

Rafflesia Sporty

News Letter (For Internal Circulation Only)

Kapil Dev

Aug-Sep | Issue : 13

In this Issue

- [Meeting with a legend : Kapil Dev](#)
- [Tune in...](#)
- [Mahatma Hansraj Tournament](#)
- [Inter House Results](#)
- [Our Star Players](#)
- [Role of outdoor games in our life](#)
- [Importance of Sports](#)
- [Yoga](#)
- [What to do...](#)
- [Sports Academy](#)

KAPIL DEV – A LEGEND



A meeting with a legend and a DAV alumni, **Kapil Dev** on 07, Sep, 10 was an important achievement. A team of twenty two children led by the Principal, Dr V Singh interacted with the great man for about forty five minutes. The meeting was very informative and educative. Mr Kapil Dev motivated the students to live a quality life and become a responsible citizen of this country. Here are the excerpts of the meeting with the legend.

Vaibhav, "Sir, Your knock of 175 not out against Zimbabwe during the World Cup 1983, is a great source of inspiration to all of us. What was going in your mind when you walked in to bat on that fate full day?"

Kapil Dev, " Well I do one thing at a time and never think too much about the future. When I have a bat in my hand I just think about the ball and as to how to score off it. When I have the ball in my hand, I just concentrate on how to get the batsman out. One should concentrate on one thing at a time and keep your life simple. When you are in classroom, concentrate on studies. Don't let your mind wander to the play field. Similarly, while in the play field, don't worry about the studies. Focus is the most important thing in life.

The inning that you mentioned is definitely one of the finest of my life but frankly speaking, I had no major plans to make it big, it just happened to be by the key word FOCUS."

Akhilesh, "Sir, what according to you are the qualities required for a good performer?"

Kapil Dev, "If you want to give result based performance, then discipline and dedication are the key words. A successful sportsman needs to be disciplined and passionate about his job. The pressures are certainly high in international sports but to be a good performer one needs to be disciplined and dedicated to the job in hand."

Mr. Om veer, "Sir, we see plenty of players plagued with frequent injuries these days. Is it because of the hectic cricketing schedule or is it because the present generations of sportsmen are not tough enough?"

Kapil Dev, " Well yes, definitely the hectic cricketing schedule is to be blamed for it partially but still the issues of training and toughening up cannot be ignored. You have to work hard and train yourself well. For example, I have cut woods in my young days to strengthen my shoulders. We, the older generation of players have struggled our way up from humble backgrounds. Players who have not spent enough time training or toughening up will be more prone to injuries."

Ritu Rana, "Sir, what is your advice on the curriculum to be followed for effective training?"

Kapil Dev, "The training or the practice requires lots of discipline and hard work. I believe that one should train alone, stay focused and do it seriously. When one is training alone as a religion, one is working selflessly to achieve one's dreams and the chances of him/her staying focused is more."

Cont... on page 9