Mandhana's graceful 90 leads India to 6-wicket win over SA, ODI series sweep

BENGALURU: Mandhana waltzed to a characteristically elegant 90 to form the crux of India's six-wicket win in the third and final women's ODI against South Africa, marking their 3-0 series clean sweep here on Sunday.

Mandhana, whose innings came off 83 balls (11x4), had efficient support casts in Shafali Verma (25), Priya Punia (28)Harmanpreet Kaur (42, 48b, 2x4) as India went past the target of 216 without exerting themselves

The hosts made 220 for four in 40.4 overs, after South Africa were restricted to an underwhelming 215 for eight despite skipper Laura Wolvaardt's solid 61 (57b, 7x4).

Though she failed to make a third hundred on the bounce, the knock underlined the way Mandhana dominated this ODI series. scoring 343 runs at an aver-



SCORLDOARD			
SOUTH AFRICA WOMEN Laura Wolvaardt (c) c & b Reddy Tazmin Brits run out (Patil/†Ghosh) Marizanne Kapp c & b Patil Anneke Bosch c & b Reddy Sune Luus b Vastrakar Nadine de Klerk b Sharma Nondumiso Shangase run out (Sharma/†Ghosh) Mieke de Ridder † not out Nonkululeko Mlaba b Sharma Tumi Sekhukhune not out	61 38 07 05 13 26 16 26 00 06	INDIA WOMEN Smriti Mandhana c Khaka b Mlaba Shafali Verma c Bosch b Sekhukhune Priya Punia c Bosch b Khaka Harmanpreet Kaur (c) run out (Brits Jemimah Rodrigues not out Richa Ghosh † not out Extras	28

Earlier, the Indian bowlers restrict South Africa to 215 showed an unbending will to for eight after the visitors

raced to 102 without loss in

NADA suspends Bajrang again, serves him 'notice of charge' STATE TIMES NEWS

NEW DELHI: The National Anti-Doping Agency on Sunday suspended Bajrang Punia for a second time, three weeks after its Anti-Disciplinary Doping (ADDP) panel had revoked his suspension on the grounds that NADA had not issued a "notice of charge" to the wrestler.

NADA had on April 23 suspended the Tokyo Games bronze medallist wrestler for refusal to give his urine sample for dope test during the selection trials held in Sonepat on March 10. The sport's global governing body United Wrestling World (UWW) had also suspended him.

Bajrang had appealed against the provisional suspension and the ADDP had revoked it on May 31 till NADA issues the notice of charge.

Swinging into action, NADA on Sunday served the notice to the wrestler.

"This serves as a formal notice that you are being charged with the violation of Article 2.3 of the National Anti-Doping Rules, 2021 and now you are provisionally suspended," said NADA's communication to Bajrang.

Slathia inaugurates Volleyball Tournament, advocates youth involvement in sports



Sr BJP leader, Surjeet Slathia posing with participating teams and officials.

STATE TIMES NEWS

SAMBA: Sports play a pivotal role in shaping the character and future of our said Surjeet Slathia, Sr BJP Leader while declaring open a District Vollevball Tournament here at Mandi Sangwali District.

"By participating in sports, young individuals not only improve their physical health but also cultivate valuable traits such as discipline, teamwork, and resilience," he

Emphasizing the importance of sports, Slathia said, "Sports are not just about physical fitness; they

Khelo India Hockey Centre outplays Sham Lal Hockey Club

instill discipline, teamwork, and resilience in our youth. It is crucial for voung individuals to participate in sports to nurture a well-rounded personality and contribute positively to society."

He said this exciting volleyball tournament, is providing a platform for our youth to showcase their skills and passion for sports, and all young individuals should actively participate in sports and make it an integral part of their

He said the Government, under the visionary leadership of Prime Minister Narendra Modi, continues to prioritize and advance initiatives aimed at fostering sports development across J&K.

Recognizing the integral role of sports in promoting health, well-being, and national pride, the government has implemented a series of transformative policies and programs to encourage active participation and excellence in various sporting disciplines.

Urging the parents, schools, and communities to support and encourage our youth to participate actively in sports, Salthia said "Together, we can create a culture where physical activity is celebrated and embraced as an integral part of daily life.

Poonch Taekwondo Club celebrates 'Olympic Day'



Budding taekwondo players of Poonch Taekwondo Club celebrating International Olympic Day 2024 at Poonch.

STATE TIMES NEWS

POONCH: Poonch Taekwondo Club celebrated 'Olympic Day' with great enthusiasm at Shri Krishan Chander Park in Poonch.

Approximately 100 students gathered for the event under the supervision of Rajinder Singh, a Physical Education Teacher and Taekwondo Coach from the

ofYouth Department Services and Sports, Poonch. During the celebration, a pledge to avoid drugs and pri-

Rajinder Singh extended his best wishes to all sportspersons on this occasion, emphasizing the importance of hard work in their respective sports disciplines and steering clear of drug-

oritize sports was taken.

related activities.

Privanka Singh. President. the District Poonch Taekwondo Association, and Taranpreet Kaur. General Secretary of the District Taekwondo Association Poonch, also congratulated the players of Poonch Taekwondo Club for their participation in International

POONCH: Sham Lal Hockey Club Poonch celebrated 'Olympic Day' by conducting an exhibition match between Khelo India (KI) Hockey Centre Poonch and Sham Lal Hockey Club Poonch at Astroturf Hockey Ground BHSS Poonch, here on Sunday.

Khelo India Hockey Centre got the better of Sham Lal Hockey Club in a close contest by three goals to two (3-2).

District Youth Services Sports (DYSSO) Poonch Mool Raj Uttam was the Chief Guest on this occasion while SHO Poonch Kunal Singh was the Guest of Honour .

Earlier, Pawan Kumar (Hockey Coach) presented the welcome address and

briefed about the event.

The dignitaries threw light on the historical importance of the day and the current scenario of Olympic Sports.

Both of them advised them to work hard to make it to the Olympics.

The Chief Guest also appreciated the organizers for conducting the event in a most befitting manner,

Prominent among others present on the occasion Narinder Singh ZPEO, Narjeet Singh Retd ZPEO, Vijay Kumar PEM, Narinder Singh, Hardev Singh, Kewal Krishan, Sanjay Misri, Neeraj Sharma, Sorab Sharma,

Singh, Sunil

Raina, Laxmikant, Dalip

Luthra Vijay Kumar and

Harmik

The match was officiated by Navjot Singh, Amandeep Singh, Ajaz Ahmed and Sheewani Sharma.

The match was organized by Sham Lal Hockey Club Poonch in collaboration with the District Unit of the Jammu Kashmir Sports Council (JKSC) and Department of Youth Services and Sports,

The event was technically supervised by Pawan Kumar, Mukesh Kumar, Navjot Singh, Saval Ahmed (Hockey Coaches) while Vijay Kumar PEM was the master of ceremony.

At the end of the event prizes and refreshment, sponsored by Sham Lal Hockey Club Poonch was also distributed among the

famous Norbulinga

Saddam bags historic Thial Chougan Dangal title

STATE TIMES NEWS

JAMMU: Wrestler Chota Saddam of Hoshiarpur in Punjab lifted the 131st edihistoric International Thial Chougan Dangal title defeating Kohali, Amritsar in the main bout at Thial Chougan Udhamp

Winner of the title bout, Saddam awarded with cash prize of Rs. 61,000 while runners-up Shanbeer got Rs. 50.000. Former MLA, Ranbir Singh Pathania was Chief Guest, who presented the Saddam. Pathania also contributed Rs 21,000 to the organisers.

Former Joint Secretary of J&K State Sports Council and president of J&K Indian

under pressure Australia

GROS ISLET: India will be

out to derail Australia's

T20 World Cup campaign

when they take on their

shocked and under-pres-

sure opponents in their

final Super 8 game here on

A third straight win for

India will not only make

them the group toppers and

send them to the semifi-

nals, it will also substan-

tially threaten Australia's

chances of progressing

through to the semi-finals

following the unexpected

loss to Afghanistan in

Saint Vincent on Saturday

Following the reverse

Australia don't have the

destiny in their own hands

and will be keenly tracking

Rashid Khan's team final

game against Bangladesh

India, who have had to

defeats at the hands of

Australia in major ICC

events, would like to see a

pre-mature exit of their

on Monday night.

against

endure

strong rivals.

Afghanistan,

heartbreaking

AGENCY

Former Jt Secy JKSC, Shiv Kumar Sharma posing with wrestlers and others dignitaries.

Style Wrestling Association, Kumar Sharma presided over the function. Prabhari Kissan Morcha J&K, Nand Kishore Sharma was Guest of Honour.

The second main bout went to Narinder of Khanna in who defeated Mohammad Amir of Iran to take home a prize money of

Mohammad Amir got Rs. 40,000. Rashid (Rs 18,000) of Domana Akhara in Jammu defeated Yogesh (Rs 13,000) of Mulapur in Chandigarh to claim the third main bout.

In all, 54 bouts played in Rs four lakh prize money day-long Dangal. Members of Thial Chougan Dangal Committee, who helped in smooth conduct of dangal were Krishan Kumar (president) Kewal Kumar (vice president), Kartar Chand (secretary) Madan Gopal, Hazi Mohd. Din and Krishan

Other Results: Imam Hussain of Domel beat Deepak of Khanna; Muneer of J&K Police beat Gurdeep of Hoshiarpur; Murad Ali of Nagrota beat Vikas of Delhi; Javed of UP beat Rajesh Sharma of J&K Police; Shubam Singh of Reasi beat Pardeep of Delhi. Bouts played between Nadeem of J&K Police of Doda and Vishal of Delhi and Billu of Jammu and Mohanu of Delhi ended in a draw.

STATE TIMES NEWS

JAMMU: The Vth batch of trekkers, comprising 88 students, including 45 girls of Aryan Oriental Convent Higher Secondary School, Udhampur reached back after a delightful experience of participating in the Dharamshala Himalayan Trekking Programme being organised by Tawi Trekkers

Sonam Sidharth, General Secretary of the club, who was the 'field director' of the programme made all the boarding and lodging arrangements, the various sub groups were escorted by Shilpa Charak, an international climber, Shuksham Verma, Vikas Singh and Kashish Bharti, the senior members.



Participating teams posing for a photograph with dignitaries.

Point during Himalayan Trekking Programme.

Chairman of the school, Upkar Singh Jamwal along with four teachers Mohit Sharma, Vicky Sharma, Sharma and Shariva Anamika Sharma also accompanied the group.

Besides the thrill of trekking from Bhagshu to Dharamkot and Flag Point the budding

trekkers most of whom were on a maiden trek enjoyed the invigorating experience of taking showers Bhagshu waterfall.

The trekkers also visited Dalai Lama Temple, the office of the Tibetan Government in the exile; beautiful Dharamshala

Afghanistan shock Australia by 21 runs

monastry which houses 25 Thangkas depicting the lives of Dalai Lamas; Shakti Peeth Shri Chamunda Devi temple, Nagini Devi and a sprawling tea garden and a tea manufacturing company where they learned the complete process of production of tea. While expressing his gratitude to Tawi Trekkers J&K for organising such a memorable trekking programme Upkar Singh Jamwal, the chairman of the participating school announced that very soon the school shall install an international standard Finger Board in the School premises for the promotion of sport climbing among its students and to produce national champions.

Near perfect India could ASSSWT, JKHA celebrate Handball Day play party poopers to



Arun Sharma Sports and Social Welfare Trust and J&K Handball Association officials and players celebrating Handball Day.

STATE TIMES NEWS

JAMMU: Arun Sharma Sports and Social Welfare Trust (ASSSWT) on Sunday celebrated the International Handball Day by holding special events of interaction between veterans and youngsters amidst competitions at S D Sabha School ground,

Veteran Handball players, Sukhdev Singh Jamwal (DySP) and Naresh Sharma (DySP) were special guests, who informed the gathering of young trainees from Arun Sharma Handball Academy (ASHA) about the importance of Handball Day and Olympic Day.

Both the special guests also presented specially designed sports kit and bags to the entire lot of trainees of ASHA so as to encourage them.

Among others present were Sharma (handball coach), Sonia Jain, Mamta Bajaj (international handball players), Neete Kour, Mahesh Kumar, Rakesh Dogra, Bachan Dogra, Rajeshwar

"Celebrations of such occasions help take the message to the youngsters and motive them to work hard and excel in the game. Young trainees of ASHA were presented sports kits so as to encourage them," said member trustee of ASSSWT, Ashutosh Sharma.

the J&K Meanwhile, Handball Association (JKHA) celebrated World Handball Day at Playing field

Shastri Nager, here. Office bearers of JKHA and handball players of different

districts pledged to popularize the game in J&K. The events was organized in order to encourage more people to know about the importance of handball game and raise awareness of Handball. Speaking on the occasion

Ashwani Raina Executive Member Handball Association India congratulated and appreciated the efforts of the all the affiliated units of District of J&K and distributed Handball Balls among handball players.

KINGSTOWN: Afghanistan pulled off an upset of epic proportions with a shock 21-run win over mighty Australia in T20 World Cup with Gulbadin Naib's four-wicket haul upending Pat Cummins' hat-trick to produce one of most memorable days in Afghan cricket.

Using the slower balls smartly on a difficult batting wicket, Afghanistan defended their total of 148 for six for their first-ever win over Australia in international

Australia were all out for

127 in 19.2 overs in the Super Eight contest and they are now staring at early elimination from the World Cup. Australia now must win their match against India on Monday and also hope that Afghanistan loseBangladesh in their next

match. Afghanistan openers Rahmanullah Gurbaz (60) and Ibrahim Zadran (51) forged a 118-run partnership setting up base for a challenging total but Pat Cummins registered his second successive hat-trick spread across two overs to restrict

in Super 8s match of T20 World Cup Afghanistan to a manageable total.

> Australia were reduced to 32 for 3 in the powerplay but Glenn Maxwell slammed a 41ball 59 to somewhat resurrect the chase. However Naib's timely strikes proved crucial in toppling the 2021 champi-

Afghanistan exacted revenge for their defeat in Mumbai during the ODI World Cup. Maxwell had snatched victory from Aghans at that time and on Saturday too he threatened to deny them but Naib's brilliance ensured them the win.

Recurve archers win two bronze; India finish with four medals in World Cup Stage 3

AGENCY ANTALYA: Dhiraj Bommadevara secured two bronze --- one individual and another in recurve mixed team event with Bhajan Kaur, as India ended their campaign with four medals in the

Archery World Cup Stage 3, here on Sunday. India could have added

another but Ankita Bhakat, eyeing a maiden World Cup medal, narrowly lost her semifinal to eventual gold medalist and top-seed Yang Xiaolei of China. She eventually ended up losing her bronze medal match as well.

The third-seeded mixed team of Dhiraj and Bhajan produced an excellent performance to rally past Mexico and clinch a bronze.

Trailing 0-2 after conceding the opening set, the third-seeded mixed team of Dhiraj and Bhajan produced a flawless round to bring it level and seal a stunning 5-3 (35-38, 40-39, 38-37, 38-38) win over their Mexican opponents Alejandra Valencia and Matias Grande in

the bronze playoff.

Dhiraj, who qualified as No 3 seed, then went on to add another in the individual section when he defeated ninthseeded Marco Nespoli of Italy 7-3 (28-27, 29-28, 27-28, 28-28, 30-29). It was also his second World Cup bronze, having won his maiden medal at the Stage 1 of the event at this

same place last year. Dhiraj earlier lost in the semifinal against world No 3 former Olympic team medalist Kim Woojin of South Korea. The Army man managed to hold the South Korean heavyweight twice before going down 2-6 (29-29, 27-30, 29-29, 27-29) in a high intensity last-four clash.