



MY JOURNEY

Birbal Wadhera

Tennis Coach Panjab University, Chandigarh



Diploma & Positions

- N.S.N.I.S. Diploma, U.S.P.T.R-Pro. AITA/ITF Level-II, Coach Former, Senior Coach, National Tennis Academy , Gurgaon
- Former, International White Badged Official
- Former, Visiting Coach, Pakistan
- Traveled with Indian University Team
- Traveled with Asian Team to Europe Tour

-  [birbal wadhera](#)
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-  [coachbirbalwadhera.com](#)

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INTRODUCTION

More than three decades have passed when my love affair with tennis began. Today I often wonder how a village boy like me got into Tennis which is primarily considered an urban and elite sport. I belong to a very small non-descript village of Punjab bordering Chandigarh called Chilla Manoli. I was an ordinary village boy. Only thing which perhaps separated me from other boys was perhaps my extra-ordinary level of energy and strong desire to do well in life. But there was no channel to harness my energy. Then suddenly Chart Scheme of Chandigarh Lawn Tennis Association (CLTA) happened. It was year 1987 or 1988 when CLTA decided to launch a special talent hunt scheme. The purpose of the scheme was to unearth raw talent which was supposed to be in abundance in rural Punjab.

I was selected in the first batch of Chart Scheme, which was primarily the brain child of Rajan Kashyap, the doyen of Indian Tennis. He was heading CLTA at that time and was very keen to nurture new talent. The scheme proved to be a huge success and I consider myself as the most befitting example of that. Had this scheme not happened, I would perhaps not even have laid a hand on a tennis racket. My journey as a tennis professional started from CLTA and the man who shaped my destiny is none but Mr Rajan Kashyap. He not only spotted talent in me but also ensured its culmination. I not only got admission in the academy run by CLTA but also got admission in a local school for studies. At CLTA I was provided free diet and even free equipment. Needless to say that I could not have afforded all this on my own. Rajan Kashyap ji always had sharp eye for spotting tennis talent and I am lucky that he found that spark in me and made me what I am today.

Another man whom I owe a lot in life is my first coach Wing Commander Beant Singh, one of the finest coaches CLTA ever had. He taught me the finer points of the sport and always emphasized on the physical fitness. He was a great motivator also. I am lucky that I had such an intelligent, knowledgeable and considerate coach. With the support and blessings of these two stalwarts, my tennis career always headed in the right direction. I made my mark as a player in the nineties and then as a coach and official in later years. The Chart Scheme has transformed a village boy like me into a tennis professional. This scheme took me to the Wimbledon, The Australian Open and other tournaments. I am not the only one who has made it so high because of Chart Scheme. List of the beneficiaries is impressive and endless.

I must say that Chart Scheme is one of its kind initiative. Full marks go to CLTA and Rajan Kashyap ji. But I often wonder why the success and zeal of this scheme is not being replicated on a much larger scale, particularly in Punjab. Youth of Punjab is full of energy, alas it has not been channelized in the right direction. We have a huge problem of drug abuse. Youngsters are just wasting their youth and getting addicted to various narcotic substances. Only way we can save our youth is through sport. We need thousands of Chart Schemes, not in Tennis but in all other sports.



DIRECTORATE OF SPORTS

No. 527 /DS

Dated 08/05/2023



0172-2451042
0172-2540270


JAWAHAR LAL NEHRU COMPLEX
PANJAB UNIVERSITY
CHANDIGARH-160014 (INDIA)

TO WHOM IT MAY CONCERN

It is certified that Mr. Birbal Kumar Wadhwa, S/o Late. Sh. Rameshwar Chand Wadhwa, R/o # 344, Top Floor, Sector-15A, Chandigarh is working as Lawn Tennis Coach in the Directorate of Sports, Panjab University, Chandigarh w.e.f. 04.08.2014 till date.

During his tenure, in addition to imparting training to the Tennis players, he has been assigned various duties from time to time for the smooth conduct of Inter-University tournaments, or any sports activities/ functions organized by this Directorate, his exposure in these areas have been found hard working, very productive, motivated practical understanding of the work requirement. He completes his entire job very successfully.

Overall, he performs all his duties cheerfully with attention to detail at all times. I wish him all success in his future career endeavors.


(Prof. Dalwinder Singh)
Director Physical Education & Sports

Birbal Kumar Wadhera

Panjab University Tennis Coach



Personal Info

Date of Birth
21st March, 1978

Nationality
Indian

Marital Status
Married, 2 Kids

Education
Bachelor of Arts
Panjab University, Chandigarh

Skills

English, Hindi & Punjabi language fluency

Written and Verbal Communciation

Hobbies

Yoga and Listening Old Indian Music and Writing Poems



TENNIS QUALIFICATION

- N.S.N.I.S Coaching Diploma from Patiala. (INDIA) 2000-2001.



- AITA-ITF Level- 2 Coaching Course 2007.
- USPTR/PTR-Professional 2004.



- Ex-ITF White Badge Umpire 1999- 2006.
- Former National Coach at National Tennis Academy, Gurgaon 2004

Countries Traveled

USA, ENGLAND, AUSTRALIA(3), HONGKONG (2), THAILAND, KOREA, VIETNAM, DUBAI(3), BANGLADESH, PAKISTAN (3), ROMANIA, TUNISIA, UZBEKISTAN(2), DOHA, SWEDEN, NIGERIA, GHANNA, SPAIN, CHINESE TAIPEI, FRANCE, GERMANY, CZECK REPUBLIC, BELGIUM.

COACHING EXPERIENCE

- Travelled with Association of Indian Universities (AIU) Lawn Tennis Indian team for (Men and Women) to Chinese Taipei from 17th August to 31st August 2017 as an Indian Coach.



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Panjab University Tennis Coach



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Education
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Panjab University, Chandigarh

Travelled with GSPDP/ITF/ATF U-14 ASIAN Players from 30TH June to 8th August 2022 on Europe tour to FRANCE.GERMANY.BELGIUM.CZECH REPUBLIC.



Honored By Honorable Governor of Lahore.
Looking the success of my camp Honorable Governor of Punjab, Lahore invited me to Governor House and appreciated my work and honored me by awarding Appreciation Shield.

Skills

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Received Khello India University game 3rd (Third Position) Trophy held at Banglore from honorable Home minister Of India Shri Amit Shah ji as a PU.UCM (University Contingent Manager)



P.U Men's tennis team Won Silver Medal under my coaching in the First Khello India University games held at Bhuvneshwar.



BEST ACHIEVEMENT AS A COACH

Divij Sharan

- Travelled with Men's player Mr.Divij Sharan, who was 420 at the world ranking 2006. He also won Men's Satellite 3rd week and masters. He was also a semi-finalist in Men's Future
- He was in the Davis Cup team in April 2007.
- He was also a member of Indo-Pak Series in 2006
- Divij Received India's biggest Players ARJUN AWARD in 2019.

Birbal Kumar Wadhera

Panjab University Tennis Coach



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- Navdeep Singh- Have won Men's Doubles Championship in Nigeria under my tenure as his personal travelling Coach.



- Vivek Shokeen. (Worked with him during my tenure at NTA, he is also a national champion and he was a part of Senior Davis Cup Team.
- Poojashree Venkatesh.(Worked with her during my tenure at NTA, She won ITF women's Tournaments)
- Haadin Bava—worked with him as his travelling coach in 2016. He reached semi finals of Fenesta open in men's apart from some good results in ITF Men's Circuit.
- Panjab University Men team won Bronze Medal in All India Inter University.
- Panjab University Men team won Silver Medal in First Khello India University games.

OFFICIATING EXPERIENCE

GRAND SLAMS

- Wimbledon 2005, Australian Open 2006



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Panjab University Tennis Coach



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ATP TOUR/WTA TOUR

- Hongkong, Dubai, India

ITF JUNIORS REFEREE

- Asian Juniors Championships B-1, ITF Grade-2, Grade-3, Grade-4, Grade-5

Davis Cup

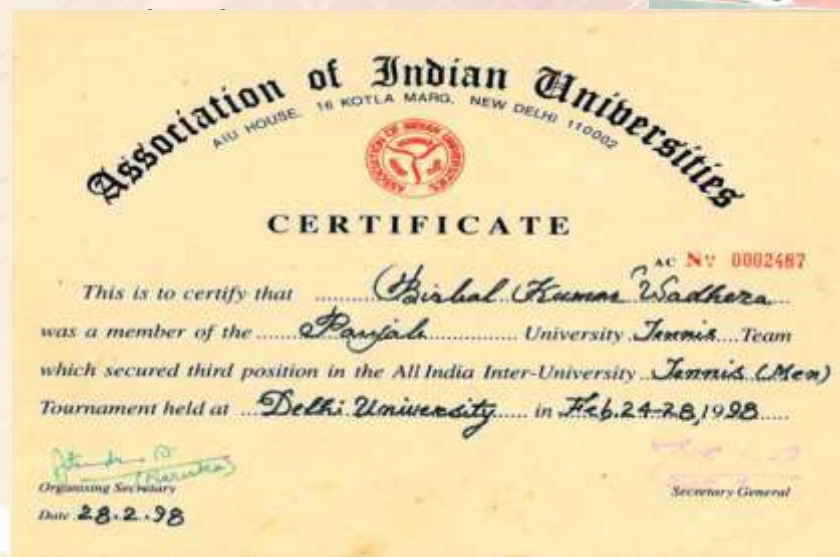
Chair Umpire Group-3, 4 (Vietnam)

Chief of Umpire

- India Vs Sweden (Delhi)
- India Vs Uzbekistan (Jaipur)

As Player

- India number 15 in 1996.
- Bronze Medalist in All India Inter-



Experience

- Worked with Chandigarh Lawn Tennis Association.
- Worked with AITA National Tennis Academy as Senior Coach.
- Worked with Mr. Ratan Sharma SAI Coaching Delhi.
- Worked for Pakistan Tennis Federation.
- Worked as Chief Coach with Chandigarh Club Tennis Academy, Ideal Tennis Academy.
- At Present working as a coach with Panjab University, Chandigarh.

Birbal Wadhera



Photos with World University Indian Team



Photos of Pakistan visit-2011



Photos with Honorable Home minister and Vice President of India



Photos of Europe Tour with Asian Players-2022



Photos of Panjab University tennis team, which won the AIU Bronze medal



Photos of Awards and honors received



चंडीगढ़ ने शान से किया माका ट्रॉफी का वेलकम



चंडीगढ़, पंचज्य पुलिसवर्गिटी ने 14 साल के लंबे इराक के बाद माका ट्रॉफी का वेलकम किया। चंडीगढ़ पुलिसवर्गिटी ने चंडीगढ़ में ट्रॉफी के स्वागत किया गया। चंडीगढ़ पुलिसवर्गिटी ने चंडीगढ़ में ट्रॉफी का वेलकम किया गया। चंडीगढ़ पुलिसवर्गिटी ने चंडीगढ़ में ट्रॉफी का वेलकम किया गया। चंडीगढ़ पुलिसवर्गिटी ने चंडीगढ़ में ट्रॉफी का वेलकम किया गया। चंडीगढ़ पुलिसवर्गिटी ने चंडीगढ़ में ट्रॉफी का वेलकम किया गया।

ट्रॉफी के वेलकम में निकाले गए रोड शो में खेल की धारा पर स्टूडेंट्स ने भागद्वारा किया और माका ट्रॉफी को अंगन चौक में पीयू में लया गया। इस मौके पर डायरेक्टर स्पेक्ट्रम प्रोफेसर जयदेव सिंह, निजीकाल एजुकेशन प्रोग्रामर डॉ. गुणधर सिंह, डिप्टी डायरेक्टर प्रोफेसर मनीष, पीयू फैलो वीर-सचिव भी यहां मौजूद रहें। ट्रॉफी को घोषणा आँगन में लेकर पहले अटार्न वर्कर्स से निकला गया और फिर गोपी अहल, डॉ. डिपार्टमेंट, अमर गान्धी, मेकर-14 बॉकेट, एग्रीकल्चरल स्टेशन से छोले हुए फिर ये घोषणा आँगन लया गया। रात पर एयरबी किंगन सोर ने ट्रॉफी का वेलकम किया और पंचज्य पुलिसवर्गिटी को इसके लिए धन्यवाद दी।



माका ट्रॉफी को चंडीगढ़ में लाने के लिए अंगन चौक पर पहुंचने का माका ट्रॉफी को लाने का दृश्य

13 साल बाद मिली माका ट्रॉफी के स्वागत में पीयू में मना जश्न

दोल वाप पर जमकर नाचे स्टूडेंट्स, वीसी, पीयू के अधिकारी

चंडीगढ़: पंचज्य पुलिसवर्गिटी को चंडीगढ़ में 13 साल बाद माका ट्रॉफी का स्वागत किया गया। चंडीगढ़ में पीयू में मना जश्न मनाया गया। चंडीगढ़ में पीयू में मना जश्न मनाया गया। चंडीगढ़ में पीयू में मना जश्न मनाया गया। चंडीगढ़ में पीयू में मना जश्न मनाया गया। चंडीगढ़ में पीयू में मना जश्न मनाया गया।



Chandigarh Times

Photos of Maka trophy procession

GROUND REALITY



Indian Tennis star Leander Paes landed in Chandigarh for the scheduled Davis Cup on Tuesday evening. Paes moved directly to the tennis court at Chandigarh club and reviewed the grass court and also talked to the curator of the tennis court. **SANJAY GHILDIVAL**



Birbal Wadhera, Arun Kumar, Zeeshan Ali



Miscellaneous Photos



29th Summer Universiade 2017
29^e Universiade d'été 2017

TAIPEI
from AUGUST 19 to 30

The International University
Sports Federation,
the Chinese Taipei University Sports Federation
and the Organizing Committee
have the honor and the pleasure to present this

La Fédération Internationale
du Sport Universitaire,
la Fédération des sports universitaires du Taipei chinois
et le Comité d'organisation
ont l'honneur et le plaisir de délivrer ce

DIPLOMA
OF HONOR

DIPLÔME
D'HONNEUR

TAIPEI 2017
to / à Birbal Kumar Wadhwa

29TH SUMMER UNIVERSIADE



Wen-Je Ko

Wen-Je KO
President of the
Organizing Committee
Président du Comité
d'Organisation

Oleg Matytsin

Oleg MATYTSIN
President of FISU
Président de la FISU

Han-Sun Chiang

Han-Sun CHIANG
President of the National
University Sports
Federation of Chinese Taipei
Président de
la Fédération des sports
universitaires du Taipei chinois



ALL INDIA TENNIS ASSOCIATION

ISO 9001: 2000 CERTIFIED

YASHWANT SINHA
PRESIDENT

S. M. KRISHNA
HON. LIFE PRESIDENT

BHARAT N. OZA
HON. JOINT SECRETARY

ANIL K. KHANNA
HON. EXECUTIVE VICE PRESIDENT
& SECRETARY GENERAL

PROF. T. D. FRANCIS
HON. TREASURER

03rd Dec 2011

To Whom So Ever It May Concern

This is to certify that **Mr. Birbal Wadhra**, is a former International White Badge Chair Umpire. He has delivered his duties in many prestigious International Tournaments, such as **Davis Cup, Fed Cup, WTA, ATP Tour, ATP Challengers, ITF, ATF and World University Games**.

Mr. Birbal Wadhra has also officiated in Grand Slam events like **Wimbledon in 2005 & Australian Open in 2006**.

He has graduated as a coach by doing the International Level – II course of ITF, USPTA - Professional and has completed coaching diploma of National Institute of Sports (N.I.S), Patiala.

As a coach he has trained players like **Divij Sharan**, who has represented India in **Davis Cup** etc. He has also done a few International assignments to Pakistan where has helped in training their players and has brought laurels to India.

(P.F.MONTES)
Wg. Cdr. (Retd)
Executive Director - Tournaments



R. K. Khanna Tennis Stadium, Africa Avenue, New Delhi-110029, India
Off : 91-11-26176280-81, 26176283-85, Fax : 91-11-26173159
E-mail : aita@aitatennis.com Website : www.aitatennis.com

To: Mr. Birbal Kumar Wadhera
Tennis Coach
From: Mumtaz Yousaf
Secretary PTF
Fax No: 92-51-9212846
Subject: Tennis Coaching Camp
Date: April 18, 2011

PTF
Pakistan
Tennis Federation
President
Syed Kaleem Imam
Honorary Secretary
Mumtaz Yousaf
Honorary Treasurer
Muhammad Arif Qureshi

Invitation letter

Dear Sir,

We are pleased to confirm you that you have been selected as coach to train the top tennis players of Pakistan. The training camp will be held at PTF Tennis Complex, Garden Avenue, Islamabad and Bagh-e-Jinnah Lahore from 1st May 2011 to 10th June 2011.


The details of passport are as under:-

Name: Birbal Kumar Wadhera
Date of Birth: 21-03-1978
Passport No: G8783856
Date of Issue: 11-06-2008
Date of Expiry: 10-06-2018
Nationality: Indian

If you require any further information please do not hesitate to contact us.

Thanking you,

Yours Sincerely,


Mumtaz Yousaf
Secretary
Pakistan Tennis Federation



Cc: High Commission of Pakistan at New Delhi – India



Pakistan Tennis Federation
S. Dilawar Abbas PTF Tennis Complex Garden Avenue, Adjacent to
Adventure Inn Motel/ Boys Scouts Islamabad-Pakistan.
Ph: +92-51-9212846, 2823517, 2272928 Fax: +92-51-9212846
E-mail: ptktenfed@isb.comsata.net.pk



Certificate of Merit

This certificate is awarded to: **Mr. BIRBAL WADHERA**

For: Participating Organizing Officiating Volunteering Other **OFFICIAL/HEAD COACH**

During the **SUBH-E-NAU ALL PAKISTAN JUNIORS TRAINING CAMP**

Position: N/A

DR. JAWAD CHISHTIE
CHIEF EXECUTIVE



PTF/ITF REPRESENTATIVE







CHANDIGARH LAWN TENNIS ASSOCIATION


Affiliated to All India Tennis Association

Tennis Stadium, Opp. D.A.V. College, Sector 10, Chandigarh-160010 INDIA
Telefax : 0172-2740543, 2741849, E-mail : cltachd@gmail.com/ clta_chd@dataone.in
Website : www.clta.info

TO WHOM SOEVER IT MAY CONCERN

This is to certify that Mr. Birbal Wadhwa, s/o Late Sh.Rameshwar Chand Wadhwa, worked as Senior Tennis Coach/ Chief Coach at Chandigarh Lawn Tennis Association (CLTA), Tennis Stadium, Chandigarh from January, 1997 to May, 2003. He is an excellent coach with great abilities of motivating the players to give their best and an asset to the organization. He bears a good moral character and integrity.

Date:-10.01.2012


Megh Raj, IAS, (Retd.),
Chief Operating Officer,
CLTA, Chandigarh



10 December 2011

TO WHOM IT MAY CONCERN

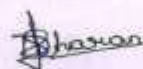
This is to certify that I have received training under **Mr Birbal Wadhwa** for the calendar year of 2006. I have performed very well and have had some of my best results under his guidance.

I truly believe that the 3 Gold Medals I won at the National Games at Guwahati in February 2007 and my selection in the Indian Davis Cup team in April 2007 are a result of the hours and hard work he has put in with me.

He has played a crucial role in my growth as a Professional Tennis Player and he continues to be a great support.

Please find attached my results and achievements whilst under his guidance.

Kind regards,



Divij Sharan

H-45, Green Park Extn.

New Delhi-110016

(M) 9818770077

Experience Certificate by CLTA and Divij Sharan



ALL INDIA TENNIS ASSOCIATION

ISO 9001 : 2000 CERTIFIED
PATRON=PRESIDENT OF THE REPUBLIC OF INDIA

PRESIDENT
YASHWANT SINHA

HONY. SECRETARY GENERAL
ANIL K. KHANNA

HONY. JOINT SECRETARY
BHARAT N. OZA

HONY. TREASURER
PROF. T.D. FRANCIS

15 Feb 2004

Whom So Ever It Concerns

Certification of Appreciation to Mr. Birbal Wadhwa

This is to certify that Mr. Birbal Wadhwa, AITA Level 1 Coach rendered his services with the AITA National Tennis Academy for a period of eight months during May 2003 – February 2004.

As a Senior Coach of NTA, he earned the praise all players and his colleagues with his work ethic & commitment. He was definitely an asset to the Academy who was very dependable and worked with total dedication & was found to be a hard working coach. His friendly nature allowed the players to discuss with him on any issue openly which is an excellent quality that is required in a coach. He improved steadily and was very receptive to suggestions and new ideas to improve the program of NTA. His duties often went beyond the Tennis courts as he was staying in the Academy as a residential coach. He also took care of many other requirements of players & rendered a helping hand in all areas of the Academy. He even travelled with the NTA Team to various tournament circuits & has been successful in bringing the best of the players. He was a pleasure to work with & it is unfortunate that he has to leave the Academy due to personal reasons. I'm sure he will go a long way in the field of Tennis Coaching / Fitness training with his zeal and hard work. I wish him the very best for his future.


Sunil Yajaman
Development Officer



R. K. Khanna Tennis Stadium, Africa Avenue, New Delhi - 110029, India
Off: 26179062, 26176276, 26176258, 26176250-54/56, Fax: 91-11-26173159
E-mail: aita@vsnl.com / aita@aitatennis.com Website: www.aitatennis.com

Experience Certificate by National Tennis Academy



डिप्लोमा Diploma

भारतीय खेल प्राधिकरण
नेताजी सुभाष राष्ट्रीय क्रीडा संस्थान
SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS
NATIONAL INSTITUTE OF SPORTS

Shri/Smt /Kumari BIRBAL KUMAR WADHERA
Son/Daughter of SH. RAMESHWAR CHAND WADHERA
from CHANDIGARH

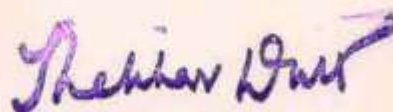
attended the Diploma Course in Sports Coaching
from July 2000 to May 2001 at the SAI Netaji Subhas
National Institute of Sports, Patiala and on the successful
completion of the Course has been awarded

Diploma in Sports Coaching

in TENNIS
Division SECOND Marks 66.11 %



Executive Director
(Academics)



Director General

DETAILS OF MARKS

N^o 000556

Sr. No.	Subject	Theory		Practical		Total	
		Maximum Marks	Marks Obtained	Maximum Marks	Marks Obtained	Maximum Marks	Marks Obtained
SPORT SCIENCES							
1.	Sport Physiology	60	33	10	6	70	39
2.	Sport Medicine	40	28	10	6	50	34
3.	G.T.M.T.	120	78	20	11	140	89
4.	Sport Psychology	40	20	10	9	50	29
5.	Kin & Biomechanics	40	20.5	10	5	50	25.5
6.	Sport Anthropometry	30	19	10	5	40	24
	Total	330	198.5	70	42	400	240.5
	SPECIALIZED SPORT DISCIPLINE	300	195.0	600	406.0	900	601.0

MARKS FOR GRADATION

Sr. No.	Subject	Theory		Practical		Total	
		Maximum Marks	Marks Obtained	Maximum Marks	Marks Obtained	Maximum Marks	Marks Obtained
1.	Specialized Sport Discipline	300	195.0	600	406.0	900	601.0
1.	Sport Sciences	82.50	49.62	17.50	10.50	100	60.12
	TOTAL					1000	661.12

1. Passed the subject.....^x.....with grace marks
2. Passed the subject(s).....^x.....
during Supplementary Examination.....

Camelia Singh
DEAN (ACADEMICS)

H. S. Anand
REGIONAL DIRECTOR

Legend

80% and above	Distinction
70% to 79%	Ist Division
60% to 69%	IInd Division
50% to 59%	IIIrd Division



certifies that according to the guidelines and standards established

Birbal Wadhwa

has completed all tests and examinations and qualifies for PTR certification of

Professional

and is a member in good standing from

12/21/2004 - 12/31/2005

Jenni Van der Meer
Founder & President

Dan Santorum
CEO/Executive Director

Certificate of Attendance

This is to certify that

Birbal Wadhwa

attended the

Teaching Essentials Certification Workshop
New Delhi, INDIA

conducted by

Professional Tennis Registry

December 2004
Date



Dan Santorum
Director



Professional Tennis Registry
P.O. Box 4739 • Wilson-Hull Club, St. Louis, MO
661-442-8225 (toll-free) • Fax: 661-442-8966 (MO) • www.ptrtennis.org • ptr@ptrtennis.org

PROFESSIONAL TENNIS REGISTRY TEST RESULTS

Name: Birbal Wadhwa

Testing Staff: International Testers

Test Site: New Delhi, INDIA

Testing Date: December 2004

Written Test Rating	PROFESSIONAL (80%)
Skills Demonstration Test Rating	PROFESSIONAL
Teaching Test Rating	PROFESSIONAL
Error Detection Test Rating	PROFESSIONAL
Club Test Rating	PROFESSIONAL
OVERALL PTR RATING:	PROFESSIONAL

* NON-TESTED Rating: Indicates either you did not pass all parts of the certification test OR, have not yet completed all parts.

THE INTERNATIONAL TENNIS FEDERATION

**INTERNATIONAL OFFICIATING
PROGRAMME**

CERTIFICATE OF ATTENDANCE

This Certifies that BIRBAL WADHERA

has participated in an official ITF Level 1 School

Held at CHANDIGARH

From 5th Jan To 8th Jan 19 98

International Tennis Federation
Palliser Road
Barons Court
London W14 9EN



KEN FARRAR,
Administrator of Officiating



DUSHAN DEO
ITF Tutor



INTERNATIONAL TENNIS FEDERATION

ITF COACHING DEPARTMENT

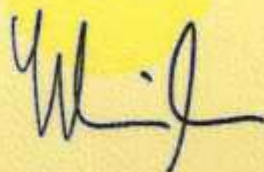
CERTIFICATE OF ATTENDANCE

This certifies that:

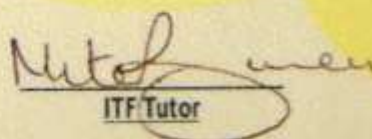
BIRBAL WADHERA

has attended the following ITF Coaches Course:

Name of Course: PLAY TENNIS COURSE
Course Tutor(s): MIKE BARRELL
Date: 11th - 13th NOVEMBER 2009.
Hosted by: ALL INDIA TENNIS ASSOCIATION
Venue: M.S.L.T.A, MUMBAI
No of hours: 24 hrs.



ITF President



ITF Tutor



ALL INDIA TENNIS ASSOCIATION

R K Khanna Tennis Stadium, Africa Avenue,
New Delhi 110 029.

COACHES CERTIFICATION PROGRAMME CERTIFICATE

Certified that according to the guidelines and standards established

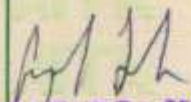
Mr. / Ms. BIRBAL WADHERA

appeared for prescribed tests and examination

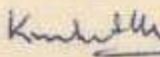
Held in CHANDIGARH

From Date 18/9/99 *To* 23/9/99

and qualified as a Level 1 *Coach*


GAJENDRA SINGH
AITA LEVEL I TUTOR

Course Examiners





Authorised Signatory

All India Tennis Association

Bharat N. Uza
Chairman, Coaches Training &
Certification Committee, AITA

AITA



ALL INDIA TENNIS ASSOCIATION

R K Khanna Tennis Stadium, Africa Avenue,
New Delhi 110 029.

COACHES CERTIFICATION PROGRAMME CERTIFICATE

Certified that according to the guidelines and standards established

Mr./ Ms. BIRBAL WADHERA

appeared for prescribed tests and examination

Held in DELHI


From Date Nov 17th To 28th, 2008

and qualified as a Level II Coach

(KAWALJEET)
AITA TUTOR

(HEMANT BENDRE)
AITA TUTOR


Authorised Signatory
All India Tennis Association



THIS CERTIFIES THAT

BIRBAL WADHERA

Has Successfully Attained Official Certification With
THE AUSTRALASIAN ACADEMY OF TENNIS COACHES

as a

Level 3 - ELITE COACH

The AATC is an Official Institute of ESTESS Athletic University which is
accredited and endorsed by GroupESTESS

Lynton Joseph
Chief Executive Officer

Expiration Date
August 7, 2020



AATC Level-3 Elite Coach Certificate

Australian Open

The Grand Slam of Asia/Pacific

Asia/Pacific Training Camp

Certificate of Participation

Awarded to

Birbal Wadhera

In recognition of participating in the
Australian Open Asia/Pacific Training Camp
New Delhi, India 21-25 November 2005

Authorised by

P. McNamara.

Peter McNamara



INTERNATIONAL TENNIS FEDERATION

INTERNATIONAL COACHES' WORKSHOPS

CERTIFICATE OF ATTENDANCE

This certifies that **Birbal Wadhera**

has participated in an ITF Regional Coaches' Conference

Held in **The Tennis Academy of Asia, Bangkok**

Date **15th – 21st Oct. 2006**

International Tennis Federation
Bank Lane
Roehampton
London SW15 5XZ

A handwritten signature in black ink, appearing to be 'W. J.', written over a horizontal line.

ITF PRESIDENT

USPTA World Conference on Tennis

The United States Professional
Tennis Association

recognizes

Birbal Kumar Wadhera

for dedication to

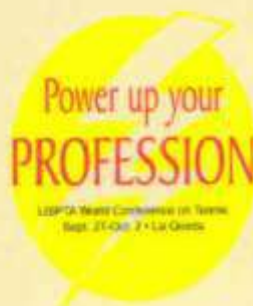
self-improvement in tennis-teaching,

business and management skills

by attending the

2010 USPTA World Conference on Tennis

Sept. 27-Oct. 2
La Quinta Resort & Club
La Quinta, Calif.



The leader in tennis education and certification – That's Who We Are



Birbal Kumar Wadhera

*attended the
Australian Grand Slam Coaches' Conference*

*held at
Hisense Arena, Melbourne Park*

Travis Atkinson

*Travis Atkinson
Manager Coach Development*



14-16 January 2010



Tennis Australia

Australian Grand Slam® Coaches Conference

This is to certify that
Birbal Kumar Wadhera
attended the
2013 Australian Grand Slam® Coaches' Conference

Held at Melbourne Park, Australia
10 - 13 January 2013

January 2013
Points: 6

Geoff Quinlan
Manager Coach Development

Punjab University

Bachelor of Arts (General) (10+2+3 System)

Certified that Birbal Kumar Wadhwa, son/daughter of Shri Rameshwar Chand Wadhwa, and of the D. D. V. College, Chandigarh, has obtained the degree of Bachelor of Arts of this University, having passed the examination for the said degree held in May, 1999, in the Second Division.

Given under the seal of the University

Sodhi Poo
Controller of Examinations

Paramjit Singh
Registrar

Chandigarh, July 22 1999;



Mohan
Vice-Chancellor
Kishan Kant
Chancellor

Sl. No. 3574

Punjab University

Roll No. 42687

RESULT-on-DETAILED MARKS CARD

B.A. (General) Second Year Examination, April/September, 1999

Name: Birbal Kumar Wadhwa
Father's name: Rameshwar Chand Wadhwa

DETAIL OF MARKS

Sl. No.	Subject	Marks obtained	Minimum pass marks	Maximum marks	Gr. No.	Section	Marks obtained	Minimum pass marks	Maximum marks
1.	English (Compulsory)	35	35	100	11	Theory { Paper A, Paper B }	35	35	100
2.	History (Compulsory) { Paper A, Paper B }	7	35	100		12	Geography { Theory, Cartography (Paper C) }	18	15
3.	History & Culture of Punjab	63	35	100	13		Home Science { Theory, Practical }	39	30
4.	Economics { Paper A, Paper B }	57	70	200		14	Music (Class/Instrument) { Theory, Practical }	28	20
5.	Political Science { Paper A, Paper B }	58	70	200	15		Physical Education { Paper A, Paper B, Practical }	37	42
6.	Public Administration { Paper A, Paper B }	54	70	200		16	Total of 2nd year (if passed) (8 Credits)	468	-
7.	Health, Physical Education	56	70	200	17		Marks obtained in 1st year (6 Credits)	479	-
8.	Language { Paper A, Paper B }	70	70	200		18	GRAND TOTAL (24 Credits)	747	-
9.	Language { Paper A, Paper B }	70	70	200					
10.	Language { Paper A, Paper B }	70	70	200					

RESULT: 1. The candidate has obtained not attended seven Lectures in Environmental Education.
2. Pass: Marks obtained: 468 (Theoretical) 479 (Practical) and 468 (Total) fully seven (30 April, 1999)
3. Compartment: He/She is eligible to reappear in...
4. Fail: He/She is required to reappear in the whole examination next time, if otherwise found eligible.

CHANDIGARH
July 17, 1999

Sodhi Poo
Controller of Examinations

Sl. No. 17269

Punjab University

Roll No. 7290

RESULT-on-DETAILED MARKS CARD

B.A. (General) Third Year (10+2+3 System) Examination, April/September, 1999

Name: Birbal Kumar Wadhwa
Father's name: Rameshwar Chand Wadhwa

DETAIL OF MARKS

Sl. No.	Subject	Marks obtained	Minimum Pass Marks	Maximum Marks	Gr. No.	Section	Marks obtained	Minimum Pass Marks	Maximum Marks
1.	English (Compulsory)	35	35	100	11	Theory { Paper A, Paper B }	35	35	100
2.	History & Culture of Punjab	65	35	100		12	Geography { Theory, Map Projection (Paper C) }	18	15
3.	History (Compulsory) { Paper A, Paper B }	35	35	100	13		Home Science { Theory, Practical }	39	30
4.	Economics { Paper A, Paper B }	57	70	200		14	Music (Class/Instrument) { Theory, Practical }	28	20
5.	Political Science { Paper A, Paper B }	58	70	200	15		Physical Education { Paper A, Paper B, Practical }	37	42
6.	Public Administration { Paper A, Paper B }	54	70	200		16	Total of 2nd year (if passed) (8 Credits)	468	-
7.	Health, Physical Education	56	70	200	17		Marks obtained in 1st year (6 Credits)	479	-
8.	Language { Paper A, Paper B }	70	70	200		18	GRAND TOTAL (24 Credits)	747	-
9.	Language { Paper A, Paper B }	70	70	200					
10.	Language { Paper A, Paper B }	70	70	200					

RESULT: 1. Marks obtained in Environmental Education (out of 30) :
2. Pass: Marks obtained: 468 (Theoretical) 479 (Practical) and 468 (Total) fully seven (30 April, 1999)
3. Compartment: He/She is eligible to reappear in...
4. Fail: He/She is required to reappear in the whole examination next time, if otherwise found eligible.

CHANDIGARH
July 22, 1999

Sodhi Poo
Controller of Examinations

NEWS PAPER CUTTINGS

Verbal spends rest day at another training camp

Verbal spent his rest day at another training camp. The coach was seen interacting with the players and providing them with valuable insights into their game. The camp is part of a series of training sessions organized by the PTF to improve the skills of its members.



Pakistan safe for sports, verbal assures

Verbal assured that Pakistan is safe for sports and that the training camp will proceed as planned. He mentioned that the country's infrastructure and security are well-managed, ensuring a safe environment for athletes.



Verbal coaching



Thursday May 26, 2011

SPORTS NEWS

an tennis gives tips youngsters



SPORTS

PTF training camp in swing despite scorching

ISLAMABAD - Pakistan Tennis Federation (PTF) training camp under the patronage of Indian coach Verbal Wadhara continued in full swing despite soaring temperature here at PTF Complex on Thursday. Verbal while talking to the media expressed full confidence in the progress of youngsters being trained at the camp. He said they demonstrate courage and skills. The youngsters closely listened to the PTF President Syed Karamullah and the Patron in Chief PTF Syed Dilawar Abbas, who paid a surprise visit to the camp. Dilawar Abbas said that "we have



five days Verbal is working very hard and he delivers his best work experiences in the process. Now it's up to the kids to learn fast and quickly they learn." The main objective of a coach is to give tips as up to the kids how far they take at their guests. In

SPORT

Indian players to compete in Pakistan

Several Indian players are expected to compete in the upcoming tennis matches in Pakistan. This is a significant development as it shows the growing international interest in the sport in the region.

SPORTS NEWS

Wadhera for better Pak-India tennis ties

Coach arrives to start 35-day training programme. Verbal Wadhara's arrival marks the beginning of a 35-day training programme aimed at strengthening the ties between Pakistani and Indian tennis players. The programme will focus on technical skills, physical fitness, and mental preparation.

Players rested from PTF training camp



Players who participated in the PTF training camp have taken a well-deserved rest. The camp was highly successful in providing them with valuable training and experience.

Yuvraj geared up to do well World University Games in

HOPING TO MAKE AN IMPACT A student of DAV College, Sector 10, he has been named men's squad which is being coached by Birbal Wadhera; the preparatory camp for the game

HT Correspondent

* chdcorrespondent@hindustantimes.com

CHANDIGARH: Yuvraj Singh has been named in the eight member tennis squad being coached by Birbal Wadhera for the 29th Summer Universiade (World University Games) being held in Chinese Taipei from August 19 to 30.

Yuvraj, who was recently seen in action AITA National Ranking tournament held in Chandigarh, where he retired in the semifinals after twisting his ankle against the eventual winner Calvin Golmei. Yuvraj who hails from Sirsa and is a BA third year student at DAV College, Sector 10, started playing tennis at the age of nine.

"I didn't want to take any chances. It was sort of an injury which I could have recovered easily so I didn't want to aggravate and hence retired. Now I have done my rest and rehab and I am back to my full match fitness," said Yuvraj, who will be representing the country first time at an international event.

The present squad of four men including B Sai Saran Reddy of SV Tirupati, Paras Dahiya of MDU, Rohtak, Yuvraj Singh of Panjab University, Chandigarh and Sunil Malik of MDU, Rohtak, and four women players are training at Guru Jambheshwar University of Science and Technology, Hisar.

The four women players are Eetee Maheta of North Gujarat, Patan, Himani Mor of University of Delhi, Bhuvana Kalava of Osmania, Hyderabad and Vaibhavi Trivedi of Ahmedabad. Guru Jambheshwar University of Science and Technology director sports SB Luthra will accompany the team as manager. "I am excited to be

WOMEN TEAM

- Eetee Maheta North Gujarat, Patan
- Himani Mor University of Delhi
- Bhuvana Kalava Osmania, Hyderabad
- Vaibhavi Trivedi Ahmedabad, Gujarat

MEN TEAM

- B Sai Saran Reddy SV Tirupati
- Paras Dahiya MDU, Rohtak
- Yuvraj Singh Panjab University, Chandigarh
- Sunil Malik MDU, Rohtak

part of the team though I have travelled and played in many countries but this will be first time that I will represent India," he said.

Yuvraj who now uses Lake Sports Complex for his training said the team has been practicing hard and will certainly put the best foot forward.

"We have a morning session of six hours which includes practice and fitness, while another session of four hours takes place in the evening," said Yuvraj, who is ranked 58th in the country and recently won the AITA National Ranking in Delhi.

Yuvraj felt hopeful of making an impact in the Chinese Taipei and said even though the competition will be hard but he is focused on winning matches for the country.

"Some of the best talent will be there at the Games so I am not getting overconfident but will try my best to win matches for the team and country," he said.



• Yuvraj Singh, who now uses Lake Sports Complex for his training, said the team has forward in the games starting from August 19 in Chinese Taipei.

We have talent to make an impact: Coach



• Birbal Wadhera

HT Correspondent

* chdcorrespondent@hindustantimes.com

CHANDIGARH: Panjab University Sports department tennis coach Birbal Wadhera believes the team has enough talent to make an impact at the

World University Games to be held at Chinese Taipei from August 19 to 30.

Wadhera, who has a rich experience as a coach, has been with the team supervising their training and preparations in a camp at Guru Jambheshwar University of Science and Technology, Hisar, added that players are in fine form and eager to play the event.

"Our preparations are on right track and I feel we have enough talent to win a medal at the event," the coach said. The

team is slated to leave for Chinese Taipei on August 17.

THE CAMP WILL CONTINUE TILL AUGUST 15 AND TEAM WILL LEAVE FOR TAIPEI ON AUGUST 17.

Wadhera said that all the eight players have been active in the

tennis circuit the stiff competition.

"We will play good players from all over the world. All are also in fine form and will help the team to go ahead," Wadhera said. Pakistan is

Pakistan Tennis Federation invites Indian coach

TASHI LUNDUP

CHANDIGARH, APRIL 17

AFTER the ICC World Cup semi-final match at Mohali, which was attended by top Pakistan and Indian political leaders to resume sporting ties with India, another initiative has been taken to further strengthen the already blossoming relationship between the two neighbouring countries- this time by the Pakistan Tennis Federation (PTF) who will hire Birbal Wadhera, a renowned coach who currently coaches players at the Chandigarh Lawn Tennis Club in Chandigarh, to coach their players.

"They had sent me the invitation and all the details some time ago. I haven't received any mail officially yet but I hope to get it by tomorrow. I am waiting for the No Objection Certificate (NOC) and if that happens soon, I will apply for the visa. I am glad that they still remember me and after seven years they have once again recognised my contribution towards the growth of tennis in their country," said an ecstatic Birbal. Syed Kaleem Imam, president, PTF, confirmed that the Pakistan Ministry of sports and Interior Ministry had given NOC to the federation for hiring the Indian coach. "We have got the NOC and now we will be in touch with Wadhera to work out details with him. We intend to have the coach held camps across Pakistan for the youngsters as well as top players," he said.

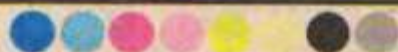
It was seven years ago when Birbal was invited by the federation to conduct a 15-day camp in Islamabad- an experience he still cherishes to this day. "It was wonderful working with the junior players from Pakistan. I worked a lot with the young female players since there were only few who wanted to make it big in the tennis world. Hopefully, I



BIRBAL WADHERA

would see more female players in the camp. I would put it all my efforts to prepare them for ITF tournaments and also help them become like Sania Mirza. That is all I dream about," Birbal, 32, shared.

It was in 2003 when Birbal touched the Pakistan soil along with the Indian team from the National Tennis Academy for a tournament. So impressed were the federation officials with his dedication and hard work that they invited him to work with their young players also. "I am so happy to see sports playing as the biggest mediator between the two countries. There is no religion or any caste in sports; all it looks for is to help each other. It was a wonderful gesture from the top Pakistan politicians to visit Mohali for the World Cup match. It seems as both the nations can come closer only through sports," said the tennis coach who has had the privilege to officiate in two Grand Slams- Wimbledon and Australian Open in the past.



City coach lands an ace in Pakistan

Ashutosh Sharma

ashutosh.sharma@hindustantimes.com

CHANDIGARH: After cricket and hockey, now tennis is playing a role in improving the diplomatic relations between the two neighbouring countries. And the credit for this goes to city-based tennis coach Birbal Wadhera, who has been invited by the Pakistan Tennis Federation (PTF) to train youngsters and top players.

Pakistan internal ministry and the sports ministry have given the No Objection Certificate (NOC) to PTF to hire the Indian coach and very soon, Wadhera will be applying for a month-long visa to coach in Pakistan.

"The Pakistan Tennis Federation informed me on Sunday that they got the NOC from their government and soon, I will apply for the visa," said Birbal Wadhera, a level 2 International Tennis Federation coach. "It is a month-long assignment and I will be working on their overall game development and fitness," he said.

The assignment includes a 15-day camp in Islamabad and another camp in Lahore. "A total of 30 players will work with me. I think my hard work has paid off. I am happy to get recognition not only in India but also Pakistan,"



■ City-based tennis coach Birbal Wadhera at a gym in Chandigarh.

HT FILE PHOTO

Wadhera said.

He is the only tennis coach from India who has worked in Pakistan. He trained Pakistan players way back in 2004-05.

"It is an honour that they have invited me again," the coach said.

Wadhera was contacted by PTF in the first week of March and it took nearly a month to get the NOC.

Chandigarh Tribune

11 Chandigarh, Saturday April 23, 2011

Tennis coach gets Pak visa

AKASH GHAI

TRIBUNE NEWS SERVICE

CHANDIGARH, APRIL 22

Chandigarh-based tennis coach Birbal Wadhera is all set for his "special assignment" of training top tennis players across the neighbouring country after getting visa from the Pakistan government.

Wadhera, who has been hired by the Pakistan Tennis Federation (PTF) for a month-long period, today said that all formalities regarding his tour to Pakistan had been completed.

Wadhera said for him, the assignment was not merely a sporting affair. It was also an opportunity for him to spread the message of peace and love among the sportspersons of Pakistan.

When asked about his plans for Pakistani players, Wadhera, who is a All India Tennis Association/International Tennis Federation level II coach, said his focus



Birbal Wadhera

would be on the basics of the youngsters, while for top players, he would prefer to watch their game first before preparing coaching plans for them.

"I have to hold camps across Pakistan for youngsters as well as top players. Though one month is a very short period for the purpose. I think it's just a beginning and surely some positive would come out of it."

He felt that the PTF's offer was a step towards resuming sporting ties between the two countries.

A diploma holder from the National Institute of Sports, Wadhera is the chief coach at the Chandigarh Club. He has also officiated as umpire in the Wimbledon and Australian Open.

दैनिक भास्कर

city life

सिटी लाइफ चंडीगढ़ 4.5.2011

सरहद पार पहुंचा बीरबल बढेरा



बीरबल बढेरा, टेनिस कोच

सिटी बेस्ट टेनिस कोच बीरबल बढेरा आज जा रहे हैं पाकिस्तान, एक महीने की कोचिंग के लिए

प्रवीण कुमार डोगरा

पंजाब के एक गांव से टैलेंट हंट के जरिए सीएलटीए पहुंचे थे, पहली बार रैकेट भी यहीं थामा था। मगर फिजिकल फिटनेस के चलते टेनिस के नेशनल लेवल खिलाड़ी बन गए और अब कोच भी। ये जनाब कोई और नहीं शहर में अपनी टेनिस एकेडमी चला रहे बीरबल बढेरा हैं। इन्हें पाकिस्तान टेनिस फेडरेशन ने एक महीने के लिए पाकिस्तान बुलाया है। 4 मई को सीमा पार टेनिस सिखाने जा रहे बीरबल कहते हैं...

बड़ा असाइनमेंट बड़ी एक्साइटमेंट

मुझे पाकिस्तान टेनिस फेडरेशन ने एक महीने के लिए पाकिस्तान में नेशनल जूनियर टेनिस प्लेयर्स को कोच करने के लिए बुलाया है। वहां करीब 15

ब्रेकफास्ट बज

टीप टेनिस खिलाड़ी मेरी टीम में होंगे। साथ ही 5 गर्ल प्लेयर्स भी शामिल हैं। एक महीने के इस असाइनमेंट में मुझे पाकिस्तान की कई जगहों पर टैवल करके टेनिस प्लेयर्स का टैलेंट हंट भी करना है। ये एक अलग तरह का एक्सपीरियंस होगा जिसके लिए मैं काफी एक्साइटेड हूँ।

गांव से सीएलटीए का सफर

बत 1987 को है जब रोपड़ के पास मेरे गांव में सीएलटीए की टीम बच्चों का टैलेंट हंट करने पहुंची थी। मैंने ट्रायल दिया और सिलेक्ट भी हो गया। पता भी नहीं था कि किस गेम के लिए सिलेक्ट हुआ हूँ। सीएलटीए के कोर्ट पर रैकेट के साथ ट्रायल हुआ और उसमें भी पास। फिजिकल फिटनेस मैंने टेनिस को चुना और टेनिस बन गई मेरी लाइफ। करीब दस साल तक इंटरनेशनल लेवल तक खेला। अभी तक ऑस्ट्रेलियन ओपन और विंबलडन में भी अंपायरिंग कर चुका हूँ। आज भी कोर्ट पर कम से कम 8 घंटे वर्कआउट करता हूँ।

चंडीगढ़ में टेनिस क्रेज

शहर में टेनिस के लिए काफी क्रेज बढ़ रहा है। पढ़ाई के साथ-साथ स्पोर्ट्स भी बच्चों की रूटीन का हिस्सा बन रहा है। मगर अभी भी हमें परेंट्स एजुकेशन पर काम करना पड़ रहा है। उन्हें बताना पड़ता है कि स्पोर्ट्स से बच्चों की लाइफ में क्या चेंज आते हैं। शहर से सनम सिंह जैसे प्लेयर्स निकलने पर परेंट्स की सोच में काफी चेंज आया है।

कोच साहब के टिप्स

- किसी भी गेम में अच्छा परफॉर्म करने के लिए एक सोच या विज़न होना जरूरी है।
- साथ ही होनी चाहिए गेम के लिए डेडिकेशन।
- मगर अच्छा परफॉर्म करने के लिए पेशंस का होना भी जरूरी है।

SPORTS

Pakistan safe for sports: Birbal

■ Indian tennis coach arrives to train youngsters



ISLAMABAD: Birbal Wadhra talking to *The Nation*.—Staff photo by Sajjad Haider

MOHSIN ALI

ISLAMABAD - Renowned Indian Tennis Coach Birbal Wadhra in an exclusive interview with *The Nation* here at PTF Courts on Thursday said, "It was moral and national duty to come to Pakistan and fulfil my commitment not only with the PTF but also with the people of Pakistan at this time as more than 90 per cent people have sent me emails mostly from his own country not to travel to Pakistan after the Osama episode but I refused to listen to them."

"I have told my wife and other family members about my desire to visit Pakistan and all of them stood behind me and not only supported my decision but also appreciated me."

Pakistan Tennis Federation President Kaleem Imam has taken the initiative to invite Birbal to Pakistan so the Pakistani players, specially the youngsters can take benefit from Birbal's experience.

Kaleem has welcomed Birbal and thanked him for accepting, visiting Pakistan and assured him of his allout support in conducting training sessions. Kaleem Imam further said, "We want to polish our raw talent with the help of international coaches and we will invite Irish and Spanish coaches very soon." Kaleem has thanked Ten Sports who has sponsored Birbal Wadhra's visit and also promised to sponsor the other international coaches visit to Pakistan in the near future.

Birbal has arrived in Pakistan for a 35-day period. He will give training to a selective group of players from 12 to 18 years old. Pakistan top ranked players including Jalil Khan, Yasir Khan, Faizan, Mehak, Iman Qureshi and Sarah Mehboob will attend the training camp which will start from today and will last for 25 days at PTF Tennis Courts.

The training session will start from today from 6am to 8am in the morning and from 4pm to 7pm

in the evening. Birbal while commenting on his personal experience said, "I was not a very big name in India before the announcement of Pakistan's visit. As soon as I announced to visit Pakistan, suddenly I became the most important person in India."

Birbal is expected to give training in Islamabad and Lahore. "If we get the security clearance in Karachi Birbal certainly visit Karachi to give training to the kids there," said PTF Senior Vice President Irshad Ahmad Bhatti.

Pakistan Tennis Federation have hired Asim Shafique and Inamul Haq to assist Birbal for first 20 days and Shah Mehmood and Jahanzeb Khan will join Birbal for the remainder of his training session.

Birbal has strongly clarified his position and said "I am not here to undermine any ones position I am just here to help Pakistani players improve, learn sharpen their skills in what ever capacity I can I welcome all the past great to come and work with me jointly, so we can help raise the standard of tennis in the country," he said.

When asked about how many kids will he pick after the selection process is being completed he replied 10 to 12 kids and I will remain in touch with these kids even after my departure to India. I will be available to not only these selected kids but also all the other players who wanted to take guidance from me." PTF has announced a committee comprising of Irshad Bhatti, Arif Qureshi, Naeem Khan, Mir Waiz and Ashan Asghar who will help Birbal in selection process.

Birbal further said that he is open to healthy criticism and after the training period is over 'I will put my self before everyone and let them decide if I was able to teach these kids something or not'. 'I these kids manage to learn even something from me I will feel satisfied', he said.

Replying to a query about the security situation in Pakistan, he replied with a broad smile, "My presence here is enough to show the world that Pakistan is completely safe for all kinds of sports and our External Minister SM Krishna has supported my decision of visiting Pakistan and said this tour will help bring people of both the countries together and further ease the tensions among both the countries.

He said that he has visited Pakistan back in 2000 on the request of then PTF President Dilawar Abbas and had conducted a Summer Camp for the kids and that experience was also a very good one.

Birbal further said that the kids to be were finalized after the training session should be sent abroad to take part in maximum international events to give them the much needed exposure which will benefit not only those players but to the Pakistan tennis too. He said That he is already looking forward to visiting Pakistan again next time as he feels like Pakistan is his second home.

SPORTS NEWS

Friday

May 6, 2011

Wadhera for better Pak-India tennis ties

Coach arrives to start 35-day training programme

Abdul Mohi Shah

ISLAMABAD: Birbal Wadhera has wanted to act like a bridge in an effort to strengthen Pak-India tennis relations, saying his priority is to see Pakistan tennis flourishing by each passing day.

The Indian tennis coach reached here Thursday to start his 35-day training and coaching programme. "I have been here before. Pakistan is like a second home to me. On Facebook, I received several E-mails requesting not to travel to Pakistan. I stuck to my original plan and am here to serve Pakistan tennis. My family backed my decision to travel to Pakistan."

While talking to sports scribes, Wadhera said he wanted to improve Pakistan tennis stan-

dard on the pattern of India.

"Indian tennis is on the rise. I want Pakistan tennis to follow the roadmap of Indian tennis success. In fact closer relations between the two countries will help improve Pakistan tennis plight."

Wadhera praised Pakistan Tennis Federation (PTF) management, saying that they looked serious to work for the improvement of tennis in the country. "I am not here for money but to help Pakistan tennis. I am glad to see that the PTF administration is serious in revamping tennis fortunes."

The Indian coach also vouched to help PTF initiate peace series and friendly matches between Pakistan and Indian tennis stars. "Tennis

could bring two countries even closer. I would do all I could to foster tennis relations between the two countries," said Wadhera, who is on his second visit to Pakistan.

The coach said: "Working on the backup string is the most important part of the training programme. Besides training, the backup players need international exposure. With the help of PTF I want to take the best one to play in India."

The best part of the Indian coach's visit to Pakistan is that a Dubai-based sports channel will bear all expenses to be incurred on his visit here. "We will only bear the expenses of boarding, lodging and his hospitality. Dubai Sports channel will pay the training and coaching fee in-

cluding traveling expenses," said Irshad Bhatti, PTF's senior vice president.

Meanwhile, the PTF has finalised the training programme and have divided players in two categories for 21-day training here at the PTF Complex. "All Davis Cup team members and probables have been placed in one group while the young lot will be placed in the other."

Aqeel Khan has been given exemption for the opening few days while others have been asked to strictly follow the discipline and attend the camp. Former Davis Cup players Inamul Haq and Asem Shafiq will assist him in training national probables while Jahanzab Khan and Shah Mehmood will assist him during juniors' training.

Daily Times

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India's Birbal adapts to coaching life in Pakistan

By Rizwan Ali

ISLAMABAD: Haunted by armed gangs and with his economy heavily restricted, Birbal Wadhera has worked with dozens of budding young tennis players in Pakistan over the last month with the dual aim of developing talent and showing other budding sports people that it's safe enough to return. It didn't help ease the concerns of friends and relatives in India that he returned home only to be arrested by the Indian police on May 2 in the garden city of Ahmedabad, only about 10 miles (16 kilometres) from the capital Islamabad, where the 35-year-old Wadhera held his clinic.

"My friends in India and abroad told me 'avoid going to Pakistan'," Wadhera said. "Then just two days before I came here the Osama bin Laden happened and you can well imagine how many people would have stopped me." Seven years ago Wadhera conducted a 15-day coaching clinic for the Pakistan Tennis Federation. This time gave Wadhera enough confidence to accept another invitation, this time for longer, despite ongoing security concerns.

"I believe the sports and politics should not be mixed," he said. "Sports

build and create people." Pakistan has attracted foreign sports coaches in the past, most notably for cricket, but Wadhera is a very small group of sports now working with Pakistani athletes on their home soil. Dutchman Michel van den Heuvel coaches in the national field hockey team. Sports exchanges between Pakistan and India are rare. And Pakistan has become a no-go zone for foreign teams over the last two years since Pakistan attacked the 30 Indian cricket team's transport convoys during a test match at Lahore. It also led to Pakistan being stripped of its rights to co-host the cricket World Cup this year.

"No country likes to have someone whether it's Pakistan, India or any other nation," Wadhera said. "I won't deny there were doubts (about security) in my mind before coming here, but I was confident that I will be safe." There's no doubt cricket has been most impacted by terrorism as the Pakistan Cricket Board has been forced to shift its 'home' bases to the United Arab Emirates and England. But other sports have been affected. Pakistan has been playing its 'home' Davis Cup tennis ties abroad. Local athletes hope recent trips by Afghanistan's cricket team and the employment of coaches like Wadhera could be a small step toward restoring the



Indian tennis coach Birbal Wadhera (left) gives tips to Pakistan's top seeded player Sara Mehboob Khan during a coaching camp in Islamabad.

confidence of other countries with traditional sports like, such as Australia, England, New Zealand and South Africa. "I want to send a message to the world to come and see yourself," Wadhera told

The Associated Press in a relaxed interview at the tennis clinic. "It's no one searching about the country (Pakistan) on the internet."

On the court, Wadhera is like an army

officer instructing his recruits at a railway academy. In a commanding, sharp voice, he leaves the players on how to serve and volley, constantly shouting instructions as he hits the ball across the net. "I want you to see the point, there's no other option," he screams in a commanding tone. "You should be more quicker than the ball." It's not all harsh, however. Wadhera, a former Wimbledon and Australian Open runner-up, offers plenty of encouragement in the budding players. "Come on, come on, stomach stomach good good," Wadhera said whenever he found a player returning the ball to his satisfaction.

Wadhera, who is from Chandigarh in northeastern India, coached the Indian national team between 2003-05 before taking his attention more globally and working as an official at two of the tennis majors. He returned to coaching full time in 2006. His goal now is to develop a squad of talented young players into a new generation of professionals. With Pakistan's top player, Aisam-ul-Haq and Aqeel Khan already on the international circuit, Wadhera was working with a pool of around 35 players. The PTF originally planned to send 8-10 junior players abroad for training. But Wadhera's availability helped ensure more players would get the

benefit of a professional coach — and save the federation millions of rupees. "The best thing about Wadhera is his strict discipline," PTF president Kaleem Iqbal said. "We hope that at least 10-12 players will be good enough to feature after his training."

The benefits should be limited. The PTF has also sent its three coaches — Inamul Haq, Asem Shafiq and Jahanzab Khan — to work with Wadhera. Wadhera — accompanied by two armed Pakistani officers — also watched a test-of-stamina match between a second-string Pakistan and the second-string Afghanistan squad. Showing a security detail isn't ideal, Wadhera complains, but it's a sign that Pakistan is taking the welfare of its visitors seriously. "I know it's a small step, but at least it's a step in right direction," he said. Wadhera leaves for India next week and will be would not return to come back to Pakistan and train more youngsters in time. "Of course I would love to come back here, India and Pakistan has so much things in common, the language, the culture — even the people look like and the same," he said. The only change Wadhera would like to see is that he might be able to, in retrospect, planned, go on other cities such as Karachi and Lahore — without the company of commandos.

اصغر علی مبارک

مکاشی: جہا گھر چو ہمدردی

کھیل دلائی میں امن، دینی، ہوائی پلے ہوتے اور دہائیہ... پاکستان میں کھیلوں کے میدانوں کے لیے ایک نیا دور...

پاکستان میں ایٹھلیٹک، ایسٹیم اور ہوائی پلے میں کھیل... بیرونی ممالک سے کھیلوں کے میدانوں کے لیے ایک نیا دور...

پاکستان میں کھیلوں کے میدانوں کے لیے ایک نیا دور... بیرونی ممالک سے کھیلوں کے میدانوں کے لیے ایک نیا دور...



ایمان علی، بیٹہ ایمان علی، بیٹی علی

کھیلوں کے میدانوں کے لیے ایک نیا دور... بیرونی ممالک سے کھیلوں کے میدانوں کے لیے ایک نیا دور...

روزانہ مشن کھاتا ہوں، خوب صحت مند ہو کر واپس جاؤں گا

ایسا لگتا ہے، جیسے دوسرا گھر مل گیا

کھیلوں سے تعلقات بہتر ہو سکتے ہیں، گرین ٹرٹھ پر فخر ہے

پاکستانی کھلاڑیوں کے بھارتی ٹینس کوچ، بیرونل ڈوہرہ کہتے ہیں

ایسٹیم اور ہوائی پلے میں کھیل... بیرونی ممالک سے کھیلوں کے میدانوں کے لیے ایک نیا دور...



کھلاڑیوں کے ساتھ

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کھیل میں کھانا رہا ہے!!!

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SPORTS

PTF training camp in full swing

MOHSIN ALI

ISLAMABAD - The number of participants in the ongoing training camp of Pakistan Tennis Federation (PTF) rose to 15 on its third day under the command of Indian coach Birbal Wadhwa here on Sunday at PTF Tennis Courts.

Syed Zohair Raza, Muhammad Talha Zubair and Azhar Abdul Qadir from Karachi, while Haseeb Yaqoob and Arham Atique from Gujranawala joined the camp on Sunday. The remaining top seed players will join the camp today (Monday), as the ongoing Sargodha Commissioner Cup will be wrapped up on Sunday.

Exclusively talking to The Nation, the coach said, "I'm totally satisfied with the training process and the response which I'm getting from the kids is phenomenal."

The morning training session, which was started at 7:45 am and lasted for over three and a half hour, the participants were given different tips. A 45-minute session was conducted with light balls, which the kids enjoyed very much amid the temperature's high toll. "The youngsters are learning very fast after each passing day. There are clear signs of improvement. These results are far better than I ever expected," said the delighted coach, who was busy giving different tips to players.

In the morning session, the youngsters got training in different groups, while in the evening session that started at 4:00 pm and lasted till 7:30 pm, they were taken to gym to focus on their physical fitness. After 45 minutes, they were brought back to courts and each of the trainee completed three rounds of the tennis courts to check their stamina.

Islamul Haq and Asim Shaifque are assisting Birbal in conducting training camp, which will continue for 25 days in Islamabad. A 10-day training camp will be set up in Lahore after that and if the PTF gets security clearance, Birbal will also visit Karachi to conduct similar training camp.

For the third day, the PTF officials including PTF President Syed Kaleem Imam were present at the courts. When asked by this correspondent about his daily presence in the Tennis Courts, Imam said "I feel that my presence at the courts will help lift the spirit of youngsters and they will realise someone at the top level is monitoring their training. It will encourage them and they will certainly put up an extra gear to get trained harder," he replied. He said the work on laying down of synthetic turfs at the PTF Centre would start in a week, "so we can provide our players with international standard facilities and when they go abroad to take part in tournaments they would not feel stranger to those surfaces."

Kaleem Imam said he set up some challenges before himself after winning the elections of federation, out of which he managed to fulfil quite a number adding that his record would speak itself.



ISLAMABAD: Tennis coach Birbal Wadhwa along with the participants of the training camp here on Sunday. —Staff photo by Sajjad Haider

Islamabad

The Express Tribune, May 25, 2011

Wadhwa wants to target grass-root

Indian tennis coach urges PTF to have age-based camps

NATASHA RAHEEL
KARACHI

Indian coach Birbal Wadhwa has urged the Pakistan Tennis Federation (PTF) to hold separate camps for players belonging to different age-groups in order to make it easy for coaches to spot and groom talent.

Wadhwa started a 35-day camp in Lahore on May 8, for players from all age-groups. He was hired by the PTF to train the country's top five women and under-18 players. However, he ended up coach-

ing seniors that included Davis Cup players.

Following the completion of the first phase of the camp yesterday, he felt that lack of tennis at the grass-root level was the biggest problem.

"It's very important to have specified camps where small groups are trained," Wadhwa told *The Express Tribune*. "The biggest issue is lack of tennis at grass-root levels. A coach can only spot talented players in a small group."

"If the PTF wants players who can compete on the international level, they need to concentrate on players aged 12 and above who can be sent abroad and can pursue a career in tennis."

PTF coach Birbal shares experiences in Pakistan

MOHSIN ALI

ISLAMABAD - Birbal Wadhwa, the Indian coach hired by Pakistan Tennis Federation (PTF) to train Pakistan players including top seeds the Pakistan No. 2 Jallil Khan, Yasir Khan, M Abid, Usman Rafique, Sarah Mansoor, Mehar Khotkar and Sarah Mehboob, is to leave for his country within few days.

Talking to *The Nation* in an exclusive interview, Birbal Wadhwa discussed the strength and shortcomings of the month-long camp, which started on May 5 and will be finished on June 5. Commenting on the fitness of the top-ranked players, Birbal said: "Fitness is not more than average, but they have to improve it through proper training and regular exercises." He observed that there was natural talent in Pakistan, but the only thing it lacked was proper coaching and the main thing which really needed to be done was in educate coaches so that they could know the basic techniques.

Birbal said Pakistan had people like Mehboob Khan, Musal Zia, Rashid Malik, Fazle Subhan, M Khalid and Kamran Khalil however it needed more coaches, as "we have to promote tennis not only in Pakistan but all over the world." It is quite unfortunate that despite possessing world-class talent, Pakistan is far behind in the world



ISLAMABAD: Birbal Wadhwa talking to *The Nation* on Friday. —Staff photo by Syed Mehdi

of tennis, he observed. He said Anasul Haq was the only Pakistani who played in all the major tournaments including the grand slams, but the age was fast catching him. He said the PTF needed to work on war footings to have a backup otherwise the day was not far when there would not be a single Pakistan player representing the country at these events.

Birbal praised the PTF for arranging training camp but he suggested the federation to divide players into different age-wise categories so that they could adapt to the conditions. He said it would also help the coach coordinate accordingly.

Birbal has thanked all the supporting staff including Islamul Haq and Asim Shaifque who assisted him during the

training camp, in his message to whole world Birbal said: "Pakistan is completely safe for all sports and there is no threat what so ever for any international team or player who want to visit Pakistan can come and see themselves how living and caring are all Pakistanis."

He further said Pakistan government is as concerned as their own governments for the security of international teams and players. Birbal also thanked the Pakistan media for giving him support acknowledging his work. "It was the media that gave full coverage and thus helped this camp reach every house and street," he said. He said he liked Pakistani foods calling them to be one of the best foods in the world. He said whenever the PTF or any other entity wanted him to come back, "I will love to return and continue from where I have left."

Birbal has appealed to the Ministry of Sports, especially the Sports Minister to come forward and help the PTF promote tennis and find talent from grass root level. He thanked his wife and family for their support, which he said made his Pakistan visit possible.

He said without their support he would not be able to concentrate on his duties. Birbal camp will conclude on Sunday. He will go to Lahore on Monday and from there he will leave for his country.

चंडीगढ़

पाकिस्तान में आतंकी माहौल के बीच प्लेयर्स को ट्रेनिंग देकर भारत लौटे बीरबल वढेरा ने साझा किच एनुभव

आसान नहीं था ऐसे माहौल में पाक जाना

अमेश हर्ष | चंडीगढ़

दुनिया के सबसे खतरनाक आतंकी अहमदाबाद में 2 दिन पहले मारा जाना और ऊपर से पाक का अशांति माहौल आम भारतीय के लिए नया नहीं था। ऐसे माहौल में क्या कोई पाक जाना परंपर करेगा, बिनाकुल नहीं लेकिन चंडीगढ़ के टेनिस कोच बीरबल वढेरा को इन सब बातों की परवाह नहीं थी। लादेन का एनकाउंटर 2 घंटे को हुआ था और बीरबल 4 घंटे को पाकिस्तान पहुंच गए।

पाक टेनिस फेडरेशन के बुलाये पर पाक गए बीरबल ने 2 सप्ताह 1 महीने 2 दिन तक इस्लामाबाद में पाक के टॉप टेनिस प्लेयर्स को ट्रेनिंग दी बलिक भविष्य में भी अपना सहयोग देने का वादा किया। कैप खन्ना कर बुधवार रात बीरबल भारत लौट आए। दिल्ली एयरपोर्ट से भास्कर



पाकिस्तानी प्लेयर्स के अहमद लकीत वढेरा ने बीरबल को सांझा किच एनुभव दिया।

से बातचीत में उन्होंने कहा कि जिम्मा माहौल में है। पाकिस्तान गया था वह आसान नहीं था लेकिन इन 32 दिनों में पाकिस्तान में जो मुझे प्यार मिला वह सारी उस क्षणों का है। जब मैं पाक पहुंचा तो वहां लोगों ने मुझेसे पूछा कि आप इन हालात में यहां क्यों हैं।

बाकी दुनिया के लिए एक संदेश है कि पाक में माहौल इतना खराब नहीं जितना बताया जा रहा है। बीरबल के मुताबिक उन्होंने खेते से लेकर बाड़े तक कुल 75 खिलाड़ियों को ट्रेनिंग दी और 3 जगह टेनिस प्रमोशन प्रोग्राम में शिरकात की।

पाक मीडिया में छाया भारतीय कोच

पाकिस्तान के हर अखबार और टीवी पर भारतीय टेनिस कोच बीरबल का नाम छाया रहा। पहले उन्हें ही या फिर अमेरिकी कोच अल्बर्ट, इन कोचों इस्लामाबाद के पीटीएफ ट्रेनिंग कॉम्प्लेक्स में खड़ा आता था। बीरबल के मुताबिक पूरे पाकिस्तान की मीडिया में एक खतरनाक खौफनाक था कि उनमें वहां आने का इरादा बढ़ा फैलाना कैसे होगा। मंत्र भी एक ही जगह होता था कि खेले में वह चीजें रखते नहीं रखारी। मैं पहले भी 2004 में जाया मैं खिलाड़ियों को ट्रेनिंग दे चुका था। इसलिए पाक फेडरेशन ने मुझे फिर ले खड़ा किया।

कमांडो सिक्योरिटी में थे बीरबल

पीटीएफ के कॉम्प्लेक्स में बीरबल को ट्रेनिंग देना था। हर दिन एक प्रशिक्षण कर्मी कमाने का बखतर मौजूद रहता था। जब उन्हें इन कॉम्प्लेक्स से बाहर जाना होगा या तो कमाने के वरत उनके साथ रहने का। हालांकि इन कमाने बीरबल बहुत ज्यादा बखतर देख नहीं करते थे। इस्लामाबाद में सिक्योरिटी उपकरणों के बाड़े जर्जरकरियों ने बीरबल को खतरनाक में डिकर किया। साथ ही पठान प्रोव के सिक्योरिटी कमाने में बीरबल को सांझा किच एनुभव प्रदान किया।

दैनिक भास्कर

10

चंडीगढ़, पंजाब, के.ए.ए. मंगलवार, 14 जून 2011

बुलाया तो फिर जाऊंगा पाकिस्तान

टेनिस कोच बीरबल वढेरा ने कहा, मुझे खेलों का शांति दूत बताया गया, यह मेरी लाइफ की सबसे रोचक असाइनमेंट थी, पाक खिलाड़ियों में टैलेंट की कमी नहीं।

प्रमोशन इंडिया | चंडीगढ़

इस्लामाबाद और दिल्ली के बीच का फायला बेराक काफी बड़ा हो लेकिन खेल के जरिए तो हम इसे कम कर ही सकते हैं। मुझे पाकिस्तान जाने फिर से बुलाते हैं तो मैं जरूर जाऊंगा। यह कहना है कि चंडीगढ़ के टेनिस कोच बीरबल वढेरा को जो कि पाकिस्तान में एक महीने तक टॉप टेनिस खिलाड़ियों को ब्रीफिंग दे कर 3 दिन पहले लौटे थे। बीरबल को पाकिस्तान टेनिस फेडरेशन (पीटीएफ) ने बुलाया था। स्टेमवार को चंडीगढ़ जलब स्थित टेनिस अकादमी में बीरबल ने कहा कि मुझे वहां की मीडिया और लोगों ने अपने सिर उठाए थे बिनापाया, माला को सब कैसे पूछा जा सकता है। यहां तक मुझे खेती कर शांति दूत बताया गया। यह मेरी लाइफ की सबसे रोचक असाइनमेंट थी। बीरबल के मुताबिक

पाकिस्तान खिलाड़ियों में टैलेंट की कमी नहीं बस उन्हें तालिम की जरूरत है। हालांकि पाकिस्तान में भारत के मुकाबले टेनिस क्लब्स बतना नहीं है। कराची, इस्लामाबाद और लाहौर जैसे शहरों में ही यह संभव हो कर रह गया है। लेकिन पीटीएफ ने जो पहल की उससे अब पाकिस्तान में टेनिस लोकप्रिय होने लगा है। मैंने वहां पर न केवल ब्रीफिंग दी बलिक कुछ जगहों पर टेनिस प्रमोशन प्रोग्राम भी किए। कैप का मेन बेस इस्लामाबाद में था और एक महीने में करीब 100 खिलाड़ियों को यहां ब्रीफिंग दी गई।

साथिया भाभी और शोएब शमस: भारतीय टेनिस स्टार खलीफा निर्मा पाकिस्तान खेती के लिए भाभी और उनके पीछे शोएब अख्तर भारत के लिए बगवरे हैं। बीरबल के मुताबिक इस्लामाबाद में पीटीएफ कॉम्प्लेक्स में उनके साथी कोच अख्तर मजाक



भारतीय टेनिस कोच बीरबल वढेरा।

में साथिया को भाभी और शोएब को भारत का सुमार कहते थे। उनके मुताबिक दोनों की ओड़ी को पाकिस्तान में काफी पसंद किया जाता है। इसके अलावा रोहन कोपना के पाक जोड़ीवार कुपेरी को वजह से

टेनिस ने पाकिस्तान में क्रिकेट के बाद दूसरी सबसे पापुलर गेम का दर्जा ले लिया है। एक समय में क्रिकेट के बाद स्क्वैश यहां काफी फैलना भी लेकिन अब युवा वर्ग टेनिस को तरफ जा रहा है।

भारत को कुश्ती में टीम चैंपियनशिप

भारत को कुल 7 पदक

एशियाई चैंपियनशिप

इंडोनेशिया के कारासी में खेले हुए कुश्ती एशियाई कुश्ती चैंपियनशिप में भारतीय पहलवानों ने तीन स्वर्ण, दो रजत और दो कांस्य सहित कुल सात पदक हासिल किए और 67 अंकों के साथ इस प्रतिस्पर्धा के इतिहास में पहली बार टीम चैंपियनशिप अपने देश के नाम की। भारत के इन सात पदकों में से पांच पदक तो अनेकौ छत्तसाल अखंड के पहलवानों के नाम रहे जिसमें तीन स्वर्ण और दो कांस्य पदक शामिल हैं। पांचवीं संतपान ने अपने अखाड़े के पहलवानों की इस हास्यल कामवाणी पर खुशी व्यक्त करते हुए कहा कि उनके पहलवानों ने अपने श्रेष्ठ प्रदर्शन का दर्जा है। 55 किलोग्राम में अमित कुमार, 66 किग्रा में अरुण कुमार और 74 किग्रा में सुमित सहायन ने स्वर्ण पदक जीते जबकि पवन कुमार ने 84 किग्रा और शिरोनर ने 120 किग्रा वर्ग में कांस्य पदक हासिल किए।

'Pak tennis yet to take off at grassroots level'

HT Live Correspondent
@htsportsdesk@hindustantimes.com

CHANDIGARH: City tennis coach Birbal Wadhra is more than satisfied with his stint in Pakistan. Having spent the past 35 days sharing his tennis expertise with the players, Wadhra said, if called, he will be ready to make another trip despite all the news of unrest and violence emerging from Pakistan. "I had good time there. My trainees were very eager to learn. I was supposed to train just 15 kids but eventually ended up training close to 60 in two camps owing to huge demand," he said, after returning to India on Wednesday.

He refuted any concerns of security and safety in his stay across the border and added that he had received full support and cooperation from the Pakistan



Birbal Wadhra being honoured on the conclusion of a camp at Pakistan Tennis Federation Tennis Complex in Islamabad.

Tennis Federation (PTTF). "I had armed guards with me all the time and had to follow a protocol of informing them if I had to go anywhere," he said. Wadhra was hired by the PTTF

to train its emerging players at their facility in Islamabad.

"The love and support was tremendous. They lag behind India in terms of tennis at grassroots level. Pakistan also don't

They lag behind India in terms of tennis at grassroots level. Pakistan also doesn't have many decourts available for players

BIRBAL WADHERA

have many decourts available for players. They are adding new facilities and it will be good for the players if they get more exposure," he said. Birbal also appreciated the efforts of PTTF president Sayed Kalsoom Imam. "He plays a very active role in grooming talent and we shared lots of ideas for improving level of tennis. I think they have plans of holding another camp in September or October this year and I will be more than happy to go back," he said.

European Tour, the need of the hour

Coach Wadhera feels players are finding ways to match the Europeans

TENNIS

KAMESH SRINIVASAN
NEW DELHI

The European Tour has been an eye-opener for two of India's best under-14 tennis players part of the Asian team - Aishwarya Jadhav and Arnav Paparkar.

In three weeks of tournaments in France, the Indian players have struggled to win matches in the main draw.

With the two players set to compete in the World Junior Tennis finals in Prostějov, Czech Republic, after another week of tournament in Germany, coach Birbal Wadhera, felt that the players were getting better in terms of finding ways to match the Europeans.

"I am happy that the Grand Slam Development Fund is being used to give European exposure to the best Asian players. Arnav and Aishwarya have been



Work in progress: Aishwarya, coach Wadhera, Paparkar in Blois, France, as part of Asian tennis team. •SPECIAL ARRANGEMENT

quite positive in facing the challenge and trying to adapt to the conditions. They are practising with different players and going through physical fitness sessions, as they are keen to

capitalise on the opportunity.

"The mindset is changing. Tactically, there are no issues. But handling the pace of the Europeans who are hitting so hard at the age of

14 and with consistency, is what our players are trying to cope with," observed Wadhera, who is part of the Asian team with two other coaches from Thailand and Kazakhstan.

The coach felt that both Arnav and Aishwarya needed to work on their speed, agility and other fitness aspects.

"It will help if our players can get regular exposure to such high quality competition. As a coach, I have been able to learn a lot by working with our Asian players and observing the Europeans. I am able to tell them the importance of yoga and meditation," said Wadhera.

With most of the Indian players learning their basics on the hard courts, Wadhera felt that having a lot of tournaments on clay till the age of 16 could help strengthen the basics for Indian players and help them grow stronger.

पीयू के टेनिस कोच यूरोपियन टूर में एशियन टीम को दे रहे कोचिंग

बीरबल वड़ेरा बोले- कई देशों के खिलाड़ियों के साथ काम करने का अनुभव बेहतर

संवाद न्यूज एजेंसी

चंडीगढ़। पंजाब यूनिवर्सिटी के टेनिस कोच बीरबल वड़ेरा इन दिनों यूरोपियन टूर पर हैं और एशियन टीम को कोचिंग दे रहे हैं। इनकी देखरेख में एशियन टीम फ्रांस, जर्मनी, बेल्जियम में जीएसपीडीपी, आईटीएफ और एटीएफ अंडर-14 टूर्नामेंट में हिस्सा ले रही है। यह टूर जुलाई से शुरू हुआ है और 8 अगस्त तक चलेगा।

यूरोपियन टूर के लिए एशियन लड़कों की टीम में भारत के अर्नव और आर सुनील, पाकिस्तान से मोहम्मद हुसैन और अली रिजवान, जॉर्डन से एम अहमद, कोरिया से सेहयूक, थाईलैंड से कुनन पेंटारेटोरन शामिल हैं। वहीं, लड़कियों की टीम में भारत से एश्वर्या और दयानंद, कजाकिस्तान से एरियाना

भारतीय खिलाड़ियों को दूसरे देशों के खिलाड़ियों की खेल शैली से मिल रहा फायदा



प्रशिक्षण देते बीरबल वड़ेरा। संवाद

गोगुलीना और सतीमा टोरेजन, कोरिया की हेयूम ली, उज्बेकिस्तान की शाहजोदा बोनू और इमिले किम शामिल हैं।

कई देशों के खिलाड़ियों से काम करने का मौका मिला

कोच बीरबल वड़ेरा ने बताया कि यूरोपियन टूर पर खेलना हर टेनिस खिलाड़ी का सपना होता है। एशियन टीम में एक साथ कई देशों के साथ टेनिस खिलाड़ी मौजूद हैं। इस सबके साथ काम करने का मुझे बेहतरीन मौका मिला है। सभी खिलाड़ी एक दूसरे को खेलने की शैली को समझ रहे हैं।

कई देशों में दे चुके हैं ट्रेनिंग

बीरबल वड़ेरा खिलाड़ी के तौर पर बेहतर खेले और अब कोच के रूप में नई और युवा प्रतिभाओं को निखारने में जुटे हुए हैं। वह कई देशों में टेनिस को कोचिंग दे चुके हैं। जिन देशों के जूनियर खिलाड़ियों को ट्रेनिंग दी है। उनमें अमेरिका, रोमानिया, थाईलैंड, पाकिस्तान, हांगकांग, जापान, यूरोप, श्रीलंका और कई अन्य देश शामिल हैं।

Birbal set to join National Tennis Academy

Ikhlaq Singh Aujla
Chandigarh, May 6

CITY-BASED TENNIS coach Birbal Wadhra has been selected for an assignment with All India Tennis Association's (AITA's) prestigious project, the National Tennis Academy that has come up in Gurgaon. Birbal, who is currently working as a coach with the Chandigarh Lawn Tennis Association (CLTA), is expected to join the NTA by May 15.

An NIS diploma holder, Birbal said his four years of involvement was instrumental in getting him the job. "CLTA's reputation definitely gave me the edge," he quipped.

Speaking about his new assignment, Birbal said the AITA development officer Sunil Yajaman spotted him and offered the job. He said, "I took some time to decide about the offer since it is such an ambitious project. But I decided to take the plunge."

Discussing about the scope of his new job, he said since the NTA would have only the top players of the country coaches would have lot of responsibility on their shoulders. "Requirements of top players in terms of training, psychological preparation and motivation are different than run-of-the-mill stuff so all the coaches would have to ensure that they deliver what is expected of them," he said with a bit of caution.

He further said working in the academy would also be unlike other assignments since it is target oriented. Birbal said "Academies have specific goals to be accomplished within a given timeframe so there would be more pressure on the coaches to work on the expected lines."

Birbal, who is also an International Tennis Federation (ITF) White Badge Level-II



Birbal Wadhra
Good opening

official, said his stint with the NTA wouldn't affect his officiating duties. He said the AITA officials had assured him that he would be given time to officiate in the tournaments. "I hope to get more exposure as New Delhi has many international tournaments throughout the year where I can officiate," he reasoned.

Having got the task cut out for him, Birbal would now have to brace himself for the crucial role envisaged by the NTA. "I would do my best and in turn hope to learn a few things, which could help in my professional and personal growth," he emphasised.

Friday, August 15, 2003 |
HT Chandigarh Live

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'NTA is all about planning, constant observation'

HT Live Correspondent
Chandigarh, August 14

THE NATIONAL Tennis Academy (NTA) at Gurgaon, an ambitious project of the All India Tennis Association (AITA) started in April, has made elaborate plans for its trainees. This was stated by NTA senior coach Birbal Wadhra, who was earlier a coach with the Chandigarh Lawn Tennis Association (CLTA).

Birbal, who is in the city for few days, said the NTA has about 20 of India's top junior players under its wings including city's Tushar, Libherhan, Sanam, Krishan Singh and Charwinder Singh, Somdev, Devvarman, Divij Sharan, Rupesh Roy, G.K Shweta and Poojashri.

All of them were enrolled at NTA for a period of one year, said Birbal. "The contracts of the players will be renewed subject to their performance and results after each year," he said adding, "It is done to make the players accountable so that they don't get laidback."

Speaking about the organisational set-up of NTA, Birbal said the academy is under the supervision of chief coach R. Karthikeyan. "We also get active support from AITA's development officer Sunil Yajaman. In addition to this, we have a dietician and a sports medicine expert from the Sports Authority of India (SAI) Medicine Centre, New Delhi, on our panel." He said two assistant coaches were also expected to join by next month.

He said the players have a carefully planned schedule. "We follow a strict plan and monitor the players' growth constantly," he said. He said the basic idea is to make players disciplined. "If they follow the instructions they would definitely emerge not only as better players but also as better human beings," he reasoned.



NTA coach Birbal Wadhra at Sector 10 CLTA Complex on Thursday.

Moreover, he said the tournament schedule including overseas events is also prepared thoughtfully. He informed, "NTA provides free travel to players who go for tournaments abroad. But this is subject to the performance of players since the expenses for foreign tours are very high."

He said the academy has ambitions of producing players, who represent India at highest level including Davis Cup and Grand Slams. "The platform is set for bigger things and as we gain more experience NTA would be the most sought after academy," he said with an air of confidence.

The Nation

PTF training resumes after a day break



ISLAMABAD: Birbal Wadhwa giving tips to the youngsters on Monday.
—Staff photo by Sajjad Haider

MOHSIN ALI

ISLAMABAD - The Pakistan Tennis Federation's training camp under the command of Indian coach Birbal Wadhwa restarted here at PTF Complex on Monday after a full-day rest on Sunday.

Talking to this scribe, Birbal said that the main focus of Monday's camp was to improve the back and forehands of the kids of under-14, as this is the age when

proper attention can produce the desired results in terms of their grooming.

The kids have responded brilliantly and showed a lot of positive signs, he said and added that if the kids keep on picking with the same pace the day is not far when Pakistan will be able to produce champion after champion, said a clearly overjoyed coach.

Despite the ever-soaring temperatures the mood in the

camp was sky high and after taking a day off on Sunday the youngsters were looking fresh and ready to resume the training.

Birbal stated, "After this week's training these youngsters will be sent home and a new lot of youngsters mainly from Khyber Pakhtunkhwa will arrive for the second phase of the training which will continue for the remaining period of my stay at Islamabad."

टेनिस खिलाड़ियों को ट्रेनिंग देने के लिए बीरबल पाक रवाना

स्पोर्ट्स रिपोर्टर | चंडीगढ़

भारत और पाकिस्तान के बीच रिश्ते को सुधारने के लिए अक्सर क्रिकेट



बीरबल बढेरा

और हॉकी का सहारा लिया जाता रहा है। लेकिन अब इस फेहरिस्त में एक नाम और जुड़ गया है टेनिस।

चंडीगढ़ टेनिस क्लब एकेडमी सेक्टर 1 के कोच बीरबल बढेरा को पाकिस्तान टेनिस फेडरेशन ने अपने खिलाड़ियों को ट्रेनिंग देने के लिए बुलाया है। बढेरा रविवार को पाकिस्तान रवाना हो गए हैं। वह वहां 35 दिनों तक पाक के

टॉप 15 टेनिस खिलाड़ियों को ट्रेड करेगा। इसके लिए पाक इंटरियर मिनिस्ट्री और स्पोर्ट्स मिनिस्ट्री की भी मंजूरी मिल गई है।

बढेरा भारत के पहले और इकलौते टेनिस कोच हैं जिन्हें पाकिस्तान में बुलावा आया है। इससे पहले 2004 में भी वह पाक खिलाड़ियों को ट्रेन करने के लिए पाकिस्तान गए थे।

बढेरा ने अंपायर की भूमिका भी निभायी है। विंबलडन ओपन (2005) और यूएस ओपन (2006) में अंपायर का रोल प्ले करने के बाद उन्होंने इंटरनेशनल अंपायरिंग से संन्यास ले लिया। इसके अलावा बढेरा अमेरिका, यूके और यूरोप के कई देशों में खिलाड़ियों को टेनिस के गुरु भी सिखा चुके हैं।

अमर उजाला

चंडीगढ़, वीरवार, 31 मार्च, 2005

Birbal returns with valuable experience from England

EXPRESS NEWS SERVICE
CHANDIGARH, AUGUST 15

HE was the first person from Chandigarh to officiate at Wimbledon - Mecca of tennis. However, his job was not to smash or volley, instead it was to make sure that the rules are being followed.

Birbal Wadhwa, a tennis coach by profession, was the first city umpire to achieve such a feat. He officiated as a line umpire for the qualifying rounds of Wimbledon tournament.

"I am thrilled. It was a wonderful experience for me, quite enriching," said Birbal while speaking to Newsline on his return to Chandigarh after more than two months.

"Though I only umpired in the qualifying round, however it was amazing experience. I got to see some top players, including Sania Mirza, battle it out on the grass courts," Birbal, who is an IIT White Badge holder.

Besides officiating in the qualifying rounds in Wimbledon, local tennis coach Birbal also attended one-month coaching camp at England, organised by the United States Professional Tennis Registry (USPTR)

"I was not the chair umpire in any of the matches. But it does not matter as such an opportunity rarely knocks the doors of aspiring tennis umpires," he stated.

Struck by the punctuality and professionalism of top tennis technical officials, Birbal said it was indeed surprising the see how they worked round the clock to ensure the

competition runs smoothly.

After finishing his assignment as an umpire, Birbal attended a one-month coaching camp at England.

"The camp was organised by the United States Professional Tennis Registry (USPTR) under the supervision of British coach David Housman," said Birbal, who has been a technical official in many ATP and WTA tournaments.

Though Birbal's first love is officiating in top tennis competitions, yet he felt enriched by the coaching camp he attended in England.

"Since I am coach first I need to keep myself abreast with the latest in the field. I learnt a lot of new things at the USPTR camp. Even at Wimbledon I used to see what the coaches of the top players were doing. How they handled their players before and after the match. I too could use that knowledge for my trainees," he added.



चंडीगढ़ के बीरबल अब विंबलडन में

चंडीगढ़: सहर के बीरबल बढेरा को विंबलडन में अंपायरिंग के लिए चुना गया है। वह लंदन में 13 से 17 जून तक पारिवारिक कोर्ट पर होने वाले वैंड स्लीम टेनिस टूर्नामेंट में अंपायरिंग करते नजर आएंगे। बीरबल इस साल यह सम्मान हासिल करने वाले देश के तीन फाइट बैन अंपायरों में से एक हैं। यह एशियाई देश में डेविड फाय, फेड कूप, एटोपी टूर्स, इबनूटीए टूर्स, एटोपी चैलेंजर, आईटीएफ प्र्यूचस, आईटीएफ सेरेनहाइट के मैचों को अंपायरिंग कर चुके हैं। पिछले साल पाक में भी बुनियाद टेनिस के प्रशिक्षण कार्यक्रम में उन्होंने हिस्सा लिया था। उन्होंने बताया कि वे वैश्व पैमाने पर हैं कि बुनियाद के पुराने वैंड स्लीम में टेनिस दिग्गजों के समक्ष वे अंपायरिंग करेंगे। यह उनके कैरियर का अब तक का सबसे महत्वपूर्ण दौर होगा। चंडीगढ़ के बीरबल बढेरा और वीपू कैपस के साथ रहे बीरबल चंडीगढ़ फॉल टेनिस एम्प्रासिपेशन के सेक्टर-10 स्थित टेनिस स्टेडियम में काफी समय तक प्रशिक्षण देते रहे हैं। छद्म

Grand salaam from Nayagaon: Wimbledon ball in Birbal's court

IKHHLAQ SINGH AUJLA
CHANDIGARH, JUNE 9

RESIDENTS of Nayagaon, a village nestled on the periphery of Chandigarh, would hardly have any clue about tennis. But a native of this village, Birbal Wadhra, is all set to make history, as he is one of the four Indians to officiate in the prestigious grand slam—Wimbledon.

Birbal, an International Tennis Federation (ITF) White Badge umpire, considers himself plain lucky to bag the coveted assignment. He would be officiating in the qualifying rounds of the Wimbledon from June 13 to 17. The other three Indians at the Wimbledon would be Nitin Kanamwar, Lalit Mohan Singh and Abhishek Mukherjee.

"I must say it's a dream come true. I had never thought I would be selected to officiate in the Wimbledon. This is a big step for me, and I hope to learn a lot from this outing," he told *The Indian Express*. He will be reaching London on June 11.

His father Rameshwar Chand Wadhra was surprised at his selection. "I never wanted him to play tennis, as I did not have wherewithal to meet the expenses. But I am happy that Birbal has made it to this level by sheer dint of hard work, without any assistance from any quarter," he said.

Birbal began playing tennis in 1987, when he was selected for the Chandigarh Lawn Tennis Association's



(CLTA's) Rural Academy and stayed there till 1995. He also competed in various national and ITF junior competitions during that period. Later, he made his foray into coaching and umpiring. He

He is one of the four Indians to officiate in the prestigious grand slam

also completed the tennis coaching course from the Netaji Subhas National Institute of Sports (NIS), Patiala, in 2000 and joined CLTA as a coach.

Birbal also worked as a coach with the elite National Tennis Academy (NTA), Gurgaon, an ambitious project of the All India Tennis Association (AITA).

His first major break in the international arena was at the Dubai Open in 2000, when he officiated in the men's event, which is run by the Association of Tennis Professionals (ATP). Apart from that he went to Dubai Open in 2002 to officiate in the women's event run by the Women's Tennis Association (WTA). The other big assignments on Birbal's resume include the Davis Cup (Asia-Oceania Group I and II) in Vietnam in 2004, women's Federation Cup (Asia-Oceania) at New Delhi in 2004 and May 2005.

The Indian EXPRESS
www.expressindia.com

Birbal Wadhra to officiate at Australian Open



City based tennis coach Birbal Wadhra. Express photo

EXPRESS NEWS SERVICE

CHANDIGARH, NOVEMBER 7

CITY-BASED tennis coach Birbal Wadhra has been chosen to officiate in the Australian Open tennis grand slam from Jan 11 to 29, 2006. Birbal, an International Tennis Federation (ITF) white badge holder, had earlier officiated as chair umpire during the qualifying rounds of Wimbledon Open in July.

According to information received here, Birbal will officiate in the season-opening grand slam along with Nitin Kanamwar, who is an ITF bronze badge umpire.

Birbal will also officiate at the Sydney Open for men and women a week prior to the Australian Open. He plans to reach Sydney on January 6.

A resident of village Nayagaon, Birbal was also the chief of umpires during the Davis Cup World Group play-offs tie between Sweden and India. He has to his credit the experience of officiating as line and chair umpire in many ITF, ATP and WTA events.

Birbal to officiate at Australian Open



HT LIVE Correspondent
Chandigarh, November 7

SENIOR CHAIR umpire Bibal Wadhra has been chosen to officiate at the Australian Open Tennis Championships, beginning from January 11 to 29.

Birbal will officiate along with Nitin Kannamwar at Australian Open. This will be Birbal's first appearance in Australian Open. Birbal has also officiated earlier at Wimbledon this year along with Nitin Kannamwar, Lalit Mohan and Abhishek Mukherjee.

He will also officiate at Sydney Open for Men's and Women's week before the start of Australian Open.

Basketball tourney in P'kula from Nov 10

THE SECOND three-day Emily Gosain Memorial Basketball Tournament (Juniors) would begin at St Xavier's High School from November 10, a school release said here today. The school principal George S Shear said more than 18 schools from the city, Chandigarh and S A S Nagar would be participating in the tourney, which would be played in two categories - under 16 and under 12.

HTC, Panchkula

TENNIS ■ From national No. 3 as a junior to 893 on ITF list needs a little adjusting to Divij, and tough first steps with big boys

SHREYA CHAKRAVERTY

NEW DELHI, JULY 24

FOR many, it may appear that graduation from tennis' junior circuit to the senior level is about the most logical thing and a mere formality. After all, many juniors do start playing in senior events from the time they are 15 or 16. In reality, though, the leap from junior tennis to a fulltime career in the big boys' league is a huge one, and unless one happens to be a certain Rafael Nadal, it may take quite a while to adapt to the competition in the senior circuit.

Take the example of Delhi boy Divij Sharan. Once observing the competition from as high as number three in the country as a junior, he finds himself ranked at a lowly 893 in the ITF men's circuit. It's difficult to get used to early exits from tournaments after having made a habit of getting that winning feeling, but this is a transition phase which every tennis player has to go through, and the only way to surpass it is to work hard.

"The senior circuit has players are very experienced. It is expected that a



FILE PHOTO

player making the jump would face some tough times. I am aware that I haven't been able to replicate my junior exploits, but all I can do is keep working and hopefully I will be back to my best soon," says Divij, speaking from Romania, where he is playing in a series of Futures tournaments.

The 20-year-old is sparing no effort in an attempt to make his mark in the senior circuit. Ever since he began playing the men's circuit at the end of 2004, he has been going out of the country for training. "We have been mixing local training with trips abroad, and we find a healthy mix of this has certainly been beneficial. The ITF Centre in Barcelona and the Bob Brett Academy in Italy are the places he has been going to," says Madhav Sharan, Divij's father.

"We have sent Divij to places in Europe and Asia; the US is more expensive and it is not possible for us to fund trips there," he adds.

But how much can training abroad really help? "First, the climate is better, and practicing for a number of hours is certainly not as draining as it would be over here in the summer

months," says Arun Kumar, Divij's coach at the Delhi Lawn Tennis Association. "The other factor is the quality of competition; experienced players from all over the world gather at these places and a lot can be learnt from them," he adds.

"The coaches are experienced and I get a chance to play on clay as well. Though my serve and volley game is more suited to grass and the hard courts, I can't avoid clay if I have to improve," says Divij.

"Another thing which helps is now I have a travelling coach with me - Birbal Wadhra. It's very beneficial to have someone to guide you all through tournaments and make sure you don't train so hard that you get injured," adds the left-hander.

Many juniors play in senior events to gain some valuable experience and also to get an early taste of the senior circuit. But at this time they are not exposed to the kind of pressure which is likely to build on them once they become a part of the senior tour. The senior circuit is a different game altogether, and mental tenacity is an essential tool for survival.

Six of the best

Following is a comparison of Divij Sharan's results in the junior and senior circuits.

ITF Junior circuit:

2002: 19th International Junior Championships of Sri Lanka - losing finalist

2003: 23rd Tashkent International Junior Tournament, Uzbekistan - semi-finalist

7th Namangan International Junior Tournament, Uzbekistan - semi-finalist

South African Junior ITF Tournament - losing finalist

Adidas ITF International Junior Tournament, India - losing finalist

2004: Japan Open Junior Championships - semi-finalist

ITF Men's circuit:

2005: India 2 Satellite week 1 - semi-finalist

India 2 Satellite week 3 - semi-finalist

India 2 Satellite week 4 - quarter finalist

2006: India 1 Satellite week 4 - round of 16

India 1 Satellite week 1 - round of 16

Romania F11 Futures - round of 16

Friday, March 23, 2007 9

City flavour in Davis Cup

Chandigarh: First, the sad news: Sunil Kumar Sipheya, a product of Chandigarh Long Tennis Association (CLTA) who teamed up with Leander Paes to win the only match in India's humiliating 4-1 defeat against Uzbekistan in the Davis Cup Asia-Oceania play of tie held in



Divij Sharan

January, has been named the fifth member of the latest Davis Cup squad that will play Kazakhstan at Almaty from April 6 to April 8. However, the city has something to cheer for as Delhi's Divij Sharan (21), who along with Rohan Bopanna, has been included in the team, had Chandigarh-based trainer Birbal Wadhra as his travelling coach in 2006. "At the beginning of last year, my ATP singles ranking was over 900; but some good performances saw me finish the year at 566," Sharan told TOI over phone from Chennai where he's playing a tournament. His current ATP singles ranking is 484 while the figure reads 456 in doubles.

"I benefited a lot by having Birbal Wadhra

as my travelling coach last year. It always helps when someone who understands the game watches you play. At times, while playing I overlook some basic mistakes which are picked up by the travelling coach," said Sharan, a product of Delhi Long Tennis Association (DLTA), adding that Wadhra helped him a lot in this respect. "We used sit after matches and dissect them. His useful advices helped me to work on my errors," he added. Wadhra also accompanied Sharan to Uzbekistan, Romania and Tunisia. "I am elated with Sharan's selection and believe that given a chance, he will definitely prove his worth during his maiden Davis Cup outing. The strong left-handed player is one of the finest young talents in the country at present and I hope that he will go a long way," said Wadhra.

Sharan, who won three gold medals in the National Games held at Guwahati earlier this year - singles, doubles and team event, emerged victorious in two ITF satellite tournaments organised in Delhi last year. He also made it to the semifinals of a ITF Futures tournament in Nigeria the same year. **THN**

Master-clash: Aqeel, Divij to battle it out

TENNIS ITF MASTERS

SHWETA Thampan
New Delhi, August 31

IT WAS a tough time for coach Birbal Wadhera. Both the semi-finalists — Divij Sharan and Navdeep Singh — were his trainees, and he couldn't have cheered just one. In the end, Sharan beat Navdeep Singh 3-6, 6-1, 6-4 and set up a title clash with Aqeel Khan in the ITF Satellite Masters tennis here on Thursday.

Delhi boys, Divij Sharan and Navdeep Singh played a competitive match, matching each other shot for shot. Sharan looked rusty in the beginning, struggling with his forehand. On the other hand, Navdeep looked determined and wanted to win. And when you play an opponent who is your doubles game, reading the game becomes easy.

Navdeep targeted on Divij's backhand, his weaker side. Realising Sharan struggled against the drop shots, Navdeep hit more of them and won the first set 6-4.

Sharan came back in the second set strongly, breaking Navdeep for a 2-1 lead. It was the tonic Sharan needed and soon his forehand shots started working and he served hard. Sharan won the second set 6-1.

Sharp showers held up play for almost an hour, and tired Navdeep relished the break. When play resumed, Navdeep looked full of energy and his legs were ready for the battle. But once again Sharan forced a break and went up 2-1.

Sharan gave little time for Navdeep to react as he hit the ball early, inducing errors from Navdeep. Once again, Sharan came up with the big shots at crunch moments as he hit three big serves serving at 5-4 to win the match.

In the other semi-final, Aqeel Khan



Aqeel Khan
Consistent

showed why he is a feared opponent as he beat Aditya Madkekar 4-6, 6-4, 6-1. Three weeks of great tennis seemed to have taken its toll on Aqeel as for the first time he started wearily.

Aqeel's mind was willing but not the body. And it frustrated him. Madkekar won the first set easily, which had a lot to do with Aqeel's unforced errors.

To be sure, Madkekar did not have the arsenal to counter Aqeel. All he did was to stick to the basics, and wait for the opponent to make mistakes.

In the second set, Aqeel was back to his normal self. He found an easy solution: Pushing Madkekar to the baseline, and then wait for the lobs. Aqeel would then not even wait for the ball to bounce and then hit winners.

By the third set, Aqeel was more than comfortable and he broke Madkekar for a 3-1 lead and then went on to win the match.

RESULTS

Singles (Semi-finals): Aqeel Khan beat Aditya Madkekar 4-6, 6-4, 6-1; Divij Sharan beat Navdeep Singh 3-6, 6-1, 6-4.

Doubles (Final): Aqeel Khan/Vishal Punna beat Divij Sharan/Navdeep Singh 6-3, 6-4.

Maiden triumph for Divij Sharan



REASON TO SMILE: Divij Sharan tamed Vijay Kannan in straight sets to claim his maiden title.

- PHOTO: SANDEEP SAXENA

Special Correspondent

NEW DELHI: Local lad Divij Sharan put up a quality fare to beat the fourth-seeded Vijay Kannan 7-5, 6-3 in the final of the ITF Satellite tennis circuit third leg at the DLTA Complex here on Saturday.

On a windy afternoon, the 20-year-old left-hander played increasingly well to down his crafty opponent in a contest that spanned an hour and 51 minutes. It was Divij's maiden title at this level.

The key to the whole match was Divij's serve and quite appropriately he wound up the show with a string of good serves, which includes two of his eight aces.

The gutsy lad saved as many as six breakpoints in the first set to stay on course and did not face a breakpoint in the second set.

Vijay saved three setpoints in the tenth game of the first set, but Divij pushed his level up by a notch

in the 12th game to break the 26-year-old former National champion decisively.

Impressive effort

Into the second set, Divij maintained the tempo and dropped only eight points in all on his serve. He eventually broke Vijay in the eighth game by smacking a backhand winner down the line.

The impressive effort not only fetched Divij \$812.5 and 21 circuit points, but also a fourth seeding for the Masters to be played from Monday.

Despite his loss that saw him collect \$562.5 and 15 circuit points, Vijay managed to be seeded third for the Masters.

The champions of the first two legs Aqeel Khan of Pakistan and Yuri Bezzeruk of Australia will be seeded No. 1 and 2 respectively for the Masters, which will feature 24 players. The top eight will get a bye in the first round.

Wadhera, ward back after Romania sojourn



Balbir Wadhera (center) with Divii Sharma (right).

टेनिस में बढ़ा ट्रेवलिंग कोच का चलन

जसविंदर कौर चंडीगढ़

टेनिस का क्रेज रखने वाली सोहणी सिटी में इस समय छह से अधिक टेनिस अकादमियां चल रही हैं। इनमें प्रशिक्षण ले रहे सैकड़ों खिलाड़ियों में से कई राष्ट्रीय और अंतरराष्ट्रीय स्तर पर धमाल मचा रहे हैं। गेम को प्रोफेशन बनाने को कई खिलाड़ी अब ट्रेवलिंग कोच को अहमियत देने लगे हैं। शहर की नेशनल स्तर की टेनिस खिलाड़ी हरनूर कौर के अभिभावक चाहते हैं कि भविष्य में उसके लिए ट्रेवलिंग कोच रखें। हरनूर वर्ष 2007 में आथटा चौपियन सीरीज अंडर-16 में सिंगल्स और डबल्स का खिताब जीत चुकी हैं।

शहर में है कोच

शहर के उभरते टेनिस खिलाड़ियों को कोच बीरबल वडेरा ने ट्रेवलिंग कोच की सुविधाएं देना शुरू किया है। 1989 में सीएलटीए की रूरल टेनिस स्कीम में खिलाड़ी रहे बीरबल ने 1999 में टेनिस अंपायरिंग का लेवल वन और वाइट बैच कोर्स पूरा किया। बीरबल ने अंतरराष्ट्रीय



टूर्नामेंट्स में अंपायरिंग की। 2006 में ऑस्ट्रेलियन ओपन व 2005 में विंबलडन शामिल है। 2006 में बीरबल ने अंपायरिंग संग टेनिस कोचिंग देना शुरू किया।

कई ने पहले ही ली कोचिंग

2006 में दिल्ली के खिलाड़ी दिविन शरण की रैंकिंग 970 थी उसने बीरबल को एक साल के लिए ट्रेवलिंग कोच बनावा। साल के बाद रैंकिंग 430वां हो गई। 2007 में बीरबल को सीएलटीए-10 के ट्रेनी नवदीप सिंह ने ट्रेवलिंग कोच बना लिया। ट्रेवलिंग कोच के साथ नवदीप ने कई

राष्ट्रीय व अंतरराष्ट्रीय टूर्नामेंट्स में सफलता प्राप्त की।

लड़कियां भी पीछे नहीं

भारत में न केवल लड़के बल्कि लड़कियों के अभिभावक भी ट्रेवलिंग कोच रखने को प्राथमिकता देने लगे हैं। हैदराबाद की प्रेरणा ने 8 सप्ताह तक बीरबल को ट्रेवलिंग कोच रखा। अगस्त में पाकिस्तान में आईटीएफ जूनियर टेनिस टूर्नामेंट में बीरबल प्रिबंका (देहरादून) के साथ ट्रेवलिंग कोच बन कर गए थे। टूर्नामेंट में प्रिबंका ने एक जीत के आधार पर रैंकिंग खिलाड़ियों में अपना नाम शुमार कर लिया है। अब वे एक साल तक अंतरराष्ट्रीय स्तर के टूर्नामेंट में भाग ले सकेंगी। ट्रेवलिंग कोच पर चंडीगढ़ लान टेनिस एसोसिएशन (सीएलटीए-10) के चेयरमैन राजन कश्यप ने गत वर्ष ऑल इंडिया टेनिस एसोसिएशन को पत्र लिखा था। जिसमें कहा था कि सीएलटीए की रूरल स्कीम के कई खिलाड़ी राष्ट्रीय तथा अंतरराष्ट्रीय स्तर के टूर्नामेंट्स में बेहतर कर रहे हैं। आथटा स्पोर्ट्स अनिल खन्ना ने अंतरराष्ट्रीय टूर्नामेंट्स में ट्रेवलिंग कोच देने की बात पर विचार करने की बात कही है।

Tennis: Birbal returns from Romania

EXPRESS NEWS SERVICE
CHANDIGARH, JULY 31

CITY-BASED tennis coach Birbal Wadhera is back home from Romania where he was accompanying Divij Sharan of Delhi as his travelling coach. Promising Divij participated in three Romanian Men's Future Tennis Tournaments.

It was a fairly successful outing for Divij as he finished runners-up in one of the tournaments and reached up to semi-finals in the other two in doubles category.

"It was a fruitful outing both for me and Divij," said Wadhera.

All three tournaments had \$10,000 prize money at stake in which players from more than 15 countries participated.

Birbal will be in Chandigarh for few days after that he'll again accompany Dinant to be held from August 7 to September 2.



Balbir Wadhera (center) with Divij Sharma (r). *Express Photo*

Birbal to coach Divij

EXPRESS NEWS SERVICE
CHANDIGARH, APRIL 24

CITY-BASED Birbal Wadhera will be going to Uzbekistan as a traveling coach with 19th ranked Indian tennis player Divij Sharan. The duo will be leaving to Uzbekistan on Wednesday.

Birbal has been coaching budding Indian tennis players for more than 10 years. But his role as a traveling coach has been recent one. Divij will be participating in ITF Men's Future Tennis Tournament going to take place at Namanjan and Andijan in Uzbekistan.

Players from more than 20 countries will be participating in this tournament. Birbal will remain with Sharan during the entire duration of the tournament and will keep a close watch on his game and advise him accordingly.

Delhi-based Divij Sharan is an upcoming youngster. He was national doubles champion in the year 2003, but now he is keen to improve his singles ranking. And for that he has hired the services of Birbal.



Birbal Wadhera. *File photo*

Publication Indian Express
 Date 21st March, 2007
 Page No. 6
 Edition Chandigarh Newsline



TANISHK
PR

Birbal's understudy excels in Africa



Tennis player Navdeep Singh (L) along with his travelling coach Birbal Wadhera.

EXPRESS NEWS SERVICE
CHANDIGARH, MARCH 20

CITY-BASED tennis coach Birbal Wadhera managed to strike a right chord with his trainee Navdeep Singh in the International Tennis Federation (ITF) circuit

events played in Nigeria. Navdeep, who has an Association of Tennis Professionals (ATP) ranking of 680, won two doubles titles in Nigeria.

According to information received here, Birbal has been roped in by Navdeep as the travelling coach. Birbal

had joined Navdeep, who is a product of the All India Tennis Association (AITA) development programme, in January. He accompanied the player for the overseas tours to Ghana and Nigeria.

Navdeep partnered another promising Indian

player Divij Sharan to win back-to-back ITF Men's Futures tournaments held in the Nigerian city of Benin.

His campaign at Benin began on February 26 and after his good showing, Navdeep's ranking in doubles is expected to climb into 400 on the ATP list. Even in the singles category Navdeep made it to the quarterfinals and semi-finals respectively in both tournaments.

In Ghana, Navdeep then combined with Bogdan Leonte of Romania and reached the last-eight of another ITF Men's tournament.

Speaking of his understudy, Birbal said Navdeep has been playing consistently and has the potential of making it to the Indian Davis Cup team. He also said it was not easy for players to have travelling coaches since it costs a lot so corporate sector should chip in with generous sponsorships for the talented youngsters.

He added that he felt that this would take them a long way in the competitive world of tennis.

Publication Hindustan Times Edition Chandigarh
 Date 25th, April, 2006 Page No. 6

Birbal to accompany Divij

HT LIVE Correspondent
Chandigarh, April 24

TENNIS COACH Birbal Wadhera will be going to Uzbekistan as a traveling coach of 19th ranked Indian Tennis Player Divij Sharan. The duo will be leaving to Uzbekistan on 26th April. Chandigarh-

based Birbal Wadhera has been coaching budding Indian Tennis stars for more than 10 years, but he turned a professional traveling coach just some time back.

Divij Sharan will be participating in "Men's Future" Tennis Tournament going to take place at Namanjan and

Andijan in Uzbekistan. Players from more than 20 countries will be participating in this tournament. Birbal Wadhera will remain with Sharan during the entire duration of the tournament and will keep a close watch on his game and advise him accordingly.

खेलो इंडिया यूनिवर्सिटी गेम्स में पीयू को तीसरा स्थान

जैन विवि ने पहला व लवली प्रोफेशनल यूनि. को दूसरा स्थान

जयपुर, चंडीगढ़ : खेलो इंडिया यूनिवर्सिटी गेम्स में पंजाब यूनिवर्सिटी ने तीसरा स्थान हासिल किया। चंडीगढ़ को जैन यूनिवर्सिटी में आयोजित इस टूर्नामेंट में 20 स्वर्ण पदक के साथ मजबूत जैन यूनिवर्सिटी पहले स्थान पर रही। वहीं लवली प्रोफेशनल यूनिवर्सिटी 17 स्वर्ण पदक के साथ दूसरे और पंजाब यूनिवर्सिटी 15 स्वर्ण पदक के साथ तीसरे स्थान पर रही।

पंजाब यूनिवर्सिटी ने इस टूर्नामेंट में 15 स्वर्ण, नौ रजत और 24 ब्रॉन्ज मेडल जीते। टीम ने पूरे इवेंट में कुल 48 पदक जीते। बता दें इस इवेंट में कुल 189 यूनिवर्सिटी को लेकर से लगभग 3800 प्रतिभागी खिलाड़ियों ने 20 खेलों के 275 पदक इवेंट में हिस्सा लिया। इस संस्करण में इस

समारोह पर पहुंचे केंद्रीय गृहमंत्री अमित शाह ने प्रधान की ट्रॉफी

टूर्नामेंट में पंजाब यूनिवर्सिटी को मिले 15 स्वर्ण पदक



चंडीगढ़ में आयोजित खेलो इंडिया यूनिवर्सिटी गेम्स के समापन समारोह में पहुंचे केंद्रीय गृहमंत्री अमित शाह पंजाब यूनिवर्सिटी की टीम को ट्रॉफी प्रदान करते हुए

चार खेगसन और मलखंभ जैसे खेलों में शामिल किए गए थे। प्रतिवेगित के सम्मान

PU tennis team bags silver

HT Correspondent
punjabharyana.com

CHANDIGARH: Punjab University lawn tennis team's team secured silver medal in the inaugural Khelo India University Games being held in Bhubaneswar, Odisha, on Saturday.

In the semi-finals, Punjab University defeated Gujarat University 2-0.

In the final, Punjab University gave tough fight to Madras University but lost 1-2.

Both the teams won single matches and the tie was decided in doubles match. Punjab university lost the final rubber in the super tiebreaker.

Punjab university defeated Anna University and Pune University in league matches to qualify for semi-finals.

Punjab University team comprised - Sneha Yadav (DAV College, Udaipur), DAV College, Patna; Dev Garg (PU Campus) and Prateek (CCM II). The team was accompanied by coach Harpal Wadhwa.



Punjab University men's lawn tennis team that won silver medal in the Khelo India University Games.

दैनिक भास्कर

चंडीगढ़ भास्कर 04-05-2022

Khelo India University Games | पीयू की टीम ओवरऑल थर्ड, होस्ट जैन यूनिवर्सिटी चैंपियन



• चंडीगढ़. खेलो इंडिया यूनिवर्सिटी गेम्स में पंजाब यूनिवर्सिटी ने एक बार फिर से टॉप-3 फिनिश हासिल की है। पिछली बार खिताब जीतने वाली पंजाब यूनिवर्सिटी को इस बार ओवरऑल थर्ड पोजिशन मिली। अंतिम दिन पंजाब यूनिवर्सिटी को मुकबाले नहीं खेलने थे लेकिन उन्हें सम्मान जरूर मिला। इसमें पहला स्थान जैन यूनिवर्सिटी कर्नाटक को मिला जबकि लवली प्रोफेशनल यूनिवर्सिटी सेकंड स्पॉट पर रही। केंद्रीय गृह मंत्री अमित शाह ने पंजाब यूनिवर्सिटी टीम को सम्मानित किया।

पंजाब यूनिवर्सिटी को सबसे ज्यादा मेडल शूटिंग ने दिलाए जबकि फेंसिंग और शूटिंग में भी टीम ने कई मेडल झटके। पंजाब यूनिवर्सिटी ने 48 मेडल जीते जिसमें 15 गोल्ड, 9 सिल्वर और 24 ब्रॉन्ज मेडल शामिल थे। टॉप पर रही जैन यूनिवर्सिटी ने 20 गोल्ड, 9 सिल्वर और 5 ब्रॉन्ज के साथ 32 मेडल हासिल किए। दूसरे स्थान पर रही लवली प्रोफेशनल यूनिवर्सिटी ने 17 गोल्ड, 15 सिल्वर और 19 ब्रॉन्ज मेडल जीते। कुल 51 मेडल उनके नाम रहे।

रोबिन और वढ़ेरा जाएंगे वर्ल्ड टेनिस कॉन्फ्रेंस में

उद्योग, कैलिफोर्निया (अमेरिका) में 27 से 2 अक्टूबर तक होने वाले प्रोफेशनल टेनिस एसोसिएशन वर्ल्ड कॉन्फ्रेंस के लिए चंडीढ़ रोबिन कुमार और बिरबल वढ़ेरा को बुलाया गया

है। चंडीढ़ बिरबल वढ़ेरा और रोबिन कुमार को बुलाया गया है। चंडीढ़ बिरबल वढ़ेरा और रोबिन कुमार को बुलाया गया है। चंडीढ़ बिरबल वढ़ेरा और रोबिन कुमार को बुलाया गया है।

कि या टेनिस इंडस्ट्री में प्रोग्रेस एकत्रित होत है। इसका आगे का वर्ल्ड को सबसे बुरानी प्रोफेशनल टेनिस एसोसिएशन करती है। ऑटोमैटिकली गैड स्पोर्ट के चार से यह

में। दूसरा बहुत इमेज है जिसमें हम डिस्कस होने जा रहे हैं। चाणोकर बिरबल वढ़ेरा कुमार के प्रोफेशनल टेनिस एसोसिएशन बुलाते हैं।



रोबिन कुमार



बिरबल वढ़ेरा

6 HT Live Chandigarh, Thursday, September 23, 2011
www.hindustantimes.com

TWO-CITY COACHES FOR USA TENNIS CONFERENCE



Birbal Wadhera



Robin Kumar

HT Live Correspondent
chdsportsdesk@hindustantimes.com

CHANDIGARH: Two-city coaches Robin Kumar and Birbal Wadhera will be attending the United States Professional Tennis Association World Conference on Tennis. The conference is scheduled to be held in La Quinta resorts, California from September 27 to October 2.

Robin Kumar is working as a Director Coaching at Chandigarh Club Tennis Academy, Chandigarh, Ideal Tennis Academy and DAV-8, Panchkula, while Mr. Birbal Wadhera is chief coach at the academy.

Stating the importance of the conference Robin said, "Upgradation of my skills and exposure to the latest trends in the game has been my top priority this year.

I have tried to attend almost all major events on Tennis across globe," he said.

While Birbal added that this conference is multifaceted, offering something for everyone, including the tournament players, staff teaching professional, the tennis director and head professional.

ChandigarhNewslines | THURSDAY | SEPTEMBER 23

Local coaches to take part in World Conference on Tennis



BIRBAL WADHERA



ROBIN KUMAR

CHANDIGARH: Local tennis coaches Birbal Wadhera and Robin Kumar will participate in the Professional Tennis Association World Conference on Tennis to be held in California, United States of America from September 27 to October 2. Nowadays tennis coaches are expected to assume a variety of roles in addition to their traditional coaching methods. This conference will give us a chance to upgrade our skills according to the modern coaching standards and it will also give us a chance to interact with some of world's best coaches," said Robin Kumar, director coaching, Chandigarh Club Tennis Academy. Both the coaches will take part in the conference and will return to India in Octo-

ber. "We hope that we gain a lot of things by taking part in the conference, it sees the participation of world's top coaches and we are looking towards the experience. There will be early morning cardio workouts, a variety of seminars, general sessions and specialty courses for all the coaches," said Wadhera.

DAV College stun PU Campus

EXPRESS NEWS SERVICE
CHANDIGARH, DEC 27

DAV College, Chandigarh prevailed over Panjab University Campus 3-2 in the final of the Panjab University Inter-College Tennis Championship (men) at the PU Campus grass courts here today.

Panjab University Campus were lucky not to be declared defaulters after an aggravative unsportmanship behaviour by JP Singh in the first reverse singles. The PU Campus player shouted at the chair umpire for a baseline call which was correct in the second set (5-3) against Birbal Wadhera of DAV College. The match referee took a lenient



Birbal Wadhera going for a volley against J P Singh in the reverse singles of the Panjab University Inter-College tennis tournament on Sunday.— Express photo by Pardeep Tewari



Sarbarinder Singh clinches the issue for DAV College

view after J P Singh apologised to the chair umpire. JP Singh was also earlier given 'soft warning' for time violation.

J P Singh lost the first reverse singles to Birbal. Singh won the first set 4-6 but due to erratic play and temperment lost the next two sets at 6-4, 6-1. This put DAV College and PU Campus at par (2-all).

At the adjacent court Sarbarinder Singh, son of late hockey Olympion Surjit Singh Randhawa caused a major upset as he shocked experienced Gagandeep Wasu. After going down fighting in the first set at 4-

6, Sarbarinder Singh fought back with vengeance. A stubborn Wasu and spirited Sarbarinder Singh traded stroke for stroke. The DAV College player won the second set at 7-5 after fighting for every point. The third set was also a cliff-hanger. The players were tied at six-all and Sarbarinder Singh clinched the issue in the tie-breaker at 7-6.

DAV College and PU Campus today resumed their battle in the doubles after the game was discontinued yesterday due to failing light. At that stage, the teams were tied one-all. How-

ever, PU Campus' Gagandeep Wasu and J P Singh won the doubles against Birbal Wadhera and Vivek 7-6, 3-6, 7-5.

Government College, Sector 11 defeated Punjab Engineering College by 3-1 for the third and fourth places.

It was Vikas Sharma who played a key role in steering his team to victory. He first defeted Viabhav Dhawan 7-5, 6-4 in the first singles and later partnered Rohit to beat Nakul Dhawan and Vaibhav 7-5, 6-2 in the doubles. He also won his reverse singles against Nakul Dhawan 6-4, 6-4.

Nakul Dhawan had beaten Rohit of Government College-11 6-1, 6-1 in the second singles encounter.

Results: Final: DAV College beat PU Campus 3-2 (Sarbarinder Singh bt J P Singh 7-5, 6-7, 6-3, Birbal lost to Gagandeep Wasu 1-6, 4-6; Birbal and Vivek lost to JP Singh and Gagandeep Wasu 6-7, 6-3, 5-7; Birbal bt JP Singh 4-6, 6-4, 6-1, Sarbarinder Singh bt Gagandeep Wasu 4-6, 7-5, 7-6.

Third and fourth places: Government College, Sector 11 bt Punjab Engineering College 3-1 (Vikas Sharma bt Vaibhav Dhawan 7-5, 6-4; Rohit lost to Nakul Dhawan 1-6, 1-6; Rohit and Vikas bt Nakul Dhawan and Vaibhav 7-5, 6-2; Vikas Sharma bt Nakul Dhawan 6-4, 6-4.



Extra Curriculum

My

Tukbandies

“आईना”

एक दिन सोचा, खुद को ढूँढ़,
कौन कहाँ से आया हूँ,
क्या वजूद, शक्तियत मेरी
क्या खोया, क्या पाया हूँ।

माँ-बाप और भाई-बहन
सबकी आँखों का तारा था,
नाज़ो से पालकर बड़ा किया
सबका मैं दुलारा था।

दुःख हुआ जब दूर गये
आसमान में सब डूब गये,
आँख से पानी भी सूख चुका है
बड़ी जल्दी वो मुझसे छूट गये।

कभी चढ़ाव, कभी उतार
ज़िन्दगी ने बहुत रलाया है,
यूँ तो ज़िन्दगी का सब सुख मिला
ज़िन्दगी ने बहुत कुछ सिखाया है।

अपने पे हँस के दूसरों को हँसाता हूँ
अपने ग़मों को मैं हँसी में उड़ाता हूँ,
आसान नहीं किसी ग़म-ओ-हीन को हँसाना
फिर भी अपनी लाईनों से सबका मन बहलाता हूँ।

नन्हें से दो बच्चे मेरे
आँखों के वो तारे हैं,
बीबी में है दोस्त मिला मुझे
ये सारे जान से प्यारे हैं।

दुआ है लूँ आखिरी साँस जब
परिवार मेरा मेरे साथ हो,
दामन पर न हो दाग कोई
भाईयों का भी मेरा साथ हो
ऊपर वाले का भी जुबाँ पर नाम हो।



- बीरबल वडेरा
टेनिस कोच

बाप

दो शब्दों को (बा+प) मिलाकर बनता है बाप
जिसका जिन्दगी में जरूरी है साथ
इन्सानों को तो छोड़ों यारों
जानवरों में भी इसकी एहमियत है साहब।



पाँव पर पाँव रख
पहला कदम सिखाता है
दुनिया की हर बुराई से
रूब रू करता है।



LATE SH. RAMESHWAR CHAND WADHERA
DATE: 26.1956 TO 14.7.2011

अपनी नींद खोकर, सबको सकुन दिलाता है
दुनिया का हर खिलौना कदमों में लाता है
धुप हो छांव हो, या पेट हो खाली
बाहर रहकर सबके लिए रोटी कमाता है।



माँ का सिन्दुर, बहन का मान
परिवार में आज भी मुखिया का स्थान
होता है जब बेटी को विदा करने का फर्ज
बाप ही करवाता है बेटी का कन्यादान।

हो सकता है ना बता सके दर्द
दिल के दौरे से इसलिए मर जाता है
खवाब सजाता है परिवार के लिए
उनको पुरा करने के लिए अपनी उम्र लगाता है।

जिसके सर ना हो हाथ बाप का
जमाना भी उसकी हसी उड़ाता है
किम्त लगती है पता उस दिन बाप की
जब दाखिले के लिए स्कूल जाता है।

माँ के साथ, बाप को भी पुजो यारो
जिन्दगी में उसके बलिदान को ना नकारो
हो सके बाप ना दिखा सके मोह
पर उसकी जिन्दगी की भी दआ करो यारो॥

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टेनिस कोच

From : Yatharth Wadhera to Mom - Preeti Wadhera

मेरी माँ (Part-2)

माँ ममता की मुरत है
माँ की प्यारी सूरत है
माँ करूनामय करूनानिधान
माँ ही मेरा तीर्थ है।

गुस्से में भी मिठास इसके
आँख में भरती पानी है
हर चीज में देती सिख मुझे
इसकी अजब कहानी है।

मैं सोता हूँ वो जागती है
हर पल पिछे भागती है
रोटी का टुकड़ा मुह में डाले
अपनी जिन्दगी मुझ पे वारती है।

माँ को पुजे जग सारा
माँ से जुड़ा है जग सारा
एक जन्म तो कम है माँ
कैसे चुकाऊँ एहसान तम्हारा

तू ही मेरी सीख
तू ही मेरा सहारा है
ना होना अलग सपनो में भी
लाल तेरे बिन बेसहारा है।

दुआँ दु तुझे, तो भी कम होगी
हर जन्म तू ही मेरी माँ होगी
लड़ पड़ूंगा हर भगवान से मैं
अगर मेरी माँ हो तो सिर्फ तू होगी सिर्फ तू होगी



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याशी की लोरी

कितना प्यारा तुझे
रब ने बनाया जी करे देखता रहूँ
कितना प्यारा तुझे
रब ने बनाया।

सुन्दर सी आंखें तेरी
प्यारी सी नाक है
हंसती हो जैसे तुम
वाह रे क्या बात है
बड़ी मन्तों से तुझको है पाया
जी करे देखता रहूँ।

भाई की दुलारी तू
माँ की प्यारी है
देखता है जो भी तुझे
जाता बारे बारी है।
कोई दुजा ना तुझसा आया
जी करे देखता रहूँ।

माँ का तू रूप मेरी
बहन का साया
बेटों से बढ़कर है
अजब तेरी काया
उस जन्त सा है तेरा साया।
जी करे देखता रहूँ।

दुआ तुझे देंगे हर दम
आगे ही बढ़ना
मेरे इस घर का
चिराग तू ही बनना
सब अन्धेरोँ को तुम ने मिटाना
जी करे देखता रहूँ
कितना प्यारा तुझे
रब ने बनाया।।



बीरबल बडेरा
टेनिस कोच

“एक कदम स्वच्छता की ओर”

स्वच्छ भारत, सुन्दर भारत
बस यही मेरा सपना है
जो रखेगा स्वच्छ भारत को
बस वही मेरा अपना है।

स्वच्छ होगा भारत तो
सुन्दर इसकी सन्तान होगी
दुनिया के उन देशों में
अपनी भी पहचान होगी।

आओ मिलकर स्वच्छ बनाएँ
भारत को हम आगे लाएँ
भारत के हैं बच्चे हम सब
स्वच्छ भारत अभियान चलाएँ।

जागरूक बन, जागरूकता फैलाएँ
देश में नई क्रान्ती लाएँ
फोटो शूट से ऊपर उठकर
सच में देश को सुन्दर बनाएँ।

हरे, नीले की पहचान करे
गिला, सुखा कूड़ा उसमें दान करें
पहले बनाओ खुद की आदत
तब दूसरों को प्रोत्साहन करें।

लूँगा आज मैं कसम यहाँ
भारत को स्वच्छ बनाऊँगा
मोदी जी की मोहिम को
आगे मैं बढ़ाऊँगा, आगे मैं बढ़ाऊँगा।



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कोरोना के बाहुबली

शुक्रिया, मेहरबानी, आदाव, नमस्कार
कोरोना के योद्धाओं को
अपनी जान जोखिम में डाल
दूसरों की जान बचाएँ जो।

डॉक्टर, नर्स, सफाई कर्मचारी
पुलिस, मीडिया की भागीदारी
जब लोग थे घरों में महफूज
ये निभा रहे थे जिम्मेदारी।

घर परिवारों से रहे दूर
याद भी उनकी आती होगी जरूर
पर फर्ज निभाने की खातिर
आगे आएं उनके उसूल।

कईयों में विमारी आई थी
कईयों ने जान गवाई है
फिर भी ना डग मगाए जो
इन फरिश्तों की वाह वाही है।

मानता हूँ सुविधाएँ कम थी
पर डटे रहने की हिम्मत ना कम थी
पत्थर भी खाए, गालियाँ भी खाई
कई लोगों में इनसानियत भी कम थी।

दिये जलाए, तालियाँ बजाई
ये सम्मान तो बहुत कम है
उतारे कैसे ऋण आपका
बलिदान आपका देख आँखें नम है।

इस मुश्किल की घड़ी में
बस यही दुआ निकलती है,
भूले ना कभी बलिदान तुम्हारा
मन से यही बात निकलती है।
शुक्रिया, मेहरबानी, आदाव, नमस्कार
कोरोना के योद्धाओं को ॥



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कोरोना का वायरस

कोरोना के इस खोफ ने
सबको एहसास दिलाया है
बना लो चाहे घर चाँद पर
सबने जान को आफ्त में पाया है।

वो देश जो बन बैठे थे भगवान्
उनको भी जताया है
खिसक गई ज़मीन पैरों तले
मौत को सामने खड़ा पाया है।

सांखा दिया फिर से एकजुट होना
फेसबुक को भी भुलाया है
खेल रहे साँप सीडी, करम घर में
व्हाटअप को भी दूर भगाया है।

सरकार भी पीछे नहीं हटी
पूरा ज़ोर लगाया है
भारत जैसे देश में भी
महामारी पर काबू पाया है।

ना छुओ, ना भीड़ में जाओ
ऐसा सबक सिखाया है
हाथों को धोना बार-बार
मुँह पर ना हाथ लगाया है।

कहा गई इन्सानियत
इन्सान ने ही बेच रखाया है
मास्क, सेनटाईज़र बड़ा कर बेच
लाखों का मुनाफा कमाया है।

समझ लो गर समझ सके
ऐसा वक्त आया है
कुदरत को रहने दो कुदरत
इन्सान हो, तुम्हें भगवान् नहीं बनाया है।



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नम् आखें

आंख का पानी भी सूख गया
अरमान सारे बिखर गये
चले थे देश की रक्षा करने
ना जाने कितने घर उजड़ गये ।

चले थे सोगंध खाकर,
कुछ तो सोगात लाएंगे
मारे गें देश को दुश्मनों को
वरना खुद लिपट कर आएंगे



ना जाने ये कैसा बदला है
उसने कितने घरों को बदला है
वो बच्चे, बुढ़े और इनकी जवानी
उस खुदा की मर्जी को भी बदला है ।

ना जाने क्यों भटका इन्सान
कईयो की ले ली इस ने जान
परिवार तो इसका भी होगा
किसी कोनें में रो रही होगा इसकी माँ ।

खून भी उबलेगा, बदला भी होगा
कुछ जानो का नुकसान उधर भी होगा
मिलेगा क्या उन परिवारों को
मातम् यहाँ भी हुआ, मातम् वहाँ भी होगा ।

नहीं आ रहा समझ
कैसे दर्द ब्यान करूं
हो रहे रोंगटे खड़े मेरे
कैसे उसको में शांत करूं
जुबान मेरी भी लड़खड़ा रही
पर शांत मन, ओर सर झुका
उन शहीदों को प्र ाम करूं
उन शहीदों को प्र ाम करूं ॥



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टेनिस कोच

‘तिरंगा’

तीन रंगो से बना तिरंगा
तिरंगा देश की शान है।
इस तिरंगे की खातिर
कईयो ने दी अपनी जान है॥

तिरंगे के ये तीन रंग
इक जुटता का सन्देश हैं।
केसरिया रंग हिम्मत,
सफेद ईमानदारी का
हरा रंग हरियाली का लेख है॥

अशोक चक्र हैं सबसे सुन्दर
बीच तिरंगे सजता है
24 तीलिया जोड़ कर
दिन रात का चक्र चलता है॥

कईयो ने फहराया तिरंगा
कई उसमें लिपट कर आएँ
सरहदों की रक्षा खातिर
कईयो ने अपने लाल गवाएँ॥

करू बेनती हर बच्चे से
तिरंगे का करो सम्मान सदा
दिखे जब जहाँ कभी भी
इसको करो स्लाम सदा
इसको करो स्लाम सदा॥



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टेनिस कोच

‘भारत मेरी शान’

मेरा भारत मेरी शान
इस पर जाऊँ मैं कुरबान
तीन रंगों से बना तिरंगा
इस तिरंगे की ऊँची शान।

हिन्दु मुस्लिम सिख ईसाई
आपस में बसती सबकी जान
गर कोई दुश्मन रखता नज़र
वो भी करता इसको प्रणाम ।

क्या गांधी, क्या नहरू
भक्त सिंह का बलिदान यहाँ
सन् 47 को हुआ देश आज़ाद
रानी झांसी का भी बहा खून यहाँ।

खिलाड़ी है जिसकी शान यहाँ
विज्ञानिकों ने किया है नाम यहाँ
हे भूमिका हर इन्सान की
सेना का भी बड़ा योगदान यहाँ।

ये 370 की बात नहीं
एक साथ एक देश की बात है
जो था अलग थलग इस देश की हिस्सा
अब एक साथ सबके विकास की बात है।

हम बच्चे हैं खुश नसीब सब
जिसने ली है सांस यहाँ
हम देश का भविष्य बनें
यही करना है प्रण यहाँ।

मिल हम सब शार मचाएँगे
इस देश को आगे ल जाऐंगे
डाल कर इसकी तरक्की में योगदान
हम बच्चे मिल नया भारत सजाएँगे।
मेरा भारत मेरी शान
इस पर जाऊँ मैं कुरबान ॥



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जय जवान, जय किसान

ना छोड़ो इन किसानों को
जो सबके अन्न के दाता है
मेहनत कश इन्सान ये सारे
सबके भाग्य विधाता है।

ना रात देखे ना दिन ये
फिर भी फसल उगाते है
कभी बारिश तो कभी कीड़े
इनकी मेहनत पर पानी फेर जाते है।

जब हुऐ मजबूर तो
सड़को पर ये उतर आये
रोक कर सारे रास्तो को
दिल्ली भी डरा आये।

गर्मी की तेज धूप, ना सर्दी की रातें
इनको डगमगा पाई है
थे अकेले जब कर रहे थे काम
पर आज साथ करोड़ो भाई है।

करलो सम्मान इन लोगो का
जो अपने मकान ना बना सके
रहे उठाते फायदा विचोलिए
ये तो बेचारे खेतो में हल चलाते रहे।

बच्चे बुढ़े ओर जवान
छोटा हो या बड़ा किसान
सबके हक की लड़ाई है
जय जवान, जय किसान॥



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खिलाड़ी का सफर

मैं पीछे नहीं हटूंगा
मैं सदा रहूँ डटूंगा
जिन्दगी भी इक खेल है
इस खेल को खेलता रहूँगा ।

मैं अगर डगमगाऊँ भी
फिर से संभल जाऊँगा
उस काली रात के बाद
खुशियों का सूरज उगाऊँगा ।

पसीने मेरे का हर इक कतरा
इसका कर्ज चुकाऊँगा
ना मालूम हासिल होगी मंजिल
फिर भी मेहनत करता जाऊँगा ।

होगें कुछ साथ मेरे
कईयों का साथ भी छूट जाएगा
हार में शायद हो जाऊँ अकेला
जीत में सबको साथ लाऊँगा ।

सीख बन्द तो जीत बन्द
फिर गुजरा वक्त ना आएगा
भूलकर भी तुम हार ना मानो
इक दिन जीत का स्वाद भी आएगा ।

गुरू को दूँ सम्मान सदा
उसका कहा ना टालूंगा
गुरू बिन ज्ञान हराम है
इस बात को पले बाधूँगा ।

बदलो सोच, करो सर्पोटस
सर्पोटस से मिलता सम्मान है
पैसा भी इसमें शोहरत भी इसमें
इक बार तो ले लेता जान है
नशो से दूर सेहत पर ध्यान
हर खिलाड़ी देश की शान है ॥



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टेनिस कोच

“फेले हुए पर”

इन परिंदों की उड़ानो को
ना कोई रोक पाया है
कैसे फेला लेते हैं अपने पर
इसे ना कोई बुझ पाया है।



ना ये सरहदे, ना ही कोई नियम
इनको रोक पाया है
हो जाती हैं जहां पर शाम
उसी को अपना घर बनाया है।



ना ही जमीन का जगड़ा इनमें
ना ही जयदाद का बटवारा है
उड़ते है जब झुंड बनाकर
सुन्दर दिखे वो नजारा है।



इनमें भी उमंगे है
इनमें भी प्यार उमड़ता है
बारिश के उस मौसम में
इनका भी दिल मचलता है।



देखा इनकी लाश पर रोते इनको
आँखों से पानी छलकता देखा
गम होता है कैसे साथी से बिछड़कर
इनमें भी वो मातम का समां देखा।



हो सके तो सीखे इनसे
कैसे इक झुट रहना है
परिंदे होकर सीख दे रहे
एकता का सन्देश पहुंचाना है
अब इन्सान को आगे आना है।

-बीरबल वडेरा
टेनिस कोच

“विरासत”

कहाँ गये वो दिन
कहाँ गई वो रातें
कहाँ गया वो बाप का मुर्गा बनना
कहाँ गई वो माँ की बातें।

कहाँ गया वो अपनापन
कहाँ गया वो एहसास
मुहल्ले की लड़ाईयों में
पुरे परिवार का हो जाना साथ।

कहाँ गई मक्की की रोटी ओर साग
कहाँ से आया Pizza, Burger का स्वाद
कहाँ गया बड़े और बुढ़े का आर्शिवाद
कहाँ से आया Hi, Hello का राग।

कहाँ गया जागो का निकालना
कहाँ से आया D.J. का रिवाज
कहाँ गये सारंगी तबला
कहाँ से आये ये नरे साज।

कहाँ गये वो सास और बहु
कहाँ गई वो नोंक झोंक
कहाँ गया विदाई में आंख का भर आना
कहाँ से आया ये घर से भागने का शौक।

कहाँ गये वो लैंडलाइन फोन
कहाँ गई वो सच्चाई
कहाँ से आया ये Mobile Phone
कहाँ से इससे झूठी बातें आई।

कहाँ है वो मिट्टी की खुशबु
कहाँ गई चिड़ियों की चहचहाई
कहाँ गया वो मेहनतकश इन्सान
मेहनत से करता था उगाई।

कहाँ है गुल्ली डंडे का खेल
कहाँ Video Game ने नींद उड़ाई
कहाँ है सलेटी और सलेट
कहाँ से Computer ने जगह बनाई।

कहाँ गया वो बारिश में भिगना
बारिश ही होती थी दवाई
आज कल की बारिशों ने तो
बिमारियाँ ही बिमारियाँ फहलाई।

एक दिन ऐसा भी आएगा
वो पुराना समा फिर लौट आएगा
लौट आएगी वो सच्चाई और खुशहाली भी
भटका हुआ इन्सान रास्ते पे लौट आएगा।



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Thank
You