



Asian Games 2026

Indian Women's Kabaddi team storm into SFs with unbeaten group-stage run, beat Japan 50-25

AICHI-NAGOYA [JAPAN], SEPTEMBER 24: The Indian women's Kabaddi team completed an unbeaten Group A campaign at the 2026 Asian Games in Aichi-Nagoya with a commanding 50-25 victory over Japan on Thursday.

The defending champions, who have now sealed their spot in the semi-final, produced a strong all-round performance to finish the group stage with three wins from three.

In their biggest win of the tournament so far, captain Pushpa Rana led from the front as India made a blistering start to the contest, taking a 32-13 lead at half-time.

The Indian side accumulated 23 out points, five bonus points and executed two all-outs in the opening half, putting Japan under sustained pressure and establishing a 19-point advantage at the interval.

Japan showed greater resistance after the break and



managed to narrow the scoring gap during the second half. The hosts scored 12 points in the latter half, comprising eight out points, two bonus points and one super tackle.

India, however, continued to maintain control,

adding 18 points through 14 outs, two bonus points and one all-out to close out the match 50-25.

The victory rounds off an impressive group-stage campaign for India. The side had opened its campaign with a 42-21 win over

Bangladesh before defeating Iran 37-23 on Wednesday.

India will now take on Japan in the second semi-final on September 25, aiming to make it to the gold-medal match scheduled for September 26.

Banihal Cricket League: Final Match on Sept 27 DC interacts, felicitates promising players & teams

HIMALAYAN MAIL NEWS
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Deputy Commissioner Ramban Mohammad Alyas Khan today interacted and felicitated outstanding players and teams participating in the ongoing Banihal Cricket League 2026, being organised by the Indian Army at the Cricket Ground, Banihal.

The tournament, being held under the theme "Play to Honour, Play to Inspire" had commenced on September 6, while the final match would be held on September 27. As per the organisers, the winning team will receive a cash prize of ₹1.50 lakh along with a trophy, while the runner-up will be awarded ₹75,000 and a trophy.

SDM Banihal Mohammad Naseeb Bajraan, Tehsildar Banihal Amjad Hussain and officers of the Indian Army were present on the occasion.

The cricket league has brought together 32 selected teams from Banihal, Ramban, Doda, Kishtwar, Reasi, Kulgam, Anantnag and Udhampur, providing a platform for young sportspersons to showcase their talent, teamwork and



competitive spirit.

The Deputy Commissioner appreciated the Indian Army for organising the tournament and promoting sports, teamwork and healthy engagement among youth. He congratulated the participating players and teams for their dedication and sporting

spirit and encouraged them to continue pursuing excellence in sports.

The Deputy Commissioner said that such sporting events play an important role in nurturing young talent, promoting discipline and strengthening the bond between the Army and local communi-

ties. The initiative is aimed at promoting grassroots sporting talent and providing local youth with opportunities to participate in organised sporting activities, while further strengthening interaction between the Army and the local community.

Asian Games 2026: Seema Kumari clinches bronze in women's 10,000m event

AICHI-NAGOYA [JAPAN], SEPTEMBER 24: Indian athlete Seema Kumari clinched the bronze medal in the women's 10,000m event at the ongoing Asian Games, while compatriot Asha Ilango narrowly missed out on a podium finish in the women's triple jump, finishing fourth, with Niharika Vashisht ending the event in 10th place.

Seema remained in the medal hunt till the very end as Winfred Yavi and Nozomi Tanaka battled it out in a sprint finish for the gold and silver medals. Seema pulled clear of the chasing pack in the final stages to secure third place and add another medal to India's athletics tally.

Winfred Yavi clinched the gold medal with a time of 32:39.18, while Japan's Nozomi Tanaka finished second in 32:41.54 to take silver. India's Seema Kumari secured the bronze medal, clocking 32:50.05 in the women's 10,000m final.

Meanwhile, Asha produced a best jump of 13.83m, matching the mark of bronze medallist Li Yi of China. However, the Indian athlete missed out on the



bronze medal on countback after her second-best effort of 13.65m fell short of Li Yi's 13.79m.

Asha's sixth and final attempt measured 13.59m, leaving her just outside the medal positions despite a strong overall performance.

Li Yi's consistency across her six attempts ultimately helped her secure the bronze medal, while Uzbekistan's Sharifa Davronova clinched the gold with a personal-best effort of 14.35m.

Asha's fourth-place finish

marked a narrow miss in the medal race, with the final standings decided by the second-best jump after both athletes recorded an identical best mark of 13.83m.

Niharika, meanwhile, finished 10th in the event as India's athletics campaign continued at the continental showcase.

Indian athletes Anamika Aneesh and Pooja finished Day 1 of the women's heptathlon outside the medal positions at the ongoing

Asian Games. Anamika finished fourth in her 200m heat and currently sits seventh overall, while Pooja also placed fifth in her heat and is ninth in the standings.

Anamika is 148 points behind the third-placed athlete, while Pooja trails the bronze-medal position by 166 points. Both Indian athletes will need strong performances across the remaining events on Day 2 to close the gap and push for a place on the podium.

NEW DELHI [INDIA], SEPTEMBER 24: Prime Minister Narendra Modi congratulated Seema Kumari for winning bronze in the women's 10,000m event at the Asian Games, praising her determination, endurance, discipline and hard work.

He also hailed the duo of Parinaaz Dhaliwal and Anantjeet Singh Naruka for securing the nation's first-ever skeet team mixed event bronze at the ongoing Asian Games 2026. He also congratulated the Indian men's badminton team for their bronze medal at the Asian Games.

Congratulating Seema Kumari, the Prime Minister's Office shared a post on X, writing, "Proud of Seema on winning the Bronze Medal in the Women's 10,000m at the Asian Games! Congrats to her. Her determined performance has brought India a medal in this event after many years. A wonderful achievement that reflects endurance, discipline and years of hard work. Wishing her many more successes in the times ahead: PM @narendramodi"

Notably, Seema stayed in

contention throughout the race and pulled away from the chasing pack in the closing stages to secure third place. The gold and silver medals were decided in a sprint finish between Winfred Yavi and Nozomi Tanaka. Seema's bronze added another medal to India's athletics tally at the Games.

Congratulating Anantjeet Singh Naruka and Parinaaz Dhaliwal, the Prime Minister's Office shared a post on X, writing, "Congratulations to Parinaaz Dhaliwal and Anantjeet Singh Naruka on winning the Bronze Medal in the Skeet Mixed Team event at the Asian Games. Their achievement marks India's first-ever medal in this event at the Asian Games. Best wishes to both of them! May this success inspire many more milestones in the times to come: PM @narendramodi"

The mixed pairing of Anantjeet Singh Naruka and Parinaaz Dhaliwal captured the bronze medal in the mixed team skeet shooting finals on Thursday.

In the skeet team mixed event, India managed a score of 44 across six series, with China setting a world

record with a score of 52 to win the gold. The silver went to South Korea, which had a score of 51. China broke the world record of 47, previously held by Qatar since January 2026, with the former record holders finishing in fourth and final spot with 18 points.

PM Modi also congratulated the Indian men's badminton team on winning the bronze medal.

"Congratulations to our Men's Badminton Team on winning the Bronze Medal at the Asian Games! This medal reflects their passion and hard work. The entire team displayed great spirit throughout the competition. Best wishes to them for the events ahead: PM @narendramodi," the PMO said in an X post.

In the men's badminton team event, Satwiksairaj Rankireddy and Chirag Shetty registered India's only win of the tie, defeating reigning world champions Liang Weikeng and Wang Chang 21-11, 22-20 in the men's doubles match.

Lakshya Sen lost the opening match 21-16, 21-18 against Shi Yuqi. Lakshya started strongly, but Shi fought back to take the first

game. The Indian shuttler also challenged in the second game, drawing level at 16-16 before the Chinese player closed out the match.

Satwik and Chirag, the reigning Asian Games men's doubles champions, then produced a strong performance against the world No. 3 Chinese pair.

The Indian duo dominated the opening game and held their composure in the second after the Chinese pair saved two match points to make it 20-20. Satwik-Chirag converted their third match point to level the tie at 1-1.

Ayush Shetty then went down 21-19, 21-13 against world No. 12 Li Shi Feng, giving China a 2-1 lead. With India needing a win in the fourth match, Hariharan Amsakarunan and MR Arjun faced He Ji Ting and Liu Yi. However, the Indian pair lost 21-16, 17-21, 21-9, ending India's hopes of reaching a second successive men's team final. India had assured a medal after defeating hosts Japan 3-0 in the quarter-finals, with Lakshya Sen, Satwik-Chirag and Ayush Shetty winning their respective matches. (ANI)

Indian rowers Satnam Singh, Salman Khan win India's first Asian Games medal in men's double sculls

A sleepless night turned into a moment of immense pride for the family of rower Satnam Singh after the athlete from Fatta Maloka village in Mansa district won a bronze medal in the men's double sculls event at the Asian Games in Aichi-Nagoya, Japan, on Thursday.

Satnam and his partner, Salman Khan, secured the bronze, giving India its first-ever Asian Games medal in the men's double sculls event. For Satnam, it was his second Asian Games bronze, having won a medal in the quadruple sculls event at the Asian Games in Hangzhou in 2023.

The Indian pair clocked 6:13.25 at the Nagaragawa International Regatta Course to finish behind the People's Republic of China's Yi Xudi and Nie Yide, who



won the gold medal in 6:09.77.

Uzbekistan's Mekhrojbek Mamatkulov and Pavel Sorin won the silver medal in 6:10.49.

"We got a call around 7 am. He said, 'Mummy ji, main jeet gya' (Mother, I have won). We congratulated him and told him that he had done well. It was a very happy moment for us," said his mother, Harjeet Kaur.

His father, Amrik Singh, said the family had been waiting anxiously for the result. "He has been trying since 2012 and gradually made his way to this position. We got a call at around 7 am that he had finished third. We are extremely proud of him," he said.

The family said Satnam had to spend several months, and sometimes nearly a year, away from

home because of the lack of rowing and training facilities in Mansa.

"He has been away from home for the past seven months. We have not seen him since then and mostly speak to him through video calls," said Harjeet Kaur.

Amrik Singh said better sports infrastructure was needed in Mansa so that players did not have to remain away from their families for long periods.

Satnam's elder brother is serving in the Army, while Satnam himself joined the Navy and continues to compete in rowing.

His brother's wife, Sandeep Kaur, said, "We want good sports grounds and facilities in Mansa district so that youngsters can be encouraged to take up sports and stay away from drugs."

Mandaviya hails Anantjeet-Parinaaz's historic mixed skeet team bronze at Asian Games 2026

New Delhi [India], September 24 (ANI): Union Sports Minister Mansukh Mandaviya hailed the duo of Parinaaz Dhaliwal and Anantjeet Singh Naruka for securing the nation's first-ever skeet team mixed event bronze at the ongoing Asian Games 2026.

The mixed pairing of Anantjeet Singh Naruka and Parinaaz Dhaliwal captured the bronze medal in the mixed team skeet shooting finals at the ongoing Asian Games 2026 in Aichi-Nagoya on Thursday.

Posting on X, Mandaviya wrote, "Historic Bronze for Bharat! Heartiest congratulations to Parinaaz Dhaliwal and Anantjeet Singh Naruka on securing the first-ever Bronze Medal in the Skeet Mixed Team event at

#AsianGames2026.

The mixed pairing of Anantjeet Singh Naruka and Parinaaz Dhaliwal captured the bronze medal in the mixed team skeet shooting finals at the ongoing Asian Games 2026 in Aichi-Nagoya on Thursday.

India managed a score of 44 across six series, with China setting a world record with a score of 52 to win the gold. The silver went to South Korea, which had a score of 51.

China broke the world record of 47, previously held by Qatar since January 2026, with the former record holders finishing in fourth and final spot with 18 points.

This is India's 15th medal at the ongoing Asian Games, having won a gold medal, six silvers and now adding an eighth bronze to the tally.

This also marks India's eighth medal in shooting this edition, equally split between silver and bronze medals.

Anantjeet and Parinaaz finished fourth in the qualification round, getting 138/150 points, as per Olympics.com. Above them are Qatar (145), South Korea (143) and China (140). This is how they made it to the title clash along with the aforementioned teams.

Ananjeet and Parinaaz were part of India's respective men's and women's skeet teams on Wednesday, which secured medals, with Ananjeet playing a crucial role in the team's bronze medal win, while Parinaaz, along with Raiza Dhillon and Maheshwari Chauhan, secured the bronze medal for the women's team as well.