



U-23 Commonwealth Fencing C'ship

India dominate competition with historic 17 medal haul

LAGOS [NIGERIA], AUGUST 10: The Indian U-23 Fencing contingent delivered a landmark performance at the U-23 Commonwealth Fencing Championship, securing an impressive total of 17 medals across the Men's and Women's Individual events.

Demonstrating unprecedented depth and technical prowess, Team India captured 4 Gold, 4 Silver, and 9 Bronze medals, marking one of the nation's most successful campaigns on the international fencing circuit.

The national squad displayed absolute dominance across every discipline, ensuring at least one Indian fencer reached the podium in all six individual events spanning Sabre, Foil, and Epee categories.

The Men's Sabre competition saw an extraordinary podium sweep by Team India, led by Nikhil Wagh, who secured the Gold medal. Lakshay Badser took the Silver, while Ashwini Arya and Laishram Moramba shared the Bronze medals to complete the four-way victory, as per a press release from the Fencing Association of India.

In the Men's Foil and



Epee categories, Indian athletes continued their strong momentum against tough international opposition. Tejas Patil captured Silver and Hemash Sanasam took Bronze in Men's Foil behind England's Oliver. Meanwhile, in Men's Epee, Lokesh Vemani brought home Silver, with Shaurya Ashwini and Godwin Anbess earning Bronze medals alongside Gold winner Thompson of Nigeria.

India's women athletes were equally dominant, securing top honours in two out of three categories. Joys Ashita won Gold in Women's Foil ahead of teammate Kanaglakshmi,

who earned Silver. In Women's Epee, Prachi Lohan clinched the Gold medal, supported by Nivedhya Nair and Anupriya, who both took Bronze. In Women's Sabre, Jeferlin claimed Gold and Aakhari earned Silver, while Shreya Gupta added a Bronze medal to round out the women's medal count. Geographic Reference

Commending the contingent on their stellar performance, Rajeev Mehta, Secretary General of the Fencing Association of India, stated, "I extend my heartiest congratulations to all our medal winners, coaches, support staff, and

families for their relentless dedication and contribution to India's remarkable performance. Our objective is to continue creating more opportunities for young Indian fencers to compete at the international level and prepare them for the senior circuit and major championships, and these achievements mark a vital step towards building a stronger, more competitive team for the future."

The Fencing Association of India reaffirmed its commitment to nurturing young talent as Indian fencing continues to establish itself as a formidable force in international competitions.

PM Modi praises boxer Lovlina Borgohain for objecting over distorted Indian map at restaurant in Glasgow

NEW DELHI, AUGUST 10: Prime Minister Narendra Modi on Monday praised boxer Lovlina Borgohain for raising an objection over a distorted map of India displayed at a restaurant in Glasgow during the 2026 Commonwealth Games.

Borgohain also shared her experience of the Commonwealth Games 2026 with the Prime Minister during an interaction with India's medal winners at his residence, highlighting the country's historic performance in boxing.

In a video posted on his YouTube handle on Monday, PM Modi praised Lovlina's spirit and recalled a moment from the Games where she showcased her pride for the country.

During the interaction, PM Modi asked Lovlina about an incident involving restaurant staff during the Games. The distorted Indian map came to light after the boxer raised the matter during a visit to the eatery in Glasgow.

"What happened? Were you fighting with the restaurant people?" PM Modi asked.

Lovlina explained that after India's strong performance on the final day of the competition, with several athletes winning medals, she felt emotional and requested a change.

"Our performance was so good, and it was the last day. Everyone had won, and there were so many Indians there. I felt a bit bad (about the situation), so I spoke to



them firmly and made a request, sir. They agreed, and things have changed now," Lovlina said.

PM Modi praised the moment, saying it reflected a deep sense of national pride among athletes beyond just winning medals.

"In that moment of victory--happiness, joy, being with teammates after the games are over--in such a mood of fun and laughter, to look at that map and register it... the feeling for the country isn't just on the surface while receiving a medal; it's deep within. I'm telling the truth, this video of yours is extraordinary. People will remember it for a long time," PM Modi said.

Praising the performance of Indian boxers at the Games, PM Modi said, "Now athletes from all over the world are becoming afraid of these boxers!"

Lovlina responded by saying that Indian boxers had created a strong impact with their consistent performances.

"Definitely, everyone was scared. One gold medal after another was coming in. It was like a total blast at the end. The support we are getting, and the back-to-back competitions we have are big factors," she said.

The Olympic medallist also credited the Khelo India initiative for helping young athletes emerge and strengthening India's sporting ecosystem.

"Many of our young athletes have come through the Khelo India scheme, and that is bringing a huge change to all sports," Lovlina added.

India scripted history in boxing at the Commonwealth Games 2026, topping the medal standings

with seven gold and three silver medals.

The 10-medal haul became India's best-ever boxing performance at the Commonwealth Games, surpassing the previous record of six gold medals jointly held by England (1934 and 2018) and Canada (1986).

India ended its Commonwealth Games campaign in Glasgow with 39 medals, including 13 gold, 17 silver and nine bronze, to finish fourth in the overall medal standings.

The Glasgow Games concluded after 11 days of competition, with Scotland formally handing over the Commonwealth Games flag and ceremonial baton to India, which will host the landmark centenary edition of the multi-sport event in Ahmedabad in 2030.

Vidarsa K Vinod's journey from borrowed rifle to the Asian Games

NEW DELHI, AUGUST 10: When Vidarsa K Vinod first picked up a rifle through the National Cadet Corps (NCC) in 2018, she was not chasing international medals.

The youngster from Kerala's Kozhikode district simply wanted to experience shooting--and perhaps, one day, secure a government job. Eight years later, the 27-year-old has transformed that curiosity into a place in India's squad for the upcoming Asian Games in Aichi-Nagoya, where she will compete in both the 10m Air Rifle and 50m Rifle 3 Positions events. History

Her journey, however, has been built on resilience, sacrifice and the unwavering support of those closest to her. Born into a middle-class family, Vidarsa's father works as a contractor while her mother is a homemaker. With shooting being one of the most expensive Olympic sports, the dream of competing at the highest level often seemed financially out of reach.

"I just wanted to experience shooting. I never imagined it would become my profession. When I became the aggregate champion at the Kerala State Championship despite training with borrowed equipment, I realised this was the sport I wanted to pursue," she said as per a press release.

As her performances improved, so did the financial demands. Competition rifles, ammunition, travel and accommodation for multiple national selection trials placed an enormous burden on the family.

"Shooting is a beautiful sport, but it's also expensive. There were times when my parents could not afford to travel with me to competitions, so I started travelling alone to reduce the financial burden. Eventually in 2021, my family even took a loan so I could buy my first rifle.



Looking back, that was one of the biggest investments they made--not just in equipment, but in my dream," Vidarsa said.

The COVID-19 pandemic brought another setback. Since she was training with a rifle owned by her association, the lockdown meant she had no access to a weapon, and her shooting came to a complete halt for almost a year.

Yet, even during those difficult months, she never stopped preparing physically. "I could not shoot, but I never stopped training. I focused on fitness, yoga and meditation because I knew I had to be ready whenever the opportunity returned," she said.

One of the most defining chapters of her journey also began at the shooting range.

After the pandemic, Vidarsa met fellow rifle shooter Manu S Ravi, who would first become her friend, then her strongest supporter, and eventually her husband. Today, he serves as a shooting coach in Kerala and continues to play an integral role in her career.

It was Manu who asked her a question that changed everything.

Vidarsa recalled, "He simply asked me, 'Why do not you own a rifle?' At first, I laughed because buying one was not financially possible

for us. But he made me realise that if I truly believed in my dream, I had to take that step. That conversation gave me the courage to speak to my parents, and together we decided to invest in my future."

With guidance from her husband and under the coaching of Manoj Kumar, Vidarsa's performances began to soar. In 2022, she won her first national medal, reinforcing that the sacrifices were beginning to pay off.

Determined to train in a stronger competitive environment, she later moved to New Delhi to train at the Dr. Karni Singh Shooting Range. Living alone in a new city brought a fresh set of challenges.

Not fluent in Hindi, Vidarsa had to adapt to an unfamiliar environment while managing her own meals, household responsibilities and rigorous training schedules. Meanwhile, her husband had returned to Kerala after taking up a coaching role.

"Living alone in Delhi was not easy. I had to cook for myself, manage everything on my own and continue training every day. There were moments when it became physically and mentally exhausting, but I knew these sacrifices were necessary if I wanted to represent India." History

The toughest moment came in early 2024 when financial pressures and repeated near misses almost convinced her to leave the sport altogether. "I had almost decided to quit. My family, my husband and my coach had sacrificed so much, and I felt guilty. But they never stopped believing in me, even when I was losing belief in myself."

That turning point arrived in 2024 when she earned a place in the Sports Authority of India's National Centre of Excellence (NCOE), where training, accommodation, nutrition and ammunition were provided, allowing her to focus entirely on performance.

"Getting into the SAI NCOE changed everything. It removed many of the worries that had been holding me back and allowed me to focus on becoming a better shooter every single day," she said.

The hard work soon translated into results, with Vidarsa winning her maiden international medal at the 2025 Asian Shooting Championship before earning selection for the Asian Games.

Despite competing alongside some of India's biggest names, she insists her only competition is herself. "I do not compete against other shooters. I compete against myself. My focus is always on following my process and becoming a better version of myself. If I do that consistently, the results will come." History

She also praised the transparent and merit-based ecosystem created by the National Rifle Association of India (NRAI).

"One thing I truly appreciate about the NRAI is that the entire system is based on performance. As an athlete, you know that if you perform consistently, you will earn opportunities and the support needed to progress.

"Some conversations stay with you": CWG 2026 medalist Chanu posts video of interaction with PM Modi

NEW DELHI, AUGUST 10: India's Commonwealth Games 2026 gold medalist and Olympic medalist weightlifter Mirabai Chanu expressed her happiness after meeting Prime Minister Narendra Modi at his residence, where she shared her journey to the medal at Glasgow with the PM, which concluded with tears of happiness in her eyes as the tricolour rose with a gold medal in her hands.

PM Modi hosted India's Commonwealth Games 2026 medal winners at his residence on Sunday. At Glasgow, Chanu solidified her legacy as one of India's all-time great weightlifters with her third CWG gold at Glasgow in the 48 kg, after gold medals in 48 kg in the 2018 edition and 49 kg in the 2022 edition at Birmingham.

Posting a video of her interaction with PM Modi on her X, Chanu wrote, "Some conversations stay with you, not just for the words exchanged, but for what they represent. Honoured to share a heartfelt exchange with Hon'ble PM Shri Narendra Modi Ji, and humbled by his appreciation of my journey, my love for the nation, and my role as an athlete."

Some conversations stay with you, not just for the words exchanged, but for what they represent. ????

Honoured to share a



heartfelt exchange with Hon'ble PM Shri Narendra Modi Ji, and humbled by his appreciation of my journey, my love for the nation, and my role as an athlete. pic.twitter.com/UXI8HyvIp6

— Saikhom Mirabai Chanu (@mirabai_chanu) August 10, 2026

During the video, PM Modi asked her the reason behind her tears as she won the gold medal at Glasgow. To this, Chanu replied that she had been facing a lot of injuries, family issues and other challenges leading up to the medal, and the scar of missing the medal at the Paris Olympics 2024 by one kg was still in her mind.

"I was very happy, and emotional on that day, and the joy was even greater. I cried because, in the Tokyo Olympics, I missed out on a medal by just 1kg. As an ath-

lete, we have to face so much. Over these four years, I faced so many challenges, constant injuries, and family issues. It was very difficult for me to get through those four years. So, when I was standing on the podium, sir, and our flag was being hoisted, and our national anthem was playing, I could not help but cry. The tears just came out on their own," said Chanu.

Along with an Olympic silver medal in 49 kg, three World Championship medals including a gold in the 2017 edition and an Asian Championship bronze, Mirabai's resume is that of an undisputed legend in the sport, and an Asian Games medal would complete her medal cabinet, with a medal won at each major multi-sport/weightlifting event.

The 2026 Games were hosted under a compact for-

mat, leading to the removal of major Indian medal-earning events like shooting, wrestling, and badminton.

India finished fourth in the medals table at the Glasgow Commonwealth Games with 39 medals, including 13 gold, 17 silver and nine bronze. India officially began its journey towards hosting the 2030 Commonwealth Games in Amdavad as the Commonwealth Games Flag was ceremonially handed over during a spectacular Closing Ceremony that celebrated the conclusion of Glasgow 2026 and looked ahead to the historic centenary edition of the Games.

The symbolic moment marked the return of the Commonwealth Games to India after the 2010 edition (in New Delhi) and to Gujarat for the very first time. More importantly, it signalled the beginning of a new chapter for Indian sport as the nation prepares to welcome athletes from across the Commonwealth for the landmark 2030 edition.

With the ceremonial handover to India complete for the 2030 Centenary Commonwealth Games in Ahmedabad, the Ministry of Youth Affairs and Sports aims to restore traditional disciplines while building world-class infrastructure to ensure a record-breaking medal haul. (ANI)