



CWG 2026: Preeti wins India's first boxing gold at Glasgow, beats Canada's Scarlett

GLASGOW [SCOTLAND], AUGUST 1: Indian boxer Preeti Pawar secured the women's 54kg gold medal at the Commonwealth Games 2026 after defeating Canada's Scarlett Delgado by unanimous decision in the final on Saturday. It is also India's first Gold Medal in Boxing in the ongoing Commonwealth Games.

Pawar made a composed start to the bout as Delgado landed a few early punches. The Indian boxer remained patient and gradually found her rhythm, responding with accurate punches and using her left hook effectively.

The judges awarded the opening round to Pawar by a unanimous 5-0 scoreline.

Pawar continued to grow in confidence in the second round, landing cleaner and more precise punches. She took control of the contest midway through the round with a flurry of sharp combinations that forced a standing count for Delgado.

The judges again gave the round to Pawar 5-0, leaving the Indian boxer just one round away from securing the gold medal. Pawar maintained her dominance in the final round, dictating the pace and keeping Delgado on the back foot. She continued to land cleaner punches, including a crisp left hook and a solid right hand, as the Canadian struggled to find



a response.

After the final bell, Pawar was declared the winner by unanimous decision, securing India's first boxing gold medal of the day at the Glasgow Commonwealth Games 2026.

Meanwhile, in athletics, Gulveer Singh will compete in the men's 5000m final, aiming to add another medal to the silver he secured in the 10,000m event at Glasgow 2026. Triple jumpers Praveen Chithravel and Selva Prabhu Thirumaran will also be in action, hoping to recreate India's memorable 1-2 finish in the event achieved by

Eldhose Paul and Abdulla Aboobacker at the 2022 Birmingham Games.

National record holder Dev Meena and Kuldeep Kumar will contest the men's pole vault final, while India's mixed 4x400m relay team will also compete for a podium finish. Olympian Priyanka Goswami will aim to go one step better than her silver medal at Birmingham 2022 when she takes part in the race walk event.

In judo, India will look to continue its strong start after an historic opening day. Unnati Sharma (women's 63kg),

Karanjit Singh Maan (men's 90kg), Harsh Tokas (men's 81kg) and Inunganbi Takhel-lambam (women's 70kg) will compete on Saturday. This comes after Asmita Dey and Harsh Singh won India's first-ever Commonwealth Games judo gold medals on Friday.

In bowls, Navneet Singh and Dinesh Kumar will face England in a crucial men's pairs match, with the winner securing a place in the semi-finals. India will also have medal chances in para athletics and track cycling during the day's events.

CWG 2026: Jaismine Lamboria secures gold in women's 57kg Boxing; beats Michaela Walsh

GLASGOW [SCOTLAND], AUGUST 1: Indian boxer Jaismine Lamboria secured the women's 57kg gold medal at the Commonwealth Games 2026 after defeating reigning champion Michaela Walsh 5-0 by unanimous decision in the final on Saturday.

Jaismine's triumph gave India its second boxing gold of the day, following Preeti Pawar's victory in the women's 54kg category.

Her win also marked India's second successive gold medal in boxing at the Glasgow Commonwealth Games 2026.

The opening three minutes saw both boxers adopt a cautious approach, relying heavily on counter-punching and waiting for opportunities. The referee had to intervene twice in the first



minute to encourage the fighters to engage.

Despite the lack of sustained action, Lamboria landed the cleaner punches and narrowly edged the opening round 3-2 on a split decision.

The pace increased slightly in the second round as Walsh looked to draw

Lamboria into committing forward. However, the Indian boxer remained patient and continued to pick her shots carefully. TrendingVideos

Lamboria's accuracy and cleaner scoring punches impressed the judges, who awarded her the round by a unanimous 5-0 decision,

giving her a strong advantage heading into the final round. The Indian boxer maintained her composure in the final three minutes, continuing to land more precise punches while Walsh struggled to produce the urgency needed to turn the bout around.

At the final bell, Lamboria was declared the winner by unanimous decision, securing a gold medal for India.

The two boxers embraced in the centre of the ring after the result was announced in a display of sportsmanship.

Earlier, Preeti clinched the gold medal in the women's 54kg event at the Commonwealth Games 2026 after defeating Canada's Scarlett Delgado by unanimous decision in the final on Saturday.

Sakshi, Priya strike boxing gold as Unnati adds judo bronze to boost India's medal haul

GLASGOW [SCOTLAND], AUGUST 1: India bagged three more medals on Day 10 in boxing at the Commonwealth Games 2026 on Saturday as boxers Sakshi Chaudhary and Priya Ghanghas clinched gold medals, while judoka Unnati Sharma settled for bronze to further swell the country's medal tally.

With the three medals, India's overall haul rose to 33 medals, comprising 10 gold, 15 silver and eight bronze.

Sakshi Chaudhary delivered a composed display to outclass England's Ruby White by a unanimous 5-0 decision and claim the women's 51kg gold medal, according to ESPN.

The Indian remained in control throughout the contest, effectively blocking her opponent's attacks while landing sharp counter-punches, particularly with her right hand. White at-



tempted to force her way back into the bout in the closing stages, but Sakshi remained unfazed before sealing victory with a uni-

mous verdict.

The triumph completed a remarkable year for Sakshi, who dropped down a weight category to qualify for the

Commonwealth Games and famously defeated two-time world champion Nikhat Zareen during the national selection trials.

Earlier this year, she became the first Indian woman to win gold at the World Boxing Cup after defeating USA's Yoseline Perez in Astana and also won gold at the Grand Prix Usti nad Labem in Czechia. She is also a former World Junior champion and a two-time World Youth champion. TrendingVideos

Her victory also secured India's third boxing gold medal of the Games after the earlier triumphs of Preeti Pawar and Jaismine Lamboria, helping Indian boxing equal its best-ever Commonwealth Games performance with three gold medals--a feat previously achieved at New Delhi 2010, Gold Coast 2018 and Birmingham 2022.

SGFI Inter-School Jammu District Soft Tennis Championship concludes

HIMALAYAN MAIL NEWS
JAMMU, AUG 01

The four day SGFI Inter-School Jammu District Soft Tennis Championship 2026 concluded successfully at M.A. Stadium, Jammu, showcasing the emerging talent from various schools of the district.

The championship was held from 28th July to 31st July 2026 under the supervision and collaboration of the Youth Services and Sports Department and Soft Tennis Khelo Centre Jammu, J&K Sports Council.

The tournament was organized as per SGFI guidelines and featured competitions in Under-14, Under-17 and Under-19 categories for both boys and girls.

The event witnessed intense matches and spirited performances throughout the four days. In the Under-19 Boys category, Madhavendra Singh Sambyal clinched the gold medal with an impressive display of skill and temperament. In the Under-17 Boys category, Aditya Dutt Sharma emerged as the gold medalist while Harikesh Dutt Sharma secured the silver medal and Ayansh Khajuria bagged the bronze medal.

In the girls' section, Abhiyana Khajuria won the gold medal in the Under-19



category, showcasing excellent control and court coverage. Lavanya Thakur clinched the gold medal in the Under-17 Girls category with consistent and confident play. The Under-14 Girls category saw promising young players in action with Swadhi Sharma winning the gold medal, Advika Kotwal securing the silver medal and Sanvi Parihar earning the bronze medal.

All the medal winners have qualified to represent

Jammu District in the upcoming UT-level SGFI Soft Tennis Tournament.

The officials present on the occasion appreciated the dedication of the players and the efforts of coaches and supporting staff. They stated that such championships provide an important platform for the school students to showcase their talent and also help in identifying potential players for higher-level competitions.

The Youth Services and

Sports Department along with the J&K Sports Council and Soft Tennis Khelo Centre Jammu reiterated their commitment to promote soft tennis in the region and provide necessary training and facilities to young athletes.

The championship concluded with a prize distribution ceremony where medals and certificates were presented to the winners in presence of officials, coaches and representatives from participating schools.

CWG 2026: Soman Rana wins historic men's F57 shot put gold as Shubham settles silver

GLASGOW [SCOTLAND], AUGUST 1: India celebrated a historic day in para athletics at the Commonwealth Games 2026 on Saturday as Soman Rana clinched gold and Shubham Juyal claimed silver in the men's F57 shot put final, securing the country's first-ever gold medal and maiden double podium finish in the event.

In an all-Indian battle for the top spot, Soman produced a best throw of 13.40m to edge Shubham, who finished close behind with an effort of 13.28m, according to ESPN.

The result marked India's first gold medal in the men's F57 shot put at the Commonwealth Games and the nation's first-ever one-two finish in the discipline.

For Soman, the triumph was the culmination of a remarkable journey of resilience and perseverance. An Indian Army havildar, he was once among the country's finest amateur boxers, finishing fifth at the National Championships in 2005. However, his sporting career took an unexpected turn in December 2006 when he lost a leg in a landmine blast while serving with the Gorkha Rifles along the Line of Control in



Jammu and Kashmir.

During rehabilitation at Pune's Artificial Limb Centre, Soman found a new purpose in para athletics before joining the Army Paralympic Node in 2017. Since then, he has represented India at the Tokyo 2020 and Paris 2024 Paralympics and steadily built an impressive resume that includes silver at the 2022 Asian Para Games and bronze at the 2025 World Para Athletics Championships.

The Commonwealth Games gold adds another major achievement to the

43-year-old's decorated career. Shubham's journey to the podium has been equally inspirational. The Roorkee native had aspired to become an Army officer like his father and had cleared the written examination for the Army Cadet College entry scheme in 2022.

However, a devastating motorcycle accident that year resulted in the amputation of his leg, forcing him to abandon that dream.

While recovering at the Artificial Limb Centre in Pune, Shubham chose para

sports over vocational rehabilitation and joined the Army Paralympic Node under coach Rakesh Singh Rawat. Training alongside some of India's leading para athletes helped him develop into one of the country's brightest prospects in the F57 category.

Before Glasgow, Shubham had finished seventh at the 2025 World Para Athletics Championships and won medals at the Indian Open Para Athletics Grand Prix, National Para Athletics Championships and Khelo India Para Games.

The gold her father never saw: Asmita Dey's journey from tragic loss to Commonwealth Games history

GLASGOW, AUG 01: The first person judoka Asmita Dey wanted to tell about her Commonwealth Games gold was the one person she no longer could do it.

Her father, a cycle mechanic who earned barely Rs 300 a day and raised his family in a mud house in a small village in Tripura, died of a brain stroke seven months ago.

On Friday, as the 23-year-old became the first Indian judoka to win a Commonwealth Games gold in the women's 48kg category, the medal felt as much his as hers.



"When my father passed away, I thought everything had finished because he was the one who supported me," Asmita said, struggling to hold back tears after her historic triumph. For a few moments, the celebrations

gave way to memories of the man who had carried her dream long before it became India's dream.

"I am from a very small village in Tripura. People there don't dream this big. But Papa always supported me," she said. Money was always scarce. Her father repaired bicycles for a living, earning around Rs 300 a day, just enough to keep the household running.

The family lived in a modest mud house, but he never allowed financial hardship to become a hurdle in his daughter playing the sport she loved.