



SRM
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SRMIST Kabaddi Men's Team has been crowned champions in the South Zone Inter University Kabaddi Men's Tournament, held from October 30th to November 4th, 2024, at the SRMIST, Kattankulathur campus.

In Kabaddi, victory is earned with every breath, every tackle, and every raid

Kabaddi requires a perfect blend of strategy, agility, teamwork, and mental endurance. To secure victory, teams focus on both effective raiding and strong defence. A successful team relies on its raiders to score points by tagging opponents and returning safely, often using swift footwork, deceptive moves, and quick reflexes to dodge tackles. On the defensive side, teamwork is crucial: defenders must coordinate to trap and tackle raiders without

risking fouls. Strong teams often use strategic formations to anticipate the opponent's moves, exploiting weaknesses and minimizing scoring opportunities. Consistent breath control and stamina are essential for raiders, while defenders rely on strength and synchronization. Adaptability on the mat, precise timing, and seamless communication among players make the difference in securing the win. In professional leagues, mental resilience under

pressure and a well-executed game plan drive teams to victory, thrilling fans and rewarding players' hard work and skill. The team displayed exceptional skill, teamwork, and determination throughout the competition, overcoming tough opponents to secure the coveted title. This remarkable achievement highlights the hard work and dedication of our players and coaches and further reinforces SRMIST's commitment to promoting excellence in sports.

Our will to win is stronger than their will to beat us

Success in both men's and women's basketball relies on disciplined training, strong fundamentals, and effective teamwork. Both require a deep understanding of the game, adaptability to opponents' tactics, and mental toughness to stay focused under pressure. Coaches must tailor their approaches to the strengths of their players while fostering a team-first culture. Whether men's or women's teams, champions are forged through dedication, strategic planning, and a relentless pursuit of excellence on and off the court.

With three players united by a single goal to be the best, both teams showcased remarkable teamwork, determination, and skill. Their achievements reflect the hard work and dedication of each player, making SRM IST proud on the national basketball stage.



SRM IST Men's team secured the Bronze Medal at the All India Inter University Basketball 3x3 Tournament.



SRM IST Women's team secured the Silver Medal at the All India Inter University Basketball 3x3 Tournament.

A steady hand and a calm mind make the perfect shot

Shooting demands a balance of physical precision, mental resilience, and strategic preparation. A strong foundation begins with mastering your stance and positioning, as a stable and consistent setup minimizes body sway and maximizes control. Your breathing is equally critical—synchronizing your shots with the natural pause in your breath cycle can significantly improve accuracy. The grip on your firearm should be firm but natural, avoiding tension that might disrupt your

aim. Trigger control is another vital skill; pulling the trigger smoothly and evenly ensures the shot aligns with your target, avoiding any last-minute shifts in aim. A key component of success is mastering sight alignment and sight picture. Precision in aligning the front and rear sights with the target is non-negotiable for consistent accuracy. Beyond the technical aspects, mental preparation plays a crucial role. Shooting is as much a mental game as it is physical; staying calm

under pressure, managing competition nerves, and maintaining unwavering focus are critical for peak performance. Techniques such as visualization, mindfulness, and mental rehearsals can help build the mental strength needed for high-stakes scenarios.. She competed in the 67th National Shooting Championship at the Dr. Karni Singh Shooting Range in New Delhi, from December 10th to 20th, 2024, and excelled in the 10m Air Pistol Junior Women and Women categories, marking



Ms. M. Lathika, a II- B.Tech CSE AIML student at SRM IST (Vadapalani Campus), has Emerged as a Renowned Shooter in our Country.

a significant achievement in her career.

This award is not just a recognition of past achievements but a promise of future brilliance

Proud moment for SRMIST as S. Sanjaykumar, a research scholar from the Department of Physical Education and Sports Sciences, has been honoured with the prestigious Dr. M. Robson Award (Young Researcher Award) for his ground-breaking research in Physical Education and Sports. This esteemed recognition was presented at the 7th Physical Education Foundation of India (PEFI) National Awards 2024, recognised by the Ministry of Youth Affairs and Sports, Government of India. The award ceremony took place



*SRMIST(Physical education) Research Scholar
S.Sanjaykumar honoured with prestigious Dr. M. Robson Award.*

on November 24, 2024, at the NDMC Convention Centre in New Delhi. Sanjaykumar's remarkable contribution to the field is evident from his extensive research, having published over 30 articles in various indexed journals. This achievement highlights his dedication and innovation in the realm of physical education and sports sciences.

SRM IST Volleyball Men Team Secures Silver Medal: A Triumph of Determination and Strategy

Winning in volleyball requires a blend of teamwork, skill, strategy, and mental toughness. Mastering fundamental skills like serving, passing, setting, attacking, blocking, and digging is essential for consistency and success. Effective communication is crucial, with players using clear calls to coordinate and manage ball movement. Strong team coordination ensures smooth rotations and seamless transitions between defence and attack. Serving strategically can disrupt opponents, with variations like float serves, jump serves, and targeted placements keeping them off balance. Identifying and exploiting opponent weaknesses, such as gaps in their defence or targeting weaker passers, can give your team an edge. A solid defence, characterized by quick transitions and anticipation of opponent moves, is equally important. Practicing game-like situations helps build resilience under pressure, while conditioning and fitness focus on agility, vertical jumps, endurance,



*SRM IST Volleyball (Men) Team clinched the Silver Medal
in the South Zone Inter-University Volleyball Tournament.*

and core strength, which are vital for peak performance. Combining these elements fosters a winning approach to volleyball. The team's success was a result of not just skill, but their strategic focus "Don't watch the ball, watch your opponent." By anticipating

every move, reacting swiftly, and maintaining composure under pressure, they exemplified true sportsmanship, making their mark in the tournament and setting the stage for even greater accomplishments ahead.

Champions are not made in a day, but with every pedal stroke

Cyclist requires immense physical endurance, mental resilience, and strategic insight. Cyclists train rigorously to build the strength and stamina needed to sustain high speeds and tackle varied terrains, from steep mountain climbs to flat sprints. A winning cyclist expertly manages their energy, knowing when to conserve strength and when to surge ahead, often capitalizing on opponents' weaknesses or errors. Mental toughness is critical; cyclists face gruelling conditions, extreme weather, and the ever-present risk of injury, so staying focused and pushing through pain can make the difference between winning and losing. Team strategy also plays a vital role, especially in road races, where teammates work together to set the pace, block competitors, or create drafting opportunities that conserve energy for the lead rider. Timing, tactics, and sheer grit come together in a finely balanced performance that leads to victory, whether in a solo breakaway or a well-coordinated effort in the final sprint.

Her determination, hard work, and never-ending training have really paid off, showing how much, she wants to be the best at cycling. We are immensely proud of her achievements and look forward to her continued success on the track.



SRM IST cyclist, Ms. Dhanyadha from I-BBA, showcased her talent by winning two silver medals at the Khelo India Asmita State Women Cycling Track League 2024, held in Delhi from October 26 to 27, 2024.



Our talented SRMIST player, Ms. Kaavyasree (III-BBA), won silver medal in the 6th State Ranking Table Tennis Tournament took place at the ICF Indoor Stadium from October 4th to October 6th, 2024.

The game is won in the mind, not on the table

Table tennis demands quick reflexes, precise control, and strategic foresight. A successful table tennis player must master the art of spin, speed, and placement, using a mix of forehand and backhand strokes to keep opponents off-balance. Skilled players understand when to play aggressively, taking risks with powerful smashes, and when to play defensively, returning difficult shots with finesse. Footwork is crucial, as players need to move rapidly and position themselves perfectly to respond to fast-moving balls from all angles. Mental resilience is equally important in high-stakes matches; staying calm under pressure and quickly adapting to an opponent's style can make the difference between winning and losing. Winning players often anticipate their opponents' moves, exploiting any weaknesses or patterns they detect. With a mix of technical skill, agility, and mental toughness, table tennis champions turn every rally into an opportunity to dominate, edging closer to victory with every successful point.

This accomplishment shows how dedicated and hardworking she is and also makes our school proud. Other athletes look up to Kaavyasree performance, which supports the idea that success is often won in the mind before it is achieved on the floor.

A setback is just a setup for a comeback

Winning in badminton, whether in regular, requires a blend of skill, strategy, and mental resilience. For all players, mastering the fundamentals—such as footwork, grip, and shot technique—is key to maintaining consistency and control. Varying shot selection, maintaining strong court awareness, and leveraging physical strength and conditioning are essential to gain the upper hand. Mental toughness also plays a critical role, especially in high-pressure situations, as staying focused and adaptable helps players overcome challenges during the game. By combining these skills with regular practice, players can increase their chances of success in competitive badminton.



Mr. G. Santhosh I, MBA Sports Management at SRM IST, won the gold medal in the men's doubles event at the Yonex Sunrise All India Senior Ranking Badminton 2024.



S. Kavipriya, MBA student from SRM IST who won the silver medal which took place at the BBD Academy in Lucknow from 13th to 19th October 2024.

Every shot is an opportunity to win; every point is a chance to shine

Badminton requires a blend of physical agility, tactical acumen, and mental resilience. Players must master footwork to move swiftly and maintain balance, enabling quick changes in direction and positioning for powerful shots. A strong grip and versatile strokes, like smashes, drops, and clears, are essential to keep opponents guessing. Good anticipation and reading the opponent's play are key, allowing players to counter-act and exploit weaknesses. Staying mentally focused, especially in high-stakes moments, helps players manage pressure and avoid errors. Consistent training, physical conditioning, and learning from each match play a pivotal role in achieving success in

badminton. With fierce determination and exceptional teamwork, our players showcased their skills and resilience, fighting through each match with precision and passion. The tournament was a true test of endurance, where every shot represented a step closer to victory and every point was an opportunity to shine. This silver medal is a testament to their

hard work, dedication, and sportsmanship. The entire SRM IST community takes immense pride in their achievement, celebrating this moment of excellence on the court. Badminton (Men) Team Qualified for All India inter University Badminton (M) Tournament held at Shri JTT University, Jhunjhunu from 3rd to 6th December 2024.



SRM IST's badminton team achieved a remarkable feat by securing the silver medal at the South Zone Inter-University Badminton (Men's) Tournament, held from October 26th to 29th, 2024, at their own campus.



Mr Rithvik Sanjeevi (I- MBA) KTR Campus, representing India, Won the Gold in the INTERSTATE CHALLENGE 2024 BADMINTON tournament held at Pullela Gopichand Academy, Hyderabad, from 5th to 10th November 2024.

Badminton is not just a game of shuttle and rackets, it's a battle of the mind, where every swing is a step closer to greatness

Winning in badminton requires a blend of skill, agility, and strategic thinking. Success on the court starts with mastering basic techniques like serves, smashes, drops, and clears, as these lay the foundation for both offense and defence. Equally important is footwork; quick, precise movements allow players to reach the shuttlecock in time and control the pace of the game. Physical fitness enhances endurance and explosiveness, which are crucial in longer matches. However, mental focus and strategy are just as vital—reading the opponent's moves and adjusting tactics can make a significant difference.

Practicing shot variation and deception can keep opponents guessing, disrupting their rhythm and creating openings to exploit. remarkable Achievement by our SRMIST Mr Rithvik Sanjeevi I-MBA KTR Campus, representing India, Won the Gold in the INTERSTATE CHALLENGE 2024 BADMINTON tournament held at Pullela Gopichand Academy, Hyderabad, from 5th to 10th November 2024.

In the men's singles, Rithvik Sanjeevi Sathish Kumar secured the title with a commanding (21-11, 21-14) win over Tarun Reddy Katam.

The best sailors are those who can adapt and overcome

Sailing champions are the embodiment of grit, skill, and deep respect for the unpredictable forces of nature. Champions like Sir Ben Ainslie, who holds multiple Olympic medals and America's Cup victories, have redefined the boundaries of speed and precision on the water. Meanwhile, Ellen MacArthur's record-breaking solo circumnavigation around the world brought global recognition to the sheer endurance required in sailing, particularly for solo adventurers. Sailors such as Paul Elvstrøm, a Danish legend who won four Olympic gold medals, and more recently, sailors like Peter Burling and Blair Tuke of New Zealand, have excelled in both Olympics and America's Cup races. These champions continually push themselves and their vessels to new limits, adapting to shifting

winds and turbulent waters with expertise and strategic foresight. Each of these athletes, with their own style and strengths, has left an indelible mark on the sport, inspiring future sailors to navigate both literal and figurative storms with resilience and mastery.

Winning in sailing is a unique blend of skill, strategy, and an intimate connection with nature. Success on the water requires mastering the art of reading the wind, tides, and currents while skillfully maneuvering the boat to maximize speed and efficiency. It's not just about physical strength but also about sharp decision-making and adaptability in ever-changing conditions. A sailor must harmonize with the environment, turning challenges like gusts or waves into opportunities for advantage.



Ms. Ishwariya G., I-MBA (SM), won a Gold Medal in the U23 iQFoil women's category, which took place from 5th to 10th November 2024, At Hitong, Hong Kong.



SRMIST badminton player Mr. Rithvik Sanjeevi, (I- MBA) clinched the bronze medal at the CM Trophy Interstate Challenge Badminton 2024, held in Raipur.

Badminton is a journey, not a destination. Enjoy the ride

Badminton demands a harmonious blend of technical expertise, peak physical conditioning, and sharp tactical acumen. Players need to excel in executing a variety of shots, such as powerful smashes, precise drop shots, accurate clears, and deceptive net play, to control the pace and direction of the game. Swift and efficient footwork is critical, enabling players to cover the court seamlessly and maintain optimal positioning.

Equally important is the ability to adapt mid-match, reading the opponent's style, anticipating their moves, and countering with smart shot placements. A solid strategy often involves targeting the opponent's

weaker side, forcing them into uncomfortable positions, and creating opportunities to dominate rallies. Mental strength plays a pivotal role, as players must stay focused, resilient, and composed under pressure, especially during long rallies or when trailing in a match.

Rithvik's dedication, hard work, and perseverance have truly paid off, showcasing his exceptional skills on an interstate platform. As the saying goes, Badminton is a journey, not a destination. Enjoy the ride!

His achievement is a testament to his commitment to the sport, and we are proud to witness his growth and success.

Persistence can change failure into extraordinary achievement

Swimming demands a combination of technique, strength, endurance, and mental resilience. At the core, a swimmer's technique—how efficiently they move through the water—can greatly impact speed and stamina. Practicing proper stroke mechanics, streamlining, and breathing techniques help minimize drag and optimize movement. Strength training, especially focusing on core, shoulders, and legs, enhances power and enables stronger strokes and faster turns. swimming is a remarkable achievement that showcases an athlete's dedication, technique, and mental fortitude. Each victory in the pool reflects countless hours of rigorous training, where swimmers refine their strokes, enhance their endurance, and perfect their starts and turns. Success in swimming is not solely about physical prowess;

it also demands a strong mental game, as athletes must learn to focus, manage their nerves, and execute their race strategies under pressure. Endurance is also crucial, as it allows swimmers to maintain speed over distance and resist fatigue. In addition to physical preparation, mental toughness plays a key role; races can be won or lost in seconds, so swimmers need focus and confidence to give their best. Setting goals, visualizing success, and pushing limits in training build the resilience needed to excel in competitions. This remarkable success not only highlights Nithik's prowess in the pool but also serves as an inspiration to all SRM IST students. We are incredibly proud of his accomplishments and wish him continued success in his future endeavours.



Nithik Nathella, I-B.Tech. ECE, VDP campus, won the Silver Medal in 100m backstroke, Silver Medal in 50m backstroke, and Bronze Medal in 400m freestyle.

Don't let fear hold you back, let it fuel your determination

Winning in badminton goes beyond just physical skills; it also demands mental toughness, strategic planning, and adaptability. Developing a strong foundation in footwork is critical, as it allows players to move efficiently across the court, ensuring they are always in position to execute their shots. Precision and control are vital for hitting tight drop shots, deceptive clears, and well-placed smashes that put pressure on opponents. Equally important is learning how to manage the pace of the game, alternating between fast and slow shots to keep your opponent guessing.

This victory showcases the player's ability to combine power with finesse, and



SRM IST Badminton Player Kavin Thangam, I- MBA, representing India, won the Gold Medal in the Bahrain Interstate Badminton Series from 12th November to 17th November 2024.

endurance with tactical brilliance. Whether in singles or doubles, winning

a badminton match is a celebration of perseverance, discipline, and an unwavering

passion for the game. The triumph is not just about scoring points but about overcoming challenges and pushing the limits to achieve success. Congratulations on an outstanding performance that truly embodies the spirit of a champion!

Fear is a natural response, but it doesn't have to control you. Instead of letting fear paralyze you, use it as a driving force to propel you forward. Let it sharpen your focus, strengthen your resolve, and deepen your commitment. Fear can be a sign that you're pushing boundaries and stepping outside your comfort zone. Embrace it, and let it fuel your determination to achieve your goals.

A smooth sea never made a skilled sailor; a flat road never made a strong cyclist

cycling depends on a mix of preparation, technique, and mental toughness. Athletes must focus on rigorous training to enhance endurance, power, and speed while customizing their adaptive bikes for maximum efficiency. Race-day strategies like maintaining an optimal pace, drafting behind competitors to conserve energy, and timing the final push are crucial. Staying mentally resilient helps tackle challenges like tough terrain, weather conditions, and unexpected events during the race. Success ultimately hinges on discipline, adaptability, and a commitment to continuous improvement. On race day, understanding the course is crucial—knowing where to push hard, where to conserve energy, and how to handle turns or climbs can make a significant difference. Strategic positioning, such as drafting to reduce air resistance, can help conserve energy for a powerful sprint finish. Mental toughness is key, as para-cycling often involves overcoming not only physical challenges but also external factors like weather, competition pressure, and mechanical issues.



Ms. Dhanyadha of I-BBA, clinched 2 Gold Medals and 2 Silver Medals, at the 53rd Junior Women State Track Cycling Championship 2024 in Chennai.

Teamwork is the ability to work together towards a common vision

This victory reflects the true essence of teamwork where collaboration, trust, and a shared commitment to success are key. The accomplishments of both teams highlight the power of combining individual strengths and skills to achieve collective goals. Such achievements

inspire us all to continue fostering an environment of mutual respect, communication, and accountability, which ultimately drives excellence and innovation.

Keep up the great work, and may these successes inspire further triumphs in future tournaments.



SRM IST Basketball (Men & Women) teams for their outstanding achievements in the State Level Inter-Collegiate Basketball Tournament held at Amity Global Business School, Chennai. The Men's team won a Gold Medal, and the Women's team secured a Silver Medal.



SRM IST Badminton Player Kavin Thangam, representing India, proudly won the Silver Medal at the Bahrain Interstate Badminton Series II, held from November 20th to 24th.

The court is your stage, perform with passion and precision

Winning a medal in badminton is a remarkable achievement, reflecting dedication, perseverance, and skill. It represents countless hours of practice, mental focus, and overcoming challenges along the way. Although gold may be the ultimate goal, a silver medal highlights a journey of hard work and determination. It is a symbol of excellence and progress, showcasing the ability to compete at the highest level. More importantly, it serves as motivation to continue improving and striving for even greater success. Every match, win or loss, contributes to personal growth, and a silver medal is a proud milestone in that journey.

Earning silver is still a powerful reminder of progress and potential. It reflects not only the athlete's physical prowess but also their resilience and determination to excel in a highly competitive environment. Each match played is a learning experience, shaping the athlete's character and skillset.

With passion and precision, you command the game, anticipating every shot and reacting in the blink of an eye. Every serve, every smash, every rally is a performance of skill and determination. It's a space where focus meets flair, and with each point, you leave your mark, showcasing your dedication to the sport and your pursuit of excellence.

Focus on the cue, not the crowd

Snooker requires a combination of skill, strategy, and mental resilience. A strong understanding of the rules and mastery of shot-making techniques, such as potting, safety play, and cue ball control, are essential. Players must consistently evaluate the table layout and anticipate their opponent's potential moves to make tactical decisions that maximize scoring opportunities while minimizing risks. Precision, focus, and the ability to stay composed under pressure are critical, especially during high-stakes

moments. Effective practice routines, including drills for aiming, positional play, and break-building, enhance consistency.

Beyond technical ability, strategic thinking plays a pivotal role, as players must decide whether to attack or play safe, depending on the table layout and scoreline. Safety shots and defensive play can shift momentum by forcing opponents into difficult situations. Mental toughness is equally critical, as players need to stay calm, focused, and adaptable, especially in high-pressure moments.



Mr. Laxminarayanan-I.B.Sc(CS), won a silver medal in the U-19 Heyball State Championship held in Bangalore from 10th to 12th November 2024.



SRM IST Badminton player, Mr. Arul Murugan (I-BBA), has won the Silver Medal in Men's Doubles at the Yonex Sunrise 47th Junior State Badminton Championship 2024 held in Bhubaneswar, Odisha.

To be a champion, you must possess the heart of a warrior

Badminton is a moment of immense pride and accomplishment. It signifies reaching the pinnacle of competition and standing among the best. The journey to such a feat involves countless hours of rigorous training, strategic refinement, and mental fortitude. It's a testament to the ability to rise to challenges, adapt to different opponents, and stay composed under pressure.

The medal becomes a stepping stone, igniting a hunger to push boundaries and aim higher in future competitions. Beyond personal achievement,

it also brings pride to coaches, supporters, and the community, reinforcing the collective effort that goes into such success.

Unwavering determination, resilience in the face of challenges, and the courage to push beyond your limits. Champions embrace failure as a lesson, and victory as a reflection of relentless effort. It's about staying focused on your goals, persevering through adversity, and never losing sight of your passion. The heart of a warrior makes success inevitable.

Success in snooker isn't just about potting balls-it's about controlling the table and your mind

Winning in snooker requires not only precision and accuracy in each shot but also the ability to plan several moves ahead, much like a game of chess. Success in snooker is about more than just potting balls—it demands control over the cue ball, tactical decision-making, and the ability to remain calm under pressure. The mental aspect of the game is equally crucial, as players must maintain focus, composure, and confidence, especially in high-stakes situations. Each frame presents unique challenges, and adapting to the changing dynamics of the table is key to gaining an edge. A victory in snooker reflects

mastery over both the technical and psychological aspects of the game, showcasing the player's discipline, patience, and determination to outmanoeuvre their opponent and seize every opportunity to secure the win. The table is your stage, a canvas awaiting your performance. With every movement, precision guides your hands, crafting a symphony of action. Passion fuels the rhythm, each gesture a burst of energy. Whether you're setting the scene, presenting an idea, or playing a role, this stage becomes your world. Own it, feel it, and let the art of your craft speak with every deliberate, passionate motion.



SRM IST snooker player, Mr. Laxminarayanan, I-B.Sc(CS), won a silver medal in the Masterminds cue sports academy 1st year anniversary 15 red snooker Championship held in Chennai, November 2024.



SRM IST Badminton Women's team triumphed, securing the gold medal in South Zone Inter-University Badminton Women's Tournament from November 26th to 28th, 2024, VTU Belagavi.

The greatest glory in living lies not in never falling, but in rising every time we fall

A hat-trick gold win in badminton refers to the remarkable achievement of securing three consecutive gold medals in major tournaments, showcasing a player's dominance and consistency at the highest level. This rare feat can occur in prestigious events such as the Olympics, World Championships, or continental games like the Asian or Commonwealth Games. Notable examples include Carolina Marín's triple World Championship titles and Zhao Yunlei's consecutive wins in mixed doubles. Achieving a hat-trick gold requires exceptional skill, mental resilience, and the ability to perform under pressure across different stages of competition, solidifying the player's legacy in the sport.

This victory marks their Third Consecutive Gold, completing an impressive hat-trick. The team's

dedication and perseverance have once again earned them the top spot, showcasing their unwavering commitment to excellence.

Our SRM IST Badminton (Women Team) Qualified in to the All India Inter-University Badminton (M&W) Tournament held at Shri JYT University, Jhunjhunu, Rajasthan, from 2nd to 7th December 2024

A hat trick win moment in badminton is a defining achievement that cements a team's place in history, showcasing their dominance, perseverance, and unyielding spirit. The electrifying atmosphere, the deafening cheers of the crowd, and the immense pressure leading up to the final points all contribute to an unforgettable moment. As the team battles through intense rallies, displaying exceptional speed, precision, and resilience, every shot

becomes a testament to their years of dedication and strategic excellence. When the final smash lands or the opponent's return sails out, signalling victory, an eruption of emotions follows—players dropping to their knees in relief, coaches and teammates rushing onto the court in celebration, and fans roaring with excitement. The sheer joy of achieving a hat trick win is unparalleled, knowing that they have not only defended their title but also etched their names in the annals of badminton history. The moment of lifting the championship trophy for the third consecutive time, draped in their national or club colours, is one of pure pride and fulfilment. These victories are not just about winning but about proving consistency, overcoming challenges, and setting a legacy that will inspire future generations.

The art of judo is to use your opponent's strength to your advantage

Judo is about more than just defeating an opponent; it embodies a harmony of physical skill, mental discipline, and the core values of respect and humility. Success on the tatami requires relentless practice, strategic thinking, and the ability to adapt to ever-changing situations. A judoka does not rely solely on brute strength but uses the principles of balance, leverage, and timing to turn an opponent's energy to their advantage. True victory in judo also reflects the spirit of mutual benefit, where both athletes grow through the encounter. As Jigoro Kano, the founder of judo, emphasized, the ultimate goal is not just to win matches but to achieve personal growth and contribute positively to society. Winning in judo is thus a celebration of

skill, character, and the relentless pursuit of excellence.

Victory in judo is also deeply rooted in its values of respect, humility, and mutual benefit. It's not merely about defeating an opponent but about striving to be better—on and off the tatami. Every throw, hold, or counter is an expression of months, even years, of rigorous training and refinement. However, true success extends beyond medals; it reflects personal growth, the building of character, and a contribution to the larger community. He Qualified in the All India Inter-University Judo (M) Tournament held at Chatrapati sahuji-maharaj University, Kanpur(Kanpur University) during January 2024.



A. Akkash Raj, a Judo player from SRMIST (I-MBA Vadapalani Campus), won the Gold Medal in the Under-60 kg Category at the South West Zone Inter-University Judo Championship 2024 .

The pain you feel today will be the strength you feel tomorrow

Winning in weightlifting is about more than just lifting the heaviest weights; it's a testament to discipline, resilience, and the pursuit of excellence. Success in this sport demands not only physical strength but also mental toughness and unwavering focus. Every lift represents hours of gruelling training, overcoming failures, and fine-tuning technique to achieve perfection. In weightlifting, victory is earned through consistency, patience, and the ability to push beyond perceived limits.

True champions understand that the barbell tests not just their bodies but their character. Every rep builds not only muscle but also perseverance and self-belief. Winning in weightlifting is about conquering self-doubt, turning setbacks into stepping stones, and continuously striving for personal bests. It embodies the spirit of determination, proving that through effort and grit, extraordinary feats can be achieved. Ultimately, weightlifting celebrates the power of human potential, showing that success comes to those who lift not just

weights but their ambitions and spirits to new heights. Qualified for All India Inter-University Weightlifting Championships at LPU Phagwara, Punjab.



Mr.N. Krishnabarathi, I-B.Sc (Phy Edn), achieved an impressive personal best by lifting a total of 320 kg to secure a Gold medal in the 89 kg category. Mr.K. Gurukannan, I-B.Sc (Phy Edn), earned a Bronze medal in the 67 kg category.

The greatest glory in living lies not in never falling, but in rising every time we fall

Sailing requires a combination of strategic planning, technical expertise, and physical fitness. First, understanding and applying the Racing Rules of Sailing (RRS) is essential to avoid penalties and gain tactical advantages, particularly during the start and mark rounding. Optimizing your boat setup is equally critical; this includes tuning the rigging, balancing weight for stability, and selecting the right sails for the prevailing wind and sea conditions. Effective navigation and tactical decision-making are also vital. Successful sailors analyse the course, wind patterns, and currents before the race and make strategic decisions during the race, such as staying in the strongest wind pressure and capitalizing on shifts. Finally, strong teamwork, precise boat handling, and maintaining a focus on speed and efficiency throughout the race are key to crossing the finish line first. During the race, maintaining situational awareness is key—this involves reading shifts in wind pressure, identifying favoured tacks, and adapting to changes in the environment or competitor behaviour. Staying in clean air and avoiding the disturbed wind from other boats can make a significant difference in speed. Her amazing achievement that demonstrates her talent, tenacity, and commitment to the sport. Her



SRM IST Sailor Ms. Nethra Kumanan -II MBA (Vadapalani Campus) won bronze medal in the French State Sailing Championship.

accomplishments at Hyeres, France recently, serve as an encouraging illustration of how pushing oneself beyond one's comfort zone may produce remarkable outcomes.

You don't have to be great to start, but you have to start to be great

Winning in powerlifting involves a blend of physical strength, proper technique, mental focus, and strategic planning. First, developing a well-structured training program tailored to your competition goals is essential. This includes building foundational strength through progressive overload, focusing on the three competition lifts—squat, bench press, and deadlift—and incorporating accessory exercises to address weaknesses. Equally important is perfecting your technique for each lift to maximize efficiency and reduce the risk of injury, which requires regular

practice with proper form and feedback from coaches or training partners. Nutrition and recovery play a significant role as well. Maintaining an optimal body composition for your weight class, consuming adequate protein and calories to fuel training, and prioritizing sleep and active recovery ensure sustained performance improvements. Finally, competition strategy can make a difference. This involves selecting appropriate opening attempts to build confidence, making smart decisions for subsequent lifts based on your performance and competitors' standings,



Mr. R. Dinesh, a Powerlifter from SRMIST (I-B. Tech – AI), won 2 Gold medals at the Sub Junior & Senior 74kg State Equipped Powerlifting Championship.

and adhering to the rules and commands of the meet. Consistency, discipline, and a commitment to improvement are the keys to excelling in powerlifting.

The greatest players are not those who never fail, but those who never give up

Winning silver in table tennis requires a combination of skill, strategy, and mental toughness tailored to your classification and competition level. First, mastering the basics of table tennis—grip, stance, and stroke mechanics—is essential. Focus on developing consistency in your shots, especially serves and returns, as these set the tone for each rally. Enhancing your control and spin abilities will give you an edge in dictating the pace and direction of play. Understanding your opponents' strengths and weaknesses is key to formulating effective game plans. Use tactics such as targeting weaker sides, varying spin and speed, and controlling placement to keep opponents off-balance. Practicing footwork and positioning will ensure you're always ready to respond to incoming shots, even under pressure. Mental preparation is equally crucial. Staying composed during high-pressure situations, maintaining focus, and being



SRM IST player Ms. Manushree Patil from (Vadapalani Campus) (I- MBA.), won the Silver Medal in the Women's Singles event at the Maharashtra State Table Tennis Championship.

adaptable to changing game dynamics are important factors in success. Additionally, working on physical fitness and agility will improve your reaction time and endurance for long matches. Combining technical skills, tactical awareness, and mental resilience will greatly enhance your chances of winning in silver table tennis.

The greatest glory is not in never falling, but in rising every time

To get selected for your state ball badminton team, it is essential to focus on developing strong technical skills, physical fitness, and strategic gameplay. Begin by thoroughly understanding the selection criteria and processes set by your state federation, including trials, ranking tournaments, and eligibility requirements. Participate actively in local, regional, and state-level competitions to gain experience, improve your performance, and make yourself visible to selectors. Training under an experienced coach will help you refine your skills, such as precise smashes, controlled drops, and quick reflexes, which are critical for success in ball badminton. Additionally, focus on improving your stamina, agility, and speed, as the game requires constant movement and sharp responses. Regular practice, discipline, and analysing your game to identify and work on weaknesses



08th Federation Cup Ball Badminton Championship our SRM IST Ball Badminton players represented Tamil Nadu, Andhra Pradesh, and Karnataka and won Gold-1, Silver-5, and Bronze-1 medals.

are key. Perform consistently well in official trials, demonstrating not just you're playing ability but also teamwork, determination, and a winning attitude, which are essential for representing your country. By combining hard work, focus, and dedication, you can significantly increase your chances of being selected for the state ball badminton team. Their determination and skill led to this remarkable achievement, bringing pride to both SRM IST and our own State Tamil Nadu Ball Badminton Team.

A champion is someone who gets up when he can't

Boxing is the ultimate test of skill, endurance, and heart, requiring a perfect blend of physical power, mental resilience, and tactical precision. It starts with the grueling training sessions that build stamina, speed, and strength—hours spent perfecting punches, mastering footwork, and developing defensive techniques to evade and counter your opponent. Every great boxer knows that preparation is everything, from rigorous conditioning to intense sparring, as the body must be ready to endure the relentless demands of the ring. However, boxing is not just about physical prowess; it is a mental battle where focus, strategy, and adaptability separate good fighters from great ones. A boxer must remain composed under pressure, anticipate the opponent's moves, and capitalize on openings with precision and confidence. True champions understand that setbacks are part of the journey—every loss, every hard punch taken is an opportunity to learn and grow stronger. Winning demands an unbreakable spirit, the ability to rise after being knocked down, and the sheer will to keep pushing forward when others might quit. In the end, victory is not just about outpunching your opponent but proving to yourself that you have the courage, discipline, and perseverance to conquer any challenge that stands in your way.



SRMIST Boxer, Mr. Kabilan, (II-B.Sc- Physical Education), won the Gold Medal in the Elite Men category at the Tamil Nadu State Boxing Championship 2024.

A smash may win you a point, but consistency wins you the game

Success on the court starts with mastering the fundamentals—accurate shots, powerful smashes, swift drop shots, and precise net play—while developing exceptional footwork to cover all corners of the court efficiently. Physical fitness is critical, as the sport demands speed, agility, endurance, and explosive power to react quickly and execute shots with precision. Equally important is mental toughness; staying calm under pressure, adapting to your opponent's strategy, and maintaining focus throughout the match can often make the difference between victory and defeat. A winning mindset involves analysing your opponent's weaknesses, anticipating their shots, and responding with smart, well-placed returns. Consistent practice, proper

strategy, and discipline are key to improving both technique and decision-making on the court. Ultimately, winning in badminton is about perseverance, playing with determination, and outlasting your opponent through skill, fitness, and sheer willpower. Every rally is a chance to prove your strength, and every match is an opportunity to grow stronger,

smarter, and closer to becoming a true champion. This incredible achievement highlights the team's dedication, skill, and perseverance in a highly competitive field. Their hard work and relentless spirit have paid off, proving that success is not just about winning but about pushing forward through every challenge.



SRM IST Men's Badminton Team achieved remarkable success by winning the Silver Medal in the All India Inter-University Badminton (M) Tournament.

Gold doesn't actually make gold medals. Sweat, determination, and a rare alloy known as guts are what make them

Winning gold in badminton, tactically studying opponents' strengths and weaknesses, varying shot selection, and adapting strategies mid-match are critical for gaining the upper hand. Mental toughness plays a key role, with focus, composure under pressure, and positive self-talk being essential traits for peak performance. Pre-match preparation, including proper nutrition, hydration, and a structured warm-up routine, ensures the body and mind are primed for competition. Equally important is having an experienced coaching team, including sports psychologists and physiotherapists,

to refine skills, build resilience, and manage recovery. Regular exposure to high-level tournaments builds confidence and sharpens decision-making under pressure. Ultimately, winning gold in badminton is about seamlessly integrating these elements into every aspect of training, preparation, and match play.

demonstrated his exceptional skills and unwavering determination. His victory exemplifies the power of hard work, resilience, and dedication. Rithvik's achievement is a testament to her commitment and a proud moment for SRM IST.



Ms. Rithvik Sanjeevi-(I MBA) an SRM IST Badminton player, clinched the GOLD Medal at the prestigious Badminton World Federation Odisha Masters 2024.

The strength of the team is each individual member. The strength of each member is the team

Basketball is a team sport, and chemistry among players is crucial. Effective communication, trust, and selflessness ensure fluid ball movement, coordinated defence, and efficient execution of set plays. Mental toughness separates good players from great ones—maintaining focus under pressure, staying composed during clutch moments, and bouncing back from setbacks are key traits. Elite players visualize success, manage emotions, and stay motivated even in challenging situations. Off-court preparation plays an equally significant role, with structured training sessions, proper recovery protocols, balanced nutrition, and adequate sleep all



Our SRM IST Women's Basketball Team won gold medal in the State-Level Inter-Collegiate Pollachi NBC Durga Trophy 2024 in Pollachi, Coimbatore.

contributing to consistent performance. Coaches are the architects of success, providing game plans, motivating players, and making critical in-game adjustments. Leaders within the team, such as captains, set the tone by demonstrating discipline, work ethic, and resilience. On the court, the team displayed their strength and spirit as they conquered the tournament with skill, teamwork, and commitment.

They achieved a major milestone in SRM IST's sporting history by winning the Gold Medal thanks to their outstanding performance throughout the competition.

The players and coach's perseverance and hard work, which together established a winning legacy, are credited with the triumph. The champions deserve congratulations for their outstanding achievement.

Winning is not just about reaching the finish line first; it's about the journey and the effort behind it

Swimmers must understand race strategies, including pacing, stroke rate, and when to make a final push. In sprint events, explosive starts and maintaining maximum speed are critical, while in distance races, proper pacing and energy distribution are key. Mental toughness plays a defining role in swimming success. Swimmers must stay focused, manage pre-race anxiety, and maintain confidence even under pressure. Visualization techniques, positive self-talk, and pre-race routines help build mental resilience. Preparation outside the pool is equally important. Nutrition and hydration play vital roles in fueling training sessions and aiding recovery.



Our SRM IST Swimmers showcased remarkable achievement by winning 13 Silver and 9 Bronze medals in the 18th Tamil Nadu State Short Course Swimming Championship.

A balanced diet rich in lean proteins, complex carbohydrates, and healthy fats ensures sustained energy, while proper hydration prevents fatigue and cramping. Adequate rest and sleep are essential for muscle recovery and optimal performance.

Coaches provide critical feedback, refine techniques, and design tailored training programs to address individual strengths and weaknesses. Congratulations to all the athletes for their outstanding performances and achievements!

Winning is not just about reaching the finish line first; it's about the journey and the effort behind it

Winning in horse riding requires a harmonious partnership between rider and horse, built on trust, communication, and consistent training. Understanding your horse's temperament, strengths, and weaknesses is essential, as is ensuring their physical and mental well-being. Riders must master proper techniques, including posture, balance, and clear cues, while tailoring their training to the specific demands of their discipline, whether it's show jumping, dressage, eventing, or endurance riding. Physical fitness plays a key role, with riders needing core strength, balance, and flexibility to maintain control and precision. Mental preparation is equally important, as staying calm under pressure, visualizing success, and maintaining resilience after setbacks can make a significant difference in performance. Proper gear, including a well-fitted saddle and bridle, ensures safety and comfort for both horse and rider. Success also depends on having a competitive mindset, setting realistic goals, learning from every experience, and celebrating improvements, no matter how small. With dedication, patience, and attention to detail, riders can achieve excellence and stand out in their equestrian pursuits. The attitude of perseverance is demonstrated by Surya's victory, since the real triumph in equestrian sports is not about avoiding falls but about getting stronger every time. His success demonstrates commitment, self-control, and an unwavering quest for greatness.



E. Surya Aadiya, II- B.Tech. CSE student from SRMIST won 1 Gold and 3 Silver medals at the Junior National Equestrian Championship 2024.

Our own self-imposed limitations are the only ones that can restrict our potential

In volley ball mastering the fundamentals is essential. Serving, whether it's a powerful jump serve or a strategic float serve, sets the tone for each play. Accurate passing ensures smooth transitions into offensive plays, while precise setting creates scoring opportunities for hitters. Hitting techniques, including spikes, tips, and roll shots, must be executed with precision and adaptability to exploit defensive gaps. Defensive skills such as blocking, digging, and court positioning are critical for neutralizing opponents' attacks and regaining control of the rally. Tactical intelligence plays a defining role in volleyball success.

Players and coaches must analyse opponents' strategies, identify weaknesses, and adjust game plans accordingly. Offensive plays, such as quick sets, slides,



SRM IST Women's Volleyball Team win Gold medal in the All India Invitation Volleyball (W) Tournament in Vijayawada from December 11 to 16, 2024.

and combination attacks, are designed to outwit blockers and create open spaces. On defence, effective blocking schemes and well-coordinated back-row positioning can shut down even the most aggressive hitters. Communication among teammates is vital to ensure smooth transitions between offensive and defensive phases.

Their victory demonstrates that the only limit to their potential is the one they place on it, and it is a testimonial to the effort and commitment they put into their training. This triumph not only demonstrates their athletic ability but also reaffirms SRM IST's dedication to sports excellence.

Swimming is a journey, and our player goal is to succeed

Swimming requires mastering technique, building endurance, strategizing effectively, and maintaining mental toughness. Perfecting technique is essential, with a focus on streamlining to reduce drag, efficient strokes, powerful turns, and optimized breathing. Endurance and strength training play a crucial role, incorporating interval workouts, dryland exercises, and high-intensity sets to enhance stamina and power. A strong race strategy is vital, including proper pacing, explosive turns, and tactical drafting in open-water events. Mental preparation, such as visualization, confidence-building, and a consistent pre-race routine, helps swimmers stay composed under pressure. Nutrition and recovery are equally important, ensuring proper fuelling, hydration, and rest to maximize performance. Additionally, studying opponents, adapting strategies, and maintaining consistent training provide a competitive edge. By combining these elements, swimmers can enhance their performance and increase their chances of victory. His achievements are a testament to his dedication and hard work, making us all incredibly proud of his success.



Mr. Jayasurya.K, I- MBA student, has made an exceptional mark at the 26th Tamil Nadu State Level Swimming Competition by winning Silver Medals in both the 100m Freestyle and 100m Backstroke events, alongside a Bronze in the 100m Butterfly and another Bronze in the 200m Individual Medley (IM).



SRM IST Women's Basketball Team clinched the Gold Medal at the South Zone Inter-University Basketball Tournament, held at MG University Kottayam from December 20th to 24th, 2024.

Believe in yourself, believe in your team, and together you'll achieve greatness

Basketball requires a combination of physical fitness, strategic gameplay, teamwork, and mental toughness. Players must focus on developing their fundamental skills, including dribbling, shooting, passing, and defensive manoeuvres, while also improving agility, endurance, and strength through regular conditioning. Teamwork is at the heart of success, as effective communication, trust, and understanding teammates' strengths and weaknesses are essential for smooth on-court coordination. A solid defensive strategy can often determine the outcome of a game, with techniques like man-to-man marking, zone defence, and quick transitions being critical. Offensively, teams must prioritize ball movement, spacing, and creating high-percentage shot opportunities while capitalizing on fast breaks and minimizing

turnovers. Mental resilience and focus are equally important—players need to stay composed under pressure, make quick decisions, and adapt to changing game situations. Coaches play a key role in analysing opponents, developing tailored game plans, and motivating players. Ultimately, consistent practice, strong team chemistry, and a winning mindset are the foundations for success in basketball. Their victory stands as a testament to their unwavering belief in themselves and their teammates. Through dedication, teamwork, and perseverance, they triumphed, showcasing the true power of unity and effort. This achievement reflects their hard work and commitment to excellence, proving that when you believe in your team, greatness becomes attainable. Congratulations to the champions for making history!

Without Goals, Training Has No Direction

Swimming requires a blend of refined technique, physical conditioning, mental strength, and race strategy. Perfecting stroke mechanics—whether freestyle, backstroke, breaststroke, or butterfly—is critical to maximize speed and efficiency in the water. Focus on proper body alignment, minimizing drag, and achieving a powerful, consistent kick and pull. Starts and turns can often decide races, so practicing explosive starts, fast underwater phases, and efficient flip or open turns is essential.

Physical conditioning is key to building endurance, strength, and speed. Swimmers should incorporate dryland training for core strength, flexibility, and muscle power, alongside high-intensity interval training in the pool to simulate race conditions. Mental preparation is equally important; visualization techniques, goal-setting, and pre-race routines help swimmers stay focused and confident.

Strategically, swimmers must tailor their pacing based on race length and their strengths, whether conserving energy for a strong finish in distance events or maintaining a sprint intensity for shorter races. Proper nutrition and hydration optimize performance and recovery, while adequate rest ensures the body is primed for competition.



Mr. Mohan G-I, M.Sc (Yoga), earned a Bronze medal in the 10m diving.



Mr. Nithik Nathella (B.Tech ECE) Vadapalani Campus won gold medal in the 200-Backstroke



SRM IST Men's Hockey team won a Silver medal at the South Zone Hockey Tournament.

SRM IST Men's Hockey Team Shines with Silver, Eyes on All India Glory

Teamwork is the backbone of successful hockey. Communication on the ice, both verbal and nonverbal, allows players to anticipate each other's moves and maintain a cohesive strategy. A disciplined defensive system is vital, with players maintaining strong positioning to protect the net and blocking passing lanes to disrupt the opponent's offense. Goalies are the last line of defence, so their ability to read plays and make crucial saves often determines the outcome. On offense, puck possession is key. Teams must work to control the pace, cycle

the puck effectively, and create high-quality scoring chances through smart positioning and movement. Special teams—power plays and penalty kills—can swing the momentum of a game. A well-drilled power play unit should focus on quick puck movement and exploiting gaps in the opposing defence, while a penalty-kill unit must maintain pressure and anticipate passes to clear the puck effectively. Physical conditioning is non-negotiable in hockey, where stamina, strength, and explosive power are critical for enduring the

fast-paced, physical nature of the game. Equally important is mental resilience; players must stay focused, recover quickly from mistakes, and adapt to changing game dynamics. Coaches and players should analyse opponents before and during games to identify tendencies and weaknesses, adjusting strategies as needed.

Winning in hockey is ultimately about the ability to perform under pressure as a unified team, executing a well-prepared game plan while staying adaptable to the unpredictable nature of the sport.

We're stronger than we think! We're tougher than we think! We're capable of more than we think

In badminton a strong game strategy involves analysing opponents, exploiting their weaknesses, and varying shot placements to keep them guessing. Mental toughness plays a key role, with confidence, focus, and adaptability being essential to overcoming pressure in high-stakes matches. Recovery and nutrition further enhance performance,

ensuring peak condition during tournaments. By mastering these elements and maintaining disciplined training, players can maximize their chances of securing a gold medal in badminton.

We often underestimate our strength, toughness, and capabilities. Kudos to N. Srinidhi for leading by style!



N. Srinidhi from I- B.Sc Psychology, achieved an incredible victory, winning the GOLD MEDAL in the IRAN International Badminton Mixed Doubles held in Iran from January 28th to February 2nd, 2025.



SRM IST Judo players displayed unmatched determination by winning 4 Gold, 1 Silver, and 4 Bronze medals & our Team Secured Overall Championship.

Sweat, blood, and tears-these are the ingredients for greatness on the judo mat

Winning an overall championship in judo requires a combination of technical mastery, strategic preparation, physical conditioning, and mental resilience. Athletes must develop proficiency in fundamental techniques, including throws (nage-waza), groundwork (ne-waza), and transitions between standing and ground fighting. Versatility is crucial, as opponents will have varying styles and strengths, so being adaptable and capable of executing both defensive and offensive techniques is key. Strategically, studying opponents in advance through match footage can provide insights into their tendencies, favourite techniques, and potential weaknesses. In tournaments, proper pacing and energy management are

vital to endure multiple bouts while maintaining peak performance. Effective grip fighting (kumi-kata) is often the decisive factor, as controlling the grip battle sets the stage for successful attacks and counters. Physical conditioning tailored to judo is essential, emphasizing explosive strength, agility, endurance, and flexibility. Regular randori (sparring) with diverse partners builds adaptability and sharpens reactions under pressure.

Mental preparation, including visualization, stress management, and a strong focus on goals, is equally important for staying composed and confident throughout the championship. Their triumphs reflect the true spirit of hard work and commitment to excellence.

The Gold medal is not just a symbol of achievement, but a testament to the dedication and hard work that goes into reaching the pinnacle of success

Winning a gold medal in badminton requires a combination of technical mastery, tactical intelligence, physical conditioning, and mental resilience. Mastering footwork is crucial, as quick and precise movements allow players to cover the court efficiently and maintain balance during intense rallies. Developing a powerful and deceptive shot arsenal, including smashes, drop shots, clears, and net play, keeps opponents guessing and under pressure. Tactical awareness is equally important—controlling the pace of the game, exploiting an opponent's weaknesses, and mixing up attack patterns can turn matches in your Favor.



D. Nishanth and Rameshwar representing Chennai Port Trust, won the GOLD Medal in the All India Badminton Tournament held in Mormugao, Goa, February-2025.

The weight is not the enemy; the enemy is the doubt in your mind. Lift with confidence, lift with strength

In weight lifting to succeed, mastering the two main lifts—snatch and clean & jerk—is essential. Perfecting your technique is crucial, with an emphasis on explosive movement, proper posture, grip, and coordination. Additionally, building raw strength through exercises like squats, deadlifts, and overhead presses is vital, while periodization in your training plan ensures that you gradually increase the intensity over time. Speed and explosiveness are also key; incorporating plyometric training, like box jumps, helps improve bar speed during lifts. Mental focus plays a huge role, so practicing visualization and staying calm under pressure can enhance your performance. Nutrition is important too—maintaining a balanced diet with sufficient protein and carbs for energy and muscle repair, along with proper hydration, will support your training. Equally important is recovery: allowing adequate rest, prioritizing sleep, and using recovery techniques like massage can prevent injury and optimize muscle growth. During competitions, it's important to strategically plan your lifts by starting with a safe weight, making incremental jumps, and adjusting based on competitors' attempts. Finally, working with a coach provides valuable feedback on your technique and helps refine your approach to competition. With a combination of these strategies, you can maximize your performance and increase your chances of success in weightlifting.



N. Krishnabharathi,
I-BSc Physical Education
clinched a Silver Medal
in the 89 KG category.

K. Gurukannan, 1st BSc
Physical, Education
clinched bronze medal
in 67KG category.

Discipline, perseverance, and self control the keys to victory in karate

In karate Mastering the basics, such as precise strikes, effective blocks, and solid stances, is essential, as is excelling in kata through fluid movements, power, and rhythm. In kumite, understanding your opponent's style and employing well-timed attacks and counters can give you a competitive edge. Physical conditioning, including strength, speed, and endurance, plays a crucial role in maintaining peak performance throughout the competition. Mental preparation, including visualization, focus, and stress management, ensures you stay composed under pressure. Finally, studying competition rules and refining your tactics based on point-scoring opportunities can help secure a strong performance, making silver an achievable goal.

Physical fitness is critical; work on building explosive power for impactful strikes, agility for swift movement, and endurance to sustain high performance through

multiple matches. Alongside this, mental preparation plays a key role—practice visualization techniques to mentally rehearse your performance, and develop strategies to maintain composure under the stress of competition. Learn to stay adaptable, as quick adjustments mid-match can make the difference in close contests. Additionally, study the tournament rules thoroughly to maximize point-scoring opportunities while avoiding disqualifications or warnings. By balancing your technical skills, tactical awareness, and competitive mindset, achieving a silver medal becomes a realistic and attainable goal.

Her exceptional performance also qualified her for the All India Inter-University Karate Championships, which are highly regarded. Her accomplishment serves as motivation for other students, highlighting the value of commitment and diligence.



Ms. H. Mathini Sri (II- B.Com), student at SRM IST, Vadapalani campus, won two bronze medals in the Kata and Kumite competitions.

Hard work beats talent when talent doesn't work hard

In Volleyball Mastery of the game's fundamentals is critical, including serving with precision and power to disrupt the opponent's reception, passing accurately to maintain control, and setting with speed and precision to create optimal attacking opportunities. Offensive tactics like quick attacks, cross-court spikes, and deceptive tips must be complemented by strong blocking and defensive systems to neutralize the opponent's offense. Physical preparation should include strength training, agility drills, and cardiovascular conditioning to ensure players can maintain peak performance throughout long matches. Teamwork and communication are the backbone of success, fostering synergy and trust among players to execute coordinated plays under pressure. Understanding individual roles and adapting quickly to dynamic game situations are essential for maintaining a competitive edge. Mental toughness is equally important; players must stay composed, focused,



SRM IST Women's Volleyball Team won the gold medal in the South Zone Inter-University Volleyball Women's Tournament 2024–25.

and resilient, especially during high-stakes moments. Finally, consistent practice, professional coaching, and participation in competitive tournaments sharpen skills and prepare the team for high-pressure matches, ultimately increasing their chances of achieving

gold. They achieved this outstanding accomplishment via their unwavering pursuit of perfection, which was fuelled by tenacity and resolve. In addition to showcasing their talent, this victory captures the essence of SRM IST's sports culture.

Persistence truly transforms challenges into remarkable success

A well-balanced team should include strong singles and doubles players, each specializing in their respective roles. Singles players must focus on endurance, fast movement, and exploiting opponent weaknesses, while doubles teams should prioritize coordination, quick net play, and strategic positioning. Effective communication and team spirit play a vital role in maintaining confidence and energy throughout the competition. On game day, proper warm-ups, adherence to the game plan, and strategic adaptability are key to securing victory. The squad demonstrated their talent and tenacity in the competitive arena by achieving this remarkable feat via dedication, hard work, and perseverance. This victory demonstrates their steadfast dedication.



SRM IST Badminton Men's team achieved an outstanding victory by winning the GOLD Medal at the State-level Inter-Collegiate Riviera 2025 Badminton tournament. The event took place at Vellore Institute of Technology, Vellore, from February, 2025.

Checkmate is not just a move, it's a mindset

Chess requires a combination of strategic planning, tactical sharpness, and psychological resilience. To dominate at a high level, you must have a well-prepared opening repertoire, a strong middlegame strategy, and excellent endgame technique. In the opening, rapid development, king safety, and central control are crucial. Memorizing key lines and surprising opponents with less common but strong variations can provide an edge. In the middlegame, tactical awareness is essential—mastering motifs like forks, pins, skewers, and sacrifices will help create winning opportunities. Additionally, piece coordination and understanding pawn structures are key to maintaining control. Transitioning into the endgame, king activity becomes vital, along with mastering fundamental checkmating patterns and pawn endgames. Beyond technical skills, strong time management, adaptability to different opponent styles, and mental toughness are critical in tournament settings. Regular game analysis, studying grandmaster games, and solving chess puzzles help refine skills further. By combining these elements



SRMIST chess player, IM RAAHUL VS of I- MBA, won SILVER MEDAL with 6000 Ringgit at the Johor Open Chess Tournament, which took place in, Malaysia, from 18th to 23rd Jan, 2025.

with dedicated practice, you can increase your chances of winning and achieving gold in chess. Over 100 players competed, including 3 Grandmasters (GM) and 11 International Masters (IM). Raahul VS, who was seeded sixth, won this match by scoring seven points in nine games.

Every shot, every pass, every victory. Players making our mark on the court

Winning a gold medal in basketball requires an elite combination of team chemistry, skill execution, tactical intelligence, and peak physical and mental conditioning. At the highest level, success is determined by a team's ability to control the pace of the game, adapt to different styles of play, and execute under pressure. Every championship team excels in four key areas: offense, defence, physical conditioning, and mental toughness. A strong offensive strategy revolves around ball movement, spacing, and high-percentage shot selection. Teams should master fast breaks, pick-and-roll plays, and three-point shooting while ensuring players can adapt to different defensive setups like zone or man-to-man coverage. Having a reliable go-to scorer, skilled playmakers, and sharp shooters enhances offensive efficiency. Defensively, winning teams must impose their will through intense pressure, disciplined rotations, and smart rebounding. A championship-level defence involves aggressive on-ball defence, quick help-side rotations, and the ability to contest



SRM IST Women's Basketball Team triumphed with a Gold Medal at the All-India Invitation Basketball (W) Tournament, held in Andhra Pradesh from 13th to 17th Jan-2025.

shots without fouling. Mastering defensive schemes like full-court press and half-court traps can disrupt opponents' rhythm and create scoring opportunities in transition.

This triumph sets a high bar for the future and is a testament to the team's diligence and commitment. As we keep improving on the court, this is an excellent day for SRM IST.

Think ahead, plan ahead, and conquer ahead

Winning a gold medal in chess requires a blend of advanced preparation, strategic mastery, and mental fortitude. Players must cultivate a deep understanding of opening theories, middle-game strategies, and endgame techniques to outmanoeuvre opponents across all phases of the game. Regular practice with diverse opponents and solving tactical puzzles sharpens pattern recognition and calculation speed, both of which are essential in high-pressure games.

Analysing past games—both personal and from top players—provides valuable insights into strengths, weaknesses, and potential areas for improvement. Developing a versatile repertoire of openings ensures adaptability against various playing styles, while honing endgame precision often makes the difference in closely contested matches.



SRMIST Men's Chess team won the GOLD medal at the South Zone Inter-University Chess Tournament for Men 2025.

Physical fitness and mental resilience are also vital, as long tournaments demand sustained focus and energy. Preparation for major tournaments involves not only studying chess but also understanding competitors' styles, tendencies, and preferred openings to craft targeted strategies. During matches, maintaining composure, managing time effectively, and capitalizing on opponents' mistakes are key to seizing opportunities. A well-balanced approach to practice,

performance, and recovery enables players to peak at the right time, paving the way to gold in chess competitions. SRM IST team has won the GOLD for the fourth year in a row. Their dominance in the region has been demonstrated through smart thought, determination, and unrelenting focus. Their success is a testament to the solid support and instruction they received at SRMIST as well as to their individual genius. Congrats to the whole crew for this fantastic achievement.

Showcasing India's Sporting Excellence: 38th National Games and SRM-IST's Players Participation

The 38th National Games, held in Uttarakhand in 2025, will feature more than 10,000 participants competing in 32 sports, highlighting India's athletic talent and cultural diversity on a grand scale. The National Games 2025 is India's prestigious multi-sport event, which promises to be an unforgettable showcase of athletic excellence and cultural heritage. Officially commencing on January 28, 2025, at the Rajiv Gandhi International Cricket Stadium in Dehradun, Uttarakhand, the event will span until February 14, 2025. The Directorate of Sports salutes our Honourable Chancellor, Pro Chancellor (Administration) & Pro Chancellor (Academics), Vice Chancellor, Pro Vice Chancellor, Registrar, Directors & Deans for guiding and paving the way of victorious path to all the champions who are going to represent Tamil Nadu in the National Games.



Our SRM-IST players: 21 players selected for the forthcoming 38th National Games.

This National Games is considered as the Indian Olympics. Their dedication and perseverance exemplify the spirit of SRM IST and inspire others to strive for greatness.

It's not just a game, it's a battle.

Let's go out there and fight for victory

Winning a gold medal in ball badminton requires a combination of technical skill, strategic gameplay, and physical fitness. Mastering fundamental skills such as powerful and well-placed smashes, precise net play, quick defensive reflexes, and agile footwork is crucial for dominating rallies and covering the court efficiently. Strategically, players must focus on effective rotational play with teammates to ensure seamless transitions, use deception through feints and sudden pace changes to confuse opponents, and vary their serves to gain an advantage. Additionally, maintaining peak physical fitness through endurance, strength, and agility training is essential for sustaining high-intensity performances. Mental toughness, teamwork, and adaptability during matches further enhance the chances of securing victory. Beyond individual skills, strategic gameplay plays a crucial role in success. Effective rotational play with teammates ensures seamless positioning and minimizes court gaps, allowing for better control over rallies. Using deception through



SRM IST Ball Badminton (Men) Team won gold medal in the All-India Ball Badminton (M) Tournament held at Palukur, Nellore.

sudden pace changes, feints, and unpredictable shot placements can put opponents on the back foot. Varying serves by mixing fast, slow, and angled deliveries can prevent the opposition from settling into a rhythm. Additionally, understanding the strengths and weaknesses of opponents and adjusting strategies accordingly is key to gaining a tactical edge. This victory is a testament to their relentless pursuit of excellence. Let's keep pushing forward and fighting for more victories in the future!

Push yourself, because no one else is going to do it for you

Winning a bronze medal in badminton requires Mastering footwork is crucial, as it allows for quick and efficient movement, ensuring better balance and positioning. Shot accuracy, including precise net shots, powerful smashes, and well-placed clears, is essential for controlling rallies. Defending against smashes and deceptive shots, along with incorporating feints and wrist flicks, can make your game unpredictable. Strategically, players should analyse opponents to exploit weaknesses, maintain control over the pace of the game, and mix up attacking shots to avoid predictability. A strong mental game is equally important, as staying focused under pressure, believing in success, and adapting strategies

mid-match can make the difference in crucial moments. Physically, building endurance, strength, speed, and agility enhances performance, allowing for sustained intensity throughout long matches. Preparing for tournaments by studying opponents, simulating competitive conditions, and ensuring proper recovery through nutrition and rest is vital. Winning key matches in the group stage or knockout rounds, minimizing unforced errors, and peaking at the right time increases the chances of securing a bronze medal. By focusing on these aspects, a player can significantly improve their chances of standing on the podium. This outstanding accomplishment demonstrates her commitment to and love for the game.



SRM IST badminton player Shreya Balaji II-BBA won at the All-India Senior National Ranking Tournament, which took place in Bangalore.



SRMIST Table Tennis Women's Team won the GOLD medal at the South Zone Inter-University Table Tennis Women Championship 2024-2025.

Our paddles are our voices, and our game is our strength

Table tennis requires a combination of strategic gameplay, physical fitness, and mental toughness. Mastering fundamental strokes such as forehand and backhand drives, loops, blocks, and smashes is essential for consistent performance. A strong serve-and-return strategy can provide an early advantage, as deceptive spin and placement can disrupt the opponent's rhythm. Effective footwork is crucial for positioning, allowing quick movement to attack or defend against fast shots.

Tactically, players should adapt their strategy based on the opponent's

weaknesses, mixing speed, spin, and placement to gain control of rallies. Offensive players often rely on topspin loops and quick attacks, while defensive players use chops and counterattacks to force errors. Knowing when to switch between aggression and defence is key to maintaining dominance in a match.

Mental resilience plays a significant role in high-level competition. Staying focused under pressure, managing nerves, and maintaining confidence even after losing points can make the difference between winning and losing. Proper time management

between points, reading the opponent's tactics, and making quick strategic adjustments are vital during gameplay.

Physical fitness also contributes to endurance and agility, allowing players to sustain high-speed rallies over multiple games. Reflex training, explosive movements, and maintaining balance help in executing quick attacks and returns. Finally, regular practice, match analysis, and continuous improvement in technique and strategy are essential for winning a championship in table tennis.

The art of wrestling is knowing how to impose your will on your opponent

Beach wrestling is unique due to the sand surface, which reduces traction and challenges a wrestler's balance. To succeed, athletes must develop strong takedown techniques such as single-leg and double-leg attacks, body locks, and ankle picks while also focusing on quick recoveries from slips or awkward positions. On sand, agility and explosive power become essential, as quick, well-timed movements can give an advantage. Training on sand specifically helps improve footwork, balance, and leg strength, as well as the ability to adjust quickly to the surface's shifting conditions. Wrestlers must also adapt their strategy during the match, mixing defensive techniques with offensive moves like sweeps and leg attacks to secure points and push their opponent out of the ring. Mental toughness is vital, as staying focused, managing pressure, and maintaining composure under challenging conditions can make the difference between winning and losing. Consistent training, strategic preparation, and the ability to adjust to opponents' tactics are crucial to achieving silver in a highly competitive beach wrestling environment. Wrestlers need to be versatile, able to transition between offensive and defensive positions quickly. Key



SRM IST Beach Wrestling (Men & Women) teams displayed remarkable skill and determination, clinching the Runners up in Overall Championship.

techniques include powerful takedowns, body control to maintain dominance, and attacks that force the opponent out of the ring.

The emphasis on explosive movements and leverage-based attacks—such as hip tosses and headlocks—proves highly effective in beach wrestling.

Serving aggressively with topspin or float serves can put pressure on opponents, disrupting their formations. A key strategy is

effective communication and coordination, ensuring seamless movement and coverage of the court. Defensively, mastering blocking and quick reflexes for digs are essential to counter attacks. Physical conditioning, including agility drills and endurance training, is crucial due to the challenging sand surface. Mental resilience, adaptability to different weather conditions, and strategic shot placement, such as using cut shots and deep corners, can give a competitive edge.

Together we rise, together we fall, and together we conquer

In volleyball First, mastering fundamental skills such as serving, passing, setting, hitting, blocking, and defense is crucial, as precision in these areas can make the difference in high-stakes matches. A well-structured game strategy, including a strong side-out system, effective rotations, quick offensive plays, aggressive serving, and a solid blocking-defense system, ensures dominance on the court. Physical conditioning plays a major role, with strength, agility, core stability, and explosive power being essential for peak performance. Mental toughness is equally important—players must remain composed under pressure, communicate effectively, and foster strong team chemistry.

Preparation is key, and studying opponents through match analysis helps identify weaknesses and develop targeted game plans. Training should focus on high-intensity drills that simulate real match scenarios, improving speed, reaction time, and adaptability.



SRMIST women's volleyball team has achieved an incredible milestone by winning the GOLD medal at the All-India Inter-University Volleyball Championship held in Madhya Pradesh, from January, 2025.

During competitions, maintaining focus, managing energy levels, and fostering team unity can provide the psychological edge needed to secure victory. Ultimately, winning gold comes down to discipline, consistency, and the ability to perform under pressure. By combining technical excellence, strategic adaptability, and unwavering confidence, a team can rise above the competition and achieve championship

success. This victory is a testament to the hard work, dedication, and team spirit of our athletes, who have showcased exceptional skills and determination throughout the tournament. With unwavering support from each other, they have made us proud by securing this prestigious honor, bringing glory to SRMIST. The triumph reflects the strength of teamwork and perseverance.

Stay positive, stay focused. The next shot is a new chance

In archery requires precision, consistency, mental focus, and physical endurance. Mastering technique is essential, including a stable stance, proper grip, smooth draw, and a consistent release to ensure accuracy. Breath control and maintaining a steady aim help minimize movement and improve shot precision. Physical conditioning, especially core and shoulder strength, enhances stability and endurance for long competitions. Mental resilience is key, as archers must stay focused, manage pressure, and maintain confidence in high-stakes situations. Analysing wind

conditions, adjusting for environmental factors, and fine-tuning equipment settings give a competitive edge. Regular practice, combined with simulated competition scenarios, builds consistency and helps archers perform under pressure. By refining these elements and maintaining a strong mindset, archers can improve their performance and increase their chances of victory. Addition to demonstrating his extraordinary abilities, his outstanding performance encouraged others to maintain their resolve and keep going in the face of any obstacle.



SRMIST Archer Thirumuru Ganesh Mani Ratnam, a student of I BCA, triumphed BY Bronze medal at the 44th NTPC Junior National Archery Championship, held on February 2025, in Bolpur, West Bengal.

Success is not about luck; it's about effort, determination, and never giving up

To compete at a high level, players must master the fundamentals, including precise passing, powerful spikes, and effective blocking. Defence is just as critical, with quick reflexes needed for digging, serve receptions, and anticipating opponents' attacks. A well-coordinated strategy that includes varied offensive plays, strategic serving, and smart court positioning is key to breaking down the opposition. Communication among teammates is essential to avoid errors and maintain fluid gameplay. Confidence



SRM IST Volleyball Men's Team made an outstanding achievement by securing the Bronze Medal at the All India Inter University Volleyball Tournament held on January 2025, at MG University Kottayam.

and a winning mindset help secure crucial points, especially in close sets. Physical conditioning is another important factor, as endurance, agility, and strength enable players to maintain peak performance throughout long and intense matches. Regular strength training, speed drills, and recovery routines contribute to sustained energy levels on the court. A bronze medal match often

demands resilience, as teams must recover from a semifinal loss and refocus on the podium. Studying opponents, exploiting their weaknesses, and executing tactical plays with precision can make the difference. Playing aggressively while maintaining discipline, reducing unforced errors, and capitalizing on momentum shifts are all key elements to securing victory.

Your achievement is proof that determination and effort lead to success.

Congratulations on qualifying for the NET (National Eligibility Test)! Your hard work, dedication, and perseverance have finally paid off, proving that success is not just about talent but also about determination and consistent effort. This achievement is a testament to your unwavering commitment to learning and growth. You have conquered a significant milestone, opening doors to new opportunities and greater heights in your academic and professional journey. Remember, this is not the end but a new beginning—an opportunity to inspire others, expand your knowledge, and make an impact in your field. Keep believing in yourself, stay focused, and continue striving for excellence. Your success today is just a stepping stone toward an even brighter future!



Mr. JITHIN DAS T K (Research scholar) from SRM IST physical education department has qualified for UGC- NET- DECEMBER 2024.

The greatest glory in living lies not in never falling, but in rising every time we fall

In kabaddi Mastering advanced raiding techniques like toe touches, hand touches, kicks, and the bonus point strategy increases scoring potential. Defenders need strong coordination to execute tackles such as ankle holds, thigh holds, dashes, and blocks effectively. A well-planned defensive formation can trap raiders and minimize points conceded. Mental toughness is equally crucial, as kabaddi is a high-pressure sport requiring quick decision-making and composure under stress. Players must stay focused, adapt to opponents' tactics,



SRMIST Kabaddi Men's Team, won Gold Medal in the State Level Kabaddi Men Tournament held at Perambur, Pudukkottai District on January 2025.

and communicate effectively with teammates to maintain a solid defensive wall. Physical conditioning, including endurance training, agility drills, and strength workouts, helps improve overall performance and reduces the risk of injury. Strategic gameplay, such as managing the revival of key players, controlling the pace of

the game, and using super tackles efficiently, can make the difference between winning and losing. Effective team coordination and maintaining discipline while avoiding unnecessary fouls help secure an advantage. Winning in kabaddi ultimately depends on a combination of skill, strategy, teamwork, and relentless determination.

The success of the team truly embodies the power of unity, where each member's contribution was crucial to their victory

To secure gold, a team must peak at the right moment, dominate in key matches, and execute their strategies flawlessly. Studying opponents, adjusting tactics, and maintaining discipline on the field are crucial elements of success. With hard work, strategy, and relentless determination, a team can rise to the top and claim the championship. Tactically, a team must adopt a well-balanced strategy that includes quick transitions between attack and defense, efficient use of set-pieces (penalty corners and free hits), and pressing opponents to force errors. Maintaining possession and building plays through strategic passing patterns can create scoring opportunities while minimizing defensive exposure. Special focus should be on penalty corner conversions, as these can often decide



SRM IST Women's Hockey team won Gold Medal at the Anbu Memorial Hockey Women's Tournament, held at Dr. Mayor Radhakrishnan Stadium, Egmore, on January, 2025.

crucial matches. This victory was the consequence of both teamwork and the individual talents that each player contributed to the field. Each player showed great talent,

perseverance, and cooperation. The team was strengthened by the synergy of individual abilities, which helped them achieve this remarkable feat.

There was sweat, sand, and triumph. We hold the title of silver Medals in beach volleyball

Winning in beach volleyball requires a combination of technical mastery, strategic gameplay, physical endurance, and mental toughness. Unlike indoor volleyball, the two-player format of beach volleyball demands that both athletes be highly versatile, capable of serving, passing, setting, attacking, blocking, and defending at a high level. Players must be well-rounded and able to adapt to different match situations, as they cannot rely on specialized teammates like in indoor volleyball.

A strong serve can immediately pressure opponents and create scoring opportunities. Players should use a mix of float serves, topspin jump serves, and deep serves to target weaknesses in the opposing team's reception. Serve placement is critical—aiming for the seams between players or targeting a weaker passer can disrupt the opponent's attack. Defensively, effective positioning and anticipation are key to reading an opponent's attacks. A solid block at the net can reduce angles for attackers, while the backcourt defender must be quick and agile to dig powerful spikes and well-placed shots. Communication between teammates is vital for seamless coordination in covering the court. Defensively, avoiding unnecessary movements that



SRMIST Beach Volleyball (Men & Women) teams proudly secured Silver Medals at the All India Inter University Beach Volleyball Championship 2024-2025.

lead to slipping is important. Keeping a strong stance and countering attacks with sprawls or sidesteps can prevent easy points. Conditioning is also vital, as wrestling on sand is more exhausting than on a solid mat. Mental toughness and adaptability to different

weather conditions play a role, as wind and heat can impact endurance. By combining technical skills, strategic positioning, and physical conditioning, a wrestler can dominate in beach wrestling and maximize their chances of victory.

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