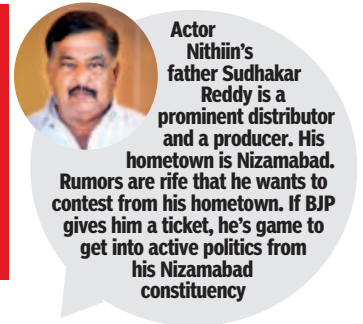




Mithali Raj

hyderabad CHRONICLE

MONDAY | 29 AUGUST 2022



Actor Nithiin's father Sudhakar Reddy is a prominent distributor and a producer. His hometown is Nizamabad. Rumors are rife that he wants to contest from his hometown. If BJP gives him a ticket, he's game to get into active politics from his Nizamabad constituency

Celebs wooed to join politics

In a bid to infuse glamour in Telangana State, BJP continues reaching out to prominent personalities in films and cricket



Nithiin

Nikhil Siddhartha

SASHIDHAR ADIVI

Though there is considerable time for the Telangana State Assembly elections, the BJP leadership is going all out to strengthen its base in the Telugu states, Telangana in particular. The BJP leaders have been reaching out to prominent personalities to join the party.

Days after Union Minister Amit Shah met Jr NTR, it's party Chief JP Nadda met actor Nithiin and former India captain Mithali Raj on Saturday. The meetings added credence to reports that BJP is looking to infuse glamour into the party for the 2024 state Assembly elections. This is what they did during the 2014 elections too.

MITHALI TO CONTEST FROM MALKAJGIRI?

Mithali Raj, who recently retired from international cricket, was also one of the dignitaries to have met JP Nadda on Saturday. Apparently, she is weighing her options of joining politics. She resides in Malkajgiri, a constituency which has more than 8 lakh people working for Railways turning into a major chunk of the vote bank. Since Mithali too played for Railways, her friends and others close to her have suggested her to pursue the option of taking the political plunge. Moreover, Mithali is impressed with the

way PM Modi encouraged sportswomen. A source informs, "One of the reasons JP Nadda met Mithali was to discuss the possibilities of her political foray. The discussion was around exploring prospects of fielding her as an MP candidate in Malkajgiri constituency, an area she can be directly identified with. If all goes well, she may be offered the MP seat. But it'll be interesting to see her moves."

But senior BJP leader and former MLC Ramachandra Rao downplays the motive. "Sometimes our leaders want to meet prominent personalities in the region (Telangana). So as a part of our constant endeavour our leaders met stars from various fields (cinema and cricket)," he said.

NITHIIN'S FATHER TO JOIN BJP?

Actor Nithiin's father Sudhakar Reddy is a prominent distributor and a producer. His hometown is Nizamabad. Rumors are rife that he wants to contest from his hometown. If BJP gives him a ticket, he's game to get into active politics from his Nizamabad constituency.

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NATIONAL SPORTS DAY

KHELO INDIA

To commemorate the achievements of legend Major Dhyan Chand and celebrate his birth anniversary, India celebrates National Sports day every year on August 29. Experts stress on the importance of sports and how everyone must include physical activity in their daily life



Major Dhyan Chand on whose birth anniversary India celebrates National Sports Day

National Sports day comes as a reminder to include physical activities in our daily routine. The Covid-19 lockdown made many of us merely couch potatoes. In this scenario, young people started switching to online games instead of physical activities

ANJALI KOCHHAR

The most beautiful memory of childhood has been my grandfather telling me, "Kheloge Koodoge Banoge Nawab (Playing sports will make you royal.) Though I never got much inspired to play sports, I have always admired the sporting legends of the country. To commemorate the achievements of one such legend Major Dhyan Chand and celebrate his birth anniversary, India celebrates National Sports day every year on August 29.

As the country celebrates National Sports day, it comes as a gentle reminder to include sports in our day-to-day lives.

FROM THE FITTEST

On the occasion of National Sports Day, Indian cricketer **Zaheer Khan** reminds the youth to make any physical activity as simple as walking a



Dr Vijay Dnyandeo Patil, President, Mumbai Cricket Association

part of their daily routine as regular physical activity comes with a lot of health benefits. "Sports are not only great for your physical health but are also excellent for teaching resilience, teamwork, problem-solving skills, and so much more. I am excited about this initiative to honour the sporting legend and create awareness about the importance of sports and physical activities in our everyday life," he says.

Dr Vijay Dnyandeo Patil, President, Mumbai Cricket Association and founder president of Patil Sports Academy believes that it is important for the young people in the country to get inspired by the sporting legends of our country who have brought great glory to the nation. "It's amazing that we are com-



memorating National Sports Day to commemorate one of India's greatest sporting legends Major Dhyan Chand. It's a great tribute to what he has achieved in his sporting career. He was such a dominant power in hockey," he adds.

Pranay Jain, Founder and CEO of wellness and nutrition brand BodyFirst, says, "National Sports Day is a momentous occasion that merits more than just a single day of celebration by way of events that highlight India's prowess in the sporting world."

Sohrab Khushrushahi, the founder of fitness centre SOHFIT, believes that National Sports Day is not only a reminder of the passion of a legendary athlete (Major Dhyan Chand) but also his true dedication that made him a respected figure in Indian sports history "Even before World War II, the national hockey team dominated International Sports and the Olympics. So, I believe it's a proud Indian chapter worth revisiting, especially for hockey fans," he says.

IT'S NOT ONLY ABOUT CRICKET ANYMORE!

Gone are the days when cricket was the only most loved sport in India. Today every sport in the country is played and watched with unbiased eyes and equal love whether it is football, hockey or Common Wealth Games.

India's sportspersons showcased a terrific performance at the recently concluded Birmingham CWG 2022, winning a total of 61 medals including 22 gold, 16 silver and 23 bronze. The country got the fourth position in the medals tally, despite shooting, India's most successful sport at the CWG, not being a part of this time.

On India's performance in CWG 2022, Khan says, "Firstly, congratulations to all our superstar sportspersons and athletes who are making India proud! With impressive record-breaking performances over the last few years, India is definitely head-

ed towards a new and bright era in sports." He adds, "In my opinion, Indians will always have a special place for cricket in their hearts. But it has been amazing to see how the younger generations are broadening their horizons and are enjoying and participating in a variety of other sports as well. Thanks to global events like CWG, Olympics, Asian Games, etc., sports like wrestling, track and field, boxing, etc. are getting much-deserved recognition from our people."

Khushrushahi, says, "With the recent Indian success at the CWG 2022, it opens doors for more athletic-based sports to now gain recognition. The future international tournaments and events too pave the road for the winners to keep inspiring more youth athletes to focus, not only on their game but also to represent their nation."

Patil also believes that while his love for cricket is undeniable, games like football and CWG are gaining attraction in the country which makes him immensely proud.

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WHAT'S YOUR MOTIVATION TO PLAY SPORTS?

As earlier mentioned, National Sports day comes as a reminder to include physical activities in our daily routines. But the Covid-19 lockdown made many of us merely couch potatoes. In this scenario, young people started switching to online games instead of physical activities. But, to make them not lose touch with fitness and sports, influencers played a big role be it on social media or through applications.

Gaurav Tomar, founder of Instagram page Sportsgram.in with over 48k followers, believes that through their page they want to make sure the stories of all sports players reach the youth of the country. He further



Shivjeet Ghatge, the founder of an AI-enabled fitness application StepSetGO

adds that while online games are fun, there is no better feeling than getting involved in a physical sport. "Imagine yourself running in a race where people are chanting your name as you are inching closer to the finishing line. There's no better feeling than that and even if you are just playing for fun, every drop of sweat makes you physically and mentally stronger and also releases good happy hormones like dopamine and Oxytocin. So you never lose when you play sports, it's benefitting you in some way or the other," he says.

Shivjeet Ghatge, the founder of an AI-enabled fitness application StepSetGO, believes that everyone needs the motivation to work out and fitness apps and fitness influencers are doing so for millions of people in the world.

However, not every piece of information is true on social media and hence experts recommend choosing the influence carefully. Patil says, "Social media influencers do have a role to play in terms of motivating people in pursuing sports. But there is so much information out there, it's important to segregate what's delusional and what adds value to you. That remains a challenge," adding that parents and teachers remain the best influencers for young minds.



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— **Zaheer Khan**, Former Indian cricketer