

SPORTS REAP MAIL

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SRMIST Founder Chancellor Dr.T.R. Paariendhar Presents Rs. 25 Lakhs to Olympian Nethra Kumanan

SRMIST Honours The Olympian, NETHRA KUMANAN

SRMIST felicitated and awarded a Cheque of Rs. 25 Lakh to our Student Nethra Kumanan, the Tamil Nadu Sailor who qualified for the 2024 Paris Olympics. This is the second time that she has made it to the Olympics, after having participated in the Tokyo Olympics. Founder Chancellor Dr.T.R. Paarivendar Quoted that, SRMIST the only Indian University to support, promote sports on a Large Scale.

Being selected to participate in the sailing event at the Olympics to represent your country is an indescribable honor and an exhilarating experience. The moment you receive the news, a surge of pride and joy washes over you, knowing that all your hard work, dedication, and countless hours of training have paid off. It's a dream come true, and you feel a deep sense of responsibility and patriotism as you

prepare to compete on the world's biggest stage. The anticipation of standing shoulder to shoulder with the world's best athletes, the excitement of showcasing your skills, and the thought of hearing your national anthem playing if you win a medal fills you with determination and excitement. It's a mixture of nerves, excitement, and unwavering commitment to make your country proud.



Directorate of Sports Organized International Faculty Development Program

Directorate of Sports Organized 7 days International Faculty Development program on creative Title of “Sports Then And Now” from June 14-20, 2024. Prof. R. Mohanakrishnan, Director Sports gave the welcome address and Prof. S.Ponnusamy, Registrar SRMIST gave the Inaugural Address and started the program.

Around 300 participants from various universities across the country have actively participated in the program. Eminent speakers from India and Abroad shared their Knowledge and Experience with the Scholars and Professors from various Universities. The Participants came to know about the latest trends in training, the role of Artificial Intelligence in

the enhancement of Sports, winning medals through Sports Psychology, and to develop mental strength and holistic life through yoga.

The 28 Eminent speakers were experts in their own fields and they cleared all the doubts the faculty raised during the sessions. On the Valedictory day Dr. Esther Ranjini, Former

Principal YMCA College of Physical Education, Chennai and Our Honourable Vice Chancellor Prof. C. Muthamizhchelvan Presided over the Function gave the Valedictory address and distributed the participation Certificates to 280 registered participants along with Prof. R.Mohanakrishnan, PhD, Director of Sports and All Faculties from Director of Sports, SRMIST.

We don't just want to win, we want to dominate

The Manoharan Memorial Tournament is a renowned competition that attracts top-tier badminton talent from across the state, making it highly competitive and challenging. Securing a silver medal in such a significant tournament is a testament to his exceptional skill, dedication, and hard work. Throughout the tournament, he displayed outstanding agility, strategic gameplay, and excellent teamwork. These qualities were crucial in overcoming the challenges posed by some of the best players in the state.

The doubles matches demanded not only physical endurance but also precise coordination and mental sharpness, all of which he exhibited brilliantly. This achievement is a proud moment for the SRMIST community and serves as an inspiration to all our students and athletes. It highlights the importance of dedication, rigorous training, and passion for the sport. We also extend our heartfelt appreciation to the coaches and support staff who have played a crucial role in his success through their guidance and mentorship.



S. Manuneedhi, a 2nd Year MCA and a talented badminton player from SRMIST, has won the silver medal in doubles at the Manoharan Memorial State-level Badminton Tournament. This prestigious event was held in Ambattur on July 7, 2024.



Directorate Sports Created another World Record in Yoga

The Directorate of Sports, in collaboration with the Department of Yoga, recently orchestrated a grand celebration on the occasion of the 10th International Yoga Day. This event saw a majority of 520 SRMIST students showcasing their yoga skills by performing the Common Yoga Protocol and achieving a remarkable feat with the maximum number of Surya Namaskars. This effort was recognized as a new Nova World Record, marked under Record No.: NWR-2024-1116 on June 21, 2024. Held at the

SRM University campus in Kattankulathur, this event highlighted SRMIST's unwavering commitment to promoting yoga and raising awareness about its benefits.

The highlight of the event was the achievement of a new Nova World Record. The students performed the maximum number of Surya Namaskars, a sequence of 12 powerful yoga poses, to raise awareness about yoga for themselves and society. This extraordinary feat was officially recorded in the Nova Book of World Records under Record No.:

NWR-2024-1116. Such recognition underscores the university's excellence in organizing large-scale events and its dedication to promoting yoga on a global platform.

International Yoga Day, celebrated annually on June 21st, was initiated by the United Nations in 2015. The day aims to raise awareness worldwide about the many benefits of practicing yoga. Yoga, an ancient practice originating from India, integrates physical, mental, and spiritual disciplines to achieve harmony of the body and mind. In today's

fast-paced world, yoga serves as a valuable tool for maintaining physical health and mental well-being.

At SRMIST, the Directorate of Sports and the Department of Yoga play pivotal roles in promoting yoga among students and faculty. The university's commitment to integrating yoga into its culture is evident through its various initiatives and events. By emphasizing the importance of yoga, SRMIST encourages its community to adopt a healthier lifestyle.



Talent wins game but teamwork and intelligence wins Championship

Ball Badminton Men's team has achieved a remarkable milestone at the All India Inter University Ball Badminton (Men) Tournament, held at Jeppiaar University, Chennai, from May 31st to June 3rd, 2024. Our team secured a hat-trick victory, reinforcing their dominance and becoming the defending champions for the third consecutive year.

This prestigious tournament brought together the finest ball

badminton teams from universities across India, showcasing a high level of skill, determination, and sportsmanship. Amidst intense competition, our SRMIST team displayed extraordinary prowess, teamwork, and strategic acumen, leading them to a well-deserved victory.

Journey to Victory

The path to this historic win was marked by rigorous preparation and

an unwavering commitment to excellence. Our athletes, under the expert guidance of their coaches, engaged in extensive training sessions, focusing on enhancing their ball control, agility, and game strategies. Their dedication was evident as they navigated through the tournament with unmatched skill and precision.

Key Matches and Highlights

Throughout

the tournament, our team faced several formidable opponents, each match showcasing their resilience and tactical superiority. Notable performances included a thrilling semi-final where our players exhibited exceptional ball control and coordination, securing a decisive win against a strong contender. The final match was a testament to their tenacity and strategic gameplay, culminating in a spectacular victory that sealed

their position as champions.

Celebrating The Champions

This hat-trick victory is not just a testament to the talent and hard work of our players but also a reflection of the support and encouragement from the entire SRMIST. Our team's triumph has brought immense pride and joy to our institution, highlighting our commitment to nurturing sporting

SRM Volley Queens: Crowned in Glory

The service is an important part of volleyball that has a big impact on how the game goes and who wins. It is a strong tool for both offense and defense because it is the only skill that a player has full control over.

Setting The Tone:

The serve starts every comeback and sets the tone for the game. A well-placed serve can quickly change the formation of the other team, forcing them to make quick changes that often result in reception errors. This early trouble can give the team serving an early edge in the comeback.

Offensive Weapon: An offensive weapon is a serve that is strong and accurate. Because they move quickly and in surprising ways, techniques like the jump serve and float serve make the game more difficult. Servers can take advantage of reception flaws by going after certain players or weak spots in the other team's formation. This can lead to aces or badly handled balls that are easy to score.

Changes in Momentum: The serve is very important for changing the flow of a match. A string of strong serves can win points in a

row, giving the team serving and its fans more energy while making the other team less motivated. These changes in momentum can be very important, and they often decide the winner of a set or match.

In volleyball, the service is not only a way to start the game; it is also a key strategy element that can change the speed and direction of the game. Any competitive volleyball team needs to know a lot about serving methods and strategies because they have a big effect on both the technical and mental parts of the game.



Our SRMIST women volleyball team won the south India invitation volleyball tournament held at Bargur From 21.06.24 TO 23.06.24.



Ojes Thejio, a Diploma Yoga student at SRM Institute of Science and Technology who Won first place in the AITA Tournament held by Hyderabad Ash Tennis Academy from July 08th to 12th, 2024.

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

Winning a tennis tournament is an exciting and rewarding experience. Imagine playing many matches, giving your best effort, and finally reaching the top. You feel a sense of accomplishment and joy as you lift the trophy, knowing all your hard work has paid off. The cheers from the crowd and the support from your friends and family make the moment even more

special. It's a time to celebrate your victory and reflect on the journey that brought you to this triumphant moment. Every tough practice, every challenging match, and every moment of doubt led to this incredible achievement. You feel proud and motivated to keep improving, ready to face new challenges and continue your success on the court.



The Anna Basketball Club and Mahamaham Basketball Club organized the State Level Basketball Tournament in Kumbakonam from June 14th to 16th, 2024, where our SRMIST Men's Basketball Men Team secured the Gold Medal.

Rim Rockers: SRM the Champions of the Game

BASKETBALL FAST BREAK

The fast break in basketball is a dynamic and exhilarating offensive strategy that aims to capitalize on transition opportunities, pushing the ball quickly up the court to score before the defense can set up. It relies on speed, precision passing, and effective decision-making to create scoring chances. Here's a breakdown of the fast break: The fast break begins immediately after a defensive rebound, steal, or turnover. As soon as possession changes hands, the team transitions from defense to offense with lightning speed. The primary objective is to advance the ball up the court as quickly as possible, catching the opposing team off guard and outnumbered. Key players in executing a fast break include the point guard, who typically initiates the play and directs the flow of the offense, and the wings and forwards, who sprint

ahead to spread the floor and create passing options. Timing and spacing are crucial: players must move in sync to maintain a fast pace while avoiding turnovers. Successful execution of the fast break requires teamwork, communication, and conditioning. Players must be in top physical shape to sustain the intensity of fast-paced transitions throughout the game. Coaches emphasize practice drills that simulate game-like scenarios to refine decision-making and ensure players are comfortable with their roles in executing the fast break. In conclusion, the fast break is not just a strategy for scoring quickly; it's a testament to a team's cohesion and ability to capitalize on opportunities. When executed with precision and speed, the fast break can demoralize opponents and energize both players and fans alike, showcasing basketball at its most thrilling and dynamic.

Gokul Pandian's Unstoppable Run: New Record at State Meet



Leading the charge was Mr. J. Gokul Pandiyan, a student of I-B.Sc. Physical Education, whose remarkable skills on the track were on full display. Gokul Pandiyan's dominance in the sprint events was evident as he claimed two gold medals, triumphing in both the 200 meters and 400 meters races and he created a New State Record with the Timings of 47.92 Seconds in the 400 meters Category. His ability to excel in both short-distance and middle-distance events underscores his versatility and dedication to the sport. Additionally, Gokul Pandiyan secured a bronze medal in the 400 x 100 meters relay, further solidifying his status as a standout athlete in multiple disciplines. Mr. G. Syairam (I-B.Sc. Physical Education) also made significant contributions to SRMIST's success at the championship. Syairam's silver medal in the fiercely contested 400 meters race highlighted his speed and endurance, demonstrating his capability to compete at a high level. Moreover,

Syairam played a pivotal role in securing another gold medal for SRMIST in the medley relay, showcasing his ability to excel both individually and as part of a team. Mr. Abishek (I-B. Com. A&F) added to the team's triumph by clinching gold in the medley relay, contributing crucial points to SRMIST's overall success in the championship. Abishek's performance underscored his reliability and skill in relay events, where teamwork and coordination are paramount.

Behind every successful athlete stands a dedicated coach and Mr. Vinoth deserves commendation for his guidance and mentorship. His strategic planning and training regimen undoubtedly played a significant role in preparing these athletes to excel in their respective events. SRMIST's achievements at the 36th Tamil Nadu State Junior Athlete Championship 2024 reflect the institution's commitment to nurturing sporting talent alongside academic excellence. The support and encouragement provided by SRMIST.



Clinical Champions: SRM Medical Students Who Rule Both Medicine and Sports

Students of SRM Medical College Hospital and Research Centre bagged the medals and trophies of Chem sports, an intercollegiate sports event organized by Chengalpattu Medical College from Date - 21st to 23rd June 2024. Our Students bagged medals in the Gold medal in Shotput, Runner up in Cricket, Second position in 200 mts, 400 mts

and Relay. Medical students are often perceived as individuals deeply immersed in their rigorous studies, but many also excel in sports, showcasing their versatility and resilience. Winning sports events requires a unique blend of physical fitness, mental toughness, and time management skills—qualities that medical students embody. Balancing the

demanding coursework and clinical rotations with sports training is no small feat, yet these students demonstrate exceptional commitment and discipline.

Participation in sports provides medical students with a much-needed outlet for stress relief and a break from their intensive academic schedules. Engaging in

physical activities helps improve their mental health, enhancing their ability to focus and perform better in their studies. Moreover, the camaraderie and teamwork experienced in sports parallel the collaborative environment of medical practice, fostering essential interpersonal skills and a strong sense of community.

Winning or losing is a dynamic process of being a champion

Mixed doubles badminton requires a combination of individual skill, teamwork, and strategy. Here are some tactical tips to excel in mixed badminton:

1. **Communication:** Effective communication is key. Verbally communicate with your partner to coordinate shots, anticipate opponents' moves, and strategize during the game.
2. **Play to Strengths:** Identify each player's strengths and capitalize on them. For instance, if one player has a strong smash while the other excels at net play, use these strengths to dominate rallies.
3. **Cover the Court:** Ensure that both players cover all areas of the court efficiently. This means anticipating your partner's movements and adjusting your positioning accordingly to maintain court coverage.
4. **Control the Net:** Dominating the net is crucial in mixed doubles. The player with better net skills should try to control the front of the court, forcing opponents into defensive positions.
5. **Use Variation:** Mix up your shots to keep opponents guessing. Utilize a combination of clears, drops, smashes, and drives to create openings in your opponents' defense.



Our SMRIST Badminton Player R.Pravandhika I BBA Won the Bronze Medal in Mixed Doubles in the All India Senior Ranking Badminton tournament 2024 at Bangalore.

WPL Winner Disha Deepak Visits Directorate of Sports

RCB Cricketer and Women's Premier League 2024 Winner Disha Deepak Karat Visits Directorate of Sports along with Vishal Yadav, Founder & CEO (Female Cricket).

They met Dr. R. Mohanakrishnan, Director Sports and Other Faculty members in the Department and interacted with them. They wondered about the victories, performance and facilities of Sports Department and SRMIST. Disha Deepak Karat Said "This is so overwhelming to see the international standard facilities for all the sport. In India we are more focused on cricket, but its so precious to see the equal support for all the sports and athletes, no doubt that SRM is among the top 5 Universities for sports, they have the best facilities & best people working hard to make it. Thank you for having us". Vishal Yadav mentioned "I have been to several universities but never saw the kind of facilities and infrastructure for sports that SRM has built with so much dedication and love. I hope to see more female cricketers making the most of these amenities and so on to play for the Indian Cricket team".

Hearing elite cricket players appreciate the sports performances and facilities at a university fills students and staff with immense pride. It's a moment of

recognition for the countless hours of practice, the meticulous planning, and the collective effort that goes into maintaining high standards in sports.

When these players, who have competed at the highest levels, acknowledge the quality of the university's facilities, it reaffirms the institution's commitment to providing top-notch resources for its athletes. Such endorsements can boost the morale of the sports teams and instill a sense of accomplishment. Moreover, these visits create an invaluable learning opportunity for students. Elite players often share insights from their personal journeys, offering practical advice on training, mental resilience, and balancing sports with other aspects of life. Their stories of overcoming challenges and



achieving success resonate deeply with young athletes, making them realize that greatness is attainable with hard work and perseverance.

The interaction also allows

students to ask questions and gain firsthand knowledge about the intricacies of professional sports, which can be instrumental in their development.



Never settle : Mastering the art of Improvement

Good, better, best. Never let it rest, until your good is better and your better is best.

In the world of sports, individual talent can often lead to spectacular moments and game-winning performances. However, true and sustained success particularly in the form of championships requires much more than just raw skill. The famous adage, “Talent wins games, but teamwork and intelligence win championships,” encapsulates this truth perfectly.

The Role of Talent: Talent is undeniably important. A player with exceptional skills can turn the tide of a game with a



Our SRM Basketball Men team won a Silver medal in the C.V.Memory Trophy in honor of Santhana Krishnan and Vivek State Level Invitation 3*3 Basketball Tournament, Cuddalore, from June 1st to 2nd, 2024.

single play, whether it's a brilliant goal, a decisive pass, or an unbeatable defensive move around talent brings flair, excitement, and a competitive edge, making it a vital component in the success of any team.

The Power of Teamwork:

Teamwork is the cornerstone of any championship-winning team. It involves every member working cohesively towards a common goal, understanding their roles, and complementing each other's strengths and weaknesses. Effective teamwork ensures

that the sum of the team's efforts is greater than the individual contributions of its members. This collective approach fosters a supportive environment where players can rely on each other, leading to more consistent and reliable performances.

Boxing is not about your feelings. It's about performance

We are very happy to say that Mr. Pradish, a first-year LLB student at SRM Institute of Science and Technology won India's first OTT live-streaming boxing match, which is a world first. The game happened in Mumbai on June 1, 2024, and was shown live on Disney+ Hotstar. It was a big deal in the world of Indian sports. In an exciting match against a tough opponent from Mumbai, Mr. Pradish showed how skilled and determined he really is. He won an amazing fight by knockout in the second round, showing how strong and smart he is in the ring.

This accomplishment not only shows how hard he worked and how dedicated he was, but it also makes everyone at SRMIST very proud. Indian boxing and digital sports broadcasts have both reached a new level with Mr. Pradish's win. His performance in this first-of-its-kind event brings SRMIST a lot of praise and shows how well our school develops exceptional ability.

We want to send our sincerest congratulations to Mr. Pradish on his great achievement. His success is an example for all players who want to get better, and it makes SRMIST proud. We can't wait to see more of his progress in the future.



A trophy carries dust. Memories last forever

Mastering Ball Control in Ball Badminton

Ball control is a fundamental skill in ball badminton, directly impacting a player's ability to maneuver the game and outplay opponents. This sport, which combines elements of badminton and volleyball, requires precise handling of the ball to ensure effective gameplay.

Key Techniques for Ball Control:

Proper grip on the racket and a stable stance are essential. Players should hold the racket with a relaxed grip, allowing for flexibility and quick adjustments. A balanced stance, with knees slightly bent and weight

distributed evenly, provides a solid foundation for quick movements and shots.

Footwork: Efficient footwork is crucial for maintaining control over the ball. Players must move swiftly and accurately to

position themselves for each shot. Practicing lateral movements, quick sprints, and sudden stops helps in reaching the ball in time and executing controlled shots.

Stroke Technique: Different strokes, such as

the forehand, backhand, and overhead shots, require specific techniques. Players should focus on consistent practice to refine these strokes, ensuring the ball is hit with precision and the desired speed.



Winning is the most important thing in our life

Sports Psychology In Athletics: Mental Toughness And Performance Enhancement

Sports psychology plays a crucial role in athletics, focusing on the mental aspects of performance, motivation, and well-being. Athletes often face immense pressure to perform at their best, and sports psychology provides strategies to optimize their mental state for peak performance. One key aspect of sports psychology is mental toughness, which encompasses resilience, focus, and the ability to cope with setbacks. Athletes learn techniques such as visualization, where they mentally rehearse their

performance to enhance confidence and reduce anxiety. Additionally, goal-setting helps athletes maintain motivation and direction, breaking down larger objectives into manageable steps. Furthermore, sports psychology addresses the psychological impact of injuries. Rehabilitation can be a challenging time for athletes, both physically and mentally. Sports psychologists work with injured athletes to maintain motivation, manage pain, and facilitate a smooth return to competition.



The SRM-IST athlete secured medals in the following categories:
Tamil Nadu Physical Education Sports University, Melakottaiyur,
Chennai, will host the 5th youth Tamil Nadu athletic meet.

Another vital area is stress management. Athletes encounter various stressors, including competition pressure, media scrutiny, and personal expectations.

Sports psychologists teach coping strategies such as deep breathing, mindfulness, and positive self-talk to help athletes manage stress effectively.

The Triumphs and Trophies : Life's Ultimate Ambition

In sports, victory isn't just the end goal; it's also the trip there, which is marked by hard work, teamwork, and the never-ending search for excellence. This is exactly what the recent win of SRM Institute of Science and Technology (SRMIST) at the state volleyball event shows. This win shows how important it is to work together, be dedicated, and have the unwavering spirit of athletes who dream big and work even harder to make those goals come true. It's not easy to be successful in a sport as intense as volleyball. It takes both skill and ability on your part as an individual and a strong dedication to the team. This dedication has been shown in spades by the SRMIST volleyball team. Every player, from the servers to the setters to the spikers to the blockers, was very



The victory of SRMIST in the 23rd South Zone Invitation Volleyball (M) Tournament, which took place from May 22nd to 24th, 2024.

important in achieving this huge win. Their success is a great example of what can happen when people work together and help each other.

A strong love for the sport is at the heart of SRMIST's success. The team has been pushed to their limits by this passion, which has made them train hard all the time and face every task with courage and strength. Their

journey was full of problems, but they dealt with each one with a courage that is truly amazing. After a lot of hard work and several hours of practice on the court, they finally won, and it will be remembered for years to come. As we enjoy SRMIST's amazing win, it's important to think about what this success means for us in a bigger picture. The

victory is more than just a volleyball win; it's a sign of hope and strength for everyone. We can do great things if we work hard, become dedicated, and have a strong team spirit. It makes us want to meet our own problems with the same vigor and determination, and it reminds us that every problem is actually a chance waiting to be found.

From SRM to Philippines : Journey of Asian Volleyball Championship

We are immensely pleased to announce that two outstanding players from our SRMIST women's volleyball team have been selected to represent the Indian team in the Under-20 Asian Volleyball Championship. This prestigious event is scheduled to take place in China in the first week of July 2024. M. Nithisha (II B.Com) and Raksha Khenwar (II BBA) have showcased exceptional

talent, dedication, and hard work, earning them this remarkable opportunity to compete on an international stage.

Their selection is a testament to their skills and the rigorous training and support provided by our sports department. This achievement is not only a significant milestone in their sporting careers but also a proud moment for the



entire SRMIST community. It highlights the caliber of athletes we nurture and the high standards of our sports programs. Nithisha and Raksha's participation in the

championship will inspire and motivate their peers and juniors, demonstrating that with determination and effort, international recognition is achievable.



Our SRMIST archery players won medals in various categories organized by the Archery Association of Tamil Nadu: senior and junior state championships held at Sairam Engineering College, Chennai.

Nothing clears a troubled mind better than shooting a bow

Archery education management in physical education classes and curriculum programs plays a crucial role in developing a wide range of skills in students. Integrating archery into the curriculum offers a multifaceted approach to physical education, promoting not only physical fitness but also mental and emotional development. Firstly, archery enhances physical skills such as strength, coordination, and balance. The repetitive nature of drawing a bowstring and maintaining a steady aim develops upper body strength, particularly in the arms, shoulders, and core muscles. The fine motor skills required for precise shooting improve hand-eye coordination, which can transfer to other sports and physical activities. Moreover, archery is a sport that fosters concentration and mental discipline. The need to focus intently on the target and control one's breathing and movements to achieve accuracy cultivates

patience and perseverance. These mental attributes are beneficial beyond sports, aiding in academic pursuits and daily life where focus and attention to detail are essential. Additionally, archery promotes emotional and social skills. It is an individual sport that requires self-motivation and personal goal-setting, helping students build confidence and self-esteem as they see their progress and improvement. In a group setting, archery can encourage teamwork and mutual support, as students often share tips and cheer each other on, fostering a sense of community and belonging. Archery also provides an inclusive environment where students of varying physical abilities can participate and excel. Unlike many team sports that may favor certain physical attributes, archery allows each student to progress at their own pace and celebrate personal achievements, promoting a sense of accomplishment for all participants.

If you can believe it, the mind can achieve it

The Impact Youth Sports Have in Building Leadership Skills In Young People

Youth sports are a dynamic arena for the development of leadership skills in young people, offering a unique blend of challenges, opportunities, and experiences that foster personal growth and character development.

Participation in team sports cultivates teamwork, a fundamental aspect of effective leadership. Through collaboration with teammates towards a shared goal, young athletes learn to communicate, cooperate, and support one another, laying the groundwork for future leadership roles where working with others is essential.

Moreover, sports present a multitude of opportunities for young individuals to build resilience. Facing setbacks, losses, and adversities on the field teaches them to bounce back, persevere, and maintain composure under

pressure—traits indispensable for leaders who must navigate challenges and setbacks with fortitude and grace.

Decision-making is another crucial skill honed through youth sports. Whether it's making split-second choices during a game or strategic decisions throughout a season, young athletes learn to analyze situations, weigh options, and act decisively—a skill set invaluable for leadership roles where making tough decisions is a constant.

Furthermore, youth sports instill a sense of accountability in participants. Athletes are accountable to their teammates, coaches, and themselves, learning the importance of showing up, giving their best effort, and taking responsibility for their actions—a cornerstone of effective leadership where accountability is paramount.



Our SRMIST Badminton Player V.Nila II MBA Won the Silver in the Tamil Nadu State Senior Ranking Badminton (Mixed Doubles) tournament held at Chennai.

There is no glory in practice, but without practice, there is no glory

Volleyball Defense to offense Transition

In volleyball, the transition from defense to offense is a pivotal moment that can determine the outcome of a rally. It's a dynamic process that involves several key elements working together seamlessly to capitalize on defensive success and create scoring opportunities. As the opposing team launches an attack, defenders position themselves strategically to block or dig the ball. The primary objective is to thwart the opponent's offensive efforts and maintain control over the rally. Players near the net focus on forming a solid block to deflect or redirect the ball, while those in the backcourt prepare to dig any balls that bypass the block. Once the ball is successfully defended, the focus shifts to transitioning



Our SRMIST Volleyball Women team won the Gold medal in the state-level invitation tournament held at Nagercoil

from defense to offense. Ball control becomes paramount as the defensive team aims to set up a quality attack. This typically involves precise passing or setting to establish an optimal hitting opportunity. The setter plays a central role in this phase, orchestrating

the offense and delivering a well-placed set to the hitters. Simultaneously, players transition from their defensive positions to their offensive roles. Hitters adjust their positioning and prepare to approach for an attack, while the setter assesses

the defensive setup of the opposing team to determine the best attacking option. Communication among teammates is essential to ensure everyone is on the same page and ready to execute the play effectively.

Smash and conquer : The Thrill of Badminton victory

The transition game in badminton refers to the fluid movement between defensive and offensive play during a rally. It's a crucial aspect of the sport, especially in doubles, where players need to quickly switch between defending against opponents' attacks and seizing opportunities to launch their own offensive shots.

Defensive to Offensive Transition:

When defending, players aim to return opponents' shots with control and accuracy, often using lifts, blocks, or defensive clears to keep the shuttlecock in play. As soon as an opportunity arises, such as a weak shot from the opponents or an opening in their defense, players transition swiftly to offense by moving forward and aggressively attacking the shuttlecock.

Anticipation and

Readiness: Effective transition requires players to anticipate their opponents' shots and be ready to react quickly. Players must stay on their toes, constantly analyzing the game situation and adjusting their positioning to be prepared for both defensive and offensive opportunities.

Footwork and Movement: Agile footwork is essential for seamless transition



between defense and offense. Players need to move quickly and efficiently across the court to cover all areas and reach the shuttlecock in time.

Proper movement techniques, such as lunging, shuffling, and split-step, aid in maintaining balance and readiness for the next shot.

Strategy and Positional Understanding in Chess

In chess, strategy and positional understanding are the cornerstone of success, guiding players to navigate the complexities of the board with foresight and precision. These aspects go beyond mere tactical calculations, focusing on long-term planning, the manipulation of pawn structures, and the optimal placement of pieces to gain advantages.

Central to strategic thinking in chess is the evaluation of pawn structures. The arrangement of pawns not only determines the shape of the board but also influences

the flow of the game. Players must recognize the strengths and weaknesses inherent in different pawn formations, such as the isolated pawn, doubled pawns, or pawn chains. Understanding these structures allows players to formulate plans that exploit their strengths while mitigating their weaknesses.

Piece activity is another crucial element of strategy. Active pieces exert control over the board, occupying key squares and posing threats to the opponent's position. Players strive to maximize the activity of their pieces



Our SRMIST Chess Player, C.N. Swapna of II-Bsc Biotechnology Clinched the title in the Group B Noiseil Chess Tournament held in Paris, France

by placing them on optimal squares, coordinating their movements, and engaging them in harmonious cooperation. Conversely, they seek to restrict the opponent's pieces, limiting

their mobility and neutralizing their influence.

Control of key squares is paramount in positional chess. Certain squares hold strategic significance due to their centrality or their influence over specific areas of the board.

Players vie for control of these squares, using their pieces to dominate critical sectors and restrict the opponent's options. By controlling key squares, players gain space, restrict the opponent's maneuverability, and create opportunities for future attacks.

Saddle up for success : A Rider's Victory Tale

Horse Riding & Equestrian Sports

Equestrian sports encompass a rich tapestry of disciplines, each requiring a unique blend of skill, finesse, and partnership between horse and rider. At the heart of this world lies the quintessential figure of the horse riding and equestrian sports person, a dedicated individual whose passion for these majestic animals transcends mere recreation, evolving into a profound lifestyle and competitive pursuit.

From the thunderous gallop of a racing Thoroughbred to the graceful strides of a dressage mount, equestrian athletes engage in a diverse array of disciplines, each demanding rigorous training and unwavering dedication.

Whether it's the adrenaline-fueled excitement of show jumping, the precision of dressage, the strategic manoeuvres of eventing, or the nuanced communication of Western riding, riders immerse themselves in a world where horse and human become one harmonious entity. The journey of a horse riding and equestrian sports person begins with a deep-seated love for horses, nurtured through hours spent in the stables, grooming, bonding, and understanding the intricacies of equine behaviour. It's a relationship built on trust and mutual respect, where the rider becomes attuned to the slightest flicker of the horse's ear or shift in its body language.



Our SRMIST Equestrian player, E Suryaa Aaditya, I-B Tech CSE, secured a Silver medal in the Grade 3 show jumping (125 cm) and a Bronze medal in the 130 cm show jumping in the National Equestrian Championship at the Auroville Horse Show senior national team event.

But beyond the idyllic scenes of horse and rider in perfect harmony lies a realm of intense competition. Equestrian sports demand not only physical prowess but also mental fortitude, as

riders navigate challenging courses, execute precise movements, and make split-second decisions, all while maintaining a symbiotic connection with their equine partners.

You've served up a winning performance

The Tamil Nadu State Badminton Championship 2024, which took place in Vellore from June 30 to July 4, 2024, was a great success for our skilled players from the SRM Institute of Science and Technology (SRMIST). In winning multiple gold, our players have once again shown how skilled they are and how much they care about the sport.

Ms. Shreya Balaji (II BBA) showcased her remarkable talent and determination by winning the GOLD medal in the Women's Doubles event. Her impeccable performance and teamwork led to a well-deserved victory, solidifying her status as one of the top players in the state.

Ms. R. Pravandhika (II BBA) had an extraordinary tournament, securing the GOLD medal in the Mixed Doubles event. Her versatility and strategic play were instrumental in clinching the top spot.

Additionally, Ms. Pravandhika also won the SILVER medal in the Women's Doubles event, further highlighting her exceptional prowess on the court. These accomplishments reflect the high level of dedication, hard work, and skill of our athletes. The success of Shreya and Pravandhika is a testament to their relentless pursuit of excellence and the rigorous training and support



provided by our coaches and sports department. Their achievements bring immense pride to the SRMIST community, serving as an inspiration to their peers and juniors. It is moments like these that underscore the

importance of perseverance, teamwork, and passion in achieving great success. We are confident that Shreya and Pravandhika will continue to excel in their future endeavors, both academically and in sports.

Kicks, punches and victory : a karate Champion's Story

Traditional Korean martial arts, including Taekwondo, Hapkido, and Taekkyeon, are more than just ways to fight; their foundations lie in philosophical and spiritual ideas that lead their practitioners toward enlightenment and personal growth. These martial arts seek harmony and balance in all facets of life by emphasizing the equal development of the practitioner's mind, body, and spirit. A fundamental idea in Korean martial arts philosophy is "Do," which means "the way" or "the path." It represents a path of self-discovery and self-control

on which the practitioner works to develop virtues like patience, humility, and respect. The Do acts as a compass in daily interactions and decision-making as well as in times of conflict. The quest of inner harmony and calm is one of the core principles of traditional Korean martial arts. It is encouraged by practitioners to apply mindfulness and meditation practices to develop a quiet and concentrated mind. People can better control their emotions and reactions both within and outside of the training hall by achieving mental clarity.



G. Dhinesh, II-B Com, Won the Bronze Medal in the All India Inter University Karate Championship 2024, organized by Punjab University, Chandigarh,

Korean martial arts also place a strong emphasis on treating instructors, training partners, and opponents with respect and manners. In Korean culture, bowing is a traditional respect gesture that

is done to express humility and thanks. The martial arts community benefits from this emphasis on respect since it creates a sense of solidarity and support among members.

From Serve to Victory: A Champion's Tale

Sports are important in forming both individual and societal identities in a number of ways.

Formation of Personal Identity:

A person's sense of accomplishment, confidence, and self-worth can all be enhanced by sports participation. Sports achievements and setbacks can impart important life lessons about tenacity, fortitude, and resolve.

Athletes frequently form a close bond with their sport, which shapes who they are as a person. Their perceptions of themselves and others are influenced by their athletic abilities, successes, and

experiences.

Identity and Belonging In A Group:

Through their same interests, aspirations, and experiences, people can connect with like-minded persons through sports. This feeling of connection and belonging to a sports team or fan base can build social bonds and promote a shared identity.

Supporters who identify with a certain sports team or national team can develop a sense of unity and friendship, strengthening their sense of self and community.

Cultural Heritage and Identity:



SRMIST Women's Volleyball Team won a gold medal in the Jimmy George South Indian intercollegiate volleyball tournament held at IIT Madras

A community's or a country's beliefs, customs, and history are often reflected in sports, which function as cultural emblems and identity expressions. For instance, the cultural legacy of a specific area or ethnic group may be strongly ingrained in the

traditions of some sports.

National pride and solidarity are fostered by sporting events like the Olympics and World Cup, which give countries the chance to present their cultural identities on a worldwide platform.

A team will always appreciate a great individual if he's willing to sacrifice for the group.

Basketball players that over train may experience negative effects on their overall effectiveness on the court as well as their physical and mental health. Athletes who over train themselves without getting enough rest or recuperation may have a number of unfavourable effects. Physically, overtraining can lead to a range of ailments such as tendinitis, stress fractures, and strained muscles. During games or practices, the body gets tired and more

prone to breaking down, which raises the chance of acute injuries. Athletes' capacity to train efficiently can be further hampered by chronic overtraining, which can also impair the immune system and increase vulnerability to diseases and infections. Overtraining actually has the opposite effect on performance, impeding rather than enhancing athletic ability and skill development. The body cannot adjust and get better in response to training stimuli if it is not given enough time



to rest and recuperate. This can result in diminished agility, speed, and general athleticism in addition

to talent stagnation or even regression. Furthermore, over trained athletes may see a loss in cognitive

abilities like response time and decision-making, which are critical for success in basketball.

Equestrian Elegance: The Pinnacle of Performance

The path to becoming an equestrian champion is fraught with challenges, both physical and mental. It requires countless hours of training, discipline, and a deep understanding of the equine partner. Each day begins at the crack of dawn, with the smell of fresh hay and the sound of hooves on the ground. Patience, trust, and mutual respect forge the bond between rider and horse,

fostering a partnership that surpasses mere sport. For the SRMIST's Champion, the journey began with a love for horses and a dream to conquer the equestrian world. From the moment they first mounted a horse, they knew that this was where they belonged. Despite the hurdles and setbacks along the way, their passion never wavered. They embraced every challenge as an

opportunity to grow stronger, pushing themselves to their limits and beyond. The road to success is never smooth, and SRMIST's champion knows this better than anyone. There were moments of doubt and times when victory seemed out of reach, but they never lost sight of their goal. With unwavering determination, they pressed on, fueled by the belief that greatness was

within their grasp. And then came the moment of glory—standing atop the podium, the crowd cheering their name, the gold medal hanging proudly around their neck. It was the culmination of years of hard work, sacrifice, and unyielding perseverance. But for SRMIST's champion, it was just the beginning.



Equestrian Champion, Mr. Mithilesh H.U., 3rd B.Com LLB Won a Gold and two silver medals in the event at Red Earth Riding School, Puducherry. Competition: Dressage Open Category.

Champions Aren't Made of Gold Medals—They're Made of Hard Work

In badminton, team sports provide a lively alternative to the conventional one-on-one style, encouraging teamwork and strategic play among participants. Although singles and doubles matches are the most common ways that badminton is played, team variations provide a new level of excitement and teamwork to the game. Here, we explore the many badminton team formats.

Doubles team badminton is a common team format in which two couples from each team play against one another. Two players each showcase their doubles play prowess in each partnership. To outmaneuver opponents in doubles team badminton, players must possess not only individual skill but also

flawless coordination and communication between partners. In this format, tactics like covering each other's gaps and taking advantage of opponents weaknesses become crucial.

Mixed doubles team badminton, in which teams are made up of pairs of male and female players, is another thrilling team variation. Because players have to modify their style of play to fit their partner's strengths and preferences, this format places a strong emphasis on flexibility and versatility. Mixed doubles team badminton brings a different level of difficulty to the game because it requires each couple to have both tactical skill and cohesive collaboration



In the recently concluded All India Inter College Badminton Tournament, which was organized by SSN College of Engineering, our SRMIST Badminton (M&W) teams Won Double Gold

Choosing a badminton goal and sticking to it changes everything

Benefits of Psychological Preparation for Sportspeople

Basketball players that over train may experience negative effects on their overall effectiveness on the court as well as their physical and mental health. Athletes who over train themselves without getting enough rest or recuperation may have a number of unfavourable effects. Physically, overtraining can lead to a range of ailments such as tendinitis, stress fractures, and strained muscles. During games or practices, the body gets tired and more prone to breaking down, which raises the chance of acute injuries. Athletes' capacity to train efficiently can be further hampered by chronic overtraining, which can also impair the immune system and increase vulnerability to diseases and infections. Overtraining actually has the opposite effect on performance, impeding rather than



SRMIST Badminton player, H. Saba-reeswaran III, BBA, Won Gold in the Tamil Nadu State Senior Ranking Badminton Men (Singles) tournament held in Chennai

enhancing athletic ability and skill development. The body cannot adjust and get better in response to training stimuli if it is not given enough time

Tennis is a very difficult sport without draws

Coaching programs wield a profound influence on tennis, sculpting players into well-rounded athletes. Through structured training, coaches hone players' skills in technique, footwork, and strategy, amplifying their on-court prowess. These programs foster tactical acumen, instilling in players the ability to make astute decisions amidst the heat of competition. Moreover, coaches prioritize physical conditioning, enhancing players' strength, speed, and endurance to endure the rigors of the game. Beyond the physical realm, coaching cultivates mental fortitude, equipping players with resilience and focus to navigate pressure-filled



Women Tennis Player, Ms. Joel Nichole I B.Sc (Phy Edn), won the AITA One lakh Tournament.

situations. The mentorship provided by coaches fosters motivation and accountability, propelling players towards continual improvement.

Rally of Glory: SRM the Champions of the Court

Ball badminton, a sport that embodies the spirit of agility, grace, and strategic prowess, captivates both players and spectators alike with its dynamic energy and thrilling rallies. In the realm of this enchanting game, every stroke is a symphony of determination, every leap a testament to resilience, and every victory a triumph of the human spirit.

Within the confines of the court, players transcend mere athleticism, tapping into a realm where skill merges seamlessly with passion. With each swift movement, they dance

across the court, their racquets an extension of their innermost desires for excellence. The intensity of the game is not merely in its fast-paced action but also in the artistry with which players craft each shot, turning the court into a canvas upon which they paint their dreams.

Every match is a narrative of courage and perseverance, where players confront challenges head-on and push the boundaries of their abilities. In the face of adversity, they find strength; in the heat of competition, they discover the depths of their resilience.



Our SRMIST Ball Badminton Men Team Won Gold in the State level Ball Badminton Men "B" Grade Tournament organised by the Students Ball badminton Club, Vallam, Chengalpattu

Each point earned is a triumph, a testament to the countless hours of dedication and sacrifice that have brought them to this moment.

Winning is an attitude more than a skill in a game

In volleyball, as in life, every achievement, no matter how small, serves as a testament to the power of dedication, perseverance, and teamwork. Whether it's a stunning spike that clinches a crucial point or a perfectly executed block that turns the tide of a game, each moment of triumph embodies the culmination of countless hours of hard work and unwavering determination.

Inspirational achievement in volleyball isn't just about winning matches or trophies; it's about pushing beyond limits, overcoming adversity,

and never giving up in the face of challenges. It's about the player who rises to the occasion when the pressure is at its highest, inspiring their teammates to do the same. It's about the coach who instills belief and fosters a culture of excellence, guiding their team to greatness both on and off the court. Every successful serve, every precise set, and every well-timed dig is a testament to the resilience of the human spirit and the power of collective effort. It's a reminder that with passion, perseverance, and



SRMIST women's volleyball team secured a Bronze medal in the P. John and A.K. Chithrapandian Memorial Invitation State Level Volleyball Tournament 2024 at Mayor Radhakrishnan Stadium, Egmore, Chennai

a willingness to support one another, anything is possible. So, whether you're a player striving for greatness, a coach leading by example, or a fan cheering from the sidelines,

remember that in volleyball, as in life, the most inspirational achievements are born from the relentless pursuit of excellence and the unwavering belief in the power of teamwork.

Hockey Heroes: SRM Dominating the Pitch

COMPOSITE HOCKEY STICKS: Made of materials like carbon fiber and fiberglass, lightweight and durable composite sticks have essentially replaced traditional wooden hockey sticks. With the improved performance of these contemporary sticks, players may shoot more forcefully and precisely. They are also favored by players of all skill levels, from amateur fans to professional leagues, because to their durability and consistency, which improves gameplay and has an impact on how the game is played.

HOCKEY HELMET: Although they have been a component of hockey gear for many years, player safety has been greatly increased by design and technological developments. The risk of head injuries on the ice is decreased



SRMIST Hockey (Men) team won the silver medal in the state-level inter-university hockey tournament held at Arul Anandar College, Madurai

by impact-absorbing materials, customizable fit systems, and improved ventilation found in modern hockey helmets. In addition to hockey, these developments have impacted the invention of helmets for other sports and leisure pursuits, encouraging safer engagement in a variety of activities.

HOCKEY TAPE: Despite its seeming simplicity, hockey tape is an essential part of everyday hockey life. Hockey tape has become a necessary item for players of all skill levels, as it may be used to protect players' hands, fasten equipment, and grasp sticks. Due of its strength and adaptability, several

aficionados have found uses for it outside of the rink, such as medical, craft, and home repairs. These creations demonstrate how hockey has a profound influence on daily life and how advancements in the sport have benefited many facets of life in general.

Shining in Silver: SRM Volleyball Girls' Triumph

THE SIGNIFICANCE OF SPECIFIC SKILLS IN VOLLEYBALL

Individual techniques play a crucial role in the sport of volleyball, contributing significantly to both the performance of players and the overall success of the team. These techniques encompass a range of skills that are fundamental to playing the game effectively.

Firstly, serving is a fundamental individual skill that initiates each rally. A strong, accurate serve can put pressure on the opponent and create scoring opportunities for the serving team. Different types of serves, such as the topspin, float, and jump serve, provide players with strategic options depending on the situation. Secondly, passing or receiving serves and attacks is another critical technique. Players must master the forearm pass (or bump) and overhead pass (or set) to control the ball and deliver



Our SRMIST Women Volleyball Team Won Silver Medal in State Level Volleyball Tournament Organized by Challenger Volleyball Club held at Virudhachalam, Cuddalore Dt from 27th to 30th June 2024.

it accurately to the setter or hitter. Good passing forms the foundation of effective offense and defense, as it enables the team to maintain control and transition smoothly between plays. Thirdly, attacking involves the ability to spike the ball forcefully and accurately into the opponent's court. This requires not only jumping ability and timing but also proper technique in approaching the ball and executing different

types of attacks, such as the power spike, tip, or roll shot. A skilled attacker can exploit gaps in the opponent's defense and score points efficiently.

Fourthly, blocking at the net is crucial for defending against the opponent's attacks. A well-timed block can disrupt the opposing team's offense, force errors, and provide scoring opportunities through blocks that result in points

directly or by setting up a counter-attack. Ultimately, for volleyball players to properly contribute to their team's performance, they must master individual approaches. A team's cohesiveness and performance on the court are improved when members of the team are proficient in skills including serving, passing, attacking, blocking, and digging.

Chess is a game of endless possibilities

Winning a chess tournament is a moment of triumph and validation, marking the culmination of countless hours of practice, strategic thinking, and mental endurance. As the final piece is placed and the checkmate declared, a surge of pride and relief washes over the victor, knowing that their dedication and skill have paid off. The experience is not only about the victory itself but also about the journey—

the intense matches, the analytical post-mortems, and the camaraderie with fellow competitors. This achievement represents more than just a trophy; it's a testament to the player's resilience, intellect, and unwavering passion for the game. Mr. Ajay Karthikeyan of III-B.Tech CSE AIML (RA2211026040074), won 1st place in the Muralimohan Memorial 4th Capa Chess Academy

FIDE Rapid Rating Open Chess Tournament. He was awarded a trophy and a cash prize of ₹25,000/-.

The tournament, held on July 14, 2024 (Sunday), at Jawaharlal Nehru Stadium, was a one-day rapid chess event that saw the participation of 550 players. Ajay's outstanding performance and strategic brilliance led him to victory in this highly competitive environment.



Hard work and determination are the keys to success in kabaddi

We are proud of our SRMIST Kabaddi (M) Team's players, manager, and coach. You have proven that determination and hard work are the keys to success in Kabaddi by how well you have done. When you work hard, you can see the effects on the mat. On July 13, 2024, our team showcased their prowess by winning the GOLD MEDAL at the South India level open Kabaddi (M) Tournament held at the Amman Brothers Kabaddi Club in Senaiyakkudi, Pudukkottai. This victory is a testament to the countless hours of practice, strategic planning, and the unwavering spirit of each team member. The journey to this triumph was not easy. Our team faced some of the best Kabaddi teams from across the state. The competition was fierce, with each match pushing our players to their



limits. However, the rigorous training and the guidance of our dedicated coaching staff ensured that our team was well-prepared for every challenge. The final match was particularly intense, a true test of skill and endurance. The stands were filled with enthusiastic supporters, adding to the electric atmosphere. Our team played with exceptional

coordination and strategic brilliance, executing skillful raids and solid defenses. Their ability to work together seamlessly was a key factor in their success. This victory is a proud moment for SRMIST, highlighting the excellence of our sports programs and the dedication of our athletes and coaches. The manager and coaching staff deserve special

recognition for their roles in shaping the team's strategies and boosting the players' morale. As we celebrate this remarkable achievement, we are reminded of the importance of perseverance and hard work. The success of our Kabaddi (M) Team is an inspiration to all, demonstrating that with determination and effort, any goal is attainable.

Double Triumph: SRM Badminton Men and Women Clinch Buck Memorial Titles

In a stunning display of athletic prowess and determination, the SRM University badminton teams achieved a historic double triumph at the prestigious Buck Memorial Tournament. Both the men's and women's teams clinched the coveted titles, marking a significant milestone in the university's sports legacy. The men's team showcased exceptional skill and strategy, overpowering their opponents with precise smashes and agile footwork. Their path to victory was paved with hard-fought matches, where they demonstrated resilience

and teamwork. Meanwhile, the women's team mirrored this success, dominating the court with their relentless energy and tactical acumen. Each player contributed to the team's success, reflecting the depth of talent and rigorous training that SRM University is known for. The finals were a testament to their unwavering focus and competitive spirit, as they faced formidable rivals and emerged victorious. This dual victory not only highlights the individual brilliance of the players but also underscores the cohesive unit they form under the expert



SRMIST Men and Women Badminton team won Gold in the Buck Memorial Tournament organized by YMCA College of Physical Education

guidance of their coaches. The triumph at the Buck Memorial Tournament has elevated SRM University's standing in the national badminton circuit,

inspiring future athletes and bringing pride to the institution. Celebrations ensued as the players were lauded for their exceptional performance.



Our SRM-IST Basketball Men's Team secured a silver medal at the 27th year inter-collegiate basketball tournament for men and women, held from July 8 to July 13, 2024, in Chennai.

Hard work beats talent when talent does not work hard

Hard work encompasses countless hours in the gym, running drills, perfecting shooting techniques, and studying game footage to understand both personal and team dynamics. This relentless pursuit of improvement allows players to develop resilience and adaptability, essential qualities in the high-pressure

environment of a basketball game. When the talented player slacks off, the hard-working player can step in, leveraging their preparation to make pivotal plays, outmaneuver opponents, and maintain their performance under fatigue and stress.

Moreover, hard work

fosters a strong mentality and work ethic that can inspire and elevate an entire team. A hardworking player sets an example, demonstrating that success is achieved through effort and perseverance. This attitude can be contagious, encouraging teammates to adopt the same level of commitment. As a result, the

collective output of a team of hardworking players can surpass that of a team relying on raw talent alone. Basketball history is replete with stories of underdog teams and players who, through sheer hard work, have triumphed over more naturally gifted adversaries.

Teamwork makes the dream work

Teamwork is the cornerstone of success in hockey, exemplified by the adage "teamwork makes the dream work." In hockey, individual skills are crucial, but it's the collective effort that truly propels a team toward victory. Each player must seamlessly blend their strengths, whether it's a forward's scoring ability, a defenseman's solid checks, or a goaltender's quick reflexes. Effective communication and trust between teammates allow for intricate plays and

strategic maneuvers that can outwit opponents and capitalize on opportunities. Beyond the physical aspect, teamwork in hockey fosters a supportive environment where players build mutual respect and camaraderie. This synergy not only enhances on-field performance but also strengthens team morale and resilience. When players trust and rely on each other, they are more likely to overcome challenges and maintain focus during high-pressure situations.



Our SRMIST Women Hockey Team won Silver Medal in the State Level Open Hockey Championship held at Dr. Radhakrishnan Hockey Stadium, Chennai.

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