

Press Release

SAI Sonapat gets Hypoxic Chamber

NRC SONEPAT, 28th June 2016: In its quest to modernize the sports coaching system in the country, Sports Authority of India(SAI) is continuously endeavoring to improvise the Sports Science to provide the best available systems for strengthening and recovery to the athletes. In this stride, Northern Regional Centre, Sonapat has set up SAI's maiden the Hypoxic Chamber in its Sports Injury & Rehabilitation Centre. NRC Sonapat is the 4th centre after ASI, Pune and in sport department of Kerala and Maharashtra to have one of its kind Hypoxic Chamber, in India.

As one of the most advanced technology, Hypoxic Chamber, creates an environment of High Altitude which helps elite athletes in fitness and fast recovery & rehabilitation. It reduces the amount of oxygen in the air which forces cardio-respiratory systems to work even harder to deliver sufficient oxygen to the working muscles which enhances performance of the athlete significantly. it helps efficient and effective utilization of Oxygen which improvise the endurance for competitive sports. As a matter of fact, Low Oxygen environment brings plethora of beneficial changes in human body which helps in building stamina, endurance and cognitive ability of sportsperson.

Sh. Injeti Srinivas DG, SAI, inaugurated the chamber today remotely from SAI Head Office and dedicated it to all athletes of the centre. "It will open a new chapter in the training system and I am sure with the improved system of training athletes will be benefitted during international competitions"- DG SAI expressed. DG, SAI complemented Regional Director , Ms Radhica Sreeman for her continuous commitment in improving overall ecosystem of sports at the centre. "It will surely reduce the foreign dependency for recovery and rehabilitation training" Yogeshwar Dutt said. All Olympic bound wrestlers at the centre welcomed this initiative.

On the occasion Sh. Hira Ballabh, Executive Director(Ops),Sh. Sudhir Setia,Executive Director(Teams) and Sh. Sanjiv Barnawal, Director(Infra) were present.
