



India win women's 4x100m gold at Asian Relays Championships 2026

SHANGYU [CHINA], JUNE 22: The Indian women's 4x100m relay team of Srabani Nanda, Sneha Shanuvalli, Sudeshna Shivankar and Tamanna clocked a season's best 43.85 seconds to win the women's 4x100m relay title at the Asian Relay Championships 2026.

China won the silver medal after clocking 44.09 seconds, while Thailand took the bronze with 44.11 seconds, according to Olympics.com.

Tamanna and Sneha Shanuvalli ended the championships with two medals each, having earlier helped India win bronze in the mixed 4x100m event alongside Animesh Kujur and Pranav Gurav.

However, India's men's and women's 4x400m relay teams failed to replicate their podium success from the inaugural edition in 2024, when both had won silver in Bangkok. This time, the women's team of M R Poovamma, Rashdeep Kaur, Ansa Babu and Saloni Nagar finished fourth in 3:47.22 seconds, while Vietnam won gold with 3:31.16 seconds.

In the men's 4x400m,



Theerthesh P Shetty, Avinash Kumar, Suraj Alagar Raja and Barath Sridhar placed fifth with a time of 3:05.33 seconds, as Vietnam took the title with 3:02.60 seconds.

India finished the championships with a total of three

medals -- one gold, one silver and one bronze.

The mixed relay teams had secured silver in the 4x400m and bronze in the 4x100m on the opening day. India did not field a men's 4x100m team due to injuries.

The 2026 edition served as a key build-up event ahead of a busy season, including the Commonwealth Games and Asian Games, while India is set to host the next Asian Relays Championships in 2027 in Chandigarh. (ANI)

Indian Wushu Team Calls on CM Omar ahead of SCO Wushu Championship

HIMALAYAN MAIL NEWS JAMMU, JUNE 22

The Indian Wushu Team, led by National Chief Coach of India and Dronacharya Awardee, Kuldeep Handoo called on Chief Minister Omar Abdullah here today.

The team is scheduled to depart for China on 23rd June 2026 to participate in the Shanghai Cooperation Organization (SCO) Wushu Championship in Hubei Province, followed by a one-month foreign exposure training programme at Beijing Sport University.

During the interaction, the Chief Minister extended best wishes to the



whole team and expressed confidence in the team's abilities for the championship.

He urged them to excel in international competitions, bring laurels to the nation and make the country proud through their outstanding performances.

The Chief Minister also assured all possible support for the promotion and development of Wushu and other sporting disciplines across Jammu and Kashmir.

Prominent Coaches like Amit Pal (Army), Aparna (Income Tax Department),

Divanshi (Rajasthan), Ansa Chishti (J&K), Surya Bhanu Pratap Singh (J&K), Aryan (Haryana), and Suraj Yadav (Uttar Pradesh), besides medical support staff; Dr Ehsaan (J&K) and Dr Mahira (Uttar Pradesh) were also present during the interaction.

KCFL creates new football buzz in Kashmir

HIMALAYAN MAIL NEWS JAMMU, JUNE 22

The inaugural edition of the Kashmir Champions Football League (KCFL) 2026 has generated tremendous excitement among football enthusiasts, with the first 10 matches of the tournament witnessing spirited contests and steadily growing crowds at the TRC Turf Ground, Srinagar.

Since its commencement on June 16, the league has emerged as a vibrant celebration of football, bringing together teams representing districts from across Kashmir and providing a competitive platform for local talent to showcase their abilities.

Each match day has witnessed increasing enthusiasm among spectators, with football lovers from different parts of the Valley thronging the stadium to cheer for their respective teams. The atmosphere



reached new heights on Sunday on 21 June, when not only local supporters but also tourists visiting Kashmir made their way to the TRC Turf Ground to witness the action.

The opening phase of the tournament has produced several closely fought en-

counters and exciting performances. The participation of players from all districts has added a unique flavour to the competition, adding a spirit of healthy rivalry and sportsmanship.

As the Jammu and Kashmir Sports Council is organising the initiative, the over-

whelming response from spectators and the quality of football on display reaffirm the UT's passion for the sport.

The Council expresses confidence that the league would continue to inspire young footballers and contribute significantly to the growth of grassroots football in Jammu and Kashmir.

Pertinent to mention, this is the first initiative of its kind by any Government in the country, in which district players were scouted, district teams are formed, and were given an equal opportunity to compete with professional players from the valley in an evenly distributed district team of the League.

With the group stage progressing and anticipation building with each fixture, the KCFL is fast establishing itself as a landmark sporting event and a platform dedicated to celebrating and scouting local football heroes.

ICC launches post-pregnancy return-to-play guidelines for female cricketers

NEW DELHI, JUNE 22: The International Cricket Council (ICC) has launched its Return to Play Post-Pregnancy Guidelines for female cricketers, providing players, Member Boards, medical professionals and coaches with a practical framework to support the return to cricket after pregnancy.

With women's cricket becoming increasingly professional and career opportunities continuing to expand, more players are choosing to start families during their playing careers and return to elite cricket after giving birth. These Guidelines have been formed to aid that process and are part of the ICC's broader commitment to player health, wellbeing and the continued growth of the women's game, according to a media release from ICC.

The health and welfare of female cricketers are central pillars in the ICC's approach to women's cricket, which is one of the ICC's six strategic priorities. Part of this approach has seen the ICC roll out a range of women's health initiatives under the 100%



Cricket movement to educate players and staff, while building awareness and normalising important conversations in sporting environments.

The Return to Play Post-Pregnancy Guidelines are designed to help Members develop their own pregnancy and return-to-play policies, in line with local legislation, while supporting player welfare through practical, physical and psychological guidance.

To support a safe and sustainable return to cricket, the Guidelines outline the 6 Rs framework: Ready, Review, Restore, Recondition, Return and Refine.

The approach covers early recovery after birth, medical and wellbeing reviews, gradual return to structured training, cricket-specific conditioning, return to play and ongoing monitoring once a player is back in the cricket environment.

The drafting of the Guidelines was led by ICC Medical Advisory Committee member and Australia Team Doctor, Dr. Philippa Inge, who helped outline practical support considerations, including flexible training environments, continued access to facilities and services, child-care advice, suitable spaces for feeding or caring for ba-

bies at playing venues, and travel support, where possible.

Dr. Inge said: "The ICC's Return to Play Post-Pregnancy Guidelines are designed to show players that having a baby doesn't need to be the end of their career, and what we're aiming to do with this policy is allow Member nations to facilitate the return to cricket for their players."

"We know that many Members haven't necessarily had these in the past, and the aim has been to make them adaptable for the unique environments in which our Members need to use them.

The guidelines serve as a template for Members, and strong support for an athlete returning to cricket post-pregnancy needs to be individualised to the specific needs of them and their family," the Doctor said.

The West Indies' Afy Fletcher, who is competing at the ICC World Cup 2026 after giving birth to her son in 2021, believes these Guidelines will lead to more players being in a position to return to cricket after pregnancy.

Army organises inter-village volleyball championship at Akhnoor

HIMALAYAN MAIL NEWS JAMMU, JUNE 22

The Inter-Village Volleyball Championship, organised by the Indian Army under Operation Sadbhavana, culminated at Akhnoor on 21 Jun 2026 after six days of spirited competition and enthusiastic participation from local youth. A total of 18 teams from various villages across the region took part in the championship, displaying excellent sportsmanship, teamwork and competitive spirit throughout the tournament.

The final match witnessed a thrilling contest between Khour Club and Paragwal Tigers. After an intense and closely fought encounter, Khour Club defeated Paragwal Tigers to emerge as the champions of the tournament.

The championship aimed to encourage sporting talent



among village youth and promote values of discipline, fitness, unity and positive community engagement. The event also strengthened the bond be-

tween the Indian Army and the local population, reinforcing the spirit of mutual trust and cooperation.

The finale was attended by the MLA Akhnoor,

Sarpanches, Ex-Servicemen and a large number of local residents, who appreciated the initiative and encouraged the participating teams.

From Cricket Field to Social Cause Christopher Mpofu promotes drug-free living at PM Shri GHSS Khellani

HIMALAYAN MAIL NEWS JAMMU, JUNE 22

As part of the ongoing Nasha Mukh Jammu & Kashmir Abhiyan, an anti-drug awareness programme was organized today at Government PM Shri Higher Secondary School Khellani by the Young Star Cricket Club (YSCC) in collaboration with the District Administration Doda and the Health Department.

The programme was graced by former International Cricketer from Zimbabwe Christopher Mpofu, who is presently in Doda as the Brand Ambassador of the All India 16th Gufan Memorial T-20 Cricket Championship.

Among those present on the occasion were the School Principal Mohammad Ahsan and faculty members of the institution and officials from YSCC and a large gathering of students.

Welcoming the distinguished guest, the school Principal expressed gratitude to Christopher Mpofu, YSCC, the District Administration and the Health Department for organizing the awareness programme and providing students with an opportunity to interact with an international sportsper-



son. The speakers highlighted the importance of collective efforts in combating drug abuse and promoting healthy lifestyles among youth.

Addressing the gathering, Christopher Mpofu shared valuable insights from his journey in international cricket and emphasized the significance of discipline, hard work, perseverance and healthy living in achiev-

ing success. He urged students to stay away from drugs and other harmful substances, stating that sports and education are powerful tools to build character and achieve personal excellence.

He encouraged the youth to channel their energy towards constructive pursuits and become agents of positive change in society. The students and staff ac-

tively interacted with the former cricketer and pledged their support towards the fight against drug abuse.

The students, teachers and participants took a solemn anti-drug pledge, reaffirming their commitment to remain vigilant against substance abuse and contribute towards realizing the vision of a Nasha Mukh Jammu & Kashmir.