



HS Prannoy crashes out of Taipei Open 2026, four Indians enter quarter-finals

TAIPEI [TAIWAN], JULY 30: India's HS Prannoy suffered a second-round exit at the Taipei Open 2026 badminton tournament on Thursday while Unnati Hooda and three other Indian shuttlers progressed to the quarter-finals of the BWF Super 300 event, according to Olympics.com.

Prannoy went down 21-9, 21-19 to Hong Kong China's Jason Gunawan in 39 minutes. The world No. 38 struggled in the opening game and, despite improving in the second, failed to push the match into a decider.

The loss extends a difficult 2026 BWF World Tour campaign for Prannoy, who is yet to move beyond the second round in any tournament this year.

Gunawan, who had defeated India's Mithun Manjunath in the opening round, has now eliminated two Indian players in successive rounds.

Notably, HS Prannoy had also suffered a first-round exit in the China Open 2026 at Changzhou, China earlier in the month.



At the Olympic Sports Centre Gymnasium, Prannoy went down 21-10, 21-14 to Malaysia's world No. 27 Leong Jun Hao in the men's singles opening round.

Meanwhile, Unnati Hooda led India's positive results at the Taipei Open, defeating compatriot Tanya Hemanth 21-19, 21-12 to enter the women's singles quarter-finals. Tanvi Sharma continued her im-

pressive form with a 21-17, 22-20 win over Indonesia's Thalita Wiryawati, while eighth seed Devika Sihag defeated Ni Kadek Dhinda Pratiwi of Indonesia 21-16, 21-15 to also reach the last eight. TrendingVideos

Devika and Unnati will now face each other in the quarter-finals.

In men's singles, Kiran George kept India's hopes alive by defeating Tharun

Mannepalli 21-15, 21-16 in an all-Indian clash. However, Anmol Kharb narrowly missed out after losing 21-10, 22-20 to home favourite and second seed Lin Hsiang-ti.

India's doubles campaign at the Taipei Open had already ended on Wednesday after Bhargav Ram Arigela and Viswa Tej Gobburu suffered an opening-round defeat.

DC Jammu felicitates young Taekwondo and Kick Boxing champions

HIMALAYAN MAIL NEWS JAMMU, JULY 30

Deputy Commissioner Dr Rakesh Minhas today felicitated two promising sportspersons from Bishnah, Kanhaiya Choudhary and Jiya Choudhary for their outstanding performances in national and international Taekwondo and Kick Boxing championships.

Commending their dedication, discipline and consistent achievements, the Deputy Commissioner said the young athletes had brought laurels to Jammu district through their remarkable performances on competitive platforms. He expressed confidence that their success would inspire more youngsters to pursue sports and excel at higher levels.

As a mark of appreciation, Dr Minhas presented the two sportspersons with a cash reward of ₹5,000 each and wished them success in their future sporting endeavours.

Kanhaiya Choudhary and Jiya Choudhary, children of Ajay Choudhary and Rekha Choudhary of Bishnah have



emerged as two outstanding athletes with an impressive record in national and international competitions.

In 2025, Jiya won silver medals at the 20th National Matsogi Do Championship and the Khelo India Asmita Kickboxing Zonal League. In 2026, she secured a gold medal at the 2nd PTF India Open International Cham-

pionship, besides winning bronze medals at the 1st India Open International Kickboxing Cup and the 3rd International Matsogi Do Championship held in New Delhi.

Kanhaiya has also delivered commendable performances across various championships. In 2025, he won bronze medals at the

28th District Jammu Taekwondo Championship and the 20th National Qwan Ki Do Championship. In 2026, he clinched gold medals at the India Open International Taekwondo Championship and the International Matsogi Do Championship, further enhancing the district's sporting reputation.

"Will go into every bout with confidence": Judoka Yamini ahead of CWG 2026 campaign

MUMBAI, JULY 30: Yamini Mourya has steadily established herself as one of India's leading judokas in the women's 57kg category. The first Indian judoka to win a medal at the FISU World University Games 2023, the 28-year-old has since added gold medals at the Asian Open 2025 and African Open 2026 to her growing list of achievements.

Heading into the Commonwealth Games in Glasgow, Yamini will look to build on that momentum as she takes on another major international challenge. Unlike many sports, judo offers little room to think beyond the next contest, and that is exactly how Yamini approaches every tournament.

"In judo, you cannot think too far ahead because every bout is different. My focus is always on the match in front of me and executing what we have worked on in training. The preparation has been good and I am feeling confident. Now it is about



staying calm, making the right decisions on the mat and giving my best in every contest," she said.

Having competed regularly on the international circuit over the last few seasons, Yamini believes every tournament has added to her confidence and experience.

"Competing against strong international opponents teaches you something every time. You un-

derstand where you need to improve and what works under pressure. Those experiences have helped me become a better athlete, and I am looking forward to testing myself again at the Commonwealth Games," she said.

Training out of the Inspire Institute of Sport, Yamini says the high-performance environment has allowed her to focus entirely on becoming a better athlete.

"One of the biggest advantages of training at the Inspire Institute of Sport is that everything is taken care of in one place. From nutrition and physiotherapy to recovery and training, there's a great support system around us, so I can focus completely on judo. Being on campus with athletes from different sports who are all chasing the same dream is also very motivating. It pushes you to work harder every day and become a better athlete," said Yamini as per a press release from the Inspire Institute of Sport (IIS).

Representing India at another major multi-sport event remains the biggest motivation, IndiaNews Portal "It is always a proud feeling to wear the India jersey. Every athlete wants to perform well for the country, and I'm no different. I will go into every bout with confidence, give everything I have and hope to make India proud," she signed off. (ANI)

HIMALAYAN MAIL NEWS JAMMU, JULY 30

The District Pulwama Lawn Tennis Championship concluded today at the Indoor Sports Hall, Rajpora, after two days of competitive action held on 29 and 30 July 2026.

The championship was organised by the District Pulwama Lawn Tennis Association under the banner of the Jammu & Kashmir Lawn Tennis Association, in collaboration with the J&K Sports Council.

Additional Superintendent of Police, Shafat Sahib, graced the closing ceremony as Chief Guest. The Guests of Honour included Additional Deputy Commissioner Awantipora, Sajad Yahya Naqash, Tehsildar Rajpora, Muneer Hussain Khan, Principal, Government Degree College Raj-



pora, Gulam Mohideen, and Incharge Indoor Hall Rajpora, Mohd. Iqbal Sheikh. The dignitaries congratulated all participating players for their discipline, sportsmanship, and performances across the two days.

They appreciated the efforts of the organisers in taking lawn tennis to the grassroots and encouraged

young athletes to keep pursuing excellence in sport.

Secretary, District Pulwama Lawn Tennis Association, Faizan Ahmad Shah, along with other members of the Association, thanked the distinguished guests, participating players, coaches, officials, volunteers, and supporters for making the championship a

success.

The championship closed with the distribution of trophies, medals, and certificates to winners and runners-up, applauded by players, officials, and spectators. The event reaffirmed the commitment of all stakeholders to nurturing talent and promoting lawn tennis in District Pulwama.

Zimbabwe star Sikandar Raza joins Dambulla Sixers as LPL 2026 confirms key player replacements

KANDY, JULY 30: Lanka Premier League (LPL) has confirmed that Zimbabwe captain and all-rounder Sikandar Raza has joined Dambulla Sixers as a replacement for South African batter Marques Ackerman, who has been ruled out of the remainder of the tournament due to injury.

Dambulla Sixers have strengthened their squad with the signing of Zimbabwe captain Sikandar Raza, one of the most sought-after all-rounders in franchise cricket, according to a release.

He arrives with an impressive T20 record, having scored 7572 runs at a strike rate of nearly 137 while also claiming 255 wickets with his off-spin across 374 T20 matches, including 139 T20 Internationals.

Samantha Dodanwela, Tournament Director of the Lanka Premier League,



said, "While player changes are an inevitable part of a tournament that features leading international cricketers, the strength and depth of the replacement pool ensure that the quality of competition remains exceptionally high. We are pleased to welcome players such as Sikandar Raza and others into the tournament and look forward to an exciting finish to what has already been a highly compet-

itive edition of the Lanka Premier League."

Raza's experience across leading T20 leagues around the world is expected to provide a timely boost to the Dambulla Sixers as they push for a place in the knockout stage. The franchise currently sits fourth on the points table with four points from six matches, having won two and lost four, the release said.

Meanwhile, Afghanistan

fast bowler Fazalhaq Farooqi, who has been called up for national duty, will remain available for Dambulla's next match before departing the squad. He is scheduled to leave after tomorrow's fixture against Colombo KAPS.

Colombo KAPS have also confirmed two changes to their squad. Ashen Bandara has been drafted in to replace Kusal Mendis, who has been sidelined with an injury. In addition, Bangladesh fast bowler Hasan Mahmud has returned home for national duty, with fellow Bangladeshi Ripon Mondol joining Colombo KAPS as his replacement, the release said. South Asians & Diaspora

Kandy Royals have signed Kavija Gamage to replace Vishen Halambage, who has been ruled out of the remainder of the tournament due to injury.

MUMBAI, JULY 30: Uncapped Madhya Pradesh all-rounder Saransh Jain, who secured a maiden Indian team call-up for the Sri Lanka Test tour, revealed how he got to know about being selected in the team. The 33-year-old added that he was always certain that he would make it to Team India and for him, "age is just a number".

Saransh was drafted into the squad after spin-bowling all-rounder Washington Sundar was ruled out of the first Test with a hamstring injury.

Saransh Jain, a 33-year-old all-rounder from Madhya Pradesh, is a left-handed batter and off-spinner. He has amassed 2,223 runs at an average of 31.75 and claimed 188 wickets at 27.30 in 54 first-class matches. While he has also played 67 List A and T20 games, red-ball cricket remains his strongest format.

Speaking on JioStar, Saransh revealed that he got to know of his selection when he was headed towards a temple and was driving his car. Getting selected in Team India was a "fantastic feeling" for the domestic veteran and a "culmination of 26 years of hard work and discipline."

"I was heading towards the temple



and was driving. That's when I checked my phone and saw around 10 to 12 missed calls and messages. One of my friends who plays cricket called me and congratulated me. I asked, 'For what?' He said, 'Hey, the announcement...' I was surprised and replied, 'Does the official team announcement even happen this early in the morning?' " he said.

"He said, 'It is out! I will send it to you.' I pulled my car over to the side, checked my phone, and yes, it was official. It was a fantastic feeling. It is the culmination of 26 years of hard work and discipline. When I got home, everyone was so emotional: my father,

elder brother, wife, mom, everyone," he added.

Saransh also said that his playing for India was a "shared dream" for his family, built on years of sacrifices and working hard in a cricket-crazy country where millions of people reside, and a lot of them grow up having dreams of wearing the national cap. He credited his family for the fulfilment of his Team India dream.

"It was a shared dream for all of us, built on family sacrifices. It isn't easy to make it into the 15-member Indian squad among millions of people, so family support is vital. There were times when family issues happened where I could have broken down, but my family stood by me, managed everything, and stayed together. Because of them, I am playing for India today. My dream was always to play Test cricket for India; right from the start, I have loved red-ball cricket. Now that the dream has come true, I am extremely happy," he said.

On being selected at the age of 33, he said, "Age is definitely just a number, so 33 is just a number because of the fielding standards these days, which are so high that your age does not show on the field."