



Asian Games 2026: Mirabai Chanu ends 12-year Asiad medal wait with silver

NAGOYA, SEP 23: Star Indian weightlifter Mirabai Chanu finally filled the one glaring void in her glittering trophy cabinet, turning 12 years of waiting, near-misses and heartbreak into an Asian Games silver in the women's 49kg event here on Wednesday.

The Tokyo Olympic silver medallist totalled 198kg (88kg+111kg) to claim India's first Asian Games weightlifting medal since Karnam Malleswari's silver in 1998.

"Winning an Asian Games medal is a dream come true. I have been chasing this medal for the last 12 years, since the 2014 Asian Games. My life is complete now with this medal. And I am feeling very light. It's a dream Asian Games," Chanu said after the competition.

Two-time world champion Ri Song Gum of North Korea lived up to her billing, completing a hat-trick of Asian Games titles with a stunning 215kg (94kg+121kg).

Ri smashed the world records in the snatch, clean and jerk and total on her way to gold while Indonesia's Luluk Diana Tri Wijayana took bronze with 191kg (88kg+103kg).

The silver for Chanu completes a collection that already includes an Olympic silver, three World Championship medals, including a gold, multiple Commonwealth Games and Championships titles and an Asian Championships bronze.



No blue jeans, no camouflage: Asian Games shooting range lays down dress code

NAGOYA, SEP 23: At the Asian Games shooting range, it is not just the athletes who have to keep an eye on the rules. The photographers and TV cameramen covering the competition have a dress code to follow, too - and at the Aichi Prefectural General Shooting Gallery, there is little chance of anyone missing the message.

The dress code has long been part of the International Shooting Sport Federation (ISSF) rule book, but it is not something that is usually spelt out in such stark terms at international competitions or plastered across soft boards around a venue.

The Aichi-Nagoya Asian Games Organising Committee (AINAGOC), however, has made sure there is no ambiguity for those accredited photographers and TV cameramen who have access to the field of play. The message is simple: they are working in the public eye and are expected to maintain a respectable, professional standard of appearance.

At the picturesque shooting gallery in the hills, around 70-75 km from central Nagoya, signs carrying the instruction are hard to miss.

"All media covering shooting events must follow the dress code," one poster declares.

There is, however, a small case of overenthusiasm in the wording. The rule is primarily aimed at photographers and TV cameramen working on the field of play, but the signage broadly refers to "all media".

That distinction became apparent when a video journalist was recently asked to change from blue jeans into black jeans, which are considered more formal under the dress code.

There was just one problem: the shooting venue is deep in the hills, and getting back to Nagoya, changing and returning would have meant a journey of roughly four hours—effectively ending the journalist's working day before the competition did. The matter was subsequently clarified: the restriction on blue jeans applies to photographers and TV cameramen, not journalists.

The poster itself leaves little room for interpretation. It lists the prohibited clothing as "Blue jeans (black jeans are allowed), camouflage clothing, very short shorts (shorts must be of an appropriate length)," followed by the reminder: "Please follow the ISSF dress code at all times." The ISSF code is more detailed. For photographers, it restricts sleeveless shirts or tank tops, cut-offs, ragged clothing, trousers with patches or holes, gym or running shorts, and open-toed footwear such as sandals and flip-flops. Shoes must be fully closed for safety reasons.

There is also a sporting logic behind some of the restrictions.

One athlete explained that camouflage clothing can give the impression that shooting is associated with hunting, rather than being presented as a sport in its own right. The restriction on blue jeans, meanwhile, is less about sporting aesthetics and more about maintaining a professional appearance for photographers and TV crews working prominently in front of spectators and television cameras.

It may seem like a small detail in the larger machinery of the Asian Games, but the dress code is also a reflection of the Japanese approach to organising major events: spell everything out, put up the signs and leave as little to interpretation as possible.



NCC cadets win 27 medals at All India GV Mavalankar Shooting Championship

CHANDIGARH, SEP 23: NCC cadets won 27 medals across various disciplines at the 35th All India GV Mavalankar Shooting Championship (AIGVMSC)-2026, held in Mohali from September 12 to 22. The tally included 13 gold, six silver and eight bronze medals.

As many as 62 cadets from NCC Directorates across the country participated in the event, with 48 cadets, including 24 girls, successfully achieving the Minimum Qualifying Score (MQS) for the National Championship, a defence spokesperson said on Wednesday.

The AIGVMSC is a major pre-national-level shooting competition held annually under the aegis of the National Rifle Association of India. Its primary purpose is to allow shooters to achieve the MQS required to participate in higher-level national tournaments.

The cadets won four gold, one silver and four bronze in the Peep Sight Prone event; three gold, two silver and one bronze in Open Sight Prone; three gold, one silver and two bronze in Open Sight 3-Position; three gold

in Air Rifle; and two silver and a bronze in Peep Sight 3-Position.

With five medals each, the Uttar Pradesh Directorate and the Karnataka and Goa Directorate were the top NCC performers at the event, followed by the Maharashtra Directorate, Delhi Directorate and Punjab, Haryana, Himachal Pradesh and Chandigarh Directorate.

Cadets who won gold medals, including those who won in multiple events, included Devang Sharma, Tanu and Mohit (all three from Uttar Pradesh), Yogaraj Ramagonatti and Gowri S (both from Karnataka), Mayuresh Santosh Pawar (Maharashtra), Shivcharan Kaur (Punjab) and Kunami Hansda (West Bengal).

"The results reaffirm the high standards of marksmanship training imparted under the National Cadet Corps and the dedication of the cadets, coaches and supporting staff. These achievements not only bring pride to the respective Directorates but also strengthen NCC's contribution to the national shooting sports ecosystem," an official statement said.



JK Police Warriors Defeat JK Bank XI by 5 wickets in Exhibition Match of Greenlam Laminates BIG Premier League 2026

HIMALAYAN MAIL NEWS JAMMU, SEP 23

JK Police Warriors registered an impressive five-wicket victory over JK Bank XI in an exciting exhibition match of the Greenlam Laminates BIG Premier League 2026 at Bakshi Stadium, Srinagar.

JK Bank XI won the toss and elected to bat first, putting up a competitive total of 156/8 in 20 overs. The team looked to set a challenging target, but JK Police Warriors responded with a determined batting performance.

Chasing 157 for victory, JK Police Warriors reached 157/5 in 17.2 overs, securing a five-wicket win with 16 balls to spare.

Aijaz SDRF was declared Man of the Match for his outstanding batting display. He scored a brilliant 69 runs off just 36 balls, striking 11 fours and one six. His impressive innings played a crucial role in guiding JK Police Warriors to victory.

The exhibition match added a special sporting attraction to the Greenlam Laminates BIG Premier League 2026, bringing together JK Police Warriors and JK Bank XI in a contest that celebrated teamwork, sportsmanship and the spirit of cricket.

The tournament is being organised by 92.7 BIG FM in collaboration with the Jammu & Kashmir Sports Council, providing a platform for cricketers across the region to showcase their talent and encouraging young people to engage in sports.

The tournament is supported by Greenlam Laminates as Title Partner, Excise Department, J&K as Powered By Partner, Directorate of Rural Sanitation, Department of Rural Development & Panchayati Raj, Government of J&K, J&K Forest Department, Qureshi Kabab Corner and Kanwal Spices as Co-Powered By Partners, J&K Bank as Official Banking Partner, Arsh Autos as Auto Partner, Le Delice as Food Partner, JK Sports Time as Streaming Partner, Rising Kashmir as Print Partner, The Country Side Resorts as Hospitality Partner, and Team Ideation as Event Partner.



Inter-District Provincial Level U-19 Girls Kho-Kho Championship commences in Baramulla

HIMALAYAN MAIL NEWS JAMMU, SEP 23

The Inter-District Provincial Level U-19 Girls Kho-Kho Championship commenced today at HSS Daobgah, bringing together 108 young athletes from 9 districts of Kashmir Province in a spirited contest for championship glory.

The championship is being held under the leadership of Anuradha Gupta, Director General, Youth Services & Sports, J&K, organised by the Joint Director, Youth Services & Sports, Kashmir, and hosted by the Department of Youth Services & Sports, District Baramulla.

Following the successful completion of the U-17 Girls Championship, the U-19 Girls competition was formally inaugurated by Dr. Syed Adil Zahoor, Assistant Director, Ministry of Statistics & Programme Implementation, who attended the programme as Chief Guest, in the presence of Mushtaq Ahmad Pampori, DYSSO Baramulla, and other dignitaries.

On Court B, Budgam defeated Srinagar by 1 point, Pulwama defeated Ganderbal by 4 points, and Budgam defeated Anantnag by 1inning and 3 points.

The Chief Guest interacted with the participating players and officials, appreciated their enthusiasm and against Shopian, while Kulgam received a walkover against Shopian.

On Court A, Baramulla defeated Bandipora by 1inning and 1 point, while Kulgam defeated Kupwara by 1inning and 6 points. Bandipora secured a walkover

sporting spirit, and encouraged the athletes to compete with discipline, determination and true sportsmanship.

The U-19 Girls Kho-Kho Championship will continue for three days, providing the young athletes an opportunity to showcase their talent, teamwork and competitive spirit at the provincial level.



JKSC conducts UT-level trials for Sub-Junior Boys Football at TRC Synthetic Football Turf

SRINAGAR, SEPTEMBER 23: The Jammu & Kashmir Sports Council (JKSC) today conducted UT-level trials for Sub-Junior Boys (Football) at the TRC Synthetic Football Turf, Srinagar, to finalize the J&K team for the National Football Championship 2026.

Promising young footballers from across the Union Territory participated to showcase their talent. An expert selection panel meticulously evaluated players on technical proficiency, game awareness, and overall fitness, with assessments supported by the accompanying physiotherapy team.

Secretary, J&K Sports Council, Tazayun Mukhtar Kawos, was also present during the proceedings. The Sports Council reiterated its dedication towards discovering and nurturing grassroots sporting talent across Jammu and Kashmir, maintaining a transparent, merit-driven selection process anchored in the values of fair competition.



Indian men's, women's skeet teams win bronze medals at Asian Games

NAGOYA, SEP 23: The Indian men's and women's skeet teams bagged bronze medals at the Asian Games here on Wednesday.

After three days of qualification rounds, the Indian trio of Raiza Dhillon, Maheshwari Chauhan and Parinaaz Dhaliwal finished with a combined score of 331 to end third behind gold medallists China (357) and Kazakhstan (336) in the women's event.

Anantjeet Singh Naruka, veteran Mairaj Ahmad Khan and Bhavtegh Singh Gill also made the podium snaring the men's team bronze with a total score of 346.

The skeet event has each shooter trying to get the maximum of 125 allocated points. Anantjeet, who also qualified for the individual final, had a score of 119, Mairaj 116 while Bhavtegh scored 111. Earlier, Parinaaz and Raiza both collected 111 points out of a possible 125, while Maheshwari logged 109 points. Raiza and Parinaaz have another shot at a medal as the duo qualified for the individual final of the women's skeet event.

