

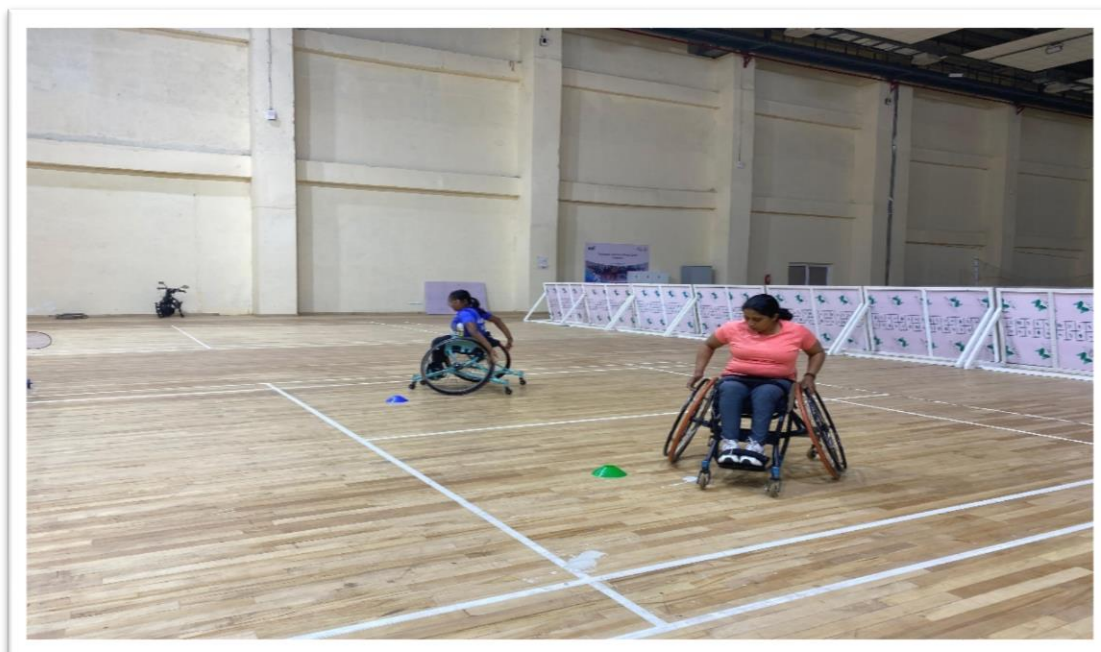
ATAL BIHARI VAJPAYEE TRAINING CENTER FOR DISABILITY SPORTS GWALIOR, MADHYA PRADESH

Report on the National Coaching Camp for Para Badminton

The Para Badminton Training for 04 members of the Indian contingent was conducted at the Atal Bihari Vajpayee Training Center for Disability Sports, Gwalior, for a duration of one month (19.12.2024 to 15.01.2025). The camp aimed to enhance the skills, fitness, and strategic gameplay of four selected para badminton players are **Mr. Aasif Shah, Ms. Prema Bishwas, Mrs. Shabana, Mr. Ashwani Kumar**. The initiative was undertaken to provide specialized training, access to world-class facilities, and professional coaching to help the athletes prepare for national and international competitions.

Training Schedule

- **Morning Session (9:30 AM - 11:30 AM):**
 - Warm-up and stretching exercises
 - Footwork drills and agility training
 - Stroke practice (smashes, drops, clears, and net play)
- **Evening Session (3:00 PM - 6:00 PM):**
 - Strength and endurance training
 - Tactical gameplay and match simulation
 - Mental conditioning and relaxation techniques
 - Strategy discussions with coaches





The one-month Para Badminton Training Camp at Atal Bihari Vajpayee Training Center for Disability Sports, Gwalior, proved to be a highly beneficial program for the Four Para-Badminton players. The structured training, expert guidance, and world-class infrastructure helped them hone their skills and prepare for upcoming championships. The camp successfully met its objectives, paving the way for improved performances in international tournament.