



SRM
DIRECTORATE OF SPORTS



SRM
INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University u/s 3 of UGC Act, 1956)

SPORTS REAP MAIL

For private circulation only

Volume 2 Number 2



SRM IST Awards Sports Scholarship

Keeping with its tradition, SRM IST has awarded sports scholarships amounting to Rs. 6, 00, 00,000/- to one hundred seventy-five (175) sports men and women, admitted in 2023 to its various programs in Engineering and Technology, Management, Science and Humanities, Law etc. This scholarship is given to them as full waiver of tuition fees, hostel accommodation, mess and transport fees. The university provides a total sports scholarship of nearly Seven (7.0) crores in a year by including the existing senior class sports person.

The awardees were selected in the selection trials conducted in a transparent manner from 17th to

23rd April 2023, in which more than thousand five hundred (1500) sports persons participated. The trials were conducted in Archery, Basketball, Badminton, Ball Badminton, Cricket, Chess, Football, Hockey, Tennis, Table tennis, Swimming and Volleyball by experts from inside and outside the university.

The University is proud to have selected many National and International players such as Olympian Ms.Nethra Kumanan(Sailing) -MBA, Ms.Lakshmi Prabha and Mr.Keerthivasan (Tennis) - B.Sc(Physical education)- ,Mr. Sudharsan(Swimming) -B.Sc(Physical Education), Mr.Arjun Kalyan

Grand Master(Chess) -M.Com , Ms.Raksha Vinod Khenwar(Volleyball) -B.Sc (Physical Education),Mr. Gokul M.S(Volleyball)-BBA ,International Master Mr.Manish Anto Cristiano(Chess)-B.Tech (CSE).

The Scholarship award function was held at the SRMIST Kattankulathur campus on 30.06.2023 at 12.00 Noon. The Chancellor of the university Dr.T.R Paari Vendhar presided and gave the admit cards to the awardees. The Registrar and the Director of Sports were present along with other university officials.

SRMIST Golden Girls made us proud

HORSE

The horse is a wonderful, faithful animal that works untiringly till the task is completed. A horse is a tough animal that never expects rest from its boss, whether running the race on the track or ploughing the fields, performing in equestrian sports, or pulling the cart, horse plays a huge role in human life.

PATIENCE

To Play Table Tennis the player should have great speed and mental toughness. Stability in the body, ability to assess the opponent's skills, creating a positive momentum, sharp eyesight, killing instinct, attaining the peak at the right time, listening to the coach's voice and the vital thing is patience. Patience is the key to opening the door to success. The player should have the patience of a crane, to wait for the right time to strike the opponent.

SRMIST PLAYERS WERE UNSTOPPABLE

They made the Table Tennis



Our SRM Institute of Science and Technology Table Tennis (Women) Team (Defending Champion) Won the Gold Medal 3rd Khelo India University Games-2022 Organised By Myas, Sports Authority of India & UP Government held at Lucknow From 24th to 27th May 2023.

Table dance according to the beautiful tune they composed. The players created the perfect rhythm to march towards the victory podium. What a display of skills, strategy and tactics to become the No:1 university in India. Three cheers to the strong and brave girls of SRMIST.

SRM IST Women Basketball Team Secured fourth Position in Khelo India University Games

SRMIST Basket ball Women team secured the Fourth position in the 3rd Edition of Khelo India University Games held at Noida from 20th to 31st May 2023





Our SRM Institute of Science and Technology Kabaddi(Men) Team Won Bronze Medal 3rd Khelo India University Games-2022 Organised By MYAS AIU & Sports Authority of India held at Noida, New Delhi From 23rd to 26th May 2023.

Victory flowers are blooming in SRMIST Eden gardens

Victories don't come to us as a bunch of flowers or as garlands on our shoulders. To make the medals and trophies to be on our side, the struggles, pains, anxiety, and depression, will be the part that has to be faced by the players,

PAIN

The kabaddi khelo India was held at Noida which is 2166 km away from Chennai. The boys have to travel approximately 36 hours with the available food in the train. Sitting on the train for long hours

makes your body and mind sore and painful, players have to drink more water than solid food. But our boys overcame all the discomfort they faced and made SRMIST proud by securing the third position in the 3rd edition khelo India game.

HAPPINESS

The Kabaddi boys team has given a wonderful start and raised the SRM flag high on top of the world and paved the path for the other players to bring glory and victories to SRMIST.

Diving Develops Courage

Dolphins are highly intelligent animals that live shallowly. They swim at a speed of 20 miles per hour. Dolphins live in a group and it is called POD. They are highly skilled, joyful, playful and have emotional similarities with humans. There are around 40 species of dolphins and can dive up to 1000 feet in

the deep ocean. They are born to do acrobatics that cannot be done by human beings.

DIVING.

Diving is an aquatic sport which is performed in the swimming pool from a raised launch pad. Diving is split into two types springboard and platform

*Abishek.U-II-B.Sc (Phy Edn)
- The Dolphin of SRM IST*

Abishek the diving crowned champion of SRMIST Won Three Gold Medals in the recently concluded state championship held at Chennai.

1 Meter springboard - Gold Medal

*3 Meters springboard - Gold Medal
10 Meters platform - Gold Medal*



Gentle Giants Moves on to the podium

Volleyball is a unique sport, where height plays a major role in conquering victory. volleyball has its own beauty where the tall Giants exhibit their skills in attacking and blocking the opponents. The jumps that are made by the volleyballers and their proper landing in the court cannot be described in words, it is a great feeling that everyone should play this great sport to feel and taste the aroma of this wonderful sport.



Our SRM Institute of Science and Technology Volleyball (Men & Women) Team WON BRONZE MEDAL in the 3rd Khelo India University Games-2022 Organised By Myas, Sports Authority of India & Uttar Pradesh Government held at Lucknow from 24th to 27th May 2023.



Our SRM Institute of Science and Technology Swimmer Mr.P.Vikkash-II B.Sc (Physical Education) Won Gold Medal in 50meters freestyle and Won Silver Medal in 100 meters freestyle @ 3rd Khelo India University Games-2022 Organised By MYAS AIU & Sports Authority of India held at Noida, New Delhi, from 26th to 29th May 2023.

Water has life

Seventy-five percent of this universe is filled with water. Water makes this universe more beautiful and pleasant. Water gives life to animals and human beings and makes them move from one place to another for their survival.

The rain comes from heaven, makes the land fertile, and excess water flows and forms a river. The river makes the land more rich and the cultivation is done to protect all the living beings in this world.

WATER GIVES US HAPPINESS

The Child does swimming before it starts learning to walk and talk. Swimming is so natural, that need not to be learned, it is an art that lives in every human. It is a wonderful exercise which makes the body remain beautiful for the whole of your life. It teaches you the courage, to maintain good health, removes the stress in the mind, keeps the body relaxed and to have good health without visiting the doctor.

Swimming gives you jolly mood to relax and to lead life without health problems

Violence Done with Silence

Elephant

Women are filled with knowledge and wisdom. When we see the elephant herd it is led by the elderly female elephant which takes all the decisions, in which direction the herd should travel, in which area the water sources are available, in which location a peaceful stay is possible, the whole herd relies only on the female elephant for their livelihood.

Lion or Tiger

Long time we have had a debate about why a tiger is not considered as king of the forest because tigers Never live as a family, but lions live as a family and it is called PRIDE. All the females in the pride take control of the lion cubs and the elderly lions for their survival .

Chess

Chess can be played

anywhere in the world. It is neither an indoor nor an outdoor sport. It is played throughout the world by people to prove their mental efficiency and strength. We all think chess as a soft sport, but not as we think. It is a combination of boxing, wrestling, multiple compact sports, equestrian and other acrobatics done by the chess player to win the battle.

All Characters in chess have restrictions but not the queen -She has no borders or barriers, and she can demolish anyone who comes on her way. She never shows any mercy to her opponents on the battlefield, to save her kingdom and the people.

This sport indicates to us when women are given power there will be solutions for all problems that come across our life.

The sailfish of SRM IST Ocean...

The fastest fish in the sea is the sailfish. It has the fastest record time of 109km/hr. This fish is almost as fast as a cheetah runs on dry land. They are the top predators in the ocean.

Sailfish are blue and grey in color and have large dorsal fins which stretch across their back, known as a sail. The secret to the sailfish's speed is probably its shape, just like a plane's aerodynamics. The sailfish is hydrodynamic with a giant dorsal fin that stretches the length of its 6-foot-long body. They are strong, extremely agile, fast, lean, and very dangerous to

catch.

VIKKAS P : The fastest swimmer of Tamil Nadu who created a new record in the recently concluded state meet in 50 mts freestyle. Vikkas spend numerous hours a week training for and opportunity this is like. A very humble person with a great attitude of a champion has made him as a record holder. He showed his commitment, perseverance, courage, humility, accountability and integrity. He always believes in his ability. A great fighter, self-motivator and a great swimmer who focuses only on winning. Let us wish vikkas to



Our SRM Institute of Science and Technology Swimming (Men) swimmer Mr.P.Vikkash-II B.Sc (Physical Education) RA2131013010031 Won one gold Medal (New Meet Record in 50Mts Free Style) & Won Two Bronze in the recently concluded State swimming Championship held at Chennai..

represent India in the upcoming Asian Games and in the Olympics.



Our SRM Institute of Science and Technology Chess (Men) Player Mr.L.Srihari -II B.Tech(ECE) RA2211004010051 Won Gold Medal and received cash award Rs.70,000/- in the 7th SCS International fide Rated open Chess Tournament organised by Mepco Schlenk Engineering College Sivakasi & Sivakasi Chess Sparblers from 08th to 11th June 2023.

Tuned Muscles Give Results

Admirable Sport "The Kabaddi"

Empty vessels will make noise but empty hands, filled Minds, and strong muscles will make a sportsman's life more meaningful and peaceful. Kabaddi is a combination of strength, explosive power, speed endurance, and agility. To play kabaddi the player should have the patience to catch the raider, should be brave enough to be a raider, should be a leader to overcome the challenges of the opponent team, and should be a marvelous observer to tackle the



*Our SRM Institute of Science and Technology Kabaddi (Men)
Team Won the Silver Medal in the State level Kabaddi (M) Tournament -2023
from 20th to 21st May 2023 held at Thekkampatti, Salem District.*

situation that arises during the match.

Simple Sport -Adorable Players.

This sport was played in the mud court, red clay court, river sand court, Beach sand

court, and grass court and now it has reached its final destination which is indoor courts with soft mats. In the olden days, players faced many injuries and damage to their bodies, because of the

surface they played on now the standard of the sports has been raised and the courts have been given new dimensions for further development to make this great sport to the next level. Every

Indian citizen wants this sport to be played by all the people around the world

Kabaddi Players are always cheerful, helpful, respectful, and powerful.

Movements are Necessary for Results

"The Elephants which are Born in the Desert Travel Hundreds of Kilometers to Quench Their Thirst. The Head of The Herd Teaches the Young Ones the Exact Place of The Spring Hidden Under the Sand.

The Lion Moves with a Greater Speed and Attacks the Prey and Makes

the Animal Unstable and Confused. Kings are Much Stronger and We Cannot Judge Their Moves

The Deer Makes Interesting Zig Zag Jumping Movements in The Air to Make the Predator Stumble. The Deer Changes the Direction Very Intelligently and Save Its Life from Its Enemies

The River Starts and Moves from The Mountain Towards the Plain Lands to Fertilize It with Their Rich Minerals and Salts. The River Won't Stop Journey till It Reaches Its Destination

The Vulture are Wonderful Creation of God Which Travel Long Distances and Is Created to Eat Dead Carcasses by

Removing pathogens and Toxins in The Environment

Every Movement in This World Has Its Own Reason. Chess Is Played with High Potential to Win the Battle. Every Move is Taken with Risky Calculations to Defeat the Enemy"



Our SRM IST Chess Player Mr.Harshvardhan GB (Reg No -RA2131201040033 - II-B.Com Won Gold Medal in the 1st Manoir Hotel Touquet golf resort Open 2023 held at Le Touquet, France from 25th February to 2nd March 2023.



Our SRM Institute of Science and Technology Ball Badminton (Men) Team Won the Gold Medal in the Malar Ramalingam Rolling Trophy "B" Grade State Level Invitation Ball Badminton Tournament from 20th to 21st May 2023 held at Chandru Ball Badminton club, Chengalpattu.

No Boundaries for SRM IST victories

Victories are harvested
Victories are earned by
sincere hard work for
6 hours a day. Before
20 years there were
only two schedules
one will be in the
morning and the other
one will be in the
evening, morning
most of the players
concentrate on their
specific fitness and
during the forenoon

they do core exercises
and in the evening
session they focus on
skills and their match
practice. It has become
a hectic schedule for
the players to maintain
their fitness to achieve
big in this competitive
world.

SRM IST Celebrates
Victories In Every
Inch Of Indian Soil

Whether it is east,
west, north or south
SRM IST players
have registered their
authentic wins against
their opponents.
They have traveled
thousands of miles
every day to spread
the joy of sports and to
show their skills and
talents to the other
teams in India, why
SRM IST players are

different from other
professional players,
we give them the
freedom to express
in and off the court,
give them enough
space to think and
to execute, and the
scientific training
given to the players
to perform well.

Weightage is given
to all matches

All tournaments are
given importance
equally whether it
is a local tournament
or a super league
tournament. Our
SRM IST team puts
full effort to win the
trophy and to maintain
its supremacy all
Over India, from
Kanyakumari to
Kashmir.

World Admire Winners

SUMMER

Playing a high-class Tournament in the summer is a Himalayan task. The sun sucks the water from the body and makes the player dehydrated and weak. Only the player who has the will power and the toughness in the body can withstand the heat and the challenges from the opponent. The player should overcome the natural grilling heat to become a champion

POLLUTION

When the player plays

the tournament on the clay court the situation becomes more worst, The heat from the court will absorb the player and makes the legs immovable. The dust pollution around the court will trouble the players for smooth breathing and doesn't allow the players to execute their skills as he thinks, heat and dust spoil the players' enthusiasm.

TESTING SKILLS AND PATIENCE

The players have to play a minimum

of 4 days to win a tournament. The players have to be physically, mentally, and emotionally strong to overcome any opponent on his way to victory. To play tennis one should have more patience, calmness, willingness to accept the crowd's behavior, to digest unwanted decisions from the umpires, and the will to face the challenges from the tough opponents.

CHAMPIONS ARE ADORABLE



Mr. Ojes Theyjo RA2152004010007-II-MBA Won the 1 lakh tennis tournament held at Coimbatore 17 to 22 April 2023.

Champions' dignified looks, relaxed waking style, uninterrupted, thinking, tireless execution of skills, enjoying every moment on and off the court, and preparation for the

next match make them a champion. He never gives lame excuses for his defeats, he accepts the truth and tries to come out of the loss to be the star for the upcoming tournaments.

SRM IST Organized Summer Coaching Camp

Directorate of Sports, SRM IST has Conducted a Summer coaching camp for the boys and girls from 1st May to 31st May in SRM IST, Kattankulathur Campus. Camp Consisting of 11 major sports, namely Archery, Athletics, Football, Cricket, Basketball, Gymnastics, Ball Badminton, Volleyball, Badminton, Table Tennis, Tennis and Yoga. Over 40 players participated in the Camp. On the final day of the camp, Dr. Mythili, Additional Registrar SRM IST, gave away the medals and certificates to all the players.



Experience Leads to Victory

BELOW 30 YEARS

Sports give us happiness, joy, health, fame, wealth, status, and recognition. If you want to be a world champion A National champion the sportsperson should have fitness, the perfect age to dominate the sports world like combat sports, karate, kungfu, boxing, judo, kickboxing and Thai boxing. To play Volleyball, Football, Tennis, Hockey, and Badminton the players have to be young and fit to perform to the core.

BELOW 40 YEARS

After crossing the age of 30 it will be very difficult for the players to exhibit their rich skills in the fields and playing courts, but in certain sports, the age does not hinder the performance, but it enhances the chances of reaching the podium with ease. Sports live Table Tennis Snooker, Billiards, Fencing, Skating, Cycling, and Swimming needs muscles and a mind to achieve the target. Experience makes them a champion.



Our SRM Institute of Science and Technology Ball Badminton (Men) Team Won Gold Medal in the 08th Lion K.Mahendiran Memorial All India Invitation Ball Badminton (M) Tournament -2023 from 11th to 14th May 2023 held at Jolarpettai Ball badminton Club, Jolarpettai, Thirupattur Dt

BELOW 50 YEARS

Ball Badminton is an Indian sport originated from Tamil Nadu. This sport was played by the kings for recreation and to spend their leisure time to develop their fitness without much exertion. This sport gained fame and

momentum from the 1950s. This is a magical sport where it looks simple and easy, when you look from outside the playing arena. When you hold the racket and stand inside, it will be very difficult for the common man to understand this sport.

This sport is purely maths -lots of calculation, needs patience to solve the problems and needs experience to break the opponent's confidence. Players above 50 are the real heroes in Ball Badminton. They exhibit their skills

with care that is unimaginable. The royal sport has to be given more importance for future development. Awareness should be given to the general public to patronize this sport for the next generation to admire the great sport.

Speed unalterably Wins

India 's National Sport is field hockey. This sport needs a combination of heart and soul concentration, dedication to be a winner. To play hockey players should have enormous speed, massive strength, explosive power, bulls endurance, lions aggressiveness, jackals smartness and elephants willingness to be an admirable performer. Hockey has seen many transformations in playing fields and rules.

SPEED DOMINATES HOCKEY

Hockey skills dominated the field a

few decades before. Highly ranked players like Dhyan Chand and Dhanraj Pillar displayed their dribbling and passing skills and made the Indian flag fly high in the Olympic and world arena. In present days the sport has completely changed. It has lost its glory and elegance that it had before. Now the skills are not given much preference and players run and push the ball to score goals. Skills are given less importance and speed has started dominating hockey, players have become more machines than humans. Hockey wizards and experts

should think once again to restore the beauty and elegance of hockey.

HOW TO DEVELOP HOCKEY IN INDIA

After 1980 our Indian team has not won an Olympic Gold medal. Due to several reasons. Lack of Interest among youngsters, Nonstandard play fields, insufficient funds, availability of good reputed coaches, the unwillingness of the sponsor to patronize the wonderful sport. The people of India should come forward with new innovative ideas to give new life to hockey.



Side Hockey Men Tournament held at Villupuram Hockey Association on 14th May 2023.



Our SRM IST Badminton (Men) Players Won Gold Medal in 9th LICET Trophy Badminton Men tournament, organised by Loyola-ICAM College of Engineering and Technology, Chennai from 15th to 17th March 2023.

Patience the Gateway of success

“When Speed Thrills on The Road - Life in Pathetic Condition

When Speed Thrills in The Kitchen - It Spoils the Soup

When Speed Thrills in The Laboratory - Experiment Collapses

When Speed Thrills in The Business - Investment Suffers

When Speed Thrills During the Travelling - Destination Divers

When Speed Thrills in The Cinema Shooting - Producer Cries

When Speed Thrills in The Public Meeting - Blabbering Starts

When Speed Thrills in The Dining Table - Indigestion Welcomes

When Speed Thrills in The Earning Process -Death Follows

When Speed Thrills in Sports -Victories Will Salute the Nation”

Badminton -The sport that makes us happy and Fit

Education : Every parent receives their child into this world with much happiness. Their Dreams will be to make their child an Engineer, Doctor, Lawyer and so o. After the child is born all the parents want their children to look like a doll or like a teddy bear. Before they cross 5 years they will be given extra diet, multi vitamin drinks, ghee, butter, cheese, which the infants cannot digest. Parents are much greedy that they want their children to be a star before entering LKG. Parents should give them freedom to express, fulfilling their needs, and allowing them to experiment few things in their childhood. Education make their wise but not strong enough to withstand diseases and psychological Problems

Sports: Sports were played in the last generation for recreation ,fun, and happiness but now sports have shown the way to earn money. Sports persons are made as human machines to perform at an elite

level to earn crores of rupees. All top sports persons earn money in trillions, even local sports persons are earning money in lakhs. So dear parents send your children to play sports to gain health, wealth, fame, and to see the world with confidence.

New sensation of Boxing:

Ms. Jayashree-I-B.Sc (Physical Education) in SRM IST has been admitted under sports quota in B.Sc (Physical Education). She won Silver Medal (75 kg to 80 Kg) in the 6th Youth National Championship held at Bhopal from 26th June to 1st July 2023 got selected in the youth boxing National camp and khelo India Scholarship scheme.

She is the only boxer from Tamil Nadu who won Silver Medal in the Tournament.



Our SRM Institute of Science and Technology Basketball (Men) Team Won Gold Medal in the State Level Invited Inter Collegiate Basketball Tournament from 12th to 14th May 2023 held at Alanganallur, Madurai.

Strong legs will keep you young

“ Basketball is one of the fastest sports played around the world. To play basketball the players should have 100% fitness. The speed of a tiger, the Power of a hippopotamus, the patience of a crane, endurance of a camel to score points in Basketball. It is a tough sport, a combination of skills and fitness. 40 minutes of war that is admired by sports lovers.

CEMENT COURTS:

90% of the tournaments are played in cement courts in India. The players have to protect themselves from injuries like ligament tears, knee injuries, ankle twists, falling on the hard surface and getting abrasion in the skin. Players in India when they play for 10 years continuously automatically the injuries that occur by playing basketball will ruin their life. So, it is a request from the basketball players to make the playing

surface smoother in order to play the sport without injuries.

Basketball- The Dazzling sport: Basketball Sport makes the Spector's sit on the edge of the chairs. The sport has style, elegance, charm, grace, delicacy, dignity, gentility, simplicity, fascination and loveliness. Basketball sports is like a movie where we can enjoy the players behaviors players' movements on the court player's arguments etc”

Earth Revolves around SRM IST

This is the moment the Directorate of Sports has been waiting for. If you want to become the chief minister of a state, the candidate should have a serving attitude towards the public. He should contest for a ward councillor, party district head, MLA, minister for the department and then chief minister, likewise in sports the individual should represent his school, college, university, All India University, Khelo India games and finally world university games.... This is a very long process for the sportspersons to achieve this great position among

the 900+ universities in India.

The Sports Planets of SRM IST .

May the Almighty and the family members of SRM IST wish them a happy and healthy journey to bring honours to SRM IST to Association of India Universities and glory to mother India .

The Following players are representing Association of Indian Universities in the 31st World University Games to be held at China from 28th July to 08th August 2023.



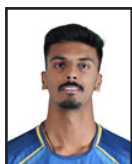
Dr.R.Mohanakrishnan
Manager (Archery)

Mr.S.Dakshinamoorthy
Head Coach (Volleyball)

Dr.Y.C.Louis Raj
Manager (Archery)



Santhosh. S
Volleyball (M)



G.N.Dushyanth
Volleyball (M)



Aswath
Volleyball (M)



Oges Theyjo.J
Tennis



Athira Roy
Volleyball (W)



Sruthi Lakshmi.K.S
Volleyball (W)



Bothini R
Volleyball (W)



Vikkas.P
Swimming Men

Education and Sports Makes life beautiful

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Our SRMIST Football (Men) Team WON GOLD Medal in the Tamil Nadu CM Trophy -2023 held at SRM IST from 20th to 22nd February 2023.

Difference Between Sportsmanship and FriendShip

SPORTSMANSHIP	FRIENDSHIP
Spreads Love and Develops Affection in and Off the Field	Travels Around You for Nothing and Spoils Your Carrier
Learns from The Situation That Happens in The Field and Rectify It	Aggregates the Situation Around You and Will Arrest Your Thinking to Move Further
No Hatred Is Sowed During the Play	Hatred Begin You When the First Step in Taken Towards Development
Your Individual Skill Are Polished to Move Further for Excellence	You Are Bullied Forever Than Your Think of Exe-cuting New Skills or Techniques
Mistakes and Errors Are Corrected by Fellow Sports Man for Development	No Correction Takes Place Mistakes and Errors Are Hidden by Your Friends for Destruction
Whether Winning or Losing the Attitude Remains the Same	When Your Start Losing Your Friendship Disap-pears
Fair Play Is Maintained Throughout The Life of Sports Man	Foul Play Will Be There Between Friends for Their own Benefit and Development
To Excel in Life -Sportsmanship in Required to All Human Being in the Universe	Close Friendship is a Burden on Your Mind and Shoulder for Ever- It Kills Your Individuality



Our SRM IST Tennis (W) Players Won the 1 Lakh AITA Tournament (Winner & Runner trophies) in Singles match held at Trivandrum from 13th to 17th March 2023

SRM IST Dominates Tennis World

“Why Tennis is so special and it considered as king of all sports

Basketball is Played For 40 Minutes in Which Speed Accuracy and Agility is Much Needed to Win the Match

Football is Played For 90 Minutes

in Which Speed Endurance, Agility Plays a Vital Role to Win the Match

Hockey is Played For 70 Minutes in Which Speed Endurance Power Makes the Sports More Interesting and To Keep the Audience in the Edge of their

Seats

Kabaddi is Played For 40 Minutes in Which Raw Power, Enormous Speed Is Required to Win a Match

Ball Badminton is Played with Lots of Eye and Hand Coordination, Power Endurance to Keep

the Sports Live for More Than 1 ½ Hours

Volleyball is Played with Lots of Determination and Understanding Between the Players, Regular Practice and Combination Makes All the Difference Between a Good Team and an Average Team

Tennis is a Magical Sport - The Player Should Have Speed Endurance, Agility, Concentration, Will Power, Dedication, Ability to Understand opponents Strategy, Strong Energy Level Both in Body and Mind.”

Sports-the real teacher shows the way of Life

Time Management - In every human being's life, time management is essential to come up in their normal career. In sports, time management plays a very crucial role in shaping their sports development, getting up early in bed gives them a lot of time to think and to execute their plans and ideas for the day and for their future. Killing time unnecessarily will lead to life disaster.

Court Management - The player should prepare himself physically, mentally, and emotionally before entering the playing arena. When the player is not physically fit, he should avoid entering the court to prevent him from Injury. When the player is mentally and emotionally unstable he should keep himself away from the routine work and should take complete rest to continue the work the next day.

Discipline management - The player should maintain discipline in and off the court. When the player is well disciplined he will be an asset to



Our SRM Institute of Science and Technology Ball Badminton (Men) Team Won Gold Medal in the State Level "B" Grade Fives Ball Badminton Men Tournament -2023 from 29th to 30th April 2023 held at Kilpennathur ,Thiruvannamalai -Dt

the team and to society, He will be a good citizen and teach the future generation about discipline. Players are the dignified Ambassadors of their country, when players represent their country in International Tournaments, they carry the country's culture, pride, and good relationship. Health management – Without better health, wealth is considered a waste. Wealth without health is

a burden. Health can be attained only through physical activities and sports. Players do different types of training to keep their body fit to perform to the core. Players should take their food in time for proper digestion and adequate rest. To prolong their sports career the player has to manage their health by sacrificing many get together, social and religious functions.

Speed and perfection gives us trophy

Speed thrills and kills only on road, but in Basketball court speed will give us the thrilling victory. Basketball is considered as one of the fastest sports that is played around the world. It is played in mud courts, cement courts and in wooden courts. The surfaces may differ but speed remains. Basketball players are completely different from other players, they have to play forty minutes with more concentration without making fouls, guarding the territory, defending the ring from the opponents without pushing them and committing unnecessary moves.

Perfection : The basketball players have to shoot the ball into the small ring with assistance of the board or directly with their full concentration, the opponents

may distract and prevent them from scoring within the given seconds they have to score the goal (Basket) and should get back to guard their territory. The players should have command over their dribbling skills, passing techniques, and shooting ability to win a match for the team. The match takes momentum from the 1st minute to the last minute, where the players' concentration and perfection has to mix together for a better result. Winning a 3 X 3 tournament at state level the players should have enormous speed, perfection and determination to embrace victory

Our SRM IST Basketball Players Won Gold Medal in the Bharath State level 3 X 3 Basketball tournament held at Coimbatore from 28th June to 2nd July 2023.

Girl Child - Gift of God

“Give Green parrots the fruits what they like more, they will Learn and talk what it is taught and make us happy

Give pigeon the Bengal gram it gives the energy for the bird to fly thousands of miles to be a champion

Give Dolphin the love and care It will perform better than human beings and the acrobatics in the water

Don't chain the dog and give freedom (It will guard you and your property) Dog is the only friendly animal which teaches loyalty to the other living beings in the world

Make the cow listen to music and feed them with green grass and other minerals, vitamins to give you rich milk that enhances your family health.

Give crow the food you eat daily, don't give the waste and left-over food. The crow will give the blessing of our ancestors from heaven. It is a sign of luck and gives satisfaction to the human kind. Water the plants with more love and affection, talk to them daily and express to them what you think about their growth, It will give a better result than you expect. Plant more trees to make the earth greener for the other living beings to survive,



Our SRMIST Women's Volleyball Team won Gold Medal in the All India Volleyball Tournament at Gadchandur, Maharashtra on (24-03-2023 to 26-03-2023)

to get more pure oxygen without paying any one and respect nature to live peacefully. Love the girl child as a gift of god. Give them freedom to think, freedom to express, freedom to execute, they give us the happiness by performing extremely well both in Education and Sports”

The India Sports with more values

Brotherhood: Ball Badminton is a rare combination of love and respectful fight. No Sports in the whole universe spreads affection, hospitality, kind words like Ball Badminton. It has its unique style that no other sports have. Ball Badminton Players wear white T-Shirt, white shorts, white shocks, White Shoes which donates peace. It looks like angels playing Ball Badminton with the star in the night time. It looks so beautiful to watch the boys and girls play the sport with grace and beauty.

Simplicity: Ball Badminton players are known for their simplicity, when you watch this sport as a spectators ball badminton looks very simple, but when you deeply focus your mind in to this sport you will come to know the calculations, formula, speed variations controlling the ball with the wind, watching the ball in the hot sun, hitting the ball according to the tune of the gentle breeze. Modern Ball Badminton sport is a combination of Tennis squash, Badminton. The rally, cross court shorts, down

the line shots, shutting, dropshots, overhead shots tells us clearly the combination of other elite sports. But to the entire world, Badminton is a simple sport that teaches us to be humble with high thinking and simple living.



Our SRM IST Ball Badminton(Men) Players Won Gold Medal in the State Level Invitation Ball Badminton Men tournament held at Manapparai from 1st & 02nd July 2023



Let us build our Nation through Sports

SPORTS BUILD CHARACTER:

Sports give all-round development, to face the world and future. When you play any sports from a young age it builds a graceful human being. It teaches you how to respect the coaches, how to adjust with the teammates, how to behave with the Spectators, how to admire the opponents' skills, how to overcome defeats, and how to regain power after continuous injuries.....Sports build the nation as citizens.

SPORTS BUILD FORTUNE:

When an individual completes his education he seeks a job according to the degree he has completed and he never changes his mind to switch on to the other jobs available around him, but a sportsman adjusts according to the situation he faces and makes a comfortable life. According to the efforts he puts in during the practices session and tournament he will be rewarded with a job in the



Our SRM IST team Volleyball (M&W) Teams Won the Silver Medal in the State Level Volleyball tournament held at Gajalnaickenpatty, Thirupathur from 26th to 30th April 2023.

public and private sectors, where he would not have imagined in his life about the dream job Sports never lets down any sports person.

SPORTS DEVELOPS FRIENDSHIP AROUND THE WORLD:

Sports make you an extrovert, a happy person who makes himself happy and others happy with his presence and with his words and playing skills. Players easily mingle with the spectators and the organizers

and receive huge love and appreciation from them. They will be invited very specially to their houses for a wonderful lunch and dinner. They will receive good hospitality from the general public of the particular area for their physical presence and for the admirable skills they possess. Players are treated as heroes around the world. Let's us all unite together to make our nation a sporting nation to enjoy the happiness that sports gives



Our SRM IST Ball Badminton (M) Players Won Silver Medal in the All India Invitation Ball Badminton (M) Tournament organized by Kurnool Dt Ball Badminton Association, S.Nagulavaram(V),Gospadu (M),Nandyal Dt Ap from 27th to 30th March 2023.

Victories are not Plucked - Combination of Dedication & Hard work

TIME AND TOLERANCE, MAKES YOU A CHAMPION

“The Tallest building in the world is BURJ KHALIFA which is located in Dubai. It has 160 stories and holds the record as the tallest building and the tallest free-standing structure in the World.

The Eiffel Tower Was built in 1889. It was Constructed with Iron and steel, and the Eiffel tower was built by GUSTAVE EIFFEL to celebrate the anniversary of the French revolution.

The 182 meters SARDAR

VALLABHBHAI PATEL Statue is the architect of Independent India. It is a Colossal Monument Tower built over river Narmada. This is the highest Statue in the world.

The Taj mahal Still treated as a wonder of the world. This monument was built by the great emperor Shah Jahan, Thousands of people worked for 17 years to build this Mausoleum of white marble. This is a masterpiece of world 's Heritage.

All Buildings, Structures, and statues are built and made with great care to show the world, the class of

construction and architecture of their countries. Likewise, the hard-earned victories which are earned all Over India by SRM IST sports Persons is because of the patronizing Our Golden hearted Chancellor, Continues support by our Pro Chancellors, Pro Vice Chancellor, Vice chancellor, Registrar, Director s, Deans, HoDs, Professors and all the well-wishers of SRM IST Family. Victories are constructed day by day, Months by Months and Decades. Victories are not earned by one day, it is a Continuous Process”



Our SRM IST Hockey Men Won Gold Medal in the All India Inter university 5'S Men Hockey Tournament 2023 Organized by Karpagam Academy of Higher Education, Coimbatore from 05th to 08th April 2023.

Victories will Boost our energy

Banyan Tree grows in tropical and subtropical regions. It belongs to the family Moraceae. This type of plant lives for a long time and grows very tall. It grows 7 to 12 feet in 5 years. It creates huge crops of figs that are used by numerous species of bats, birds and by other creatures.

The banyan tree represents longevity

The coconut tree takes eight years to reach its full growth. It will live between 60-100 years. Coconut trees give us milk as food, flowers as medicine, husks as ropes, sticks as brooms, wood for cooking, leaves for the thatching, shells for crafts, water for health and refreshing.

The coconut tree

represents durability.

Jack fruit trees are perennials and can produce fruits for 30-60 years and can live up to 100 years. Jackfruit paste is applied to the skin for poisonous bites. The wood of the jack fruit tree is used to make musical instruments like Bobbili veena/Saraswathi veena.

The Jack fruit tree represents -Lastingness

Fig trees take around 30 years to reach their full size. Nature trees can continue to live and produce fruits until they are 200 years old.

The fruits are highly nutritious. It contains fiber, potassium, antioxidant content which can control blood

pressure, aid digestion, protects your heart, prevents constipation and cures reproductive problems.

The fig tree represents permanence

The Directorate of Sports is the smallest and youngest Department of SRM IST. Our visionary and legendary chancellor sowed the sports seeds in the year 2003 and the trees have grown large, roots and branches have spread throughout India. Constant monitoring and patronizing made by the SRM IST family have constructed the Directorate of Sports to attain longevity, durability, lastingness and permanencies in the field of Sports in India.

Hard Earned Victory in Hot Summer

To Play any sport and to become a champion, every player should have a good and proper diet according to the sport they play.

BREAKFAST is very important for a sportsman to excel in sports. Breakfast gives energy to the individual to continue his work in the field for the next 3 hours, when the player skips the breakfast he cannot perform to his ability, he becomes tired very soon and cannot fulfill his dreams. He should add carbohydrates, protein, and vitamins to keep him more energetic throughout the day.

LUNCH in cricket during 50-50 tournaments, the players have to play a full-day match. He has to choose an easily digestible diet and food which has less spicy ingredients. This food will give more comfort in the field. The player should avoid non-vegetarian food items like mutton, chicken fish, and beef to prevent him from an uneasy position in the field.

WATER LOADING. The player should drink more water with salt and sugar added to it. He can even drink lemon juice, sweet lemon juice in between the matches to keep him

hydrated. Before the commencement of the match (3 hours before) he should take at least two liters of water to keep in a healthy way to perform in the day's match.

DINNER is also considered as an important meal to the players. He should have salad, soup, chicken, fish, and Egg (red meat is not much advised for the players to have it for dinner). It causes digestion problems that won't allow the players to perform the next day.

Work out * Rest * Diet = Produces
Champions



Our SRM Institute of Science and Technology Cricket (Men) Team Won Gold Medal in the 12th Smt. Manjula Munirathinam Memorial Cricket Trophy 2023 from 24th to 28th April 2023 held at R.M.K. Engineering College in Kavaraipettai, Tiruvallur District.



Our SRM Institute of Science and Technology Volleyball (Men) Team Won Gold Medal in South India Volleyball Tournament organised by Thamizhannai Volleyball club, Peikarumbankottai, Orathanadu, Thanjavur District from 07th to 09th April 2023

Past - Present - Future

PAST

What are the Important Facts About Volleyball

William G Morgan Invented the Volleyball

Sport in the year 1895, He originally gave the name as mignonette

Volleyball is the second most popular sport in the world after football

The First specially designed volleyball for the sport was created in the year 1900

Volleyball is played all over India and India ranks 5th in Asia and 27th in the world

Jimmy George the first Indian professional is known as the father

of volleyball

PRESENT

The Successful Journey of our SRM IST volleyball team Starts very early in the morning before sunrise you can see the young giants walking on the road with pride and happiness towards the volleyball court whether it is windy, raining or grilling chilled weather, doesn't make any differences in the training schedule. They are human machines who do their workout to achieve their target and goals according to the program installed

Success won't come on your way, you have to chase the success to taste and embrace it

The volleyballers have their own mantras smart work -sensible work -systematic work -The whole team works with these mantras every day to bring glory and laurels to SRM IST around the year. They keep practicing the skills training the body mentally and physically for 365 days without any active rest, to become champions where ever they play in India.

Their dedicated smart work, sensible work, and systematic work have put SRM IST on top of the volleyball playing teams across India.

FUTURE

SRMIST Volleyball Team will be the Champions & Rule the Volleyball World.

Hard Earned Victories by our Volleyball + Men & Women Teams

TEAM WORK

Playing as a team to win a big tournament is a huge task for any team that plays an All India Tournament away from the home town. The players in the team should have one thought, one execution, and oneness to bring down any big opponent they face in the tournament.

TEAM COMBINATION

A team is a combination of senior and junior players. The senior players should have patience and willingness to get along with the juniors during the practice session and during the tournament. There should be no ego clash. The players should appreciate between them each point to keep the team Combination and momentum on and off the court.

TEAM EFFORT

The team should give 100% effort whether it is a local match or an invitation tournament, the efforts should remain the same. When the team plays, the style and performance should remain the same for the small or big team. The players should maintain their high quality and caliber throughout the tournament.

TEAM COHESION

It is the measure of how well the team members work with one another. To understand the role of every player's position and their duties to be performed during the tournament. To know about each player's strengths and weaknesses and their commitment toward the goal.



Our SRMIST Volleyball(M&W) Teams won Gold Medals in the T.Govindan Trophy, South Indian Invitation Tournament held at Payyanur, Kannur from 16th to 19th April 2023.

Volleyball Men & Women's teams have created history through their supremacy to clinch the winner's trophies at Kannur by defeating top teams from all over India.

The triumph of the Volleyball Women team is a proud moment for the university, showcasing the dedication and hard work put in by both the

players and the coaching staff. As SRM IST continues to make strides in various sporting events, the success of the Volleyball Women team adds another chapter to the university's glorious sporting legacy. The team's exceptional achievements will undoubtedly inspire future generations of athletes at SRM IST.

Women are the sunshine of the Nation

God cannot be everywhere to save the people he had created ,so on behalf of his presence he has sent the women whom he has created in heaven to take care of the living beings given to us by him.

MOTHER: Mother is the holy living being, that she never bothers about anything to save her children at any cost. She gives her health, wealth ,time, love ,affection and her life to raise the family. There is no substitute for mothers love.

MOTHER LAND: It gives warmth ,belonging, goodness ,highness, worthiness to the citizens of her country. She holds them tight and saves them from all the disasters and Catastrophic situations that arise and surround them during nature's play.

MOTHER TONGUE: Gives us the expressions to communicate with the world .It makes you think wise

and talk to the people in front of you. Your happiness, sorrow ,and kind words can be expressed in a better way than any other language. Many languages around us will help to make friends and to earn money, but mother tongue gives us heartfelt satisfaction and happiness throughout our life.

MOTHER, MOTHERLAND MOTHER TONGUE ARE PRICELESS

When we respect them, they give us the best and when we insult them by destroying their beauty by our greediness the results will be bitter and never be better in your lifetime again. Nature should be nurtured for safe and healthy living.

Our SRM IST Basketball(W) Players Won GOLD MEDAL in the 24th year Sree Raghavendra Tournament 2023 held at Chennai from 11th to 16th July 2023.





Our SRM IST 5 's Hockey Men Team Won Gold Medal in the Hockey Tournament organized by VIT ,Chennai .. Recently Concluded ...

Traveling Towards victory and happiness

FAMILY

No player in the world can step in the victory stand without the support of the family, the whole family has to support, sacrifice, travel along with the player, and dedicate their valuable time, and hard-earned money for the development of the player.

INSTITUTIONS

The Institutions play a vital role in developing every sportsperson in the country. In the school from the headmaster, subject teachers, and physical education teachers. They

give wholehearted support for the players to establish themselves as a player at the junior level

When player enters the university, the players are groomed and shaped into world-class players by the authority of the universities Directorate of Sports Plays a major role by spending time to develop the skills into world-standard skills to represent Tamil Nadu and India.

SELF DISCIPLINE

No players in the world have achieved big without self-discipline, discipline in eating, sacrificing

entertainment, avoiding participating in family functions, and controlling emotions and happiness.

LEARNING THROUGH EXPERIENCE.

Experience is a better teacher than learning and hearing from coaches, and friends and gaining knowledge through books.

In sports, experience plays a major role in shaping and molding a player to reach his destination

Every practice session and every match will make the sportsperson rich in experience to achieve his goal.

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Mr.R.Ganesh

(Research Scholar)

Mr.Deepak Siby

(Research Scholar)

Department of Physical Education
and Sports Science SRMIST

Yoga for all

SRM IST, Department of yoga has started the programme "YOGA FOR ALL" students and faculty members are attending classes regularly. We have planned to introduce yoga therapy for the people who have been affected by

Stress, diabetes, PCOD, Obesity, Low back pain, concentration ,body and mind relaxation , problems asthma, migration .

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Venue : Directorate of Sports, Near Dental College, KTR Campus