



Vol. 1 • "4th issue. • October-December, 2012

BADMINTON INDIA

The Official Magazine of BADMINTON ASSOCIATION OF INDIA

Report
Junior Nationals
At Imphal

Report
Sub-Junior Nationals
Patna

Report
"KL Garg-Syed Modi memorial"
Lucknow

CHAMPION'S ALL

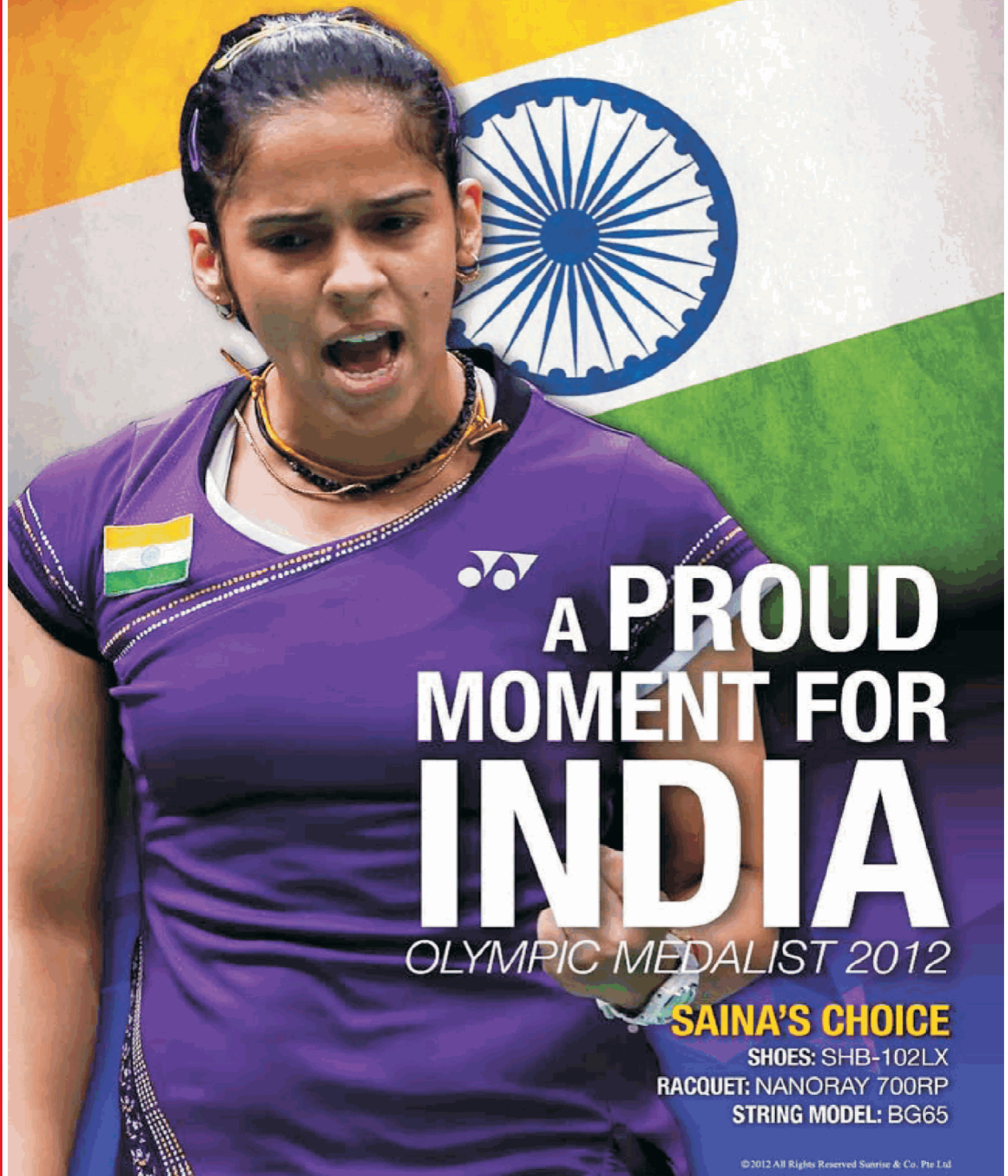
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From The Editor Desk

However far one stretches one's memory, it is impossible to find a year when Indian Badminton did better than what it has achieved in the year 2012. Perhaps only 1980 comes closest as Prakash Padukone led that blitzkrieg which saw him winning the Danish, Swedish opens, the All England Open championships and also the inaugural World cup.

2012 went one better as Saina Nehwal scripted huge successes by winning Thailand open, Indonesian superseries, Swiss Open, Danish Superseries and the fabled bronze at the London Olympics. Seventeen year old PV Sindhu chipped in with what can be considered as one of the best ever victories in annals of Indian sports when she edged out reigning Olympic champion Li Xerui of China in the China Open, reached the finals of the KL Garg-Syed Modi memorial in December and overall played extremely well on the international circuit.

Kashyap reached world no. 14 slot after creating history of sorts by winning the Lucknow event and Thulsi and Guru SaiDutt also did us proud by annexing their singles titles at the Tata Open India international challenge. Truly Indian Badminton never had it better, and sincere thanks should go to BAI for inducting correct policies.

This issue reflects in our photo gallery called "PHOTO FINISH", the best of our players. We have reports on the most major events in the quarter. These include the Sub-Junior and Junior Nationals. In fact our young stars make it also to the cover.

The KL Garg-Syed Modi memorial and the Tata Open are also covered and so is the Gautam Thakker memorial from Mumbai.

In blast from the past we feature the legendary former national champion Meena Shah, while Dr Dilip Nadkarni writes on Ligament injuries. There is something for everyone to enjoy in this lovely colourful issue.

We look forward to the new year which I am sure will take Indian Badminton to new heights. Our players, ably backed by our coaches will ensure that we continue to break new records.

And yes, it will be nice indeed if we get some feedback from you, the reader, on how you have liked this issue.

Have a Great new Year.

Sanjay Sharma

Chief Editor of **BADMINTON INDIA**

BADMINTON INDIA

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Dr Akhilesh Das Gupta

BAI President

My Dear Friends,

What a fantastic year this has been for Indian Badminton. Our performances have been incredible. Our players have ensured that our heads are held high, such have been the superlative way they have performed all over the world. The entire country lauds their valiant efforts.

If the Olympic medal of Saina Nehwal was something to be cherished, her famous back to back titles in Indonesia and Thailand are truly memorable as are her wins at the Danish open and other events. Jwala Gutta and Ashwini Ponappa played well throughout, Parupalli Kashyap and other mens singles players like Guru Saidutt brought Indian Badminton on the world map with scintillating performances round the year, culminating in the great effort which saw Kashyap demolish the assembled field

From The **President's Desk**

to snatch the title at the Shaheed K.L.Garg-Syed Modi memorial championships in Lucknow at year end.

Our junior players too played very well abroad and here I must specially mention that precocious teenager P.V.Sindhu who not only reached the finals at the Lucknow event but also in my opinion brought out one of the best ever victories in annals of Indian sports when she defeated the reigning Olympic champion from China Li Xueri, at the China open last October. Just imagine what a huge potential this seventeen year old girl has, what a great future awaits her and how many laurels Indian Badminton and the country as a whole can look forward to from her.

There is no doubt that in Saina and Sindhu and other young girls coming up under the watchful eye of Chief Coach Gopi Chand, we have the making of a fantastic team as far as the distaff side is concerned.

We have dreamt of being a force in world badminton for long, long time, and it does look very likely that with such great young shuttlers and our support staffs immense contribution, that dream is about to become a reality. We at the BAI will leave no stone unturned to work toward that goal. We will not let the legacy of Saina and others go waste.

In the new year we have so many things to look forward to. Indian badminton is going places, let there be no doubt about it. The soon to be launched Indian Badminton League (IBL) will bring huge media attention and a new dimension to the sport globally. The Sudirman cup type format championships with six franchises in first year will have a record prize money of a Million US Dollars and is likely to attract the biggest names in the world who will line up to play on our shores.

This will give great impetus to domestic badminton as well. Many of our top juniors will be able to rub shoulders with legends and I am sure some greatness will be imbibed by our talented youngsters.

But more importantly, as President of BAI, while I acknowledge all the great things happening around us, I also must confess that looking at our weaker points, I know our standards in paired events leave a lot to desire. If Indian badminton has to be feared abroad, standards in all events must rise comprehensively.

Blast From The Past

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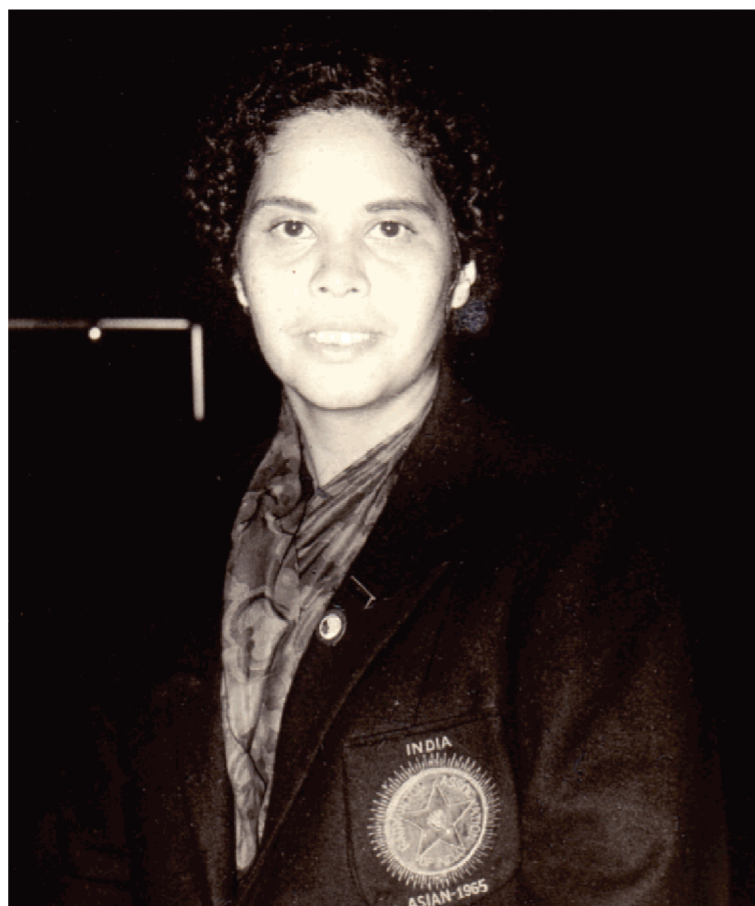
SHUTTLING EXCELLENCE

In the history of women's badminton in India, there have been three outstanding players who have each had the distinction of bagging the national singles title seven times in a row.

The first of these was Meena Shah, who made the crown her own between 1959 and '65; the second was Madhumita Goswami-Bisht, who won the title in an unbroken reel of seven from 1984 to '90; and the third was Aparna Popat, who made it nine in a row between 1997 and 2005.

Stroke artist Ami Ghia-Shah has also been anointed national singles queen on seven occasions, but these were not in consecutive years; she won from 1973 to '76, and then again in 1979, '80 and '83.

There is one thing that Aparna, Madhumita and Ami had in common – they have all been slim and trim during their reign at the top. Meena Shah, on the other hand, was thick-set and heavily built – in her prime, many likened her to her fellow-Lucknow player, Suresh Goel, especially during his latter days when he had put on weight.



{Meena Shah} The first of these was Meena Shah, who made the crown her own between 1959 and '65

But like Goel, the excess avoirdupois never bothered Meena, nor did it hamper her movements around the court. She reached the shuttle with time to spare, and then executed strokes that had her opponent dancing to her tune. And her fitness was above reproach; she always had something left for the final dash to the tape.

Badminton wizard Nandu Natekar relates an interesting anecdote about how Meena's size could startle the average badminton spectator, and leave him wondering how such a ponderous-looking woman could play the game with any felicity.

"The Indian Thomas Cup team made a stopover in Thailand on its way back from New Zealand in 1963," says Natekar. "There, we were joined by the Meena Shah-led Indian Uber Cup squad that had gone to Malaysia for matches, and also stopped over in Bangkok on its way back to India, in order to play in a tournament.

"Meena and I paired up in the mixed doubles, and made it to the final, where we were to play the top Thai pair of Charoen Wattanasin and his partner. The King of Thailand, Bhumibol Adulyadej, who was a keen badminton-lover, had graciously consented to witness the finals and give away the prizes.

"When His Majesty walked into the badminton hall as we were getting ready for the mixed doubles final, and saw Meena, he literally stopped in his tracks and his eyes widened. He seemed amazed that such a portly lady could play badminton at that level. He was even more amazed when he saw her swift, fluid movements on court during the match, and when we won the title!"

Meena took home, in all, a dozen national titles in a glittering career that began with a women's doubles crown in the company of Jasbir Kaur as a 19 year old in 1956, and ended with the singles and women's doubles crown in the 1965 Nationals. A serious knee injury cut her career short thereafter.

Daughter of an unusual combination of a Kashmiri Muslim father (an extremely

Blast From The Past



◀ Meena Shah - after Uber Cup in HK, visit to Japan 1962



▶ Jasbeer Kaur, Manda Kelkar, Meena Shah, Prem Parasher, Madge Pinto



▶ Deoras, Dipu, Romern, Suresh, Ranjit with Meena Shah

devout practising Muslim) and a Maharashtrian Brahmin mother, Meena managed to imbibe the best of both, and became an amalgam of all religions after receiving her education in Christian institutions.

For the first ten years of her life, Meena was a small-town girl who had absolutely no contact with badminton. Born on January 31, 1937, at Balrampur, in district Gonda, about 100 miles east of Lucknow, she retains few sporting recollections of the first decade of her life. It was after her father was transferred to Lucknow in 1947, and she joined school in the city, that her march to the pinnacle of badminton started.

"In those days, people were quite backward in Lucknow; and there were few opportunities for girls, as far as sports were concerned," says Meena. "Badminton was the only sport where they had a club in which the sexes mixed and played together. Both my parents were extremely fond of sports; and banging a shuttle about at home became a regular pastime."

Meena joined Isabella Thoburn College, an institution launched by an American missionary; and went on to complete her graduation with History, English and Psychology as her electives. For her post-graduation, she studied Psychology at Lucknow University.

"Professionally, that Master's degree in Psychology was never useful, but it did help me on the court to work out my opponent's weaknesses," Meena smiles.

Her first competition was as a 15 year old at a tournament to which her college sent a team. When badminton-lovers saw her play, they told her that she had the potential; and that she could improve my game if I joined

the local club. Which is what she did.

After playing for Uttar Pradesh for five years, she joined the Railways in 1959 at a time when she was completing her M.A.

"I owe quite a lot to T N Seth, who was the coach appointed by the Uttar Pradesh Council of Sports," says Meena. "He was a Thomas Cupper at the time he was coaching, and he played all the way till 1963. I was one of his trainees. The intensive stroke practice I did with him helped my game and my fitness, too."

It was in the 1959-60 Nationals at Jamshedpur – in which the great Dane, seven-time All-England singles winner Erland Kops, took part and won a triple crown – that Meena won her first singles title at the age of 22. In the final, she beat the gangling Prem Parashar, a two-times former national singles winner, in three tough games at 11-8, 10-12, 11-8.

Once Meena got hold of the crown, she simply refused to relinquish it. Having bagged it again in 1960, she was part of an Indian squad at the All-England championships, and was the only Indian lady player to make the third round, as Mumtaz Lotwalla, Sushila Kapadia and Prem Parashar all failed to cross the first hurdle.

Meena remained top of the heap until 1965, after which a serious knee injury hampered her mobility on court. Among her victims in the finals were Prem Prashar (twice), Farida Beg and Sarojini Apte (later Mrs Gogte).

She was also a fine doubles player, bagging three women's doubles titles – with Jasbir Kaur in 1956, Sunila Apte in 1964 and Sarojini Apte in 1965; and two mixed doubles crowns – with Amrit Lal

Blast From The Past



Diwan in 1958 and Chandrakant Deoras in 1964.

Meena was considered a "heavy" player. How did she manage to move swiftly enough? "I really don't know; perhaps it was God-given," she shrugs. "I didn't do anything special – just the usual training that people did at my time.

"Of course, I played a lot of games in practice. If others played five or six games, I would stretch myself, and play seven or eight. My fitness was more dependent upon actual playing rather than an off-court fitness regimen."

In February 1966, Meena played in the Uber Cup against Thailand in Hyderabad. Sadly, her knee problem resurfaced during the first singles against Bhupa.

"I had beaten her comfortably at 11-2 in the opening game, and held an 8-1 lead in the second when the knee went for a toss," says Meena. "Thereafter, the knee became a serious trouble spot.

"I did try playing in 1967, but against twisted it, and had to retire half-way through the season. I did not play singles in 1968, but restricted myself to doubles for most of the season – but it was not to my satisfaction."

► The first of these was Meena Shah, who made the crown her own between 1959 and '65; the second was Madhumita Goswami-Bisht, who won the title in an unbroken reel of seven from 1984 to '90; and the third was Aparna Popat, who made it nine in a row between 1997 and 2005.

Doughty fighter that she was, Meena thought she would give it one final try at the 1968 Nationals. Until the semi-final stage, the knee withstood the pounding it was getting, but then got twisted again.

"Even after taking a couple of pain-killing injections before the final against Damayanti (Subedar-Tambe), I found the knee had been so badly aggravated that I could barely stand," she recalls. "I just stood on the court, and let the match get over. And I finally gave up the game, and did not play thereafter."

For her badminton achievements, Meena was felicitated with the Lakshman Puraskar, a sports award given by the Uttar Pradesh state government, and equivalent to the Shiv Chhatrapati Award given in Maharashtra to outstanding sportspeople. It was a fitting tribute that the coveted Arjuna Award followed in 1963.

Meena has no regrets in her badminton career. "Whatever ups and downs one has in one's playing career have to be taken in stride," she says. "It is never smooth sailing right through.

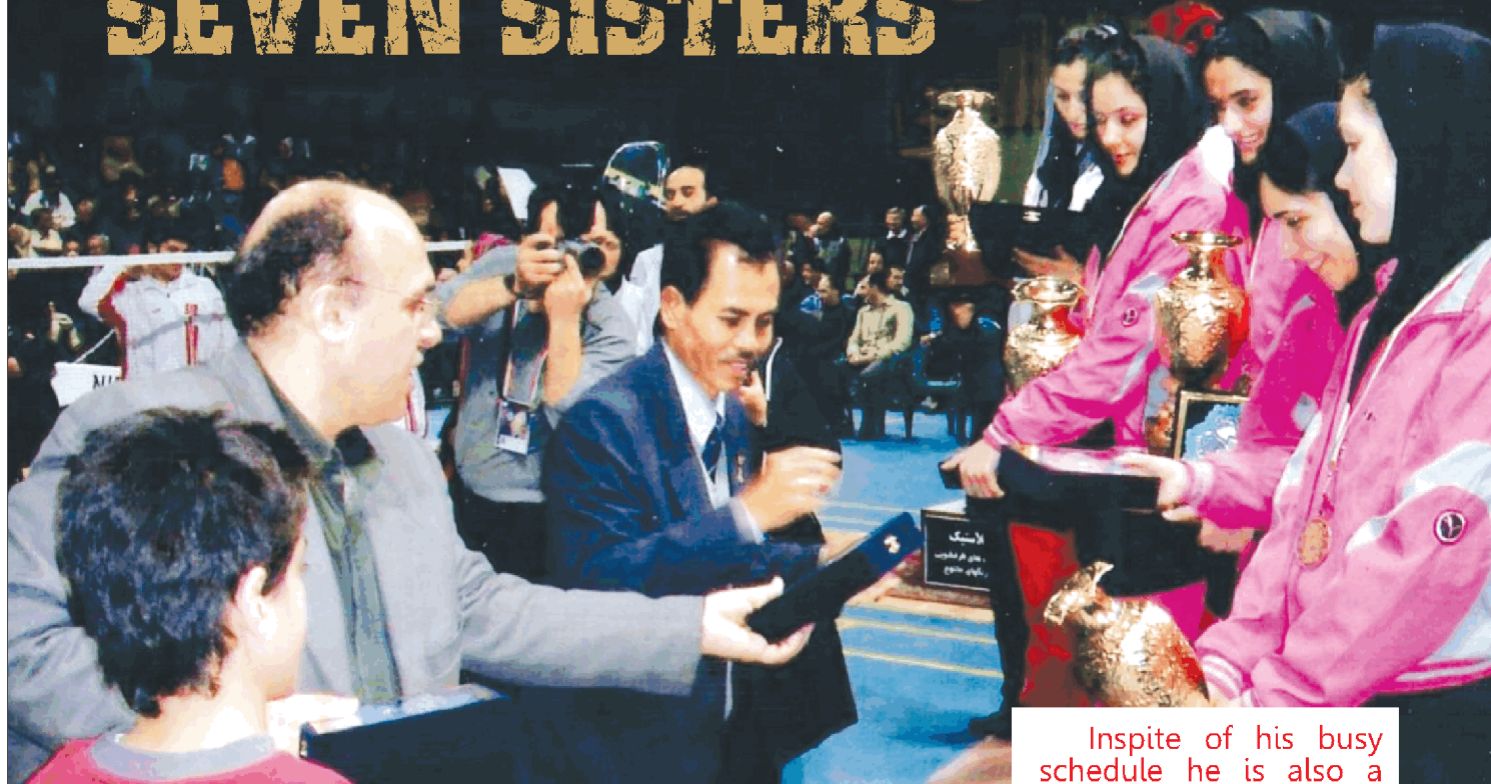
"Yes, there was a time when Maharashtra dominated badminton, and most of the Indian team members were from Maharashtra. They did not want any outsiders to be part of the Indian team. There I faced a really tough challenge.

"In a way, it did me a lot of good. I saw that they did not want me in the team in their heart of hearts; and it made me all the more determined to gain their acceptance. And I did manage to win their respect and affection after I became the national champion and forced my way into the Indian Uber Cup side."

► **Shrish Nadkarni**

HODAM GYANESWOR SINGH

PRIDE OF THE SEVEN SISTERS



► Iran Fajr International Series 2006, Tehran H. Gyaneswor Singh Distributing the prizes.

Shri H Gyaneswor singh started his journey with Badminton in the year 1969 by winning the Junior boys singles in the All Assam State championship during the erstwhile undivided Assam, it has been no looking back since then for Shri H Gyaneswor Singh , he had represented the State of Assam and the Guwahati University in number of National , Zonal and inter University tournaments . Shri H Gyaneswor also had the privilege of representing the Manipur State Team in its first ever national after attaining statehood at Panjim (Goa). As a player he was the the State champion in Mens Singles , Doubles and Mixed Doubles on several occasion and also captained the State and the Guwahati University team a number of times.

His tryst with badminton is spanning well over four decades, it has been no looking back for Shri Singh since he qualified as a National umpire in the year 1979 at Udaipur (Rajasthan) , he went on to become a grade-I national Umpire in the year 1989 at Jalandhar (Punjab), in between this years Shri H. Gyaneswor Singh officiated in a number of National and international tournaments including the 1982 IX Asian Games held at new Delhi , Asian Badminton championship 1983 at Calcutta, World badminton Championship for the Thomas and Uber Cup at new Delhi 1984 to name a few. In the year 1995 he was declared as an international umpire at Beijing China and in 2004 he went

Inspite of his busy schedule he is also a name to reckon with in the Socio circles In Manipur , Shri H. Gyaneswor Singh is actively involved with umpteen number of Socio, Literary and Sports Organisation and is contentiously and diligently involved in achieving their social organisational Goals for a better tomorrow.



► Former World Champion Han Jian (China) with H.Gyaneswor Singh (Umpire) IX Asian Games, New Delhi, 1982

on to become a International referee at Hwacheong China, interestingly he was the first in both categories to be so in the entire Eastern India.

Having established himself as an International Technical official Shri H Gyneswor Singh officiated in a number of international tournaments of repute both as an Umpire & Referee both within the country and abroad with undeniable expertise making his mark in the International scenario, he had been a resource person in a number of Clinics for Umpires & Referees also. Further he was nominated as the team manager of the Indian contingent for the Prince Asian Jr. Badminton championship at Hongkong -1996 and Malaysian open badminton Championship 2000.

Perhaps the most glorifying moments of his entire chequered association with Badminton was his nomination as the Chief –De-Mission of India for the Commonwealth Youth Games 2011 held at Isle of Man (United Kingdom). Indian contingent under his leadership performed creditably both on and of the field of play and Shri H. Gyneswor Singh earned lots of accolades from different quarters on his return to India.

Besides being with the Income Tax Department Shri H. Gyneswor Singh holds the post of Sr. Vice President of Manipur Badminton association and is one of the Honorary Joint secretaries of Badminton Association Of India. He has been a force to reckon with in the development and in giving a fillip to the Standard of the Game in the North Eastern States and had tirelessly worked to have the Open Championships during the North East zone Inter State meet recognised by the Apex body BAI, during the tenure of late Shri Fazil Ahmed, interestingly North East zone is the only Zone in the Country where the Open championships are held every year during the Inter State Zonals. Most of the technical officials of the North East Zone see him as a role model and draw inspiration from him in their endeavour to become a competent technical official

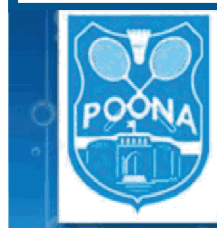
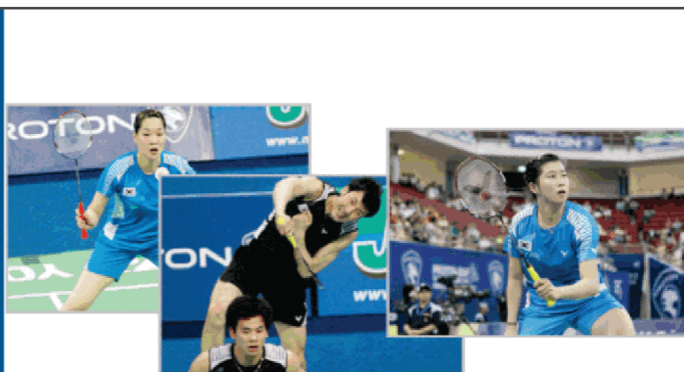
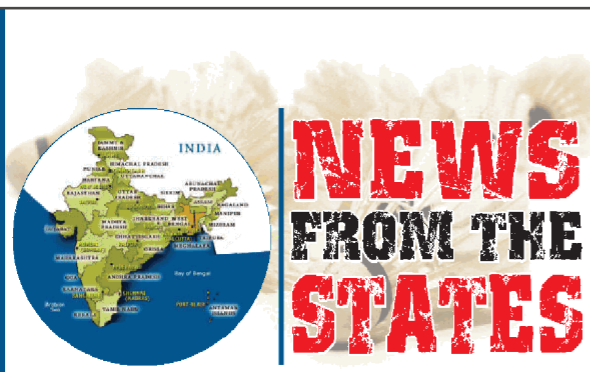


► **Commonwealth Youth Games'11, Isle of Man,U.K. H.Gyneswor Singh, Chief De Mission,India distributing prizes.**

and go higher up the echelons. During the last edition of the Zonals held at Sikkim where Shri H. Gyneswor Singh was present as an observer of Badminton Association of India , when asked about his vision for the Game in the North Eastern States better known as the Seven Sisters, he confided that his vision is to gift the Nation – Olympians in the discipline of Badminton from the North Eastern States, which in fact has the privilege of producing the first Badminton Olympian to represent the Country in the form of Dipankar Bhattacharjee but thereafter the void is yet to be filled.

Inspite of his busy schedule he is also a name to reckon with in the Socioal circles In Manipur , Shri H. Gyneswor Singh is actively involved with umpteen number of Socio, Literary and Sports Organisation and is contentiously and diligently involved in achieving their social organisational Goals for a better tomorrow.

► **Biswajit Ghosh**



Poona District Metropolitan Badminton Association



It was nothing short of a stampede at the Poona District and Metropolitan Badminton Association's WIE complex as children from the age of six to 80 year old grandparents pushed and shoved each other inside and outside the complex to get a glimpse of India's shuttle queen Saina Nehwal.

Nehwal was in Pune to receive a token of appreciation by a city-based construction giant for becoming the first Indian shuttler to win a medal in the Olympic Games and even the London Olympics bronze medallist was shocked to see the reception she got in the city and had to be taken out by the back door to avoid commotion.

It's not just Saina who gets so much adulation from the people of Pune. State-level tournaments like the Maharashtra Badminton League and even state

ranking tournaments witness full houses during the business end of these competitions.

The relationship between badminton and Poona has been unique since the history of the game mentions this city as the place where the sport was invented and played for the first time way back in 1870. In fact, the first rules of the game were made in Pune and hence the game was also called "Poona Game" in the past.

But it was the formation of Maharashtra Badminton Association in 1946 under the leadership of Late N G Suru, Late M V Mehendale, Late Makrand Bhawe and Late Dajisaheb Natu that actually kick-started the revolution of badminton in the city. It was re-christened the Poona District and Metropolitan Badminton Association in 1969 as per the central government's guidelines of one state, one association.

But despite the change in nomenclature, the association has been a front runner in all activities of the state and is probably the only district association in the country which boasts of its own badminton hall with eight wooden courts.

On the badminton front, Pune shuttlers especially women shuttlers have always been coming up with exceptional performances at the national and international level with the Deodhar sisters bringing home the national titles in 1946, 1947, 1951 and 1954. That trend has continued even today with the four of the last five senior women's singles national titles being bagged by Pune girls.

"It is true that Pune has produced more women's champions than men. I think the main reason behind this that most children who take up badminton in the city come from a good economic background and are also very sound in academics. With badminton not being looked as career option, most of them shift to academics," said Sadhashiv Natu, who was the secretary of association till very recently.

There have been exceptions like Nikhil Kanetkar, who



represente
n t e d
India at
the 2004

Athens Olympics, while Nishad Dravid was the junior national champion before he shifted his focus to academics. Sub junior champion Sushant Chipalkatti's march towards international glory was cut short when he was killed in a train accident in Mumbai.

Most of these players – including multiple national champion Manjusha Pawangadkar (now Kanwar) and even the recent national and international stars – have been products of the Prakash Padukone academy feeder centre at the WIE complex. In fact, the feeder centre has been one of the most productive centre in terms of talent identification and coaching for the academy for over a decade.

LOOKING FORWARD

But the PDMBA governing council is not happy sitting on the past laurels and wants to bring back the glory days of badminton. In the past, the city has hosted many major invitational events in which some of the world's best players have showcased their skills in front of a packed house.

Though the tournament structure has changed since then and there is very little scope to organise invitational events now, the district body through its affiliate unit Haveli Taluka Badminton Association launched the Maharashtra Badminton League (MBL) to help promote the sport across the state two years ago.

The league is based on the franchise model that involved the corporate sector into the sport and its success and has played an important role in giving the Badminton Association of India the confidence to launch its very own Indian Badminton League.

Pune also hosted the World Junior championship in 2008 and is now bidding to host the World Senior championship in 2015.

Currently there are over 500 players training under the PDMBA coaching scheme and many more all across the city.

MANY NEW INITIATIVES

However, the administrators are not just satisfied with holding major events or producing players but



want to create a holistic environment for the sport to grow and know that preparing a quality coaching program and the availability of quality court official is the need of the hour.

"We are already launching the coaches certification program prepared by our team of experts," says Secretary Uday Sane, who is an BWF accredited umpire.

PDMBA, which probably boasts of the highest number of qualified umpires in the country, will soon be launching a court officials coaching program for those aspiring to become umpires or referees for people across the state.

The district body is also launching an orientation program for school children between the age of 6-10 to broad base their talent identification program and also create a broader fan base for the sport across the district.

Surely a few initiatives that even the Maharashtra State Association and the BAI could implement in the future.

► Abhijeet Kulkarni



2ND GAUTAM THAKKAR MEMORIAL **ALL INDIA JUNIOR INVITATIONAL PRIZE**

MONEY BADMINTON TOURNAMENT 2012
BOMBAY GYMKHANA – 22ND TO 25TH NOVEMBER 2012

► **G.VRUSHALI WINS DOUBLE CROWN** **KAUSHAL DHARMAMER AND ROHIT C YADAV** **CLAIM BOYS SINGLES TITLES**

The 2nd Edition of the Gautam Thakkar Memorial All India Junior Invitational Badminton Tournament which was organized by Gautam Thakkar Memorial Badminton Association and hosted by Bombay Gymkhana under the auspices of Maharashtra Badminton Association and Greater Mumbai Badminton Association commenced on 22nd November 2012 and concluded on 25th November 2012 at Bombay Gymkhana, Mumbai.

This is the 2nd year that the tournament is held in memory of Late Shri Gautam Thakkar who had been the 1st Asian Junior Champion winning the title at Lucknow in the year 1965. He also won the Maharashtra State Singles Title a record 6 times in a row and was awarded with the highest state sports honor " the Shiv Chhatrapati Award " from Government of Maharashtra during the year 1969-70. Badminton had been a part of his life and he used to play regularly and enjoyed the sport.

As rightly pointed out during the Press Conference of the event by Bombay Gymkhana's immediate past President Mr. Ashok Rao that " Gautam Thakkar remained loyal to the sport, never missing his daily date with badminton on the courts of the Bombay Gymkhana. He would never miss his sessions at 3.00 pm in the afternoons, in the summer heat or winter. I along with former Indian cricket captain Sunil Gavaskar were his

partners," said Rao.

The tournament was conducted on the League-cum-knockout basis as follows:

Singles:

The top 11 Singles players + 1 wild card entry in each category according to National Ranking in U17 & U19 age groups as on 1st October 2012 were eligible to participate in the tournament.

In the Singles event, there were four groups of three players each and the top two players in each group qualified for the knock out stage - from quarter final stage onwards.



Doubles:

The top 6 pairs in each category in the National Rankings in U 17 & U19 age group as on 1st October 2012

were eligible to participate in the tournament.

There were two groups of three pairs each and the two pairs in each group qualified for the knock out semi final stage.

The total prize Money for the event was Rs.10 Lacs, wherein the U-19 Yrs Singles winners received Rs.75000/- while the U-17 Yrs Singles winners received Rs.50000/- each. The U-19 Yrs Doubles winners received Rs.70000/- per pair while the U-17 Yrs Doubles winners pair took home Rs.50000/-.

Top junior players including Harsheel Dani – currently the U-19 Yrs Singles Champion, along with Aditya Joshi, Rohit C.Yadav, Shreyansh Jaiswal, Kaushal Dharmamer, were the top contenders in the Boys Section, while the Girls events comprised of 2nd Ranked Riya Pillai and 3rd Ranked G.Vrushali of AP, Sara Naqvi of UP etc.

G.Vrushali of Andhra Pradesh defeated her higher ranked opponents to win a double crown, winning



both the girl's under-17 and under-19 yrs singles crowns. Vrushali, who trains at the Gopi Chand Badminton Academy in Hyderabad, lost the 1st game against J.K.Malvika of Kerala who was the 3rd seed, however she recovered in the second game to level the scores, and ultimately winning the third game to emerge victorious at 11-21, 21-15, 21-19.

In the finals of the U-19 Yrs Girls Singles event, G.Vrushali won in straight sets against top seeded Riya Pillai of Maharashtra in 25 minutes by a 21-7, 21-13 margin.

The Boys U-17 Yrs Singles Title was won by Kaushal

Dharmamer of Maharashtra who was seeded 3rd in this event against 4th seeded Laa Talar of Air India. Kaushal lost the 1st game at 10-21, however he recovered in the 2nd game winning the same at 21-8, and finally wrapping up the 3rd set at 21-15 to win the Boys U-17 Yrs Singles title.

Rohit C Yadav of Airport Authority of India won the U-19 Yrs Boys Singles Title defeating Arshalan Naqvi of UP in straight sets emerging victorious by a 21-16, 21-16 margin in 45 minutes.

FINAL RESULTS

- BSU17 - Kaushal Dharmamer(Mah) - Bt. - Laa Talar (AI) - 10-21, 21-8, 21-15
- BDU17 - M.R.Arjun (Ker), Chirag Shetty (Mah) - Bt. - Sanyam Shukla (CG), V Gangadhar Rao (AP) - 21-16, 21-19
- GSU17 - G Vrushali (AP) - Bt. - J K Malvika (Ker) - 11-21, 21-15, 21-19
- BSU19 - Rohit C Yadav (AAI) - Bt. - Arshalan Naqvi (UP) - 21-16, 21-16
- BDU19 - G Gopi Raju (AP), T Hemanagendra Babu(AP)-Bt.- S Pranav (Ker), B Venkatesh- 21-16, 21-14
- GSU19 - G Vrushali (AP) - Bt. - Riya Pillai (Mah) - 21-7, 21-13
- GDU19 - D Sudha Kalyani, Anoushka Parekh(Guj) - K P Sruthi, Farha Mather - Round Robin

► **Rajeev Ganpule**



Tournament Trouble

A diet overview

for players in preparation for a tournament

Badminton is high intensity sport. It puts a heavy demand on a player's physical capacity. When it comes to a tournament, the fuel source and hydration state of the player directly determines the player's performance level. Here lies the importance of players consuming a balanced diet.

1. Principles of a healthy diet

The most important aspect of this principle is "moderation, balance and variety."

- Always eat a variety of foods
- food should be palatable
- it should be clean, natural and fresh
- food should not contain too much fat and salt
- do not consume too much sweets / sugar
- diet should contain adequate amounts of water / fluids
- stay away from alcohol

2. Hydration state of the player

Water comprises about 50-70% of a player's body weight. It is essential to most body functions. It helps to regulate body temperature, run the energy production processes and build muscles. It carries nutrients to body parts while taking waste products away.

3. Dehydration

During a match a player's body temperature increases. The body maintains its core temperature at 37 degrees centigrade by sweating. As a result body fluids and electrolytes (minerals such as sodium and potassium) are lost. If unchecked it will lead to dehydration and eventually circulatory collapse and heat stroke. The effect of fluid loss on the body is as follows: Body weight lost as sweat Physiological effect

2% Impaired vision

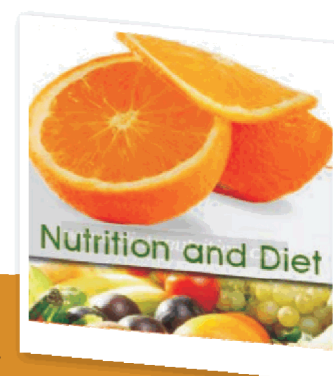
4% Capacity for muscular work declines

5% Heat exhaustion

7% Hallucinations

10% Circulatory

A player with two percent dehydration will find that his vision will be impaired. His reaction will be slower. 3-5% dehydration will surely affect a player's ability to concentrate, loose coordination of movements, cramps, nausea, early fatigue and exhaustion. Depending on the intensity of a match, environmental temperature and humidity a player may lose approximately 1.5 – 2.5 litres of water per hour. Dehydration causes the body loses ability to cool itself. It lowers blood volume which cause reduced blood flow to the heart affecting performance. It also Causes lost of electrolytes which affect the muscle's ability to contract. A player should take 400-600 ml before competition and 150-250 ml every 15-20 minutes during competition. The fluids must be cooler than ambient with a carbohydrate concentration of 6-8% and sodium concentration of 20 mEq/L. The fluids should be flavoured to enhance palatability. Intake of glucose containing fluid during exercise to fatigue prolongs this time by 30%. In competition badminton players rehydrate themselves immediately after the last match. This will enhance early recovery and overcome



physical and mental fatigue. Alcohol and caffeine containing drinks should not be encouraged before a match as they have a diuretic effect and result in hypo hydration.

5. Sports Drinks

There are three types of sports drinks all of which contain various levels of fluid, electrolytes and carbohydrate.

Isotonic - quickly replaces fluids lost by sweating and supplies a boost of carbohydrate. This drink is the choice for most athletes - middle and long distance running or team sports. Glucose is the body's preferred source of energy therefore it may be appropriate to consume Isotonic drinks where the carbohydrate source is glucose in a concentration of 6% to 8%

Hypotonic - quickly replaces fluids lost by sweating. Suitable for athletes who need fluid without the boost of carbohydrate - jockeys and gymnasts.

Hypertonic - used to supplement daily carbohydrate intake normally after exercise to top up muscle glycogen stores. In ultra distance events high levels of energy are required and hypertonic drinks can be taken during exercise to meet the energy requirements. If used during exercise Hypertonic drinks need to be used in conjunction with isotonic drinks to replace fluids.

It is important to drink fluid which can be emptied from the stomach quickly and can be absorbed through the walls of the small intestine easily. The higher the carbohydrate levels in a drink the slower the rate of stomach emptying. Isotonic drinks with a carbohydrate level of between 6 and 8% are emptied from the stomach at a rate similar to water. Drinks containing electrolytes, especially sodium and potassium will reduce urine output, enable the fluid to empty quickly from the stomach, promote absorption from the intestine and encourage fluid retention.

6. What should you eat in the week before a competition?

- Consume a lot of carbohydrate to fill up your glycogen stores so that you begin your competition with a full fuel supply. This is especially important if you are competing in an endurance sport or competing in a number of heats over a short period.
- To increase your glycogen stores, taper training during the final week before a competition and to increase carbohydrate intake.
- Eat plenty of complex carbohydrate foods.
- For the last three to four days try to eat a small meal or snack every two or three hours.
- Eat smaller portions of high-protein foods such as meat, fish and eggs.
- Keep fat intake to a minimum.

► Shachi Sharma

REPORT

BADMINTON ASIA

YOUTH CHAMPIONSHIPS – 2012

(U-17 & U – 15) AT DONGGUAN, CHINA FROM 10TH TO 14TH OCTOBER, 2012

The Badminton Asia Youth Championships – 2012 (U-17 & U-15) was held at Dongguan, China from 10th to 14th October, 2012.

Undersigned was nominated Team Manager by Dr. Akhilesh Das Gupta, President – BAI.

A Twentytwo (22) members team consisting of 17 Boys & Girls, Three (3) Coaches, One (1) Manager & One (1) Physio were supposed to leave for Dongguan on 7th October night (8th early morning). However, as the Chinese Embassy was closed for almost a week, VISA for the Team was not available. However, with the kind intervention of Dr. Akhilesh Das Gupta, President – BAI, we could get the VISA for the team on 8th October and the team of twentyone (21) left for Dongguan on 8th night from Delhi. Sri Gangadhar Rao from Andhra Pradesh could not go with the team which I understand the reason was non availability of Passport.

The Organizers had arranged transport from Guangzhou Airport to Hotel adjacent to the venue. The Championship was held at Training Base (Dongguan) of Chinese Badminton National Team, Shuilian Road, Nancheng District, Dongguan City, Guangdong Province which is away from the city. The infrastructure is outstanding.

Team Managers meeting was held at 4 P.M. on 9th October which was attended by all the Team Managers. The Referee in his speech mentioned about India as one of the strong contenders.

The Championship was well organized and thoroughly disciplined. On the first 2 days (10th & 11th October) 7 courts were used, on the 3rd day (Friday) 4 courts were used, on 13th October (Saturday) and on 14th October (Sunday) 2 courts were used. Matches started on 10 A.M. all the days.

Following are the medals tally from which it will be

found that China has dominated the show (a copy of the results is enclosed):

Country	Gold	Silver	Bronze	Total
CHINA	5	4	8	17
MALYASIA	1		3	15
THAILAND	1	1	1	3
KOREA	1	--	2	3
INDIA	--	--	2	2
PHILIPINES	--	--	1	1
HONG KONG	--	--	1	1

Chirag Sen won the Bronze Medals in U-15 Boys singles event and also in U-15 Boys doubles event partnering Rahul Yadav. In fact, the Chirag Sen & Rahul Yadav lost narrowly in the hard fought Doubles Semi Finals. Chirag Sen lost in the semi finals against Chen J L of China 21-14, 12-21, 13-21 & Chirag Sen & Rahul Yadav lost to Malaysian pair Tan & Ooi 22-20, 17-21 & 25-27. However, it was a matter of regret that the Bronze Medals were given from the administrative office and not during the Prize distribution ceremony which was disheartening for the players as well as for the entire team.

My experience says that all our Boys & Girls have talents but they have to work hard to bring the killer instinct amongst themselves so that their matches are not snatched away by their opponents.

In one of the earlier paragraphs I have mentioned that Gangadhar Rao could not go with the team due to non availability of Passport. In my opinion all the probables for the Indian Team should keep their Passports ready to avoid such situation.

In general, the entire team had worked in a very coordinated manner.

► **Sekhar Biswas**



The beaming smile on BAI President and former national champion Dr. Akhilesh Das Gupta said it all. "We are very hopeful that the announcement of the Indian Badminton League will change the face of Indian Badminton in the years to come. We are sure we will do very well and we will achieve the goals we have set for Badminton. The IBL is one such step that we are taking and we are sure it be successful"

The Indian Badminton League is a proposed franchise league proposed by Badminton Association of India (BAI). This will have Indian as well as foreign players. Srinagar in Jammu and Kashmir will be the first franchise and the league will have approximately 6 franchises. The matches will be played in two legs home and away. The BAI has also made it mandatory for top badminton players to participate in this league.

Five Indian players, including Olympic Games bronze medallist Saina Nehwal, were announced as the icon players of five of the six city-based franchise outfits in the USD 1 million prize money Indian Badminton League (IBL), to be held in 2013.

Apart from Saina, whose base price has been fixed at USD 50,000, London Games men's singles quarter finalist Parupalli Kashyap, world bronze medal winning women's pair Jwala Gutta and Ashwini Ponnappa and P V Sindhu were named as the team

icons at the launch of the cash-rich League here.

"The IBL, which is a joint initiative of the Badminton Association of India (BAI) and its commercial partner Sporty Solutionz Private Ltd, is to be held in six cities across the country from June 24 to July 11, 2013, and has the blessings of the world body, BWF, which has provided it a clear window in the annual calendar"

said organiser Ashish Chadha from Sporty Solutionz Private Ltd.

Eight cities - Delhi, Nagpur, Pune, Mumbai, Lucknow, Chennai, Hyderabad and Bangalore - have been shortlisted for the city-based franchises and six of them would be up for open sales in the first year with Rs. 3.5 crore as the base price. Each team will have the liberty to have up to four foreign players with two available to play in the best-of-five ties on the format of the Sudirman Cup world team championships.

"Malaysia has already confirmed to send all its players (including Olympic silver medal winner Lee Chong Wei). The BAI has already approached the Chinese authorities. Players like

Lee Cong Wei would be put up for the auction, where their price would be determined. Although the base price listed for the top 10 foreigners at the auction is \$25,000 onwards, for foreigners in the top 25, \$15,000 and beyond that \$10,000, this price can increase based on demand from franchises at the auction," said Sporty Solutionz CEO Ashish Chadha at the media conference.



{ Lee Chong Wei }

Datuk Lee Chong Wei is a professional badminton player from Malaysia who resides in Bukit Mertajam. As a singles player, Lee was ranked first worldwide for 199 consecutive weeks from 21 August 2008 to 14 June 2012.

Present at the launch, Saina said, "It's a historic moment for Indian badminton. The game has become bigger and that's why this is happening. Like the IPL in cricket, there is a lot of interest and I hope it is really successful."

Saina did not see any problem in accommodating the event in her busy schedule.

"There are so many tournaments the calendar. It (playing in IBL) should not be a problem. I am confident IBL will make the game even more popular among the masses," said Saina.

National coach Pullela Gopi Chand also welcomed the initiative and said "it's a great boost for Indian badminton. It will be great for the sport. I expect some big names, including from China, to take part as there is good money on offer".

"It will provide a great opportunity for our players to play along with the best players of the world and learn from them. The IBL will be a great catalyst in motivating our youngsters and aspiring talent," said Pullela Gopi Chand, who is also in the ten-member governing council of the League.

BAI chief Dr Akhilesh Das Gupta said he had approached and got the approval of BWF as well as BAC (Asian Badminton Confederation) for the League.

One of the moving forces behind the League, former international and Maharashtra Badminton Association president Pradeep Gandhe, said the tournament differed a bit from IPL in that all the teams would play in one city for two days and then all would move on to play in another. "Like in the Sudirman Cup, each tie would have men's singles, women's singles, men's doubles, women's doubles and mixed doubles matches," he added.

Ashish Chadha also said that there would be



Ashish Chadha With P. Kashyap
in IBL Inauguration Ceremony

prize money only for the winners and runners-up in the ratio of 65:35. "This is the business model we are adopting. The winners of the title would recover most of their investment in the first year itself as the winning prize works out to Rs. 3.5 crores and the expenses, including acquisition of team, players salary and other running expenses, would be around Rs. 5 crores. We will be announcing the franchise teams in the coming weeks and the players' auction would be held in March," he said, adding each team will have eleven players including one under 20 years of age.

"Players would be contracted for five years. They would be with one franchise for two years," he said.

Apart from the icon players, Indian players ranked in the top 20 would have a base price of USD 20,000 and internationals will have USD 10,000 as their base price. Indian national players and junior players' base prices have been fixed at USD 5,000 and 3,000 respectively.

Foreign players ranked in the top 10 will have USD 25,000 as their base price at the auction while those from 11-25 would have USD 15,000 as the base price.

Overseas shuttlers ranked from 26 onwards would have USD 5,000 as the base price.

The break-up of each team would be as follows: Men's singles - 2, women's singles - 2, men's doubles - 3, women's doubles - 2 and mixed doubles - 2.

All the Indian players would take part in the League while the organisers expect almost all top-ranked players from top badminton playing nations - China, Malaysia, Indonesia, Denmark, Germany and Korea - participating in the 18-day event.

Each franchisee will play a minimum of five ties and there will be 25 league matches, 2 semi-finals and a final. There will be a maximum of 140 matches played over three weeks.

IBL would be played under the BWF and BAI rules and regulations.

► **Shachi Sharma**

*courtesy – press trust of india from story first published on 10th November, 2012 at 19:20 pm



Manipur Junior Nationals

Perhaps it is not an understatement that Manipur has become the cradle for nurturing sporting talents of International repute of late. I am certainly not the only sports fan to opine that If India were to one day become a sporting superpower in Olympic events or even a power to reckon with, the biggest role will be played by the troubled & largely ignored state of Manipur.

It is the combination of talent and culture that is geared towards appreciating sports added with a dash of economic backwardness, scanty job avenues and lack of higher education that creates hunger and ambition which a comfortable life and the means to achieve more mainstream targets usually subdues - Manipur has all these elements except for the most significant one financial support, add to this the fact

that Manipur has been one of the most politically disturbed parts of the subcontinent over the years and along with loss of human life and social cultural economic loss – the young generation has a lone mode to fall back upon – **SPORTS** hence the state is a gold mine of sporting talent be it archery , football , boxing , martial Arts, fencing ,cycling, Hockey and other Olympic events. It's perhaps the only State in India where the infrastructure built during the National Games has been a boon and are being used to the optimum at Khuman Lampak sports complex, to churn out sportsperson of global repute amidst the challenges of geographical isolation insurgency imbroglio, economic backwardness and scanty job avenues.

Manipur is hoisting the Junior Nationals which is perhaps the biggest tournament in India after the inclusion of the under 17 years age group, after a gap of 24 years the last junior Nationals was played in the DM College courts in the year.1988 , sans the veteran Nationals last year the badminton lovers of the State did not witness any major National event being hoisted in the State, its only because of the initiative of the Badminton Association of Indias President Shri Akhilesh Das to spread the game to the nook and corner of the country that Imphal was clubbed with



Winners of Girls doubles-17

Srinagar to hoist the Junior nationals and the Senior Nationals respectively.

The championship comprised of nine events viz ., Girls singles under -17, Boys Singles Under -17, Girls doubles Under -17, Boys Doubles under -17, Girls singles under -19, Boys singles Under -19, Girls Doubles under -19 , Boys doubles under 19 & Mixed Double besides the Team championship ie the Narrang Cup for boys and the Shafi Querishi Cup for girls . The qualifying rounds of the open events were held on the 10th and the 11th of November in all the said events and eight players each from the singles event and four pairs from the doubles events qualified for the main draws.

The Qualifying rounds were followed by the Interstate Championships on the 12th and 13th of November for the Shafi Querishi Cup and the Narang Cup. In the inter State championship the following teams featured for the Narrang Cup Air India, Assam, Chattisgarh, Chandigarh, West Bengal, Kerala & hoist Manipur &. In Shafi Querishi Cup it was Kerala, Air India, Assam, West Bengal, Maharashtra, Andhra Pradesh, Delhi & hoist Manipur . In the Narang Cup all eyes were on Air India who were seeded first and Chattisgarh, Chattisgarh though unseeded were placed in the lower half of the Draw . Air India comprising of Pratul Joshi , Aditya Joshi, Gopi Raju G, Harsheel Dhani & Talar laa were the hot favourites to reach the Finals and in fact they did justice to apprehension beating West Bengal by a margin of 2-0 in the semi-finals .In the other

half Chattisgarh having giant killer Shreyans Jaiswal , Sanyam shukla , Aditya Nair & vikrant Sharma were also fancied to reach the finals but unlike Air India it was not smooth for Chattisgarh to reach the finals enroute their way to the finals Chattisgarh beat Manipur 2-1 and in the Semi-finals they beat Kerala 2-0. In the Finals the much awaited first singles Pratul Joshi pitted against Shreyansh Jaiswal of Chattisgarh had it easy as he won the first game 21-12, and was leading 11-9 in the second when Jaiswal retired in fact he never looked in his elements as in the tie against Manipur too he had to retire in the first singles as he was running a high fever and not fully fit. In the Doubles Gopi Raju G & Aditya Joshi of Air India were pitted against Jaiswal and Sanyam Shukla , the match lasting for 40 minutes went in favour of Chattisgarh and at the end the score card was 21-16, 15-21, 14-21 , in the second singles of the tie Aditya Joshi of Air India played against Sanyam Shukla, the match lasted for 45 minutes and Aditya Joshi showed tremendous grit and resilience in the third set to take away the match as well as the tie with a 21-14, 15-21, 21-17 scoreline .

In the Shafi Querishi Cup Kerala was the top seed and were place in the top half of the draw with Manipur , Andhra Pradesh and Delhi and in the bottom half of the draw it was Assam , West Bengal, Air India and Maharashtra. In the first Semi finals Andhra Pradesh beat Kerala 2-0 and in the second Semi Finals West Bengal beat Maharashtra 2-0.





In the finals between West Bengal and Andhra Pradesh Meghna J of Andhra Pradesh lost Rituparna Das of West Bengal 11-21,2-5 (retired) , in the doubles Andhra prevailed over West Bengal as Meghna J and Maneesha K beat Rituparna Das and Anuriya Das 21-15,21-11, in the second singles of the tie Gurthivika Shivani beat Riya Mookherjee of West Bengal 21-13,21-9 Which helped Andhra Pradesh to win the tie with a margin of 2-1.

The Open Events commenced from the 11th of November with a colourful opening ceremony featuring a number of traditional dances and the function was graced by his Excellency the Governor of Manipur Shri Gurbachan Jagat Singh and other dignitaries . With a total number of 649 entries the matches were played in six courts

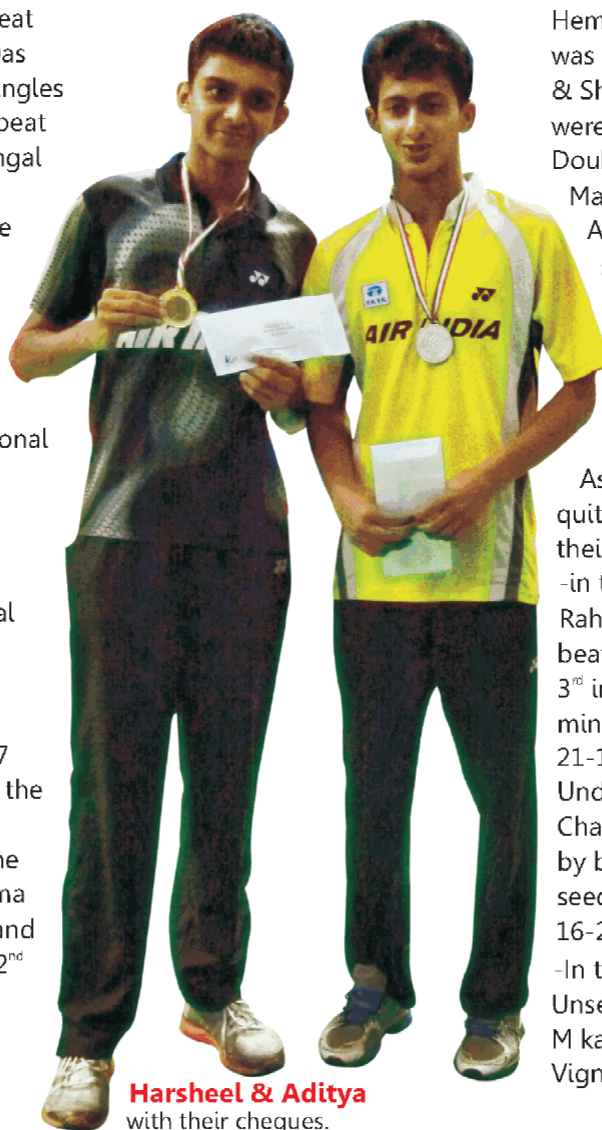
In the Boys Singles Under -17 event Harsheel Dani (AI) was the top seed and his team mate Aditya Joshi seeded 2nd , in the girls singles Under -17 Reshma Karthik (AI) was the 1st seed and Rituparna Das (WB) was the 2nd seed, in the Boys Doubles Under -17 Vignesh Devlekar and Kaushal Dharmer (MAH) wer the top seed and

Chaitanya K.P & Talar Laa the 2nd seed.in the Girls Doubles under -17 Sruthi K.P. and Farha Mather (KER) were the top seed and Sudha Kalyani D & Archana M (AP) were the second seed,in the

Boys Singles Under -19 Rohit Yadav C was seeded 1st and Aditya Joshi (AI) was seeded 2nd and in the Girls singles under -19 (UP) seeded 2nd , in the Boys Doubles Under 19 Gopi Raju G and Hemanagendrababau T (AI/AP) was seeded 1st and Shyam Prasad & Shlok Ramchandran (KER/MAH) were the 2nd seed, in the Girls Doubles Under -10 Meghna J and Maneesha K were seeded 1st and Agna Anto & haritha M.H (KER) seeded 2nd , in the mixed Doubles T Hemanagendrababu & Meghna J (AP) were seeded 1st and Gopi Raju G & P.S. Ram (AI/KTK) seeded 2nd.

As the tournament progressed quite a few seeded players lost to their little known compatriots like -in the Boys singles Under-17 Rahul Yadav C (AP) seeded 6th beat Arshalan Naqvi (UP) seeded 3rd in straight games lasting for 30 minutes and the scoreline read 21-14,21-12, In the girls singles Under-17 unseeded Ashmita Chaliha of Assam created a flutter by beating S. Pardeshi (MP) seeded 5th in three games 22-20, 16-21,22-20 in 33 minutes.

-In the Boys Doubles Under-17 Unseeded Chandrakumar DBS & M kanishq (AP) scalped top seed Vignesh Develkar & Kaushal



Harsheel & Aditya
with their cheques.



Dharmamer (MAH) in the quarterfinals – 22-20,21-12 and Sanyam Shukla & Gangadhar Rao V (CG & AP combine) who had come from the Qualifying rounds beat Chaitanya KP & Talar Laa (ANP/AI) seeded 2nd - 21-19,23-25,22-20 to storm into the finals.

-In the Boys singles Under -19 Unseeded Ketan

Chahal of Haryana scalped the 1st seed Rohit Yadav C of (AAI) in the Pre Quarter Finals and score read 21-14,6-21,21-15, the match lasted for 50 minutes. Strong and athletic built but little known Monjit Singh R.k. also drew attention when he beat his much fancied opponent Chirag Sen (UTR) seeded 13th in the prequarter finals in three game which lasted for 45 minutes and at the end the score read 19-21,21-19,22-20 and in the Semifinals Harsheel Dhani (AI) seeded 5th was able to overcome the hot favourite for the title, seasoned campaigner and his team mate Pratul Joshi(AI) seeded 3rd in a match lasting well over an hour with a score card of 21-19,17-21,21-19 enroute to the title round.

Perhaps the biggest upset of the tournament was that of Sara Naqvi (UP) seeded 2nd in the Girls singles under -19 in the third round , at the hands of unseeded Riya Mookherjee of West Bengal who gave a good account of herself with an excellent display of strokes to keep her much fancied opponent confined to the base line and on and off pushing her to the round head corner of her court and forcing a weak return which she finished off with a crosscourt smash or a slice drop, the match lasted for 55 minutes and saw

some exciting rallies, at the end the score read in favour of Riya Mookerjee 18-21,21-14,22-20.The match although played in the late hours was a cliff hanger but to the utter dismay there very few spectators and the stands were empty except the technical Officials and the few team mates of both

the players owing to the late hours as it was the last match of the day and all other scheduled matches were over by then.

The other notable upset was in the Girls Doubles Under -19 where the qualifiers Ruthvika Shivani & Poorvisha S Ram (AP/KTK combine) scalped 2nd seeded pair of Agna Anto and Haritha M.H (KER) in the 3rd round in straight games – 21-5, 21-7 and cruised ahead to the title round without looking back.

The finals of all the events of the 37th Junior National Badminton Cahampionship-2012 were held on the 18th of November 2012 except the two events viz., Girls Singles under -17 and the Boys Doubles Under -19 all the other finals were held in the morning session.



Harsheel In action in Under -17 singles finals.

The Boys Singles Under-17 featured Harsheel Dhani (AI) and Aditya Joshi (AI) , both the players doing justice to their seeding, It was perhaps the match of the tournament as both players fought for every inch , in the first game Harsheel quickly opened up a big lead with his sharp down the line smashes coupled with some unforced errors on the part of Aditya , Harsheel pocketed the game at 21-14 , the second game was a cakewalk for Aditya as Harsheel could



Ruthvika the triple crown winner.

not match his firepower right from the word go and never looked in his elements and lost the game at 21-5, the final game was a cliff hanger and was a treat for the spectators watching the match both the players matched each others

strokes and showed great resilience and never say die attitude Aditya showed nerves of steel despite trailing at match point 16 and slowly clawed back to make it deuce at 20 all and ultimately turned the tables on his compatriot and team mate Harsheel and nose ahead to take away the title at 28-26 the match lasted well over an hour. In the Girls singles Finals Ruthvika Shivani G (AP) defeated Reshma Karthik of Air India 21-13, 23-21, 21-16 in 60 minutes. The finals of the Boys Doubles Under -17 was played between Chandrakumar DBS & M Kanishq (AP) and Sanyam shukla & Gangdhara Rao V (CG/AP Combine) Sanyam and Gangadhar prevailed over Chandrakumar & Kanishq to take away the title 21-16, 21-13. The Girls Doubles Under -17 finals was played between top seed Sruthi K.P./Farha Mather (KER) and Reshma Karthik /Sanjana Santosh (AI) Sruthi and Farha did justice to their seeding by defeating Resham and Sanjana 21-19, 21-19 to take away the trophy.

In the Boys singles Under -19 it was the repeat of Boys singles Under -17 finals, once again Harsheel Dhani was pitted against his team mate Aditya Joshi, in the first game both the players were neck and neck at till 8-7 thereupon Harsheel opened up a lead of 3 points with some sharp smashes on the flank of Aditya and finished off with crosscourt drible at the net, thereafter he never looked back and pocketed the first game at 21-19, the second game saw Aditya countering Harsheels smashes and scoring some points at the net by some well disguised drops Aditya always looked in control with a well maintained lead to win the game at 21-18, the final game saw Harsheel change his tactics and he was mostly attacking Aditya on his body and finishing the weak returns with a smash or a tap at the net at point Aditya was leading at 13-7 but Harsheel again showed great resilience and grit to make it 15 all and then he did not have to look back to win the game and the match at 21-17, at the end it was a sweet revenge for Harsheel over



his team mate for the loss of Under-17 singles title the match lasted for 70 minutes and at times was marred by frayed tempers and harsheel had to be shown a Yellow card by the Chair umpire Mr. Rajendra Singh for misconduct.

Unlike the Boys singles under -19 finals the Girls singles Finals never rose to great heights as 9th seed Ruthvika Shivani G (AP) took on 4th seed Rituparna Das of West Bengal and was able to defeat her 21-17, 21-05 in 35 minutes to pocket her second crown of the tournament after the Girls singles Under -17 title. The Girls Doubles under-19 finals saw the unseeded pair of Ruthvika Sivani G / Poorvisha S Ram (AP/KTK combine) pitted against the top seeded pair of Meghana J. / M aneesha K (AP) where Poorvisha and Ruthvika routed the top seed in 30 minutes to win the title 21-10, 21-12 and incidentally the title helped Ruthvika to get the coveted triple crown in the tournament.

In the Mixed Doubles Under -19 Finals Hemanagendra Babu T paired Meghna J (AP) to defeat Gopi Raju G and Poorvisha S Ram (AI/KTK combine) 21-18, 23-21. The

last eagerly awaited and hyped match of the day was the Boys Doubles Under-19 finals featuring Hemanagendra Babu T./Gopi Raju G (AI/AP combine) the top seeds taking on the 2nd seed Shyam Prasad/ Shlok Ramchandran (KER/MAH combine). The match never rose to great heights as Gopi Raju and Hemanagendra Babu did not allow their opponents to get a grip on the match with their superior power play.

The 37th Junior National at Imphal had a total cash prize of Rs.6 lakh and the cash awards were given to the quarterfinalist onwards, this edition of the Nationals will perhaps remain a memorable one for Ruthvika Sivani G of Andhra Pradesh as she could win three titles of the nine titles at stake, that of Girls singles Under-17, Girls Singles under -19 and the Girls Doubles under-19, it won't be out of place to say that the Country is staring at another upcoming prospect who will don the National colour in the coming years and share the responsibility of keeping the country's flag fluttering at International tournaments alongside Saina Nehwal and P.V.Sindhus. This edition of the Nationals also saw the advent of players like R.K. Monjit from the

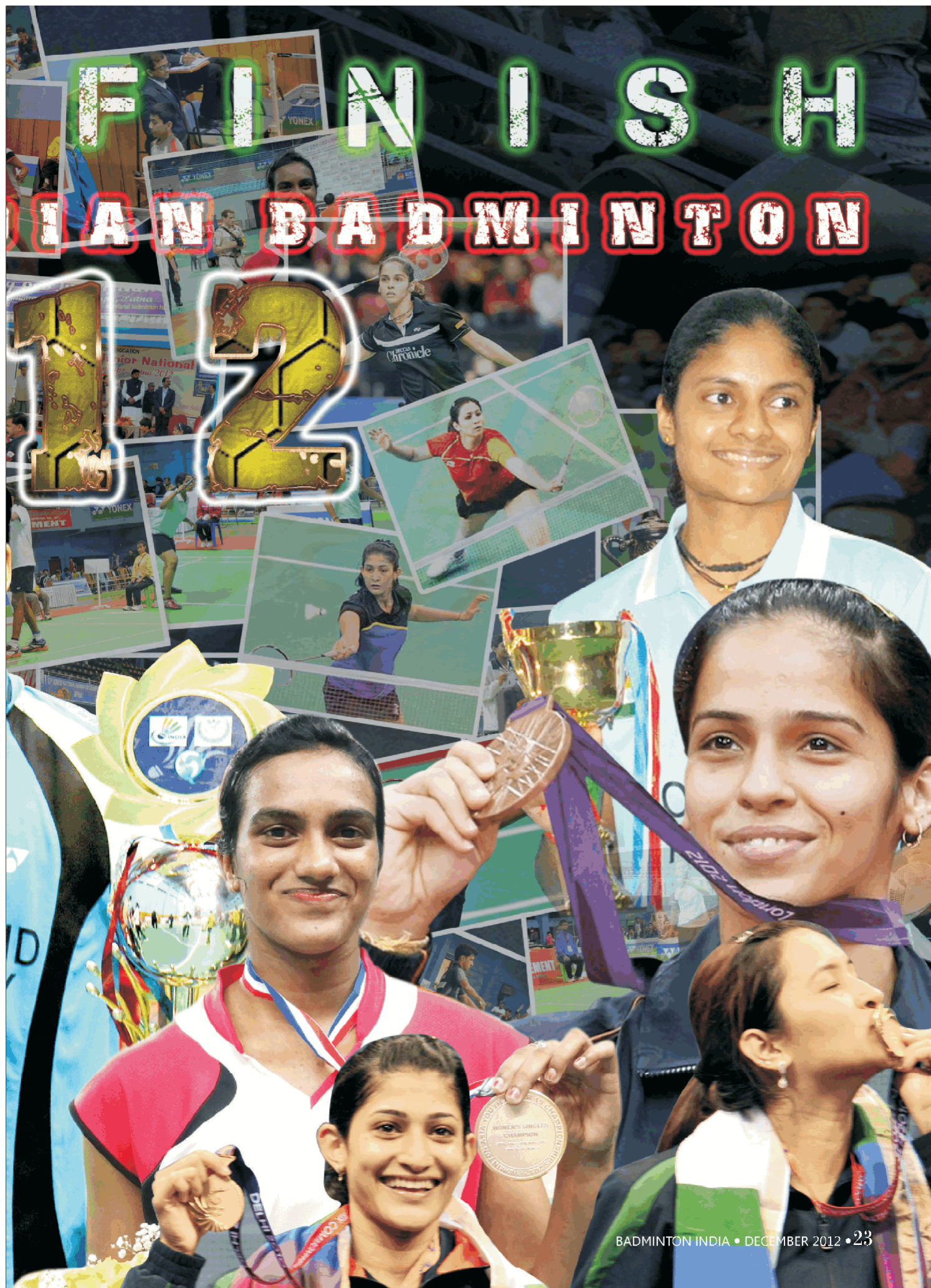
little known State of Tripura and whose father despite being financially handicapped has left no stones unturned to make his son make his mark in the National scene, it also saw the rise of a classy player Riya Mookherjee of West Bengal, daughter of Indrajit Mookherjee a national title holder she announced her arrival in the big league, to sum up one can opine that the positives of this Junior Nationals ushers in a stronger future for the event as a whole.

The closing ceremony of the 37th Junior national Badminton Championship was graced by a hoist of dignitaries prominent amongst them being Shri Gaikhangam Hon'ble Dy. Chief Minister, Manipur, Shri M. Prithviraj Singh Hon'ble Parliamentary Secretary (Youth Affairs & Sports and Tourism), Manipur, Shri Y. Joykumar Singh IPS Director General of Police, Manipur, Shri Deleep Singh, IAS, special secretary, government of Manipur & Director (YAS), Manipur & Shir Bijoy Koijam President MOA & MBA.

► Biswajit Ghosh

PHOTO THE BEST OF INDIA





THE 26TH SUB JUNIOR NATIONAL 2012 – PATNA

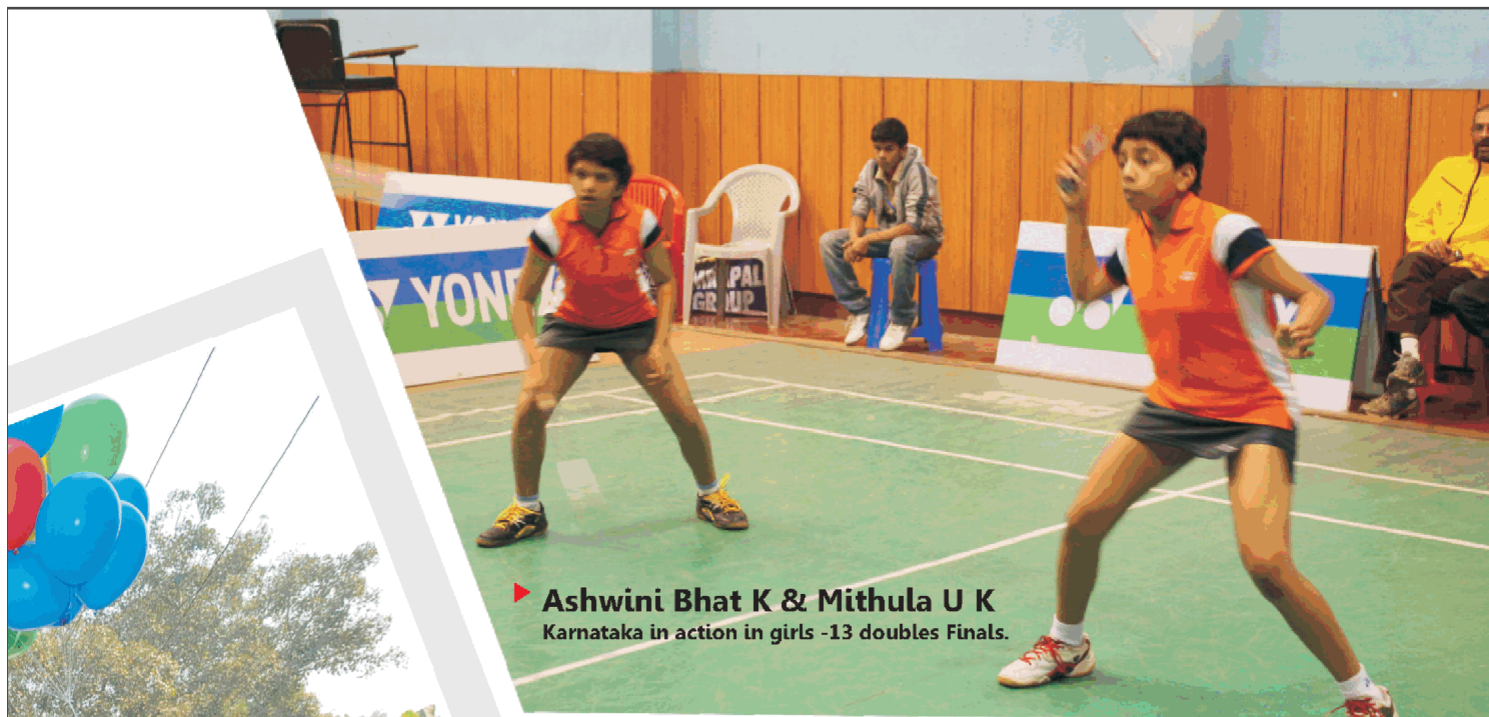
The 26th Sub Junior National Badminton Championship -2012 got underway at Patna in the Secretariat Badminton Hall equipped with 5 courts. Spread over eight days the tournament started from the 1st of December and ended on 7th of December .

With eight titles at stake ie., the Boys Singles Under-13, Boys Doubles Under-13, Girls Singles under -13, Girls Doubles Under -13, Boys Singles Under-15, Boys Doubles Under-15, Girls Singles Under -15 and Girls Doubles Under-15 years the Championships saw a footfall of 590 players with 876 entries in the eight events from the different affiliate units of Badminton Association of India.

The 1st ,2nd & 3rd of December being earmarked for the qualifying rounds the matches for the main Draws commenced from the 4th of December 2012 after a simple but colourful Opening Ceremony graced by the Hon'ble Speaker of Bihar legislative Assembly Shri Uday Narayan Choudhury , Hon'ble Minister of Sports & youth Affairs Smt. Sukhada Pandey along

► Inauguration Ceremony

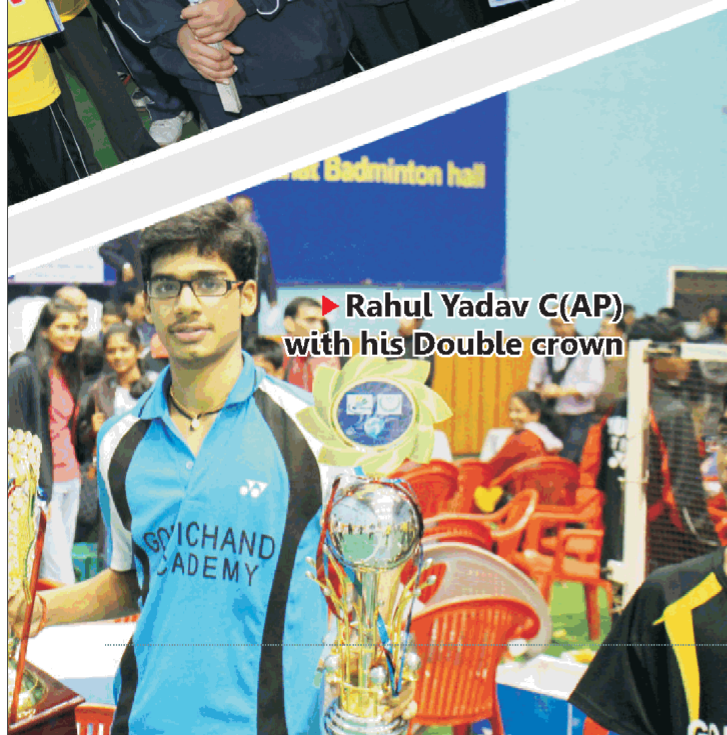




► **Ashwini Bhat K & Mithula U K**
Karnataka in action in girls -13 doubles Finals.



► **Lakshya Sen**
with his Double Crown



► **Rahul Yadav C(AP)**
with his Double crown

with other dignitaries present in the dias.

The tournament saw the participation of a few players who have started to make their presence felt in the International scenario in their particular age group like Lakshya Sen of Uttarakhand & Kartikey Gulshan Kumar of Delhi.

In the Boys singles Under- 13 Lakshya Sen of Uttarakhand was the top seed and Kartikey Gulshan Kumar of Delhi the 2nd seed, in the Boys Doubles Under-13 Lakshya Sen & Baibhav Chauhan of Uttarakhand was the 1st seed & Krishna Prasad G / Satwik Sai Raj R of Andhra Pradesh the 2nd seed, in the Girls singles under-13 Ashwini Bhatt K of Karnataka was the 1st seed and Deepti Ramesh of Maharashtra the 2nd seed similarly in the Girls Doubles Under-13 Ashwini / Mithula U.K. of



Karnataka got the top seed with Prashi Joshi / Akshita A of Andhra Pradesh the 2nd seed. In the Boys singles under -15 Chirag Sen of Uttarakhand got the 1st seed with Siril Varma A.S.S of Andhra Pradesh getting the 2nd seed, in Boys Doubles under-15 it was Chirag Sen /C Rahul yadav of uttarakhand / Andhra Pradesh got the top billing with Chandra Kumar D & kanishq M getting the 2nd seed. In the Girls Singles Under-15 the top seed was Vrushali G of Andhra Pradesh and Shikha Gautam of Karnataka the 2nd seed, in the Girls Doubles under-15 the combination of Mahima Aggrawal & Sikha Gautam of Karnataka were the 1st seed and Vrushali G /Sonika Sai P of Andhra Pradesh seeded 2nd.

In the Under-13 Boys Singles as expected Lakshya Sen of Uttarakhand defeated Krishna Prasad G of Andhra Pradesh who had fought all the way from the qualifying rounds 21-9, 21-11 to set a up an all uttarakhand final against team mate Baibhav Chauhan who defeated the hot favourite and 2nd seed Kartikey Gulshan Kumar of Delhi 21-17,21-13 in the second semi final. In the finals it was easy for Sen as he kept his cool and maintained the pace to overcome his State mate 21-10,21-17.The Boys Doubles once again say Lakshya Sen partnering Baibhav Chauhan to complete his grand double against Krishna Prasad G and Satwik Sai Raj G of Andhra Pradesh who were unable to put up much of a challenge and the score at the end was 21-17,21-8.

Top seed Ashwini Bhatt K of Karnataka beat gritty Qualifier Prashi Joshi of Andhra Pradesh 21-



17,21-11 to set up a title clash with Tanishq M of Andhra Pradesh who defeated Qualifier & State mate Preeti K 21-18,21-18 in the second semifinals, in the finals Ashwini Bhatt of Karnataka prevailed over Tanishq M of Andhra Pradesh 21-17,21-15 and also clinched the Doubles title combining with Mithula K of her State to beat Andhra Pradesh duo of Akshita and Prashi Joshi 21-17,21-14 to make it a Grand double Crown for her.

In the Boys singles Under- 15 top seed Chirag Sen of Uttarakhand was made to bite the dust by Qualifier Kanishq M of Andhra Pradesh in a pulsating match which lasted well over 75 minutes and was marred by frayed tempers but at the end the scoreline read 21-18,22-24,23-21 in favour of Kanishq who set up a summit clash with his team mate and also a Qualifier Rahul Yadav C. Rahul in the second semi finals overcame the challenges of the 2nd seed Siril Varma A.S.S of Andhra Pradesh 21-19,21-17. In the finals it was total grit and determination on the part of Rahul which helped him tame his compatriot and State mate kanishq M 21-17,21-16. Rahul Yadav C later on combined with Chirag Sen of Uttarakhand to defeat the fighting duo of Siril Varma A.S.S. of Andhra Pradesh & Bodhit Joshi of Uttarakhand 21-14,20-22,21-

17 also to complete a grand Double Crown in the Championship.

Fifth Seed Riya Mookerjee of West Bengal defeated fourth Seeded Shriyanshi Pardeshi of Madhya Pradesh 21-16,21-14 in the first semi finals and Santoshi Hasini seeded eighth of Andhra Pradesh defeated gritty and resilient seventh seed Anura Prabhudesai of Goa 21-17,16-21,21-17 in 67 minutes to enter the finals .In the finals it was the Class VIII Kolkata

girl Riya Mookerjee, the darling of the crowd for her graceful strokes and nimble footwork, negated the challenges of Santoshi with ease and lifted her maiden Sub Junior title with the score card reading in her favour 21-9,21-9. In the Under -15 Girls Doubles finals it was Shriyanshi Pardeshi of Madhya Pradesh & Kanika kanwal of Delhi who after a stiff fight was able to defeat Akshita Bhandari of Uttarakhand and S. Bose of kerala 21-17,13-





► **Winners Posing with their Trophies**

21,21-19 to win the title.

The Hon'ble minister of Power Shri Vijendra Prasad Yadav graced the closing ceremony and also gave away the trophies and the cash prizes to the winners and the Runner-up in the different events in the presence of other dignitaries BAI Officials and Tournament committee members.

► **BISWAJIT GHOSH**



► **Bodhit Joshi & Siril Verma**
(Uttarakhand & AP) in action during Boys doubles-15 finals



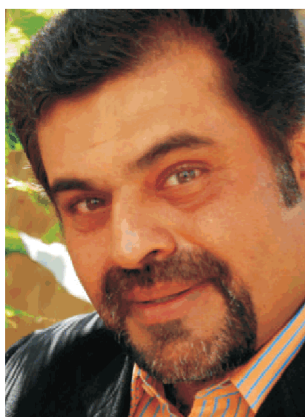
► **Akshita & Prashi Joshi (AP)**
in action Girls Doubles-13 finals



► **Riya Mookherjee (WB)**
in action in Girls -15 Finals



► **S Hasini R of AP**
in action during girls -15 finals



Dr Dilip Nadkarni

Ligament injuries are very common in all levels of badminton. They happen at the elite international level even as they happen at club and recreational level. A ligament injury especially in the knee leaves the badminton player incapacitated and many times it takes a long time for the player to get back on the court.

Ligament injuries

in Badminton

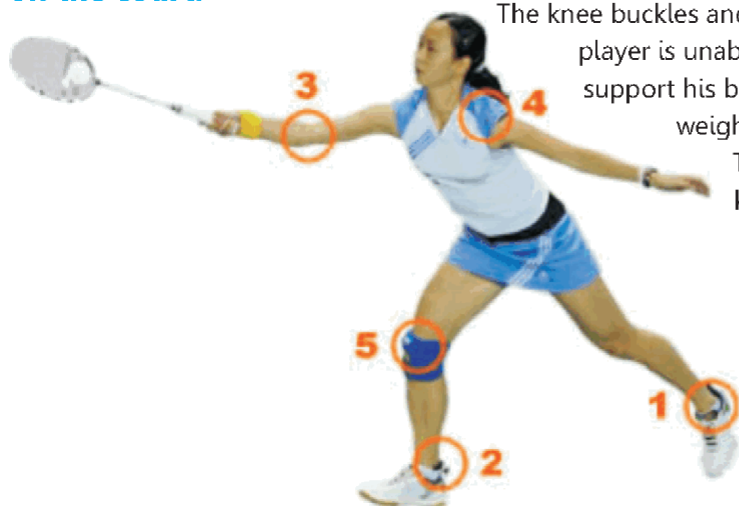
Ligaments are rope like structures, which hold bones together. The ligaments are supportive structures and ensure stability in the joints. The knee joint has important ligaments like the Anterior Cruciate Ligament (ACL), which is commonly injured in badminton. A simple ankle sprain is indeed an injury to the outer ligament in the ankle.

Badminton is notorious for creating ligament injuries in the fittest of players. The element of surprise in the game of badminton is responsible for such injuries. Deft drops, flicks at the nets in tandem with deep tosses and sharp smashes make the players run all over the court. When the player commits to run behind for a toss often has to change direction to pick up a drop. This leads to loss of balance and twisting of the knee joint. The player falls to the ground and is often unable to continue the game.

In a knee ligament injury particularly to the ACL, the player experiences a sound or a snap in the knee.

The knee buckles and the player is unable to support his body weight.

The knee



literally gives way when he tries to stand up. Soon there is swelling in the knee and very often the knee assumes the shape of a football. The swelling is due to internal bleeding when the ligament tears.

It is important that the player stops play even if he or she is able to stand up after the fall. In ligament injuries there may not be severe pain and a player could get tempted to resume play. This is a common mistake players make in the heat of the moment and worsen the injury.

When such a twisting injury happens with a snapping sound in the knee followed by swelling, the player should take time out and have the injury assessed. 'Rest today to play another day' is the dictum to follow in ligament injuries. First aid involves Ice application, elevation of the limb and compression dressing. The first aid protocol is well abbreviated by the RICE formula: Rest, Ice, Compression and Elevation.

All suspected ligament injuries need to be assessed by an orthopedic surgeon at the earliest. I usually perform a thorough clinical examination to elicit instability or abnormal movement in the joint. X-rays usually do not reveal any abnormality as the bones are usually intact. A Magnetic Resonance Image or MRI is the key tool to diagnose ligament injuries in joints like knee, ankle or shoulder.

Initially anti-inflammatory medicines and braces help bring down the



inflammation associated with the injury. The swelling, pain and discomfort reduces and the joint starts regaining the mobility. Physiotherapy exercises help in maintaining the Range of Motion and build muscles around the joint. It is important that we do not allow the muscles to weaken or waste after such injuries.

Unfortunately not all ligament injuries heal with medicines, bracing and physiotherapy. Ligament injuries to the knee often require surgery to restore balance in the joint. The Anterior Cruciate Ligament or ACL is one such ligament, which does not heal on its own. Arthroscopic surgery is needed to reconstruct a torn Anterior Cruciate Ligament.

In Arthroscopic surgery a keyhole technique is employed to reconstruct a new ligament. The joint is not incised open but a Telescope used to visualize the joint structures. The diagnosis is made as the telescope shows images on a TV monitor. A tissue is borrowed from the nearby tendons and a new ligament is created. This ligament is threaded into the joint with the aid of precise instruments and the old torn ligament is replaced.

The player starts walking the next day after surgery and follows a physiotherapy protocol to strengthen his knee. The key muscles to strengthen, are the

thigh muscles namely the Hamstrings and the Quadriceps. After a

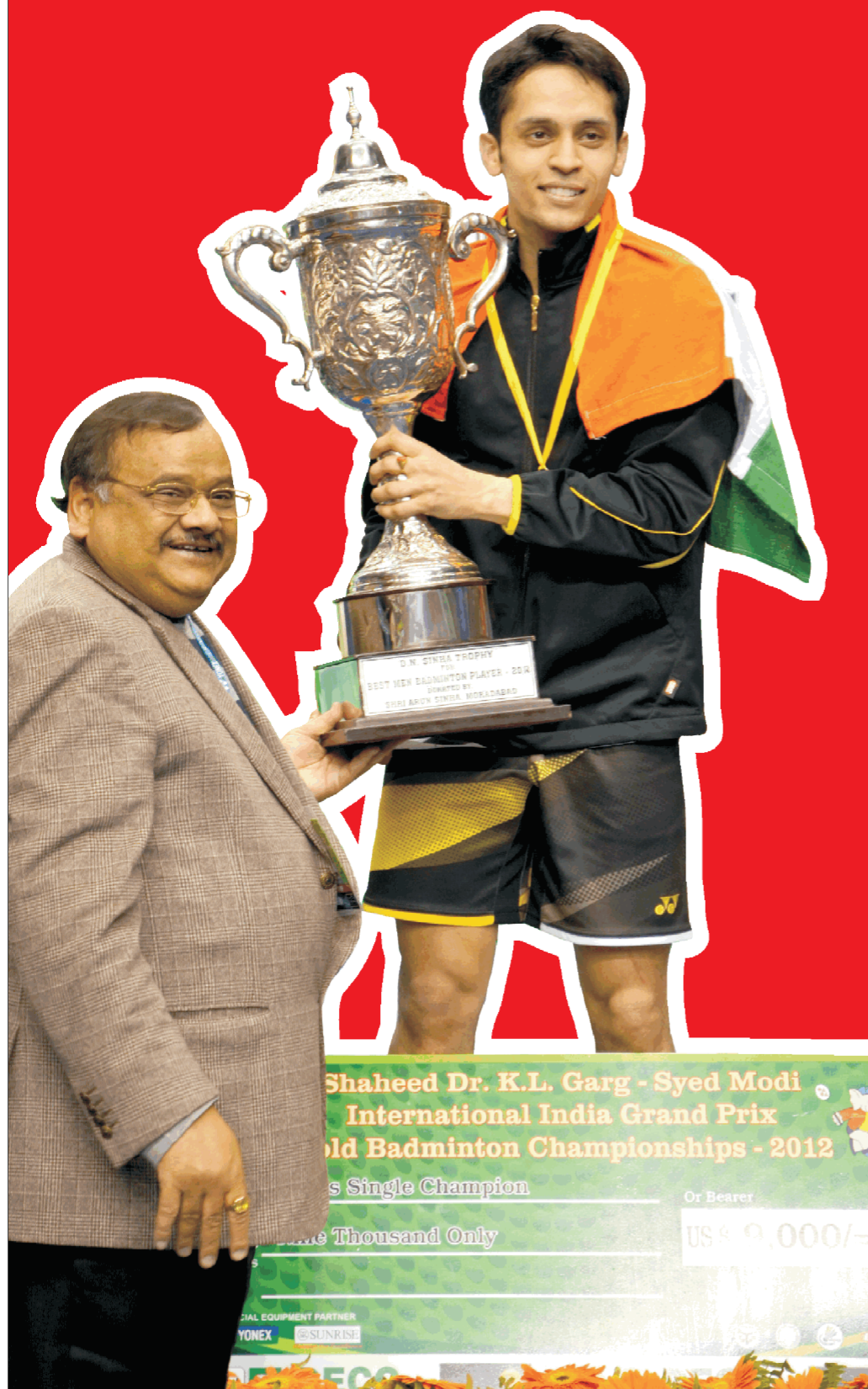
good range of movement is achieved, the player goes to the gym and performs exercises like the leg press, leg curls, leg raises, squats etc.

Badminton can usually be resumed 6 months after surgery if the muscles have strengthened adequately and the knee has got back its suppleness. The player uses a knee brace initially while training and playing to support the new ligament.

Can ligament injuries be prevented in badminton? This is the million-dollar question. If the player is super-fit with great flexibility, agility, muscle strength and light body, the chances of ligament injury reduce. Flexibility training, plyometrics, weight training and good nutrition will help reduce chances of ligament injuries. However as long as badminton continues to be what it is, with its surprises and demands on the player's body ligament injuries will continue to happen.

► Dilip Nadkarni

SYED MODI MEMORIAL Badminton Tournament Lucknow



Since its inception in 90's, the Syed Modi badminton tournament in Lucknow has seen many changes. It continued as an invitational tournament first for the shuttlers across the country for many years before being stopped for two years.

But when it re-started in last decade, it rose to new heights with every passing year. A big number of sponsors came to the aid of the championship, it gradually became an important event in the domestic circuit.

The year 2011 was a landmark for the event when the Badminton Association of India led by its chief Dr Akhilesh Das Gupta got Grand Prix status for this from the Badminton World Federation and since then it has become more lucrative for shuttlers around the world with an offer of US \$ 1,20,000 as its prize money.

The biggest kick to the event as far as its status is concerned came because of Akhilesh Das Gupta and BAI secretary Dr Vijai Sinha, who both hail from Lucknow itself, and the event has become a matter of a great pride for them also.

"It's our baby, and we need to do all possible efforts to make it good," said Sinha at the end of the second edition of the event in December.

"Syed Modi was a great shuttler of India, and the event is our tribute to a great player of the country," he added.

In 2011 edition, it was young Indian shuttler Sourabh Verma, who had gone down fighting to Indonesian and former world and Olympic



champion Taufik Hidayat in a thriller, at the BBD UP Badminton Academy, but this time another Indian Parupalli Kashyap made it memorable for Indian badminton, winning the men's singles crown.

Certainly, Kashyap was the toast of town after he won his maiden men's singles tier three event here. The second seed and favourite overcame a tough challenge from Thai Tanongsak Saensomboonsuk to win the match and title 21-19, 14-21, 21-17 in one hour and 12 minutes.

However, second seed PV Sindhu of India failed to be victorious at the thrilling summit clash going to down to Indonesian seventh seed Lindaweni Fanetri in the final of the women's singles.

Kashyap, World No.20, came from behind to win the first game. Despite a sprain in his back which Kashyap has had throughout the tournament, he did not falter and came back from 7-13 down to, first, level at 17-all and winning the game, never giving the lead back.

In the second game, the Thai fought back and dictated terms not giving the lead even once to Kashyap, keeping the lead.

The third game was this time dominated by Kashyap who took the lead after being level at 6-all and only ended after winning the match.

The Thai made many simple errors at crucial junctures giving the lead to the Indian and Kashyap's exquisite smashes proved too good to which the World No.41 had no reply.

"This was the toughest match of the tournament. He was very good at the net," said the 26-year-old Kashyap, who improved his record against Tanongsak to 2-3.

"It was a tough tournament for me as I was playing with an abdominal injury and sprained my back in the quarterfinal but just glad to win this. At one point, I thought I wouldn't even play the tournament. The crowd support was also superb."

Earlier, World No.24 Sindhu lost 15-21, 21-18, 18-21 in a marathon match which lasted for one hour and 12 minutes. Fanetri levelled their head-to-head to one-all, after having lost in the qualification rounds of the All England Open earlier this year.

The first game was completely dominated by the seventh seed. Fanetri was also aided by the unforced errors of Sindhu, who regularly out-hit her shots, which landed outside the third court. Down by 5-11, the Hyderabadadi could never come back and lost the game.

Sindhu came back strongly in the second game taking a lead of 12-5. Deceiving net play and supreme reach made easy work of the World No.33. The Indian excelled at the net in the penultimate game as she clinched 12 net points to Fanetri's five.

The Indonesian rallied back to almost the level the game but with the crowd chanting her name, Sindhu clinched the last crucial points to take the match into the decider, which was a thriller as it proved to be a neck-and-neck tie. But from 10-all Fanetri took the initiative, not giving too many opportunities, taking the lead 14-10.

The second seed fought back with some excellent cross-court smashes and levelled at 16-all, going on to take the lead in the match for the final time. (17-16). But Fanetri won the next five out of six points to clinch the game and match in an exciting battle.

"Sindhu plays really well and considering she is only 17, she has lot of titles to win in the future," said the winner.

Being the favourite, Sindhu was out of words at her loss. "I really can't say much," said a dejected Sindhu later.

"She played well and did not give me too many opportunities to attack. I also made many errors, which really took the game away from me. The match had too many rallies and Fanetri was defending well too.

"I got a bit nervous too at the end when she levelled at 17-all in the third game. I am thankful for the support and I am really sorry that I lost today," added Sindhu.

A day before the finals, Sindhu outplayed Thai Sapsiree Taerattanachai. Sindhu didn't let her rival show any resistance while scripting straight games win 21-12, 21-14 in the women's singles semifinal.

The joy of fans was doubled up when second seeded Indian Parupalli Kashyap too breezed into the men's singles final, brushing aside third seed Tommy Sugiarto of Indonesia 21-18, 23-21 in a thriller.

Certainly, on domestic surface it was a big win for the former national champion Sindhu, who lost her crown at nationals in October this year at Srinagar. The World No.24 wrapped up the tie within 39 minutes before a moderate crowd at the BBD UP Badminton Academy. Though she missed her elder sister P Divya's wedding back home in Hyderabad on Saturday, she was happy to achieve big in her career.

"For me game comes first. I am missing my sister's marriage. Now, I will try to win the crown here tomorrow and it would be a wedding gift to her," a smiling Sindhu had said after the match.

The lanky shuttler was at her best against Sapsiree in all departments. Making full use of her height she covered the court well and was tossing up the shuttle with accurate punch.

She also dictated terms at the net as she won 13 points in comparison to the World No.23 who won only five.

Last year, Sindhu had lost to Sapsiree in her only encounter before in the



second round, and this time she was a bit cautious in her approach.

There was no problem to London Olympic quarterfinalist Kashyap in the first game against Sugiarto as he won it by 21-18. But, the real drama unfolded in the second when he despite leading by 17-12 conceded as many as three negative points to help Sugiarto narrow the lead at 15-17.

The ding-dong battle continued even then and once the scoreboard read 19-all and then 20-21. But Sugiarto's return at this juncture into the net allowed Kashyap back in the game and then he won three straight points to finish off the challenge in style.

FINAL RESULTS

Men's singles: 2-Parupalli Kashyap (IND) bt 14-Tanongsak Saensomboonsuk (THA) 21-19, 14-21, 21-17.

Women's singles: 7-Lindaweni Fanetri (INA) bt 2-P.V. Sindhu (IND) 21-15, 18-21, 21-18.

Men's doubles: 4-Sung Hyun Ko/Yong Dae Lee (KOR) bt Ji Wook Kang/Sang Joon Lee (KOR) 21-13, 21-19.

Women's singles: 2-Savitree Amitrapai/Sapsiree Taerattanachai (THA) bt 3-Komala Dewi/Jenna Gozali (INA) 21-12, 21-6.

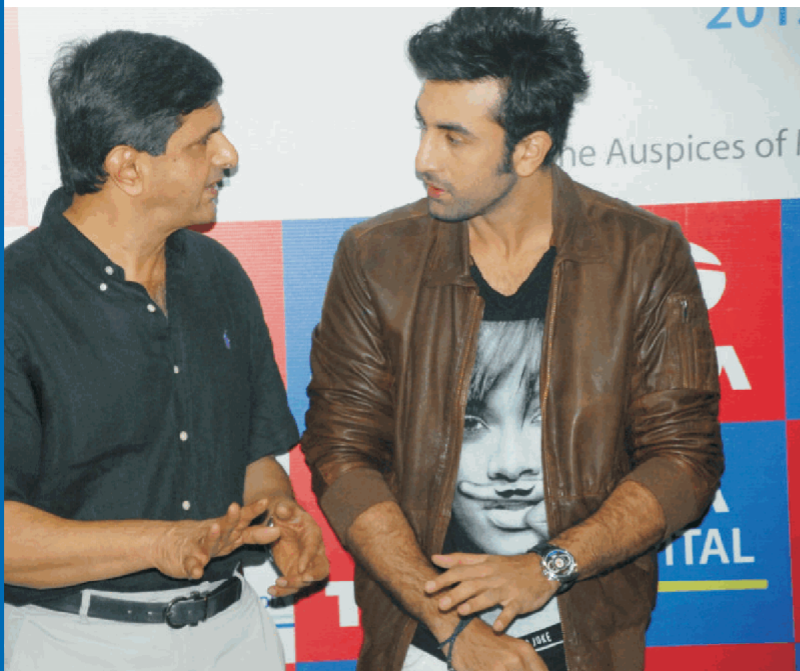
Mixed doubles: 2-Fran Kurniawan/Shendy Puspa Irawati (INA) bt Nipitphon Puangpuapech/Savitree Amitrapai (THA) 21-12, 24-22.

► Anshu Agarwal



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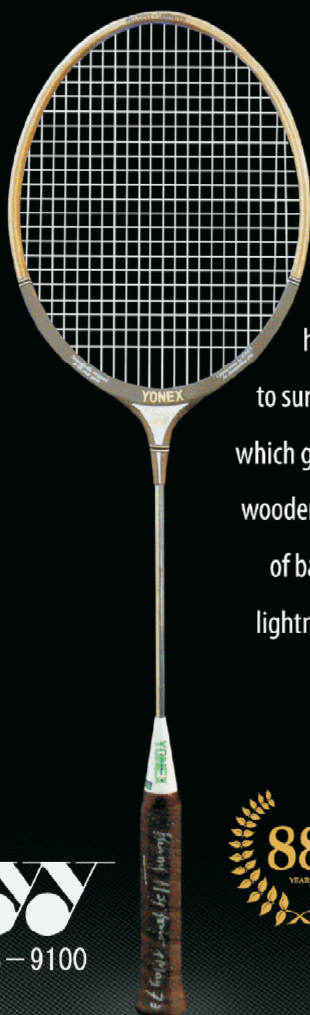
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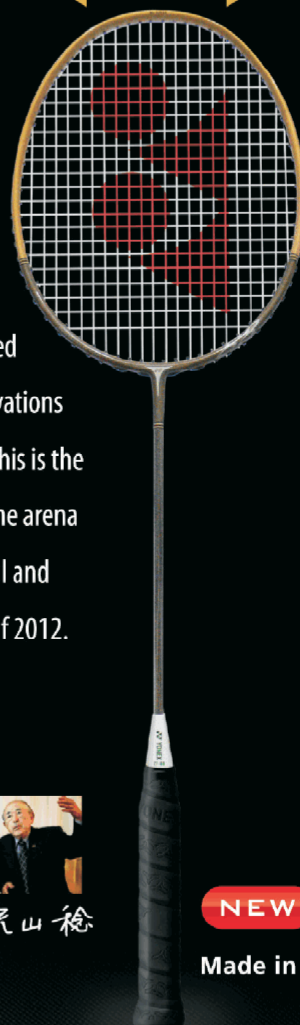



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