

# T★CHOLA'S GOT T★LENT

**Mastering Raids**  
With Sarath Kumar

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## Balancing Finance and Fierce Raids!

Meet Sarath. By day, he's a vital part of our Finance team. Off-duty, Sarath transforms into a powerhouse on the Kabaddi mat; swift, focused, and fierce. His passion for the sport mirrors his discipline at work and his unstoppable drive. Get ready to dive into Sarath's inspiring journey as he tackles both balance sheets and raiders with equal flair!





## How did your journey with Kabaddi begin?

It all started back in school. I've always been drawn to sports, especially Kabaddi. I used to watch local matches in my neighborhood, and that sparked my interest. I began representing my school from Class 8. The big moment came in Class 12 when our team won the nationals.



## You performed brilliantly during the Chola internal sports meet. Tell us more about that.

I was named Sportsman of the Year during the 2018 Chola Sports Meet. That's a moment I'll always cherish. I also led the team that won the relay competition conducted by GCC, the first time Chola clinched that title. That win still feels special.





## What role do you think sports play in society?

I think Sports is essential and can build good & healthy human beings. Every summer, I conduct free morning camps for kids in our area. A team of 20 volunteers helps me run them. Some people come forward to support us financially, and the rest is funded by us. I believe sports help kids channel their energy positively and stay away from distractions.



## Kabaddi demands both physical strength and mental focus. How do you manage both?

It all comes down to discipline. I never skip practice, because suddenly jumping into a game after a week at the office just doesn't work. I avoid junk food, ensure I get enough sleep, and prioritize recovery. It's a lifestyle.

## What kind of support have you received from your family?

My parents have always supported my passion for sports. Now, my partner is equally encouraging, which keeps me going strong.





## **What advice would you give a young Kabaddi aspirant?**

Focus on getting the basics right. A strong foundation always leads to greater results in the long run.



**As Sarath continues to win on and off the field,  
Chola stands with him to cheer him on.**



**Shine on, Sarath. Chola is proud of you!**