

Volleyball Association of J&K celebrates National Sports Day across J&K UT



VAJK office bearers and other dignitaries posing with participating volleyball teams.

■ STATE TIMES NEWS

JAMMU: The Volleyball Association of Jammu & Kashmir (VAJK), in collaboration with its affiliated district volleyball associations, celebrated National Sports Day with great fervour and enthusiasm across various districts of the Union Territory on Friday.

The celebrations were held in honour of Hockey Wizard Major Dhyan Chand, who was born on this day in 1905 and is remembered as one of India's greatest sporting legends.

Major Dhyan Chand brought glory to the nation by winning three Olympic gold medals in 1928, 1932, and 1936, scoring over 400 goals during his international career from 1926 to 1949.

Throughout the day, events were organized in various parts of J&K, where dignitaries, sports enthusiasts, youth, and volleyball lovers paid tribute to Major Dhyan Chand's legacy. His invaluable contribution in putting India on the world sports map was acknowledged by all

speakers, who recalled his discipline, skill, and commitment to the game of hockey.

The dignitaries also reflected on the history and significance of National Sports Day, which was first observed in India on August 29, 1912, with the objective of promoting a sporting culture and encouraging youth participation in physical activities.

The celebrations also coincided with the anniversary of the Fit India Movement, launched by Prime Minister Narendra Modi on August 29, 2019.

The movement aims to promote health awareness and encourage people to adopt an active and fit lifestyle. Speakers at various venues highlighted that sports not only improve physical health but also enhance mental strength, social values, discipline, and national spirit. Emphasis was laid on the role of sports in eliminating social evils such as drug addiction, which is increasingly affecting youth across the region. In Kupwara dis-

trict, the Volleyball Association organized its event at Government Higher Secondary School, Zachaldara, where students, players, and teachers participated in fitness activities and volleyball demonstrations.

The Kulgam District Volleyball Association held a special program focusing on engaging the youth in competitive volleyball and spreading awareness about sports culture.

In Srinagar, a coaching-cum-demonstration session was held for budding players under the supervision of experienced coaches.

A unique event was held at the border village of Pallanwala, where the Borderlines Volleyball Club organized an under-14 exhibition match. A large number of volleyball lovers gathered to witness the game, which was also attended by Puran Singh, a noted volleyball stalwart and Joint Secretary of VAJK.

The event was specially organized to provide younger children with a platform to showcase their

talent and stay motivated towards sports.

To encourage women's participation in sports, the Trikuta Volleyball Club of Jammu, under the aegis of Jammu District Volleyball Association, organized a girls' exhibition volleyball match at Playfield, Shastri Nagar, Jammu. The event was attended by O.P. Sharma, Treasurer of the Central Government Pensioners Welfare Association (Jammu), who was the Chief Guest, and Parshotam Kohli, a retired technocrat, who was the Guest of Honour. The program was also graced by Manmeet Kaur, President, and Mulkh Raj, Secretary of Trikuta Volleyball Club, Jammu.

The dignitaries distributed prizes, certificates, and utility gifts to the participants, and light refreshments were served to all attendees.

In all the events held across the UT, a sports pledge was administered to participants, encouraging them to adopt a healthy lifestyle through sports, remain physically and men-

tally fit, and contribute positively to the development of the nation. The celebrations witnessed active involvement from VAJK office bearers including Manzoor, Muncer, Neelofar, Mohd Tariq, and Mulkh Raj, whose cooperation and commitment helped make the events successful and impactful.

Senior dignitaries of the Volleyball Association of J&K, including Kuldeep Magotra (CEO), Vijay Kumar Magotra (General Secretary), Ramesh Sharma (Treasurer), and Akbar Ali, attended the events at various locations. They praised the efforts of local units and stressed the need for continued focus on grassroots sports development to tap young talent.

Sidharth Daluja, President of the Volleyball Association of J&K, expressed his heartfelt gratitude to all district affiliated associations for organizing National Sports Day programs in a befitting manner.

He appreciated their dedication in spreading awareness about fitness, national pride, and community building through sports, especially among the younger generation. He also reaffirmed VAJK's commitment to work in line with the guidelines of the J&K Sports Council (JKSC) and the Ministry of Youth Affairs and Sports, Government of India, to mobilize youth, promote physical fitness, and counter the rising threat of drug addiction through active engagement in sports.

National Sports Day a reminder of discipline, unity sports bring into our lives: Satish Sharma

Addresses National Sports Day 2025 celebrations at Jammu



Dignitaries and players at National Sports Day celebration.

■ STATE TIMES NEWS

SRINAGAR/ JAMMU: Minister for Youth Services and Sports, Satish Sharma today said that National Sports Day is a reminder of the values of discipline and unity that sports bring into our lives. The Minister said this while addressing the National Sports Day celebrations at KK Hakku Stadium Jammu to commemorate the birth anniversary of hockey vizard Major Dhyan Chand. Speaking on the occasion, the Minister said that National Sports Day is a reminder of the values of discipline, perseverance, and unity that sports bring into our lives. He added it is a moment of pride to see youth across every corner of J&K participating in these celebrations.

"We must continue to encourage young athletes and train them from the grassroots to create champions who can bring glory to the nation", he said. The National Sports Day celebrations were held across all districts of J&K today with great fervour and enthusiasm.

At Srinagar, Commissioner Secretary, Youth Services and Sports, Sarmad Hafeez, along with Secretary, J&K Sports Council, Nuzhat Gul, visited Polo Ground Sports Complex, where they interacted with players training in hockey, football (Sports Council Football Academy), taekwondo, archery, and badminton.

A hockey exhibition match was played, and a kit distribution ceremony was also held on the occasion, bringing cheer to young athletes. A felicitation ceremony was also organized in Srinagar to appreciate all the departments and agencies that contributed to the successful conduct of the Khelo India Water Sports Festival 2025 at Dal Lake, which had drawn athletes and spectators from across the country earlier this month.

Addressing the gathering on the occasion Sarmad Hafeez, remarked that the celebrations across districts, centres, and complexes show how

deeply sports culture is taking root in J&K. "Our focus remains on strengthening the sports ecosystem by providing modern infrastructure, professional coaching, and equal opportunities for athletes from every background", he said.

Speaking on the, Nuuzhat Gul, highlighted that through National Sports Day, we not only honor the legacy of Major Dhyan Chand but also reaffirm our commitment to nurturing talent in both rural and urban areas. "With initiatives under Khelo India and PMDP, every athlete, irrespective of background, gets the chance to compete and excel", she said.

In Jammu, over two hundred sportspersons from different disciplines converged at a major function held at KK Hakku Stadium to pay floral tributes to the legendary Olympian, whose contribution brought multiple Olympic glories to the nation. The program, jointly organized by the J&K Sports Council, SAI STC Jammu, and Hockey Association of J&K, culminated with the National Anthem. An exhibition hockey match between Bandhu Rakh Club and Guri Nanak Club was the highlight of the celebration.

In addition, sports competitions and activities were conducted in all districts of J&K, with enthusiastic participation from athletes and youth. Celebrations also took place in PMDP Centres, Khelo India Centres, and in-house centres of the J&K Sports Council, where officials presided over the events held across both rural and urban areas, symbolizing the inclusive spirit of National Sports Day.

The celebrations across J&K, marked by matches, felicitations, kit distributions, and district-level activities, reflected the J&K Sports Council's pivotal role in building a vibrant sporting culture, strengthening inter-departmental coordination, and carrying forward the glorious legacy of India's sporting icons.

District Poonch Volleyball Association celebrates National Sports Day



District Poonch Volleyball Association members with volleyball teams at a programme.

■ STATE TIMES NEWS

POONCH: The District Poonch Volleyball Association, in collaboration with the Shaheed DySP Manjit Singh Memorial Volleyball Club, organized a vibrant event to celebrate National Sports Day at Poonch.

The event aimed to promote sports culture and encourage youth participation, especially in remote and border areas.

Khalil Ahmad Banday (JKAS) graced the occasion as the Chief Guest. In his address,

he lauded the efforts of both the Volleyball Association and the Shaheed DySP Manjit Singh Memorial Volleyball Club for their continued dedication to promoting sports in the region.

He emphasized the importance of physical activity in building a disciplined and healthy society and urged the youth to steer clear of bad habits and focus on constructive pursuits like sports.

Prominent personalities present on the occasion included

social activist Pardeep Khanna, Vice President of the Volleyball Association Poonch Intaiz Ahmad Salaria, and Intaiz Lone.

All dignitaries echoed the importance of engaging youth in sports to channel their energy in positive directions.

The celebration not only marked the significance of National Sports Day but also highlighted the collective resolve to foster a sporting spirit in far-flung and border regions of the Union Territory.

KCPS excels at Mayo Girls' Young Thinkers' Conclave 2025

■ STATE TIMES NEWS

JAMMU: Ten Students of KC Public School (KCPS), Jammu, accompanied by teacher escorts Deepali Ghai and Vijaylaxmi Slathia, brought laurels to the school at the Silver Jubilee Young Thinkers' Conclave 2025, hosted by Mayo College Girls' School, Ajmer.

The conclave witnessed spirited participation from leading institutions across India, including Birla Vidya Mandir (Nainital), Genesis Global School(Noida), Birla Divya Jyoti (Siliguri), The Mann School (Delhi), Sherwood College(Nainital), B.K. Birla Public School (Pune), The Scindia School(Gwalior), Maharani Gayatri Devi Girls' School(Jaipur), Yadavindra Public School(Patiala), Rashtriya Indian Military College(Dehradun), The Daly College (Indore), Seth Anandram Jaipuria



KC Public School faculty and students at jubilant mood after winning trophies.

(Kampur), Emerald Heights International School (Indore), Wynberg-Allen School (Mussorie), among others.

KCPS students showcased remarkable talent across competitions in debate, quiz, creative writing, theatre, and poetry. The highlight was the

Quiz victory, with Vandita and Nirnay Raina clinching First Place.

In the Hindi Debate, Pranshi Kohli, Kalash Bhat, and Swarnim Sharma secured the Third Position, while Kalash Bhat and Swarnim Sharma won Best Speaker Awards in their

respective categories.

KCPS also impressed in Creative Writing and Poetry Enactment, with English debaters Anadi Saini and Vandita Raina narrowly missing the finals by just 0.5 marks, earning special praise from the judges.

Beyond competitions, the

conclave offered enriching experiences including an interaction with Pranab Mukherjee, a vibrant cultural evening, and collaborative learning with peers from across the country.

Despite disruptions during their return journey due to flood-related train cancellations, the KCPS delegation displayed resilience and teamwork, turning challenges into life-long lessons.

The conclave ended with KCPS returning home with medals, accolades, and a strong reputation for excellence and all-round growth.

Chairman Raju Chowdhary, Vice Chairman Arjun Chowdhary, Managing Director Arti Chowdhary, and Principal A.K. Mishra congratulated the students and their mentors for this remarkable achievement and for upholding the school's tradition of excellence.

Hockey J&K celebrates National Sports Day 2025

■ STATE TIMES NEWS

JAMMU: Hockey J&K in collaboration with the J&K Sports Council celebrated National Sports Day, a day dedicated to the memory of the Hockey Wizard, Major Dhyan Chand, at K K Hakku Stadium, here on Friday.

The occasion was graced by Rajiv Sharma (Member Sports Council) as the Chief Guest and Satpal Singh (Divisional Sports Officer, J&K Sports Council) as the Guest of Honour; Tejinder Singh (Secretary, Hockey J&K) and Robin Singh (Executive Member, Hockey J&K), who paid floral tribute at the statue of Major Dhyan



Hockey teams posing with dignitaries during National Sports Day celebration.

Chand.

Rajiv Sharma highlighted the life and legendary achievements of Major Dhyan Chand, inspiring the gathering with stories of his excellence.

The Chief Guest also spoke about the importance of

sports in life, emphasizing how sports shape discipline, fitness, and character. He applauded the hard work of Hockey J&K, appreciating the drastic improvement witnessed in recent times, and motivated young players to continue chasing their

dreams with dedication.

A thrilling exhibition match between two teams added energy and excitement to the celebration, showcasing the spirit of hockey and teamwork.

Rajiv Sharma conveyed thanks to the J&K Sports

Council and Hockey India for their continuous support in the promotion and development of hockey in the J&K UT.

To encourage the players, refreshments were also provided after the match, making the celebration more memorable and joyful for the participants.

Hockey J&K remains committed to nurturing young talent, spreading the love for hockey, and strengthening the sporting culture across Jammu & Kashmir:

Other dignitaries present were Ajay Gupta (Manager, K K Hakku Stadium Jammu) and coaches of J&K Sports Council.

J&K Powerlifter shines at Senior National Championship

■ STATE TIMES NEWS

JAMMU: The Senior National Powerlifting Championship and National Benchpress All Categories Championship 2025 was held in Jamshedpur from August 19 to 21, organized by the Indian Powerlifting Federation (IPF).

Rakesh Kumar, General Secretary of the Powerlifting Association of J&K UT, led the team representing the Union Territory. Mohd. Anwar delivered an outstanding performance by securing a silver medal in the 53 kg junior category.

Rakesh Kumar praised Anwar's dedication and applauded his achievement at



Rakesh Kumar, General Secretary of Powerlifting Association of J&K UT honouring Mohd. Anwar.

the national level, calling it a proud moment for the region

and a motivation for aspiring athletes.

LIC celebrates National Sports Day to promote health and fitness

■ STATE TIMES NEWS

JAMMU: Life Insurance Corporation of India (LIC) is celebrating National Sports Day from 29th to 31st August, 2025, to commemorate the birth anniversary of legendary hockey player Major Dhyan Chand. The celebrations aim to encourage employees to adopt an active lifestyle and incorporate physical fitness into their daily routines.

As part of the celebrations, LIC offices across the country will host a variety of indoor and outdoor sports activities, including games, fitness challenges, and team competitions. These activities are designed to foster camaraderie, healthy competition, and overall well-being among employees.

On 29th August, all LIC employees will take the FIT India Fitness Pledge, committing to regular exercise, healthy eating, and wellness practices. In Mumbai, LIC will organize a Fit India Walkathon on 30th August to raise awareness about the importance of physical activity and encourage employees to adopt fitness routines in their daily lives.

The initiative not only honors Major Dhyan Chand's legacy but also underscores LIC's commitment to the health and welfare of its employees.

By promoting sports and fitness, LIC aims to create a culture of wellness that extends beyond the workplace, inspiring employees to lead healthier, more balanced lives.

IIMC Jammu celebrates National Sports Day

■ STATE TIMES NEWS

JAMMU: Indian Institute of Mass Communication (IIMC) Jammu celebrated National Sports Day on Friday and remembered the fighting spirit of Major Dhyan Chand, The students of New Media Communication (NMC), English Journalism and Hindi Journalism of IIMC Jammu participated in several sports such as Badminton, Table Tennis, Chess, Carrom, 100 meter dash and tug of war with enthusiasm. Rohan Yadav and Aish won the badminton tournament in their respective categories while Ashutosh Tiwari, Saumya Pandey and Sakshi Jha emerged victorious in the Table



Tennis event. In Chess, Prabhat Dwivedi came out victorious while Sanket Jha won the 100-meter dash. In Carrom, the team of Rohan Yadav and Sajid Raza won the men's event while the team of Anvi Jain and Aditi Gupta won the men's event. The stu-

dents also organised a spoon race, which was won by Niharika Khurana.

Dr Dilip Kumar, Regional Director, IIMC Jammu congratulated the winners and encouraged them to maintain the spirit of sportsmanship in their everyday life.

"It is a moment of pride to nurture individuals (students) who have deeply ingrained values of perseverance and teamwork. In sports, those who win, win the game, but those who lose, win the lesson," Dr. Kumar said.

Earlier, all the students and faculty members of IIMC, Jammu took the Fit India pledge to honour the spirit

of sportsmanship and uphold the values of fair play. The event was also attended by Ranjit Singh Jamwal, Sr. Advocate at J&K High Court. He shared his thoughts, "The strength of any nation lies not just in its economy or its defence, but in the values its people uphold. When we embrace sportsmanship, we learn that discipline, respect, and teamwork extend far beyond the field-they shape the very foundation of a just and united society."

Remembering the legendary hockey player Major Dhyan Chand, the event also featured speeches by students Aish Yadav, Hemlata Sawant and Aman Kumar Pandey.