ABHAY SINGH
CLINCHED THE BRITISH U-23 CROWN

ANAHAT SINGH
RANK #1 IN EUROPE, ASIA & INDIA
1. National Circuit
2. International Events
3. PSA Results
4. IndiaSquash TV
5. SRFi Ranking
6. Squash Family
A two-star event for juniors and Men over 45 years was held in the capital of Madhya Pradesh. Contests were such that seedings would seem to remain intact in every category until things changed in the Girls U-13 section where the Maharashtra girl Vymika Khandelwal sprang a surprise. Unseeded she fought her way past the seed Chhavi Saran of Rajasthan from a game down situation to set the tone before steadily rising and storming into the final. Beat- ing Aradhya Porwal of Delhi, who had earlier toppled the top seeded Samairah Raj Bhandare of Goa, Vymika became the only unseeded player to win in this tournament. “We thank the SRFI for all support. We hope the tournament will have a greater field in the coming years,” said Dr. V.K Dabas Secretary MPSA.

Juhu Gymkhana Squash Open, Mumbai, 11-15 Jan | 3 STAR
Juhu Vile Parle Gymkhana Club

Two prominent players of the current generation, Abhishek Agarwal and Aishwarya Khubchandani emerged winners in the men’s and women’s sections respectively. Top seed Abhishek did not drop a game till the semi-final where he downed the seasoned Sandeep Ramachandran. The final was against the second seed Vikas Mehra of Tamil Nadu who conceded the match in the fourth game after looking to come back. Aishwarya was seeded two and had a tough semi-final against Janet Vidhi but the final against Bijali Darvada was a lot easier. Contests in general went close in most categories and not all top seeds could justify the top billing. “A good exhibition of squash. Nice to see the domination of the fresh generation. Happy with the conduct and I thank all members of the club for this,” said Dr. Pradeep Khandre, President MSRA.
Abhishek Pradhan and Aparajitha Balamurukan, both top seeds cruised to title-wins in the men’s and women’s sections. Good competition and wide range with the men’s section extending up to Men’s over 45 years formed the feature of this five-day event. Turbulence was seen more in the junior section with just three players Darshil Parasram-puria (U-11), Vyomika Khandelwal (U-11) and Tanveer Singh Mundhra (U-15) successful in keeping the top seeding intact. Mention has to be made of Diwakar Singh, the 3/4 seed in the U-19. Beating the second seed and the top seed he annexed the title to announce his readiness to get counted. “Happy that this event attracted players from all over. The tournament provided a good forum for the serious competitors, particularly in the men’s. The contests in the junior section is a reflection of the growing stature of squash,” said President KSRA K.P. Balasubramaniam.

With 125 players taking part as compared to 95 last time, the Championship looked healthier and the contests too matched the occasion. Dayananda Sagar Institutions and Karnataka State Squash Rackets Association jointly conducted it under the aegis of SRFI. Top seeds had a good time mostly in this event. The men’s winner for instance was top seeded Parmeet Singh while in the women’s section where the competition was held over a round-robin format, Sushmita Panigrahi emerged the winner. The men and boys were better represented but none the less the three-day event witnessed a fast-paced action. “Squash has picked up in the city big time in Bangalore and this championship was a reflection on this happy development. We hope to see a bigger participation and attendance from here on,” said President KSRA K.P. Balasubramaniam.
The ambition was to make it a big event but finally it was a curtailed version that was put on board with competitions only for Men and Boys. It was nice to see one well-known name in the midst, Ravi Dixit and expectedly this young man who is attracted to Services, won the men's title beating a Services team mate Jamal Zakib, who incidentally was the top seed. Ravi was seeded #2 but made it a comfortable cruise to the title.
Anahat Singh’s brave run in the U-13 girls reaching the title round before succumbing to the wiles of the top seeded Egyptian Amina Orfi was virtually the feature of India’s show at the British Junior Open. The brilliant Indian had earlier shocked the second seeded Janna Galal also of Egypt in the semi-final. Earlier in the Boys U-19 semi-final, Veer Chotra-ni was ambushed by the top seed Moustafa El Sirty. Veer did pluck a game but that was not enough. So for India this year’s BJO was all about Anahat. Her semi-final against Janna was what propelled her to a player demanding notice. It was a five-game thriller with each player sitting on multiple match-ball situations before Anahat finding the way to finish it off in her favour. A delighted SRFI Secretary General, Cyrus Poncha said “Her transition from U-11 to U-13 has been extraordinary. We are very proud of her achievement.” While Anahat and Veer Chotra-ni could cross the last four stage, Yash Fadte (U-19), Neel Joshi (U-17), Yuvraj Wadhwani (U-15) and Darshil Parasrampuria (U-11) made it to the quarterfinal in their respective categories.

Putting up a great performance, India’s Abhay Singh, the top seed clinched the British Under -23 crown with a 11-3, 15-13,11-9 win over Ben Smith, the second seed from England in the final. The Chennai lad, a trainee at the Indian Squash Academy had a wonderful journey in this tournament, not dropping a game from the start, which was the quarterfinal round. He maintained the tempo in the final, put relentless pressure on his opponent and forced him to make mistakes repeatedly. Though there was a moment of uncertainty for Abhay in the second game when the rival rose to tie the score at 10-all, he was able to wriggle out of trouble. Gaining the upper hand from then on, Abhay went on to win without much fuss.
Dreams of winning his first World Tour event vanished for Saurav Ghosal in the final at the hands of an Egyptian who played flawless squash. The second seeded Indian went down to the top seeded Fares Dessouky but not before a fight. Finding the nick repeatedly Dessouky was able to kill any promising rally that Ghosal could bring up and that proved the turning point. The winning score for the Egyptian was 11-7, 11-4, 11-9. Ghosal had made it to the final after fighting past Egyptian fifth seed Omar Mossad. Prior to that he had a fluent win over Mexican sixth seed Cesar Salazar in the quarterfinal after a bye in the first round.
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11 - 15 JAN

CENTURY BANGALORE SQUASH OPEN 2020
CENTURY BANGALORE SQUASH OPEN, BANGALORE
18 - 22 JAN

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SRFI & ASF Parton N. Ramachandran (on the right) visited Kuwait last month and had discussions on squash with Mr. Husain Al Musallam – Director General, Olympic Council of Asia & Secretary General, Kuwait Olympic Committee (on the left) and Sheikh Nasser Fahad Al Sabah, President of Kuwait Olympic Committee (center)

**Anahat tops Indian, Asian & European Junior Rankings**

Anahat Singh, the Delhi girl is proving to be Indian squash’s latest sensation. Just out of the U-11 age category, she has already captured the U-13 domain with a kind of dominance that has not been witnessed for a while. For one who had taken to badminton with eagerness initially, Anahat had been a casual follower of her elder sister Amira to the squash courts before she plunged into the sport and it can be said Indian squash has been the greatest gainer. Already an U-13 national champion and with a cluster of other titles to show, this Delhi girl is going places. What has added lustre to her deeds thus far is the latest rankings released by the European Squash Federation. Anahat has become Europe’s and Asia’s number one player in the U-13 section. This is all a culmination of her good show in Europe. Aside from the BJO, where she finished runner up, Anahat had won two European superseries titles last year; the European Junior Open and the DPD Dutch Junior Open not to forget the Scottish Junior Open later. With 40 national circuit titles, this two-time national champion also boasts of six international titles in addition to the bronze medal finish in the Asian Juniors in 2019.
Impact of Sleep on High Performance

Best practices for Good Sleep Quality

**Do's before sleeping**
- A glass of warm milk with almonds or Tart cherry extract.
- Consistent sleep/wake up time
- Meals to be consumed at least 2 hours prior

**Things to avoid before bedtime**
- Caffeine: Atleast 4-6 hours prior
- Electronic gadgets at least 30 mins prior.
- Late evening training sessions

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