

2nd Annual Dangal Competition held at village Chak Chimna

STATE TIMES NEWS
BISHNAH: The much-anticipated annual sporting extravaganza, Dangal 2024, was organized in village Chak Chimna, Block Bishnah, which kept the audiences spell bound once again with enthusiasm and competitive spirit. Organized by Dangal Committee, Chak Chimna the event exhibited a testament to resilience, unity, and the enduring spirit of sportsmanship.



Director Panchayat & RDD, J&K, Shyam Lal Gandhi posing with wrestlers and other officials.

Dangal 2024 was organized, bringing together athletes from diverse backgrounds and disciplines to showcase their prowess and dedication. The event was celebrated with athletic excellence and promoted mutual respect among the participants. Wrestlers of the Union Territory, including wrestlers

from the adjoining states also, participated in the Dangal. Neeraj of Delhi won the title of 2nd Annual Dangal Competition by trouncing Dilar Khan of Jammu in a keen contest witnessed by thousands of spectators of the area.

Director Panchayat & RDD, J&K, Shyam Lal Gandhi was the Chief Guest on the occasion while Ex-Legislator, Ashwani Sharma graced the occasion as Guest of honor.

While addressing the participants and the gathering on the event, Shyam Lal appreciated the efforts of also

Dangal Committee, Chak Chimna for organizing such an event, which undoubtedly help local the youth to chisel their skill level and provide them an ample platform to show case their fitness and capability.

He also advised the youth of the area to stay away from the menace of drugs and participate in the development of the nation by using their energy in positive way and also abstain from anti-social activities. Cash prizes were distributed among the winning wrestlers on the occasion by the chief guest. He also wished them all the best in their future endeavours as well.

The Dangal Committee also honoured Vinod Kumar Jangral for his outstanding contribution towards organizing such an event and also

highlighted his efforts to educate the youth of the area to stay away from the ill menace of drugs and live a healthy life.

Those who were present on the occasion included Sarpanch Vijay Singh Bogal, Panchs Janak Raj and Baldev Raj, Bishan Jangral, Mast Ram, Devi Singh Bogal, Deepak Bogal Namberder, Hans Raj Chowkider, Balwan Lal, Sham Mehra, Tarsem Singh Bogal, Capt. Manohar Lal, Darshan Kumar, Rakesh Kumar, Sham Lal, Alam Husain, Shyam Parkash (Mistry), Dalip Kumar, Retd Insp Yashpal, Surinder Verma, Balwinder Kumar, Shamsher Yogi, Bal Krishan, Tilak Raj Yogi, Kapil Dev, Ghara Ram, Tarsam Lal, Harban Lal Bittu, Madan Lal, Pyare Lal and Goutam.

Lt Gen Katiyar visits APS Damana



Lt Gen MK Katiyar, GOC-in-C Western Command during visit to APS Damana.

STATE TIMES NEWS
JAMMU: Lt Gen MK Katiyar, GOC-in-C Western Command alongwith Lt Gen S P Singh, GOC 9 Corps and Maj Gen Gaurav Gautam, GOC Tiger Division visited Army Public School (APS) Damana on Thursday.

Tinkering Lab, English Language Lab, Sports Room, NDA Room, Art Room, Music Room and other specific areas.

He was also apprised with the newly installed Interactive Smart Boards and Hybrid Classrooms. The concerned teachers briefed them about the specifications of the Smart Classes and Interactive Panels. The foremost idea of the visit was to ensure the proper functioning as well as security of the school.

satisfaction over the recent achievements of the school in Academics as well as in Co-curricular Activities.

He applauded the robust infrastructure of the school besides appreciating artistic manifestation of the students, their craft work, resplendent array of projects and models. Further, he insisted upon providing good education to the students in the healthy environment. He wished that the school should continue to strive for excellence and persistent growth.

JKSC Football Academy trainee Maroof selected for FIFA-AIFF Academy Trials

STATE TIMES NEWS
SRINAGAR: The J&K Sports Council Football Academy trainee Maroof Shafi has been selected for the FIFA-AIFF Academy selection trials based on his outstanding performance.

This was informed through a communication by the All India Football Federation to various State/UTs.

Meanwhile, it was also informed that the trials for the FIFA-AIFF Academy will take place in Odisha Football Academy, 7th Battalion, Gajapati Nagar, Bhubaneswar, Odisha 751013, from 22nd, June to 25th June, 2024. Selected players are directed to report on June 21st, 2024 at the venue, the letter reads.

Nuzhat Gul, Secretary JKSC, congratulated Maroof, who hails from Budgam District, on his selection for the FIFA-AIFF Academy Trials in Bhubaneswar, Odisha. This is a testament to his talent, hard work, and dedication to the game of football, she added.

After graduating from SCFA, Maroof has been associated with various other teams as well.

In keeping with the JKSC's objective, we aim more and more of our local footballers



Nuzhat Gul, Secretary JKSC congratulating trainee Maroof Shafi.

in the National Teams as well as in the top football clubs of the world, said Nuzhat.

It is worth mentioning that over the years JKSC Football Academy has produced around 13 players for Indian National Teams and Professional Clubs of the country.

Ayush Deptt, NCC come together for educating cadets on healthy living

STATE TIMES NEWS
NAGROTA: A comprehensive and insightful session focusing on the 'Importance of Nutrition and Balanced Diet' was conducted by Dr. Himani Bhutyal, Medical Officer and Ishan Malhotra, Master Yoga Trainer from the Ayush Department, Jammu District, at the CATC-J1 camp for NCC Cadets.

The session aimed to educate and empower growing cadets on essential health practices, ensuring their holistic development.

Dr. Himani Bhutyal captivated the cadets with her deep knowledge and engaging delivery, emphasizing the critical role of proper nutrition in the growth and development of teenagers.

She detailed how various deficiencies could hamper their physical and mental



Doctors from Ayush Department and NCC members at a programme.

growth and provided practical tips on maintaining a balanced diet rich in essential nutrients.

The cadets listened intently, eager to absorb the valuable information that would help them overcome common health issues and enhance their overall well-being.

Complementing Dr. Bhutyal's session, Ishan Mansotra, a skilled Yoga

Instructor, demonstrated various yoga asanas essential for maintaining overall health.

On the eve of Yoga Day 2024, he highlighted the theme of the event, emphasizing the physical and mental benefits of regular yoga practice. His demonstration showcased how yoga can be a powerful tool for enhancing flexibility, strength, and mental clarity.

The cadets enthusiastically participated, trying out the Asanas under his expert guidance and experiencing firsthand the rejuvenating effects of yoga.

Breaking societal taboos, Dr. Bhutyal addressed the often-overlooked topic of menstrual hygiene for the girl cadets. She highlighted the significance of maintaining proper hygiene during menstruation and debunked myths surrounding it.

In a first of its kind initiative in addition to the presentation on health a concerted drive was carried out by the representatives of Primary Health Centre Damsal to check the Hb levels of all the girl cadets in the camp. The session concluded with the distribution of essential health supplements, free of cost by Vijay Kumar Bhat, a dedicated pharmacist from the Ayush Department.

VC JU, students participate in virtual conference on 'Sashakt Yuva Smridhh Jammu Kashmir'



VC JU, Prof Umesh Rai along with scholars and students listening to PM Narendra Modi virtually.

STATE TIMES NEWS
JAMMU: Vice Chancellor, University of Jammu Prof Umesh Rai, along with scholars, and students, participated in the "Sashakt Yuva Smridhh Jammu Kashmir" virtual conference, and listened with rapt attention the address of Prime Minister of India, Mr

Narendra Modi to youth of the Universities and Colleges of Jammu and Kashmir.

During his address, the Prime Minister detailed various developmental initiatives undertaken by the Government in Jammu and Kashmir over the past few years.

The scholars and students of the University of Jammu participated enthusiastically in the live streaming, listening to the Prime Minister with great eagerness. The address was live-streamed from SKICC Srinagar.

Describing the Prime Minister's engagement with the youth as inspiring, the

Vice Chancellor said that the young students and scholars got an opportunity to hear the vision of Mr Narendra Modi about transforming Jammu and Kashmir with focus on development and channelizing the energies of the young people towards productive pursuits.

Prof Rai exuded confidence that such opportunities will foster a sense of national integration and encourage a healthy discourse on challenges facing the nation and opportunities for the youth to play their useful role in nation-building.

The Vice Chancellor expressed the hope that such events will prove beneficial for the youth, providing them a platform for meaningful discussions on various issues.

Among others present on the occasion included Registrar, Deans, Directors, Rectors, Heads of teaching departments, faculty members, officers, staff, scholars and students.

Poonch girl attains level-2 in Hockey

STATE TIMES NEWS
JAMMU: Senior hockey player of district Poonch, Urvashi Sharma has qualified level-II in coaching from Netaji Subash National Institute of Sports (NIS) Patiala.



Urvashi, daughter of Dev Dutt Sharma and Sarla Sharma, represented J&K at the National level for record seven times. She (Urvashi) first qualified the level-I so as to become eligible for next level. She has already completed her six-week certificate course in Hockey from SAI Centre Bangalore in 2022.

Another young Jammu fencer becomes KIA

STATE TIMES NEWS
JAMMU: Another young fencer from J&K, Antalya Jamwal selected for induction as Khelo India Athlete (KIA) by Sports Authority of India (SAI), following her achievements at the National level.



Young and upcoming Sabre fencer, Antalya has been selected under Khelo India scheme based on her outstanding performances by winning individual Silver and bronze medals in Sub-Juniors (U-14) events held during the calendar year.

The Talent Identification and Development Committee (TIDC) of SAI and Fencing Association of India (FAI) shortlisted her (Antalya). Now, this young fencer shall have access to all the facilities and services under Khelo India scheme.

Daughter of former India fencer, Colonel Vikram Singh Jamwal, Antalya has emerged as a talented fencer in the recent past. Meanwhile, senior fencing functionary of J&K, Rashid Ahmed Choudhary extended best wishes to Antalya Jamwal for her future endeavours.

Sudhmahadev Chhari Yatra to take on June 22

STATE TIMES NEWS
JAMMU: The Sudhmahadev Chhari Yatra Samiti has announced the 6th Chhari Yatra from Jammu to Sudhmahadev, set to take place on June 22nd, a Saturday.



Sudhmahadev Chhari Yatra Samiti talking to reporters.

The announcement was made during a press conference at the ancient Panjabkhtar Temple (Rupaye Wale Mandir) in Jammu.

Key Samiti members present included Narinder Sharma, Ram Magotra, Rajesh Behal, Ritu Chowdhary, Raj Kumar Sodhi, Radhika Gupta, and Pandit Sahil Sharma.

The Samiti highlighted the religious significance of

Sudhmahadev, which is referenced in texts like the Padam Puran and Shiv Puran. Mantalai, a significant location on the Yatra route, is believed to be where Lord Shiva married Mata Parvati.

The temple at Sudhmahadev still houses the Trishul of Lord Shiva, which he used to kill the demon Sudanshu.

The Yatra will commence after the Chhari Pujan on June 21st at 11:00 PM at the Panjabkhtar Temple. The Chhari Yatra will start from the Panjabkhtar Temple on June 22nd at 6:30 AM, led by Sant 1008 Swami Damodar

Dass Ji Maharaj from Vrindavan. The route includes stops at several temples for puja and ceremonies, such as the Shiv Temple at Dhok Waziran in Nagrota, the Devika Temples in Udhampur, the Shiv Cave in Chenani, the Mukteshwar Temple, and the Gourikund Temple, finally reaching the Shul Paneshwar Temple in Sudhmahadev.

The Samiti has invited all Jammuites and Shiv Bhakts to participate in the Chhari Yatra and requested them to register individually or in groups at the Panjabkhtar Temple between 6:00 to 8:00 PM daily before the Yatra.

626th Kabir Jayanti to celebrate on June 22

STATE TIMES NEWS
JAMMU: The 626th Kabir Jayanti will be celebrated collectively by the All J&K Sadguru Kabir Sabha, Bhagat Mahasabha (JK Unit), and J&K Megh Sabha at the premises of JK Megh Sabha, Old Rehari, Jammu, on June 22nd (Saturday). The event will feature a sat-sang delivered by Mahant Ajay Dass Ji from Gaddi Tata Nagar, Jharkhand, from 11:30 AM to 1:00 PM, followed by a Shradanjali at 1:30 PM and Guru Ka Langar from 2:00 PM onwards. Presidents FC Bhagat, Narinder Datt, and Mohinder



All J&K Sadguru Kabir Sabha members addressing a press conference.

Bhagat have appealed to the public to participate with great zeal, highlighting the

celebration as an opportunity to unite in devotion to Sadguru Kabir Sahib.

J&K to play big role in India's journey to becoming sports, tourism powerhouse: PM Modi

STATE TIMES NEWS
SRINAGAR: Prime Minister Narendra Modi on Thursday said India is on path to becoming a major power in sports and tourism and Jammu and Kashmir is going to play an important role in it. "India is progressing towards becoming a major power in tourism and sports. In both these sectors, Jammu and Kashmir has abundant talent," Modi said addressing an event at SKICC here. The Prime Minister said Jammu and Kashmir has great sports infrastructure in every district.

"Around 100 Khelo India Centres are being established in Jammu and Kashmir while 4,500 athletes are being trained for national and international events. Jammu and Kashmir has become the winter sports capital of India.

"Recently, more than 800 players from across the country participated in the 4th Khelo India Winter Games. This will open the possibility of holding international sporting events here," he said.

Modi said Jammu and Kashmir has unique talent in sports. "I can see them making India proud."

Preparedness for Female Supervisor recruitment exam reviewed

STATE TIMES NEWS
JAMMU: Additional District Magistrate Ansuya Jamwal on Thursday chaired a meeting to review the preparedness for the upcoming Social Welfare Department Female Supervisor recruitment exam.



ADM Ansuya Jamwal chairing a meeting on Thursday.

The exam, scheduled for June 23, will be conducted across 55 examination centres with over 24 thousand candidates registered to participate.

During the meeting, the

ADM emphasised the impor-

tance of adhering to Standard Operating Procedures regarding student entry, magistrate duties and the role of invigilators. She highlighted the need for special arrangements to mitigate the effects of the scorching heat, ensuring the comfort and well-being of all candidates.

The ADM issued strict directions to guarantee the impartial and fair conduct of the exam.

Specific directions were issued for the proper frisking of female candidates, which must be conducted strictly by female staff only. The ADM also stressed the importance of timely opening of examination centres to facilitate smooth entry for the candidates. Additionally, she called for the proper display of room-wise seating plans and roll numbers to ensure candidates can easily locate their assigned seats.