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BADMINTON INDIA

The Official Magazine of BADMINTON ASSOCIATION OF INDIA

Report on
**HYderabad/Bangalore
championships**

Veteran Nationals
Superb Show in Mumbai

Sports Nutrition
What it Means for You

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BAI President Outlines Policy for 2013

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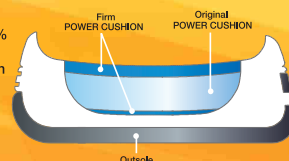
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From The Editor Desk

This issue is again a very exciting one. Apart from the "Blast from the Past" column by Shirish Nadkarni who gives a fantastic insight into the Badminton life of one of the greatest shuttlers produced by India, T.N.Seth; and a very helpful take on "Warming up" by Dr Dilip Nadkarni, we also have a superbly written article on sports Nutrition by Krushmi Cheddha, who works with the very prestigious Kokilaben Dhirubhai Ambani Hospital in Mumbai.

We have reports from the senior championships from Bangalore and Hyderabad, a piece on what makes Andhra Pradesh so very strong in the sport. And how, and why the Assam Badminton academy is all set to produce wonderful players for the future.

The cover stories are on the fantastically organised Veteran nationals in Mumbai and President, DR Akhilesh Das Gupta's, policies and views on our beloved sport for the year 2013.

The way Evolution sport, under auspices of Maharashtra Badminton Association, organised the Veteran Nationals, with a mind boggling record 1025 entries, was something to be seen to be believed. The editor also played and won the 55+ mens doubles and the enthusiasm seen from senior citizens of National Badminton was astonishing, to say the least. The creaking bones, bodies wrapped up in knee caps, elbow guards, etc were all there, and the massage tables organised by Evolution Sport—the event managers, always had a huge waiting line.

And the one person who really epitomised the never say die spirit of a true badminton lover, was none other than our columnist Shirish Nadkarni, the multiple national senior champion. Fresh from a knee surgery—in fact he has had some 15 surgeries altogether—Shrish not only gamely took on the opposition in 60+ mens doubles with a really hurting and stiff knee, but went on to win the title. Way to go.

Most happily for us at the Badminton India team, we have in "Feedback," two letters praising our efforts. There is no doubt that Badminton India is getting very popular. We wish that you-the reader-keeps on sending us feedback which we will love to publish.

Sanjay Sharma

Chief Editor of **BADMINTON INDIA**

BADMINTON INDIA

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Dr Akhilesh Das Gupta

BAI President

Dear Badminton friends,

Every few months Indian Badminton comes up with some great and encouraging news, thanks to our players. This time we got the wonderful news that P.Kashyap, who created waves when he almost defeated the world no.1 from Malaysia Lee Chong Wei in the quarterfinals of London Olympics, has now reached his best ever career world ranking at world no.7 spot. There is every chance that Kashyap, the current National Champion, will keep on improving his rank. He has the game and the ambition to go on and on, and of course the blessings are there from all of us.

We are happy to note that Saina reached semi-finals at both the All England and the Swiss open, and also applaud that players like Saurabh Verma, PV Sindhu and HS Pranoy came up with great performances in the European Tour. We are all optimistic about their future and we are sure that the Coaching policies of the BAI will continue to bear fruit. As an aside it was nice to note that Saina was nominated

From The President's Desk

as Female Player of the year by the BWF. Another feather in her cap and also of Indian Badminton.

As a step to really upgrade our coaching infrastructure, the BAI had arranged a seminar at Hyderabad, called "Coach the Coaches" where-in experts in most fields pertaining to the sport, had been invited to impart their skills so that our budding coaches imbibe the best qualities and learn enough, slowly but surely, to start a revolution in Indian Badminton. The idea is to have our own BAI Certification of Coaches so that they can be deployed as per their experiences and skill and lead Indian Badminton to a glorious future.

There was good news from Mumbai where the Veteran National Championships was held in February. By all reports emanating from the venue, the event was an astounding success and I thank and congratulate the Maharashtra Badminton Association for doing a great job. I am sure our other affiliates and future Organisers of National Championships will learn good things from the Veteran Nationals in Mumbai and come up with scintillating events in their own back-yards. It is time that our domestic Badminton also rises in esteem as far as organisation is concerned. The BAI will make sure that our players get the very best, always.

We look forward to the Yonex India Open Superseries in April and the IBL in end-June, 2013. I am sure it will be held with clinical efficiency by the Organising Committee as always and that our players will bring up scintillating performances.

This Magazine is being appreciated by all and I am happy to congratulate the Editorial team for doing a great job. I request all of you to write back to the Editor your views and observations, which go towards making changes, if any, for the better.

And Yes, not to forget that the much awaited IBL will take off in June, under the guidance of the BAI. The mega-event is being eagerly awaited by the entire Badminton world.



"Great things happening under policies of **BAI President**

Dear Sanjay – We haven't been in touch for long. But I was pleasantly surprised to see the latest copy of BADMINTON INDIA with Saina Nehwal on the cover. I think things are changing for the better with Dr. Akhilesh Das Gupta taking over as the President of the BAI. It's very catchy and easy to read with colourful display and beautiful action pictures of the new stars. The very fact, that unlike in the past, BAI is now on well prepared wicket (sorry for using cricket terminology), both in terms of finances as well as its plans for spreading the game far and wide all over the country. Thank you, Dr. Akhilesh for bringing about these healthy changes. For out of quantity, comes the quality. In this respect, may I give a few of my ideas, which may make the game more

entertaining and engrossing vis-à-vis the magazine more newsy and pictorial as well. First of all, how about having a couple of exclusive doubles and mixed all India tournaments, because making the doubles events alongwith the singles, spectators as well as the players,, to some extent, lose the interest in the doubles events. Then all the singles tournaments should be played on league basis, say of 64 or 32 players divided into even groups, instead of present system where players, who come from various parts of the country, spend more time in travelling than on the court – some may even be knocked out in the first or qualifying rounds. And lastly, badminton needs to be more media friendly. That is possible if BAI constantly keep in touch with the print and electronic media by keeping them informed regularly of its decisions, activities, both on and off the courts, like Board of Control for Cricket in India does. These are just few of my THOUGHTS. Wish BAI's new setup and the BADMINTON INDIA all the very best in the years to come.

R.K.BOWRIE

Letter From Mohali District Badminton Association

Let me congratulate you for being the Chief Editor of Badminton India. I was so happy to receive a copy of Vol.1 4th issue. Infact, I didn't even know that such a good Badminton magazine was there on the stands.

Secondly, I am expressing my appreciation on the contents of Badminton India. It was a pleasure reading the history of the game. If you can, kindly sent me the previous three issues of the magazine. I am sending the yearly subscription to you by mail.

I wish Badminton India a greater circulation and readership.

A.K.KAUSHAL

President
Mohali District Badminton Association

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YES BANK 37th Veterans National Badminton Championships 2013

The skills were still intact, nothing could douse the passion and along with an undying spirit the golden oldies of the Bombay Gymkhana helped themselves to six titles that was a significant contribution to Maharashtra sweeping the honours, in the YES BANK 37th Veterans National Badminton Championship, promoted by Evolution Sport, that was held at the Bombay Gymkhana and Cricket Club of India from February 19 to 24, 2013.

Players from the Bombay Gymkhana who represented the state made the most of familiar conditions during an eventful week of action on and off the court. The stalwarts emphasized their reign and earned their rewards for their efforts with pride. That none were strangers to our favourite sport added flavour to a competition that was conducted in a thoroughly professional avatar and matched world class standards.

It was indeed a proud moment for the Bombay Gymkhana as the honours poured in when the untiring Gautam Ashra won the 55+ men's doubles and mixed doubles title, Shirish Nadkarni the 60+ doubles, Milind Ghate and Amod Tilak the 50+ doubles, Amol Shah the 45+ doubles and Atul Biniwale the 45+ mixed doubles, while Naheed Divecha and Supriya Devgun finished runners-up in the women's 40+ doubles.

The championship, a significant competition on the domestic badminton calendar, attracted a record 1045 entries from all over India including former greats and past champions who have over the years represented the country and their states with pride.

Quite naturally, when they all arrived in Mumbai, not only were they enchanted by a pleasant, extended winter, but also the world class arrangements that awaited them at both venues. Quite accustomed to

modest facilities at previous editions of the championship, every participant was taken by surprise by the slew of details that were put together to ensure they went back home with unforgettable memories.

Firmly behind this effort was YES BANK, the tournament's title sponsors. When approached with a blueprint of the event, they entered into the fray with a smile and assured support that can only boost one's confidence. Their entry was brave and unflinching and by this YES BANK has shown the way. While empathizing with a sport that deserves such backing, YES BANK has initiated a turning point for not only badminton but all other sport.

As some acknowledged, never did they expect a welcoming players' lounge with an array of food stalls, bacteria-free mineral water from Mulshi, an infirmary well-manned by qualified staff from none other than the Kokilaben Dhirubhai Ambani Hospital that was in charge of emergencies, OSIM equipment and a renowned physio Heath Mathews and nutritionist Krushmi Chedda.

Not only was this India's single largest badminton event, but it was the first professionally promoted and managed national badminton tournament conducted in the country along similar lines to that of



The young, energetic and vibrant Ev



Leroy D'Sa, Aparna Popat, Supriya Devgun, Shirish Nadkarni, Hubert Miranda and Sanjay Sharma at the Press Conference

tournaments held in the UK and the EU.

In these times, when sponsors are hard to come by, Evolution Sport chose to use this opportunity to 'celebrate' the seniors and past champions. This being our maiden endeavour in badminton, we worked tirelessly over the past months to significantly raise the profile of the event by putting together a list of deliverables that go beyond what has been done or experienced within the Indian badminton space previously.

We aimed to revolutionize the sport of badminton and other sports in the way tournaments are conducted and delivered. At a time when most sport are struggling to survive, anyone



Evolution Sport team being applauded on stage

now, especially organisers planning to conduct tournaments at the domestic or international levels can approach us. We want to be the 'GAME CHANGERS'. We remain committed to ensure that using this event as a spring board we contribute to ensuring sustained and long term growth. We believe we have a key role to play.

This is what nine-in-a-row national women's champion Aparna Popat has to say: "The manner in which the Veterans Nationals was conducted this time was very professional. Never have we seen or experienced something like this before. Badminton needs this kind of support that Supriya Devgun's Evolution Sport has initiated by roping in the sponsors which are otherwise difficult to convince. Supriya is a badminton player herself and she knows what the sport needs. With this kind of effort badminton can only grow from here."

Former National Champion and Captain of the Indian Badminton Team Sanjay Sharma went on record to state: "This is not just the best organized Veterans National Championship, but the best ever organized National Championship ever. Kudos to Bombay Gymkhana, Shirish Nadkarni and Evolution Sport!"

Five-time gold and twice silver medallist at the Silent Olympics Sandeep Dhillon added: "The Veterans Nationals this time was conducted like a World Championship! This is a brilliant concept and effort on the part of Evolution Sport to boost badminton. If this continues to happen, badminton will evolve and reach out to more people."

While praises flowed from all quarters, the credit for taking up the challenge to organize a championship of such magnitude



BAI Vice President & MBA President - Pradeep Gandhe

has to go to the dynamic badminton committee of the Bombay Gymkhana that showed unconditional faith in Evolution Sport, which was a much needed stimulant that pumped the adrenalin and set the ball rolling.

The entire badminton subcommittee led by Shirish Nadkarni has been extremely helpful, a special thanks to Ravi Kumar for suggesting to Bombay Gymkhana to have us on board and guiding us along the way, many thanks to Sarosh Shroff, Yazdi Marolia, Shailesh Daga and Satish Kapoor for helping us along the way. A

COVER STORY

big thank you to all of you for giving me and my team their unstinted trust and faith that set the ball rolling.

I must thank the Bombay Gymkhana management, the president Raj Bajaaj, the vice president and badminton enthusiast Suresh Hemmady for giving us a free hand and access to the club resources to deliver this event. A big thank you to Vivek Wadhwa, Charan Shetty for making available their tennis courts and cricket ground where we set up the player lounge and evening gala dinner & prize ceremony. Without the assistance of the Bombay Gymkhana team pulling this event off would just not have been possible, truly a 'team' effort. The outgoing CEO Brig. Bose and incoming CEO Col. Saini were absolutely fabulous.

A special mention is in order of our entire team of badminton markers, each of whom took turns to sleep over at the courts overnight to ensure the courts were cleaned, the stands and Doordarshan camera towers were set up. Thank you, Rajesh Jadhav, Rajan Samant, Ravi Annapurne and Vithal Hate. Also a big thank you to the Willingdon markers Naresh, Dinesh, Vilas & Manoj, as well as the CCI markers and helpers, Milind, Anand, Mahesh, Pratik, Namdev, Kailash, Vishal and Nandu. Realising the record number of entries it was only appropriate to include that other hub of badminton, the Cricket Club of India, as part of the event. With CCI badminton secretary Darayus Mehta at the helm, it was smooth sailing all the way. Darayus' team at the CCI badminton courts was fabulous, especially Rishi Agarwal, Hira Daswani and Harsh Somani. CCI, you were the real superstars who selflessly helped Bombay Gymkhana and Evolution Sport, and made this event possible.

A special acknowledgement to Badminton Association of India, Maharashtra Badminton Association & Greater Mumbai Badminton Association for their unstinted support and encouragement and once again a big thank you to all involved in making this event a massive success. We do hope that going forward we will have the honour and privilege of working on similar events with the governing bodies to ensure our efforts are truly collaborative and we achieve the goals we set to grow the sport of badminton together.

Back to the competition, all eyes were on the legendary Leroy D'Sa, current World 60+ champion



Shirish Nadkarni - organising secretary of the YES BANK 37th Veterans National Badminton Championships 2013 addressing the gathering

Hubert Miranda who lived up to his reputation by winning the 60+ singles and doubles titles, former India captain Sanjay Sharma and our very own Shirish Nadkarni, an exponent of the game who has played for India in the Veterans events continuously since 1997. Moreover, it was Maharashtra's shuttlers who providing the icing on the cake by winning 12 titles to complete a rewarding experience for the hosts.

Personally for me it was a dream event in many ways, along with my partner Naheed Divecha we made it to the finals of the Womens Doubles 40+ finals, something I hadn't expected given the massive amount of time and effort I had to put in with my team to operate and deliver this event, which meant

a huge shortage of sleep and time to train. I also made it to the quarter-finals of the Mixed Doubles 40+ with my partner Sandeep Chatlani, losing in a close match to the





Amol Shah and Mayur Tawade
during their Doubles 45+ final



Naheed Divech and Supriya Devgun
during their Womens Doubles 40+ match



Award winning Bollywood playback singer Madhushree
wow'ing the guests



Sanjay Sharma and Gautam Ashra
after winning their Doubles 55+ match

eventual champions.

On the professional side, it was one giant step for us, my team spearheaded by myself and Evolution Sport director, Shivas Nath were able to translate our dream and vision in to reality, to give back and invest in badminton that truly raises the profile of the sport we all love so much.

The awards function was an evening to remember, a gala dinner attended by over 600 guests co-hosted by Shivas and myself with Bollywood playback singer Madhushree being the surprise package that the guests loved. Madhushree has provided hit chart busters to movies such as Yuva, Jodha Akbar, Kisna, Rang De Basanti, Kal Ho Na Ho, etc and celebrated 10 years association with A.R. Rehman.

Several dignitaries from the badminton world attended the evening making the affair truly star studded in every manner. Past legend and one of India's finest players Nandu Natekar spoke a few words and gave away several prizes, as did Pradeep Gandhe, the vice president of BAI and president of BAI, O.D. Sharma, Punnaiah Choudhary, S.A. Shetty, Sanjay Mishra, Pradeep Mohanty and chief referee for the event K. Panni Rao, (The writer is an avid badminton player at the Bombay Gymkhana and CEO / Director at Evolution Sport)

Results (All Finals):

Women 60+: Punita Nagalia (Utr) bt Shaila Sardesai (Mah) 21-8, 21-2.

Women 55+: 1-Vandana Deogirikar (MP) bt 2-Sucheta Chitre (Mah) 21-16, 21-17.

Women 50+: 1-Manjusha Sahasrabudhe (Mah) bt 2-Sukesha Saggi (UP) 21-17, 21-4. Doubles: 1-Rajashree Bhav/Manjusha Sahasrabudhe (Mah) bt Manik Paranjpe/Padmini Desai (Mah) 22-20, 21-17.

Women 45+: 1-Sangeeta Rajgopalan (Chhattisgarh) bt 2-Kavita Dixit (LIC) w/o. Doubles: Kavita Dixit (LIC)/Sangeeta Rajgopalan (Chhattisgarh) bt Anjali Kunte/Pratibha Nair (Mah) 21-11, 21-6.

Women 40+: Poonam Tatwadi (MP) bt 1-

COVER STORY

K. Tanuja (AP) 21-10, 11-0 retd. Doubles: Poonam Tatwadi (MP)/Vaishali Agashe (Mah) bt Supriya Devgun/Naheed Divecha (Mah) 22-20, 21-13.

Women 35+: Uma Rani Patil (Jharkhand) bt Preeti Panchale (Mah) 21-15, 21-14. Doubles: Deanne Rodrigues/Nisha Springett (Mah) bt Barkha Chauhan/Shridevi Gadili (UP/Ktk) 21-9, 21-10.

Men 70+: Suresh D. Hegde (Ktk) bt Surendrasingh Chauhan (Mah) 21-9, 21-11.

Men 65+: Harendra Kumar Singh (Mah) bt 1-Pradeep Sirkar (Mah) 21-11, 21-12. Doubles: Harendra Kumar Singh/Pradeep Sirkar (Mah) bt P. Malikarjun Rao/M.D. Murali (Ktk) 21-19, 21-14.

Men 60+: 1-Hubert Miranda (Mah) bt F. Zokima (Miz) 21-12, 21-18. Doubles: Hubert Miranda/Shirish Nadkarni (Mah) bt G. Jairaj/Raja Bose (Ktk) 21-11, 21-10.

Men 55+: Shyamlal Pardeshi (Guj) bt 1-Khadak Bahadur Singh (Chattisgarh) 21-13, 21-8. Doubles: Gautam Ashra/Sanjay Sharma (Mah) bt Leroy D'Sa/Achuthan Siddharth (Mah) 21-15, 21-7.

Men 50+: Ram Lakhan (Pun) bt 5-R.N. Sarkar (UP) 21-12, 21-10. Doubles: Amod Tilak/Milind Ghate (Mah) bt 1-Jayarama Pai/Vasantkuamr (Ktk) 21-8, 21-11.

Men 45+: B.V.S.K. Lingeswara Rao (AP) bt 2-K. Prabhu Naik Naidu (AP) 13-21, 21-16, 21-16. Doubles: Amol Shah/Mayur Tawade (Mah) bt A.V.S. Murthy/K. Prabhu Naik Naidu (AP) 21-13, 21-23, 21-19.

Men 40+: 1-Sanjay Mishra (Chattisgarh) bt 2-Shrikant Bakshi (Del) 21-13, 21-14. Doubles: Meka Murali Verdhana Rao/M.V. Muralikrishna (AP) bt Rajesh Sekar/Rakesh Sekar (Ker) 21-16, 21-15.

Men 35+: 1-C.M. Shashidhar (AP) bt Jayendra Dhole (Mah) 21-9, 21-8. Doubles: Ajit Haridas/E. Raghavan (TN) bt Sameer Abbasi (Guj)/Shrikant Bakshi (Del) 21-16, 21-17.

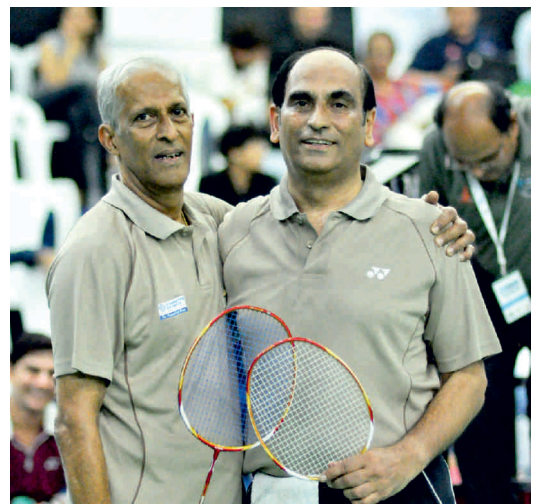
Mixed doubles 55+: Gautam Ashra/Padmini Desai (Mah) bt Anil Kulkarni/Jayshree Bedekar (Mah) 21-14, 21-14.

Mixed doubles 50+: Dharendra Kumar Sen (Utr)/Shakuran Begum Dhillon (Pun) bt Vivek Saraf/Manjusha Sahasrabudhe (Mah) 15-21, 23-21, 21-13.

Mixed doubles 45+: Atul Biniwale/Rajashree Bhawe (Mah) bt George Thomas (PSPB)/Monica Bhonwal (UP) 21-15, 21-16.

Mixed doubles 40+: Shrikant Bakshi (Del)/K. Tanuja (AP) bt 1-Sanjay Mishra/Sangeet Rajgopalan (Chattisgarh) 10-21, 21-15, 21-18.

Mixed doubles 35+: E. Raghavan/Suzanne Venglet (TN) bt Vilas Kuvale/Deanne Rodrigues (Mah) 21-16, 21-13.



Hubert Miranda and Shirish Nadkarni on court before their Doubles 60+ finals



Player Lounge at Bombay Gymkhana



Womens Doubles 40+ Runners up **Supriya Devgun** and **Naheed Divecha** receive their trophy from **Gulam Vahanvati**



Badminton legend **Nandu Natekar** presents the Mens Doubles 45+ trophies to **Mayur Tawade** and **Amol Shah**



Sarosh Shroff presents the Mixed Doubles 55+ winners trophies to **Gautam Ashra** and **Padmini Desai**

SUPRIYA DEVGUN

AGE IS JUST A NUMBER

SHACHI SHARMA

Recently, I came across a girl who was all of 20 and gave up her dream of playing competitive tennis since she was 'too late' to make an entry into the field of sport. This incident made me think and made me ponder. Who says "sport is only meant for youngsters"? My research about this topic internet yielded some startling results. Meet Bob Keller. At age 77, Keller has competed in nearly 850 racing events, from neighbourhood runs here in Florida's state capital to world championship duathlons and triathlons in Scotland, Hawaii, Germany and Australia. The amazing part is Keller didn't get serious about running and racing until he turned 50. In amazement, I also saw an amazing story of this 85 year old. At this age most people would confine themselves to the four walls of their homes with an occasional visit to the children on their birthdays or wedding anniversaries, the rare appearance in the church, temple or mosque, and frequent trips to the doctor for some ailment or the other. But not John Devasir, Secretary, Chennai Masters' Athletic Association, who did India proud by winning a bronze medal in the 80 M hurdles event at the recently concluded XVIII World Masters Athletic Meet in Lahiti, Finland. He raced to the finishing line in 20.48 seconds, winning the third slot by 0.07 seconds.

Finally, for the first time I attended the 37th Veterans National Tournament. I admit I went there to cheer my father who was playing the finals of the 55+ Doubles Category. However, little did I know that this would change my perceptions and beliefs forever. Not a single soul could raise a finger at the sheer enthusiasm of these old folks in comparison to younger players like Kashyap and Saina.

Over 1000 thousand players from different Indian states fought and rallied to win the coveted title. Many of these players were renowned players of their times. So, what keeps them going even at this age was the question in my head.

After undergoing multiple knee surgeries, it was astounding to see many times national champion Shirish Nadkarni in his elements. Said Shirish, "Badminton is my life. I would do anything to play this sport. It has given me everything. No knee surgery or anything could keep me away for long. But yes, at this age one has to be slightly careful. Warm up today is more important than the earlier days. We have to understand that we are slightly slower. If you consider all these aspects there is nothing that can stop anyone from playing at any age. It's all in the mind."

From being unable to walk once upon a time, Shirish not only came back on to the court with a bang, but also emerged as the winner in the 60+ doubles category. Legendary doubles player, Leroy D'sa, now in his late fifties also stated, "We players love to play badminton. Especially for me, Badminton has given everything that I have. I owe it all to Badminton. So even at this age, nothing can stop me from playing. Of course, I don't play as much as I used to earlier and im not so much in touch with the game these days. Still, I came here to play for the sheer spirit of this sport. I will continue to play till the time I can. Even if I'd be 75 it wouldn't really matter to me." When questioned about how does he keep fit, Leroy added, "I don't think it's any different than the earlier days. The only difference would be that we trained harder and did different drills like shuttle runs and sprints. Now, our body doesn't permit us to do so much training. However, warm ups, jogging, gymming, weight training, etc. is more important than before. We have to keep ourselves to be able to play and it also keeps us fit in return. So there is no downside to it." National Veterans Champion Milind Ghate humorously shrieked, "The difference for me would be, earlier warm ups were my only focus before a match. But nowadays along with warm ups I also have to focus on knee caps, knee supports and pain killing sprays and powders more than anything else." Be it anything, the sheer will and determination of these aged stalwarts was a sight to behold. It showed me that age has got nothing to do with anything. It's all in the mind. Winner of 55+ doubles category Sanjay Sharma and Gautam Ashra added, "Age has got nothing to do with it. Whether you're young or old it doesn't matter. What matters is you will to succeed. Sport teaches you that. It gives an equal opportunity to each person to fight it out on the court and win. No one cares how young or old you are." Finally with 37 year old Tine Baun winning the finals of the coveted All England Championships instilled my faith. To add it, her opponent was all of 18. This only proves that if a person is set out to do anything, age is just a number. Your will to achieve something decides the course of your life, be it at any age. With this, we would like to congratulate our winners of the Veterans Nationals. We hope to see a splendid performance from them in the world championships to be held in Ankara, Turkey!



Trilok Nath Seth

A gentle, graceful, sporting champion



The year was 1952; the occasion was the second Thomas Cup series ever to be played; the venues were Kuala Lumpur and Singapore. An Indian badminton player named Trilok Nath Seth (known to all as simply 'T.N.') was an integral part of what at the time was termed by Malayan newspapers as "the most unforgettable Thomas Cup match." Four teams had qualified for the inter-zonal finals of the competition to win the trophy donated by Sir George Thomas to herald the best men's badminton team at international level. Of the teams in the fray, the US came through the Americas, Denmark came through Europe, and the Asia-Pacific region had Malaya and India. India had entered the inter-zonal finals after beating Thailand in its first round by a 9-0 scoreline, and Australia in the second round in Melbourne by an identical margin. Malaya, as defending champions and 1948 winners of the inaugural edition, were only required to play the Challenge Round, a system similar to that employed in the initial years of Davis Cup tennis. In the three-way elimination tournament within a tournament, the USA received a bye and awaited the winner of the tie between Denmark and India. In what was effectively a semi-final, played in Kuala Lumpur, India notched up a stunning upset by knocking out the fancied European Zone champions Denmark by six matches to three. The Danes were probably adversely affected by the heat and humidity of the Malaysian capital. "The Malayan newspaper headlines blared: 'Under-rated Indians play havoc with formidable Danes'," says doubles player Monoj Guha, who was a member of the Indian squad and is today India's oldest surviving Thomas Cupper at the ripe old age of 90. "Even the official brochure of the Badminton Association of Malaysia had prematurely published a cover that read 'Denmark versus USA'. They had to scrap that brochure, and get new ones printed in a hurry!" The team flew overnight to Singapore without any rest, to play the zonal final the next day against the US. That was the match

which turned out to be the best in the short history of the Thomas Cup until that time, and remains among the best and most strongly fought clashes of all time. The US-India tie was played at Singapore's 'Happy World Stadium', where around 8,000 spectators could be accommodated. Having bought tickets at more than double their face prices in the black market, they crammed every nook and cranny of the hall in expectation of another great showing by the Indians, following their remarkable triumph over Denmark. "When we reached the stadium, we were greeted and cheered by thousands of spectators who had been unable to get tickets, but were waiting for us outside the arena," recalls Guha. "The hall was packed to capacity; and, it being the month of June, the temperature inside must have been in excess of 110 degrees Fahrenheit!" The Indians started disappointingly, losing all four of the matches on the opening day – the two singles and two doubles. But, from the start of the fifth match on the second day, one of the greatest fightbacks in the history of the Cup began. India's captain Davinder Mohan pipped Martin Mendez, America's top player and ranked No.2 in the world at the time. Then started the second reverse singles between T.N. Seth and Dick Mitchell, a strapping 6' 2" left-hander. To everyone's surprise, T.N. beat the American, again after three games, simply running away with the decider at 15-8, 5-15, 15-1. The American player suffered badly in the stifling heat of the stadium, which did not bother the Indian quite as much. In the third singles, the wily Amrit Lal Dewan performed a miracle by levelling the scores over extra points in the second game after losing the opening game to Joe Alston, an operative of the Federal Bureau of Investigation (FBI), at 15-11. "After Amrit took a 7-1 lead in the decider, the American coach, Ken Davidson, who was sitting by the sidelines, signalled Alston to not exert and allow Dewan to win the match, probably to save his energies for the doubles," says Guha. With India narrowing America's lead to 3-4, the first doubles started between Davinder Mohan and Henry Ferreira on the one side, and Carl Loveday and Bob Williams on the other. The Americans had beaten Monoj Guha and T.N. Seth in straight games on the first day, and



were expected to seal the tie for the Americans. But Mohan played like a man possessed, and with the doughty returner Ferreira giving him stout support, the Indians won the first game at 15-10. They were outplayed at 3-15 in the second, but held on by the skin of their teeth in the decider, with Mohan putting everything in the fray, and clinched it by the narrowest of margins at 18-17. India had achieved the impossible, and restored parity at 4-4. "The spectators went totally crazy," Guha remembers. "People had gatecrashed illegally into the stadium, and there must have been around 10,000 of them, screaming and shouting. Some of them barged onto the court to try and chair the winning Indian pair. The management had a tough time controlling the crowd; and, in fact, had to suspend the tie for 40 minutes to get the playing area cleared." In this pressure-cooker atmosphere began the ninth and final match, the second reverse doubles, between T.N. Seth and Guha, with Mitchell and Alston on the other side of the net. The Indians began in a whirlwind fashion, and took the opening stanza at 15-6.



Nandu Natekar & T.N. Seth

"When we took 8-2 and 9-3 leads in the second, Radio Malaysia actually announced India as the winner of the tie," says Guha. "Sadly, we somehow lost intensity and the Americans leveled the game at 10-all, and went on to win it.

"By losing that game, we had lost the opportunity of a lifetime of reaching the Challenge Round to face the champion nation Malaysia. Basically, T.N. was exhausted by having had to play four matches. Our opponents drew away in the decider after the change of ends, and we lost the game, and with it the tie, at 15-7. "The next day, all the Malaysian newspapers were full of praise for the Indians with headlines that screamed: 'Best match ever played in Thomas Cup series. India, though lost, won the hearts of everybody'. It was thus that we brought India onto the badminton map of the world by finishing third in that series." Finishing third was something that the Indians did in the following series in 1954-55 as well. They extracted retribution from the US for their 1952 defeat, beating the Americans in the zonal semi-final by six matches to three. In this tie, Nandu Natekar had replaced Davinder Mohan as India's premier player, and won both his singles matches. T.N. who was then in his singles prime and captained the team, lost narrowly to Joe Alston at 14-17, 16-17, but beat Dick Mitchell for the second time in the Thomas Cup, at 15-7, 8-15, 15-11. Guha, who combined better with Gajanan Hemmady than he had with T.N., notched up two doubles wins; and Parduman Singh Chawla's hard-fought 15-17, 15-11, 15-2 win in the third singles made the issue safe for India. However, Denmark were to gain revenge from

the Indians for their 1952 loss, with the charismatic strokemaker Finn Kobbero acing both Natekar and T.N. Seth in the singles, even as Jorn Skaarup beat T.N. quite easily; and Kobbero and the big-hitting Hammergaard Hansen were far too strong for both Indian doubles combinations. Possibly, it was a lack of adequate international exposure that prevented the Indians from going further than the third place on each occasion. Otherwise, the 1930-born T.N. had a magnificent record of consistency at the Indian Nationals, winning the singles for the first time at Lucknow in 1952-53, and figuring in every final thereafter until the 1958-59 Gauhati Nationals. T.N. won the National singles crown four of the seven times he trekked to the final, having the misfortune of losing to Natekar on each of the other three occasions – at Gwalior in 1953-54, Pune in 1954-55 and Gauhati in 1958-59. He was to beat Natekar in only one National singles final – at Delhi in 1956-57. "In the team event of the Delhi Nationals in 1956-57, I beat him in three games, all three of which went over the extra points," says Natekar. "He gained his revenge in the individual event, beating me in the final – again in three games, with the final game ending at 18-16 in his favour. It reveals just how closely we were matched." T.N. was not much of a doubles player, though he was pressed into service to play doubles with Monoj Guha in the 1952 Thomas Cup series. He was certainly not in the same class as his protégée, Suresh Goel, in the paired events, yet won a solitary mixed doubles title at the 1951-52 Kanpur Nationals with Doris David as partner. In the initial years of his career, opportunities to play abroad were extremely few. In the only All-England he played in 1954, when he and Natekar went after collecting the requisite funds with much difficulty, he lost in the second round to Denmark's Poul Holm. But his exploits in the Thomas Cup singles ensured that his name passed into the annals of Indian badminton as one of the greats of the game.

T.N.'s contemporaries are unanimous that he appeared a little bulky for badminton. Nevertheless, he had an extremely smooth and easy style; and, in spite of his bulk, his movements were fluid and graceful. "If he was at the baseline when you dropped at the net, he would

reach it," says Natekar. "How he did it, I could not tell you, but he did reach. He always served high and behind, and relied more on tiring out his opponent than forcing the points. "Initially, he began with mostly overhead strokes, but soon developed a reliable backhand as well. His staying powers were among his strong points; but, unlike many defensive players who can be very boring to watch, he was very easy on the eye. "If he had a shortcoming, it was that he was inclined more towards defensive than aggressive play. That is possibly because he lacked a powerful smash."

An Arjuna Award winner, T.N. was perhaps one of the most gracious and sporting gentlemen the game has known, and an example for players to follow. He was never known to question a line decision, never to complain of playing conditions, and never to refuse to play a match, or matches, at any time. He would always do his utmost to cooperate with tournament organisers and help make their work easier. "I have been told that every organiser looked forward to having my husband play in their tournaments, for he was popular with players, organisers and spectators," says his widow Dr Lakshmi Seth, who runs a flourishing maternity



nursing home in the heart of Gorakhpur. The man was known to be a soft and courteous individual, like a typical U.P. man, and was blessed with a contagious sense of humour. "T.N. would usually be seen smiling," says Natekar. "I had an excellent rapport with him because we toured a lot together, going to the All-England, the All-American, and the Thomas Cup series. "He was not very fluent in English, and would usually converse in Hindi. When we were abroad, we used to have sessions of singing and camaraderie with our opponents and the umpires in the

evening after the matches. T.N. ended up singing the 'Hanuman Chalisa'!" T.N., who was employed by the Indian Railways as a Sports Officer, was mentor to the magnificent strokemaker Suresh Goel, and Syed Modi too benefited from his fluid style of play. The man was a lodestar for the many promising juniors of Uttar Pradesh, whom he guided, coached and encouraged through the years. Perhaps his splendid game and sterling example have provided the reason why Uttar Pradesh has produced so many junior national badminton champions.

SHIRISH NADKARNI



SENIOR RANKING Bangalore Event

Maneesha wins a double, Sourabh, Arundhati emerge singles champions

Sourabh Verma and Arundhati Pantwane emerged singles winners at the ONGC All India Senior Ranking Tournament at Bangalore. The one who impressed most on finals day, however, was Maneesha K, who took home two doubles titles – the mixed (with Pranaav Chopra) and the women's doubles (with Sanyogita Ghorpade). Veteran V Diyu teamed up with Alwin Francis to win the men's doubles. With most of the top guns missing – among those who didn't appear were Saina Nehwal, P Kashyap, PV Sindhu and Guru Sai Dutt – the competition missed its spark to begin

with, but by quarterfinals day there was a sizeable crowd. There was a lot of support for local lads Anup Sridhar and Arvind Bhat, both of who could not make it past the quarters. There were some surprises in the pre-quarterfinals. Eighth seed Aditya Prakash was beaten by Neeraj Vashisth (Haryana) 21-18 22-20, while Pratul Joshi, who upset top seed Taufik Hidayat at the Syed Modi International GP Gold tournament in December, was upstaged by veteran Chetan Anand, who is on the comeback trail from injury. In the women's singles, top seed Neha Pandit was beaten by Andhra teenager Ruthvika Shivani (20-22 21-9 21-15).

Anup, Arvind beaten in quarters:

Anup Sridhar took on Sourabh Verma, and he would have fancied his chances, especially as he had beaten him at this venue during the PSPB team event in MARCH 2013. The senior player had his chances in the second game, but could not capitalise and the 2011 national champion made his way into the semis with a 21-15 23-21 result. Arvind Bhat too had had a memorable tournament during the PSPB, where he had beaten HS Prannoy after saving match points, but the younger lad turned the tables on him this time with a 21-12 19-21 21-14 score. The only veteran to make it to the semis was Chetan Anand, who showed he is still in the reckoning. The stylish Chetan overcame Subhankar Dey, who battled hard in the first two games, but was forced to yield to Chetan's spell in the third. Dey, who trains under Tom John, showed exceptional defence on a few occasions, but Chetan's dazzling variety of strokes eventually proved too much for him.

A sparkling semifinal encounter:

Chetan continued to show glimpses of his old form in the semifinals against Sai Praneeth. This was an encounter that caught the attention of all those present, for Sai is reckoned to be a skilled strokeplayer. But even he was outmanoeuvred by the sheer variety of Chetan's strokeplay in the early part of the match. Chetan, in keeping with his style, sent the shuttle to all corners; caressed it at the net to extract the lift; and frequently had Sai guessing with his range of flicks and drives. After a narrow loss in the first game, Sai managed to equalise by keeping a high pace, and Chetan decided to conserve his energies for the decider. This was a close game all the way, an interesting battle of wits as the senior pro tried to catch the youngster at the net, while Sai used his greater speed and power to counter him. The points went neck-and-neck until 12, with Sai then opening up the gap and Chetan



attempting to rein him in. Chetan managed to reduce a 14-18 deficit to 17-18 with some delightful work at the net, but a lovely drop from Sai caught Chetan short, and the youngster grabbed the next two points to seal the match. "This is the first time I'm playing him and it was hard to read his strokes," said Sai Praneeth in admiration. "From the back of the court he's very sharp, and at the net he has so much variety that it's difficult to make out the shot he's playing." Despite his loss, Chetan showed he can still be a dangerous opponent to the best in the country. Among the other interesting semifinal matches was the young Ruthvika Shivani against Tanvi Lad. After winning the first game narrowly (22-20), Ruthvika was outclassed in the second (21-9), but mounted a brave challenge in the third. Every time Tanvi went ahead, Ruthvika pulled back level, and the Mumbai girl had to use all her experience to edge through. Ruthvika saved two match points, but eventually played a return into the net on the third match point. The other men's singles semifinal was between Sourabh Verma and HS Prannoy. Both haven't been in form lately – while Sourabh has been patchy, Prannoy had suffered a slipped disc not so long ago and has been on the path to recovery. The match obviously was a test of Sourabh's defence against Prannoy's attack. The Kerala lad's attack and pace helped him storm to an early lead, as he took the game 21-14, but once Sourabh found his length and rhythm, it was always going to be difficult for Prannoy. Sourabh's strength is his defence, and he was able to extend the rallies

and frustrate Prannoy's attacking game. The second game was a washout as Sourabh won 21-6, and even though Prannoy took a 6-2 lead in the third, Sourabh's eventual dominance was almost inevitable. He took the match 14-21 21-6 21-16.

Sourabh, Arundhati emerge on top in finals:

So it was on to finals day. The singles finals featured Sourabh Verma against Sai Praneeth, and Tanvi Lad against Arundhati Pantawane. But it was the doubles matches that turned into absorbing contests. The first was K Maneesha/ Sanyogita Ghorpade against Prajakta Sawant/ Arathi Sara Sunil. Prajakta and Arathi dominated in the first game as they used their superior hitting power to outplay their opponents, and the match appeared headed for an early finish. Prajakta and Arathi even had a 18-16 lead in the second game, but Maneesha and Sanyogita raised their game admirably, with Maneesha sharpening her game at the net and Sanyogita managing to get some steep smashes from the back. They levelled at 19 and took the game on their third game point. The final game was against tense and went down the wire. Eventually, it was Sanyogita's calmness under pressure and her attacking shots that made the difference, as she nailed the final point for an exciting 16-21 23-21 22-20 victory. The second match of the day was the men's doubles between V Diju and Alwin Francis, against Pranaav Chopra/Akshay Dewalkar. Diju hasn't been in much competitive action since the Olympics, but his skill was very much in evidence, as he plotted a calm victory over



Chopra and Dewalkar. Diju and Francis lost the first game at 10, but once they found their touch, they controlled the game, refusing to allow Chopra and Dewalkar to unleash their attacking style. Diju was masterful in playing the parallel game, frustrating his opponents as they were unable to fire in the big winners. Francis too was astute at the forecourt, and the two Kerala players came away 10-21 21-18 21-10 victors. Arundhati Pantawane had scored a straight-sets victory over PC Thulasi in the semifinals, and she was just as impressive in the final, holding off Tanvi Lad 21-16 22-20. Arundhati's greater variety, sharpness of strokes, and athleticism helped her control the proceedings against Tanvi. Maneesha K capped a memorable tournament for herself with a win in the mixed doubles as well. She and Pranaav Chopra held off Arun Vishnu/Aparna Balan in a cracker of a match, 21-15 18-21 22-20.

Sourabh had won the 2011-2012 nationals in January 2012 and the PSPB individual title last month, both at the expense of Sai Praneeth. This time also, he did not give a chance to Sai to make it third-time-lucky by

convincingly beating him in straight games. There were moments in both the games when the players were very close i.e. at 18-17 in Sourabh's favour in the first and at 14-12 in Sai's favour in the second. But Sourabh has by now earned a reputation of being a player can play the big points well. Though shaky at the beginning of any tournament as his defeat to Shreyansh Jaiswal in the Jammu Nationals and in the TATA Open last year would testify, he can tighten up his game and make it extremely difficult for the opponent especially during the latter stages of the match.

Unlike most defensive players, Sourabh packs quite a wallop in his smashes and he time and again drilled holes in Sai's backhand defence with his smashes. This helped him come back from 12-14 down in the second to a commanding 18-14, reeling off six points at a stretch and breaking Sai's morale.

(With additional inputs from TR Balachandran)

Finals: WD: Maneesha K/ Sanyogita Ghorpade (AP/Al) bt Arathi Sara Sunil/ Prajakta Sawant (Ker/PET) 16-21 23-21 22-20

MD: 4-Alwin Francis/ Diju V (KER/PET) bt 2-Akshay Dewalkar/ Pranav Jerry Chopra (Al/PET) 10-21 21-18 21-10

WS: 5-Arundhati Pantawane (MAH) bt 4-Tanvi Lad (PET) 21-16 22-20

XD: Pranaav Jerry Chopra/ Maneesha K (PET) bt 1-Arun Vishnu/ Aparna Balan 21-15 18-21 22-20

MS: 2-Sourabh Varma (PET) bt 1-Sai Praneeth (PET) 21-17 21-15

DEV S SUKUMAR

Intermediate Level Coach Education Programme

GoSports
FOUNDATION

Badminton Association of India GoSports Foundation

A Report on the Intermediate Level Coach Education Programme, conducted by the BAI, in association with GoSports Foundation, from 23rd to 30th March, 2013, at the Pullela Gopichand Badminton Academy

Introduction

The Badminton Association of India and GoSports Foundation conducted an **"Intermediate Level Coach Education Programme"** for Indian Badminton Coaches. The 8-day long workshop was held at the Pullela Gopichand Badminton Academy in Hyderabad, from the 23rd to the 30th of March, 2013.

The Coach Education Programme was attended by 34 coaches from all over India, with varied backgrounds and coaching experience. The programme was a first-of-its-kind coach education workshop for Badminton coaches in India.

Background

GoSports Foundation (GSF) is an independent non-profit venture primarily focused on securing funding and





professional expertise for India's best and most promising junior Olympic and Paralympic athletes. The Foundation sees sport as a powerful tool to positively impact individuals, communities and the national consciousness, and aims to give every individual and corporate entity the platform to participate in the life of India's best young sportspersons.

GoSports Foundation envisions an India where young athletes with world-class potential receive all the support, knowledge and encouragement necessary to empower them to achieve their dreams. The Foundation's mission of Empowering India's Future Olympians is premised on the belief that sporting champions are created when the right talent gets the right support at the right time. The projects and programmes are directed towards providing crucial financial and non-financial support to our nation's most promising young athletes. The foundation believes that by supporting the development of Indian athletes who demonstrate world-class potential, we not only increase India's chances of winning medals on the world stage, but also create a potent tool to empower these athletes to create circles of excellence around them and within their communities.

Having supported athletes from various sporting disciplines since 2008, the GoSports Foundation realized that there is no dearth of talented junior athletes in India. For a sport like Badminton, which has gained a lot of momentum in India over the past few years, the challenge lies in aligning the right support system for these talented young athletes. For this purpose, the Coach Education Programme was conceptualized, in December 2012, after a discussion between the Executive Committee of the Badminton Association of India and the GoSports Foundation, during the Syed Modi International India Grand Prix in Lucknow. The longer term objective is to inject more qualified coaches into the system and boost talent identification, nurturing and development.

More than 65 coaches from all over India applied to be part of the Programme. The basic eligibility criteria were as below:

1. SAI-NIS diploma holders, with a minimum coaching experience of 2 years, or
2. National/International player, with a minimum coaching experience of 2 years

Applications qualifying the basic eligibility clauses were further screened and evaluated by the BAI's executive committee who selected the 34 coaches for the Programme.

The Programme

The course was designed to educate the coaches about the most

recent trends in Badminton Coaching all over the world. "The most important objective of the course is to align the training programmes all across India to fall in line with the National Training Programme for all age groups. This will ensure that a larger talent pool is fed into the national circuit, and will lead to a larger number of high-potential athletes to represent India at the World stage. We are keen on creating more knowledge sharing programmes for Indian coaches in the coming years", said Mr. TPS Puri, Vice-President of the BAI. Speaking about the certification process for the participants, Mr. Puri said "There will be a critical evaluation of all the coaches who attend the workshop. They will be given specific assignments which will be critically reviewed after 3 months. A qualified panel will evaluate their performance."

Apart from the technical nuances of Badminton and sport specific on-court skills, the programme included comprehensive discussions and practical sessions on sports physiology, nutrition, sports medicine, psychology and conditioning. Adding to the coaches' knowledge, each of these topics was covered right from the basics, and each of the experts specifically described areas which are most important for the sport of Badminton.

Mr. Venugopal Mahalingam, Events Manager of the Badminton World Federation was one of the technical experts for the programme. During his sessions, he discussed the evolution of modern badminton over the last few decades and the training routines and programmes practiced by some of the most successful Badminton players, including that of Indian players like Saina Nehwal, PV Sindhu and P Kashyap.

Reflecting on his experience of conducting lectures and on-court sessions for the participating coaches, Mr. Mahalingam said, "I was overjoyed at the level of enthusiasm shown by all the participating coaches. It is heartening to see the coaches willing to keep on learning, even after years of experience. I'm extremely grateful to the BAI and GoSports Foundation for giving me the opportunity to share my knowledge and expertise, and I would love to be part of more such programmes in the future."

Lauding India's recent successes in international Badminton, he said, "In the last few years, India has emerged as one of

the most powerful contingents in World Badminton. BAI's initiatives like hosting the World Junior Championships, Super Series events, World Championships, Grand Prix events, Commonwealth Games and International Challenges have really paid off. Players and spectators have the opportunity to watch world class badminton in India and this has created awareness amongst young players. This has resulted in a lot of private academies mushrooming across India. Dedicated coaches like Gopichand and Vimal Kumar who have put in long hours in training the players have also played a huge role in the performance of Indian players."

Mr. Nandan Kamath, Managing Trustee of the GoSports Foundation said, "Having aided the development of junior talent since 2008, we have noticed that the need of the hour in the country is the professional identification and nurturing of high-potential talent available in any given sport. This is a task that, we believe, can be fulfilled through the implementation and development of a potent coaching infrastructure, through capacity building among those coaches involved in junior athlete development. As the Knowledge and Execution Partner of the Programme, GoSports Foundation is extremely satisfied with the impact the programme has had on all the participating coaches and we look forward to doing more such programmes with BAI."

All the participants were appreciative of the programme. Apart from gaining immense knowledge from various experts, they also got an opportunity to interact with various coaches from across India. With more than 20 years of coaching experience, Mr. Sudhakar Reddy G, Chief Badminton Coach at the SAAP Centre in Khammam, Andhra Pradesh, was overwhelmed at being part of the Programme. "It has been a long time since I graduated from NIS Patiala with a diploma in Badminton Coaching. It is amazing to see how much the sport has evolved over the years. With so many Indians doing well at the international level, it is most important for us coaches to be up to date with the latest

methodologies and the science behind producing champions on the courts. I'm delighted to be part of such a programme, and I hope more such knowledge building workshops are held every year."

Mr. Tapan Kumar Sarkar from West Bengal was all praise for the workshop. "I'm grateful to the BAI and GoSports Foundation for organizing this workshop. Being a senior coach myself, it is important to keep abreast of the latest coaching techniques, and impart this knowledge to junior coaches", he said.

Rohit Ranaut, who had to cut his Badminton career short due to a knee injury, now trains kids at the Bisht Academy in New Delhi. "I have been coaching sub-junior and junior players for the past 2 years. This workshop was an eye-opener for me, as I have not had a formal education in coaching. I'm eagerly waiting to get back to the academy and implement all that I've learnt from this workshop", he said, excited to be part of the Coach Education workshop.

Former All England Champion and Chief National Coach Pullela Gopichand said, "Given the kind of impressive performances the Indian shuttlers have been putting up in major international events, there is a serious need to upgrade ourselves and keep sharing new thoughts to be better coaches. An important objective of this programme was to ensure that young talent in India doesn't suffer for want of better coaching faculty. I'm confident that this course will help us bridge the gap"

Given the level of enthusiasm shown by all the participating coaches, and the scope for development of coaching infrastructure in India, there is a need for many more Coach Education Programmes in the coming years and it's a great start by the BAI and GoSports Foundation.

Course Details

Course Expert	Topics Covered
Mr. Venugopal Mahalingam	<ul style="list-style-type: none"> • Administration and Understanding of Badminton • Differences between beginner and advanced players • Talent identification • Planning of training – preparation of tournaments • Developing technique: Racquet skills and strokes • Developing technique: Footwork • Developing technique: Tactics
Dr. Asis Goswami	<ul style="list-style-type: none"> • Physiological assessment of Badminton players
Dr. Venkata Ramana	<ul style="list-style-type: none"> • Nutritional aspects for Badminton players during training and competitions
Dr. Ashok Ahuja	<ul style="list-style-type: none"> • Fatigue and Recovery • Drug abuse in sport • Prevention and management of Badminton injuries
Mr. Vimal Kumar	<ul style="list-style-type: none"> • Technical and strategic aspects of Badminton
Mr. Sanjay Sharma	<ul style="list-style-type: none"> • Technical and strategic aspects of Badminton • Singles/Doubles stroke-play and positioning
Mr. Pullela Gopichand	<ul style="list-style-type: none"> • Workout design for Badminton players – speed, agility, flexibility, strength and endurance • On-court positioning for singles and doubles players • Role of the coach in the development of a junior athlete • Feedback from senior players Arvind Bhat and P Kashyap on their expectations from coaches



Short Interview of **Hon'ble President, BAI** for 5th Issue of 'Badminton India'

In this short interview, President BAI, Dr Akhilesh Das Gupta articulates the views and policy of the apex body for the current year. With so many things happening in the sport, and BAI right in middle and working efficiently for huge advancements in standard and reputation of Indian Badminton, it is important to note what direction the sport will take. With the way BAI has been working under his dynamic leadership there is no doubt, new policies will take Indian Badminton to the top Globally.

(Q-1) After a highly successful year for Indian Badminton under your leadership, what will be the main thrust of the BAI to make 2013 even better!

Our priorities are to maintain the momentum of development and further improve the standard of the game, with ultimate aim of winning more Medals in Commonwealth Games, Asian Games and Olympics. In 2013-2014, the thrust will be on building a strong second line of players, which would be almost at par with the 'Top Core Group' players. Besides above, a proactive 'Development Plan' is envisaged to create strong Juniors and Sub-Juniors base, so that we can rub our shoulders with the best in the world.

(Q-2) How will the forthcoming and much awaited IBL, which is a BAI initiative, impact Indian Badminton!

IBL initiative was taken to provide more opportunities to our top players to have access to appearance money and more prize money. Also, it will act as a show-case to World Badminton and a milestone of our status in the Badminton World. It will also generate more awareness of Indian Badminton, which would go a long way for the popularity & development of the game of Badminton in India.

(Q-3) With BAI launching "Coach the Coaches" initiative, how will this translate in getting a better coaching system for the sport!

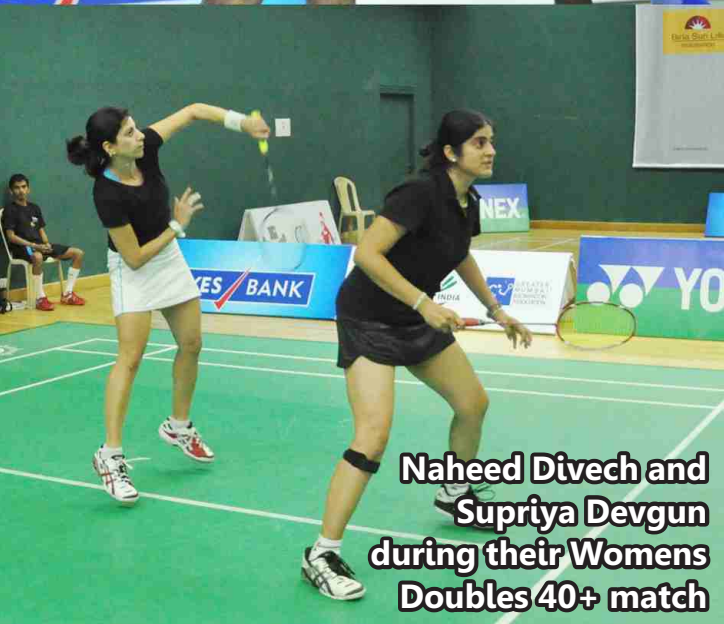
To standardise the development of modern concept / methods, a competitive team of Coaches is required who would be complimenting each other's efforts to synchronise training in the same direction as desired for achieving high-standards in line with the training of our Top Core Group players by the Chief National Coach and his team of Coaches. To fill up that gap, "Coach the Coaches" course was conducted initially as intermediate level course. Experts in the fields of Sports Science and Technical Experts from abroad and Ex- International Players of repute were engaged from India to apprise the Coaches about the latest holistic development and the advance methods of coaching. Later, we also intend to conduct higher level courses as well for them.

(Q-4) With our doubles pairs still not able to perform well at International level, what steps will BAI take in 2013 to ensure raising of our standards in doubles events!

A special programme shall be launched to improve the standard of our paired events at Sub-Juniors and Juniors level as a part of 'Long Term Development' programme. Talented players having high potentials will be selected and imparted specialized training for the 'Paired Events' by the Expert Coaches from country and abroad. Attractive prize money in line with BWF regulations shall also be offered for National Domestic Tournaments for 'Paired Events'.

(Q-5) What other steps may be taken by BAI to ensure that Badminton keeps on rising in popularity in the country!

The popularity of the game of Badminton has witnessed a rising trend since last two years due to overwhelming performances of our top players at the International level. Now the endeavour of the BAI will be to organise more International competitions and events in the 'Domestic Circuit' as well like International Challenge, Grand Prix Gold, Super Series and Finals of Thomas and Uber Cup. Aggressive publicity shall also be pursued and Indian Badminton will be soon on social networking websites viz. Facebook, Twitter, Youtube.





Hubert Miranda and Shirish Nadkarni on court before their Doubles 60+ finals.

nationals

IONSHIP

ial moments



Badminton legend Nandu Natekar presents the Mens Doubles 45+ trophies to Mayur Tawade and Amol Shah



Sarosh Shroff presents the Mixed Doubles 55+ winners trophies to Gauam Ashra and Padmini Desai



Supriya Devgun presenting the patron trophy to Shirish Nadkarni on behalf of Bombay Gymkhana



Vikram Kaushal of YES BANK presents the Womens Doubles 35+ winners trophy to Deanne Rodrigues and Nisha Springett



Milind Ghate and Amod Tilak receive their Mens Doubles 50+ Winners trophies from O.D. Sharma

report on Hyderabad Tournament

held in the third week of January

Being organised in memory of his mother Vankina Anjani Devi by V Chamundeswarinath, the new president of the Hyderabad District

The Pullela Gopichand Badminton Academy in recent years has been the launching pad for numerous budding shuttlers, not just from Hyderabad but from other States as well. If the academy had propelled such illustrious badminton stalwarts like Saina Nehwal, P. Kashyap, RMV Gurusaidutt, PV Sindhu and others into international orbit, a number of upcoming stars are on the verge of gaining international recognition. So when the All India Senior Ranking Tournament was held in the third week of January, the stars and upcoming players displayed their wares at the place where they practice daily. Apart from the academy activities, the national camps at this venue, making a familiar one for all the players who took part in this tournament. Of course, the top two

of the Indian badminton, Saina Nehwal and Parupalli Kashyap had not given their entries, for obvious reasons. In fact, initially, there was talk that both the players would be seen in action but both of them decided to opt out. "If they would have taken part, there would have been hue and cry how could they take part in this tournament and not in other domestic tournaments. There was already criticism that Saina has been skipping tournaments in India. So, the players decided to play safe and instead came for practice sessions," said an local official. Being organised in memory of his mother Vankina Anjani Devi by V Chamundeswarinath, the new president of the Hyderabad District Badminton Association, the final had a



R. M. V. Gurusaidutt (4)(PET) bt Bansal Oscar (15)(CHG) 21-16 17-7 Ret.

star-studded field as guests. Tennis star Sania Mirza was there along with Telugu film super star Nagarjuna and Saina was the added attraction on the final day. The tournament ended with an exhibition match between Saina Nehwal & Sindhu versus Gopichand and Kashyap. Coming to the tournament, it was Gurusaidutt (Petroleum) and Sindhu (Petroleum) who emerged winners in the men's and women's sections. respectively. Gurusaidutt wore down top seed B Sai Praneeth 21-19, 21-14 while Sindhu, who was top seeded, stopped Arundhati Pantawane (Petroleum) 21-13, 21-19 to corner glory in the singles sections. But it was the doubles specialist, Pradyna Gadre and Akshay Dewalkar, who stole the show as they bagged a 'double'. Pradyna and Dewalkar played the first match of the final and clinched the mixed doubles title by toppling the top seed pair of Aparna Balan and Arun Vishnu 17-21, 21-10, 21-18. Pradyna had to play the women's doubles immediately after mixed doubles event. A tired Pradyna combined well with



Mens Doubles Trophy



junior national singles champion G Ruthvika Shivani to beat the likes of J. Meghana (AP) and Rituparna Das (WB) 18-21, 21-17, 21-18 to end the tournament with a double. Dewalkar and Jerry Chopra Pranav, who were seeded second, created an upset of sorts by downing top seeds Tarun K. and Arun Vishnu 16-21, 21-9, 21-15. There were as many as 272 entries with the qualifying events being held on January 23 and 24. There was maximum action in the men's section as there were 153 entries while the women's singles received 25 players. The men's doubles saw 65 pairs in action but in contrast there were only 10 women's doubles pair. The mixed doubles had only 19 entries. There was not much surprises in the initial rounds of the men's singles. But in the quarter-finals there was a clash between two former national champions, Anup Sridhar (Karnataka) and Chetan Anand. The former won in three games. It was a comeback of sorts for the stylish Anand, who has been out of action for quite a sometime. "I was playing after a long time. I think my strokes came out well. I need a little more match practice to get my rhythm. Of course, I have to improve my fitness," said a smiling Anand. However, Sridhar was felled in the quarter-finals as he went down in straight games to top

seed Praneeth. In other quarter-final matches, fourth seed Sourabh Verma (Petroleum) rallied from a first game loss before overcoming Rohan Castelino in three games. But Sourabh's brother Sameer was beaten by Gurusaidutt. But the youngster gave a good fight to the eventual champion losing in three games while second seed K Srikanth also had to play tough three games before ousting HS Prannoy for a semi-final berth. But Srikanth had an unfortunate exit when he hurt his right shoulder and conceded the match to Gurusaidutt within minutes of entering the court. Praneeth, on the other hand, had to sweat hard to beat Sourabh. In a sea-saw battle, Praneeth overcame Sourabh 21-17, 18-21, 24-22. The final between Gurusaidutt and Praneeth was an evenly fought battle, at least in the first game. Praneeth, who played an attacking game, took a 6-4 lead at the start as the young shuttler had Gurusaidutt napping. "I could not get the length right and I was bit slow to start," said Gurusaidutt. Praneeth looked in control at 15-13. But at this stage, Praneeth was upset by a line call and lost his focus. He began to make silly errors and gave away a few negative points. Gurusaidutt began to take control of the match with superbly played jump smashes. He breezed through 20-17 before Praneeth saved two matches but the diminutive and energetic Gurusaidutt bagged the first game. Having lost the first game, Praneeth could never show the same intensity and Gurusaidutt had slowly and steadily began to assert his supremacy. His net game was good and took the lead with a lovely net dribble at 10-9. It was a smooth ride for Gurusaidutt, the Tata Open winner, thereafter. A good start to the new season. "It is a new season. I have been improving my game. I'm concentrating a lot on my fitness and in the last few years I have been playing some good games against big players," said a satisfied Gurusaidutt.

The women's singles event saw the 17-year-old Sindhu romping home. But Sindhu was tested to the full by the gritty seventh seed Arundhati Pantawane. Showing good footwork and covering the court well, the lanky Sindhu collected points with a good display of shots. But Arundhati was equal to the task. She kept Sindhu busy with some good drop and smash shots but it was Sindhu who won crucial points on her way to the first game win. In the second game, Arundhati had Sindhu in trouble as it went neck-and-neck till 16-all before the top seed surged ahead with a lovely drop shot and went to 19-17 lead. However, Arundhati fought back to level at 19-all. Sindhu was not to be denied the well-deserved title when she executed a cross court smash to go 20-19 and then finished off the match with a stinging body smash. "It was a good win. We play regularly at the academy. We know each other's game very well," said Sindhu. The semi-final

contest saw Sindhu defeating fifth seed PC Thulasi of Kerala in three games while Arundhati tamed 12th seed Sanyogita Ghorpade of Air India in straight games. Arundhati, who had a good run, had shocked second seed Neha Pandit of Airport Authority of India with an easy 25-23, 21-18 win in the quarter-finals. Sindhu quelled the challenge of junior national runners-up Rituparna Das of Bengal. Thulasi powered past Ruthvika Shivani (Andhra Pradesh) while Sanyogita ousted eighth seed Riya Pillai. It was all about Dewalkar and Pradyna in the doubles events. The two started off the final with a stunning display against top seeds Arun Vishnu and Aparna Balan even though they lost the first game. Vishnu and Aparna reeled off points and took a big 12-4 lead before Dewalkar and Pradyna rallied to close the gap at 12-15. But Vishnu and Aparna wrapped off the first game. "We were slow and sluggish at the start. We finished our quarter-finals match at 12.30 pm and within a few hours later, we came back to the court. We could get our rhythm from the second game," said Dewalkar. Dewalkar and Pradyna swung into a 9-2 lead and then 12-3 lead. Dewalkar with his deadly smashes and one of the powerful smash struck an off-guard Aparna's face. Aparna had to attend her injured upper lip. But was no stopping for Dewalkar, who revelled with stunning shots, and Pradyna who lost only 10 points in the second game. Arun Vishnu came into fore in the third game. But Dewalkar and Pradyna repeatedly broke the defence of Vishnu and Aparna with a 16-10 lead. Vishnu and Aparna come close at 17-19 but in the end Dewalkar and Pradyna had the last laugh. There was change in schedule and the women's doubles was played immediately after the mixed doubles event. It meant that Pradyna had only 15 minutes of rest. Pradyna, who is the new doubles partner of Ashwini Ponnappa, played the role of a senior partner to young Ruthvika Shivani, who was playing her first final in a seniors tournament. Shivani acquitted very well with her stroke play and court sense, particularly in the first game when an error-prone Pradyna fumbled at the net. Meghana and Rituparna Das impressed with their game. Meghana was good with her smashes. Trailing at the start of the first game, Meghana and Rituparna crawled back with gutsy display and levelled at ten-all. The duo even raced away to capture the first game. But in the second game, Pradyna tightened her game. She was more purposeful and attacking. She was good both in front and back of the court. Ruthvika, too, showed her talent with brilliantly executed shots. To start with, it was a close affair as Meghana and Rituparna excelled with all-round game. It was nine-all, ten-all before Pradyna stepped her game as she and Ruthvika went on to take slender lead till 15-all. But two good drop shots by Pradyna saw Meghana and Rituparna losing the grip of the match to finally surrender. The decider was fought tooth-and-nail. With Pradyna getting back her rhythm, it was a good and tense battle. After being 2-4

at the start, Pradyna and Ruthvika went into 11-9 lead. But Meghana and Rituparna never gave up and there were long rallies. But once the fifth seeds Pradyna and Ruthvika took the lead at 19-17 lead, it was curtains for Meghana and Rituparna. With Sikki Reddy injured, Aparna Balan had to pull out of the doubles event. They were top seeded in the tournament. The second seed pair of Prajakta Sawant and Sunil Arathi Sara (Kerala) were shown the exit door by the scratch pair of Sindhu and Thulasi in the quarter-final stage. It was a bad day in the office for Arun Vishnu who also lost the men's doubles final when he and Tarun Konna went down to second seed Dewalkar and Jerry Chopra Pranav. Dewalkar was in very good form as he dominated the final. Vishnu and Tarun bagged the first game but Dewalkar and Pranav came back strongly in the second game. Playing an aggressive game, Dewalkar and Pranav destroyed Vishnu and Tarun to lose only nine points. Although, Tarun and Vishnu showed good fightback, Dewalkar and Pranav coasted home easily.

Results:

Men's singles: Final: R. M. V. Gurusaidutt (3)(PET) bt Sai Praneeth B. (1)(PET) 21-19, 21-14. *Semi-

finals:

Sai Praneeth bt Sourabh Varma (4)(PET) 21-17, 18-21, 24-22; Gurusaidutt bt K. Srikanth (2) (AP) 1-0 Retd.

Women's singles final: PV Sindhu (1)(PET) bt Arundhati Pantawane (7)(PET) 21-13, 21-19. *Semi-**finals:** Sindhu bt PC Thulasi (5)(KER) 21-13, 9-21, 21-16; Pantawane bt Sanyogita Ghorpade (12)(AI) 21-9, 21-16.

Men's doubles final: Akshay Dewalkar (AI) and Jerry Chopra Pranav (2)(PET) bt Tarun K. and Arun Vishnu (1)(PET) 16-21, 21-9, 21-15. *Semi-finals: Tarun and Vishnu bt Bennet Antony and Suraj P. H. (KER) 21-11, 21-11. *Dewalkar and Chopra Pranav bt Alwin Francis (KER) and Diju V. (4)(PET) 21-19, 21-14.

Women's doubles final : Pradnya Gadre (AAI) and G Ruthvika Shivani (5) (AP) bt J. Meghana (AP) and Rituparna Das (WB) 18-21, 21-17, 21-18.*Semi-finals: Meghana and Rituparna bt R.Jamuna Rani and R. Leela Lakshmi (8)(AP) 21-11, 21-18; Pradnyaand Shivani (5)(AP) bt Sindhu) PET) and Thulasi (KER) 21-14, 21-14.

Mixed doubles final: Dewalkar and Pradnya bt Arun Vishnu and Aparna Balan 17-21, 21-10, 21-18. *Semi-**finals:** Vishnu and Balan bt Hemanagendra Babu T. and J. Meghana (AP) 19-21, 21-16, 21-16. *Dewalkar Pradnya bt Nanda Gopal K. (AAI) and Snyogita Ghorpade (AI) 21-10, 21-18.



NEWS FROM THE STATES



Aspiring to Excel. { Assam Badminton Academy }

Assam Badminton Association is one of the few sports bodies, which has a cause to rejoice in the sporting scenario of the State and the North Eastern Region in itself. Incepted in 1952, this organisation has been nurturing lots of talents in Assam predominantly with active cooperation and association of many ex-players, bringing a sea change in people's mindset from transforming the game of Badminton, a ladies outdoor game to a game of power and endurance. Since Assam organised the National badminton championship for the first time in 1958, the game continued to progress at great speed. Many National and International badminton events were organised in Assam and in January, 2010 Assam hosted the Senior national badminton championship in a Mega way..... a real long way.

The Begining

The vacuum was always felt for a centralised training centre with residential facilities for Badminton

players in the State or for that matter the entire region, blessed with abundant talent in the state and the region the Assam Badminton Association felt the need to establish a well planned, innovative and caring badminton Development program in Assam which is essential to produce high performance badminton players from every corner of the State with an aspiration for creating a unique structure of badminton coaching wherein badminton centres across the State, North East region and the country as a whole coordinates within to prepare world class badminton players.

The Dream Project -

It's been quite an effort for two key office bearers, rather two pillars of the Assam badminton, Madhurjya Barua & Omar Rashid, who has been instrumental in reviving the game from the grassroots,

nurturing talents from the day one till they reach the state level. Being players of repute themselves, both this energetic administrators have earned tremendous name in the field. Both Madhurjya Barua & Omar Rashid conceived the idea of setting up a modern badminton facility in Guwahati to centrally coordinate coaching activities.

Finally, the Academy took shape with the active support, guidance & co-operation of Dr. Himanta Biswa Sarma, Hon'ble Minister, health & Family Welfare, GDD, IT etc, President Assam Badminton Association and vice President, BAI because of whom the courage and strength could be garnered to embark upon such a mega project. A true sportsman, Dr. Sharma provides his leadership to the Assam badminton in the true sportsman spirit manned by a group of highly experienced, caring and dedicated &

A marvel has been created in the Kanklata Indoor Stadium, Guwahati in the form of the Assam Badminton Academy, equipped with five wooden courts. The facility have become a beehive of activity for the State as well as the North Eastern Region as a whole throughout the year, as the academy offers the best of training facilities in the region which can match some of the established academies in the country.



enthusiastic individuals who have been putting untiring & herculean task development of the game of badminton throughout, thereby giving shape to the Dream Project –THE ASSAM BADMINTON ACADEMY. The Academy was formally inaugurated on the 30th of October 2010 by the Hon'ble Chief Minister of Assam Shri Tarun Gogoi in the presence of Shri V.K. Verma, the then President Badminton Association of India, Dr. Himanta Biswa Sharma President Assam Badminton Association, Arjuna Shri P. Gopichand and other dignitaries.

Infrastructure--

A marvel has been created in the Kanklata Indoor Stadium, Guwahati in the form of the Assam Badminton Academy, equipped with five wooden courts. The facility have become a beehive of activity for the State as well as the North Eastern Region as a whole throughout the year, as the academy offers the best of training facilities in the region which can match some of the established academies in the

country. The Academy being one of its kind in the region with residential facilities also caters to the training needs of the neighbouring States like Meghalaya, Manipur, Tripura, Mizoram, Arunachal Pradesh and trainees from these States come for a stint in the Academy on and off, few years back Assam player had to look for better training avenues in States like Karnataka, Andhra Pradesh, Maharastra etc., on the contrary now at the advent of the Academy even player from Uttar Pradesh and Haryana are availing the training facilities offered by the Academy. The preparatory camps of the State Team are also held in the Academy. With a panel of three full time experienced energetic coaches headed by Mr. Faizal Rehman from Indonesia, Mr. Mustak Nekib Ali & Rajkumar Baruah along with a visiting Physiotherapist & nutritionist, the Academy provides an individualized training environment so that each players potential is developed in all areas whether it is tactical, technical, mental, physical, nutritional, social

or be it academic. The Academy maintains individual record of players, playing style, their food habits and the amount of load factor one can bear.

The Academy can boost of a well equipped AC Gym along with free access to the stadium Swimming Pool and the Nehru Stadium Grounds, It has 9 separate rooms with the total intake capacity of 75 students and two AC accommodations for the coaches. At present there are 44 players including outstation player from the neighbouring States along with 10 support staff to look after the day to day functioning in the Academy's pay rolls and is tied up with noted Educational Institutions of repute to cater to the academic needs of the trainees too. Above all its noteworthy to mention here that the centre besides the regular Coaches can boast of technical expertise of Shri Madhurjya Barua, a former international player & Shri Omar Rashid former Secretary BAI coaching and development. In fact, it has been through a team effort that ABA has a few think tanks like Shri Gautam Mahanta that are tirelessly and contentiously playing the mentors role and striving towards innovative ideas to match the latest in the trade.

The efforts of Assam Badminton Academy is already showing, the Academy has been able to produce Under -13 boys doubles Champion in the form of Pragyan Jyoti Gogoi & Rajshekhar Das trainees of the Academy, in the mini nationals held at New Delhi. Further, the Mini and Junior players are steadily progressing in their respective age groups and one can sum up that days are not far when the State association will be able to regain the past glory that it used to enjoy during the days of Shri Susanta Bora, Shri Madhurjya Barua, Shri Dipankar Bahattacharjee & Mallika Baruah through the trainees of the Academy.

BISWAJIT GHOSH

Andhra Pradesh has become the nursery of Indian badminton

Of late, Andhra Pradesh has become the nursery of Indian badminton. Saina Nehwal's spectacular performances in the last few years has seen a spurt of badminton activities and young children taking to this game. Former All England champion Pullela Gopichand, who is now the national coach, admits the success of Saina has seen the game to reach a new high. It is a series of events that has made badminton the number one sport in the State, in terms of number of internationals emerging from Andhra Pradesh. For Gopichand, it is a dream come true because badminton has taken the centre stage and his state-of-the-art academy at Gachibowli in Hyderabad has become the centre for excellence. There is coincidence with the rise of Saina and the starting of the academy. And today, AP stands out as far as facilities and the number of players is concerned. Gopichand knows what it takes to churn out champion players. Having suffered when the playing facilities were to the minimum with plenty of obstacles, Gopichand had to work hard to rise to the top. Keeping in this view the champion player went on a one-man mission of building an academy that would give the best facilities and in 2008 his dream project came into being.

Till eighties, badminton was never the number one sport in the state. There were hardly any players who made their presence felt in the national scenario. But the change came when Syed Mohammad Arif was posted in Hyderabad as SAI coach. A coach with innovative ideas and a man who had passion for the game, Arif took up the challenge to make the game more vibrant in the city. The Lal Bahadur Indoor Stadium saw a hub of activity. Players like Anirudh, Manoj Kumar and Praveen Kumar were the first of the trainees who benefited from Arif's coaching. Manoj and Praveen showed much promise. They began to rise in national rankings. They dominated the national scene. They gave the belief that it is all about self-belief and hard work. "At times, we didn't have proper shuttles to practice. They were precious. Arif sir took lot of pains to purchase the shuttles cocks," said Manoj. During this time players like Gopichand, PVV Lakshmi, PV Sharada too came into the picture. Lakshmi, now the wife of Gopichand, went on become women's national champion and also made history to become the women

badminton player to play in Olympics. But Gopichand took the game to dizzy heights when he became the second Indian player after the legendary Prakash Padukone to lift the prestigious All England badminton crown in 2001. A player who believed of playing modern badminton and at the same time having the sublime artistry of the Indians, Gopichand was the turning point of the State badminton. After Gopichand's retirement, the State witnessed the rise of players like Chetan Anand, Jwala Gutta (one of the finest doubles player) and Shruti Kurien. Jwala went on win the bronze medal in world championship in 2011. However, unfortunately, the game never took off to the next stage till the arrival of Saina.

Gopichand had to work hard to rise to the top

Keeping in this view the champion player went on a one-Man mission of building an academy that would give the best facilities and in 2008 his dream project came into being.





For sure many cannot forget the contributions of late Mehabub Ali, who at Railway Officers Club at Secunderabad, churned out promising players while Arif was busy at the Lal Bahadur Indoor Stadium. Arif after retirement, continues to train young trainees at LB Indoor Stadium with SAI coach Govardhan. "We have good number of trainees and sometimes we have to reject applications for lack of courts. We have only four courts and there are about 60 to 80 trainees. In summer, we take another 60 odd," said Govardhan. According to Arif, badminton has become popular in the state. "Yes, the success of Saina has forced some the parents to take to badminton. It is good to see young children work hard and bring results. Seeing so many players from the State shining in international circuit makes me happy. It is all Saina effect," said Arif.

Even as the Lal Bahadur Stadium continues to attract the players, the modern Gopichand Academy has about 200 trainees. With the national camp also be held here, it is a sea of activity. The academy has all the modern facilities like Gym, swimming pool, Table tennis, eight courts plus ten coaches and hosts of physios. The training is done on modern lines. As regards to the facilities, it is the best in the country. It started when Saina was on the verge of exploding into

international scene. It helped Gopichand to promote Saina in a big way. Gopichand agrees that Saina has been catalyst. Many players want to be Saina. We have some exciting talent," said Gopichand. Apart from Saina, the likes of Parupalli Kashyap (world number 9), RMV Gurusaidutt, PV Sindhu, B Sai Praneeth, Srikanth, Sikki Reddy are few of the local talent. Players like Saurab, Sameer, Thulasi are part of the academy. The academy itself brings competition among the players. "We get numerous applications but we are forced to refuse some of them as we cannot afford to take more applications," said a coach. In fact, in the last nationals, the academy boys dominated championship.

Such is the demand for the game, trainees come in huge number at SAI-conducted camps at Saroornagar and Yousufguda. The Nandyal, far away from Hyderabad, has also started a training centre which has 80 trainees. Coached by Venkat, the academy is run by Nandi Pipes. Surely, badminton is on the rise in the state of AP.

Piece On Upba Academy



UPBA academy—A place to produce talent for country

WATCHING over 100 shuttlers, including a few top guns of domestic circuit, running, exercising and making efforts to prove their supremacy on each other, are a common sight for a fan and it also gives one a feel of the high standard of training at the Yonex Sunrise Babu Banarasi Das UP Badminton Academy in Lucknow.

A brainchild of the Uttar Pradesh Badminton Association with Badminton Association of India chief Dr Akhilesh Das at the helm of affairs, activities at the UPBA Academy are good enough to produce stars in the future.

Young Hendra Mulyono of Indonesia as chief coach of the academy, with the support of his colleagues like SAI coaches Sudhir Singh, Umendra Rana, Anil Verma, DC Patra and Nupur Singh, starts the daily routine quite early and remains busy till late in the evening as per his schedule.

Joint secretary of the UP Badminton Association, Nishant Sinha, who himself is a national shuttler, too keeps an eye on the activities of the coaches as well as the players on routine basis.

"The sole purpose of the UPBA academy to run the activities properly, and if we all put sincere efforts, days are not far away when UP shuttlers will start dictating terms at the domestic events of juniors," said Nishant, who himself runs, trains and plays together with trainees.

"I do my routine training along side the trainees so it helps me in my fitness as well as keeping an eye on the activities of everyone here," he added.

Being the key center for the training of Indian junior squads since 2011, the academy has all facilities of international standard for the players. It has high-quality gymnasium, fooding and staying facilities, besides an international standard rehabilitation center under the watchful guidance of Dr Shetty and Dr Anurag.

The achievements of academy trainees, especially of shuttlers like Vinay Singh, Saruni Sharma, Sanchali Das Gupta, Manu Attri, Umair Siddiqui, Tapas Shukla, Riya Mookerjee and Ansal Yadav in 2012 itself speak the volume of academy's training standards.

"It's not just training schedule or method, but also the efforts of the shuttlers in training," says coach Mulyono, adding, "So far my experience with trainees here is fine as they are dedicated to their games, training and disciplined too."

In fact, Vinay Singh and Saruni Sharma unfolded the success story of academy trainees in 2012 as they finished mixed doubles runners-up in the All India Junior Ranking Badminton Tournament (U-17 & 19 years) at Ernakulum (Kerala) in July. This was for the first time in the history of UP badminton.

Leaping one step forward Sanchali Das Gupta won the gold medal in the girls singles event (U-19 years) in the Rajiv Gandhi All-India Badminton Tournament held at New Delhi in October.

But this wasn't all. Young Manu Attri earned the biggest achievement for UP in September-October, when he the men's doubles gold medal at the Senior National Badminton Championships at Srinagar.

"It was like a dream come true. Winning a medal at nationals always give you confidence about your skills. I had been waiting for this day to come, and I dedicate my achievements to all my colleagues, friends and coaches at the academy," said Attri, whose father Raja Ram is a well-known athletics coach in the state government-run UP Sports Directorate.

Manu's achievement was followed by the success of young duo Umair Siddiqui and Tapas Shukla, who won the gold medal in boys' doubles event (U-15 years) in the All-India

Sub-Junior Ranking (U-15 & 13 years) Badminton Tournament held at Indore in November 4. Where as Riya Mookerjee winning girls singles under-15 gold medal at the Sub-Junior Nationals at Patna (Bihar) in December.

Even before the domestic season ends in December, Ansal Yadav added another feather of success in



academy's cap. The young trainee won a bronze medal in the boys singles (U-19 years) Event in Krishna Khaitan Memorial All-India Junior Ranking Badminton Tournament at Chandigarh.

"I am very much satisfied with the achievements of the academy trainees. I hope that if we continue like this, more and more players from the academy will excel at the national and international events in future also," said UP Badminton Association's secretary-general Dr Vijai Sinha, who also happens to the secretary-general of the Badminton Association of India.

ANSHU AGARWAL

WHAT TO EAT BEFORE BADMINTON EVENTS



KRUSHMI CHHEDA

Sports Nutritionist
Centre For Sports Medicine
Kokilaben Dhirubhai Ambani Hospital

Badminton in India has been constantly rising in popularity as an elite sport producing ace shuttlers' such as Olympic bronze medallist Saina Nehwal and Olympic quarterfinalist Kashyap Parupalli, who have

the court. Badminton being one of the fastest racket sports requires quick reflexes, fast footwork, agility as well as speed and conditioning. Only did one know that apart from working on technique and on court training something as simple as dietary changes could enhance fitness and thus performance. Saina capitalized on nutrition as a tool to improve her fitness levels by reducing body fat and gaining lean muscle mass before the Asian Badminton Championships and the Indian Open prior to the London Olympics. She restricted intake of high glycaemic index food and starch and increased her protein intake by consuming only eggs and chicken after training to aid recovery. However, this strategy can only be adopted during training and no drastic steps were taken to reduce her weight. Implementation of individualized nutritional strategies along with periodization in training can help players achieve the appropriate body composition and fuel to meet training and competition requirements. In order to optimize performance during competition the following strategies are recommended prior to a badminton event:

KEY NUTRITIONAL STRATEGIES:

- 1) Tapering training and 'carb loading' 3 days prior to the start of competition
- 2) Consuming 1-4g per kg body weight of

Go Video!

So here's the thing about video games. It's basically an addictive technology that promotes laziness. And what could be better form of recreation for a couch potato generation like mine. Other than Facebook, Google and YouTube, the PS3 and Wii are also an indispensable part of young lives that prefer to play their favourite sport on video rather than the actual surface. Trust me when I say this as a 23 year old friend of mine just spent all his hard earned money on an impulse to buy a Rs. 40,000 TV only so he could play FIFA 2013 in full HD. Some people

lead THE life, I must say!

After playing football, tennis, car racing, golf, a Saina Nehwal fan like me, couldn't help but wonder as to why aren't there any badminton based game in the market. I could play the FIFA world Cup and pretend to be Wayne Rooney from England's team but is there no way I could be Lee Chong Wei and play a Super Series :^

To my surprise, my google search did yield some interesting results. I came across the PS3's Move for Racquet Sports with a badminton based game invented by Booya

Gadget. The description read "It's simple, easy and fast. It is NOT a simulation game. With that said, simple isn't bad. It just depends on what you're looking for." According to me, the game was not even close to the tennis or the squash based one. Also, I couldn't choose a player and the lines men in the background looked like PSY from the Gangnam style video : \

Of course, I tunes has a downloadable game called Super Badminton HD 2010 which isn't bad. It has an option of only ten players from ten countries, no doubles options, and if you

medium-high glycaemic index food on the day of the match

- 3) Consuming sports drinks containing 60g per hour of carbohydrates along with electrolytes during the match
- 4) Post match recovery meals and fluids to refuel and rehydrate for the next match

1) PRE-EVENT 2-3 DAYS OF 'CARB LOADING':

Players should consume almost 7-10g of carbohydrates per kg body weight divided strategically over meals during the 3 days leading up to and the day of the competition. Carbohydrate stored in the form of muscle and liver glycogen is broken down into glucose to fuel the body and the mind during match play.

3 big meals of 150g + 2 snacks of 50g

Breakfast Options:

2 cups of cereal + 300ml milk + 2 slices of toast

5 Idlis + 1.5 bowls sambar + 2 bananas

Lunch & Dinner Options:

1 bowl rice / 4 wheat rotis + 1 bowl dal + 1 cup raitia

2 cups cooked pasta + sauce + 300ml fruit juice

2) DAY OF THE MATCH:

✍ Players should consume 1-4 g per kg body weight of medium to high glycaemic index foods for quick blood sugar release 2-6 hours prior to the match. For example a 70 kg player should consume approximately a total of 240g

of carbohydrates. If you suffer from pre-competition nerves or suffer from an easily upset stomach, you may find a liquid pre-event meal is better tolerated. In a tournament setting, it can be difficult to plan the pre-event meal when the exact time of the match is unknown. Planning is essential and it is beneficial to have good snack choices handy that can top up fuel stores approximately an hour before. A combination of any of the following 50g portions can be consumed.

- ✍ 50g portion sizes each:
- ✍ Large bowl breakfast cereals
- ✍ Medium portion boiled rice /pasta
- ✍ 3 medium slices bread
- ✍ 3 rotis made of 70g of whole-wheat flour
- ✍ 200g poha or 170g upma
- ✍ 2 cups cooked dal made of lentils
- ✍ 2 Fruits or 350ml fruit juices
- ✍ Medium size potato baked,boiled
- ✍ 500ml sports drinks



choose to play on the PC as a female player, you have to compete against a male player which is the computer. You will know what I mean if you've seen Karan Johar's Student of the Year: ~

Even the official 2012 London Olympics video game left out badminton as a sport. What amazes me is that international associations of sports like tennis, football, golf, boxing, basketball, kung fu, car racing, etc. are making millions of dollars through the distribution of their official video games. However, badminton which is only the second most played

sport in the world next to soccer does not have an official BWF video game.

Imagine the amount of money that the BWF could generate by targeting over 220 million youngsters across the globe that play badminton. Even in India, if a non cricket icon like Saina Nehwal could be the highest paid endorser for many a brands, I'm sure a video game on her could become a hot selling property. It would be an ideal world for girls like me could play as Saina Nehwal, win every super series, IBL, Masters, Become world No.1 in a jiffy and wear skirts

if we wanted to without raising any eyebrows. What more, it could also help players understand their opponents better and come up with strategies to encounter the opponents best strokes.

Now that we have let our imagination run wild, I'm sure this reality is not far away.

P.S. – If the BWF or the BAI come up with the idea of launching their own video game after reading this precious piece of information, I'd let them know where to send the royalty cheque;)

SHACHI SHARMA

3) DURING THE MATCH:

The main objective is to minimize levels of fatigue and performance decrements during match play by minimizing carbohydrate depletion and losses of fluid and electrolytes. The easiest way to fuel and hydrate 1 hour prior and during the match is by consuming sports drinks containing 4-8g per 100ml of carbohydrates and electrolytes during warm up and water breaks. Sports



gels have become more favourable in the recent past during matches to avoid large consumption of fluid at once. These gels

contain 30g of glucose along with sodium and potassium, which can be consumed at once with 200 to 250 ml of water. Once the player has consumed a sachet they only need to sip water every 15 minutes to 20 minutes. However, players should restrict consumption to 60g of carbohydrates per match to avoid gastrointestinal discomfort. Eating and drinking strategies should be planned and practiced in training. It is not advisable to try anything new on the day of a tournament.

4) POST MATCH RECOVERY:

Refuelling plays a key role in helping players recover after a long match. Players should consume a recovery snack made of 0.5g per kg body weight of carbohydrate to replenish glycogen stores and 40g of protein to help repair damaged muscle tissue immediately within 30 minutes after the match.

Examples of good recovery meals are as follows:

- 1 banana + 150g low fat fruit yogurt
- 2 thick slices of bread with 4 egg whites
- 3 rotis rolled with 120gm low fat paneer or 3 ounce chicken or fish
- 200ml fruit smoothie + 3 egg whites
- 1 cup baked beans on toast and 350ml low-fat milk
- 2 scoops whey protein powder in water + 1 fruit

Apart from refueling for the next day, rehydration after the match is also crucial. Dehydration of 2% drop in body weight can result in 30% drop in performance capacity the following day. It is important to start each



training session or match in a well hydrated state. Due to restricted fluid intake during matches, players should consume 750ml of an electrolyte drink per 0.5 kg of body weight loss post matches to restore hydration levels.

In conclusion, badminton players should capitalize on the above nutritional strategies to sustain energy levels and fuel correctly during matches. In badminton, each round gets tougher as you progress in the tournament. Hence replenishing nutrients and rehydration play a key role in recovering from tough matches and avoiding muscle cramps and fatigue during the course of the event. Apart from eating the right kind of food, players also require sufficient hours of sleep to aid food assimilation and thus achieve optimum recovery during competition.

KRUSHMI CHHEDA



Sh. Venugopal Mahalingam, Events Manager, Badminton World Federation is giving away the Under -19 Singles Smt. Krishna Khaitan Winners Trophy to Arun George of Kerala who defeated Shlok Ramchandran of Maharashtra (23-21, 21-18).

Smt. Krishna Khaitan

Prize Money Ranking Badminton Tournament - 2012

I am glad to intimate you that we are conducting this tournament for the last 21 year, this year we conducted this tournament for 22nd time from 24th to 29th December, 2012. Prize money of this tournament was Rs. 2.00 lacs and the main sponsor of this tournament was Sh. Viveck Goenka of INDIAN EXPRESS GROUP from the beginning of the tournament i.e. 1991 and the contribution of YONEX has been tremendous in helping the cause of Badminton by way of providing YONEX equipment for this tournament. More than 1100 players participated in this tournament.

Dr. Gurmeet Singh, Director of Sports & Chairman Physical Education Department, Panjab University was the Chief Guest for the Opening Ceremony on 24th MARCH 2013 and Mr. Venugopal Mahalingam, Events Manager, BWF was the Chief Guest and Mr. Nikhil Kanetkar, Former Olympian was the Guest of Honour on 29th December, 2012.

I am enclosing photographs of the Prize Distribution in the following order: -

1. Sh. Venugopal Mahalingam along with Sh. Sanjiv Sachdeva, Organizing Secretary giving away the Krishna Khaitan Trophy to Arun George (Kerala) under 19 Boys Singles Champion.
2. Sh. Nikhil Kanetkar, Former Olympian along with Sh. Sanjiv Sachdeva, Organizing Secretary giving away the Naidu Hall Trophy to Ritupurna Dass of West Bengal under 19 Girls Singles Champion.
3. Sh. Venugopal Mahalingam along with Sh. Sanjiv Sachdeva, Organizing Secretary giving away the prize to Boys Doubles Under 19 winner to Gopi Raju (A.I.) and Sanyam Shukla (CGH.).

4. Sh. Nikhil Kanetkar, Former Olympian along with Sh. Sanjiv Sachdeva, Organizing Secretary giving away the Girls Doubles Under 19 winner to Poorvisha Ram (ONGC) and Meghna J (A.P.).

5. Sh. T.P.S. Puri, Vice President, BAI (Admn.) and Sh. S.P. Singh, Observer, BAI along with Sh. Sanjiv Sachdeva, Organizing Secretary giving away the Boys Doubles Under 17 winner to Saurav Sharma (Har.) and Sanyam Shukla (CHG.).



Sh. Nikhil Kanetkar, Former Olympian is giving away the Under -19 Singles Naidu Hall Winners Trophy to Ritupurna Das of West Bengal who defeated Shriyanshi Pardeshi of Madhya Pradesh (21-6, 21-13). Ritupurna Das also won the Under -17 Singles title.

SANJIV SACHDEVA

The European Tour 2013

ALL ENGLAND—Saina Unlucky not make it to the Finals

Saina Nehwal was again the cynosure of all eyes as far as the Indian tour of Europe was concerned. Saina did extremely well to again reach the semifinals of the All England championships and this time it was a record of sorts, when for the very first time the country had two players playing in the quarterfinals of their events. Parupalli Kashyap, who went into the championships as the world 9th ranked player won two exciting matches to reach the quarters in mens singles before he bowed out to the 2nd seeded Chen Long of China—the ultimate winner of the singles crown this year.

Saina had sought divine intervention by seeking blessings of Lord Venkatesawara temple at Tirumala and the Srikalahasti temple, about 35 km from Tirumala, to bolster her chances of striking gold at the one tournament which Indians consider still the most important and glamorous Badminton championships.

Though Saina did say before leaving for Birmingham, "I believe that any tournament is as tough as the one before or the one after it. So I will play this All England with as much seriousness as any other major event. I will give it my best shot but will take one match at a time--." Yet it was clear from preparations of both Saina and coach Gopichand, that it was time she stake a claim on the most cherished title in the world, thus far won only by the legendry Prakash Padukone and the inimitable Pullela Gopi Chand.

"It has been a long time since I last played competitive badminton and the break has helped me recuperate from a knee injury and also to practice some new techniques with Gopi Sir," she added, again emphasising that the All England is something special.

And Saina, seeded second to Olympic champion Li Xuelei's first seeded spot, did start off wonderfully, with a three game victory over Sapisree of Thailand 21-8/12-21/21-16. In round two Saina decimated the Indonesian player Manuputi 21-16/21-11.



"Saina Nehwal, reached semis at both the events"

Manuputi Belatrix was a qualifier. Saina thus set a stage to face former world champion from China Shixian Wang, against whom incidentally Saina enjoyed a 3-1 on head to head count. She had lost to Wang only once and that too in their first meeting in August 2010. Their last encounter at the Indonesian open last year saw Saina scraping home after a well fought victory which went the distance 21-17/21-23/21-19.

At the All England won a tumultuous and absorbing marathon battle in 72 minutes of hard hitting badminton 23-21/19-21-21-15. She was down game-point 19-20 in the first game but hugely deceptive net shots and one very crafty drop shot saw her win this game in 25 minutes. Fantastic body line smashes and controlled net play saw the Indian ace fight off a 1-6 deficit and actually rush into a 17-13 lead, but Shixian closed in with some memorable counters to run home 21-19.

Then came the 30 minute decider which saw a supremely fit Saina bring on some incredible retrieves as she played her heart out to lead 15-8 and never looked back. This was despite some serious onslaught by the Chinese player who also was playing in top gear. Saina thus entered her second semis at the All England, the last one was in 2011.

With all Chinese and top Koreans now out of competition, the Indian contingent, and of course the billion fans back home did think that this was her best chance to win the coveted title. But this was not to be, as thrice world junior champion from Thailand Intanon Ratchanok had other ideas. The Thai teenager, who had missed out on the world junior championships to focus on the All England this year, had defeated Saina in the BWF Superseries Finals in December 21-13/21-16, the last time the two played. But Saina enjoyed a 4-2 career head to head equation against Intanon.

At Birmingham the hard working Thai shuttler, down at 7-11 in first game, however came up with a brilliant display of comprehensive badminton and not only equalled at 15-15, but did not give away a single point thereafter in the first game.

Saina looked decidedly slower and was found wanting to catch the shuttle at its optimum height near the net.

While Intanon was positive in the second game, she led from the start, Saina was always playing catch-up. Though the Indian did not allow long leads to Intanon, the Thai teenager did manage to stay ahead couple of points all the time. Saina fought bravely, hitting some great down the line smashes on both flanks, and came as close as 18-19 towards the end of the game, but destiny chose to smile on Intanon, who became the youngest ever girl to reach an ALL ENGLAND singles finals. Ironically she was defeated by the oldest ever to reach the finals, Tine Baun of Denmark, who galloped to her third career win at Birmingham.

Young PVV Sindhu who also made huge strides in world rankings, made it to the main draw of the championships. She defeated Busanan Ongbumrungpan 21-13/21-18 in first round but found German veteran Juliane Shchenk 17-21/14-21. Sindhu had her chances but could not exploit a good draw. But the Indian teenager, just 18 year old, showed her class and is a great potential for future.

Parupalli Kashyap and Ajay Jairam made it to the main draw in mens singles. Jairam who missed the Olympics by a whisker, ran into China's Zhengwing Mang and lost out 15-21/21-18/21-10 to the fast moving Chinese star. Jairam had his chances but again, like Sindhu could not exploit the advantages that came his way.

Kashyap on the other hand won against Jen Hao Hsu of Taipei in two straight games 21-17/21-18 and then played a brilliant match against the 7th seeded Japanese star Kenchi Tago and blasted him off the court, again in two games only, 21-18/21-12. The Indian national champion literally toyed with the higher ranked Japanese in the second game. Though Kashyap lost in quarterfinals to ultimate winner from China, Chen Long, this All England established him as one of the best players in the world.

The Indian qualifier Saurabh Verma did extremely well to qualify and reach second round of the main draw.

THE OTHER INDIANS AT ALL ENGLAND



Kashyap races to world Number 7 spot--great going

2013

Mens singles qualifying rounds

Rajeev Ouseph (ENG) defeated Anand Pawar 20-22/23-25/21-7

Saurabh Verma defeated Brice Leverdez 22-20/23-21

RMV Gurusaidutt lost to Tanongsok (THAI) 17-21/21-13/10-21

Round two

Saurabh Verma bt Rajiv Ouseph 21-13/21-18

MEN Singles main draw

Saurabh Verma bt DH Rumbaka (Indonesia) 10-21/21-14/24-22

Tien Minh Nguyen (Vietnam) bt Saurabh Verma 21-19/21-19

MENS DOUBLES QUALIFYING first round

Pranav Chopra/Akshay Dewalkar bt Adam Cwalina/Wacha (Poland) 21-18/21-15

Tarun Kona/Arun Vishnu lost to Bodin Issara/Pakkawat Vilaik (Thai) 21-16/21-18

Round Two

Bodin/Pakkawat (Thai) bt Kona/Arun Vishnu 21-14/21-10

MIXED DOUBLES—Main Draw First round

Jwala Gutta/V.Diju bt Peter Kasueber/Isabel Hertrich (GER) 21-9/21-17

Akshay Dewalkar/Pradnya Gadre lost to Jian Ong/Jin Loo Lim (MAS) 8-13/13-21

Tarun Kona/Ashwini Ponappa lost Fran Kurnwan/Shendy Puspita (INDO) 18-21/10-21

Second round

Jwala Gutta/V.Diju lost to Robert Matuseiak/Nadi Zieba (POL) 17-21/16-21

LADIES DOUBLES Qualifying

Ashwini Ponappa/Pradnya Gadre bt Sarah Thomas/Carissa Turner (WAL) 21-8/21-12

Jwala Gutta/Prajakta Sawant gave walkover to their opponents.

Second round

Ashwini Ponappa/Pradnya Gadre lost Lauren Smith/G.White (ENG) 13-21/13-21

SWISS OPEN

The Indian contingent moved on to Basel where the Swiss open was held. Saina Nehwal, as defending champion and given the fact that Li Xuefei and Wang Yihan of China were not playing, was top seeded for the championships. Saina had another reason to do well here. She was turning 23 years of age on 17th March, the day of the finals. What better present to give herself, if she could win the title third time in a row in this lovely scenic country.

But the ladies singles draw still had the German Juliane Schenk as second seed and All England runner-up Intanon of Thailand and the Korean semifinalist from Birmingham, lurking in the shadows to spoil Saina's party. Not to mention the very dangerous Wang Shixian of China who was seeded to meet the Indian shuttling queen in the semi-finals. However chief Coach Gopi Chand was confident of a good show from Saina. "It was one of those days at the All England where she played below form. She is fit and fine and there is no injury scare. I am sure Saina will do very well here in the Swiss open--."

All other Indians lost before the pre-quarter finals and Saina again was the "last man standing", so to say. Parupalli Kashyap was expected to do much better here at Basel, but hours after reaching a dizzying world number seven rank, he lost out to Weng Fei Chung of Malaysia 21-18/7-21/16-21. Earlier on Kashyap had got the better of Chinese Taipei shuttler Hsuan Yi Hsueh 21-7/21-19. In his first round, Kashyap had a three game affair to overcome German's Dieter Domke 15-21/22-20/21-13.

Compatriot H. Prannoy world ranked 97th, also from the GopiChand academy, who had raced to a silver medal in the 2010 Youth Olympics, was in scintillating form in the opener when he

stunned the 7th seeded Thai ace Boonsak Ponsana. The Thai star, ranked at the 11th spot in BWF rankings, had reached a career top rank of 4 just two years ago and is the winner of the Singapore open super-series. Prannoy humbled him 18-21/21-12/21-13. According to the Times of India report of March 13th, the seasoned Thai campaigner failed to stop the 20 year old Indian, who was bristling with enthusiasm and vigour.

With the first two games going either way, Prannoy jumped to a 16-10 and 17-12 lead, which he never let go and triumphed at 21-13. The Indian however could not sustain this form and lost out to Chinese Taipei player Ten Chen Chou 16-21/21-15/15-21. He lost to the world No.26 in just under sixty minutes. According to MID-DAY, Mumbai of 16th March, he said later, "I could not control the bird in the final game and he went ahead 16-6. It was very tough to cover that lead and fight back. I hit some smashes in the net which could have been winners. But it was not to be—I am disappointed not to make it to the quarters."

Other team mates in the mens singles event, Sarabh Verma who had done extremely well in the All England, and K. Srikanth lost in the first round itself. Verma, the national champion last year, lost to D.H.Rumbaka of Indonesia 21-11/18-21/21-23 in a match that went the distance. Incidentally Verma had defeated this same Indonesian shuttler at the Birmingham event by almost similar margin. Srikanth also played well enough but finally bowed out to seeded Danish Star Jan Jorgensen 10-21/21-17/21-13 in a 43 minute encounter.

In Ladies singles P.V.Sindhu came a cropper against Hashimoto of Japan 21-23/11-21 in the second round. In her first round match, Sindhu was leading 7-2 against Ji Hyun Sung of Korea, who conceded due to injury. The Indian national doubles champions Akshay Dewalkar/Prannoy Chopra had a good outing in the first round when they defeated Bodin Issarra/Prapakamol of Thailand 12-21/21-17/21-15 but then ran into the Korean Top seeded pair of Sung Hun Ko/Lee Dae Yong and were bundled out in two games 14-21/12-21.

Saina Nehwal beat Sashina Vigneswaran of France 13-21/21-15/21-12 and in her second round she easily disposed off Bulgarian shuttler Petya Nedelcheva 21-



**Showed great form
and class at the
All England"**

15/21-10. She thus set up a mouth-watering clash with 6th seeded from Chinese Taipei Tzu Ying Tai in the quarters. Though Saina led 4-2 in career head to head, she still had cause to worry since in last two meetings, including their last match in the semifinals of Malaysian Open this January, the Indian ace had lost.

Saina was in scintillating form as she took on Tzu Ying Tai, shrugging off any worries she may have had and hammered the opponent 21-12/21-13 to step into the semifinals where Wang Shixian awaited her. The two had played a hugely memorable encounter in the All England, the previous week. Leading early in both games Saina kept up the momentum and never yielded her vice like grip. The placements were perfect and so was the net play.

However this form did not last long as the Chinese star Wang Shixian, the only Chinese in the fray, took revenge of her loss in the All England, by getting the better of Saina 21-11/10-21/21-9, in the semis, which was the very next match, thus ending the two year domination that the Indian had enjoyed at the Swiss Open.

The positives from the European tour were many. Our singles players showed grit and aggression and special mention must be made of Sarabh Verma and HS Prannoy. Kashyap climbed to a career high of world no. 7 rank and Saina played in two semifinals. Coach Gopi Chand must be happy with the performances, however he must be wondering what to do, to bring our paired event specialists on par with likes of Saina, Kashyap, Sindhu, Saurabh and other singles stars who play with great conviction at world level.

SANJAY SHARMA



Dr. Dilip Nadkarni

A typical pre game warm up consists of the following:

One begins with 5-10 minutes of gentle rhythmic movement such as spot marching, jogging or skipping. This elevates our body temperature and heart rate effectively.

Warming up to Badminton

One afternoon I rushed from my Lilavati Hospital operation theater to the Golf course. I was already late and my golfing buddies were constantly calling me. I got into my car and reached Bombay Presidency Golf Club in quick time. I reached the 1st Tee and took an almighty swing. Just as my golf club made contact with the golf ball there were 2 sounds, one from the golf shot and the second from my back. Writhing in pain I sank to the ground. I had damaged my back for failing to warm up. From the temperature of 18 deg Celsius in the operating rooms and air-conditioned car, I had stepped on to the golf course without allowing my muscles to thaw out. The cold tight muscles of my back succumbed to the forces of the golf swing and gave way. Countless injuries in sport happen due to lack of warm-up and stretching exercises before the game. Badminton courts too have seen injuries to muscles and joints for lack of proper pre-game preparative routine. These injuries happen in both professional and recreational badminton players. The incidence among professionals is much less due to the awareness and good habits, but occasional lapses are seen. The incidence such injuries in 'club-level' players is alarming. Warming up is part of the pre-game routine to get our bodies ready for the badminton action to follow. A cold tight muscle is liable to get strained or even break if not prepared for the vigorous movement. To reduce the risk or prevent Badminton injuries specific warm-up and stretching routine is important. This practice gradually increases activity of our main muscles. It also improves the flexibility and endurance capacity of the muscles involved in badminton. The duration of warm up and stretching should be approximately 15-30 minutes. In this process there is a raise in heart rate by 5-10 beats per minute. The body temperature rises by 0.5 degree Celsius and there is mild sweating. Then come the Short stretches. Here the player stretches muscles like the calf, hamstrings, back and shoulders for about 15-30 seconds each. Then come the slightly

longer stretches on the known 'tight' muscles. Every player knows which are the tight muscles and spends extra seconds on them. Limbering movements come next for 2-3 minutes. Here the player performs movements of specific joints like shoulder circles, hip forward and backward movements, pelvic rotations, arm and knee bends and trunk twists. Shadow drills specific to badminton come next. Short runs, racket work, bends for drops and arm raises for tosses, prepare you for the game. After the game one needs to cool down by doing stretches and limbering movements before slumping into a chair. Cool down is the process by which the body is helped to gradually recover from exercise and adjust to rest. It helps to remove waste products like lactic acid, vigorous badminton has produced.

Why Stretch?

When asked this question "Why Stretch?" I tell my sporty patients, "Stretch or the Stretcher, choice is yours!"

Apart from reducing the incidence of sports injuries stretching reduces muscle tension. It prepares the player for physical activity and helps body co-ordination by facilitating freer and easier movement. It is also a great stress reliever and prepares the player mentally for sport.

- ✍ A few guidelines for good stretching:
- ✍ Always warm up prior to stretching.
- ✍ Warm muscles stretch better than cold muscles.
- ✍ Stretch before and after exercise.
- ✍ Stretch slowly and gently.
- ✍ Stretch through pain free range and stop if it hurts.
- ✍ Stretches must be held for at least 15 seconds.
- ✍ Perform static stretching before any ballistic stretches.

Just like one learns the basics of badminton from a good coach, stretching and warm-up techniques can be learnt from a good trainer. Performing pre and post game routines will ensure safer and more pleasurable badminton. See you on court and not in my clinic!

BBD GREEN CITY

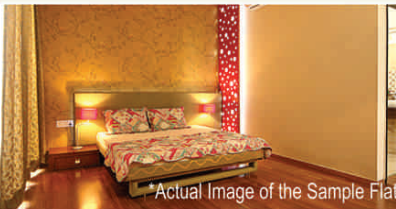
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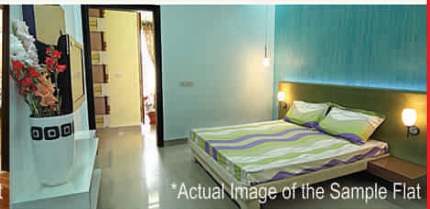
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