

# JK Public School Kunjwani organises Tenshinkan Karate Do Annual Belt Grading 2024-25



Glimpses of Tenshinkan Karate Do Annual Belt Grading 2024-25 contest at JK Public School Kunjwani.

**STATE TIMES NEWS**  
JAMMU: Tenshinkan Karate Do Annual Belt Grading Test 2024-25 was organized at JK Public School, Kunjwani which showcased the remarkable talents and dedication of its students.

The event was organized under the banner of Tenshinkan Karate Do Jammu & Kashmir under the supervision of Shahan Brijesh Bhan (5th Dan Black Belt from Japan) Chief Technical Director of Jammu & Kashmir. The event kicked off with an inspiring opening ceremony, featuring a traditional martial arts demonstration by the students which set the tone for the day. Participants from various age groups participated in different categories.

Throughout the day, 88 students displayed exceptional skill and sportsmanship cheered on by an enthusiastic audience. Ajay Sharma, SP South (Jammu), Chief Guest of the day inaugurated the event, emphasizing the importance of martial arts in fostering discipline, respect, and physical fitness among students.

"Karate is not just about physical strength but also about building character and resilience. We are proud of our students' hard work and dedication, he said. The event concluded with a closing ceremony wherein Yellow, Orange, Blue, Purple and Brown belts were awarded to the students by the Chief Guest, Ajay Sharma, SP South, Jammu and Guests of Honour Gautam Daluja, Aman Sharma and Sankalp Kamal.

They congratulated all the participants and encouraged them to continue their martial arts journey with passion and perseverance. Other dignitaries present on the occasion were Shashi Chaudhary, Director JK Educational Society, Bharat Choudhary, Shhavi Daluja Choudhary and Aakriti.

The event was a resounding success, leaving students inspired and motivated to achieve greater heights in their martial arts training. JK Public School Kunjwani looks forward to host more such events that promote holistic development and excellence in sports.

## Excise Department organises Powerlifting Competition

**STATE TIMES NEWS**  
JAMMU: On the directions of the Excise Commissioner J&K U.T. Pankaj Kumar Sharma and under the supervision of Deputy Excise Commissioner (Executive) Jammu Kusum Sharma, the City Excise Range North Jammu under the direct supervision of ETO Excise Range North Swati Gupta, Inspector Dheeraj Pathania (Incharge Sub-Range North) and Inspector Sunil Sharma (Incharge Sub-Range West) along with Inspectors Akhileshwar Jasrotia and Manpreet Singh organised Powerlifting Competition at Choudhary Gym, Moti Bazaar here on Wednesday on the Theme "Khelo India" under the Swatchta Pakwada-The Shuchita Sangram 2024- A fortnightly campaign on cleanliness.



Excise Department officers posing with winner powerlifters at Jammu on Wednesday.

Around 15 players participated in the competition including girls and senior citizens that concluded with thrilling finishes with athletes delivering outstanding performances. The main highlight of the event was Riaz Ahmad Choudhary (A retired JKAS Officer) aged around 70 years who lifted a

Benchpress of 80 Kgs that served as a great motivation for the youngsters to adopt Sports and Fitness activities proactively. The event mainly focussed on clean surroundings including motivating youngsters to adopt sports & fitness activities and to keep away from drugs and other vices.

It is pertinent to mention here that the Excise Department of J&K has been very pro-active in organising various events throughout the year that includes Swachta Abhiyaan, Anti-Drugs awareness Campaign, organising Painting and Quiz competitions in Schools, Nukkad Natak and others that serves as one of the objec-

tives of J&K Excise Policy i.e. "To bring about greater social Consciousness and awareness about the harmful effects of consumption of alcoholic beverages and drug abuse". The event was officiated by Inspector Sunil Sharma (Veteran Wrestler & NIS Qualified Coach) and Inspector Dheeraj Pathania (National Handball Player) that concluded with vote of thanks and Prize distribution followed by refreshment for all the Athletes. Full Results: Ritesh Bayotra 140 Kg Lift won first prize, Karan Sharma 125 Kg Lift got second prize and Rahul Sagoch 115 Kg Lift bagged third prize. Other participants were Anjali, Anu, Rakshit, Shravan Sharma, Bhim Singh, Sajjan Mattoo, Rohit Karthol, Sohail and Lucky.

## GDC Bishnah holds essay writing competition under Viksit Bharat theme

**STATE TIMES NEWS**  
BISHNAH: Department of Zoology and Department of Botany of GDC Bishnah organized an essay writing competition on Wednesday in connection with celebration of 78th Independence Day under this year's theme, "Viksit Bharat". The topic for this competition was "Challenges in Nation Building Post Independence". The purpose of organizing this program was to make students visualize an array of complex issues faced by our nation as it embarked on a new journey after independence. The whole program was conducted under the guidance of Dr. Shalla Samyial, Principal of the college. The judges for the competition were Prof. Rashmi



GDC Bishnah faculty and students posing for a photograph.

Arya, HOD English and Prof. Shrotika Rajput, HOD Political Science. The program was coordinated by Dr. Vasudha Chaudhary (HOD Zoology), Prof. Sania Hamid (HOD Botany) and Dr. Ashma Gupta (Assistant Professor,

Zoology). Muskaan Chandan of semester-3rd bagged first position. Anamika Kaith of Sem-5 and Simran Bhagat of Sem-3 were adjudged second and third respectively. The program ended with prize distribution ceremony.

## Excise Deptt organises cricket match under Khelo India



Excise Department officers presenting prizes to participating players at Poonch.

**STATE TIMES NEWS**  
POONCH: Excise Department on Wednesday organised one day cricket match under Khelo India-Swachta Pakwada. The match was organised as a part of series of events of Calendar of activities issued by Excise Department. The event was organised on the direction of Excise Commissioner J&K Pankaj

Kumar and Deputy Excise Commissioner Executive Kusum Sharma and under direct supervision of ETO Rajouri Poonch Range Suraj Prakash. During the event Rahul Dravid Cricket Club and Ehasaas Club (under 14) played an enthralling game. The event was attended by various social activists and prominent citizens including Intiaz Ahmed Salaria,

Advocate Ifktkar Bazmi, Molvi Fareed Ahmed and others. The event was managed by cricket coach Parvaiz Malik. During the match prizes including uniforms were distributed among players. The Excise and Taxation officer addressed youth and asked them to keep themselves away from menace of drugs and channelise energy towards positive side.

## JKAAA hosts event on National Javelin Day

**STATE TIMES NEWS**  
JAMMU: Jammu and Kashmir Amateur Athletics Association (JKAAA) on Wednesday conducted competition to observe 3rd National Javelin Day at University of Jammu (JU). The event took place under the auspices of Athletics Federation of India (AFI) and in collaboration with JU, Department of Youth Services and Sports (DYSS) and J&K Sports Council (JKSC). The National Javelin Day observed to commemorate the victory of Neeraj Chopra, who won gold medal in Tokyo Olympics 2020. The event has become a regular feature of FAI and its state/UT units around the country," informed general secretary of the JKAAA, Sharat Chander Singh.



Winner players posing for a photograph with dignitaries.

In total, 95 Javelin throwers from different districts of J&K participated in this day-long event contesting in Under-14, Under-16, Under-18, Under-20 and Open categories for both boys and girls. Director Sports, JU, Dr. Daud Iqbal Baba and member

JKSC, Rajeev Sharma were the guests, who presented medals to those winners of the day and certificates to other participants. The competition conducted by the technical panel including Gurcharan Singh, Pawandeep Kour and Rakesh Charak under the

overall supervision of Nirmal Singh (Chairman Technical Committee JKAAA). The Results: UNDER-14: BOYS: Ishveen Kour, Gold; Gajalpreet Kour, Silver and Anshu Singh, Bronze. UNDER-16: BOYS: Suraj Kumar, Gold; Suryavansh Singh, Silver and Karan Singh, Bronze. UNDER-18: BOYS: Kartik Sharma, Silver and Abhay Chouhan, Bronze. UNDER-20: BOYS: Mansha Manhas, Gold; Khushi Mehra, Silver. UNDER-14: GIRLS: Vani Thakur, Gold; Suman Rajput, Silver and Bhoomi, Bronze. UNDER-16: GIRLS: Himanshu Pathak, Gold; Kartik Sharma, Silver and Abhay Chouhan, Bronze. UNDER-18: GIRLS: Mansha Manhas, Gold; Khushi Mehra, Silver. UNDER-20: GIRLS: Mansha Manhas, Gold; Khushi Mehra, Silver.

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