



If we approach Olympics without fear, winning a medal there will not feel impossible": CWG silver medalist Yamini

BHIWANI, AUGUST 5: Indian judoka Yamini Mourya emphasised that her Commonwealth Games campaign gave her the belief that she can compete with the world's best, having already faced Olympic medalists and world champions. She stressed that the experience has reduced the pressure of the 2028 Olympics and strengthened her confidence in India's medal hopes. Yamini secured a silver medal in the women's 57kg category at the Commonwealth Games 2026 after a closely contested final against England's Acelya Toprak. "The best athletes competed at the Commonwealth Games, including those we have already faced at the world level. I have competed against Olympic medalists and world champions, and if I can give them a tough fight, it gives me a lot of confidence. When I go to the Olympics 2028, I don't



think I will feel the same kind of pressure because I know I can compete with the best. If we approach the Olympics without fear or pressure, winning a medal there will not feel impossible," Yamini told ANI. Yamini battled for nearly seven minutes in a high-intensity contest before suffering an Ippon defeat after receiving her third Shido penalty during the Golden Score period.

the highest level. Before this, I had participated in the Asian Championships, where I faced many of the same athletes, so I knew how to compete against them. After my Commonwealth Games final, I feel the Asian Games will not be as difficult as I once imagined," she added. India competed in 12 judo events in Glasgow, securing four medals, two gold, one silver and one bronze, a significant improvement from the three-medal haul without a gold at the 2022 Commonwealth Games. World News Section The historic campaign was spearheaded by Asmita Dey and Harsh Singh, who became the first Indian judokas to win Commonwealth Games gold medals. Asmita created history by becoming the first Indian woman judoka to claim a gold medal at the Games, while Harsh achieved the same milestone in the men's category. (ANI)

CWG 2026 bronze medalist judoka Unnati receives warm welcome in Dehradun

DEHRADUN, AUGUST 5: Commonwealth Games 2026 bronze medalist judoka Unnati Sharma received a warm welcome back in Dehradun after her medal-winning campaign. Unnati claimed the bronze medal after producing a superb Ippon victory over South Africa's Skye Knoester in the bronze-medal contest. Unnati required just 1 minute and 7 seconds to finish the contest, executing a perfectly timed leg hook that sent her opponent onto her back for a clean Ippon--the highest possible score in judo. She was welcomed by her family and close friends, who shouted 'Bharat Mata ki Jai' and 'Jai Uttarakhand' slogans to celebrate her medal win. Unnati was given a grand welcome, including a jeep parade, with banners celebrating her victory. Speaking to ANI, she credited her medal win to her parents and had a message of hard work for the



youth. "I feel very proud that I have won a medal for my country and state. I give credit for this medal to my parents. I have been practising Judo for the past 10-12 years. My message to the youth is that one must continue to work hard and walk on the right path," said Unnati. Indian Judo contingent delivered a fantastic performance at the CWG 2026 in Glasgow, with four medals, including a silver medal, a bronze medal, and two history-making gold medals by Harsh Singh and Asmita Dey. Harsh Singh won India's historic gold in the men's 60 kg judo event, defeating

Australia's Joshua Katz by Waza-Ari (10-0) in a commanding final. Asmita Dey dominated the women's 48kg, defeating Canada's Heidi Quach in a thrilling golden score contest at the Commonwealth Games on Friday to secure the country's first-ever CWG gold medal in the sport.

World Athletics U20 Championships: National record holder Pooja Singh headlines 36-member Indian team in Oregon

NEW DELHI, AUGUST 5: Senior national record holder and reigning Asian champion Pooja Singh will lead India's challenge at the World Athletics U20 Championships 2026 as a 36-member track and field contingent gears up to compete at Hayward Field in Eugene, Oregon, from August 5 to 9. According to Olympics.com, the Indian squad comprises 23 men and 13 women and heads into the global showpiece on the back of a historic outing at the Asian U20 Athletics Championships in Hong Kong, China, where the country finished second behind China with a record haul of 19 medals, including 10 gold.



All eyes will be on the 19-year-old Pooja, who has emerged as one of India's brightest athletics prospects this season. She clinched the women's high jump title at the Asian U20 Championships with a clearance of 1.93m, setting a new se-

nior national record and eclipsing the previous mark of 1.92m set by Sahana Kumari in 2012. Her gold-winning effort also erased the championship record that had stood since 2006 and secured qualification for the 2026 Commonwealth Games, where she went on to finish eighth in challenging rainy conditions. Apart from Pooja, Asian U20 champions Nitin Gupta and Shahnavaz Khan will also spearhead India's medal hopes in Oregon. Nitin claimed the men's 5000m race walk title at the continental meet, while Shahnavaz struck gold in the men's long jump. More than 1,800 athletes representing 147 member federations are expected to compete in Eugene, making the 2026 edition the largest World Athletics U20 Championships in history and surpassing the previous participation record of 1,558 athletes set at Lima in 2024. India will also look to improve on its performance from the previous edition in Lima, where a 43-member contingent returned with one medal after Aarti won bronze in the women's 10,000m race walk. The World Athletics U20 Championships have produced some of Indian athletics' biggest stars over the years.

West Delhi Lions cruise to five-wicket win after bowlers shine against South Delhi Superstarz

NEW DELHI, AUGUST 5 (ANI): West Delhi Lions registered a convincing five-wicket victory over South Delhi Superstarz in the Delhi Premier League (DPL) 2026 at the Arun Jaitley Stadium here on Tuesday night. The Lions produced an excellent all-round performance, first bowling South Delhi Superstarz out for 160 in 19.5 overs before comfortably chasing down the target, according to a press release from DPL. South Delhi Superstarz never managed to build any significant partnerships as they kept losing wickets at regular intervals. The batting line-up struggled to find momentum, with the Lions' bowlers maintaining tight lines throughout the innings. A late counterattack from Vision Panchal gave the Superstarz something to fight for. He played a quick cameo of 24 off just 12 balls, helping his side reach the 160-run mark. Mayank Gousain was the standout performer with the ball, producing a sensational spell of 3/13 in his four overs. Nitish Rana also made an impact with figures of 1/30, while experienced pacer Kulwant Khejroliya chipped in with two wickets for 31 runs in his four-over spell. Chasing 161, West Delhi Lions also had a shaky start, slipping to 26/2 inside the powerplay. However, Nitish Rana and Krish Yadav steadied the innings with a valuable 58-run partnership for the third wicket.

India's historic Glasgow boxing run, Bhiwani boxing scene, baklava self-treat: CWG gold medalist Preeti speaks after medal win

ROHTAK (HARYANA), AUGUST 5: Following her Commonwealth Games 2026 gold medal win, Indian boxer Preeti Pawar reflected on the learning experience that the event gave her ahead of the Asian Games this year and the Los Angeles 2028 Olympics, the boxing culture in her hometown Bhiwani, known as 'Mini Cuba' for producing world-class talent and the fulfillment of her baklava promise after her medal win in Glasgow. WorldNews Section The 2022 Asian Games bronze medalist Preeti secured the women's 54kg gold medal at the CWG 2026 after defeating Canada's Scarlett Delgado by unanimous decision in the final on Saturday. This was her CWG debut after she secured a bronze medal in the Asian Games three years back, and in the context of her life and career, perhaps her biggest medal so far. Speaking to ANI after the medal win, Preeti expressed that she will take the learnings from it to the Asian Games, which start from September 19 onwards in Japan this year. "I am feeling very good. I was very excited for the games, and my main thought was that I had to give my best and make India proud as much as I could. It went well, it was a great experience in the games, and I learned a lot. I know none of my bouts were extremely tough, but still, this was a learning ex-

perience for me, and it will help me a lot in my preparations for the upcoming Asian Games. It was a very good experience," she said. Preeti hails from Bhiwani, one of the strongest points of the Indian boxing ecosystem, which has given the country stars like Vijender Singh, Jitender Kumar and Akhil Kumar and from this 'Mini Cuba', she is one of the current brightest young boxing stars for India. Boxing is in this region's lifestyle, as parents accompany their children to the coaching centres and are actively involved in taking care of their children's diet and overall career. The sheer number of boxing clubs and the competition to break into them and come out of them as stars has contributed to India's rich boxing heritage. WorldNews Section "This is the environment in Haryana. I think even the parents have this mentality to support their children even more. You will see they stay with them during training, bringing them to practice, and then taking care of their diet and proper nutrition afterward. I think parents are very involved in sports, which matters a lot for an athlete--how they recover after training and get proper nutrition. And Bhiwani is also called 'Mini Cuba.' So many great boxers have come from here, like Vijender Singh sir. So, a culture of boxing has developed here. There are so many boxing clubs here and many children who practice



boxing. So, there is a lot of competition there, and when you get more competition among yourselves, a good athlete is prepared," she said. Perhaps this investment of families in their children's boxing future has paid off, as India has produced its richest boxing medal haul in CWG history, with an unprecedented 10 medals, including a just as unprecedented seven gold medals. Preeti pointed to the fire boxers had every time they stepped into the ring and hopes that the contingent breaks its own record during the 2030 CWG, which will take place on home soil in Ahmedabad. Most of the boxers from the medal-winning squad came from Haryana, some from Bhiwani like her, Sachin Siwach, Jaismine Lamboria and Sakshi Choudhary. WorldNews Section "We have created history this time. Until now, no country has won seven gold medals in boxing at the Commonwealth Games. We have set a record now. Our hope will be that in the next Commonwealth Games, we are the ones to break it. Our whole team had this mindset that we have to give our best in the ring. There was a fire in everyone to go into the ring, give 100 per cent, and come back only after winning. So, everyone's mindset was very strong there. As a team, our bonding was very strong," she said. Reflecting on her own

ther and my coach, that I did not want to box. But they constantly supported and motivated me, and that is why I am here today. It feels quite emotional when I think about it. At that time, I never thought I would come this far, represent India in the Commonwealth Games, and win a gold medal. So, I feel very happy and proud that the people who brought me here are now feeling proud of me," she said. WorldNews Section Preeti rise in the national circuit was rapid, with a silver at the Khelo India Games in 2020 in Guwahati, followed by a gold at Panchkula in the 2021 edition. At the 2023 New Delhi World Championships (a pre-quarterfinal finish), she made a promising world meet debut and a bronze in 54 kg at the Asian Games in Hangzhou (2023) solidified her as a talent to watch out for, confirming the medal by beating Zhaina Shekerbekova of Kazakhstan, a multiple-time World Championships medallist, in the quarter-finals before crashing out to China's 2024 Olympic champion Chang Yuan in the semis. But her career came crashing down when she was left bedridden by a bout of hepatitis a month before the Paris Olympics, leaving her completely devoid of energy to train. Nevertheless, she put the gloves and headgear on, taking the Indian tricolour forward with all her might before Colombia's Yeni Arias defeated her

2-3 in the pre-quarterfinals. A gold medal in the World Boxing Cup in November last year, which included a win over Paris Olympics bronze medalist and then-world number one Huang Hsiao-wen, showed the world her never-say-die attitude, perseverance and a story of comeback despite all odds. WorldNews Section While Preeti suffered during her bad days, she took them in a positive stride as a part of life. She admitted that the 2025 World Boxing Cup gold encouraged her even further and she later on won an Asian Championships gold before CWG glory. As she said, it is not the setbacks, but how one bounces back from them that defines someone. "Setbacks are a part of an athlete's life. During the Olympics, I had some illness, due to which I couldn't perform my best. Even after that, it took me a long time to recover. But I think the 2025 season was a bit better for me; I made a comeback and then won a gold medal in the World Cup Finals. Winning gold in the World Cup Finals was very motivating and encouraging for me because I participated in an international competition after a long time and won gold. From there, my confidence built up a bit, then I won gold in the Asian Championships in 2026, and now in the Commonwealth Games. So, I think setbacks are part of every athlete's life, but

how we overcome them and how we make a comeback is more important," she said. After her CWG gold medal win, the boxer's elder sister had told ANI that Preeti had planned for herself a baklava treat after the final, after spending plenty of time managing her weight carefully and keeping all culinary temptations aside. The baklava promise is well and truly complete, and it was followed by some desi, home-made choorma prepared by her mother. "I was talking to her (her elder sister) on the evening before the final. At that time, I was cutting weight and had not eaten anything, had not even drunk water. At that time, it is always in your mind that 'tomorrow after the bout and after giving weight, I will eat this, I want to drink this, I want to eat that.' So, we were just talking, and I said, 'Tomorrow after the bout, I will definitely eat baklava.' So yes, I went and had baklava. And now when I came home, I got a very good welcome, and Mom also made very good food for me; she made churma. So now I am enjoying a lot of things," she said. On her road to the Los Angeles Olympics 2028, the immediate focus is recovery and then a training camp at Patiala for the Asian Games. The learning experience of both CWG and Asian Games 2026, she feels, would be important for her, and the long-term focus leading up to the Olympics is: day-by-day improvement.