

Indian Badminton Team gets mind-trainer

M Ratnakar | Feb 19, 2016,

HYDERABAD: There is a new addition to the Indian Badminton Team - a Psychologist.

For a long time, Indian Badminton Team was desperately looking for a mind trainer. They hired a few on temporary basis but never got a permanent one. **Now, the Sports Authority of India (SAI) has appointed Mridu Sharma as psychologist if the Badminton team.**

The 28-year-old studied sports psychology in Bangalore and then trained for a year at the United States Tennis Association in New York. "I was given an option of either working with the hockey or badminton team. I opted for the latter. My contract with SAI is up to the Rio Games. SAI will review my performance after that," Mridu told TOI.

The moment she took over, Mridu started working with the players like Sai Praneeth, Gurusaidutt, Ruthvika Shivani and the Doubles Teams. In an encouraging sign for her, the doubles team of Pranaav Chopra and Akshay Dewalkar performed well at the Syed Modi Grand Prix Gold while Ruthvika went on to beat PV Sindhu at the just concluded South Asian Games.

"I spent long hours with them, Pranaav in particular. It is really encouraging for me that they reached the final of Syed Modi Grand Prix Gold in Lucknow last month. Ruthvika has also performed well," said Mridu.

The elegant lady from Assam is looking forward to working with Parupalli Kashyap once he returns from injury. "It is important for a psychologist to work with a player who is coming back from injury . They need a lot of motivation. We need to help them to get back into the right frame of mind," she said, adding that she has specific plans for top shuttlers.
