

# BADMINTON



**MEN**



**WOMEN**

Badminton having origin in India by Britishers is the second most played sport in India. Ball Badminton, a form of the game played with a wool ball instead of a shuttlecock, was being played in Thanjavuras early as the 1850s. Arjuna awardee Prakash Padukone, referred as Father of badminton in India, was the first Indian to win All England open badminton competitions. The Badminton World Federation (BWF) is the internationally recognized governing body of the sport .Badminton in India is managed by Badminton Association of India.Indian shuttlers Saina Nehwal, Srikanth Kidambi, and Pusarla Venkata Sindhu are ranked amongst top-10 in current BWF rankings .

Badminton is officially the fastest of all racket sports. It is a very beginner-friendly sport but difficult to master. Anybody can learn and master the basic skills for Badminton. Mastering the basic techniques and skills allows you to play consistently and improve. When you play Badminton getting a natural rhythm, timing and hand-eye coordination are very important. The power of wrist, internal and external rotations of the upper and lower arm and also tactical and strategic thinking ensure success.

Every Badminton player should read the quote by Sun Tzu  
“The general who wins the battle makes many calculations in his temple before the battle is fought. The general who loses makes but few calculations beforehand.”

Fueled by a philosophy rooted in humility, good work ethics and commitment to excellence **SIMATS** sports has grown every year. The **SIMATS** badminton is a fun, friendly and energetic programme with sessions ranging from beginner to intermediate and advanced standard. We play with the highest quality feather shuttles in standard courts. It is open to all students, staff and public. Just play. Have fun and physique. Perform and excel.



## **LEVEL OF TOURNAMENTS**

Inter collegiate, south zone, All India university tournaments, corporate, academies and clubs. Project tournaments conducted by physical Education students