



"Everyday, I thank my fate...": Manu Bhaker, Neeraj Chopra celebrate 77th Olympic Day

NEW DELHI, JUNE 23: Indian world champion and Olympic gold medalist javelin thrower Neeraj Chopra and double Olympic medalist shooter Manu Bhaker shared the Olympic Day wishes with their fans and fellow players on Monday.

Manu, posted on her Instagram, saying that she everyday, "thanks her fate and gods" for making it possible to live the dream of "millions of athletes".

"Everyday, I thank my fate, and my gods, that made it possible for me to live the dreams of millions of athletes. My shooting career is 9 years young, but like a desi, I have been an athlete ever since I gained consciousness. There is no dream that cannot be fulfilled and no destination that cannot be reached, but the fuel will only be honesty, hard-work and hope. To all the aspiring Olympic champions, including myself, it is just the beginning, we have so much more in us.

Let's get it! Jai Hind!! #happyolympicday," posted Manu on X.

In the Olympics at Paris last year, Bhaker opened India's medal tally after she secured third place in the women's individual



10m air pistol event, becoming the first-ever woman shooter to win an Olympic medal for India. Following that, Sarabjot Singh and Bhaker won the bronze medal in the 10m air pistol (mixed team) event, which was India's first-ever shooting team medal.

In her final event, she narrowly missed out on the historic grand treble and finished fourth in the women's 25m pistol shooting event. She missed out on the opportunity to become the first Indian to win three medals at the Olympics. The young shooter's sweet redemption came after a disappointing Tokyo Olympics campaign in 2021, where a malfunction in her gun cost her a medal. During the 10 m air pistol qualification round during the Tokyo Olympics, her gun malfunctioned, which

caused her to lose a lot of time. She was left with a very short amount of time to carry out her quota of shots. She missed the top-eight finish required to qualify for the final round and finished at the 12th spot. In the 25-metre pistol event, she failed to qualify further, finishing in the 15th spot. Her 10 m air pistol mixed team event did not go well either, as she finished in seventh overall.

Neeraj, who secured a gold medal in Tokyo and followed it with a silver in Paris, also posted a video of him practicing on X, saying, "Happy Olympic Day! Together, #LetsMove and build a happier, healthier future."

Recently, Chopra once again proved his dominance on the global stage, winning the Paris Diamond League title on Friday night (local time) with a

commanding first-round throw of 88.16 metres. Despite three no-marks in the middle rounds, his opening effort kept him on top throughout the competition. With new coach Jan Zelenzy in his corner, who holds the world record in men's javelin throw with 98.48 m effort in 1996, Neeraj touched the 90 m for the first time in his career as he came second at the Doha Diamond League last month.

Olympic Day is celebrated annually on June 23, commemorating the birth of the modern Olympic Games, which began on June 23, 1894, in Paris. The primary objective of Olympic Day is to encourage global participation in sports, regardless of age, gender, or athletic ability. Since 2023, Olympic Day celebrations have aligned with the International Olympic Committee's (IOC) Let's Move initiative, which aims to promote physical activity and encourage people to move more every day.

Baron Pierre de Coubertin formed the International Olympic Committee (IOC) in 1894, leading to the first-ever modern Games held in Athens in 1896.

Rathnayake ruled out of second Test as SL name 19-player squad for second Test against Bangladesh

NEW DELHI, JUNE 23: Sri Lanka quick Milan Rathnayake has been ruled out of the second Test against Bangladesh due to a side strain, scheduled to begin on Wednesday in Colombo. Left-arm seamer Vishwa Fernando has been brought in as Rathnayake's replacement.

On Monday, the Sri Lanka Cricket Selection Committee named the 19-member squad for the second test match. Apart from Fernando's inclusion, spin-bowling all-rounder Dunith Wellalage has also been drafted into the squad. The 22-year-old enters the red-ball step-up in place of Angelo Matthews, who retired from Test cricket after the series opener.

During the first Test, Rathnayake left the field briefly on the second day with three wickets to his



name. He returned and ended the Test with figures of 4/65. Rathnayake's miserly economy rate and a burst in the final session of day two ensured that Bangladesh's first innings total of 495 remained within Sri Lanka's reach.

After his exploits with the ball, Rathnayake chipped in with a valuable 84-run partnership for the seventh wicket with Kamindu Mendis. During the stand, he remained proactive and contributed with 39 runs.

If Sri Lanka decides to replace Rathnayake with another all-rounder, they are bereft of a player who fills the particular criteria. Wellalage and Sonal Dinusha are useful options because of their spin bowling capabilities. However, considering the nature of the batting-friendly surface of Colombo, it is possible that the hosts could go for an extra-pace bowling option.

Sri Lanka will have to consider Mathews's potential replacement. Pasindu

Sooriyabandara or Pavan Rathnayake emerge as the most likely option. Both uncapped players impressed with their splendid performances in the domestic circuit and with Sri Lanka A. Oshada Fernando is another player in contention who returned to the national side after his impressive run last year.

Sri Lanka squad for second Test against Bangladesh: Dhananjaya de Silva (capt), Pathum Nissanka, Oshada Fernando, Lahiru Udara, Dinesh Chandimal, Kamindu Mendis, Kusal Mendis, Dunith Wellalage Pasindu Sooriyabandara, Sonal Dinusha, Pavan Rathnayake, Prabath Jayasuriya, Tharindu Rathnayake, Akila Dananjaya, Vishwa Fernando, Asitha Fernando, Kasun Rajitha, Isitha Wijesundara.

Former world No. 1 Kidambi Srikanth to lead India in US Open

NEW DELHI, JUNE 23: Former world No. 1 Kidambi Srikanth returns to court to lead India's charge at the US Open 2025 badminton tournament, which gets underway in Iowa on Tuesday, according to Olympics.com.

Srikanth will be keen to build on his runners-up result at the Malaysia Masters, where he became only the second man in history to ever make it to the final of a BWF World Tour Super 500 tournament after beginning from the qualifying rounds.

In the first round of men's singles, 50th seed Srikanth, who is seeded eighth in the US Open, will play 77th-ranked Harry Huang of England.

World No. 34 Ayush Shetty is seeded fourth, while 37th-ranked Priyanshu Rajawat is seeded sixth at the US Open, other Indian badminton players in-



clude Tharun Manneppalli and Rithvik Sanjeevi.

In the women's singles, 49th-ranked India's best player in the division is Aakarshi Kashyap, and 18-year-old Anmol Kharb, who is ranked 63rd.

Tanvi Sharma, Tanya Hemanth and Shriyanshi Valishetty will also feature in the women's singles for India. The women's doubles, on the other hand, has a sole Indian entry in eight seeds Priya Konjengbam and Shruti Mishra.

In the men's doubles

draw, third seeds Hariharan Amsakarunan and Ruban Kumar Rethinasabapathi will spearhead the challenge for India. Meanwhile, Dhruv Kapila and Tanisha Crasto are the top seeds and the only Indian entry in the mixed doubles.

Dhruv Kapila and Tanisha Crasto's best run on the BWF World Tour this year came at the German Open, where they made it to the semi-finals.

US OPEN 2025: India badminton squad

Men's singles: Kidambi Srikanth, Ayush Shetty, Priyanshu Rajawat, Tharun Manneppalli, Rithvik Sanjeevi, Chirag Sen (Q), BM Rahul Bharadwaj (Q), Darshan Pujari (Q)

Women's singles: Aakarshi Kashyap, Anmol Kharb, Tanvi Sharma, Tanya Hemanth, Shriyanshi Valishetty, Ira Sharma (Q)

Men's doubles: Hariharan Amsakarunan-Ruban Kumar Rethinasabapathi, Dingku Singh Konthoujam-Amaan Mohammad, Abinash Mohanty-Ayush Pattanayak, Arjun Reddy Pochana-Gouse Shaik (Q), Sai Pavan Karri-Sanjai Sivasat Dhanraj (Q), Rajain Abhimanyu-Randeep Singh (Q)

Women's doubles: Priya Konjengbam-Shruti Mishra

Mixed doubles: Dhruv Kapila-Tanisha Crasto.

India 364 all out after Pant, Rahul centuries; England set 371-run target

NEW DELHI, JUNE 23: KL Rahul and Rishabh Pant struck fine centuries before India were all out for 364 in their second innings on the fourth day of the first Test against England here on Monday.

England will need to make 371 runs for victory in a little over three sessions to win the series opener.

Resuming the day on 90 for two, India lost skipper Shubman Gill early but the duo of Rahul and Pant added 195 runs for the fourth wicket to put India in a position of strength at Headingley.

However, both batters got out in their quest to add some quick runs to the



tally and set England a stiff target in the fourth innings.

Opener Rahul made 137 in 247 balls, while Pant be-

came only the second wicketkeeper in the game's history to score hundreds in both innings of a Test match en route to his 118

off 140 balls, an innings that was studded with 15 fours and three sixes.

Rahul hit 18 fours during his stay in the middle.

RPL: Dominant Delhi Redz return to winning ways against Bengaluru Bravehearts

MUMBAI, JUNE 23: The Delhi Redz have registered their third win of the tournament, after they defeated the Bengaluru Bravehearts with a scoreline of 22-12, here at the Shahaji Raje Bhosale Sports Complex (Andheri Sports Complex), during Season 1 of the Rugby Premier League, in Mumbai, on Monday evening.

The Delhi Redz were calling the shots in the game early on and scored important points to surge into the lead. Matteo Graziano and Rajdeep Saha scored a try each, before Iowane



Teba brought the Bengaluru Bravehearts right back into it with 7 points of his own.

Minutes after the half-time break, Pol Pla finished off a fantastic move, which Philip Wokorach had started, with a try, to give the Bravehearts a slender lead. The Delhi Redz, though, weren't giving in, as Sunil Chawan got on the scoresheet, and Matias Osadzuk converted his kick. After that, the Redz further extended the lead when Moritz Noll added five points to the cause. Eventually, the Redz walked off with a solid win.

Earlier in the tournament, the Delhi Redz faced the Mumbai Dreamers.

JKOA celebrates Olympic Day

HIMALAYAN MAIL NEWS JAMMU, JUNE 23

Jammu and Kashmir Olympic Association (JKOA) today celebrated the International Olympic Day by organising a run in the city, here.

The event witnessed active participation from member associations, coaches and athletes across different Olympic disciplines. Earlier, president of the JKOA, Dushyant Sharma welcomed the gathering and briefed about the importance of the day.

Veteran of the Olympic movement in J&K, Dr Ashutosh Sharma, before flag off the run, informed



the gathering that the International Olympic Day is observed throughout the world to commemorate the world the Olympic movement, which started from Athens (Greek) in 1896.

He spoke about the significance of the Olympic Day and expressed his heartfelt gratitude to the

president and general secretary of the JKOA for organizing the event.

The run commenced from Manda and concluded at the Brahma Kumaris Ashram at Rehari Chungi, where the closing ceremony held under the guidance of Rajyogini BK Sudershan Didi Ji, Director of Brahma Kumaris for

the Union Territory of J&K.

The vote of thanks presented by Ajay Vaid, general secretary of the JKOA. Prominent among others, who were part of the run, included Vijay Saraf, Vikas Gupta, Vinod Bhatia, Rajesh Dutta, Brijesh Bhau, Sahil Sharma and Danish Sharma.

Manjit Club felicitates Kuldeep for U-19 Bronze

HIMALAYAN MAIL NEWS JAMMU, JUNE 23

Chairman of the Shaheed DySP Manjit Singh Memorial Volleyball Club, Mohd Tariq today felicitated Kuldeep Mangotra for India team's performance.

Kuldeep was manager of the India under-19 men team which won Bronze medal in the CAVA Volleyball Championship held in Uzbekistan, recently.

Expressing his feelings, Tariq said that the Club was proud of Magotra's contributions and achievements for Volleyball. He mentioned that experi-



ence of Kuldeep, who is also Chief Executive Officer (CEO) of the Volleyball Association of J&K, has certainly helped the team perform better.

Tariq praised Magotra's commit-

ment for the volleyball and game's promotion at the grassroots level. Tariq was also joined by other veteran players and officials of the game of Volleyball.

Jammu Rugby meet gets underway

HIMALAYAN MAIL NEWS JAMMU, JUNE 23

Annual Jammu District Rugby Championship, organised by the District Rugby Association, started today at Green Fields ground, here.

The event was declared open by Manger Green Fields ground and chief coach Kabaddi, Anil Sharma amidst introduction with the teams and the officials.

He wished the participants success and advised the Association to hold event on a regular basis so as to



make the game popular in the smart city of Jammu.

The competition is being held in all

age groups of boys and girls. In total, 16 teams are taking part in this competition on knockout basis.