



# भौतिक अनुसंधान प्रयोगशाला, अहमदाबाद

## Physical Research Laboratory, Ahmedabad

<https://www.prl.res.in/prl-eng/prlat75>

### **PRL Ka Amrut Vyakhyaan-32**

**Wednesday, 09 March 2022**

**@ 04:00 PM (IST)**

**“Sport - An Integral component of Nation building”**

**Ms. Ashwini Nachappa**

Olympian, Arjuna Awardee  
Founder, Ashwini's Sports Foundation  
Managing Trustee, KALS



**<https://youtu.be/OBEqNTcRkFo>**

**PRL@75**



**INDIA@75**



## **PRL ka Amrut Vyakhyaan-32**

**Title: “Sport - An Integral component of Nation building”**

**Speaker: Ms. Ashwini Nachappa**

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### **Abstract**

The feeling of nationalism is indispensable to the idea of nation-building. Apart from religion, sports is the only common thread that binds people together and helps in developing a feeling of patriotism and unity that can counter the ills of society and the world. Sport encompasses social, political, cultural and economic aspects and therefore understanding the significance of sport is crucial.

“Sharing my mantras of my experience on the track that has stood me in life and continues to be my guide.”

### **The Speaker**

Ms. Ashwini Nachappa is an Olympian of extraordinary and multifaceted talent. She was a former track and field athlete and an Indian film actress in ‘Tollywood’ from Karnataka, India. She is popularly known as ‘Flo Jo’, or ‘Florence Griffith Joyner of India’. She represented the country in almost every big sporting event like the Olympics, World Cup, World Championship, Asian Games, Asian Championships and SAF Games. Not only that, she had also made several appearances on India's silver screen which had all been met with wide appreciation and critical acclaim.

She was honored with the Arjuna Award in the year 1990. She is also a social worker and an educationalist besides being an entrepreneur. She is the founder of Ashwini's Sports Foundation (ASF) in South Coorg, a unique school where academics and sport go hand in hand. She is a regular commentator on sports and women's related issues on all the major English and Kannada News Channels. Also an Expert commentator on English News Channels for major international events such as Olympics, Asian Games etc. She has several Awards and Recognitions to her credit.

## About PRL

The Physical Research Laboratory (PRL), known as the “cradle of space science” in India, is one



of the premier research institutes founded in 1947 by Prof. Vikram Sarabhai, a renowned Cosmic Ray Scientist, a great visionary and institution builder. PRL played a seminal role in producing a highly motivated cadre of space scientists and the technologists of highest international repute. The first scientific rocket launched from Thumba on 21st November-1963 and many other rockets launched thereafter contained payloads developed at PRL. Dr. Sarabhai initiated many of these scientific and technical activities at PRL which eventually led to the formation of the Indian Space Research Organization (ISRO). Therefore, PRL is known as the “cradle of space science” in India. Further, the research in the area

of Plasma Physics expanded to the formation of the Institute of Plasma Research (IPR).

As an institution PRL is unique in that it conducts fundamental research in a wide range of research areas from the Earth to the cosmos, and comprising Astronomy and Astrophysics; Solar Physics; Space and Atmospheric Sciences; Theoretical Physics; Geosciences; Atomic, Molecular and Optical Physics, Astrochemistry; and Planetary Sciences and Space Exploration. PRL is one of the rare research institutes of international repute wherein research in such diverse fields of sciences is carried out using several state-of-the-art experimental facilities that exist under one umbrella.

Along with the ongoing research, several new initiatives have been taken up during the last few years. The Multi-Application Solar Telescope (MAST) at Udaipur Solar Observatory has been operationalized. PRL initiated scientific programmes in frontier areas of research, which include a search for exo-planets, laboratory studies of interstellar grains, laboratory synthesis of cold astromolecules and experimental studies in the field of quantum optics. PRL is also developing several scientific payloads as a part of ISRO's larger vision and contributing to roadmap for competitive scientific exploration of the solar system and beyond. In particular, PRL has been contributing significantly not only in building instruments for space missions, such as Chandrayaan-1, Chandrayaan-2, AstroSat and upcoming Aditya-L1, Chandrayaan-3 and planetary and space missions, but also by bringing out new and insightful science results.

PRL contributes to several national and international research programmes and to human resource development through its Doctoral and Post-Doctoral Programmes, capacity building programmes, such as UN Course on Space Science, and science and engineering internship programmes. PRL contributes significantly to society through its Outreach Programmes by periodically organizing science exhibitions and Open Houses, planned visits of students of various school and college to PRL, and popular talks at various institutions to not only share the excitements of the advancements of contemporary scientific findings but also to encourage students to take up sciences as their research career.

