

Rudhraksh qualifies for finals in 9th Aerobic Gymnastics Asian C'ship



Aerobic Gymnast Rudhraksh being qualified for the finals in the 9th Aerobic Gymnastics Asian Championship posing with coach S.P Singh.

■ STATE TIMES NEWS

JAMMU: Rudhraksh is bringing a lot of happiness and proud moment for India and particularly Jammuites. Rudhraksh's qualification for the finals in the 9th Aerobic Gymnastics Asian Championship is a remarkable accomplishment that reflects not only his talent but also his relentless dedi-

cation and perseverance.

Competing at such a high level requires years of disciplined training and unwavering commitment, and Rudhraksh has evidently poured his heart and soul into his sport.

His success is not just a personal triumph but also a moment of pride for India, showcasing the nation's

pro prowess in the field of gymnastics.

Moreover, for the people of Jammu, Rudhraksh's achievement holds special significance as he represents their region on an international stage, bringing honor and recognition to his hometown.

Behind every successful athlete stands a team of

dedicated coaches who play a crucial role in nurturing talent and shaping champions. The acknowledgment of Gymnastics coach S.P Singh's hard work and dedication highlights the importance of mentorship and guidance in Rudhraksh's journey. It's a testament to the coach's expertise and commitment to excellence in training.

As Rudhraksh prepares for the finals, the support and blessings of his fellow countrymen and well-wishers will undoubtedly fuel his determination to excel even further.

May he continue to shine brightly on the international stage, inspiring aspiring athletes and bringing joy to his nation.

Yuv Raj of Akhnoor bags Bidda Dangal title

■ STATE TIMES NEWS

JAMMU: Akhnoor Wrestler Yuv Raj bagged the 11th annual Bidda (Reasi) Dangal title outplaying Mam Hussain of Domel in the closely contested title bout.

Dangal was organized by Bidda Dangal Committee in association with J&K Indian Style Wrestling Association under the overall supervision of Contractor; Ram Ratten (president) and Sukhdev Sharma (chairman).

Former Joint Secretary J&K State Sports Council (JKSC) and president J&K Indian Style Wrestling Association, Shiv Kumar Sharma was chief guest, who presented the titles and other prizes.

Former Sarpanch Ravi Kumar; Contractor Ajit, former Naib Sarpanch Gulshan Kesar and Numberdar Ashok Kumar were guests of honour.

The bouts officiated by Pawan Singh, Nazir Mohd.,



Former Jt Secy JKSC, Shiv Kumar Sharma posing with winner wrestler and organizers.

Harbans Lal, Tulinder Kumar and Murl Dhar (Munna). The proceedings of the Dangal conducted by Anil Kumar (Reasi).

Winner of the main bout, Yuv Raj presented Rs 8,000 cash prize while runners-up, Mam Hussain got Rs 7,000.

Second main bout won by Surjit Singh (Rs 6,000) of J&K Police and a resident of Narkote (Reasi) defeating

Krishan (Rs 5,000) of Delhi. The third main bout between Amir Khan of J&K Police and Vishal Delhi ended in a draw with both the wrestlers sharing Rs 11,000 cash prize.

In all, 74 bouts played in this dangal. Members of Bidda Dangal Committee who helped in the conduct of dangal included Ram Ratten (president), Sukhdev Sharma

(chairman), Shanti Saroop, Mohd. Habeb, Subash Chander, Numberdar Chaman Lal, Vijay Kumar, Puran Chand, Narinder Kumar, Anwar Hussain, Mohd. Arshad, Mohd. Akram, Mohd. Islam, Mohd. Iqbal, Mangi Ram, Ashok Kumar, Mohd. Iqbal, Arun Kumar, Sudesh Kumar and Raj Kumar.

Two-Day Badminton Tournament concludes Sports foster discipline, teamwork: Div Com

■ STATE TIMES NEWS

JAMMU: The two-day Badminton Tournament organized by the Jammu and Kashmir Police under the Civic Action Programme concluded on Sunday at the JK Police Badminton Hall in Jammu.

The tournament featured doubles matches for boys and girls under the age of 15 and aimed to promote a healthy and drug-free lifestyle among the youth, under the theme "Say No to Drugs & Yes to Beautiful Life."

The closing ceremony was graced by the presence of the Divisional Commissioner Jammu, Ramesh Kumar as the Chief Guest.

In his address, Kumar emphasized the importance of sports in fostering discipline, teamwork, and a healthy lifestyle among the younger gener-



Div Com Jammu, Ramesh Kumar and ADGP Jammu Anand Jain posing with winners and other dignitaries.

ation.

He praised the efforts of the Jammu and Kashmir Police in organizing such impactful events and reit-

erated the administration's commitment to promoting sports and well-being in the region.

Ramesh Kumar along

with the Guest of Honour, Additional Director General of Police Jammu, Anand Jain, presented trophies and medals to the

winners.

The tournament saw spirited participation, and the winners include two boys got gold medals, two received silver medals and four boys secured bronze medals.

In girls section, two girls won gold medals, and two got silver medals while four girls bagged bronze medals

The event concluded with a message of encouragement for all participants to continue engaging in sports and maintaining a healthy, drug-free lifestyle.

The tournament not only showcased the budding talent of the region but also reinforced the importance of sports as a means to achieve physical and mental well-being.

J&K Karate team excels in Punjab



J&K karate madal winners team posing with dignitaries.

■ STATE TIMES NEWS

JAMMU: Jammu and Kashmir Sub junior karate team excelled in the just held All India Karate Championship, organised by Kyurin Karate Association of India (affiliated with Karate Association of India KAI) at Khalsa College

Amritsar. Shihan Naresh Chander, president TKAJK and Shihan Umesh Rekhi, general secretary of TKAJK congratulated medal winners, a handout issued here today informed.

The medal winners: Shubham Lalotra, Parteek Singh, Taksh Antotra,

Dushyant Verma (all Gold), Vinayak Singh (Silver), Tanush Rajwal Vikrant Singh, Naksh Singh, Kavish Singh, Kanish Verma, Amolik Sudhan, Kartik Singh, Bhriagu Vashisht, Saksham Anotra (all bronze), Bhawna Sadhotra (coach).

Aparajita conducts seminar at SR College of Competitions

■ STATE TIMES NEWS

JAMMU: In a bid to inspire and guide aspiring civil servants, SR College of Competitions in Jammu hosted a free seminar conducted by IAS 2023 Aparajita Aryan.

The event witnessed a remarkable turnout as numerous students thronged to gain insights into the intricacies of UPSC and JKAS examinations.

During the seminar, Aparajita shared invaluable tips and strategies for tackling the competitive exams, including discussions on exam patterns, effective test series, and recommended online resources.

Her comprehensive insights into the exam structure and preparation techniques were met with appreciation and enthusiasm from the attending students.



SR College of Competitions management member presenting memento to Aparajita Aryan.

Additionally, a session focusing on how to approach the CSAT paper for JKAS Prelims 2024 was conducted by Dhruv Gandotra, providing tailored guidance for the upcoming JKAS Prelims

exam.

The seminars also featured interactive doubt-clearing sessions, allowing students to seek clarification on various aspects of exam preparation directly from the experts.

Moreover, SR College has announced the launch of a comprehensive test series tailored for the Jammu and Kashmir Administrative Services (JKAS) Prelims 2024 examination from 2nd of June.

Following the resounding success of its recent test series for the UPSC Prelims 2024 examinations, which concluded on May 19, the institute aims to provide aspirants with invaluable practice and insights to excel in the upcoming JKAS prelims.

Director Parveen Sharma expressed his enthusiasm for the success of both the seminars and the test series for JKAS 2024 reaffirming the college's commitment to providing quality guidance and support to aspirants aiming for success in competitive examinations.

Dist Level Inter-Zonal Tournament underway in Doda

■ STATE TIMES NEWS

DODA: The highly anticipated District Level Inter-Zonal Tournament, organized by the Department of Youth Services and Sports Doda, is in full swing at Sports Stadium Doda.

The event, held on the directions of the Director of YSS J&K, Subash Chander Chibber and under the guidance of Joint Director Jammu, Ved Parkash, is being supervised by District Youth Services and Sports Officer Sunil Kumar. The tournament attracted a remarkable turnout, showcasing the enthusiasm and competitive spirit of young athletes from across the district. On the second day of the tournament, the stadium buzzed with energy as students from ten different zones of District Doda participated in different sports.

As many as 360 girls competed energetically in events such as Kabaddi, Volleyball, Badminton, Table Tennis, Chess and Taekwondo. The massive participation underscores the importance of such events in fostering sports culture and encouraging



Chess and kabaddi matches in progress at Doda.

healthy competition among young athletes.

The tournament's schedule is packed with 23 different games, ensuring a wide range of opportunities for the participants to demonstrate their skills.

Zones including Assar, Bhalla, Bhaderwah, Doda, Ghat, Gundna, Bhalessa, Thathri, Bhatyas and Bhagwah are all vying for glory. On

the second day, the girls' U-17 volleyball final saw Bhaderwah triumph over Gundna with a score of 2-1, while Zone Doda shined in Kabaddi, adding to the excitement and competitive spirit of the event.

The district-level inter-zonal tournament serves as a significant platform for athletes to showcase their talent and compete against peers from different zones.

Puja Tomar becomes first Indian to win in UFC

■ AGENCY

KENTUCKY: India's Puja Tomar scripted history as she became the first mixed martial arts fighter from the country to win a bout at the Ultimate Fighting Championship (UFC) in UFC Louisville here.

Debutant Tomar eked out a 30-27, 27-30, 29-28 split-decision win over Brazil's Rayanne dos Santos in the straw-weight (52kg) bout on Saturday.

"This win is not my win. This win is for all Indian fans and all Indian fighters. before everyone thought that Indian fighters did not stand anywhere. I only thought I have to win and show the world that Indian fighters are not losers," Tomar told Sony Sport Network after her win.

The 30-year-old, known as "cyclone", signed a contract with the UFC last year in October to become the first woman from India to compete in the biggest Mixed Martial



Arts promotion.

Anshul Jubli and Bharat Kandare have represented India on the world stage in the UFC, as has Canada-based Arjan Singh Bhullar.

"I feel great, I had come from home thinking that I will win. I have worked really hard that's why I am here and the crowd is cheering me. I was very strong and motivated so that's why I won."

Born in Budhana village of Uttar Pradesh's

Muzaffarnagar, Tomar is a five-time national wushu champion and also has a background in karate and taekwondo.

"I was confident of winning, I attacked a lot. But I wasn't able to give my 100 percent. I felt pressured in the second round. I need to improve on a lot of skills like take downs.

"My MMA journey was not easy, this win is for my mother, she has fought with the world for me. So this

win is for her."

She has competed in other tournaments including Matrix Fight Night, where she won the straw-weight title twice.

MMA is a full-contact combat sport based on striking, grappling and ground fighting, incorporating techniques from various combat sports from around the world

Ultimate Fighting Championship is an American mixed martial arts promotion company.