



Gymnastics championships conclude, winners given medals



HIMALAYAN MAIL NEWS
JAMMU, DEC 29

District Jammu Gymnastics championships for Boys & Girls finished today at Gymnastics Academy, M A Stadium, Jammu in Artistic Gymnastic, Rhythmic & Aerobic Gymnastics.

Traders Federation warehouse nehru market jammu who was the Chief guest on the occasion distribution the prizes to the position holders & praised the organisers for organising this championship in a wonderful manner.

Around 150 Gymnasts in different age groups participated in this championship & displayed their skills to achieve medals. In two days championships, various events were held & the results are as under:-

Artistic Gymnastics
Under 8 Boys
Zorawar- 1st Position
Mahir- 2nd Position
Ibadat- 3rd Position
Under 8 Girls

Divyanshi- 1st Position
Nivanshi- 2nd Position
Giya Iqbal Singh Sethi- 3rd Position

Under 10 Boys
Ashiswa Proch- 1st Position
Rohinya Proch- 2nd Position
Avikam and Advier Gill- 3rd Position

Under 10 Girls
Meera- 1st Position
Shivanya- 2nd Position
Harshita And Ekam Bajwra- 3rd Position

Floor Exercise
Under 12 Boys
Trishisva- 1st Position
Veerbhadra Chib- 2nd Position
Partik- 3rd Position

Under 12 Girls
Veerbhadra Chib- 1st Position
Partik- 2nd Position
Trishisva- 3rd Position

Artistic Gymnastics
Under 12 Girls
-Floor Exercise
Anubhooti- 1st position
Shivanshi- 2nd position
Ridha Malik- 3rd position

Under 14 Boys
-Floor exercise
Kavya-1st position
Lakshay Mehra-2nd position
Krishna Mehra-3rd position

Under 14 Girls
-Floor Exercise
Rivka- 1st position
Sadhya-2nd position
Tavleen-3rd position

Under 14 Boys
-Beam
Rivka-1st position
Somya-2nd position
Sadhya- 3rd position

Under 14 Girls
-Vault
Kavya-1st position
Krishna Mehra-2nd position
Lakshay Mehra-3rd position

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who were present were Baljinder pal Singh, Divisional Sports Officer J&K Sports Council, Anil Khajuria, Tejinder Singh office bearers of Gymnastic association of J&K.

The Championships was conducted by GAJK in collaboration with J&K Sports Council.

Er. Kiran Wattal, Vice President of Gymnastics Federation of India (GFI) and President of the Gymnastics Association of J&K, expressed gratitude to Hon'ble Lieutenant Governor Manoj Sinha for his unwavering support for sports development in J&K.

Wattal highlighted how the improved sports infrastructure under the administration's patronage has enabled athletes to achieve remarkable success, both nationally and internationally. He also acknowledged the timely support from the Commissioner/Secretary YS&S and the Secretary of the Sports Council, which has been crucial for promoting gymnastics in the Union Territory.

The competitions were officiated by Kamal Singh, Manvinder Singh, Honey Mehra, Seema Mehra, Parul Mehra & Sahil Sahi under the overall supervision of S P. Singh. The prominent

team was also selected to represent J&K Contingent for participation in the National Aerobic Gymnastic Championships next month.

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Shopian's Nehal Zubair Strikes Silver at Junior World Pencak Silat Championship

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Nehal Zubair, a rising star from Shopian, Jammu and Kashmir, has brought glory to India by winning a silver medal at the prestigious 5th Junior World Pencak Silat Championship 2024, held at the ADNEC Centre in Abu Dhabi from December 18 to 22.

Competing against the world's top young athletes, Nehal's extraordinary performance showcased her dedication, skill, and determination, solidifying her position as one of India's brightest prospects in the sport of Pencak Silat.

This silver medal marks a landmark achievement for Indian Pencak Silat, highlighting the growing prominence of the sport in the country. Nehal's exceptional journey from Shopian to the global stage is a testament to her relentless hard work and the support she has received along the way.

Expressing his pride, Mohammad Iqbal, coach of the Indian Pencak Silat Federation, said: "Nehal's silver medal is a momentous occasion for Indian sports. Her dedication and passion for Pencak Silat are truly commendable. This achievement will inspire many young athletes to take up the sport and aim for excellence."

The championship drew participants from around the globe, making Nehal's victory even more significant. Her achievement has been widely celebrated across India, with top officials and sports administrators applauding her success.

Shri Sarmad Hafeez, Secretary to the Government for Youth Services and Sports, J&K, congratulated Nehal, saying: "This is a proud moment not just for Shopian or Jammu and Kashmir, but for the entire nation. Nehal's accomplishment will inspire countless young athletes to dream big and work hard to achieve their goals."

Ms. Nuzhat Gul, Secretary of the J&K Sports Council, also extended her heartfelt congratulations and reiterated the council's commitment to supporting young athletes in the region.

The J&K Sports Council played a vital role in sponsoring the Indian team's participation in the championship, enabling athletes like Nehal to compete on a global platform. Their support underscores the importance of nurturing young talent and providing them with opportunities to excel in international arenas.

Nehal Zubair's achievement is a beacon of hope and inspiration for young athletes across the country. Her success in Abu Dhabi is not only a personal milestone but also a moment of pride for the nation. As Pencak Silat continues to gain recognition in India, Nehal's journey serves as a powerful example of what can be accomplished with hard work and determination.

As she returns home with her silver medal, Nehal carries the hopes and dreams of a new generation of Indian athletes eager to follow in her footsteps.



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Lakshya Sen finishes 3rd at King Cup International Badminton Open

SHENZHEN (CHINA), DEC 29: India's Lakshya Sen delivered a dominant performance, outplaying rising French star Alex Lanier in straight games to finish third at the inaugural King Cup International Badminton Open here on Sunday.

The 23-year-old from Almora defeated Lanier 21-17 21-11, securing a prize purse of around Rs 36 lakh. Lakshya had earlier lost in the semifinals to reigning world junior champion Hu Zhe'an of China, going down 19-21 19-21 in a closely contested match on Saturday.

In the third place play-off, Lakshya started strong, taking a 6-1 lead, but Lanier fought back to level the score at 10-10, eventually gaining a one-point advantage at the interval. However, Lakshya regained control to move ahead 18-15 and grabbed three game points before sealing the opening game when Lanier went wide.

After the break, Lakshya continued with the momentum, establishing an 8-6 lead and quickly extending it to 15-8. He gained nine match points and wrapped up the victory when Lanier sent a shot long.

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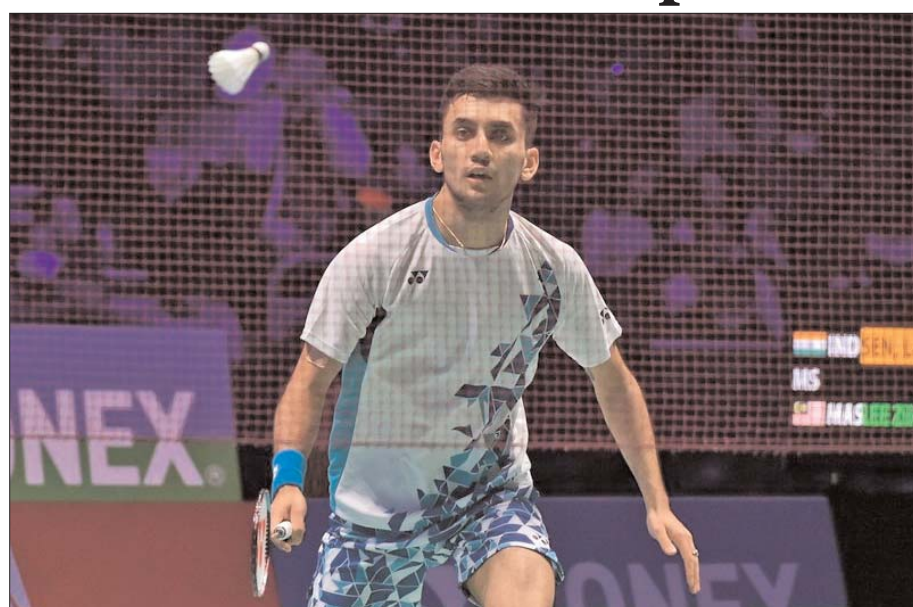
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South Africa seals place in World Test Championship final with a tense 2-wicket win against Pakistan

CENTURION (SOUTH AFRICA) DEC 29: South Africa tailenders Kagiso Rabada and Marco Jansen hung in against relentless fast bowler Mohammad Abbas for a tense two-wicket win in the first test on Sunday and sealed the Proteas' place in next year's World Test Championship final.

Jansen (16 not out) overshadowed Abbas' brilliant figures of 6-54 with a square driven boundary against the fast bowler as South Africa reached 150-8 just after lunch on Day 4 and escaped with a close win in the two-match series.

Abbas, making a comeback after more than three years in the test wilderness, had knocked back South Africa's tricky chase of 148 runs in a marathon 13-over spell before lunch on Day 4 as the home team limped to 99-8, losing four wickets for three runs.

However, Rabada changed gears in an unbroken 51-run stand with Jansen and made an unbeaten 31 off 26 balls with five fours to seal a memorable victory and denied Pakistan its first test win in South Africa in almost 18 years.

South Africa had started this WTC cycle with a loss against New Zealand, but since then the Proteas drew 1-1 in India and then went on to beat West Indies, Bangladesh and Sri Lanka to stay on top of the table.

India, Australia and Sri Lanka are the other teams still in contention for next June's WTC final against South Africa at Lord's.

Captain Temba Bavuma (40) and Aiden Markram (37) had thwarted Abbas for an hour after South Africa resumed at a wobbly 27-3, still needing 121 for victory.

Bavuma's punctuated dismissal at the outside edge of Markram's bat and knocked back the off stump.