

How Basketball Transformed My Life

I am the one who has a passion for basketball. I can still see myself as a young player going to regular practice sessions where my team coach would teach me the game. My devotion and hard work paid off as I participated in the national competition and took home a Silver medal at Sports For All (SFA) Mumbai 2016.

The benefits of playing basketball are innumerable. Not only did it help increase my fitness level but also made me more active and energetic. It also helped me make friends and connect with other team members which further improved my interpersonal skills.

I believe that everyone should participate in at least one sport since it develops character and competence. Sports teach us discipline, hard work, teamwork, commitment and how to handle failure. It keeps us healthy and makes us more confident and determined. As a result, I urge everyone to take up any sport that interests them and make it a part of their lifestyle.

Playing basketball is not only beneficial for physical health, but also for mental health. It helps reduce stress and anxiety, as well as develop problem-solving abilities. It's a great way to stay fit and healthy.

Basketball has provided me with so much; it has undoubtedly shaped me into the person I am today. I'm proud to be a part of this sports community and will continue to remain passionate about it.

Journey of a memorable achievement

I am the one who consecutively won three volleyball tournaments during my bachelor's degree journey. Many memories have been made throughout the whole volleyball tour in my life. Let me return to my school life, where this game became vital. I was always athletic and was into all other sports, such as cricket, football, and basketball. Other than outdoor sports, I was good at indoor games too.

I was always fascinated with getting into the main football team in my school. There was a trial for player recruitment in which I participated. I went for basketball and volleyball also other than football. Surprisingly, the volleyball coach was impressed at my skills in the game as a beginner. He told me that I had the potential to get better in the game and enlisted me in the main team. As days passed, I improved in the game and achieved a setter position in my team. Our school had one of the best volleyball teams and pulled off many trophies at the inter-school tournaments.

Coming to my bachelor's journey, I found a volleyball club at university that was not very popular. I had a friend from school who introduced me to the club. On the very first day, I clearly remember that everyone was very impressed seeing my skills as a setter. As time passed, all club members decided to make the volleyball club popular at the university. One day we decided to organise an intra-volleyball tournament every semester. We all made an interesting way of forming team members. We selected a team captain for the number of teams and made a shuffled lottery system for other players at every position.

I was a team captain at the very first tournament at university. Every player in my team gave their best effort, but we got eliminated in the semis. Later in the next semester's tournament, I made better efforts in our game and won the final with the same team. Next tournament, I got into another team as a setter which did well at the first tournament. Again, our team was unbeaten throughout and won the tournament. Meanwhile, due to unfortunate reasons, we could not manage any tournaments at the university. After a semester break, we all organised a tournament where I was selected as captain. This was the tournament which will be in my memory throughout. My team was almost out of the tournament in the quarter-finals. However, we got through by a deciding set and won the semi-finals with a huge margin. I remember the crowd came to support the game on the day of the final match. It was such a great moment to cherish as a player. The game was thrilling, and the crowd enjoyed it all the way. Finally, we won the final game, and I achieved the tournament's best-setter title.

That was three consecutive wins for me, one of my life's best achievements. Getting into the club, I made many friends who were there through my bachelor's journey as a family. Later covid came into sight, and all education approaches got online. Unfortunately, that was the last tournament which had all moments to admire.

Engaging Response

That's an amazing achievement! Congratulations on your three consecutive volleyball tournament wins! You have shown great determination and commitment to the sport and have been rewarded for all your hard work. It must have been an amazing feeling to have the crowd come out to support you and your team during the final match and to win the tournament's best-setter title.

It's a shame that the tournament was the last one to be held in person due to the pandemic, but the memories of your wins will stay with you forever and serve as a source of motivation for future achievements.

There's no doubt that volleyball has been a huge part of your life, and it's great that you found a club in university where you could continue to pursue your passion. Having been part of the same club throughout your bachelor's journey, certainly, you must have built some strong friendships and it must have been really special to have had your team there to support you in all your wins.

It's inspiring to hear about how you have been able to achieve such great success in volleyball and I'm sure there will be more to come in the future. Good luck in all your future endeavours!

I am the one who is always consistent

I am the one who is always consistent in the tasks that I take on. During my employment with an organization, I made sure to achieve the targets on time. From the completion of project requirements to participating in social activities, I ensured my team enjoyed the whole process while doing it. Once, I encountered a situation where I had to fulfil urgent requirements of the client within a short time. Initially, I was faced with many hurdles. With the help of my team, I was able to achieve the output before the deadline. As a result of this immense amount of hard work, I have been awarded the “spot” award for the dedication and perseverance that contributed to the success of our team. While doing the project, I learned an important aspect of team building, which is that, while taking criticisms from peers as constructive ones, instead of ignoring them, we can make quick progress towards the end result. Apart from work, I take initiative in doing social activities such as volunteering in rotary clubs to feed the poor, donating to old-aged homes and creating awareness about how vaccinations play a vital role in young children, especially Polio. On weekends, I visit schools to interact with students, share my experience, and educate them on soft skills.

Engaging Response

That's wonderful! It's so inspiring to hear stories of people like you who take initiative and lead the way in bringing a positive change. Your dedication and perseverance have been a source of motivation for many. It's great that you took the criticism constructively and worked as a team to achieve the output. It's also so admirable that you take initiative in social activities, to help those in need and create awareness. The visits to schools to interact with students and educate them on soft skills are especially commendable. Your experience and knowledge will help the students in various ways. Your story is truly inspiring and I'm sure it will serve as a source of motivation for many. Keep up the good work!
