

Department of AYUSH Kishtwar hosts District Yoga Championship 2025

■ STATE TIMES NEWS

KISHTWAR: In the spirit of promoting holistic health and well-being ahead of International Yoga Day 2025, the Department of AYUSH, Kishtwar, under the guidance of Deputy Commissioner Rajesh Kumar Shavan, successfully organized the District-Level Yoga Championship 2025.

The event was held at the Government Degree College (GDC) Auditorium, Kishtwar, in collaboration with the District Administration, Education Department, J&K Sports Council, and the Department of Youth Services & Sports (YS&S).

The championship witnessed vibrant participation from students across the district, and was graced by ACR Kishtwar, Idrees Lone, who served as the Chief Guest.

In his address, ACR Lone highlighted the transformative power of yoga in maintaining physical, mental, and emotional balance, especially for the youth. He commended the discipline and energy displayed by the participants and congratulated schools, instructors, and organizing teams for their efforts in making the event a grand success.

ACR Lone further encouraged students to integrate yoga into their daily



ACR Kishtwar, Idrees Lone being felicitated and participants performing yoga.

routines and act as ambassadors of its message of harmony, wellness, and inner peace. He emphasized that yoga not only builds a healthier lifestyle but also strengthens focus, patience, and inner resilience.

The championship featured competitions in Male and Female categories under the Under-14 and Under-19 age groups. Schools such as GGHSS Kishtwar, Kidzee Kishtwar, and BVM HSS Kishtwar actively participated

in the event.

Winners of the District-Level Yoga Championship 2025:

Under-14 (Female): Ananya Bhagat, 1st, Tavishi Anand, 2nd and Sonam Devi, 3rd. Under-19: Sanjevini Kotwal, 1st, Mahi Devi, 2nd and Sneha Rani, 3rd.

Under-14 (Male): Ritesh Sen, 1st, Vishal Kumar, 2nd and Ayush Kotwal & Vinket Kumar, joint 3rd. Under-19: Akash Kumar, 1st, Ridhan Singh, 2nd and Karamjeet Singh, 3rd.

The event was held under the direct supervision of Dr. Vikram Singh Jamwal, District Nodal Officer, AYUSH Kishtwar, whose coordination ensured smooth execution and active involvement from all stakeholders.

Also present were DYSSO Kishtwar Jaffer Haider Sheikh, MO AYUSH Dr. Atul Mahajan, along with other senior doctors, teachers, and staff members from the AYUSH Department and associated institutions.

This championship not only celebrated the spirit of yoga and healthy living among the youth but also provided a significant platform for identifying and nurturing young talent ahead of the upcoming International Yoga Day 2025.

Pankaj, Palbinder selected for International Level-3 Kho-Kho Technical Official Course

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JAMMU: In a proud moment for Jammu and Kashmir's sports community, Pankaj Malhotra and Palbinder Singh have been selected to participate in the prestigious International Level-3 Kho-Kho Technical Official Course scheduled to be held at SGT University, Gurgaon from June 12 to June 15, 2025.

The course is aimed at enhancing the skills, technical knowledge, and application of updated rules for the advancement of Kho-Kho at the global level.

Pankaj Malhotra, a seasoned Kho-Kho professional, has already made significant contributions to the sport both as an international player and a technical expert. Earlier this year, in January 2025, he served as a Technical Expert during the 1st Kho-Kho World Cup held in New Delhi.

He also played a vital role in the technical operations of the Ultimate Kho-Kho League during both Season



1 and 2. Recognizing his dedication and achievements, Pankaj Malhotra was honored with the Prof. Chaman Lal Gupta Khel Ratna Award in 2024, which was presented by the Lieutenant Governor of Jammu & Kashmir, Shri Manoj Sinha.

Palbinder Singh, also a well-known name in the Kho-Kho circuit, had previously attended the India Camp in 2017 and has served as a National Technical Official. His inclusion in the Level-3 course is expected to further enhance his capabilities

and enable him to contribute significantly to the development of Kho-Kho in the region.

Both participants bring a wealth of experience and passion to the sport, and their participation in this course is expected to play a crucial role in upgrading the standards of Kho-Kho in Jammu and Kashmir. The training will empower them with the latest international-level skills and technical updates, ultimately benefiting the future of Kho-Kho and inspiring young athletes across the Union Territory.

IGNOU June 2025 Term-End Exams begin smoothly across Jammu Region

■ STATE TIMES NEWS

JAMMU: The Indira Gandhi National Open University (IGNOU) has commenced its June 2025 Term-End Examinations across the Jammu region with smooth and orderly conduct. Thousands of enthusiastic IGNOU students were seen rushing to their respective Examination Centres, reflecting their dedication and commitment toward academic excellence.

The examinations, which began today and will continue until 19th July 2025, are being held in two sessions daily - from 10:00 AM to 1:00 PM and 2:00 PM to 5:00 PM - excluding Sundays and government gazetted holidays.

The Regional Centre Jammu has established 32 Examination Centres to cater to around 35,000 students, who are appearing in approximately 1,74,000 sittings. Notably, four special



Dr. Sandeep Gupta RD IGNOU Jammu along with Dr. Asha Upadhyay-ARD at Exam Centre in KC College of Education Jammu.

Examination Centres have been set up inside the Central Jail Kot Bhalwal, District Jails at Ambphalla, Udhampur, and Kathua, exclusively for jail inmates. Additionally, a unique centre has been created at Northern Command Udhampur for Army personnel.

To ensure fair and transparent conduct, surprise

inspections by Flying Squad teams have been actively carried out. Dr. Sandeep Gupta, Regional Director, along with Assistant Regional Director Dr. Asha Upadhyay, visited several centres including Govt. MAM College, GGM Science College, KC College of Education, and Central Sanskrit University. Similarly, Assistant Regional

Directors Dr. Vikram Singh and Dr. Zeba monitored Govt. Degree College Paloura Mishriwala and Govt. College for Women Parade.

Dr. Sandeep Gupta reported that examinations are progressing smoothly and in a disciplined manner. He expressed appreciation for the efforts of superintendents, invigilators, and staff members, whose coordination and diligence have been crucial to the success of the examination process.

He also acknowledged the valuable support from the local administration, higher education department, postal services, and police authorities in ensuring peaceful and efficient conduct of exams across the region.

The dedication of students and the organized execution by authorities have together set a positive tone for the IGNOU June 2025 examination season in the Jammu region.

MLA declares open Inter-Zonal District Level Sports Tournament

■ STATE TIMES NEWS

RAMBAN: The Department of Youth Services and Sports Ramban, on Thursday inaugurated the Inter-Zonal District Level Sports Tournament for Under-14 and Under-17 boys and girls in the disciplines of Kabaddi, Kho-Kho and Volleyball here at District Police Lines (DPL) Ground.

The tournament was declared open by Member Legislative Assembly Ramban Advocate Arjun Singh Raju as the Chief Guest. The event is being held under the direction of the Director General, YSS J&K and the guidance of District Youth Services and Sports Officer (DYSSO) Jagdesh Raj Sharma.

The opening ceremony witnessed an enthusiastic participation of over 335 student athletes from all six zones of the district, accompanied by their respective Zonal Physical Education Officers, Physical Education Teachers, Rehbar-e-Khel instructors



MLA Ramban Advocate Arjun Singh Raju and others inaugurating tournament.

and field staff. The ground buzzed with energy as young athletes showcased their passion for sports in an environment filled with discipline, sportsmanship and zeal. An anti drug pledge was also administered to the participants.

Addressing the gathering, the MLA lauded the Youth Services and Sports Department for providing a platform to youth to showcase their talent and energy through sports. He emphasized that such events are cru-

cial for identifying grassroots-level talent and fostering a spirit of unity and teamwork among youth. He also advised the youth to remain focused on their goals and to stay away from negative influences, urging them to take full advantage of such opportunities for personal development.

The DYSSO highlighted the transformative power of sports in shaping character and promoting a healthy lifestyle. He urged the youth to embrace sports as a positive alternative to harmful

habits particularly substance abuse and as a means to develop self-confidence, leadership, and resilience.

Prominent among those present were ZEPO Banihal Saidullah Mir; ZEPO Khari, Fayaz Ahmed Mir; ZEPO Batote, Joginder Paul Gupta; ZEPO Ukhral, Mohd Haroon Bhat, and Activity Incharge, Arun Kumar Sharma, who expressed their appreciation for the smooth conduct of the tournament and the commendable performance of the participants.

Forest Deptt organises MPL Cricket Tournament

■ STATE TIMES NEWS

RAMBAN: Forest Department Ramban in collaboration with Army and youths of Mahu organizing Mahu Premier League (MPL) Cricket Tournament 2025, which commences here on Thursday in Trajibalan Mahu area of Banihal in District Ramban.

MLA Banihal Sajjad Shaheen was the chief guest, who inaugurated the first season of Mahu Premier League Cricket tournament at Trajibalan Mahu Banihal in presence of Rasik Waheed, Range Officer Forest Range Banihal, Army officers and others.

The event is being organised with "One Six, One Tree" tag line to promote greener and healthy environment to tackle with increasing temperature and global



MLA Banihal Sajjad Shaheen with others and participants at the inaugural ceremony.

warming. A total 40 teams from different parts of Sub Division Banihal are participating in the event to spread the message of Green India and to

promote the tourism prospects of the area.

Rasik Waheed informed that the event is aimed at to increase awareness about importance of forests in pro-

tecting our environment. The initiative was taken to club sports with environmental issues to aware people about bad impact of deforestation on earth and ill

effects of drugs on human body.

"This event represents a unique opportunity to drive positive change in our community. By supporting the development of our young people, encouraging healthy habits, and protecting our natural heritage, we're building a stronger, more sustainable future for everyone," he added, saying that during the tournament, we will plant a tree for each six hit by batsman.

While assuring full support in development of the area, MLA Banihal said that the Mahu area is most beautiful and I am very impressed by the beauty of this place. "We will initiate the process of road connectivity and other infrastructure to this area on priority basis," he added.

Students take anti-drug pledge at inter-school zonal level U14 Girls Sports meet

■ STATE TIMES NEWS

ANANTNAG: In a concerted move to promote healthy living and raise awareness against substance abuse, an anti-drug pledge was administered to all participants at the opening of the inter-school zonal level Under-14 Girls Volleyball, Kabaddi, and Kho-Kho competitions organized by the Zonal Physical Education Office (ZPEO) Achabal.

The event witnessed enthusiastic participation from various schools across the zone, bringing together young athletes who are not only showcasing their sporting talents but also standing united against the menace of drugs.

The program began with



the national anthem followed by the solemn anti-drug pledge, reaffirming the commitment of students and officials alike to stay away from drugs and lead a life devoted to fitness, discipline, and sportsmanship. ZPEO officials highlighted the importance of sports in building a drug-free and positive youth culture.

The competitions are scheduled to continue over the next few days, featuring spirited contests among talented young girls in volleyball, kabaddi and kho-kho.

This initiative aligns with broader efforts to integrate anti-drug education within the school sports framework and ensure a healthier future for the youth.

Kuldeep Handoo appointed as member of Anti-Doping Disciplinary Panel of NADA

■ STATE TIMES NEWS

JAMMU: Adding another feather to his colourful cap, Dronacharya Awrdee and Chief Wushu Coach of India, Kuldeep Handoo has been appointed as the member of Anti-Doping Disciplinary Panel (ADDP) of National Anti-Doping Agency (NADA) for a period of two years.

Serving as DySP in J&K Police, Handoo has represented India at the International scene both as player and coach over the years. He is the only Coach from J&K to get prestigious Dronacharya Award in sports from the Government of India. Now, adding another accolade to his glittering career, Handoo has been appointed as the member of member anti-doping panel in NADA.

"The approval of the Competent Authority is here-



by conveyed for appointment of Kuldeep Handoo as a Sports Member of the Anti-Doping Disciplinary Panel (ADDP) under the Anti - Doping Rules, 2021, with effect from May 29, 2025 for a period of two years or till the commencement of the National Anti-Doping Act 2022, whichever is earlier," order from the NADA reads.

"The Anti-Doping Disciplinary Panel has the

power to hear and determine all issues arising from any matter which is referred to it pursuant to the National Anti-Doping Rules, 2021. In particular, the Anti-Doping Disciplinary Panel has the power to determine the Consequences of the Anti-Doping Rule violation to be imposed pursuant to these Anti-Doping Rules," the order reads.

"Kuldeep Handoo shall be entitled to an honorarium of Rs. 5,000/- per day for each sitting of the Panel. The member shall be eligible for local conveyance allowance in accordance with the extant rules of the Government of India. Outstation members will be entitled to traveling allowance as admissible under Government of India rules, as amended from time to time. The sitting of the

Panel would be in office of the National Anti-Doping Agency, New Delhi at the address mentioned above," it said.

Apart from being Dronacharya Awrdee, Handoo has the distinction of being State Awardee, Sher-e-Kashmir Awardee and Prof Chaman Lal Gupta Khel Rattan Awardee.

Handoo has the honour of leading the Indian teams as Chief Coach in the Asian and World Championships, bringing laurels to the country and the UT of Jammu and Kashmir as well.

With Kuldeep Handoo as Chief Wushu Coach of the Country, India has won one Silver medal in Asian Championship and 5 medals with one Silver and 4 Bronze in World Championship in the recent past.

■ STATE TIMES NEWS

JAMMU: To strengthen its lifelong relationship with its extended community, the University of Jammu (JU) has opened its Annual Summer Training Camp for children to the wards of both University Alumni and employees.

Organized by the Department of Students Welfare (DSW), the summer programme, known for its vibrant creative offerings, is now more inclusive than ever.

Under the visionary leadership of Prof. Umesh Rai, Vice Chancellor, the University has consistently rolled out programmes aimed at building strong connections with all its stakeholders - be it current staff or former students.

Speaking about the initiative, Prof. Prakash C. Antahal, Dean Students Welfare, said,



"By welcoming the wards of alumni along with those of University employees, the camp becomes a vibrant confluence of legacy and learning. Children will benefit from expert training in Theatre, Dance, and Fine Arts, while also learning to collaborate and grow together."

Prof. Monika Chadha, Chairperson, Campus Cultural Committee, shared her excitement about the

move. "It's a full-circle moment for many alumni who once roamed these corridors as students and now return with their children. This initiative rekindles nostalgic ties while opening new avenues of creative expression for the next generation."

Highly popular among children, the camp offers a joyful mix of creativity and structured learning, making it one

of the most awaited summer engagements.

The events of the Department of Students Welfare are planned and executed by the team consisting of Prof. Prakash Antahal (Dean Students Welfare), Prof. Monika Chadha (Chairperson, CCC) Prof. Sarika Manhas (Co-Chairperson, CCC) Dr. Pritam Singh (Associate Dean SW), Dr. Shallu Sharma & Dr. A.R. Manhas (Deputy Chief Proctors), Dr. Harleen Kaur and Dr. Ripudaman Parihar (Assistant Deans, SW), members of Campus Cultural Committee & Students Cultural Representatives, Mansi Mantoo (Officer Incharge SW), Sumeet Sharma (Drama Instructor) and Ifra Kak (Cultural Officer). The camp is being coordinated by Sumeet Sharma, Drama Instructor.