



Nasha Mukht J&K Abhiyan Cricket events themed "Choose Sports, Not Drugs" held at Kishtwar

HIMALAYAN MAIL NEWS
JAMMU, APR 15

The Department of Youth Services & Sports today organized cricket events themed "Choose Sports, Not Drugs" as part of the 100 day Nasha Mukht Jammu & Kashmir Abhiyan.

The initiative witnessed enthusiastic participation from a large number of students and youth, reflecting a strong commitment towards promoting a healthy, drug-free lifestyle through sports.

Matches were conducted in a disciplined and spirited manner across all zones, providing a platform to young talent to showcase their skills while staying engaged in constructive activities.

District Youth Services & Sports Officer Jaffer Haider Sheikh interacted with players, officials and field staff



and emphasized the importance of staying away from drugs and adopting sports

as a positive alternative. He highlighted that sports not only build physical fitness

but also instill discipline, teamwork and a sense of purpose among youth.

Doda hosts grand sports events to promote drug-free lifestyle

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In a remarkable display of unity and commitment towards a healthier society, over 5,000 youth actively participated in a series of sports activities organized across Doda district under the Nasha Mukht Abhiyan.

The overwhelming participation highlights the growing awareness and determination among young people to adopt a drug-free lifestyle.

The District Youth Services & Sports department conducted multiple sports events, including Cricket, Kabaddi, Volleyball and Kho-Kho competitions across the educational institutions of the district.

These activities aimed to



channelize the energy of youth into constructive avenues, while reinforcing the message of staying away from substance abuse.

The initiative was carried out under the esteemed guidance of the Director General Youth Services & Sports J&K Anuradha

Gupta and under the overall supervision of District Youth Services & Sports Officer (DYSSO) Jaffer H. Sheikh.

The programme also witnessed the involvement and coordination of all concerned Zonal Physical Education Officers (ZPEOs), ensuring grand success of

events.

Participants expressed enthusiasm and support for the initiative. "Being part of these sports activities motivates us to stay focused and healthy."

It also spreads a strong message among our peers to stay away from drugs," A student participant shared.

Man United undone by errors as Leeds end drought at Old Trafford

NEW DELHI, APR 15: Manchester United suffered a damaging 2-1 defeat at home to Leeds United. Leeds secured their first victory at Old Trafford since 1981. Defensive mistakes and a red card proving decisive in a heated contest.

The game turned in the first half, where Noah Okafor scored twice, capitalising on errors from Leny Yoro and Lisandro Martinez. United struggled defensively, particularly in dealing with aerial balls and second phases, allowing Leeds to take firm control early on. The situation worsened shortly after the break when Martinez was sent off following a VAR review for pulling Dominic Calvert-Lewin's hair — a decision



that sparked debate but left United with 10 men for most of the second half.

Despite that setback, United showed a response. Casemiro pulled one back in the 69th minute with a header, and the hosts pushed forward late on. They came close to an equaliser through multiple

aerial chances, including a header cleared off the line, but could not find a second goal. United's issues were clear. Defensive organisation and individual errors cost them early, while their attacking threat only became effective once they shifted to a more direct approach late in the game.

For Leeds, the result is significant. It marks their first league win at Old Trafford in decades and boosts their chances of survival.

For United, currently third, it raises fresh concerns about consistency at a crucial stage in the race for Champions League qualification.

Basketball trials from April 27

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Jammu and Kashmir Basketball Association shall hold two-day selection trials to select UT Junior Men and Women teams on April 27 and April

28 at the Basketball arena, MA Stadium, here from 4:30 pm onwards.

As per a handout issued by the Association, here today, as and when selected, the UT teams shall participate in the 76th Junior National Basketball Championships being organized by

Basketball Federation of India at Puducherry from May 22 to May 29.

The shortlisted probable shall attend a pre competition coaching camp at the same venue following approval of the J&K Sports Council.

The players born on or

after January one, 2008 are only eligible to participate in the trials.

Those eligible interested players have been advised to bring along their original DoB certificates, issued by respective civic bodies and adhar cards for verification.

Mulan CC Crush Rajouri Titans

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The ongoing 1st Jammu Lochan T20 Cricket Tournament, organized by the Jammu and Kashmir Masters Games Association (JKMGA) at the Maulana Azad Stadium, continues to witness exciting cricketing action and rising talent.

In the 9th match of the tournament, Mulan Cricket Club delivered an impressive all-round performance to register a convincing victory over Rajouri Titans.

Winning the toss, Mulan Cricket Club skipper Rahul Mulan opted to bat first—a decision that paid rich dividends. The team posted an imposing total of 189 runs for the loss of five wickets in their allotted 20 overs. Akash Choudhary led the charge with a blistering knock of 69 runs off just 33 balls, smashing four sixes and eight boundaries. Captain Rahul Mulan anchored the innings brilliantly with a composed 57 runs off 43 balls, including seven elegant fours.



For Rajouri Titans, Mukesh was the pick of the bowlers with two wickets, while Umesh Sharma and Vikshay Vashist chipped in with one wicket each.

Chasing a challenging target, Rajouri Titans struggled to build momentum and were bowled out for just 70 runs in 13 overs. Mulan Cricket Club bowlers dominated proceedings, with Rahul Jamwal claiming three crucial wickets.

Akash Chib supported

well with two wickets, while Kulwinder, Rahul Mulan, Kanan Mahajan, and Karan took one wicket each to seal a comprehensive victory.

For his outstanding all-round performance, Rahul Mulan was deservedly declared the Player of the Match for his valuable 57 runs and a wicket.

The award was presented by Sanjay Puri, Veteran Handball Player and Executive Member of the association.

Speaking on the occasion, Puri lauded the initiative, stating that the tournament, with its focus on nurturing young cricketers and promoting sportsmanship, is a commendable step toward strengthening the sporting culture in Jammu and Kashmir.

The tournament continues to serve as a vibrant platform for budding cricketers, showcasing talent, passion, and the true spirit of the game.

Gopesh enters U-17 boys Badminton final

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Gopesh Singh today entered into the final of Under-17 boys singles on the second day of the Martyrs Memorial prize money Badminton Tournament being organised by High Toss Sports Club at Champion Arena, here.

Earlier, in the semifinal, Gopesh defeated Divesh Bakshi in straight sets of 21-13, 21-15. Quarterfinals: Gopesh bt Pranav 21-15, 21-12; Divesh Bakshi bt Arshveer Singh 21-3, 21-09; Bivan Chib bt Ayushman Dash 21-01, 21-04; Vansh Dahiya bt Atharv Bariya 21-15, 21-07.

Dr Falak Gupta, founder of NGO Pahal, working for the upliftment of poor children



was special guest, who interacted with the participants.

Other Results (preliminary round): Under-13 boys: Sarthak Koushal beat Wasif 21-08, 21-10; Ayaansh Malhotra beat Manveer 21-04, 21-05; Satvik Singh beat

Aarav Fangotra 21-04, 21-05. Girls: Akshani Manhas beat Ruheem Choudhary 21-16, 21-13; Rohani beat Noor 21-07, 21-05; Kirat Choudhary beat Saranaya Gupta 21-07, 21-02; Aarya Mahajan beat Dhruva 21-05, 21-04.

Under-17 Girls: Akshani Manhas beat Shivika 21-11, 19-21, 21-16; Kirat Choudhary beat Harianshi Koushal 21-19, 21-11; Sanvi Singhi beat Aarya Mahajan 21-13, 21-09; Bhavya Wazir beat Aanya 21-014, 21-12.

Reasi wrestler Surjit lifts 33rd Dera Kesari Dangal title

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The 33rd Dera Kesari Dangal held with great enthusiasm at the holy Shrine of Dera Baba Banda Bahadur in Reasi, as part of the Baisakhi celebration.

The traditional wrestling event was organized to pay respects to great

Saint, warrior and martyr by Baba Banda Bahadur Prabandhak Committee and Baba Banda Bahadur Sikh Samardi, in collaboration with the J&K Indian Style Wrestling Association.

The event took place under the overall supervision of Indian Style Wrestling Association president, Shiv Kumar Sharma and Baba Jatinder Paul Singh Sodhi, Gaddinasheen.

In the title bout, wrestler Surjit Singh of J&K Police and resident of Reasi

defeated Sahil of Haryana to win the 33rd Annual Dera Kesari Dangal Title 2026. Surjit was felicitated with a cash prize of Rs. 8,000 along with traditional Gurj (Gadda) and Patta, while Sahil received Rs. 6,000.

In second main bout, Billu of Vijaypur outplayed Vikas, again from Haryana to receive Rs 5,000 cash prize. Vikas presented Rs 4,000



being runners-up.

The third bout won by Amit of RS Pura beating Prit Paul of Pathankot

In Punjab winning Rs. 4,500 cash prize. Prit Paul received Rs 3,500. The fourth of the day won by Billu of Roun Domail (Udhampur) beating Vicky of Pathankot while Murad Ali of Jammu defeated Billa for fifth bout.

In total, 48 bouts decided in this day-long event

wherein cash prizes worth RS 1.5 lakh given away.

The prizes for the top bouts presented by chief guest, DySP Headquarters, Vishal Singh Jamwal while Suresh Singh, Tehsildar Reasi was guest of honour and Shiv Kumar Sharma, former Joint Secretary J&K Sports Council presided.

The event was officiated by Lochan Singh, Prahalad Singh, Sunny Sharma, Tuleyinder Kumar and

Tirath Ram.

Members of the organising committee present were Key organizing committee members included Sant Kumar Juneja (chairman), Prem Dureja (vice chairman), Dr. Shiv Shanker Pahwa (National president), Ved Parkash Makker (vice chairman), Darshan Rewari (vice president), Pritam Bhayana (general secretary) and Krishan Pal Jawa (vice chairman).