

SPORTS REAP MAIL

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SRM IST Created Two NOVA WORLD RECORDS in YOGA

To celebrate Our SRMIST Founder Chancellor's 84th birthday the Directorate of sports planned and conducted a Yoga Nova world record. We selected 84 students from all the departments of SRMIST (all campuses) to take part in this mega world record. The event was inaugurated by the Registrar and Deputy Registrar exactly by 10 am on 23rd August. The event was covered by VENDHAR TV till the end and the students displayed their yogic skills and the spectators who

were present were thrilled to see the wonderful demonstration. Around 4136 yogic poses were shown by the yogics and the adjudicator who was present was satisfied with their great performance. The colorful event came to an end on 24th morning 10am, with a marathon yogic skills demo.

Honorable Vice Chancellor, Registrar presided over the valedictory function and blessed the students for their wonderful performance. Prof. C.Muthamizchelvan Vice

Chancellor, Prof. S. Ponnusamy, Registrar, Prof.R.Mohanakrishnan, Director- Sports and Dr M. Senthil Kumar, HOD of Yoga Department Received the Nova World Record Certificates for Two World Records from Mr. Rajkumar Natarajan Nova Executive Editor for YOGA, The event of "84 SRMIST Students Performed Yoga Continuously for 24 Hours to create awareness of Anti-Drugs" and for getting Signature From 5084 Students Campaign against Drugs.



This world record attempt has given a new strength to the Directorate of Sports.

Water –life giving –saving liquid

Water is the gift of nature that makes us very healthy and clean .Water makes us live very healthy and clean. Water makes up about 71% of the earth's surface, and the other 29% consists of continents and islands. 95.5% of the earth's water is contained within the ocean as Saltwater and while the remaining water is freshwater lakes, and frozen water locked up in the glaciers and the polar ice caps.

Do we respect, lakes, rivers, ponds and ocean –No is the answer, we are always in a ready position to spoil the beauty of the mother nature what she has given us is free of cost ,now we have stopped accepting the nature and started believing in ourselves and drinking the man made water to bring all kinds of ailments to the humankind. The body needs different salts to function in a smooth way to perform the daily work with care. According to the latest research the bottled water can cause fertility issues, and even cause damage to liver, kidney, breast and uterine cancer.

The goodness of water

- It helps maintain blood pressure
- It flushes body waste
- It cushions the brain,



Our SRM Institute of Science and Technology swimmer Mr.P.Vikkash-III B.Sc (Physical Education) RA2131013010031 WON BRONZE Medal (4X100 Men's Freestyle Event) and 4 x 50 Mts freestyle relay in the BRICS Games 2023 held at Durban, South Africa from 18th to 21st October 2023.

spinal cord and other sensitive tissues

- Contributes to the maintenance of physical cognitive and thermoregulation functions
- It gives you energy for daily activities
- It reduces stress
- It lubricates the joints
- It boost skin health and beauty
- Carrying nutrients and oxygen to cells
- Too much of water drinking can dilute essentials electrolytes

Learning is a lifelong process

As a teacher, we should be in a position to learn

and lower ourselves to gain the knowledge even from uneducated persons, experience is a good teacher, there was a Maha Guru, who wanted to cross the river from this side to the other side of the river and he sat in a small boat and he ordered the boat man to move the boat to show the intelligence and his wisdom. he asked the boatman that he knows English, he said no –he replied immediately ,you have wasted 25 % of your life ,and he again asked about the launch of chandrayan ,he just blinked and said no guru ,the mahaguru said you have ruined your life without knowing what's

going around you and wasted 75% of your life . The boatman looked up the sky and started laughing loudly and asked the guru that he knows swimming ,the guru asked why –the boatman said ,there is a big hole in the boat and that is going to sink within few minutes and you are going to heaven within minutes and jumped in to the water and saved his life.

“A Good Teacher Teaches and Reaches Millions of Students Hearts, and Touches The Lives of Millions Through his Simplicity, Divinity and Godliness”

Role of blood in sports

Blood is a vital and specialized body fluid. Our body functions with blood, very effectively and efficiently. Blood main components are plasma, red blood cells white blood cells and platelets. Blood has to do different actions inside the body like transporting oxygen and nutrients to the lungs and tissues and forms a blood clot to prevent excessive blood loss.

TYPES OF BLOOD GROUP

1. A Positive
2. A Negative
3. B Positive
4. B Negative
5. AB Positive
6. AB Negative
7. O Positive
8. O Negative

WHICH BLOOD GROUP HELPS SPORTS PERSONS

“O” Blood group has better endurance performance compared to other blood groups, people with this blood are born champions. If we check the blood group of different world champions in sports we can see the wonder of this O blood group.

DIFFERENT BLOOD GROUP PEOPLE AND THEIR ACTIVITIES

- A Blood - They are calm, artistic and polite



- B Blood - They are practical, goal oriented and with strong will
- O Blood- Always Energetic and outspoken
- AB Blood- They possess all the qualities of other blood groups

GOOD BLOOD HEALTH -THE SECRET OF ENERGY

Good blood health will increase energy levels and improve mental clarity because of higher levels of oxygen in blood streams. It helps for better digestion due to improved nutrient absorption.

“GOOD BLOOD IN THE BODY KEEPS YOUR FACE

GLOWING AND YOUR BODY SHINING”

Our SRM IST Volleyball (W) Teams won Gold and Silver medals in the Chengalpattu DT Volleyball Championship 2023 held at SRM IST, Kattankulathur, from October 13th to 15th October 2023.

Winning a volleyball tournament is an exhilarating experience that encapsulates the culmination of hard work, teamwork, and unwavering determination. As the final whistle blew and our opponents conceded defeat, a wave of euphoria washed over our team. The taste of victory was sweet, and the sight of our jubilant teammates and passionate fans made the moment even more memorable. Months of rigorous training, countless drills, and endless hours of strategizing had all led to this remarkable achievement. The joy of lifting the championship trophy, amidst cheers and applause, served as a testament to our unity, resilience, and unyielding spirit. It was a moment of triumph that will forever be etched in our hearts, reminding us that with dedication and a shared goal, we can conquer any challenge that comes our way.

Sports Festival at SRMIST – Celebration of our Founder Chancellor's Birthday

Kickoff Classic: The Ultimate Football Showdown

Football tournaments are a source of immense excitement, uniting people from various backgrounds and nations in the spirit of competition and sportsmanship. Whether it's the World Cup, the UEFA Champions League, or a local youth tournament, these events bring the passion and love for the beautiful game to the forefront. Football tournaments bring people together, transcending language, borders, and cultural differences. They create a shared experience, fostering a sense of unity and togetherness among spectators and participants. Youth football tournaments are vital for talent development. They provide a platform for young players to showcase their skills, learn about competition, and gain valuable experience. Many



DR. B. NEPPOLIAN, Dean Research Gave Away the Prizes to the Winners

future football stars trace their roots to such events. Football tournaments are more than just sporting events; they're celebrations of human athleticism, dedication, and the universal language of football. They provide unforgettable moments, inspire future generations, and create lasting bonds among fans worldwide.



Dr. N. Venkata Sastry Director – Career Centre Inaugurated the Tournament

Winning a football tournament is an exhilarating experience that transcends the boundaries of mere victory. It represents the culmination of months, or even years, of dedication, hard work, and unwavering commitment. The triumphant moment, when the final whistle blows and the scoreboard declares your team as the champions, is a celebration of not just skill, but of teamwork, determination, and a shared dream realized. The cheers from the fans, the tears of joy, and the lifting of the coveted trophy in unison create a memory that lasts a lifetime. It's a testament to the sacrifices made, the sweat shed on the training field, and the unity forged within the squad. Winning a football tournament is not just about lifting a trophy; it's about forging a legacy and etching your name in the annals of the sport's history. The journey to this moment may have been gruelling, filled with ups and downs, but winning the football tournament washes away all the pain and exhaustion. It's a reminder that in the world of sports, dreams can come true, and that sometimes, the impossible becomes possible. The team, now forever bonded by this shared achievement, stands tall as champions, leaving an indelible mark on the sport they love.



Dr. Veeragoudhaman, Dean Physiotherapy and Dr.E. Poovammal, Associate Director – Hostel.

Track and Field Triumph: A Festival of Speed and Strength

Athletics, often referred to as track and field in the United States, is a collection of sports events that involve running, jumping, throwing, and walking. It is one of the oldest forms of organized sports and includes a wide range of activities that test an athlete's speed, strength, endurance, and agility. Athletics events are a prominent part of the Olympic Games, World

Championships, and various other international and national competitions. Athletes in these events come from diverse backgrounds and often specialize in specific disciplines. Success in athletics requires a combination of natural talent, training, technique, and dedication, making it a captivating and widely followed sport worldwide.

Cricket Revolution: Battle for Supremacy

Cricket tournaments are organized competitions in which teams of cricketers compete against each other to determine a winner. Cricket is a popular sport in many countries, and there are various formats of cricket tournaments, each with its own rules and characteristics. Cricket is particularly popular in countries like India, England, Australia, Pakistan, and South Africa. The sport has a massive following, and tournaments often have passionate fan bases. Cricket tournaments are a significant part of the cricketing calendar, providing entertainment for fans and opportunities for cricketers to showcase their skills on the global stage. These tournaments play a

crucial role in the growth and development of the sport. Players and teams in cricket tournaments can win cash prizes, trophies, and

individual awards, such as Player of the Tournament, Best Batsman, and Best Bowler.



Dr.Jawahar Philimis, Assistant Director-Hostels Inaugurated the Tournament and Mr.R.Arunachalam, Estate Officer

The tireless efforts of our coach, who not only honed our technical abilities but also instilled in us the importance of discipline and sportsmanship, were integral to our victory. The support of our families and friends, who stood by us through the grueling practices and nail-biting matches, was a source of motivation and strength. As the champions of the tournament, we not only basked in the glory of the moment but also recognized that this victory was a testament to the power of teamwork, perseverance, and a shared dream. It's a memory we will cherish forever, a reminder that hard work pays off, and a testament to the sheer joy of winning the tournament.

Marathon Dreams: Chasing the Finish Line



*Mr. Lakshmi Narsimhan, Director-International Relation
flag off the Event.*



*Prof. C. Muthamizhchelvan, Vice Chancellor
distributed the prizes to the winners.*

The name “marathon” is derived from the legend of Pheidippides, a Greek messenger who is said to have run from the city of Marathon to Athens to bring news of the Athenian victory over the Persians in 490 BC. The story goes that he ran the entire distance without stopping and then collapsed and died after delivering the message. Marathons are popular around the world and are often seen as the ultimate test of endurance for long-distance runners. They are typically organized as road races, but some marathons take place on various terrains, including trails and even on

snow and ice. Marathons are a prominent part of many sporting events, with the most famous being the Boston Marathon, New York City Marathon, and the Olympic Marathon. Marathon runners need to pace themselves throughout the race. They often start at a conservative pace to conserve energy and gradually increase their speed as they progress through the course. Proper hydration and nutrition are essential for marathon runners. They often consume energy gels, sports drinks, and water during the race to maintain their energy levels.

Game, Set, Match: The Thrills

Ball badminton is a racquet sport that originated in India and is similar to traditional badminton, but it is played with a ball instead of a shuttlecock. It is a fast-paced and exciting game that requires agility, quick reflexes, and good hand-eye coordination. Ball

badminton was developed in India in the 19th century and is believed to have evolved from a traditional Indian game known as “Poona.”

The game has since gained popularity, particularly in southern India, and is governed by various national and international



*Prof. Dr. M. Murugan, Principal SRM VEC
Inaugurated the Tournament*



*Dr. A. Rathinam, Director - Alumni Affairs Gave away
the prizes to the Winners for men category.*

Kabaddi: The Game of Bravery and Strategy

Kabaddi is a popular team sport that originated in India and is now played in various countries across Asia, particularly in South Asia. It is a unique and exciting game that combines elements of both team sports and individual skills. Kabaddi tournaments are organized events where teams from different regions or countries compete against each other. Kabaddi is typically played with two teams, each consisting of seven players on the field and several substitutes on the bench. The objective of the game is to score points

by tagging as many players as possible while chanting “kabaddi, kabaddi” and returning to your own half of the field without being tackled. Kabaddi is a physically demanding and highly competitive sport that requires a combination of agility, strength, and strategy. Tournaments provide a platform for talented players to showcase their skills and compete at the highest level, making kabaddi a thrilling and widely followed sport in many parts of the world.



*DR. S. Ganesh Kumar, Senior Warden (Gents Hostel)
CL Inaugurated the Tournament.*



*Dr. V. Thirumurugan, Associate Director (CL),
Gave away the prizes to the Winners.*

of Ball Badminton

organizations. Ball badminton is particularly popular in India, where it has a strong following. There are national and

state-level tournaments, and the sport is governed by the Ball Badminton Federation of India (BBFI). The BBFI sets the rules and

regulations for the game and organizes various events. Ball badminton is an enjoyable and physically demanding sport that requires skill,

speed, and strategy. It continues to be a popular sport in India and has a growing presence in other parts of the world as well.



*Dr. S. Albert Antony Raj, Deputy Dean (FSH)
Inaugurated the tournament*



*Dr. Nisha Ashokan, Associate Director - Student Affairs
gave away the prizes for the women category.*



Dr. Chitra .V, Dean Pharmacy Inaugurated the Tournament



Dr. R. Vasudevaraj, Principal, SRM Arts & Science College gave Away the prizes to the Winners

Volleyball : A sport of passion, power and precision!

Volleyball is a popular team sport that is played worldwide. It is a fast-paced and dynamic game that involves two teams, each consisting of six players, trying to score points by sending a ball over a net and into the opponent's court. Volleyball is typically played on a rectangular court divided into two equal halves by a net. The court dimensions vary slightly for indoor and beach volleyball. Each team

has a side of the court to defend. The equipment includes a net, a ball, and knee pads for players to protect against floor burns. Volleyball is not only played at the recreational and amateur levels but also at the professional level, with various international tournaments and leagues, including the Olympics. It requires teamwork, communication, agility, and strong fundamental skills to excel in the game.

Slapshot Showdown: The Thrilling Hockey Game

Hockey is a team sport that is played on a rectangular field with two goals at opposite ends. It is a popular sport in many countries and has a rich history. Hockey is played at various competitive levels, from recreational and club teams to international competition, including the Olympics. field hockey field is typically 100 yards long and 60 yards wide. It is marked with lines and circles, including a shooting circle (or D) around

each goal. Players use a curved field hockey stick to control and hit the ball. The ball is typically made of hard plastic. Players wear protective gear, including shin guards, mouthguards, and, in some cases, helmets. Hockey is governed by various organizations at the international and national levels. The International Hockey Federation (FIH) is the global governing body for field hockey.



Dr. D. John Thiruvadigal, Dean Sciences Inaugurated the Tournament



Dr. Senbagaraman. V.M, Dean-Management gave away the prizes to the Winners.

Serve, Smash, and Win!

Badminton is a popular racket sport that is played both recreationally and competitively around the world. Unlike sports like tennis, which use a ball, badminton is played with a shuttlecock (also called a birdie or shuttle). The shuttlecock is designed with feathers or a synthetic skirt, and it is the object that players must hit over the net. The shuttlecock's unique aerodynamics make it challenging to control, leading to fast-paced rallies and dynamic gameplay. Badminton is known for its speed and agility requirements. Players need to move quickly around the court, making rapid changes in direction and using a combination of

shots, including clears, smashes, drops, and drives. The fast and unpredictable nature of the shuttlecock contributes to the dynamic and exciting gameplay. Badminton is one of the few sports that feature a mixed-gender event at the highest levels of competition. In mixed doubles, a male and a female player form a team, which adds an extra layer of strategy and excitement to the game. Badminton is a challenging and exciting sport that requires agility, speed, and precise hand-eye coordination. It is a popular sport in many countries and is played at various levels, from casual backyard games to competitive tournaments and the Olympics.



Dr. R. Vasudevaraj, Principal, SRM Arts & Science College gave Away the prizes to the Winners



Mrs. Radha Ravindran, Assistant Director Alumni Affairs gave away the prizes to the winners in the women category.



Prof (Dr). Nitin M Nagarkar, Dean, Medical gave away the prizes to the winners in the Men category.

Teamwork makes the Dream work

In its simplest form, teamwork occurs when a group of people work together to successfully complete a task. More broadly, it also relates to the cohesiveness of a team, their ability to create a positive working atmosphere, and how they recognize the strengths and skills that each team member brings.

Teamwork is the collaborative effort of a group to achieve a common goal or to complete a task in an effective and efficient way. Teamwork is seen within the framework of a team, which is a group of interdependent individuals who work together towards a common goal.

A team must have certain interrelated characteristics to work effectively.

Strong group cohesion



Our SRM IST Football(M) Team Won Gold Medal in the Founder chancellor Trophy Football(M) Tournament held in Hindustan University, Chennai, from September 25th to 27th September 23

is one of these. There is a positive relationship between group cohesion and performance. Communication is another vital characteristic for effective teamwork. Members must be able to effectively communicate with each other to overcome obstacles, resolve conflict, and avoid

confusion. Communication increases cohesion.

Communication helps to clearly define the team's purpose so that there is a common goal. Having a common goal increases cohesion because all members are striving for the same objective and will help each other achieve

their goals. Commitment occurs when members are focused on achieving the team's common goal. Accountability is necessary to ensure milestones are reached and that all members are participating. Holding members accountable increases commitment within team relations.

Does Frustration Affects Players Performance

People who are playing sports are always aggressive, emotional, highly moody persons expecting the victory at all times. They want everything at the right time at the correct place. Any unwanted interruptions happen on their way they won't tolerate and they burst out without any hesitation.

TRAVELLING: Every player has to reach their

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Our SRM IST Academy Volleyball Men Team Secured a Silver Medal in the Chennai Division Volleyball(M) Tournament held in Chennai from September 17th to 20th, 2023.

Our SRM IST Athletes



Mr. K. Jayakumar I B.Sc
(Phy Edn) Won Gold
Medal in Decathlon
event (Under 20)



Mr. Ashok Kumar I
B.Sc (Phy Edn) Won
Silver Medal in 4*400
relay event (Under 20)



Mr. Premnath Sub-
ramaniam I B.Com
Won Bronze Medal in
800mtr (Under 18)

in the 37th Tamil Nadu Inter District Junior State Athletic Championship organised by Namakkal District Athletic Association from 14th to 17th September 2023, at KSR Education Institutions, Namakkal.

Dreams makes you a Champion

Life without dreams is food without salt, every top sportsman who has touched the sky limits, had their own dreams and that made them champions. When you ask a small child what you want to become, the child says that he wants to become an Engineer, scientist, lawyer, doctor, cricketer and so on. The child will watch the importance given to the relatives according to the work they do. If a doctor receives a huge respect from his relatives the child dreams to become a doctor, the dreams are always made outside and taken into their mind for executing from their childhood. Dreaming alone will lead to disaster in life, meaningful dreams and the will to make the dreams come true is a total hard work and determination. Every successful person made their dreams come true because of their sacrifice and a long journey of dedication

HOW DREAMS ARE EXECUTED IN SPORTS:

A champion is made because of his younger day's dreams. The dreams will make to rise from the bed early, will take to the ground to do the fitness everyday to reach you to the next level, it won't allow you to take unwanted foods that causes damages to the body, it restricts the friends group, it will show you the bright path even you walk in the dark area.

"Dreams are the pressure points that show the target to the individual everyday to take the right step to become a champion. Dreams motivate you when you are down with failures and injuries, dreams are far better than relatives and friends, dreams remain with you for the whole of your life to guide you in all circumstances and will never let you down".

Discipline Will boost your Energy

This whole universe Insists on two words: brotherhood and discipline. Brotherhood will spread love, happiness, emotional bonding, caring for each other, and an integrated society. Discipline in every corner of the world shows us the way for successful living. Discipline in normal life will give enormous light even when you walk in darkness. It teaches you to be perfect in your work, showing loyalty to the industry, where he is working, giving the expected high returns to the company, and spending the valuable time to uplift and to take the working place to the next level.

When a common man wants to lead the society and to be a great leader he should possess these

qualities.

Discipline Is Mantra For Success In Sports

Top Class sports persons who dominate the sports world are because of their discipline. Waking up in the early morning, going to the gym to train the muscles, eating breakfast with calories filled, avoiding unwanted discussions with training mates, taking passive rest in the room, tuning the basic skills with experts and maintaining a disciplined life by moving away from the normal life will make a person a sports champion.

A Top class sports man should have self-discipline to overcome several problems to climb the ladder of Success.



Our SRM IST Tennis (W) Player, Ms. Harini Parthiban, III-B.Sc. (Physical Education-RA2131013010008), Won Gold Medal in the Inter-Collegiate Tournament held in Indian Institute of Technology Madras, Chennai, from September 21st to 25th, 2023.

Difference between gold and silver

Every sports person has only one aim and goal that is to secure a gold medal in all tournaments or competitions he participates in. The difference between the two medals will be 0.1 seconds in 100mts sprint. After losing the medal, the athlete will face the mental agony for months and to overcome this stress it will take another six months and more. When the athlete works out on the track, there are no words in any dictionary in this world to describe his pain. Every day waking up early in the morning at 4am and going to the stadium by bus and train itself gives very hard times to the athletes. Athletes who stay inside the stadium are gifted and the other athletes who travel 15 to 20kms every day to



Our SRM IST Chess Player Mr.Srihari.L.R (I-B.Com-RA2331201040251) Won Gold Medal in the 1st International FIDE Rated Rapid Chess Tournament held at Meenakshi College, Kodambakkam ,Chennai on 3rd September 2023.

reach stadium faces horrible times, during the rainy season even when they have their umbrella and raincoat will not protect them from rain, before they enter the stadium 90% of the body will get wet. After reaching the stadium they do their work out for 2 to 3hrs according to their age

and their destination.

COMPROMISES ARE NOT MADE IN SPORTS:

Any athlete who enters the track never wants to settle for silver or bronze, at any cost they want to win only gold. The preparation period for the competition will be a great sacrifice. The

athletes cannot take food as they like, what the coach and nutritionist say they have to strictly listen to their words for their better results. The athlete's physiques are tested now and then to find out the deficiencies they have in their body, it has to be filled according to the needs. Athletes cannot compromise in the workout schedule, in their diet, winning attitude, and developing the killer instinct. Every athlete's body is the asset they possess to make himself and the country proud. Their love for the gold medal is always in their subconscious stage even when they sleep. The blood in the body always boils only for the gold medal not for the silver medal. There is no substitute for hard work.

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destination at the right time, if the flight or train gets delayed unwanted stress will stick to their mind and it won't allow the player to move further. During the flight sometimes, the playing kits of the top player will go missing, only after two or three days of consistent search will they find the playing kits. Without their original kit, even when they buy new playing kits it won't satisfy and bring

happiness.

ACCOMMODATION: Still in India even in big tournaments accommodation is not provided properly to the players. Players are given marriage halls, open terraces and classrooms. Sleep plays a huge role in a player's performance. The players have to play three to four matches in the hot sun, and when they cannot rest and sleep properly in

the night, it will affect the team's performance. In many tournament's players are affected by mosquito bites and other insects.

FOOD: Food is the only source that will give energy to the players. The organizers have to take necessary steps to provide the players with protein, carbohydrates, vitamins and other wanted diet to the players to see their top performance. Many

organizers invite big teams but the food served will not give taste or satisfaction. The reception and the treatment given to the players by the organizer when not satisfied, the performance of the players will reflect on the ground. All the above said has to be given properly to the players for their peak performance, otherwise frustration will rule them and spoil their reputation.

Birds and Animals are the Real Teachers

PATIENCE: The first major trait we learn from the stork bird is patience, waiting for hours to strike the food at the right speed and correct judgement. The sports persons have to follow the stork to practice everyday with high intensity and choose the correct competition to prove his worth that he is the champion. He should not waste his energy and time by participating in the non-ranking competition that happens around him.

INTAKE OF FOOD: Animals do not eat food when they are not hungry. They choose a balanced diet

which suits their body, except few birds and animals. They eat food from dawn to dusk, after 6pm a lot of animals avoid their food. This practice by animals will prevent them from indigestion, putting extra weight and other complications. But now the scenario among human beings has completely changed and they have started eating food like biryani even in the early morning at 3am. These food habits can create early heart disease and other complicated problems to the body.

COOLING THE BODY: Animals cool their body

everyday by taking early morning baths at the river, ponds and lakes. This bath will regulate the heat of their body and to keep themselves clean and fresh. We can see crows and sparrows taking bath early in the morning, they tell the rest of the world to practice and to maintain a good healthy living, this early morning bath will relieve the bad heat of the body and make the inner system remain fresh for the whole day. While playing any sport the body gets heated up, and it absorbs a lot of dust and other hazardous gases that surrounds the playing area. Every sports



Our SRM IST Tennis (M) Player Mr. Ojes Theyjo Diploma Yoga Winner in Singles and Runners in Doubles in the AITA 1 Lakh Tennis Men's tournament held at Harvest Tennis Academy, Jassowal Punjab from 14th to 16th September 2023.

person has to take a bath at least twice to remove the unwanted excessive heat that ruins and creates unwanted skin and other problems.

Sports equipments makes all the difference

Today sports persons toil themselves in the fitness studio to shape the muscle in the right direction to fulfill their dreams. Before three decades there were less fitness studios and with manual weights. The players who are doing the exercises in the gym have to be very cautious during the training, they need a trainer along with them for assistance and to prevent from the heavy injuries, nowadays the total scenario has been changed, multigyms have started decorating all the places around each and every corner. These multigyms are very safe and no assistance is needed. Each and every step of the

players are measured by the latest equipment which are considered to be world class. These modern gyms have raised the standard of the players to perform well and to excel in any sports.

MODERNEQUIPMENTS IN DIFFERENT SPORTS

During the 70's the quality



of the sports equipment gave satisfaction to the players to perform decently but cannot win points with equipment's, they have to rely on their own strength. The equipment that was used never assisted them, but now things have completely changed. New modern equipment has made a great

Our SRM IST the Diving Prince Abishek. U-II-B.Sc (Phy Edn) 1 meter and 3 meter spring-board diving national age group competition and invitational open group competition he got 2 Gold medal and one Individual championship in the 1st Inter State Age group & Open Invitational Diving Championship held at Belagavi, Karnataka from 09th to 10th September 2023.

change and momentum in all major sports that is played around the world. The quality of footballs, volleyballs, basketballs gave a wonderful feeling to the players when they practiced during their daily sessions. The materials which are used gave the players a soft touch and prevented heavy injuries. The Tennis, Badminton, Squash, Ball Badminton rackets were in wood and bamboo turned into graphite to feel the real Aroma of the sport. These modern equipment allowed the players to execute their power in the right direction to win their matches at an elite level.

All round Discipline makes a champion

Disciplined Life Needs Boundaries:

Every country in this universe has boundaries to protect their citizens from the Invaders, Nature calamities, from the wild animals crossing our borders from neighboring countries. Our country has an electrical fence around its borders to prevent the enemies, drug peddlers, smugglers and anti-social elements entering into the country.

Tongue Should Have Its Boundaries:

Tongue is a digestive organ that moves food around your mouth to help you chew and swallow. It helps to make different sounds, speak, and form words clearly. It involves tasting, eating and helps in transmitting taste signals to the brain. These are physiological functions to maintain the health of the body, nowadays the tongue does heavy damage to the body by eating tasty fast foods, drinking chilled drinks, frozen ice

creams and plenty of food items that are unhealthy to the body.

Eating Food Should Have Its Boundaries:

Food give healthy life to live longer without illness, we should eat breakfast like a king, carbohydrate, Fat, Minerals and the eating item should be well balanced on the table, should have food as prince during lunch-protein Green vegetables should be given more importance during lunch time and we should make it as a habit to have soup whenever it is possible. Dinner as a beggar, it is advised to eat food before 6 pm to fight against many diseases. I have seen many of our students eating Samosa for breakfast and skipping lunch and having delicious heavy dinner during night time. Food defines you. Wellness makes you physically and mentally stronger, gives shape and beauty to the body after the food is taken at the right time. Eating heavy fatty foods will lead to massive heart attacks and

other unwanted diseases that ruins the gods' gifted life.

Boundaries In Sports:

Boundaries in sports help the players to play fair matches within a given area. They have to exhibit their styles, skills, talents, to score the goals to make them win within the limits. Boundaries in life and sports give us happiness and limitations. Excessive eating, using cell phones for hours, Sleeping Continuously for 20 hours, working like a machine without a proper diet will lead to destruction of life, and knowing how to lead a healthy and happy life.

Our SRM IST volleyball Men team continued the page of history written last year as proving the best university team in India defeating the all the professions teams in Tamil Nadu in A Division, held at Egmore. The defending Champions have Proved the world that they are the best by retaining the A Division volleyball league again.



Our SRM IST Volleyball (Men) Team Won a Gold Medal in the Chennai A Division Volleyball Championship



1st International Conference organized by DoS

Directorate of Sports took a great effort to organize Two Days International Conference on the wonderful Theme of “Scientific Development in Physical education and Yogic Science” held on 4th and 5th October 2023. Around 200 participants from various parts of the world participated and presented their Research paper. The conference was Inaugurated by Dr. A. Duraisamy, Dean, Science and Humanities, and

Dr. S. Albert Antony Raj, Deputy Dean, Science and Humanities, SRM IST. The conference was specialized with wonderful Resource persons, namely, Dr. D. Prasanna Balaji, Head & Director of Research Department of Physical Education & Sports Sciences, National College, Tiruchirapalli, shared his research finding, knowledge and experience on the title “Recent

Development in Sports Sciences”. Dr. K. Keertheeswaran, Senior Lecturer, University of Jaffna, Sri Lanka, shared his research finding, knowledge and experience on the title of “Importance of Yogic Breathing Capacity for Sports Performers”. Dr. N. Vijay Mohan, Director of Physical Education, Andhra University, Visakhapatnam, shared his research finding, knowledge and experience on the title of “Science- a Game Changer in Physical Education and Sports”. Prof. Dr. D. Maniazhagu, Professor & Head, Department of Physical Education, Central University of Tamilnadu, Tiruvarur, shared his research finding, knowledge and experience on the title of “Physical Education of Prime Education”. Prof. S. Thirumalai Kumar, TNPES University, Chennai, shared his research finding, knowledge and experience

on the title of “Research outcomes in Physical Education & Sports”. Dr. S. Sethu, Assistant professor, Manonmaniam Sundaranar University, Tirunelveli shared his research finding, knowledge and experience on the title “Unlocking Human Potential- The Role of Research in Advancing Physical Education and Yogic Sciences”. Participants were actively listened and clarified their doubts. On Final Day session on 5th October 2023, Dr. Bernaurdshaw Neppolian gave the welcome address, Distributed the medals and Certificated to the participants and Dr. R. Mohanakrishnan (Director of Sports and Convener of the program) gave the Welcome Address and Dr. D.J. Asath Ali Khan (Organizing Secretary) winded the program with heartfelt vote of thanks.

Hard work and sacrifice lead us to victory

India is emerging as a champion country in the world badminton Arena. Players from India have shown everyone that they are capable of winning any tournaments around the globe. The open tournaments conducted by different countries have attracted our badminton players to show their skills and exhibit their talents to win many very highly ranked tournaments by defeating world class players. Why India has suddenly soared to the greater heights among badminton playing Nations -The answer is very simple -Hard work and sacrifice which gives results .

HARD WORK. The training schedule of the

players are designed according to their ability -every professional player have their personal fitness trainer, coach, physio, psychologist, nutritionist and a good friend to relieve their mental tension and debate their flaws that occurred during that particular match. The players spend 75% of the hard earned money to the team which takes care of him.

SACRIFICE: the level of sacrifice is higher than any sport in Badminton. The competition level is so high that they have to sharpen their skills and fitness every minute to be number one player. The sacrifice starts from the food: During the competition period

You are born only once to prove yourself as a Champion.



Our SRM IST Badminton Player Ms. R.Pravandhika of I - BBA Won the women's Doubles Gold in the Tamil Nadu Senior State Ranking Badminton Tournament held at Namakkal from 1st to 04th August 23.

they should not eat more protein in order to protect the digestive system from Indigestion. They have to drink more water, and eat more fruits to save them.

To maintain their concentration level they have to talk less to his friends,

relatives and well-wishers. He has to avoid mobiles and other electronic gadgets to keep him mentally free to perform. PV Sindhu, the champion player was not given the mobile phone for three months when she took part in the TOKYO Olympics.

Victory stand invites the winners

You can see the Athletes' faces glowing and shining when they stand in the victory stand. In normal life when a student gets first rank in the class he will be given a standing ovation and a small memento, but the same thing happens inside the same class to decide who is the best runner on the track, the runner will be awarded with a medal and he will be asked to step up in the victory stand .In any sports to reach the podium

the hard work done by the team cannot be measured by tape or cannot be written in words. The pain and the mental agony the players



Our SRMIST Table Tennis Women player Ms.Kavyashree of II BBA Won the GOLD Medal in the U19 event in the 5th State Ranking Table Tennis Tournament held at Sairam Engineering College Chennai from 1st to 3rd September 2023

face during the training session, transition period and the competition stage makes the players burn in and out. The players

have to be physically and mentally ready to play at least three matches a day. The tournament days are shortened nowadays and the players are compelled to play to satisfy the public and the organizer. The sweat that falls on the ground will water the efforts seeds that are sowed to reach the victory stand. The players should always dream about the medal ceremony during his journey of sports as an elite sportsman.

Champions Deserves Appreciation

Holding the victory trophy and lifting it to show the world about their heroic actions, with their sweat bath will give heart filled happiness to the champions. Sweat is the by product of systematic training and hard work of the players. The sweat of a person should fall on the ground to make him the wealthiest person on the planet. Every single drop of sweat you shed will earn you respect and dignity in the society.

Benefits of sweating:

1. Sweat's main purpose is to cool down the body
2. Sweat helps to reduce the body's Internal temperature
3. It helps in expelling heavy metals like mercury, lead, cadmium from the body
4. Sweat is a combination of 99% water with small amount of proteins, salt, urea and carbohydrates
5. It helps to destroy harmful bacteria on the skin
6. Increased heat and sweating causes the

- blood vessels to dilate
7. It helps to maintain hormonal imbalance
8. It can raise your good cholesterol level, to improve your total cholesterol

All round champion performance by SRM IST.

SRM IST Players are always thirsty to drink the victory of different juices served in multiple courts and fields. It may be a indoor sport or an invitational tournament, the effort of our players remains the same. The fire

in the players blood, will keep them warm throughout the tournaments till they defeat their opponents. A fantastic demonstration of highly intensified skills made them clinch the overall championship held at 10th LICET ICAM at Chennai from 11th to 13th October 2023. Our players have to be appreciated for their sincere effort they displayed in and off the courts.

"Sweat Makes You to Live Longer Without Illness But Sweet Shortens Your Life With Long Illness"



Cricket Men



Badminton Men



Table Tennis Men



Tennis Men

Sports Teaches the way of Life

Sports should be no more considered as extracurricular activities, It should be called as life lessons activities. In which the future generation will learn all the goodness to lead a wonderful life with morale filled in .

RESPECT: The Respect to the elders, parents, teachers are just fading away. This new generation of students are not comfortable in respecting or wishing for the people who are well known to them. The respect they give to the elders, will give them back the blessings and their wishes to succeed in life. sports teach to respect the judges, organizers, officials, opponents, spectators and to respect the courts they play.

FOLLOWING THE RULES: Rules make us lead life with peace and dignity. Rules made by the government will protect the people and make them love life with harmony. Rules in sports will give directions to the players to win the match in a cultured manner. Rules are framed to protect the players from injuries, unwanted fights and quarrels etc.

OBEDIENCE : Obeying the teachers and the coaches will give better understanding and glorifying results .The hard situation ,the players faces during the match time are wiped by the experiences of the coaches .The coaches have the better knowledge about his players, the opponent's strength



Our SRM IST Badminton Player Ms.Lanka Mamakya III - B.Sc Physical Education of SRM IST Won Gold in the Women Doubles and Mixed Doubles in the Andhra Pradesh State Badminton championship held at Cuddapa, Andhra Pradesh from 04th to 07th August 2023.

and weakness, playing climatically conditions and playing surfaces. The students and players should use the knowledge and experience of the teachers and coaches with obedience to win the hearts of millions of people

in their life. Badminton players behaviour in the court cannot be described in words ,we should admire them and see their qualities when they perform in the playing courts.

Laws in Sports

Sports without laws are like sea without shores, flowers without fragrance ,lions without roars , and the world without light and Mount Road without cars laws makes all the difference to make the sport more admirable and adorable by the people who love sport. Laws are made to respect each other to distribute the rights equally to all the citizens to utilize the available natural resources without discrimination .Law fulfills the dreams of all the

people who enjoy the peace and happiness through their governing body.

LAWS IN SPORTS FIELD

When sports persons enter the playing court, they respect each other for the admiring skills they possess. They are not respected because of their caste ,religion and their richness. All are respected inside the court with the same respect till they leave the playing area .The laws that are constructed by different sports associations will help the officials to conduct the



Our SRMIST Equestrian Mithilesh H.U III.B.Com LLB won the Gold Medal in the National Level Equestrian Championship Dressage open category held at embassy international riding school, Bangalore.

sports in a smooth manner. The disputes that occur during the play will be sorted then and there because of the law that exists. Laws restricts the players from committing offence during the time of

play, stops physical fights, and verbal abuse, playing to the whistle of the umpire ,respecting the opponents on and off the courts ,maintaining the dress code and dignity .In martial arts even though it looks aggressive the laws are framed to defend the opponent from life risking punches and kicks. Only the legal kicks and punches in the specific sports are allowed to find the winners, Illegal punches during the bouts will be disqualified by the referees to the save boxer and the grace of the sport. As a human when we respect the laws you are respected as a good citizens .

Whistle made sports interesting

We can easily find out the mood of a person three decades earlier. When an individual is in happy mood he expresses his happiness through whistling. This whistling will indicate the family members that the head of the family father has arrived in the house. Now a days we cannot hear the soft whistling from the youngster, they are using different styles of whistling with fingers. Plenty of competitions are held around the world to find out the champions in soft whistling and hard whistling.



Our SRM IST Ball Badminton (Men) Team Won a Gold Medal in the State Level Ball Badminton Tournament held at Spartan Sports Club, Tirunelveli from 06th to 9th October 2023.

WHISTLE

Whistle was invented in the year 1884 by JOSEPH HUDSON an English tool maker from BIRMINGHAM, today the whistle sound is heard all around the world in houses, parks, playgrounds, with safety personnel and with children.

Benefits of Whistling

1. It reduces tension and stress
2. It helps us to relax
3. It enhances the art of concentration
4. It Reduces blood pressure
5. It distracts us from fears and worries
6. It gives increased confidence
7. It increases blood flow
8. It develops controlled breathing
9. It increases the lung capacity
10. It strengthens and tones the face, cheek, lip and neck muscles.

Importance of Whistle in Sports

In all team sports whistle plays a huge role in controlling the match. The referee uses the whistle to indicate the fouls, to clarify the position of the ball, when a goal is scored and to end the match. Players have to listen to

the whistle sound and act accordingly.

Fox 40 classic is the best whistle in the sports world. The whistle sound will be clearly heard by all the players in the team during the play and even the Spectator's can hear it. The sound may travel more than 2 kms away from the play field.

"Whistling the expression of happiness in humans life"

Gives the world a gift on his own birthday' - The world of cricket celebrates 49th ODI century, equals to Tendulkar's record

Kohli completes his record-equalling 49th ODI hundred in the ICC Cricket World Cup match against South Africa

Virat Kohli has scored his 49th one-day international (ODI) hundred to equal compatriot Sachin Tendulkar's world record.

Kohli completed the feat in the ICC

Cricket World Cup match against South Africa in Kolkata on Sunday. The former India captain, who turned 35 on the day of his record-equalling century, has scored more than 13,000 runs in the format. He reached the landmark in 277 ODI innings, which also include 70 half-centuries.

The next batter on the list of most

ODI centuries is current captain Rohit Sharma, who has scored 31 centuries.

Kohli was the leading run-scorer for India as they set South Africa a target of 327 runs in the top-of-the-table clash. He scored 101 runs from 127 balls and hit 10 fours in a hard-fought innings on a turning pitch and in hot weather.

Failures and Injuries are Steppingstones

People around the world admire their sports heroes in the field and courts. They see their smiling faces, body language, execution of skills, exhibiting multi talents during the important time of play and the finishing touch. We see only the colored faces of our heroic players, and we never get the opportunity to see the other side of the players, when they are down with failures and injuries. In team sports the whole team has to work with one aim and goal that is to win at any cost. If the team suffers a defeat the team will take a minimum 24hrs to comeback from their shock of defeat. Failures are the best teachers in the world that teaches and instructs the players about real facts and truth. Nowadays even in common life a lot of achievers never turn back and lend their ears to their mentors after becoming partial heroes. Even when you become a legend the ears should be kept open for further development and move to the next level.



Our SRM IST Table Tennis(M) Team Won Silver Medal in the State level 22nd Kongu Trophy held at Kongu Engineering College, Erode from 08th to 11th September 2023

Winners always listen more and talk less.

HEALING TIMES ARE THE BEST TEACHER:

Sports like football, hockey, and boxing are always prone to injuries. For example, when we take football it is a manly sport that is played by 22 players and admired by 22 million

people around the globe at a time. When a player goes into the field he completely forgets about himself, his mind will be filled with the team winning design and the country pride. The players will never worry about the injuries, their main aim is to keep the ball in their position and to score the goal. During a high level

match there are high level possibilities of injuries, and it will take some times in months for healing. The healing times will teach the players to understand the mistakes they have made, how to overcome the small injuries, and how to prevent injuries during the play. **PAIN AND TIME ARE THE BEST TEACHERS.**

SPORTS FACTS

Baseball umpires are required to wear black underwear.

This rule was established so that umpires would not be ashamed if their pants were ever to split. This is a requirement set up by the MLB group.

Baseball player, Ken Griffey Jr. is allergic to chocolate.

Despite this, a chocolate bar was named after him. Ken was also nicknamed The Kid and held a record of hitting over six hundred home runs during his career. He was also one of the best players noted for his athleticism.

In 1990, Michael Jordan had his jersey stolen.

Michael Jordan's jersey was stolen from the visitor's locker room while they were away to play against the Orlando Magic. Due to this unforeseen circumstance, Jordan was forced to wear a no.12 jersey.

Sports person keep themselves happy and others with Enlightening happiness

When we see others playing any sports we derive happiness from their movements, mannerism, spirit, patriotism, commitment towards the team and innumerable traits can be added on. The outdoor sports ambience teaches us the team's cohesion, intimacy, brotherhood, leadership, making the teammates happy during the play of the game. In any team sport the players are extroverted and they move freely with

all their teammates and with the public. The interaction with the public makes them their heroes and followers. The team event players are always happy because even during their practice session, they talk with each other, they help their teammates to overcome certain problems with their skills, mental stiffness and correcting their mistakes then and there. This attitude and behavior make them as a family to fulfil their dreams and their

team's future. Several hands when combined together will build the way to success.

INDIVIDUAL SPORTS PERSONS ARE INTROVERTS

The spectators will feel happy by seeing their favorite players playing the tournament, but the physical and mental agony the players face during training sessions and tournaments cannot be measured. They have to rely only on themselves on the courts. They have to have

total control of themselves and the crowd they face in different states and countries.

Slight temperamental changes will lead to poor performance. Individual players will feel happy only when they win the tournament. Success alone will give happiness and motivate them to proceed to the next level of their training and to move further ahead. Any format of sports will always give happiness to the heart and soul.



Our SRM IST Volleyball(W) Team Won Gold Medal in the State level 22nd Kongu Trophy held at Kongu Engineering College, Erode from 08th to 11th September 2023

Make Your Motherland Proud and Happy by Your Sincere Work

India is a colorful and holy country. It is the highest populated country in the world which carries human values, patriotism, and love for the country. It has thousands of languages, hundreds of customs, and innumerable number of beliefs, even then they unite together and stand as one big family. Every citizen of India has to make the motherland happy by doing their work with great respect and a right attitude for the prosperity of the country. "There is a Saying that never ask the country chat it has given You, You Should Be In A Position To Give Back, What Your Country Given You, To Be In This Great Position."

India is a developing Nation in sports:

India has human resources, wealth resources, health resources and many other resources to lead a happy normal life. But when it comes to the department of sports, we are a hundred years behind the developed countries. In training methods, sports scientific materials,



V. Dharunraj II Year B. Com (A&F) Wushu traditional event, (drunken monk) Gold Medal single weapon (dadao) and Silver Medal on 06th to 11th August 23 at the Patliputra Sports Complex, Patna, Bihar.

sports biomechanics, sports medicine, sports rehabilitation and sports diet. In 1930 high jump scissors style was abolished in the USA, but still now even in the state meet scissor style is used to win medals. In pole vault bamboo poles are used instead of fiber poles, we have two synthetic tracks in Chennai that are not sufficient to produce Asian champions and Olympians. In the future every fifty kilometers there should be an indoor stadium and a synthetic track to raise the standard of athletics in India. Let us all unite together and make India a sporting Nation and a Healthy Nation.

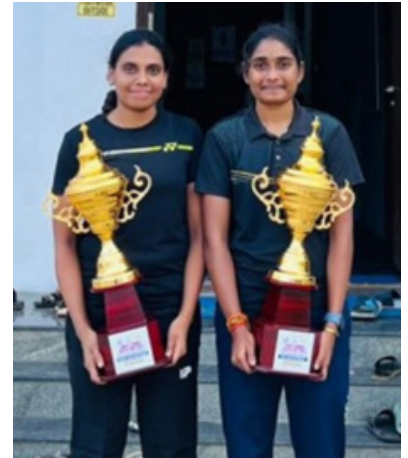
How is it possible?

In India twenty years ago , when we started admitting sports quota students in different sports. the colleges, universities, clubs thought we won several tournaments due to sports quota admission, but the fact is only 50% is true and the 50% is the hard work, rest ,diet and striking the opponents at the right time made us ,heroes and champions

SELECTION TRIALS was always held in the month of April to pick the right players for the right position in different sports .players were selected from all over India and according to their merit and marks and they were given and allotted the choice of selecting the degrees. Our players are very loyal to them and exhibit their skills at the right time to win laurels to SRMIST .

HARDWORK the hard work they put in to excel in sports cannot be measured or described , it should be seen in own eyes ,whether it is hot days , cold days , rainy days or freezing days .they are on the court to practice or to perform .Anytime ,Anywhere ,Any moment they are ready to wear the SRMSIT colours to give their heart and soul to bring honours to SRMIST .

REST proper rest was given to all the players and coaches prepare the training schedule according to the important matches ahead .the players are monitored 24 hours a day about their studies ,workout and health During big tournaments the mobile phones of the players have to be handed over to the coaches for proper rest and to concentrate on the



Our SRM IST Badminton Players Lanka Mamakya-III B.Sc Physical education and Rashmitha Donepudi II BBA of SRM IST Kattankulathur representing Andhra Pradesh State Badminton team Won the GOLD in the Yonex Sunrise South Zone 2023 Women's Team Championship held at Coimbatore on 12th August 2023.

tournament .proper rest well give better results and recovery to the players will prevent them from injuries to more ahead on their way to success. DIET plays a very important role in winning medals and trophies .hard work and rest will not yield us gold silver or bronze .it is the diet that plays a huge part in performance .our SRMIST takes a great care in providing them adequate proteins ,carbohydrates .vitamins ,minerals and the required special diets according to the climatically conditions. Success is a combination of hard work , rest and diet .the three has to combined well for better results and to be placed in a public and private sectors for their livelihood. Three cheers for our SRMIST family for their continuous efforts for shaping and guiding the players to reach great heights in their positive way of success.

Never take your victories to the Head

What makes you a champion – a cool mind to overcome the defeats with ease, correcting the mistakes through the guidance of experts, learning the right techniques even though you are a champion will make you conquer the world. Stress before the match will always lead to minimum performance. The mind should be totally free from the opponents past history and their day's performance. The players should keep their mind in a relaxed state, and should think about the present match and the situation around them. A winner always stays cool in his mind to build the victory for him and his team.

Victories Are Made Every Day

The history and the past can be admired and we cannot live feeling proud and happy with the trophies and laurels we have won. Winners are respected for their current performance, there will be someone behind every person to steal their place in the team. The winners should always be on their toes to clinch the victory which is around them. The team should work very hard by discussing the tactics and the strategies that have to be implemented for every match according to the situation that arises. This current world respects the winners and accepts them as heroes and gods.

Players Head Should be Kept Empty to Grasp new ideas and Different



Our SRM IST Ball Badminton (M) Team Won Gold in the All India invitation inter collegiate tournament held at nedumangad, Trivandrum, Kerala.

Inputs

The players should always be in a ready position to listen to the team advisor's voice, when new ideas have to be planted in the team, the players have to put their old tactics and strategies out of

their mind, to progress well for the forthcoming matches. Every day is dawn with a lot of challenges ahead for every individual and for a team to perform, stay cool, be focused, remain alert, and become a champion.

Weather “The Gift of God”

The creator has too much mercy towards this universe and the living beings have created to lead a wonderful life with different weather conditions. Every season has its own merits and demerits. India is such a beautiful country which has all types of weather that exists in this world. Rainy season, hottest season, coldest season and the pleasant season; Every individual should enjoy and make their body ready to face all climatic conditions by doing exercise regularly.

Weather teaches us to Live:

Rain gives life to earth, makes

Continued on Next Pg.



Ms.Lanka Mamaikya



Ms.Rashmitha Donepudi

the human beings and animals feel happiness throughout the season. Rain makes floods and brings the manures from the mountains to plains to make cultivation land richer in salts. After the rainy season, the water is stored in the earth to make the trees and other creatures to grow and multiply their species. In the

spring, we can see flowers blooming, the honey bees fly from one flower to another flower by tuning their own music to give us a healthy tonic. The world looks so beautiful with different colors of flowers around us and makes every individual a poet. In the summer season the water which is stored in the sea, lakes, ponds start evaporating and comes back as fresh water. Mother nature wants to quench the thirst of its children by her gentleness with rain. In India we welcome and celebrate the different seasons which nourishes our lives

Seasons and Sports:

The players are trained from their

Every area has its Own Glory

Badminton is the only sport in India that is played and liked by all the age group people. From the 80's to 8. This sport is admired and played every day from morning till night whenever time suits them. Badminton gives them instant energy and somehow develops the fitness level of each individual without their consciousness. This sport doesn't need much space; it can be played in the streets, verandah, terrace, garden anywhere they like and makes them happy. Sport Badminton, when you play in the house and streets it looks very cheap, the cost of the racket starts from 200 rs to 2000 rs and even it can be played barefoot. But playing badminton in a proper court and to reach a top position the player has to spend money in lakhs every month. money has to be spent for the court, better and the best playing



Our SRMIST Badminton(M) Team Won the Gold Medal in the 22nd Kongu Trophy A State Level Inter Collegiate Tournament from 08 - 11th Sept. 2023 held at Kongu Engineering College, Erode .

equipment's, remuneration to the coaches, fitness trainers, physio and doctors.

Hyderabad and Chennai Are The Best Place

If you want to become a badminton champion the choice for the young players is only two places available in India, Hyderabad and Chennai, how these two places became a hub in this sport. The reason is availability of good

badminton courts with floodlit facilities, dedicated coaches, hardworking fitness trainers, round the class physios, big hospitals with multi-specialty, shopping malls, world class sports equipment's dealers and finally comes the transportation. The travelling for the players has been made simple from auto rickshaws to metro trains. They can reach the

playing destination within limited hours. Airport plays a very huge role in the life of the international badminton players. The connecting flights will make their journey very simple and easy. Hyderabad and Chennai have all these facilities and became a hub for badminton and have produced thousands of stars of badminton players for India.

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younger age to face the challenges of the different seasons. The coaches and the trainers mold the players according to the weather conditions they are going to play in the next tournament. We can see our boys and girls practice from 11am to 1pm during the period of inter university tournaments. The players have a hectic schedule, they have to play in sun with chilled breeze

during winters in North India and sometimes the match extends till early morning 1am and the players have to play in -4 degree. The hardest part is to hold the ball and score a basket in basketball and hold a racket and take a point is unimaginable in Tennis. During the rainy season the footballers have to play even in the rain; the match will be stopped only when the ball starts

floating in the water and the wear and tear will be more than in any other sport, seasons cannot stop our boys and girls from performing to the core. They are the ambassadors of SRMIST, where ever they play in India or in abroad the spirit are always high to lift the flag of SRMIST and make the entire SRMISTIANS proud

To Succeed in Life Reasons

and Seasons Should not be a obstacle it Should be a Stepping Stone

Our SRM IST Badminton Players Ms.Lanka Mamaikya - III B.Sc physical education, Ms.Rashmitha Donepudi -II BBA representing Andhra Pradesh State team Won Bronze Medal for the 37th National Games 2023 to be held at Goa from 19th to 25th October 2023.

Maintenance gives positive results

Maintenance means to keep something in good condition forever. We can buy anything in this world to show our friends, relatives, neighbors and even to our enemies we are capable off, but to maintain the beauty and elegance we have to spend more time and should have patience to look after what we bought with more passion, now a days the word maintenance have lost its glory and it has been erased in every one's life. No time and no patience.

Maintenance of Playfield and Courts:

It is an art to maintain big football fields, cricket fields, hockey fields regularly with giving heart and soul to maintain the beauty of the fields. They have to be watered daily except rainy seasons and the unnecessary weeds have to be removed regularly to keep the ball in control and avoid injuries. It has to be marked every day to look beautiful and colorful. The fields have to be taken care of like a temple, wearing slippers are not allowed inside the fields and players with proper uniform and shoes are allowed to practice and to play matches. The fields and courts have to be fenced on all four sides to protect and respect.

The Untiring Work of Maintenance and Supporting Staffs of SRMIST:

The roots of our success begin from our maintenance staff members, our playfields and courts are always taken care of and it is raised to world standard because of the attention they give even after working hours. When we conduct inter-university tournaments the ever-willing maintenance staff will sometimes stay overnight for the successful completion of the tournaments. The hardest part is to organize tennis tournaments in



Our SRM IST Volleyball (W) Team Won a Gold Medal at the 1st State Level Invitation open Volleyball Women Tournament organised by AR Volleyball Club held at Nehru Stadium, Coimbatore from 27th to 29th October 2023.

clay courts, when we invite 60 teams from south India, after completion of every match the court has to be watered and marked, the match will go on even in the midnight and early morning. The Directorate of Sports takes the great opportunity to salute the heroes of our success story. Let their untiring work and support continue forever to lift the SRMIST flag in the world of sports.

How to Maintain a University Team with more Indian Colours:

Our directorate of sports works 365 days a year and 24x7 a week. It has to look at the players health, education,

practice session, rehabilitation, maintaining the psychological and emotional factors of different sports players, taking them to the tournaments, motivating them during the matches, and bringing them back and keeping them safe throughout the year. It is a great work done with more affection than a given job. To maintain our SRMIST superiority our directorate is committed to work harder to bring lots of glory and honors to our mighty university. To maintain the dominance of SRMIST gives us immense happiness, to move further to produce more Indian champions and world champions.

SPORTS FACTS

Kareem Abdul-Jabbar holds the all-time leading scorer in the NBA.

Kareem has scored a total of 38,387 points during his career. This was all achieved within his twenty seasons of playing for the Bucks and Lakers.

Softball was introduced as an Olympic medal sport in 1996.

Softball was included as one of the sports in the Summer Olympic Games between 1996 and 2008. It was removed in 2012 and 2016, but it was included in the 2020 Summer Olympics.

SRMIST Felicitated Asian Gold Medalist

SRMIST felicitated its former student and Asian Games Gold Medalist Winner R. Prithviraj Tondaiman. The Auditorium on the institution was filled with thunderous applause as the sports person received honor by Dr. Ravi Pachamuthu, Pro-Chancellor (Administration) and in the presence of Harini Ravi, Correspondent, SRM Valliammai Engineering college and SRM Arts and Science College. Prof. S.



Ponnusamy, Registrar of SRMIST also honoured the medal winner and former student. Dr. R. Mohanakrishnan, Director Sports, SRMIST Welcomed the Gathering.



Dr. V. Sasirekha, Dean, Faculty of Management

Studies, SRMIST, Vadapalani proposed the vote of Thanks.

Difference in mental ability

Sports in Indian culture: Sports is still growing and has not attained its glory in India. We are centuries far behind in sports, sports related equipment, sports medicine and in sports rehabilitation. We lack in basic infrastructure and to reach world standards. Every individual should raise up to create a new modern

world in sports. Indians are very easy-going people, we have been brought up with an easy and cool mind to accept defeats in our lives, and we say this is a learning process to come up in life. The killing instinct has to be sowed in the younger age so that they can very well excel in sports careers. We are so kind hearted and the fighting spirit lacks in our blood. We never climb the tree to pluck the fruits, instead we wait for the

fruits to fall in our hands. In sports whoever takes the first move will succeed because of the mental ability to overcome the opponents with their brilliant striking force. We should teach the younger generation the will to succeed from an early age. In the last two decades we are witnessing a lot of changes because our athletes and players have started their training in Europe, so results have started pouring on. Sports

in Europe culture: The love for the sports begins at a very early stage, every week ends the total family goes around 150 to 200kms cycling to reach a destination, the children have to pedal along with their parents, and after reaching they do swimming, trekking, and different recreation activities that motivates the younger generation to show interest towards sports. Till 12yrs every child will learn a lot of different sports and then they will select sports according to their mental and physical strength. They check their blood and muscles to see which sports they suit and can shine in future. Their workouts are monitored by computers and they take sports as their career to bring fame to their motherland. They are very strong in their mental attitude, and never turn back till the goal is achieved.



Our SRM IST Archery Players won 4 golds, 2 silvers, and 1 bronze medals in the Buck Memorial Sports Festival 2023 held at YMCA College, Chennai, on August 30, 2023. SRM IST Archery Team secured over All Championship (Senior & Junior)



Our SRM IST Volleyball (Women) Players Won the GOLD in the state level Volleyball (W) Tournament held at Netaji Subhash Chandra Bose Volleyball Club, Villupuram dt from 11th to 13th August 2023

When will India grow as Sporting Nation?

Sports Gives us happiness, joy and a wonderful recreation to fill our hearts and mind for a purpose. we never spend time unnecessarily to stand in the que for hours together to buy a 50-50 match ticket or a 20-20 match ticket .It is filled with a great purpose to watch their hero's from the other countries and from the own country .We Indians love sports, and we have never taken much interest to develop sports .The development in the grass roots level has been disturbed and got dried because of the worst understanding of the society. They talk about sports in the corner of the streets and discuss the future of the Indian team. They watch the match on the television, they read the sports column in the newspaper

and write their views in the readers column .The people's attitude towards sports is 100 years behind when we compare with other Nations .Who is going to take the Initiative and tie the bell in the cat's neck .

From where the sports foundation should be laid.

The subject teachers should have more knowledge and better understanding about sports. The teachers were not educated properly when they were in B.Ed Colleges. Physical Education classes were not given importance and the classes were bunked by the students or ignored. Physical education and physical directors were not considered as subjects' teachers. Head masters of the Institutions without knowing the importance of

physical education cannot lead the school in sports. The sports have to be monitored and nurtured for the Nation to grow in sports but in India still the Initiative is not taken still far behind.

When society will take a step towards developing sports

The people live in a particular area and form a society, so to form a healthy and a firm society in sports they should give enough space for the children to play in the (OSR) open space area. Space available should be utilized to develop only sports not for any other purposes. Every citizen of India should march towards the development of Sports to lift our heads high in the International sports arena.



Our SRM IST Kabaddi (M) Team Won a Gold Medal at the State Level Kabaddi Tournament held at Thambikottai, Thanjavur. from 21st to 23rd October 2023.

The Value of Empty Hands

Kabaddi has found its glory Kabaddi is a wonderful sport that is played in every corner of the streets. You need little space, nothing else, marking is done with a stick and the sidelines and baselines are ready. No costly equipment is needed to play kabaddi. The love, interest, passion should be there to play kabaddi. It needs enormous muscle strength to tackle seven opponents on the opposite court. To play extraordinary kabaddi one should possess the accuracy of Arjuna, the thinking power of Yudhishtira, muscle power of Bhima, should have

lightning speed of Nakula and must have the foresight ability of Sahadev. This combination can win any team that stands before us.

The Poor Sport has Become Millionaire Sport

This admirable sport slowly gained its momentum throughout Asia and many European countries have started to play kabaddi after knowing the importance of this Indian sport. Kabaddi players played kabaddi in the mud court, the court will be very hard and cause injuries to the players.

Now the total scenario has changed from outdoor to indoor with mats and the players are decorated with kneecaps and shoes. The players are no longer playing in the hot sun and dust and enjoying playing in the floodlights and with other new technical facilities.

The standard of the sport has been raised to the world level through the kabaddi super league. The players became rich through auction, players were paid very high when they were selected to play kabaddi in the super league.

CRICKET CRAZY

TIMED-OUT BATTERS

1. Andrew Jordaan - Eastern Province vs. Transvaal (couldn't reach the ground due to flooded roads)
2. Hemulal Yadav - Tripura vs. Orissa (chatting with coach

- on the boundary edge)
3. Vasbert Drakes - Border vs. Free State (flight to the game was delayed)
4. A.J. Harris - Nottinghamshire vs. Durham UCCE (had a groin strain and took too long to walk out)
5. Ryan Austin - CCC vs. Wind-

- ward Islands (failed to reach the crease in time)
6. Charles Kunje - Matabeleland vs. Mountaineers (no information known)
7. Angelo Mathews - Bangladesh vs. Sri Lanka (helmet strap malfunctioned when taking guard)

Life without sports

The difference between living beings and non-living beings is movement. Living beings move from one place to another place in search of food, shelter, and for happy survival. As human beings we should move from one place to another place to make our blood flow inside the body for better function. If the blood doesn't flow properly, the person may face uncountable diseases in his life. We can see people sitting in front of the computer for hours together without even getting out of the chair to have a cup of tea and to ease himself, this will lead the person to face low blood pressure, piles, constipation, due to heavy work pressure

and mild heart attack. The expert advises us to get up from the chair at least once in an hour and to free ourselves for five minutes.

Movements Gives Better Results

The lightest moves in sports are in chess, but the moves have a lot of meanings and results. When we talk about other sports like volleyball, football, handball, hockey, tennis, badminton these sports need great movements to achieve things bigger. Before a "A" grade match the players will warm up at least minimum for half an hour to make the body prepare for the matches. The player starts from passive stretching,



Our SRM IST Judo Players won 3 golds, 1 silver, and 3 bronze medals in the Buck Memorial Sports Festival 2023 held at YMCA College, Chennai, on August 28, 2023.

active stretching, and raises his momentum with a minimum speed to maximum speed. A badminton player will at least cover a distance of 15kms from the start of the match till the end of a gruelling match. Please move yourself daily to the outer world to have clear oxygen and a brisk walk.

In this academic year the directorate of sports have taken a great move and initiated an initiative to encourage individual sports like Judo, archery, shooting, and the results have started to flow in individual sports will raise the medal tally and the fame around India.

SRM IST Basketball Team Clinch State Championship

Basketball is a team sport played between two teams of five players each on a rectangular court. The objective is to shoot a ball through the opponent's hoop while preventing the opponent from doing the same. A team can score points by throwing the ball through the hoop from the field (worth two points), or from behind the three-point line (worth three points). A free throw is worth one point. Basketball matches are typically divided into four quarters, each of which lasts 12 minutes in the NBA and 10 minutes in FIBA international play. College men's games use two 20-minute halves, while college women's games and high



Our SRM IST Men Basketball Team won the Senior State Basketball Championship by beating Customs in the final with score of 92-70.

school games use 10-minute quarters. Basketball is a fast-paced and exciting sport

that requires a combination of athleticism, skill, and teamwork. Players must be

able to dribble, pass, shoot, and rebound the ball, as well as defend their opponents.

FOOTBALL MANIA

Messi wins record eighth Ballon d'Or, Bonmati claims women's award

Argentina's Messi won a record-extending eighth Ballon d'Or award, while Spain's Aitana Bonmati bagged her first.

Lionel Messi won the eighth Ballon d'Or of his remarkable career, while Spain's World Cup-winning star Aitana Bonmati took the women's prize at a glittering ceremony in Paris.

For Messi, the trophy awarded to him on Monday rewards, above all else, his inspirational performances at last year's World Cup in Qatar, when he dragged Argentina to victory, scoring seven goals and being named the tournament's best player.

It was the crowning moment of his astonishing career, and it allowed him to see off stiff competition, in particular from Erling Haaland and Kylian Mbappe, to take the award on the stage of the Chatelet Theatre in Paris.

It was a return to the French capital after he departed from Paris Saint-Germain in June and his subsequent move to Inter Miami in Major League Soccer.

Messi thanked his Argentina coach, teammates and staff for making his victory possible.



Our SRM IST Ball Badminton team has won Gold Medal & Bronze Medal in the State level Ball Badminton tournament held at Ammur, Ranipettai from 12th to 13th August-23

Strength the way to perform

A sports man needs P.M.E strength and support from his family. The total family has to sacrifice their needs to fulfill the requirements of the player in the house, from time, money, moral support and sharing their love and affection when the player is in stress. The family strength gives enormous energy and will boost the performance during practice and in the match. Family is the background and the backbone of the player who performs to the core without any stress.

PHYSICAL STRENGTH: Physical strength plays a key role in shaping up a player, he has to keep himself fit throughout the year to gain peak at any time to win the tournament. The muscle has to be tuned and kept in a strong mode to stand as a champion. To taste the aroma of champion pride, the player has to be a celebrated hero throughout his sports career in life.

MENTAL STRENGTH: The player has to maintain his mental balance throughout his sports career. He should never give up when he faces injuries or defeats, everyday will never be

the same day for the players, the situation changes according to the environment and spectators. The players should overcome all this to be crowned champion. Champions are made in the playing courts, because of the mental strength they possess. He should maintain his calmness and smoothness always to maintain his superiority on and off the court.

EMOTIONAL STRENGTH : why players fail when they reach their peak, because of the stability to maintain their emotional strength. when a player wins a huge title, the player should think about the next tournament ahead, instead of concentrating. When he enjoys the previous victory for weeks and months, his place will be taken away by the other players. For the people affected by diabetes, doctors say no feasting or fasting, likewise for the players the coaches say no dancing and partying till the mission is accomplished. The emotional balance to maintain their status in the society and their behavior towards the public will enhance their performance during their sports career.

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