



Badminton



"Your dreams are what define your individuality. They have the power to give you wings and make you fly high."

– P.V. Sindhu

Badminton is of the court.

a racquet sport played using racquets to hit a shuttlecock across a net.

While it can

The game evolved in British India from the earlier pastime of battledore and shuttlecock. While Denmark initially dominated European play, badminton has gained immense popularity in Asia, with recent competitions largely dominated by China. The sport made its debut at the Summer Olympics in 1992 with four events: men's singles, women's singles, men's doubles, and women's doubles. Mixed doubles was introduced four years later.

At competitive levels, badminton demands extraordinary fitness, requiring aerobic stamina, agility, strength, speed, and precision. It is a highly technical sport, necessitating good motor coordination and advanced racquet skills, with an emphasis on flexibility, particularly in the wrist.

be played with larger teams, the most common formats are singles (one player per side) and doubles (two players per side). Though often enjoyed as a casual outdoor activity in yards or on beaches, formal matches are played on a rectangular indoor court. Points are scored by striking the shuttlecock with the racquet and landing it within the opponent's half



Achievements of the Year

The CISCE Regional Badminton Tournament was held at St. George's College, Mussoorie, where our talented U-14 team, comprising Shubhang Pant, Abhinav Somvanshi, and Shashwat Agarwal, represented SJC with dedication and skill. Shashwat Agarwal distinguished himself by securing a spot on the national team for the UP and UK region.

Similarly, our U-17 team, featuring Malik Shahzeb Sultan, Augustya Vardhan Singh, and Vihanveer, demonstrated remarkable talent and enthusiasm, making their presence felt throughout the tournament.

Inter-House Badminton Tournament

The Inter-House Badminton Tournament was held in the newly inaugurated Badminton Hall of SJC. All four houses competed fiercely, showcasing explosive performances and commendable sportsmanship. The results were as follows:

1st Place: Red House

2nd Place: Green House

3rd Place: Gold House

4th Place: Blue House

None of these achievements would have been possible without the unwavering support of our Principal, Rev. Fr. Walter D'Silva, and our Sports coordinator and mentor Mr. Mohd Shabi Rafique, our sports teachers Mr. A. Usmani, Mr. D. Ekka, Mr. H. Gladwin, Mr. S. Chandra, Ms. P. Singh, and Mr. U. Sharma.

We also extend our heartfelt gratitude to our ex-Principal, Rev. Fr. Thomas Kumar, whose motivation and encouragement allowed us to face challenges with determination and showcase our talents.

Thank you all for your continuous support and trust.

Gudakesh Tripathi

Badminton Captain

Divyam Raj

Badminton Vice Captain

