

# ADGP Jammu felicitates athletes gearing up for Ultimate Test of Endurance: Ironman Vitoria, Spain

## STATE TIMES NEWS

JAMMU: The Additional Director General of Police (ADGP), Jammu Zone, Anand Jain felicitated Aman Gupta, Archit Puri, Sawan Nagpal, and Sukaran Raj Sharma from Jammu, who are preparing for the ultimate test of endurance: Ironman Vitoria, Spain.

This gruelling single-day event, renowned as the toughest in the world, combines swimming, cycling, and running, pushing athletes to their limits. They are the only athletes from the Union Territory of Jammu and Kashmir to have completed a triathlon and have also formed the registered triathlon club, Iron Tribe Sports Club.

The Ironman triathlon, known for its extreme demands on physical and mental stamina, consists of three main segments: '3.8 km Swim' Participants will brave open water to complete the swim leg, often facing varying weather conditions and strong currents. '180 km' Bicycle Ride; Cyclists



ADGP Jammu Zone, Anand Jain felicitating Aman Gupta, Archit Puri, Sawan Nagpal, and Sukaran Raj Sharma from Jammu.

will pedal through scenic yet challenging landscapes, battling fatigue, elevation changes, and maintaining high energy levels. '42.2 km Run'; The marathon run awaits, demanding immense mental fortitude and physical resilience as participants push their limits to cross the finish line.

What sets the Ironman triathlon apart is that each sport must be completed back-to-back, with a total finish time of 15 hours and 50 minutes. The completion

of these gruelling events in sequence is a testament to the athletes' dedication, discipline, and determination.

For the past four months, Aman Gupta, Archit Puri, Sawan Nagpal, and Sukaran Raj Sharma have undergone rigorous training at the Polka GYM. Their preparation has included not just physical training but also mental conditioning, nutritional planning, and recovery strategies. They have benefited from top-notch coaching and the state-of-the-art facilities provided by the Police department.

During the felicitation ceremony, ADGP Jammu, Anand Jain praised the athletes for their unwavering commitment and relentless hard work. He expressed immense pride in their achievements and lauded their spirit of perseverance and determination. "These young athletes are not only making Jammu and Kashmir proud but also setting an example of dedication and resilience for others to follow," he said.

The athletes themselves expressed their readiness and enthusiasm for the upcoming challenge. "We're ready," said Aman Gupta, Archit Puri, Sawan Nagpal, and Sukaran Raj Sharma. "Ironman isn't just a race; it's a journey of self-discovery and determination. Each of us has pushed our limits, learned about our strengths and weaknesses, and grown as individuals and as a team."

Their journey has been fuelled by a strong sense of camaraderie, passion for

the sport, and the unwavering support of their families, friends, and the community. The Iron Tribe Sports Club, which they formed, has been a significant source of motivation and inspiration for them. The club aims to promote triathlon and endurance sports in the region, encouraging more young athletes to take up such challenges.

Their participation in Ironman Vitoria, Spain, not only highlights their personal achievements but also brings recognition to the Union Territory of Jammu and Kashmir on an international stage.

ADGP Jammu concluded the ceremony by encouraging the athletes to give their best and make the Union Territory proud. He emphasized the importance of such events in fostering a spirit of sportsmanship, discipline, and excellence among the youth. May they return victorious and continue to inspire future generations; he wished.

# DIG Jammu flags off Bharat Darshan tour of Samba students



DIG JKS Range, Dr. Sunil Gupta and others before flagging off the Bharat Darshan Tour.

## STATE TIMES NEWS

JAMMU: The Deputy Inspector General of Police (DIG), JKS Range, Dr. Sunil Gupta, on Friday flagged off the Bharat Darshan Tour for 75 students from various parts of District Samba this morning at Gulshan Ground, Jammu.

This tour has been organized by the Zonal Police Headquarters, Jammu, under the Civic Action Programme (CAP).

The students, accompanied by two caretakers from District Samba, will embark

on an enriching journey from Jammu to Delhi, and then from Delhi to Mumbai by air.

The Bharat Darshan Tour Programme is scheduled from July 5 to 9, 2024.

Speaking at the flag-off ceremony, Dr. Sunil Gupta emphasized the significance of the Civic Action Programme, which aims to bridge the gap between the police and the public, especially the youth, by engaging them in constructive activities.

This initiative reflects the

commitment of the Jammu and Kashmir Police to the welfare and development of the younger generation, he said.

The tour promises to be an educational and memorable experience for the participants, providing them with a unique opportunity to explore the rich cultural tapestry of the nation, DIG said.

During the flag off ceremony SSP Jammu Vinod Kumar, S.O to ADGP Jammu Zone Vishal Manhas, and other officers were present on the occasion.

# J&K female blind cricketers to attend National camp

## STATE TIMES NEWS

JAMMU: Three promising female blind cricketers from J&K have been called for the 10-day National coaching camp scheduled to be held at Delhi. These selected women were given a formal send off by the member J&K Sports Council (JKSC), Ranjeet Kalra in the presence of president Cricket Association for Blind J&K and international cricketer, Rohit Sharma. The selected female cricketers are Aneka Thakur, Jamila and Rafelka. These cricketers have been invited by the National cricket body for blinds considering their talent. Earlier, Kalra congratulated the blind women cricketers for their selection in the important 10-day National coaching camp. He (Kalra) said that it was an hon-



Selected female blind cricketers posing with member JKSC, Ranjeet Kalra and international blind cricketer, Rohit Sharma at Jammu.

our for him to be associated and to contribute towards the promotion of blind cricket in Jammu and Kashmir. Speaking on the occasion, president of the Association, Rohit Sharma said that it was for the first time that blind girls from J&K are going to participate in any cricket activity at the National level.

# Singh Cricket Club Akhnoor takes commanding 2-0 lead in Friendship Cup Series



Winner team posing for a photograph with officials at Akhnoor.

## STATE TIMES NEWS

AKHNOOR: Singh Cricket Club Akhnoor emerged victorious over Rising Stars Jammu in the second match of the three matches T-20 Friendship Cup Series at Govt Higher Secondary School Akhnoor. Opting to bat first after winning the toss, Singh Cricket Club Akhnoor posted a competitive total of 150/7 in their 20 overs, led by Deepak Sharma's steady half-century. Deepak Sharma scored (50 runs off 55 balls) while other main performers were Sonu Malhotra (26 runs off 13 balls), Binay Partap (24 runs off 16 balls) and Vishal Vasu (14 runs off 6 balls). For Rising Stars Jammu, Ansh got three wickets, Vansh claimed two and Ansh Sharma grabbed one wicket. In response, Rising Stars Jammu struggled

against Singh Cricket Club's bowling attack, managing only 91 runs before being all out in 17.4 overs. Ansh Sharma was the top scorer with 25 runs off 20 balls while Yogesh Kumar, Ansh and Madhur added 15 runs each to the total.

For Singh Cricket Club Akhnoor Vansh Rajput and Vishal Vasu were the standout performer, claiming three wickets each while Rajinder Sharma, Sham Singh Langhe and Papa Gupta claimed one wicket each. Vansh Rajput was declared Man of the Match award as Singh Cricket Club Akhnoor won by 58 runs, taking a commanding 2-0 lead in the series.

The Friendship Cup Series is being organized by Singh Cricket Club Akhnoor under the guidance of Sham Singh Langhe.

# Truck drivers, Co-drivers, Helpers registered on E-shram portal

## STATE TIMES NEWS

RAJOURI: Office of the Assistant Labour Commissioner, Rajouri organized three days on spot registration and awareness camps at different locations of district Rajouri for registration of Truck drivers and allied workers on an e-shram portal.

The initiative was taken on the directions of Labour Commissioner, Charandeep Singh and aims at safeguarding the rights and promoting welfare of the truck drivers.

The camps were held on 3, 4 and 5 of July 2024 at Bus stand Salami, ARTO Rajouri and old bus stand Rajouri in compliance with the advisory issued by the National Human Rights Commission (NHRC).

The camp was organized under the overall supervision of Assistant Labour



Assistant Labour Commissioner, Rajouri Pradyot Gupta speaking at a programme.

Commissioner, Rajouri Pradyot Gupta who urged the drivers, cleaners and helpers of commercial vehicles registered in district Rajouri to get registered on e-shram portal either through self registration or through any CSC and take benefits of the registration. He further stressed the drivers that the registration on e-shram portal will facilitate the government in ensuring that unorganized workers including truck

# Taekwondo selection trials tomorrow

## STATE TIMES NEWS

JAMMU: Jammu and Kashmir Taekwondo Association shall conduct selection trials for two age groups of Cadet and Junior on July 7 and 8 at MA Stadium, here.

As per a handout issued by the Association, those selected boys and girls shall take part in the forthcoming 7th National Cadet Kyorugi/Poomsae Taekwondo Championships scheduled to be held from August two to August four at Rajiv Gandhi Indoor Stadium, Visakhapatnam in Andhra Pradesh.

The 41st National Junior Kyorugi and 14th National Poomsae Taekwondo Championships shall take place from August 18 to August 20 at Divisional Sports Complex, Sambhaji Nagar (Aurangabad) in Maharashtra.

# Lecturers' Forum holds UT level virtual meet

## Pitches for regularisation, filling up of vacant posts of principals

## STATE TIMES NEWS

JAMMU: All J&K +2 Lecturers' Forum on Friday held a UT Level meet on virtual mode under the chairmanship of RS Salathia Chairman and President of the forum Pardeep Singh Rakwal.

Rakwal put forward opening remarks and briefed the meet regarding the efforts of the forum that it was putting in for the resolution of vital issues of the lecturer fraternity.

The major issues that were discussed in the virtual meet include regularisation of Incharge lecturers, grant of ACP in favour of officers of +2 cadre, repatriation of lecturers and Principals to their home districts.

Lecturers from all over Jammu/Kashmir divisions including district Presidents of all districts namely Surinder Madhyal, Ashok Kumar, Pardeep Koul,

Jagjeet Singh, Khateeb Ahmed, Umar etc participated in the meet.

In his address, Rakwal urged Administrative Secretary School Education Department, Alok Kumar to convene DPC for regularisation of Incharge lecturers as it was the most burning issue that the lecturer fraternity was confronted with.

He said that Alok Kumar knows about the matter and the forum is confident that he would concede this demand on priority as most of the incharge lecturers were approaching their superannuation on retirement. Rakwal also raised the issue of repatriation of lecturers and Principals from far off districts to their home districts in the interest of justice.

RS Salathia, Chairman while congratulating Lecturers for showcasing excellent result in 12th class examination urged

Administrative Secretary SED, to get the file of ACP cleared so that discrimination with officers of +2 cadre ends.

He also urged for unity among the lecturers to achieve the desired goals.

He showered praises to the leadership of the forum for putting its sincere efforts to resolve the major issues of the lecturer fraternity.

Others who spoke in the meet include Ghar Singh, General Secretary, Pardeep Koul, District President Kishtwar, Ashok Kumar District President Udhampur, Surinder Madhyal, District Kathua, Ramesh Kumar Padroo, Gh Nabi Malik, Dev Raj Dutta.

Others who attended the meet include Rajesh Sharma, Suresh Mattoo, Raghunath Verma, Sanjay Kumar Thakur Shaheen Saba Suresh Sharma, Syed Mansoor, Tariq Mir, Vinay Shan, Mohd

Bashir, Mudassir Bhat, Naresh Sharma, Naseer Ahmed, Niaz Ahmed, Nusar Ahmed Batt, Abass Lone, Ajit Singh, Ashok Kumar, Ashwani Kumar, Fiahaz Lal, Gulzar Mir, Govind Lal, Renu Sharma, Mohinder Gupta, Madan Lal, Hari Kanwal, Jeet Singh, Ravinder Singh, Romi Gupta, Surinder Singh, Yogita Sharma, Vinod Kumar, Noor-ul-Hassan, Kuldeep Kumar, Shan Rajput, Syed Abid, Bodh Raj and others.

The meet in one voice backed the central leadership and the leadership at District Level to pursue the issues of regularisation, ACP and filling up of vacant posts of Principals at Administrative level. It was decided that a high level delegation of central body of the forum would call on Alok Kumar and urge him to finish the unfinished task of regularisation at the earliest.

# 96 SPMR College students complete summer internship at JKEDI

## STATE TIMES NEWS

JAMMU: In a first of its kind initiative, ninety six (96) students of the Government SPMR College of Commerce Jammu completed their mandatory summer internship from Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) here on Friday.

The undergraduate students of the SPMR College completed their 10 day (60 hours) Summer Internship which started on June 24 here at Bari-Brahmana campus of the institute JKEDI. As per the New Education Policy (NEP) 2020, all the undergraduate students have to complete 60 hours of internship program to complete their degree.

The interns were briefed



SPMR College students and faculty posing for a photograph.

about the role and functioning of various verticals/sections of JKEDI. They were made aware about the various activities undertaken by JKEDI including Entrepreneurship Awareness Programs (EAPs), Entrepreneurship Orientation Programs and Entrepreneurship Development Programs (EOPs and EDPs) to pro-

mote entrepreneurship as a career choice among unemployed youth of J&K.

An idea pitching workshop and business simulations were held for the interns wherein real time exposure of running a successful business venture was provided to them. These activities helped the interns to gain insight with respect to the various challenges faced by an entre-

preneur and the ways to overcome the same.

At the valedictory session, Director JKEDI, Rajinder Kumar Sharma, interacted with the interns and discussed the importance of entrepreneurship and innovation. He stressed upon the interns to acquire vocational training skills in order to be job oriented in today's competitive environment. He

congratulated the interns on completing their internship successfully and promised them all possible support and guidance in future.

The internship program was conducted by Centre for New Enterprise Creation (CNEC), a program vertical of JKEDI under the supervision of Dr. Vinod Sharma and Dr. Amit Sharma, faculty at JKEDI.

Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) is dedicated to foster entrepreneurship and self-employment in the region through training, research, and development activities. It aims to create a conducive ecosystem for entrepreneurship and innovation.

## STATE TIMES NEWS

JAMMU: President Kreedha Bharti Jammu and Kashmir, Shiv Kumar Sharma felicitated vice president of the organisation and newly elected head of Shiv Durga Mandir Committee, Reshamghar Colony, here, Rajesh Chander Vaid.

Accompanied by secretary of Kreedha Bharti, Ashutosh Sharma and other members, Shiv Kumar complimented Vaid for being a dedicated social activist.

"Since I have a long relationship with Rajesh Chander Vaid, it is my firm belief that under his leadership, the Shiv Durga Mandir Committee will gain more strength and progress on the expected lines," said



President Kreedha Bharti Jammu and Kashmir, Shiv Kumar Sharma felicitating newly elected head of Shiv Durga Mandir Committee, Reshamghar Colony Rajesh Chander.

Shiv Kumar Sharma. Important to mention here that Vaid, who retired as Sports officer of Department of Youth Services and Sports (DYSS), is a founder mem-

ber of Kreedha Bharti J&K. He has been actively associated with a number of other prominent organisations, including Scouts and Guides and Old Age Home at Ambhalla.