

Sports Can Play Vital Role in Keeping Youth Away from Drugs, Says MP Ladakh

Kargil, September 05, 2026: Member of Parliament Ladakh, Haji Hanifa Jan, today said that sports can play a vital role in engaging youth, promoting healthy lifestyles and keeping them away from drugs and other social evils.

Interacting with the media on the sidelines of the Ladakh Sports Festival 2026 and Youth Engagement Month at the Astro Turf Ground, Khel Gaon Kurbathang, the MP said the main objective of the month-long programme is to encourage youth to take up sports and provide them with opportunities to showcase their talent.

He said that this year, sporting events are being organised across all seven districts of Ladakh, ensuring that young athletes get platforms and opportunities closer to their homes.

The MP said Ladakh has immense sporting talent, but lack of exposure and adequate platforms has remained a challenge. He said that concerted efforts have been made over the last four to five years to provide youth with better sports facilities and opportunities. He expressed hope that the proposed Sports Policy for Ladakh would further strengthen opportunities for young athletes.

The athletics competitions held at Kurbathang witnessed participation from teams representing all seven districts of Ladakh.

In the Boys' 1500 metres, Punchok Tashi of Leh secured first position with a timing of 4:38.92, followed by Sajad Hussain of Kargil with 5:07.77, while Jigmet Samba of Changthang finished third with 5:32.56.

In the Girls' 1500 metres, Nusrat Sakina of Kargil secured first position with a timing of 6:35.97. Stanzin Zanskrit of Zaskar finished second with 6:47.91, while Sonam Lhodon of Changthang secured third position with 7:12.36.

In the Boys' 200 metres, Mudassir Ahmad of Leh emerged winner with a timing of 23.82 seconds. Ishtiyaz Hussain of Kargil secured second position with 25.39 seconds, while Shoaib Akhtar of Leh finished third with 25.82 seconds.

In the Girls' 200 metres, Sonam Chuzing of Leh secured first position with a timing of 30.64 seconds, followed by Insha Fatima of Leh with 31.26 seconds. Rigzin Angmo of Sham finished third with 35.09 seconds.

The MP said sports not only provide young people with opportunities to excel but also contribute to their physical and mental well-being. He stressed that engaging youth in constructive activities can help address the challenge of drug abuse in Ladakh.

He expressed confidence that with proper facilities, exposure and encouragement, the talented youth of Ladakh would bring laurels to the Union Territory and the country and contribute meaningfully to nation-building.

On the occasion, national and international-level players from Kargil were felicitated with traditional Khataks in recognition of their achievements and contribution to sports.



