

J&K CM Omar Abdullah invites athletes from across nation to Kashmir Marathon on Oct 25

SRINAGAR: Chief Minister Omar Abdullah on Thursday encouraged athletes from across the country to participate in the third edition of the Kashmir Marathon, scheduled for October 25.

"I hope people will participate in the Kashmir Marathon with full enthusiasm and passion," Abdullah told reporters after inaugurating the Kashmir Marathon Expo at Polo Grounds in Srinagar.

Calling on athletes to participate in the event, the chief minister emphasised that taking part was more important than winning. "Winning is not as important as participating. Take part, and enjoy this marathon," he said. Abdullah informed that spot registrations for the event are still open. "Those



who have not registered yet have an opportunity to register right here on the spot," he added.

He noted that athletes from various regions of India and abroad are expected to

ifold higher compared to other races," he said.

Abdullah said a separate category has been introduced this year for local runners to promote long-distance running in Jammu and Kashmir. "This year, as per the demand of our local runners, a prize has also been set aside for the local runners here, so that sports, and especially running, whether it's a half marathon or a full marathon, get encouragement," he said.

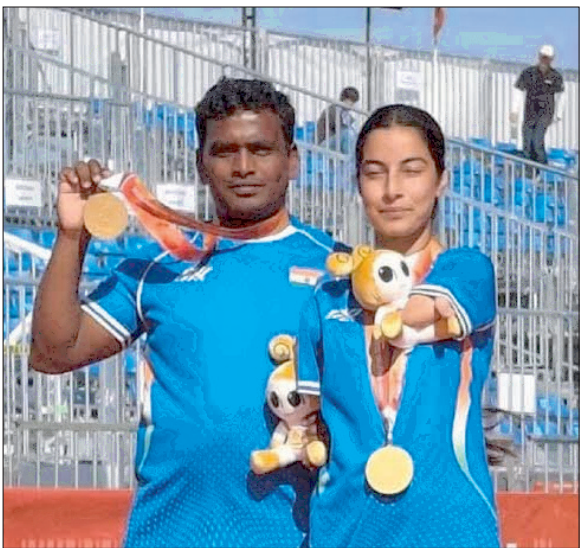
While Abdullah will be flagging off the marathon, he will not be participating this year as he did in the first two editions. "This year, unfortunately, I will not be participating in this third marathon, but I will definitely come to flag it off," he added.

Sheetal bags second successive Asian Para Games gold in women's compound

NAGOYA: Armless Indian archer Sheetal Devi clinched her second successive Asian Para Games gold in the women's compound individual event, overcoming a deficit to beat Singapore's Alim Nur Syahidah in a tense final here on Thursday.

Returning to the range at Okazaki Chuo Sogo Park Multipurpose Square less than a couple of hours after winning the compound mixed team gold with Toman Kumar, the 19-year-old world champion defeated Alim 142-139 in a repeat of the Hangzhou 2023 final to claim her second gold and third medal of the ongoing Games.

Alim, who had lost the previous edition's final by



two points, raced to a four-point lead after the opening

two ends of six arrows each. But the Indian sensation

from Jammu and Kashmir produced an incredible turnaround, reeling off six 10s, including three Xs -- arrows landing closest to the centre of the target -- across the next two ends to snatch a two-point lead going into the final end of three arrows.

With the gold at stake, Sheetal held her nerve, shooting three 9s for a total of 27 points in the final end.

Under pressure, Alim managed only 26, with scores of 9, 8 and 9, allowing the Indian to seal another memorable victory.

Sheetal now has three medals from the ongoing Games, having also won the women's doubles silver with quadruple amputee Payal Nag of Odisha.

India look to stamp authority in ODI series after Zimbabwe's clean sweep in T20Is

VADODARA: A dominant Indian team under new skipper Smriti Mandhana will look for another clean sweep against a lowly Zimbabwe when the two teams face off in the opening ODI of the three-match series starting here on Friday.

India crushed Zimbabwe 3-0 for a perfect start to Mandhana's captaincy stint and the same would be expected from the reigning ODI world champions when they take the field here at the BCA Stadium in Kotambi. Former captain Harmanpreet Kaur's return to form would be the biggest positive for India heading into the ODI series, as they would also hope for a quick fix to the void created by the absence of Jemimah Rodrigues in the middle order.

Sideline by a hamstring injury, Jemimah's absence provided India with an opportunity to juggle their options in the T20Is, and the task will remain the same for the think tank, which would at least have two experi-



enced campaigners to work with at the No. 3 slot.

While India had Anushka Sharma and Niki Prasad to work with in the T20Is, the ODI mix has Harleen Deol and Pratika Rawal to fill the No. 3 slot. However, neither Harleen nor Pratika is a great enforcer with the bat, which means Harmanpreet would be needed

to up the ante.

Having lacked both opportunities and time in the middle in the recent competitions, Harmanpreet blazed her way to a 41-ball 91 with 10 fours and five sixes in the final T20I to roar back into form.

As a specialist batter, Harmanpreet remains a vital cog in that middle-order which has at times struggled to assert itself in the 50-overs format. Her explosive batting, without the added pressure of captaincy, could be another weapon in India's arsenal.

At the top, a red-hot Shafali Verma poses the biggest threat to Zimbabwe, while in the bowling department, 10 overs from the immaculate Shree Charani would keep the Zimbabwean think tank on its toes.

It will be the first series in charge as full-time ODI captain for Mandhana, who did not bat in the final T20I in the team's bid to experiment with their playing combinations.

Even as they could not trouble India much, there were some positives for the visitors in this first-ever bilateral affair between the two nations.

Zimbabwe's fielding was very impressive across the three T20Is in Raipur, and despite India's bowling depth and skills, they were not bowled out even once.

Kelis Ndhlovu looked to impose

herself at the top with some attractive stroke play, but it was Sharne Meyers who made a strong impact with scores of 60 in the final T20I and 43 in the first match. Among bowlers, Beloved Biza's six wickets, including four wickets in the final T20I, and Nyasha Gwanzura's positive showings with the ball will carry significance for the visitors. Teams (from): India: Smriti Mandhana (c), Yastika Bhatia (wk), Harleen Deol, Richa Ghosh (wk), Pratika Rawal, Tejal Hasabnis, Deepti Sharma (vc), Harmanpreet Kaur, Sayali Satghare, Shafali Verma, Kranti Gaud, Renuka Singh Thakur, Nandani Sharma, Shree Charani, Vaishnavi Sharma. Zimbabwe: Josephine Nkomo (c), Chiedza Dhururu (wk), Sharne Meyers, Modester Mupachikwa (wk), Beloved Biza, Nyasha Gwanzura, Michelle Mavunga, Chipo Muger-Tiripano, Kelis Ndhlovu, Olinde Chare, Kudzai Chigora, Francisca Chipare, Tendai Makusha, Loryn Phiri, Nomvelo Sibanda.

Samson, Iyer and Dhir pull off record chase against NZ in T20I series opener

NEW DELHI: Five days after a remarkably high-scoring series against West Indies, India went into another hit-a-thon in entirely different conditions, and came out of their T20I series opener against New Zealand with a nervy four-wicket win.

Set a target of 226 on a dewy Christchurch night, India looked set to overpower New Zealand entirely with Sanju Samson and Abhishek Sharma putting on 93 for the first wicket in just 35 balls. Then New Zealand fought back, with spinners Michael Bracewell and Mitchell Santner taking two wickets each in a period of play where India got in a tactical muddle and lost 4 for 29 in 22 balls.

But India's batting depth prevailed in the end, with Shreyas Iyer, Axar Patel and Naman Dhir playing crucial innings to haul their side over the line with two balls remaining.

Playing his first T20 game in New Zealand since March 2025 - he had played 77 in other parts of the world since then - Finn Allen lifted the Hagley Oval crowd with a powerful 45 off 24 balls. His hitting in the V, off seam

and spin, was particularly awe-inspiring, but this strength also brought about his downfall when he tried to go down the ground off an Axar delivery that was a touch too short for it. By then, though, he had taken New Zealand to 80 for 2 inside the eighth over.

For all of the boundary-hitting from Allen - and, less frequently, from Tim Seifert and Daryl Mitchell - India's bowlers never really let the scoring get out of control. This changed when Bevon Jacobs joined Glenn Phillips in a partnership of 73, off just 33 balls, for the fourth wicket. Jacobs, powered by long levers much like Allen's, hit his first ball for a straight six and scored 31 off 16 before being run out off a needless attempt at a quick single in the 18th over.

But Phillips, who played a typically energetic and resourceful innings, using his feet decisively against Axar's spin and pulling anything marginally short, ensured that wicket didn't hurt New Zealand. He finished unbeaten on 82 off just 40 balls, having hit eight fours and three sixes. New Zealand's

225 for 4 was their highest T20I total against India, and their joint sixth-highest overall.

That total began looking inadequate very quickly, though, when Samson and Abhishek began India's chase. New Zealand's innings contained no overs of 20-plus runs. India began theirs with two such overs in just the first four overs, with Lockie Ferguson and Adam Milne conceding a combined 48 from overs three and four.

This was partly the result of absurdly high-quality T20 shotmaking, and partly New Zealand's struggle to control a new ball that swung extravagantly and also seemed on occasion. By the end of the fifth over, they had bowled four wides and conceded 14 runs off those non-balls.

When Samson, who faced the bulk of the strike during the opening stand, brought up a 23-ball half-century in the sixth over, it looked like India were cruising to victory. Then Abhishek, making room to carve Bracewell, was caught at short third for 29 off 12, and the game was transformed.

Study Finds Pattern In Reports Of Past-Life Memories Following Unexpected Deaths

A new study by researchers at the University of Virginia has found an unusual pattern in reported cases of reincarnation. The findings suggest that people who died suddenly or unexpectedly were associated with a shorter period between death and alleged rebirth. The researchers examined 1,678 reported cases of reincarnation and discovered that the time between a person's death and the birth of a child claiming memories of that person's life was often shorter when the death had been unexpected.

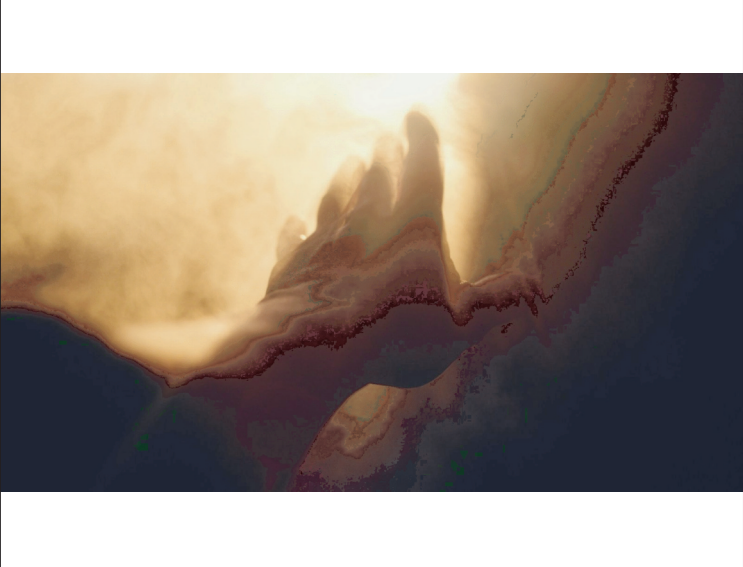
Interestingly, this connection was even stronger among families who did not believe in reincarnation, surprising the researchers.

The study was carried out by scientists from the University of Virginia School of Medicine's Division of Perceptual Studies, which has investigated unusual experiences linked to human consciousness for decades.

For the study, researchers analysed 1,678 cases collected over several decades. These involved mainly children who claimed to remember events or experiences from the lives of people who had died.

In each case, researchers had identified a deceased person whose life appeared to match the child's reported memories.

The team examined several factors, including the person's age at death, whether the death was natural or unnatural, and whether it had been ex-



pected.

Natural deaths included those caused by illness or old age, while unnatural deaths included accidents, violence and suicide.

The researchers found that the median time between death and claimed rebirth was 16 months.

However, cases involving highly unexpected deaths showed a much shorter interval. According to the findings, the most unexpected deaths were linked to an average reduction of around 40 per cent in the time between death and reported rebirth.

Findings Surprise Researchers

The research team initially wanted to investigate earlier findings suggesting that violent deaths might be linked to shorter periods between death and alleged rebirth.

Lead researcher Saeedeh Sadeghi, PhD, explained that the team wanted to determine whether cultural beliefs or psychological factors could explain the connection.

"There had been an earlier published report suggesting a relationship between violent death and a shorter time between death and birth," said

lead author Saeedeh Sadeghi, PhD, of the University of Virginia School of Medicine's Division of Perceptual Studies.

"We wanted to test that relationship more systematically and see whether it could be explained by cultural or psychological influences. To our surprise, the relationship was still there when we tested it in a much larger number of cases, and the social and psychological factors we examined did not explain it away."

The researchers also considered whether children might have repeated stories they had heard from relatives or other people.

They examined whether religious beliefs could influence families' interpretations of children's memories, particularly in communities where reincarnation is widely accepted.

Despite considering these possible explanations, the connection between unexpected deaths and shorter intervals remained.

One of the most surprising discoveries was that the pattern appeared stronger among families whose religious beliefs did not support reincarnation.

This challenged the possibility that the findings were mainly influenced by cultural expectations or religious traditions.

"The effect remained even after we accounted for several cultural and psychological factors, and it was actually

Oura Ring 5 launched in India with AI Health Tools, up to 9-day battery and more

Oura just launched the Ring 5 in India, making it the freshest addition to its smart ring lineup. This new model is sleeker and smaller than the Oura Ring 4, with improved sensors and some AI-driven health monitoring tools. It now tracks your heart health, picks up on breathing issues while you sleep, and covers workouts more thoroughly. Plus, there is a bigger wellness platform that delivers personalised health insights and gives you more control over your data. You can pre-order the Oura Ring 5 right now in India, starting at Rs 39,900 for Silver and Black. If you want something fancier in Gold, Deep Rose, Stealth, and Brushed Silver versions,

then the price will go up to Rs 50,900. Sizes run from 6 to 13, and each ring comes with its own charger that fits perfectly. Orders are open through Amazon and Croma stores across the country. Oura is also offering a paid membership at Rs 599 per month, unlocking extra features in the app. The Ring 5 is 40 per cent smaller than the old version, using lightweight titanium and boasting a tougher coating that is supposed to resist scratches. It has an IP68 rating, so you can dunk it up to 100 meters underwater and not worry. The sensors have been revamped, too, with smaller domes, advanced LEDs, and 12 signal pathways which aim for more

accurate data regardless of finger shape or skin tone. Battery life is solid; Oura says that it will last up to nine days on a single charge, but real-world numbers will depend on which size you pick and how much you use it. Health-wise, Oura added a feature called Health Radar; think of it as an upgrade over Symptom Radar. It looks at your biometric trends and includes Blood Pressure Signals and Nighttime Breathing monitoring. Blood Pressure Signals is not the same as a standard blood pressure cuff; it highlights trends linked to cardiovascular strain without giving you exact systolic or diastolic numbers. Nighttime Breathing checks for distur-

bance trends over the past month, helping you spot changes in your sleep patterns. For workouts, Live Activity Tracking now lets you follow your exercise live in the app. There is also GLP-1 Insights for people using GLP-1 medications, expanding the metabolic health tools. Oura beefed up its software, adding Oura Health Records to combine clinical health info with ring data. The company have teamed up with Counsel Health to roll out smarter AI healthcare support. The improved Advisor AI delivers personalised recommendations, aiming to help you track your health trends, though none of this replaces actual medical advice.

GMC Rajouri Student Rizwan Rashid Wins Gold Medal in Wushu



RAJOURI: Rizwan Rashid, a student of Government Medical College (GMC), Rajouri, won the Gold Medal in Wushu (Men) at the Inter-College Tournament organised by the University of Jammu, bringing laurels to the institution.

The achievement reflects the college's commitment to nurturing talent under the dynamic leadership and guidance of Principal Dr. A. S. Bhatia, whose encouragement of extracurricular activities and emphasis on the holistic development of students provide an enabling environment for sporting excellence alongside academic pursuits.

The initiative was under-

taken under the supervision of Prof. Dr. Jamil Ul Hussain, Chairman, Sports Committee, GMC Rajouri, with the support and coordination of Mr. Jagatar Singh, Sports Assistant. The Principal congratulated Rizwan Rashid on his remarkable accomplishment and reaffirmed the institution's commitment to promoting sportsmanship, discipline, and excellence among students. The college fraternity wished the gold medallist continued success in future competitions. GMC Rajouri takes pride in its students' achievements and remains committed to excellence in both academics and sports.

CM Omar Abdullah congratulates Sheetal Devi on winning two Gold Medals at Asian Para Games

SRINAGAR, OCTOBER 22: Chief Minister Omar Abdullah today congratulated ace para archer Sheetal Devi on winning two Gold Medals at the Asian Para Games 2026, bringing laurels to Jammu and Kashmir and the country. The Chief Minister hailed her exceptional achievement in clinching Gold in both the Women's Compound Individual Event and the Compound Mixed Team Event, describing her performance as a moment of immense pride for Jammu and Kashmir and the nation. He lauded Sheetal Devi for her outstanding sporting excellence and wished her continued success in her future endeavours, expressing hope that she would continue to inspire aspiring sportspersons through her achievement

Indian National Car Racing Championship season opener in Coimbatore this weekend

COIMBATORE: The 29th season of the CTR-JK Tyre FM-SCI Indian National Car Racing Championship gets underway with qualifying on Friday, followed by 17 races across six categories at the Kari Motor Speedway here this weekend.

The season opener will feature competition in LGB Formula 4, JK Tyre Novice Cup, Super Saloon, Indian Junior Touring Cars (IJTC), Indian Touring Cars (ITC), Indian Super Touring Cars (ISTC), JK Tyre Levitas Cup and the Royal Enfield Continental GT Cup.

The LGB Formula 4 category, a stepping stone to single-seater racing, will feature three races over the weekend, with Dhruv Ghoshwani, Monith Srinivasan, Sandeep Kumar and Saran Vikram among the drivers to watch. The Royal Enfield Continental GT Cup, now in its sixth edition, will feature separate grids for amateurs and professionals, with competitors racing on the GT-R650 and GT-R750 platforms, respectively.

Kabir Sahoch and Saurav Dey are among those to watch in the amateur category, while Senthil Kumar, Anish D Shetty and Allwin Xavier will lead the professional challenge.

The Novice Cup will provide emerging drivers a pathway from karting to single-seater racing, while the Super Saloon, IJTC, ITC and ISTC categories will offer touring car competition.

The championship will feature national drivers, international entries from Malaysia and Sri Lanka, and women racers from India.

The races will be streamed live on JK Tyre Motorsport's social media platforms.