

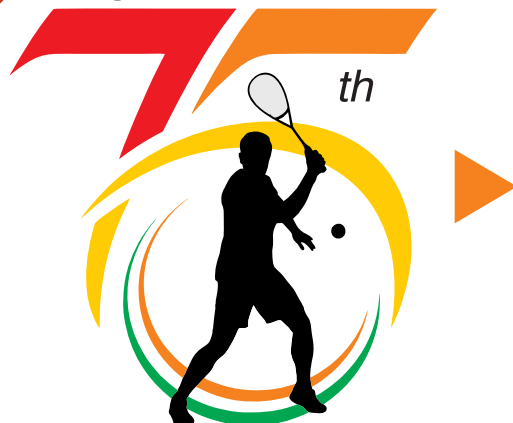
# PROSQUASH

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CELEBRATING



50<sup>th</sup>  
PROSQUASH  
April 2009

PROSQUASH  
JULY 2015

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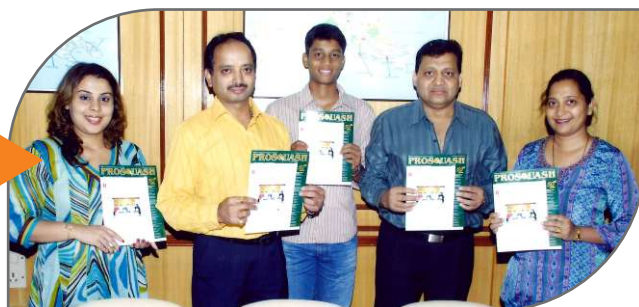
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The 50th edition of the PROSQUASH, the News Magazine of Indian Squash Professionals was released at BMC Headquarters by Mr. Anil Diggikar (Additional Commissioner of BMC, Projects) along with Noreena (VP, ISP), Mahesh Mangaonkar (British Junior Champion), Anjali Mangaonkar, (Mahesh Mangaonkar's Mother) & Mahendra Agarwal (Founder Director, ISP)

25<sup>th</sup>  
PROSQUASH  
January 2003



The 25th edition of PROSQUASH was released by Manish Chotrani (National Champion) along with Rakesh Lakhanpal (Hon. Member of ISP) and Mahendra Agarwal

1<sup>st</sup>

PROSQUASH  
December 1996



At the launch of India's only squash magazine PROSQUASH in Mumbai from left to right: Vaman Apte (President, SRAM), Subhash Wali (Director, ISP), Papa Pandole (Patron of Squash), Ajoy Bhandari (Vice-President, SRAM), Rahmat Khan (coach of legendary Jahangir Khan) and Mahendra Agarwal

## CHRISTCHURCH INTERNATIONAL OPEN 2015

At New Zealand :14th June, 2015  
**Harinder Pal Sandhu falls at the final hurdle  
in Christchurch squash meet**



Harinder Pal Sandhu in action

Higher-seeded Harinder Pal Sandhu went down to England's Declan James in the final of the USD 10,000 Christchurch International squash tournament.

James, who was the runner up in the previous event in Palmerston North in New Zealand, won 8-11 12-10 11-9 11-6 in 67 minutes.

It was a contest of contrasting styles. While the tall James was exquisite in his movements and pick ups, the Indian was quicker on the court. When Sandhu shot his way up grabbing the first game with his power-packed returns, unforced errors cost him from there.

The Indian lost a close second and led 7-3 in the third and the score read 9-9 when he lost out, clipping the tin once and then getting a 'no let' on his good drive. The fight began to ebb out from there as the stronger James picked up his fifth career PSA title.

### Results

#### Final:

[4] Declan James (ENG) bt [3] Harinder Pal Singh Sandhu (IND) 8-11, 12-10, 11-9, 11-6 (67m)

#### Semi-finals:

[3] Harinder Pal Singh Sandhu (IND) bt [1] Raphael Kandra (GER) 12-10, 6-11, 15-13, 11-7 (63m)

[4] Declan James (ENG) bt [2] Rex Hedrick (AUS) 11-7, 11-5, 10-12, 9-11, 11-3 (82m)

#### Quarter-finals:

[1] Raphael Kandra (GER) bt [7] Matthew Hopkin (AUS) 11-4, 11-8, 11-6 (31m)

[3] Harinder Pal Singh Sandhu (IND) bt [6] James Huang (TPE) 14-12, 7-11, 11-6, 9-11, 11-9 (73m)

[4] Declan James (ENG) bt [5] Paul Coll (NZL) 10-12, 12-10, 11-8, 11-9 (65m)

[2] Rex Hedrick (AUS) bt [8] Lance Beddoes (NZL) 11-4, 11-8, 11-9 (41m)

#### 1st round:

[3] Harinder Pal Singh Sandhu (IND) bt [Q] Evan Williams (NZL) 11-9, 12-10, 11-8 (41m)

## HKFC INTERNATIONAL 2015

Hong Kong: 30 May 2015  
**Super Max beats Saurav Ghosal  
to retain Hong Kong title**



Winner Max Lee

Hong Kong's Max Lee, the World No.17, delighted the capacity crowd in the final of the 2015 PSA HKFC International 25 tournament to retain the title he won in 2014 with an impressive display against top ranked Indian Saurav Ghosal.

Both players came into the final off the back of dominant semi-final triumphs but, despite losing a tense opening game 11-9, it was the home-town man Lee who prevailed to pick up his first PSA World Tour title since winning the Victorian Open 12 months ago.

### Results

#### Final:

[1] Max Lee (HKG) bt [2] Saurav Ghosal (IND) 9-11, 11-6, 11-1, 11-9 (70m)

#### Semi-finals:

[1] Max Lee (HKG) bt [3] Omar Abdel Meguid (EGY) 11-5, 11-2, 11-5 (30m)

[2] Saurav Ghosal (IND) bt [4] Laurens Jan Anjema (NED) 11-3, 11-4, 11-9 (38m)

#### Quarter-finals:

[1] Max Lee (HKG) bt [6] Tom Richards (ENG) 6-11, 11-0, 15-13, 16-18, 11-5 (68m)

[3] Omar Abdel Meguid (EGY) bt Rex Hedrick (AUS) 11-8, 11-7, 11-6 (45m)

[4] Laurens Jan Anjema (NED) bt [5] Leo Au (HKG) 11-8, 15-13, 7-11, 11-9 (68m)

[2] Saurav Ghosal (IND) bt [7] Nafiizwan Adnan (MAS) 11-4, 11-4, 11-7 (41m)

#### 1st round:

[2] Saurav Ghosal (IND) bt Harinder Pal Singh Sandhu (IND) 11-3, 11-7, 11-5 (38m)



# ASIAN SQUASH CHAMPIONSHIP 2015

At Kuwait : 6 May 15

**Nicol David & Leo Au wins gold as Joshana settles for bronze in Asian Squash Championship**



The winners Leo Au (Men's category), Nicol David (Women's) along with President of ASF David Y Y Mui, MH, JP

Nicol David denied Hong Kong's Annie Au and Leo Au the first sibling double in the Asian Squash Championships when the world number one from Malaysia clinched her ninth women's title in the 18th staging of the regional championships at the Sheikh Salem Al Sabah International Squash Complex in Kuwait.

David, the 31-year-old from Penang who has topped the world rankings for an all-time record 109 months, first became Asian champion in 1998 - and retained the biennial title over the next seven championships before being unable to compete in the 2013 event.

Indian squash player Joshna Chinappa settled for a bronze medal after losing to top seed Nicol David of Malaysia in the semi-finals.

28-year-old Chinappa, seeded fourth, went down 6-11, 9-11, 7-11 to become the only Indian to win a semifinal berth.

"Joshna possibly played one of best squash today. Some of her drives and volleyed drops were wonderful and took her famed opponent by surprise. On several occasions she was in front of Nicol,"

## Results

### Final

[1] Nicol David (MAS) bt [3] Annie Au (HKG) 12-10, 11-7, 11-8 (35m)

### Semi-finals

[1] Nicol David (MAS) bt [4] Joshana Chinappa (IND) 11-6, 11-9, 11-7 (34m)  
[3] Annie Au (HKG) bt [6] Delia Arnold (MAS) 7-11, 11-9, 9-11, 12-10, 11-4 (75m)

### Quarter-finals

[1] Nicol David (MAS) bt [7] Liu Tsz-Ling (HKG) 11-6, 11-3, 11-7 (23m)  
[4] Joshana Chinappa (IND) bt [5] Joey Chan (HKG) 11-8, 11-13, 9-11, 11-9, 11-7 (70m)  
[3] Annie Au (HKG) bt [8] Rachel Arnold (MAS) 11-5, 11-5, 11-7 (30m)  
[6] Delia Arnold (MAS) bt [2] Dipika Pallikal (IND) 11-7, 12-14, 11-13, 11-8, 11-9 (95m)

### 2nd round

[4] Joshana Chinappa (IND) bt [11] Li Dongjin (CHN) 10-12, 11-7, 11-4, 11-4 (35m)  
[2] Dipika Pallikal (IND) bt [9] Vanessa Raj (MAS) 11-6, 11-5, 11-4 (25m)

### Men Final:

[4] Leo Au (HKG) bt [3] Abdullah Al Muzayen (KUW) 11-7, 11-9, 13-11 (47m)

### Semi-finals:

[4] Leo Au (HKG) bt [11] Farhan Zaman (PAK) 5-11, 11-9, 15-13, 18-16 (67m)  
[3] Abdullah Al Muzayen (KUW) bt [7] Nasir Iqbal (PAK) 8-11, 11-9, 11-9, 5-11, 11-6 (67m)

### Quarter-finals:

[11] Farhan Zaman (PAK) bt [1] Max Lee (HKG) 12-10, 11-9, 15-13 (55m)  
[4] Leo Au (HKG) bt [10] Tsz Fung Yip (HKG) 2-11, 11-5, 11-1, 15-13 (55m)  
[3] Abdullah Al Muzayen (KUW) bt [5] Nafiizwan Adnan (MAS) 11-5, 11-6, 9-11, 11-8 (65m)  
[7] Nasir Iqbal (PAK) bt [2] Saurav Ghosal (IND) 13-15, 11-7, 11-4, 11-5 (75m)

### 3rd round:

[11] Farhan Zaman (PAK) bt [8] Harinder Pal Singh Sandhu (IND) 8-11, 4-11, 11-9, 11-4, 11-4 (55m)  
[10] Tsz Fung Yip (HKG) bt [6] Mahesh Mangaonkar (IND) 12-10, 11-4, 11-2 (35m)  
[2] Saurav Ghosal (IND) bt [12] Danish Atlas Khan (PAK) 11-4, 11-9, 11-8 (45m)

## ISA JUNIOR OPEN 2015

At Indian Squash Academy, Chennai.  
(28th May 2015)



All winners of the tournaments with their trophies

Having set the tone the juniors came on to display their talent in ISA junior Open 2015. Around 350 boys and girls from 16 states in the country converged at the ISA for what turned out to be a week-long squash festival.

Each day had a set of highlights as close competitions formed the rule than an exception. New names demanded attention like Tamil Nadu's Darshana Vasudevan and a trainee at ISA, who made a mockery of the seedings by cutting past two senior rated girls at the semi-final stage.

Expectedly the fare reached a pleasant high on the final day with the U-19 contest providing two contests of contrasting nature to lend an absorbing finale. The two winners were Velavan Senthilkumar in the boys' section and Adya Advani in the girls section. Interestingly both scalped the tournament favourite Yohan Darius Pandole and Harshit Kaur Jawanda respectively. If the left hander Velavan, another ISA pupil showed the right temperament for the occasion against the top seeded Yohan, then Adya made the most of an off colour Harshit, also top seed and the national junior champion.

The final as always decidedly brings forth happiness and disappointment. If it was joy for Samita Sivakumar in U-15 girls then it was proved disappointment for Navaneeth Prabhu in the U-13 section. He was the top seed and was the pick for consistency but the Mumbai boy Neel Joshi went a little extra to finish everything that Navaneeth threw at him. On the other hand ISA trainee Samita had everything going her way against the top seed Deya Joukani of Maharashtra. The Chennai schoolgirl, Samita showed the grit to outplay Deya.

For sheer assurance there was none to beat Akanksha Salunkhe in the girls U-17, not even Sunayna Kuruvilla who made a game bid but in vain.

## Winners & Runner up of ISA Junior Open

### BOYS

- U-19: Velavan Senthilkumar (TN) bt Yohan Darius Pandole (Mah) 11-3, 11-4, 6-11, 12-10;
- U-17: Adhitya Raghavan (TN) bt Abhay Singh (TN) 12-10, 11-3, 4-11, 9-11, 11-5 ;
- U-15: Tushar Shahani (Mah) bt Rahul Baitha (Mah) 11-7, 7-11, 11-9, 11-6;
- U-13: Neel Joshi (Mah) bt Navaneeth Prabhu (TN) 11-9, 8-11, 11-8, 11-13, 11-8;
- U-11: Paarth Ambani (Mah) bt Vivaan Shah (Mah) 8-11, 6-11, 11-2, 12-10, 11-9.

### GIRLS

- U-19: Adya Advani (Mah) bt Harshit Kaur Jawanda (Del) 10-12, 12-10, 11-5, 11-6 ;
- U-17: Akanksha Sulankhe (Goa) bt Sunayna Kuruvilla (TN) 11-8, 11-5, 12-10;
- U-15: Samita Sivakumar (TN) bt Diya Joukani 11-4, 5-11, 11-7, 11-9;
- U-13: Ananya Dabke (Mah) bt Aarya Ogale (Mah) 12-10, 11-3, 10-12, 11-7;
- U-11: Yuvna Gupta (Mah) bt Pooja Aarthi (TN) 12-10, 12-10, 11-6

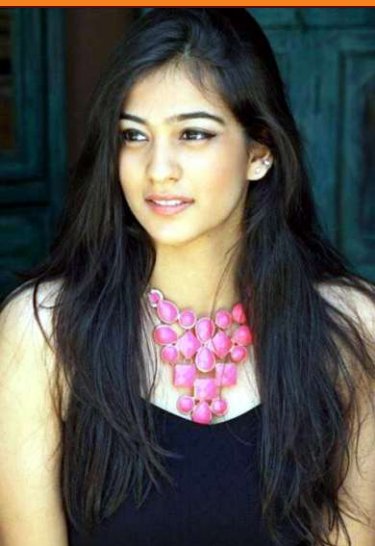
## SSA SALEM SQUASH OPEN

At KMS Garden, Salem, Tamil Nadu  
(2nd May 2015)

### Results

- BU11** : Ansh Tripathi (1), TN, bt Mohamed Farhan Farook (5/8), TN, 11-8 11-9 11-6 .
- BU13** : Shreemann Raghavan (1), TN, bt Kanhav Nanavati (2), TN, 11-7 11-8 11-8 .
- BU15** : Yashwanth Raghav G (3/4), TN, bt Tejas Chawla (1), DL, 11-5 11-2 11-5 .
- BU17** : Vikas Mehra (1), TN, bt Rahul Baitha, MH, 11-8 11-6 11-7
- BU19** : Vijay Kumar (1), TN, bt Aran Thawani (2), MH, 11-4 11-4 11-4 .
- GU11** : Pooja Arthi R (1), TN, bt Gitanjali Vasudevan (2), TN, 11-4 11-4 9-11 11-9 .
- GU13** : Krithica J S (1), TN, bt Abhisheka Shannon (2), TN, 11-3 11-8 11-4 .
- GU15** : Samita Sivakumar (1), TN, bt Darshana Vasudevan (5/8), TN, 11-7 11-8 7-11 9-11 11-5 .
- GU19** : Nehaarika Balamurukan (2), TN, bt Amita Gondi, AP, 9-11 10-12 11-2 11-4 11-8 .
- Men** : Abhay Singh (2), TN, bt Parthiban Ayyapan (1), TN, 13-15 13-11 11-3 12-10 .
- Mo35** : Hari Om Tripathi (1), TN, bt Shivakumar S (2), TN, 11-6 11-8 11-7 .





## **Interview with Adya Advani, ISA Junior Open 2015 winner: "Initially I used to get all the broken and used racquets to play with"**

**Fresh off her win in the girls under-19 category at the ISA Junior Open 2015, Delhi girl Adya Advani is back in Chennai at the Indian Squash Academy to prepare for key upcoming tournaments ahead.**

**Adya is the number two ranked junior in India in the girls U-19 group and is part of a promising young contingent of squash champions who will represent India at the Asian and World Juniors in July. I caught up with Adya for a brief chat on the sidelines of her preparation.**

### **How and when did you start playing squash Adya?**

I started off when I was about 9 years old. My dad used to play on Sundays to the club near our house. So, I used to go with him along with my brother. Eventually, my brother started training there. I used to be really idle at the time and thus my dad got me playing as well. For the first two years, I used to get all the broken racquets and all the used racquets to play with, the ones that my dad had used earlier.

### **Who was your first coach?**

My dad. In Delhi there are no academies as such, there are just small, private coaching schools around the city. My first coach was Ali Sir, who used to train at the same club where we used to go.

### **Once you started, was it out of interest that you continued playing?**

Definitely, it was my love for the sport. In the beginning, yes, I used to play for fun, it didn't really matter to me whether I won or lost. But then, after a point in time, it started to matter and I would get upset whenever I lost or whenever I didn't play well. That's when I realized that I want to do well and I want to go somewhere with this.

### **And that's when you went fully professional...**

Yes, I began playing the national events. My first Nationals was in Kolkata about a year after I started playing.

### **So, you're currently ranked two in the Under-19 girls category and you beat the number one player, Harshit Kaur Jawandha in the final at the ISA Junior Open. Was that the first time you had beaten her?**

It was the first time in a long time. We used to play each other almost every single time since we were in the same category. I used to beat her initially and then she started beating me regularly and I could never defeat her. ISA was the first time since she started that run.

### **When did you start going international?**

I started playing in Malaysia in 2006-07. Then in 2010 I played my first Asian Junior individual event and since then I've started playing regularly abroad. In 2013, I played in my first World Juniors.

### **Which are the wins that have been most memorable so far for you?**

I think my bronze medal finish at the Asian Juniors in 2011 and apart from that my national titles. Especially the ones that I won last year and the year before that.

### **Are there any goals that you've set for the year?**

For the Asian Juniors, I want to do really well, build on my past showing.

And I want to really perform at the World Juniors as I know that the level there is really high. So I want to perform to the best of my abilities there and I want to be satisfied with the performance that I put in there. And in the team event, which is Harshit, Akanksha, Nikita and myself, we want to do better than last time where we finished seventh. And at the Asians, I want to reach the semis as a minimum, obviously I want to do better than that, but I want to reach the semis at least.

### **Has there ever been a time when you have felt differently about your commitment to squash? Have you ever wondered about the life of a non-athlete?**

Basically what happens to me is that at times I look at my friends and I feel that they are all going out and having fun and that I don't get to do that because I have to go for training and I have to rest and eat as per my schedule. It's so monotonous and it doesn't change. I have a fixed diet and I can't eat this, this, this....

A lot of times I've thought about why I'm doing this, I'm not enjoying life, I'm missing out on so much. But then, something also happens to me when I don't play for more than, say, two days. I feel like I'm missing out on something, that my day is incomplete. But I'm doing this not because I can't live without it, I'm doing this because I like this sport, I love this sport.

### **Who's generally part of your touring party and what sort of influence does it have on you?**

Usually my dad travels with me. He doesn't really give instructions. He wants me to learn and understand on my own. He won't say that I played badly, even if I did, rather he would come to me and ask me to think about what went wrong.

### **Have you ever lost your cool during your match, broken a racquet in frustration?**

I used to when I was younger, but not anymore. As for breaking racquets, it's never happened during a match, but I've done it in training when I was younger.

### **What's your coping mechanism on-court and off-court?**

I talk to myself. I talk to myself a lot. I think that's how I've learnt to keep my emotions in check while on court and also think clearly.

**COURTESY : SPORTSKEEDA**

## BHAVAN'S RUSH HASTIMAL SQUASH CHAMPIONSHIP 2015

At Indian Squash Academy, Chennai  
(28th May 2015)



Winners and Runners up along with tournament officials.

CHENNAI: Current national junior champion and top seeded Kush Kumar had a comfortable time in the Boys U-19 section and capped his good show with a 11-1, 11-7, 11-7 win over second seed Vijayakumar in the final of the Bhavans Rush Hastimal junior squash tournament held here.

All the leading junior players in the state and a sprinkling from other parts of the country took part in this tournament. Several of them were also trainees of the Indian Squash Academy. The tournament was sponsored by Arihant, School Skies, Kun Hyundai and Technifibre.

### Results

**Boys U-11:** Anish Tripathi (TN) bt Paarth Ambani (Mah) 11-6 9-11 11-9 11-6;

**Boys U-13:** Navaneeth Prabhu S (TN) bt Shreemann Raghavan (TN) 11-6 11-3 11-7;

**Boys U-15:** Rahul Baitha (Mah) bt Tejas Chawla (Del) 11-6 11-5 11-4

**Boys U-17:** Adhitya Raghavan (TN) bt Vikas Mehra (TN) 11-8 11-7 11-4.

**Girls U-11:** Pooja Arthi R (TN) bt Gitanjali Vasudevan (TN) 5-11 11-8 11-2 11-6;

**Girls U-13:** Krithica J S (TN) bt Amira Singh (Del) 11-6 12-10 11-6;

**Girls U-15:** Samita Sivakumar (TN) bt Jannia Singh (Chand) 11-3 11-4 11-2;

**Girls U-17:** Sunayna Kuruvilla (TN) bt Ashita Pranaya Bhengra (TN) 11-4 11-8 3-11 13-11.

## SQUASH SUMMER CAMP WITH JOGINDER SINGH

Kunal Jain a squash player (beginner) is trained under Squash Coach Joginder Singh, shares his coaching experience with PROSQUASH.



Participants of the camp along with Joginder Singh (extreme right)

Summer Holidays is the time of camps in which children take part to excel in the sort of field they like. It can be dance, singing, playing instruments, or playing any sport. Like one of these is the Squash camp in which I am very much interested. It is a good experience of playing squash. It is not like other racquet games.

Our coach Mr. Jogi is much worried about our fitness and the way we play our shots. He only wants the result of his training he gives, he is not like most of the other coaches who just ask the students to be in the court and play by themselves.

The students are divided into different batches according to their way of game play. Our coaching starts with a good long run for about an hour or so. It is followed by drill in the court. Different practices are given to different student like- the forehand shots, the backhand shots, the placing of a drop or how to play a drop and much more. The most tiring part of the coaching is when our Sir himself steps in the court to train us and gives us the practice of most of the shots like the drop, or the when the ball is along the sidewall, or the back wall shots or the shots with moderate power, it is most difficult because he makes us run all over the place and doesn't give a break until he wants one.

As the coaching is over we all share funny anecdotes which makes us feel better after the tiring day. It is a great experience and honor to play squash under the guidance of India's best squash coach Jogi. **Kunal Jain (14yrs)**

Squash Player (Powai, Mumbai, India)



## PROSQUASH SPEAKS TO TWO UPCOMING SQUASH PLAYERS AISHWARYA KHUBCHANDANI AND RAHUL BAITHA

*Aishwarya is an extremely talented girl, with a bright future in squash. Nurtured by Vijay Waghela from early years at Khar Gymkhana, she is presently trained by him and Dipesh Borhade, and mentored by A. I. Singh at the Khar Gymkhana Squash Academy. With appropriate support from her parents, she is definitely one of the best prospects for International achievements in the near future.*

### Aishwarya Khubchandani



### Rahul Baitha



*Rahul Baitha is a very hard working player who has been waiting for his share of the limelight. It seems he is finally making a mark having reached the finals of the ISA Open in May 2015.*

#### Prosquash : Tell us about how you took up squash?

**Aishwarya :** I took up squash as a leisure activity and discovered my love for this game over a few sessions. I trained for 1 year with Vijay Waghela Sir and then he suggested that I should join A I Singh sir's academy at Khar gymkhana, Mumbai. I've been training under A I sir since about 2-3 years.

**Rahul :** I am playing squash from past 4 years. I have represented India 2 times and going to represent again at the Asian Juniors in Iran in August 2015. I play in JSW squash academy. JSW provides me everything I need. I study in Jindal Vidya Mandir school in 10th standard. My Father used to play football and used to go swimming and in front of that squash courts are located. He was impressed by the game and so he wanted me to joint squash.

#### Prosquash : How do you train ?

**Aishwarya :** I train 5 days a week from Monday to Friday. It starts with drills followed by fitness and yoga. We also get mental skills training thrice a week. On Saturdays we play friendly matches amongst ourselves and it is more like a fun day.

**Rahul :** I am trained by Mr.Laxman Joshi. I am doing my training 4 hrs per day. After my evening session, I go to my tutions and before going to bed, I revise all the things that had been taught.

#### Prosquash : How do you balance training with studies ?

**Aishwarya :** I am fortunate to be a student of Podar International School where sports and extra curricular activities are given equal importance to studies. My school timings are 7am-12 pm, so it's studies in the morning and sports in the late afternoon. So I get ample time to balance both. I do face problems when there are tournaments during exam time, but I am thankful to my school teachers & especially my school principal Dr. Mrs. Vandana Lulla who is very supportive and has always encouraged me. She goes out of her way to allow me to go for tournaments even during exams.

**Prosquash : Are your family members also interested in sports, or have a background in sports? How do they encourage you to play Squash?**

**Aishwarya :** Strangely, None of my family members have a background in sports. I thank my parents who have always been supportive to my love for squash. They encourage me to play the game as I wish and never pressurise me for winning. They respect my love for squash and support

my decision to participate in national level squash tournaments held at different parts of India. I play my game with freedom and love which, I believe has made me different from others.

**Rahul :** Yes, my family members are also interested in sports. My dad is a football player and he had a good background in sports. He motivates me by his pleasing words. He makes me realise that I can do better continually and be a successful sportsman.

#### Prosquash : What are your latest achievements in squash, as well as other sports and co- curricular activities and your present rankings?

**Aishwarya :** Right now I'm ranked 6 th in the girls under 13 category and 24 th in Asia. My first title was the NSCI Juniors girls U-11 last year, after that I won 3 titles in succession in the month of September in the girls under-11 category of Maharashtra Open, Pune Open & Jaipur Open Junior Squash Championship. Matunga Gymkhana Open was the first tournament I participated when I came in the girls under 13 category and I won it! Recently I stood 5 th in the ISA Open. I have also won the MSSA squash tournament twice. Besides squash, I have won medals in skating, chess, basketball, throwball, gymnastics and athletics.

**Rahul :** I have been selected for Asian Junior Squash Championship 2015 which is going to be played in Iran (Tehran).

#### Prosquash : What are your other interests apart from squash?

**Aishwarya :** I love listening to music, especially during tournaments. It is my stress buster! I also love reading, swimming and playing cricket.

#### Prosquash :What is your ambition ?

**Aishwarya :** My ambition is to be a national champion. I want to represent India and will put in all my efforts to win international tournaments so that I can make my country, my coaches & my parents proud. I believe in Jahangir Khan's quote, "If you have a burning ambition and desire absolutely anything can be achieved."

# INTERVIEW

# LEGENDARY JOSHNA CHINAPPA TALKS ON SQUASH

**You have been extremely successful at the National championships over the last decade and more. Which has been the most memorable win for you?**

My most memorable nationals was when I was 14 and I won the women's title for the first time.

**What was it that made you choose squash as a youngster over other sports?**

I played tennis, squash and badminton equally while I was growing up. But since my dad was a squash player too, I naturally took to squash and continued playing it.

**You won India's first gold at the Commonwealth Games along with Dipika Pallikal. Talk us through that historic win.**

Dipika and I both knew we had a great chance to win a medal. We had a tough semi-final against Australia which we were lucky to get through. For the finals, we were both more confident and knew we could win the gold. We were happy we pulled through.

**You and Dipika have known each other for a long time. How do you approach things when you have to play in singles competition against her?**

We both obviously want to win and that's with anyone I play against. Yes it's always harder playing your roommate and teammate especially. But we are professionals and just want to do our job to the best.

**You won a hard-fought title at the Winnipeg Winter Open last year. You edged out Heba El Torky in a tight finish. What was the feeling like when you finally got the win?**

My first Professional title was in 2008 in Malaysia. When I won in Winnipeg it was my 8th title. Winning in Winnipeg was nice because I was 3 match balls down. So to win from there was a good win.

**Winning the Chennai Open in 2012 in your hometown must have been a special feeling. Tell us a bit more about that win.**

I had always lost at the Chennai Open either in the semis or finals. When I won the Chennai Open, it was after my ACL injury where I was out for 9 months from the tour. So it was very special to me to come back and win it.

**What are your thoughts on Squash not being an Olympic sport yet?**

Squash is now short listed for the 2020 Olympics at Tokyo. So hopefully it will be a very successful bid to get squash in. We deserve to be there.

*Courtesy : SportsKreeda*

Ever since winning the senior National squash championship in 2004, making her the youngest ever women's national champion, Joshna Chinappa has been at the forefront of India's charge in the world of women's squash.

2014 produced some massive highs for Joshna. She teamed up with Dipika Pallikal to claim gold in the doubles at the Commonwealth Games and also attained a career-high ranking of 19.

She also claimed the Winnipeg Winter Open trophy. Back from playing at the HKFC International in Hong Kong recently, Joshna caught up with Sportskeeda for a brief chat.





## MEN'S NEW ZEALAND INTERNATIONAL CLASSIC 2015

At Palmerston North, New Zealand (7 June 2015)

**Harinderpal Sandhu loses in the Quarterfinals**



Nafiizwan Adnan and Declan James in action.

### Results

#### Final:

[1] Nafiizwan Adnan (MAS) bt [7] Declan James (ENG)  
11-8, 6-11, 11-2, 11-7 (52m)

#### Semi-finals:

[1] Nafiizwan Adnan (MAS) bt [8] Paul Coll (NZL)  
6-11, 11-6, 11-8, 9-11, 11-6 (83m)  
[7] Declan James (ENG) bt [2] Campbell Grayson (NZL)  
10-12, 10-12, 11-9, 14-12, 11-8 (109m)

#### Quarter-finals:

[1] Nafiizwan Adnan (MAS) bt [5] Rex Hedrick (AUS)  
7-11, 11-7, 11-8, 11-5 (63m)  
[8] Paul Coll (NZL) bt [4] Martin Knight (NZL)  
15-13, 11-7, 11-6 (54m)  
[7] Declan James (ENG) bt [3] Raphael Kandra (GER)  
11-8, 11-9, 11-8 (40m)  
[2] Campbell Grayson (NZL) bt [6] Harinder Pal Singh Sandhu (IND)  
11-9, 11-8, 8-11, 11-5 (56m)

#### 1st round:

[6] Harinder Pal Singh Sandhu (IND) bt Abdulla Mohd Al Tamimi (QAT)  
9-11, 10-12, 11-5, 11-4, 14-12

## WOMEN'S TEXAS OPEN 2015

At USA: 12 April 2015

**Sobhy brings home Texas Title  
as Joshana loses in 1st round**



Amanda Sobhy became the first home winner of the Texas Open title for eight years, and collected the biggest WSA title of her burgeoning senior career, as she beat long-time junior rival Nour El Tayeb in the finals of Women's Texas Open.

#### Final:

[2] Amanda Sobhy (USA) bt [1] Nour El Tayeb (EGY)  
11-7, 8-11, 11-8, 11-4

#### Semi-finals:

[1] Nour El Tayeb (EGY) bt [4] Rachael Grinham (AUS)  
11-8, 11-6, 11-6 (24m)  
[2] Amanda Sobhy (USA) bt [3] Annie Au (HKG) 11-9,  
9-11, 11-4, 11-7 (40m)

#### Quarter-finals:

[1] Nour El Tayeb (EGY) bt [5] Emma Beddoes (ENG)  
10-12, 11-7, 11-6, 12-10 (57m)  
[4] Rachael Grinham (AUS) bt [6] Jenny Duncalf (ENG)  
11-9, 12-10, 12-10 (32m)  
[3] Annie Au (HKG) bt [7] Nouran Gohar (EGY) 11-8,  
11-4, 5-11, 3-11, 11-7 (56m)  
[2] Amanda Sobhy (USA) bt [Q] Donna Urquhart  
(AUS) 11-9, 11-4, 11-2 (20m)

#### 1st round:

[Q] Donna Urquhart (AUS) bt [8] Joshana Chinappa  
(IND) 11-9, 11-7, 7-11, 11-8 (43m)

## MEN'S MALAYSIAN TOUR NO. 4 2015

Kuala Lumpur, Malaysia: 29 May 2015

### Final:

[7] Elvinn Keo (MAS) bt [3] Sanjay Singh Chal (MAS) 11-5, 11-5, 7-11, 11-3 (39m)

### Semi-finals:

[7] Elvinn Keo (MAS) bt [1] Ivan Yuen (MAS) 11-8, 11-9, 4-11, 11-6 (45m)

[3] Sanjay Singh Chal (MAS) bt Eain Yow Ng (MAS) 11-7, 11-4, 13-11 (31m)

### Quarter-finals:

[1] Ivan Yuen (MAS) bt Mohd Syafiq Kamal (MAS) 9-11, 11-4, 11-9, 11-6 (39m)

[7] Elvinn Keo (MAS) bt [Q] Muhammad Shoaib Hassan (PAK) 11-3, 11-3, 11-9 (23m)

[3] Sanjay Singh Chal (MAS) bt [8] Muhammad Asim Khan (PAK) 11-7, 14-12, 10-12, 11-5 (44m)

Eain Yow Ng (MAS) bt [5] Muhammad Saqib Yousaf (PAK) 11-6, 4-11, 7-11, 12-10, 11-5 (53m)

### 1st round:

[8] Muhammad Asim Khan (PAK) bt Sandeep Jangra (IND) 11-7, 11-9, 7-11, 11-5 (49m)

### 1st qualifying round:

Ryan Pasqual (MAS) bt Ashish Keskar (IND) 11-3, 11-3, 11-8 (30m)

Andrew Lee (MAS) bt Abhinav Sinha (IND) 11-7, 11-4, 11-3 (21m)



## ANNIE AU BIGGEST WIN IN WOMEN'S HKFC INTERNATIONAL AFTER BEATING JOSHNA IN SEMI'S

Hong Kong: 30 May 2015

Hong Kong squash star Annie Au fulfilled her top billing in the Women's HKFC International 25 - and delighted the home crowd at Hong Kong Football Club in Happy Valley when she held off the challenge of Egyptian teenager Habiba Mohamed in today's final of the WSA International 25 event to win the biggest WSA World Tour title of her career.

### Final:

[1] Annie Au (HKG) bt [6] Habiba Mohamed (EGY) 11-7, 8-11, 9-11, 11-4, 11-8 (63m)

### Semi-finals:

[1] Annie Au (HKG) bt [4] Joshana Chinappa (IND) 9-11, 12-10, 11-6, 11-9 (48m)

[6] Habiba Mohamed (EGY) bt [3] Jenny Duncalf (ENG) 11-9, 11-9, 11-3 (32m)

### Quarter-finals:

[1] Annie Au (HKG) bt [5] Joey Chan (HKG) 11-5, 6-11, 11-8, 11-9 (42m)

[4] Joshana Chinappa (IND) bt [7] Delia Arnold (MAS) 11-5, 11-7, 11-8 (37m)

[3] Jenny Duncalf (ENG) bt Milou van der Heijden (NED) 11-8, 11-6, 11-8 (30m)

[6] Habiba Mohamed (EGY) bt [2] Rachael Grinham (AUS) 11-7, 12-10, 11-7 (32m)

### 1st round:

[4] Joshana Chinappa (IND) bt Deon Saffery (WAL) 9-11, 11-8, 11-3, 11-7 (37m)

## MEN'S NORTHERN ONTARIO CHAMPIONSHIP 2015

at Canada  
25 April 2015

**Cuskelly claims  
the title as Harinder  
loses in 1st round**



Ryan Cuskelly claimed the biggest PSA tour title of his career, beating higher seeded L.J. Anjema 3-0 in the final of the Northern Ontario Open

"I seen the draw and I thought if I could get by Alister Walker in the quarters I'd have a good chance to make the final," Cuskelly said. "From there on it's anyone's game to make the final. I took it match by match, and when I beat Alister is when I felt I had a real good chance."

### Final:

[5] Ryan Cuskelly (AUS) bt [3] Laurens Jan Anjema (NED) 12-10, 11-7, 11-8 (78m)

### Semi-finals:

[3] Laurens Jan Anjema (NED) bt [8] Shawn Delierre (CAN) 11-8, 12-10, 11-9 (58m)

[5] Ryan Cuskelly (AUS) bt [4] Cesar Salazar (MEX) 11-2, 9-11, 12-14, 11-9, 11-3 (83m)

### Quarter-finals:

[8] Shawn Delierre (CAN) bt Christopher Gordon (USA) 11-6, 11-7, 11-9 (55m)

[3] Laurens Jan Anjema (NED) bt [7] Campbell Grayson (NZL) 11-9, 11-5, 11-9 (60m)

[4] Cesar Salazar (MEX) bt [6] Diego Elias (PER) 6-11, 11-7, 6-11, 11-9, 12-10 (102m)

[5] Ryan Cuskelly (AUS) bt [2] Alister Walker (BOT) 9-11, 11-4, 11-8, 11-7 (61m)

### 1st round:

[4] Cesar Salazar (MEX) bt Harinder Pal Singh Sandhu (IND) 7-11, 11-7, 11-5, 11-4 (72m)



## MEN'S CHARLOTTE OPEN 2015

At USA:21-26 April 2015



### 3RD seed Eric Galvez who beats Vikram in the quarters is the winner

#### Final:

[3] Eric Galvez (MEX) bt [4] Lewis Walters (ENG) 11-6, 12-14, 11-8, 9-11, 11-8 (97m)

#### Semi-finals:

[3] Eric Galvez (MEX) bt [1] Tom Ford (ENG) 11-8, 3-11, 11-8, 3-11, 11-7 (76m)  
[4] Lewis Walters (ENG) bt Reuben Phillips (ENG) 11-7, 9-11, 11-1, 12-10 (65m)

#### Quarter-finals:

[1] Tom Ford (ENG) bt [8] Amaad Fareed (PAK) 11-6, 11-8, 8-11, 11-6 (65m)  
[3] Eric Galvez (MEX) bt [Q] Vikram Malhotra (IND) 11-6, 8-11, 11-5, 11-4 (45m)  
[4] Lewis Walters (ENG) bt [6] Alex Ingham (ENG) 12-14, 11-5, 11-4, 11-5 (55m)  
Reuben Phillips (ENG) bt Nicolas Caballero (PAR) 13-11, 11-5, 11-3 (35m)

#### 1st round:

[Q] Vikram Malhotra (IND) bt [5] Sunil Seth (GUY) 10-12, 11-9, 11-3, 11-6 (45m)

#### Qualifying finals:

Vikram Malhotra (IND) bt Kale Wilson (TRI) 11-3, 11-4, 11-2 (15m)

#### 1st qualifying round:

Vikram Malhotra (IND) bt Shahid Hussain (PAK) 11-6, 11-5, 11-4 (27m)

## ALLAM BRITISH OPEN 2015

At Hull, England: 17 May 2015

Camille Serme, the seven-time French national champion but with no major title under her belt, played the best squash of her career to date to win the Allam British Open women's crown and scupper home hopes in Hull. Voted the most improved player on tour in 2009, the 26-year-old was now the most inspired and clinical here as she held off Laura Massaro, the England No 1, 11-3, 11-5, 8-11, 11-8 in 51 minutes.

In the men's event Mohamed Elshorbagy captured his first Allam British Open, PSA World Series title in emphatic style after triumphing over World No.3 Gregory Gaultier in a high-octane 3-2 victory. Elshorbagy was appearing in his first ever British Open final and had to come through a stern test against three-time winner Nick Matthew in his semi-final clash which the 24-year old won 3-1.

#### Womens : Final:

[6] Camille Serme (FRA) bt [3] Laura Massaro (ENG) 11-3, 11-5, 8-11, 11-8 (51m)

#### Semi-finals:

[3] Laura Massaro (ENG) bt [1] Nicol David (MAS) 5-11, 9-11, 11-9, 12-10, 11-8 (77m)  
[6] Camille Serme (FRA) bt [Q] Delia Arnold (MAS) 11-3, 11-7, 11-6 (32m)

#### Quarter-finals:

[1] Nicol David (MAS) bt [13] Sarah-Jane Perry (ENG) 11-6, 11-8, 12-10 (46m)  
[3] Laura Massaro (ENG) bt [10] Joelle King (NZL) 11-6, 11-2, 11-7 (33m)  
[6] Camille Serme (FRA) bt [4] Nour El Sherbini (EGY) 6-11, 11-7, 7-11, 11-9, 11-9 (66m)  
[Q] Delia Arnold (MAS) bt [2] Raneem El Welily (EGY) 4-11, 16-14, 10-12, 11-6, 12-10 (69m)

#### 2nd round:

[6] Camille Serme (FRA) bt [9] Dipika Pallikal (IND) 11-5, 11-3, 11-2 (26m)

#### 1st round:

[3] Laura Massaro (ENG) bt Joshana Chinappa (IND) 13-11, 11-13, 11-8, 11-7 (50m)  
[9] Dipika Pallikal (IND) bt Emily Whitlock (ENG) 9-11, 11-8, 11-7, 9-11, 11-4 (57m)

#### Mens : Final:

[1] Mohamed Elshorbagy (EGY) bt [2] Gregory Gaultier (FRA) 11-9, 6-11, 5-11, 11-8, 11-5

#### Semi-finals:

[1] Mohamed Elshorbagy (EGY) bt [3] Nick Matthew (ENG) 11-7, 11-7, 5-11, 11-5 (54m)  
[2] Gregory Gaultier (FRA) bt [4] Miguel Angel Rodriguez (COL) 11-9, 11-3, 11-9 (57m)

#### Quarter-finals:

[1] Mohamed Elshorbagy (EGY) bt [7] Simon Rösner (GER) 11-6, 11-6, 11-5 (36m)  
[3] Nick Matthew (ENG) bt Mathieu Castagnet (FRA) 11-7, 11-7, 11-7 (50m)  
[4] Miguel Angel Rodriguez (COL) bt [5] Tarek Momen (EGY) 11-8, 5-11, 11-5, 11-7 (67m)

[2] Gregory Gaultier (FRA) bt Mazen Hesham (EGY) 11-7, 11-7, 11-9 (45m) 1st round:  
Borja Golan (ESP) bt Saurav Ghosal (IND) 11-9, 11-9, 11-6 (53m)

#### 1st qualifying round:

Greg Lobban (SCO) bt Mahesh Mangaonkar (IND) 11-5, 11-5, 9-3 ret. (30m)



## MULTITALENTED SQUASH PLAYER ANUROOP B.S.



Anuroop B. S. is a Squash player from Hyderabad and has won many local championships. He was born in Kozhikode, Kerala, to Major Balakrishnan T. K., a retired Indian Army Officer and has never taken any formal training for Squash. He has participated in many local Tournaments and has also won many:

Winner: RSI Annual Squash Championship 2013  
Winner: Secunderabad Club Squash Championship 2012  
Singles OpenWon Secunderabad Club Squash Championship 2012  
Won Secunderabad Club Squash Championship 2013  
Won Secunderabad Club squash doubles championship 2013

Apart from squash he also has interest in Fashion shows and Air Pistol Shooting. He recently cleared WSF coaching program in Chennai and now his main aim is setting up Hyderabad Squash Academy, produce future national champions, train maximum players and contribute in the induction of squash into 2020 olympics.

### PSA RANKINGS JULY 2015

RANK	PLAYER	COUNTRY
1	Mohamed Elshorbagy	EGY
2	Nick Matthew	ENG
3	Gregory Gaultier	FRA
4	Miguel Angel Rodriguez	COL
5	Ramy Ashour	EGY
21	Saurav Ghosal	IND
49	Mahesh Mangaonkar	IND
58	Harinder Pal Singh Sandhu	IND
152	Ramit Tandon	IND
159	Kush Kumar	IND
169	Ravi Dixit	IND
228	Sandeep Jangra	IND
275	Velavan Senthilkumar	IND
293	Abhinav Sinha	IND
293	Ashish Keskar	IND
311	Ranjiv Singh	IND
311	Vijay Kumar	IND
331	Sandeep Ramachandran	IND
351	Supreet Singh	IND
377	Vikram Malhotra	IND
428	Guhan Senthilkumar	IND
428	Naveen Jangra	IND

### WISPA RANKING JULY 2015

RANK	PLAYER	COUNTRY
1	Nicol David	MAS
2	Raneem El Welily	EGY
3	Camille Serme	FRA
4	Laura Massaro	ENG
5	Nour El Tayeb	EGY
18	Dipika Pallikal	IND
28	Joshana Chinappa	IND
96	Sachika Ingale	IND
176	Janet Vidhi	IND
176	Nikita Joshi	IND
183	Harshit Kaur Jawanda	IND
206	Ashita Pranaya Bhengra	IND
231	Anaka Alankamony	IND
231	Anandita Gupta	IND

### ARCHIVE



**S R A M**  
NEWS



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### SRFI Secretariat moves to Madras

With the resignations of Shiv Hazari, Secretary General of the Squash Rackets Federation of India, the SRFI Secretariat has moved to Madras.

Mr. N. Ramachandran, President of the Tamil Nadu Squash Association and Vice President (Southern Region) SRFI will now hold the post of the Secretary General until the next AGM. Thereafter, it is likely that the Secretariat will remain in Madras for a period of three years in accordance with the policy to rotate the Secretariat between regions. It is likely that the Secretariat will move to Bombay sometime in 1998.

Mr. N. Ramchandran is very well connected in Indian sports and squash in India is certain to benefit from his involvement with the game.

Editorial Board: Mahendra Agarwal, Bruno Goveas, Noreena Pereira, Vidya Rao, A.I.Singh

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