



सत्यमेव जयते

**SPEECH
OF
HIS EXCELLENCY**

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PVSM, UYSM, AVSM, VSM (RETD),

GOVERNOR,

ARUNACHAL PRADESH

ON THE OCCASION OF

INAUGURAL FUNCTION

OF

NORTH EAST ZONE INTER STATES BADMINTON

CHAMPIONSHIP-2013

AT

RAJ BHAVAN BADMINTON HALL

ITANAGAR

ON

WEDNESDAY, 23 OCT 2013

At the very outset I extend warm greetings and welcome all the sportspersons and officials coming to this Frontier State of our country. I wish you all a pleasant stay in Itanagar and successful tournament.

On behalf of the people of Arunachal Pradesh, let me express gratitude to Badminton Association of India for providing us an opportunity to organise this very important sporting competition in the State and compliment the Arunachal State Badminton Association for taking it on. I am confident that the tournament will be conducted in a befitting manner and as per the highest traditions of sportsmen spirit.

In India, playing sports is an age-old tradition. Participation in sports is not just about winning or losing, it is much more than that. Like in life, when we play a game we may either win or lose. Sports teaches to accept our success with humility and failure as a stepping stone to succeed next time. What counts in sports is not the victory, but the magnificence of the struggle. Nothing reveals so much about us as how we play the games we play.

You can become a winner only if you are willing to walk over the age. The key is not the will to win - everyone has that, it is the will to prepare to win, that is important. To do that, you must practise as if you are the worst and perform as if you are the best, because in order to succeed your desire for success has greater to be than your fear of failure. One of the most dynamic and famous General of the Second World War George Patton had once said and I quote, "I don't measure a man's success by how high he climbs, but how high he bounces when he hits bottom." So in all it boils down to three things i.e. mental robustness, dedication and physical fitness.

Badminton as you know is the fastest racket sport in the world. It requires outstanding fitness levels to succeed at all levels of play. It is because of this demanding nature of badminton that its players are one of the most super-fit athletes in the sports world. They need to have excellent speed reflexes, flexibility, power and endurance to play out long and tiring matches.

Let me narrate the story related to two badminton legends, the great Indonesian player Rudy Hartono, and Indian badminton legend Prakash Padukone. In that, how Rudy's fitness inspired Padokone.

Rudy Hartono, the legendary Indonesian badminton player was known for his excellent physical fitness levels, and attacking style of play. The then young and upcoming badminton player, Prakash Padokone got a chance to play against Rudy Hartono at the Bompay Gymkhana in 1974. He was thrashed by super fit Hartono 15-3, 15-5. He saw Hartono doing his continuous skipping exercise for an hour before the final match. Hartono explained that he was doing only some light training as he had to play the final match soon. Otherwise usually his fitness programme included a lot more. Obviously, he went on to win the final match with ease. It was at that point of time, that Prakash realised that he needed to stop playing defensively, improve physical fitness and develop attacking style to succeed at international levels.

Badminton players usually focus on fitness exercises such as running, sprint running, hopping/ jumping/ skipping and a reasonable bit of weight training for improving their fitness. Having strong legs is one of the most important parts of physical fitness in badminton, which involves a lot of running, hopping and jumping for the full duration of a badminton match which lasts very long.

Saina's badminton success, her new blonde look, her brand endorsements all attract media attention, however not much is usually reported about the kind of unflinching dedication and commitment that she has had towards her rigorous training schedule for many years. It is this dedication that has made Saina Nehwal the kind of player that she is.

Our Indian body structure, particularly the flexibility of wrist and fast reflexes give us an advantage over others provided we can add the other opponents and only then we can live up to the heritage of badminton. Do you know that this game or its modern form of origin is from India. It was played by the British army officers posted at Poona and they took the game to England where in 1873 Duke of Beaufort hosted it at a place called Badminton. I am giving this background to tell my young friends that we in India and particularly in the North East have it all to make what it takes to be world beaters in this game.

I am happy to note that Government of Arunachal Pradesh has created many indoor halls for badminton. I would suggest that more badminton courts of international standards must be created in different parts of the State so that we many more Laa Talars and Laa Yajums can be identified and groomed for future. I must congratulate Laa Talar who represented India in several international events. My appreciation also goes to Laa Yajum, Jokam Ribya and Gita Karki many others who have brought laurels for the State in various competitions at Junior and Sub Junior level.

I have seen many good and promising players of the region hang up their boots due to lack of support, facilities and sponsorship. The State Governments must take proactive role in encouraging our sporting youth. Such initiative will not only help in having another Baichung Buhutia, another Mary Kom from the region but also guide our youth away from alcohol and drug menace.

-Organisers, MILKHA!

Before I conclude, I once again congratulate Arunachal State Badminton Association for organising this zonal level badminton championship. I hope that the association will continue to promote badminton in the State.

I convey best wishes to each and every participant and pray for successful conduct of this zonal badminton Championship. Maintain the spirit of Northeast, highest standards and traditions of sportsmanship and discipline.

You may also recall what American Athlete Sue Wicks once said, I quote, 'I think sportsmanship is knowing that it is a game, that we are only as a good as our opponents, and whether you win or lose, to always give 100 percent.'

Thank you very much.

Jai Hind.