

# Leading the charge

## Raspreet's Journey Of Defying The Hurdles To Inspire Passionate Minds

Pics: Viraj Solanki, AGS Noida, A 1



GT reporters in conversation with Raspreet Sidhu

Rohan Ramkumar, Alumnus  
& Renee Pramod, A2, AGS Noida

## INTERVIEW

A trailblazer in Indian sports, Raspreet Sidhu is the former captain of the Indian Women's National Basketball team. The Federation International Basketball Association (FIBA) Level 1 certified coach, Sidhu boasts over 15 years of experience as a national player. She is the only individual in Indian basketball history - across both men's and women's divisions - to have represented India in three consecutive Asian Games and the 2018 Commonwealth Games. Here are some excerpts from her interaction with the GT reporters.

### Stepping stone

My decision to play basketball was influenced by my father's athleticism and my own talent. I began playing in the sixth

grade and when my PE teacher offered that I must join a training course with an international coach, I happily accepted it. Since then, playing basketball has been my passion. I have no regrets about choosing basketball as a career option.

### Crossing the hurdles

In a cricket-centric country like India, basketball faces the same obstacles as any other sport. Having said that, basketball is still quite accessible for students at school level itself since this sport requires lesser infrastructure to build and maintain. It was after completing graduation, that the real challenge began for me. First, there are very few basketball clubs in India where

you can play professionally. Second, there are very few public sector companies that offer jobs to basketball players. So I knew very early on that I had to maintain a balance between academics and sports. Thankfully, I was also a good student so I had academic qualifications as well that gave me the added edge, allowing me to gain credibility outside sports, too.



Raspreet Sidhu, former captain  
Indian Women's Basketball team

### On the right track

In the last two decades, significant progress has been made in sports infrastructure in India, particularly through initiatives like Khelo India. The government has invested in state-of-the-art basketball arenas, both indoor and outdoor, bringing the country closer to international standards. While there has been substantial improvement, there is always room for further enhancement in infrastructure to continue nurturing sports talent effectively.

### Sports for overall health

Physical education and sports should be integrated into the educational system since this encourages lifelong fitness practices. It is critical to make sports appreciation an obligatory component of school by scheduling regular time for students to participate in sports activities of their choice, which promotes both physical and mental well-being. However, I would like to debunk the myth that playing basketball increases height. In fact, growth hormones are regulated by a variety of factors, including genetics, food, and overall health.

### Message for Amitiants

Keep your eyes on the stars, and your feet on the ground. Being humble will help you not only achieve your dreams but also become a good human being.

*(Rohan Ramkumar is currently pursuing BSc Computer Science (Hons) from Krea University, Andhra Pradesh.)*

## Book Review

# Come, be spooked

**Synopsis:** The Hardy Boys Ghost Stories is a collection of six thrilling and spooky tales, each with its own unique ghostly mystery to solve. From haunted houses to eerie lighthouses, the Hardy Boys find themselves in a variety of spooky situations, using their wits and bravery to uncover the truth behind each ghostly world of the paranormal! The boys use their detective skills to uncover the truth behind some spooky occurrences, even if it means questioning the existence of ghosts themselves. All in all, this is a wonderful part of an amazing set of books, full of adventure and the paranormal.

**Book:** The Hardy Boys Ghost Stories  
**Author:** Franklin W Dixon  
**Published in:** 1984  
**Genre:** Mystery, Fiction

**Why it is worth reading:** This book is a feast to read for fans of the classic detective duo and anyone seeking a pinch of spooky fun. This collection of short stories takes Frank and Joe on six unique adventures where they encounter restless spirits, from a menacing scarecrow to a ghostly pirate. While the brothers are known for their logic, these mysteries challenge them

with the unexplainable. Overall, The Hardy Boys Ghost Stories is a fantastic addition to the series and a must-read for fans of mysteries and horror stories alike. With its well-crafted stories and engaging characters, it is sure to keep readers on the edge of their seats until the very end. It is an excellent thriller for young adults who enjoy such a genre.

**Iconic quote:** "Don't be alarmed, there is no such thing as a ghost - or is there? Who knows what unseen powers lurk in the darkness?"

**Rating:** 5/5

**Review by:** Reyansh Kashyap  
AIS Vas 6, Alumnus

