Openers Yashasvi Jaiswal and KL Rahul provided India with a resolute and confident start after England captain Ben Stokes won the toss and elected to bowl first in the fourth Test of the ongoing series at the Emirates Old Trafford today.

At lunch on Day 1, India had reached 78 without loss, frustrating the English pace quartet on a pitch expected to offer early assistance.

Jaiswal and Rahul batted through the entire first session, absorbing pressure and occasionally unleashing some brilliant strokeplay to set the tone for India's innings. Jaiswal remained unbeaten on 36 off 74 deliveries, while Rahul held steady at 40 from 82 balls. The duo added 78 runs in 26 overs, blunting the new ball under overcast skies with a mix of discipline and aggression.

Jaiswal, in particular, showcased his growing maturity and fearlessness at the top. After a measured start, he unfurled a series of attacking shots, including a stunning upper-cut six off Stokes in the 25th over that cleared the third-man



India off to steady start as India reach 78/0 at lunch

boundary with ease.

He had earlier carved boundaries through the off-side against Brydon Carse and punished any width offered by the England bowlers. One of the more dramatic moments of the session came when a short ball from Jofra Archer flew off the edge of Jaiswal's bat as he fell backward, narrowly clearing the

slips for four. KL Rahul, on the other hand, played a more classical and composed knock. He displayed excellent judgement outside the off stump and cashed in on anything short or wide. His boundary off Carse, a sharp cut through point, stood out for its timing and place-

Rahul also pulled Woakes confidently to the mid-wicket fence and survived a couple of nervy mo-

ments early in his innings. England's decision to bowl first, driven by the grey skies and fresh surface, did not bear fruit in the opening session. While Jofra Archer was impressively economical, conceding just 15 runs from his 8 overs, he remained wicketless. Chris Woakes and Ben Stokes bowled with control but were unable to trouble the Indian openers consistently. Brydon Carse was expensive, and his length was often erratic, allowing both batamen to settle in.

The session firmly belonged to India, who now have a strong plat-form to build a formidable first innings total. With the likes of Sai Sudharsan, Shubman Gill, and Rishabh Pant yet to bat, the visitors will look to capitalise on the momentum. England, meanwhile, will need to regroup quickly and find early breakthroughs in the post-

Odisha tribal girl's journey from remote Malkangiri to National Spotlight to feature in Government Magazine

Bhubaneswar (UNI): Defying all odds, Bibhuti Mundagadia, a young tribal girl from the remote district of Malkangiri in Odisha, is rewriting the narrative of perseverance, passion, and purpose.

A Class 10 student at Kasturba Gandhi Balika Vidyalaya (KGBV) in Sindhrimala, Bibhuti has risen to become a national-level handball player-an inspiring achievement that has earned her a place in the upcoming edition of a prestigious national magazine published by the Department of School Education and Literacy, Government of India. The magazine features the success stories of exceptional students from across the

Born into a modest tribal family, Bibhuti's journey has been shaped by resilience and hard work. Her father works as a mason, while her mother cultivates mushrooms to support the household. Despite financial hardships, her parents have consistently encouraged her aspirations.

Amid these challenging circum-



stances, Bibhuti discovered a passion for sports, particularly handball which she pursued with remarkable dedication.

At her residential school under the KGBV scheme, she excelled no only in academics but also distinguished herself in district- and state level handball competitions.

Her perseverance paid off when she was selected to represent Odisha in the Junior National School Sports Handball Championship held in Madhya Pradesh—a proud moment for her school, family, and state.

Jamshedpur FC face Tribhuvan Army FC in Group C opener

Jamshedpur (UNI): Indian Super League (ISL) outfit Jamshedpur FC will kick off their Durand Cup 2025 campaign on Thursday as they face Nepal's Tribhuvan Army FC at the JRD Tata Sports Compaley here. plex here.

The Men of Steel had a commendable run in the previous ISL season,

reaching the semi-finals, and followed it up with a runners-up finish in the Kalinga Super Cup. Head coach Khalid Jamil will be eager to see his side rediscover that form and build on it as they aim for a stronger showing in the Durand Cup, having exited at the group stage last year. Jamshedpur FC will rely on a solid

Indian core comprising Albino Gomes, Ritwik Das, Pronay Halder, Mobashir Khan, and Nikhil Barla. The squad has also been bolstered with added experience and depth ahead of the tour-

The team will be keen to start their campaign on a winning note, and experienced goalkeeper Albino Gomes under-lined the importance of the tournament and its legacy. "The Durand Cup is a historic tournament with so much legacy, and

we know fans in Jamshedpur expect us to respect that with our performances. My role now is to bring even more focus and composure at the back, to help us go as far as we can. We want to set the tone right from the start," Gomes told the club's website. However, Jamshedpur FC will need to be cautious of their opponents. Tribhuvan Army FC, one of Nepal's most prominent clubs, returns to the Durand Cup this year with past experience in the tournament.

NCSSR conducts meeting on ethical standards in sports science research

The National Centre for Sports Science and Research (NCSSR), today said that it convened the inaugural meeting of its Institutional Ethical Committee (IEC) on July 18, 2025 here at the SAI Head Office, Jawaharlal Nehru Stadium.

This landmark session marked a significant milestone in formalizing ethical practices for scientific research involving human participants in the field of sports and allied sciences.

Chaired by Prof. Jugal Kishore, Director Professor and Former Head of Community Medicine at Vardhman Mahavir Medical College & Safdarjung Hospital, the meeting brought together distinguished committee members from premier institutes and government bodies. Discussions focused on standardising ethical protocols for research approvals, safeguarding participant welfare, and ensuring scientific integrity across all NCSSR



"The establishment of the IEC represents our firm commitment to upholding the highest standards of ethics in sports science research. This committee will play a pivotal role in ensuring transparency, accountability, and participant protection in all scientific endeavours under NCSSR," said Vishnu Kant Tiwari, Secretary (SAI).

Serving as the Member Secretary, Brig (Dr.) Bibhu Kalyan Nayak, Director of NCSSR, emphasized the need for robust ethical oversight as

the centre embarks on multiple interdisciplinary research projects. "Our vision is not just to advance sports science but to do so responsibly and ethically," he said. "The deliberations of this first meeting will serve as a foundation for all future work."

During the session, the committee reviewed procedures for research project submission, evaluation, and monitoring, while also discussing legal and ethical considerations specific to studies involvKey concerns included informed consent, data protection, and the long-term impact of research on

athletes' health and performance.
"Ethical scrutiny is essential in research involving human subjects especially in sports science where both physical and psychological factors are at play," noted Prof. Jugal Kishore. "Our role as an ethical committee is not to hinder research but to ensure it is conducted with dignity, care, and accountability."

The IEC's mandate will be in strumental in ensuring all NCSSF projects comply with national and international ethical guidelines. The committee reaffirmed its col lective responsibility to foster a culture of ethical excellence and scien tific rigour. The meeting concluded with a shared resolution to inte grate ethical reflection into every stage of research—from planning and approval to execution and publication.

South African sprinter Walaza crowned in 100m, USA claims 4 more swimming golds at Universiade

Bayanda Walaza sprinted to the men's 100m title to give South Africa its third gold medal at the Rhine-Ruhr World University Games, while Team USA continued to dominate the swimming pool with four more golds on Tuesday night. The Paris 2024 Olympian and world junior champion crossed the line in 10.16 seconds, edging Thailand's Puripol Boonson (10.22), the same rival he beat at last year's under-20

global competition in Peru. Asian champion Hiroki Yanagita finished third, just 0.01 seconds behind Boonson. "I feel glorified.

I believe in winning. As soon as I was on that [start] line, I was looking at that finish line. My mind was there. I need to cross it before everyone," said Walaza, who, at just 18, ran the leadoff leg in the men's 4x100m relay final to help South Africa claim silver at Paris 2024. Walaza became just the ninth South African to break the 10-second barrier in the 100m when he clocked 9.94 in Zagreb in May. Weeks earlier, he set a national junior record of 20.08 in the 200m. Australia's Georgia Harris won the women's 100m in 11.44, ahead of Poland's Magdalena Stefanowicz (11.49) and South Africa's Gabriella Marais (11.51).

Germany claimed a one-two finish in the men's discus, with Mika Šosna winning gold with a throw of 64.26 meters and Steven Richter taking silver at 61.77.

Ukraine's Mykhailo Brudin posted a season-best 60.71



who earned China's first athletics medal at the Games. "But the result is compatible with my capability and my expectation. I want to inspire my teammates in the upcoming track and field competitions with this very first medal in the stadium for China

Swedish Olympian Axelina Johansson won the women's shot put with a throw of 18.45 meters. American top qualifier Abria Smith followed with 17.38, while South Africa's Colette Uys claimed bronze at 17.34, narrowly ahead of compatriot Mine de Klerk by one centimeter.

Seven finals were contested in the pool, with Team USA winning four. The American men continued their relay dominance with a record-breaking win in the 4x200m freestyle, finishing in 7:04.51 to break the previous Games mark of 7:05.49 set by Russia in 2013.

Cavan Gormsen surged from eighth to first on the back half of the women's 200m freestyle, winning gold for the U.S. in 1:57.21. She closed the final 50 meters in 29.13 to pass three swimmers and edge China's Ai Yanhan by 0.3

Sindhu defeat World No. 6 Tomoka Miyazaki to enter China Open Pre-Quarters

Changzhou (UNI): Two-time Olympic medallist PV Sindhu scripted a thrilling victory to storm into the Women's Singles Roundof-16 at the China Open 2025, a prestigious BWF Super 1000 tournament underway at the Olympic Sports Centre Gymnasium here today. Facing World No. 6 Tomoka Miyazaki of Japan, Sindhu (WR 15) displayed her trademark resilience

to clinch a gritty 21-15, 8-21, 21-17 win in a fiercely contested three-game battle. After conceding



the second game, the Indian ace maintained a commanding lead in the decider to seal the win.

In the Men's Doubles draw, Satwik-Chirag, the World No. 12 duo, put up a dominant performance to progress into the Round of-16. The pair outclassed Japan's Kenya Mitsuhashi and Hiroki Okamura with a convincing 21-13, 21 9 straight-game win.

Meanwhile, in Women's Doubles, the Panda sisters, Rutaparna and Swetaparna, faced a tough challenge against the experienced Hong Kong China duo and concluded their campaign.

Venus Williams makes winning return to tennis aged 45

New York (UNI): Venus Williams enjoyed a winning return to competitive tennis after 16 months away, as she reached the quarterfinals of the women's doubles at the DC Open alongside Hailey Bap-The all-American pair defeated

compatriot Clervie Ngounoue and the retiring Eugenie Bouchard 6-3, 6-1 in the round of 16 for Williams' first victory on the

WTA Tour since August 2023, when she defeated Veronika Kudermetova in the opening round of the



Williams, 45, gave her signature twirl after the match as she took in the adulation of the capacity crowd, reported CNN.

After the win, Williams joked that her and Baptiste should have partnered up much sooner.

Williams, who accepted wild

cards to compete in the singles and

doubles, will make her return in the singles competition when she faces American Peyton Stearns in the

Argentina team rekindles hope among football fans in Kerala

among football lovers in Kerala following remarks by Leandro Petersen, the Marketing Director of the Argentine Football Association (AFA), who hinted at the possibility of the Argentina national football team playing in Kerala ahead of the next World

He made this statement during the official signing ceremony of the sponsorship agreement with LuLu Forex and LuLu Finserv, the regional sponsors of the Argentina football team in India.

"We are hopeful of playing in Kerala. Discussions are ongoing with ministers. It's a matter of pride that our team has such a massive fan base in India. We would love to play in front of them. Talks are in progress with the government, and we hope to play



in Kerala before the next

World Cup," he added. The agreement was signed on Tuesday, July 22, at a gala event held in Dubai, in the presence of Argentina's World Cupwinning coach Lionel Scaloni, LuLu Financial Holdings Founder & MD Adeeb Ahamed, and other

dignitaries. During the ceremony, the Argentine Football Association also presented Argentina's No. 10 jersey famously worn by Lionel Messi-customized with Adeeb Ahamed's name, as a token of appreciation.

Olympic gold medalist defender Pubill lands at Atletico Madrid

Madrid (UNI): Atletico Madrid has confirmed an agreement to sign Spain Under-21 international right back Marc Pubill from sec-

ond division side Almeria. Atletico will pay an initial 12 million euros for the defender who also won an Olympic gold medal at the Paris 2024 Olympic Games. Pubill has signed a five-year contract until 2030.

The announcement shortly after the club confirmed it had missed out on signing Jesus Areso from Osasuna, with Areso opting to join Athletic Bilbao for a

The defender will have his medical tests in Madrid today, before joining with his new teammates in their summer training camp at Los Angeles de San Rafael to the north of Madrid

Pubill's arrival could pave the way for Argentine international Nahuel Molina to leave the club, as Atletico must reduce its non-European Union player quota af-

ter signing Thiago Almada. The club currently has four non-EU players, but only three are permitted.

Karthi hopes for India call-up after key learnings with India A team

opening round on Tuesday.

Bengaluru (UNI)

Hockey India's endeavour to create more depth in the talent pool by giving right international exposure for the fringe players to showcase their potential with the India 'A' side has renewed hope for players like Karthi Selvam, who last played for the Senior India team at the Asian Champions Trophy Chennai

Karthi's return to the core probable group for the national camp and subsequent call-up for the India 'A' side was stoked by his performance in the revamped Hockey India League earlier this year where he impressed for the Tamil Nadu Dragons.

The recent tour to Europe was nothing but a learning experience for Karthi. "The recent India 'A' tour to Europe has instilled fresh hope for India comeback for me. It's going to be two years since I last wore the India colours and there've been a lot of learnings for me in this tour which had a combination of young play-



ers and those who have played for India," expressed

The India 'A' side under Coach and former India striker Shivendra Singh, began the tour with back-to-back wins against Ireland (6-1 and 6-0) followed by a win and a loss against France (3-2 and 2-0). While their match against England was close (2-3), India 'A' lost 1-3 to Belgium, and suffered 0-3 and 2-8 loss

against the Netherlands. "We started the tour very well and the match against England was also quite close. But we couldn't finish the tour on a high with the Netherlands posing stiff competition. Overall, it was a top exSpeaking about his own game, Karthi said, "There

have been some specific inputs that Craig (Fulton) has given me and also Cosma, our Änalytical Coach, has provided valuable inputs for my game particularly on off-theball tactics. I've been implementing this in my game and look forward to breaking into the India side again," stated an optimistic Karthi. The India 'A' side has re

turned to their base in SAI Bengaluru where they will join the Senior India players for the remainder of the national camp. The team will also be part of the selection process for the upcoming Australia Tour and Asia Cup in Bihar next month.

"There is still a lot of hard-work to do. There is a fine difference in how the senior team performs and how we have fared as a development team. There are some gaps that we need to work on, and that will be our focus in this camp," he concluded.