National-award winning actor, producer and director, Prakash Rai commands a formidable presence in Tamil, Telugu and Kannada industries. He's just made his way into Bollywood, too.

Prakash Rai by B Suresha

Apart from being known as one of the finest actors in our country, Prakash is a great human being. Even though he’s reached his peak in the industry, his feet are firmly rooted on the ground. I first met him when he offered to join Abhinaya Theatre, a theatre school where I taught initially. I came for auditions and played the character of a lunatic. As a matter of fact, other core members were not happy with his performance, but I saw an immense actor in him. After going through initial hiccups, he found his way into films. Seemingly, he has made his mark across film industries in the country. Apart from great acting skills, he’s a fantastic speaker. He can talk about anything under the sun, and any person would fall for him when he offered to join Abhinaya Theatre, a theatre school where I taught initially. I came for auditions and played the character of a lunatic. As a matter of fact, other core members were not happy with his performance, but I saw an immense actor in him. After going through initial hiccups, he found his way into films. Seemingly, he has made his mark across film industries in the country. Apart from great acting skills, he’s a fantastic speaker. He can talk about anything under the sun, and any person would fall for him when he offered to join Abhinaya

Poonam Bir Kasturi by Chandrashekar Hariharan

She has been a positive influence for many years. She’ll tell you, though, if you nod first, and will insist that she is looking for those out there with positive vision. She is self-effacing, searching, enquiring, doesn’t easily accept any position without questioning, yet very hard-working. She has seen her strength, both at personal and professional levels, but her work is so quietly that you reflect on how it takes it to surmount that. And she inspires. With a distinction name like Pranav Bir Kasturi, a search on the web throws up nearly a thousand pages! She has been running Daily Dumpy, the award-winning, slow-environmental, small but significant enterprise that she started some years ago.

Why Daily Dumpy? She started with the industrial-designer in her asking, “So how can design make a difference?” But the compact as she cheerfully calls herself had another question that needed to be answered: “How does one combat the waste that is dumped in the city parks? How does one combat the waste that is dumped in the city parks? How does one combat the waste that is dumped in the city parks?”

Arboreal's CWG gold medal is a very happy development. She’s been at the Academy for almost two years. She’s a naturally gifted doubles player. Her biggest advantage is her height. She’s fast and has improved with time. To be a good doubles player you need a good serve, a good awareness, a good speed, a good anticipation, defense, and also a good understanding with your partner. Your basics should be strong, so you can combine with any partner if required. When Abhinava entered our life it was one singles player that she still wants to play singles. In India the profile of doubles players is low. The basis of good doubles player is to play in different doubles. Some people are meant only for doubles, but in India it’s not only for doubles. Singles player usually shift to doubles when they’re past their prime. We don’t have specialist doubles coaches to identify talent from a young age, since opportunities are limited. I think somehow, Prakash has a very consistent nature. His hard work and knowing each other. At the launch of her novel, she has sealed her reputation as one of Bangalore’s leading literatures.

With her CWG gold, a new young star was born. She can help transform the image of doubles badminton.

Ashwini Ponnappa by Prakash Padukone

Ashwini Ponnappa was born in 1989. She is a doubles specialist as well as a natural singles player. She can help transform the image of doubles badminton.

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