

Season's first gold medal for Ladakh: Team Ladakh shines with 3 Golds at Federation Cup Taekwondo Championship

Kargil, April 28, 2025: In a momentous achievement, Ladakh has opened its medal tally for the season with a historic performance at the 1st Federation Cup Taekwondo Championship held in Nashik, Maharashtra, from April 25–29, 2025. Team Ladakh clinched a total of three gold medals, marking a proud milestone for the Union Territory.

International Taekwondo Player and State Awardee Shanaz Parveen secured the gold medal in the Senior Under-30 Female Individual Poomsae category, while International Player Sonam Chosphal clinched gold in the Senior Under-30 Male Individual Poomsae category. Together, they also showcased exceptional coordination and talent by winning gold in the Senior Under-30 Pair Poomsae event.

Both athletes are undergoing advanced training under India's top Taekwondo coach, Master Atul Pangotra, whose mentorship has been instrumental in shaping their success. The parents of the players expressed gratitude to Master Pangotra for his tireless efforts and selfless coaching, urging the Government of India to honor him with the prestigious Dronacharya Award — the highest recognition for a sports coach in the country.

Joint Director, Youth Services and Sports, UT Ladakh, Tahir Hussain Zubdavi, appreciated the outstanding efforts of the Taekwondo players and Team Ladakh. He congratulated Shanaz Parveen and Sonam Chosphal for their exceptional performances. He said this historic achievement is a testament to our athletes' hard work, discipline, and dedication, as well as the outstanding mentorship of their coach, Master Atul Pangotra.

“Their success will inspire a new generation of young athletes across Ladakh to pursue excellence in sports. The Department of Youth Services and Sports remains committed to supporting our talented players and creating more opportunities for them to excel in national and international arenas,” he said. Despite sending only two players to the championship, Team Ladakh’s remarkable haul of three gold medals is a powerful symbol of resilience, determination, and excellence, bringing immense pride to the entire region.





