



## YS&S Deptt Poonch organises sports activities under Anti-Drug Campaign

**HIMALAYAN MAIL NEWS  
JAMMU, APR 25**

In a significant step towards promoting a drug-free society and fostering a culture of health, discipline, and positivity among youth, the Department of Youth Services & Sports Poonch organized a series of sports and fitness activities, including yoga sessions, across various zones of the district under the banner of Nasha Mukta Bharat Abhiyan.

The initiative witnessed enthusiastic participation from over 2,021 youth, reflecting growing awareness and a strong commitment among young individuals towards a healthy and drug-free lifestyle.

As part of the programme, intramural competitions were conducted across multiple zones, with a total participation of 3,826 students (boys and girls) in games such as kho-kho, kabaddi, chess, volleyball, and badminton. These competitions provided a vibrant platform for students to showcase their skills, teamwork, and sportsmanship.

Additionally, around 1,612 participants took part in the activities conducted across all zones of the District under the "Back to Bachpan" initiative, adding to the vibrancy and inclusivity to the campaign. The activities were carried out successfully with active



involvement from students and staff, reflecting strong coordination and enthusiasm. The programme was conducted under the guidance of Director General Youth Services & Sports Anuradha Gupta.

A dedicated yoga session, along with multiple sports activities, was also organized, helping participants enhance both physical fitness and mental well-being. These activities not only promoted a healthy lifestyle but also instilled values of discipline, unity, and confidence.

An Anti-Doping Awareness Programme was also conducted to educate participants about the harmful effects of performance-en-

hancing drugs and to promote the spirit of fair play in sports.

Adding a strong social message, all participants collectively took a pledge: "Say No to Drugs, Yes to Sports," reaffirming their commitment to leading a healthy and responsible life.

Officials emphasized that the primary objective of such initiatives is to steer youth away from the dangers of drug abuse and channel their energy into constructive pursuits such as sports, education, and personal development.

At the district level, the programme was conducted under the supervision of Mr. Mohammad Qasim, while on-ground coordination

and management were efficiently handled by Mr. Vijay Kumar, ensuring the smooth execution of all activities.

Officials further highlighted that such initiatives form part of a broader mission to bring long-term positive transformation in society by promoting fitness, education, and responsibility among youth.

The programme concluded on a highly motivating note, with participants displaying remarkable enthusiasm, discipline, and sportsmanship. Their active involvement stands as a testament to the increasing awareness among youth about the importance of staying away from drugs.

## KL Rahul's exhilarating 152 powers DC to 264/2

**NEW DELHI, APR 25:** KL Rahul blended grace with power to script a stroke-filled 152, the third-highest individual IPL score, while Nitish Rana (91) batted with authority as the duo powered hosts Delhi Capitals to a mammoth 264 for 2 against Punjab Kings here on Saturday.

Setting a target for the first time this season, the Capitals came out with clear intent, attacking anything in their arc from the outset.

The home team hit a total of 29 fours and 13 sixes to put on board the highest total of the 2026 IPL season.

Striking at over 200 throughout the 20 overs, Rahul (152 off 67 balls) unfurled a range of classical strokes all around the ground, seamlessly combining timing with aggression



to put up the highest-score ever by an Indian in the IPL. With the knock, he also became only the third player to go beyond 150-run mark after Chris Gayle (175) and Brendon McCullum (158). Dropped on 18 by Shashank Singh, he made full use of the reprieve, forging a 220-run stand with local boy Rana for the second wicket. It was second

biggest stand in IPL history behind 229 set by Virat Kohli and AB de Villiers.

Rana looked completely at ease on his home ground. His 44-ball knock, laced with 11 fours and 4 sixes, provided the perfect foil as the duo kept the scoreboard ticking at a brisk pace.

Rahul set the tone early, striking back-to-back boundaries in the second

over before Pathum Nissanka chipped in with a crisp four.

Although Punjab struck an early blow with Nissanka top-edging to the keeper, their bowlers found little respite thereafter. They were also guilty of a few misfields, which only added to their woes.

Rahul and Rana seized control, punishing anything loose and propelling Delhi to 68 for one, DC's best power-play score of the season before plundering 145 runs in the middle overs.

Rana then shifted gears in spectacular fashion, taking apart Australian pacer Xavier Bartlett in the 12th over for 28 runs.

The left-hander dealt exclusively in boundaries, smashing two sixes and four fours in a sequence of 6.4.4.4.4.6.

## APS hosts Cluster Football Tournament

**HIMALAYAN MAIL NEWS  
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The Inter APSs Cluster Football Tournament 2026, hosted by Army Public School Samba, concluded on a high note after an exhilarating series of matches held from 18 April to 24 April 2026. The tournament witnessed enthusiastic participation from various Army Public Schools across the Cluster, competing in U-15 and U-17 Boys Categories.

In the U-15 Boys Final, the match between APS Samba and APS Jammu Cantt kept spectators on the edge of their seats. After a tough contest, APS Samba emerged victorious in a nail-biting tie breaker with a score of 3-1 displaying remarkable composure under pressure. Army Public School Jammu Cantt secured the 1st - Runner-Up



position, while Army Public School BD Bari claimed the 2nd Runner-Up title. In the U-17 Boys Final, APS Samba once again demonstrated dominance and teamwork by defeating APS Jammu Cantt with a convincing 3-0 victory, securing the Winner's Title. Army Public School, Jammu Cantt finished as the 1st Runner-Up,

while Army Public School Kaluchak secured the 2nd Runner-Up position.

Winners and Runners-Ups were felicitated with Trophies, Medals and Certificates. Special appreciation was extended to the coaches, referees and organizing committee for their dedication and seamless execution of the event.

The Principal, APS Samba congratulated all teams and emphasized the role of sports in fostering discipline, teamwork and holistic development among students. The tournament concluded with great enthusiasm, leaving behind a legacy of sportsmanship, unity and competitive excellence.

## YSS Kishtwar organises Unity March, Sports-Based awareness activities

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The Department of Youth Services & Sports Kishtwar organized a series of impactful activities including Unity March, Marathons, Drug Awareness Rallies, Debates, Seminars and Sports Awareness programmes across all zones of the District. The initiative themed "Choose Sports Not Drugs" formed the part of ongoing Nasha Mukta Jammu & Kashmir Bharat Abhiyan (100 Day Campaign).

The events witnessed enthusiastic participation from students, youth, teachers, sports lovers and local communities who joined hands to spread a strong message against drug abuse and in favour of healthy, disciplined and productive lifestyles.

Unity Marches and marathons were organized in different zones to promote physical fitness, social harmony and collective responsibility in building a drug-free society.

Debates and seminars held in educational institutions focused on the harmful consequences of drug addiction, the role of youth in nation building and the



significance of sports as a positive alternative.

Speakers emphasized that sports cultivate discipline, confidence, teamwork and resilience, helping youth remain focused and away from social evils. Awareness rallies passed through various villages, schools and public spaces, sensitizing the masses about the dan-

gers of narcotics and encouraging community involvement in the fight against drugs.

Sports-based awareness activities were also conducted to engage youth constructively and reinforce the campaign slogan "Choose Sports Not Drugs."

The district-wide campaign was conducted under

the directions of Director General Youth Services & Sports J&K Anuradha Gupta and District Development Commissioner Pankaj Kumar Sharma and under the supervision of District Youth Services & Sports Officer, Jaffer Haider Sheikh along with active coordination of all Zonal Physical Education Officers (ZPEOs).

## District Police defeats DHS in promotional Cricket Match held under Nasha Mukta Abhiyan

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A one-day cricket exhibition match was organized under the ongoing 100 Days Nasha Mukta Jammu & Kashmir Abhiyan here at Sports stadium Doda the other day.

The contest between District Police and District Health Society was organized to spread awareness against drug abuse and promote the message of a healthy, disciplined and addiction-free society through sports activities.

The match was formally inaugurated by Chief Medical Officer Dr. Tanveer Ahmed Rather along with Manager DHS Team Dr. Hamid Parray and officers/officials of the Police and Health Departments.

After winning the toss, District Health Society elected to bat first and posted a competitive total of 176 runs for the loss of 9 wickets in the allotted 20 overs.

Mir Rayees played a brilliant knock of 74 runs, while Irshad Malik contributed 44 runs. From District Police, Talib Hussain claimed 2 wickets, while Tanveer Ahmed and Inder Kotwal took 1 wicket each.

In reply, District Police successfully chased the target in just 16.4 overs with



the loss of 4 wickets.

Sameer-ur-Rehman scored an impressive 55 runs, while DySP DAR Adil Rishi added 36 runs and Inspector Shah Nawaz contributed 35 runs. For DHS, Mir Rayees and Irshad Malik claimed 2 wickets each.

Later, Sameer-ur-Rehman was declared Man of the Match for his outstanding all-round performance.

The prize distribution cer-

emony was graced by SSP Kartik Shrotriya as the Chief Guest, while BMO Ghat Dr. Abdul Gafoor was the Guest of Honour.

Speaking on the occasion, the SSP appreciated both teams for displaying excellent sportsmanship, discipline and team spirit. He emphasized that sports play a vital role in channelizing the energy of youth in a positive direction and keeping them away from the menace

of drug abuse.

At the end, prizes were distributed among both teams. A pledge under Nasha Mukta Bharat Abhiyan was also administered to reaffirm the resolve to eradicate drug abuse and promote a healthy society.

The match was officiated by Parnod Thakur and Khalid Hussain as Umpires, Mohammad Umar as Scorer and Javed Ahmed as Commentator.

## Jamshedpur FC return to winning ways with dominant 4-1 win over Chennaiyin

**JAMSHEDPUR, APRIL 25:** Jamshedpur FC produced a commanding performance to defeat Chennaiyin FC 4-1 in Indian Super League (ISL) 2025-26 at the JRD Tata Sports Complex on Saturday.

A brace by Sanan Mohammed, along with goals from Raphaël Messi Bouli and Nikola Stojanovic, secured three points for the hosts after five matches. They climb to fourth in the standings with 18 points, while Chennaiyin FC remain 10th

with nine points, according to a release.

The Men of Steel set the tone early, combining attacking intent with high pressing, while Chennaiyin FC struggled to cope with the intensity despite creating a few chances of their own. Jamshedpur's clinical finishing ultimately proved the difference in a contest where they capitalised on key moments.

The hosts made a bright start, with Stojanovic and Madih Talal testing the Chennaiyin defence inside the opening

minute. Chennaiyin nearly responded immediately, but Irfan Yadwad's close-range header was brilliantly saved by Jamshedpur keeper Albino Gomes.

Jamshedpur took the lead in the seventh minute through Sanan. A well-worked move down the right saw Rosenberg Gabriel deliver a low cross into the box. While Messi Bouli failed to connect, the ball fell to Sanan's foot, who fired home from close range to give the hosts an early advantage.