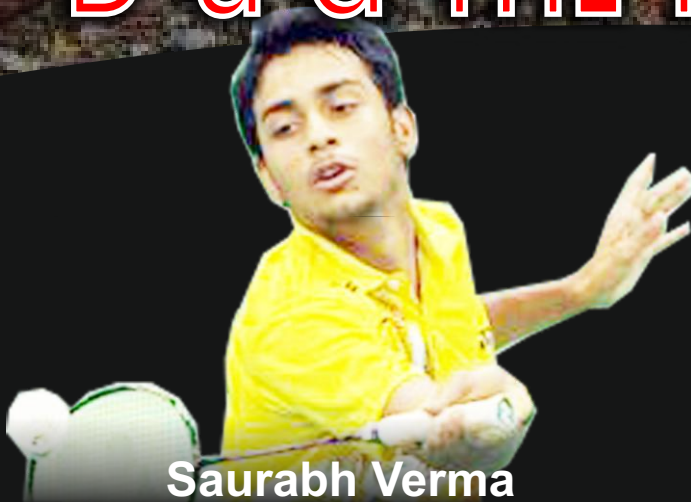


"Yonex-Sunrise, Official Partner of BAI"

OFFICIAL MAGAZINE OF THE BADMINTON ASSOCIATION OF INDIA

March 2012-May 2012

# B a d m i n t o n India



**Saurabh Verma**  
The new king on court



**P V V Sindhu**  
The New National Champion



**Dr. Akhilesh Das Gupta**  
Committed to Indian Badminton

Gopi Chand →  
'We can match China'

16 going on 60 →  
Diet tips for veterans



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**Dr. Akhilesh Das Gupta**  
President  
Badminton Association of India

My Badminton friends,

At the outset please allow me to thank the entire badminton fraternity in general, and my esteemed colleagues in the BAI in particular, for having elected me as the new President of the Badminton Association of India. It is indeed a humbling experience for me for heading such an august body, of which I had been a member for a very long time, representing the Uttar Pradesh Badminton Association.

The job comes with huge responsibilities and I hope to draw strength from all of you, as I know your love and affection will help me immensely. I assure each and every one of you that I will do everything possible in my capacity, leave no stones unturned, to meet the challenges and living up to your expectations.

And the challenges are indeed many. We have had some turmoil in recent past, but we will leave all this behind and look to the future with hope. Badminton is a sport that we all love and history tells us that Indians have produced a great array of world beaters in last seventy years or so. From our first Thomas Cup squads in 1952, to names like T.N. Seth, Nandu Natekar, Prakash Nath, Prakash Padukone, Late Syed Modi, Pullela Gopichand and current sports icon of the country Saina Nehwal, Jwala Gutta & others, our stars, have done the country proud. We must produce many more of such legends.

My most important task therefore is to ensure that in as short time as possible, with help of our able coaches, we start producing an array of world beaters like never before. P.V. Sindhu and Sameer Verma, our junior stars have shown us the way at the Asian Youth championships in Lucknow in July. Players like them and so many others will get all support from BAI, be it exposure, equipment or best possible coaching and training. Players like Saina Nehwal, Jwala Gutta, Ashwini Ponappa, who are vying for an Olympic medal in 2012, will get everything required for that purpose. The BAI will not spare any expenses to ensure that we get the medals we deserve.


I have played Badminton myself at National level. I know therefore what sacrifices our players make. I also know that there are many problems and lacunas in the game today. I will personally look into all such aspects to ensure that we have a vibrant domestic circuit and enough coaching facilities so that we also, like China, Indonesia and other badminton powers, start producing talent that can take on the world in next three to four years.

Many a time in the past, in spite of brave efforts of previous office bearers of the BAI, we were not able to generate enough finances to use in promoting the sport as it should have been done. This is one critical area where I will put all my experience, power and goodwill into focus, to ensure that BAI generates enough revenue to finance all our result oriented schemes.

Information and communication are other areas where we are lacking. I have decided therefore to revive this magazine which you will find immensely enjoyable and readable and which will give you information on most aspects of the game. The BAI web-site will also be updated to make it more interesting and information oriented.

**Dr. Akhilesh Das Gupta**





**I**t indeed gives me great pleasure to again bring out this official magazine of the Badminton Association of India (BAI) for all our badminton family in India and abroad.

I am extremely indebted to the new President of BAI, Dr Akhilesh Das Gupta for appointing me as chief editor and giving me the task of ensuring the magazine is appealing to every section of people associated with the sport.

“This is one of the first decisions I am taking and I want you to start “Badminton India” covering all aspects of the game. I want the magazine to be readable, informative and lively and should appeal to all sections of people associated with Indian Badminton----,” were his words to me.

It has taken some time to actually bring out the first issue as there were many details to be realized and problems to be overcome. That is why we are carrying coverage of Asian Youth championships of last year as story was written and more importantly our players did extremely well.

I have tried to bring in columns on dieting and injuries and these will help each and every player. In future we will continue these and also bring in special columns on coaching,

umpiring, fitness and other areas.

We will have match reports of most leading events and championships in the country and also from abroad, player profiles, interviews, in short all write-ups which will make this magazine readable and highly presentable.

But I must add here that though the BAI President has given me the task of editing this magazine, I alone cannot make it a success. We all are stake holders in this official magazine and therefore it is incumbent, important, for every one to pitch in with their ideas. I specially need all hon. secretaries of affiliated BAI units to come forward and send me news from their states which will be published in a special column called “News from the States.”

And we want each and every person connected with the sport to subscribe to the magazine to ensure that you get your copy. More readership will ensure we get better and better coverage.

I hope you all like the first issue and will look forward to your comments, letters which you can mail or post to us and we will love to carry your opinions.



**D**r Akhilesh Das Gupta, the incoming President, who was unanimously elected and who has come in at a very tumultuous time in the BAI, is unique in Indian sportsdom in one way. He is probably one of the only person heading a national sports federation who has actually played his sport at a fairly high level. He represented state of Uttar Pradesh at Inter-State and national level and also had a serious stint of training in London when he was a top ranked national junior player. Unfortunately personal matters and business commitments took him away from the game, otherwise he may well have played for India.

But then he has been part of the National badminton family for a long time and as President Uttar Pradesh Badminton Association for a long time, he did yeoman service to the game. Not

only he ensured that Syed Modi memorial slowly became a highly competitive and well organized international event, but he singlehandedly gave Indian badminton the Babu Banarsi Das UPBA Badminton academy in the plush Gomti Nagar area of Lucknow.

A huge sports complex, with eight courts airconditioned badminton stadium, huge grounds and all related facilities available of world standards, this academy is a boon to Indian badminton. His commitment to Indian badminton can be further gauged by the fact

that when he took over as acting President, the 2011 superseries was to be held in Siri Fort at Delhi. The event was in doldrums and in a financial mess. But Dr Gupta, took the responsibility on his own shoulders, galvanized the required funds personally and

What are your thoughts on what happened in the past, and in response your work for the game in future?

**Dr Akhilesh Das Gupta**—Firstly let me say that whatever happened in the past was unfortunate and I will not like to comment on it. We have to move forward in all aspects and I for one am very optimistic about Indian badminton. We have great players, great chief national coach in Gopi Chand, we have been having some very good results and Indian badminton is now well poised to make a great name. So I will like to dwell on what we are going to do in future for the sport.

**SS**—So then what are going to be your priorities in 2012?

**ADG**—Well, the Olympics are the real priority for us. I have instructed everyone that no cost will be spared in ensuring success for our players. I am sure and very hopeful that we will get Olympic medals from players like Saina Nehwal, Jwala Gutta-Ashwini Ponappa, Diju, and others who may qualify. In fact we want to send the biggest ever contingent for the games. Apart from Olympics my main work will be related to getting our finances in order.



**BAI President Dr Akhilesh Das Gupta with Badminton Queens**

Photo by Balram gupta

ensured the incredible success of the championships.

As superstar Ashwini Ponappa says, "In the past we players had major problems in all aspects but ever since the new President took over, he has been extremely player friendly and no one has had any complaints---." This is a huge endorsement for the President, who spoke to chief editor on many aspects relating to the game, in this very first issue of Badminton India. Excerpts

**Sanjay Sharma**—Akhileshji, you have come in as President at a very crucial phase of the game.

**SS**—BAI was always short of finances in past--?

**ADG**—Well, I will ensure that we are never short of funds. It is my responsibility to see that the BAI is flooded with funds. We are on verge of signing a mega deal with our official supplier, which will be at least 15 times more than what was given to us in the past. I do not want our players to suffer in their training/exposure for wants of funds. There will be more corporates which will come into our fold and back up Indian Badminton. The BAI will go all out and be a professional body in every sense, at the earliest.

**SS**—Most badminton bodies abroad are run like limited companies, there is overall responsibilities on many shoulders--?

**ADG**—This will happen here also. I have already started a BAI secretariat and we have couple of full time staff. After the Olympics we will start deciding on how best to change within the BAI framework and also if some rules need to be changed we will get motions passed in BAI constitution. I am extremely keen to have a full secretariat, full of professional officials running, marketing, finance, administration, etc. We want to have a new image--.

**SS**—How are you going to manage the domestic circuit. Some top players do not like to play domestically?

**ADG**—NO, NO. It is not like that. We have given exemption, on recommendation of chief coach, for 5 or 6 players only as they are busy with Olympic qualifications. But post that, they will all have to play in at least 4 domestic events, including the

national championships. This year, we allowed them to concentrate more on Olympic schedule. BAI is very clear on this. All our top players must play in their designated nationals and three other events at least.

**SS**—And what about the



coaching structure.

What are your plans on this very crucial aspect of the game?

**ADG**—You have asked the correct question. There will be changes for better. We are always in consultation with Pullela Gopi Chand who is doing a splendid job but we are aware that his hands need to be strengthened. So we must have correct back-ups. And BAI will give strong emphasis on youth and junior development programs. This is very very important for our future growth. I want to see more number of

training camps under reputed coaches, coaches who are well qualified and have the BAI recognition. We want to have the correct exposures for our youth and juniors. We will do everything required and have asked Gopi to let us know what he feels must be done. I am also in constant touch with Central sports ministry and Sports minister Ajay Makenji has ensured all help.

**SS**—Finally Sir, what about the growth of the game in India. How will you make it more popular?

**ADG**—Badminton is already a very popular sport in the country. Then with players like Saina, Jwala, Sana ve, Ashwini, Kashyap etc doing so well, people already know about our performances. But yes, I feel that BAI must do something more to have strong school and college levels encouragement to play

badminton.

We must have more academies under our umbrella. I am in touch with sports ministry and we are going to give them a blueprint for more academies pan India basis. These academies mean more and more courts where we will have many more people playing the game. We want to bring badminton back to family levels. And also I must add here that re-starting this magazine is also to spread more awareness about the game.

**Sanjay Sharma**

Dear Friends,

First of all, I would like to express my heartiest thanks for your visit to Lucknow for the AGM and EXCO meeting of BAI on the 2nd July 2011. I am also thankful to all of you for attending the Opening Ceremony of BBD University Badminton Asia Youth U19 Championship 2011 on the 1st July'11 as well as the Syed Modi memorial GP Gold in December 2011, again at Lucknow.

2 Let me express my gratitude to each one of you for electing me unanimously as the new President of BAI. This unanimous election for the post of President has given me moral strength as well as sincere responsibility to be a just, transparent and equal-friendly President for each State as also for all connected with Badminton. Being a sportsman myself, I go for legitimate sportsmanship and togetherness. We all should gear up now to strengthen the game of badminton and the players in India. I pledge myself for this noble cause.

3. I must congratulate Mr. Ashok Bajaj for being elected as the new Treasurer of BAI. I also acknowledge the spirit of Mr. K.N. Jaiswal, a senior member of BAI, who withdrew his nomination for the post of Treasurer to create unanimity. I am also thankful to one of the contestant for the post of Treasurer Mr. Vinay Agrawal from Haryana who gave his full cooperation during the process of election which were held smoothly and in a most transparent manner. I'm sure, each one of the BAI members will appreciate it.

4. Friends, by the grace of Lord Ganeshji and with your support, BBD University Asia Youth U19 Championship 2011 went off extremely well and the tournament was a great success. The entire BADMINTON ASIA CONFEDERATION office bearers and their representatives were present during the final matches of the tournament and each one of them appreciated the tournament in Lucknow which proved to be an extremely successful event.

5. I am happy to inform you that on the 10th July'11, elections were held for BAC Executive Body in which I've been elected as the Vice President of BAC for the term of 4 years. With your good wishes

& support, we could win this post by getting 22 votes out of 26 votes which shows our respectable presence in Asia.

6. Now, we have to rejuvenate the activities of BAI. I shall solicit your guidance to achieve our common goals in order to make BAI an exemplary sports body. I am sure, with the help of the well-wishers like you, I shall be able to discharge my duties entrusted to me as President BAI and also as



Vice President, BAC.

7. Lastly, I would like to share with you that Dr. Vijay Sinha has made an offer to me to resign from the post of Hon. General Secretary of BAI on the basis of his plea that, presently, the President and General Secretary are from the same State. However, I've refused to accept his offer of resignation for the 'time being' so that all of us may think over it and find out a suitable General Secretary unanimously, if possible, who can work for the upliftment of Badminton in the country.

With regards and best wishes,

Yours truly,

**Dr. Akhilesh Das Gupta, MP**  
**President BAI and Vice President BAC**





**P**ullella Gopi Chand, is like Prakash Padukone, a living legend of Indian Badminton. His exploits as a player and All England champion 2001 are well known. But he has also excelled as chief National coach and the national players under him have been doing very well all over the world. Though there have been a few setbacks, like the recently held Thomas/Uber qualifiers in Macau, but the overall picture of Indian badminton under him is one of good health and promising future.

Here in this short interview with Badminton India, Gopi talks about his current thoughts and tactics for Indian badminton. Excerpts:-

**Badminton India**—What is according to you current status of Indian badminton?

**Gopi Chand**—Well, we could be doing better, but overall we have been doing well abroad. Saina had a great 2011, finishing off at world no.4 and reaching finals of the Masters. Jwala/Diju combination has done well in the mixed doubles. Ajay Jairam has been playing really well and so has Sai Praneeth and PV Sindhu. Given their lack of experience at the big stage I think these two young players have done well. So we are all looking at Olympic qualifying positions.

**BI**—What more can the BAI do to ensure rapid progress of Indian Badminton?

**GC**—I think they are doing a lot. I have great faith in the new President and we have all the help given to us. I have no complaints either in terms of exposure or assistance to the players.

**BI**—What changes would you like to see, if any, in the BAI set-up or monitoring of our performances?

**GC**—Well, we should have a good coaching system where in we should have our own grading system. This is something I am working on and Dr Akhilesh Das Gupta is aware of this. In fact he has asked me to give him inputs on this aspect. Once we have our own certified coaches at all levels, then we will have a stronger position. The Govt (sports ministry) is also doing a lot, so we have no complaints there as well. We have a couple of foreign coaches also with us. So overall I think we are well set.

**BI**—What are the areas of concern then for you as far as your players are concerned?

**GC**—We have a good young line-up in mens singles. I think barring Kashyap, all our top players like Sai, Saurabh, Ajay are under 22 or 23 years of age. Sameer Verma is just 19 and has reached the semifinals of the Syed Modi memorial mens singles event after defeating some seeded internationals. These boys are on right track and will get better every day. Saina is working hard and I am confident of some big titles again from her. She is just 23 years old, but there are so many expectations from her. Sindhu is a real find as far as we are concerned. Just about 17 years old and already she is making a name for herself in world circuit. Jwala and Ashwini are also still in top contention. They recently got a bronze in world championships and

that was really fantastic. These are good areas for me.

But overall I think we must have more good doubles pairings in all three events and yes, I want to see more girls in top ranks of singles. We should have 4 to 5 more girls in top 30 world ranks.

**BI**—So how do you propose to have so many good young players, specially in doubles events?

**GC**—Well we have to have more training, more competition domestically. We have to scout out real talent in doubles events so that we have strong pairs in next 3 to 4 years. Sanave and Rupesh are pushing their ages and have done great service to the country. We quickly need more players to come up. I think that we should try more doubles training camps now. In mixed doubles also we must quickly get more players to slowly take place of top players. It is a daunting task, but we must all pull up our socks and get this going.

**BI**—Do you think India can some day soon compete with likes of China, Indonesia, Korea etc?

**GC**—Why not. Today we have the infrastructure. Yes some more big stadiums will help no doubt. But already in Hyderabad, Banaglore, Assam, Lucknow and few other places we have big stadiums with lots of courts. We have good results already. I think India can really do well, even competing against China in near future. We have to get more and more youngsters play the game. And we have to find ways so that somehow their studies are not compromised at these academies. If we can do this, then I have no hesitation that soon we can be world beaters. But a good pool of coaches, more young players and with exposure being given to us now, I do not see why we cannot dream big. There is no doubt that we have the talent.



Indian badminton had hardly seen anything like it in the past. Though legendary Prakash Padukone and Gopi Chand stunned the world in their respective careers by winning great glory for India, they also never conquered such big names at such young ages as 20 year old Sourabh Verma and his 18 year old younger brother Sameer did at Lucknow's fantastic badminton facility called the BBD UP Badminton academy.

And though the formidable Indonesian Taufique Hidayat won the title in the US \$ 120,000 event, it was Sourabh who conquered the imagination of Indian sports fans and the hearts of Indian badminton fans. He and Sameer were giant killers in every way, slaying fancied names and ensuring they bit the dust at the balletic feet of the brothers.

Sourabh demolished five foreign rivals, including the much touted Tommy Sugiarto, the fourth seeded Indonesian. Both

brothers were unseeded but they brought out the gritty, fighting best qualities of themselves when it really mattered.

In a sense it was a heartbreak for Sourabh in the finals. The experience of Hidayat, a former Olympic and world champion, was a bit too much for the 20 year old Indian, who finally caved in 15-21/18-21 but not before he had his few moments of glory.

Sourabh covered the court, bringing in some fantastic saves from the furiously smashing Hidayat, the 2nd seeded, who incidentally won his first title of the year in Lucknow and is well poised to again play the Olympics. The packed stadium had their collective hearts in their mouth as Sourabh equaled at 18-18 with some lightening moves, but finally caved in to brilliant net play of Hidayat, who was incidentally all praise for the Indian youngster. Said Hidayat, "I was not expecting him to return some of my placements and my hard smashes. But he moved very well and never gave in at any time. I really had to be at my best. I watched him playing earlier rounds and am impressed by his spirit. I think he may well go way of your former player Gopi Chand--,"

Said National coach Pullela Gopi Chand of the two brothers, "I am extremely happy with these two boys. They have been with me for four years now at my academy and they are both gluttons for hard work. That is the



key to their overall performances in the year. Sameer reached the finals of the Asian youth event in this same stadium few months ago—something no other Indian has done."

In his semifinals Sourabh got the better of the 16th seeded Thai player Suppanyu Avihingsanon in a pulsating 44 minute thriller 26-24/21-13 that clearly showed the never-say-die spirit of the Indian shuttler. He fought tooth and nail in the first game that went the distance, and to his credit Sourabh handled the important points better than his rival. And that made a difference as he made up from a 14-17 deficit to actually win the important game and have a mental edge over the hassled rival.

Hailing from a small place called Dhar, near Indore in Madhya Pradesh, the two brothers went on to make a literal record as far as Indian badminton is concerned. Sourabh won the





senior nationals in Bangalore, while Sameer kept his date with destiny winning the under 19 national singles at Jaipur a month later. They did their parents proud.

As Gopi says, they are simple boys with big hearts. But Gopi does not fully agree with Taufique Hidayat when the legendary Indonesian said, "Sourabh has the stamina, strokes and talent to make it big abroad, but he must be consistent in every way and not just be a lion at home--."

Gopi feels it is a bit early to assess this. "Both brothers have a fresh mind and they are not in awe of any one, of any big names. This is great. But World badminton is a tough place. You make slow progress there and we have to be patient with Sourabh and Sameer. They have huge potential no doubt, but let us wait and see how they are nurtured."

Without a doubt, Sourabh is the new king of badminton courts in the country. His best match at

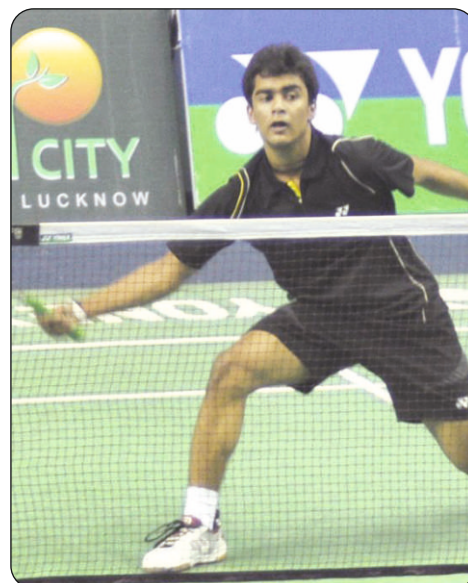
the Yonex Sunrise Syed Modi memorial was perhaps against Thailand's Pakkawat Vilailak, whom the Indian put to sword at a 18-21/21-18/21-11 scoreline. The Indian fought tooth and nail all the time, going for long, fast rallies to subdue the plucky Pakkawat.

Sameer who also had a great outing, played the match of his life to demolish Denmark's third seeded Hans Kristian Vittinghus 11-21/21-14/25-23, to cause a huge flutter in front of a big crowd at the UP Badminton academy.

After losing the first game tamely, Sameer bounced back with some great retrieves and clever stroke play to claim the second game. The ding dong battle in the third had the crowd on their feet, clapping away and screaming each time Sameer won a point. There were nails chewed and prayers said, as tension rose to a fever pitch.

He had actually led 20-18 but then wasted four match points before finally putting the winner across. But the great thing was Sameer never lost his nerves. He grew from strength from strength, relished the pot boiler pressure to make his way to the next round. He had earlier in the day defeated Indonesian Dharma Arie Guna.

All in all it was a good show by the Indian squad. However with Saina Nehwal withdrawing her entry from singles, came as a dampener to the badminton fans. Her last minute withdrawal and the fact Jawala/Ashwini lost early and the Jwala/Diju combination lost in semifinals of the mixed doubles, robbed



the championships of glamour.

As usual it was a well organized championships and all kudos to UPBA President Fateh Bahadur, UPBA and BAI secretary Dr Sinha, Mr TPS Puri the events director and the extremely hard working team led by Nishant Sinha.

## FINAL RESULTS

**Men's singles** Taufique Hidayat (INA) bt Sourabh Verma (IND) 21-15/21-18

**Women's singles** Ratchanok (THA) w/o against Pornpip (THA)

**Men's doubles** Naoki Kawamae/Shoki Sato (JPN) bt Andrei Adistia/Chris Rusdianto (INA) 21-17/12-21/23-21

**Women's doubles** Shinta Mulia Sari/Li Yao (SIN) bt Miyauki Maeda/Satoko Suetsuna (JPN) 21-17/21-18

**Mixed Doubles** Prakamol/ Saralee (THA) bt Muhammed Rijal/Debby Susanto (INA) 16-21/21-18/21-11





**A**ging is a universal phenomenon but each of us experience it in different ways. Aging may be inevitable, but the rate of aging is not. Why and how our bodies age is still largely a mystery, although we are learning more and more each year. Scientists do maintain, however, that chronological age has little bearing on biological age. The number of candles on your birthday cake merely serves as a marker of time; it says little about your health.

As you age, you become increasingly susceptible to chronic illness, including heart disease, osteoporosis, cancer, and arthritis. And while advances in the healthcare industry can help

fend off diseases and other consequences of aging, medicine alone is not enough.

A healthy lifestyle is always your greatest asset. What you eat and drink and how physically active you are all greatly influence your risk of disease.

However -- now that you're older -- your dietary needs are changing. Suddenly, nutrients that were important when you were younger can be dangerous

at high doses. Also, you've probably noticed you cannot hit the badminton court or the gym with the same reckless abandon you had twenty years ago.

With the help of clinical nutritionist Geetika Kohli Jangda, we will now focus on how diet and nutrition should change as you grow older, so you feel physically younger and win that veteran nationals that you are going for.

Anti-aging and feeling alive is possible. Veterans who play badminton are burning more calories than their contemporaries and correct nutrition is important a day and must remember the following

1. Always eat a fruit within ten minutes of waking up in the morning
2. Eat small quantities of food every two hours whether you are hungry or no
3. Include a small amount of protein in every meal and snack. Proteins will not be digested by the body without carbohydrates. So its essential to eat both
4. If your weight is 70 kgs, then your body requires 70 gms of protein a day, not more not less
5. Eat thirty minutes of carb based food like a sandwich/nariyal paani with the malai/bowl of cereal n milk before you start playing and eat protein ten minutes after you finish to replenish and fuel the body with food like milk, a protein shake, a handful of nuts, paneer.
6. Drink fluids in between your game to keep yourself going.

The diet for a person above forty should be as follows

Start your day, by eating a fruit. If you have a sweet tooth or cannot avoid your cravings for sweet food, start your day by eating half a sweet, within ten minutes of waking up

Half an hour later, drink 1 glass wheatgrass juice + ½ cup of tea or coffee. You can also take omega 3 fatty acid supplement or have a handful of flaxseeds.

One hour later, For breakfast, have one katori of poha or upma cooked in one tea spoon olive oil or flaxseed oil

Two hours later Divide your lunch into two parts. First have two chapati's with one katori dal/chicken/paneer + one katori vegetable

Two hours later have one katori curd and vegetable salad

Two hours later have a cup of green tea or coffee

In the evening have sukha bhel/a handful of peanuts/a sandwich/if your going to play, you can even drink a glass of milkshake or eat one sandwich + one bowl of fruit

For dinner, you must have a big bowl of paneer salad/dal palak

and oats khichdi/bowl of usal(mixed pulses)/ grilled chicken/grilled fish/ + one cup curd or two three glasses of buttermilk

If you feel hungry, then have a bowl of soup late at night

A healthy diet, keeps you physically active and stress free and happy. They are also the key ingredients to winning the veteran nationals. So follow a healthy diet and see the results in front of your eyes. All the best!

**Shachi S. Sharma**

## Dr Vijay Sinha—Man with a mission

**W**hile completing Bachelor of dental surgery (BDS) in 1971 from the King George Medical College in Lucknow, Dr Vijai Sinha never thought about his life in badminton after migrating to state capital from a remote village Barthana in Etawah district.

But his faith in destiny was immense and even after passing of 41 years since then, his belief still prevails as he has been the pioneer in making the Uttar Pradesh Badminton Association as top most sports body in the state even better than the cricket as its secretary general since 1988.

“I never knew that one day I would be managing the affairs of badminton in the state though I was just a junior player in the beginning,” says Dr Sinha while sitting in his impeccable office at the UP Badminton Academy.

“I could have become a fulltime dental surgeon after completing my master of dental surgery (MDS) from KGMC as I worked in as in-house surgeon and a resident doctor too, but there was passion for badminton in me after playing for UP juniors in the East Zone championship in 1969,” he says, adding, “My passion for the game was further boosted when I represented UP at Jalandhar nationals in mixed doubles event in 1976.”

“That was for the first time when I came in

contact with the then BAI chief Fazil Ahmed through the Lucknow Badminton Association secretary NC Rai and AL Bose. This wasn't all as in 1978, I was made line judge in an international tournament here.”

“Then there was no looking back and I decided to stay in administrative section of the game instead of pursuing my own passion for playing.”

Sinha, however, admits that it was a roller coaster ride for him in the beginning as there was nothing in terms of money, facilities etc., but he didn't lose hope and kept on working hard for the uplift of the game and the players in the state even while traveling on a scooter from one place to other.

Before becoming the secretary general of the UP Badminton Association in 1988, Dr Sinha had been the treasurer of the body for four years and even after crossing 60 plus years of age, Safari suit clad Sinha has been putting sincere efforts to make this game as popular as cricket in the state and in the country as well.

“I am very much satisfied with my administrative journey in the game so far and I always treat a challenge just an opportunity to do well for the game and the players,” said Sinha, who has now started shifting his responsibilities to his younger son



**Inside view of the Academy**

Nishant Sinha, who has become joint secretary of the UPBA. "After 70 years of age, I don't think that working with the same passion and enthusiasm is possible for man of my age so I am grooming younger generation to take care of things in future."

## **MASS BASE**

UPBA's mass base across the state has been a laudable effort and for this credit goes to Dr Sinha and now the newly elected president Kunwar Fateh Bahadur, a senior IAS officer in Mayawati's government.

The regular activities of the game has been a routine affair in all 48 districts in the state and most of the units keep on conducting their events on a regular basis. : "There are a few districts where the activities aren't up to the mark, but at most of the places things are fine and I am happy that badminton is getting popularity with every passing day."

"I always ensure it that all the units get good support of the UPBA and we conduct regular exams of umpires/line judges etc. and also keep them updating with the changes in the rules etc as per the regulations of the world body IBF."

## **BIG ACHIEVEMENTS**

Dr Sinha's biggest achievement among many has been the successful conduct of the Syed Modi Badminton Tournament, which was introduced in 1991. After its successful conduct for almost nine years, the UPBA introduced a cash award of Rs 50,000 for the first time in badminton history in 2000, and thereafter it has been growing like anything in terms of its stature and prize money too.

In 2003 the prize money was raised to Rs 8 lakh, Rs 10 lakh and then Rs 25 lakh before according it the statue of Grand Prix in 2011 with prize money of US \$120,000. "UPBA has been getting tremendous support from BAI



## **UPBA BADMINTON ACADEMY**

chief Dr Akhilesh Das, Fateh Bahadur and many more badminton-loving people and I am sure that in future the prize money will be higher," said Dr Sinha, who also happens to be the secretary general of the Badminton Association of India since 2010.

## **GAME'S HUB**

In fact, Dr Sinha's uninterrupted efforts for the up lift of the game, has made the state capital as one of the biggest hub of the game in the country. Before conducting the Syed Modi Grand Prix tourney in 2011, it conducted the Asia Youth Badminton Championship here for the first time in India, besides conducting the meeting of the Badminton Asia Confederation (BAC0 and the elections of the BAI.

UPBA's brainchild ---Babu Banarasi Das Badminton Academy --too has become the permanent training centre of the Indian junior teams as the Union Sports Ministry and Sports Authority of India have given their go ahead to it for the same.

"It gives me immense pleasure when I see UP players doing wonders at the national and international levels," says Dr Sinha, who also holds the official degree of being an international umpire.

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by **Rajeev Ganpule**

## MAHARASHTRA SUB.JUNIOR STATE BADMINTON

### CHAMPIONSHIPS 2011 AT NANDED

Tournament's Name : Maharashtra Sub.Junior State Badminton Championships 2011.  
 Dates : 10th to 14th July 2011  
 Venue : Shri Guru Govind Singh Stadium, Zilla Krida Sankul  
 Badminton Hall, , Nanded.  
 Organised By : Nanded District Badminton Association.  
 Under the Auspices of : Maharashtra Badminton Association  
 Tournament Secretary : Mr.Mahesh Wakradkar

The Maharashtra Sub.Junior State Badminton Championships received an overwhelming response with a total of 521 Entries received in 10 Events and wherein 511 Matches were played on 4 Wooden Courts over 5 days of competition.

#### Events Conducted :

- |                             |                            |                             |
|-----------------------------|----------------------------|-----------------------------|
| 1. Sub.Junior Boys Singles  | 2. Sub.Junior Boys Doubles | 3. Sub.Junior Girls Singles |
| 4. Sub.Junior Girls Doubles | 5. Midget Boys Singles     | 6. Midget Boys Doubles      |
| 7. Midget Girls Singles     | 8. Midget Girls Doubles    | 9. Mini Boys Singles        |
| 10. Mini Girls Singles      |                            |                             |

#### FINALS

Ev Pos.	Name	District	
Girls Doubles U15	1	Swatika Bute+Krishaeli Mehta	NGP/GM
	2	Shikha Gautam+Natasha Niturkar	NSK
Girls Doubles U13	1	Vaidehi Chaudhari+Anandita Gulhane	NSK
	2	Shreya Bhagwat+Indraja Dandekar	PN/SNG
Boys Doubles U15	1	Vaibhav Bisne+Chirag Shetty	NGP/MS
	2	Nihar Kelkar+Jeet Shirodkar	TH
Boys Doubles U13	1	Devesh Dharmarajan+Sai Dinesh Reddy	MS
	2	Aniruddha Mayekar+Aditya Mhatre	PN/NSK
Girls Singles U15	1	Shikha Gautam	NSK
	2	Lalita Katre	MS
Girls Singles U13	1	Vaidehi Chaudhari	NSK
	2	Purva Barve	PN
Girls Singles U10	1	Simran Singhi	MS
	2	Saie Nandurkar	NSK
Boys Singles U15	1	Vaibhav Bisne	NGP
	2	Akendra Darjee	TH
Boys Singles U13	1	Sai Dinesh Reddy	MS
	2	Sourabh Kerhalkar	NGP
Boys Singles U10	1	Sudhanshu Bhure	NGP
	2	Varun Dave	MS

## INAUGURATION

The Tournament was inaugurated ON 10TH July 2011 at the hands of Hon'ble Mayor of Nanded along with the guests of Honour which included Mr.Ashish Bajpai – Sr.Vice President, Maharashtra Badminton Association.

## PRIZE DISTRIBUTION FUNCTION

Due to the Mumbai Bomb Blasts, Mr.D.P.Sawant-President, Nanded District Badminton Association and Mr.Pradeep S.Gandhe – President, Maharashtra Badminton Association could not attend the final day function.

The Prize Distribution function of the tournament was organized on 14th July 2011. Mr.S.A.Shetty-Hon.Secretary,MBA, along with Mr.Kulin Manek – Hon.Treasurer & Mr.S.Rajan-Hon.Jt.Secretary, MBA along with Dr.Sheila Kadam of Nanded District Badminton Association distributed the prizes to the winners and runners-up.

Mr.S.A.Shetty lauded the effort of Mr. Mahesh Wakradkar-Hon.Secretary and Organising Secretary of this tournament for his excellent hospitality and efforts extended to Officials, Umpires and MBAEC Members during this tournament.



## MAHARASHTRA SENIOR INTER-DISTRICT & STATE BADMINTON

### CHAMPIONSHIPS 2011 AT JALGAON

<b>Tournament's Name</b>	: Maharashtra Senior Inter-District & State Badminton Championships 2011.
<b>Dates</b>	: 19th to 24th July 2011
<b>Venue</b>	: Chhatrapati Shivaji Maharaj Krida Sankul, Jilhapeth, Near S.T.Stand, Jalgaon..
<b>Organised By</b>	: Jalgaon District Badminton Association.
<b>Under the Auspices of</b>	: Maharashtra Badminton Association
<b>Sponsored by</b>	: Bhavarlal & Kantabai Jain Charitable Trust, Jalgaon.
<b>Tournament Secretary</b>	: Sunil Rokade – Organizing Secretary – Jalgaon.

The Maharashtra Senior Inter-District & State Badminton Championships 2011 received an overwhelming response with a total of 15 Districts participating in the Mens Team Championships Event while 7 Districts participating in the Womens Team Championships Event. In the Individual Championships a total of 208 Entries were received in 5 Events wherein 203 Matches were played on 4 Wooden Courts over 6 days of competition.

**TEAM CHAMPIONSHIPS** : Mens Team Championship, Womens Team Championship.

**INDIVIDUAL CHAMPIONSHIPS** : Mens Singles, Mens Doubles, Women Singles, Women Doubles, Mixed Doubles.

## RESULTS - TEAM-CHAMPIONSHIPS

### Maharashtra Senior Inter District & State

### Badminton Championship - 2011

19th July to 24th 2011

## RESULT SHEET

DATE : 21/ 07/ 2011				EVENING
SR. NO.	MATCH NO.	WINNER	LOSER	SCORE
		<b>TEAM RESULTS</b>		
		<b>FINALS</b>		
<b>T- 13</b>	<b>MEN</b>	<b>THANE</b>	<b>GMBA</b>	<b>3-0</b>
1	1st Singles	Eshan Naqvi (Thane)	Firoz Mulani (GMBA)	21 -13, 21 -8
2	2nd Singles	Jishnu Sanyal (Thane)	Pawan Singh (GMBA)	21 - 10, 21 - 14
3	1st Doubles	Akshay D. & Eshan N. (Thane)	Sachin B. & Vilas K. (GMBA)	21 -17, 21 -11
<b>T - 19</b>	<b>WOMEN</b>	<b>THANE</b>	<b>MSDBA</b>	<b>2-0</b>
1	1st Singles	Saili Rane (Thane)	Riya Pillai ( MSDBA)	8 - 21, 21 -11, 26 - 24
2	1st Doubles	Saili . R. & Jui A. (Thane)	Riya P. & Shreya D. (MSDBA)	14 - 21, 21 - 8, 21 - 6



## RESULTS - INDIVIDUAL -CHAMPIONSHIPS

**Maharashtra Senior Inter District & State  
Badminton Championship - 2011  
19th July to 24th 2011**

XD	1 2	<b>Sameer Bhagwat+Noopur Sahasrabudhe</b> Prasad Shetty+Vinaya Shetty	PN MS/PN
WD	1 2	Mansi Gadgil+Riya Pillai Jui Agaskar+Vinaya Shetty	PN/MS TH/PN
MD	1 2	Sameer Bhagwat+Varun Khanvilkar Abhidnya Sawant+Prasad Shetty	PN MS
WS	1 2	Anuradha Shrikhande Riya Pillai	PN MS
MS	1 2	Eshan Naqvi Sagar Chopda	TH MS

## INAUGURATION

The Tournament was inaugurated ON 19TH July 2011 at the hands of Shri Ashok Jain-President Jalgaon District Badminton Association along with the Former National Sub.Junior Champion Nishad Dravid and other guests of Honour which included Mr.Leroy D'sa - Former International.

## PRIZE DISTRIBUTION FUNCTION

The Prize Distribution for the Team Championships was held on 21st July at the Hands of Shri Ashok Jain.

The Prize Distribution function of the tournament was organized on 24th July 2011. Mr. Shri Ashok Jain -President, Jalgaon District Badminton Association welcomed the Chief Guest Mr.Pradeep S.Gandhe-President, Maharashtra Badminton Association along with Mr.S.A.Shetty-Hon.Secretary,MBA, Mr.Kaushal Kumar Cheema-Senior Selection Committee Member of Maharashtra Badminton Association distributed the prizes to the winners and runners-up.



**B**adminton Players often require arthroscopic surgery on their knees due to injuries to their ligaments and cartilages. Gopi Chand is a classic example of a player who rose to great heights after this surgery. If you or someone you know has a knee problem and is advised arthroscopic surgery, here are a few frequently asked questions on arthroscopy.

## What is Arthroscopy?

Arthroscopic knee surgery (arthroscopy) is a procedure orthopaedic surgeons use to look, diagnose and treat problems inside the knee joint. Arthroscopic surgery requires the use of special equipment and is performed in a hospital operating room. Arthroscopy is performed under local, general or regional anaesthesia. Arthroscopy can be performed as an outpatient procedure where the patient leaves the hospital a couple of hours after the operation. In India, certain insurance policies demand the patient to stay overnight after admission in a hospital.

## How is Arthroscopy performed?

The arthroscope is a pencil-sized instrument that contains a small lens and lighting system that allows the surgeon to magnify and shine light on structures inside the knee joint. The arthroscope is inserted into the knee joint by small incisions in the skin around the knee. The arthroscope is attached to a miniature television camera, which shows the inside of the knee on a television screen. This allows the surgeon to look at the joint surfaces of the knee, cartilage and ligaments, under the kneecap. Some of the most frequent conditions found during arthroscopy of the knee joint are: meniscus injuries, ligament

injuries and loose pieces of bone and cartilage. The lining of the knee joint can also be inspected. The structures under suspicion can be probed. A ligament may look normal visually but may be lax on pulling with a probe. Certain meniscal tears need to be probed before they reveal the tears. These conditions are often missed by the MRI scan.

## Why is arthroscopy necessary?

Many times investigations like X rays, CT scans or even MRI are not able to confirm the diagnosis in knee problems. Arthroscopy can help in these cases. Often arthroscopy is used to confirm diagnosis made clinically and treat the condition. Rarely is a purely diagnostic arthroscopy performed.

## Can Arthroscopy be used to treat knee problems?

Yes. Arthroscopy can be used to treat many disorders in the knee. The use of precision instruments can help the surgeon to repair, remove, polish, reroute, realign, reconstruct and even replace structures.

## What are the indications for arthroscopy?

The main indications for arthroscopy are in knee injuries. Meniscal tears, ligament tears, patellar dislocations, certain fractures, articular cartilage diseases should be subjected to arthroscopy. Any other injury not diagnosed by other modalities

should be subjected to arthroscopy. Apart from injury early degeneration, early rheumatoid disease, loose bodies in the joint, joint infections and any persistent swellings may



**Dr. Dilip Nadkarni**

need arthroscopy. Congenital conditions like the discoid meniscus, synovial folds (plicae), patellar malalignment, etc can also be treated with arthroscopy

## How can Arthroscopy help in cartilage tears?

Meniscal or cartilage tears are the bread and butter of the arthroscope. Meniscal tears can be diagnosed and treated with great success arthroscopically. Most of the meniscal tears are excised partially. Only the torn part is removed leaving behind

the intact portion to serve the functions. Rarely a meniscal tear, which is torn in a position where there is blood supply, can be repaired.

## Can ligaments be repaired?

Ligaments are more often reconstructed, using tissues, which can be spared. The most commonly reconstructed structure in the knee is the ACL. Patellar tendon or hamstring tendons are used for this purpose. Though the ligament is routed arthroscopically, there is an incision to harvest the graft. This incision cuts open only the skin and joint is not opened.

## What is the recovery after arthroscopy?

Recovery time after arthroscopy depends on what was found and done during the procedure. A specific activity and rehabilitation program may be suggested to speed recovery and protect further knee joint function. Some people go back to work or school or resume daily activities within a few days. Athletes and others who are in good physical condition often return to athletic activities within a few weeks but occasionally it takes several weeks to recover maximally. People who have knee arthroscopy can have many different problems so each patient's recovery time will vary.

## What are the possible complications?

Complications from arthroscopy are uncommon but occasionally occur during or after the procedure. Infection, blood clots in the veins of the leg, excessive swelling or bleeding and damage to the blood vessels or nerves are some of the problems that can occur. Your surgeon will assess and explain the advantages and disadvantages prior of arthroscopy to proceeding.

## What can I shower?

You can shower as long as you do not wet your dressing. The dressing given in the operation theatre is changed in 3-4 days time and a waterproof is given. The knee can be made wet after the dressing change.

## When can I put weight on the leg?

Usually after arthroscopic surgery full weight bearing is allowed on the same day unless ligament or any other reconstructive procedure has been done. In these cases crutch walking is advised.

## How much walking and standing on it, can I do?

You may walk and stand as much as you are comfortable with. Follow the general rule of thumb of getting off it as soon as any increased swelling or discomfort is noted. Use common sense as a guide, listen to what your knee is telling you and do not ignore it. Make a conscious effort to walk as naturally as possible. Allow the knee to straighten as fully as possible. Avoid kneeling, squatting and twisting movements.

## How far can I bend my knee?

As far as you can without causing increased discomfort or pain.

When do I start exercising the knee?

The day after the surgery you will begin some very basic exercises to be performed at home 3 times a day to assist in regaining your motion, reducing swelling, and restoring muscle control. Formal therapy typically begins 24-72 hours from time of surgery with attendance 3 times per week for approximately 3-6 weeks. This may be less in some individuals.

## When can I begin driving?

At approximately 5-7 days from time of surgery on the average. The criteria for driving is as follows:

1. Once you are no longer taking the narcotic pain medications during the day
2. 90 degrees of bend to ensure the ability to transition from brake to gas pedal
3. Ability to transition to and from brake and gas safely with the ability to apply significant pressure
4. Demonstrate adequate strength as determined by your therapist and/or your physician

## When can I go back to work?

Depending on whether or not light duty/transitional duty is available, you could return as soon the next day after surgery. If your occupation requires prolonged standing, walking or squatting, then as soon as you are able to perform your job specific duties safely, you can get back to work.

## When will I be able to begin jogging?

Approximately 3-4 weeks from the time of surgery provided the quadriceps strength is no less than the uninjured side, full ability to straighten the knee is regained and no significant swelling.

## When will I be able to return to sports, conditioning and recreation?

Depending on the type of activity, you could return in as little as 2 weeks from the time of surgery, typically by 2-3 weeks if a non contact sport (i.e. golf). Possibly 4-6 weeks if you play a contact sport (i.e. football, soccer). Your physical therapist/physician will help determine your return to the sport. A criterion for return to activity is as follows:

1. 80% strength of the uninjured leg
2. No swelling
3. Full range of motion

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## Photo Gallery

**Book Launch of Pullela Gopi Chand:  
The World Beneath His Feet, in Mumbai**



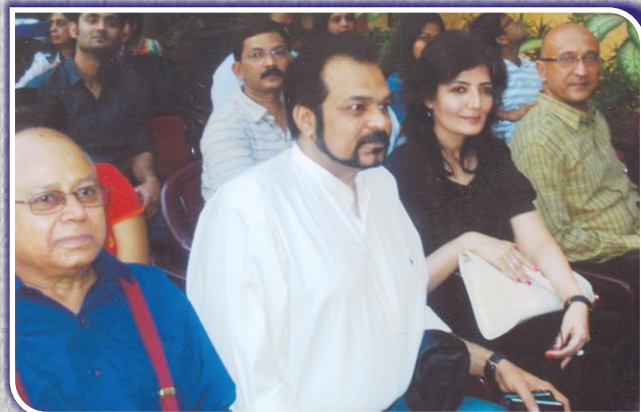
**Saina Nehwal receiving trophy from  
Sanjay Devnani**



**Author Sanjay Sharma and Saina Nehwal**



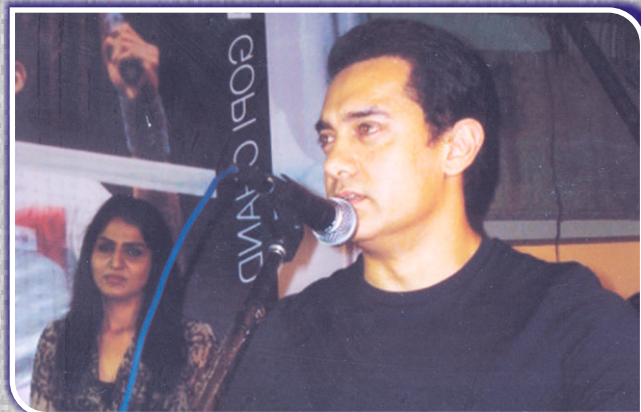
**Aamir Khan addressing the audience**



**Actors Sonu Walia and Tej Sapru  
enjoying the proceedings**



**Mega Star Aamir Khan enjoying  
company of badminton legends**



**Aamir Khan Addressing the gathering**

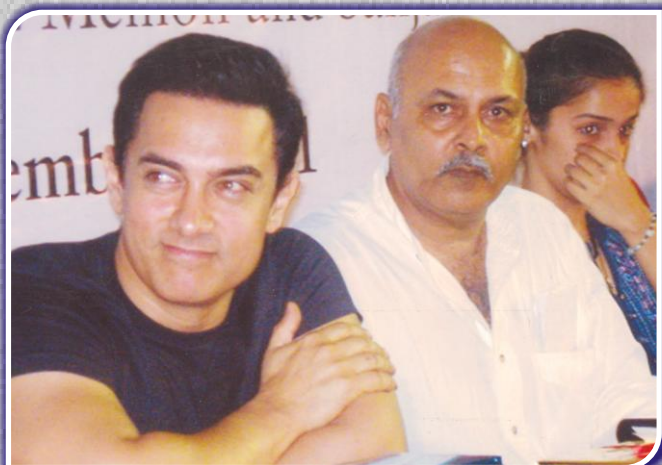




**Co-author Shachi S. Sharma  
hosting the show**



**World Billiards Champion Geet  
Sethi and Saina Nehwal**



**Aamir Khan all ears to Gopi's speech!**



**Shyam Shroff, President  
Khar Gymkhana and Gopi**



**The three icons sharing  
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LUCKNOW:

**Chinese** officials looked apprehensive of retaining the team championship even before the start of the Badminton Asia Youth Under-19 Championship.



Their apprehensions were a bit genuine the way others performed against them, but at the end it remained just an apprehension as world 'power house' kept their date with the title with a comprehensive 3-1 win against archrivals Malaysia.

This was China's second consecutive and third overall title triumph since the inception of the event in 2005. Last time at Kuala Lumpur too China had 3-2 win against same rivals. Except in the men's doubles final, where Malaysian duo Nelson Wei Ket Heg-Ee Yi Teo sent Chen Zhuofu-Pei Tianyi crashing in a marathon battle, it turned out to be an easy affair for favourites at the end.

Pei Tianyi-Ou Dongni outplayed Ee Yi Teo-Mei Kuan Chow in straight games 21-18, 21-13 in opening mixed doubles to set up the pace, before Huang Yuxiang notching up 21-16, 21-17 win against Zulfadli Zulkiffi in men's singles to stretch the lead to 2-0.

But the men's doubles tie was a real thriller where Malaysian players didn't even bother for a dim light and bagged the third game at 30-29 after it was 1-all. Both Nelson and Teo were floored for a return and Chen Zhuofu had a chance to drop the shuttle anywhere to finish off the match, but his smash plunged into the net, allowing Malaysian a slim chance to make a comeback in the match with score board reading 1-2.

It was very much on the cards, when lanky Sun Yu lost the first game in the girl's singles to Sonia Su Ya Cheah 18-21. But she rallied back superbly to win the next two games 21-17, 21-14 to dash rivals hopes.

"Though we lost the title, we are very much satisfied with our progress in the event and specially against China," said marathon man Heg. "Teo and I have been playing together for the last two years, and it was this camaraderie that worked for us."

"We always support each other in tough circumstances too and our will to pull out of the difficult situations always comes to our rescue," he added.

#### INDIANS SHINE

As far as Indians were concerned in the championship, being hosted by the Badminton Federation of India for the first time in India, it turned out to be a big show as for the very first time too they finished with a medal in the team event.

It was also a tremendous rise to witness in Indian badminton, especially after the greats like Prakash Padukone, Pullela Gopi

Chand and Saina Nehwal at the world level. The young brigade proved that they had the ability to rub shoulders with equal power to others, who are known for their dominance in the world badminton.

They came up with some stunning show, showing their fighting spirit and ability to challenge others, especially the shuttlers from China, Malaysia and Indonesia. Their bronze medal finish in the team championship brought the much-expected smile on the faces of Indian badminton bosses, including chief coach Gopi Chand, but the overall result could have been better, if a 'blunder' had not been made by the team's officials, who 'forced' top shuttlers including PV Sindhu to take rest.

Certainly, pushing the case of a 'few selected' for a chance to showcase their ability in the mega event might be the logic behind this, but it cost India badly.

They lost to China 0-3 in the





first semi-final.

In fact, the defeat looked eminent for India, especially after they made three changes in their winning combinations. They fielded young Prathul Joshi in place of high-flying Sameer Verma in the boys singles, PV Sindhu was replaced by Tanvi Lad for girls singles and for boys doubles India had local boy Shivam Sharma pairing with Venkatesh B instead of T Hemanendra Babu and K Srikant.

Coach Sanjiv Sachdeva justified the changes. "Most of the players were tired and wanted a rest. Replacements too were equally good and we played well against China too," was his lame excuse after the defeat.

India had a disastrous start to the semi-final with the duo of K Srikant and K Maneesha capitulating to Pei Tianyi and Ou Dongni 13-21, 11-21 in opening mixed doubles. It was after this match that the Indian shuttlers put on display their fighting spirit.

Pratul Joshi, who was up against Guo Kai in the boys singles, had the crowd on their feet with his stunning forehand shots in the first game. The Chinese boy, however, much to

the dismay of partisan crowd who cheered Pratul wildly, staged a fine comeback to win the next two nail-biting games to take the match 12-21, 22-20, 21-19.

Venkatesh and Shivam Sharma though displayed some fine rallies and drops at the net to surprise Chinese rivals, they too lost in straight games 14-21, 16-21 to bring the curtain down for the hosts. Earlier, India notched up a facile 3-0 win against Chinese Taipei to make it to the semi-finals, at the UPBA Academy.

In the individual events, the country bagged two medals through Sameer Verma's silver in boys' singles and PV Sindhu's



bronze in girls' singles. In fact, Verma was the first ever Indian to reach a final in the championships.

Sindhu's defeat was a heart-wrenching experience for many in the stands. The Hyderabad girl relied on her artistry to win the first game against Sun comprehensively. However, in the next two games, the Chinese severely tested Sindhu's stamina by resorting to high serves and powerful smashes to which the Indian had no answer.



**Participating countries:** China, Indonesia, India, Sri Lanka, Bangladesh, Vietnam, Syria, Singapore, Hong Kong, Jordan, Malaysia, Thailand, Nepal, Japan, Chinese Taipei and Iran.

**Number of players:** 159.

**Number of officials:** 150.

**Organiser:** Badminton Asia Confederation (BAC)

**Host organizer:** Badminton Association of India (UP Badminton Association).

**Dates:** July 2 to 9, 2011

**Venue:** Babu Banarasi Das UP Badminton Academy (Vipin Khand).

**Events:** Mixed team event (July 2-5); Individual events (July 5 to 9).

The mixed team event comprise of: One men's singles, one women's singles, one pair of men's doubles, one pair of women's doubles, one pair of mixed doubles.

The individual events comprise of: Men's singles and doubles; women's singles and doubles and mixed doubles.

**Referees:** Ms Liu Qian (Chn); **Deputy referees:** Girish Natu (Ind), Anil Singh (Ind).





There is a buzz at the Pullela Gopichand Badminton Academy (PGBA). Eight courts are a beehive of activity throughout the year. From a little kid to players like Saina Nehwal, Jwala Gutta, V Diju, P Kashyap, RMV Gurusaidutt play with gusto as the academy offers one of the best training facilities in badminton in the country now.

The academy, one of its kind in the Asia, is a dream project of Gopichand, who had always wanted train in such an ambience. On his retirement, he set himself a goal to establish an academy and today the hustle

and bustle of trainees making use of such a wonderful facility which only badminton-crazy countries like Indonesia, China and Malaysia can boast of. Started three years ago, the academy is located at the IT centre of Gachibowli at Hyderabad and is spread over five acres. A lush green lawn and a swimming pool form part of the academy's facilities.

"I always wanted an academy where players can practice, enjoy and relax at an academy. I had got a fair idea of an academy during my playing days. I noted all the requirements in a book before

setting up this academy. This academy, I felt, would be a finishing school for young shuttlers of the country," says Gopichand.

Taking pains to construct the academy despite financial constraints, this academy is already nominated as an Asia Training Centre along with BAM in Kuala Lumpur by the Badminton Asian Confederation. Players from far off

places like Canada, Australia and Qatar come to practice at the Academy.

"I'm happy today players from other countries are practising here. In the past, I remember, the Indian players practising in countries like Indonesia or Malaysia. But today, we can practise here without any interruption," adds Gopichand.



Many members of the Indian team practise and the Indian camp is also held here ever since the academy has come up. "It is a perfect place for practise. Many of the players enjoy practising here," said Saina, who was all praise for her coach Gopichand. "He has made a great effort to build this academy. It caters to every need of a badminton player," points out Saina.

There is a full-fledged office at the academy. Ever since the academy has opened there is

demand for admissions into the academy. "We received applications from far off states like Madhya Pradesh, Delhi, Orissa, Kerala.

"I'm happy there is tremendous support for the game in the country." He admits partly because of Saina Nehwal's success. "This is the best way to capitalize on the popularity of the game," says Gopichand.

In fact Gopichand remembers when Prakash Padukone won in 1981 or when he won the All

England in 2001 there was no urgency to make the game popular.

"Perhaps a little more effort could have been made to popularize the game then. I also heard from people how Prakash sir worked very hard with minimum facilities to become an All England champion," he said. Gopichand for that matter, too, had to struggle for Yonex shuttles for practice at Lal Bahadur Indoor Stadium with coach Syed Mohammad Arif. "Every player



looks to a minimum of facilities and during my playing days, we struggled for good shuttlecocks. Having learnt the lessons, I was always keen to have an academy after my retirement," he said.

"All these years, I saw the players' difficulty and I was aware that we have tremendous talent. But we lacked was a good infrastructure. I took this project as a personal challenge. The game is on the rise in the country, thanks to Saina's spectacular success. I see more and more kids coming to play the game," he says.

Gopichand Academy will impart training and will stress on fitness. An

admirer of the Chinese system, Gopichand said the key to success is fitness.

"It should start from a young age. I admire the way Chinese players train.

They have a strong system. I believe fitness is very important to turn a talented player into champion material. As speed, agility, endurance, power are important for modern badminton, a player should be trained in such a way that he can challenge the best players of the world," he says.

Saina is an example of a modern day player. She trains for hours together and inspires many young players to slog it out on the court. Young up and coming player PV Sindhu is inspired by Saina's success. "Watching her train for hours inspires you too follow in her footsteps," said Sindhu, who was one of the first students of the academy. Today Sindhu is on the road to the top. According to Sindhu's father PV Ramana, a former Indian volleyball international, said when his daughter showed interest in badminton, he had no

second thoughts of taking her to Gopichand's academy. "I was impressed with the facilities. I'm very lucky the academy is here and that my daughter is training here," he says.

It is not just players from the city, but from Madhya Pradesh who train here. For the Verma siblings \_ Saurabh and Sameer \_ it is a home away home for them. "It is simply too good. The facilities are awesome," said Sameer, who recently finished runners-up in the junior Asian badminton championship at Lucknow. Other youngsters like HS Prannoy and B Sai Praneeth have been also products of the academy. They are already being touted as future hopes of Indian badminton.

It is important for every academy to have a good support system. In modern coaching, it is not all about coaches. It requires other support staff like dietician, physio, physiotherapist, psychologist, sports analyst and sports scientist. To reach the pinnacle of excellence all these are required. The academy maintains a full record of the players, playing style, their food habits and the amount of exercises required. It also stressed on recovery exercises. "In the past, Indians took care of recovery exercises but it is an important part of a player's growth," said one of the coaches at the academy. And PGBA has aptly put the slogan of work hard and recover harder.

For young trainees, apart from a regular training session, education has also been taken care.

In being nominated as Asian Training Centre, it allows the players, officials and coaches across Asia to be trained in the latest advancements, techniques

and development in badminton. A string of regular events, seminars and clinics will be held here which will be beneficial to the Indian coaches and players.

Today, the academy has over 200 players in all age groups practising at the academy. Gopichand has moved on with a vision and is on a pursuit of his dream to create future badminton champions. His twin objectives is to create tomorrow's champions and popularize the sport. Surely, Gopichand has approached coaching in a more professional and scientific manner as evident by his concept of training players at a young age. World champions can be produced when right infrastructure and training is given at the right time. Gopichand is on the right track.

## FACILITIES AVAILABLE

1. Badminton hall with eight wooden courts, 42 feet in height.
2. Two A/C dormitory (12 beds each for boys and girls. 1st floor for girls and 2nd floor for boys).
3. 15 A/C rooms with single and double occupancy.
4. Table tennis with four tables.
5. Weight training hall with complete set of fitness equipment.
6. Conference hall that can accommodate 75-100 persons.
7. Swimming pool of 30x10 metres.
8. Playground with running track.
9. Cafeteria with in house kitchen
10. Aerobics Hall with equipments sufficient for 30 trainees.
11. Eight professional badminton coaches, 2 fitness coaches, coaches in table tennis, skating, western dance, chess and games coaches.



When Uttarakhand was born out of U.P. in November, 2000, it had hardly anything to boast off in the field of badminton. Instead we



had a plethora of problems to handle. Our State badminton association was yet to be formed. Badminton infrastructure was very poor, only two districts out of thirteen, Dehradun and Almora were centres of serious badminton. But in a span of 10 years, Uttarakhand Badminton has come around full circle and in the year 2010, boys and girls of Uttarakhand (U-13) played almost all the National and Major ranking tournaments finals throughout the year. More than 50% titles were bagged by them in 2010.

The Uttarakhand State Badminton Association has slowly and steadily given a boost to badminton all over the state. This has been possible due to team efforts including Mr B S Mankoti Secretary, of U S B A, who is committed to growth of Badminton in the State. Now, National level tournaments have been organized in Dehradun, Nainital, Haridwar and Almora. At the State level, almost all the Districts are actively participating. Dehradun and Haridwar can now

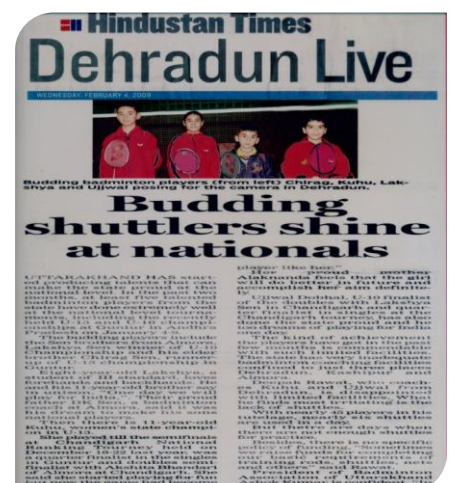
boast of four court stadiums each due to which we can organize National level tournaments at these two places. In fact we organized All India Major Ranking, prize money tournament in 2007, in Dehradun. It can be called a watershed in the history of Uttarakhand Badminton as it saw participation from many National and international legends including Gopic Chand, Anup Sridhar and Saina Nehwal.



Since then we have been organizing All India Prize money tournaments every year in Haridwar and Dehradun, and hosting National training camps every year. In the year 2011 itself, Uttarakhand is holding two national level events i.e. All India Major Ranking Sub-Junior @ Dehradun and Veteran Nationals @ Haridwar.

I'm attaching paper cuttings of some of these tournaments which shows the standard of organization of these tournaments.:-

As far as achievements of Badminton players of Uttarakhand is concerned, we have had C.L. Sen and Puneeta Bhushan in the past, Parul Priyardarshini, Poonam Tiwari, Ashutosh Pant, Vasu Pandey, Niket Karnataka and Bhaskar Aggarwal, Deepak Bisht have performed well in the recent past. But rise in standards have come just recently. The performance of our sub-junior players at the national level has been heart-warming. We have the best sub-junior players in Indian badminton. Chirage Sen (Almora) has been ranked one in the under-13 singles and doubles category for the last two years. Bodhit Joshi (Almora) has performed well in the under-13 singles category, and partnered by Lakshya Sen (Almora), was the finalist in the Sub-Junior National Championship in the under-13 doubles category. Lakshya Sen, merely 10 years old, has performed exceptionally well in the under-13 category. Kuhoo won 3 Major Ranking titles



## *Details of Uttarakhand players performing well currently are :*



**1 Chirag Sen:-** He has won over 5 titles in singles and over 8 titles in doubles category, including some national titles. He was ranked 1 in U-13 singles and doubles category for the last two years.



**2 Kuhoo:-** she won U-13 doubles at Haridwar, Cochin and Bangalore in 2010 and was runner's up in Chandigarh. She was ranked number 2 in doubles and number 4 in singles in the year 2010 in U-13



**3 Lakshya Sen:-** He is a young prodigy and rightly identified so by Padukone Academy. He has played many finals of U-13 while he was U-10 only.



**4 Bodhit Joshi:-** He has performed well in U-13 category. He was finalist in doubles of U-13 Sub-Junior Nationals.



**5 Smiriti Nagarkoti :-** She was placed 3rd in U-19 doubles in 2010. She has consistently been in good ranking in U-13 & U-16 category



**6 Akshita Bhandari:-** Two time finalist in U-13 doubles of All India Junior Ranking Prize Money Tournament.

in, U-13 doubles category in 2010.

Apart from the above 6, Dikshita Rawat, Sheetal Kargeti have represented Indian Universities in Taipei, China. Vinita panwar etc have also done well in this field. At veteran's level also many players including R K Sharma, Vinod Gupta, S K Patet Suresh Karnatak, Jagmohan Phartiyal have represented in senior World Championship in Spain and Canada.

To promote the game the Association awards cash prizes to players, their coaches and district units and organizes regular and special camps. The Association's competent district units of Dehradun , Almora, Nainital, Hariwar, Uddam Singh Nagar and Pithragarh and its body of coaches-D.K. Sen(Almora), Nirmala Pant (Uddham Singh Nagar) and Deepak Rawat(Dehradun)-are doing their best to promote the game in the state. Our chief coach, D.K.Sen took the Indian Sub-Junior teams to Burnai and Sri Lanka in 2008-09 and 2009-10 respectively.

I am sure that the pace at which Uttarakhand State Badminton Association has been progressing since last 5-6 years, the day is not far when Uttarakhand will produce at least 3-4 promising players in Seniors National Team, who will represent India at National and International Level and do India Proud.

**Ashok Kumar**  
(President Uttarakhand State





There is no doubt that the memorable players of this major most domestic event in the country were the young stars who finally pushed their way through to capture the big titles. Be it 20 year old



Sourabh Verma in men's singles or the stunning upset that Arun Vishnu and Tarun Kona created by defeating the veteran stars Rupesh Kumar

and Sanave Thomas to the new mixed doubles champions.

But no where was the charge of this young brigade more profound and more emphatic than in women's singles where the 17 year old PV Sindhu claimed the coveted title in a most scintillating manner.

Just about 17 year old, this Gopi Chand trainee and national junior champion, not only defeated the top seeded PC Thulsi in a memorable battle in the quarter finals, but the way she simply demolished her opponents in next two rounds speak volumes of her domination and talent.

Sindhu, having great genes from her Arjuna awardee parents, was ruthless in both the semifinals and the finals. The finals against Neha Pandit



was so one sided that it took just about 29 minutes to wrap-up for the new champion at a 21-9/21-14 scoreline.

There is no doubt that in Sindhu, Indian Badminton has seen an emerging star of huge potential. She is surely going to be a great support to Saina Nehwal in near future. And with the great way she is going about her career, there is no doubt that Sindhu is going to bring unprecedented glory to Indian Badminton.

## RESULTS OF SENIOR NATIONAL CHAMPIONSHIPS PRE-QUARTER FINALS ONWARDS

### MEN's Singles

Sourabh Verma	bt	Rohit Yadav	21-10/21-15
Akshit Mahajan	bt	Pratul Joshi	23-21/17-21/21-14
HS Prannoy	bt	P Vinay Kumar Reddy	21-6/21-16
K Nand Gopal	bt	Aditya Prakash	20-22/21-12/22-20
Anand Pawar	bt	Arvind Bhat	21-9/21-19
RMV Gurusaidut	bt	MOhit Kamat	21-13/14-21/21-4
K Sreekanth	bt	B Sumeeth Reddy	21-6/8-0 (retd)
B Sai Praneeth	bt	Mayank Behal	21-14/21-14
<b>Quarter Finals</b>			
Sourabh Verma	bt	Akshit Mahajan	21-19/21-15
HS Prannoy	bt	K Nand Gopal	21-16/21-16



Ananad Pawar B Sai Praneeth	bt bt	RMV Gurusai Dutt K Srikant	13-21/21-12/21-16 24-22/21-7
<b>Semifinals</b>			
Sourabh Verma B Sai Praneeth	bt bt	HS Prannoy Anand Pawar	21-23/22-20/21-16 21-17/21-15
<b>Finals</b>			
Sourabh Verma	bt	B Sai Praneeth	21-19/21-19
<b>WOMEN'S SINGLES</b>			
<b>Quarter Onwards</b>			
PV Sindhu Aditi Mutatakar Sayali Gokhale Neha Pandit	bt bt bt bt	PC Thulsi Mohita Sahdev Daya Elsa Jacob Trupti Murgunde	19-21/21-12/21-11 21-7/21-7 21-14/21-9 21-15/21-13
<b>SEMIFINALS</b>			
PV Sindhu Neha Pandit	bt bt	Aditi Mutatkar Sayali Gokhale	21-10/21-12 21-17/21-13
<b>FINALS</b>			
PV Sindhu	bt	Neha Pandit	21-9/21-14
<b>MEN'S DOUBLES</b>			
<b>Quarter Finals onwards</b>			
Arun Vishnu/K Tarun D Guru Prasad/Vineeth Manual Rupesh Kumar/Sanave Thomas Akshay Dewalkar/Pranav Chopra	bt bt bt bt	Abhijeet Naimpally Jagdish Yadav Arup Baidya/Sachin Ratti Hemanagendra Babu/Manu Atri Alwyn Francis/Jishnu Sanyal	21-2/21-9 21-12/21-17 21-19/21-15 21-13/21-15
<b>SEMI FINALS</b>			
Arun Vishnu/K Tarun Sanave Thomas/Rupesh Kumar	bt bt	D Guru Prasad/Vineeth Manual Akahay Dewalkar/Pranav Chopra	21-8/21-7 21-7/21-11
<b>FINALS</b>			
Arun Vishnu/K Tarun	bt	Sanave Thomas/Rupesh Kumar	21-16/16-21/21-18
<b>WOMEN DOUBLES</b>			
<b>SEMI FINALS</b>			
Aparna Balan/Sikki Reddy Pradnya Gadre/Prajakta sawant	bt bt	K.Manisha/P Jyotsana Daya Elsa Jacob/Sneja Santhilal	21-19/21-11 21-18/21-7
<b>FINALS</b>			
Pradnya Gadre/Prajakta Sawant	bt	Aparna Balan/Sikki Reddy	21-19/22-20
<b>MIXED DOUBLES</b>			
<b>SEMI FINALS</b>			
Arun Vishnu/Aparna Balan Pranav Chopra/Prajakta Sawant	bt bt	Akshay Dewalkar/Pradnya Gadre D Guru Prasad/Nischitha	19-21/21-18/23-21 21-9/21-14
<b>FINALS</b>			
Arun Vishnu/Aparna Balan	bt	Pranay Chopra/Prajakta Sawant	21-16/17-21/21-19

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# THWACK™

## THE THWACK QUIZ 2012

Badminton India is proud to present the Thwack Quiz 2012. Please tick the right answer and mail to the magazine address given below, along with a passport size photograph. You can also e-mail in the answers at our mail id. The first two winners will not only get their photos printed in our next issue in June 2012, but will also get a prize of a box of feather shuttlecocks from Thwack, which is proud to be associated with Badminton India, the official magazine of the Badminton Association of India.

### 1- Which year did Prakash Padukone win the senior/junior nationals

A-1961

B-1971

C-1981

### 2- Who is the second badminton player to be awarded Rajiv Gandhi Khel Ratna Award

A-Gopi Chand

B-Saina Nehwal

C-Ashwini Ponappa

### 3- Who was the mens singles Commonwealth Games champion in 1982

A—Syed Modi

B—Misbun Sidek

C—Taufique Hidayat

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After spending over a decade understanding players problems with the game, researching and testing the most effective, practical and scientific method of holding a racket, he invented the patented Guobao Grip. The Back Hand King Racket with it's unique grip will enable both amateurs and professionals to perfect their techniques, helping them greatly enhance their backhand and forehand strokes.

Thwack SFX and JFX are available in a select range to suit various palm sizes and age groups. Coach Guobao has taken his passion for the sport of badminton across all the continents through his program called 'Shuttling across the world'. The program involves lectures and scientific training of the players.

#### **SOME OF COACH GUOBAO'S CHAMPIONSHIP TITLES INCLUDE**

- 1984 American Open Champion (Men's Singles)
- 1986 Thomas Cup Champion
- 1987 Badminton World Grand Prix Final, Champion (Men's Singles)
- 1987 Japan Open, Champion (Men's Singles)
- 1987 Indonesia Open Champion (Men's Singles)
- 1987 Hong Kong Open, Champion (Men's Singles)
- 1988 Thomas Cup Champion
- 1988 Malaysia Open Champion (Men's Singles)
- 1989 World Grand Prix Final Champion (Men's Singles)
- 1989 Indonesia Open, Champion (Men's Singles)
- 1989 Malaysian Open (Men's Singles)
- 1990 Thomas Cup Champion
- 1990 Asian Games, Group Champion

#### **GUOBAO TRAINING**

Former world No.1 from China, GUOBAO's training comprises of sophisticated techniques that are essential for all types of players. He designed the Racket to improve the techniques and remove the bottlenecks for skill improvement. The Guobao racket's real value lies in providing a complete system for one's training pattern. Coach Guobao, through his racket, perfected one of the most neglected

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### **BADMINTON INNOVATIONS AT THEIR VERY BEST**

aspects of badminton rackets i.e. the grip. The key being force generation along with finger contact and habit forming. You will soon learn how to grip well to give full play to the force generation and what kind of grip is suitable for what sort of action. Even some of the hardest shots like the back hand clear, smash, backhand sliding drop shot, etc all become easy to grasp using this grip.

#### **TRAINING METHOD FOR GUOBAO RACKET**

How to use finger force for playing



backhand? How to grip correctly with the fingers? What position should each of the fingers be in? Which part of the finger should touch the racket handle? What amount of force can one generate with the centre of the palm? These questions are an enigma for most amateurs. Coach Guobao specially emphasizes the use of muscle memory in badminton where habitual practice of the scientific technique using the correct grip ensures flawless striking of the shuttle from every angle. This muscle memory can be compared to that of a professional guitar or piano player's who does not need to look at his instrument to play the right chords.

A unique technique created by Coach Guobao is aptly named 'Zero Gripping'. It involves hollowing the centre of the palm and placing the nimble fingers on pre-defined positions around the racket grip using a combination of proper tightness and looseness.

## **INSIGHT INTO FOREHAND GRIP ESSENTIALS**

Palm center and web-space should be empty, the first three fingers should be properly spaced and the last two fingers should be used to tightly clasp the end of the racket handle.

The thumb and index fingers should control the direction of racket face spinning. This is the key to control the badminton shuttle's course, arc and accurate point of fall.

Thumb force point backhand

Pinky finger force point

Ring finger force point

Middle finger force point

Thumb force point forehand

Index finger force point

General view of assigned

position of fingers for Guobao Rackets.

Typical wrong grips

## **INSIGHT INTO BACKHAND GRIP ESSENTIALS**

Point 1. Keep the palm empty. Thumb web-space too should be empty.

Point 2. Put the inner side of the thumb at aris, little higher than the index finger.

Point 3. The middle finger should be placed on

the middle finger position.

Point 4. The third finger and little finger should be together to form a strong base.

The essence of the grip is to get your nimble fingers in the most appropriate position to ensure a mix of tightness and relaxation, enabling you to get the best grip to play the shot.

## **THE COMPLETE FOREHAND PROCESS**

Preparation of forehand: Keep the hitting surface face yourself, and a 90 degree angle between the right hand and the shoulder. Then raise your right hand naturally and start to jump.

### **The Jump**

## **THE COMPLETE FOREHAND PROCESS**

Forehand hit: Keep your right hand as straight as possible, scramble for the shuttle in a high position and swing your left hand backward naturally. Bunch your fingers into a fist for the hitting position.

Forehand wind up: Keep the arm straight. Make full use of the stretch and inner rotation of the wrist. Keep the fingers in a tight fist.

## **MESSAGE FROM THE COACH XIONG GUOBAO**

"In my 20 years' athletic career, I have been in pursuit of the perfect backhand skills. Hence I was nicknamed Backhand King. In my coaching career, I had been thinking about the factors that prove to be bottlenecks in improving an athlete's skills. I have found that there is a seemingly simple, yet absolutely vital factor that is ignored by most people: the grip. Regardless of a professional athlete or an amateur, the grip is the most important aspect of the game. To master different strokes, it is important to master the appropriate grip. This racket will bring to each athlete a unique grip experience. Even difficult shots such as Backhand Clear, Backhand Smash, Backhand Sliding Drop, etc would become easy to grasp. Join us in our endeavours to promote the message of Badminton through our program 'Shuttling Across the World'"

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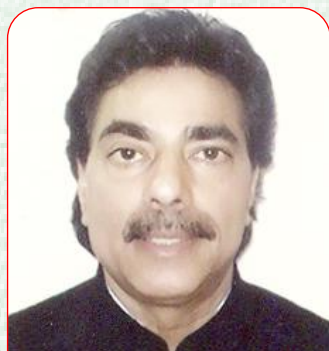
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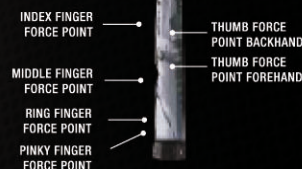
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