



Shopian hosts Divisional Level U-17 Girls Table Tennis Championship

HIMALAYAN MAIL NEWS
JAMMU, AUG 29

The Inter-District Divisional Level U-17 Girls Table Tennis Championship concluded today at the Indoor Sports Stadium, Shopian, bringing together young table tennis talent from across the Kashmir Division.

The championship witnessed participation from 50 players representing ten districts, accompanied by their respective escort teachers.

The event provided a competitive platform for young athletes to showcase their talent, determination and sporting spirit.

On the concluding day, PEM Shopian, Altaf Hus-sain Malik, highlighted the importance of sports in maintaining a healthy and disciplined lifestyle. He appreciated the efforts of the Department of Youth Services and Sports in promot-



ing sporting activities and creating opportunities for young athletes to excel in different disciplines.

Malik also lauded the arrangements made by the DYSSO Shopian for hosting the divisional-level championship.

He encouraged the young players to participate in sports activities with greater enthusiasm and pursue their sporting aspirations with dedication, discipline and true sportsman-ship.

The final match was

played between Srinagar and Budgam, with Srinagar emerging as the winner. Budgam secured the second position, while host district Shopian finished third, marking a commendable performance by the local players.

SKUAST-K celebrates National Sports Day with ‘Ek Ghanta Maidan Mein’ at Shalimar

SRINAGAR, AUGUST 29: Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir (SKUAST-K) celebrated National Sports Day at its Shalimar Campus with a series of sporting activities centred around the theme “Ek Ghanta Maidan Mein”, encouraging students to devote at least one hour every day to physical activity and sports.

The programme was organized at the Sports Ground of the Shalimar Campus to commemorate the birth anniversary of Major Dhyhan Chand, the legendary Indian hockey player and one of the coun-



try's greatest sporting icons.

The programme was inaugurated by Dean Students Welfare, Prof. S. A. Gangoo, who interacted with the participating students and encouraged them

to make sports and physical activity an integral part of their daily routine.

Addressing the gathering, Prof. Gangoo highlighted Major Dhyhan Chand's remarkable contribution to

Indian hockey and his enduring sporting legacy. He stressed that regular participation in sports is vital for physical fitness, a healthy lifestyle and mental well-being, urging students to spend at least one hour every day on the sports ground.

The celebration featured a volleyball match and a tug-of-war competition between student teams from the Faculty of Horticulture and Agricultural Engineering. The Faculty of Horticulture team emerged victorious in volleyball, while the Agricultural Engineering team won the tug-of-war competition.

DC Doda flags off Sports Rally as District hosts Grand National Sports Day celebrations

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Youth Services & Sports, District Doda, celebrated National Sports Day 2026 with great enthusiasm across the district through a series of sporting activities, competitions, awareness programmes and fitness initiatives, commemorating the birth anniversary of legendary Indian hockey player and sporting icon Major Dhyhan Chand.

The celebrations were organised under the directions of Director General, Youth Services & Sports, J&K, Anuradha Gupta and Joint Director Jammu, Inderjeet Singh Parihar under the supervision of District Youth Services & Sports Officer (DYSSO), Doda with the support of Activity In-charges Vikram Chandail and Sanjay Sharma.

A major highlight of the celebrations was the Sports Rally at District Headquarters Doda, which was flagged off by the Deputy Commissioner (DC) Doda, Krishan Lal.

The rally witnessed enthusiastic participation from students, teaching and non-teaching staff, sports personnel and officials. Carrying the message of “Sports for All,” the participants raised awareness about the importance of fitness, discipline, teamwork and a healthy lifestyle.



Students and staff actively participated in the rally, displaying remarkable enthusiasm and commitment towards strengthening the sporting culture among the youth. The vibrant participation reflected the growing interest of young people in sports and physical activities.

Across the district, students, young athletes and sports enthusiasts participated in various sporting ac-

tivities and competitions, providing them with opportunities to showcase their talent and hone their skills.

On the occasion, Major Dhyhan Chand was remembered with deep respect for his unparalleled contribution to Indian hockey. His exceptional achievements, dedication and sporting legacy continue to inspire generations of athletes to pursue excellence with determination and discipline.

Refreshments were also distributed among participating athletes and players as a gesture of appreciation and encouragement for their enthusiastic participation.

The celebrations highlighted the crucial role of sports in the holistic development of youth, contributing to physical and mental well-being while nurturing character, leadership, confidence, discipline and team spirit.

GCW Celebrates National Sports Day with Enthusiasm; Students Excel in Chess, Carrom

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Government College for Women (GCW), Gandhi Nagar, Jammu, celebrated National Sports Day on Saturday with great enthusiasm to commemorate the birth anniversary of legendary Indian hockey player Major Dhyhan Chand.

The programme was organized by the Department of Physical Education and Sports with the aim of encouraging students to embrace sports, physical fitness, discipline, teamwork and a healthy competitive spirit.

As part of the celebrations, inter-semester Chess and Carrom tournaments were organized on the college campus. Students from different semesters participated enthusiastically in the competitions and displayed impressive skills, concentration, strategic thinking and sporting spirit.

The inter-semester Chess tournament witnessed closely contested rounds, with participants demonstrating patience, analytical ability and composure under pressure. Simran Charak of the 3rd Semester



and Surbhi Saini of the 5th Semester emerged as joint winners.

Reiya Raina (3rd Semester) secured the runner-up position, while Vanshika Charak (1st Semester) also participated in the tournament.

The Carrom tournament was conducted in doubles format and provided an opportunity for students to showcase their accuracy, coordination and competitive spirit.

Team B, comprising Ramandeep Kour and Simran Sharma, emerged victorious, while Team A, comprising Sneha Chowdhary and Jasmeet Kour, finished as runners-up.

The events not only pro-

vided a platform for students to demonstrate their sporting abilities but also created an atmosphere of camaraderie, confidence and healthy competition among the participants.

Dr. Kulvinder Kour, Principal, GCW Gandhi Nagar, appreciated the efforts of the Department of Physical Education and Sports and congratulated all the participating students and winners. She applauded their enthusiasm and encouraged them to remain actively involved in sports and physical activities in the future. The programme also received valuable guidance from Prof. Shradha Anand, Convener Sports, while Ms. Kajal Premi, Director, Phys-

ical Education & Sports, supervised the conduct of the events. The successful organization of the tournaments was supported by the dedicated coordination of Mr. Israr Ul Haq, Assistant PTI, Ms. Rabia Kounser and Mr. Ajit Kumar.

The celebration concluded on a positive note, reinforcing the message that sports are an essential part of student life and play an important role in building discipline, confidence, teamwork and a healthy lifestyle. The enthusiastic participation of the students made the National Sports Day celebrations a memorable and meaningful occasion at GCW Gandhi Nagar.

Grand Cycling rally held at MA Stadium to mark National Sports Day

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To commemorate National Sports Day and promote the message of fitness, healthy living and active participation in sports, a Grand Cycling Rally was organised at M.A. Stadium, Jammu, by the Cycling Association of J&K (CAJK). The event was organised in joint collaboration with the J&K Sports Council, SAI Centre Jammu and 76 Battalion CRPF, whose coordinated efforts ensured the smooth and successful conduct of the rally.

The cycling rally witnessed enthusiastic participation from local youth, cyclists, sports enthusiasts and people from different age groups.

The initiative aimed to spread awareness about the importance of physical fitness, healthy living and cycling as an eco-friendly and sustainable means of transportation.

The rally also paid tribute to legendary Indian hockey player and Hockey Wizard Major Dhyhan Chand, whose birth an-



niversary is observed as National Sports Day. Participants carried the message of “Fit India” and encouraged the community, particularly the younger generation, to embrace an active and healthy lifestyle.

The rally was flagged off by Sh. Munish Kumar, Chief Sports Officer, Central Sports, who graced the occasion as the Chief Guest. Sh. Bashir Ahmed, District Sports Officer (DSO), Jammu, was the Guest of Honour, while Sh. Toufiq

Ahmed, In-charge, SAI Centre Jammu, was also present.

Speaking on the occasion, the dignitaries appreciated the efforts of the Cycling Association of J&K in promoting cycling and creating greater awareness about fitness and sports among the youth. They encouraged young cyclists and sports enthusiasts to participate actively in sporting activities and make fitness an integral part of their daily lives.

The Cycling Association of J&K expressed gratitude to all participating cyclists, officials, volunteers, members of the Sports Council, SAI Centre Jammu and 76 Battalion CRPF for their valuable support and seamless coordination in making the event a grand success. The successful organisation of the rally reaffirmed the collective commitment of all stakeholders towards building a fit, healthy and sports-oriented Jammu & Kashmir.

National Sports Day celebrated with Great Enthusiasm in Anantnag

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National Sports Day 2026 was celebrated with great enthusiasm and sporting spirit across District Anantnag, with vibrant activities organised in all 12 Zones of the Department of Youth Services & Sports.

The celebrations were organised to commemorate the birth anniversary of Hockey legend Major Dhyhan Chand, whose extraordinary contribution to Indian hockey continues to inspire generations of sportspersons.



As many as 21828 boys and girls enthusiastically participated in various sports and fitness activities organised across the district.

The impressive participation reflected the growing interest of young people in

sports and the commitment of the Department towards promoting a healthy, disciplined and active lifestyle among youth.

The celebrations provided a platform for young participants to showcase their sporting talent while

promoting the values of discipline, teamwork, sportsmanship, fitness and fair play.

The National Sports Day celebrations also highlighted the important role of sports in youth empowerment, nation-building and creating a positive and drug-free environment for the younger generation.

The Department of Youth Services & Sports, District Anantnag, reaffirmed its commitment to providing greater opportunities to every young boy and girl to participate in sports and pursue excellence at higher levels.