

SPORTS COACHING FOUNDATION

Bi-Monthly Newsletter
April - May 2025

Telangana Today

FOR LOCAL TO GLOBAL NEWS

10-05-2025

Australian Consul visits Sports Coaching Foundation

SPORTS BUREAU
Hyderabad

Sports Coaching Foundation, founded by former Ranji cricketer K Sai Baba more than three decades ago, had a surprise visitor in Andrew Collister, Consul, Australian Consulate General (Bengaluru).

Collister, not surprisingly, a huge fan of cricket like many Australians, appreciated the "exceptional efforts" of the SCF, which is empowering the underprivileged children through sports, particularly at the grassroots level.

The Australian Consul also commended the government's support for this



K Sai Baba with Andrew Collister, Australian Consul.

unique NGO in fostering a culture of sports.

Collister distributed prizes to the young trainees at the SCF after having a close look at the coaching manual brought out by the

SCF. He appreciated the Manual for teaching beyond athletics to impart essential life skills and values. For his part, Sai Baba thanked Collister for taking time off from his busy schedule to visit the foundation.

The SCF official informed that the unique programme of SCF 'Build India Through Sports' has positively influenced about 380 government schools and orphanage homes with the SCF setting up basic sports infrastructure, including laying out playfields for volleyball, football, besides providing sports equipment.

"We look forward to continued support to the SCF efforts," he said.



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Archana Sharma Awasthi
Joint Secretary (SS-I & AE)
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Email: js-ss1.ae@gov.in

D.O. No. 13-1/2022-IS.4

Dated: 21st August, 2023

Dear Madam/Sir,

As you are aware that National Education Policy, 2020 (NEP, 2020) lays special emphasis on sports. Sports, which was considered just an extra-curricular activity earlier, is now being treated as part of the curriculum and grading in sports will be counted in the education of the children. By eliminating the rigid separation between curricular and extra-curricular activities, the NEP-2020 acknowledges sports to be equally important as any other subject. National Curriculum Framework is in the process to include sports and its various aspects into the school curriculum.

2. Under centrally sponsored scheme Samagra Shiksha, Sports and Physical Education component has been introduced for encouragement of Sports, Physical activities, Yoga, Co-curricular activities etc. A provision has been made for Government schools for grant for sports equipment at the rate of Rs. 5000 for Primary Schools, Rs. 10,000 for upper primary schools and up to Rs. 25,000 for secondary and senior secondary schools per annum. In addition, as per new norms of the scheme, an additional grant upto Rs. 25000 per school will be provided to schools in case at least 2 students of that school win the medal in Khelo India National school games competition.

3. In order to ensure proper utilization of sports grant, this Department had earlier circulated guidelines regarding sports and physical education component. Now, in view of the objective of NEP, 2020, this Department has revised the guidelines with alignment of Policy and inputs received from various stakeholders. The new revised guidelines have given special focus on daily sports activities, procurement of equipment, age appropriate games, Yoga, Indigenous games, infrastructure development, function of Sports committee and Physical Education Teachers etc.

4. The revised guidelines for Sports and Physical Education in Schools is enclosed. It is requested to ensure that these guidelines are implemented in schools under your jurisdiction to promote sports at various level.

With good wishes,

Yours sincerely,

(Archana Sharma Awasthi)

To,

The Additional Chief Secretary/Principal Secretary/Secretary (Education), of all States /
UTs

New Sports look to Govt Schools

Thanks to the Ministry of Education,
Department of School Education & Literacy,
Govt of India for the sports promotion
funding of Rs. 25,000/- for each School

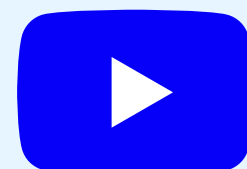
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**Sports Coaching Foundation BITS Project at
Govt School, West Malad, Bombay 07-04-2025**

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SCF COACHING MANUAL TEACHES BEYOND SPORTS

SCF Location



Coaching Video

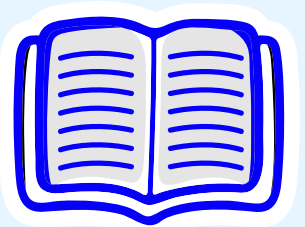


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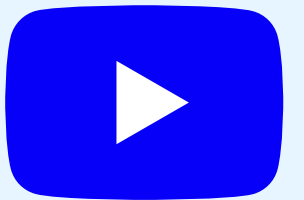
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Sports Coaching Foundation promoting Women's Cricket since Decades



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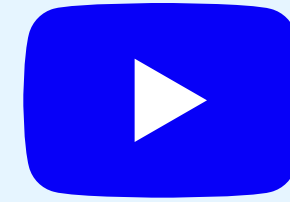


Girls enjoying batting with SCF's Electronic Bowling Machine

Sports Coaching Foundation from its inception promoting girls to play sports specially Cricket. Many International and National Women Cricketers benefited from our free coaching since decades. We welcome the girls to take part in Cricket Coaching which is free of cost.

Welcome to SCF Summer Camp 2025

**Sports Coaching Foundation thankful
to Mr. Andrew Collister for his kind visit
to SCF on 08-05-2025.**



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Sports Medicine sessions held for SCF trainees

About 200 young trainees got a feel of what fitness means during the audio-visual workshop

BY TELANGANA TODAY PUBLISHED DATE - 20 MAY 2025, 12:57 AM



Hyderabad: Prominent physiotherapist Supraja conducted sports medicine sessions for the trainees of the Sports Coaching Foundation (Masab Tank) here.

About 200 young trainees got a feel of what fitness means during the audio-visual workshop.



K Sai Baba, founder-secretary of SCF and former Ranji player, appreciated the initiative of Supraja and hoped the children would benefit from the sessions during which the real objective of sports medicine in finding talent that would be most suitable for any given sport was emphasised.

“Before understanding what a training schedule is, we will elaborate on certain principles and basic facts in sports medicine. The human body is many a time likened to a machine which burns fuel and produces heat and movement. A machine doesn’t adapt to abnormal stress as the body is exposed to certain stress in a controlled way,” Supraja explained.

“Poor people adapt themselves to a diet low in the requisite calorie content and their lifestyle and cannot climb a staircase without getting breathless, often falling prey to various cardio-respiratory disorders,” she said. “So, essentially, sports medicine helps the athletes to enhance their performances,” she added.

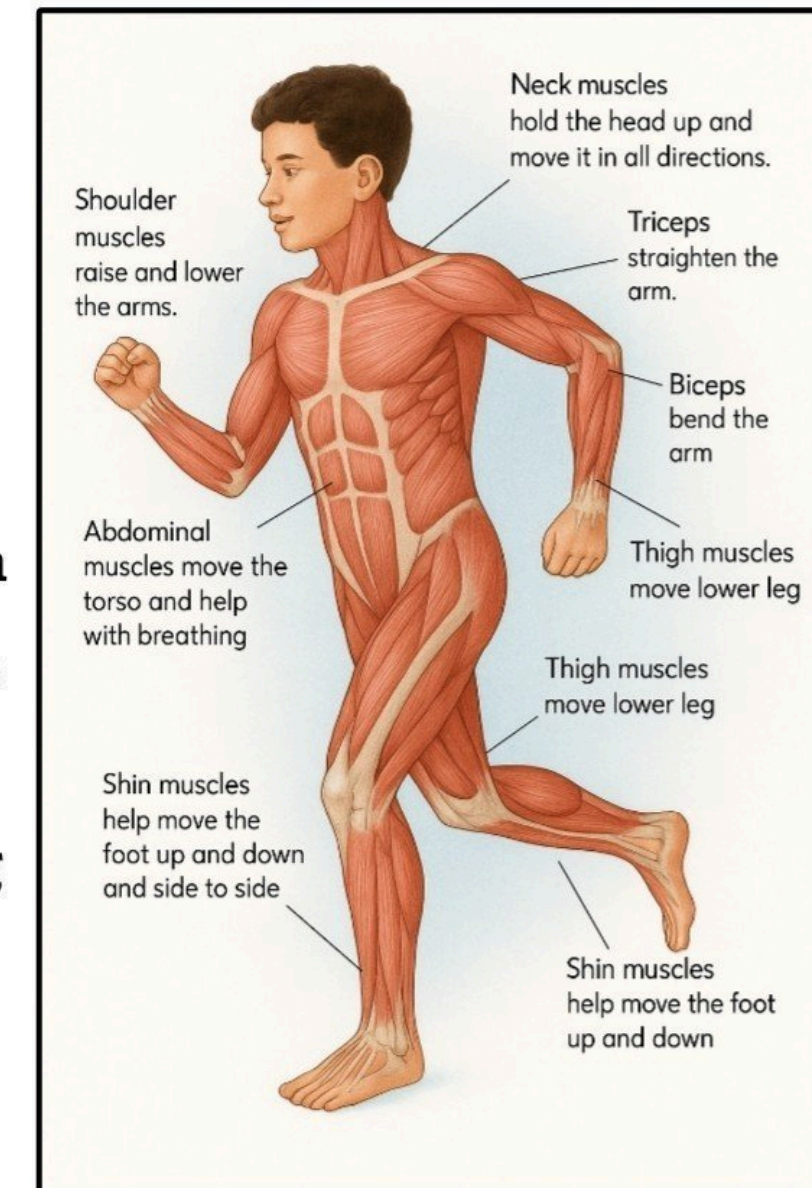
The SCF will continue to host similar motivational sessions for the trainees, Sai Baba said.



WHAT IS SPORTS MEDICINE ?



It is a branch of Medicine that deals with the Medical problems of sportspeople. It involves the methods of selection for sports persons, their nourishment, fitness, improvement, enhancement of their performance, prevention of injuries, early diagnosis & treatment of all Medical problems. This definition relates to the athlete, the sport, sporting equipment, and diagnostic instrumentation. The real object of Sports Medicine is to find talent that is most suitable for any given sport. A sportsman should be physically fit. Psychological aspect of the Training Schedule: When we think of qualities such as strength, speed, stamina, flexibility, and coordination, we try to find out ways and means to improve them. This is achieved with the help of a training schedule. Before understanding what a training schedule is, we will elaborate on certain principles and basic facts in Sports Medicine. The human body is many a time linked to a machine. A machine burns petrol as fuel and produces heat and movement. The most important difference lies in the fact that the body adapts to a given stress if the stress is not too high or too sudden. A machine does not adapt to abnormal stress. the body is exposed to certain stress in a controlled way, and it becomes more efficient. Poor people adapt themselves to a diet low in the requisite calorie content, but still do remarkably heavy work. An executive who moves about in cars and endorses only table work with a diet high in Caloric content, gets adapted to his own life and cannot climb a staircase without getting breathless, often falling prey to various cardio-respiratory disorders.

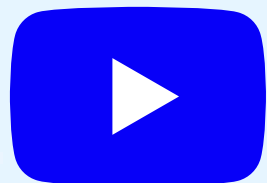




Mr. K. Saibaba, Founding Secretary of Sports Coaching Foundation got a special invitation to attend the inauguration of Sri Sathya Sai National Cricket League of South Zone at JB Cricket Ground, Turkayamjal, RR Dist, Telangana, on 23-05-2025.

The mega event is organising in PAN India Level where around more than 850 teams are participating.

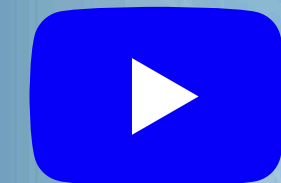
Janab A. K. Khan Saheb, Former Commissioner of Police, Hyderabad City was the Chief Guest of this biggest Cricket League on the eve of 100th Birthday of Bhagwan Sri Sathya Sai Baba.



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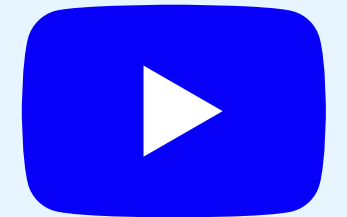


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**KAMMAGUDA (vill),
ABDULLAPUR MET (mdl), RANGAREDDY (Dist), 501510.**



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The Sports Coaching Foundation was privileged to conduct a survey at ZPHS Primary School in Kammaguda Village, Ranga Reddy Dist, Telangana, on 23-05-2025. In collaboration with the Headmaster, SCF is arranging to donate sports equipment as requested and also planning to transform the School Campus into a vibrant sporting hub with Multi-Purpose sporting facilities, aiming to benefit underprivileged children in this Rural Community.



The Sports Coaching Foundation, an NGO in Masab Tank, Hyderabad, extends its heartfelt gratitude to the management of CHIREC International School, Kondapur, Hyderabad, for generously contributing Sports Synthetic Turf Strips during April 2025. This valuable donation will significantly benefit SCF's trainees mostly deprived children by providing them a platform for enhancing their training experience.

As you may know, the Sports Coaching Foundation was the pioneering organization to bring Synthetic Turf Pitches to India, imported from Auckland, New Zealand, as early as 1993—thanks to the generous support of the State Bank of India.

Mr. Kammela Saibaba is a visionary who founded Sports Coaching Foundation with a mission to have sports as a medium to educate and train the underprivileged. His consistency and perseverance has enabled him to go on the journey for 34 Years now. The goal is to spread the culture of sports to everyone especially to the people to whom indulging in sports is a privilege. His contribution to this field is an inspiration to many and is nothing less than extraordinary for the sacrifices made to achieve his dream and follow his passion is Exemplary.



K. Saibaba
President of India Awardee
[In Social Change - 2015]


2 MR. K. SAIBABA, FOUNDING SECRETARY, SPORTS COACHING FOUNDATION (SCF, INDIA)...




WINNER OF "INTERNATIONAL SOCIAL IMPACT AWARD" IN THE "OUTSTANDING VOLUNTEER CATEGORY"...

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**K. SAIBABA**
Founding Secretary, SCF
President of India Awardee



SPORTS COACHING FOUNDATION

NGO Promoting Health & Peace Through Sports In India Since 1991

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