraich $\operatorname{Prabjot}$ Waraich were present on

JKSC member presents sports material to Shaheed DySP Manjit Singh Volleyball Club

STATE TIMES NEWS

POONCH: Member Jammu and Kashmir Sports Council, Rajeev Sharma on Friday presented sports material to the Shaheed DySP Manjit Singh Memorial Volleyball Club

Chairman of the Club, Mohd Tariq expressed thanks to the



the Chief Guest. Others On the occasion, Pardeep present were Ramiz Tariq, volleyball player and NIS Khanna, social activist was Imtaiz Salaria councilor, qualified volleyball coach.

JK Public School Panjtirthi celebrates International Yoga Day



Glimpses of International Yoga Day celebration at JK Public School Panjtirthi.

STATE TIMES NEWS

JAMMU: On the occasion of International Yoga Day, the Principal of JK Public School (JKPS) Panjtirthi,

Suman Banbah expressed, "Yoga is the practice of soothing the mind and it plays a vital role in physical, mental, and spiritual development of human beings. It teaches to persevere, be patient, and work towards goals. It also provides tools for practicing compassion, mindfulness,

generosity, focus, strength, and flexibility."

The Students performed various Asanas including Namaskar with Surva

utmost co-ordination and perfection.

Kiran Celebration Incharge, expressed, "Yoga is an activity

that includes breathing techniques, Asanas and mindfulness. Jakiians regularly practice yoga to improve concentration, learning power and

flexibility." The yoga coach Aman Gupta demonstrated yoga asanas and remarked, "Yoga is that music, which keeps you flowing, The

Rhythm of the body gets in tuned with life, The harmony of the souls and the melody of the mind create the symphony of life!"