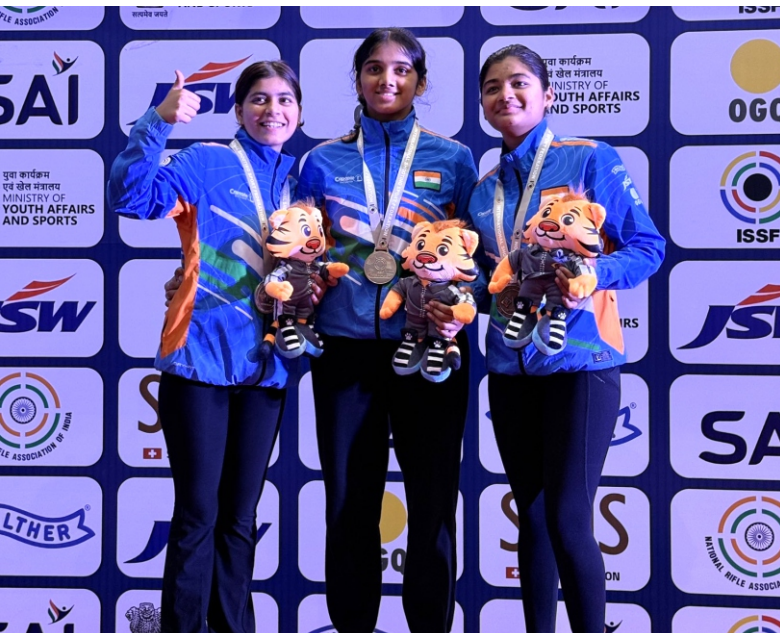
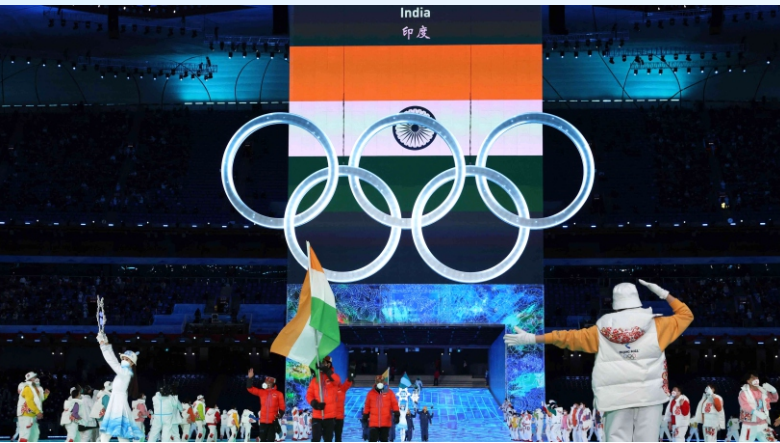




**JULY
2026
EDITION**

SPORTS

SECTOR SPECIFIC REPORT



01

India Secures Second Place at the Asian U20 Athletics Championships



India finished second at the **22nd Asian U20 Athletics Championships in Hong Kong**, delivering one of its strongest performances in the history of the continental event. The contingent concluded its campaign with **19 medals, comprising 10 gold, five silver, and four bronze**, to equal its best-ever finish at the championships. China topped the medal standings, while Japan finished third, highlighting the competitive standard of the tournament.



Source: <https://newsonair.gov.in/india-secure-19-medals-finish-runner-up-at-asian-u-20-athletics-championships-in-hong-kong/>

The final day saw India add crucial medals to cement second place. The women's 4x400m relay team of **Neeru Pathak, Bhumika Sanjay Nehate, Tahura Khatun, and Sehnoor Bawa** claimed gold in a championship-record time of 3:38.07, surpassing the previous mark set by Japan in 2018. **Shahnavaaz Khan** secured the men's long jump title with a leap of 7.83 metres, while **Jithin Arjunan Raman Chandrasekaran** earned the silver medal to complete India's one-two finish in the event.

India's campaign included several standout performances across track and field events. **Pooja Singh** captured the women's high jump title after clearing a national U20 record of 1.93 metres. **Venkatram Reddy Mogali** emerged victorious in the men's 800 metres, while **Nitin Gupta** claimed the men's hammer throw title. **Rupal** also emerged victorious in the women's 400 metres, adding another top finish to the contingent's tally.

TRACK, FIELD AND TRIUMPH

INDIA'S

BEST-EVER OVERSEAS FINISH AT THE ASIAN U20 ATHLETICS CHAMPIONSHIPS 2026

FINAL STANDINGS: 2ND OVERALL

TOTAL MEDALS: 19 (BEST-EVER OVERSEAS FINISH)

GOLD: 10 | SILVER: 5 | BRONZE: 4

THE GOLD MEDALISTS	THE SILVER MEDALISTS	THE BRONZE MEDALISTS
NITIN GUPTA MEN'S 5000M RACE WALK	SADHANA RAVI WOMEN'S TRIPLE JUMP	NIPAM WOMEN'S 100M
AMANAT KAMBOJ WOMEN'S DISCUS THROW	UPKAR DECATHLON	NEERU PATHAK WOMEN'S 400M
RAHUL JAKHAR DECATHLON (NEW U20 NATIONAL RECORD)	JITHIN ARJUNAN MEN'S LONG JUMP	AARTI WOMEN'S 200M
POOJA SINGH WOMEN'S HIGH JUMP (NEW SENIOR NATIONAL RECORD)	NISHCHAY MEN'S DISCUS THROW (NEW JUNIOR NATIONAL RECORD)	4X400M RELAY TEAM (MEN) (PIYUSH, SAYED, RANJITH, MOHAMMED) MEN'S 4X400M RELAY
NIKHIL CHANDRASHEKAR MEN'S 3000M STEEPLECHASE	4X100M RELAY TEAM (WOMEN) (KAJAL, BHAVANA, AARTI, NIPAM)	
SHAHNAVAZ KHAN MEN'S LONG JUMP	WOMEN'S 4X100M RELAY	
BASANT MEN'S HIGH JUMP		
MUSKAN WOMEN'S 5000M		
MOGALI VENKATRAM MEN'S 800M		
4X400M RELAY TEAM (WOMEN) (BHUMIKA, TAHURA, SEHNOOR, NEERU)		

THE FUTURE OF INDIAN ATHLETICS SHINES.

Source: <https://sports.yas.gov.in/top-stories/india-finish-second-at-asian-69>

KEY CONTRIBUTORS TO INDIA'S SECOND-PLACE FINISH



Relay Excellence

Two gold-winning relays



Track Success

Sprint and 800m titles



Field Event Success

Long jump, high jump, and hammer throw



Record Performances

Championship and national U20 records



Consistent Medal Wins

19 medals across events

Relay events also played a key role in India's campaign, with the mixed 4x400m relay team securing the top podium finish to underline the country's growing strength in team events. **Consistent podium finishes throughout the four-day championship across sprints, middle-distance races, jumps, throws, and relays** enabled the contingent to secure second place in the overall standings and equal its best-ever performance at the competition.



Source: <https://dailypioneer.com/news/india-finish-second-at-asian-u20-athletics-championships-2026-with-10-golds>

The second-place finish reflects the steady progress of India's athletics development programme and the increasing depth of its young talent. **Strong performances across multiple disciplines provide encouraging momentum ahead of future international competitions, including the World Athletics U20 Championships.** The results underscore the country's growing competitiveness in Asian junior athletics and highlight the potential of its emerging athletes on the international stage.

02

First World Yogasana Championship Marks a New Era for Competitive Yoga



WELCOME TO THE
1ST WORLD YOGASANA CHAMPIONSHIP 2026
AMDAVAD, GUJARAT, INDIA



WORLD
YOGASANA
CHAMPIONSHIP
AMDAVAD 2026



The inaugural World Yogasana Championship has ushered in a new phase for yoga by presenting it as a structured competitive sport on the global stage. **Hosted in Ahmedabad, Gujarat, from June 4 to 8**, the championship brought together athletes and yoga practitioners from across the world, reflecting the growing international appeal of Yogasana. The event marks a significant milestone in **India's efforts to promote yoga beyond wellness** and strengthen its position as a recognised competitive discipline.



Source: <https://www.pib.gov.in/PressReleasePage.aspx?PRID=2269094®=3&lang=1>

During the virtual inauguration, it was highlighted that the championship represents a step in the global sporting journey of Yogasana. The address emphasised that yoga has evolved into a worldwide movement for health and well-being, and the championship demonstrates how an **ancient Indian tradition is adapting to organised sporting competition** while preserving its core values. It also expressed confidence that competitive Yogasana could achieve wider international recognition.

According to the Ministry of Youth Affairs and Sports, **the championship attracted participants from more than 60 countries, underscoring its international reach**. The initiative seeks to promote standardised competition formats while creating opportunities for athletes, coaches, judges, and sports professionals. It reaffirmed India's commitment to strengthening its sporting ecosystem through its cultural heritage.



Source: <https://thebridge.in/yoga/world-yogasana-championship-2026-ahmedabad-56656>

RISE OF COMPETITIVE YOGASANA

Global Participaton

- Athletes from 60+ countries
- First international Yogasana championship



Competitive Framework

- Standardized competition rules
- Judging based on strength, balance, flexibility, endurance, and precision



Sports Development

- Opportunities for athletes, coaches, judges, and sports professionals
- Promotion of Yogasana as a structured competitive discipline



Global Outlook

- Greater international participation
- Enhanced recognition of Yogasana as a competitive sport



The competition featured multiple age categories and disciplines, with **participants evaluated on flexibility, balance, strength, endurance, and technical precision under standardised rules**. Beyond the competitions, the championship also encouraged cultural exchange among participants and showcased Yogasana as a discipline combining physical excellence with mental focus and self-discipline. The event further reinforced yoga's role in promoting holistic well-being alongside competitive excellence.



Source: <https://www.olympics.com/en/news/world-yogasana-championship-2026-report-medal-tally>

The successful organisation of the first World Yogasana Championship signals a new chapter for competitive yoga. By integrating traditional practices with a structured international competition system, the championship has created new opportunities for athletes and federations while supporting the long-term growth of Yogasana as a competitive discipline. The event is expected to encourage greater global participation and reinforce **India's position as the leading advocate of yoga as both a cultural heritage and a competitive sport**.

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03

Hockey India Marks 78th Olympic Day with Nationwide Grassroots and Fitness Initiatives



Hockey India's member units and academies marked the 78th Olympic Day by organizing a range of hockey competitions, fitness sessions, yoga programmes, and community outreach activities across the country. The nationwide observance embraced the global Olympic Day theme, **"You Can Do This. Let's Move,"** to inspire broader involvement in sport and promote the **Olympic values of excellence, respect, and friendship.**



Source: <https://www.hockeyindia.org/news/hockey-india-celebrates-78th-olympic-day-with-member-units-across-the-country>

State hockey associations and academies hosted a variety of events in several states, including exhibition matches, school outreach programmes, awareness campaigns, and fitness drives for participants. The events brought together players, coaches, officials, students, and local communities, while **introducing many children to hockey through engaging, skill-based sessions** designed to encourage long-term participation in the sport.

KEY HIGHLIGHTS OF HOCKEY INDIA'S 78TH OLYMPIC DAY CELEBRATIONS



Hockey Competitions

- Tournaments
- Exhibition Matches



Fitness Activities

- Fitness Sessions
- Yoga Programmes



School Outreach

- Student Engagement
- Introductory Hockey Sessions



Community Participation

- Awareness Campaigns
- Local Outreach Events



Grassroots Development

- Youth Participation
- Talent Promotion

Member units tailored the celebrations to local communities through sporting, educational, and fitness activities. **Goans Hockey** combined an inter-school tournament in Margao with the distribution of hockey kits to aspiring players, while **Hockey Bengal organised a seven-a-side championship**. The **Odisha Naval Tata Hockey High Performance Centre** held exhibition matches for budding players, while **Hockey Rajasthan** organized yoga sessions aimed at promoting fitness and overall well-being. In Mizoram, introductory programmes familiarised children with the game, whereas **Uttar Pradesh conducted one of the largest observances** through competitions, workshops, and outreach activities across multiple districts.



Source: <https://www.hockeyindia.org/news/hockey-india-celebrates-78th-olympic-day-with-member-units-across-the-country>

Olympic Day, observed annually on June 23, commemorates the founding of the modern Olympic Movement in 1894 and celebrates sport's contribution to stronger, more inclusive communities and healthier lifestyles. This year's global campaign reinforced the message that even small steps towards regular physical activity can contribute to lasting positive change, regardless of age or ability.



Source: <https://www.hockeyindia.org/news/hockey-india-celebrates-78th-olympic-day-with-member-units-across-the-country>

The nationwide celebrations reflected **Hockey India's continued efforts to broaden access to the sport while encouraging greater community participation** nationwide. By combining competition, fitness, and educational activities, the initiative provided a platform to engage aspiring players, promote active living, and strengthen hockey's presence at the grassroots level across the country.

04

FIH Hockey Women's Nations Cup Victory Marks Major Milestone for Indian Hockey



India's victory at the FIH Hockey Women's Nations Cup has marked a major milestone for the women's national team, highlighting its growing presence on the international stage. **The team defeated hosts New Zealand 2-0 in the final at Auckland to lift the title and secure promotion to the 2026-27 FIH Hockey Pro League.** The achievement provides India with an opportunity to compete against the world's leading hockey nations while reinforcing the team's upward trajectory.



Source: <https://www.hockeyindia.org/news/india-win-fih-hockey-womens-nations-cup-title-beating-hosts-new-zealand-2-0-in-the-final>

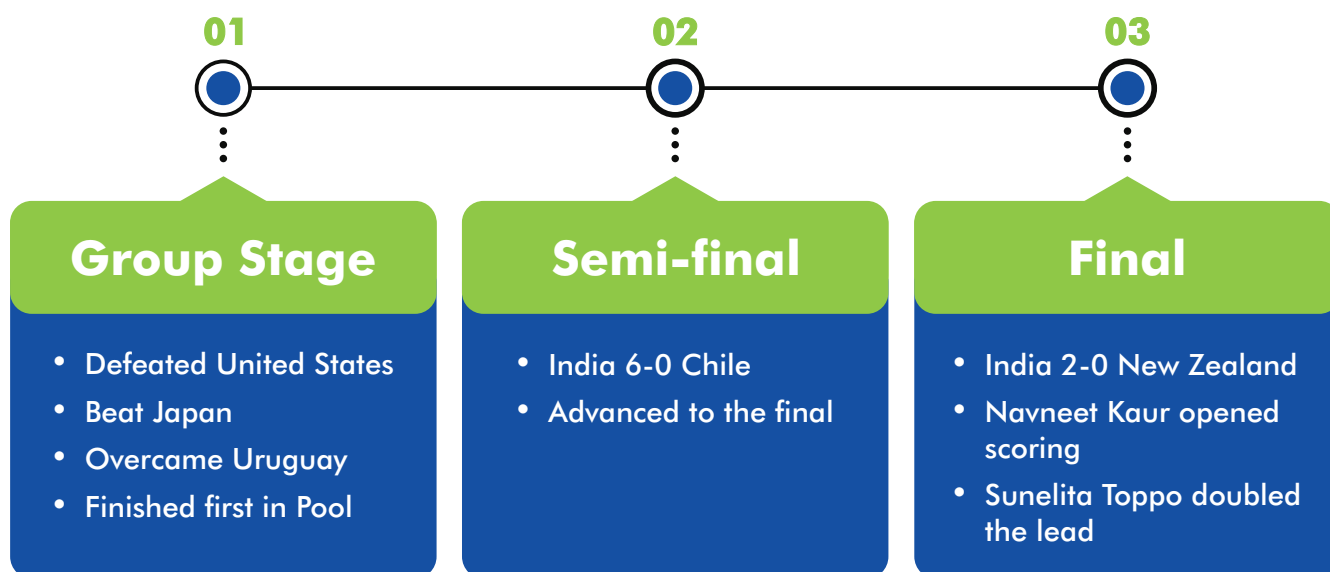
India produced a disciplined performance in the championship match, taking **control early through Navneet Kaur's opening goal before Sunelita Toppo extended the lead in the first quarter.** The defence remained organised throughout the contest, limiting New Zealand's scoring chances and preserving a clean sheet. The victory capped an impressive campaign in which the side remained unbeaten throughout the tournament.



Source: <https://tmv.in/article/india-retain-core-of-nations-cup-winning-womens-hockey-squad-for-asian-games-date=2026-07-11>

The title-winning run was built on consistent performances from the group stage. **India topped its pool with victories over the United States, Japan and Uruguay** before advancing to the final with a commanding 6-0 win over Chile in the semi-finals. The unbeaten campaign highlighted India's consistency across the tournament, laying the foundation for a title that strengthened the team's standing in international hockey.

INDIA'S ROAD TO THE NATIONS CUP TITLE



The Nations Cup triumph carries significance beyond the trophy itself. **Promotion to the FIH Hockey Pro League will enable India to compete regularly against the world's strongest teams**, providing experience at the highest level of international hockey. The result also reflects the rise of Indian women's hockey, with the squad demonstrating resilience, composure and the ability to perform under pressure in crucial matches.



Source: <https://www.fih.hockey/events/nations-cup/womens/fih-hockey-womens-nations-cup-new-zealand-2025-26-1870/news/india-triumphant-at-the-fih-hockey-womens-nations-cup-2026>

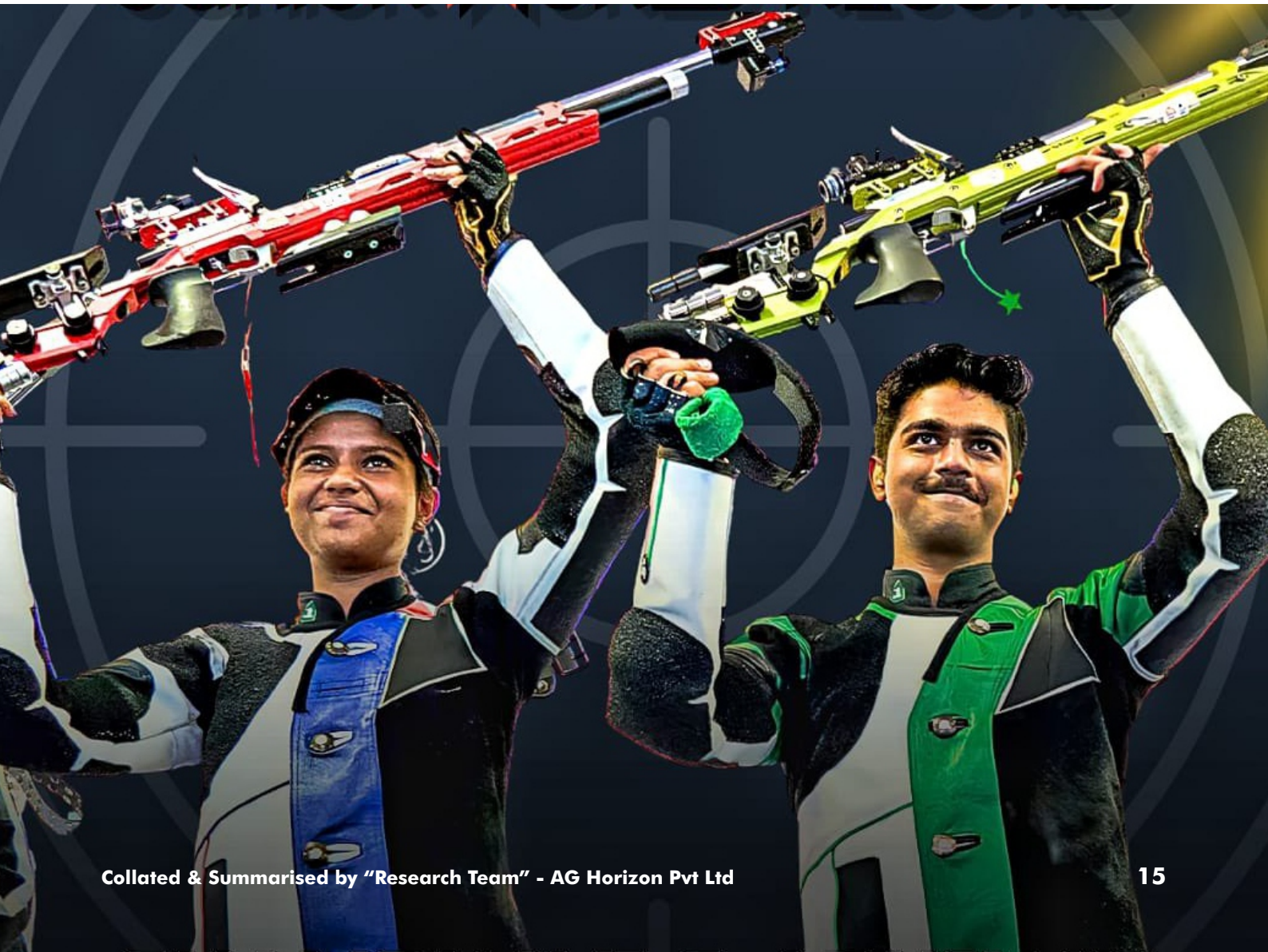
The championship has reinforced India's growing stature in international women's hockey and strengthened confidence in the team's ability to compete at the highest level. Winning all five matches reflected the side's consistency, culminating in a deserved title-winning performance. **The title, India's second FIH Hockey Women's Nations Cup, also confirmed the team's return to the FIH Hockey Pro League**, reinforcing the progress made by Indian women's hockey on the international stage.

How AG Group Can Be a Help

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05

India Tops ISSF Junior World Championship Medals Table



India emerged as the leading nation at the ISSF Junior World Championship 2026 in Suhl, Germany, finishing with **25 medals comprising seven gold, eight silver and 10 bronze**. The Indian contingent topped the medal standings for the second consecutive edition after also finishing first at the 2024 championship in Lima, Peru. Entering the concluding day with 24 medals, India strengthened its tally through the final events to finish with 25 medals.

The championship concluded with the 50m pistol competitions, a non-Olympic discipline included in the tournament programme. India added four medals in these events as **Yogesh Kumar, Prateek, and Abhinav Choudhary** won silver in the men's team event, while **Parisha Gupta, Sanskriti Bana, and Sejal Kamble** secured bronze in the women's team competition. **Aishwarya Ravichandra Balehosur** and **Raj Chandra** also claimed individual silver and bronze medals in the women's and men's 50m pistol events respectively, adding four medals in the concluding events.



**ISSF JUNIOR
WORLD CHAMPIONSHIP
RIFLE / PISTOL / SHOTGUN
SUHL, GER
16 – 26 JUN 2026**

Source: <https://newsonair.gov.in/india-finish-atop-standings-with-25-medals-at-issf-junior-world-championships/>



Source: <https://www.issf-sports.org/news/5125>

India also produced one of the championship's biggest highlights by rewriting the Junior World Record (WRJ) in the 10m Air Rifle Mixed Team event. **Abhinav Shaw** and **Shambhavi Shravan Kshirsagar** combined to score **505.8 points** in the gold medal match, eclipsing the previous junior world record during their victory over Germany's **Annabelle Lotter** and **Benedikt Ascher**. The record-breaking performance became one of the highlights of the championship.

INDIA'S CHAMPIONSHIP HIGHLIGHTS

- 1 Topped the medal standings with 25 medals
- 2 7 Gold, 8 Silver, 10 Bronze
- 3 Four medals won in the concluding 50m pistol events
- 4 Junior World Record in the 10m Air Rifle Mixed Team event
- 5 Second consecutive championship title

Indian shooters reached the podium across both rifle and pistol disciplines in individual as well as team competitions during the 10-day championship. Seven gold medals formed the core of India's medal haul, while silver and bronze finishes across multiple events ensured the contingent remained ahead in the standings. **The combination of Olympic and non-Olympic disciplines showcased the depth of India's junior shooting programme.**

India's final tally of 25 medals secured another first-place finish at the ISSF Junior World Championship and **extended its success from the previous edition in Lima.** The performances in Suhl, highlighted by a record-breaking display and medals across a wide range of events, reflected the strength and consistency of India's emerging shooting talent on the international stage.

#	COUNTRY				TOTAL
1	 IND	7	8	9	24
2	 AZE	6	5	3	14
3	 ITA	6	2	2	10
4	 POL	4	1		5
5	 UKR	2	2	4	8
6	 KAZ	2	2		4
7	 USA	2	1	3	6
8	 GBR	2	1		3
9	 SUI	2		2	4
10	 NOR	1	4	3	8
11	 FRA	1	3		4
12	 CYP	1	1	1	3

FINAL MEDAL TABLE



Source: <https://newsonair.gov.in/india-tops-medals-tally-with-seven-gold-at-issf-junior-world-championship-in-germany/>

07

Eminent Insight



"When India hosts the Commonwealth Games in 2030 and the Olympics in 2036, our ambition is to see Yogasana become part of these global sporting events."

Dr. Mansukh Mandaviya
Union Minister of Youth Affairs & Sports
Government of India



Resources



1. <https://www.olympics.com/en/news/asian-u20-athletics-championships-2026-india-medal-winners-results>
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15. <https://www.issf-sports.org/news/5125>
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