

Jodhamal students bag six medals at CBSE North Zone Skating Championship, qualify for Nationals

■ STATE TIMES NEWS

JAMMU: Jodhamal Public School is thrilled to announce the remarkable achievements of its roller-skating team at the recent CBSE North Zone Roller Skating Championship held in Ambala. Our talented athletes showcased exceptional skills and demonstrated outstanding sportsmanship and dedication, earning accolades that reflect their hard work and commitment to training. The Championship featured intense competition from various schools across the North Zone, yet our students excelled, distinguishing themselves with impressive performances. Their achievements underscore Jodhamal



Jodhamal Public School faculty felicitating winner students.

Public School's commitment to excellence in sports, significantly contributing to the school's growing reputation in co-curricular activities. The medal winners from

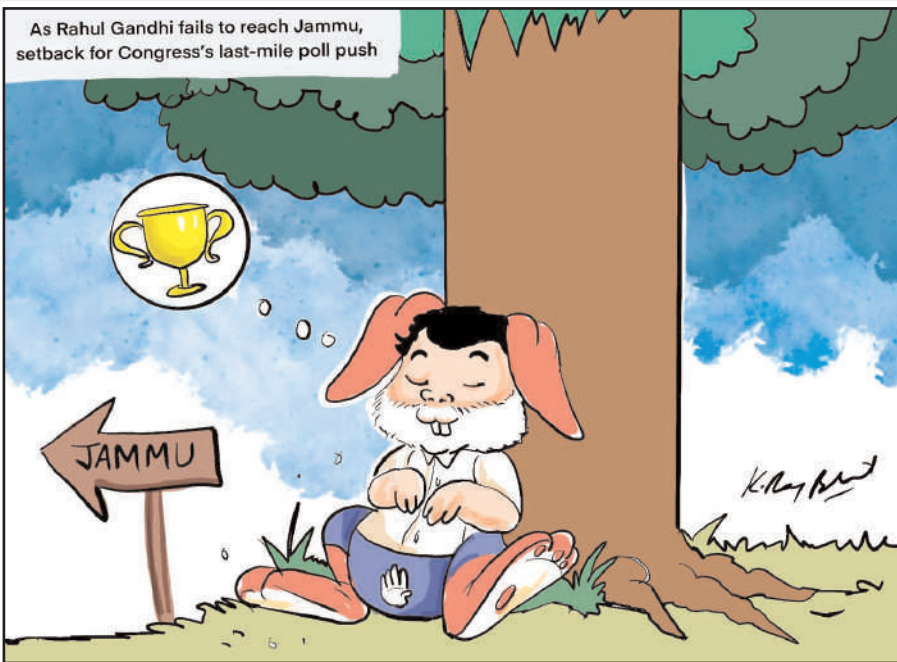
Jodhamal in the CBSE North Zone Roller Skating Championship are as follows: Naisha Verma secured a Gold Medal in the 1000 m race, while Tabish Haider

Chib earned a Gold Medal in the 1000 m race and a Silver Medal in the 500 m race. Pavit Gupta brought home a Silver Medal in the 1-lap road race and a Bronze Medal in the 500 m race, and Aarav Sharma won a Bronze Medal in the 1-lap road race. Notably, Naisha Verma, Tabish Haider Chib, and Pavit Gupta have qualified to represent Jodhamal Public School at the Skating Nationals, which will be held in Karnataka.

These achievements highlight not only individual excellence but also the collaborative spirit fostered within the school community. The support from coaches, peers, and the faculty at Jodhamal

Public School has been instrumental in nurturing these young talents, providing them with the resources and encouragement needed to excel. Coaches Mr. Kamal Anand and Mr. Ritish played a crucial role in mentoring these athletes, ensuring they were well-prepared for the competition.

Furthermore, it is noteworthy that this year, Jodhamal students have participated in international skating tournaments, bringing home glory from events in Macau and China, where they also won medals. We celebrate these accomplishments and look forward to more success stories from our talented athletes.



18.6 million people die every year due to cardiovascular disease

By adopting healthy life style deaths can be prevented: experts

■ MASROOR AHMAD

SRINAGAR: As part of World Heart Day, several functions were organised in Srinagar to raise awareness on cardiovascular diseases among the young generation. Private medical institutions also launched a series of heart health initiatives aimed at raising awareness and providing accessible care to those in need. As part of this effort, many private hospitals are offering cardiology consultations with expert cardiologists and cardiac surgeons at their OPD for symptomatic patients and this service is available from Sept 28 till Oct 15 2024.

"We should focus on adopting a healthy lifestyle for a healthy heart", the renowned cardiologists AG Ahangar told STATE TIMES, saying that lack of awareness about the cardiovascular health and certain life style habits are some of the leading reasons for mortality worldwide. Every year, around 18.6 million people die due to cardiovascular disease accounting approx. 31 percent of all global mortality, he added.

He said the World Heart Day plays a vital role in creating awareness to educate people across the world to understand the importance of heart and health and bringing other organisations together to actively participate in organising events to create awareness."

Dr Ahangar said, this year



the World Heart Day theme is "Use Heart for Action", a reminder call to everyone around the world to take care of their hearts. He said that in a world where knowledge about heart health is limited and policies are insufficient or lacking, the aim of the Day is to shatter barriers and empower individuals to take control of their wellbeing, as the theme depicts when we know more, we can take better care.

He said, "When we are witnessing increase in cases of heart attacks in young generation, it is still possible that 85 percent heart related deaths are preventable with timely treatment. To minimize heart diseases, a person should follow 5S formula, that is minimum salt intake, minimum sugar intake, minimum sedentary life style, minimum stress and complete abundance of smoking and recently one more 'S' has been included and that is to adopt entertainment related stress free atmosphere.

India currently faces a significant burden of heart dis-

ease, accounting for an estimated 60 percent of global cases despite having less than 20 percent of the world's population. This alarming trend has made heart disease the leading cause of death among Indians especially in young generation, with 50 percent of heart attacks in men occurring under age of 50 and 25 percent in men under 40. In this context, the concept of the "golden hour" becomes crucial, as it is the critical period immediately following a heart attack when prompt medical intervention can dramatically improve survival rates and minimize long term damage.

According to World Health Organisation (WHO) these risk factors put your heart at risk-- unhealthy diet, drinking too much alcohol, tobacco, air pollution, not moving enough. According to experts your heart age gives you an idea of how healthy your heart is. If your heart age is older than your actual age, you could be at increased risk of having a heart attack or stroke.

Inter-District Division Level Tournament Kho-Kho AAG Girls concludes at GDC Bhaderwah



Winner team posing for a photograph with dignitaries.

■ STATE TIMES NEWS

BHADERWAH: The Inter-District Division Level Tournament in the discipline of Kho-Kho under the AAG Girls tournament concluded, here at Government Degree College Bhaderwah. The tournament was organized under the patronage of Director General Youth Services & Sports J&K UT, Rajinder Singh Tara, and District Development Commissioner Doda, Harvinder Singh, with the able guidance of Joint Director Ved Parkesh and the supervision of DYSS Officer Doda, Sunil Kumar. As many as 320 student players participated in the Inter-District Division

Level Tournament Kho-Kho AAG Girls, hailing from various districts of Jammu Division.

The main objective of this tournament was to select the best players in Kho-Kho for their further participation in the UT level Inter-Division competition.

The matches were witnessed by a good gathering of students and sports enthusiasts.

In the final matches: Under-14 Kho-Kho: Winner up Udhampur; Runner up Doda, Under-17: Winner up Udhampur; Runner up Doda and Under-19: Winner up Udhampur; Runner up Doda.

Later, Suresh Kumar, ZPEO Doda, along with

Rajan and Vikram Singh Chandel, presented trophies and certificates to the winning and runner-up teams in the presence of staff members.

The Department of Youth Services and Sports Doda involved staff from all cadres to make this tournament successful, emphasizing the significance of promoting indigenous sports. District Doda, the host of this prestigious event, left no stone unturned in ensuring top-notch facilities and an excellent arena for the competition.

The matches were officiated by a panel from the technical committee of the Department of Youth Services and Sports.

Yogatvam's free community yoga sessions held at Manda Hills

■ STATE TIMES NEWS

JAMMU: For the past five years, Yogatvam, a leading yoga organization in Jammu & Kashmir, has been nurturing wellness and mindfulness through its free community yoga sessions held every Sunday at Manda Hills. These "Yoga in Nature: Unwind, Recharge, Breathe" classes, starting at 7:00 AM, invite individuals of all levels to practice yoga amidst the scenic beauty of Manda Hills.

As disciples of renowned Yoga Guru Sanjay Asin Ji, Yogatvam's dedicated team of yogis is deeply committed to promoting health, wellness, and the ancient philosophies of yoga. In addition to community classes, they also offer studio sessions, personal lessons, and transformative yoga retreats in the serene

settings of the Himalayas and the foothills of the Trikuta Hills, home to the revered Vaishno Devi shrine.

The tranquil environment of Manda Hills creates a perfect backdrop for participants to reconnect with nature, relax, and recharge both physically and mentally. The sessions include a balanced mix of breathing exercises, meditation, and yoga postures, making them suitable for everyone from beginners to seasoned practitioners. To be part of this enriching experience, contact +91 70516 01150 or +91 97973 90727. Follow Yogatvam on social media @yogatvam or visit their website www.yogatvam.com for more details.

Join us this Sunday to experience the rejuvenating power of yoga in the heart of nature.



Yogatvam team taking yoga session at Manda Hills.

Inter-District Thang-Ta Championship for Boys concludes at Ganderbal



Medal winners posing for a photograph with dignitaries.

■ STATE TIMES NEWS

GANDERBAL: The Inter-District UT Level Thang-Ta Championship for Boys Under-17 concluded today at the Indoor Sports Complex, Sehpora Ganderbal, with District Ganderbal emerging as the overall champion. The two-day event, which commenced yesterday, witnessed the enthusiastic participation of seven districts from across the Union Territory of Jammu and Kashmir.

The competition saw intense performances from the young athletes, with District Ganderbal maintaining a dominant position throughout the event. Their athletes secured an impressive haul of medals, claiming

4 Gold, 1 Silver, and 1 Bronze, placing Ganderbal at the top of the leaderboard. The closing ceremony was graced by senior officials from the Department of Youth Services and Sports (YSS), who applauded the participants for their skill, dedication, and sportsmanship. The officials also felicitated the medalists, acknowledging their exceptional achievements in this traditional martial art form.

Following the conclusion of the U17 category, attention now shifts to the Boys Under-19 competition, which is set to begin tomorrow at the same venue. The U19 athletes are expected to bring the same level of excitement and competitiveness to the championship.

Yudhvir concludes campaigning for Third Phase of Assembly Polls in Jammu East

Urges People to Ensure Maximum Turnout of vote on Oct 1 in favour of BJP

■ STATE TIMES NEWS

JAMMU: Campaigning for the third phase of Assembly elections in the Jammu East constituency concluded today with a massive show of support for BJP's senior leader and contesting candidate for Jammu East, Yudhvir Sethi. As the election campaign reached its final stage, he made an impassioned appeal to the people of Jammu East to come out in large numbers and exercise their democratic right by voting in the upcoming third phase of the Assembly polls on October 1.

Addressing a series of public meetings at New Plot, Raghunath Pura Mohalla Ward No 15, Talab Khatikan Ward No 5, Sidhra and Bhagwati Nagar Ward No 14 and Door to Door Campaign at Vikram Chowk in East constituency, Yudhvir Sethi said, "This is the time to make your voices heard. The future of Jammu lies in your hands, and together, we can ensure that our constituency moves ahead on the path of progress and development. A strong



BJP contesting candidate for Jammu East, Yudhvir Sethi at a public meeting.

and stable government is essential to fulfilling the aspirations of the people, and it is only possible with your overwhelming support."

He further emphasized that the Bharatiya Janata Party (BJP) has always stood for the welfare of the people and remains committed to the holistic development of Jammu. "Our government has delivered on its promises, and we are here to build upon that success. Be it infrastructure, healthcare, or education, we have taken concrete steps to

improve the lives of our citizens. This election is crucial to continue the momentum of growth in Jammu East."

Yudhvir Sethi urged the people to ensure maximum voter turnout on election day in favour of BJP, calling it a responsibility of every citizen to strengthen democracy. He encouraged the electorate, especially the youth, to participate actively in shaping the future of the region.

"Your vote is your power, and every single vote counts in ensuring a bright and prosper-

ous future for Jammu East. I appeal to all of you to come out and vote in large numbers on the day of polling i.e, October 1 to ensure a decisive victory for development, prosperity, and progress," he added.

As the campaign concludes here today, Sethi expressed confidence in securing a resounding victory for the BJP in the Jammu East constituency and reiterated his commitment to serving the people with dedication and integrity.

UT Level Inter-Division Football Tournament Jammu blanks Kashmir Division to lift U-19 girls title

■ STATE TIMES NEWS

POONCH: Blanking Kashmir Division by four goals to nil (4-0) in the summit clash, Jammu Division lifted the title trophy of the UT Level Inter-Division Football Tournament for under-19 girls, while Kashmir Division eves got the better of their counterparts from Jammu by two goals to nil (2-0) in the title clash to claim the under-14 girls title at Sports Stadium here on Sunday.

The Tournament was organised by the Department of Youth Services and Sports which concluded today.

Mool Raj Uttam, District Youth Services and Sports Officer Poonch was the Chief

Guest on the valedictory function.

Speaking on the occasion, the DYSSO Poonch advised the students to take part in sports and other curricular activities for their overall development of personality.

He said that a good sportsperson is always a good citizen.

He also appreciated the effort put in by employees of DYSS Poonch for the smooth conduct of UT-level competition in which students from both the divisions participated with enthusiasm.

The matches were officiated by a panel of technical experts appointed by DYSSO Poonch.



Participating teams posing with dignitaries.

LRA holds valedictory of multi sports tourney

■ STATE TIMES NEWS

JAMMU: Living Right Association (LRA) on Sunday organised valedictory function of the week-long multi sport tournament for young trainees and those senior citizens at University of Jammu (JU), here.

Social activist and head of Tiny Tots Group of Institutions, Dr Veena Handa was chief guest, who along with guest of honour Dr Daud Iqbal (Director Sports JU) and special guests, Sukhdev Singh (DySP) Ravish Vaid,



Dignitaries at the closing ceremony of sports tournament.

Vipan Gupta, Nirmal Kour, Romesh Sharma (retired TT coach of JU) and Mohd Arif. Earlier, in today's Table Tennis men event, the doubles title went to the pair of Ashutosh Sharma and

Ritnesh Puri, who beat the duo of Ashok Bali and Anil Bakshi. In TT singles, Ashok Bali bagged the gold beating Nand Kishore. Third place in TT went to Daleep Koul. Those winners of Football

and Handball events were also felicitated by the organisers with team trophies and other individual medals.

The organising team included Promila Rajput, Geetanjali Dogra, Sonia Slathia and Rukmani Jamwal.

Important to mention here that LRA is a newly formed sports identity by former players, most of them women to promote the spirit of competition among young trainees and provide platform to perform to those senior citizens.

Ajatshatru Singh, Ranvijay flag off JKCA Under-19 Women's Team for Nationals

■ STATE TIMES NEWS

JAMMU: In a momentous event, senior BJP leader and former Minister Ajatshatru Singh, along with Ranvijay Singh, on Sunday flagged off the Jammu and Kashmir Cricket Association (JKCA) Under-19 Women's Team for their participation in the Under-19 Women's T20 National Championship being held in Rajkot.

While addressing the players, Ajatshatru Singh wished the team success and



BJP leader Ajatshatru Singh and Ranvijay Singh posing with team at flagging off ceremony.

encouraged them to perform with full dedication and sportsmanship. He expressed pride in the talent emerging from Jammu &

Kashmir and emphasized the role of sports in shaping the future of the youth.

Ranvijay Singh also extended his best wishes to

the players and highlighted the significance of such national-level tournaments in providing young athletes a platform to showcase their abilities and gain exposure.

Both leaders expressed confidence in the players' capabilities and urged them to bring laurels to the Union Territory by excelling in the championship.

The event concluded with a warm send-off to the team, as they embarked on their journey to Rajkot with high hopes and determination.