



## J&K Sports Council congratulates Vishal Thappar on selection for Senior Fencing Sabre World Cup

HIMALAYAN MAIL NEWS  
JAMMU, MAY 20

Jammu and Kashmir Sports Council congratulated J&K's ace Sabre Fencer Vishal Thappar on his selection to represent India in the Senior Fencing Sabre World Cup scheduled to be held at Cairo, Egypt from May 22 to 24, 2026.

Vishal Thappar earned his place in the Indian team after an impressive performance during the three-phase selection trials organised by the Fencing Association of India at the National Centre of Excellence, NSNIS Patiala. His outstanding display of technique, agility, and fitness once again reaffirmed his stature as one of the country's leading sabre fencers.



Pertinently, Vishal Thappar has brought laurels to the nation and Jammu & Kashmir on several occasions and has won numerous national and international medals, including a Senior Commonwealth Gold Medal. He is presently ranked third in India in the sabre category.

Secretary, Jammu and

Kashmir Sports Council, Nuzhat Gul, congratulated Vishal Thappar on this remarkable achievement and extended her best wishes to him and his family. She expressed confidence that Vishal would continue to make the Union Territory and the country proud with his performances at the international level. "The selection of Vishal Thappar for the prestigious Senior Sabre World Cup is a proud moment for Jammu & Kashmir. His dedication, consistency, and achievements continue to inspire young athletes across the region," she said. The Indian team has been cleared by the Ministry of Youth Affairs and Sports, Government of India, with full financial support from the Sports Authority of India (SAI).

## DC Ramban inaugurates 3rd Season of Banihal Cricket Cup 2026

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JAMMU, MAY 20

Deputy Commissioner Ramban Mohammad Alyas Khan today inaugurated the 3rd Season of the Banihal Cricket Cup 2026 at Banihal, marking the commencement of one of the region's most anticipated cricket tournaments amid great enthusiasm among youth and sports lovers.

The inaugural ceremony was attended by ADC Ramban Varunjeet Singh Charak, SDM Banihal Mohammad Naseeb Bajran, SDM Ramsod Syed Mazahir Hussain Shah and prominent personalities besides a large gathering of spectators and sports enthusiasts.

The DC appreciated the efforts of the organizing committee comprising Farooq Ahmed, Danish, Bilal, Munazar and Rafiq for organizing the mega sporting event. He emphasized the



importance of sports in channelizing the energy of youth towards positive activities and promoting discipline, teamwork and healthy competition.

A total of 32 teams from different areas are participating in the tournament,

reflecting the immense cricketing talent and sporting spirit of the region. The tournament is being organized as a part of the "Nasha Mukht Abhiyan" with the objective of spreading awareness against drug abuse and encouraging

youth participation in constructive activities.

The inaugural match of the tournament was played between RCB Banihal and Khan Brothers Halimadan, setting the stage for an exciting series of matches in the days ahead.

teamwork and sportsmanship. Besides providing a competitive platform to young athletes, the tournaments are playing a vital role in promoting physical fitness, unity, leadership qualities and a healthy lifestyle among the youth.

Participants are demonstrating great passion and dedication across all disciplines, making the competitions highly engaging and inspiring. The enthusiasm displayed by students, officials, Physical Education Teachers and organising committees reflects the growing sports culture and increasing participation of youth in constructive and healthy activities across District Doda.

The Department has ensured proper arrangements and smooth conduct of competitions at all venues with active support from officials, ZPEOs, field staff and school authorities. The tournaments are being organised in a systematic and inclusive manner to ensure equal opportunities and encouragement for budding sportspersons from every zone of the district.

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The ongoing sporting events have generated an energetic and vibrant atmosphere in different zones, where students are displaying exceptional talent, confidence, discipline,

## Sports Fields turn into Arenas of Talent as DYSS Baramulla conducts Mega Multi-Zonal Competitions

HIMALAYAN MAIL NEWS  
JAMMU, MAY 20

In continuation of the Inter-School Zonal Level Competitions being organised under the banner of Nasha Mukht J&K Abhiyan, the Department of Youth Services and Sports Baramulla successfully conducted a series of sporting events across various zones of the district, witnessing massive participation and tremendous enthusiasm among young athletes.

Zone Sopore successfully organised a four-day mega Inter-School U/14 and U/17 Boys Kho-Kho Competition at Government High School Chankhan. The event witnessed the energetic participation of nearly 300 students from different institutions of Zone Sopore, who displayed exceptional sportsmanship, discipline and competitive spirit throughout the tournament.

Meanwhile, Zone Nehalpora conducted an Inter-School Zonal Level U/17 Boys Badminton Tournament at Government Higher Secondary School Nehalpora. Around 30 students from various educational institutions enthusiastically participated in the competition and showcased their sporting talent and technical skills.

Zone Chandoosa organised U/14 and U/17 Boys Yoga Competitions at Higher Secondary School Chandoosa. A total of 55 students participated in the event, displaying remarkable flexibility, concentration and awareness regarding physical and mental well-being through yoga practices.

Similarly, Zone Rohama conducted the Inter-School Zonal Level U/14 and U/17 Boys Kho-Kho Competition



under the banner of Nasha Mukht Bharat Abhiyan at Higher Secondary School Rohama.

The event witnessed vibrant participation from various institutions across the zone, with a total of 227 players taking part enthusiastically.

Zone Dangiwa conducted the second day of competitions organised the Inter-School Zonal Level U/17 Girls Kho-Kho Competition at Cluster Behrampora and Cluster Dangiwa. The event saw active participation from students of different schools across the zone. While 48 students participated at Cluster Behrampora, another 60 students took part at Cluster Dangiwa, taking the total participation to

108 students.

In another major sporting activity, Zone Baramulla conducted Inter-School Kho-Kho and Table Tennis Tournaments for U/14 and U/17 Boys and Girls at Government High School Dewanbagh. A total of 11 teams comprising around 170 players from various government and private educational institutions participated with great enthusiasm and zeal.

Adding further momentum to the district-wide sporting movement, Zone Singhpora Pattan successfully organised the U/14 and U/17 Boys Kho-Kho Competition at Sports Field Malmooh. The event recorded the participation of more than 160 students from dif-

ferent institutions of the zone who actively participated and demonstrated remarkable energy and sportsmanship.

Speaking on the sidelines of the events, DYSSO Baramulla, Mushtaq Ahmed Pampori appreciated the efforts of all Zonal Physical Education Officers, field staff, technical officials and participating institutions for ensuring the successful conduct of the competitions. He emphasized that such events not only help in identifying sporting talent at the grassroots level but also play a vital role in channelising the energy of youth towards constructive and healthy activities under the mission of Nasha Mukht Bharat Abhiyan.

## Jemimah Rodrigues eyes Lord's glory in Women's T20 World Cup

NEW DELHI, MAY 20:

India batter Jemimah Rodrigues believes the team is driven by the desire to script its own historic moment at Lord's, drawing inspiration from Kapil Dev and India's iconic 1983 Men's World Cup triumph at the venue.

Speaking ahead of the ICC Women's T20 World Cup 2026 in England and Wales, Rodrigues said the prospect of lifting India's maiden women's T20 World Cup title at Lord's carries special significance for the squad.

"Kapil Dev and the Indian men's team won their first-ever World Cup there. We would love to win our first-ever Women's T20 World Cup there. That would be super cool," she told ICC.

The middle-order batter heads into the tournament on the back of a memorable campaign in the ICC Women's Cricket World Cup, where her unbeaten 127 off 134 balls powered India to a dramatic semi-final victory over Australia before the team went on to secure its maiden world title in Navi Mumbai.

Rodrigues said that the breakthrough triumph has removed mental barriers within the squad and fuelled greater ambition.

"The monkey is off the back," she said. "But I don't think it's pressure. I think it's more motivation because now you've tasted



what it feels like to lift one World Cup. It makes you want one more and then one more and then one more. So I think the team is even more motivated and even more eager. And more than that, we saw the kind of impact it had for women's cricket in India. We just want to continue that legacy, going to England," she said.

The 25-year-old also highlighted the resilience and fighting spirit within the Indian dressing room.

"I think this team has character. When you want to win big games, you need people with character, people who are different in their own way, but they have a

what they'll do anything to win the match. That kind of attitude. And I think that's great character. And that's why in any situation, I believe our team will find a way to win a match," said Rodrigues.

Rodrigues reflected on her own challenging journey leading up to the defining knock against Australia, revealing how difficult phases in her career helped prepare her for the occasion.

"I think firstly, the biggest learning for me was because I was going through a lot of anxiety, not doing well, got two ducks in the tournament, was dropped and four years ago, I was dropped from the Cricket World

Cup," she recalled. "This was my first World Cup. What I realised is that sometimes all you have got to do is show up because life has a way of making all things work together for good," she said.

She added that years of setbacks eventually shaped her mindset for high-pressure moments.

"And I think, those four years actually trained me for such a moment as that, because I had to use all that experience that all the failures in all those years taught me, maybe for such a time as that. So I think that was my biggest learning, that sometimes, especially when it gets hard, and you don't have the strength to run or fly, sometimes all you have to do is just go and stand and God works out everything for you," she added.

India, led by Harmanpreet Kaur, have been placed in Group 1 alongside Australia, South Africa, Pakistan, Bangladesh and the Netherlands.

Their campaign begins against arch-rivals Pakistan on June 14 at Edgbaston in Birmingham, a fixture Rodrigues remembers fondly from the 2023 edition of the tournament. Chasing 150 in that contest, Rodrigues struck an unbeaten 53 and stitched a match-winning partnership with Richa Ghosh to guide India home under pressure.

## Inter-School Zonal Tournaments witness massive participation



**DODA, MAY 20:** The Inter-School Zonal Level Tournaments are being conducted successfully across various educational zones of District Doda, including Asar, Bhaderwah, Doda, Gundna, Bhalessa, Thathri, Bhagwah, Ghat, Bhalla and Bhatyas, witnessing remarkable enthusiasm, discipline and a vibrant sporting spirit.

The events drawn over-

whelming participation from students of Government and Private educational institutions from across the district.

Thousands of young athletes are actively participating in a wide range of sports disciplines for Boys and Girls in Under-14, Under-17 and Under-19 categories. The competitions include Athletics, Football, Badminton, Kho-Kho, Kabaddi,

Cricket, Chess, Yoga, Cycling, Fencing, Archery, Rifle Shooting, Karate, Wrestling, Table Tennis, Boxing, Swimming, Taekwondo, Handball and Basketball.

The ongoing sporting events have generated an energetic and vibrant atmosphere in different zones, where students are displaying exceptional talent, confidence, discipline,