



Pooja Olla strikes gold in Women's 1500m at World Athletics Continental Tour in Bhubaneswar



BHOPAL, AUGUST 23: Sports Authority of India (SAI) Central Regional Centre (CRC), Bhopal athlete Pooja Olla continued her impressive run on the track, winning the gold medal in the women's 1500m at the World Athletics Continental Tour event in Bhubaneswar on August 22.

Pooja produced a strong performance to finish first with a time of 4:17.24,

adding another international-level achievement to her growing list of accomplishments. The victory underlines the consistency of the middle-distance runner, who has established herself as one of India's prominent 800m and 1500m athletes, according to a release.

Pooja, who trains under the support system of SAI CRC Bhopal, has enjoyed a strong run in recent sea-

sons. She has previously won medals at major international competitions and has represented India at the highest level. Her development has been supported by systematic training and coaching at SAI.

Appreciating Pooja's performance, SAI CRC Bhopal Regional Director Abhishek Singh Chauhan said, "Pooja's gold medal performance is a proud moment for SAI CRC Bhopal and In-

dian athletics. Her result reflects the commitment, discipline and hard work that she has consistently demonstrated in training and competition. We congratulate Pooja, her coach and the entire support team. Such performances motivate other athletes at the centre to aim higher and compete with confidence at the international level."

Pooja's coach Saurabh Kumar Yadav said, "Pooja showed great determination throughout the race and executed the strategy well. Winning gold at an international competition is a result of her consistent training, discipline and ability to perform under pressure. She has worked very hard, and this victory will give her further confidence for the competitions ahead. I am proud of her effort and look forward to seeing her achieve bigger milestones."

The gold medal in Bhubaneswar adds to Pooja's recent international success and strengthens her position in India's middle-distance athletics landscape. Her performances continue to highlight the role of SAI's athlete development ecosystem in preparing Indian athletes for national and international competitions. **IndiaNews Focus**

Pooja's journey from being a promising young sportsperson to competing successfully on the international athletics circuit has been marked by perseverance and sustained improvement. Her latest gold is another significant milestone in that journey. **(ANI)**

East Delhi Riders beat Central Delhi Queens by 19 runs in DPL 2026 women's leg

NEW DELHI [INDIA], AUGUST 23: East Delhi Riders produced a disciplined all-round performance to defeat Central Delhi Queens by 19 runs in the women's leg of the Delhi Premier League 2026 at the Arun Jaitley Stadium on Sunday.

Chasing 175, Central Delhi Queens were restricted to 155/7 in 20 overs despite a promising start to their innings, according to a release

Earlier, East Delhi Riders posted 174/2 after being put to bat. Pragya Rawat led the way with a composed 70 not out off 55 balls, striking eight boundaries, while Simran Bahadur provided the acceleration with an unbeaten 60 off 36 balls, including seven fours and a six at the Arun Jaitley Stadium, which will host international fixtures between



India and Afghanistan.

Vanshika Lila also contributed a valuable 30 off 22 balls as the Riders finished strongly.

Central Delhi Queens began their chase positively, with their top order building a solid platform. They crossed the 120-run mark before East Delhi Riders began tightening the screws.

Deeksha Sharma was the standout batter for Central Delhi Queens, producing a brilliant 86 off just 51 balls to keep the chase alive. She struck the ball with authority and found the boundary regularly.

Wickets at regular intervals prevented the Queens from sustaining the required scoring rate.

Monika scored 14 off 11 balls, while Nidhi Mahto made 6 and Medhavi Bidhuri contributed 6. Riya Kondal was dismissed for 2, leaving Central Delhi Queens requiring a challenging finish.

Soni Yadav remained unbeaten on 1, with R Priyadarshini unbeaten on 0 as the innings ended at 155/7.

Purva Siwach was the standout bowler for East Delhi Riders, claiming four wickets for 24 runs in her four overs. Bharti Rawal provided excellent support with 2/33, while Simran Bahadur added a wicket after her impressive batting contribution.

East Delhi Riders kept their composure in the closing overs, denying Central Delhi Queens the boundaries they needed to complete the chase. **(ANI)**

Manchester City begin Premier League campaign with 2-1 comeback victory against Bournemouth

MANCHESTER (UK), AUGUST 23: Manchester City secured a dramatic 2-1 comeback victory over AFC Bournemouth in their Premier League opener as late goals from Marc Guehi and Josko Gvardiol helped Enzo Maresca begin his league tenure with a win at the Etihad Stadium.

Bournemouth took the lead in the 26th minute through Marcus Tavernier, who finished Evanilson's cross to put the visitors ahead and leave City facing the possibility of back-to-back defeats after their 3-0

loss to Arsenal in the Community Shield.

City struggled to find their rhythm after conceding, with Bournemouth threatening on the counter-attack. Gianluigi Donnarumma was forced into action early, while Tavernier and Justin Kluivert missed opportunities to extend the visitors' advantage before half-time.

The hosts improved after the break and came close to equalising through Marc Guehi, who headed wide from a promising position in the 51st minute. Erling

Haaland also had chances but failed to convert as Bournemouth continued to hold their defensive shape.

City eventually found the breakthrough in the 84th minute when Guehi made amends for his earlier miss. The defender rose highest to meet Rayan Cherki's corner and headed the ball into the net to level the score.

The comeback was completed in stoppage time when Gvardiol converted another Cherki-created opportunity. The Croatian defender received a defence-splitting pass from the

substitute and calmly slotted the ball into the bottom-left corner after a VAR review confirmed the goal.

The victory moved Manchester City to seventh place in the Premier League standings, while Bournemouth were left disappointed after holding the lead for much of the contest.

The result marked a winning start for Maresca in his first Premier League match in charge of City following the departure of long-time manager Pep Guardiola. **(ANI)**

Jammu Poises to Host 9th National Master Games

HIMALAYAN MAIL NEWS JAMMU, AUG 23

A delegation of the Jammu and Kashmir Master Games Association, led by Secretary General Neete Kaur and Vice President Sardar Ravinder Singh, met Deputy Chief Minister Shri Surinder Choudhary in Jammu and discussed the proposal to host the 9th National Master Games in the city.

During the meeting, the delegation highlighted the Association's dedicated efforts to promote sports among athletes aged 30 years and above. It emphasised that Master Games provide veteran sportspersons with a competitive platform while advancing the vision of the Fit India Movement, healthy ageing



and lifelong fitness.

The delegation sought the UT Government's support and patronage for bringing the prestigious national sporting event to Jammu. Hosting the Games, it said, would give a major boost to the region's sporting culture, promote sports tourism

and create new opportunities for local master athletes to compete at the national level. Deputy Chief Minister Shri Surinder Choudhary gave a patient hearing to the delegation and appreciated the Association's efforts to encourage sporting activity among the master age group. He

assured the delegation that the government would extend all possible support for the promotion of Master Games and said the proposal to host the 9th National Master Games in Jammu would be considered positively.

The Association expressed gratitude to the Deputy Chief Minister for his encouraging assurance, describing the support as a positive step towards strengthening veteran sports and establishing Jammu as a promising destination for major national sporting events.

The proposed Games are expected to provide a powerful platform for celebrating fitness, experience and sporting spirit, reinforcing the message that age is no barrier to an active and healthy life.

Khelo India stars sweep medals at Asmita League, District Soft Tennis championship

HIMALAYAN MAIL NEWS JAMMU, AUG 23

The players of the Khelo India Soft Tennis Centre, MA Stadium Jammu completely dominated the Khelo India Asmita Jammu City League 2026-27 and Jammu District Soft Tennis Championship 2026-27 organised by Jammu and Kashmir Soft Tennis Association from August 20 to 22 at the Tennis Court, MA Stadium Jammu, clinching all medals in all categories.

The centre, which has produced numerous national medalists and international players like Sidhani Singh, Soham Bhat, Madhvendra Singh, Shree-mai Bhat and Harikesh Dutt Sharma who have brought glory to Jammu & Kashmir and India, once again proved its dominance under the mentorship and coaching of International player Indu Bhushan, Mentor/Coach of Khelo India Soft Tennis Centre.

In the final results of the Asmita League, in Senior



Girls Sidhani Singh won Gold, Simran Sharma Silver and Sneha Sharma Bronze while in Junior Girls Shree-mai Bhat bagged Gold, Akashi Sharma Silver and Abhihasna Khajuria Bronze. In Sub-Junior Girls, Sanvi Parihar clinched Gold, Svadhi Sharma Silver and Advaita Kotwal Bronze.

In the Jammu District Championship, in Senior Boys Soham Bhat won Gold, Madhvendra Singh Silver and Rahul Sharma

Bronze. In Senior Girls Sidhani Singh won Gold, Sneha Sharma Silver and Simran Sharma Bronze, while in Junior Girls Shree-mai Bhat won Gold, Abhiyasna Khajuria Silver and Akashi Sharma Bronze.

In Junior Boys Harikesh Dutt Sharma secured Gold, Aditya Dutt Sharma Silver while Vihan Manhas and Ayansh Khajuria shared the Bronze. In Sub-Junior Boys Vihan Singh Bhau won Gold, Yajat Sharma Silver and Vihan Parihar and Dai-

wak Kotwal claimed Bronze. In Sub-Junior Girls Svadhi Sharma won Gold, Advaita Kotwal Silver and Lavanya Thakur and Manvi Gupta shared Bronze.

Arshi Nath, Judo Head Coach & Incharge Manager, Old Indoor Complex, MA Stadium, J&K Sports Council was the Chief Guest on the occasion, while Shakir, UT General Secretary and Bilal, Member of J&K Soft Tennis Association were also present as organisers of the tournament.

Inter-District Divisional-Level Table Tennis Championship concludes at Shopian

HIMALAYAN MAIL NEWS JAMMU, AUG 23

The Inter-District Divisional-Level Table Tennis Championship for Under-17 Boys concluded today at the Indoor Sports Stadium, Shopian.

A total of 49 players from all ten districts of Kashmir Division participated in the championship with great enthusiasm and sporting spirit.

The final match was played between Bandipora and Kupwara, with Bandipora emerging victorious to clinch the championship title. Kupwara secured the second position, while Srinagar bagged the third place.



Treesa, Gayatri fail semifinal test, settle for bronze medal

NEW DELHI, AUG 23: The Indian women's doubles pair of Treesa Jolly and Gayatri Gopichand had to settle for a bronze medal after being beaten in the semifinals of the BWF World Championships.

After a bright start, the Indian duo lost momentum to go down 21-18 13-21 8-21 against China's Liu Sheng Shu and Tan Ning.

However, they will return to their home base of Hyderabad with a cred-

itable bronze medal from the tournament as they beat three seeded pairs to reach the semifinals.

Backed by the capacity crowd at the Indira Gandhi Stadium, the Indians raced to a commanding 7-2 lead in the first game. However, the Chinese hit back by winning 10 straight points. The momentum kept swinging as Treesa and Gayatri won six straight points to wrest back the lead.

The rallies started to get longer and it

was the defensive game that worked for the Indians as they won the opening game with a streak of five straight points while trailing 16-18.

It was neck and neck in the second game, and for a bit the Indians had the Chinese under pressure. They took a 12-11 lead with deft net-play and powerful crosscourt smashes. But the momentum in the match shifted after a 49-shot rally won by the Chinese to level the game at 12-12.