



## One-off Test: India defeat Afghanistan by innings and 300 runs

**MULLANPUR, JUNE 08:** India won the off Test against Afghanistan by an innings and 300 runs after bowling out the visitors twice on day three here on Monday.

Following on, Afghanistan were bundled out for 112, worse than their 152 in the first innings after India posted a mammoth 564/8 in their first essay.

Debutant Manav Suthar was the standout bowler for India, claiming 6/33 in 22 overs in the first innings. Washington Sundar took four wickets in Afghanistan's second innings.

**Brief Scores:**  
India 1st innings: 564/8 declared in 127 overs.



Afghanistan: 152 and 112 all out 35.5 overs. (Sediquah Atal 42, Rahmanullah Gurbaz 24; Washington Sundar 4/36, Kuldeep Yadav 3/30).

## Rahi on top, Manu Bhaker second in women's 25m pistol T4 finals

**DEHRADUN, JUNE 08:** Former Asian Games champion Rahi Sarnobat produced a commanding performance to win the women's 25m pistol finals, outwitting double Olympic-medallist Manu Bhaker in the National Selection Trials 4 being organised to finalise India's Asian Games shooting squad here on Monday.

Rahi, an Olympian, looked in control throughout the final and finished with 37 hits to comfortably take the top spot. Bhaker settled for silver with 35 hits, while Karnataka's Divya TS claimed bronze with 29 hits.

Tamil Nadu's Niveditha V Nair finished fourth with 24 hits, while Olympian Rhythm Sangwan was fifth with 22 hits.

Punjab's Arshdeep Kaur finished sixth with 18 hits, stated a press release from the National Rifle Association of India (NRAI).

Maharashtra's Abhidnya Ashok Patil took the seventh place with 13 hits, while Madhya Pradesh's Chinki Yadav, who had topped qualification with a score of 586 (22x), finished eighth with nine hits.



Earlier in qualification, Bhaker finished second with 584 (16x), while Arshdeep Kaur and Rahi Sarnobat were third and fourth respectively with scores of 579 (20x) and 579 (18x).

Niveditha V Nair qualified fifth with 579 (12x), while Rhythm and Divya T.S. both shot 578 (16x). The former was placed ahead on count-back. Abhidnya Patil secured the final qualifying berth with 576 (15x). In the national rankings, world record

holder and Munich World Cup gold-medallist Esha Singh retained the top position despite not participating in the trials, while Bhaker remained second.

Rahi moved up to third in the standings, swapping places with Divya, who dropped to fourth. Rhythm stayed in fifth place, while Chinki Yadav climbed from ninth to sixth after her qualification performance.

The T4 Rifle/Pistol trials are crucial for an Asian Games perspective, with 15 men and as many women

shooters set to represent India across the 28 shooting events in Aichi-Nagoya, Japan in September-October this year.

The 12-member shotgun squad has already been announced, while the rifle and pistol teams will be finalised after the conclusion of the ongoing trials.

Action resumes on Tuesday with four finals scheduled, including the men's and women's 10m air pistol events as well as the men's and women's 50m rifle 3 positions competitions.

## DYSS Baramulla leads fitness revolution with Mass Fit India Run

**HIMALAYAN MAIL NEWS  
JAMMU, JUNE 08**

As part of the nationwide Fit India Movement, the Department of Youth Services and Sports (DYSS) Baramulla today organized a Fit India Run at GDC Ground Khawaja Bagh, witnessing enthusiastic participation from students representing various educational institutions across the district.

A total of 284 boys participated in the event, demonstrating remarkable energy, discipline, and commitment towards physical fitness and a healthy lifestyle.

The run was conducted with the objective of spreading awareness about the importance of regular physical activity and encouraging youth to adopt healthy habits.

The participants completed the run with great enthusiasm, reflecting the growing spirit of fitness and sportsmanship among the younger generation.

The event also reinforced the message of the Fit India Movement, which aims to make fit-



ness an integral part of everyday life. DYSS Baramulla reiterated its commitment to organizing such activities to inspire youth towards health, wellness and active participation in sports.

## Himachal govt making efforts to host Khelo India competitions: CM Sukhu

**SHIMLA, JUNE 08:** Chief Minister Sukhvinder Singh Sukhu on Monday said that the state government is making efforts to host Khelo India competitions in Himachal Pradesh.

The Chief Minister also inaugurated a Multipurpose Sports Stadium at Sanjauli. Constructed at a cost of Rs 3.18 crore, the stadium is equipped with an open ground for sporting events, an open hall, a kitchen and other amenities.

Sukhu also inaugurated Himachal Pradesh's first Chitta Awareness Volleyball Tournament at Sanjauli, being organised as part of the International Summer Festival, Shimla. He unveiled the tournament's running trophy and announced a cash prize of Rs 1 lakh for the winning team.

The Chief Minister took the salute during the march-past presented by 13 teams from across the state and administered an oath against drug abuse to all participants. He also an-



nounced Rs 1 crore for the further development of the Sanjauli Ground, the setting up of a Primary Health Centre (PHC), and the upgradation of the Sanjauli Holi Fair to district-level status.

Sukhu said the state government has enhanced the prize money for winners of international competitions and will soon introduce a policy to reward national-

level sportspersons to further promote sports in the state. He added that a stadium is being constructed at Ghatasani near Shimla at a cost of Rs 10 crore.

He said athletes participating in competitions within the state are being provided a diet allowance of Rs 400 per day, while those competing outside the state receive Rs 500 per day. Air

travel facilities are also being provided for journeys exceeding 200 km, he added.

MLA Harish Janartha said encouraging youth to take up sports and stay away from drugs reflects the Chief Minister's vision. Shimla Mayor Surinder Chauhan and other dignitaries were also present on the occasion.

## India seals off warm-up fixture for Women's T20WC with confident win over West Indies

**CARDIFF, JUNE 8:** India made a strong start to their preparations for the ICC Women's T20 World Cup 2026 with a 26-run victory over West Indies in their opening warm-up match in Cardiff on Monday.

Fresh from their success at the ICC Women's Cricket World Cup 2025, the Indian team carried their momentum into Cardiff on Monday, producing a commanding all-round performance to make an early statement.

After a half-century, Bharti Fulmali helped India post 179/8, Radha Yadav and Shreyanka Patil led the bowling effort as West Indies were restricted to 153/8.

Put into bat, Indian openers Smriti Mandhana and Shafali Verma (29) gave the team a brisk start, setting the tone for the innings, as per the ICC website.

In the first few overs, the West Indies bowlers struggled to find the right line and length. They strayed onto the leg side too often, and Mandhana, especially, was quick to punish them.



The southpaw, captaining the side on Monday, struck eight fours for a quick 39 off 23 balls.

Aaliyah Alleyne snapped the 59-run opening stand as she had Mandhana mistime a shot to mid-on. India posted 70-1 in the power play and continued in that vein despite losing three quick wickets.

Yastika Bhatia and Bharti Fulmali helped India recover from the wobble with a 60-run partnership for the fourth wicket. The former had compiled a confident 36 off 26 when the team man-

agement retired her out, in an effort to give more match time to players down the order. It seemed to disrupt India's rhythm, as the team lost Richa Ghosh and Radha Yadav in the very next over. Fulmali held the innings together with a well-paced half-century. She scored an unbeaten 56 off 40 balls, with the help of six fours and the lone six of the innings, to make sure India finished with a strong total.

Leg-break bowler Afy Fletcher was the pick of the bowlers for West Indies as she claimed 4/23 in her four

overs.

While the West Indies experimented with nine bowlers, India stuck mainly to their lead bowlers to start the warm-ups on a winning note. The Caribbean side struggled against the slower bowlers, with Patil (4/36) and Yadav (3/25) claiming all the wickets - Shemaine Campbelle was retired out.

Chasing a challenging total, Deandra Dottin and Campbell put on an opening stand of 63/1. But they mustered only 37 in power play and were left to play catch-up.

## NECO Master Blaster women's hold nerve to defeat Pagariya Strikers by 7 runs in VPL 2026 thriller

**NAGPUR, JUNE 8:** NECO Master Blaster women's team produced a spirited comeback to edge past Pagariya Strikers by seven runs in a thrilling Vidarbha Women's Premier League (VPL) 2026 encounter at the VCA Civil Lines Ground, Nagpur.

Batting first, NECO Master Blaster posted a competitive 133/6 in 20 overs. Captain Shradha Nabira led from the front with a brisk 31 off 23 balls, striking three fours and a six.

She was well supported by Snehal Maniyar (18), Diya Bhagwat (18), Nupur Kohale (17 not out) and Arya Gohane (16) as contributions throughout the batting order helped the side reach a respectable total, as per the press release.

In reply, Pagariya Strikers



appeared to be cruising towards victory for much of the chase. Sanskruti Sant anchored the innings brilliantly with a fighting 48 off 36 balls, while Ankita Bhongade (18) and Srishty Wandalkar (16) made useful contributions.

With wickets in hand and the required rate under control, the Strikers looked set

to cross the finish line.

However, the match turned dramatically in the 18th over. NECO Master Blaster staged a remarkable comeback as Pagariya Strikers lost two crucial wickets in quick succession, including a batter being bowled and another run out at the non-striker's end. The sudden collapse shifted the mo-

mentum completely.

NECO's bowlers and fielders held their nerve under pressure. Nupur Kohale starred with the ball, claiming three wickets, while Yashshri Soley picked up two wickets.

The fielding unit also played a decisive role, effecting four run-outs to derail the chase.