

Arya, Mousab score fifties as teamwork guides J&K to thrilling victory over Punjab

Yasir does the trick, Basit bowls heart out

■ STATE TIMES NEWS

MOHALI: Arya Thakur displayed good show with both bat and ball, while Mohammad Mousab dazzled with the willow before Yasir Rasheed did the trick in last over and Basit Bashir bowled heart out as teamwork guided J&K to a thrilling 3-run victory over formidable Punjab in All India JP Atray Invitational Cricket Tournament, being organised by Punjab Cricket Association (PCA) at IS Bindra International Stadium, today.

Earlier, put into bat, J&K openers Arya Thakur and Mir Tabish began the innings with caution and aggression and scored 57 runs in 12.3 overs before Tabish was dismissed on 26 runs off 41 balls with 4 boundaries.

Arya continued his brilliance and was joined by Akash Ayoub and took the score to 118 runs in 25 overs before Arya's dismissal on his individual score of 52 runs off 71 balls, studied with 5 fours and one six. Arnab Gupta (01) and skipper Shivansh Sharma (09) fell cheaply. Mohammad Mousab scored magnificent unbeaten 57 runs off 59 balls



Player receiving Man of the Match.

with 5 boundaries, while Akash Ayoub contributed 47 runs off 74 balls and Yaser Rasheed scored 34 runs off 40 deliveries with 3 boundaries.

Manpreet Sandhu, Shubham Rana and Harshdeep Singh took 2 wickets each for Punjab.

Chasing a target of 257 runs, Punjab scored 253 to lose the match in an exciting contest by 3 runs. Manpreet Sandhu top scored with 70 runs off 93 balls with 7

fours and one six, while Reavanpreet Singh and Harshdeep Singh also scored 50 runs each.

A few bad overs and a few very good overs by J&K bowlers made all the difference, tilting the match from one side to another side. Finally Punjab needed 17 runs in last two overs with 2 wickets in hand and 4 runs in the last over, when medium pacer Yasir Rashid took their 9th wicket on the very

first delivery of 50th over and ran the last batsman out on the same score. Tight bowling by occasional bowling duo of Arya Thakur and Arnab Gupta, coupled with two brilliant catches by Praful Dhar at a crucial juncture snatched victory for J&K from the jaws of defeat.

For J&K, left-arm fast bowler Basit Bashir was the pick off the bowlers, who took 3 important wickets by conceding 24 runs in his 7 overs. Left-arm spinner Vishal Kumar and Yasir Rasheed took 2 wickets each, Arnab and Arya claimed one wicket each. For his brilliant all-round display Yasir Rasheed was adjudged as the player of the match.

In a congratulatory message Member Administration JKCA, Brig Anil Gupta said, "In thrilling match of JP Atray Memorial Invitational Tournament JKCA beat Punjab CA by 3 runs in a 50 over a side match. Well begun is half done. I wish the team all the best and I am looking forward to it qualifying for the knockouts. Well played, carry on the momentum."

JU organises Anaemia Screening Health Camp under Seva Parv

■ STATE TIMES NEWS

JAMMU: As part of Seva Parv 2025, the Gandhian Centre for Peace and Conflict Studies, in collaboration with the Health Centre, University of Jammu (JU), organized a Health Camp for Anaemia Screening on Monday at the University campus.

The camp was inaugurated by Shantmanu, Financial Commissioner (Additional Chief Secretary), Higher Education Department, J&K UT, who served as the Chief Guest.

The event was graced by Prof. Umesh Rai, Vice Chancellor, JU, along with Prof. J. P. Singh Joorel, Dean Academic Affairs, Prof. Neelu Rohmetra, Dean Research Studies, Prof. Yashpal Sharma, Convenor Health Centre, senior officials, faculty, students, and staff. In his address, Shantmanu stressed the importance of integrating health with education. He



ACS Shantmanu, Financial Commissioner inaugurating camp.

highlighted that universities must serve as catalysts for social well-being and praised the initiative as a step towards combating anaemia among youth, especially women. He encouraged students to prioritize preventive healthcare and adopt healthy lifestyles.

Prof. Umesh Rai reiterated the University's commitment to both academic excellence and public health, stating that education is incomplete without good health. He emphasized the role of such camps in raising awareness

about anaemia, particularly among female students and employees. The camp saw enthusiastic participation from the university community. A medical team from the Directorate of Health Services, Jammu, conducted screenings and distributed free medicines. Dr. Neeraj Sharma, Registrar, supervised the event, reaffirming the University's dedication to creating a healthier, anaemia-free campus and fostering a culture of regular health check-ups and preventive care.

National Seminar on "Vision of Sardar Patel towards Viksit Bharat @ 2047" organised at CUJ



Dignitaries during the seminar in Jammu.

■ STATE TIMES NEWS

JAMMU: The Central University of Jammu (CUJ), in collaboration with the Jammu-Samba-Kathua (JSK) Range Police Headquarters, organized a One-Day National Seminar on "The Vision of Sardar Patel towards Viksit Bharat @ 2047" at the Brigadier Rajinder Singh Auditorium, marking the 150th Birth Anniversary of Sardar Vallabhbhai Patel.

Hosted by the Department of Educational Studies, in

association with the Dean of Students' Welfare and the Directorate of Internal Quality Assurance Cell (DIQAC), the seminar highlighted Sardar Patel's legacy and his enduring vision for a strong, united, and progressive India.

Prof. Asit K. Mantry, Head, Department of Educational Studies, welcomed the guests and emphasized Patel's decisive leadership and his unwavering commitment to national integration, describing the

idea of Akhand Bharat as unshakable.

The seminar was inaugurated by Prof. Sanjeev Jain, Vice-Chancellor, CUJ, who delivered the keynote address. He lauded Patel's role in shaping a unified India and urged the youth to uphold his ideals in the journey toward Viksit Bharat @ 2047.

Prominent speakers included Prof. A.K. Nanda, Dean, School of Social Sciences, who discussed Patel's role in shaping India's cooperative

movement and guiding early administrative reforms.

Dr. Shashi Kant Mishra spoke on the need to revisit historical narratives to rediscover the philosophies of India's great leaders. Sanjay Sharma, SSP (Staff Officer to DIG, JSK), highlighted Patel's monumental role in the integration of princely states. Prof. Yashwant Singh, Registrar, reflected on Patel's nation-building legacy.

The seminar also featured a technical session chaired by Prof. J.N. Baliya, where eleven scholarly papers were presented, offering deep insights into Patel's contribution to national unity. Dr. Jai Bhawani Singh facilitated the discussion.

The valedictory session saw Prof. Ritu Bakshi, Dean of Students' Welfare, delivering the vote of thanks. She acknowledged the organizing team, including Dr. Mohan Galgotra and Dr. Ravail Singh, and presented mementos to the session chairs.

■ STATE TIMES NEWS

JAMMU: In pursuance of the directive issued by the Higher Education Administration, the National Service Scheme (NSS) Units of GGM Science College, Jammu organized a comprehensive Cleanliness Drive within the college campus today. The initiative aimed at promoting hygiene, environmental awareness, and a pollution-free atmosphere in and around the institution.

The day-long drive began with an enthusiastic gathering of NSS volunteers at the college quadrangle. Under the able guidance of Dr. Rahul Kait and Dr. Neha Sharma, Programme Officers (POS), the volunteers undertook an extensive cleaning operation that covered sweeping and tidying of lawns, pathways, and corridors and proper segregation and disposal of collected waste.

Special attention was given to making the pond surroundings eco-friendly, enhancing the natural beauty of the campus and ensuring a



Students along with faculty during the drive.

safe habitat for local flora and fauna.

Addressing the volunteers after the successful completion of the drive, Prof.(Dr.) Romesh Kumar Gupta, Principal of GGM Science College, applauded the dedication and commitment displayed by the NSS team.

"Your efforts today reflect the true spirit of social responsibility and community participation. By maintaining cleanliness and promoting a pollution-free campus, you inspire others to contribute towards a sustainable environment," Dr. Gupta remarked.

He also emphasized the

importance of aligning such initiatives with the Swachh Bharat Abhiyan and other national missions that foster civic sense among youth.

At the conclusion of the activity, refreshments were served to all volunteers as a token of appreciation for their hard work. The informal interaction allowed faculty and students to exchange ideas about future cleanliness and conservation drives, including waste segregation awareness, plantation, and water conservation.

The NSS Units of GGM Science College have consistently taken the lead in

organizing activities that combine service with learning. From plantation drives to awareness campaigns on pollution control, the teams have worked tirelessly to nurture a culture of responsibility and care for the environment.

Dr. Rahul Kait and Dr. Neha Sharma expressed gratitude to the Principal for his guidance and to all the students who participated with zeal. They reiterated the NSS motto - "Not Me But You" - and encouraged volunteers to extend the cleanliness message beyond the campus into their communities.

Vishwa Bharati celebrates Sharad Navratra



Faculty members performing Pooja.

■ STATE TIMES NEWS

JAMMU: Vishwa Bharati Higher Secondary School, Akalpur, Jammu, celebrated its first Sharad Navratra to mark the beginning of Durga Puja, which will continue till Ram Navami.

A special Puja ceremony was held at the school reception, beautifully decorated for the occasion.

Dr. S.K. Koul, President of Vishwa Bharati Women's Welfare Institution, performed the rituals along with

Principal Mrs. Annapurna Koul and school staff.

Offerings of sweets and flowers were made to Goddess Saraswati, seeking her blessings for the continued growth and success of the institution.

Navratri Ist Pooja celebrated at Shiksha Niketan School

■ STATE TIMES NEWS

JAMMU: Shiksha Niketan Higher Secondary School celebrated the First Pooja of Navratri with great devotion and enthusiasm. The Principal, Director, and staff members offered prayers to Goddess Durga, seeking blessings for knowledge, peace, and prosperity. A traditional Kanya Poojan was also performed, honoring young girls as symbols of purity and divine strength. The school echoed with spiritual chants and festive joy, creating an atmosphere of cultural pride and devotion. The celebration marked a vibrant beginning to the sacred Navratri festival.



Principal Mrs. Annapurna Koul and school staff.

Offerings of sweets and flowers were made to Goddess Saraswati, seeking her blessings for the continued growth and success of the institution.

■ STATE TIMES NEWS

JAMMU: The Shrimati Shanti Gupta Centre for Women's Studies, MIER College of Education (Autonomous), hosted the launch of the book "Women and Empowerment: Achieving Sustainable Development Goal 5", published by Springer Nature under its Sustainable Development Goals Series. The event was attended by eminent dignitaries, editors, and contributors.

The ceremony was graced by Dr. Renu Gupta, Chairperson MIER; Prof. Rekha Koul, Deputy Head, School of Education, Curtin University, Perth, Australia; Prof. Sarika Manhas, Head,



Dr. Renu Gupta, Chairperson MIER and others launching book.

Department of Home Science, University of Jammu; Prof. Adit Gupta, Director and Principal, MIER College; Rupa Gupta, Director, SSGCWS; Prof. Nishita Rana, Head SoE; Dr. Monika Bajaj, Head SSSH; Dr. Bharti Tandon, Deputy Head SoE; and Arpana Koul, Deputy Head SSSH, along with faculty members of MIER College.

Rupa Gupta welcomed the guests and highlighted the significance of hosting such a landmark event at MIER College. The ceremonial book launch followed, marking a proud moment for the institution. Prof. Rekha Koul, one of the editors, noted that the book serves as both an academic contribution and a global call to action. "Women's empowerment," she empha-

sized, "is key to achieving all Sustainable Development Goals. We must bridge global perspectives and local realities to eliminate barriers to women's leadership, education, and workforce participation." Dr. Renu Gupta, in her address, said, "Empowering women is both a right and a necessity. This book presents strategies and real-life stories that pave the way for women

to drive global change." She reiterated education as the most powerful tool in achieving gender equality.

Prof. Sarika Manhas reflected on women's progress, while also acknowledging the ongoing structural and cultural challenges. She praised the book for offering actionable insights.

Prof. Adit Gupta commended the Centre's initiative and stated that the book provides a comprehensive view on leadership, inclusion, disability rights, and financial empowerment, reinforcing gender equality as central to peace and sustainable growth.

The event concluded with a formal vote of thanks by Dr. Bharti Tandon.

IInd year team wins NIT Srinagar Football trophy



A match in progress.

■ STATE TIMES NEWS

SRINAGAR: The IInd year team bagged the inter-hostel Football (men) Tournament of National Institute of Technology (NIT) Srinagar which was organised by Students Activity and Sports (SAS) Centre, here today.

In the final, IInd year team defeated their seniors from IIIRD year by a solitary goal. The all important goal came through Yameen Gatto in the second half of the play. In

total, eight teams participated in this event.

Earlier, the tournament was inaugurated by Dean Students Welfare, Prof. Mohammad Abid Bazaz, who emphasized the importance of such events in promoting holistic development among students.

In his message, Director NIT Srinagar, Prof. Binod Kumar Kanaujia, lauded the enthusiasm of participants. "Events like the Inter-Hostel

Football Tournament play a vital role in nurturing talent and instilling discipline among students. I congratulate all participants and the winners for their exemplary performance," he said.

Registrar, Prof. Atikur Rehman, also congratulated the teams, saying, "Such tournaments reflect the institute's commitment to promoting extracurricular activities alongside academics. The spirit, teamwork, and competitive energy displayed today are truly commendable," he said.

Incharge Faculty SAS, Dr. Manoj Kumar, congratulated the organizing team and players. He said sports play a crucial role in shaping the character of students.

The SAS Officer Kowsar Ali Mir said that the SAS Centre will be organizing more inter-hostel tournaments in the coming months.

GDC Billawar dominates opening day of women Kabaddi



A match in progress.

■ STATE TIMES NEWS

JAMMU: The Muay Thai Association of Jammu and Kashmir organized a one-day Muay Thai seminar camp at United Martial Art Academy, Talab Tillo, here, with around 40 students participating.

The chief guest was Vikas Gupta, Senior Vice President, Judo Federation of India. The event was presided over by Amit

Singh, with Vikas Dhar as Chief Organizer. Technical instruction was provided by Surjeet Dogra, Neeraj Singh Manhas, and Abhimanyu Singh Charak, with coaching by Mohit Singh.

Senior players Ridhima Sharma, Riya Gupta, and Lovish Dogra also participated. The association is affiliated with United Muay Thai Association of India.