

The Game On! Feature

Every sportsperson plays to win, and their biggest sporting dream is usually to win for the country. When one of our own CSE stars hits the gold jackpot at an international sporting arena, it sure is cause for celebration!

We're talking about Lakshya Sen, badminton prodigy training with the Prakash Padukone Badminton Academy here at CSE, who became the third Indian to win the Badminton Asia Junior Championships after defeating top seed and reigning world champion Kunlavut Vitidsarn in a hard-fought game, winning 21-19, 21-18, in the finals of the Badminton Asia Junior Championship in Jakarta this July. Lakshya was seeded sixth in the tournament and advanced to the finals after his win over home favourite Ili Rumbay 21-7, 21-14 in the semi-finals.

India's junior national coach Sanjay Mishra was quoted in his fulsome praise for the young talent, saying, "Winning any tournament is a big thing and he has clinched the gold in a tournament where the best of world compete. We know Asia is the hub of badminton and winning the Asia title will give him a big boost."



The PPBA team recalls Lakshya's progress through every step of his journey to success - from watching him as an 8-year-old bursting into tears on court whenever he trailed behind his rivals on court, to blossoming into one of our finest badminton player with nerves of steel and a game to fear!

Mentor Prakash Padukone shared an old photograph of Lakshya at the Singapore Open in 2011, proudly grasping his gold medal after triumphing over the same rival he defeated this year at the Badminton Asia Junior Championships! Way to go, Lakshya...we are all so proud of you!

Make A Splash!

In other sport, five of our star Swimmers from Dolphin Aquatics will be representing India in the Asian Games this August. Virbhawal Khade, Sandeep Sejwal, Aaron D'souza, Saurabh Sangvekar and Neel Roy will be accompanied by coach Nihar Ameen, when they compete at the pan-Asian multi-sport event scheduled to be held from 18 August to 2 September 2018 in the Indonesian cities of Jakarta and Palembang.



CSE is proud to host the National Coaching Camp for our swimmers, which began here on July 16 and will continue until our athletes leave for the Games.

We wish them all the very best of luck!

Tennis

Our talented young tennis trainees have been progressing from strength to strength in their competitive performances throughout July. **Lakshanya Vishwanath**, whom we featured in an earlier edition of *Game On!* as a talent to watch out for, was the doubles champion and semi-finalist in singles for U18 and U16 at the AITA U18 CS7 in Kochi, Kerala. Her fellow trainee at the full day Advanced Training programme at CSE, **Vishal Gautam** was a finalist in the AITA U16 TS7 tournament in Bangalore.

Also joining them with a significant win of his own was **Jatin Kurdekar**, who was Runner-up at the U19 Tennis Singles in the 49th KVS Nationals. Jatin, age 15, was playing up two divisions in this tournament. Jatin joined the PBI Tennis Academy's Summer Camp programme and has stayed on at CSE to train after school from 4:00 - 6:30pm on weekdays and Saturdays as well.



Lakshanya Vishwanath



Vishal Gautam



Jatin Kurdekar

Physios get physical on the tennis court!

The **Vesoma** physiotherapist team spent some time at the PBITA academy learning the game of tennis, while at the same time understanding what movements and muscles are used/overused while playing the game. The team found out what muscles groups, tendons and ligaments are put under stress due to the explosive stops and starts of tennis and what joints get stressed due to repetitive movements. The hour went fast and everyone came away having fun, getting fitter and gaining knowledge.

At The Academies

Cricket lovers will be glad to know that our main ground is ready for use. SIX Cricket Academy hosted DPS North in the first of the many practise matches to be played here on CSE turf. SIX Excellence Junior Boys represented Team CULT and Team SG, with SG emerging as winners.

We were proud to host two first-class women cricketers - Mridula Jadeja and Nirali Oza - who trained with us here at CSE. In addition, Sanju Samson, India Cricketer used the Turf facility for two sessions.



Over at the football ground, Boca Juniors kicked off the Boca League Cup 2018 Edition on July 15. The Boca League Cup 2018 is the 4th edition of an annual league format tournament organised and hosted by Boca Juniors, with six academies are participating in Under 15 and Under 13 categories - Boca Juniors, Anantpur Sports Academy, Great Goals (Chennai), Reeds FC (Hyderabad), Bangalore Youth Football League and Jain Academy for Sporting Excellence. The League will be scheduled over next 3 months with League match-days on alternate Sundays, at the Padukone Dravid Centre for Sports Excellence. All the matches are 11-sided, with Under 15 & Under 13 plays at 70-minute and 60-minute match durations respectively.

The All India Football Federation has declared the Academy Accreditation assessment results for the season 2018/19, and Boca Juniors Football School from Bangalore has emerged as the only grassroots football academy across India with a 4-star rating in the non-residential category. Congrats to Boca Juniors!

CSE is proud to join our partner football academy BYFL in providing shirts, socks, shoes, and shorts to 26 under-privileged children who currently undergo football training conducted by BYFL thrice a week, here at our campus.



Prakash Padukone Sports Management conducted the PPSM Inter-venue Badminton Tournament in July, with Lakshya Sen, former Junior World No. 1 as Chief Guest. PPSM also hosted the First edition of the PPSM Coaches Badminton League (PCBL) 2018, which was attended by Mr. D.K. Sen, Retired Senior Coach Sports Authority of India, and Mr. Ajay Jayaram former World No.1, Dutch open champion and Senior National Runner-up.



Vesoma

Besides our world-class sporting venues, CSE has a lot on offer for athletes, coaches, Academies and general fitness enthusiasts, in terms of expertise in sports science and support services.

In this feature, we'd like to introduce you to **Vesoma**, our on-site Gym and Fitness Centre that offers best-in-class fitness equipment and highly experienced staff that can help sportspersons raise the bar on their overall fitness and stamina.

Vesoma was established as a Fitness, Rehabilitation and Sports Medical Centre catering to the increasing demand for holistic well being in athletes and the general public. But **Vesoma** offers much more than its well-appointed Gym and Fitness Centre. Under the guidance of Dr. Shama Kittur, **Vesoma's** trained staff is specialised in Physiotherapy, Hydrotherapy, Nutrition and Geriatric Care.



Vesoma's physiotherapists begin with a detailed initial assessment, specialised one-on-one treatment and a well-conceived rehabilitation programme to treat and prevent recurrent injuries. Treatment may include Hydrotherapy, using the gentle resistance of water, in the case of chronic illnesses or injuries.

The needs of special population patients with commonly diagnosed illnesses such as diabetes, hypertension, coronary heart disease or neurodegenerative illnesses, or elderly patients with specialised needs, are also addressed by the **Vesoma** team. **Vesoma** also offers fun fitness through Group Exercise classes in Aerobics.

This expertise, combined with diet and nutrition plans customised to address the requirements of each patient, makes **Vesoma** an ideal choice for athletes and the general public to pursue an informed, well-supervised fitness and nutrition programme at CSE.



VESOMA

Fitness • Rehabilitation • Sports Medical Center



Upcoming Events



BADMINTON

PPSM Badminton Championships, August 11-12: Prakash Padukone Sports Management is conducting the PPSM Badminton Championship, an All India Open Badminton Tournament on August 11 and 12, 2018 here at CSE.

Corporate Badminton Championships 2018, September 22-23: Also on the cards is Prakash Padukone Sports Management's Corporate Badminton Championships (CBC) on September 22 and 23, 2018 right here at CSE. The last date for registration is 19th September 19, 2018, and you can find more details at http://ppsm.org.in/Corporates_badminton_championship_2018/

TENNIS

New programmes are on the way! If you are interested in Tennis Aerobics, Rhumba Tennis or Adult instruction (Group and Private all levels), there's great news for you! We will be starting these programmes for adults, beginning in August. For more information, please call +91.99458.13627.

PBI's Junior Weekend Programme is filling up fast. We have a few spaces left in our Under 10, 12 and 14 batches for weekends. We are looking to form some beginner and intermediate groups for Monday - Friday training. If you are interested in after-school batches, please contact us at +91.99458.13627.



LITTLE GYM

Little Gym, a fitness centre devoted to encouraging physical activity and fitness amongst children, is now fully operational at CSE. Bring your tots over to the CSE campus to find out all the ways in which your kids can have fun and stay fit! Contact Lokesh at +91-99642-11913 or email lokesh.n@thelittlegym.in. Happy Gymming!

