



Kolkata Knight Riders defeat Rajasthan Royals by 8 wickets



GUWAHATI, MAR 26: Riding on a half-century by Quinton de Cock, Kolkata Knight Riders defeated Rajasthan Royals by eight wickets.

Earlier, the spin duo of Varun Chakravarthy and Moeen Ali worked in perfect tandem to weave their magic, as a disciplined bowling effort restricted Rajasthan Royals to a below-par 151/9 in their IPL clash here.

On a dry and sticky Barsapara pitch where the ball wasn't coming onto the bat, KKR's new spin combination -- brought together due to Sunil Narine's injury -- proved to be their game-changer.

Chakravarthy and Ali dismantled the Royals' middle order, picking up

two wickets each in successive overs right after the powerplay, shifting the momentum in KKR's favour.

Chakravarthy, varying his pace masterfully, bowled out his quota with exceptional figures of 2/17, while Moeen Ali finished with a tidy 2/23 from his four overs.

Seamer Vaibhav Arora (2/33) was expensive but chipped in with two crucial wickets -- regular Royals skipper Sanju Samson (13 off 11) with a yorker in the powerplay before dismissing impact substitute Shubham Dubey (9) cheaply.

Harshit Rana (2/36) was instrumental at the death, breaking Dhruv Jurel's promising innings of 33 (28) and removing the dan-

gerous Shimron Hetmyer for just 7, both in the crucial penultimate over.

A quickfire cameo 16 from 7 balls from Jofra Archer ensured that they reached 150-mark but he fell to Spencer Johnson () in the penultimate ball of their innings.

Put in, RR had looked set for a big total at 54 for 1, with a well-set Yashasvi Jaiswal (29 off 24) and local lad Riyan Parag (25 off 15) at the crease.

Riyan, leading the Royals for the first time at his home ground, began with intent, smashing Harshit Rana for a six over square leg off just the third ball he faced.

Riyan, who knows the Barsapara pitch like the back of his hand, played the

shot of the innings in the next over -- a beautifully timed lofted drive off Vaibhav Arora, sending the ball soaring straight down the ground.

Jaiswal, dropped on 19, capped off the powerplay with a six as RR finished the first six overs strongly at 54/1.

However, KKR struck back immediately. Chakravarthy, their mystery spinner, triggered the collapse in the seventh over, dismissing the dangerous-looking Parag with a well-disguised 113kph delivery.

Riyan mistimed his lofted shot, and the ball soared high into the night sky before Quinton de Cock calmly took the catch after removing his helmet.

Ali compounded RR's troubles in the very next over by dismissing Jaiswal, who had looked in fine touch with two sixes and as many boundaries.

The England all-rounder continued his impact, getting rid of Wanindu Hasaranga (4), who had been promoted to No 5 but failed to make an impact, spooning a skiddy delivery straight to mid-off.

With four wickets falling for just 15 runs, RR's innings never had the required momentum as they were at least 25 short of par-score.

Snow Ski spreads message of Tobacco free

HIMALAYAN MAIL NEWS KARGIL, MAR 26

District Tobacco-Free Snow Ski Championship held at Linkipal Ski Slope, Pashuk, Kargil in Ladakh.

The event was organized by Health Department Kargil in collaboration with Ladakh Ski and Snowboard Association and Ladakh Ski Mountaineering Association.

Deputy Commissioner and CEO, LAHDC Kargil, Shrikant Suse graced the event as the chief guest, while Imteaz Kacho Joint Director Information UT Ladakh was the guest of honour.

Other dignitaries present included CMO Kargil, Dr. Liyaqat Ali Khan Kachho; Dr. Fatima Nissa, and president of the Ski Association, Asgar Ali Barula.

Around 25 participants from across Kargil participated in the Slalom Skiing competition.

In Boys' category, Imtiyaz secured first



place, while Abdul Hamid and Ahmad Ali were second and third respectively. In Girls' section, Zeenat Mansoor Lal bagged the first place, followed by Nazira Banoo and Nida Zainab, who secured second and third position respectively.

A tobacco-free Ski race was also held, wherein participants skied while carrying placards thereby

spreading awareness among the masses.

Speaking at the event, DC Kargil appreciated the Health Department's initiative, emphasizing that such programs are vital in spreading awareness and reducing tobacco consumption. He reiterated the administration's commitment to making Kargil a tobacco-free district and also spoke about reducing

single-use plastic waste. He further praised the Ladakh Ski and Snowboard Association for their efforts in training youth and promoting winter sports, highlighting that such initiatives could boost tourism and create new economic opportunities in Ladakh.

The event concluded with the prize distribution.

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Taekwondo meet at Kathua from Mar 29

HIMALAYAN MAIL NEWS JAMMU, MAR 26

Taekwondo Association of District Kathua shall host Taekwondo Championship under the aegis of J&K Taekwondo Association (JKTA) and J&K Sports Council at Sports Stadium, here from March 29 to March 30 under 'My Youth My Pride'.

The competition is open for Sub Junior, Cadet, Junior, and Senior players of the district, a handout is-

sued by the Association here today informed. Meanwhile, the JKTA Athlete License is mandatory for all athletes taking part in this two-day event.

Those interested participants are advised to report at the given venue on the

scheduled dates at 2 pm for weigh-in bringing along Adhar Card, JKTA License and Date of Birth certificate.

For more information, players may contact the coordinator of the event (9149512724).

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GDC Kathua holds college level sports meet

HIMALAYAN MAIL NEWS JAMMU, MAR 26

The Physical Education and Sports Department, along with the Sports Board of Government Degree College (GDC) Kathua, organized two-day college level sports meet to promote 'Beti Bachao Beti Padhao' initiative of the Social Welfare Department on the college campus, here.

The event, aimed at promoting women empowerment through sports, held with great enthusiasm.

The Principal of GDC Kathua, Prof. Seema Mir was chief guest, while Varun Kumar Choudhary, District Social Welfare Officer was the guest of honour.

On the first day of the event, a Kho-Kho (Women) match played wherein Pink Panthers defeated She Warriors. In an-



other event of Football, held on second day of the competition, The Knights trounced The Titans in penalty shootouts after the match ended in a draw in the stipulated time.

Speaking on the occasion, Principal Prof. Seema Mir commended the players for their enthusiasm and dedication. She encouraged students to ac-

tively participate in such events, highlighting the importance of sports in building confidence, leadership, and teamwork.

The senior faculty members along with all the staff members present during the matches included Dr. Sanjay Karloopia, Prof. Neelam Bhagat, Prof. R.K Pandita, Dr. Dinesh Jasrotia (Advisor Sports Board),

Prof. Ravinder Kour, Dr. Ram Singh and Dr. Yash Pal Sharma (staff secretary).

The sporting event was thoroughly enjoyed by the staff and students of the college, fostering a sense of camaraderie and enthusiasm for sports. A formal vote of thanks presented by Sandeep Sharma, PTI of the College.

Paolini becomes 1st Italian woman player to make Miami Open tennis semifinals

MIAMI GARDENS, MAR 26: Jasmine Paolini is headed to the Miami Open semifinals for the first time.

The sixth-seeded Paolini defeated unseeded Magda Linette of Poland 6-3, 6-2 on Tuesday, becoming the first woman to make the tournament's final four this year.

Paolini is the first Italian woman to make the semifinals at Miami. There were six instances of Italian women making the quarterfinals there, most recently Martina Trevisan in 2023.

Paolini will face top-seeded Aryna Sabalenka in the semifinals. Sabalenka topped ninth-seeded Qinwen Zheng of China 6-2, 7-5 in their quarterfinal match on Tuesday night, capping a day where rain



postponed many matches by several hours.

The other side of the women's bracket is set for

quarterfinal matches Wednesday, with fourth-seeded Jessica Pegula of the U.S. taking on Britain's

Emma Radacanu, and second-seeded Iga Swiatek facing Alexandra Eala of the Philippines.

Khelo India Para Games 2025: Sonalben Patel wins table tennis gold; Pardeep Joon, Sahista shine in powerlifting

NEW DELHI, MAR 26: The penultimate day of the Khelo India Para Games 2025 saw Paralympian Sonalben Patel from Gujarat secure gold in the women's Class 3 table tennis Category. The left-handed Sonalben beat Bihar's Vidya Kumari with consummate ease, as per a release from Khelo India Para Games.

In other table tennis finals at the Indra Gandhi Stadium complex on Wednesday, 21-year-old Deepika Nathwani and 14-year-old Deepika Vijaya were surprise winners in the men's Class 5 and the women's Class 4 categories, respectively.

At the close of Day 7 of KIPG 2025, 178 gold medals had been decided with Haryana leading the charts, having bagged 32 gold medals. Tamil Nadu and Uttar Pradesh followed with 28 and 22 medals, respectively.

The 37-year-old Sonalben was diagnosed with polio when she was six months old. This affected both her legs and right hand and left her with



90% disability. Despite this, she fought her way to a bronze medal at the 2022 Birmingham Commonwealth Games, and defended her gold at the Khelo India Para Games as well. She had beaten Vidya in the inaugural edition of KIPG in December 2023.

"It is an amazing feeling to not only participate in the Khelo India Para Games 2025 but also win the gold for a second straight time. I have never let my disability stop me from becoming who I am now, and I am very proud of that," Sonalben told SAI Media, as quoted from a re-

lease by Khelo India Para Games.

The powerlifting competition came to an end at the Khelo India Para Games 2025 with former KIPG medallists making their mark on Wednesday. Over the course of the three days of competitions, the para powerlifting saw four national records being set by Jaspreet Kaur (45 kg), Manish Kumar (54 kg), Seema Rani (61 kg), and Jhandu Kumar (72 kg).

Haryana's Pardeep Joon, who had won gold in the first edition of the Khelo India Para Games in December 2023, lifted 194 kg in 107+ kg category to win his second gold medal of the Games. Hailing from a middle class family, Pardeep began his powerlifting journey in 2021 and worked hard to clinch a gold in the National Games and Khelo India Para Games 2023.

Discussing the tough times after facing injury, Pardeep said, "I was working in a farm when I got injured which resulted in nerve damage.

National schemes: Reasi school generates awareness

REASI, MAR 26:

The PM Shri Higher Secondary School Agharjitto in district Reasi organized an awareness programme on various National schemes.

Baldev Raj Sharma, MLA was the chief guest while Deepak Gupta attended as guest of honour. The event aimed at educating students and the local community about key government initiatives.

Dara Singh, Principal HSS Agharjitto welcomed the chief guest and other distinguished gathering.

The MLA appreciated the efforts of the school in organizing such an awareness programme. He emphasized that such initiatives are the need of the hour for spreading essential knowledge among students and society.

He (MLA) announce-



ment that the aging building of the school shall be renovated in addition to construction of more accommodation for the students and raising of the boundary wall.

The Chief Education Officer Reasi, Deepak Gupta highlighted the initiatives being taken under PM Shri schemes in School.

Speakers from different departments delivered in-

sightful presentations. They were Asheesh Kumar Dogra, District Informatics Officer (DIO) took awareness session on Cyber Crime safety. He also highlighted the incident of online fraud, phishing, hacking, cyber bullying and digital arrests about the importance of digital safety under the cyber security.

The BDO Manoj Raina

highlighted the significance of cleanliness and hygiene under Swachh Bharat Mission while Monika from the Social Welfare Department shared details about various government welfare programs.

Bandana Dogra, Lecturer at HSS Agharjitto, guided students on National scholarship schemes implemented.