

**Consolidated Coverage Report**

**On**

**The launch of fifth edition of Junior Badminton  
Championship (JBC)**

**Coverage compilation from July 4 to 15, 2019**

**PRINT**

## A welcome break: Sindhu

**V.V. SUBRAHMANYAM**  
HYDERABAD

P.V. Sindhu says she has learnt a lot at training sessions during a one-month break from competitions. She will be playing in the Indonesia, Japan and Thailand Open championships over the next few weeks.

“It has not been a great year so far. But, you have to back yourself, learn from your mistakes,” said Sindhu, the brand ambassador of PNB MetLife on the sidelines of a promotional event here on Thursday. “There have been a couple of new players from China and Japan who have been doing well. So, you have to be at your best always.”

“In the last last six months, I lost a couple of matches

from winning positions. Worked on what went wrong and feel I am much a better player,” Sindhu said.

“I have been training with a Korean women’s coach, Kim Ji-Hyun. The sessions have been different,” Sindhu said. “I worked a lot on mental and physical aspects, since, of late, matches have been really long. The game has changed a lot and many young players are really doing well,” she said. “It is going to be one match at a time in the Olympics qualifying year,” Sindhu said. “I hope to do well in the next three Majors. The break from competition has been really good. I have been working hard, had enough time to prepare for the next big events.”



**Refreshed:** P.V. Sindhu, seen with PNB MetLife CEO Ashish Kumar Srivastava and national coach Vimal Kumar, looks forward to a better second half of the season. ■ K.V.S. GIRI

# Fit Sindhu ready to rediscover her form

TIMES NEWS NETWORK

ANI

Hyderabad: After finishing 2018 on a high by winning the year-end Tour Finals, PV Sindhu failed to win a single tournament in the first six months of this year but the Olympic silver-medallist is confident of getting back to her best soon.

Speaking on the sidelines of the launch of the fifth PNB Metlife Junior Badminton Championship here, Sindhu said that she feels she is back to her best after one month's serious training. "It has not been really great and I have to do much better. I have to be satisfied with whatever has happened so far. You can't think everything is over, you always have to bounce back. We got almost one month of time to practice and I think I am back to my best," said Sindhu.

On what went wrong this year, she said, "Nothing went wrong, it's just that on that day I did not play well.



Last six months I have lost a few matches easily. I am learning from my mistakes. There is a lot more to come. A couple of tournaments are coming up and I hope to do well." Sindhu, who is now training under Korean women's coach, will be featuring in the Indonesia, Japan and Thailand tournaments in the next few weeks.

Along with the Junior Badminton Championship, PNB Metlife had unveiled 'Boot Camp', a tailor-made tutorial program to help aspiring shuttlers.

## SINDHU FEELING STRONGER AFTER MONTH-LONG REST

VISHAL VIVEK @Hyderabad

UP until last year, when PV Sindhu used to hit the courts across the world, a three-game marathon running into about 70 minutes could easily be expected. The fact that she had capped off the year with a scintillating win at the World Tour Finals by overcoming one of her fiercest rivals — Nozomi Okuhara — pointed to greater things to come. However, the lanky shuttler has faced tough times on courts during the months following that win.

In the last six months, she has taken part in six singles tournaments — other than Sudirman Cup and Asian Championships — with her best finishes being two semifinal appearances at India Open and Singapore Open. More alarming has been the way some of her defeats have come. Quite contrasting to those edge-of-the-seat thrillers that she has been a part of a zillion times, she has gone down to opponents quite easily. In Singapore, she lost to Okuhara 7-21, 11-21. At Indonesia Masters, she bowed down to Carolina Marina 11-21, 12-21.

Then, a month-long break from the uber-hectic BWF calendar came as a boost. The athlete says that the break helped her in identifying the problems in her game. “In the last six months, I lost a couple of matches easily. Worked out on

what went wrong, and I feel I am a much better player now. The last month was good. I got enough time to prepare myself,” Sindhu told reporters on the sidelines of the announcement of the fifth edition of PNB MetLife Junior Badminton Championship.

This daily got in touch with former national champion Trupti Murgunde to learn more about the issues that the player might be facing. “All top players have these rough patches. When you are performing consistently, other shuttlers tend to

read your game even more. She just needs to gain confidence back. There are new coaches that she has been working with, and I am sure they would have figured something out,” Murgunde said.

Sindhu has been training under former Asian Games gold medallist Kim Ji Hyun these days. Hyun, together with Park Tae Sang had joined Pullela Gopichand Academy in February to ease head coach Pullela Gopichand’s load. Asked how has it been training under a new coach, she said: “The training sessions have been different because each coach has a different technique. It is good because we can learn a lot of new things. I hope everything will go well in the tournaments,” Sindhu, who is set to fly for Indonesia Open (BWF World Tour Super 1000), which begins on July 16, said.



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PV Sindhu & U Vimal Kumar during a promotional event in Hyderabad | SATHYA KEERTHI

Publication : The Asian Age

Edition : Kolkata

Date : July 05, 2019

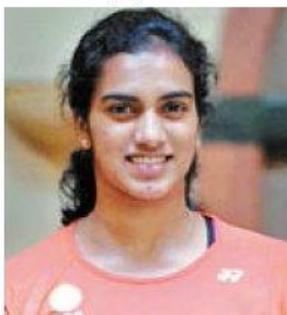
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# Sindhu hopes to turn the tide

Hyderabad, July 4: Olympic silver medallist P V Sindhu on Thursday admitted that her season so far has not been "great" but expressed hope of turning the tide in the upcoming events, beginning with Indonesia Open from July 16.

Sindhu has played in six tournaments so far this year without reaching a final. She reached the semifinals in India Open in March and Singapore Open in April. "(It) has not been really great. But, it was ok. I am satisfied. But, I think I have to do much better," Sindhu told reporters on the sidelines of PNB Metlife announcing the launch of Junior B a d m i n t o n Championship-5.

Asked what went wrong in the last six months during which she did not win any major tournament, Sindhu said, "Nothing went wrong. But on the day, sometimes, you might not just



**P V Sindhu**

give your 100 per cent. Sometimes, you might just make too many mistakes.

"That's why I said I have to be satisfied. It's not that I am happy. But, you always have to think that there is always a next time," she said. The 23-year-old Sindhu said she has worked hard on her game during the one month-long break she got and is confident of doing well in Indonesia, Japan and Thailand.

"We have got almost one month of break. I have

been in my top level and working hard. There has been enough time to prepare for the next three tournaments, that is Indonesia, Japan and Thailand. So, I am confident that I can do well and

I can give my 100 per cent," said the 2016 Olympics silver medallist. The Indonesia Open begins on July 16 while Japan Open and Thailand Open will start on July 23 and July 30. —PTI

Publication : Deccan Chronicle

Edition : Chennai

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Edition : Bangalore

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"(It) has not been really great. But, it was ok. I am satisfied. But, I think I have to do much better," Sindhu told reporters on the sidelines of PNB MetLife announcing the launch of Junior Badminton Championship-5.

The tournament will be played across 10 cities for children in the U-9, U-11, U-13, U-15 and U-17 age groups. The Bangalore leg, which is the fifth, will be held from Aug 7-11. The Grand finale will be held in Delhi on September 9-10.

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Publication : The Assam Tribune

Edition : Guwahati

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## *Sindhu hopes to do well in upcoming events*

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India's ace badminton player P V Sindhu and former badminton player from Kerala U Vimal Kumar address media personnel at the launch of season 5 of Junior Badminton Championship, in Hyderabad on Thursday

Photo: N Shiva Kumar Meru

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"Because, now the game has changed a lot. A lot of people have been working out on their skills and physical. I think it is very important to keep yourself fit as well as in your skill work, you need to be very much perfect as well. So, I have been working on that," she said when asked if she worked on something new.

She said the players need to have variation in their game to achieve success in major tournaments. "Every time, we need to change. Because, it is not the same every time. Not only you, your opponents change their game."

Publication : The Goan

Edition : Goa

Date : July 05, 2019

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## Sindhu hopes to turn the tide in upcoming tournaments

PTI

### HYDERABAD

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PTI

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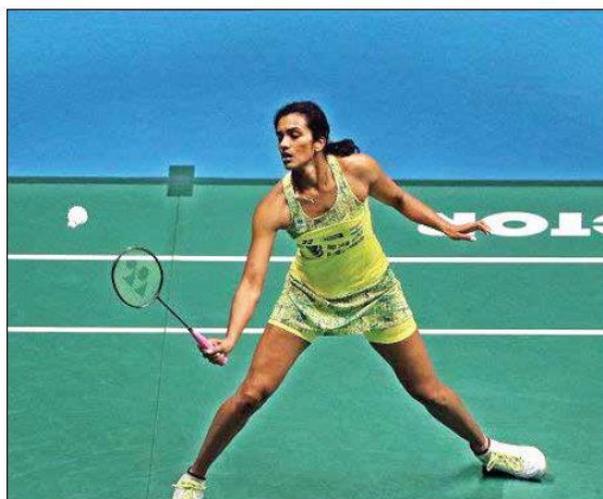
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AGENCIES

**Publication : The Political & Business Daily**

**Edition : Cuttack**

**Date : July 05, 2019**

**Page: 12**



### Sindhu hopes to turn the tide in upcoming tourneys

**HYDERABAD, JULY 4**

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PV Sindhu and ex-badminton player from Kerala U. Vimal Kumar address media at the start of season 5 of Junior Badminton Championship, in Hyderabad—PTI photo

Publication : Sakshi

Edition : Hyderabad

Date : July 05, 2019

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## 9 నుంచి జూనియర్ బ్యాడ్మింటన్ చాంపియన్షిప్

సాక్షి హైదరాబాద్: పీఎస్టీ మెట్లైఫ్ ఇండియా ఇన్ఫ్రాస్ట్రక్చర్ కంపెనీ లిమిటెడ్ అధ్యక్షులలో ఇరుగు మున్ను జూనియర్ బ్యాడ్మింటన్ చాంపియన్షిప్ పోటీలకు రంగం సిద్ధమైంది. ఈనెల 9 నుంచి బీటీ ఎడిషన్ జూనియర్ బ్యాడ్మింటన్ బోర్డు మెంబర్స్ నిర్వహించేందుకు ఏర్పాట్లు పూర్తయ్యాయి. ఈ సందర్భంగా గుడివారం జరిగిన ప్రత్యేక కార్యక్రమంలో బోర్డుమెంబర్ చివరాలతో పాటు ట్యూటోరియల్ ప్రోగ్రామ్ 'జేటీసీ బాల్ క్యాంప్'ను బోర్డు ప్రాంట్ అంబాసిడర్, భారత బ్యాడ్మింటన్ ఫెడరేషన్ వీవీ సింఠు, కోచ్ యు. చిమల కుమార్ అధిష్టించారు. ఈనెల 9 నుంచి సెప్టెంబర్ 10 వరకు దేశంలోని 10 నగరాల్లో

అందర్-9, 11, 13, 15, 17 బాలబాలికల విభాగాల్లో ఈ బోర్డు జరుగుతుంది. తొలి రోజు (జూలై 9-12) పోటీలకు వండీగల్ అతిథ్యమివ్వనుంది. అనంతరం ముంబైలో జూలై 21నుంచి 25వరకు, షరీఫ్ జూలై 27నుంచి 31వరకు, కొచ్చిలో ఆగస్టు 2నుంచి 5వరకు, బెంగళూరులో ఆగస్టు 7నుంచి 11వరకు, గువాహాటిలో ఆగస్టు 10నుంచి 13 వరకు, హైదరాబాద్లో 16నుంచి 20వరకు, అహ్మదాబాద్లో ఆగస్టు 19నుంచి 22వరకు, లక్నోలో ఆగస్టు 30నుంచి సెప్టెంబర్ 1వరకు, ఢిల్లీలో సెప్టెంబర్ 8నుంచి 7వరకు పోటీలు జరుగుతాయి. సెప్టెంబర్ 9, 10 తేదీల్లో ఢిల్లీలో జరిగే ఫైనల్లో బోర్డు ముగిస్తుంది.



## తిరిగి సత్తాచాటేందుకు సిద్ధం: సింధు

ఈనాడు డిజిటల్, హైదరాబాద్: ఈ ఏడాది ఇప్పటి వరకు ఒక్క టైటిల్ కూడా గెలవని భారత అగ్రశ్రేణి షట్టర్ పీవీ సింధు తిరిగి సత్తాచాటేందుకు సిద్ధంగా ఉన్నానని చెబుతోంది. దాదాపు నెల రోజుల పాటు లభించిన విరామంలో పూర్తి ఏకాగ్రతతో సాధన చేసిన ఆమె త్వరలో జరగబోయే ఇండోనేషియా, జపాన్, థాయ్‌లాండ్ బ్యాడ్మింటన్ టోర్నీల్లో మెరుగైన ప్రదర్శన చేస్తాననే ఆశాభావాన్ని వ్యక్తం చేసింది. గురువారం హైదరాబాద్‌లోని



విమల్ కుమార్ తదితరులతో సింధు

తాజ్ కృష్ణ హోటల్లో జరిగిన పీఎన్బీ మెట్‌లైఫ్ జూనియర్ బ్యాడ్మింటన్ ఛాంపియన్‌షిప్ ఐదో సీజన్ ప్రారంభ కార్యక్రమానికి ఆమె ముఖ్య అతిథిగా హాజరైంది. పీఎన్బీ మెట్‌లైఫ్ క్రూ సచివాలయంలో ఆమె ఈ సందర్భంగా మాట్లాడుతూ.. "చిన్నాడులోని బ్యాడ్మింటన్ ప్రతిభను వెలికితీయడానికి పీఎన్బీ మెట్‌లైఫ్ ఈ ఛాంపియన్‌షిప్ నిర్వహించడం ఆనందంగా ఉంది. దాంతో పాటు అంతర్జాతీయ స్థాయిలోని తరగతులు నిర్వహిస్తూ, షట్టర్ల నైపుణ్యాలు మెరుగయ్యేలా ప్రోత్సహిస్తున్నాను. ఈ ఛాంపియన్‌షిప్ క్రమంగా ఆదరణ పెరుగుతోంది. ఈ ఏడాది ఇప్పటివరకు నా ప్రదర్శన సంతృప్తినివ్వలేదు. ఈ నెల విరామంలో పూర్తిగా శిక్షణ పైనే దృష్టి పెట్టా. కొరియా మహిళల కోచ్ కిమ్ జి హ్యూన్ ఆధ్వర్యంలో శిక్షణ పొందుతున్నా. త్వరలో జరగనున్న ఇండోనేషియా, జపాన్, థాయ్‌లాండ్ టోర్నీల్లో మెరుగ్గా రాణిస్తాననే నమ్మకం ఉంది. గత ఆరు నెలల్లో కొన్ని మ్యాచ్‌ల్లో గెలిచే దశలో ఉండి కూడా ఓటమి చెండా. గతంలో ఏదీ తప్పుగా జరగలేదు. కొంతమంది సీనియర్, జూనియర్ క్రీడాకారిణులు గొప్పగా ఆడుతున్నారు. వాళ్లను ఎదుర్కొని నిలవాలంటే మన సామర్థ్యాన్ని పెంచుకోవాల్సిందే. వచ్చే ఏడాది ఒలింపిక్స్ ఉన్న నేపథ్యంలో ఇక నుంచి ప్రతి

మ్యాచ్ ముఖ్యమైంది. విజయాలు సాధిస్తూ వెళ్ళాలి. టోక్యో ఒలింపిక్స్ బరిలో దిగి ఉత్తమ ఫలితాలు సాధించాలనేదే లక్ష్యం" అని సింధు తెలిపింది. మూలాల నుంచి ప్రతిభను వెలుగులోకి తీసుకురావడానికి ఈ జూనియర్ ఛాంపియన్‌షిప్ గొప్ప వేదికగా నిలుస్తుందని జాతీయ బ్యాడ్మింటన్ మాజీ కోచ్ విమల్ కుమార్ చెప్పాడు. 'యువ క్రీడాకారుల సత్తా చాటేందుకు ఇదో గొప్ప వేదిక. దేశంలో క్రీకెట్ తర్వాత బ్యాడ్మింటన్‌కే ఎక్కువ ఆదరణ లభిస్తోంది. అలాంటి క్రీడలో ప్రోత్సాహం అందించాల్సిన అవసరం ఉంది. ఫలితాలు రావడానికి సమయం పడుతుండొచ్చు కానీ ప్రయత్నం చేయడమనేది ముఖ్యం' అని విమల్ పేర్కొన్నాడు. దేశంలో నైపుణ్యాలు ఉన్న షట్టర్ల చాలా మంది ఉన్నారని, వాళ్ల ప్రతిభకు సానుకూల కార్యక్రమమే ఈ ఛాంపియన్‌షిప్ అని పీఎన్బీ మెట్‌లైఫ్ ఎండీ, సీఈఓ అశోక్ కుమార్ శ్రీవాస్తవ్ వివరించాడు. దేశవ్యాప్తంగా 10 నగరాల్లో అండర్-9, 11, 13, 15, 17 విభాగాల్లో నిర్వహించనున్న ఈ టోర్నీ హైదరాబాద్ పోటీలు వచ్చే నెల 16 నుంచి 20వ తేదీ వరకు గచ్చిబౌలిలోని స్పోర్ట్స్ కాంప్లెక్స్‌లో జరగనున్నాయి. ఆసక్తి ఉన్న క్రీడాకారులు [www.pnbmetlife|bc.com](http://www.pnbmetlife|bc.com) వెబ్‌సైట్లో పెద్ద నమోదు చేసుకోవాలని నిర్వాహకులు సూచించారు.

# రానున్న టోర్నీల్లో రాణిస్తా

**బ్యాడ్మింటన్ స్టార్ పి.వి.సింధు**



**హైదరాబాద్ :** ఈ ఏడాది ఇప్పటివరకు అంతగా రాణించని భారత బ్యాడ్మింటన్ ఏన్ క్రీడకారిణి పి.వి.సింధు రానున్న టోర్నీలలో సత్తా చాటుతానని తెలిపింది. గురువారం ఇక్కడ జూనియర్ బ్యాడ్మింటన్ చాంపియన్షిప్-5 ప్రారంభోత్సవ సందర్భంగా సింధు విలేకరులతో మాట్లాడుతూ తన ప్రదర్శన పట్ల సంతృప్తిగానే ఉన్నానని, భవిష్యత్ టోర్నీలలో మెరుగైన ప్రదర్శన చేస్తానని అన్నది. ఈ ఏడాది ఆరు టోర్నీలలో పాల్గొన్న సింధు ఒక్క టోర్నీలోకూడా ఫైనల్ కు చేరలేకపోయింది. ఇండియా ఓపెన్, సింగపూర్ ఓపెన్ లలో సెమీస్ కు చేరడమే ఈ ఏడాది ఆమె మేటి ప్రదర్శన. కొన్ని సందర్భాలలో ఎంత గొప్ప ఆటగాళ్లైనా పూర్తి స్థాయి ప్రదర్శన చేయలేకపోవచ్చని, తన ఆటపట్ల పూర్తి సంతృప్తితో ఉన్నానని సింధు తెలిపింది. రానున్న ఇండోనేసియా, జపాన్, థాయిలాండ్ ఓపెన్ టోర్నీలలో మెరుగ్గా రాణించేందుకు నెలరోజులుగా ఎంతో శ్రమిస్తున్నానన్నది. ఇండోనేసియా ఓపెన్ ఈనెల 16న ఆరంభం కానుండగా, జపాన్ ఓపెన్ 23న, థాయిలాండ్ ఓపెన్ 30న ఆరంభం కానున్నాయి. ప్రస్తుతం మ్యాచ్ లు సుదీర్ఘంగా సాగుతున్నాయని, శారీరకంగా, మానసికంగా దృఢంగా ఉండేందుకు కొరియా కోచ్ కిమ్ జి హ్యూన్ పర్యవేక్షణలో సింధు తన ఆటకు మెరుగులు దిద్దుకుంటున్నట్లు తెలిపింది.

## జూనియర్ బ్యాడ్మింటన్ ప్రారంభం



ప్రారంభ కార్యక్రమంలో సింధు, విమల్ కుమార్ తదితరులు

హైదరాబాద్ (ఆంధ్రజ్యోతి క్రీడాప్రతినిధి): పీఎన్బీ మెట్లైఫ్ జూనియర్ బ్యాడ్మింటన్ చాంపియన్షిప్ (జేబీసీ) ఐదో అంచె టోర్నీ ప్రారంభమైంది. గురువారం జరిగిన ప్రారంభోత్సవంలో ఏస్ షట్లర్ పీవీ సింధు, బ్యాడ్మింటన్ కోచ్ విమల్ కుమార్, పీఎన్బీ మెట్లైఫ్ సీఈవో ఆశిష్ కుమార్ శ్రీవాస్తవ ముఖ్య అతిథులుగా పాల్గొన్నారు. ఆండర్-9, 11, 13, 15, 17 విభాగాల్లో జరగనున్న ఈ పోటీలకు 10 నగరాలు ఆతిథ్యమివ్వనున్నాయి. తొలి అంచె పోటీలు ఈ నెల 9 నుంచి 12వ తేదీ వరకు చండీగఢ్లో జరగనున్నాయి. హైదరాబాద్ అంచె పోటీలు వచ్చే నెల 16 నుంచి 20వ తేదీ వరకు గచ్చిబౌలి స్టేడియంలో నిర్వహించనున్నారు.

# రానున్న టోర్నిల్లో సత్తాచాటుతా

జూనియర్ బ్యాడ్మింటన్ చాంపియన్ షిప్ ప్రారంభోత్సవంలో సింధు

**హైదరాబాద్, నమస్తే తెలంగాణ అటు ప్రతినధి:** రానున్న టోర్నిల్లో సత్తాచాటుతానని భారత బ్యాడ్మింటన్ స్టార్ పీవీ సింధు పేర్కొంది. ఈనెల 16న మొదలయ్యే ఇండోనేషియా ఓపెన్ లో ఆడబోతున్న సింధు తిరిగి పుంజుకుంటానని ప్రకటించింది. గురువారం పీఎన్టీ మెట్లైఫ్ కంపెనీ ఆధ్వర్యంలో జూనియర్ బ్యాడ్మింటన్ చాంపియన్ షిప్ (జేటీసీ) ప్రారంభోత్సవంలో సింధు పాల్గొంది. జేటీసీకి బ్రాండ్ అంబాసిడర్ గా వ్యవహరిస్తున్న సింధు ఈ సందర్భంగా మీడియాతో మాట్లాడింది. 'వచ్చే మూడు టోర్నిలు ఆడేందుకు సరిపోయే సమయం దొరికింది. మానసిక సన్నద్ధతతో పాటు శారీరక ధారుడ్యంపై ప్రధానంగా దృష్టి సారించాను. చాలా మంది షట్లర్లు తమ నైపుణ్యాన్ని మెరుగుపర్చుకోవడంతో పాటు ప్రత్యర్థుల బలహీనతలపై దృష్టి పెడుతున్నారు' అని సింధు అంది. ఈ ఏడాది జేటీసీని దేశవ్యాప్తంగా పది నగరాల్లో నిర్వహించబోతున్నారు. ప్రతిభ కల్గిన షట్లర్లకు చేయూతనందిస్తూ అత్యుత్తమ శిక్షణనిచ్చేందుకు పీఎన్టీ మెట్



లైఫ్ పూనుకుంది. ఈనెల 9న చండీగడ్ లో జేటీసీకి తెరచేవనుంది. ఈ టోర్నిల్లో ఆడాలనుకునే వారు +91 91725 30523 (టోల్ ఫ్రీ నంబర్) కాల్ చేయడంతో పాటు <http://www.pnbmetlifejbc.com/> ద్వారా నమోదు చేసుకోవచ్చు. ఈ కార్యక్రమంలో భారత మాజీ షట్లర్ విమల్ కుమార్, సింధు తండ్రి రమణ, పీఎన్టీ ఎండీ అండ్రీ సీఈవో అశీష్ కుమార్ శ్రీవాత్సవ తదితరులు పాల్గొన్నారు.



## బ్యాడ్మింటన్ కు ఆదరణ

స్టార్ షట్లర్ సింధు

మన తెలంగాణ/హైదరాబాద్: దేశంలో బ్యాడ్మింటన్ క్రీడకు ఎంతో ఆదరణ లభిస్తుందని స్టార్ షట్లర్ పి.వి.సింధు పేర్కొంది. బడ్ జూనియర్ బ్యాడ్మింటన్ ఛాంపియన్షిప్ ను పురస్కరించుకుని గురువారం హైదరాబాద్ లో నిర్వహించిన కార్యక్రమంలో సింధు పాల్గొంది. ఈ కార్యక్రమంలో భారత బ్యాడ్మింటన్ మాజీ అటగాడు, కోచ్ విమల్ కుమార్ కూడా పాల్గొన్నారు. ఈ సందర్భంగా సింధు మాట్లాడుతూ ఇతర క్రీడలతో పోలితే భారత్ లో బ్యాడ్మింటన్ చాలా వేగంగా అభివృద్ధి చెందుతుందని తెలిపింది. భారత బ్యాడ్మింటన్ సమాఖ్య తీసుకుంటున్న చర్యలతో ఈ క్రీడకు ఎంతో ఆదరణ లభిస్తుందని వివరించింది. ఒకప్పుడూ బ్యాడ్మింటన్ అంటే ఎవరూ ఆసక్తి చూపించే వారు కాదని, అయితే ఇటీవల కాలంలో దేశంలోనే బ్యాడ్మింటన్ ప్రత్యేక ఆకర్షణగా మారిందని చెప్పింది. చైనా, ఇండోనేషియా, జపాన్, డెన్మార్క్ దేశాలతో పాటు భారత్ లో కూడా బ్యాడ్మింటన్ ముఖ్య క్రీడాకంగా మారిందని తెలిపింది.



రానున్న రోజుల్లో ఇది మరింత ప్రాచుర్యం పొందడం ఖాయమని సింధు జోస్యం చెప్పింది.

## ప్రతిభావంతులైన షట్లర్లను ప్రోత్సహించాలి

### జాతీయ బ్యాడ్మింటన్ స్టార్ పీవీ సింధూ

**హైదరాబాద్, జులై 4, ప్రభాతవార్త:** గ్రామీణ పట్టణ ప్రాంతాల్లోని ప్రతిభా వంతులైన షట్లర్లను ముందుకు తీసుకురావడానికి ఇంకా ఎంతో చేయాల్సిన అవసరం ఉందని అందుకు ప్రాథమిక స్థాయి నుంచే వారిని ప్రోత్సహించాలని జాతీయ బ్యాడ్మింటన్ స్టార్ పీవీ సింధూ అన్నారు. గురువారం నగరంలో జరిగిన కార్యక్రమంలో జెబీసీ ఐదవ జాతీయ బ్యాడ్మింటన్ ఛాంపియన్ షిప్ 5ఎడిషన్ ను ప్రారంభించింది. ఈ సందర్భంగా ప్రత్యేకంగా తీర్చిదిద్దిన ట్యూటోరియల్ జెబీసీ బూట్ క్యాంప్ సైతం ఆమె ఆవిష్కరించింది. ఈ సందర్భంగా సింధూ మాట్లాడుతూ ఇటీవల కాలంలో అందుకున్న విజయాలతోపాటుగా ఈస్పోర్ట్స్ చేరుకున్న ఎత్తుల వరంగా ఇప్పుడు ఇది ఇంటింటి క్రీడగా మారిందన్నారు. అయితే ప్రతిభావంతులైన షట్లర్లను ముందుకు తీసుకురావడానికి ఇంకా ఎంతో చేయాల్సి ఉందన్నారు. ఈ క్రీడలో నూతనంగా ప్రవేశించేవారితో పాటుగా ఔత్సాహికులకు అతిపెద్ద అవరోధంగా నిలుస్తున్న అంశం సరైన శిక్షణ మార్గనిర్దేశకత్వం లేకపోవడం అన్నారు. ఈ జెబీసీ బ్యూట్ క్యాంప్ తో యువ బ్యాడ్మింటన్ ఔత్సాహికులు సరిపడ శిక్షణ, మార్గనిర్దేశకత్వంను ఈస్పోర్ట్స్ లెజెండ్ నుంచి పొందగలరన్నారు. ప్రతిభావంతులైన షట్లర్లకు తగిన మద్దతు నందించే సంపూర్ణ పర్యావరణ వ్యవస్థను సృష్టించడం కోసం పిఎన్ బీఎం టీలైఫ్ తో భాగస్వామ్యం చేసుకోవడం పట్ల నేను చాలా సంతోషంగా ఉన్నాను. బ్యాడ్మింటన్ క్రీడకు పెరగుతున్న ప్రాచుర్యం ద్వారా దేశంలో ప్రతిభావంతులైకు కొదవలేదని వెల్లడవుతుందని సింధూ పేర్కొన్నారు. జులై 9న ప్రారంభం కానున్న ఈ పోటీలు దేశవ్యాప్తంగా పదినగరాల్లో జరుగుతాయని అగస్టు 16 నుంచి 20 వరకు హైదరాబాద్ లో జరుగనునట్లు వెల్లడించారు. ఈ కార్యక్రమంలో సింధూ తండ్రి రమణ, పిఎన్ బీఎం టీలైఫ్ సీఈఓ ఆశీశ్ కుమార్ శ్రీవాస్తవ, నిపుల్ కౌశల్ పాల్గొన్నారు.

# ఫామ్లోకి వస్తూ



**హైదరాబాద్, వెలుగు:** ఈ ఏడాది ఒక్క టైటిల్ కూడా సెగ్గకుండా.. కొన్ని నెలలుగా అటల్ వెనకబడిన ఇండియా స్టార్ షట్టర్ పీవీ సింధు తొందరగానే మునుపటి పాపెను అందుకుంటానని చెబుతోంది. గత టోర్నీలో చేసిన పొరపాట్లను, తప్పిదాలను సరిదిద్దుకొని మళ్ళీ టాప్ రెవెల్ కు చేరుకుంటానన్న ఆశాభావం వ్యక్తం చేసింది. వచ్చే ఏడాది ఒలింపిక్స్ ఉన్నందున ఈ సీజన్ తమకు చాలా ముఖ్యమని సింధు చెప్పింది. ఒలింపిక్స్ దృష్టిలో ఉంచుకొని ర్యాంక్ కాపాడుకోవాలంటే ఆడే ప్రతి టోర్నమెంట్ కీలకం అవుతుందని తెలిపింది. తన వరకు ఒక్కో అడుగు ముందు కెళ్లాలని భావిస్తున్నట్లు గురువారం సగరంలో జరిగిన పీఎన్టీ మెట్ లైఫ్ జూనియర్ బ్యాడ్మింటన్ చాంపియన్ షిప్ (జేటీసీ) ఐదో సీజన్ ప్రారంభోత్సవ కార్యక్రమంలో పాల్గొన్న సింధు చెప్పింది. వచ్చేవారం మొదలయ్యే ఇండోనేసియా ఓపెన్, తర్వాత జపాన్, థాయిలాండ్ టోర్నీ కోసం సిద్ధమవుతున్నానంది. ఈ మూడు టోర్నీల్లో బాగా రాణించగలనన్న ఆశాభావం వ్యక్తం చేసింది.

**పది నగరాల్లో పీఎన్టీ జూనియర్ బ్యాడ్మింటన్ చాంపియన్ షిప్**  
పీఎన్టీ మెట్ లైఫ్ జూనియర్ బ్యాడ్మింటన్ చాంపియన్ షిప్ (జేటీసీ) ఐదో సీజన్ పీవీ సింధు, కోచ్ విమల్ కుమార్ ప్రారంభించారు. ఔత్సాహిక క్రీడాకారులు, ఆన్ లైన్ ద్వారా అటల్ నైపుణ్యాల మెరుగుపరుచుకునేందుకు రూపొందించిన పర్మనల్ ట్యూటోరియల్ ప్రోగ్రాం జేటీసీ

- నెల రోజుల బ్రేక్ లో చాలా నేర్చుకున్నా
- పొరపాట్లను సరిదిద్దుకొని ఘంజుకుంటా
- ఒలింపిక్ ఇయర్ చాలా ముఖ్యం
- ఇకపై ప్రతి టోర్నీ కీలకమే : పీవీ సింధు

బాట్ క్యాంప్ ను ఆవిష్కరించారు. నాణ్యమైన కోర్టింగ్ ను తీసుకునే స్థోమత లేని వారికి జేటీసీ బాట్ క్యాంప్ ద్వారా విమల్ కుమార్ వంటి మేటి కోచ్ ల సుందీ మెళకువలు నేర్చుకునే అవకాశం లభించడం గొప్ప విషయమని సింధు ఈ సందర్భంగా అభిప్రాయపడింది. బ్యాడ్మింటన్ ను దేశంలోని మారుమూల ప్రాంతాలకు తీసుకెళ్లి, గ్రామీణ స్థాయిలో వర్తమాన పట్టర్లను వెలికితీసేందుకు జేటీసీ టోర్నీని నిర్వహిస్తున్నట్లు పీఎన్టీ మెట్ లైఫ్ మేనేజింగ్ డైరెక్టర్, సీఈఓ ఆశీష్ శ్రీవాస్తవ అన్నారు. ఈ నెల 9 నుంచి 12 వరకు ఛండీగఢ్ అంచె టోటీలు జరుగుతాయని చెప్పారు. ఆ తర్వాత ముంబయి, పుణె, కొచ్చి, బెంగళూరు, గువాహాటి, హైదరాబాద్, అహ్మదాబాద్, లక్నో సగరల్లోనూ అందర-9, 11, 13, 15, 17 విభాగాల్లో పోటీలు నిర్వహిస్తామని చెప్పారు. ఆగస్టు 16 నుంచి 20 వరకు గచ్చిబౌలిలోని సోన్ డి.కాంప్లెక్స్ లో హైదరాబాద్ అంచె

**పోరాటం ఆపలేదు**

'గత ఆరు నెలల నుంచి నేను ఆశించిన ఫలితాలు రాలేదు. నా వరకు నేను బాగానే ప్రయత్నించా. ఎప్పుడూ పోరాటాన్ని ఆపలేదు. కానీ, రిటర్న్స్ రాకపోవడానికి ఫలానా కారణం ఇదే అని చెప్పలేను. నా ఆటతీరులో పెద్ద తప్పిదాలు ఏమీ లేవు. మ్యాచ్ రోజుల్లో వంద శాతం పెర్ఫామెన్స్ ఇవ్వలేకపోయి ఉండొచ్చు. కొన్ని చిన్న చిన్న పొరపాట్లు వల్ల ఓడిపోయిన సందర్భాలు ఉన్నాయి. అయినా సరే నా ఆట పట్ట నేను సంతృప్తిగా ఉండాలి. ఒకటి రెండు టోర్నీల్లో ఓడిపోగానే అంతా అయిపోయిందని అనుకోకూడదు. తిరిగి ఎలా పుంజుకోవాలో చూడాలి. ఇంకా సాధించాల్సింది చాలా ఉందని ముందుకెళ్లాలి. నేను అదే చేస్తున్నా. ప్రస్తుతానికి నాకు నెలరోజు గ్యాప్ లభించింది. ఈ టైమ్ ను ధౌర్విగా చేసుకొని ఎన్నో విషయాలు నేర్చుకుంటున్నా. నా పొరపాట్లు, తప్పిదాలను సరిచేసుకొని మళ్ళీ నా టాప్ లెవెల్ కు చేరుకోవాలని చూస్తున్నా. ప్రస్తుతానికి వచ్చేవారం మొదలయ్యే ఇండోనేసియాలో పాటు జపాన్, థాయిలాండ్ టోర్నీల్లో రాణించడంపై దృష్టి పెట్టా. కొంతకాలంగా గోపీ అకాడమీలో కొరియాకు చెందిన కొత్త కోచ్ కిమ్ జి హ్యూన్ తో ట్రయినింగ్ బాగా నడుస్తోంది. ట్రయినింగ్ కాస్త డిఫరెంట్ గా, అసక్తిగా అనిపిస్తోంది. నా మెంటల్, ఫిజికల్ స్ట్రెంత్ పై దృష్టి పెట్టా. అదే సమయంలో స్పిల్స్ ను మెరుగు పరుచుకోవడం కూడా చాలా ముఖ్యం. ఎందుకంటే ఇప్పుడు గేమ్ చాలా మారింది. ఎవరినీ తక్కువగా అంచనా వేయడానికి లేదు. మ్యాచ్ రోజు ఎవరు బాగా ఆడితే వాళ్లే విజయం సాధిస్తున్నారు. గత నెలలో జరిగిన సుదీర్ఘ కవ్ లో పరల్లే సంబర్ పన్ ష్టేయర్ త్రై జుయింగ్ తనకంటే చాలా జూనియర్ షట్టర్ చేతిలో ఓడిపోయింది. అందువల్ల ప్రత్యర్థి ఎవరైనా మనం వంద శాతం ఆడాల్సిందే అని సింధు చెప్పుకొచ్చింది.

పోటీలు ఉంటాయన్నారు. సెప్టెంబర్ 9, 10 వ తేదీల్లో డిల్లీలో పైనల్స్ నిర్వహిస్తామని చెప్పారు. గత సీజన్ లో 8 వేల మంది షట్టర్ పోటీ పడ్డారని, ఈ సీజన్ లో అంతకంటే ఎక్కువ మంది హాజరయ్యే అవకాశం ఉందన్నారు.

## हिन्दी मिलाप

# सिंधू ने बेहतर प्रदर्शन करने का दावा किया



हैदराबाद, 4 जुलाई-(सी. सुधाकर) हैदराबाद स्टार महिला शटलर एवं रियो ओलंपिक की रजत पदक विजेता पी.वी. सिंधू ने अंतर्राष्ट्रीय स्तर की प्रतियोगिता में बेहतर प्रदर्शन करने का दावा किया।

गौरतलब है कि सिंधू इस वर्ष इंडियन ओपन, सिंगापुर ओपन में सेमीफाइनल तक पहुँची थी। सिंधू ने कहा कि पिछली प्रतियोगिताओं में जिन गलतियों की वजह से उन्हें हार का सामना करना पड़ा था, उसे भूलकर वह आगामी प्रतियोगिताओं

में जीत की पटरी पर लौटने को बेताब हैं। सिंधू मासांत में आयोजित होने वाली इंडोनेशियन मास्टरर्स बैडमिंटन प्रतियोगिता में भाग लेंगी। प्रतियोगिता के तैयारियों के संबंध में सिंधू ने कहा कि पिछले एक माह के दौरान उन्होंने फिजिकल फिटनेस एवं मेंटल फिटनेस पर वह अधिक ध्यान दिया, जिसके चलते वह मानसिक व शारीरिक रूप से तंदुरुस्त हैं। 23 वर्षीय सिंधू टोक्यो ओलंपिक में रजत पदक को स्वर्ण में बदलना चाहती हैं।

Publication : Punjab Kesari

Edition : Chandigarh

Date : July 05, 2019

Page: 06

## जूनियर बैडमिंटन चैम्पियनशिप के 5वें संस्करण की घोषणा

चंडीगढ़, 4 जुलाई (वैभव) : पी.एन.बी. मेटलाइफ इंडिया इंश्योरेंस कंपनी लिमिटेड की ओर से वीरवार वर्चुअल ट्यूटोरियल प्रोग्राम जे.बी.सी. बूट कैम्पके साथ जूनियर बैडमिंटन चैम्पियनशिप (जे.बी.सी.)-5 का शुभारंभ बैडमिंटन खिलाड़ी पी.वी. सिंधू और पूर्व बैडमिंटन राष्ट्रीय चैम्पियन और कोच यू. विमल कुमार की उपस्थिति में हुआ। टूर्नामेंट का 5वां संस्करण भारत के 10 शहरों में खेला जाएगा। पहला मैच चंडीगढ़ के सैक्टर-8 स्थित सरकारी स्कूल में बने स्पोर्ट्स कॉम्प्लेक्स में होगा।

## जूनियर बैडमिंटन का आगाज 9 जुलाई को चंडीगढ़ से होगा

• चंडीगढ़. पीएनबी मेटलाइफ ने जूनियर बैडमिंटन चैम्पियनशिप (जेबीसी) ने अपने 5वें सीजन की घोषणा कर दी है और इस बार सीजन का आगाज नौ जुलाई को चंडीगढ़ से होगा। जेबीसी-5 की शुरुआत इंडियन स्टार शटलर पीवी सिंधू ने की और सीनियर कोच विमल कुमार भी उनके साथ मौजूद रहे। चंडीगढ़ में इसके मैच सेक्टर-38 स्थित स्पोर्ट्स कॉम्प्लेक्स के बैडमिंटन सेंटर ऑफ एक्सीलेंस में खेले जाएंगे। नौ जुलाई से इसकी शुरुआत होगी और 12 जुलाई को पहले लेग के विजेता घोषित किए जाएंगे। इस बार यंग शटलर्स के लिए बूट कैंप का भी आयोजन किया जाएगा। इसमें यंगस्टर्स को तीन लेवल की ट्रेनिंग वीडियो दी जाएंगी। तीन लेवल में बेसिक्स, इंटरमीडिएट और एडवांस लेवल शामिल होंगे।

शटलर्स को स्विंग्स, सर्व, मूवमेंट्स और स्मैश के साथ साथ फिटनेस की भी ट्रेनिंग दी जाएगी। इन वीडियोज को इंडियन स्टार पीवी सिंधू, कोच विमल कुमार, विजय लेसी, अपून श्रीधर आदि जैसे दिग्गज तैयार करेंगे। चंडीगढ़ के बाद नौ और शहरों में इसे कराया जाएगा और हर जनरेशन के शटलर्स



### • 8 हजार जूनियर शटलर्स खेलें...

जेबीसी सीजन-4 काफी सफल रहा था और आठ हजार से ज्यादा जूनियर शटलर्स उसमें खेले। स्टार प्लेयर्स साइना नेहवाल, अश्विनी पोनप्पा, दिनेश और प्रकाश पादुकोण ने भी इसकी तारीफ की। पीवी सिंधू ने कहा कि इस टूर्नामेंट से यंगस्टर्स को एक प्लेटफॉर्म मिलेगा जहां पर वे अपने आप को साबित कर सकेंगे। इसमें उन्हें अच्छा कंपीटिशन मिलेगा और साथ ही वे वीडियोज को देखकर अपनी तैयारी भी कर सकेंगे। उन्हें प्रोफेशनल्स से टिप्स मिलेंगे जो उन्हें सफल होने में मदद करेंगे। हमारे देश में टैलेंट की कमी नहीं है और हम इन्हीं टूर्नामेंट के जरिए उन्हें आगे ला सकते हैं।

इसमें खेलेंगे। अंडर-9, अंडर-11, अंडर-13, अंडर-15 और अंडर-15 एज कैटेगरी इसमें शामिल है।

Publication : Dainik Jagran

Edition : Chandigarh

Date : July 05, 2019

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## बैडमिंटन चैंपियनशिप का पांचवां संस्करण 9 से

जासं, चंडीगढ़ : वर्चुअल ट्यूटोरियल प्रोग्राम-जेबीसी बूट कैंप के साथ जूनियर बैडमिंटन चैंपियनशिप (जेबीसी)-5 का शुभारंभ वीरवार को ब्रांड एंबेसेडर और बैडमिंटन हस्तियों पीवी सिंधु और पूर्व बैडमिंटन राष्ट्रीय चैंपियन और कोच विमल कुमार की उपस्थिति में हैदराबाद हुआ। एक महीने तक चलने वाले इस

टूर्नामेंट का पांचवा संस्करण भारत के 10 शहरों में खेला जाएगा। जिसका आगाज चंडीगढ़ से होगा। इसमें 9 जुलाई से 12 जुलाई तक चंडीगढ़ के सेक्टर-38 वेस्ट में मैच खेले जाएंगे। टूर्नामेंट 5-17 वर्ष की आयु के बच्चों के लिए खुला है, जिसे 9, 11, 13, 15 और 17 वर्ष की श्रेणियों में विभाजित किया गया है।

# Pune to host third leg of JBC from July 27

**SPORTS REPORTER**  
sports@sakaaltimes.com

**Pune:** The Modern Sports Complex will play host to the third leg of the Junior Badminton Championship (JBC) which is scheduled to take place from July 27 to 31.

PNB MetLife India Insurance Company Limited launched Junior Badminton Championship (JBC)-5 along with the virtual tutorial program – JBC Boot Camp in the presence of brand ambassador and badminton ace, PV Sindhu and former badminton national champion and coach U. Vimal Kumar.

## JR BADMINTON C'SHIP



The badminton duo along with Ashish Kumar Srivastava, Managing Director and CEO, PNB MetLife unveiled the JBC 'Boot Camp,' a customized YouTube channel to aide budding badminton players.

The fifth edition of this tournament will be played across 10 cities in India. With a vision to propagate a healthy lifestyle in today's younger generation, this tournament is open to Chil-



**GRAND STAGE:** (from left) Nipun Kaushal, Chief Marketing Officer, PNB MetLife, Ashish Kumar Srivastava, Managing Director and CEO, PNB MetLife and others pose for a picture.

dren in the age group of 5-17 years, which has been divided in the Under 9, 11, 13, 15 and 17 years categories.

The first match will kick-off in Chandigarh from July 9 while the grand finale will be held in Delhi on September 9 and 10.

Speaking on the occasion PV Sindhu said, "Due to the recent wins and accolades that this sport has achieved, it has become a household name. However, a lot needs to be done in terms of bringing more talented shuttlers to the forefront. Hence a push from

the grassroots level is of utmost importance today. The biggest hindrance new-entrants face while getting into this sport face, is the lack of proper training and guidance. With JBC Boot Camp, young badminton aspirants can get proper training and guidance from the legends of the sport."

"I am extremely happy to be associated with PNB MetLife for curating a holistic ecosystem for talented shuttlers thereby encouraging them to take up badminton as a professional sport," she added.

Publication : Hindustan Times

Edition : Mumbai, New Delhi, Noida, Gurgaon

Date : July 06, 2019

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# Budding shuttlers of India to now get virtual training

PHOTO: HTC

Taking efforts to bring badminton into mainstream sports, PNB MetLife India Insurance Company Limited (PNB MetLife) recently launched the Junior Badminton Championship (JBC) along with the virtual tutorial program JBC Boot Camp.

The launch took place in the presence of badminton ace PV Sindhu, brand ambassador, PNB MetLife, and U Vimal Kumar, former badminton national champion and coach. The duo, along with Ashish Kumar Srivastava, managing director and CEO, PNB MetLife, unveiled the JBC Boot Camp, a YouTube channel dedicated to aiding budding badminton players.

Through tutorial videos, viewers would get an opportunity to be guided by top badminton players and

connect with master coaches virtually from any part of the country without any financial costs attached.

The initiative, recognised by the Badminton Association of India (BAI), aims to take badminton to the grassroots by nurturing players. The fifth edition of the tournament will be played across 10 cities in India. Srivastava says, "Badminton is the second most-played sport in India. There is a huge amount of talent in the country who can excel in this field if provided with proper coaching and facilities. We are happy to have supported many such young aspirants over last four years through our Junior Badminton Championships. The fifth edition of the tournament is a testimony of such continued endeavour. This coupled with the JBC Boot Camp, is



L-R: Nipun Kaushal, chief marketing officer, PNB MetLife; Ashish Kumar Srivastava, MD and CEO, PNB MetLife; PV Sindhu, badminton ace and brand ambassador, PNB MetLife; U Vimal Kumar, former national badminton champion and coach; and Vijay Lancy, CEO, Prakash Padukone Sports Management

expected to benefit many young players who are keen on learning the fine techniques of the game."

Elaborating upon the same, Sindhu says, "A lot needs to be done to bring more talented shuttlers to the forefront. The biggest hindrance new players face while getting into this sport is the lack of proper

training and guidance. With JBC Boot Camp, young badminton aspirants can get proper training and guidance from the legends of the sport. I am extremely happy to be associated with PNB MetLife for curating a holistic ecosystem for talented shuttlers. It will encourage them to take up badminton as

a professional sport."

The registration for JBC can be done online through a registration link, which is also accessible through more than 200 micro-communities and 6,000 mum bloggers. Participants can also call on the toll-free number +919172530523 to facilitate the registration process. **HTC**

Publication : Pudhari

Edition : Pune

Date : July 06, 2019

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## पीएनबी ज्युनिअर बॅडमिंटन चॅम्पियनशिपचे आयोजन

पुणे : पीएनबी मेटलाईफ इंडियाच्या वतीने ज्युनिअर बॅडमिंटन चॅम्पियनशिप (जेबीसी)-५ या स्पर्धेचे आयोजन करण्यात आले आहे. ही स्पर्धा पुणे, चंदिगड, बंगळूरु, कोची, मुंबई, गुवाहाटी, हैदराबाद, अहमदाबाद, लखनऊ आदी ठिकाणी होणार असून अंतिम सामना दिल्लीत रंगणार आहे.

या स्पर्धेचा पाचवा हंगाम भारतातील १० शहरांत खेळला जाणार आहे. आजच्या तरुण पिढीमध्ये निरोगी जीवनशैलीला उत्तेजन देण्यासाठी ही स्पर्धा ५-१७ वर्षे वयोगटातील मुलांसाठी खुली असून तिचे विभाजन ९, ११, १३, १५ व १७ वर्षांखालील श्रेणींमध्ये केले जाईल. पुण्यामध्ये होणारी ही स्पर्धा दि. २७ ते ३१ जुलैदरम्यान मॉडर्न हायस्कूल येथील मॉडर्न पीडीईएमबीए स्पोर्ट्स कॉम्प्लेक्स येथे रंगणार आहे. गेल्या चार वर्षांत पीएनबीने ५६ गरजू विद्यार्थ्यांना शिष्यवृत्ती दिली आहे आणि भारतातील ३७५ गरजू विद्यार्थ्यांना प्रशिक्षण दिले आहे. यंदा आगामी जेबीसीसाठी १०० विद्यार्थ्यांना प्रशिक्षित केले जात असून, त्यापैकी ३२ मुलांना बॅडमिंटन खेळ जोपासण्यासाठी शिष्यवृत्ती दिली जाणार आहे.

Publication : Mangalam	Edition : Kochi
Date : July 06, 2019	Page: 9

**ജൂനിയർ ബാഡ്മിന്റൺ ആരംഭിച്ചു**

കൊച്ചി: സ്വകാര്യ ഇൻഷുറൻസ് കമ്പനിയായ പിഎൻബി മെറ്റ്ലൈഫ് ഇന്ത്യ ഇൻഷുറൻസ് കമ്പനി ജൂനിയർ ബാഡ്മിന്റൺ ചാമ്പ്യൻഷിപ്പിന്റെ അഞ്ചാംപതിപ്പിന് ഹൈദരാബാദിൽ തുടക്കമായി. ഇതോടൊപ്പം വെർച്വൽ ട്യൂട്ടോറിയൽ പ്രോഗ്രാമായ ജെബിസി ബുട്ട് ക്യാമ്പിനും തുടക്കമായി. ബാഡ്മിന്റൺ വളർത്തിയെടുക്കുന്നതിനുള്ള ശ്രമത്തിലാണ് പിഎൻബി മെറ്റ്ലൈഫ് എന്ന് മാനേജിംഗ് ഡയറക്ടറും സിഇഒയുമായ ആശിഷ്കുമാർ ശ്രീവാസ്തവ പറഞ്ഞു. ബ്രാൻഡ് അംബാസിഡർ പി.വി. സിന്ധു, മുൻ ദേശീയ ചാമ്പ്യനും കോച്ചുമായ യു.വിമൽകുമാർ എന്നിവർ ചടങ്ങിൽ പങ്കെടുത്തു.

Publication : Chandrika Daily	Edition : Kochi
Date : July 06, 2019	Page: 3

## ജൂനിയർ ബാഡ്ജിന്റൺ ചാമ്പ്യൻഷിപ്പിന് തുടക്കം

ഹൈന്ദവ് ഇന്ത്യ ഇൻഷുറൻസ് കമ്പനി ജൂനിയർ ബാഡ്ജിന്റൺ ചാമ്പ്യൻഷിപ്പിന്റെ അഞ്ചാം പതിപ്പിന് തുടക്കം കുറിച്ചു. വെർച്വൽ ട്യൂട്ടോറിയൽ പ്രോഗ്രാമയെ ജേണിസിബുട്ട് ക്യാമ്പിനും ഇതോടെ തുടക്കമായി.

ബാൻഡ് അംബാസഡറും ബാഡ്ജിന്റൺ താവേയായ പി.വി.സി.ഡി. മുൻ ദേശീയ ചാമ്പ്യനും കോച്ചായ യു.വി.ജി.കുമാർ, പി.എൻ.ബി.മെറ്റ്ലൈഫ് മാനേജിങ് ഡയറക്ടറും സിഇഒയുമായ ആശിഷ് കുമാർ ശ്രീവാസ്തവ തുടങ്ങിയവർ ചടങ്ങിൽ പങ്കെടുത്തു. യു

ട്ട്യൂബ് ചാനലായ ജേണിസിബുട്ട് ക്യാമ്പ് വഴി കളിക്കാർക്ക് തങ്ങളുടെ പ്രാവിന്ത്യം വർദ്ധിപ്പിക്കാൻ സാധിക്കും. കളിക്കാർക്ക് പ്രാവിന്ത്യം വർദ്ധിപ്പിക്കുവാൻ സഹായിക്കുന്ന വിധത്തിൽ കളിയുടെ ടിപ്പ്സ് പ്രിൻസിപ്പിളെക്കെ ബുട്ട് ക്യാമ്പ് ലഭ്യമാക്കും. ബേസിക്, ഇന്റർമീഡിയറ്റ്, അഡ്വാൻസ് എന്നിങ്ങനെ വിവിധ തലങ്ങളിലുള്ള ട്യൂട്ടോറിയൽ വീഡിയോകൾ ലഭിക്കും. ഗെയിം റൂൾ, വിവിധതരം സെർവ്വുകൾ, സ്വിഗ്സ്, സ്മാഷ്, ഫിറ്റ്നസ് തുടങ്ങിയ കളിയുടെ എല്ലാ വശവും പാഠ്യ പദ്ധതിയിൽ ഉൾപ്പെടുത്തിയിട്ടുണ്ട്.

### ബാഡ്മിന്റൺ ചാമ്പ്യൻഷിപ്പ്

കൊച്ചി: സ്വകാര്യ ഇൻഷുറൻസ് കമ്പനിയായ പി എൻ ബി മെറ്റ് ലൈഫ് ഇന്ത്യ ഇൻഷുറൻസ് കമ്പനി ജൂനിയർ ബാഡ്മിന്റൺ ചാമ്പ്യൻഷിപ്പിന്റെ അഞ്ചാം പതിപ്പിനു തുടക്കം കുറിച്ചു. ഇതോടൊപ്പം വെർച്വൽ ട്യൂട്ടോറിയൽ പ്രോഗ്രാമമായ ജെ ബി സി ബുട്ട് ക്യാമ്പിനും തുടക്കമായി. ബ്രാൻഡ് അംബാസഡറും ബാഡ്മിന്റൺ താരവുമായ പി വി സി സുവിന്ദുവും മുൻ ദേശീയ ചാമ്പ്യനും കോച്ചുമായ യു വിമൽ കുമാറിന്റേയും സാന്നിധ്യത്തിലാണ് ചാമ്പ്യൻഷിപ്പിന് തുടക്കം കുറിച്ചത്. പി എൻ ബി മെറ്റ് ലൈഫ് മാനേജിംഗ് ഡയറക്ടറും സി ഇ ഔദ്യോഗ്യ ആശിഷ് കുമാർ ശ്രീ വാസ്തവ ജെ ബി സി ബുട്ട് ക്യാമ്പ് അനാശ്ചാദനം ചെയ്തു. യു ട്യൂബ് ചാനലായ ജെ ബി സി ബുട്ട് ക്യാമ്പ് വഴി കളിക്കാർക്ക് തങ്ങളുടെ പ്രാവിന്ത്യ വർദ്ധിപ്പിക്കാൻ സാധിക്കും. കളിക്കാർക്ക് പ്രാവിന്ത്യ വർദ്ധിപ്പിക്കുവാൻ സഹായിക്കുന്ന വിധത്തിൽ കളിയുടെ ടിപ്പും ട്രിക്ക്സുമൊക്കെ ബുട്ട് ക്യാമ്പ് ലഭ്യമാക്കും. ബേസിക്, ഇന്റർമീഡിയറ്റ്, അഡ്വാൻസ് എന്നിങ്ങനെ വിവിധ തലങ്ങളിലുള്ള ട്യൂട്ടോറിയൽ വീഡിയോകൾ ലഭിക്കും. ഗെയിം റൂൾ, വിവിധതരം സെർവ്വുകൾ, സ്വിംഗ്, സ്മാഷ്, ഫിറ്റ്സ് തുടങ്ങിയ കളിയുടെ എല്ലാവശവും ഈ പാഠ്യപദ്ധതിയിൽ ഉൾപ്പെടുത്തിയിട്ടുണ്ട്.

Publication : Aapane Aame

Edition : Ahmedabad

Date : July 06, 2019

Page: 4

પીએનબી મેટલાઈફ જૂનિયર બેડમિન્ટન ચેમ્પિયનશિપ (જેબીસી) પાંચમી એડિશન લોચ કરી હેદરાબાદ,તા.૦૫

ભારતમાં ખાનગી ક્ષેત્રની ટોચની ૧૦ જીવન વીમાકંપનીઓમાંની એક પીએનબી મેટલાઈફ ઇન્ડિયા ઇન્સ્યોરન્સ કંપની લિમિટેડ (“પીએનબી મેટલાઈફ”)એ આજે વર્ચુઅલ ટ્યુટોરિયલ પ્રોગ્રામ – જેબીસી બૂટ કેમ્પની સાથે જૂનિયર બેડમિન્ટ ચેમ્પિયનશિપ (જેબીસી)-૫ લોચ કરી હતી. કંપનીની બ્રાન્ડ એમ્બેસેડર અને બેડમિન્ટનની પ્રસિદ્ધ ખેલાડી પી વી સિંધુ અને બેડમિન્ટનમાં ભૂતપૂર્વ રાષ્ટ્રીય ચેમ્પિયન અને કોચ યુ વિમલ કુમારની હાજરીમાં આ બંને પ્રોગ્રામ અને ચેમ્પિયનશિપ લોચ કરી હતી.

## PNB Metlife announces the launch of Fifth edition of Junior Badminton Championship (JBC)

PNB MetLife India Insurance Company Limited ("PNB MetLife"), among the top 10 private life insurance companies in India (fiscal 2019), today launched Junior Badminton Championship (JBC)-5 along with the virtual tutorial program – JBC Boot Camp. The two were launched in the presence of brand ambassador and badminton ace, P.V. Sindhu, and former badminton national champion and coach, U. Vimal Kumar. The badminton duo along with AshishKumar Srivastava, Managing Director and CEO, PNB MetLife unveiled the JBC 'Boot Camp,' a customized YouTube channel to aide budding badminton players.

This year PNB MetLife has taken efforts to bring Badminton into mainstream sports, a notch higher. To help aspiring badminton players grow and enhance their skills further, PNB MetLife through JBC Boot Camp will provide tips and tricks, to excel in the game. The tutorial videos will cover three levels: Basic, Intermediate and Advance. The curriculum of the same will comprise of topics such as rules of the game, court measurements, different serves, swings, movements and smashes, fitness to name a few. The viewers will get an



opportunity to be guided by ace badminton players and veterans such as P.V. Sindhu, U. Vimal Kumar, Vijay Lancy and Anup Sridhar through the videos. This virtual tutorial will enable young badminton players to connect with the master coaches virtually from any part of the country without any financial cost attached. The Tutorials can be viewed on YouTube/PNB MetLife JBC Boot Camp.

PNB MetLife JBC, an initiative recognized by the Badminton Association of India (BAI), aims to take Badminton to the grass roots by nurturing players and the right talent at an amateur level. The fifth edition of this tournament will be played across 10 cities in India. With a vision to propagate a healthy lifestyle in today's

younger generation, this tournament is open to Children in the age group of 5-17 years, which has been divided in under 9, 11, 13, 15 and 17 years categories.

Ashish Kumar Srivastava, Managing Director and CEO, PNB MetLife said, "Badminton is the second most played sport in India and there is a huge amount of talent in the country who can excel in this field if provided with proper coaching and facilities. We are happy to have supported many such young aspirants over last four years through our Junior Badminton Championships.

The fifth edition of the tournament is a testimony of such continued endeavour. This coupled with the JBC Boot Camp, is expected to benefit many

young players who are keen on learning the fine techniques of the game."

The previous years' championships have enjoyed a hearty response and positive feedback from participants. JBC-4 alone was able to reach a total of 8000+ budding badminton enthusiasts from across the Country. With the endorsement from its stakeholders and badminton giants such as Saina Nehwal, Ashwini Ponnappa, Dinesh Khanna, and Prakash Padukone in the past, and now with the brand Ambassador P.V. Sindhu and national champion U. Vimal Kumar, JBC 5 this year this year's championship has also witnessed an exponential rise in participation with entries flowing in from all parts of the Country.

## पीएनबी मेटलाइफ ने जूनियर बैडमिंटन चैम्पियनशिप (जेबीसी) के पांचवें संस्करण की घोषणा की

भारत की शीर्ष 10 निजी जीवन बीमा कंपनियों (वित्तीय वर्ष 2019) में शामिल पीएनबी मेटलाइफ इंडिया इंश्योरेंस कंपनी लिमिटेड ('पीएनबी मेटलाइफ') की ओर से आज वर्चुअल ट्यूटोरियल प्रोग्राम- जेबीसी बूट कैम्प के साथ जूनियर बैडमिंटन चैम्पियनशिप (जेबीसी)-5 का शुभारंभ ब्रांड एंबेसडर और बैडमिंटन हस्तियों पी.वी. सिंधु और पूर्व बैडमिंटन राष्ट्रीय चैम्पियन और कोच यू. विमल कुमार की उपस्थिति में हुआ। बैडमिंटन की इन दोनों हस्तियों के साथ पीएनबी मेटलाइफ के प्रबंध निदेशक और सीईओ आशीष कुमार श्रीवास्तव ने बैडमिंटन खिलाड़ियों के लिए अनुकूलित यू-ट्यूब चैनल जेबीसी 'बूट कैम्प' का शुभारंभ किया। इस वर्ष पीएनबी मेटलाइफ, बैडमिंटन को मुख्यधारा के खेलों में लाने का प्रयास कर रही है। बैडमिंटन के खिलाड़ियों को आगे बढ़ाने और अपने हुनर को मांजने में मदद देने के लिए पीएनबी मेटलाइफ जेबीसी बूट कैम्प के जरिए खेल में उत्कृष्टता प्राप्त करने के लिए टिप्स और ट्रिक्स प्रदान करेगा। ट्यूटोरियल वीडियो तीन लेवल को कवर करता है: बेसिक, इंटरमीडिएट और

एडवांस। पाठ्यक्रम में खेल के नियम, कोर्ट के माप, डिफरेंट सर्व, सिंगल्स, मूवमेंट और स्मैश, फिटनेस जैसी कुछ बातें शामिल हैं। ऑडियंस को बैडमिंटन खिलाड़ियों और दिग्गजों जैसे पी.वी. सिंधु, यू. विमल कुमार, विजय लैसी और अनूप श्रीधर के वीडियो के माध्यम से सीखने का अवसर मिलेगा। यह वर्चुअल ट्यूटोरियल युवा बैडमिंटन खिलाड़ियों को देश के किसी भी हिस्से से बिना किसी वित्तीय लागत के मास्टर कोच के साथ जुड़ने में सक्षम करेगा। ट्यूटोरियल यूट्यूब / पीएनबी मेटलाइफ जेबीसी बूट कैम्प पर देखे जा सकते हैं। पीएनबी मेटलाइफ जेबीसी, जो कि बैडमिंटन एसोसिएशन ऑफ इंडिया (बीएआई) द्वारा मान्यता प्राप्त एक पहल है, का उद्देश्य बैडमिंटन की प्रतिभाओं को शौकिया स्तर से उठ कर प्रोफेशनल स्तर तक ले जाना है। इस टूर्नामेंट का पांचवा संस्करण भारत के 10 शहरों में खेला जाएगा। आज की युवा पीढ़ी में एक स्वस्थ जीवन शैली का प्रचार करने की दृष्टि से, यह टूर्नामेंट 5-17 वर्ष की आयु के बच्चों के लिए खुला है, जिसे 9, 11, 13, 15 और 17 वर्ष की श्रेणियों में विभाजित किया गया

## ಆ.7ರಿಂದ ಪಿಎನ್‌ಬಿ ಜೂನಿಯರ್ ಬ್ಯಾಡ್ಮಿಂಟನ್ ಚಾಂಪಿಯನ್‌ಷಿಪ್

**ಮಂಗಳೂರು:** ಉದಯೋನ್ಮುಖ ಬ್ಯಾಡ್ಮಿಂಟನ್ ಪ್ರತಿಭೆಗಳ ಅಭಿವೃದ್ಧಿ ಮತ್ತು ಅವರಲ್ಲಿ ಆಟದ ಕೌಶಲವನ್ನು ಬೆಳೆಸುವ ದೃಷ್ಟಿಯಿಂದ ಪಿಎನ್‌ಬಿ ಮೆಟ್‌ಲೈಫ್ ಇನ್ಸೂರೆನ್ಸ್ ಹಮಿ ಕ್ರೊಂಡಿರುವ ಜೂನಿಯರ್ ಬ್ಯಾಡ್ಮಿಂಟನ್ ಚಾಂಪಿಯನ್‌ಷಿಪ್ ಆ.7ರಿಂದ 11ರವರೆಗೆ ಬೆಂಗಳೂರಿನಲ್ಲಿ ನಡೆಯಲಿದೆ.

ರಾಜ್ಯದ ಯಾವುದೇ ಭಾಗಗಳ ಕ್ರೀಡಾಸಕ್ತರು ಈ ಮುಕ್ತ ಟೂರ್ನಿಯಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳಬಹುದಾಗಿದೆ. ಹತ್ತು ನಗರಗಳಲ್ಲಿ ನಡೆಯುವ ಲೀಗ್ ಹಂತದ ಪಂದ್ಯಗಳ ಬಳಿಕ ಸೆ. 9 ಮತ್ತು 10ರಂದು ಫೈನಲ್ ಹೊಸದಿಲ್ಲಿಯಲ್ಲಿ ನಡೆಯಲಿದೆ.

## ಆ.7ರಿಂದ ಪಿಎನ್‌ಬಿ ಜೂನಿಯರ್ ಬ್ಯಾಡ್ಮಿಂಟನ್

**ಮಂಗಳೂರು:** ಉದಯೋನ್ಮುಖ ಬ್ಯಾಡ್ಮಿಂಟನ್ ಪ್ರತಿಭೆಗಳ ಅಭಿವೃದ್ಧಿ ಮತ್ತು ಅವರಲ್ಲಿ ಆಟದ ಕೌಶಲವನ್ನು ಬೆಳೆಸುವ ದೃಷ್ಟಿಯಿಂದ ಪಿಎನ್‌ಬಿ ಮೆಟಲ್‌ಲೈಫ್ ಇನ್ಶೂರೆನ್ಸ್ ಹಮ್ಮಿಕೊಂಡಿರುವ ಜೂನಿಯರ್ ಬ್ಯಾಡ್ಮಿಂಟನ್ ಚಾಂಪಿಯನ್ ಶಿಪ್ ಆಗಸ್ಟ್ 7ರಿಂದ 11ರವರೆಗೆ ಬೆಂಗಳೂರಿನಲ್ಲಿ ನಡೆಯಲಿದೆ. ರಾಜ್ಯದ ಯಾವುದೇ ಭಾಗಗಳ ಕ್ರೀಡಾಸಕ್ತರು ಈ ಮುಕ್ತ ಟೂರ್ನಿಯಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳಬಹುದಾಗಿದೆ.

ಹತ್ತು ನಗರಗಳಲ್ಲಿ ನಡೆಯುವ ಲೀಗ್ ಹಂತದ ಪಂದ್ಯಗಳ ಬಳಿಕ ಸೆ.9 ಮತ್ತು 10ರಂದು ಫೈನಲ್ ದೆಹಲಿಯಲ್ಲಿ ನಡೆಯಲಿದೆ. ಇದರ ಜೊತೆಗೆ ಉಚಿತವಾಗಿ ವರ್ಚುವಲ್ ಟ್ಯುಟೋರಿಯಲ್ ಜೆಸಿಬಿ ಬೂಟ್ ಕ್ಯಾಂಪ್ ಮೂಲಕ ದೇಶಾದ್ಯಂತ ಯುವ ಪ್ರತಿಭೆಗಳಿಗೆ ಕ್ರೀಡಾ ಕೌಶಲ ತಂತ್ರಗಳನ್ನು ಬೋಧಿಸಲಾಗುತ್ತದೆ ಎಂದು ಎಂಡಿ ಮತ್ತು ಸಿಇಒ ಆಶೀಶ್ ಕುಮಾರ್ ಶ್ರೀವಾಸ್ತವ ಪ್ರಕಟಣೆಯಲ್ಲಿ ತಿಳಿಸಿದ್ದಾರೆ. ಬ್ಯಾಡ್ಮಿಂಟನ್ ತಾರೆ ಪಿ.ವಿ.ಸಿಂಧು ಹಾಗೂ ಕೋಚ್ ಯು.ವಿಮಲ್ ಕುಮಾರ್ 5ನೇ ಆವೃತ್ತಿಯ ಜೆಬಿಸಿ ಚಾಲನೆ ನೀಡಿದರು. ಈ ವರ್ಚುವಲ್ ಟ್ಯುಟೋರಿಯಲ್‌ನಲ್ಲಿ ದೇಶದ ಯಾವುದೇ ಮೂಲೆಗಳ ಯುವ ಆಟಗಾರರು ಮಾಸ್ಟರ್ ಕೋಚ್‌ಗಳ ಜೊತೆಗೆ ವರ್ಚುವಲ್ ಧಾನದಮೂಲಕ ಯಾವುದೇ ವೆಚ್ಚವಿಲ್ಲದೆ ಸಂಪರ್ಕಿಸಿ ಅನುಭವಿಸಬಹುದಾಗಿದೆ. ಈ ಟ್ಯುಟೋರಿಯಲ್‌ನ್ನು ಯೂಟ್ಯೂಬ್/ಪಿಎನ್‌ಬಿ ಮೆಟಲ್‌ಲೈಫ್ ಜೆಬಿಸಿ ಬೂಟ್ ಕ್ಯಾಂಪ್‌ನಲ್ಲಿ ವೀಕ್ಷಿಸಬಹುದಾಗಿದೆ.

## ಬ್ಯಾಡ್ಮಿಂಟನ್ ಚಾಂಪಿಯನ್‌ಶಿಪ್ ಆ.7ರಿಂದ

**ಮಂಗಳೂರು:** ಉದಯೋನ್ಮುಖ ಬ್ಯಾಡ್ಮಿಂಟನ್ ಪ್ರತಿಭೆಗಳ ಅಭಿವೃದ್ಧಿ ಮತ್ತು ಅವರಲ್ಲಿ ಆಟದ ಕೌಶಲ ಬೆಳೆಸುವ ದೃಷ್ಟಿಯಿಂದ ಪಿಎನ್‌ಬಿ ಮೆಟ್‌ಲೈಫ್ ಇನ್ಸೂರೆನ್ಸ್ ಆಯೋಜಿಸಿರುವ ಜ್ಯೂನಿಯರ್ ಬ್ಯಾಡ್ಮಿಂಟನ್ ಚಾಂಪಿಯನ್‌ಶಿಪ್ ಆ.7ರಿಂದ 11ರವರೆಗೆ ಬೆಂಗಳೂರಿನಲ್ಲಿ ನಡೆಯಲಿದೆ. ರಾಜ್ಯದ ಯಾವುದೇ ಭಾಗಗಳ ಕ್ರೀಡಾಸಕ್ತರು ಈ ಮುಕ್ತ ಟೂರ್ನಿಯಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳಬಹುದು. ಹತ್ತು ನಗರಗಳಲ್ಲಿ ನಡೆಯುವ ಲೀಗ್ ಹಂತದ ಪಂದ್ಯಗಳ ಬಳಿಕ ಸೆ.9 ಮತ್ತು 10ರಂದು ಫೈನಲ್ ನವದೆಹಲಿಯಲ್ಲಿ ನಡೆಯಲಿದೆ. ಇದರ ಜತೆಗೆ ಉಚಿತವಾಗಿ ವರ್ಚುವಲ್ ಟ್ಯುಟೋರಿಯಲ್ ಜೆಸಿಬಿ ಬೂಟ್ ಕ್ಯಾಂಪ್ ಮೂಲಕ ದೇಶಾದ್ಯಂತ ಯುವ

ಪ್ರತಿಭೆಗಳಿಗೆ ಕ್ರೀಡಾ ಕೌಶಲ ತಂತ್ರಗಳನ್ನು ಬೋಧಿಸಲಾಗುತ್ತದೆ ಎಂದು ಎಂಡಿ ಮತ್ತು ಸಿಇಒ ಆಶೀಶ್ ಕುಮಾರ್ ಶ್ರೀವಾಸ್ತವ ಪ್ರಕಟಣೆಯಲ್ಲಿ ಹೇಳಿದ್ದಾರೆ. ಬ್ಯಾಡ್ಮಿಂಟನ್ ತಾರೆ ಪಿ.ವಿ.ಸಿಂಧು ಹಾಗೂ ಕೋಚ್ ಯು.ವಿಮಲ್ ಕುಮಾರ್ 5ನೇ ಆವೃತ್ತಿಯ ಜೆಬಿಸಿಗೆ ಚಾಲನೆ ನೀಡಿದರು. ಈ ವರ್ಚುವಲ್ ಟ್ಯುಟೋರಿಯಲ್‌ನಲ್ಲಿ ದೇಶದ ಯಾವುದೇ ಮೂಲೆಗಳ ಯುವ ಆಟಗಾರರು ಮಾಸ್ಟರ್ ಕೋಚ್‌ಗಳ ಜತೆ ವರ್ಚುವಲ್ ವಿಧಾನದ ಮೂಲಕ ಯಾವುದೇ ವೆಚ್ಚವಿಲ್ಲದೇ ಸಂಪರ್ಕ ಸಾಧಿಸಲು ಅವಕಾಶವಾಗಲಿದೆ. ಈ ಟ್ಯುಟೋರಿಯಲ್‌ನ್ನು ಯೂಟ್ಯೂಬ್ /ಪಿಎನ್‌ಬಿಮೆಟ್‌ಲೈಫ್ ಜೆಬಿಸಿ ಬೂಟ್ ಕ್ಯಾಂಪ್‌ನಲ್ಲಿ ವೀಕ್ಷಿಸಬಹುದಾಗಿದೆ.

Publication : Sanjevani

Edition : Mangalore

Date : July 08, 2019

Page: 4

## ಆಗಸ್ಟ್ 70ರವೆಂದು ಪಿಎನ್‌ಬಿ ಜ್ಯೂನಿಯರ್ ಬ್ಯಾಡ್ಜಿಂಗ್ ಚಾಂಪಿಯನ್‌ಶಿಪ್

ಮಂಗಳೂರು, ಜುಲೈ 8 - ಉದಯೋನ್ಮುಖ ಬ್ಯಾಡ್ಜಿಂಗ್ ಪ್ರತಿಭೆಗಳ ಅಭಿವೃದ್ಧಿ ಮತ್ತು ಅವರಲ್ಲಿ ಅಟ್ಟದ ಕೌಶಲವನ್ನು ಬೆಳೆಸುವ ದೃಷ್ಟಿಯಿಂದ ಪಿಎನ್‌ಬಿ ಮೆಟಲ್ಯೆಫ್ ಇನ್ಸೂರೆನ್ಸ್ ಹಮ್ಮಿಕೊಂಡಿರುವ ಜ್ಯೂನಿಯರ್ ಬ್ಯಾಡ್ಜಿಂಗ್ ಚಾಂಪಿಯನ್‌ಶಿಪ್ ಆಗಸ್ಟ್ 70ರವೆಂದು ಇರವರೆಗೆ ಬೆಂಗಳೂರಿನಲ್ಲಿ ನಡೆಯಲಿದೆ. ರಾಜ್ಯದ ಯಾವುದೇ ಭಾಗಗಳ ಕ್ರೀಡಾಕರ್ತರು ಈ ಮುಕ್ತ ಟೂರ್ನಿಯಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳಬಹುದಾಗಿದೆ. ಹತ್ತು ನಗರಗಳಲ್ಲಿ

ನಡೆಯುವ ಲೀಗ್ ಪಂತದ ಪಂದ್ಯಗಳ ಬಳಿಕ ಸೆಪ್ಟೆಂಬರ್ 9 ಮತ್ತು 10ರಂದು ಫೈನಲ್ ನವದೆಹಲಿಯಲ್ಲಿ ನಡೆಯಲಿದೆ. ಇದರ ಜತೆಗೆ ಉಚಿತವಾಗಿ ವರ್ಚುವಲ್ ಟ್ಯುಟೋರಿಯಲ್ "ಬಿಸಿಬಿ ಬೂಟ್ ಕ್ಯಾಂಪ್" ಮೂಲಕ ದೇಶಾದ್ಯಂತ ಯುವ ಪ್ರತಿಭೆಗಳಿಗೆ ಕ್ರೀಡಾ ಕೌಶಲ ತಂತ್ರಗಳನ್ನು ಬೋಧಿಸಲಾಗುತ್ತದೆ ಎಂದು ಎಂಡಿ ಮತ್ತು ಸಿಇಒ ಆಶೀಶ್ ಕುಮಾರ್ ಶ್ರೀವಾಸ್ತವ ಪ್ರಕಟಣೆಯಲ್ಲಿ ಹೇಳಿದ್ದಾರೆ. ಬ್ಯಾಡ್ಜಿಂಗ್ ತಾರೆ ಪಿ.ವಿ.ಸಿಂಧು

ಹಾಗೂ ಕೋಚ್ ಯೂವಿಪುಲ್ ಕುಮಾರ್ ಕೂಡ ಅಭ್ಯಕ್ತಿಯ ಜೊತೆಗೆ ಚಾಲನೆ ನೀಡಿದರು. ಈ ವರ್ಚುವಲ್ ಟ್ಯುಟೋರಿಯಲ್‌ನಲ್ಲಿ ದೇಶದ ಯಾವುದೇ ಮೂಲದಿಂದ ಯುವ ಅಟಗಾರರು ಮಾಸ್ಕರ್ ಕೋಚ್‌ಗಳ ಜತೆ ವರ್ಚುವಲ್ ವಿಧಾನದ ಮೂಲಕ ಯಾವುದೇ ವೆಬ್‌ಸೈಟ್‌ನಲ್ಲಿ ಸಂಪರ್ಕ ಸಾಧಿಸಲು ಅವಕಾಶವಾಗಲಿದೆ. ಈ ಟ್ಯುಟೋರಿಯಲ್ ಅನ್ನು ಯೂಟ್ಯೂಬ್/ಪಿಎನ್‌ಬಿ ಮೆಟಲ್ಯೆಫ್ ಜೆಡಿಪಿ ಬೂಟ್ ಕ್ಯಾಂಪ್‌ನಲ್ಲಿ ವೀಕ್ಷಿಸಬಹುದಾಗಿದೆ.



## ಕಿರು ಸುದ್ದಿ

### ಆ.7ರಿಂದ ಪಿಎನ್‌ಬಿ ಜ್ಯೂನಿಯರ್ ಬ್ಯಾಡ್ಮಿಂಟನ್ ಚಾಂಪಿಯನ್‌ಶಿಪ್

ಮಂಗಳೂರು: ಉದಯೋನ್ಮುಖ ಬ್ಯಾಡ್ಮಿಂಟನ್ ಪ್ರತಿಭೆಗಳ ಅಭಿವೃದ್ಧಿ ಮತ್ತು ಅವರಲ್ಲಿ ಆಟದ ಕೌಶಲವನ್ನು ಬೆಳೆಸುವ ದೃಷ್ಟಿಯಿಂದ ಪಿಎನ್‌ಬಿ ಮೆಟಾಲೈಫ್ ಇನ್ಸೂರೆನ್ಸ್ ಹಮ್ಮಿಕೊಂಡಿರುವ ಜ್ಯೂನಿಯರ್ ಬ್ಯಾಡ್ಮಿಂಟನ್ ಚಾಂಪಿಯನ್‌ಶಿಪ್ ಆಗಸ್ಟ್ 7ರಿಂದ 11ರವರೆಗೆ ಬೆಂಗಳೂರಿನಲ್ಲಿ ನಡೆಯಲಿದೆ. ರಾಜ್ಯದ ಯಾವುದೇ ಭಾಗಗಳ ಕ್ರೀಡಾಸಕ್ತರು ಈ ಮುಕ್ತ ಟೂರ್ನಿಯಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳಬಹುದಾಗಿದೆ.

ಹತ್ತು ನಗರಗಳಲ್ಲಿ ನಡೆಯುವ ಲೀಗ್ ಹಂತದ ಪಂದ್ಯಗಳ ಬಳಿಕ ಸೆಪ್ಟೆಂಬರ್ 9 ಮತ್ತು 10ರಂದು ಫೈನಲ್ ನವದೆಹಲಿಯಲ್ಲಿ ನಡೆಯಲಿದೆ.

ಇದರ ಜತೆಗೆ ಉಚಿತವಾಗಿ ವರ್ಚುವಲ್ ಟ್ಯುಟೋರಿಯಲ್ 'ಜೆಸಿಬಿ ಬೂಟ್ ಕ್ಯಾಂಪ್' ಮೂಲಕ ದೇಶಾದ್ಯಂತ ಯುವ ಪ್ರತಿಭೆಗಳಿಗೆ ಕ್ರೀಡಾ ಕೌಶಲ ತಂತ್ರಗಳನ್ನು ಬೋಧಿಸಲಾಗುತ್ತದೆ ಎಂದು ಎಂಡಿ ಮತ್ತು ಸಿಇಒ ಆಶೀಶ್ ಕುಮಾರ್ ಶ್ರೀವಾಸ್ತವ ಪ್ರಕಟಣೆಯಲ್ಲಿ ಹೇಳಿದ್ದಾರೆ. ಬ್ಯಾಡ್ಮಿಂಟನ್ ತಾರೆ ಪಿ.ವಿ.ಸಿಂಧು ಹಾಗೂ ಕೋಚ್ ಯು.ವಿಮಲ್ ಕುಮಾರ್ 5ನೇ ಆವೃತ್ತಿಯ ಜೆಬಿಸಿಗೇ ಚಾಲನೆ ನೀಡಿದರು. ಈ ವರ್ಚುವಲ್ ಟ್ಯುಟೋರಿಯಲ್‌ನಲ್ಲಿ ದೇಶದ ಯಾವುದೇ ಮೂಲೆಗಳ ಯುವ ಆಟಗಾರರು ಮಾಸ್ಟರ್ ಕೋಚ್‌ಗಳ ಜತೆ ವರ್ಚುವಲ್ ವಿಧಾನದ ಮೂಲಕ ಯಾವುದೇ ವೆಚ್ಚವಿಲ್ಲದೇ ಸಂಪರ್ಕ ಸಾಧಿಸಲು ಅವಕಾಶವಾಗಲಿದೆ. ಈ ಟ್ಯುಟೋರಿಯಲ್ ಅನ್ನು ಯೂಟ್ಯೂಬ್/ಪಿಎನ್‌ಬಿಮೆಟಾಲೈಫ್ ಜೆಬಿಸಿ ಬೂಟ್ ಕ್ಯಾಂಪ್‌ನಲ್ಲಿ ವೀಕ್ಷಿಸಬಹುದಾಗಿದೆ.



## പിഎൻബി മെറ്റ്‌ലൈഫ് ജൂനിയർ ബോഡ്മിന്റൺ ചാമ്പ്യൻഷിപ്പിന്റെ അഞ്ചാം പതിപ്പിന്റെ സമാരംഭം പ്രഖ്യാപിച്ചു

ഹൈദരാബാദ്: രാജ്യത്തെ പത്തു സകാര്യ ഇൻഷുറൻസ് കമ്പനികളിലൊന്നായ പിഎൻബി മെറ്റ് ലൈഫ് ഇന്ത്യ ഇൻഷുറൻസ് കമ്പനി ജൂനിയർ ബോഡ്മിന്റൺ ചാമ്പ്യൻഷിപ്പിന്റെ അഞ്ചാം പതിപ്പിനു തുടക്കം കുറിച്ചു. ഇതോടൊപ്പം വെർച്വൽ ട്യൂട്ടോറിയൽ പ്രോഗ്രാമായ ജെബിസി ബുട്ട് ക്യാമ്പിനും തുടക്കം കുറിച്ചു.

ബോൻഡ് അംബാസഡറും ബോഡ്മിന്റൺ പ്രതിയേയുമായ പി വി സിന്ധുവിന്റേയും മുൻ ദേശീയ ചാമ്പ്യനും കോച്ചുമായ യു. വിമൽ കുമാറിന്റേയും സാന്നിധ്യത്തിലാണ് ചാമ്പ്യൻഷിപ്പിന് തുടക്കം കുറിച്ചത്. പിഎൻബി മെറ്റ്‌ലൈഫ് മാനേജിംഗ് ഡയറക്ടറും സിഇയുമായ ആശിഷ് കുമാർ ശ്രീവാസ്തവ ജെബിസി ബുട്ട് ക്യാമ്പ് അനാശ്ചാദനം ചെയ്തത്.

യൂട്ട്യൂബ് ചാനലായ ജെബിസി ബുട്ട് ക്യാമ്പ് വഴി കളിക്കാർക്ക് തങ്ങളുടെ പ്രാവിണ്യം വർദ്ധിപ്പിക്കാൻ സാധിക്കും. കളിക്കാർക്ക് പ്രാവിണ്യം വർദ്ധിപ്പിക്കുവാൻ സഹായിക്കുന്ന വിധത്തിൽ കളിയുടെ ടിപ്പും ട്രിക്സുമൊക്കെ ബുട്ട് ക്യാമ്പ് ലഭ്യമാക്കും. ബേസിക്, ഇന്റർമീഡിയറ്റ്, അഡ്വാൻസ് എന്നിങ്ങനെ വിവിധ തലങ്ങളിലുള്ള ട്യൂട്ടോറിയൽ വിഡിയോകൾ ലഭിക്കും. ഗെയിം റൂൾ, വിവിധതരം സെർവുകൾ, സ്വിംഗ്സ്, സ്മാഷ്, ഫിറ്റ്നസ് തുടങ്ങിയ കളിയുടെ എല്ലാവശവും ഈ പാഠ്യപദ്ധതിയിൽ ഉൾപ്പെടുത്തിയിട്ടുണ്ട്.

ബോഡ്മിന്റൺ മുഖ്യധാരാ കായികയിനമായി വളർത്തിയെടുക്കുന്നതിനുള്ള ശ്രമത്തിലാണ് പിഎൻബി മെറ്റ്‌ലൈഫ് എന്ന് പിഎൻബി മെറ്റ്‌ലൈഫ് മാനേജിംഗ് ഡയറക്ടറും സിഇയുമായ ആശിഷ് കുമാർ ശ്രീവാസ്തവ പറഞ്ഞു.

ബോഡ്മിന്റൺ അസോസിയേഷൻ ഓഫ് ഇന്ത്യയുടെ അംഗീകാരം പിഎൻബി മെറ്റ്‌ലൈഫ് ജെബിസിക്ക് ഉണ്ട്.

Publication : Kerala Bhooshanam Daily	Edition : Kochi
Date : July 08, 2019	Page: 4

# പിഎൻബി മെറ്റ്‌ലൈഫ് ബാഡ് മിന്റൺ ചാമ്പ്യൻഷിപ്പിന്റെ സമാരംഭം പ്രഖ്യാപിച്ചു

ഹൈദരാബാദ്: രാജ്യത്തെ പത്തു സ്വകാര്യ ഇൻഷുറൻസ് കമ്പനികളിലൊന്നായ പിഎൻബി മെറ്റ് ലൈഫ് ഇന്ത്യ ഇൻഷുറൻസ് കമ്പനി ജൂനിയർ ബാഡ്മിന്റൺ ചാമ്പ്യൻഷിപ്പിന്റെ അഞ്ചാം പതിപ്പിനു തുടക്കം കുറിച്ചു. ഇതോടൊപ്പം വെർച്വൽ ട്യൂട്ടോറിയൽ പ്രോഗ്രാമമായ ജെബിസി ബുട്ട് ക്യാമ്പിനും തുടക്കം കുറിച്ചു.

ബ്രാൻഡ് അംബാസഡറും ബാഡ്മിന്റൺ പ്രതിഭയുമായ പി വി സിന്ധുവിന്റേയും മുൻ ദേശീയ ചാമ്പ്യനും കോച്ചുമായ യു. വിമൽ കുമാറിന്റേയും സാന്നിധ്യത്തിലാണ് ചാമ്പ്യൻഷിപ്പിന്

തുടക്കം കുറിച്ചത്. പിഎൻബി മെറ്റ്‌ലൈഫ് മാനേജിംഗ് ഡയറക്ടറും സിഇഒയുമായ ആശിഷ് കുമാർ ശ്രീവാസ്തവ ജെബിസി ബുട്ട് ക്യാമ്പ് അനൗഷ്ഠാനം ചെയ്തത്.

യൂട്യൂബ് ചാനലായ ജെബിസി ബുട്ട് ക്യാമ്പ് വഴി കളിക്കാർക്ക് തങ്ങളുടെ പ്രാവിണ്യം വർദ്ധിപ്പിക്കാൻ സാധിക്കും. കളിക്കാർക്ക് പ്രാവിണ്യം വർദ്ധിപ്പിക്കുവാൻ സഹായിക്കുന്ന വിധത്തിൽ കളിയുടെ ടിപ്പും ട്രിക്സുമൊക്കെ ബുട്ട് ക്യാമ്പ് ലഭ്യമാക്കും. ബേസിക്, ഇന്റർമീഡിയറ്റ്, അഡ്വാൻസ് എന്നിങ്ങനെ വിവിധ തലങ്ങളിലുള്ള ട്യൂട്ടോറിയൽ വീഡിയോ

കൾ ലഭിക്കും. ഗെയിം റൂൾ, വിവിധതരം സെർവുകൾ, സ്വിംഗ്സ്, സ്മാഷ്, ഫിറ്റ്നസ് തുടങ്ങിയ കളിയുടെ എല്ലാവശവും ഈ പാഠ്യപദ്ധതിയിൽ ഉൾപ്പെടുത്തിയിട്ടുണ്ട്.

ബാഡ്മിന്റണെ മുഖ്യധാരാ കായികയിനമായി വളർത്തിയെടുക്കുന്നതിനുള്ള ശ്രമത്തിലാണ് പിഎൻബി മെറ്റ്‌ലൈഫ് എന്ന് പിഎൻബി മെറ്റ്‌ലൈഫ് മാനേജിംഗ് ഡയറക്ടറും സിഇഒയുമായ ആശിഷ് കുമാർ ശ്രീവാസ്തവ പറഞ്ഞു.

ബാഡ്മിന്റൺ അസോസിയേഷൻ ഓഫ് ഇന്ത്യയുടെ അംഗീകാരം പിഎൻബി മെറ്റ്‌ലൈഫ് ജെബിസിക്കുണ്ട്.

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## പിഎൻബി മെറ്റ്‌ലൈഫ് ജൂനിയർ ബാഡ്മിന്റൺ ചാമ്പ്യൻഷിപ്പ്

ഹൈദരാബാദ്: സ്വകാര്യ ഇൻഷുറൻസ് കമ്പനികളിലൊന്നായ പിഎൻബി മെറ്റ്‌ലൈഫ് ഇന്ത്യ ഇൻഷുറൻസ് കമ്പനി ജൂനിയർ ബാഡ്മിന്റൺ ചാമ്പ്യൻഷിപ്പിന്റെ അഞ്ചാം പതിപ്പിന് തുടക്കം കുറിച്ചു. ഇതോടൊപ്പം വെർച്വൽ ടൂട്ടോറിയൽ പ്രോഗ്രാമമായ ജെബിസി ബൂട്ട് ക്യാമ്പിനും തുടക്കം കുറിച്ചു. ബ്രാൻഡ് അംബാസഡറും ബാഡ്മിന്റൺ പ്രതിഭയുമായ പി വി സിന്ധുവിന്റേയും മുൻ ദേശീയ ചാമ്പ്യനും കോച്ചുമായ യു. വി മൽ കുമാറിന്റേയും സാന്നിധ്യത്തിലാണ് ചാമ്പ്യൻഷിപ്പിന് തുടക്കം കുറിച്ചത്. പിഎൻബി മെറ്റ്‌ലൈഫ് മാനേജിംഗ് ഡയറക്ടറും സിഇഒയുമായ ആശിഷ്

കുമാർ ശ്രീവാസ്തവ ജെബിസി ബൂട്ട് ക്യാമ്പ് അനൗച്ഛാദനം ചെയ്തു. യൂട്യൂബ് ചാനലായ ജെബിസി ബൂട്ട് ക്യാമ്പ് വഴികളിക്കാർക്ക് തങ്ങളുടെ പ്രാവീണ്യം വർദ്ധിപ്പിക്കാൻ സാധിക്കും. കളിക്കാർക്ക് കഴിവ് വർദ്ധിപ്പിക്കുവാൻ സഹായിക്കുന്ന വിധത്തിൽ കളിയുടെ ടിപ്പിംഗ് ട്രിക്ക്കളും ബൂട്ട് ക്യാമ്പ് ലഭ്യമാക്കും. ബേസിക്, ഇന്റർമീഡിയറ്റ്, അഡ്വാൻസ് എന്നിങ്ങനെ വിവിധ തലങ്ങളിലുള്ള ടൂട്ടോറിയൽ വീഡിയോകൾ ലഭിക്കും. ഗെയിംറൂൾ, വിവിധതരം സെർവുകൾ, സ്വിംഗ്സ്, സ്മാഷ്, ഫിറ്റ്നസ് തുടങ്ങിയ കളിയുടെ എല്ലാ വശവും ഈ പാഠ്യപദ്ധതിയിൽ ഉൾപ്പെടുത്തിയിട്ടുണ്ട്.

## ಪಿಎನ್‌ಬಿ ಬ್ಯಾಡ್ಜಿಂಟನ್ ಚಾಂಪಿಯನ್‌ಷಿಪ್ ಆ. 700ದ

ಮಂಗಳೂರು: ಉದಯೋನ್ಮುಖ ಬ್ಯಾಡ್ಜಿಂಟನ್ ಪ್ರತಿಭೆಗಳ ಅಭಿವೃದ್ಧಿ ಮತ್ತು ಅವರಲ್ಲಿ ಆಟದ ಕೌಶಲವನ್ನು ಬೆಳೆಸುವ ದೃಷ್ಟಿಯಿಂದ ಪಿಎನ್‌ಬಿ ಮೆಟ್‌ಲೈಫ್ ಇನ್ಸೂರೆನ್ಸ್ ಹಮ್ಮಿಕೊಂಡಿರುವ ಜ್ಯೂನಿಯರ್ ಬ್ಯಾಡ್ಜಿಂಟನ್ ಚಾಂಪಿಯನ್‌ಷಿಪ್ ಆಗಸ್ಟ್ 7 ರಿಂದ 11ರವರೆಗೆ ಬೆಂಗಳೂರಿನಲ್ಲಿ ನಡೆಯಲಿದೆ. ರಾಜ್ಯದ ಯಾವುದೇ ಭಾಗಗಳ ಕ್ರೀಡಾಸಕ್ತರು ಈ ಮುಕ್ತ ಟೂರ್ನಿಯಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳಬಹುದಾಗಿದೆ.

ಹತ್ತು ನಗರಗಳಲ್ಲಿ ನಡೆಯುವ ಲೀಗ್ ಹಂತದ ಪಂದ್ಯಗಳ ಬಳಿಕ ಸೆಪ್ಟೆಂಬರ್ 9 ಮತ್ತು 10ರಂದು ನವದೆಹಲಿಯಲ್ಲಿ ಫೈನಲ್ ನಡೆಯಲಿದೆ. ಇದರ ಜತೆಗೆ ಉಚಿತವಾಗಿ ವರ್ಚುವಲ್ ಟ್ಯುಟೋರಿಯಲ್ 'ಜೆಸಿಬಿ ಬೂಟ್ ಕ್ಯಾಂಪ್' ಮೂಲಕ ಯುವ ಪ್ರತಿಭೆಗಳಿಗೆ ಕ್ರೀಡಾ ಕೌಶಲತಂತ್ರಗಳನ್ನು ಬೋಧಿಸಲಾಗುತ್ತದೆ ಎಂದು ಎಂಡಿ ಮತ್ತು ಸಿಇಒ ಆಶೀಶ್ ಕುಮಾರ್ ಶ್ರೀವಾಸ್ತವ ಹೇಳಿದ್ದಾರೆ.

## ಆ. 7 ರಿಂದ ಪಿಎನ್‌ಬಿ ಜ್ಯೂನಿಯರ್ ಬ್ಯಾಡ್ಮಿಂಟನ್

ಸಂ.ಕ. ಸಮಾಚಾರ ಮಂಗಳೂರು

ಉದಯೋನ್ಮುಖ ಬ್ಯಾಡ್ಮಿಂಟನ್ ಪ್ರತಿಭೆಗಳ ಅಭಿವೃದ್ಧಿ ಮತ್ತು ಅವರಲ್ಲಿ ಆಟದ ಕೌಶಲವನ್ನು ಬೆಳೆಸುವ ದೃಷ್ಟಿಯಿಂದ ಪಿಎನ್‌ಬಿ ಮೆಟ್‌ಲೈಫ್ ಇನ್ಸೂರೆನ್ಸ್ ಹಮ್ಮಿಕೊಂಡಿರುವ ಜ್ಯೂನಿಯರ್ ಬ್ಯಾಡ್ಮಿಂಟನ್ ಚಾಂಪಿಯನ್‌ಶಿಪ್ ಆಗಸ್ಟ್ 7ರಿಂದ 11ರವರೆಗೆ ಬೆಂಗಳೂರಿನಲ್ಲಿ ನಡೆಯಲಿದೆ. ರಾಜ್ಯದ ಯಾವುದೇ ಭಾಗಗಳ ಕ್ರೀಡಾಸಕ್ತರು ಈ ಮುಕ್ತ ಟೂರ್ನಿಯಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳಬಹುದಾಗಿದೆ.

ಹತ್ತು ನಗರಗಳಲ್ಲಿ ನಡೆಯುವ ಲೀಗ್ ಹಂತದ ಪಂದ್ಯಗಳ ಬಳಿಕ ಸೆಪ್ಟೆಂಬರ್ 9 ಮತ್ತು 10ರಂದು ಫೈನಲ್ ನವದೆಹಲಿಯಲ್ಲಿ ನಡೆಯಲಿದೆ.

ಇದರ ಜತೆಗೆ ಉಚಿತವಾಗಿ ವರ್ಚುವಲ್ ಟ್ಯುಟೋರಿಯಲ್ 'ಜೆಸಿಬಿ ಬೂಟ್ ಕ್ಯಾಂಪ್' ಮೂಲಕ ದೇಶಾದ್ಯಂತ ಯುವ ಪ್ರತಿಭೆಗಳಿಗೆ ಕ್ರೀಡಾ ಕೌಶಲ ತಂತ್ರಗಳನ್ನು ಬೋಧಿಸಲಾಗುತ್ತದೆ ಎಂದು ಎಂಡಿ ಮತ್ತು ಸಿಇಓ ಆಶೀಶ್ ಕುಮಾರ್ ಶ್ರೀವಾಸ್ತವ ಪ್ರಕಟಣೆಯಲ್ಲಿ ಹೇಳಿದ್ದಾರೆ. ಬ್ಯಾಡ್ಮಿಂಟನ್ ತಾರೆ ಪಿ.ವಿ.ಸಿಂಧು ಹಾಗೂ ಕೋಚ್ ಯು.ವಿಮಲ್ ಕುಮಾರ್ 5ನೇ ಆವೃತ್ತಿಯ ಜೆಬಿಸಿಗೆ ಚಾಲನೆ ನೀಡಿದರು.

ಈ ವರ್ಚುವಲ್ ಟ್ಯುಟೋರಿಯಲ್‌ನಲ್ಲಿ ದೇಶದ ಯಾವುದೇ ಮೂಲೆಗಳ ಯುವ ಆಟಗಾರರು ಮಾಸ್ಟರ್ ಕೋಚ್‌ಗಳ ಜತೆ ವರ್ಚುವಲ್ ವಿಧಾನದ ಮೂಲಕ ಯಾವುದೇ ವೆಚ್ಚವಿಲ್ಲದೆ ಸಂಪರ್ಕ ಸಾಧಿಸಲು ಅವಕಾಶವಾಗಲಿದೆ. ಈ ಟ್ಯುಟೋರಿಯಲ್ ಅನ್ನು ಯೂಟ್ಯೂಬ್, ಪಿಎನ್‌ಬಿ ಮೆಟ್‌ಲೈಫ್ ಜೆಬಿಸಿ ಬೂಟ್ ಕ್ಯಾಂಪ್‌ನಲ್ಲಿ ವೀಕ್ಷಿಸಬಹುದಾಗಿದೆ.

## कुमारांच्या बॅडमिंटन स्पर्धेस आजपासून प्रारंभ

हैदराबाद, दि. ८ - लहान गटापासून बॅडमिंटनसाठी नैपुण्यशोध घेण्याच्या दृष्टीने आयोजित केलेल्या कुमारांच्या अखिल भारतीय स्तरावरील बॅडमिंटन स्पर्धेस ९ जुलैपासून चंडीगढ येथे प्रारंभ होत आहे. ही स्पर्धा ९, ११, १३, १५ व १७ वर्षांखालील श्रेणींमध्ये होईल.

ऑलिंपिक रौप्यपदक विजेती पी. व्ही. सिंधू माजी राष्ट्रीय विजेते व प्रशिक्षक विमलकुमार यांच्या उपस्थितीत या उपक्रमांची घोषणा करण्यात आली. ही स्पर्धा १० शहरांत खेळली जाणार आहे. गतवर्षी या स्पर्धेत ८ हजार खेळाडूंनी भाग घेतला होता. यंदाही तसाच प्रतिसाद अपेक्षित आहे. बॅडमिंटनपटू पी. व्ही. सिंधू यांनी सांगितले, या खेळाने अलीकडच्या काळात मिळवलेले विजेतेपद व गौरव यामुळे हा खेळ घराघरात पोहोचला आहे. अधिक गुणवान खेळाडू घडवण्यासाठी आणखी प्रयत्न होणे आवश्यक आहे.

### उदयोन्मुख खेळाडूंना कौशल्य दाखविण्याची संधी

म्हणूनच, तळागाळापासून उत्तेजन देणे गरजेचे आहे. या खेळामध्ये उतरताना नव्या खेळाडूसमोर येणारी सर्वात मोठी अडचण म्हणजे, योग्य प्रशिक्षण व मार्गदर्शन यांचा अभाव. या स्पर्धेमुळे नवोदित खेळाडूंना या खेळातील दिग्गजांकडून योग्य प्रशिक्षण मिळेल. गुणवान खेळाडूंना पोषक वातावरण व व्यवस्था निर्माण करण्यासाठी व त्याद्वारे त्यांना व्यावसायिक खेळ म्हणून बॅडमिंटनची निवड करण्यास उत्तेजन मिळेल.

दि. २१ ते २५ जुलै दरम्यान मुंबई येथे तर दि. २७ ते ३१ जुलै पुणे येथे ही स्पर्धा होणार आहे. अंतिम फेरी दि. ९ व १० सप्टेंबर रोजी नवी दिल्ली येथे आयोजित केली जाणार आहे.

Publication : Veekshanam Daily	Edition : Kochi
Date : July 10, 2019	Page: 6

### പിഎൻബി മെറ്റ്‌ലൈഫ് ജൂനിയർ ബാഡ്മിന്റൺ ചാമ്പ്യൻഷിപ്പിന്റെ അഞ്ചാം പതിപ്പിന്റെ സമാരംഭം പ്രഖ്യാപിച്ചു

ഹൈദരാബാദ്: രാജ്യത്തെ പത്തു സ്വകാര്യ ഇൻഷുറൻസ് കമ്പനികളിലൊന്നായ പിഎൻബി മെറ്റ്‌ലൈഫ് ഇന്ത്യ ഇൻഷുറൻസ് കമ്പനി ജൂനിയർ ബാഡ്മിന്റൺ ചാമ്പ്യൻഷിപ്പിന്റെ അഞ്ചാം പതിപ്പിനു തുടക്കം കുറിച്ചു. ഇതോടൊപ്പം വെർച്വൽ ടൂട്ടോറിയൽ പ്രോഗ്രാമമായ ഷെമ്പിസി ബുട്ട് ക്യാമ്പിനും തുടക്കം കുറിച്ചു.

ബ്രാൻഡ് അംബാസഡറും ബാഡ്മിന്റൺ പ്രതിഭയുമായ പി വി സിന്ധുവിന്റേയും മുൻ ദേശീയ ചാമ്പ്യനും കോച്ചുമായ യു. വിമൽ കുമാറിന്റേയും സാന്നിധ്യത്തിലാണ് ചാമ്പ്യൻഷിപ്പിന് തുടക്കം കുറിച്ചത്. പിഎൻബി മെറ്റ്‌ലൈഫ് മാനേജിംഗ് ഡയറക്ടറും സി ഇടയുമായ ആശിഷ് കുമാർ ശ്രീവാസ്തവ ഷെമ്പിസി ബുട്ട് ക്യാമ്പ് അനാശ്വാദനം ചെയ്തത്. യൂട്യൂബ് ചാനലായ ഷെമ്പിസി ബുട്ട് ക്യാമ്പ് വഴി കളിക്കാർക്ക് തങ്ങളുടെ പ്രാവിണ്യം വർദ്ധിപ്പിക്കാൻ സാധിക്കും. കളിക്കാർക്ക് പ്രാവിണ്യം വർദ്ധിപ്പിക്കുവാൻ സഹായിക്കുന്ന വിധത്തിൽ കളിയുടെ ടിപ്പും ട്രിക്ക്സുമൊക്കെ ബുട്ട് ക്യാമ്പ് ലഭ്യമാക്കും. ബേസിക്, ഇന്റർമീഡിയറ്റ്, അഡ്വാൻസ് എന്നിങ്ങനെ വിവിധ തലങ്ങളിലുള്ള ടൂട്ടോറിയൽ വിഡിയോകൾ ലഭിക്കും.

## પીએનબી મેટલાઈફ જુનિયર બેડમિન્ટન ચેમ્પિયનશિપ જેબીસી પાંચમી એડિશન લોચ કરી

હૈદરાબાદ, મંગળવાર

ભારતમાં ખાનગી ક્ષેત્રની ટોચની ૧૦ જીવન વીમા કંપનીઓમાંની એક પીએનબી મેટલાઈફ ઈન્ડિયા ઈન્શ્યોરન્સ કંપની લિ. એ વર્ચ્યુઅલ ટ્યુટોરિયલ પ્રોગ્રામ - જેબીસી બૂટ કેમ્પની સાથે જુનિયર બેડમિન્ટ ચેમ્પિયનશિપ (જેબીસી)- પાંચ લોચ કરી હતી. કંપનીની બ્રાન્ડ એમ્બેસેડર અને બેડમિન્ટની પ્રસિદ્ધ ખેલાડી પી વી સિંધુ અને બેડમિન્ટમાં ભૂતપૂર્વ રાષ્ટ્રીય ચેમ્પિયન અને કોચ યુ વિમલ કુમારની હાજરીમાં આ

બંને પ્રોગ્રામ અને ચેમ્પિયનશિપ લોચ કરી હતી. આ પ્રસંગે પીએનબી મેટલાઈફનાં મેનેજિંગ ડિરેક્ટર અને સીઈઓ આશિષ કુમાર શ્રીવાસ્તવે બંને બેડમિન્ટન ખેલાડીઓ સાથે જેબીસી બૂટ કેમ્પ લોચ કર્યો હતો. જે કસ્ટમાઈઝ યુટ્યુબ ચેનલ છે. આ ચેનલ યુવાન બેડમિન્ટન ખેલાડીઓને તેમની પ્રતિભા ખીલવવામાં મદદરૂપ થશે. બેડમિન્ટ એસોસિએશન ઓફ ઈન્ડિયાની માન્યતા પ્રાપ્ત પહેલ પીએનબી મેટલાઈફ જેબીસીનો ઉદ્દેશ બેડમિન્ટનને

પાયાનાં સ્તરે પહોંચાડી ખેલાડીનો પ્રોત્સાહન આપવાનો અને પાયાનાં સ્તરમાંથી યોગ્ય પ્રતિભાઓને પોષણ આપવાનો છે. આ ટુર્નામેન્ટની ૧૫મી એડિશન ભારતનાં ૧૦ શહેરોમાં યોજાશે. પીએનબી મેટલાઈફનાં મેનેજિંગ ડિરેક્ટર અને સીઈઓ આશિષકુમાર શ્રીવાસ્તવે કહ્યું હતું કે, ભારતમાં બેડમિન્ટન બીજી સૌથી વધુ રમાતી રમત છે અને દેશમાં મોટી સંખ્યામાં પ્રતિભાઓ રહેલી છે. જેમને

યોગ્ય કોચિંગ અને સુવિધાઓ મળે. તો તેઓ આ ક્ષેત્રમાં ઉત્કૃષ્ટતા હાંસલ કરી શકે છે. છેલ્લાં ચાર વર્ષમાં અમને અમારી જુનિયર બેડમિન્ટન ચેમ્પિયનશિપ દ્વારા આ પ્રકારનાં ઘણાં યુવાન પ્રતિભાશાળી ખેલાડીઓને સપોર્ટ કરવાની ખુશી છે. ટુર્નામેન્ટની પાંચમી એડિશન આ પ્રકારનાં પ્રયાસનો પુરાવો છે. એની સાથે જેબીસી બૂટ કેમ્પથી યુવા ખેલાડીઓને લાભ થશે. જેઓ રમતની શ્રેષ્ઠ ટેકનિકો શીખવા આતુર છે.

**ONLINE**

**Headline : PNB Metlife launches fifth Junior Badminton Championship**

**Domain : Outlook**

Date : July 04, 2019

Journalist:

<https://www.outlookindia.com/newscroll/pnb-metlife-launches-fifth-junior-badminton-championship/1568016>

New Delhi, Jul 4 PNB MetLife Thursday launched the fifth edition of the Junior Badminton Championship (JBC) to be held across 10 cities in the country from July 9 to September 10.

In presence of brand ambassador and badminton ace PV Sindhu and former India coach U Vimal Kumar, PNB Metlife also launched a virtual tutorial program – JBC Boot Camp.

"Due to the recent wins and accolades that this sport has achieved, it has become a household name. However, a lot needs to be done in terms of bringing more talented shuttlers to the forefront," Sindhu said.

"Hence a push from the grassroots level is of utmost importance today. The biggest hindrance new- entrants face while getting into this sport face, is the lack of proper training and guidance.

"With JBC Boot Camp, young badminton aspirants can get proper training and guidance from the legends of the sport."

As part of the JBC Boot camp, Sindhu, Vimal, Vijay Lancy and Anup Sridhar will share their knowledge with the aspiring shuttlers through tutorial videos, which will cover three levels - Basic, Intermediate and Advance.

The curriculum will comprise topics such as rules of the game, court measurements, different serves, swings, movements and smashes, fitness to name a few.

The fifth edition of the tournament is open to Children in the age group of 5-17 years, which has been divided in under 9, 11, 13, 15 and 17 years categories. ATK ATK

Disclaimer :- This story has not been edited by Outlook staff and is auto-generated from news agency feeds.

**Headline : Sindhu hopes to turn the tide in upcoming tournaments this month**

**Domain : Business Standard India**

Date : July 04, 2019

Journalist: Press Trust of India

[https://www.business-standard.com/article/pti-stories/sindhu-hopes-to-turn-the-tide-in-upcoming-tournaments-this-month-119070400964\\_1.html](https://www.business-standard.com/article/pti-stories/sindhu-hopes-to-turn-the-tide-in-upcoming-tournaments-this-month-119070400964_1.html)

Olympic silver medallist P V Sindhu Thursday admitted that her season so far has not been "great" but expressed hope of turning the tide in the upcoming events, beginning with Indonesia Open from July 16.

Sindhu has played in six tournaments so far this year without reaching a final. She reached the semifinals in India Open in March and Singapore Open in April.

"(It) has not been really great. But, it was ok. I am satisfied. But, I think I have to do much better," Sindhu told reporters on the sidelines of PNB Metlife announcing the launch of Junior Badminton Championship-5.

Asked what went wrong in the last six months during which she did not win any major tournament, Sindhu said, "Nothing went wrong. But on the day, sometimes, you might not just give your 100 per cent. Sometimes, you might just make too many mistakes.

"That's why I said I have to be satisfied. It's not that I am happy. But, you always have to think that there is always a next time," she said.

The 23-year-old Sindhu said she has worked hard on her game during the one month-long break she got and is confident of doing well in Indonesia, Japan and Thailand.

"We have got almost one month of break. I have been in my top level and working hard. There has been enough time to prepare for the next three tournaments, that is Indonesia, Japan and Thailand. So, I am confident that I can do well and I can give my 100 per cent," said the 2016 Olympics silver medallist.

The Indonesia Open begins on July 16 while Japan Open and Thailand Open will start on July 23 and July 30.

During the break, she said she has worked on her physical and mental fitness to be in good shape.

"I have worked on mental as well as physical (fitness). Matches have been really long nowadays. Everything is like a chain where you need to touch up on everything. It's not just that you do physical and leave the skill part. I think I have been working out on skill a lot more," she said.

"Because, now the game has changed a lot. A lot of people have been working out on their skills and physical. I think it is very important to keep yourself fit as well as in your skill work, you need to be very much perfect as well. So, I have been working on that," she said when asked if she worked on something new.

She said the players need to have variation in their game to achieve success in major tournaments.

"Every time, we need to change. Because, it is not the same every time. Not only you, your opponents change their game," she said.

"Now, there are video cameras, there are videos, analysing and doing everything. Even though we go with one strategy, when you go on to court, every point can be comparatively different. That's what I feel," she added.

Sindhu said her training with new coaches, who have come a few of months ago, has been good. She is currently training with Korean Kim Ji Hyun and hoped that it would work well for her.

The players can learn new techniques from every coach as each one has different thinking and experience, she said.

Sindhu said each tournament is important for her though she aimed to win a medal in the Tokyo Olympics next year.

(This story has not been edited by Business Standard staff and is auto-generated from a syndicated feed.)

**Headline : PNB Metlife launches fifth Junior Badminton Championship**

**Domain : The Times of India**

Date : July 04, 2019

Journalist: PTI

<https://timesofindia.indiatimes.com/sports/badminton/pnb-metlife-launches-fifth-junior-badminton-championship/articleshow/70073570.cms>

New Delhi, Jul 4 () PNB MetLife Thursday launched the fifth edition of the Junior Badminton Championship (JBC) to be held across 10 cities in the country from July 9 to September 10.

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**Headline : PV Sindhu hopes to turn the tide in upcoming tournaments this month**

**Domain : Hindustan Times**

Date : July 04, 2019

Journalist: PTI, Hyderabad

<https://www.hindustantimes.com/other-sports/pv-sindhu-hopes-to-turn-the-tide-in-upcoming-tournaments-this-month/story-qNFiproxBmoXLXQmus5KDO.html>

Olympic silver medallist PV Sindhu Thursday admitted that her season so far has not been “great” but expressed hope of turning the tide in the upcoming events, beginning with Indonesia Open from July 16.

Olympic silver medallist P V Sindhu Thursday admitted that her season so far has not been “great” but expressed hope of turning the tide in the upcoming events, beginning with Indonesia Open from July 16. Sindhu has played in six tournaments so far this year without reaching a final. She reached the semifinals in India Open in March and Singapore Open in April. “(It) has not been really great. But, it was ok. I am satisfied. But, I think I have to do much better,” Sindhu told reporters on the sidelines of PNB Metlife announcing the launch of Junior Badminton Championship-5.

Asked what went wrong in the last six months during which she did not win any major tournament, Sindhu said, “Nothing went wrong. But on the day, sometimes, you might not just give your 100 per cent. Sometimes, you might just make too many mistakes. “That’s why I said I have to be satisfied. It’s not that I am happy. But, you always have to think that there is always a next time,” she said.

READ | Hima Das wins 200m gold at Poznan Athletics Grand Prix

The 23-year-old Sindhu said she has worked hard on her game during the one month-long break she got and is confident of doing well in Indonesia, Japan and Thailand. “We have got almost one month of break. I have been in my top level and working hard. There has been enough time to prepare for the next three tournaments, that is Indonesia, Japan and Thailand. So, I am confident that I can do well and I can give my 100 per cent,” said the 2016 Olympics silver medallist.

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During the break, she said she has worked on her physical and mental fitness to be in good shape.

READ | Tokyo Olympic stadium 90% complete; opening set for December

“I have worked on mental as well as physical (fitness). Matches have been really long nowadays. Everything is like a chain where you need to touch up on everything. It’s not just that you do physical and leave the skill part. I think I have been working out on skill a lot more,” she said. “Because, now the game has changed a lot. A lot of people have been working out on their skills and physical. I think it is very important to keep yourself fit as well as in your skill work, you need to be very much perfect as well. So, I have been working on that,” she said when asked if she worked on something new.

She said the players need to have variation in their game to achieve success in major tournaments.

“Every time, we need to change. Because, it is not the same every time. Not only you, your opponents change their game,” she said.

“Now, there are video cameras, there are videos, analysing and doing everything. Even though we go with one strategy, when you go on to court, every point can be comparatively different. That’s what I feel,” she added. Sindhu said her training with new coaches, who have come a few of months ago, has been good. She is currently training with Korean Kim Ji Hyun and hoped that it would work well for her.

The players can learn new techniques from every coach as each one has different thinking and experience, she said.

Sindhu said each tournament is important for her though she aimed to win a medal in the Tokyo Olympics next year.

**Headline : Badminton: Been working really hard and am confident of doing well in coming months, says PV Sindhu**

**Domain : Scroll.in**

**Date : July 04, 2019**

**Journalist: Press Trust of India**

<https://scroll.in/field/929448/badminton-been-working-really-hard-and-am-confident-of-doing-well-in-coming-months-says-pv-sindhu>

Olympic silver medallist PV Sindhu on Thursday admitted that her season so far has not been great but expressed hope of turning the tide in the upcoming events, beginning with Indonesia Open from July 16.

Sindhu has played in six tournaments so far this year without reaching a final. She reached the semi-finals in India Open in March and Singapore Open in April.

“It [the year so far] has not been really great. But, it was okay. I am satisfied. But, I think I have to do much better,” Sindhu told reporters on the sidelines of PNB Metlife announcing the launch of Junior Badminton Championship-5.

Asked what went wrong in the last six months during which she did not win any major tournament, Sindhu said, “Nothing went wrong. But on the day, sometimes, you might not just give your 100 per cent. Sometimes, you might just make too many mistakes.

“That’s why I said I have to be satisfied. It’s not that I am happy. But, you always have to think that there is always a next time,” she said.

The 23-year-old Sindhu said she has worked hard on her game during the one month-long break she got and is confident of doing well in Indonesia, Japan and Thailand.

“We have got almost one month of break. I have been in my top level and working hard. There has been enough time to prepare for the next three tournaments, that is Indonesia, Japan and Thailand. So, I am confident that I can do well and I can give my 100 per cent,” said the 2016 Olympics silver medallist.

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Sindhu said the players need to have variation in their game to achieve success in major tournaments. “Every time, we need to change. Because, it is not the same every time. Not only you, your opponents change their game,” she said.

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**Headline : Recharged from month-long training, Sindhu hopes to turn the tide**

**Domain : Sportstar**

Date : July 04, 2019

Journalist: V.V. Subrahmanyam

<https://sportstar.thehindu.com/badminton/pv-sindhu-indian-badminton-2019-mid-season-review-poor-form-training-korean-coach/article28281848.ece>

P.V. Sindhu says she has learnt a lot during the month-long break and has prepared well for the upcoming tournaments. - AFP

Rio Olympics silver medallist P.V. Sindhu says that she has learnt a lot during the month long training sessions with help from Korean coach Kim Ji Hyun and is hoping to turn the tide at Indonesian, Japan and the Thailand Open championships over the next few weeks.

“It has not been really a great this year so far but I think I have to satisfy myself. You can’t think, ‘you lose and everything is over’. You have to back yourself , learn from your mistakes,” says Sindhu, the brand ambassador of PNB MetLife on the sidelines of a promotional event here on Thursday.

READ: Gopi Chand hopes Indian players eliminate ‘fitness and injury worries’

“Nothing went wrong really in the recent past. What matters is doing well on the given day irrespective whether you are up against a senior or a junior player,” she said. “There have been a couple of new players from China and Japan who have been really doing well. So you have to be at your best always,” she added.

“It is not that I am happy. You have to think there is always a next time or the next big opportunity to make amends,” she said.

“It has not been really a great this year so far but I think I have to satisfy myself. You can’t think, ‘you lose and everything is over’. You have to back yourself , learn from your mistakes.” — P.V. Sindhu

“In the last last six months, I lost a couple of matches easily from winning positions. Worked out on what went wrong then and I feel I am a much better player,” Sindhu said.

“I have been training with a Korean women’s coach Kim Ji Hyun. The training sessions have been different, could learn a lot more new things. I hope everything will go on well in the tournaments,” Sindhu said.

“I worked a lot on mental and physical aspects as, of late, matches have been really long. It is like a chain and everything needs to be touched and it is not all about skills as the game has changed a lot and a lot of young players are really doing well,” she said.

“Definitely, it is going to be one match at a time in this crucial Olympics qualifying cycle year as the ultimate goal obviously is to be there at Tokyo Games next year,” Sindhu said.

“I hope to do well in the next three majors. A month’s break from competitions has been really good for us. I have been in top level during training, working hard, had enough time to prepare for the next big events,” Sindhu said.

**Headline : Junior badminton Hyderabad leg from Aug 16**

**Domain : Telangana Today**

Date : July 04, 2019

Journalist:

<https://telanganatoday.com/junior-badminton-hyderabad-leg-from-aug-16>

Hyderabad: Ace shuttler PV Sindhu, former national badminton champion and coach U Vimal Kumar and Prakash Padukone Sports Management CEO Vijay Lancy, launched the fifth edition of the Junior Badminton Championship, organised by PNB MetLife, in the city on Thursday.

The national tourney is set to take place in ten cities with the Hyderabad leg being scheduled from August 16 to 20 in Gachibowli. The national finals will be held in New Delhi on September 9.

The tournament is open to children in the age group of five to 17 years and has been divided in the under-9, 11, 13, 15 and 17 age categories. Meanwhile, 'Boot Camp', a tailor-made tutorial programme to help the aspiring talents to enhance their skills was also launched.

Speaking at the event, U Vimal Kumar said the reach of badminton in India is increasing and tournaments like these will give more exposure to talented players. "Badminton is now the second most followed sport in the country. It is important to ensure players from all background are getting the opportunities," he added.

Ashish Kumar Srivastava, MD and CEO, PNB Metlife, stressed on the need to nurture talented individuals to help them win at international level. He also expressed hope that the new tutorial will enable the young players to connect with master coaches without any barrier. The videos can be accessed from YouTube/PNBMetLife JBC Boot Camp.

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**Headline : I'm Satisfied But Have to Do Much Better: PV Sindhu Hopes to Turn Around the Season**

**Domain : News18**

Date : July 04, 2019

Journalist:

<https://www.news18.com/news/badminton/im-satisfied-but-have-to-do-much-better-pv-sindhu-hopes-to-turn-around-the-season-2217427.html>

Hyderabad: Olympic silver medallist P V Sindhu Thursday admitted that her season so far has not been "great" but expressed hope of turning the tide in the upcoming events, beginning with Indonesia Open from July 16.

Sindhu has played in six tournaments so far this year without reaching a final. She reached the semifinals in India Open in March and Singapore Open in April.

"(It) has not been really great. But, it was ok. I am satisfied. But, I think I have to do much better," Sindhu told reporters on the sidelines of PNB Metlife announcing the launch of Junior Badminton Championship-5.

Asked what went wrong in the last six months during which she did not win any major tournament, Sindhu said, "Nothing went wrong. But on the day, sometimes, you might not just give your 100 per cent. Sometimes, you might just make too many mistakes.

"That's why I said I have to be satisfied. It's not that I am happy. But, you always have to think that there is always a next time," she said.

The 23-year-old Sindhu said she has worked hard on her game during the one month-long break she got and is confident of doing well in Indonesia, Japan and Thailand.

"We have got almost one month of break. I have been in my top level and working hard. There has been enough time to prepare for the next three tournaments, that is Indonesia, Japan and Thailand. So, I am confident that I can do well and I can give my 100 per cent," said the 2016 Olympics silver medallist.

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Sindhu said each tournament is important for her though she aimed to win a medal in the Tokyo Olympics next year.

Headline : Sindhu hopes to turn the tide

Domain : Hans India

Date : July 05, 2019

Journalist:

<https://www.thehansindia.com/sports/sindhu-hopes-to-turn-the-tide-543854>

Hyderabad (PTI): Olympic silver medallist P V Sindhu on Thursday admitted that her season so far has not been "great" but expressed hope of turning the tide in the upcoming events, beginning with Indonesia Open from July 16.

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"(It) has not been really great. But, it was ok. I am satisfied. But, I think I have to do much better," Sindhu told reporters on the sidelines of PNB Metlife announcing the launch of Junior Badminton Championship-5.

Asked what went wrong in the last six months during which she did not win any major tournament, Sindhu said, "Nothing went wrong. But on the day, sometimes, you might not just give your 100 per cent. Sometimes, you might just make too many mistakes.

"That's why I said I have to be satisfied. It's not that I am happy. But, you always have to think that there is always a next time," she said.

The 23-year-old Sindhu said she has worked hard on her game during the one month-long break she got and is confident of doing well in Indonesia, Japan and Thailand.

"We have got almost one month of break. I have been in my top level and working hard. There has been enough time to prepare for the next three tournaments, that is Indonesia, Japan and Thailand. So, I am confident that I can do well and I can give my 100 per cent," said the 2016 Olympics silver medallist.

The Indonesia Open begins on July 16 while Japan Open and Thailand Open will start on July 23 and July 30. During the break, she said she has worked on her physical and mental fitness to be in good shape.

"I have worked on mental as well as physical (fitness). Matches have been really long nowadays. Everything is like a chain where you need to touch up on everything. It's not just that you do physical and leave the skill part. I think I have been working out on skill a lot more," she said.

"Because, now the game has changed a lot. A lot of people have been working out on their skills and physical. I think it is very important to keep yourself fit as well as in your skill work, you need to be very much perfect as well. So, I have been working on that," she said when asked if she worked on something new.

She said the players need to have variation in their game to achieve success in major tournaments. "Every time, we need to change. Because, it is not the same every time. Not only you, your opponents change their game."

"Now, there are video cameras, there are videos, analysing and doing everything. Even though we go with one strategy, when you go on to court, every point can be comparatively different. That's what I feel," she added.

Sindhu said her training with new coaches, who have come a few of months ago, has been good. She is currently training with Korean Kim Ji Hyun and hoped that it would work well for her.

The players can learn new techniques from every coach as each one has different thinking and experience, she said. Sindhu said each tournament is important for her though she aimed to win a medal in the Tokyo Olympics next year.

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**Headline : PNB METLIFE ANNOUNCES  
THE LAUNCH OF FIFTH EDITION OF  
JUNIOR BADMINTON CHAMPIONSHIP  
(JBC)**

**Domain : City Air News**

Date : July 04, 2019

Journalist:

<https://www.cityairnews.com/content/pnb-metlife-announces-launch-fifth-edition-junior-badminton-championship-jbc>

L-R -Nipun Kaushal, Chief Marketing Officer, PNB MetLife\_ Ashish Kumar Srivastava, Managing Director and CEO, PNB MetLife and others.

Also unveils JBC Boot Camp, a tailor-made tutorial program to help aspiring badminton talent to grow and enhance their skills

Hyderabad, July 4, 2019: PNB MetLife India Insurance Company Limited (“PNB MetLife”), among the top 10 private life insurance companies in India (fiscal 2019), today launched Junior Badminton Championship (JBC)-5 along with the virtual tutorial program – JBC Boot Camp. The two were launched in the presence of brand ambassador and badminton ace, P.V. Sindhu, and former badminton national champion and coach, U. Vimal Kumar. The badminton duo along with Ashish Kumar Srivastava, Managing Director and CEO, PNB MetLife unveiled the JBC ‘Boot Camp,’ a customized YouTube channel to aide budding badminton players.

This year PNB MetLife has taken efforts to bring Badminton into mainstream sports, a notch higher. To help aspiring badminton players grow and enhance their skills further, PNB MetLife through JBC Boot Camp will provide tips and tricks, to excel in the game. The tutorial videos will cover three levels: Basic, Intermediate and Advance. The curriculum of the same will comprise of topics such as rules of the game, court measurements, different serves, swings, movements and smashes, fitness to name a few. The viewers will get an opportunity to be guided by ace badminton players and veterans such as P.V. Sindhu, U. Vimal Kumar, Vijay Lancy and Anup Sridhar through the videos. This virtual tutorial will enable young badminton players to connect with the master coaches virtually from any part of the country without any financial cost attached. The Tutorials can be viewed on YouTube/PNB MetLife JBC Boot Camp.

PNB MetLife JBC, an initiative recognized by the Badminton Association of India (BAI), aims to take Badminton to the grassroots by nurturing players and the right talent at an amateur level. The fifth edition of this tournament will be played across 10 cities in India. With a vision to propagate a healthy lifestyle in today's younger generation, this tournament is open to Children in the age group of 5-17 years, which has been divided in under 9, 11, 13, 15 and 17 years categories.

Ashish Kumar Srivastava, Managing Director and CEO, PNB MetLife said, "Badminton is the second most played sport in India and there is a huge amount of talent in the country who can excel in this field if provided with proper coaching and facilities. We are happy to have supported many such young aspirants over last four years through our Junior Badminton Championships. The fifth edition of the tournament is a testimony of such continued endeavour. This coupled with the JBC Boot Camp, is expected to benefit many young players who are keen on learning the fine techniques of the game."

The previous years' championships have enjoyed a hearty response and positive feedback from participants. JBC-4 alone was able to reach a total of 8000+ budding badminton enthusiasts from across the Country. With the endorsement from its stakeholders and badminton giants such as Saina Nehwal, Ashwini Ponnappa, Dinesh Khanna, and Prakash Padukone in the past, and now with the brand Ambassador P.V. Sindhu and national champion U. Vimal Kumar, JBC 5 this year this year's championship has also witnessed an exponential rise in participation with entries flowing in from all parts of the Country.

Badminton ace, P.V. Sindhu said, "Due to the recent wins and accolades that this sport has achieved, it has become a household name. However, a lot needs to be done in terms of bringing more talented shuttlers to the forefront. Hence a push from the grassroots level is of utmost importance today. The biggest hindrance new- entrants face while getting into this sport face, is the lack of proper training and guidance. With JBC Boot Camp, young badminton aspirants can get proper training and guidance from the legends of the sport. I am extremely happy to be associated with PNB MetLife for curating a holistic ecosystem for talented shuttlers thereby encouraging them to take up badminton as a professional sport. The rising popularity of badminton is a testimony that this country has no dearth of talent."

In its efforts to reach the right target audience, JBC as a project assumes further significance given its association with CRY (Child Rights and You). Over the past four years as a part of its CSR initiative, PNB MetLife has been providing annual scholarships to the underprivileged children across India for coaching and training. During the past four years, PNB MetLife has awarded annual scholarships to 56 underprivileged children and have provided training to 375 underprivileged children across India. This year already 100 underprivileged children

have been trained for the upcoming JBC out of which 32 children will be awarded an annual scholarship to pursue Badminton as a sport.

Nipun Kaushal, Chief Marketing Officer, PNB MetLife said, “JBC as a tournament has undoubtedly become one of the biggest annual national open-platforms for young badminton enthusiasts. JBC has also acted as an effective medium of empowerment for children talented in this sport however lacking the means to pursue it further. The competition helps in nurturing the right talent at an amateur level, thereby fostering their growth and ability to perform on a global scale.”

The registration for JBC can be done online through a dedicated registration link, which is also accessible through more than 200 micro-communities and 6,000 mum bloggers. Participants can also call on the toll-free number (+919172530523) to facilitate the registration process. Additionally, schools, sports academies and badminton associations will also be involved in the registration process, to invite participation from all parts of India.

Headline : Launch of JBC 5

Domain : My Marathi

Date : July 04, 2019

Journalist: SHARAD LONKAR

<http://mymarathi.net/feature-slider/adfactors-249/>



**Headline : PNB MetLife Announces  
Launch of 5th Edition of Junior  
Badminton Champonship**

**Domain : News Experts**

**Date : July 06, 2019**

**Journalist: NE Reporter**

<http://www.newsexperts.in/pnb-metlife-announces-launch-5th-edition-junior-badminton-champonship/>



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