



Nasha Mukht Jammu Kashmir Abhiyaan J&K Sports Council launches wave of Sporting Events across Kashmir under 100-day Campaign

HIMALAYAN MAIL NEWS
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Jammu & Kashmir Sports Council (JKSC) has announced a comprehensive calendar of sporting events set to unfold across the Kashmir Valley over the coming weeks.

The initiative forms a core part of the 100-Day Nasha Mukht Jammu Kashmir Abhiyaan, an ambitious government-led campaign aimed at engaging the youth of Jammu & Kashmir through sport, nurturing grassroots talent, and building a robust, drug-free sporting culture across the Union Territory.

The South Kashmir Volleyball League 2026 is scheduled to be held from 14 to 17 May 2026, organised in association with the Volleyball Association of Jammu & Kashmir. The league will provide a competitive platform for volleyball players from the South Kashmir region, fostering team spirit and identifying emerging talent at the district level.

Similarly, The Kashmir Championship Football League, to be conducted across all districts of the Kashmir Division, will commence its selection process with trials. The first trial is scheduled on 13 May 2026 at Madri Meharban Stadium, Ganderbal. Players aspiring to represent their districts are encouraged to report at the designated venue on the specified date. Subsequent trial schedules



for remaining districts will be announced in due course.

Likewise, the Karate Championship will be inaugurated on 16 May 2026 at the Indoor Sports Hall, Polo Ground, Srinagar. The championship will bring together karate exponents from across the Valley, providing a stage for athletes to demonstrate skill and competitive excellence in this traditional martial discipline.

Furthermore, in observance of World Bicycle Day, the J&K Sports Council will organise a Cyclothon in Srinagar. The event is aimed at promoting cycling as a healthy lifestyle choice among the youth while simultaneously raising awareness against drug abuse and obesity. Dates and route details will be announced soon.

A Women's Rugby Trophy is also in the pipeline, underscoring the Council's commitment to expanding opportunities for women in sport. Further details regarding venue, format, and dates will be communicated in the coming days.

Alongside the competitive events, the J&K Sports Council will conduct live demonstrations and introductory sessions across a range of martial arts and traditional combat disciplines. These include Thang-Ta, Taekwondo, Karate, Pencak Silat, Wushu, Kudo, and Suky Martial Art. These demonstrations are designed to expose youth across the Valley to diverse sporting traditions, stimulate interest at the grassroots level, and provide a pathway into structured training programmes.

All events under the calendar are aligned with the broader objectives of the Nasha Mukht Jammu Kashmir Abhiyaan: to engage youth constructively through sport, combat the menace of drug abuse, nurture athletic talent at the district and regional level, promote physical fitness, and address growing health concerns including obesity. Sport, in the vision of the J&K Sports Council, is not merely a recreational pursuit but a powerful instrument of social transformation and community well-being.

The J&K Sports Council invites athletes, coaches, associations, and sports enthusiasts across Jammu & Kashmir to participate actively in these events and contribute to building a healthier, stronger, and drug-free generation.

Sainik School Nagrota emerges Runners-Up at IPSC Basketball Champ

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Sainik School Nagrota once again brought laurels to the Union Territory of Jammu & Kashmir by delivering an outstanding performance at the prestigious IPSC Basketball Championship 2026 (U-17 Boys) held from 08 May to 10 May 2026 at Pestle Weed School, Dehradun.

The championship witnessed participation from 21 reputed schools from across the country, making the tournament highly competitive and challenging. Displaying exceptional teamwork, discipline, determination and sportsmanship, the cadets of Sainik School Nagrota secured the Overall Second Position and clinched the coveted Runners-up Trophy.

The team showcased remarkable consistency throughout the tournament with convincing victories against some of the top par-



ticipating schools. Sainik School Nagrota defeated Sainik School Kunjpora by 30-15, Welham Boys School by 29-11 and Birla Public School by 43-19. In one of the most thrilling matches of the championship, the team edged past MNSS Rai with a nail-biting score of 47-44.

The cadets also put up commendable performances against strong teams including Mann School and the host institution, Pestle Weed School, earning appreciation for their fighting spirit and professional conduct on the court. The achievement reflects the high standards of

sports training and holistic development being imparted at Sainik School Nagrota. The Principal, staff and cadets congratulated the basketball team for their exceptional accomplishment and for bringing pride and honour to the institution and the Union Territory of Jammu & Kashmir.

South Kashmir Volleyball League to be held at Shopian from May 14

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The Volleyball Association of Jammu and Kashmir (VAJK) in collaboration with the J&K Sports Council is all set to host the South Kashmir Volleyball League-2026, a four-day mega sporting event, at the newly constructed Indoor Sports Stadium Shopian from May 14 to 17, 2026. According to the organizers, the volleyball league is being organized for six districts of Jammu and Kashmir including Anantnag, Kulgam, Pulwama, Shopian, Rajouri and Poonch.

More than 170 players and officials from across the Union Territory are expected to participate in the championship and showcase their talent and competitive spirit.

The event will be conducted under the rules and regulations of the Volleyball Federation of India (VFI). The organizers have made elaborate arrangements for free boarding, lodging, transportation and sports kits for the participating teams and officials to ensure



the smooth conduct of the league. The championship is also aimed at promoting sports culture among youth and encouraging them to stay away from drug addiction and other social evils. Organizers said the league would play an important role in channelizing the energy of youth towards positive and developmental activities. Officials of the association stated that VAJK has been continuously organizing volleyball events across the Valley and has already conducted three

South Kashmir Volleyball Championships for both men and women, attracting participation from thousands of sports lovers in collaboration with the J&K Sports Council.

The upcoming edition will mark the first major volleyball league to be played at the newly constructed Indoor Sports Stadium Shopian. The association expressed hope that the event would further strengthen volleyball at the grassroots level in the region. President of VAJK,

Sidharth Daluja, congratulated all participating teams and wished them success in the tournament. He also appealed to players to spread the message of "Say No to Drugs, Yes to Sports" during and after the championship in their respective districts. The President also conveyed his good wishes to Amir Bhat, Organizing Secretary, Chairman Control Committee of the league, Vice President of VAJK and his team for successful conduct of the league on behalf of all office bearers of VATK.

Girls Cricket Tournament concludes at Chawalgam Ground

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Girls Cricket Tournament organized under the banner of Nasha Mukht Bharat Abhiyaan concluded today at Chawalgam Sports Ground with enthusiasm and active participation from various teams across the district.

The final match was played between GDC Kulgam and Kulgam Warriors. Kulgam Warriors emerged victorious by 66 runs after displaying an impressive all-round performance in the summit clash.

Deputy Commissioner Kulgam, Shahzad Alam presided over the concluding ceremony and distributed trophies, medals and appreciation awards among the winner, runner-up and other participating teams.

Speaking on the occasion, the DC appreciated the efforts of the organizers and lauded the participation of girls in sports activities. He



emphasized that such events provide a positive platform for youth, promote sports culture and spread

awareness against drug abuse under the Nasha Mukht Bharat Abhiyaan. ADC, Tehsildar Kulgam

officers from other departments, sports enthusiasts were present during the concluding ceremony.

RCB batters search solidity against KKR's in-form bowling unit

RAIPUR, MAY 12: Royal Challengers Bengaluru will require a significantly punchier batting effort to overcome Kolkata Knight Riders' in-form bowling unit and close in on an IPL playoffs berth here on Wednesday.

RCB are currently perched atop the points table with 14 points, but they will lose that spot to either Sunrisers Hyderabad or Gujarat Titans, who also have 14 points.

However, more than that

temporary slip, the RCB management will be focussed on their batters, who would be expected to deliver the signature effort, which marked their campaign early this season.

The Bengaluru batting unit was a pale shadow of its fear-inducing self against Mumbai Indians while chasing a mid-dling 167 here.

They needed a determined half-century from Krunal Pandya and a six in the fourth

ball of the final over from Bhuvneshwar Kumar to chase that down.

Skipper Rajat Patidar's contribution is important in that aura-rebuilding exercise.

After a glorious run early in the tournament, punctuated by a shower of sixes, the right-hander seems to have slumped of late, managing just one fifty-plus score and one 20-plus score in the last six innings.

It has reduced the RCB's

middle-order fire-power to a certain degree, but contributions from others batters like Devdutt Padikkal and Tim David have helped them stay above the water.

However, they will be up against a potent Knight Riders' bowling unit that has mystery spinners Sunil Narine and Varun Chakravarty, who have been well-supported by domestic names like Kartik Tyagi, Vaibhav Arora and Anukul Roy.

New mothers being helped in comeback world over but WFI blocking Vinesh: Sakshi Malik

NEW DELHI, MAY 12: Olympic bronze-winning grappler Sakshi Malik on Tuesday supported Vinesh Phogat in her tussle with the Wrestling Federation of India over coming back from retirement, saying that attempts are being made to block her at a time when countries world over are relaxing norms to help new mothers resume their careers.

A defiant Vinesh showed up at the National Open Ranking Tournament in Gonda even though WFI had declared her ineligible. While issuing a lengthy showcause notice to her, the WFI said she could not be allowed to compete due to the mandatory six-month notice period that athletes need to serve before returning from retirement under anti-doping rules.

Vinesh, who is the mother



of a 10-month old son, has responded to the notice and refused to back down despite WFI's strict position.

Sakshi was a close ally of Vinesh during the highly-publicised protest against alleged sexual harassment by WFI's then President Brij Bhushan Singh Sharan but broke ranks after Vinesh joined the Congress party.

"I have been asked my views and I was contemplating for the last two-three days as Vinesh is an MLA from a political party and I have nothing to do with any political outfit. (But) I can give you plenty of examples of countries relaxing norms for their athletes, so that women can continue to play and win medals for the

country even after becoming mothers," she said in a video clip on her social media page.

"But our federation has come up with rules to stop Vinesh from making a comeback. I would request the Prime Minister (Narendra Modi), the Sports Minister (Mansukh Mandavia) and the WFI to take Vinesh's trial so that she can also win medals for the country and be an example for women by winning medals after becoming a mother," she added.

Vinesh had quit wrestling after being shockingly disqualified from the finals of the 2024 Paris Olympics for being 100gm over the prescribed weight limit. The shattered Haryana grappler eventually joined politics and was elected from the Julana constituency the same year.