

# Cycle Race ‘Pedal Through Paradise’ on July 20

## ADGP Armed J&K chairs preparatory meeting to review arrangements

### ■ STATE TIMES NEWS

SRINAGAR: Anand Jain, Additional Director General of Police (Armed), J&K, on Saturday chaired a preparatory meeting at Armed Police Headquarters (APHQ), Srinagar, to review the arrangements for the upcoming 10th All India Police Judo Cluster 2025-26 and the Cycle Race "Pedal Through Paradise" 2025.

The 10th All India Police Judo Cluster, a prestigious national-level sporting event, is scheduled to be hosted by J&K Police in Srinagar.

The Cycle Race "Pedal Through Paradise" is slated for 20th July 2025 at the Police Golf Course, Lake View Boulevard Road, Srinagar. Both events are expected to witness enthusi-



ADGP Armed J&K, Anand Jain chairing a meeting.

astic participation.

It is anticipated that around 3,000 participants will compete in the Cycle Race, showcasing the enthusiasm amongst the youth towards sports and promoting physical endurance and

sportsmanship spirit.

During the meeting, Anand Jain conducted a comprehensive review of all necessary arrangements including logistics, accommodation, venue readiness, transportation, medical facilities, and

security protocols.

He directed the officers assigned with specific responsibilities to adhere strictly to timelines and ensure seamless execution of both events.

The ADGP emphasized that the primary aim of organizing such events is to foster a culture of sports within Jammu and Kashmir and provide a platform for aspiring athletes.

He further noted that such initiatives are instrumental in identifying, encouraging, and nurturing hidden sporting talent.

The upcoming Judo Cluster is expected to be a grand showcase of athletic excellence, team spirit, and camaraderie among police forces from across the coun-

try, reflecting the discipline and commitment of India's law enforcement community.

Among the officers present at the meeting were Junaid Mehmood, DIG IR Kashmir; Shahid Mehraj, DIG Armed Police Kashmir; Dalip Kumar, SSP, Staff Officer to ADGP Armed J&K; Shabir Nawab, SSP, CO JKAP 5th Battalion; Mohd Zaid, SSP, CO JKAP 13th Battalion; Hakim Munshi, SSP, CO IR 6th Battalion; Arif Amin Rishu, SSP, CO Border 2nd Battalion; and Munir Ahmad, SSP, APCR Kashmir, along with other senior officers.

Commandants posted outside Srinagar also participated in the meeting through video conferencing.

# Heena Kouser retires from all forms of cricket

### ■ STATE TIMES NEWS

JAMMU: Hailing from Belicharana, Doda Basti, Jammu, Kashmir Cricket Association's (JKCA's), medium fast bowler; Heena Kouser, has announced her retirement from all forms of cricket.

"I am Heena Kouser, daughter of Nisar Ahmed, resident of Belicharana, Doda Basti, Jammu. With utmost respect and gratitude, I write to formally announce my retirement from all forms of cricket, under the aegis of Jammu and Kashmir Cricket Association (JKCA) with immediate effect," reads the letter forwarded by Heena to Brig Anil Gupta, Member Administration JKCA.

The letter further reads "Cricket has been a central part of my life and representing JKCA has been both an honour and a privilege. After a fulfilling journey and thoughtful reflection, I believe it is the right time to stem away from active participation of the game".

As a medium fast bowler, who usually used to open the bowling, Heena has represented



JKCA Senior Women's team in four matches, playing 3 T20 and one One-Day; besides representing it in a good number of U-23 and U-19 One-Day and T20 matches.

Heena has the distinction of leading JKCA U-19 Women's One-Day team more than once, besides representing JKCA in prestigious U-19 Zonal Cricket Academy (ZCA) Camp.

Heena had the honour of taking 13 wickets in BCCI's U-23 Women's One-Day Trophy during 2019-20 season. She represented JKCA for a decade from 2012 to 2021-22.

It is pertinent to mention here that Heena used to generate good pace and bounce from any kind of track, besides having the art of wobbling the ball both ways.

"Though I am retiring from active cricket, I remain committed to the growth of spirit and would be happy to contribute in any way possible in future. I owe my success to JKCA, Coaches, Selectors, Mentors and teammates," Heena maintained.

## BBAJK honours South Asian Medalist Vimaljit



BBAJK members presenting memento to MP Jugal Kishore Sharma.

### ■ STATE TIMES NEWS

JAMMU: Body Building Association of Jammu and Kashmir honoured Vimaljit under the banner of Jammu and Kashmir Sports Council for winning gold medal in South Asian Body Building and Physique Sports Championship organized recently from 11th to 15th June at Thimbu Bhutan.

Vimaljit trained by coach and trainer Rajesh Dutta BBAJK.

On the occasion MP Jugal Kishore Sharma was also present and congratulated

Vimaljit for his achievement and wished him all the best for setting similar record in future.

Jugal emphasized the importance of sports as a means to foster a healthy lifestyle.

He remarked, "Addiction to sports is far better than addiction to drugs", stressing the role of sports is not only improving physical health but also nurturing discipline and focus among the youth.

He also said that youths are backbone of our nation and appeal them to take part in such activities to be a part

nation's growth.

Rajesh Dutta presented certificate and gold medal to Vimaljit. Rajesh Dutta said along the youth, people of growing age also need to pay attention to fitness be it through yoga or physical exercise. Rajesh 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. Arun Sharma, President BBAJK applauded Body Builders of J&K for the prominence of body building sports in the UT J&K and bringing laurels for the country at the highest level of podium.

He appealed youth to join sports and educate the youth of the country to the nation Nasha Mukht.

Other present on the ceremony were Vinay Sharma Vice President BBAJK, Nand Kishore, Rahul Bakshi, Sachin Singh Jamwal and Sanjay Bali.

## Set targets to achieve goal of grooming potential sportspersons: DG Sports to trainees

### Inaugurates Refresher Course in Weightlifting, Handball, Judo, Yoga

### ■ STATE TIMES NEWS

JAMMU: The Refresher/Orientation Course for the officials in the disciplines of Weightlifting, Handball, Judo and Yoga, being organised by the Department of Youth Services and Sports (DYSS) got underway at Sports Training Centre/Base Camp, Nagrota, here on Saturday.

The 12-day long Course in which around 108 officials (PETS and PEMs, PELs) including Resource Persons, drawn from various districts of the Union Territory are taking part, was formally inaugurated by the Director General Youth Services and Sports, Anuradha Gupta, who was accompanied by Joint Director Youth Services and Sports, Vinakshi Koul; Deputy



DG YSS, Anuradha Gupta and others dignitaries at a programme.

Director Youth Services and Sports (Central), Jitender Mishra; Accounts Officer Directorate, Sunil Kumar Sharma; District Youth Services and Sports Officer Jammu, Sukhdev Raj Sharma and the officials from the Activity Section of the Directorate.

The Department has

named 16 expert officials as the Resource Persons in the Course and has nominated Altaf Hussain, Departmental Vigilance Officer and Warden Youth Hostel Nagrota as Incharge of the Camp.

While addressing the officials, Anuradha Gupta advised the trainees to set

targets in achieving perfection, thus achieving goals, adding refresher training is important because it reinforces learning, prevents knowledge decay, and ensures employees maintain current skills and information.

"It helps employees adapt to changes, improves perform-

ance, and reduces the risk of errors. Refresher training also boosts morale and motivation by demonstrating an organization's commitment to employee development," she asserted.

Lauding the field staff for showing a lot of interest in such courses, Anuradha said that the Department is committed towards holistic development of youth.

She urged the field staff of the Department to encourage students to participate in games of their choice, highlighting the crucial role of physical activity in today's digital age.

Earlier, Joint Director YSS spoke on the occasion and threw light on importance of such courses, while Deputy Director YSS Central, Jitender Mishra presented welcome address.

## NCC Girls from KMAS Sunderbani attend NCC Camp at Nagrota Jammu



NCC girls from KMAS Sunderbani posing with other cadets and officials at Nagrota Jammu.

### ■ STATE TIMES NEWS

SUNDERBANI: In a series of new initiatives aimed at the all-round development of students, twelve girls from Kalidhar Memorial Army School (KMAS), Sunderbani participated for the first time in the NCC Camp held at the NCC Academy, Nagrota (Jammu) from 19th to 28th June 2025.

NCC for girls was introduced at KMAS in the academic session 2024-25, and the school is already in the process of introducing NCC

for boys in the near future.

Hailing from remote villages including Sunderbani, Rajouri, and Naushera, these young cadets courageously stepped into a world of discipline, leadership, and adventure. The camp was a unique and enriching experience, featuring trekking activities, hands-on sessions with various equipment, live demonstrations during lectures, and the much-anticipated campfire evening, which fostered joy and camaraderie among all participants.

The event offered the perfect blend of learning and enjoyment, helping the girls develop confidence, physical endurance, and a strong sense of teamwork. It also gave them firsthand exposure to the values of unity, discipline, and national service that the NCC instills.

A proud moment for KMAS came when Abhijot Kour, one of the participating cadets, brought laurels to the school by winning the title of Best Girl Cadet in Shooting during the camp. Her

achievement stands as a shining example of the talent and determination of the girls from KMAS.

This maiden participation marks a significant milestone in the school's journey and is expected to inspire many more young girls from the region to step forward and embrace such transformative opportunities. Preparations are already underway for the next batch of ten girls who will soon be heading to the upcoming NCC camp in the weeks ahead.

## CM Omar Abdullah pledges to enhance playing experience for golfers in J&K

### Honours winners of Golf Tournament, Hosts FICCI delegation

### ■ STATE TIMES NEWS

SRINAGAR: Chief Minister Omar Abdullah on Saturday evening reiterated his government's commitment to making Jammu and Kashmir one of the premier golf destinations in the country.

The Chief Minister made these remarks during a prize distribution ceremony held here at Srinagar, where winners and runners-up of the day's golf tournament were felicitated. Earlier in the morning, the Chief Minister joined golfers to tee off the tournament at the Royal Springs Golf Course, which saw participation from eminent golfers from across the country, including former Chief Minister Dr Farooq Abdullah.

Welcoming the golfers to Kashmir, the Chief Minister said their presence was highly encouraging. He also expressed his gratitude to Federation of Indian Chambers of Commerce & Industry (FICCI) for organ-



Chief Minister Omar Abdullah speaking at prize distribution ceremony in Srinagar on Saturday.

izing the Golf Tournament and tourism stakeholders' interaction in Kashmir.

"It is very reassuring for us to see you all here. There is no doubt that your presence goes a long way in reinforcing what we are trying to do - which is essentially to bring tourism back on track after it had derailed," he said.

Reflecting on recent challenges, the Chief Minister acknowledged the apprehensions tourists may have felt following the Baisaran

tragedy.

"I understand why people would be afraid to visit. I understand the impact of the visuals from Pahalgam on the psyche of those who would otherwise not think twice about coming here," he said. "That is why your presence here carries immense significance - the message you take back with you amplifies what we are trying to achieve, in ways perhaps we cannot."

Highlighting the power of the word-of-mouth communi-

cation, the Chief Minister noted that the impressions shared by visitors hold greater weight than official statements.

"If I speak about Jammu and Kashmir as a tourism destination, my words will naturally be seen through the lens of a local. But when you return home and share your experiences here, the impact is far greater," he said.

"I am not being frivolous when I say this - we truly hope each one of you goes back as ambassadors of Jammu and Kashmir, conveying that although the region has faced a difficult few months, there is light at the end of the tunnel, and better days lie ahead."

On the development of golf infrastructure, the Chief Minister assured the gathering that all necessary efforts will be made to provide world-class golfing facilities in both Jammu and Kashmir Valley.

Referring to the recent tournament held in Gulmarg,

he shared:

"For the first time in over a decade, we were able to organize a small, locally-participated golf tournament using nine holes. By August or September, we hope to have all 18 holes operational. Work on the greens is underway."

He further added, "Similarly, we will continue to enhance the quality of golf courses in Srinagar and Jammu. Rest assured, we are committed to ensuring that each time you return, you experience an improved game and setting."

The event was also attended by former Chief Minister Dr Farooq Abdullah, Advisor to the Chief Minister Nasir Aslam Wani, Additional Chief Secretary to the Chief Minister Dheeraj Gupta, FICCI delegation, prominent hoteliers, distinguished golfers, and other stakeholders from the tourism and hospitality sectors.

### ■ STATE TIMES NEWS

JAMMU: The Jammu & Kashmir Branch of NIRC of the Institute of Chartered Accountants of India (ICAI) on Saturday hosted CA Sports Arena 2025-a dynamic indoor sports competition held on Saturday at ICAI Bhawan, Canal Road, here.

The event brought together CA Members and Students in a spirit of camaraderie, competition, and celebration.

The event commenced at 4:00 PM and featured a variety of indoor games including Table Tennis, Chess, UNO, Monopoly, and Carrom Board. The arena echoed with cheer and laughter as participants showcased their skills and sportsmanship.

Final results: In Table Tennis, Sahil Paehnanda beat Dheeraj Kumar; In Chess, Pranav Kakkar outplayed Dhruv Gupta; In UNO, Akshit Ghai defeated Aryan Gupta; In

## CA Sports Arena 2025-indoor sports competition held



ICAI Branch Chairman CA Sourav Pargal with participants and other dignitaries.

Monopoly, Aarunima Gupta trounced Hardik Mahajan; In Carrom Board, Prateek Gandotra beat Tarun Sharma.

Trophies and participation certificates were awarded to all winners and participants as a token of appreciation and encouragement.

Speaking on the occasion, Branch Chairman CA Sourav Pargal emphasized

the importance of incorporating fitness and sports into our daily lives.

"As professionals, we often get caught up in our busy schedules. Events like these are a reminder that sports are not just about physical health - they foster teamwork, reduce stress, and help build a stronger professional community," he said.

The event was organized and coordinated by all Committee Members of the J&K Branch, whose collective efforts ensured a well-managed and engaging experience for all.

The branch remains committed to organizing such initiatives that promote a healthy work-life balance and foster stronger bonds among members and students.

## Satish Sharma inaugurates EVCL League trials

### ■ STATE TIMES NEWS

SRINAGAR: In a remarkable step towards promoting youth participation in sports, Minister for FCS&CA, IT, Transport, Youth Services and Sports, Satish Sharma, on Saturday inaugurated the Epic Victory Cricket League (EVCL) Trials at Doon School, Srinagar.

The event witnessed enthusiastic participation from aspiring cricketers from across the Kashmir Valley, marking a significant milestone in the UT's grass-roots sports development efforts. Addressing the gathering, the Minister commended the initiative undertaken by Eventovista Private Limited through EVCL, describing it as a powerful platform to identify and nurture cricketing talent in Jammu and Kashmir. He stated that the government is committed towards creating new avenues and institutional support systems to help young athletes flourish and represent the Union Territory at national and international levels.

"Jammu and Kashmir has no dearth of talent. What is



Sports Minister Satish Sharma after inaugurating Epic Victory Cricket League Trials at Srinagar.

needed is the right opportunity and a supportive ecosystem. Initiatives like EVCL not only serve as talent pools but also reflect our shared vision of empowering youth through sports," asserted the Minister.

Satish Sharma reiterated the government's unwavering resolve to develop state-of-the-art sports infrastructure, enhance coaching access and introduce league-based competitive exposure for youth in every district of the UT.

Former Indian cricketer and IPL player Anureet Singh joined the ceremony

and officially flagged off the trials for Kashmir. His presence served as a major source of inspiration for the young participants.

The trials will continue over the coming days, with selected talent moving ahead to represent the Kashmir region in the broader EVCL tournament structure.

The event was organized with full cooperation from local authorities, to ensure smooth conduct and maximum outreach. The trials at Doon School are expected to become a launchpad for many promising cricketers from the region.