



UAE Captain Esha Oza's unbeaten 72 powers 7 wicket win over India A in Asia Cup Rising Stars opener

BANGKOK, FEBRUARY 13: UAE skipper Esha Oza steered her team to a commanding seven-wicket victory over India A in their Women's Asia Cup Rising Stars 2026 opener at Thailand's Tendthai Cricket Ground on Friday, with an unbeaten 72 off 61 balls anchoring the chase.

Opting to bat first, Radha Yadav's India A side kept losing wickets at regular intervals as pacer Samaira Dharnidharka struck early, tearing through the top order in the PowerPlay to claim three quick wickets.

Anushka Sharma, fresh from a solid Women's Premier League (WPL) stint with Gujarat Giants, stead-



ied the innings with a composed 47 off 45 balls, while Tanuja Kanwer's quick 34 off 25 at the end lifted India A to 130/9.

Chasing 131, Oza and Theertha Satish put on 40

for the first wicket before Prema Rawat's leg-spin removed Satish in the eighth over.

Oza then built a match-defining 71-run partnership with Samaira Dharnid-

harka, keeping UAE on track.

Needing four off the final over, Radha Yadav brought herself on and struck the first ball, dismissing Rinitha Rajith, but Heena Hotchandani cracked a boundary next ball to seal a seven-wicket win and spark celebrations.

UAE now meets Nepal on February 15, while India A faces Pakistan A later that day.

Brief score: India A 130/9 in 20 overs (Anushka Sharma 47, Tanuja Kanwer 34; Samaira Dharnidharka 3/40). Vs UAE A 131/3 in 19.2 overs (Esha Oza 72*, Samaira Dharnidharka 34; Tanuja Kanwer 1/22). (ANI)

mented women in the state who are achieving remarkable success in various fields will also be given opportunities in government service so they can become sources of inspiration for society.

Thapliyal is among the women bodybuilders who have won medals at the Women's World Championship and the Asian Championship. Her achievement is a matter of pride not only for the state but for the entire country.

Dhami also said that the state government is committed to providing every possible encouragement and support to women athletes so that the daughters of Uttarakhand continue to achieve success at national and international platforms. (ANI)

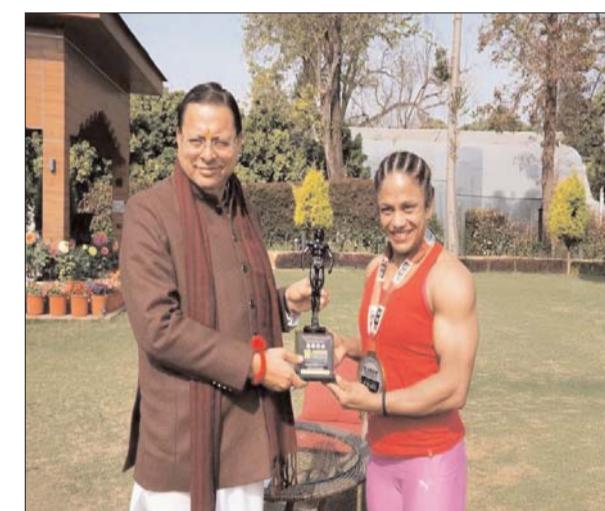
ous other sectors, a sign of the state's bright future.

He added that the land of Uttarakhand has traditionally been matriarchal, and women of the hills have been the backbone of agricultural, social, and cultural life. From time to

time, women of Uttarakhand have guided the nation and the world in environmental conservation, social service, sports, and good governance. We are proud of our women's power.

He further stated that tal-

ership.



Uttarakhand CM honours international bodybuilder Pratibha Thapliyal

DEHRADUN, FEB 13: Uttarakhand Chief Minister Pushkar Singh Dhami on Friday honoured international woman bodybuilder Pratibha Thapliyal for her remarkable achievements in the field of bodybuilding.

Dhami presented her with a shawl and a plant as a mark of honour. On this occasion, Dhami described Thapliyal's achievements as a matter of pride for the women of Uttarakhand and as a strong, inspiring step towards women's empowerment. He said that her success would inspire daughters of the state, especially those living in remote mountainous regions, to move forward in sports and other fields. Women are now exploring career opportunities not only in sports but also across vari-

Hosts Jammu and Kashmir Police shall be playing against Shahbad Hockey Academy in the final of the Martyrs Memorial Hockey Tournament at K K Hukku Stadium, here tomorrow.

In the semifinals, played today, J&K Police defeated Jammu Central while Shahbad Hockey Academy trounced Punjab Police 4-3 via penalty shootouts.

The final is scheduled to be played at 3 pm while the hardliner, the match for the third place, shall take place at 11 am at the same venue.

Aman becomes ISSF-Certified 'B' License Coach



from three countries of India, Albania, and Iraq participated in the program. The course faculty included Karoliina Nissinen, Head of Administration, ISSF Academy; Agathi

Kassoumi, six-time Olympian and Pistol Instructor, ISSF Academy; and Ronak

Pandit, Head of Coaches Program, OGQ.

This achievement was

made possible with the continuous efforts of the Jammu & Kashmir Rifle Association (JKRA) in promoting shooting sports and nurturing coaching talent in the Union Territory.

three medals in the 50m rifle prone women senior and junior events. They also added four gold medals in the team events to end the championship on a high note, as per a National Rifle Association of India (NRAI) press release.

In the 25m centre fire pistol, Amanpreet Singh clinched gold

with a final score of 589-24x over the precision and rapid stages. Olympian Gurpreet Singh won silver with a score of 584-20x, and Ankur Goel won the bronze with a score of 570-11x. The trio also combined to win the team gold.

Suraj Sharma continued his fine start to the year by winning

CRPF 84 Battalion organises Shaheed Mushtaq Ahmed Memorial Volleyball Tournament at Chanderkote

HIMALAYAN MAIL NEWS JAMMU, FEB 13

The Central Reserve Police Force (CRPF) 84 Battalion organised the Shaheed Mushtaq Ahmed Memorial Volleyball Tournament 2026 at Chanderkote. The tournament commenced on February 5, featuring eight teams from different parts of Ramban district.

The final match took place today at the Tactical Headquarters 84 Battalion CRPF Chanderkote under the aegis of Jammu Sector CRPF. Senior Superintendent of Police (SSP) Ramban Arun Gupta attended as the chief guest. Commandant CRPF 84 Battalion N Ranbir Singh, Second-in-Command Vikram Singh, Second-in-Command Arvind Kumar Dixit, Assistant Commandants Roop Ram Meena and Rupesh Kumar, CRPF personnel, the family of the martyr and local youth were also present.

Attendees paid tributes to Shaheed Mushtaq Ahmed, remembering his sacrifice for the nation. The final match drew a large gathering of sports enthusiasts. Chenab Warriors Chanderkote won the championship by defeating Friends Volleyball Club Chanderkote in straight sets (25-19, 25-20, 25-20).

Speaking on the occasion, the Commandant highlighted the history of the CRPF and its role in nation-



building. He encouraged the youth to engage in sports for physical and mental fitness, discipline and teamwork.

He assured that the CRPF would continue to organise such events to strengthen ties with the local community. The SSP appreciated the initiative of the 84 Battalion CRPF in honouring the martyr and emphasised the importance of sports

in positively channelling the energy of the youth. He assured necessary assistance to the family of the martyr.

Officials distributed trophies, medals, certificates, volleyballs and nets among the winners and runners-up. They presented a shawl and memento to Veer Nari Begum. Participants also presented a cultural programme on the occasion.

JKP face Shahbad Academy in Hockey final

HIMALAYAN MAIL NEWS JAMMU, FEB 13

Hosts Jammu and Kashmir Police shall be playing against Shahbad Hockey Academy in the final of the Martyrs Memorial Hockey Tournament at K K Hukku Stadium, here tomorrow.



Kathua Boxing Championship held

HIMALAYAN MAIL NEWS JAMMU, FEB 13

Annual District Kathua Boxing Championship held today at Sports Stadium Kathua under the aegis of J&K Amateur Boxing Association and sponsored by the J&K Sports Council.

The championship witnessed enthusiastic participation of around 60 boxers showcasing talent, discipline, and sportsmanship. Sandeep Majotra, member DDC Nagri was the chief guest, who felicitated the winner boxers. Naresh Kumar, general secretary Private Schools Association was guest of honour, while Anoop Gupta, social activist, was the special guest.

The event conducted under the guidance of organising secretary, Naresh Kumar and the technical panel comprised Gautam Kumar, Aarif Mohd, Shubam Lalotra, Shubam Thakur, Sahil Lalotra and Ankita Thakur (PET).

The Detailed Results: Sub Junior Boys: 33-35 kg: Pankaj Bhagat, gold; Pe-



tik Lakhota, silver and Divyanshu Salgotra, bronze. 35-37: Tanvir Hussain, gold; Manish Mangotra, silver. 37-40 kg: Mani, gold; Om Sachir Chavan, silver and Kumaksh Sharma, bronze. 43-46 kg: Mohd Afzal, gold and Ayush Sharma, silver. 46-49 kg: Saksham Thakur, gold and Yuvraj Singh, silver. 50-52 kg: Surya Dev Singh, gold; Jaskirat Kour, silver and Mahi, bronze. Junior Boys: 44-46 kg: Arab Singh, silver and Kar-

tik Lakhota, bronze. 55-57 kg: Aarishi Atri, gold; Chetan Kumar, silver; Aniket Keshav and Viraj, joint bronze. Sub Junior Girls: 35-37 kg: Urbi Pagotha, gold; Arshiya, silver. 40-43 kg: Shagufta, gold; Pihal Jasrotia, silver and Bravleen Raina, bronze. 49-52 kg: Kanika Verma, gold; Jaskirat Kour, silver and Mahi, bronze. Youth Men: 48-51 kg: Lalit Khajuria, gold; Avneesh, silver. 57-60 kg: Ankit Sharma, gold and Krish Kumar, silver. Elite Men: 50-55 kg: Mohit Kumar, gold; Aditya Bandhu, silver. 55-69 kg: Sunny, gold; Ashutosh Bhatti, silver.

Asian Rifle/Pistol C'ship: India tops charts with 94 medals as tournament concludes

NEW DELHI, FEB 13: India topped the medal standings in commanding fashion, securing a total of 94 medals, including 51 gold, 23 silver and 20 bronze, as the Asian Rifle/Pistol Championship, New Delhi 2026, concluded here at the Dr Karni Singh Shooting Range on Friday. The

hosts added six gold, three silver, and four bronze on the final day of competition to establish their commanding position on the continent.

On the final day, Indian shooters swept the podium in the 25m centre fire pistol and 25m pistol junior events, while also adding

three medals in the 50m rifle prone women senior and junior events. They also added four gold medals in the team events to end the championship on a high note, as per a National Rifle Association of India (NRAI) press release.

In the 25m centre fire pistol, Amanpreet Singh clinched gold

with a final score of 589-24x over the precision and rapid stages. Olympian Gurpreet Singh won silver with a score of 584-20x, and Ankur Goel won the bronze with a score of 570-11x. The trio also combined to win the team gold.

Suraj Sharma continued his fine start to the year by winning

gold in the 25m Pistol Junior event with a score of 585-25x while Mukesh Nelavalli secured another medal in the championship, this time a silver, after shooting 582-21x. Deaflympics medalist Abhinav Deshwal won bronze with a score of 573-17x. The trio also won the team gold in

the event.

In the 50m Rifle Prone event, Olympian Sift Kaur Samra won silver with a score of 623.2, while 2010 World Champion Tejaswani Sawant won an excellent bronze, five years after she won an international medal. Yelizaveta Bezrukova of Kazakhstan won gold. Sift and Tejaswani, along with Manini Kaushik, combined to win team gold for India. In the junior category, Dhavalika Devi Nyamuris secured a bronze medal with a score of 614.1; Kazak shooters Tomiris Amanova and Darya Ponomarenko won gold and silver respectively.