

# DECCAN Chronicle

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## ‘Most valued’ for her talent

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She has done the city proud by being selected as part of the U24 Frisbee team and will represent India at the world championships in Australia.



Stania Peris

City girl Stania Peris always harboured dreams to make it big in the world of sports and fitness. And luckily for her, she found her calling through a chance Ultimate Frisbee — a fast paced, self-refereed sport, which is gaining great momentum in India. And looks like she’s well on her way. This zesty Bengalurean has made it to the Indian U24 Frisbee team and is all set to represent the country as part of the team, at the world championships at Perth, Australia happening between January 7-13, 2018. In a candid chat, she tells us more. “Being a part of a team full of the best U24 talent in the country, is an opportunity I have got to play against the best from other countries. Being aware of the level of competition, I’m sure its going to be a great learning experience and at the same time, a very proud moment to be representing the

country at the highest level,” shares Stania, about her participation at the forthcoming championship.

A chemical engineer in the making and a sportsperson by nature, this Bengaluru lass knew she was meant for the field. “I’ve always been outdoorsy. While growing up, I spent most of my time playing games like hand ball and throw ball. I’m even a part of the college throw-ball and handball teams. But it was purely on the insistence of a senior that I gave frisbeeing a try and I’ve been hooked ever since,” elucidates Stania, who is pursuing her masters in chemical engineering from RV College of Engineering.

Prod her with questions like what kept her going despite an initial breakdown, and pat comes the response, “I think it’s important to believe in yourself, push yourself and keep yourself very busy! I knew managing college and a sport wouldn’t be easy, and I really stressed out at the beginning. What’s interesting to note is that a lot of training institutes in the city are open to offering unwavering support to students. Even the training camps are designed as such that we train for longer hours over the weekends, during college holidays and national holidays. So it has never come in the way of academics.”

Stania was a recipient of one of the ‘Most valuable’ player’ awards of a tournament during Chennai heat 2017 and BUO 2016. Aside of having played about 6 national level tournaments, she has also played a national level invitational tournament called KUO. Peris, who’s also a trained Bharatanatyam dancer believes its important for youngsters to take up an unconventional sport. “I think its important to play a sport. It equips you to face challenges more sportingly and helps you get fitter physically and mentally. Sports have made me smarter. The reason a lot of us have become vulnerable and are suffering from lifestyle illnesses is because we don’t believe in exercising our body. Make playing a sport a priority and feel the difference!”